

*Chlamydia clinic:*

# Better to be tested then to be sorry

By Manuela Garay-Giraldo

‘Show your love by getting tested’ for chlamydia, is a campaign spearheaded by Keren Helms Wilson, a Master’s in Nursing student at the University of Ottawa, in conjunction with Loyalist College post-grad public relations students.

On Monday, March 19, a free walk-in clinic will be set up at the student health services room, 1N7 at Loyalist College, from 9:30 a.m. to 4:30 p.m. free grab bags containing condoms, pens, digi-mates (portable cellphone cleaners) and more will be given out to all who get tested.

According to Lauren Deans, head nurse at Loyalist College, it is very easy to get tested.

“You just have to come in and pee in a cup,” said Deans. “We like to use pee that’s been rocking in there for about an hour or so.”

The initiative is part of Wilson’s thesis to further prove that peer-delivered sexual education is the most effective.

“There is evidence that peer-delivered sex-ed is more effective because it becomes relevant to youth. Otherwise it’s just some old person telling you about it, and it’s just boring,” said Wilson.

Wilson contacted Kerry Ramsay,

teacher of public relations at Loyalist College, and with the help of the students they came up with the idea for the walk-in clinic and the ‘freebies’.

“It was all the students, they came up with the walk-in clinic idea, the slogan, made the pamphlets, the posters, everything,” said Wilson.

“It is very important to get tested,” said Deans. “Most people don’t feel any symptoms (of chlamydia) and when they do, they’ve had it for a while. If untreated, chlamydia can lead to infertility.”

“If you test positive, we ask for a contact list of your sexual partners for the past three months,” said Deans. “We just need to give those people a heads up and make sure that they get tested and have a chance to get treated.”

“It all comes down to, if you have sex without a condom, you are literally sleeping with everyone they’ve ever slept with.”

According to Wilson most times people do not know they have the STI.

“It’s generally caught on routine pap tests and the person is completely surprised,” said Wilson.

“I want everyone to come, it will be great to have line-ups,” said Wilson. “It’s so easy to get tested, and it’s free.”



Photo by Kristen Haveman

**Loyalist College’s head nurse, Lauren Deans, will partake in a free walk-in clinic to get tested for chlamydia at the student health services room on Monday, March 19. The nurse hopes to raise awareness about the STI and get as many people as possible tested, “It’s so important to get tested, and so easy.”**

# Enjoy the great outdoors now because warm weather isn’t staying



Photo by Rachel Psutka

**Parker, a three-year-old miniature dachshund, enjoys a warm Wednesday morning by playing a game of catch with owner Valeria Green along Belleville’s Bayshore Trail on March 7.**

By Amielle Christopherson

Yesterday’s temperature reached a record breaking 14.6 degrees Celsius. The previous record was set in 1975 with a temperature of 13.9 degrees Celsius.

Geoff Coulson is a warning preparedness meteorologist with Environment Canada based in Toronto. He said in a phone interview that the reason for the unseasonably warm weather was a low-pressure system that was moving through Ontario. While the north of the province didn’t benefit, we did, as it brought with it a warm flow of air from the south.

However, the warm weather won’t be staying around. There is a cold front coming through southern Ontario within the next few days and temperatures will start to fall, though stay above the freezing point.



**Meteorologist with Environment Canada, Geoff Coulson, speaks about the record-breaking temperatures. Visit [qnetnews.can](http://qnetnews.can).**

## Tracking and monitoring wildlife

*Remedial Action Plan offers workshop on how to do it*

By Linda Horn

Approximately 70 people attended a workshop Monday night to learn how to track and monitor local wetland wildlife as part of the Bay of Quinte Remedial Action Plan.

The workshop was held at the Quinte Conservation office, and led by Quinte Conservation field naturalist Terry Sprague.

The workshop outlined the Frog Watch Ontario and The Marsh Monitoring volunteer programs. Both programs are part of Bay of Quinte Remedial Action plan. They have been running since 2000 as a way to count frog and bird calls to measure the health of the bay.

Sprague said they are interested in monitoring frogs and certain species of birds.

“Frogs in particular are a very good indicator of the health of our wetlands. They have a very sensitive skin and they tend to be impacted by any changes in the water they live in. So by monitoring their numbers we can tell how healthy the Bay of Quinte is. We are trying to get the bay from being an area of concern to an area of recovery.”

In 1985, the Bay of Quinte was classified as an area of concern by the International Joint Commission under the Great Lakes Water Quality Agreement between Canada and the United States. The areas of concern in the bay were excess nitrates, bacterial contamination, and loss of fish and wildlife.

Phase one of the action plan, a report of recommendations, was developed to have the area delisted as an area of concern. Phase two started in 1994 to work on the recommendations in the report.

“Monitoring and data collection takes time. We had 80 recommendations since 1994. We now have seven left. We are very close to being delisted as an area of concern. The Bay has come a very long way,” said Sarah Midlane-Jones, communications officer for Remedial Action Plan.

Sprague said both programs are easy to do and training is provided on what calls to listen for and how to report the data collected.

The Marsh Monitoring program is structured. Participants have a specific area and go during nesting seasons to count bird and frog calls. The Frog Watch Ontario program can be done anywhere and Sprague said it is a great program for kids.

“You can do this as a family. You don’t need to set up an area you can be listen from you sun deck,” said Sprague.

“This is my second year. I think it is critically important to watch wildlife and statically observe its behaviour. I will only be putting in a small bit of information but when everyone puts in their information it will be really important,” said Foxboro resident Ross Folks.

Louisa Ielo, a Pleasant Bay resident, has been doing the marsh monitoring program for four years.

“I like being near nature. I think it is an important program getting the counts of frogs and birds. It tells the health of the water and if birds are breeding. I like making a difference and being involved,” said Ielo.

Sprague hopes people will get excited about these programs and wants as much information collected as possible. To learn how to sign up for the watch programs, go to [www.naturestuff.net](http://www.naturestuff.net).

“I think this program is crucial. The more people we have monitoring, the more information we will have. I think being delisted from an area of concern is an achievable goal,” said Sprague.

# Artist gains fame for postage stamps

*Artwork reflects different moods of Mia Lane’s work*

By Sarah Schofield

Mia Lane first became aware of her artistic ability when her kindergarten teacher asked her who was going to take over the painting of pictures in the class when she was gone.

“From then on I was just drawing all the time. It was just something I did everywhere I went,” Lane said.

Decades later, she has gained a number of notable achievements including a collection of dog paintings she did for Canada Post in 1988. She has won numerous awards from across the country and exhibited her work in gallery shows.

Today Lane lives in Prince Edward County, with her husband Robert, son Kyle, three dogs and two ferrets. Her home, which doubles as her painting studio, has a stunning view outside the window overlooking the peaceful waters of nearby Fish Lake.

Much like the changing seasons of southern Ontario’s warm summer and cold winter, her artwork reflects different moods. Her gallery show *Charade*, which premiered in 2010, showcased a variety of both abstract black and white drawings and colourful flowing paintings.

She said she realized midway through her career that she wanted to take charge of her artistic style. She said it best when using an analogy from the movie *Runaway Bride* where the main character changes the kind of eggs she likes to suit her changing fiancée’s tastes.

“I was at a period in my life where I was asking myself what kind of eggs I liked when it came to my artwork. I found that I really loved storytelling. In the end I really asked myself, ‘What kind of art do I like?’”

**‘I love telling stories. I sort of took my inspiration from Beatrice Potter’s books. I just love those books. I really love her style.’**

artist Mia Lane

Since then, Lane has been following her gut feeling, now painting more of what makes her satisfied in her work. She applied this mindset to her new project based on the Newfoundland dog.

“I decided to approach the whole painting without looking at it as a project but painting it exactly the way I wanted to paint it. I don’t care if anybody likes it,” she said with a grin. “It’s what I wanted to tell about the dog and its story.”

A large canvas painting of an almost completed Newfoundland rescue dog sits on her easel, part of a new show. To the right is a large table with her colour palette, bucket of brushes and bottles of paint.

Inside the home her high walls are lined with her artwork--both favourites she can’t part with and selections for sale.

She said she knows what it takes to survive in the art world.

“Staying away from the artist’s critics that are there trying to pigeonhole you. I tend to listen to them. Maybe they don’t feel it is serious art but I have to find what is right for me. It takes a lot of time to develop that self confidence, step out and say, ‘It is good art. I’ve painted for many years and I do know what I’m doing and I am good at what I do.’”

As she pulls out an envelope full of detailed watercolour illustrations for a children’s book, she explains why she crossed into the multi picture genre.

“I love telling stories. I sort of took my



Photo by Sarah Schofield

**Mia Lane, an acclaimed painter from the Quinte area, works in her studio and home in Prince Edward County on Monday, March 5, 2012. She is known for her gallery shows and collection of paintings of dogs used for Canada Post stamps.**

inspiration from Beatrice Potter’s books. I just love those books. I really love her style.”