

Wednesdays at the college's Fitness Centre:

# Women only welcome on special night

*Females get chance to workout without men around*

By Megan Mattice

Loyalist College's Fitness Centre welcomed back the ladies with a night of their own.

Between the hours of 6 and 9 p.m. on Wednesdays, women take over the free workout facility – no men allowed.

Cory Mestre, fitness centre coordinator, created the 'ladies only' theme last year, after being approached by the Loyalist College Student Government. The request came from students with self-confidence issues, he said.

Wanting to create a sense of community among students at the college who were trying to get healthy, Mestre opened the doors to project "Ladies Night" last March. The results showed low numbers that just kept getting lower every week.

Convinced that the turnout was poor because it was the time of year students are usually focused on exam finals or are away at program placement, Mestre said the attempt deserved another shot.

"The second attempt focused on the beginning of the year, to avoid clashing with students schedules," said Mestre.

Having the second "Ladies Night" for the month of September last night, numbers are confirming to be consistent.

"I am very pleased. Our first week we

had 24 ladies, and last night 25 turned up," said Mestre.

The numbers are staying the same, but that could be with the help of the women's volleyball team. A number of those in attendance appeared to be members of the team.

Kristen Curtis, a second-year Police Foundations student and volleyball team member, said the idea of "Ladies Night" is a step in the right direction towards women working out and feeling free of judgement.

"The girls from the volleyball team usually work out here (the fitness centre) Wednesday nights before our practice, and having the feeling of similar goals from various students makes them easier to achieve," said Curtis.

Starting at 6 p.m., women are free to use any and all machines without sharing them with males.

Dominic Jones, the fitness manager from a women's only Good Life Fitness in Kingston, said the atmosphere involving only women really is different.

Similar to Loyalist's fitness centre, Jones' facility is a smaller gym, allowing a more intimate exercising experience.

"Feeling comfortable being surrounded by people at the same workout level as you will almost always put a positive spin on the experience of fitness," said Jones.

Mestre said he is really trying to make a sense of community by installing the ladies-themed night is for people, regardless of gender, to confront their personal issues in order to stay healthy.

"I focus my effort as the facility coordi-



Photo by Megan Mattice

The Loyalist College fitness centre is offering a Ladies' only night to encourage more women to use the centre.

nator into making this a welcoming and upbeat environment. This centre will not tolerate any loud or obnoxious behaviour. Our goal is to maintain a safe place that

people can feel positive about," he said.

If there is enough interest, Ladies Night is planned to continue every Wednesday.

Mestre's next step, after making the

Loyalist ladies more involved in physical activity, is to hopefully create a "Beginners Night" for both genders to come out.

## Autumn colours may not be as bright

By April Lawrence

The summer's drought may affect the number of visitors who view autumn colours at provincial parks this fall.

The drought may have caused enough stress to the trees to cause them to turn and drop their leaves earlier and quicker than usual, said Brad Steinberg, chief park naturalist at Algonquin Park.

Steinberg said fall is a big season for them. There are programs such as a one-day fall foliage photography workshop in October that depends on the fall leaf change.

"The busiest weekends of the year are usually the last weekend of September and the first or second weekend in October," said Steinberg. "We'll have literally thousands of people coming through the park museum and hiking our trail and just experiencing the splendour of the leaf change."

Presqu'île Provincial Park may not be affected as much as others, said Lisa McPherson, the natural heritage edu-

cator leader at the park.

She said it's possible the drought this summer may cause a dryer, shorter period for fall colours this year and leaves may change sooner.

**'We'll have literally thousands of people coming through the park museum and hiking our trail and just experiencing the splendour of the leaf change.'**

Chief park naturalist Brad Steinberg

"With the high winds here (Presqu'île) there is a high possibility that the fall colours will be here one

day and gone the next," said McPherson.

There were over one million visits to Ontario Parks in the fall of 2011. In September, the total number of day and camping trips at the parks was 870, 859. In October, the total number of visits, day and camping trips included, was 294,842 for a total of more than one million visitors, said Lori Waldbrook, the senior marketing specialist with Ontario parks, in an email.

Laura Robson, an ecologist with Ontario Nature, said that the drought wouldn't have caused too much damage to the trees. She said the tree populations that would be affected most would be saplings and young trees.

Steinberg said that it can't be predicted how the change will affect the park. He said the leaf change at Algonquin Park seems to be on track. They are not at the peak of the season yet so he can't yet say if the drought will affect visitation.

## Apples...

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"Lots of trees don't have anything on. You might get a tree that has half a bushel on and the next tree doesn't have anything on and even the ones that do have are pretty sparse," he said.

Foster hasn't had the problems with the quality of the apples, adding they are just as good as other years.

"There's been a dramatic decrease in the quantity of apples, not the quality," he said, "We got excellent quality."

Foster said there will still be enough apples to go around.

"We'll have enough apples to satisfy our local customers," he said.

Foster also grows other produce on his farm, such as tomatoes, beans, peppers, potatoes and broccoli. He said the weather conditions have not affected the other foods quite as badly as apples. This is not the case for everyone though, as Dempsey said that his pear crop suffered greatly this year.

Blake and Sandy Vader of Vader farms get their apples from Waupoos and then in turn sell them at the Belleville farmers'

market. They too have had problems with quantity.

"The sales have been good, the volume just isn't there," said Sandy Vader.

While sales are good now, the concern is that with the limited crop of apples around, the Vaders won't be able to continue to sell them throughout the rest of the year.

"Right now, I'm able to get the volume I want, but in a couple months the apples won't be there," said Vader, "Quality wise they're very good, but I probably won't have them till Christmas this year."

While the quantity means that the number of fresh apples for sale this year will be limited, it also means that several specialty treats, such as apple pie, juice and cider also will not be as readily available.

"There won't be apple cider, or at least local apple cider for us, the guy we deal with just doesn't have the apples this year," said Vader.

So what does next year have in store for the apple growers of the area?

"I wouldn't even wish to speculate, that's too tough of a call to make," said Dempsey.

Foster remains a little more optimistic about what the future will bring.

"That's a crystal ball question, next year will always be better," he said.

## Lady Lancers soar, men stumble in volleyball exhibition action

By Taylor Renkema

A look of undeniable pride on her face, the new Loyalist College women's volleyball captain Kirsten Talsma beams while talking about the team's win against Fleming.

"I'm so psyched for this year," Talsma said.

The Lancers took the exhibition game in four sets, winning the first two with scores of 25-9 and 25-21 at Loyalist on Sept. 26. Fleming answered back in the third set with a 25-18 win, but Loyalist's energy was unbeatable in the fourth, which they won 28-26.

In men's action, Fleming took the game 3-2.

Talsma, who is in her third year with the

team, said sometimes things got confusing, and other times things worked out perfectly.

"We threw a lot of people into a lot of different positions," she said. "It was just a big learning experience – we wanted to see who works well where."

Talsma is one of six veterans on the team this season, along with LeeAnne Jeffs, Jenny Richardson, Kristen Curtis, Katie Glass, and Linette Melick.

Meghan Hering, a rookie on this year's team, got a surprise when her older sister from New Brunswick showed up to watch the game. Hering said the tight-knit team makes it easier to play as a rookie.

"We're all so close, on and off the court," Hering said. "It just helps us do better, play better and be better."

Fleming's coach Don Hart said that his team only has three returning players and the rest are straight out of high school.

"They have very little club experience, so yes, we've got some work to do," he said.

Hart said he wants to see his team improve on their serving, and their defense.

The men's team was up next, facing a Fleming team that had just gone through a thorough revamp, said Loyalist head coach Dave Templar.

"They've done a lot of work in the summer, clearly, and kudos to them," he said. "We've got some spots to build on, but it was pretty close, right from the start."

Fleming took an early lead, winning the first set by four points. The teams alternated set victories through the rest of

the game, with the Knights winning three of five sets. Fleming's Brandon Perry was given a yellow card in the fourth set when, according to the referee, he "inappropriately challenged a referee's decision" after a point was given to Loyalist. Fleming took the fifth and final set 15-9, sealing the win for the Knights.

Templar said because it was an exhibition match, he had different expectations.

"I have high expectations for the effort that they put in and for their attitudes and for their commitment level, but aside from that I don't put high expectations on them on the court, because I just don't think it's worth it really," he said, adding that the point of an exhibition game is to see what the team needs to work on.

Fleming coach Achebe Victorine doesn't buy into the exhibition game mentality.

"We don't take anything as an exhibition game," he said. "Everything is regular season intensity for us."

Josh Lappala is the new captain for the Lancer's men's team. He said there are only three returning players this year, so he has to step up.

"Taking responsibility for the players, and actually doing more than just my role on the court," he said.

He said that losing last year's captain and setter Matt Woods has had a particularly big impact on the team.

"Big shoes to fill," Lappala said. "Woods was always our loud guy, so I guess that's got to be me now. I've got to find a voice."

# City transit aiming high for ridership

*Aiming for one million riders for 2012*

By Harrison Perkins

Belleville Transit has replaced its entire fleet of buses over the past eight years.

On Monday afternoon, Belleville City Council approved the purchase of a new bus to replace an existing bus, which dates back to 1998.

With the new addition approved on Monday, the benefit of having one model for all 15 buses will result.

Belleville city councillor Jack Miller said transit is going through an operational review and there will probably be an overhaul of the mobility aspect of the system.

Matt Coffey, manager of Belleville transit, said no additional money was spent on the new bus.

"We've had money in the budget set aside; it will replace our Orion bus from 1998 that is due to be replaced," Coffey said.

The new bus was purchased for \$465,000, below the \$500,000 budgeted.

Coffey said ridership for transit is high and transit is aiming for one million riders for 2012.

Rider Erin Sweet said she's relatively happy with transit in the city.

"I think it's pretty good, perhaps maybe another bus for Loyalist, they get pretty jammed packed in the morning," said Sweet, who is a student at the college.

Miller said there are extra buses at key times for the Loyalist route.

"When Loyalist isn't in, the number seven doesn't carry as many people obviously but at the same time we have extra buses on the Loyalist route at the key times in the morning and in the afternoon, we run two and even sometimes three to carry the overflow," Miller said.

While Loyalist student Jaclyn VanExan agrees with Sweet when it comes to the amount of people riding on the buses at once, VanExan is happy with the service overall.

"It's a nice way to get around," VanExan said, adding she takes the bus about twice a day and it's her main mode of transportation while going to school.

Emily Burton also takes Belleville Transit to and from school. She said scheduling is her main concern.

"Sometimes it's not on time and that can be problematic," Burton said.

In addition to scheduling, Burton echoed the thoughts of Sweet and VanExan when it comes to the amount of people, saying it is usually "busy" and "crowded."



Photo by Harrison Perkins

Students exit a Belleville transit bus at the Loyalist Kente building on Wednesday. City transit is aiming for one million riders this year.