

Group marches to support feminism

Message sent out that all people should be treated equally

By Tyson Leonard

On a cold November morning, Ellissa Robertson and a small group of mostly young women, sat on the steps of Belleville city hall, assembling posters and making small talk. Robertson finished her poster, turned to the group, and asked if they were ready to head out.

The group packed up the markers and raised their signs as they started on a march that would take them through downtown Belleville. Robertson's sign read "I need feminism, because no one should be taught to be ashamed of their body!"

Robertson was one of the organizers of the Everyone Needs Feminism march held earlier this month.

Robertson said the march was held to raise awareness.

"I wasn't expecting very many people to come out, but it's a start, and it puts the idea out there which is the main goal," said Robertson.

The idea she is referring to is gender equality. Robertson said she feels like men and women should feel like equals, and be treated like equals.

Robertson is currently enrolled in the college prep program at Loyalist College. She said Belleville needs to have more marches, which are more inclusive.

"I've been to a few of the women's marches; International Women's Day, Take Back the Night, and I wanted to run an event that brought men and women out, and maybe some of the younger crowd," said Robertson.

She said the next step is to organize bigger events.

Caitlin Sexton, also in the college prep program, held her sign high as the march wove through downtown Belleville. It read "I need feminism because women account for over half the Canadian population, but are only represented in parliament by 37.9%."

Sextons said she sees the major cause of



Photo by Tyson Leonard

Ellissa Robertson (middle), and Caitlin Sexton (left), walk down Front Street while shouting out reasons they need feminism. The third person is unidentified.

the gender gap as patriarchy.

"When I was younger (patriarchy) just always went unnoticed and it wasn't really until I started questioning things at 12 or 13 that the differences were really made

clear to me," said Sexton.

She said it's important to march for feminism because of the ongoing attacks on women's rights. She referred specifically to the Republican Party's attack on

reproductive rights in the U.S.

"I know that there is an International Women's Day march here on women's day, but I've never heard of there being a feminism march here before, so it's a good

opportunity to get some people together," said Sexton.

The march was also a great way to make new contacts throughout Loyalist College and even online, said Sexton.

Hangover cure is starting to drink before you go out

Swiss-based study outlines dangers of this practice

By John Boldrick

Denver Gooderham slowly rises from his bed. He lets out a big yawn, evidence that last night had ended only a few short hours ago.

For some, the effects of the big night would be evident: lack of sleep, an uneasy stomach, and headaches. Simple ailments

that are accepted consequences of a night out, but not for Gooderham, as he has found a way to prevent feeling the effects of the booze long after the last drop has touched his lips.

"It's definitely a lot better for a hangover, if you can prevent it, it's always best," he said.

No, it isn't some kind of miracle cure or magic powder that turns hangovers into a hoax. It's pre-drinking.

Pre-drinking is the act of having a couple of drinks, getting a buzz, before going out to the bar for the night.

Gooderham may be an exception to

the rule.

Recently, a Swiss-based study was released, outlining the dangers of the practice. In the study, it showed that those who have a couple of cocktails before bar hopping tended to drink twice as much as they normally would had they skipped the pre-fiesta festivities.

The extra drinks often lead to unfortunate consequences. Among the horrors included are unplanned drug use and blackouts. It also showed tendencies towards vandalism, property damage and unintended sexual intercourse.

Obviously, drinking large quantities

throughout a night out can have rather immediate negative effects on your health.

Loyalist College's on-campus nurse Lauren Deans said that memory loss, injuries and lacerations are among the most common injuries after a long night out.

If your night out becomes a common practice, the list of health risks begins to grow longer and far more severe. Damage to vital organs such as the brain and liver quickly become a reality.

"You certainly can't replace the brain. They're having a little bit of luck with the liver, but still it's not good," she said.

If that isn't enough to scare you into a panic, it gets worse for those who drink too much.

"If the too much is above and beyond alcohol poisoning, it can even cause death," said Deans.

It all may seem like a lot. We've all heard cautionary tales involving someone who drank too much and then paid dearly for their actions. Whether it be injuries, arrests, liver damage or death, it's clear that drinking in excess is a dangerous practice, but no one is saying you have to put down the bottle for good.

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Protestors gather looking for tougher animal cruelty penalties

Group met at courthouse during trial of two men charged with dog drowning to seek stiffer punishment

By April Lawrence

Protestors gathered peacefully outside the courthouse in Napanee last week to demand harsher penalties for animal cruelty crimes.

They gathered at the courthouse because two 19-year-old men were on trial for drowning a dog last April at a quarry off Kimmett Side Road in Napanee. Travis Haaksman and Carl Wood have both been found guilty.

Vicky Deodato gathered over 1,000 signatures on a paper petition and over 8,000 on an online petition to ask that stiffer penalties be dealt in animal cruelty cases. The paper petition circulated around Kingston, Napanee and Belleville. Deodato started the petition and gathering supporters for the protest when she first heard about the case.

"I hope as an outcome, there will be stricter penalties against animal abuse; there has to be," said Deodato. "There's a direct correlation between animal abuse and domestic abuse, especially violence against women and children."

She said she doesn't necessarily think jail time is the answer but that in a perfect world, they would receive

counseling and a lot of community service, to get them help and that they shouldn't be allowed to have an animal ever again.

"Animals are their own beings and should be protected just like children," said Deodato.

Leeanne Hinch has been an animal rights activist since she was five-years-old. She said laws need to be changed to protect the voiceless.

"The laws need to change and they need to change now," said Hinch. "Too many innocent are suffering, too many innocent are dying."

Supporters honked and some even called out their windows or pulled over to talk to protestors to show their support.

Sentencing for the trial has been scheduled for Jan. 29. Deodato and the other protestors are planning to be at the sentencing. She said she wants more people to show up to the sentencing to demand that they receive the harshest penalty.

Deodato said she is also considering bringing to attention the issue of animals being sold and given away on the Internet. She said people don't do as much screening of whom they are giving the animals to when they are selling online. And when cases like this occur, after an animal has been bought online, she said the person that sold the animal should be as equally accountable as the buyer.

She encourages people not to use internet resources to sell their animals.



Photo by April Lawrence

Marguerite Crouse and her dog Breeze outside the courthouse in Napanee.

Retired teacher releases new mystery novel

By Dan Cannataro

Loyalist College held a book launch Wednesday for author Hilary MacLeod's latest mystery novel book release, All Is Clam.

MacLeod is fresh off retiring from her 22-year teaching career in the Media Studies program at Loyalist.

"It's funny, because first coming to the teaching job, it originally was part of my five-year plan. It just turned into 22 years," said MacLeod.

Revenge of the Lobster Lover and Mind Over Mussels were MacLeod's first two books, All is Clam is the third book she has released since 2010. Shore series are stand-alone books, each one with different characters.

"Third one's a charm, it's better than the other two because you get better at it, I'm told by people who read it. It's smoother and the characters are more believable," said MacLeod.

All Is Clam reached Amazon's top 10 bestseller list weeks leading into Christmas.

Many students, friends and family packed the Loyalist College cafeteria to support their friend and colleague.

"I have never missed one of Hilary's book launches, I have great respect for not only her as a teacher but a person," said 91X Radio professor John Henderson.

Henderson has known MacLeod for quite a while and read a part of the new book to the audience during the book launch.

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