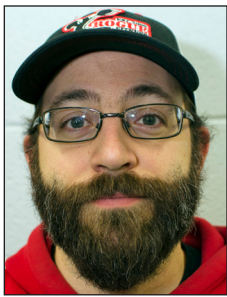


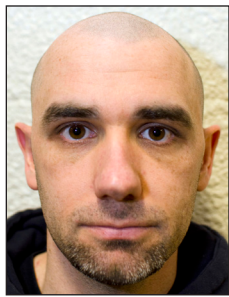
On the street

We asked people at Loyalist College the following question:

How do you feel about wrestling being removed from the schedule at the 2020 Olympics?



Cory Mestre, campus recreation & fitness facilities co-ordinator, "This is ridiculous. It seems like the IOC has tried to make more money by taking sports like wrestling and substituting it for a sport that draws more fans and income."



Scott Tinsley, police foundations, "Terrible for both. You can't take an original event out of the Olympics. Why? So you can replace it with non-sports like golf? Golf is a mind game not a physical one."



Lauren Deans, registered nurse, "Why do they need to take wrestling out of the Olympics? There must be a reason for the IOC actions. I am interested in knowing why they have removed it from the schedule."



Shannon Carbino, customs border services, "I think it's a bold move by the IOC that will draw a lot of attention leading up to 2020 Olympics. If they take wrestling out they should remove synchronized swimming too."



Jack Carver, journalism – online print & broadcasting, "It's one of the first events in the Olympics. It's a spit in the face to the Olympics. This is an event everyone wants – to know who is the world strongest man on a mat."



Phillip Howlett, professor of community and justice services "The IOC wanted more money and their way of doing that is removing events that don't draw many fans for a more popular one like golf."

Editorial

Study looks at stressed students

A recent study shows high school students in the country's largest school board are stressed. This is really nothing new.

What is new, however, is that this is the first time a study of this comprehensive scope has been done on the issue.

Recently, the Toronto District School Board released its 2011 Student Census, with a total of 103,000 students from Grades 7-12 surveyed. For the first time, it asked students about their social and emotional well-being.

It's high time the focus included what's going on inside students' heads since statistics show 10-20 per cent of Canadian youth are affected by a mental illness or disorders and experience mental well-being issues.

The study showed 73 per cent of those in Grades 9-12 are worried about the future, compared to 33 per cent worried about relationship issues and 46 per cent worried about family matters.

It also showed that in that same age group, 57 per cent were losing sleep because of worries, 29 per cent of those responding "All the time/ Often."

The study stated that many of these worries increased with age. So, is this a normal part of growing up? It's hard to say whether this generation is more stressed than others who went through this same period of their lives, because no study like this has been done before.

Life has its stresses, good and bad, but the numbers show the stress is affecting students' well-being and something needs to be done to help them cope.

If this study is showing that students' stresses are increasing with age, further studies should be done to see what is happening with these teens as they go on to post-secondary education. Does this stress and inability to cope with it in a healthy way go on to cause mental health disorders?

Mental health has been an issue ignored or stigmatized for far too long and research like this shows that our community is hoping to understand the issue much more. According to the Centre for Addiction and Mental Health, on any given week, about 500,000 employed Canadians can't work because of mental illness. And the estimated cost to the Canadian economy is \$51 billion in terms of health care and lost productivity.

The study is a step forward in looking to youth and recognizing the areas that haven't been studied yet. As data builds, it will be even more incentive to foster changes, but what changes will happen remains to be seen.

Marta Iwanek

Over-Attached Girlfriend takes clinging to new level

The wide-eyed and awe-inducing smile could have been endearing – had it not been coming from the significant other you've always been dreading.

The Internet phenomenon of the Over-Attached Girlfriend has given a name to the relationship that everyone knows about, but nobody wants. Fuelled by videos of a girl's soul-stealing stares into the camera, and singing lyrics threatening physical harm to their partner if they reject them, the videos simulate the tendencies of a stalker.

Taking clingy to a whole new level, the Over-Attached Girlfriend never wants to leave your side, and if you're not thinking about her, well, let's just say, you probably shouldn't be thinking at all.

She's the girl who regularly goes through phones, accusing her boyfriend of cheating, most likely during a time when he obviously is not, and will never let him leave her sight.

Going viral with YouTube videos and memes, the Over-Attached Girlfriend has become a big joke.

But is it really that funny?

The concept of having a clingy relationship isn't new, but neither is the danger that comes with the territory.

Domestic violence often starts with the unhealthy relationships, and can get even as dangerous as murder.

But, it's not just the girlfriends who act this way, it's the boyfriends too.

The most recent example is Oscar Pistorius, the Olympic sprinter who is best known for competing in the summer 2012 Olympic Games. He has been accused of allegedly murdering his girlfriend Reeva Steenkamp on Valentine's Day in their South Africa home.

Another case involves Patrick Brazeau, the suspended Canadian senator, formerly sitting with the Conservative party before they suspended him last week for being arrested for domestic violence.

In 2010 Statistics Canada released information that dating violence was over 65 per cent higher than the rate of spousal violence in both men and women.

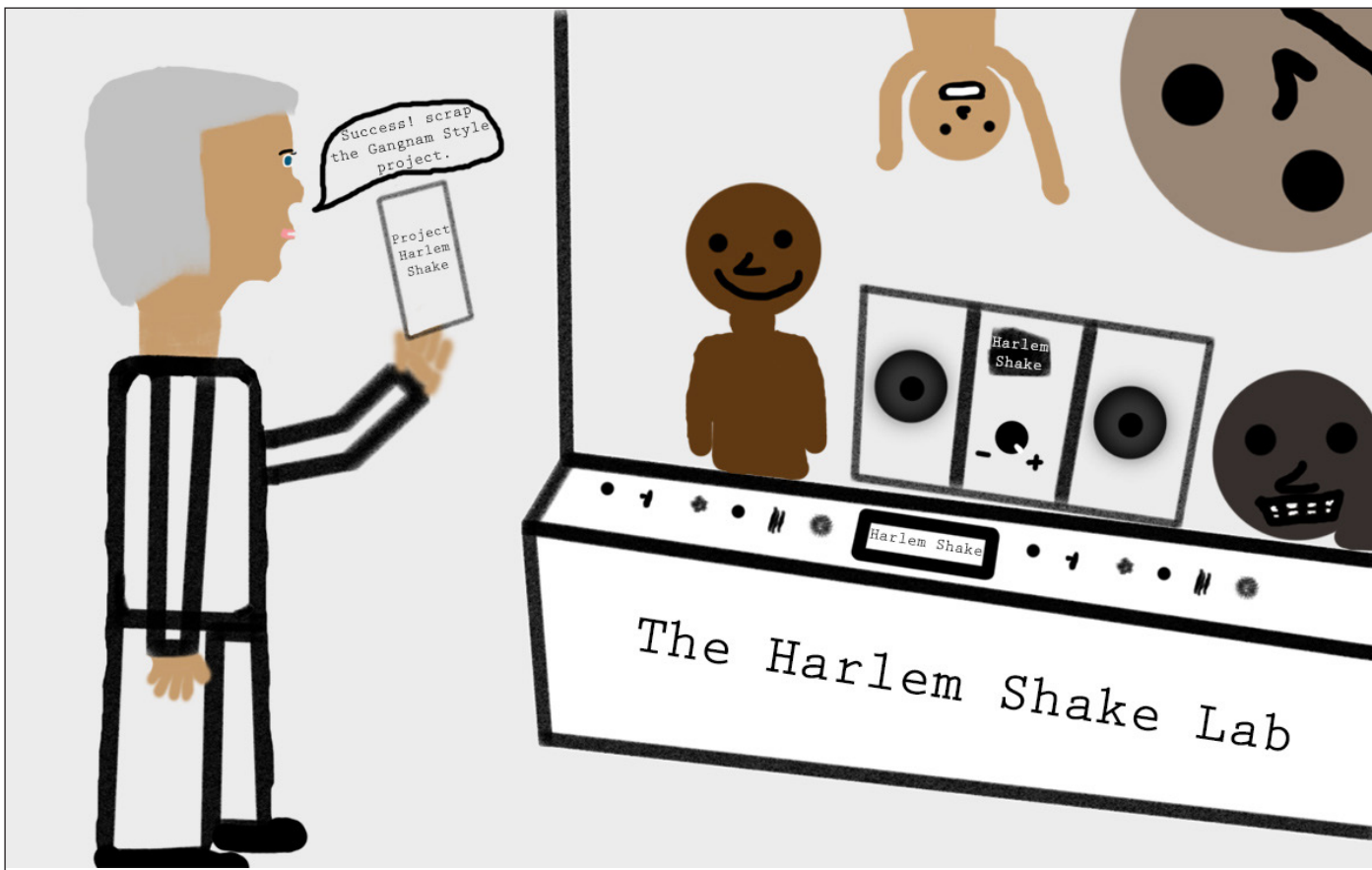
While taking the Over-Attached Girlfriend to the extreme can be comical, the thought of being hunted down by a partner because they just want to be together all the time is terrifying.

Perhaps it's a conversation that needs to be had regarding mental health, examining why these relationships become so extremely attached to each other, or maybe it's a lack of communication.

To keep the Over-Attached Girlfriend at bay, talk about it, discuss the problems in the relationship, and if it's not working out, get out.

But just keep it off the Internet. There's no need to fuel that fire and it could possibly "inspire" other girlfriends.

Catherine Jackman



By Vivek McCague

Opinion

Society becoming dependent on technology

Nomophobia defined as fear of being without access to one's mobile phone

By Justin Tang

There might not yet be a word in the English language for that sinking feeling when you've lost your phone, but there's one that's close.

Nomophobia, literally derived from "no-mobile-phobia," is the fear of being without access to one's mobile phone. A recent report, published by telecommunications giant Rogers, suggests that 65 per cent of Canadians are afflicted.

The report on 2012's mobile technology trends indicates that 55 per cent of those surveyed check their mobiles before brushing their teeth in the morning. A total of 51 per cent sleep with their smartphone in bed or close by and 83 per cent use their devices while in the washroom.

It's probably the closest word that relates to the dread and fear when a quick swipe of your pockets, jacket and bag reveals them to be

empty. You've lost your phone.

I'm among those that know this feeling firsthand and the desperation that comes when a thorough search falls through.

I'm a little embarrassed to say that the 60 minutes between discovering my iPhone was indeed lost and finding it face down in the middle of a Hull, Que. roadway were some of the most viscerally aggravating moments that I've felt in a while.

My nomophobia—even apparent from being unable to connect my friends over my "plight"—was rationalized by more practical concerns.

How would I afford a new phone if mine was lost? What about my personal data and signed-in applications if my phone had been stolen? And worse, what kind of hassle would I have to endure in a post-lost-smartphone world?

Though my phone was missing, all was not lost. While we've grown more dependent on our mobile devices, there's more technology than ever before to help us keep our affairs in order.

I had downloaded Find My iPhone, a free iOS app, when I got my phone. It paid itself off

in dividends. With the help of friends and a laptop, I was able to locate and lock my phone through GPS. A green dot told us that my iPhone was on Boulevard Montclair. It wasn't moving.

We'd driven on that road some 40 minutes before, and headed back to the spot. The phone was within metres of its broadcasted location. It was covered in slush and snow and had probably been run over, but its Otterbox case had spared it.

There's give and take to using location-based recovery tools like Find My iPhone, Blackberry Protect and Where's My Droid. Concerns regarding privacy are at the forefront, from worries over malicious users (stalking ex-lovers is a notable example) and governments or other parties using location-based data to mine information on whereabouts.

I was saved that evening by the very technology I had lost. I learned about my own dependence on technology and how 112-grams of missing metal and glass could make me feel a thousand pounds heavier. And perhaps most importantly: to never leave my phone on the roof of a car ever again.

Instagram – A simple and free camera tool into the world of professional photography?

By Nam Phi Dang

It's fun. It's simple. It's instant. Instagram has made its way onto over 30 million users' phones and features about 40 million photos per day.

The simple idea of taking photos with vintage film effects on your mobile device, sold users all over the world. No more is a dark room and a large camera needed. Being able to share it right away to the world of social media beats post-processing photos. But, is it too much for Instagram to state that it is capable of turning mediocre phone shots into professional work?

The idea of getting people exposed to photography with requirements of only a smart phone, the free app itself and lots of

creativity is great.

There's no doubt that you can get good shots with an iPhone or Android smart phone. But there should be a border between fun, quick and quirky versus photo work that can actually be paid for.

Instagram has every right to claim that their app can instantaneously make ordinary photos of mundane objects or scenery look visually pleasing. What they shouldn't claim though is that your dinner plate or duck face self-mirror shots added with some cheap film-like filter will equal the work of someone who may have dedicated their life to photography and editing.

If it was really that simple to make professional work out of it, wouldn't that put every professional photographer and editor

out of business? It's scary that this simple tool with 14 preset filters and easy social media connections to Facebook or Twitter could potentially bring more viewers than a fully developed professionals' website.

I am a user of Instagram. The idea of being able to go to major events and have my viewers connected to it instantly through a photo on my phone is the reason why I use it. The simple idea of this camera app on your phone becoming a professional tool bothers me. I strongly feel Instagram shouldn't claim itself as a "professional-looking snapshots" tool but rather, an app that enables those who have either never done photography or want to do it on the go as a quick and fun way to express their daily life through the means of digital photography.

The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

Editor, Marta Iwanek
Photo editor, Catherine Jackman
Multim media editor, Nam Phi Dang
Faculty advisers: Patti Gower, Luke Hendry, Frank O'Connor, Scott Whalen
Managing editor, Mike Beaudin
Publisher, Jane Harrison

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