

Hunting more than the kill

Comaraderie part of experience for hunting enthusiasts

By Zachary Shunock

It's amazing to think that there are places around us that are so quiet that even the sudden sound of a crow can startle a grown man. Places where only trees, brush and wildlife surround you, as opposed to being where most of us live our everyday lives where we cut down trees and brush to make way for our buildings and developments.

Mike Renaud prefers to spend as much time as possible in the tranquility of what he calls paradise.

"There is nothing that gets in the way of my deer-hunting weeks," said Renaud. "I even planned my kids so that there were no birthdays during hunting season."

Renaud, along with many others, books most of his holidays from work around hunting season.

Renaud first started hunting when he was young, when his good friend's father introduced him to hunting small game; things like birds, rabbits and other rodents.

"A fella by the name of Doug Marshall and his two sons who are good friends of mine, introduced me to hunting," said Renaud. "It started out as duck hunting, then goose hunting and then finally, I started hunting deer."

Renaud has hunted for over 20 years, both in Prince Edward County and other places in Ontario.

"I hunt near a little place called Matawatchan in Ontario. This was my 20th year hunting at that camp," said Renaud. "There are eight people in the camp. We hunt during the second week of deer season."

Hunting in this region has become a popular activity, with parents or grandparents introducing young children to the sport as soon as possible. "The age of individuals that I hunt with ranges from 18 years old to 80 years old," said Renaud, showing the true range of individuals taking part in the hunting tradition.

During his last trip to the camp, Renaud shot a large doe and an 11-point buck both within a minute of one another.

"We split the meat evenly between all of the people in our camp, so the portion I got this year will last me about three months. I am pretty much the only one that eats it."

Although getting a deer is what most people believe to be the premise of a hunting trip, for Renaud, it is a little different.

"Getting together with friends for a week without having to stress about everyday uncertainties is a big part of deer hunting for me. Actually, getting a deer is just a bonus."



Photo by Zachary Shunock

"This is what the buck saw," said Mike Renaud, showing off the rifle that got him more than a year's supply of meat. Renaud has hunted for deer, geese and turkey in Renfrew County, Ont. every year for over a decade.

Rec soccer on campus a big hit

By Sonya Dronsfield

Loyalist College has been running co-ed recreational soccer for 10 years now, and there's no stopping anytime soon.

Ever since the Loyalist Sports Dome opened up four years ago, rec soccer has become the most popular campus rec activity. Even drop-in soccer is always packed – sometimes up to 40-50 students will show up to play.

Last year, however, was the first year that Cory Mestre, the co-ordinator of campus rec, received complaints about certain individuals who were taking the sport too seriously.

They were injuring and offending players who had come out expecting a 'fun easy-going' game. This year, Mestre has selected a range of students to help him run the rec activities and the changeup has made a big difference this year.

"I chose students who I felt were capable of understanding the game and who wouldn't be afraid to speak up and tell the players to calm down if need be," said Mestre.

After speaking with second-year placement student, Matt Nolan, Nolan said, "The teams are very even this year and we haven't had any problems with players not co-operating or being too rough."

Nolan said he thinks that the problem with players being too aggressive goes with the fact that Loyalist does not have a men's soccer team, and those more competitive players end up in rec, playing way above some of the other players' skill levels.

He said he wishes he could still play and participate in the league, but he also understands why he can't as it would be unfair for him to take sides in a game.

Taylor Hermiston, a second-year photojournalism student, also works for campus rec and said she loves coming out and running the games. Hermiston played goalie for rec soccer team Samba United last year and was disappointed she couldn't play this year, but said she is very happy that she can get paid to run soccer.

"After playing last year, I understand the frustration of the players and now that I'm working this year, I feel like I can calm them down better as I know what's going through their heads."

Hermiston also said it's not so bad because she still gets to participate in pick-up games and also in any other activities campus rec runs. Soccer is just an anomaly because the players pay to put in teams and need the campus rec representatives to remind them it's only recreational and to "stay calm."

This year, 14 team rosters were entered, but only 12 made it in. The other two teams were spread out among the remaining teams, which in the end, helped balance out the teams a lot with numbers of players and their skill levels.

So far the teams have been very even and the campus rec staff say they are looking forward to a great soccer season at Loyalist.

Salvation Army collects for those in need

By Sarah Visser

The Salvation Army collects money every year to help support their programs to assist people in need. Those people are you.

Linda Horn, the kettle manager for the Salvation Army, said, "You never know when you're going to need to use our services. Unfortunately, there's always a time

where you run out of food and you may need food. It's not like something that you may never need. We all go through rough times."

Over 100 people are fed every day when the Salvation Army lunchroom is open. According to Horn, there are many working class families who are struggling to make ends meet and rely on such services. Given the stability of the recent

economy, who knows when your own luck may change.

That is why the Army is aiming to raise \$145,000 this year during the kettle campaign. It will keep the lunchroom open, as well as the warm room and other services the organization provides.

Currently, the Army is desperate for volunteers. At this time, not all positions are volunteer.

"We would like to be 100 per cent volunteers," Horn said. "We're trying to switch it from paid to volunteer."

She said she is hoping for more community involvement in the future, with service groups and businesses volunteering. This year, the Rotary Club, Mackay Insurance and Ralph-Neale Dodge have helped out.

As added incentive, "we even have this

year what's called the Bell Ringer Award where the services groups and the businesses where they take over a kettle for a day, we're going to see whoever raised the most money, and give them what's called the Bell Ringer Award.

"We're really trying to make it more community involvement. That's the biggest thing we want, is more community involvement."

Nutritional beverages help with deficiencies

By Sarah Taylor

Whether it's a busy lifestyle, not enough time or quite simply just laziness, some of us don't eat as healthy as we should.

But how healthy is the produce in our grocery stores? By the time it gets here, on the shelf and in our kitchens, is it even healthy anymore? Whatever our big issue is with eating the proper nutrients a day, the MonaVie company has tried to find a way to compensate.

Debbie Villeneff is a distributor for the MonaVie. She said she talks to hundreds of people a week about their health and has many success stories with the products she sells.

"The average person is malnourished. Our parents told us we should eat 13 servings of fruits and vegetables everyday. Our grandparents told us to do this, our medical doctors tell us to do this and so does Health Canada but who does it? Nobody! I haven't met anyone in five years that does it."

MonaVie is a nutritional beverage company, which offers five different juices, two energy drinks, chocolate and vanilla shakes and snack bars. Each product addresses a different health issue, according to the company's information.

"They made different blends to have different health benefits on people because each different type of juice does different things," said Villeneff.

The first drink they introduced was the purple bottle Essential, which is for children under 12 years old as well as pregnant and nursing mothers. Essential contains 19 fruits including acai berry.

The second drink was the green bottle Active. This drink focuses on joint and muscle health. The same 19 fruits are in this drink as well as omega three, six and nine and plant based glucosamine.

"The greatest success I've had with this is with skin



Photo by Sarah Taylor

Debbie Villeneff has been with MonaVie for five years now. She is holding the Active bottle which focuses on joint and muscle health.

repair, muscle repair, joint repair, your hair grows really think and nice, your nails grow, things like that."

Then came Pulse in the red bottle, which is for people who have had heart attacks, strokes, high blood pressure or high cholesterol. Next was the yellow bottle (M)mun which contains wellmune, and finally MX in the grey bottle. MX has the 19 fruits in it along with 11 dark shade vegetables.

"It's our best we have," said Villeneff.

Another drink they have now is called

Rest. It is an all-natural drink that, according to the company, helps calm your body and get a better sleep.

There are also the two "anti-fatigue drinks," one has seven fruits, green tea extract, ginseng and organic cane sugar. The silver canned drink contains stevia for people who have diabetes or want a lower calorie drink.

Finally there are chocolate and vanilla shakes and/or meal replacements.

"You could not eat what is equivalent in this shake. A girl who just signed up for it took our shake to three health food stores in Belleville and they could not find one that was more nutritionally dense than our shake."

The products are popular with younger people who skip meals in the morning or whenever they are in a rush and with elderly people who aren't able to swallow whole foods.

Villeneff, who started with the company five years ago, has her own story.

Villeneff was diagnosed with Crohn's disease in 2000. At 40 years old, she couldn't get out of bed, her health was diminishing more and more everyday. She had had five major surgeries, was on medication and sought out natural healing alternatives while still getting worse.

"The last surgery left me with a big open wound the size of a softball. My toenails rotted off my feet. My hair started falling out in chunks, my wound ended up getting so infected I got flesh-eating disease."

Villeneff started drinking MonaVie's juice after a friend recommended she try it. Within two weeks Villeneff said she was feeling significantly stronger and has yet to have another Crohn's attack.

Medical professionals may not support MonaVie but it has definitely strikes created some interest scientifically.

"The scientific backing that this company has is phenomenal," said Villeneff.

The third juice released from MonaVie, the yellow bottle (M)mun had \$250 million worth of research invested in making of it.

"Two ounces of our juice in the morning, two ounces at night gives your body equivalent of 13 servings of fruits and vegetables so it fills in the gap," said Villeneff.