



Photo by Matthew Desouza

Renee Segnore takes a break inside his transportation truck at 10 Acre Truck Stop Feb. 12. Segnore's main route is Quebec City to Cobourg along Hwy. 401. When severe winter weather comes into play, Segnore says that getting off the highway and waiting the storm out is the best way for drivers to avoid accidents.

When weather gets bad drivers advise pulling over

By Matthew Desouza

Recent severe weather has been causing problems for commuters using the 401 series highway.

On Wednesday Feb. 5, a series of collisions crippled the 401, involving nearly 200 vehicles, many of them transportation trucks.

The 401 highway sees endless amounts of big rigs and transport trucks on its surface each day. With recent winter weather conditions covering the highway in massive amounts of snow and ice, safety and precautions

must come first.

Renee Segnore of Montreal, Que. has been driving transportation trucks for the last 15 years, and says the best way to avoid an accident is to simply "pull over."

"The guys that clean (the highways) are a little bit too slow; about one hour late. But that's what made the mess. But I don't put blame on them. The people are too fast on the roads," says Segnore.

Segnore's delivery route is from Quebec City to Cobourg, and he uses the 401 as his main route. When bad weather comes into play, Segnore knows that driving isn't worth the risk, and that

getting off the roads is the best way to prevent an accident.

"We aren't supposed to roll in bad weather. We have our alert radio on our Blackberry. They say if you can't ride, pull over. That's it. Just pull over and call the dispatch and say you can't drive, and don't take the chance."

With hazardous road conditions, a single accident can very quickly turn into a massive pileup, much like the one on Feb. 5, which resulted in the 401 being shut down for the majority of the day.

The Ministry of Transportation has some advice regarding safe driving dur-

ing severe weather: slow down gradually and drive at a speed that suits the conditions, avoid passing and changing lanes, increase following distance and try to get off the road if visibility is near zero. If possible, pull into a safe parking area and wait it out.

In case of an accident, the MTO suggests the public to stay with the vehicle for warmth and safety until help arrives, slightly opening a window for ventilation and have the motor run sparingly. It is encouraged to be prepared and carry a winter driving survival kit that includes a change of warm clothing, a flashlight, blanket and shovel.

Valentine...

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Reflecting on this Friday's Valentine's Day, Ford mused, "Romantic love is beautiful and fun, but talk to those people on Saturday and see how they feel. A lot will feel disappointed."

Perhaps there can be no consensus on love.

In an article published recently in *Aeon*, author Aaron Ben-Zeev concluded: "Love is a trade-off, the prevailing wisdom goes: we can either soar briefly to the highest heights or we can have contentment for many years."

Maybe the only option is to resign ourselves to this inherent compromise.

And whether a decoy for romantics, or a cure for banality, perhaps the material demonstrations of affection on Valentine's Day represent the deeper contradictions, anxieties and yearnings at play within the human heart.

Famed columnist Cheryl Strayed's once wished a reader, "A bit of sully in your sweet. Not perfection, but real love. Not what you imagine, but what you'd never dream."

Playing on Strayed's words, Feb. 14., for all its shortcomings, may at the very least offer us all a bit of sweet in our sully.

Liberals happy with Trudeau's Senate decision

By Taylor Hermiston

Prince Edward-Hastings Liberal Georgina Thompson is reacting positively to Leader Justin Trudeau's decision to abolish senators from the Liberal caucus.

"I think it was a bold decision Trudeau made and at the same time, it was a good decision. This decision allows the Senate to make decisions and if they make bad choices, then it's not tied to the party," said Thompson.

She also explained that there was a good possibility that the members, who were removed from cabinet, were going to be upset about the decision, but most of them were pleased with it. The members will be capable of making decisions on their own, she added.

In addition, the opposing parties might be captivated by his decision. Thompson suggested that the New Democratic Party is going to say that Trudeau decided to do it to free himself of any negative comments that might come at him from the members' decisions. The Conservative party might feel that they should've made the move first, she said.

"They will respond the way their party responds. They are going to say that they knew that there was corruption in there, so he cuts ties before those remarks came out."

Thompson will be the Liberal candidate for the next federal election. She was also a city councillor from 2003 to 2005.

Female students unhappy with bathroom waste disposal

By Anica James

The purple sanitary napkin bags in the women's bathrooms have been a hot topic for debate amongst females at Loyalist College.

Emma Peters, 21, a second-year nursing student is not impressed with the women's bathrooms at Loyalist College. Like many female students, Peters is disappointed with the lack of sanitation, especially in reference to the purple bags women are encouraged to use to dispose of their used sanitary napkins and tampon applicators.

"It would be beneficial to have waste bins in every stall," Peters said. "I don't understand why the school wastes money on these purple bags when they are not sanitary or environmentally friendly."

As a nursing student, Peters is taught that being

sanitary and washing your hands is the number one way to ward off illnesses. The last thing that anyone wants is to struggle with the disposal of their blood-stained waste.

"Everyone in my program complains about the bags and vending machines," said Peters. "If the school is not going to spend money on bins for individual stalls, they should at least include hand sanitizer in every stall."

Grant Brummell, manager of Facilities Development and Contract Services, said that the purple bags have been a staple in the women's bathrooms at Loyalist College for the past ten years.

"It has nothing to do with cost," Brummell said in reference to the idea of every stall having an individual garbage bin. "The more disposal units you have, the more surface area you have to clean. Our custo-

dians work on contract so we would have to re-write the contract in order to change things, and that's a lot of paperwork."

According to Brummell, the school bathrooms used to have bins in every stall but the school found that the individual bins did not get cleaned enough, so now it is up to each individual to dispose of their used products on their own.

"It's embarrassing," Peters said. "It's as if I am letting everyone know 'Hey world, I am menstruating'"

Lauren Deans, a registered nurse at the Loyalist Student Health Centre, said that she doesn't see anything wrong with the bags.

"I can understand that girls might be embarrassed," Deans said. "But we are all women, we all experience our period."

Loyalist College is currently doing an inventory

on the vending machines in the bathrooms and will make sure that they are restocked and that the contractor who is responsible for refilling the machines does it in a timely and orderly fashion.

"We know that we are following the guidelines," said Dianne Spencer, executive director of College Advancement and External Relations. "It's not about cost, it's about health and sanitation and environmental concerns. We have reduced waste containers from four to one in each bathroom over the past ten years using the purple bags."

Spencer went on, stating that the school is always open to suggestions and complaints from the students.

"We want students' feedback," Spencer said. "If students have any concerns regarding sanitation, they can be addressed to Facility Services or the Student Government."

Acts of kindness replace drinking games in Nekonominations

By Victoria Thoms

Nekonominations have gone viral. Originally a drinking game, the nominations have turned into a way for some people to put forward an act of kindness.

The original concept of the game was to drink one drink on video, and then nominate a friend to do the same. Somewhere throughout the game's history, the lines got blurred and people soon began to try to drink more intensified alcohol, larger amounts of alcohol and perform stunts while drinking or shortly after.

"I think that people are taking it way too far. Just for people to get a good laugh and try to have fun, but it's not cool at all," said Alex Fobert, a first-year police foundations student.

Almost as an act of rebellion against the Nek Nominations, some people have started to replace the drinking aspect of the nominations with a good deed.

"I decided to do the nomination, but not drink because I'm in police foundations so that would be kind of silly for me to do, and I am also on the volleyball team," said Fobert.

"For my Nekonomination, I decided to donate \$100 to the Parkinson's Society of Canada because my dad suffers from the disease. So instead of drinking and possibly harming myself, I decided to put a nomination to good use and help a family member out," said Fobert.

Fobert posted her final video on Facebook after being nominated by her cousin. She started off her video showing three bottles of alcohol on the

counter, and then said, "I'm not going to drink anything, because I have better things to do with my time than destroy my liver for your entertainment. So I thought I'd do something a little bit different."

Fobert then tells her father that she is donating to the Parkinson's Society instead of drinking.

Ryan DeMarco, another police foundations student, chose not to participate at all after being nominated.

"I decided not to participate in that trend because of the peer pressure involved," said DeMarco. "I believe it is making people feel like they have to fit in by taking part in dangerous activities like the Nekonominations."

"I wrote a status on Facebook saying what was on my mind and decided to break a current trend that is a way of peer pressure. I decided to turn that trend into a generous act of kindness trend," said DeMarco.

Random Acts of Kindness or RAK nominations are the sequel to Nekonominations. Filming a good deed, and then nominating a friend to do the same, has become a growing trend as a way to fight back against Nekonominations.

Many students are supporting RAK nominations instead of Nekonominations because of the absurdity that is resulting from drinking on video.

"I think they add some fun to Facebook, and people get to challenge each other without being right next to them, which is cool because of how it brings people together. But if you're snorting crackers and drinking motor oil, then you're just being an idiot," said Colton Wiens, a student in sports journalism.



Photo by Victoria Thoms

Police foundations student Alex Fobert chose to put her own spin on her recent Nekonominations. Instead of drinking, Fobert donated \$100 to the Parkinson's Society of Canada.

"Once you're past the original idea of the game, it's not worth it."

Many students at Loyalist have been seen on Facebook and YouTube still going through with the nominations, while being careful about it. Some students said they are worried that drinking large amounts of alcohol on video

could be seen by future job prospects. In the end, it's up to each individual person to decide to participate or not, and how far to go with the nomination.

"I put on a red power ranger morph suit, and then shot gunned a tall boy with the Power Rangers theme in the background," said Wiens.

"I went back and forth on whether I was actually going to do it or not. I decided to do it, because in its simplest form, it's just chugging a beer, which is pretty funny. I decided to do the simplest Nekonomination and take it off of Facebook after one day," said Wiens.