



Photo by Brianne Ste Marie Lacroix

Mieke Thorne (left) and a member of Amnesty International, carried a banner along with a crowd of approximately 50 people through downtown Belleville in support of International Women's Day which takes place this Saturday. There were people of many different age groups and men and women alike. For a photographic look at International Women's Day, see pages six and seven.

Men and women march in unity

By Brianne Ste Marie Lacroix

A crowd of men and women marched in solidarity through the streets of downtown Belleville, Wednesday, with banners and signs supporting International Women's Day.

The Belleville Public Library and John M. Parrott Art Gallery and the International Women's Day committee of Belleville hosted an event March 5. Before the walk, Jennifer Gibson, who is an award-winning photographer, illustrator, graphic designer and a published author was the guest speaker. She has been hard of hearing since she was a young child. She spoke candidly about her struggles and how she overcame many of the obstacles in her life.

Trevor Pross, the CEO of the Library and the gallery, said he really sees the library playing a big role in the culture of the community and that they like working together with the International women's day

'On the radio, I heard that every 17 minutes a woman in Canada gets raped... We all have our reasons to get involved. We just want to bring awareness and stand up. Some women in the world don't have any rights and some girls can't get any education.'

International Women's Day committee member Mieke Thorne

committee.

"We felt that having Jennifer Gibson here was a really good fit for this event because she has overcome many struggles and has been successful with her writing. We had a good turnout here. We tend to get a good crowd at these events, which is good, because then they get a good group to go out and do the march in downtown," said Pross

Directly after Gibson's talk, Mieke Thorne, one of the members of the Belleville International Women's Day committee and the Amnesty International group, organized the group of approximately 50 people who participated in the march through downtown.

The International Women's Day committee decided to reach out to schools this year to make the event feel more inclusive throughout the community and wanted to bring a younger crowd to the event.

There were some students who participated in the

walk and Thorne's teenage grandson, Joshua Terpsstra, led the group by shouting statements related to women's empowerment into the megaphone for the crowd to yell back.

A police car led the crowd and they walked from the library, down Pinnacle Street to Market Street, down Front Street, back up Victoria Avenue and back to the library.

Thorne has dedicated approximately 40 years to advocacy for social awareness. She feels that in Canada, we are extremely lucky for the things that we have but still need to be aware of the injustices that are happening.

"On the radio, I heard that every 17 minutes a woman in Canada gets raped... We all have our reasons to get involved. We just want to bring awareness and stand up. Some women in the world don't have any rights and some girls can't get any education," explained Thorne.

Continuing cold weather means SAD still hanging around

By Christopher King

Seasonal affective disorder (SAD) is often associated with the darkest months of winter when the amount of daylight is at its lowest.

With spring approaching, however, the season for the disorder is not over yet.

Sandie Sidsworth, executive director at the Belleville Centre for Addiction and Mental Health, suggests that sunlight is not the only contributing factor to SAD and that the struggle is not yet over.

"It's not attached to the dark only, it's in combination with the cold," Sidsworth said.

According to Sidsworth, a lack of sunlight (providing vitamin D) is one factor. Another factor is the cold temperatures forcing people to remain indoors for extended periods of time.

Sidsworth recommends a walk outdoors with classmates or colleagues during the day to force yourself to get out and enjoy nature.

"Impacted even more because of the

cold weather, there is a direct relationship with the outdoors and SAD. Right now it's just miserable," Sidsworth said.

To help deal with the reduced amount of daylight, Loyalist College health clinic has a daylight simulator available for use. The lamp can be used as often as needed by students in 20-minute intervals before 2 p.m.

"It simulates sunlight. It doesn't give you any UV rays so it's not like a tanning lamp or anything like that. Sunlight

is needed for us to convert vitamin D, and the vitamin D works with your neurotransmitters, your serotonin and dopamine, to stimulate them so that they're present and make you happy," said Lauren Deans, Loyalist College registered nurse.

The lamp looks like a large desktop lamp that plugs into the wall. It is harmless if used early enough in the day so it doesn't interrupt your sleep cycle. It gives off 10,000 lux and does not radiate ultraviolet rays so it does not affect you in any negative ways.

According to Deans, there are only about eight regular users of this lamp on campus with a few intermittent users. Deans describes a regular user as someone who uses the lamp once per day or every other day, whereas an intermittent user comes in on an as-needed basis or once a week.

This year in particular has been a long, cold and very snowy winter.

...See SAD, page 2



Photo by Anica James

Gord Grob stands inside of Frank Meyers old trailer, which has been converted into a makeshift 'apartment' for supporters at the farm, on Wednesday. Grob, a resident of Ottawa, spends at least four nights a week camped out in the trailer doing the night shift, keeping a watchful eye on the property.

Cold weather doesn't deter Meyers supporters

Federal government now official registered owner of 220-acre parcel of land

By Anica James

Three supporters huddled inside an old trailer, aptly named 'Fort Frank', on Frank Meyers' property Wednesday afternoon, shielding themselves from the cold March wind while discussing the next step of action they will take in the battle of tractor versus bulldozer.

Gord Grob from Ottawa has been coming to the farm every week since the end of January to help out with the night watch and show his support for the elderly farmer and his loss.

"This is my sixth time here now," Grob said, adjusting homemade signs that line the inside of the trailer. "I usually stay for four or five days, then go back to Ottawa, do a few shifts at work, and then come back here."

"I get up every morning, watch the barns and make sure that no one starts up those bulldozers or backhoes," said Grob, describing his routine.

"Pretty soon though, they're going to start digging. The government is just

waiting for the weather to clear up, and when it does and those machines start, there will be a whole group of us there."

According to documents from the Hastings County Land Registry Office, the federal government is now the official registered owner of the 220-acre parcel of land that used to belong to Frank Meyers.

The Department of National Defence expropriated the farmland, which has been owned by the Meyers' family since 1798, in order to make way for training facility that will be used by the elite Special Forces unit JTF-2.

Belleville resident John Burshaw has been coming out to the farm since Jan. 12 to show his support for Meyers and his property.

"I think that the farmland should have been exempt from expropriation," Burshaw said. "I have no problem with expropriation. It's needed for certain things, but I do not think that grade one farmland should be part of that equation."

According to reports, there are approximately 600 military personnel who are supposed to be moving into the area with roughly 700 jobs being transferred to the Trenton base from the current base at Dwyer Hill, just outside of Ottawa.

...See Meyers farm, page 2