

On the street

Carla Antonio asked people at Loyalist College the following question:

Is Valentine's Day important to you? Why or why not?



Mark Jones, sports journalism, "Valentine's Day is important to me because my girlfriend enjoys it. She really enjoys the holiday. I think if I was single I wouldn't be as excited about it."



Deanna Fraser, journalism, "I think this year it's not as important to me because I'm single, whereas other years it was a lot more important because you're doing something for someone you love."



Rebecca Bartlett, journalism, "It's not really important to me because I don't have a significant other, but I think I like the idea of the holiday, in that you buy nice things for someone and show them that you care."



Nick Ogden, journalism, "I think it is important because it kind of gives people a time to plan to do something special for somebody. But then again I think you shouldn't have to be obliged to do it for one day."



Emma Persaud, journalism, "It's important to me because I think that it can be used as a day to celebrate anyone, not just a significant other, and you can use it as an excuse to go up to anyone and say, 'Be my Valentine.'"



Matthew Murray, journalism, "Not really, just because I'm not in a relationship right now."

Editorial

Locally grown food not always easy to come by

Many people are pushing to buy local fresh foods, but it is difficult for the average person to purchase them.

Although in our area we have a fantastic farmers' market that helps local farmers sell their products, there should be more places for residents to buy local foods. Meats, eggs, and other specialty foods from our area should be more readily available.

Grocery stores should sell more locally produced products to allow people of our area to have fresher foods, as well as helping local farmers economically, and helping people to be more confident in the food they are buying at a place that's easily accessible.

Currently foods are sent in from all around the world, sitting in cooling trucks to help keep them as fresh as possible before they get to us. This could take days from when they are freshly picked, or prepared, to make it to the stores before they are put on display for us to purchase.

If local farmers could bring in their own foods to the grocery stores, it would mean food would spend less time on trucks, making it fresher for the customers.

In the Greenbelt region, there is a grant which funds to increase the amount of local food we eat in Ontario, which has had a significant impact on local food sales. Food sales increase by \$7 with every dollar that has been granted.

"It seems that the biggest challenge — and the biggest opportunity for our local food producers — is to get more products into public institutions," reads a statement in a Feb. 1 post on the Greenbelt Fund website.

Therefore, even though there has been a great deal of progress and change with this fund, they continue to have challenges to sell in grocery stores.

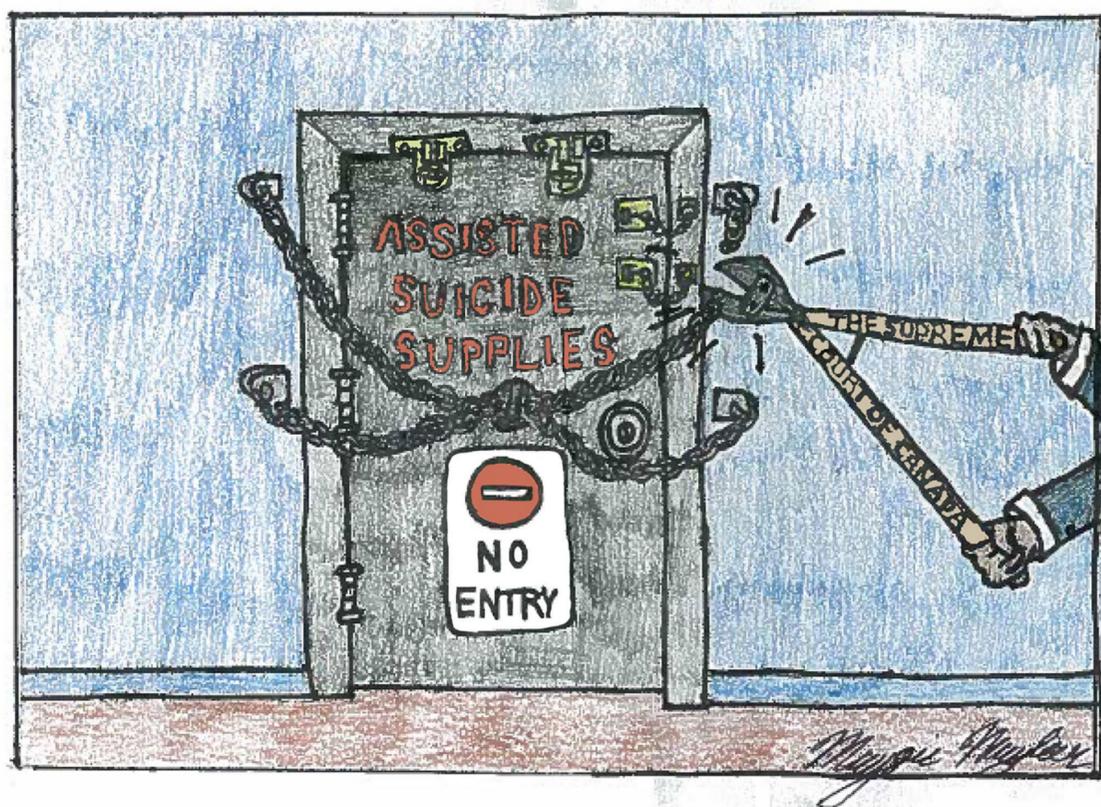
Farmers are the people who feed families, and without them we would all starve. Corporations should not continue buying from areas across the world solely because it will save a few dollars when we have fully capable farmers in our own area. Grocery stores in the area should allow local farmers to sell their own produce in their stores to not only allow for safer foods to be presented to the consumer, but to support all the efforts our local farmers do as well.

With more local food available, less chemicals and preservatives will be added into our foods. This will allow consumers to feel more confident in what they are purchasing.

Finally, having local food in grocery stores makes it easier for consumers to access these foods without having to drive great distances.

We all win when local food is more accessible.

Kayleen Preston



Opinion

Make sure you respect your elders as they have a right to their dignity

Younger generations need to appreciate their elders' accomplishments

By Maggie Naylor

There's an epidemic circulating that needs to be stopped.

Younger generations believe at the ripe age of 65 people's accomplishments are over. They are expected to sit around like a limp noodle or generate large quantities of cookies while simultaneously looking cute in a slightly condescending way.

Let's not forget J.R.R. Tolkien only published his series *The Lord of the Rings* when he was 62. Nelson Mandela became presi-

dent at 77. At 86, Katherine Pelton swam the 200-metre butterfly in three minutes, 1.14 seconds, beating the men's world record of that age group by more than 20 seconds.

I had a great-grandpa who at 97 was completely independent while still being completely blind. My great-aunt, 69, and great-uncle, 71, are spending their time sailing the West Coast in a boat they built themselves.

It's all too easy to lump "official seniors" into one group, expecting them to be manipulated by phone scams, buying NutriBullets and pressing homemade pyjamas on you.

It's far more complex than that. They still need their dignity; they have not become less human by aging.

This subject becomes more prominent as local community care coordinators are strik-

ing. Some of these people are helping care for seniors in their home so they don't have to go into long-term care.

Few others understand the importance of that role and those who do understand, generally aren't in power.

If seniors lose the independence of owning their own home thanks to the absence of this home care they will have little more to strive for in life than survival.

These are the people of our past and future. Some of these people fought for our freedom, some fought for equality. Others committed their lives to teaching the generations in charge today. They could have been convenient store helpers their whole life, or worked at McDonald's.

But that doesn't matter: hope for a better life should not get cut off at 65, 80, or any age.

How salt has ruined my life

An Ontario winter can bring with it many trials and tribulations, the worst of which is salt.

From the earliest signs of winter in November, our roads are assaulted by gangs of salt trucks flinging their cargo of corrosive crystals in a fickle effort to defeat winter's snow and ice.

Early Monday morning, you are rushing to get to your job interview. This is not your average job interview: you have been waiting for this opportunity for years. Putting yourself through grad school, and breaking up with your girlfriend to move to the city, just for the chance of landing this highly competitive and sought-after career.

You're running a bit late because it snowed last night and you have to clean off your car, but you can still make it.

As you get on the snow-covered Highway 401, you immediately become trapped behind an army of snowplows launching plumes of last night's snow off into the ditch.

To make matters worse, the plows are followed by a gang of salt trucks dumping tons of salt on the highway, coating your new BMW in a white, scaly, corrosive film that immediately begins to rust your new car.

You pull into the parking lot with minutes to spare. Jumping out of your car, you make a dash for the door with brown, salty slush splashing all over your freshly dry-cleaned slacks. You don't realize it yet, but you have huge white marks on your socks from when your ankles touched the threshold of the car door.

You burst into the reception area one minute late, your pants speckled with brown slush stains and your new shoes marked with dusty white lines, sweat on your brow.

"You look like one of those guys who drives the snowplow," says your prospective boss. Your tardiness, in combination with your appearance, causes you to lose the job. All because of salt.

Along with its wardrobe-ruining qualities, salt is also bad for the environment. It seeps into our lakes and rivers, causing unnaturally high levels of salt, which "pose a risk to plants, animals and the aquatic environment," according to Environment Canada.

Despite the environmental impact, huge quantities of salt are still used on our roads highways.

"It's a toxic material and yet we continue to throw it with gay abandon on our roads," Dr. Nick Eyles professor of geology at the University of Toronto, told *The Globe and Mail* in a recent article.

Salt is not the only ice-melting method. Among others, calcium chloride is one alternative to salt that is less harmful to the environment. Though it is expensive and three times as much is needed to have the same effects as salt. It is more effective and works in colder temperatures. Sand is another means of dealing with ice and snow, sitting on top of the ice to increase traction. It is also used in colder areas of the country where it is too cold for salt to work effectively.

At the expense of our environment, our cars and our clothes, salt is still used as the main method of snow and ice removal in Ontario.

We should be using less salt on our roads and highways. There are other readily available methods with which to deal with ice and snow removal. We would all live a better, cleaner and less mushy lives.

Thomas Surian

Lack of Canadian history known by Canadians

Everyone in this country should know about Canadian history

By David Fransky

The polling industry's professional body, the Marketing Research and Intelligence Association says that 11 per cent of people could not pick out the opening lines of "O Canada."

Deborah Morrison, outgoing president of Canada's History Society, has said that the key for history is for educators to connect the dots between regional events and the broader backdrop against which they unfolded.

The citizens of Ontario need to learn more about Canadian history at a younger age than now.

The boards of education in Ontario start learning Canadian history in Grades 7 and 8. In Grade 7, students learn about the fur trade and how Canada came to be and in Grade 8, students learn about how Canada changed in society after Confederation and about the First World War.

It isn't until high school, in Grades 9 and 10, that students learn about all of the wars and events that helped to shape what Canada is today. These are the current ways of teaching history in school boards and it is not the way that it should be.

Canadians learn to have pride in what

Canada stands for but do not know a lot of the details of what the dates and events are that helped shape Canada as a nation.

Lester Pearson said, "Whether we live together in confidence and cohesion; with more faith and pride in ourselves and less self-doubt and hesitation; strong in the conviction that the destiny of Canada is to unite, not divide; sharing in cooperation, not in separation or in conflict; respecting our past and welcoming our future."

The way that would be better is that both schools and citizens should teach younger people about Canadian history at Grades 2 or 3 so that they can learn the history about Canada so that they can take more pride in the country that they live in today.

The Pioneer

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