



Photo by Franki Ikeman

Lauren Deans, registered nurse at the Loyalist Student Health Centre, demonstrates with one of the college’s two SAD light boxes at the health centre Tuesday. Deans says the lights work well for people who are suffering from SAD, or Seasonal Affective Disorder, and students can use them on a walk-in basis at the Health Centre.

Don’t be SAD, be happy

By Franki Ikeman

Students at Loyalist College now have a way to beat those winter blues, thanks to the Health Centre’s SAD light box therapy.

Seasonal Affective Disorder, or SAD, is a type of depression that comes and goes with the seasons.

“If you live in Canada and, well, a lot of the northern United States and what-not, the sunshine that we get just isn’t enough. Unless you can park us down by the equator for X number of days out of a month... that would be wonderful but that’s certainly not financially feasible. We just don’t get the sunlight that we need,”

said Lauren Deans, registered nurse at Loyalist’s Health Centre.

The college now has two light boxes for students to use as treatment for SAD.

The light boxes, though not as effective as time under the sun, work to filter out most of the harmful UV rays to deliver a light that mimics actual daylight.

“SAD lights, what they can do is replace the sunlight that we’re not getting when we’re down in bunkers. They basically replace the set sunlight so you actually do get the ability to use your Vitamin D and convert wonderful things to make your serotonins,” said Deans.

Symptoms of SAD include irritability, fatigue, lack of concentration, oversleep-

ing, appetite changes, and weight gain, among other symptoms, according to the Mayo Clinic’s information page on the condition.

Although some people get SAD in the spring and summer, it is most commonly seen in the fall and winter, when daylight is limited.

Deans said that the lights get used frequently between November and March. Feedback on the helpfulness of the lights has been good and the health centre has seen many repeat customers.

Other treatments for SAD include anti-depressant medications and therapy. Deans said that one of the benefits of the light treatment is that it is non-chemical

and doesn’t create dependencies.

Use of the lights is on a first-come, walk-in basis. Students are set up in a room with a desk and one of the lamps. You can bring your homework, a book, or just play on your phone during the 20-minute treatment.

“It’s best to be used in the morning or early afternoon because if it’s used to late in the evening, it can actually cause sleep disturbances. Even though it’s not a pill and it’s not a gel or anything like that, it’s very effective,” said Deans.

The lights were purchased about a year and a half ago with money given to the health centre by the student govern-

Outlook...

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“We continue to believe that Belleville specifically and the Quinte Region in general are experiencing more gains than losses.” Saunders explains that the economic trend in the Quinte Region is better off than the rest of the Kingston-Pembroke region described in the report.

“This report covers a very wide region and unfortunately at this time it is hard to break the numbers out to just the Quinte region,” said Suzzan Andrew, the general manager at the Quinte West Chamber of Commerce in a news release.

Andrew explains local economic development officers feel the high unemployment rate and low job creation numbers are not reflective of the Quinte region, although they agree on the stagnant population growth. Andrew states that the region should concentrate on attracting more people to live in the area.

To view the 2015 Economic outlook for the Kingston-Pembroke Economic Region Report, visit the Belleville Chamber of Commerce website: www.belleville-chamber.ca.

Muslims hold peace rally

By Nick Tardif

The organization Canadian Muslims for Peace held rallies in Toronto, Ottawa, London, and Kingston last Saturday in an effort to help bring awareness to Canadians across Canada, and to show that they do not stand with the extremists.

One of the speakers at the Kingston rally was Mohammad Saleem, the president of the Islamic Society of Kingston.

“Today, we have this gathering, we call it a peace gathering. It is for expressing as a Muslim that we stand for peace. We stand for peace in our country, in Canada, in our cities, in Kingston, and all over the world. We want to extend to the Canadians that wherever some form of violence occurs under the guise of Islam, we don’t own it, we condemn it.”

Saleem says there are three main points for Muslims in Canada to focus on, including communication, engagement, and service. Saleem said he believes these three points are essential for Canadian Muslims to integrate into their communities.

The three points laid out by Saleem will also help Muslims be understood as members of Canadian society. The first is based upon communication being essential for understanding and quelling the fears and concerns of different cultures within the communities, he said.

Saleem explained engagement is about Muslims joining in with neighbours and their community and joining in conversations, while service is about giving back to the community in which they live.

In the spirit of service, the Kingston rally was also about giving back to the community. As such, Ted Hsu, Liberal MP for Kingston and the Thousand Islands, was in attendance, participating in the gathering of donations for The St. Vincent De Paul Society of Kingston. Judy Fyfe, the executive director of St. Vincent De Paul, also attended to receive the donations.

Dodgeball league for fun and entertainment

By Joel Watson

Every Monday night, eight teams of adults gather at one of the many schools throughout Belleville to play dodgeball, a sport that most have not played since they themselves were in school.

“It’s a Quinte Sport and Social Club event,” said evening sports facilitator, Amelia Campbell.

“It’s basically entertainment for adults.”

The QSSC dodgeball league is a non-officiated league where the players can referee the game themselves, with

the exception of a neutral facilitator to clarify rules.

“I’m not technically an official or a referee,” said Campbell.

“I’m just basically here to make sure people don’t fight and beat each other up.”

Each team consists of nine to 12 players, with only six players on the court at a time with a minimum of two men and two women. Some of the teams are made up of people who work together, friends, and even some that just sign up individually.

“It increases morale with your friends or your job if

you’re on a team together,” said Campbell.

“It’s a great way to meet people if you sign up as an individual.”

Each of the eight teams play one game a night to move up in the standings for the playoffs, in order for one team to be named dodgeball champions.

The dodgeball league is just one of the many exciting indoor sporting events that the Quinte Sport and Social Club has to offer.

For a multi-media version of the story, go to: <http://www.qnetnews.ca/?p=49117>

Buddy the horse getting lots of love after rescue

By Nathan Zbeetnoff

Josslyn Cousins saved a three-year-old stallion, Buddy, from being turned into dog food.

Imported several years ago from the United Kingdom to Ontario, Buddy later became one of many abandoned animals at a farm in Haldimand County.

The horses should have been sent to a special auction at Woodbine Race-track, Cousins said, but they were instead shipped to regular auctions.

Someone did manage to rescue Buddy, but unfortunately, many of the horses sent to the regular auctions didn’t make it because of travelling conditions; packing them tight onto trailers.

“It wasn’t in a safe way,” Cousins said.

Buddy went through three separate auctions. The first two people originally thought that they would be able to make a lot of money off of Buddy, but when they couldn’t, they simply sent him back to the auction.

“It’s crazy because he has really good bloodlines. He was a stallion when I bought him ... he could have been a breeding stallion,” Cousins said.

Cousins said the third auction is frequented by meat buyers.

“He was basically on his way to being dog food,” Cousins said.

Members of a rescue group, Need You Now Equine, went to the auction in the hope of bartering with the meat buyers to save the horse.



Photo by Nathan Zbeetnoff

Josslyn Cousins and her horse Buddy go for a walk together on El Samar Arabians property, owned by Jo Mainprize.

Luckily for Buddy, the meat buyer was willing to allow them to bail him out if they could find somebody to buy him for \$450 within two days.

Need You Now Equine put a post on their Facebook page. Cousins had plenty of hoops to jump through herself, but managed to communicate with Need You Now Equine and pay for Buddy online without any issues.

“I paid for him without seeing this horse, or knowing what he was like ... He could have been crazy,” Cousins said.

Some horses are subjected to abuse while they’re waiting for the trailer to bring them home.

This put stress on Cousins while she was waiting the five days for Buddy to arrive.

Cousins now keeps Buddy at El Samar Arabians, the farm owned by her aunt, Jo Mainprize in Trenton.

I bought Buddy in hopes of having him as a prospect for showing,” Cousins pro-

claimed.

The first thing Cousins noticed when Buddy arrived at Mainprize’s farm was his condition. Buddy was frail and thin. Cousins said she believed that his hooves had not been trimmed even once.

“Horses should have their feet trimmed six to eight weeks,” Cousins said.

Buddy made it difficult for Cousins to help him. He wouldn’t let her pick up his

feet. He was not behaving and she said she believes this was because of the tiresome journey he had been on.

The first thing Cousins had to do was quarantine him, making sure that he was not infected with strangles, a highly contagious infection for horses and other equids caused by Streptococcus equi, a bacterium. Cousins quarantined Buddy at El Samar Arabians, dedicating any tools that she used to Buddy.

Cousins said she believed that the reason Buddy was not infected with this disease was because he was a stallion and had to be kept separated from the other horses as much as possible.

“I started building a relationship with him after that ... taking him for walks and letting him graze on the grass,” cousins explained.

Cousins had in the past trained abused horses but Buddy took the cake. He threw her as many different curve balls as possible.

“He tends to be really submissive to other horses. He gets picked on,” Cousins said.

This issue led to Cousins gelding (neutered) Buddy, making Buddy more approachable and allowing him to behave with the other horses.

Cousins explained, “Stallions can get a lot more excited, especially when going to shows.”

Cousins never saw herself as a breeder and after weighing the pros and cons, decided it wouldn’t be worth it.

In the winter, Cousins visits Buddy and her other horses twice a week, checking in on them, making sure they are behaving for her aunt. As soon as the weather warms up, Cousins said she will be visiting almost every day of the week.

Mainprize takes care of Buddy the days that Cousins isn’t there. It took three months before anybody could hand feed him apples or treats. Eventually Buddy warmed up to them, Cousins said.

“It’s been a lot of work to get him handled properly and behaving,” Cousins explained.

Cousins explained that it takes a while to develop a bond with a horse and Cousins believed that she has now developed a strong bond with Buddy.

“I was able to start riding him really easily ... he let me just get on him and start riding. I definitely think that he must have had some kind of trust before me,” Cousins said.