



Photo by Dayna Lefebvre

Corey Robillard, a second-year graphic design student, enjoys a chicken burger with triple cheese and double bacon at the Loyalist College cafeteria in this photo illustration.

Counting calories on restaurant menus

Ontario legislation makes menu labelling mandatory in the near future

By Samantha Quinn

Ontario will be the first province to make menu labelling mandatory at fast-food restaurants in the near future, after an announcement last Monday.

This legislation will require large chain restaurants to include calorie and other nutritional information on their menus and menu boards.

The Liberal party is hoping to reduce

marketing of unhealthy food and drinks focused on children. They are currently consulting different health care groups about the issue.

"Throughout the years, more people are becoming interested in what's in their food, and are becoming more conscious," said Laura Grant, manager at New York Fries Belleville for the past 13 years. "Our company does not hide anything from our customers, and will give them as much information as they want."

One recurring issue is whether or not to include sodium counts and other important nutrition information besides calories such as trans fat, sugar, chole-

sterol, and protein on the board.

"People need to know about trans fat, sugar, sodium, and everything else. Calories are a small part of the things that make people unhealthy," said Corinne McQuaid, manager of the Belleville Harvey's for the past four years.

Despite the fact that most larger businesses have boards, brochures, and even tray liners that provide nutrition information on the menu, not all people think to ask or look for the small print of what they are putting in their bodies.

"We've always had healthy options on our menu, but for the past two years, we've had 'Healthy Choice' which brings

the healthy food out for people to see more, to help people make better choices," said McQuaid. "Since it was added, more people order from that menu because it is in front of them."

One of the first businesses to start this trend was a McDonald's restaurant in New York, which included the calorie count beside the price and title of the food individually as well as in a combo.

"I think that it is a good thing to have for those who can't or don't know to check posters and online, especially for those who are looking out for what they eat," said Lyndsey Bergeron, a first-year automotive student at Loyal-

ist College.

Not only has McDonald's started calorie counts, but they have also started commercials advertising many of their breakfast sandwiches, promoting the calories for each item.

"McDonald's Canada supports the Ontario government's action to provide Ontarians with more access to nutrition information. As a longtime industry leader in providing comprehensive nutrition information, we're committed to helping our customers make informed food and beverage choices to suit their dietary needs and preferences," said David Ford, communications manager at McDonald's Canada.

Store owners want chance to sell beer and wine

Prepared to provide prime shelf space for the privilege

By Justin Greaves

Convenience store owners across the province are speaking out about being prevented from selling beer and wine at their businesses.

Some owners of convenience stores, grocery stores and gas stations in Belleville say they want to sell wine and craft beers. They are prepared to give prime shelf space, saying they want in on the booming brewery business— but say they were shut down by the provincial government.

"We have a terrific distribution network, and we're going to continue to work with the LCBO," said Ontario Premier Kathleen Wynne at a press conference in October 2013.

Thuy Yoon, owner of Super Duper Variety on Moira Street for over 11 years, said she is frustrated she can't sell alcohol. Yoon said she thinks being able to sell alcohol would help her business in more ways than one.

"Why don't we sell it? I would benefit from the customers here. It would help the business for sure," said Yoon, adding she feels there are no real downsides for convenience and grocery stores to sell alcohol.

"The negative things I hear won't happen, like break-ins and violence. It won't be any different then the beer store. They do it in Québec, they do it in America, so why not here?" said Yoon.

In July of 2012, the Ontario Convenience Store Association, which represents 10,000 retailers employing about 75,000 people across Ontario, started a petition gathering more than 112,500 signatures. The petition was displayed at a news conference at Queen's Park, but was turned down by the Ontario government.

"Anywhere that sells liquor in their convenience stores in rural areas I don't have a problem with," said Douglas Gibson, a resident of Belleville and a customer of convenience and grocery stores in Belleville.

"But in the cities, I think it's a bad idea because we already have enough liquor and beer stores," said Gibson.

"It's just going to make easier access to something that can be so bad. I know a girl that shoplifts right now and goes around to every city and walks away with all these 26-ounce drinks."

"All she does is goes in and grabs five mickeys and buys a little item and bang, she's gone. The more stores that have alcohol, the easier it will be for her. It's going to be a lot easier for kids to access and for people to steal," said Gibson who hasn't had any alcohol in over a year.

Mac's Milk is pushing Ontario Finance Minister Charles Sousa and Wynne on the issue, saying if they could sell beer and wine they would spend 54 million to build 27 stores, which would create 1,700 new jobs.

Age-restricted products like cigarettes and lottery tickets are sold at Yoon's variety store. Yoon says if they were to sell alcohol, they would add even tougher standards to sell the products.

A total of 214 communities across Ontario that are too small to have a beer store or LCBO are able to have LCBO franchises within their stores.

Wind farm battle continues in County

By Mitch Ward

The fight over a proposed wind farm in southern Prince Edward County is now tied one to one.

The plans of Gilead Power corporation to build a new wind farm at Ostrander Point in the County are back on track, after a ruling by a divisional court in Toronto overturned the previous decision by an environmental tribunal.

However, members of the Prince Edward County Field Naturalists club say they are not ready to stop fighting, as the new decision has reversed their previous victory against the construction project.

Myrna Wood, the current president of the 50-member club spoke about their reaction.

"We're very disappointed. It was a very bad decision. If it is allowed to stand, it will make it very difficult for any tribunal appeals on environmental issues in the future."

The main worry driving the resistance is that if one wind project is completed, many more will get the green light, and turbines would soon blanket one of the last undeveloped wildlife areas on the north end of Lake Ontario.

"There is another, larger project surrounding Ostrander Point that is waiting for approval right now. If any of these projects go through, then there

will be even more projects proposed," said Wood.

The wind farm project would be located in an area designated an Important Bird Area by IBA Canada, which totals nearly 280 square kilometres of the southern tip of the County.

The ministry of Natural resources assessed the development, as required under the provincial governments renewable energy program. But Wood and the club members feel it was flawed.

"We feel the Ministry of Natural Resources has just totally given up its responsibility under the Migratory Bird act, the Endangered Species act, all of their regulations on protecting wildlife in the past. They have all been thrown out the window," said Wood. "Because someone decided that renewable energy would take precedence."

Gilead Power first got approval to erect nine wind turbines on Crown land, located on Ostrander Point, in 2012.

According to the Gilead project website, the Crown land block where the turbines are proposed to be built is around three-square kilometres. The turbines and other buildings would take up about 2 per cent of that block, according to their estimate.

Members of the environmental community quickly opposed the development, and took their concerns to an environmental tribunal in the summer of 2013.



Illustration by Mitch Ward

The proposed wind farm site lies in the centre of an important wildlife area. Ostrander Point is a major staging area for hundreds of types of birds who migrate every season, as well as Monarch butterflies, and the area is also habitat for the endangered Blandings turtle.

"In our view, the problem is not with renewable energy as an idea, our problem is that the governments have not taken responsibility for deciding where these projects should be sited" said Wood.

The tribunal blocked the development, stating that the construction and the facilities would endanger the fauna that lives in the area, specifically the

Blandings turtle and the thousands of birds who use the southern end of the County as a staging area during migrations each year.

The justices responsible for the latest ruling found that the original tribunal made errors in law when it blocked the progress of Gilead Power.

The PEC Field Naturalists began raising money to pay for legal costs, in or-

der to appeal the new ruling. They have raised \$134,839 of their \$220,000 goal, according to the website set up to fight the development.

"As soon as we knew that the wind project had been approved, which was on Dec. 20, 2012, we started fundraising," said Cheryl Anderson, past president of the PEC Field Naturalists.