

# The Surveyor

February 23, 2007

Holland College, Charlottetown, P.E.I.

FREE

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# Global warming threatens humanity

*David Suzuki asks, 'What would you do if you were prime minister?'*

By STACEY MURRAY

Global warming and the environment have taken centre-stage in the minds of Canadians in the past six months, just as David Suzuki did recently in Charlottetown.

Suzuki, who CBC called Canada's best known environmentalist, is traveling the country on a 30-day, 40-city tour to hear the concerns of ordinary Canadians and ask what they would do if they were prime minister.

Suzuki spoke to more than 300 people in the W.A. Murphy Student Centre at UPEI on Feb. 3 - a sold out event. P.E.I. Econet planned the days events, which included numerous speeches throughout the morning.

Suzuki didn't claim to have the answers Islanders were looking for, but he said he did have the means for them to have a discussion.

As they are surrounded by water "Islanders understand immediately that there are limits," he said.

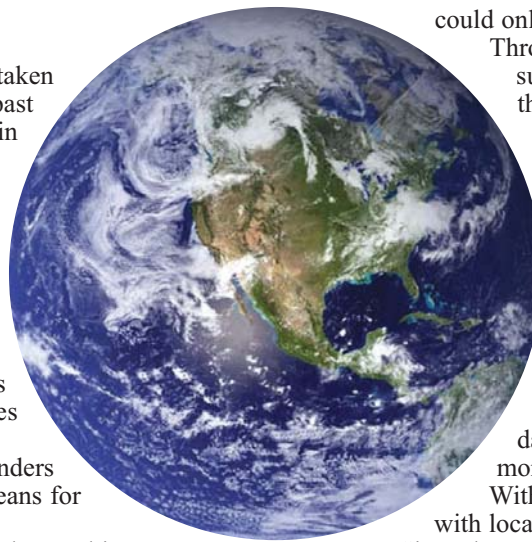
Climate change also threatens Canada's national identity. Already polar bears are disappearing and in Brantford, Ont., where Wayne Gretzky learned to play hockey on a backyard rink, there are no rinks because the weather has been too warm, he said.

"What is Canada without polar bears or hockey?"

At one point, a young girl came to the microphone, explaining she was doing a project on global warming for her school's science fair. Her question was simple.

"How will global warming change life as we know it?"

This is a question every Canadian wants answered, although Suzuki



could only say it would be a very different place.

Throughout the crowd, many people had suggestions on how to take steps toward fixing the environment. Chera-Lee Hickox, a fourth-year biology student, said she would make recycling programs mandatory. UPEI president Wade MacLachlan said he would encourage all Canadians to live within their means and try to leave fewer man-made marks on the planet.

The day before, on Groundhog Day, Suzuki's tour bus arrived in Charlottetown at 7:30 p.m. and he walked into the Inns of Great George wearing a light jacket. Groundhogs across the country didn't see their shadow that day, and rightly so, as spring weather is becoming more common than snow these days.

Within 10 minutes he had already sat down to speak with local media about his tour and the future of Canada.

Since the environment took a prominent role in 1988 very little has been done in Canada and around the world. Now we're seeing a preview of the future that is very alarming, he said.

"Mother Nature has been kicking our pants and saying 'You better pay attention.' Extreme weather has arrived."

He said governments struggle with this issue because they worry about the immediate future, instead of the future of generations to come.

"When you think about it, the political agenda has to be driven by the next election...it turns out, children don't vote. The political reality of it is children don't count, they're not on a political agenda.."

See GLOBAL WARMING P. 3



"I would make gas so expensive it would preclude alot from driving."  
Susan Hawkin



"I'd introduce laws to reduce the use of pesticides in crop production"  
Lauren Smith



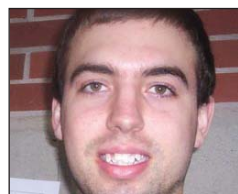
"I'd do something about oil heat because we use a lot in Canada."  
Carmen Belanger



"I would shutdown all the factory farms because I think they're a huge problem."  
Shami Hariharan



"I'd encourage every Canadian to cut back and live within their means."  
Wade MacLachlan



"I'd hire David Suzuki as an environment advisor."  
Jon Gallant

# Keep campus green: bring dishes, walk to school

*Holland College Environmental Studies student attends conference on campus sustainability*

By LINDSAY CARROLL

Knowing he's not alone in his environmental concerns is one reason why Josh Darrach enjoyed attending a recent sustainability conference.

Darrach is a member of the Environmental and sustainability society of UPEI. He was a presenter at the Atlantic Sustainable Campuses Conference at King's college in Halifax on Feb. 2-3. Friend Michael Willcock, an Environmental Applied Science Technology student at Holland College, joined him.

Darrach enjoyed speaking with like-minded environmentalists who were all working towards the same goal of trying to make campus life a little greener.

"A lot of the time it can feel like you're out there all by yourself."

Both students are members of the Sierra Youth Coalition, which hosted the event. Students and professors from all four Atlantic provinces attended the conference.

Darrach and Willcock presented their experience conducting a unique audit of the sustainability of the UPEI campus in 2005 with 40 classmates.

Sustainability is trying to maintain a balance between how much we consume, and how much we put back into the environment, said Willcock.

Concordia University in Montreal is the only other school to conduct an audit like this, said Darrach.

The audit was an assessment of the sustainability of the campus from the type of paper used to the type of



Michael Willcock, an Environmental Applied Science Technology student at Holland College, urges students to bring their own dishes to school and buy local food to help make campus sustainable. (Carroll photo)

pipes in the building.

UPEI has a long way to go before it can be called a green campus, said Darrach.

"It has lots of work it needs to get done."

The model used for the audit involves social, economic and environmental aspects of a campus, all of which are connected, said Willcock.

"In order to have a healthy society and a healthy economy you have to

have a healthy environment,"

Most campuses will fail the sustainability audit because of a lack of proper upgrading, said Willcock.

"Most campuses are not sustainable and that is because they have a huge

ecological footprint."

An ecological footprint is the impact you are having on the environment over all.

The University of British Columbia has incorporated some green technology into its new buildings because they have the money to do so. Holland College does not have that luxury, said Willcock.

"Holland College may not be able to make drastic changes, the money is just not there."

However, there are ways the college can decrease its footprint.

One way is by maintaining green-space on campus, said Willcock. This increases the amount of oxygen in the air, which helps to decrease greenhouse gases.

Ways students can try to decrease that footprint include by bringing their own Tupperware to lunch instead of using Styrofoam the cafeteria offers, and by walking more.

"Don't drive five blocks down the road because it's cold, carpool," Willcock said.

He also suggests supporting farmers' markets to increase local economic activity. It may cost more, but is worth it over the long-run.

"If everyone did it, then the price will go down, that's basic marketing."

Any Holland College students interested in forming a sustainability group to make the college greener are asked to contact Willcock at michael.willcock@gmail.com.

# Melvin the falcon survives surgery, but will never fly again

By CHRISTY MARSTERS

A peregrine falcon went through a successful surgery to repair a multiple wing fracture at the Atlantic Veterinary College in Charlottetown on Feb. 6.

Chuck Gallison, a conservation officer, responded to a call from a woman during the last week in January about an injured bird that appeared to have hit a nearby powerline. The bird was sitting in a hedge on the ground with blood on its wing when it was found, he said.

"I didn't know it was a peregrine falcon at first."

Grabbing the bird above the legs was important because of the falcon's sharp talons but otherwise there wasn't much to capturing the animal, he said.

"You just do it."

The peregrine falcon is a wildlife species considered at risk by the Canadian government. However, the number of peregrine falcons are steadily increasing because of pesticide bans to prevent the birds' eggs from breaking and to help in population recovery.

This species of bird has rarely been seen on P.E.I. during the winter season, but the recently injured peregrine falcon was a second sighting on the Island in two years.

Charlotte McCardle, the Atlantic Veterinary College external relations personnel, followed the injured bird's recovery process.

The bird was brought into the centre with multiple fractures that took a long time to heal, but when the surgery could be done, it went

well, McCardle said.

"He [the falcon] is out hopping around."

Dr. Melanie Tallon performed the surgery on the peregrine falcon. There was a fair amount of damaged tissue on the falcon's wing, Tallon said.

"He'll never be able to fly again."

The next few weeks will be spent on treatment and rehabilitation, but teaching exercises will then be started here if possible, she said.

"But the main thing right now is to focus on recovery."

Melvin, the peregrine falcon named after Dr. Tallon, can be cranky but it has a good attitude and could be trained as a social bird, he said.

The Atlantic Veterinary College hopes to enter him into an education or breeding program.



Melvin, a peregrine falcon, is recovering at the Atlantic Veterinary College in Charlottetown. The falcon was found with a badly injured wing near the West River bridge in Meadowbank. (Marsters photo)

# Watershed groups seeks more enforcement

By TERESA WRIGHT  
CONSTABLE

A number of watershed groups are suggesting government should better enforce land use policies to stop toxic siltation runoff in P.E.I. watersheds.

The P.E.I. Environmental Advisory Council held a public meeting Jan. 29 in Charlottetown to hear from groups and individuals concerned about areas of land that drain surface water and groundwater into rivers and streams across the Island.

Sherra Profit, one of the appointed members of the council, said the government wants to hear ideas about how to deal with this growing concern from local groups.

Several groups made presentations, each dealing with individual watersheds. But every presentation had a common theme - the Island's drinking water sources are being contaminated in part by siltation from urban development and landowners need to take part in a conservation effort.

• Jim Newson from the New Glasgow Community Corporation said rivers and ponds in his area are seeing a dramatic increase in algae growth and sea lettuce caused by silt runoff containing nitrates and phosphates.

He suggested the government and community groups work together in motivating landowners to consider monitoring the



The silt runoff in this stream could contain toxic substances. Silt such as this can contaminate watersheds and eventually drinking water. (Matthew Daye photo.)

Island's ecosystem as stewardship.

"Leadership is required, but leadership has to have backbone. We need to activate our volunteers and make it a community effort."

• John Andrew of the Wright's Creek Watershed Environmental Committee said more regulation is needed to prevent the dangerous siltation.

"For landowners of urban watershed areas, there are issues of privacy and liability... there are dangers there."

Roadways without ditches and inadequate waterways are causing the problems in the many areas, he said.

• Ann Wheatley of the Wheatley River Watershed Group said the province's land use policies are not being properly enforced.

"Maybe it's lack of resources for enforcement, but I think it's a lack of will."

When asked by the advisory committee about possible government solutions, Wheatley said stronger enforcement policies are

needed, but the province should still keep its distance.

"I think it needs to be supported, but left alone."

Each of the community groups that made presentations are looking to decrease the severe concentration of water contaminants, which has doubled in Island streams in the last 20 years.

The committee will draft a report of its findings to be submitted this spring to the minister of agriculture based on this and four other meetings.

## Making fuel from sugar beets may prove costly

By TERESA WRIGHT  
CONSTABLE

Growing sugar beets for ethanol production on P.E.I. may turn out to be a bigger investment for Island farmers than first thought, according to some agriculture specialists.

That's because sugar beets require specialized equipment, separate crop rotations and different pesticides than are being used here now.

Danny Hendriksen, district director of the National Farmers Union on P.E.I., said there are a number of fundamental differences between sugar beet production and crops now grown here.

"There's certainly a grave learning curve on behalf of farmers and on behalf of the industry before the onset of even growing the crop."

AgriTech Ethanol Corporation, which recently announced plans for a \$2-million test plant for ethanol production in Georgetown, met privately with farmers Feb 1st, to gauge inter-

est in sugar beet production on the Island.

If the pilot-scale plant proves successful, AgriTech said it will build a full-scale, \$40-million facility.

Bruce Webster, general manager of the Alberta Sugar Beet Growers, said Island farmers would need new equipment to grow sugar beets.

"We have a lot of potatoes (in Alberta) and potato equipment does not switch over for sugar beet purposes."

Island farmers will need new specialized harvesters, row crop seeders, cultivators and sprayers. And the chemicals registered for sugar beet use are different than those for potatoes, grain or any other vegetables grown here, Webster said. Also, Alberta has a four-year mandatory crop rotation to avoid disease and pesticide use, he said. P.E.I.'s crop rotation mandate is three years.

"You can go on a shorter rotation, but then you have to use more sprays and fumigants and chemicals. And

environmental considerations and water quality are also things that farmers have to be concerned about."

Given the amount of sugar beet acreage AgriTech would need for a \$40-million plant - around 15,000 to 20,000 acres - Mike Nabuurs of the P.E.I. Federation of Agriculture said production specialists he's spoken to have suggested a four-year rotation would be more realistic than three.

So, if you're looking at 15,000 acres of sugar beets in a four year rotation, that's 60,000 acres of land.

The land base isn't the problem, though. Farmers are worried about the costs. The equipment and chemicals needed for sugar beet production are costly. And they are only available in the United States.

So all the equipment and chemicals costs must be paid out in U.S. conversion dollars, making it even more expensive, Webster said.

AgriTech representatives at the Feb 1st meeting told producers it would purchase the equipment and lease it to

farmers on a cost-recovery basis.

And AgriTech has agreed to pay about \$45 a ton for the beets produced. Nabuurs said this price could be low, depending on the farmer's input costs. AgriTech told farmers the average yield for the crop is about 20 to 25 tons an acre. So producers would make about \$900 an acre. Since the average input cost for potatoes is about \$1,500 an acre, low input costs will be necessary to make sugar beets profitable, Nabuurs said. "There's a lot of variables there."

He said it will depend on the cost of land, the amount of fertilizer needed and the costs of all inputs before farmers can decide whether getting into large-scale sugar beet production is cost effective.

Nabuurs said several farmers he spoke with are saying they'll let someone else grow sugar beets this year and to see how it goes.

"If everyone has that approach, then there won't be many sugar beets planted."

## Global warming

*continued from front page*

In the last six months, global warming and the environment have been thrown onto the political agenda and, now more than ever, the Canadian population, including Suzuki, is waiting to see what Prime Minister Stephen Harper will do in the coming months.

"The reason Harper is talking green now is not because he has any green bones in his body, but because he's smart. He watches the news and he knows it the No.1 concern."

Suzuki's comments came the same day the Intergovernmental Panel on Climate Change released a report saying global warming will have devastating results in the next century, even if drastic measures are taken.

The report, compiled by scientists from 113 countries, said climate change was very likely caused by humans and temperature rise could be disproportionately high in Canada, up to 10C in the next century.

Suzuki's frustration with government is well known and part of it is the small role the minister of environment plays in the scheme of things, he said.

Even so, He was optimistic that the current minister, John Baird, might have a chance to set the wheels of change in motion.

In 1997, Canada was one of 34 nations to sign the Kyoto Accord, which set a target for countries to reduce greenhouse gas emission 15 per cent below 1990 levels.

Canada is one of only four countries in the accord who won't meet their targets.

As it stands emissions need to be 90 per cent below 1990 levels to make any great impact on temperature rise, he said

For this reason, Kyoto is no longer enough, but it is significant because it makes industrialized nations acknowledge the problem at hand, Suzuki said.

"The atmosphere is finite and we've filled it up - we've more than filled it up - with carbon dioxide."

To create change, the world must look to their ancestors and how they came to dominate the earth, he said. This means looking toward the future, something only humans can do. We must act quickly, pessimism will help no one, he said. "There's always hope. If you don't have hope, then don't say anything and get the hell out of the way because you've given up."

# Nothing to lose in reading gory details

By **TERESA WRIGHT  
CONSTABLE**

There has been a lot of talk in the media and on the street about the coverage of Robert William Pickton's multiple murder trial in British Columbia.

The big question most people have in their mind is - How much is too much when it comes to the gory details?

Everyone has their own opinion, mainly because what's gruesome to one person might not be to the next.

So, how do journalists know if they've crossed the line?

Here at Holland College, journalism students have discussed the matter at length, and it seemed no one could agree on what details would be considered "too gory."

Ultimately, what shows up on a newspaper page is at the discretion of the editors and their opinion is based at least in part upon their readership's

sensibilities.

On P.E.I., you'd be hard-pressed to find an editor who would be comfortable publishing any of the really gruesome detail.

Islanders tend to be sensitive toward controversial issues and I imagine they would consider it insulting and unnecessary to splash gore all over their hometown papers.

But the bigger newspapers (the Toronto Star, for example) have shown much less sensitivity toward the squeamish reader.

So coverage can range from watered-down to matter-of-fact, depending on where you live and what you read.

Legally, so long as the detail is reported accurately and there are no publication bans, a newspaper can print as much of the evidence and testimony as its editors are comfortable with.

So really, it's an ethical question. How much detail is necessary for



people to have a clear idea of what really happened on Pickton's pig farm?

If it's really as bad as the media is predicting - and they would know, after having heard much of the evidence at a preliminary trial - perhaps some people just don't want to know.

But I say, bring it on.

The tortures these victims had to endure may be unbearable to hear, but imagine what it was like for the women who had to live it... and be killed so irreverently?

We may not like to hear it, but we should.

Someone committed these horrendous crimes under everyone's noses. And crimes of every nature are committed daily.

As a society, we share some blame in the result if we choose to bury our heads in the sand and pretend it's not happening. If we ignore the truth, it doesn't make it any less real. And perhaps if, as a society, we were more

open to discussion on taboo subjects, we might better understand their nature and might be in a better position to find ways of curtailing their negative effects.

In short, we all bear some responsibility in this. It's part of the democracy we all enjoy. The jury for this trial is made up of regular citizens, just like you and me, and they don't get to pick and choose what evidence they'd like to hear. It's their duty as members of our Canadian democracy to listen to everything - uncensored - and decide guilt or innocence. The rest of Robert William Pickton's life hangs in the balance, for good or ill.

So when someone asks me how much is too much blood and gore when it comes to the Pickton trial - I will tell them there is no such thing. Because, as Rosie Dimanno of the Toronto Star put it, "the sad-eyed prostitutes arrived at the farm with nothing to lose - except their lives." So, what have I got to lose?

## THE SURVEYOR

*is a learning tool for students in the Journalism program at Holland College. Opinions expressed in The Surveyor do not necessarily reflect those of the college administration.*

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# Killing me with kindness

By **LINDSAY CARROLL**

I think this city is going to kill me. Kill me with kindness that is. Prairie people view crosswalks as a tentative suggestion, a fact I had forgotten about until I returned home to Winnipeg for my Christmas holiday.

I nearly walked across four lanes of traffic assuming cars would stop. Boy was I wrong. Even with large bright yellow blinking lights, Winnipeg drivers just don't care.

I've had a couple of too-close-for-comfort incidents an inch away from my nose that have made me a little jumpy.

Of course that all changed when I moved to Charlottetown last September and slowly I began to realize not all drivers are crazy and in smaller cities they'll actually treat pedestrians with a little respect.

Now my quick-traffic senses have been dulled and replaced by the lazy attitude 'I'll just walk across the street when I feel like it.'

Well, it's not entirely my fault. It's because of nice drivers who stop if I'm simply standing by the edge of the road.

Like an animal raised in captivity, I'm handicapped when moved back to a large urban centre, unable to fend for myself.

The everyday kindness of strangers in Charlottetown has won me over. When I first arrived, people would stop and give me directions if they saw

me looking at a map with a puzzled expression on my face.

And then there's the friendly 'hello' from strangers on the street that makes me wonder if I am supposed to know them and just can't recall their face.

An old man was walking towards me one day last month. He seemed a little disheveled, had matted grey hair and his green coat had many holes in it.

I immediately thought, 'Great, he's going to ask me for money, and I don't have any change on me.'

As we passed each other on the sidewalk, he stopped, and looked at me. As he opened his mouth I already anticipated saying 'Sorry, not today.'

He just smiled and said,

"It's January!" And then motioned to the melting city around us, sidewalks bare of snow, and the fact that it was five degrees above

zero.

I smiled back and said, "I know, it's so warm."

He said, 'Have a good day' and we went our separate ways.

It's taken time, but I have seen the cynicism I arrived with melt away with the warmth of this city.

Although I'm "from away" I'm amazed at the kindness Islanders have shown me, and in no time at all, I'll too be adding an S to "you" and calling any place beyond the Island "over and across."



# Caution: graphic content to follow

## *How much should newspapers include about the trial of Robert Pickton?*

By LINDSAY CARROLL

For the sake of the families, the media should not release all the graphic details revealed in the trial of a pig farmer accused of killed 26 women, says one Charlottetown resident.

Bernadette Burke said the media should tone down media coverage and consider how the families of the women are going to feel hearing about their daughter's remains in the newspapers and TV.

"I think some stuff should be hidden, because I don't think the public needs to know everything....I think for the sake of the families."

Other Charlottetown residents agree with Burke.

- Jefta Renkma said she doesn't want to hear how the B.C. women were killed because it's too graphic.

- Michael Metivier said the murders were shocking enough on their own without having sensational media coverage.

"I think the media can be pretty sensational at times."

However, he said he respects that journalists have a job to do.

William Pickton, 57, is charged with six counts of murder in the deaths of six Vancouver women. The trial began Jan.22, and he has pleaded not guilty to all six counts of first-degree murder as well as 20 more murder charges that will come to trial later.

- Wade Gallant said journalists should inform the public of everything, no matter how graphic it is.

He said the choice should be up to the public whether or not they choose to read it or watch it on TV.

"The public always has a right to know.... that's what journalism is all about."

- Jim Poling, managing editor of the Hamilton Spectator in Ontario, agrees. He has decided to print two different versions of the Pickton trial in his paper.

Although he said he has an obligation as a journalist not to shy away from the truth, he realizes certain things may upset the public.

"We knew from the early copy we saw that there was graphic content...we knew it would disturb readers."

The front page of the paper has an edited version with gruesome details removed. References such as "pieces of flesh found in buckets" was replaced with "body parts."

If readers choose to read the



Angie Mallett, left, and Sophie Johnston from the Holland College human services program read up on the Pickton trial. (Mike Ramsay photo.)

graphic version, they have to turn to the interior of the paper.

He also put a disclaimer at the top of the page to alert readers.

- Kristy George, the regional editor of the Western Star in Cornerbrook N.L., has decided not to print anything with graphic content. Because Cornerbrook is a small community with only 8,000 readers during the week, the paper has decided to tone down the coverage they receive from Canadian Press. "We don't want to disturb our readers."

She said deciding what is too graphic can be difficult. "It's a judgment call."

Anything with "gory details" not relevant to the story is where she draws the line.

- Darlene Shea, news editor of the Journal Pioneer, has a different idea about what things should be kept out of her paper.

Bad language or sexual acts especially involving a child are things that she would not print.

However, describing some details of the Pickton trial, no matter how "sickening" is the only way to let the public know what happened, she said.

"I think it's pretty important to describe what was found."

She said the graphic nature of the case is nothing new to the public.

"People aren't so shocked by those things anymore."

Two newspapers in British Columbia disagree.

- Tom Wilson, managing editor of the Daily Courier in Kelowna, put a disclaimer at the top of every article

on the trial after his staff decided the content was too graphic.

"We were kind of shocked by the details."

Although he has not removed anything from the Canadian Press coverage, he said the warning would be enough to give readers a choice as to how much they want to read.

"We're giving all the gory details, and the people can decide for themselves...it's our job as journalists."

- The Kamloops Daily News is only four hours away from where the trial is taking place.

Publisher Don Herron has decided to take out graphic content because the details of the case are "public knowledge" and do not need to be repeated.

As time goes on, however, coverage of the trial has diminished a lot, he said. The trial coverage is now at the back of the paper, only 10 days after it began.

The trial will not get front page coverage until there is a new revelation or controversy, he said.

Others agree the story has lost appeal.

There was no coverage of the trial in the Kamloops Daily News as of Jan. 31. The story has died, said Herron.

George said the Western Star had no coverage of the trial that day either.

- Nick Stephens, editor of the Miramichi Leader in New Brunswick, said he has no reason to include coverage of the trial in his paper because the Leader is a community newspaper and Pickton is not part of their community.



"I think some stuff should be hidden, because I don't think the public needs to know everything....I think for the sake of the families they don't need to hear that information. I think that they should consider how the families are going to feel."

*Bernadette Burke*



"I think the media can be pretty sensational at times...It was kind of one of those more shocking events, so it can be pretty sensational on its own."

*Michael Metivier*

*Lindsay Carroll asks:  
Is the media coverage  
of the Pickton trial  
too graphic?*



"They say how the women were killed and I really don't want to know that."

*Jefta Renkma, 19*



"The public always has a right to know.... that's what journalism is all about....it's up to the person if they choose to watch."

*Wade Gallant*



Captain Shawn Arbing spends some time with his children, Jessica and Jonah. MacLlean photo.

## Province holds send-off for reservists to Afghanistan

By COLIN MACLEAN

Islanders said "until we meet again" to 15 young soldiers heading half a world away to do their job during a send off Jan. 10 at the Rodd Charlottetown Hotel.

The soldiers will join over 2,500 others already in the fragile nation of Afghanistan. They are part of the 2nd Battalion of the Royal Canadian Regiment and they will join Task Force 107 in providing security and expertise to the local people.

Ten other Islanders serving across Canada were to be deployed along with the reserve members between Jan. 20 and Feb. 28.

Lieutenant-Governor Barbara Hagerman expressed her confidence in the abilities of the soldiers present and offered her hope for their safe return.

"Please know that you will be in our thoughts and prayers until you come home. And I will proudly wear

my yellow ribbon pin until then. Good luck and God bless."

The large ballroom filled quickly, leaving standing room only in the back and off to the sides.

The P.E.I. regimental band played at the front of the room. Looking around the room worried faces seemed to be everywhere.

There was more than one tear shed, but yellow ribbons and red maple leafs could be seen on almost every man, woman and child.

As the night's speakers were announced, no one received a longer, louder applause than the many veterans in attendance.

Many political and military leaders attended, including Premier Pat Binns, MP Wayne Easter and Canadian General Rick Parsons.

Binns, a supporter of Canada's policy for Afghanistan, handed out gifts to the men and told them he knew each would carry the Island proudly on their sleeves.

"These brave young men and women have had a soldier's greatest honour bestowed upon them, their country has called upon them to serve and as skilled and loyal soldiers they have answered the call proudly," he said.

Parsons, commander of Land Force Atlantic Area, said the force is ready for its mission.

"This is a top-notch task force, clearly among the best-trained, best equipped and best lead, to be deployed to this theatre of operations."

An emotional reception followed the ceremony, with many words of encouragement and hope of a safe return exchanged.

Fiddler Richard Wood, who visited the troops last year, was there to shake hands and wish them luck.

He even hinted with a smile that with luck he would make a second trip in May to see them again.

# Calgary bound: Youths search for better life

*Booming economy in the west proves a strong pull for many*

By MARGIE HOLMES

With the push of a button on the computer, two young Islanders made the choice to see for themselves if the promises of Alberta hold true. They booked flights west.

Crystal Harvey, 21, of Charlottetown and Tim Barnett, 20, of O'Leary left for Calgary on Feb. 6th. They joined friends in the city, becoming part of the go-west trend.

Their decision to leave the east coast to experience life in the big city is one many youth are feeling lately.

Alberta's economy has grown by an average of 12.7 per cent every year since 2002. Last year, the CBC reported one grocery retailer was offering \$35,000 a year, free airfare, a month's free rent and moving expenses to attract people.

It was only three months ago that two friends of Harvey's and Barnett's went west to Calgary. They say they will only come back to the Island in coffins.

The worry about being alone in a big city and finding a place to live has been taken care of for Harvey and Barnett. That will leave more time for them to find suitable jobs and to figure out the bus system.

Calgary is completely opposite of Charlottetown, in a good way, said Harvey.

"It's really cold, but good money, and lots of jobs," she said.

Chart-topping bands make appearances at the Saddledome. Her friends have already seen Evanescence.

After being bombarded with talk from friends and family about going west, along with constant media coverage, Barnett has toyed with the idea of heading out to Calgary since last summer.

"I have a few close friends out there, a few acquaintances, and even a couple of cousins," he said.

Although there has generally been good news coming out of Calgary,

they are both aware of stories of young people losing their ambitions and money when they get caught up in the bar scene.

The common motive behind this move for both of them is to pay off debts and bills and put some money toward their future educations. Harvey is interested in the Registered Care Worker course at Holland College.

"I want to see new places and get myself out of debt so I can go back to school," she said.

Hopefully, instead of having collection agencies phoning her house, the phone at the six-bedroom house in Calgary will ring with job inter-

views and voices from back home, she said.

They've heard there are more jobs than people out in Calgary. Even so they are careful not to get their hopes up.

Both would not be surprised

if they find themselves working at jobs similar to those on the Island, fast food and call centres.

"It would be nice to get into a nursing home, but really anything will work at first," said Harvey.

Barnett's parents support his decision to try his luck in the big city when the winter is long and jobs can be scarce if you don't live in Charlottetown.

Harvey's mother, Cindy, is also just as supportive.

"I hope she becomes responsible from this experience, it's something she's been wanting to do for a long time," she said.

Their tickets cost \$538 each. Harvey is relieved to have a friend to travel with. She has never left the Maritimes.

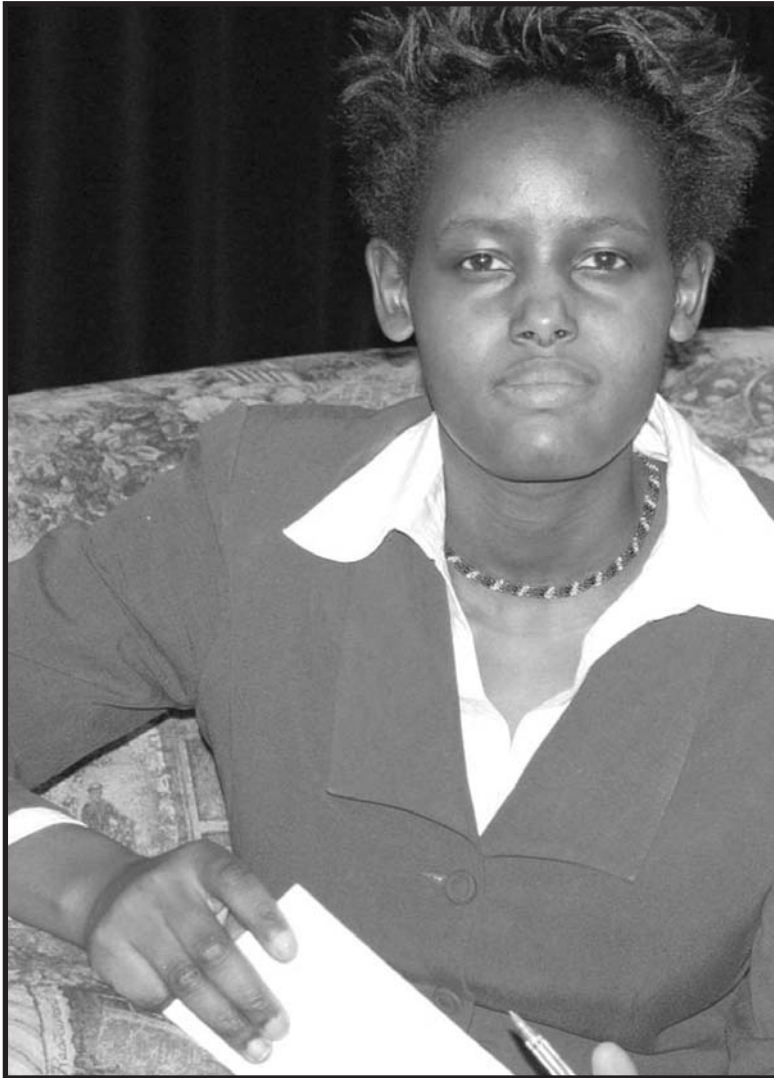
"It would be nice to have someone with me so I can stop crying," she said.

They will come back home right before Canada Day, so they won't miss the sounds and feelings of the Island summer.

**"Calgary is completely opposite of Charlottetown, in a good way"**

- Crystal Harvey

# Kenyan scientist honoured with award wants to help advance status of women



Faith Ongoro is one of 278 international students on campus at UPEI. She received the Royal Commonwealth Society Award. Three other students were honoured at the event. Murray photo.

By STACEY MURRAY

Faith Ongoro always wanted to be a scientist, but she had to leave her homeland and travel nearly 11,000 kilometres to do so.

Ongoro was born in Kenya, where women rarely have the opportunity to pursue higher education. Only a small number of students are sponsored by government and women are rarely chosen.

Life is much different for her now in Prince Edward Island, where she studies science at the University of Prince Edward Island.

She made the decision to come to Canada to study science, a profession dominated by men in Kenya.

The mentality in Kenya is "difficult subjects are only for men," she said.

She worked hard in school and received funding so she could pursue her dream of attending university, something Ongoro is very proud of.

"I've always wanted to be a scientist and I've made it this far."

She was the recipient of the Royal Commonwealth Society Award at the sixth annual International Development Week Scholarship Fundraising Luncheon, which took place Feb. 9 at the Rodd Royalty Inn.

She is also one of 278 international students representing 54 countries who study at UPEI. They represent roughly eight per cent of the total student population.

The event was hosted by Vianne Timmons, the vice president of academic development at the university,

*"I'll try to fight against social injustice so women can do what they want."*

-Faith Ongoro

and Nigerian Alex Oleforo, the 2006 International Scholarship recipient.

Oleforo welcomed guests from around the world and offered advice to them about living in Prince Edward Island.

"Appreciate the culture while you're here."

He also told students about his first winter in Charlottetown, when he realized you could get your tongue stuck on metal when it's cold.

"They say don't believe things you see on TV, but sometimes they're true."

The event recognized this year's International Award Recipient, Asher Fredericks, as well as Blama Kanneh, Tazul Riad and Faith Ongoro.

The province's Lt.-Gov. Barbara Hagerman and her husband Nelson were there, as were Premier Patt Binns, university president Wade MacLachlan and many other guests.

Doreen Kays was the guest speaker for the event. A journalist and writer, she spoke of the situation in the

Middle East, mentioning al-Qaida's leader Osama Bin Laden, and U.S. President George W. Bush as two main instigators of conflict.

Washington knows it has lost the war in Iraq, she said. They are simply trying to find the best way out.

Kay has worked as a foreign correspondent for many years and she said the situation in the Middle East is the worst its ever been.

"I can't remember this much death, destruction and despair."

She spoke of Hamas in Palestine and how Canada and the U.S. have chosen not to respect its government, which was democratically elected, because of its aggressive nature.

"[They believe] democracy is great when your horse wins, but has to be cancelled when the other horse wins."

The day before, Hamas and Fatah came to an agreement to work together in running Palestine. Kays said she hoped this would help change the U.S. position, "so Palestinians can live, and eat and work again."

Binns thanked international students for coming to the Island while extending an invitation to those who may choose to make the province their permanent residence.

While some may ultimately choose to stay in Canada, Faith Ongoro plans to travel back to Kenya to help advance the status of women.

"Women aren't recognized for what they do, so I'll try to fight against social injustice so women can do what they want."

## Public education about Iraq important: foreign policy expert

By MEGAN WALSH

The public needs to be educated about Iraq so people know what is going on, says a foreign policy expert from the United States.

People can't be left in the dark about what is happening in Iraq because it's an issue that affects everyone, said James A. Thurber, a professor at American University in Washington, D.C.

Thurber, director of the Centre for Congressional and Presidential Studies at the university, spoke Jan. 24 at UPEI about the future of American foreign policy.

The U.S. has only declared war five times and the Iraq conflict is the only war it did not tax for, Thurber said.

"We can't even tax for the war, it's so unpopular. I think it's immoral to

have these young men and women go to war and have nobody pay for it."

There's not a lot of groups out there supporting the president and the war, Thurber said.

"People support the troops, they don't support the policy."

Senator Chuck Hagel, a potential 2008 presidential candidate, opposes the president's plan to send more troops to Iraq.

"He is letting it rip," Thurber said about Hagel's opposition.

Congress has the authority to stop the war, but Thurber said the political will to do it is not there.

No one wants to take the risk of giving an opinion, said religious studies professor Joe Velaidum of UPEI.

"Anyone who publicly offers a solution at this point is setting themselves up for criticisms from all

sides," he said.

Sixty-four per cent of people want congress to oppose the idea of sending more troops to Iraq, while 32 per cent want congress to support the idea and four per cent are unsure, a recent CNN/Opinion Research Corporation Poll stated.

"I think we're going to be there in some way or another for years to come," Thurber said of Iraq.

Iraq is taking away time from other important problems, said Velaidum.

"I would say that the U.S. can't deal with their other big issues like the economy and health care until the Iraq situation is settled," Velaidum said.

In 2008, there is going to be one major issue, Thurber said.

"What are we going to do about Iraq?"



Professor James A. Thurber speaks in the lecture theatre of the K.C. Irving. Walsh photo.

# Little to support 'Freshman 15' weight gain

By STACEY MURRAY

Although most students have heard of the infamous 15 pounds they are destined to gain their first year at university, there is little evidence to support the theory, studies show.

Many institutions have conducted research surrounding first-year eating habits, but few have produced evidence supporting the drastic weight increase.

The Journal of American College Health, for example, said "findings revealed no significant weight gain at the end of the year." Average weight gain was 2.46 pounds for first-years.

The British Nutrition Foundation cited similar results although they reported a significant decrease in energy intake.

Even so, there are many limitations to research on the matter, including self-reported weight and the chance people who gained shied away from completing follow up surveys, said Jennifer Taylor, UPEI Nutritional Science Department chair.

Other studies report drastic weight gain after leaving the nest.

Cornell University in New York State found for 60 students in their study, the average weight gain was six pounds in 12 weeks.

If the trend continued, their weight increase would amount to 20 - not 15 - pounds.

Taylor said while many think weight gain is an individual responsibility, energy dense and high-calorie food typical to university residence meal plans make it harder for students to avoid temptation and make healthy choices.

"If your environment sets you up for failure, it's that much more difficult."



Mike Eyolfson, executive chef for the Wanda Wyatt Dining Hall, says staff appreciates student input about healthier options. Murray photo.

Many times, healthy food is offered, but it costs more than convenience foods like french fries and cheeseburgers. She also said some of the healthier options aren't appealing to students.

Allison Desroches, a second-year nursing student, said there are many choices for residence students, but students need to take the initiative to choose them.

"It really depends on what you eat."

She also said cafeteria staff are open to suggestions for alternative options for students and there is always a healthy selection to choose from.

Taylor said while this is true, the healthy options don't always agree

with students' taste buds.

"Students have to have attractive and healthy substitutes."

Angela Marchbank, the health and wellness coordinator at UPEI, said high caloric intake and reduced physical activity contribute to weight gain, although there are other factors as well.

"I think part of it is stress. Stress is what adds on extra pounds."

Many students deal with stress differently, but a common trend is stress-eating, where students pay little attention to the food because they feel overwhelmed in other areas of their life.

Marchbank said one way to combat weight gain is to find other methods to relieve stress and ten-

sion in ways that doesn't involve eating.

Physical activity is one way to deal with stress. Students pay an annual fee for fitness facilities, so they should take advantage of them, she said.

Another way to improve eating habits is to keep a food journal for a week. During that time, eat what you normally would. At the end, bad eating habits usually stick out - such as eating french fries every second day.

Finally, she said students should take advantage of Chartwells balanced eating symbols, which help students make healthier choices. They appear on many selections offered at cafeterias on campus.

## Ways to combat the freshman 15

### On-campus eating

- drink milk and water instead of juice and pop,
- control your portion sizes
- make sure the majority of your plate consists of grain, fruits and vegetables
- ask for healthier choices. Many times, staff is open to suggestions from students if they are reasonable
- try the baked potato instead of fries

### Off-campus eating

- buy pots and pans, you'll cook at home if you've spent the money
- use the Internet for recipes using key words "easy," "low-cost" and "quick"
- use whole grain products instead of white bread and pasta.
- use tomato sauces instead of cream-based ones
- cook meals in bulk, freeze the extra for when you don't have time

[Source: Jennifer Taylor, Family and Nutritional Science chair]

# No place for hazing rituals in sports

*Athletics director's comments come after incident at McGill University prompts debate*

By STEPHEN BRUN

The practice of hazing in university and college sports has been deemed dangerous and unnecessary by most institutions across the country, but some athletes say they wouldn't have it any other way.

Recently, McGill University in Montreal announced a new anti-hazing policy after a rookie football player alleged some of his teammates sexually assaulted him with a broom handle. Six team members were suspended because of the incident. The goal of the new policy is to

promote a team-building atmosphere among the university's athletes, reports the Ottawa Citizen.

Eliminating hazing rituals was a necessary step for scholastic sport, said Albert Roche, director of athletics at Holland College.

"In this day and age there's just no place for hazing. In my mind, it was well overdue in terms of its death."

Andrew Potter, who wrote an opinion piece for the Citizen, however, said a bit of nudity, head-shaving, drunkenness and simulated sex with members of the women's team made for one of the best nights

of his undergraduate soccer career.

While Potter says sexual assault or other criminal acts should never be accepted in sports hazing, he does say his university experience was enhanced by his rookie night party.

Roche said students are asked to bring any issues with teammates or coaches forward, but he adds an increasing maturity in sport and mutual respect between coaches and players at the college is a big reason hazing isn't an issue.

"I don't think it's common anymore," he said. "Now it's seen as such a negative side of the sport."

With incidents such as the one at McGill putting the practice under the microscope, athletes have to be aware of more severe penalties, but they also need more education about what the dangers of hazing, added Roche. Punishment for athletes at Holland College who violate the code of conduct would differ on a case-by-case basis, but the possibility of academic probation or suspension are allowed for under the code.

The college's men's basketball coach, George Morrison, said he's not aware of any hazing incidents ever happening with athletes here.

"From my point of view, the players know that's taboo if anything happens," he said.

Morrison is in his third year at Holland College. He coached the men's and women's basketball teams at UPEI and is the coach of the 2005 and 2009 Canada Games men's team. He said none of the teams he's coached have been involved in hazing rituals. Potter's claim of feeling a sense of inclusion in the team through these traditions is hardly an excuse or a reason for doing it, said Morrison.

"Some [incidents] are harmless, some are far from harmless."

# Deep-fried Islander food leaves bad taste

By LINDSAY CARROLL

Jason Stevens moved into the Islander residence in September to take golf management. He soon found the food was making him ill.

"Everything there was deep-fried, it was just unhealthy and made me sick to my stomach."

They deep-fried everything from hotdogs to porkchops and he just couldn't stand it anymore, he said.

He wasn't alone.

"There were other people that complained."

Residence manager Bill Weatherbie was contacted by the students, but there were never any changes made to the menu, Stevens said.

He asked Weatherbie if he could stay in residence but discontinue his meal plan. He was told the meal plan was mandatory and there were no exceptions.

So Stevens moved into Glendenning Hall.

"Now I cook what I want and I know what's in it and how it's made."

The mandatory meal plan costs students \$3,150 a year for 21 meals a week, \$2,400 a year for 16 meals per week.

Caylen Wamboldt, a first-year primary care student who lives at the Islander, said he wanted to lose some weight this year. However, he ended up gaining weight because the food was so fattening.

"Breakfast most of the time is an egg mcmuffin with greasy cheese and bacon."

Islander Facility supervisor Samantha Finlayson has seen the transformation of the Islander from a restaurant to a student residence.

She said the residence menus are chosen from the same culinary books used in the restaurant. The only difference is the portion sizes, which are

reduced to fit the Canada Food Guide regulations.

"There's always a healthy choice. If there's something deep-fried, a vegetable is available."

There is always a salad available at lunch and dinner, unless there is difficulty in getting the vegetables, she said.

Wamboldt disagrees. He said he hardly ever sees a salad on the supper menu and the vegetables offered are usually overcooked and tasteless.

"They normally kill all the vegetables - boil them ....so the nutrients are pretty much gone away."

In the application form for residence, Food Services states they are "unable to accommodate requests for special meal plans."

This means vegetarian options are not given to students.

Finlayson said it would be too much of a bother and too costly for the Islander to provide vegetarian options.

"We don't cater to vegetarians because that would get into needing more staff."

Jessica Nangreabes, a first-year Tourism and Travel student at Holland College, said it isn't fair to disregard the needs of students.

"I think that it's very wrong because there are a lot of people who are vegetarians or have allergies."

Nangreabes pays for 21 meals a week, but only eats at the Islander once a day. She said she has lost five pounds since she stopped eating at the Islander for every meal.

Most of the time, she and her friend eat in their rooms.

"After every meal we usually make soup in our rooms."

She feels it's unfair to be forced to pay for food she isn't eating.

"I don't think that's right because there's no other option."



Irina Bakhshi, an ESL student from Russia, eats her fries and hotdog in the Holland College cafeteria. Carroll photo.

UPEI nutritional sciences professor Jennifer Taylor said it's common for students to over-eat if the food is available and this can be a problem.

"My concern is that it's all a la carte and students can eat as much as they want on a meal plan."

UPEI cafeterias run by Chartwells

offer healthy alternatives to deep-fried foods.

Food services director Chris Profit said Chartwells sends them cyclical menus changed once a month that contain many healthy items.

"There are balanced choices available along with vegetarian ones like

tofu or veggie chili."

Recently the Wanda Wyatt dining hall was serving falafel, vegetarian lasagna, ginger curried lentils and eggplant parmesan.

There is always vegetarian pizza and soup available.

The Holland College cafeteria, also run by Chartwells, tries to offer healthy alternatives as well, but not hot ones.

Manager Glenda Molyneaux said vegetarian options available are pizza, one soup and packaged vegetables. The hot specials always have meat in them.

She tries to listen to the needs of students, but she says often students ask for something and don't eat it when she makes it.

"It's a hard call because I don't always know what the students want."

On a recent Tuesday, the special was barbeque chicken, mashed potatoes and corn.

Wednesday, The Islander cafeteria was quiet at lunch, only three people were eating. With its pale turquoise bar stools and a long silver counter, the cafeteria looks like a diner.

Gloria and Wendy, the cafeteria servers approached the table and took orders, addressing each student by name.

This personal touch was the only good thing about the Islander, said Wamboldt.

"The ladies that serve us are really nice and friendly. Most of them knew all our names in the first week."

Lincoln Key, a culinary arts student, ordered a BLT.

He wouldn't comment on the food at the Islander, but gave it a thumbs down and left a quarter of his sandwich on the plate, mayonnaise dripping from the crusts.

## Generation XXL: Inactive students getting fatter

By JENILEE CUDMORE

Over-exposure to things like computers, video games and television seems to be a big cause in the growing obesity rate in children, says a Charlottetown Elementary school guidance councillor.

Janie Maclean from West Kent school said she has a lot of kids come to see her concerning their weight.

"Many children feel left out because they aren't accepted by their peers because they may not look like what's accepted by society," said Maclean.

The obesity rate in children is rapidly rising, according to a Globe

*"Kids just aren't as active as they used to be. When they go home they go to their TV or video games"*

- Francyne Doiron

and Mail article that states children who are overweight have a higher chance of being overweight as adults.

This may lead to bigger problems

in the future. Not only could some of these kids be overweight, but the ridicule they face for being bigger may play a role in who they become as teenagers and adults, said Maclean.

Principal Francyne Doiron has noticed a change in today's generation of young children.

"Kids just aren't as active as they used to be. When they go home they go to their TV or video games," said Doiron.

"Don't get me wrong, these kids are still full of energy...but I've noticed that kids' interest in gym class and activities like tag has declined compared to children from say 10 years ago."

When West Kent students were asked what they had for lunch, an alarming trend was found.

Many of the kids had eaten packaged items such as Lunchables, Mr. Noodles, chips, chocolate bars, juice boxes, cookies and fruit roll-ups.

Four of the 10 children had taken something home-made, like a sandwich or a wrap. Three out of four had taken a form of fruit or vegetable.

In a recent globe and mail story on unhealthy eating in the schools, it was reported only 14 per cent of kids between the ages of nine and 12 have the required number of servings of fruit and vegetables a day and 25 per cent of Grade 6, 8 and 10 students

consume candy daily.

A businessweek.com article says Lunchables made by Kraft are a very popular lunch item for kids in North America.

The Lunchable nacho meal contains 580 calories, 27 grams of fat and half of the recommended daily intake of sodium.

Doiron pointed out schools across Canada are taking a stand against bad food and they are adding a healthy variety of foods into their cafeterias and replacing the chocolate bars in the vending machines with healthier bars such as Nutri-Grain or Special K bars.

# More students smoking here, says Holland College survey

By STEPHEN BRUN

Daily smoking rates at Holland College are alarmingly high, says a recent survey and coordinators of the project are concerned about more students trying new tobacco products and fewer joining support programs.

P.E.I.'s division of the Canadian Cancer Society surveyed 318 students at Holland College and 462 at UPEI late last year as part of the Young Adults and Tobacco Use in P.E.I. project funded by Health Canada.

The survey shows 33 per cent of Holland College smokers use tobacco products daily, more than double the 16 per cent at UPEI.

Tobacco use at the college, which includes not only cigarettes but other products like chews and Prime Times, was higher in every age group compared to UPEI. Part of the problem could be most students want to quit independently, said project coordinator Marla Delaney.

"Unfortunately, it's been proven that quitting independently doesn't work. The success rate is lower."

The project wants to create support programs to help people quit smoking, such as Students Working in Tobacco Can Help (SWITCH), which is popular in many Island high schools. But organizers have found taking the program to Holland College has been more of a challenge, said campus coordinator Julia Hodge.

"I think I've come to realize posters don't work really well," she said, adding Holland College has many sports teams, but no clubs like SWITCH.

"School morale isn't quite what it used to be apparently."

A new wave of tobacco use is also a concern due to the popularity of Prime Times and chews which are, in some cases, more harmful than cigarettes but are seen as less dangerous by many students, said Delaney.

Elizabeth Molyneaux, an accounting student at the college, said she has tried to quit and would consider programs like SWITCH as an option when she tries again.

"I don't have a strong enough willpower," she said. "I enjoy having my social cigarettes with friends."

Molyneaux said she is pleased with the school's ban on tobacco because smoking is taking its toll on her finances and on her older daughter, who sees it as a bad habit.

"I'm not proud of my habit, but I do enjoy it, so I think that's why I haven't completely stopped, but it does make me sick more and more."



Elizabeth Molyneaux, an accounting student at Holland College, has a cigarette outside the Charlottetown Centre. Molyneaux said the college's tobacco ban has encouraged her to seek help quitting cigarettes. But a survey done by the college suggests she may be in the minority. Stephen Brun photo.

**"I'm not proud of my habit, but I do enjoy it, so I think that's why I haven't completely stopped, but it does make me sick more and more."**

*- Elizabeth Molyneaux  
Accounting student*

The coordinators of the survey said SWITCH can be helpful to smokers and non-smokers since they deal with issues about the tobacco industry's marketing and use of the media.

The Cancer Society has a three-year

commitment to SWITCH, after that it can be taken over completely by students. The task may be difficult unless more people get involved, said Hodge.

"We can't really make it what we want it to be because we don't have the student input. If the student union finds it's a good program, they may take it up themselves, but we haven't proposed that to them yet."

Delaney said the survey may validate stereotypes about people in trades smoking more than those in other fields, but prospective employers are quickly realizing the economic pitfalls of hiring smokers if, for example, they need more breaks than a non-smoker. "Smoking is not a human right so [employers] can rightfully ask you if you're a smoker and decline your employment if you are."

## Tips to help you quit smoking

- Using a calendar, pick a "quit date" to stop smoking that makes sense in your life.
- Prepare yourself for situations you know will be difficult without smoking.
- Keep busy by increasing your level of activity.
- Congratulate yourself often and think positive.
- Don't try "just one" cigarette, it will take you back to the start.

(Source: Registered Nurses Association of Ontario)

# College helps smokers quit

By MEGAN WALSH

Two-thirds of current smokers intend to quit smoking cigarettes in the next six months, according to a recent tobacco survey at Holland College.

Of 318 students who participated in the survey conducted by the Canadian Cancer Society, 34 per cent of them smoke cigarettes.

Holland College's smoking rate was higher than the rate in P.E.I. for people 25 and older. P.E.I. is at 26 per cent and Holland College is at 41 per cent, according to a Canadian Cancer Society survey.

The college wants to do something to help out those who do want to quit smoking.

The Health and Wellness Committee has been providing support sessions every Thursday for five weeks for those who want to quit smoking. The sessions began on Jan. 25 at noon in room 21C and last 30-45 minutes.

The same sessions began Jan. 23 at the Tourism and Culinary Centre, but no one showed up.

Pharmacist Ryan Murphy will be speaking at the sessions and plans to focus on topics such as making choices, getting started, nicotine replacement and how to find an ideal quit date.

The committee is willing to do whatever it takes to help the students out, said Sylvia Poirier of the Health and Wellness Committee.

"We're prepared to customize programs for students, but we need the smokers to tell us what they want," she said.

The percentage of people who smoke at the college is too high, so it's open to suggestions on things that can be done to help, said Poirier.

Julia Hodge, student coordinator for SWITCH (Students Working In Tobacco Can Help), agrees with the smoking cessation sessions because it is a good support system for students.

"Although Holland College students recently surveyed have said they prefer to quit independently, the success rate of using support programs are higher," said Hodge.

# Free fitness classes help students get into shape

By STACEY MURRAY

During the past school year, UPEI has introduced a series of free fitness classes to get students pumped about exercise.

The classes, which run at various times during the week, offer students a structured workout and support from an instructor. The most popular classes have between 20-40 students.

Angela Marchbank, UPEI's health and wellness coordinator, said while the classes aren't new, the promotion of them is.

"We decided to put extra funds to spruce up the classes."

Most of the promotion came after UFIT, which offered students fitness classes for a fee, was cancelled.

The classes are a great way for students to get their money's worth out of the sports centre, Marchbank said. The classes are free for UPEI students and Sports Centre members. For non-members, they're \$4 a class or \$75 a semester.

Next year, Marchbank plans to build on the current classes. She is trying to add pilates and dance classes to the schedule, although it's not an easy task.

Finding a certified instructor to agree to be paid by session and not per person is a problem, she said.

Another problem is finding gym space to hold the classes.

"We're still working on it. We're

**Chelsia Gillis, a third-year nutrition major, works out during a fitness class at UPEI, which offers a number of fitness classes. For more, visit UPEI's website [www.upei.ca/athletics](http://www.upei.ca/athletics). Murray photo**



working out the bugs."

But the fitness programs in place have received good reviews from students.

Michelle MacMillan teaches several of the classes, including Ab Lab/Rock Bottom and STEP 101. She's been instructing for nearly 20 years.

She said students of all fitness levels can attend her classes, but they must remember to go at their own pace.

• Sarah Ritcey, a second-year education student, attended MacMillan's boot camp class and said it offers a good complete-body workout. Having

a class motivates her to work out.

"It's nice when you're having a rough day to know you're coming to a class."

• Chelsey MnInnis, a second-year psychology student, said she won't go to the gym because she loses interest when working out alone. The classes give her the sense of direction she needs to stay active.

"The classes are well-directed and they're fun and upbeat."

On Jan. 18, a group of 14 students braved the frigid temperatures to come to a weekly boot camp class, many for the first time.

MacMillan, who instructed the class, put them to work carrying equipment to set up a series of stations. One had body bars, another had yoga mats. There were also exercise balls and Reebok steps scattered through the gym. Others stations had no equipment and are used for running stations and jumping jacks.

The instructions were simple: go through the stations with your pre-assigned group and rotate to the next one after a minute.

"Stopping is not an option," MacMillan added.

The class began a warm-up consist-

ing of step exercises and various stretching techniques. Within a minute, some in the class began to wonder what they've signed up for.

"I hate you right now," a girl said to her friend.

"I hate myself right now," came the reply.

"You've all got hips, so use them," the instructor shouted as she demonstrated her meaning, swaying her hips.

Once the warm-up was complete, the groups scattered to their assigned starting point. The body bar looked simple. Lift with both hands over your head and lower to your chest. Repeat. After a minute of this, the group was tiring.

"Switch," MacMillan shouted.

Next was pushups. The group, which included McInnis and Ritcey, struggled but fared better than most.

"Switch."

The time went by quickly as MacMillan ran around frantically helping people maintain good form. She also shouted encouragements to the tired girls.

"Work those shoulders...you want abs? Then work."

She also eased up on the not stopping rule, encouraging short water breaks. Soon, the class has nearly finished two rotations.

"Thirty-second sets," MacMillan called out. The rest of class sped by and before they knew it they were completing cool down exercises.

## How trained is your fitness trainer? That depends.

By TERESA WRIGHT  
CONSTABLE

Getting fit may not be as safe as you'd think. Fitness instructors and personal trainers help and guide people who walk into a gym hoping to get into shape. But finding out how qualified fitness professionals are can prove difficult.

That's because there are no regulations nationally or provincially for fitness instructor certification.

And since there are numerous ways of becoming certified, including two-day online courses, fitness advice from a local gym employee may not be as educated as it should be.

The National Fitness Leadership Alliance is a national partnership of not-for-profit organizations dedicated to developing, promoting and implementing national standards for training and certification of fitness leaders in Canada. The Island Fitness Council administers alliance certification on P.E.I.

Marie Morris, membership services representative for the Island Fitness Council, estimated there are only

about 30 fitness professionals on the Island who have alliance certification.

"There are definitely people out there instructing in facilities who are not certified. And there isn't a mandate in the province that says you can only work in that job if you're certified."

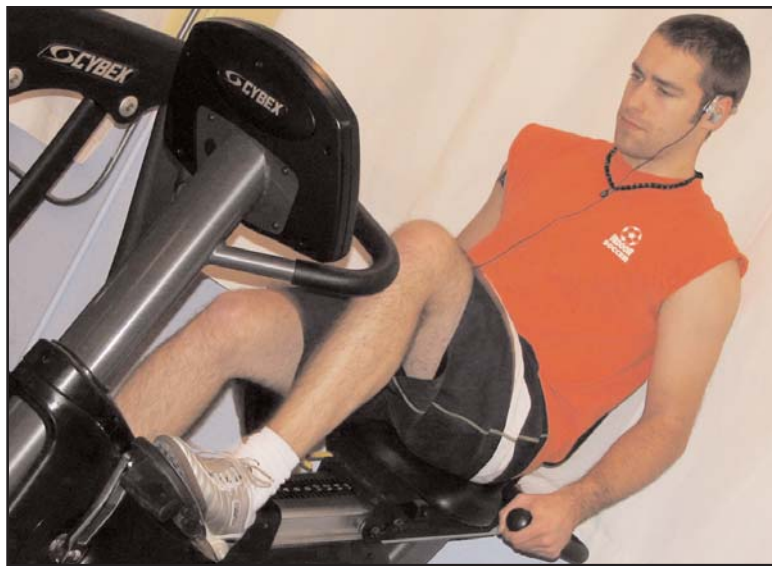
But setting up mandated standards isn't easy. In order for a government to set up national or provincial guidelines, every certification program, for-profit and non-profit organizations, must agree on a set of guidelines.

Financial conflicts of interest are impeding that process.

Certifying organizations that make a profit from accrediting potential fitness trainers have been unwilling to agree to national standards, said Wyatt Inman, director of Sports and Leisure Management at Holland College.

"The last thing they want is to have a criteria. They would lose, who knows, 80 per cent of their revenues."

So it's left up to the consumer to determine whether their trainer has been properly instructed in their training methods. But it can be confusing.



Michael Willcock works out at the Eye of the Hurricane fitness centre. Sports and Leisure Management students at Holland College receive a CSEP certification. Teresa Wright Constable photo.

Holland College uses course requirements of the Canadian Society for Exercise Physiology (CSEP) in certifying their graduates, Inman said.

CSEP is a national volunteer organization offering nationally standardized certification for fitness trainers, but only for those who have a post-

secondary education in physical education or related studies. The NFLA only requires first aid, CPR and a high school diploma. Inman said not only are CSEP and NFLA the sole organizations offering nationally recognized certification, they also require their trainers to continue their studies annually.

Any member of NFLA or CSEP must attend at least one professional development conference every two years. They also must continue training in new methods and provide proper documentation of this training in order to renew their membership every year. This allows these groups to offer an insurance plan to their members. Inman said this insurance plan is important for the consumer.

"Some of the activities that people want nowadays are higher risk. We also have a really unfit population and they're starting to take on exercise program. So all of a sudden you have liability and risk issues."

Consumers should ask any potential trainer about their education, certification and insurance before beginning an exercise program, he said.

# Going bald too young

By MIKE RAMSAY

Male pattern baldness can have a huge effect on a young adult's self-esteem, but for the more optimistic, bald can be beautiful.

Around 40 million men and 30 million women are going bald in North America from different causes.

Melinda McNeil, manager of The Hair Club in Halifax, said about a quarter of their clients are between the ages of 18-25. Their baldness stems from a variety of causes.

"Our most common would be typical male pattern hair loss or female pattern hair loss."

Although a cause has not been found, studies show pattern baldness could be genetic. Disease also causes some cases they see at The Hair Club, like autoimmune deficiency and chemotherapy treatment for certain cancers. Hair loss at a young age can effect people emotionally, said McNeil. "A lot of people pass up on parties, they give up their social life and are literally not living their life."

McNeil said people don't expect women to be effected by pattern baldness. "Society doesn't dictate that women lose their hair. People see bald women as sick or with cancer."

Seeing clients after they have had procedures that can run from \$1,500 for non surgical hair replacement and up to \$20,000 for certain surgeries, McNeil said the change in personality is noticable.

"When we have clients with a full head of hair and they see a difference, it changes them drastically."

Some people, like business mogul Donald Trump, cover up their baldness with comb overs, toupees and hair in a can. These solutions are often seent as comedied.

Tom Corcoran, a counsellor with Holland College, said he hasn't dealt with any students with balding problems but said he could see how it could be a psychological problem for young adults. He referred to actors like Yul Brynner, who played the king of Siam in The King and I, and Telly Sevalas, the lead roll in the 1970s show Kojak, who embraced their baldness.

"They decided bald is beautiful and getting into this was a way of avoiding the suffering of going bald."

"It can be, but it doesn't have to be."



Erin Klimes applies makeup to Tessa Corrigan at Senses Salon in the Confederation Court Mall in Charlottetown. Cosmetics can make women feel more beautiful, says UPEI psychology professor Fiona Papps. (Stacy Murray photo.)

## When does beauty become a beast?

### *Psychology professor finds women's concept of beauty complex*

By TERESA WRIGHT  
CONSTABLE

"Maybe I don't have a pretty smile, good teeth, nice tits, long legs, a cheeky arse, a sexy voice... Then again, maybe I'm sick of the masquerade."

UPEI psychology professor Fiona Papps read aloud this passage from Germaine Greer's book, *The Female Eunuch*, during her lecture entitled, *When Beauty is Beast? An Exploration of Beautification Practices Among College Women*.

She said it captured perfectly the complexity she found in many women's concepts of beauty.

Last winter, Papps conducted an informal survey of female university students to determine what types of beautification practices they engage in and the reasons why they do.

She presented the results of the survey Feb. 8 at the Confederation Centre library.

Beautification can be as simple as taking a shower, wearing makeup or even undergoing surgery to be seen as more beautiful, Papps said.

She found there were two perspectives when it came to the psychology behind women who want to add to their natural beauty.

The first perspective explored women who, in their natural state, feel unattractive and conceal themselves with makeup to feel beautiful.

Papps said this taps into the idea that the feminine self is somehow flawed and deficient.

"If women actually subscribe to this perspective, it has negative psychological consequences."

She cited studies in which women who wore cosmetics were rated as being more feminine and attractive compared with those who didn't wear makeup.

"And attractive women are rated as being much more personable and friendly than unattractive women."

The use of cosmetics is also associated with a higher starting salary for women, she said.

"(One) study estimated that the starting salary was in between eight and 20 per cent higher for women who were wearing cosmetics. There's also been cases recorded of women who have refused to wear cosmetics in the workplace and their employment has been terminated."

This, she said, has contributed to the negative social pressures women can feel about their appearance.

But in its earliest state, Papps pointed out the cosmetic industry was

established by women for women.

"So it's not as simple as arguing it's a practice enforced upon women to please men."

Papps presented an alternate perspective in which she found some women who engage in beautification practices have a higher self-regard.

"It recognizes that women are active, that's they're agents in their own self-creation."

She said this alternate perspective signified positive psychological consequences and a healthier self-esteem.

"A lot of (women) will say that it gives them a lot of pleasure to beautify the body. There's a lot of sensuousness associated with playing around with rich creams and facial products and eye colours."

Overall the concept of beauty and the reasons why women feel the need to beautify is highly complex, Papps said

"The choice to engage or not to engage in beautification practices signifies the uptake of very different scripts of femininity."

The project began as an honours thesis for one of her students, but the results intrigued Papps so much she has decided to explore the idea further.



Tyler Clements, 18, suggests not wearing a hat to avoid baldness. Mike Ramsay photo.

# Poor doesn't have to mean naked, or worse, boring

By JACLYN KILLINS

If you don't mind a hunt, second-hand clothing stores are full of affordable and unique clothing, a local store employee says.

Froggies Family Clothing Inc. buys its clothing from brokers, so the clothing could come from anywhere in Canada or the United States, said Vaunda MacKinnon, who works at the store.

"There's always something different."

With the variety of clothing, second-hand stores appeal to many different people, MacKinnon said.

"For a lot of people it's the thrill of the hunt."

Some people don't like to wear what everyone else is wearing, so they shop at a second-hand store, she said.

"[New clothing stores] usually get 10 or 15 of something, whereas we usually just get one of a kind."

Twenty-four year-old Nathalie Walsh has been shopping at second-hand stores since she was in Grade 9, and not just for the low prices.

"I'm kind of like a different dresser and I find, especially on P.E.I., everything in the stores is the same and you see it on every second person."

Walsh likes to spend a lot of time at second-hand stores looking through everything so she doesn't miss a fabulous find.

"I found an old leather hippie-style jacket that's probably the best thing I ever found."

There are some things Walsh won't

## How to be stylish on a budget

•**Value Village** is the largest second hand store store with lots to pick from, prices vary depending on the item.

•**Froggies Family Clothing** uses a set price for each bin, so a great pair of designer jeans will cost the same as a generic pair.

•**Frenchy's Clothing Store** has set prices for each type of clothing. You have to work a little more to dig through, but it's worth it.

buy second-hand, like bras, underwear and bathing suits, but when it comes to pieces like jackets, purses and other accessories, she prefers second-hand.



Rob Ranazan, owner of Froggies, arranges one of the daily-changing bins in his used-clothing store in Charlottetown. Jacklyn Killins photo.

## Vestibular Syndrome makes dogs dizzy, but it isn't deadly

By MATTHEW DAYE

It was Christmas night and a lot of people were likely staggering around after a night of celebration, but Benji was staggering around for another reason.

His eyes were constantly darting back and forth and his head tilted to one side as he stumbled through the house occasionally vomiting.

Soon, to keep him from moving and getting sick in too many places his worried family kept him in the brightly lit kitchen over night.

The next day he seemed fine, though still a little wobbly, he was out and about as usual. By the night time he was back to his sorry state and maybe even worse.

He wasn't eating and barely drinking. His eyes moved rapidly and his head seemed to be swimming so he could barely sleep.

The next day was no better and it seemed Benji was on his death bed.

Benji is a 15-year-old terrier poodle that looks like his famous namesake



Benji enjoys the fresh air shortly before he contracted Vestibular Syndrome. Matthew Daye photo

and he was suffering from a disease that afflicts many older dogs.

It's called idiopathic vestibular syndrome, which strikes many dogs, though mostly elderly canines, without warning or cause.

Similar to a stroke, most owners fear the worst, however the disease isn't lethal.

"Most people, when they come,[are] in thinking that they're going to bring their dog in to get euthenized and then usually we tell them good news. It's the most common neurological disease that we see," said Doctor Jamie Kelly of the Charlottetown veterinary clinic.

"We see it enough that even the receptionist, if an old dog came in with a history of balance problems suddenly, that they would think that it's just that."

The dog will stagger about if it can stand at all and it will suffer from balance problems.

"Usually they're circling from one side to the other with a head tilt to the same side. Some of them can't stand up," Kelly said. "A lot of them do have an upset stomach because the world is spinning around."

The main danger of the disease is actually starvation or dehydration brought on by the constant nausea. Owner's should seek a vet's help immediately. They should monitor their pet's eating and what they do

## Quick facts about disease

- It's the most common neurological disease in older dogs.
- There is no way to test for it.
- The cause of the disease is unknown.
- Lasts typically between 3 days to 3 weeks.
- It can recur.

(Source: Doctor Jamie Kelly of the Charlottetown veterinary clinic.)

during walks to make sure they aren't starving themselves.

"They're not going to die because of vestibular disease, it's just a balance problem," Kelly said. "If they weren't drinking at all, then you may have to hook them up to IV fluid for a couple of days till things straighten out."

The syndrome lasts between three days to two weeks and can sometimes recur in a dog's lifetime, but owners are encouraged to be patient. This isn't always easy as a dog's suffering

can be hard to watch.

"Sometimes they keep the dog in here for the week till the dog is a bit improved because they can't stand to see this dog to stand up, because sometimes they just crash to the ground," Kelly said.

Benji was taken to the vet the next day and given something to calm the sea sickness and was prescribed Gravol, the same pill humans use for motion sickness.

Within four days he was back to his normal self and eating fine.

# Gay youth get support in high schools, but still can't escape discrimination

By NATHAN ROCHFORD

Katie Testu was standing outside at a party having a cigarette. It was dark and she was alone.

Suddenly she heard a voice coming from the side of the porch.

"We don't like dykes around here," the person said, grabbing her and pulling her off the porch.

She hit the ground hard.

"You dirty dyke," the voice came again. There was more than one person. Four boys were now gathered around her, punching and kicking her.

Within minutes they were finished, leaving Testu and heading inside to the party.

She pulled herself off the ground and walked back up to the door. It was locked.

Testu, now a student at UPEI, is one of thousands of Canadian youths forced to deal with the discrimination that comes with being gay, something numerous Island-based organizations are trying to stop.

With the help from groups like the Rainbow Business Association - a chamber of commerce seeking gay-friendly businesses - and the Eastern School Board's idea for a program designed to help youths struggling with coming out, Jim Culbert, the owner of the Rainbow Lodge and the man in charge of the RBA, says the



Canadian youths are often discriminated against because they are gay and some P.E.I. businesses are trying to help stop it. Teresa Wright Constable photo

situation on P.E.I. is changing for the better.

"We've worked long and hard," he said. "Things are building."

But for a young Charlottetown woman who would like to remain

unnamed, the problem is still a major part of daily life.

She had been at a bar with friends most of the night and decided it was getting late and she wanted to go home.

She lived a few blocks away and thought nothing of walking home alone, taking a shortcut through the parking lot behind the bar.

She noticed two people walking behind her, but figured that was nothing out of the ordinary, until they started to pick up their pace, trailing her across the lot towards the street.

"Look, there's the chick magnet," one of them yelled.

"Dyke," said the other as they caught up to her, grabbing her by the shoulder and punching her in the face before running away.

The next day the woman filed a report to the police, but three weeks later nothing had turned up.

Despite such isolated attacks, people like Chris Gilbert, a gay rights supporter in Charlottetown, says programs like the RBA and school initiatives have changed things in P.E.I.

"The social landscape has changed drastically," he said. "I think it's great. Any kind of advance that opens that up is a positive step in the right direction."

The woman who was attacked said she would have benefited from similar programs when she was growing up.

"I wish I had something like that when I was going to school," she

"Look, there's the chick magnet," one of them yelled. "Dyke," said the other as they caught up to her, grabbing her by the shoulder and punching her in the face before running away.

said. "A program like that would have made me feel...made the town more accepting."

However, Testu said she probably wouldn't have taken advantage of the program had it been in her high school.

"I could see where it would be good," she said. "But personally it would make me feel different. It kind of forces those kids to segregate themselves."

That is why the director of student services for the Eastern School District Adrian Smith said the program is still in the planning stages.

"The reason I had it delayed is that I refuse to put in a program that would segregate students. There is no need for other people to know about this."

## Doctors 'mum' about new birth control side-effects

By LINDSAY CARROLL

When Wendy Folker switched from the birth control pill she had been on for 13 years to a new low-dose pill, her doctor didn't tell her she may be at an increased risk of blood clotting.

Folker, a 42-year-old woman from Hantsport, N.S., decided to switch to Min-Ovral 21, a low-dose pill because it would decrease pain she was having in her ovaries and it would help her ease entry into menopause.

Her doctor told her it was safe, but didn't talk to her about potential side-effects.

"I don't think they should brush it under the carpet the way they do...they give you a little pamphlet and send you out the door."

Public Citizen, an activist group in the U.S., is petitioning the Food and Drug Administration to have the hor-

mone Desogestrel taken off the shelves because they say it causes a greater risk of developing a blood clot. Desogestrel is only present in third-generation birth control pills, which are usually low-dose pills also called the mini-pill.

Folker's new low-dose pills, Min-Ovral 21, contain Levonogestrel, which is almost exactly the same as Desogestrel.

The age of a woman and whether or not she smokes are two important factors that increase the risk of thrombosis, the formation of a blood clot, said Pat Crawford, the pharmacy consultant for P.E.I.'s drug programs.

In Canada, he said pills containing the hormone include Marvelon, Ortho-cept and Linessa.

Crawford has read research supporting and denying the claim Public Citizen makes.

A study in Massachusetts from



Wendy Folker, 42, switched to a low-dose birth control pill, but her doctor didn't discuss with her the risks of increased blood clotting. Christy Marsters photo

2006 found significant risks of blood clots, however, an earlier study in England from 2000 suggests there was not.

"You're most likely to find 50-50 split of papers who find it's a problem or isn't a problem," said Crawford.

The studies are often flawed, and do not use enough people, he said. The age of the population tested also makes a difference. If tested on younger women, you'll see no increased risk of thrombosis, however an older population would show the risks are increased.

"There is not enough evidence to state one way or the other."

Crawford suggests women speak with their doctors about it. So do some local Charlottetown pharmacists.

Gail Lomatski from Lawton's Drugs said there's always an increased risk of blood clots with any type of birth control pill. That's especially if the woman is a smoker, there is a family history of blood clots, or she's over 30.

She was not aware of a greater risk from the low-dose pill.

"I haven't seen any recent statistics on it."

Sheryl Neil, a pharmacist at Shoppers Drug Mart, said although she always counsels women on the potential risks of the pill, women should still consult their doctors.

Health Canada hasn't announced any increased risks on the low-dose pills, so Neil isn't worried.

"I feel pretty confident that Health Canada would release that information if there was any."

Folker, who didn't get to talk about the issue with her doctor, wonders whether or not she should be taking the pill.

However, she does like the decreased menopausal symptoms she has been having while on it, as opposed to her friends who are not on the pill.

# Walker's trip taking him from Mexico to Canada

By JACLYN KILLINS

On Jan. 9 Aaron Veldstra woke in a hostel in Southern California. He ate a free breakfast of pancakes and jam and boarded a trolley to the Mexican border.

He arrived at the border 45 minutes later and with a glance at an enormous Mexican flag flapping in the wind beyond the razor-wire-topped fence, he turned around, put one foot in front of the other, and took the first step on his walk up the West Coast toward Canada.

Along the way the 25-year-old from Vancouver is investigating the North American car culture while trying to figure out a solution for the pressing environmental issue of the overuse of cars.

"I'm walking for the cure from cars," he said in a telephone interview Jan. 24.

Cars are useful, but they use fossil fuel and create more problems than solutions because they are in such wide use, Veldstra said.

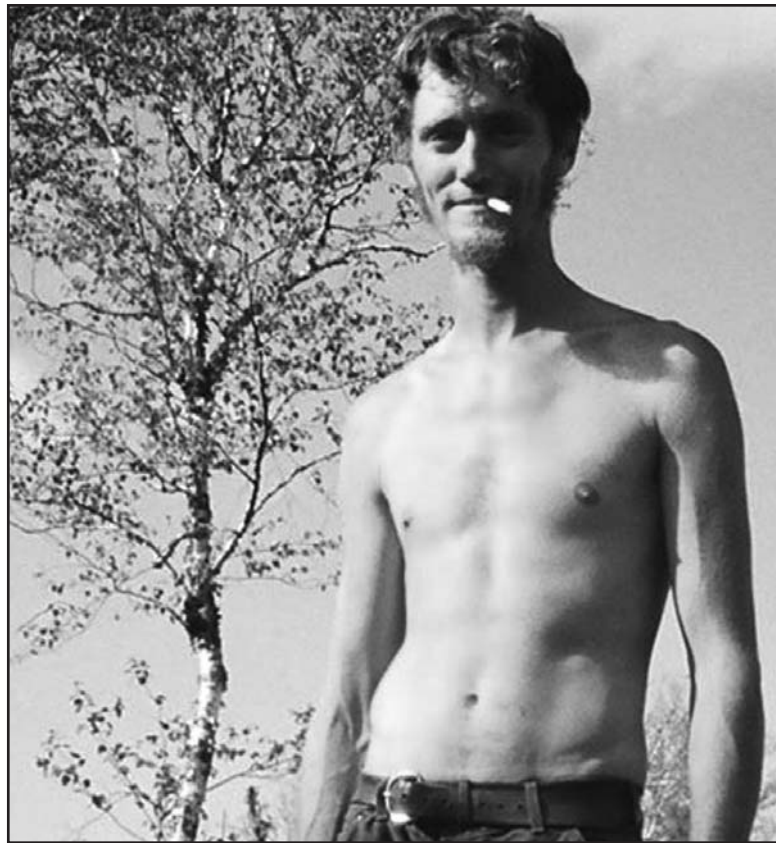
"I think they're a good idea, it's just they're old technology."

This is not Veldstra's first long-distance journey by foot. In 2004 he walked from Vancouver to Calgary and in the fall of 2005 he walked across Newfoundland.

Veldstra's experience working at a scrap yard opened his eyes to the side of cars not a lot of people see, spurring his desire to walk.

"It's horrible watching cars die, it's almost worse than seeing something natural die. They spill their fluids all over the place and all those fluids aren't biodegradable."

Walking takes time and so does



Pictured here in Northern Ontario in August 2006, Aaron Veldstra spends his spring and summer months treeplanting, an activity that keeps him in shape for his epic walks. (Jacklyn Killins photo)

change. While Veldstra walks he has a lot of time to think about a solution, he said.

"It's the age-old method of deduction, going for a long walk. Who knows, maybe I will actually solve it."

Veldstra has the enthusiasm of an idealist and the wisdom of a philosopher. He is hopeful, yet realistic.

"I don't think I'm actually going to cure cars per se, I'd rather just get the idea out there and propagate that as opposed to trying to actually stop people from driving because I know that's never going to happen."

If you are not willing to give up your car there are still ways to contribute to curing the car plague.

Danny Power of Capital Honda in

Charlottetown said the provincial government offers buyers of hybrid cars a provincial tax break of up to \$3,000.

Hybrids are not just for environment enthusiasts anymore, all kinds of people buy them, including government officials who want to set a good example, Power said.

"[Last year] was the biggest year ever for hybrid sales."

This is good news in a rural province that, according to Statistics Canada, has the highest percentage of people who drive to work because the low population doesn't support a widespread public transit system.

Veldstra suggests Islanders look into car pooling. It would save money and help the environment.

"Just get these single occupancy vehicles off the road. Jam as many people as you can into that one car," he said.

During the day Veldstra walks a landscape that revolves around the car. He is forced to the fringes, forced to trespass by walking along train tracks or along highways.

In his travels he rubs elbows with the marginalized members of society.

A lover of conversation, and not one to judge or to pass by without a smile, Veldstra often sparks conversations with homeless people. We have a lot to learn from people in different economic situations, he said.

Most people he encounters on his stroll agree with his purpose.

"It's odd there's no real fight. It's like everyone knows these things are killing the planet and they want to change it, but there is no solution there."

When night falls on his journey

Veldstra sometimes treats himself to a motel room. More often he rolls himself up in his sleeping bag and tarp, much like a human size version of the burritos he's been living on, and sleeps on the earth.

One night he found a bridge close to the ocean where he sat and played his harmonica and listened to the waves before falling asleep.

Another night he slept on a steep hill and, despite using tent pegs to hold his tarp over him, he woke up every few hours and had to claw himself back up under his tarp.

Not everyone has the time to walk everywhere but the P.E.I Active Living Alliance has created a challenge to motivate workplaces on the Island to walk more using pedometers.

A participant in this Walk for Fun in the Sun challenge, Karen Mair of the CBC Radio team the Walkie Talkies, said this challenge is mostly about active living but people may end up choosing not to use their cars as a result.

Mair said pedometers, originating in Japan, have been recognized for years as a great motivational tool.

"You start looking at this thing and realize, 'Oh my God I've hardly moved today.'"

There are many ways to help in the cure for cars, but Veldstra urges people not to forget the obvious mode of transportation, walking.

"All you have to do is just put on a pair of shoes, walk to the store, have a nice wander around, look at the birds and stuff. You know, it's good for the soul." To follow Veldstra's journey visit his website: <http://pud-dle.ca/~lba/california/>

## Competition part of festival

Cohen McDonald, 19, from Charlottetown goes for a stall on the quarter pipe in a snowboarding competition on Feb. 17.

The competition was one of many family events held in Charlottetown as part of the Jack Frost winter festival. Mike Ramsay photo

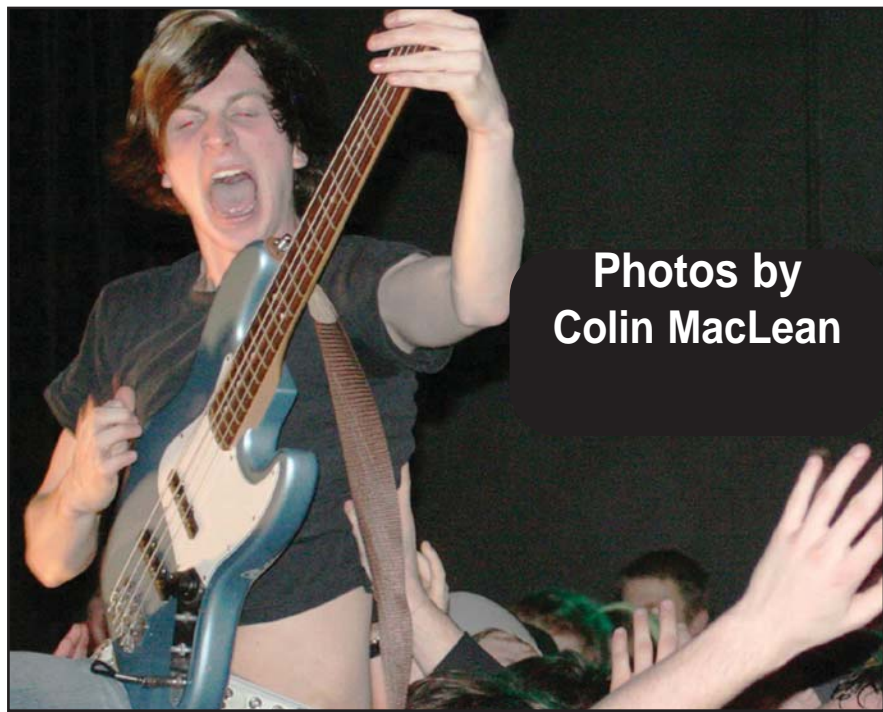


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Scenes from  
a Jan. 19 all-ages show  
featuring  
Enraged Entity,  
Chara, The End,  
The Letter Unfolds,  
and the Cancer Bats

## *Rocking at the Guild*



Photos by  
Colin MacLean