

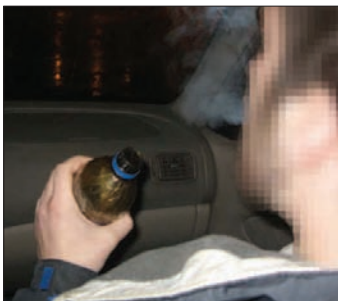
# The Surveyor

Nov. 29, 2008

Holland College, Charlottetown, P.E.I.

FREE

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Kris Mollon, a paramedic student at Holland College, does a mock presentation of taking Dale Peters blood. (Dunbar photo)

## Plasma donations crucial to health system

By **ASHLEY DUNBAR**

Canada needs blood donors, says Paul McGrath, the Canadian Blood Service regional manager for Atlantic Canada, but blood is not the only thing people can donate.

Plasma, the liquid portion of human blood, can also be donated. Unlike blood, plasma can be donated every six days. Blood can only be donated every 56 days.

Carol Stephenson, a lab technician at the Upper River Valley Hospital in Waterville, N.B. said when you spin down the red blood cells of the blood it results in a clear yellowish colour, which

is plasma.

"Plasma works as a volumizer for the blood," she said.

Plasma is not used as much as blood, but when the volume of someone's blood gets low, it is used.

"It's used mostly with burn victims because their body has lost a lot of fluid and it needs to be replenished."

Jaclyn Ellis, a paramedic from Ambulance New Brunswick in Saint John, donates plasma whenever she can.

"I donate plasma because, unlike whole blood, if your proteins are good you can donate plasma every six days. I don't

mind needles and I can go whenever I get the chance."

The process in donating plasma is similar to donating blood.

"The main difference is that it takes about double the time to donate plasma."

Ellis said plasma is probably more important than whole blood.

"Once they have your donation of plasma, it is sent to labs where it is broken down into even more components and can be used for a large variety of treatments and patients."

If someone is willing to donate, it is easier on the body to donate plasma because then they get to keep their red blood cells, lose

less energy and it is easier for the body to recuperate, said Ellis.

"Some people who donate whole blood may feel nauseous or dizzy afterwards, but you can donate plasma with no side-effects. The key to donating blood is to eat a good meal and get lots of fluid that day."

Plasma is used all day, every day across the country, said Ellis.

"Basically, we never have enough blood products to go around. And even though you might now always hear about the shortages, like the media has recently tried to publicize, the truth is there is a constant blood shortage nationwide."

# Province announces new strategy, some gambling critics skeptical

By SAMARA MEADE

Taking away only some of the VLTs on the Island won't be enough to ease the problem of gambling addicts, says a UPEI political studies professor.

Video lottery terminals will be reduced by 20 per cent and their sites will be cut in half in Prince Edward Island as part of the province's new gaming strategy.

Peter McKenna said there will still be eight out of 10 VLTs remaining and the problem will still be there.

"To fix the problem, the government has to take away all of the VLTs, not just some. If you say you're concerned about problem gambling and services, eliminate them all together."

The new strategy, *Leadership, Integrity, and Responsibility: A Gaming Strategy for Prince Edward Island*, outlines the future direction for gaming in P.E.I.

Provincial Treasurer Wes Sheridan said he hopes the plan will help people with gambling addictions.

"We don't want anyone out there losing their home because of problem gambling."

Government has a major role to play to ensure this, he added.

"Government must show leadership in preventing and reducing



Many video lottery terminals across P.E.I. like this one will be removed, but that's not enough says Peter McKenna, a UPEI professor. McNeil Photo

the negative impacts of gaming, while ensuring that its benefits are realized for Islanders as fully as possible."

But McKenna said this is just a cosmetic solution.

"They want to maintain revenue from VLTs. Cutting the amount of VLTs is not going to help the addiction. People will find them and the addiction will still be there."

McKenna grew up in Halifax and has been around gambling his whole life. He studied problem gambling for 15 years and wrote the book *Terminal Damage: The Politics of VLTs in Atlantic Canada*. The government worries about losing revenue, but it should worry about the people who are being hurt from VLTs, he said.

"If you're serious about curbing the addiction, you don't get rid of

20 per cent, you get rid of 100 per cent. These are deadly, dangerous machines. People have committed suicide over this problem. My government is supposed to be helping people, not killing them, and that's what VLTs are doing."

In 1985, provinces were given exclusive control of gaming in Canada. The minister responsible for the PEI Lotteries Commission is responsible for overall leader-

ship, direction, and control of gaming in P.E.I.

There are about 195 retailers in communities across the Island licensed to sell lottery tickets and products. There are about 85 sites licensed to have and operate about 385 VLTs.

This reduction in the number of VLTs will make P.E.I. the leader in Atlantic Canada for the lowest number of VLTs per capita, said Sheridan.

The plan also includes a new law stating users must be 19 to buy lottery products. Sheridan said there will be fines for people caught selling lottery products to those under 19. He also said government will enhance resources for education, awareness, research and treatment to promote and support responsible gaming.

"Public education, awareness and research all play vital roles in preventing problem gaming."

The strategy is planned to be consistently reviewed and updated as needed.

"Government will continue to monitor, evaluate and measure the impacts of this strategy as it is implemented, and will take action on findings," Sheridan said.

The entire strategy will be implemented over the next two years, with some measures put in place immediately, he added.

## Need for blood hits an all-time high

By ASHLEY DUNBAR

Canada is experiencing a blood shortage and the need for people to donate is at an all time high.

Paul McGrath, regional manager of communications for the Canada Blood Service in Atlantic Canada, said they're still supplying blood but they are low on most blood types.

With a loss of blood, the blood service is unable to send the amounts of blood needed to the hospitals across Canada.

Patients aren't going without blood, but if more blood isn't

donated that might be the case.

"There is a serious demand for blood," said McGrath last month.

The Canadian Blood Service recently went to the public to encourage people to donate blood, said McGrath.

"We have over 4,000 active blood donors. One in two Canadians can give blood but only one in 60 actually do it."

Canadian Blood Services serves 700 hospital nation-wide and each has a need for all blood groups.

There is no risk to a person who donates blood.

"It's the best way for people to give back to their community. One donation has the power to save up to three lives," said McGrath.

Blood donated by the public can be used in many different cases, such as trauma situations, hip replacements, cancer patients and a wide range of other uses, said McGrath.

The big thing is to motivate people to give, said McGrath.

"You can save a life and it only takes an hour."

Jaelyn Ellis, a paramedic from Ambulance New Brunswick in

Saint John, said as a paramedic the dangers of having a blood shortage are fairly low.

"On ambulances world wide we do not administer blood products to our patients, that is only done in hospital settings."

Many patients seen by paramedics every day must go to the hospital to receive blood.

"Without blood available, many of them will have no chance at survival or a healthy life," she said.

Ellis sees blood being used for many things every day, such as cancer treatment, emergency and

scheduled surgeries, various diseases and trauma patients that require immediate blood product to have even a chance at surviving.

Ellis has been donating blood and plasma for two years.

"It's something that takes 20 minutes out of my day every two months that could potentially save up to three lives."

Most people will never have the opportunity to save a life, said Ellis.

"One donation saves three, so why not donate."

# Gallant wins student union election, Murray clinches vice president

By **CASSANDRA BERNARD**  
and  
**NICHOLAS OAKES**

It feels great to have the butterflies gone from his stomach, said Matt Gallant, winner of the Holland College Student Union election on Friday, Nov. 21.

Gallant, a business administration student, won the election by a slim seven-vote margin against Stephen MacDonald, a student in the Culinary Arts program.

After Thursday's ballots were counted from the Tourism and Culinary Centre and the Charlotteville Centre, MacDonald was ahead by five votes.

After the final vote from the Georgetown Centre, Atlantic Police Academy, and Aerospace Centre, Gallant was the victor.

Gallant, a Summerside, P.E.I., native, said he put 100 per cent of

his effort into the election.

"It feels great to be president."

Gallant said he is glad he went to the other schools to shake the students' hands.

He said his trip to see the students in Georgetown was what sealed the win for him. His opponent, Stephen MacDonald did not make an appearance in Georgetown.

Gallant made some campaign promises to the Georgetown students.

"I plan on getting a satellite TV for the Georgetown centre. They have a 42-inch plasma screen TV that is just sitting there."

Gallant said he will get a coffee machine for the centre to help pay for the satellite TV project.

"The closest they have to go for a coffee is the Tim Horton's in Montague. That's too far."

Gallant says he is open to any

new ideas for the school from students.

MacDonald is the former Student Union vice president.

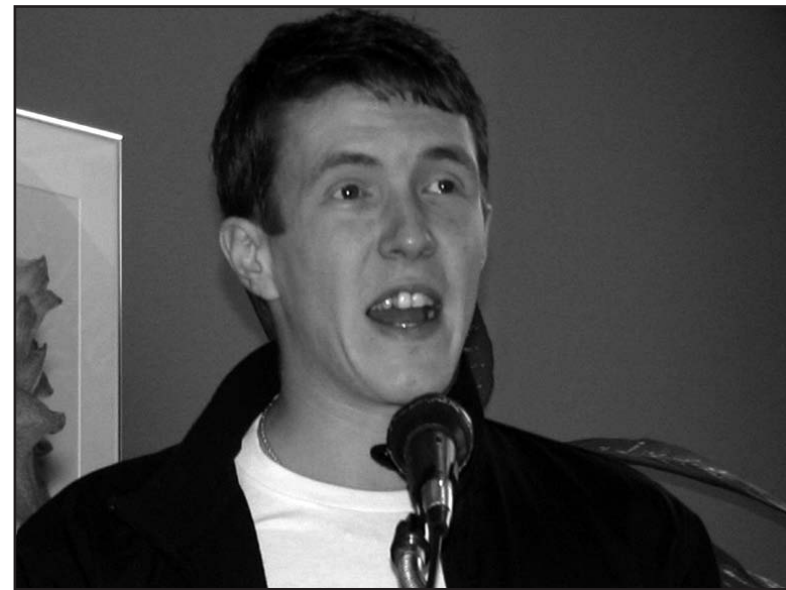
He said that experience was what made him a suitable candidate for the position.

"Being the vice president, I saw what the Student Union needed in a president," MacDonald said.

He said he could deliver some positive changes for the student body, but he is not bitter about the voter's choice.

"It was for the better of the Student Union and I wish them all the best."

MacDonald believed there were some irregularities in the counting of votes and he requested a recount of all ballots. The recount was held Monday afternoon. In the vice presidential race, Joanie Murray won over Allan Corney and Bradley Lukas.



Matt Gallant gives his speech to an audience at the Charlotteville Centre Wednesday, Nov. 19, the day before the election. Bernard photo.

## Patricia Nunez asks: *What did you base your vote on?*



**Bryan Carr:**

"Someone that can do the job."



**Darcy Murnaghan:**

"Someone that will keep their promises, stand up and take charge."



**Jesse Doucette:**

"The candidate that shows the best spirit."



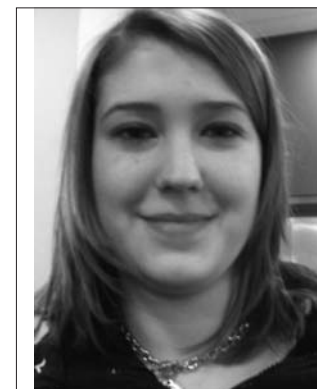
**Lindsay Nicholson:**

"What I have been hearing from the different candidates."



**Nikky Gallant:**

"I know who I'm voting and that means I have him close if I ever had a concern."



**Samantha Bennett:**

"Someone involved with the school who wants to get more people involved."

# Student admits to taking drugs...and liking it

By ROBYN SEYMOUR

John recalls sitting outside in the sun last summer, listening to music on his iPod and sipping on wine.

The wine would 'change' into various, vibrant colours before his very own eyes.

John is not his real name. The student at Holland College says he has been using drugs since he was introduced to them last year by a friend.

"A week before Thanksgiving I was with a group of friends and one of the girls had a pipe. We smoked weed in it. It was my first year in college, I thought what the hell, there's worse things out there, so I might as well experiment a little."

He didn't feel the affects of the drug until they got back to residence and watched the Comedy Network.

"We saw a stand-up act about Hot Pockets and it was hilarious. We didn't really feel much different, but I guess we looked it."

The marijuana soon became an ice breaker for John, allowing him to feel confident around other students and when making friends. He began using on the weekends.

"I just felt less shy and it was easier to approach people if I was or they were baked."

On Halloween, John got drunk and smoked marijuana. It was the first time he had experienced both at the same time. One thing led to another and he cheated on his former girlfriend.

"We were going through s\*\*\* so I can't blame it completely on weed and booze, but I still had some judgment."

After that, he began using more frequently, sometimes multiple



A Holland College student takes a break from studying to toke up in a car at a Holland College parking lot. Submitted Photo

time a day for two weeks straight.

According to a 2002 *Canadian Community Health Survey: Mental Health and Well-being*, an estimated 3.1 million people, 13 per cent of the population, reported they had used illicit drugs in the past year.

Cannabis was the most common drug used by 10 per cent of the estimated 590,000 individuals. Cocaine, ecstasy and hallucinogens were also used by roughly two per cent. Forty-nine per cent had used at least monthly, while nine per cent admitted to using daily.

During John's on-the-job training he began experimenting with magic mushrooms, a hallucinogen.

He decided to buy six and tried them on his day off work. It was

not what he expected.

"I witnessed really intense colours and all the walls would heave like they were breathing."

For a while he just sat there looking at his surroundings. He remembers a plant that seemed to be moving and growing as he watched it.

When the fire alarm went off John didn't realize what it was because he had his iPod on and thought it was part of the song.

"So I sat there until a fire marshal tapped on my shoulder. He was asking me questions like if someone was smoking downstairs or if I had burnt something in the microwave.

"I didn't understand, so I sat there staring at his oddly moving hair, saying 'What?' and 'Huh?'" He left saying he didn't want any

trouble."

John said the incident freaked him out and caused his trip to go from "great to s\*\*\*\*y." He decided to walk to the beach.

"I got there and took my shoes off. They began to melt and my socks looked like they were made out of coals. I looked at the sand and everywhere there were things crawling under it."

Freaked out, he put down his towel. Already having attracted funny looks, he laid down and turned on some music.

"The second I closed my eyes I saw extremely intense psychedelic patterns. I lost it and grabbed all my s\*\*\*. I couldn't get my shoes back on. I was tripping out."

At one point his underarm began to grow bigger and bigger,

dripping off pieces, becoming smaller once again.

John decided it was best to sleep it off.

"I woke up for the final minutes of coming down. I experienced a feeling of being one with everything else around me and an extreme feeling of being one with everything thing else around me. It was an extreme feeling of joy.

"Fifteen minutes later I felt like a complete piece of s\*\*\*."

According to the health survey, 37 per cent of 20 to 24 year olds had the highest rate of illegal drug use, followed by 25 to 35 year olds using at a rate of 18 per cent and people 55 and older at one per cent.

Tom Corcoran, a counsellor at Holland College, spent 30 years with the school system. He has been at Holland College since 2006.

He usually only deals with seven or eight students a year who have drug-related problems, but he believes there are many more struggling.

"I'm under no illusion that's all that's out there."

Some students are referred to him, some decide to come in on their own.

"Students who come see me are usually struggling academically and it may be due to their excessive use of drugs or alcohol."

He meets with them and gives them the information they need and then, if necessary, refers them on to an addiction specialist.

"If the addiction isn't the biggest problem, they stay with me, but if it is, then I try to expand the number and kind of options I can give them, but I can't force them to do anything.

"In the end it's up to them," he said.

## IRAC to stop giving Islanders the heads up on fuel changes

By SAMARA MEADE

The Island Regulatory and Appeals Commission recently decided to discontinue giving Islanders a heads up before a fuel or oil price change.

They said giving the public warning of price change isn't fair to business owners, who may lose business when people fill up on

gas before the price changes the next day.

The only people who will know about the change are industry retailers and distributors. One Ultramar owner, Guy Cudmore, doesn't think the change will affect his business at all.

"It doesn't bother me much. Our busy time is from four to 10, and I don't think that will

change."

Even though they won't get warnings from IRAC, people will still know the price will change ahead of time, he said.

"People will know by word of mouth. It won't be any different."

Cudmore said although he hasn't gotten many complaints from consumers, he knows people aren't happy and Premier Robert

Ghiz will probably end up putting things back to the way they were.

Ghiz was just as surprised about the change as everybody else.

In a release he said he found out the same way the public did-by listening to the news, and he has no input on changes IRAC may make.

Paula Sinnott, a Morell resident and single mother of one, said the

price change doesn't really affect her because it will soon change again anyway.

Even when Islanders were warned about gas prices increasing the next day, she never bothered to rush to fill up her tank.

"I just get gas when I need it. By the time I need it again, the price drops again anyway so it doesn't really matter."

# College explores fitness options at wellness EXPO

By **KERRIE THOMPSON**

Just before noon on Nov. 13 students, volunteers and representatives from many different organizations dealing with wellness set up booths in the Holland College gym and cafeteria.

Darlene MacEwen stood by the entrance to the expo with stamp sheets and snacks.

The stamp sheets had spaces for each booth to stamp if you visited them, along with a few questions. After visiting all the booths, students were to hand them in with their information for a chance to win a prize.

"You can bet they're going to be wellness prizes," MacEwen laughed.

The first booth was run by the Canadian Cancer Society and manned by Aileen Petrie.

They had a laptop showing their website and various links and message boards in support of quitting smoking.

They were handing out books for people who wished to quit and might have been thinking about it in a few years or so.

A large poster to the side showed different images.

"It shows that there are a lot of obstacles," Petrie said of quitting smoking.

Troy Perrot was the representative for AIDS P.E.I. He is also the client liaison and education coordinator for AIDS P.E.I.

They were selling tickets for a

draw for over \$1,000 in prizes. It is \$5 per ticket and the draw is in December.

He said they do not do AIDS testing at their office on Prince Street.

"There is no anonymous testing on P.E.I."

Anyone wishing for anonymous testing must travel to Nova Scotia.

Perrot said AIDS P.E.I. offers financial support for people suffering from AIDS.

The booth had condoms, pamphlets and small packages with information on AIDS, Hepatitis C, talking to kids about sex as well as educational videos they rent.

Right next door, the provincial diabetes program had a hands-on theme.

By signing a consent form, anyone could have their blood sugar tested.

The booth also had different styles of testers and strips, insulin pens and sweeteners as well as information on pamphlets and sheets for the taking.

The P.E.I. pap screening clinic, based in Cornwall, was run by Laurie Ann McCardle.

She said their main headquarters is in Cornwall but they travel all across the Island.

"It's a great way for women who have a male doctor but would like a female to do it."

They were giving out magnets and information on HPV and genital warts.



Trish Collins from the provincial diabetes program tests Jeff Walker's blood sugar. (Thompson Photo)

Lindsay Dickieson and Maria Profit were in charge of the Friendly Pharmacy booth for the day. They were giving out packages of condoms, samples of Nicorette, water bottles and calendars.

Dickieson said the Friendly Pharmacy has a walk-in clinic that is good for people who don't have a family doctor.

"It keeps people out of the emergency room if they don't have to be there."

Profit said the pharmacy has a nurse who will help narrow down which vaccines you need if you're travelling.

"It'll save you a lot of money if

you don't get a vaccine for everything."

The nurse will pick out which vaccines you need, depending on where you are traveling to and what time of the year you're going.

P.E.I. Community Schools had a booth manned by Shirley Moore which offered lots of information on how they operate, their courses and prices.

All programs are taught by volunteers, cost between \$12-\$20 for 10 nights and operate in several locations, mostly public schools.

Michele Miller and Valary Davies represented public health nursing.

Their booth included lots of information on sexually transmitted diseases, cancer, smoking, prenatal and human papillomavirus.

There were diagrams and education pamphlets for the students, said Davies.

"It's all applicable to Holland College."

Lisa Rusk of the Canadian Blood Services was giving out information on blood donation and how to do it.

She said their donor base is aging and to give blood someone would have to go through a simple screening process and find out their blood type.

As of now, there are no plasma or bone marrow donations centres available on P.E.I. but Halifax sends over a team to take dona-

tions of plasma and bone marrow from Islanders who wish to donate.

P.E.I. is hoping to get the equipment needed to take plasma and bone marrow donations within the next few months and in a few years, stem cells.

The Healthy Eating Alliance had a display that featured foods such as a small order of fries from a fast food establishment and the amount of sugar in it.

Megan Mullally was there to explain healthy eating and give out information.

The second-year students from the practical nursing course had a booth and a movie playing.

They were taking the blood pressure of anyone curious to know what their personal one was.

Jason Mosher, the owner of Naturally Fit, and Steve Roberts were representing their products. Mosher said students from Holland College receive a 20 per cent discount of their products.

"We've been partners with the sports and leisure program."

They had samples of their products including supplements for breakfast and lunch in either powder for shakes and bars. They also had clothing with their brand on it.

Mosher said they offer free training, lowest prices possible and 100 per cent satisfaction.

"The bars, tastes like you're cheating."

## Brush with law inspires man to teach others about autism

By **RYAN ROSS**

When Dennis Debbaudt took his son Brad to the toy store one day he didn't expect to have a run-in with the law.

Brad has autism and while they were in the store he had an episode during which he fell to the floor, arched his back and screamed.

Dennis carried him out of the store over his shoulder and when he was putting Brad in the car mall security drove up behind his car.

They asked Brad who he was, but he couldn't respond.

Dennis couldn't leave because the security car was in his way so he asked what was going on.

"I'm responding to a possible child abduction from the mall," the security guard said.

The incident prompted Dennis to start autism training for first responders in 1991.

"That was my first law enforcement training session."

Dennis was the speaker at an autism risk and safety management workshop held Oct. 23 at the Rodd Miramichi River Hotel in Miramichi, N.B.

Members of School District 16, NBCC students and first responders from across the province attended the seminar to learn about some of the issues surrounding safety and risks for people with autism.

One of Dennis' goals with the

seminar was to help them identify behaviours associated with autism and learn response options.

He said scenes like the one with him in the toy store are common enough he wanted to do something about it.

"It surprised and shocked me to the point I wanted to get information to the police."

Autism is a developmental disability that affects normal brain development of social and communication skills.

During the morning session, Dennis showed a video of a girl with autism who liked to run away from home.

She was so determined to get out of the house she checked every door until she eventually

managed to climb up and undo the chain on one of them.

A neighbour called 911 when she saw the girl running through her backyard naked, but she didn't know the girl had autism.

Police found the girl in a neighbour's pool and called her panicked mother.

Dennis said the girl was an example of someone with autism who needs supervision.

"She would be at risk without that care provider."

People with autism can wander away, in the same way someone with Alzheimer's disease or dementia might, he said.

"It's life threatening."

Dennis said people see incidents and call 911 because they don't

understand what they are seeing.

"They can make poor judgments."

People with autism are seven times more likely to have contact with law enforcement than someone who doesn't have autism, he said.

"That's significant."

Dennis said he heard a lot of personal accounts from people when he first started to research the subject.

"There was more than I expected."

Autism Resources Miramichi director Debby MacGregor said because people with autism have decreased social skills, they can wander and are more at risk of being victimized.

## 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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### Editorial illustrations:

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**The Surveyor  
would like to thank  
Transcontinental P.E.I.  
Printers in Borden  
and The Guardian  
for their support.**

# Wise men say only fools rush in

By SAMARA MEADE

Compliments, blushing cheeks, the first kiss and eventually the possibility of walking down the aisle. The key word is eventually. Fifty years ago people dated for years before even thinking about marriage. Now young couples hear the wedding bells jingle in their heads while on the first date and the reality comes to life only months later. Many young couples in today's society get married too quickly.

The idea of being with the same person for eternity is romantic and lovely in many aspects, but how does one truly know that person after only a few months of dating? In today's society too many young people are taking that step to foreverness all too quickly and only increasing their chances of making their name another statistic.

According to the Canadian Encyclopedia, the divorce rate has been continuing to rise. Following the change in the divorce law in 1968, there was a major increase (from 54.8 divorces per 100 000 population in 1968 to 124.2 in 1969). There was a second change in the act since that time and



more and more people were divorcing every year.

By 2003 almost 40 per cent of marriages ended in divorce before their 30th wedding anniversary and the average duration for a marriage was 14.2 years.

Even if the wedding does work out for that young couple, how would they know that person is right for them? Sure, sure, I've heard it before, "You just know."

## 13 years, three teams, zero championships

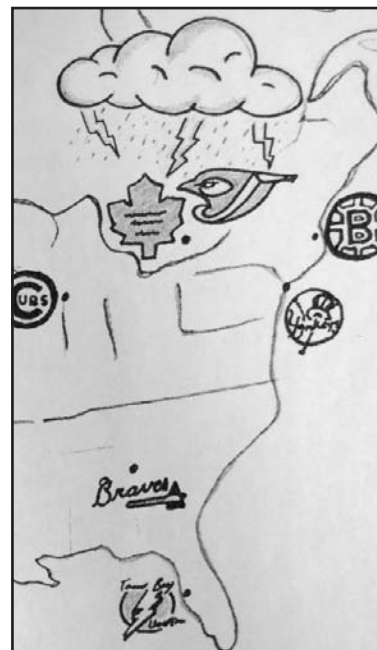
By ROSS MAIR

Honestly, I have no reason for it, nor do I understand why, but my loyalty to any of the major sports franchises, barring NFL, lies in T. Dot.

It's not easy to root for the Leafs, well, it is for the first two periods, then the typical drastic collapse, followed by some lofty goaltending, and a missed-call by a ref, and sure enough what seemed like a sure win going into the third ends up 5-4 in overtime, usually for the visiting team, and not my beloved buds.

Oh well, I moved to Canada in 95' and have never seen the Leafs in the Cup final. In my younger years I watched, in horror, as the Buffalo Sabres dispatched Gilmour and company in the second round, prompting my swift tearing up of a Bible.

Point is, the last decade and a half have not been kind to the blue and white, or in the case of



my NBA team, the purple and black, now turned red and white. Since the days of Vin-sanity the Raps have never played in a

But by only dating one, or even two people before tying the knot, it's impossible to see what the other options look like out there.

I'm going to go by the old saying, there are plenty of fish in the sea. You can't appreciate the unique taste of salmon if you've settled for your first bite of cod.

People who get married at a young age also don't realize they will change. Food, music, hobbies

and interests change as you get older, so the likelihood one will be interested in the same person when they're 40 as they were when they were in their early 20s is slim.

Do yourself a favour. When picking that special someone to spend the rest of your life with, take it slow. Don't put on the brakes after that first date.

championship game, a conference final, and have only won their division once, just recently.

Sure, they brought in Bryan Colangelo and the promise of a man who is capable of building championship calibre teams, but the chemistry is never right, the depth is never there, and day-in, day-out, Bosh's double-double just doesn't cut it.

The promise is there, but if fans of a Toronto franchise know anything about hearing promise and seeing failure, the Blue Jays win hands down.

You can't really fault the Jays. I mean if you were to put together a team of stellar athletes who honestly look like they could give the Red Sox and Yankees a good run, then lose an ace or their closer in pre-season, followed by someone like Vernon Wells, followed by a team like the Rays coming way out of left field and taking the whole division, you couldn't really blame the team

could you?

And that, right there, is the story of Toronto - you can never blame the team.

You blame the coach, you blame the ref, you blame the injuries, or you blame that one player who had an awful night, ahem, McCabe, and you start building for the next year.

Next year we do it, boys, next year Pogue comes up and robs everyone while Tlusty has his breakout season, Halladay wins 25+ games and more than one player hits 10+ home runs, come on Rios. Bosh re-signs in Toronto and we see the Jermaine O'Neal Indiana got to see all those years, and we are finally going to see all that money Maple Leafs Sport and Entertainment rakes in go to good use.

As for anyone wondering about the Argos, I'm sorry, I watch real football. And I don't have a particular team, I root for Favre and against Romo.

# Green Party rolls in, rolls out, few notice

By RYAN ROSS

As she walked down the train platform Sept. 27, there was no crowd of devout followers typical of the staged events in an election campaign.

There was no media circus eager to catch a few quotes or snap a few pictures, only a few passengers who climbed on and off the train before it left.

And one lone newspaper reporter.

No one seemed to even notice one of the federal party leaders was in town.

Green party leader Elizabeth May walked alongside the train with her two handlers, each with an umbrella in hand to keep them dry in the light morning rain.

Even though her train arrived an hour late, May smiled and seemed happy to spare what little time she had. The fiery May, who fought hard to get into the televised debate, was gone, replaced by a relaxed leader who seemed comfortable in her role outside the traditional parties.

She posed for pictures, gave a quick thumbs-up and readied herself for a hurried interview.

It was a scene typical of many of the stops on her cross-country election tour.

With a green umbrella symbolic



Green party leader Elizabeth May makes a brief stop in Miramichi, N.B. on her way to Halifax on Sept. 27. May was on a whistle stop tour of the country as part of her election campaign and her train was only in town for a few minutes. (Ryan Ross photo)

of her party's platform, May offered to shelter a reporter from the rain and help keep a withered notepad dry.

May was on a whistle stop tour that took her from Vancouver to Halifax in six days.

It didn't always give her a lot of time to talk to people she met along the way, but May said she had some good exchanges with voters during her trip.

"A lot of time people jump on board and ride to the next stop

with us."

She left the west coast Sept. 21 by train because it was a more environmentally friendly option than the campaign planes used by other party leaders.

There was nothing flashy about her brief stop, with only the three green umbrellas to draw attention to the group as they stood next to the sleek Via Rail car.

She had barely stopped walking when her handlers started to usher her back to her rented train car.

As she got ready to get back on board, May said she was concerned about the downturn in the pulp and paper industry in the Miramichi region and was familiar with the issue because she is from the Maritimes.

"We need to make sure we bring back jobs in forestry."

There was no time for more questions. Almost as soon as she was on board, the train rolled away to take her to the next stop on her tour.

## UPEI ranks seventh in survey

By KATHERINE HUNT

UPEI shot up a spot in the annual ranking of Canada's universities by Maclean's magazine.

The university jumped from eighth to seventh place out of 21 universities in the primarily undergraduate category.

"We're pleased to be in seventh position. It's the sixth year we've come in the top 10 in the primarily undergraduate category," said Rosemary Herbert, acting vice president of academic development at UPEI.

It wasn't the only Atlantic University to rank in the top 10.

Mount Allison University in New Brunswick moved to first from second, Acadia University ranked third and St. Francis Xavier University is fourth.

But not making the top three doesn't discourage Herbert.

"We're in the top third and that definitely means something."

The Maclean's ranking measures the undergraduate experience and compares universities in peer groups to come up with results.

They gather information from sources outside the universities and some information from the student body.

The evaluation is an asset since UPEI tries to make itself better each year, says Herbert.

"There's always ways we can improve. We're always wanting feedback to make new improvements."

One UPEI professor spends a lot of his time focusing on what they'll need to do for students and the campus environment.

"The co-ordinator of retention and engagement, Dr. Joe Velaidum, is working hard to improve the experience for students at UPEI," said Herbert.

The university received more feedback than the overall ranking from Maclean's in a couple of areas.

"We're pleased we ranked third for student/faculty ratio," said Herbert

They also placed fourth for students who have won national awards and seventh for faculty who have won national awards.

Complete results were to be published in Maclean's magazine Nov. 24.

## Shortage in skills may hurt Islanders in the long-run, warns technology study

By MELISSA McINNINS

Fewer students are enrolling in information technology education, at the same time as there is a demand for workers, according to the P.E.I. IT labour force supply demand study.

The higher wages provinces like Alberta offer are the appeal to many IT workers, but in the end they may be paying a bigger price, said Microage computer manager Harry O'Connell.

People go west for the wages and end up paying for a higher cost of living. Therefore they are only making as much as they would on the Island, said O'Connell.

Still, it's very tough to compete with an offer to a high school

*"Everybody has to start somewhere."*

- April Condon

graduate of \$45 an hour for a job right out of school, rather than going to school for two years and getting paid \$20 an hour afterwards, O'Connell said.

"There are lots of people I could find who work, but very few have the skill set that one needs."

The difficulty of wages versus cost of living has always been a difficulty on P.E.I. There is an

expectation people have to get a wage as high as other places, he said.

It's been difficult to fill positions because the people applying lack skills, O'Connell said.

Holland College interactive multimedia instructor April Condon agrees about the appeal of wages in other provinces, but it doesn't stop companies from setting up shop here.

"What draws corporations here is that they can get away with lower wages," she said. "It lowers their bottom line."

She also agrees there's a shortage in skills. "Everybody has to start somewhere," she said.

"There's always the bottom of the ladder, so you can get your foot in the door and get experience."



April Condon, interactive multimedia instructor at Holland College, looks at the college's website. McInnis photo.

# Islanders are asked to dance with the rest of the world

*Fundraiser helps group with it work overseas*

By KATHERINE HUNT

Dances and cuisine from around the world were featured in this year's Dance for the World held at 7 p.m. at the Murphy Community Centre in Charlottetown on Nov. 14.

The CUSO-VSO organized the event for a second year and this year the Canada World Youth Association helped too.

Members sold advance tickets and practised dances for the stage performances.

Eighteen members did an African dance from Ghana taught to them by Ghanaians.

"I'm so excited to do it," said Erin Priestley, member of Canada World Youth Association before the event. "We've learned so much from the Ghanaians."

Before dancing began the sounds of African drumming served in the background for a



Kim Johnston displays a silent auction item donated from How Bazaar, Gaddiel Ahmah wears a traditional Ghanaian batahari, and Erin Priestley wears a fair trade item from Peru. Hunt Photo.

silent auction featuring over 40 items donated by Island businesses and from CUSO-VSO programs overseas.

Also around the venue, 15 non-government organizations like the Red Cross, Farmers helping Farmers and the Cooper Institute

displayed information about their organization.

As the drums continued to roll three vendors sold food from the

different corners of the world and one sold fair trade crafts from places like Asia, Latin America and Africa.

"We have all kinds of batik baskets from Ghana," said Marian White of CUSO-VSO. "They're the best market basket. They're known around the world."

The stage performances went from 8-9 p.m.

They included dancers from Ghana and the Ghanaian dance performed by the Canada World Youth Association.

Two girls performed a Micmac dance, and one performer did an Acadian dance.

"It's from around the world but also close to home," said White.

After the performances the audience was welcome to Ghanaian dance lessons between 9-10 p.m. in the same room.

Money raised at the event goes towards grants for CUSO-VSO volunteers to help do work overseas.

Last year's event attracted over 300 people and before the event White said they expected a similar turn out.

"We're going to have over 200 people, I know it."



*Mind your step!*

Holland College's step on Grafton Street are being repaired. MacAusland Photo.

## Passchendaele lives up to billing

By AL McLEOD

Canada's involvement in war is not often the subject of major motion pictures, but precedent was recently broken with the release of Canadian actor, writer and director Paul Gross' estimated \$40 million war drama - Passchendaele.

Because of this and Gross' many roles on TV, it was at times hard to remember this was a big budget movie and not made for TV, despite the well-done production value of the film.

Passchendaele, at its heart, is about two separate love stories, that intertwine and have many connections, using the Canadian war efforts during the brutal Battle of Passchendaele in France

from the First World War as a backdrop.

Sgt. Michael Dunn, played by Gross, of the 10th Battalion is sent home after being injured in the line of duty and falls for his nurse, Sarah Mann, played by Canadian actress Caroline Dhavernas. She is reluctant at first but eventually his feelings for her become mutual.

The story becomes complicated because Mann's brother, David, is willing to do anything to impress his lover's father, who happens to be involved in the war effort.

That includes enlisting in the army to join the fight despite his chronic asthma and his sister's fears of seeing her brother die in battle.

There are a few more twists and

turns to the familiar boy-meets-girl-loses-girl-and-gets-girl-back story between the main characters to keep the audience guessing as the story unfolds.

The ending is a somewhat predictable conclusion but heart wrenching, and it is effective at transferring the emotion to the audience.

The battle sequences are well done and portray horrible and extremely challenging situations, which were no doubt reflect the real thing.

All things considered, Passchendaele provides a little of everything, even a touch of comedy, to satisfy almost any crowd and it will surely instill a sense of pride to Canadian audiences in particular. Recommended.

# Adding greenery to the scenery

By ROSS MAIR

A little lush goes a long way in the beautification of a cold concrete building. At least that's the philosophy of Shelley MacEwan, the horticulturist responsible for the green-shift at the Confederation Centre of the Arts.

"People enjoy plants so much, and if they are well looked after it really complements the whole building," said MacEwan.

Graduating from Nova Scotia Agricultural College in 1981, MacEwan worked mostly out of Halifax until she married and relocated to P.E.I. in 1989, starting her own business, Shelley's Plant Care.

From there, she got the contract as horticulturist with the centre in 1991 and has been working diligently since.

"I think it was probably right place, right time," she said.

Some of the projects she undertook this year at the centre include alterations to many of the flower beds, replacing the soil and bulbs, swapping out the annuals for a healthy mix of perennials.

In doing so, the centre will cut down on its water consumption, due to perennials having a deeper root system once they get established, also saving on the need to



Pair of pollinators do part to ensure the colours stay vibrant. Photo Mair

be replaced annually. In all, 26 dozen perennials were put in this year. MacEwan has also taken her green approach inside the building, working on the courtyard at Mavor's Bistro, along with the area adjacent where a large moose stands idle beside a totem pole, with lush moss floors, sweet-smelling ferns, and a lack of ceiling concept inviting one to imagine the B.C. interior.

She does all of this year round, in such a meticulous way that one



Shelley MacEwan takes a break from working the flower beds outside the Confederation Centre of the Arts. Photo Mair

centre employee remarked she doesn't like it when they water their office plants, that's her job.

"I want to see it look good day-to-day. Just about everyone makes their way to the centre," said MacEwan.

"Warm and inviting," is the way Mike Cochrane, chief operating officer at the centre, described MacEwan's work.

"It softens the coldness of the property. Greenery adds life to the building," he said.

With plans of adding more green-space to the Grafton Street side of the centre this spring, and the possibility of changing out some of the steps on the double staircase to flower beds, achieving a tic-tac-toe effect, there is plenty of work to be done.

For now though, Shelley is going work through her favorite season and settle into winter.

"The rush is over, (in the fall) you can more enjoy what's going on."

## Lights festival returning to Landing in 2009

By NICHOLAS OAKES

The Festival of Lights will be held at Confederation Landing Park again in 2009, Charlottetown City Council decided in a unanimous decision recently.

The festival is set for July 1-4, 2009.

Earlier in the year, there was doubt as to where the festival would be held. Coun. Mitch Tweel said he was led to believe the festival was to be held at the former Irving Oil tanker site.

"I told residents not to worry, and that the Festival of Lights would not be held at Confederation Landing Park," Tweel said.

He's unsure if residents were asked where they wanted the event held.

"I'm not sure if there was a consensus among the residents down there."

Coun. Peter McCloskey said if there is to be a change of venue for the festival, it will be decided another year. He said other possible sites are hard to find.

"Confederation Landing Park is the only place in our city that can hold a concert of that size."

Talk of changing the site of the festival was sparked by resident's concerns about noise and the safety of their property.

Mayor Clifford Lee said the format of the festival still isn't perfect.

"We need an event that provides a positive entertainment product to the city without infringing on other residents."

He said the business generated from the festival does not outweigh resident's concerns.

"I would never say that the economic spinoff is worth annoying residents. That would be irresponsible."

There will be guidelines and rules in place for the festival next year, said Coun. Kim Devine. She said the event has been a success.

"Tourism Charlottetown has a very successful event on its hands."

## Couple raises thousands with barbecue for a Cure

By CHRISTINA SUKIE

One person can make a difference, but in this case one couple did by fundraising for the Canadian Breast Cancer Foundation to help find a cure for many affected Canadians.

As part of CIBC Run for the Cure fundraising efforts, a retired CIBC couple organizes a barbecue stand at the corner of Queen and Grafton branch, serving hot dogs and sausages.

Blaine and Evelyn Barrie are both heavily involved in charitable organizations and runs the BBQ stand for the months of April/May-September on Fridays from 10:30 a.m. to 2 p.m.

Branch manager, Glen Truman

said each year the couple is well known, signaling the warm months of the year.

"They have become a familiar sight and certainly a sign of spring when the barbecues commence, and are frequented by regular downtown workers as well as many tourists each year."

This year, the barbecues raised over \$4,500 for Team CIBC on P.E.I., which represents two per cent of all fundraising for the entire Charlottetown run site.

Truman said their efforts are a big part of CIBC fundraising.

"It's a huge contribution to the Run for the Cure here at CIBC and in P.E.I. Four years running and each year it's been absolutely equally successful."

Blaine Barry said they continue with the fundraising because they feel it's the right thing to do.

"We do it because we feel it's a good cause, breast cancer research, and we're both retired CIBC employees."

Truman said the fundraiser is popular among businesses in the area.

"The barbecue has become a mainstay. A lot of businesses look forward to Friday. As soon as they see staff setting up, they know it's lunchtime and come out to contribute to a worthwhile cause."

The staff pitches in with the set-up and clean up as well as the safe itself but primarily it's Blaine and Evelyn's show.

Blaine said the fundraising for

CIBC Run for the Cure has always been successful and beneficial.

"It's been very successful over the past; well ever since Run for the Cure started. We feel it's a very worthwhile cause especially with knowing family and friends that's been affected by it."

In 2007, CIBC Run for the Cure raised \$217,000 for the Canadian Breast Cancer Association.

Truman said this year hopes to be more successful.

"This year we hope to see 2,000 participants and hopefully exceed last year's fundraising goal."

For more information on the Canadian Breast Cancer Association and the Run for the Cure, visit their website [www.cbca.org](http://www.cbca.org)

# Student wants to help Islanders become active

By LAURA YORKE

A Holland College student says little changes to Islanders' lifestyles can make a huge difference in their overall fitness.

Prince Edward Island had one of the highest rates of obesity in Canada at 59 per cent in a 2006 survey by Statistics Canada.

Furthermore, those living in rural areas were more likely to be overweight than those in urban areas.

Ryan Cairns thinks he knows why.

He said the reason for the high obesity rate in P.E.I., he thinks, is because there's a totally different mindset in the Maritimes.

"We have our own culture here."

And that culture always involved a lot of physical labour jobs, such as fishing, but now that those jobs are gone, said Cairns, people aren't getting as much exercise from their current occupations.

Weather is also a factor, said

Cairns.

With all the snow we get in the Maritimes, most people find it hard to stay active.

But something as simple as shoveling the snow from your driveway, he said, is an all-over body workout and burns a lot of calories.

Cairns said another problem, and possibly the biggest, is that there simply isn't a lot of influence to work out in the Maritimes.

Most personal trainers don't stay in P.E.I. because of the low rate of pay, he said.

"Fitness trainers don't get paid as much [here] as out west."

People don't have to adopt an intense workout routine in order to stay fit, says Cairns.

"People who don't exercise can benefit so much from the little things."

One major thing, he said, is to cut out pop and bad food. Also, taking the stairs instead of the elevator or parking farther away so you're forced to walk a bit.



Ryan Cairns sets up for one of the Ufit classes he instructs at Holland College Charlottetown centre every Monday and Tuesday at 4:15. Yorke photo.

"People have to get their heads in the right mindset."

And Cairns wants to help peo-

ple get in the right mindset.

He studies sport and leisure management at Holland College. While he's earning his certification to become a fitness trainer, he is covered by the college to instruct a variety of classes.

One of his most popular classes is Ufit, a high-energy aerobics based class which combines dance moves with kicking and punching set to fast paced music. It's a huge cardio workout, said Cairns.

Cairns said he enjoys teaching the class because he loves to motivate people to be active.

"[It's] one of the most fulfilling things I've ever done."

He has instructed classes as large as 125 people. That's a lot of people doing what you tell them to do, said Cairns.

"It's a lot of trust... I don't take it lightly."

Cairns said he didn't always know he wanted to be a trainer. In fact, he went to university with plans to become a teacher.

"I just went to UPEI because it

was the thing everyone was doing."

However, Cairns said he was always interested in the idea of fitness.

"I've been in sports all my life."

Cairns said he thinks the reason people don't stick to a fitness regime is because they haven't been properly trained.

"People do work out for themselves, but a lot of people don't work out properly."

Of course, it's hard to find enjoyment from working out, he said.

"A lot of people don't like it, but it's so important."

That's why a personal trainer can be so motivating, said Cairns. "People look up to someone who's in shape."

Cairns said his main motivation to work out comes from his desire to play sports.

"I want to be in peak shape."

He said he tries to do some sort of physical activity every day.

"A day without exercise... it's just not right."

## Hunter's shakes with the Shakey Deals

By JILL HAMILTON

Cape Breton singer Carmen Townsend and her band, the Shakey Deals rocked Hunter's Ale House on a recent Friday.

The band had a lot of fun, said Townsend just minutes after her performance.

"I have a really good time when we're in P.E.I."

Townsend and the boys have been busy touring the Maritimes, growing their fan base one bar and intimate venue at a time.

"It's been great. The crowds are getting bigger."

Townsend recently contributed a song to a Neil Young tribute album. It's not surprising that Townsend is a Young fan, considering her band's name.

"Shakey Deal' was the name Neil Young used to sign in to

*"...the energy exchange from the audience to us and back is overwhelming at times."*

- Carmen Townsend  
lead singer of Shakey Deals

hotels. I'm a major Neil fan and I just thought it was a cool idea. We are all a little shakey," Townsend said.

Working on the album, along with names like Jill Sobule and

Veruca Salt, was a great experience, Townsend said.

"This might sound a little cheesy, but it was a dream come true."

Townsend and the band recently traveled to Connecticut and recorded their debut album, hopefully to be released spring of next year.

"It's not really done. My faith is in the hands of three strange men in New York," she said.

Townsend said she got to work with some impressive equipment and some equally impressive names. The band worked with producers Warren Bruleigh (Lou Reed, The Pixies) and Gord Gano of the Violent Femmes.

She and the band didn't want to rush into anything, Townsend said.

"We want it to be a stellar

album."

Townsend has been praised highly for her stage presence and live performances. However, there's a big difference between performing in a tiny recording booth and playing for a crowd.

"The difference is that on stage the energy exchange from the audience to us and back is overwhelming at times. In the studio there is less raw energy... and a little more stress," she said.

Townsend tends to get nervous, she said.

"I would much rather record live off the floor to capture the raw energy and the mojo."

Once the album is released, Townsend hopes to travel and see a little more of the world.

"And do great things for people's ear drums," she said, smirking.



Carmen Townsend is planning a Canadian tour sometime in the near future. Hamilton photo.

# Animal welfare an important issue, says researcher working at UPEI

By RYAN ROSS

An electrified bolt to the head is all it takes to stun a cow.

Once it collapses, someone raises it off the floor, hangs it upside down and cuts its throat until it bleeds to death.

It's one of the more humane ways to kill cattle and a regular sight in slaughterhouses says a UPEI veterinary professor.

Atlantic Veterinary College chair in animal welfare Dr. Michael Cockram spoke about issues in animal welfare at a news conference held Nov. 13 at the University of P.E.I.

There are different ways to kill animals for food, but it's important to monitor how it's done, he said.

"It's a squirmy topic, but these things have to be dealt with."

Cockram's previous work at the University of Edinburgh dealt

with farm animal transportation and how to manage them before slaughter.

With a small margin for error, Cockram said it takes a lot of skill to kill an animal in a humane way.

"It's a very difficult thing to kill an animal humanely."

To kill pigs, an electric current through the brain is often used with the animal either cut and bled to death or another current passed through the heart to kill them, he said.

"From an animal welfare perspective that's better."

Cockram said views of animal and human welfare are similar in some ways, but people have started to gain more understanding of animals.

"People's ideas on animals have changed over the years."

Even so, veterinarians are often seen as the leaders in animal wel-

fare issues, he said.

"It's very much a developing subject."

Cockram said research shows animals are better off if they get the opportunity for free expression, but he added it can expose them to other risks, like disease or aggressive behaviour.

Animals should be free from hunger, thirst, physical discomfort, pain, injury, disease, fear and stress.

And they should be free to express normal animal behaviour to keep them healthy and in a satisfactory mental state, he said.

"We know more about what upsets animals than what makes them better."

Cockram used the example of caged chickens that would bathe in dust or look for nests outside normally and try to do those things when they are indoors.

"It really wants to do it."



A boy learns about the soft underbelly of a lobster at the UPEI AVC open house. Hunt photo.

## Lobster deaths at holding sites preventable: Dr. Lavallée

By SAMARA MEADE

The future could look better for lobsters if better care was taken in their holding sites, says Dr. Jean Lavallee, a scientist at the AVC Lobster Science Centre at UPEI.

After lobsters are caught, they are put in holding tanks for anything from a few days to a few months and then are processed or shipped live.

Between 10 and 15 per cent of those lobsters don't survive and that could be preventable, said Lavallee.

All the people working at the holding area need do is call a vet when they see something wrong, or when they see the lobsters dying, and a vet will come and checks things out.

But the problem is they don't call a vet, he said at an interview held during a media day at the college Nov. 13.

"It completely drives me nuts. Even if they saved one per cent of their lobsters, they'd save a lot of

*"It completely drives me nuts. Even if they saved one per cent of their lobsters, they'd save a lot of money."*

- Dr. Jean Lavallée

money."

Lavallee wants to try to get the industry to open up about the problem.

"They're very old fashioned. They don't want to let others know what's going on," he said.

But if they did call a vet, Lavallee would jump in his "lobster-mobile" and go right to the holding area that is having problems.

And if he couldn't go himself, he'd send a vet from the lobster health and quality monitoring program he leads in southwest Nova Scotia. Once there, they'd test the

water to help understand why the deaths are happening and they'd try to make recommendations on what to do to save them.

Another thing being done is trying to educate the industry. Lavallee holds workshops once a year to release information to fishermen and others in the industry so they can better understand how the research works and helps.

"We try to tone down the science," he said.

Lavallee is one of only three veterinarians in Canada working full-time on lobster health.

One of the biggest challenges they face, because there are only three of them, is trying to apply their knowledge to the industry, he said.

"It's hard to understand what's going on if you don't have the tools to do it," he said. "It's like trying to put 150 years of history in yesterday's paper."

But Lavallee said he does see a chance of expansion in the future.



Dr. Jean Lavallée, speaks about his findings as outlined in the 2008 Atlantic Veterinary College research report. McInnis photo.

# Cyclists hit trail for annual Island event

By SHAWNA MACAUSLAND

My alarm went off at 6:45am. By alarm, I mean Izaiah, my 19-month-old son, banging his crib bars against the wall and yelling, "Mommy, Mommy, Mommyyy."

Reluctantly, I got out of bed.

The morning was chaotic, as usual, only today was a chaos cake with a fat cherry on top.

I packed Izaiah's trailer, helmets, my bike, water bottles, blankets, snacks and everything else that wasn't permanently fixed in the house into my car. At the same time Izaiah and Hooligan, a big-black-stupid, yet lovable, lab mix, dug things out of the car and left them all over the yard while I was in the house. I had to go searching for things and repacking them while rushing up and down stairs trying to make breakfast and dress Izzy.

Dressing a stubborn toddler takes more patience than I usually have. Kids seem to sprout tentacles and extra heads the second you lay out a clean pair of jeans and a fresh diaper.

To dress Izzy, first I have to catch him and pull his shirt over his head before he gets the chance to squirm away again. I use the shirt to lasso him in to get his arms in the sleeves.

The diaper part is always a challenge, but distractions such as cellphones and other things he shouldn't have, make it much easier. Getting his pants on is usually easy. Sometimes.

It's impossible to find a pair of shoes in the downstairs of my parents' house. Hooly has OCD with shoes. She always has a shoe in her mouth from the time she gets up to the time she curls up with a shoe at night. Only she has to switch it up throughout the day so there are shoes all over the place, but never a pair.

Every day, the mad shoe hunt begins about 12 minutes after I should have been out the door. Today I had my shoes on and Izzy's shoes on in less than six minutes. But I forgot about breakfast.

I just finished fishing Izaiah's toast out of his orange juice when my ex sent me a text message.

He wanted to know what time I was bringing in Izaiah for his weekly visit.

"A little after three," I wrote



Cyclists head to Souris from St. Peters Bay on day one of the Island East Cycling Event. MacAusland Photo

back.

"Two," he said.

"I have the bike tour today, I told you that a week ago."

"If he's not here at two, you won't like what will happen on Tuesday."

"Seriously?"

Apparently he was serious.

Angry, I went upstairs and told my mother what happened and made arrangements for her to keep Izaiah until two, and then take him to his father's.

I threw my phone into my bag and unpacked the things I needed to take Izaiah along on the bike ride. I had to take my bike off the rack to remove the rack, to get the trailer out of the trunk so that I could get Izzy's bag out. Then I had to put the rack back on the

car and tie my bike back on the rack.

When I was taking Izzy's car seat out, I realized I could have flipped the seat down to take out the kitbag, instead of unloading everything.

I stomped around the house packing my kitbag with Power Bars and Gatorade, gloves and a rain suit. I found a pair of shoes and went out the door.

I wasn't really sure where I was going, so I kept out my map. I drove along the St. Peters road hoping St. Peters was at the end of it. There were a lot of dead things on the road. A raccoon and three dead skunks later, I arrived at the information centre.

I picked the place out easily because there were rows of cars

parked with empty bike racks and bikes piled around the building.

I got out of the car and a trail officer in a bright yellow jacket came over and took my bike down for me. He pointed me toward the information centre to register.

There were about 25 people inside. There were a few tables set up, one was to register, the other was selling 50/50 tickets. I filled out a form, put on my name tag and went around the room introducing myself. I met Dennis Dunn from Island Trails and Grace Blackette, the event coordinator. Dunn told me about the transportation arrangements for the weekend and said he could arrange for a car seat to be taken the next day for Izzy.

"There will be people there to look after your bike," he said.

Robert Acorn was sitting on a bench reading an information pamphlet, his white hair curling out from under his helmet and veins bringing a purple flush to his face.

I asked him how old he was.

"I'm 82," he said.

Acorn biked over 1,000 km this year and plans to participate in all three days of the Island East Cycling Event.

"I usually do the Confederation Trail tip to tip each year," he said.

We walked outside and gathered out front near the start of the trail with our bikes and gear. I had a camera strapped around my waist and a kitbag on my back.

Dunn spoke to our group about the trail and bike safety. A police officer told us to be careful at intersections and wear our helmets. Then we were off.

I biked alongside of Acorn for a bit talking about different rides we went on over the summer. Then I pushed ahead so I could get pictures of people going by.

I was putting my camera away when I noticed a trail officer was stopped a bit behind me.

"Am I the last one?" I asked.

"Yup, but there's no rush," he said.

I put my headphones in and turned up my iPod on the sprint to catch up to the rest of the pack. I was at the middle of the pack when my iPod popped out of its sleeve and almost slid into my spokes. I had to stop and fight with it to get it to stay in its case.

By the time I had everything situated, the trail officer was waiting for me again.

I did another sprint, this time I kept going for the rest of the day. I passed one rider at a time and slowly made my way up to the front. I would look at the riders up ahead and make it my goal to pass them.

When I passed Acorn he laughed.

"Three's a charm," he said.

It was the third time I passed him.

I rode for a good distance with a trail officer I met that morning, Jan Mulencamp. He would sprint ahead of me to check on other riders, but he would slow down again and I would meet up with him.

We rode along at a pretty good pace, mostly in the woods.

There's something about riding in the woods that can't be compared to riding in the city. I love getting away from the city smells of french fries and exhaust. The trail smelled of salt air and freshly cut trees. There were lakes, open fields and birds instead of honking horns and getting cut off by some ignoramus in a hurry.

My legs felt great the whole way. I finished behind about 10 riders, which felt good even though it wasn't a race.

The mayor of Souris was at the hall to welcome us. There was chili and rolls and other sorts of goodies. People came in a few at a time and we ate and chatted as the organizers drew names and awarded prizes. Mulencamp won the 50/50 draw and donated it back to Island Trails.

I got into a van with a group of riders. On the ride back a woman talked to me about riding her bike in the 1970s with her small son.

"The baby seat was made of two slats of wood with a belt to hold the baby in. And no one even heard of a helmet," she said.

Another man with a French accent talked about biking around different parts of the world with his wife.

We drove by a group of men up to their waist in water, harvesting cranberries. A few minutes later I was back at my car, picking up my bike and heading home to Izaiah.

I couldn't wait to take him on day two.

# Team faces more travel with changes

*Rules affect when teams can play*

BY ASHLEY DUNBAR

More time will be spent on the road than the court this season for the Carleton North varsity boys basketball team, says coach Iain Dunlop.

Travel time has quadrupled for the western New Brunswick team this season due to the division change from AA to AAA.

Dunlop is not happy with the division change and said it's unfair the amount of travel the team will have to do this season.

Carleton North's schedule this year consists of only four home games and 10 consecutive away games.

"Our travel has quadrupled," said Dunlop.

Now that Carleton North is in the AAA division it must play against teams that live farther away, but those teams are not willing to travel the distance to come to Carleton North to play.

"Teams from Saint John don't

want to travel because it's too far away," said Dunlop.

Kyle Fenske, a senior player on the Carleton North varsity boys team, is not happy with the change of rules this year either.

"Having only four home games is upsetting, this means more traveling."

Fenske thinks it will have a huge affect on the team if it is constantly on the road for basketball.

"It will affect the team's grades and cause us to be extremely tired in class the following Mondays."

Teams are also not allowed to play during school hours because the schools want them to be more focused and aware in class, but Fenske said all the traveling will just cause them to be more tired and less aware.

"It's someone in Fredericton making these decisions and they don't know what's going on," said Dunlop.



**WINNING THE JUMP** - Jacob Ayangma of the men's Hurricane's win the jump against Mount Saint Vincent University on Nov. 9. Meade photo.

## Move a threat to future of game: coach

By ASHLEY DUNBAR

Some people involved in basketball in New Brunswick are worried recent rule changes could be the beginning of the end of varsity basketball.

New rules set by the schools' athletics governing body, the NBIAA, are sparking problems with many coaches and players.

Iain Dunlop, coach of the Carleton North High School varsity boy's basketball team, is one coach who is not happy.

One of the biggest changes involved the divisions. Single A

schools include the lowest student population while AAA holds the highest. The NBIAA decided there would be no single A division. Those schools move up to AA and any AA school above 500 students moves to AAA.

Carleton North has around 600 students, so it moved from AA to AAA.

Dunlop said Carleton North has been frozen out by this decision.

"Forty per cent of New Brunswick is rural, we are now at the very bottom of the numbers."

Another rule is basketball teams are not allowed to play during

school hours. This has not only sparked anger about the decision, but many feel it's discriminatory.

"Band, drama and dancers can play all week long," said Dunlop.

But it goes without saying they think basketball players are dumb and band members are smart, he added.

### Rules vary

Kyle Fenske, a senior player for the Carleton North stars said, "Band and drama are considered extracurricular just as sports are, so they should have to follow the rules as well."

Teams have been told they could play games on Sunday, something Dunlop refuses to do.

"It's not going to happen in this house, I'm a family man."

Meanwhile, teachers at Carleton North and other schools are unable to speak because they are under a gag order.

"My understanding was you only gag a dog," said Dunlop.

In previous years the Carleton North boys team have been highly ranked as a AA team.

"We could compete, but we were not at a level of play to do so well," said Fenske.

"Now we will never find out how the year would have turned out cause we have 600 students in our school and the AAA schools have anywhere from 1,500-2,000."

These rule changed have screwed up his senior year, Fenske said, wrecking his chance to play for a championship at the Aitken Centre gym at UNB in Fredericton.

"I was looking forward to this year cause we would be playing at Aitken but now it's just all a dream again."

# Korean family adjusts to Canada a day at time

By TAUNYA MURCHISON

The doorbell to the duplex rings. Footsteps pound down the stairs towards the front door.

"Steven. It's Tracy," yells Katie Yoon in her native tongue, Korean. Every day Katie is the translator for her family.

Just like every Tuesday after school, Tracy MacAulay arrives at the door, briefcase in hand, filled with the necessary tools for teaching English to newcomers of PEI.

"Hi teacher. How are you?" said 11-year-old Steven Yoon.

As Steven and Tracy head upstairs for an hour of studying, Jennifer Yang-Yoon, their mother, prepares supper.

As she opens the fridge, jars with English titles are lost among the array of those with Korean labels.

From the spices to the bottled vegetables, everything has been sent by her husband, a retired race car driver from Seoul, Korea.

Six packaging boxes from Korea fill the front doorstep waiting to be packed away and stored in an already crowded duplex.

In the livingroom, Katie, 23, texts her P.E.I. boyfriend as English subtitles stream across the bottom of a CSI Miami re-run.

"Daughter, come help with dinner," Jennifer yells from the kitchen, which is starting to fill with nose-prickling smells of a classic Korean dish called kimchi.

The smell overwhelmed the kitchen, so Jennifer opens an adjacent window.

"First go check if Ms. Tracy or your brother need anything," said Jennifer as she waved her honey-covered spatula in the direction of the stairs.

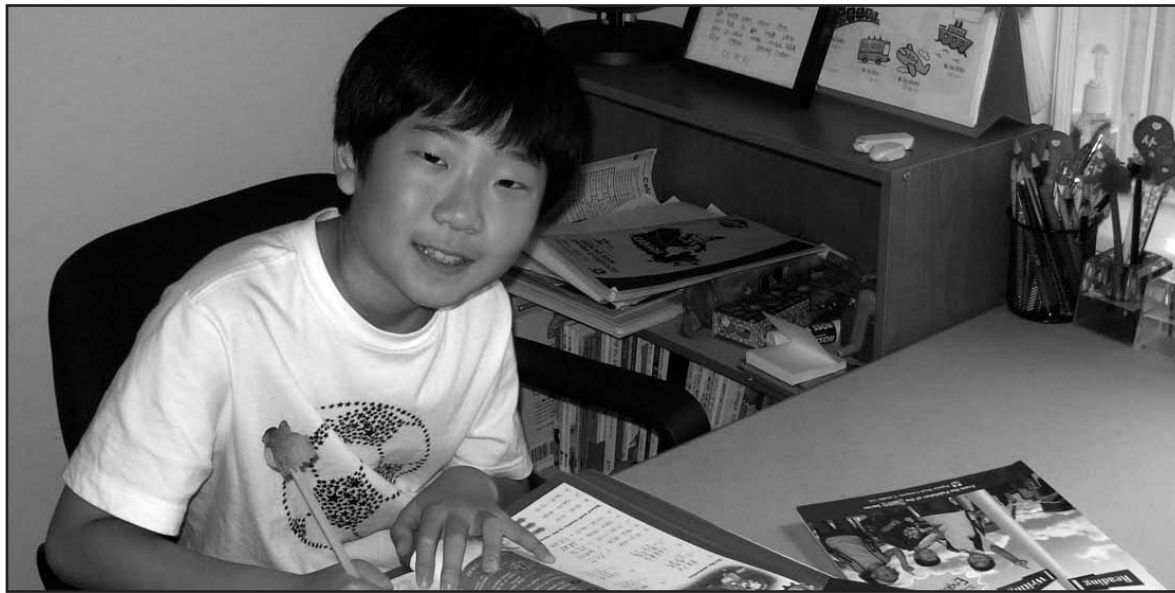
Along the stairs, white boards display the families daily chores. Each day, both Katie and Steven must clean the house and make sure their rooms are in order.

In an office upstairs, which was once Katie's bedroom, Steven sits with his English textbooks and dictionary and practises money conversions. Getting frustrated, Steven throws his zebra-headed pencil to the table.

"This is stupid," he yells in perfect English.

"Take your time, Steven. You will catch on in no time," Tracy assures him.

Steven has been studying English since before kindergarten when he and his family moved to



Steven Yoon, 11, works on currencies during his tutoring session after school. Murchison Photo



Jennifer, Steven and Katie Yoon moved from Seoul, Korea to Canada in hopes of receiving their Canadian citizenship. Murchison Photo

Vancouver to receive Canadian citizenship.

Katie arrives just short seconds later with chocolate milk and cookies she baked earlier that morning before dropping her younger brother off at West Royalty Elementary School.

After all six pumpkin shaped cookies are eaten, Tracy gives Steven a high-five and puts two gold stars on top of his textbook.

"Three more and you get a surprise," said Tracy.

As she packs up her brief case to go tutor another child next door, Jennifer runs upstairs.

"Thank you Ms Tracy. You're such a great help," Katie translates.

As soon as Tracy puts her shoes on and leaves the house, Jennifer sets the kitchen table. Extra spicy

noodles steam from a white bowl in the middle of the table.

Mounds of kimchi are to the left and a teriyaki dish to the right. Between bites, Jennifer and Katie sip tea from tiny cups, reminiscent of a shot glass.

"I learned in Korea we can buy nine hamburger meals and with the same amount of money, buy none in Charlottetown," says Steven, beaming from his latest discovery.

"Yes son. One \$5 bill here won't even buy you one hamburger meal," Jennifer agrees.

Katie and her mother discuss the current South Korean economy as Steven sneaks a Game Boy underneath the table, knocking over his apple juice.

Seconds later, the puddle no longer remains on the ceramic

tiles and Steven has his glass filled with juice for a second time. After a sink full of dishes are cleaned and dried, Jennifer jumps into her Cadillac to get some groceries.

Jennifer uses the colours and shapes of the road signs as guidelines for driving to the Superstore when Katie's not with her.

She grabs a basket and manoeuvres her way to the produce section, swiftly dodging nearby carts.

She taps and pinches each fruit and vegetable she picks up, ensuring the best quality, and makes her way over to the fresh fish.

She points to the mussels through the sneeze guard and measures how much she wants with her tiny hands.

"I'm sorry, how much would you like?" asks a bewildered

teenage clerk.

In a flash Jennifer pulls a Korean-English dictionary from the purse draped on her right shoulder.

She points to the word pound in the dictionary and the clerk runs off to get her order.

At the counter, Jennifer looks at the groceries total and flashes the cashier her Mastercard and new P.E.I. licence.

When she drives up Burns Avenue, Steven and Katie meet her at the door furiously waving both hands in the air.

"Father is on the phone. Don't forget it's his birthday," yells Steven.

It's now 7:15 p.m. In Korea, it's 12 hours later and their father is just getting ready for work.

Clicking their grey cordless to speakerphone, all three sing happy birthday in Korean.

Steven runs upstairs and lies facedown in his pillows covered with Spider-man.

"I miss Father and want to move back home," cries Steven as his big sister pats him on the back. After his tears dry, Steven prepares for a bath. Grabbing three towels, each the size of a tea towel, he rushes to the bathroom, grabbing his favourite action figurines along the way.

Downstairs, Jennifer leafs through some Korean magazines sent by her husband. One magazine cover bursts with neon colours and a picture of a young Korean entertainer splatters the cover.

"This is what your father looked like when I met him," Jennifer teases Katie.

"Oh Mom. Why you say that?" blushes Katie.

From their Dell computer in the corner, amidst Rockband and PlayStations, a Korean song pounds from the tiny computer speakers.

Katie dances in her wooden chair talking to her friends in Korea via her new white webcam.

Sneaking up behind her, Jennifer dances for the webcam placing her fingers like bunny ears behind Katie's head. "Mother, go lie down. You're acting like a drunken person," said Katie as she gently pushes her mother aside. As Jennifer's cellphone chimes the tune of an old Britney Spears song, she turns off all the lights, fastens three locks on the doors and heads upstairs to tuck Steven into bed.

# Law enforcement torch run helps athletes

By SHAWNA  
MACAUSLAND

Horns were honked and sirens wailed as the participants in the annual Law Enforcement Torch Run reached their destination Nov. 6.

Fifteen runners from local law enforcement groups and the next Special Olympics ran eight kilometres from the RCMP station in Stratford to UPEI to raise money for the Special Olympics.

The Law Enforcement Torch Run group put on events year round to raise money for the athletes, such as collecting Toonies for Torches at Walmart and gathering pledges and selling T-shirts for the Torch Run, said Charity Sheehan, the program director.

"The group is made up of officers from the RCMP, City of Charlottetown, City of Summerside, Highway Safety, Parks Canada, UPEI Campus police."

The group does a lot to help out P.E.I.'s many special athletes, said Sheehan.

"From tip to tip there are 350 Island athletes and 35,000 across Canada involved in the Special Olympics."

A few of the sports at the national games will include five-

pin-bowling, 11-pin-bowling, soccer, softball, track and field and swimming, said Sheehan.

"Athletes can partake in one summer sport and one winter sport."

"I'm involved in Special Olympics because I like the sports and I like meeting new friends," said Jamie Trowsdale, who will be participating in the nationals in London, Ontario in 2010.

Last year, Trowsdale went to the nationals held in Saskatchewan.

"We won two gold and one silver."

Tracy Rochon works for the Special Olympics in marketing and development.

She split the run with Sheehan because someone had to drive the van.

"I'm so proud of everybody," she said.

Eric Deveau said the weather helped him make up his mind to run in the event after he read about it in the paper.

"This is my first time running with them. It was something to do on a nice day."

The Civic Centre hosts the Oldtimers Hockey Game played by retired hockey players in January.

Ticket proceeds also go to the Special Olympics.



John Anthony Laybolt holds up the torch after finishing the eight km run from Stratford to UPEI, in support of the Special Olympics. MacAusland Photo.

## UFIT exercise program a hit

By SAMARA MEADE

Losing weight and staying healthy are only a few of the benefits of the exercise program UFIT, says a long-time member.

Anne MacArthur has been attending UFIT classes with a group of co-workers since its early days in 2002 when it was a small, lunch-time exercise class.

The upbeat exercise program is now spread over three different areas across the province, has six one-hour classes a week and brings in hundreds of people.

"It's a laugh and everybody's a lot of fun. You just have a lot of fun. It seems that everyone is there just to laugh and have a good time," said MacArthur.

UFIT started small at the old Charlottetown recreation centre with about 10 to 15 people taking

part. As more people joined, it moved to UPEI after for about six months and continued there for about four years.

After continuously growing, the program had to relocate again. The main base now is Queen Charlotte Elementary.

"Over the course of those years it really started to grow and be part of the culture," said instructor Gord McNeilly.

McNeilly has been with UFIT since the start and has taught over 1,000 classes so far.

With his degree in kinesiology and background as a military fitness instructor, McNeilly is able to lead UFIT with experience. He said he liked the military, but needed a change of pace.

"The military did good things, but they were really boring, so I just said, 'Hey if you could do this

and be boring, what could you do if you could add music and excitement to it?'" he said.

And as a result McNeilly recruited hundreds of people to join, old and young.

"It's not really an age group, it's more of a mentality and lifestyle. And I think that if you start young, you realize that exercise can be exciting and young, you'll stick with it until your old. So it's a continuum of life really," he said.

UFIT gave McNeilly the outlet to do what he wanted.

"I've always been active and wanted to help others and I really didn't think it was possible to do it to this magnitude. It's grown so much so that it's become my life. It's become really exciting to help other people."

McNeilly's plan to make exer-

cise fun was a success, said MacArthur, who attends class at Queen Charlotte four times a week.

Going to the gym is great, but UFIT allows you to get out of the continuous regime, she said.

"At UFIT you're doing it all and you can do it all within an hour."

The atmosphere is also more encouraging, she said.

"It doesn't matter that you can't do all the moves perfectly. It's the high that you get because you get all this encouragement."

Many people refer to UFIT as an addiction, said McNeilly.

He is happy to hear the word used as a positive rather than negative.

MacArthur agrees.

"People say they have an addiction, I'm addicted to UFIT."



UFIT instructor Gord McNeilly wraps up his class at Queen Charlotte that attracted close to 100 people. Meade photo.



Left: Sarah Kember takes part in the second-year Human Services bake sale. The money raised will go toward the class's graduation fund.



Steve Brown makes his free coffee extra special with a mountain of whipped cream.



Jon Matthews sings and plays his guitar for the many students gathered during lunch.

## *Student appreciation day at HC*

Students and staff gathered at the Holland College Charlottetown centre cafeteria for a lunch-time coffee house as part of the recent student appreciation day. Yorke photos.