

The Surveyor

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Holland College Journalism, Charlottetown, P.E.I.

Free

Santa Claus paid a visit to the children of Charlottetown on Sat. Nov. 27.

Dressed in white and red he brought Christmas cheer to everyone.

See p.g. 16 for more parade photos.

Schmidt Photo



Harness racing shows support for the industry

“My most memorable moment in my life has come from horse racing,” Dr. Ian Moore

By **Jocelyne Cormier**
Surveyor Staff

All they're asking is to be put on a level playing field, says a supporter of a plan to build a casino at the horse racing track in Charlottetown.

Gail MacDonald was among a group of harness racing supporters who showed their support for the industry at a meeting organized by Racino Watch P.E.I. on Nov. 24.

Racino Watch P.E.I. is an organization opposed to video lottery terminals as a solution to saving the dying harness racing industry.

John L. McMullen, a professor of

sociology and criminology at St. Mary's University, said lottery tickets, the most popular form of gambling, are the least addictive while VLTs are the most addictive and represent a small percentage of gambling.

“It's very clear that most Canadians who gamble are able to gamble in a responsible way,” McMullen said. “They gamble. They figure out how much time to wager and then they step away from the machine.”

Provincial treasurer Mitch Murphy said the priority is helping harness racing.

“That's why the vast majority of

people are here tonight,” Murphy said. “This is what puts money on the table. This is what they do for a living. This about harness racing.”

Murphy said nobody disagrees with McMullen's concerns about gambling and its effects on Island families.

“We are all concerned about the people who game irresponsibly,” he said. “There are people in the province who would say a way to address this is to ban VLTs.”

Dr. Ian Moore, a veterinarian at the Atlantic Veterinarian College and supporter of harness racing, said he understands the project

might mean problems for some people.

“Yes, there are problem people,” Moore said. “It's no different than anything else in life. There are people in this room that are probably alcoholics.”

There are people who have a problem with cigarettes and with drugs, he said. These people all have a place to turn for help.

“The only negative that appears to be evolving out of this project is what is said on the floor today: problem gamblers,” Moore said.

“It's not up to the government to regulate and control our lifestyles,” he said. “They do

enough of that. We live in a democratic society.”

Keith Kennedy said it's not the harness racing that's the problem. It's what associated with it.

“I see that gambling is going to create addiction problems,” he said. “The solution you've been given is that you have to come up with is a gambling solution. We know gambling is a problem.”

MacDonald said Ontario harness racing facilities are welcoming, clean and friendly. These facilities encourage people to come in and watch harness racing.

“The facilities we have here in Prince Edward Island, in Summerside and Charlottetown are run down,” MacDonald said. “They're not capable of drawing in the crowds.”

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9 by 28

Another deficit forecasted for P.E.I.

By Amber Shea
Surveyor Staff

P.E.I. will have its sixth consecutive deficit in 2005, predict economists from the Atlantic Provinces Economic Council (APEC).

Senior economist David Chaundy talked about what kind of dollar signs Islanders can expect to see in 2005 during an APEC conference at the Delta Hotel in Charlottetown, Nov. 16.

The answer was \$33 million, but unfortunately that figure came with a negative sign in front of it, which would make 2005 the Island's sixth consecutive year in debt.

The provincial report for P.E.I., showed 2004 was a poor year for Islanders, with the largest decline in tourism on the East Coast, con-

tributing to a five per cent drop in retail dollars across the Island.

P.E.I. also had the slowest job growth in the country and a poor potato season, causing a 25 per cent drop in potato receipts.

But the report wasn't all bad.

Summerside was the leader in new home construction and home resale, which was described as one of the Island's few areas of strength.

Summerside was also mentioned for the \$1.9 million contract they recently signed to construct a new water tower.

But the few positives didn't outweigh the downfalls for last year.

So how does P.E.I. compete in today's market and claw its way out of debt?

The report says Islanders are going in the right direction.

Next year, there will be multiple projects built that will generate dollars for P.E.I., like the new Holland College building and the goods and services produced by the Island is predicted to grow by more than two per cent.

There are also expected to be rebounds in several areas, including agriculture, consumer spending and tourism.

Chaundy suggested Islanders focus on tourism by looking at the specific age groups visiting the Island and trying to set up programs to accommodate those categories.

APEC president Elizabeth Beale said Atlantic Canada should be trying to attract Asian travelers who make up one of Canada's largest tourist populations.

But less than one per cent of

Asian people choose to visit Atlantic provinces. Studies show major cities like Toronto and Calgary are their first choice, Beale said.

Establishing a good connection with Asian countries is a good business move for Atlantic Canada since there are so many growing economies in Asia, she said. The amount of goods and services bought by China has increased 10 times over the years, making China Canada's second largest customer.

Call centres like Online Support in Charlottetown, which has just employed another 100 people through a new contract to provide technical support for iPods, new computer technology that can hold 10,000 songs or MP3s, is another service that could be valuable

worldwide, Chaundy said.

These call centres should also look east, particularly to India, which is another growing economy in Asia with a strong English speaking community, he said.

Islanders must look outside the regular marketing of resources and develop long-term strategies to stay competitive and enrich the economy, Chaundy said.

Since 2000, the amount of goods and services produced by China has been growing by nine per cent annually, while the rest of the world's Gross Domestic Product has only grown by four per cent. By 2008, the Chinese are expected to be the world's largest exporter and if Canada doesn't take advantage of these growing markets, China will, she said.

Rising dollar affects the Island economy

By Melissa Brousseau
Surveyor Staff

The loonie is riding a 12-year high closing at 84 cents regularly against the weakening United States dollar.

This may seem like a positive trend for Canadian consumers, but there are drawbacks in other sectors of the economy.

Islanders whose businesses rely on exports to the United States are the first to feel the pinch of a strong Canadian dollar.

Marjorie Tattrie operates Tattrie Evergreens, a Christmas tree farm, in Heatherdale. The high loonie has hurt her sales for Christmas.

"We make our sales to the U.S. in late-July and August," Tattrie said. "At that time we gave our price in American dollars, so when we're getting the money in November, that amount is translating into fewer Canadian dollars this year than in recent years."

While the soaring loonie isn't the only factor affecting Tattrie's exports, fuel costs and fewer trees to sell this year also contribute to fewer sales, it is having a major effect.

Last Christmas, Tattrie sold five tractor-trailer loads of trees to American customers. This Christmas she will only be sending one tractor-trailer south of the border.

Tattrie expects over all sales to be down about 50 per cent this year over last.

"Last year we sold between 9,000 and 10,000 trees and this year we

"Last year we sold between 9,000 and 10,000 trees and this year we might sell 3,000 or 4,000."

Marjorie Tattrie

might sell 3,000 or 4,000," she said.

Canadian products, including Christmas trees, aren't saving Americans as much money as they used to, so they are opting to buy fewer Canadian products.

"It's not that the demand isn't there, because it is," said Tattrie.

The United States is the largest importer of Prince Edward Island potatoes in the world. The strong dollar means that Island potatoes cost more to get across the border now, so the selling price is also rising in the U.S.

In 2002, the U.S. dollar cost \$1.57Cdn today it costs \$1.17Cdn, so it costs U.S. importers 40 per cent more now to buy the same product, said Earl Smith, manager McCain Produce.

On 300 million hundred weight of potatoes, this equals a \$25 million loss, he said.

Farmers did not reduce their crop size in 2004, but Smith does not think 2005 will see as many acres of potatoes grown across the Island.

"That is a short-term solution, but long term, we have to focus on our product. We need to focus on

making our product better. If our potatoes taste the best and are healthy, people will buy them."

The cost of shipping potatoes into the U.S. is costing Island producers 40-45 per cent more at diesel fuel pumps, that, coupled with rising electrical cost and the rising dollar, will affect the bottom line for Island potato farmers.

While we must be aware of the rising dollar, we must keep it in perspective, UPEI economics professor Robin Neill said.

"The Canadian dollar is gaining in relation to the U.S. dollar, but not other currencies," he said.

Therefore the real issue is why the American dollar is declining.

Neill says there are three main reasons.

"The first reason is the United States has a very large international trade deficit," he said.

This means Americans are importing more goods than they export.

"There has also been change in U.S. investment patterns. The value of the U.S. dollar was high because people were buying U.S. stock and investing in America," said Neill. "But now, with uncertainty about health care in the U.S., for example, people are investing in Canada."

The third factor is the war in Iraq. The world has not supported the American attack and questions the wisdom of continuing the war in the Middle East. Oil prices have risen because of this fear, an indicator of an uncertain economic future, said Neill.



Marjorie Tattrie, owner of Tattrie Evergreens in Heatherdale, displays a tree destined to decorate an Island home for Christmas.
Brousseau photo



Premier Pat Binns takes questions from the media inside the legislature Dec. 2.
Follett Photo

Tourism is down on P.E.I.: Brown

By Jonathan Russell
Surveyor Staff

For the first time since the Confederation Bridge opened in 1997, fewer than one million visited P.E.I. in 2004.

P.E.I. Tourism Minister Philip Brown said in his speech on economic impact visitor numbers dropped three per cent to 960,000 this year.

Brown said there is a lot of work to do if the numbers are to increase.

"We have a lot of ground to recover," said Brown.

"We are on the outer edge of the post Confederation Bridge bubble."

He said research is the most important part of re-building the P.E.I. tourism industry for the next year.

"Our marketing efforts, product efforts and research have to be tied together," he said.

"Research will be the key to success in the future."

The tourism revenue numbers also dropped in 2004, down \$3,110,000 a loss of four per cent since 2003.

"Tourism is a great economic generator," Brown said. "If we all want to know the industry better, we need to work together."

He said tourism was down all over Atlantic Canada and business owners from P.E.I. must take the lower numbers in context with the rest of the area.

"I am confident the market will recover," he added.

Meanwhile Don Cudmore, executive director of the Tourism Industry Association of P. E. I., said the group is losing members because of attrition and financial hardships.

"It is our hope that during 2004-2005 we continue to gain new memberships and that our existing membership continues to see value in their TIAPEI membership."

He said the association is working with business to help its members get better deals while visiting.

"TIAPEI has worked with numerous partners including the Hotel/Motel Association, Meetings P.E.I. Inc. and the Capital Commission of P.E.I. Inc. in a consensus building process," he said.

Ron knows potatoes

By Matt Veno
Surveyor staff

Cavendish Farms is glad it has Ron MacKinley as one of its suppliers.

The company recently named the well known politician top potato grower for the 2000 crop year.

"It's nice to win the award," he said. "It makes your job more rewarding if you win an award like that, and also the crew that works for you. It's a good lift for them too."

Of the four million pounds of potatoes MacKinley sent to Cavendish Farms' Poole's Corner warehouse in Montague, 44 per cent weighed over 10 ounces.

The company prefers larger potatoes because they are better for cutting long french fries, one of the main criteria for the award. The company also bases its decision on the amount of mechanical bruising, sunburn, internal defects and rocks in the crop.

Just two per cent of MacKinley's crop had defects or were deemed unusable.

"We put about four million pounds into Pooles Corner, so you're looking four million pounds and you come out number one that's a good feeling," MacKinley said. "It shows you're doing things the right way."

MacKinley, who has been in the business since 1966, employs five people at his 1,200-acre farm. During digging, his staff jumps to 12. He was quick to credit his workers in receiving the award.

"The first thing you do is get the right people around you and I've got a good staff here," he said. "My son, Jamie, is in charge and Glenda Clow is second in charge. She does a tremendous job. I have a mechanic here and machine operators and some labourers."

It's those same workers who allow him to balance a busy schedule between farming and representing North River/Rice Point as a member of the Liberal party in the provincial Legislature.

"The whole thing is being able to delegate authority," he said.

MacKinley said the award, which included a plaque, \$500 and a trip for two to a location yet to be determined, is the most prestigious he's ever won.

"We've picked up some awards, but nothing like this one," he said.

MacKinley has been farming all his life and said the industry is vital to the Island's economy.

"I like farming because basically what you're doing is creating wealth for the Island," he said. "You plant a crop of potatoes and the potatoes grow and you sell them and hope you can make some money on them."

But there's a lot of people that make money off you too, the people working here, the people trucking the potatoes, the people processing the potatoes."

MacKinley said another upside to farming is it's a renewable resource.

"It's not like you're going in and mining the ground taking coal out and there's no more coal left. Potatoes are a renewable resource and it puts wealth into the province of P.E.I."



Ron MacKinley proudly displays his award from Cavendish Farms.

Veno Photo

Beds stay at QEH

By Matt Veno

The Prince Edward house will not lose any beds, Health Minister Chester Gillan said Thursday.

Rumours had been circulating the province was looking at moving palliative care from the long term care facility on Brighton Road to the Queen Elizabeth Hospital. Gillan denied the rumours in response to opposition leader Robert Ghiz's questions on the issue in provincial legislature Thursday.

Kenmont
Advertisement
4 x 35

Teenager lives to tell about spinal damage

By Ivy Llewellyn
Surveyor Staff

David Collins of Georgetown, P.E.I., went to work on Friday, June 13, of last year just like any other day.

But the 18-year-old's shift ended at the Kings County Memorial Hospital after he was accidentally run over by a company golf cart while on the job. He suffered severe spinal damage.

"We did a sharp doughnut and the cart tipped a bit and I fell out", said Collins. "I landed on my butt and it came around and hit me from the side."

He suffered a broken back. He spent four months and three days in various hospitals and more than 20 hours in a hospital bed every day. He now must do two hours of physiotherapy three days a week.

Collins remembers exactly what went through his mind during the moments when he was alone and waiting for help to arrive.

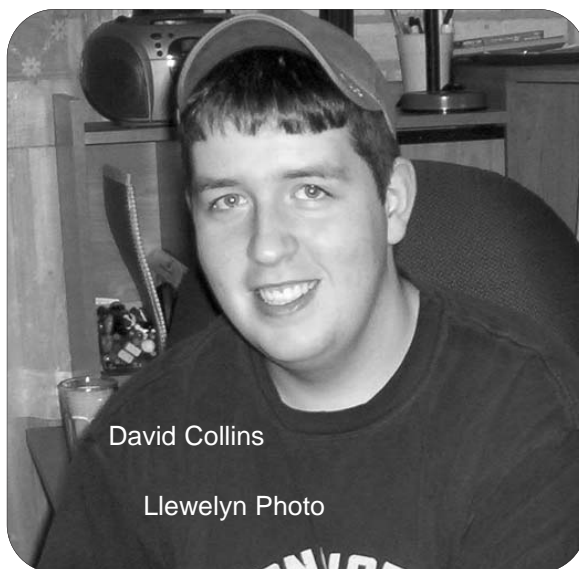
"I went to get up and it felt like my legs had been cut off, like they weren't there," he said. "All I was thinking was, 'I hope I'm not paralysed, I hope my legs are broken.' But I knew deep down inside that they weren't broken."

Collins underwent two lengthy surgeries to repair his spine, spending 13.5 hours on the operating table.

Bone fragments in his back were removed and a disc composed of bone from his hip and rib was inserted. Two steel rods were placed in his back.

He also remembers when the doctor told him he might never walk again.

"All I could do was cry. I was very upset about it all, as were Mom and Dad. They didn't know at that time how bad it was, but they told me that I was paralysed and said the chances are that



David Collins

Llewellyn Photo

I'll be like that for the rest of my life."

Doctors doubt a full recovery is possible, but Collins said he is making progress and feels stronger with every physiotherapy session.

"I can walk, but I don't have great balance yet. I have most of

the feeling back in my lower half, but there are still parts that I can't feel, and/or don't have use of," he said. "All I can do now is get stronger, and the feeling that I don't have, I probably won't get back now."

After the accident, Collins had the opportunity to speak to other teenagers about his experience and the effects his accident had on him and his family. He stresses the importance of proper on-the-job training.

"I talked to a Grade 9 class, and I'm in the process of maybe making

a poster to put up in school. I also did radio ads to tell students that it can happen to anyone." Collins's recovery expenses are covered by Worker's Compensation and he said it has been very supportive of him throughout the ordeal.

"They pay for everything I need.

They pay for physio, medications, and any supplies I might need," said Collins.

Francois Belisle, CEO of the Canadian Paraplegia Association, said the effects of this type of injury can be severe, but says there have been advancements.

"When a spinal cord injury happens, the result can be devastating," he said. "Compared to 30 years ago, the long-term outlook for persons with a spinal cord injury is much more positive."

In 1998/99, young people between the ages of 15 and 34 accounted for 40 per cent of the 1,347 hospital injury admissions due to spinal cord injuries.

During the past five years, there were 877 hospitalizations for injuries that resulted in paraplegia or quadriplegia. The majority were seen in young men.

Motor vehicle collisions (43 per cent) and falls (36 per cent) are the leading causes, according to numbers shown on the Canadian Institute for Health Information website.

Islanders have problem with Nudist Resort in Cavendish

By Melissa Brousseau
Surveyor Staff

When Gary Lowther opened Prince Edward Island's only nudist establishment, The Oasis Resort, in Cavendish in 2003, his three-unit motel created controversy across the Island because of the clientele.

Lowther would be catering to naked people.

However, when Lowther went before the Cavendish municipal council in mid-November to apply to expand his resort to include 20 campsites for the 2005 tourist season, there was no opposition.

Naturism, as it is known in other parts of the world, may be new to most Islanders but in fact it has a long history in Canada.

The first naturist club was founded in the 1930s. The umbrella organization that exists today, The Federation of Canadian Naturists was founded in 1985. The Oasis Resort is a member.

The main problem that Islanders had with the resort opening was they did not understand the lifestyle of naturists, Lowther said.

"People think it involves sexual content and it does not at all. In fact nothing could be further from the truth," he said. "People will be asked to leave if they are overtly sexual in their nudity."

Stephane Deschenes, president of the federation, agrees.

"Naturism is a way of life in harmony with nature, characterized by the practice of communal nudity with the intention of encouraging respect for oneself, respect for others and for the environment."

While naturist and nudist are interchangeable terms, said Deschenes, nudist and exhibitionist are not.

"An exhibitionist is looking to shock with their actions; a naturist is not," he said.

Nudity and sex are intrinsically tied together when they should not be, said Deschenes. Society's definition of "nude" can differ depending on where a person chooses to wear his or her clothing.

"If I was to walk around in downtown Charlottetown with a T-shirt and sneakers on, people would point and say I was naked because my genitals were exposed," Deschenes said. "But if I were walking around with a pair of shorts and shoes on, no one would say anything."

This difference is based on what society defines as sex organs, he said.

"Society says that I have to hide my penis because they think it is my primary sex organ, where I believe I use it more for other things than having sex," he said.

"Naturism is a way of life in harmony with nature, characterized by the practice of communal nudity with the intention of encouraging respect for oneself, respect for others and for the environment."

Stephane Descheries

"If I was to hide the organ I use the most during sex, I would have to hide my lips."

Just as society's views of what is nude can be misconstrued, so can the laws on public nudity.

Section 174 under the Criminal Code of Canada says, "Every one who, without lawful excuse (a) is nude in a public place, or (b) is nude and exposed to public view while on private property. . . is guilty of an offence. (2) For the purpose of this section, a person is nude who is so clad as to offend against public decency or order."

Because of the way the law is worded, it is very difficult to arrest

and convict a person who is a naturist, said Constable Gary McLeod with the RCMP in Charlottetown.

"The law is not clear cut on this issue," he said. "And you also have to take in the community standard before making an arrest."

The standard on Prince Edward Island can be quite different than in other parts of the country.

Islanders are a historically conservative people, partly because of the isolation of the culture, said Island historian Davis Weale.

Weale said the separateness of Island culture from the rest of the world has allowed its people to live traditionally because they weren't exposed to outside influences.

But Island life is changing and becoming less isolated, said Weale.

"Because of the media and the easiness of travel, communities that used to be isolated from one another are not," he said. "Now kids go to consolidated schools and therefore the traditional boundaries have been moved in that regard. They learn new ideas, new practices and new behaviours."

The church also plays an important role in the way Islanders live their lives. Roman Catholicism and Presbyterianism are the most common religious denominations

on the Island, said Weale. Both are very conservative institutions who don't encourage free thought.

"Don't think crazy thoughts," said Weale characterizing the message of the church.

Old views are hard to let go and what people call morality is something they've created because it was good for their survival, said Weale.

That is why Islanders were so fearful of The Oasis Resort opening in Cavendish. Islanders feared a lifestyle that is quite different from Island way of life.

But to look closer at nudity is to see there are many benefits to this lifestyle, said Deschenes.

"Psychologically, it allows you to feel freer, as though you are removing bondages," he said. In countries where nudity is common among women, breast cancer rates are 25 per cent lower than in North America, possibly due to the increase in Vitamin D exposure, he said.

While most naturists do not live their entire lives in the nude - "It's not really practical to fry bacon naked," said Deschenes - some do. Extreme naturists work, relax and play naked.

"I'm not sure that's what I want," said Deschenes. "I run in the nude in the summer and I play volleyball naked. And really a bathing suit is a stupid piece of clothing."

Girl Guide numbers decline threatens 95-year tradition

By Amber Shea
Surveyor Staff

For a Kingston woman and her family, not having Girl Guides around would mean not being able to carry on a family tradition.

Suzanne Richardson was a girl guide and now her daughters Melissa, 10 and Julia, 5, are following in her footsteps.

But over the last couple of years, the numbers of girls joining Guides are dwindling, threatening the organization's existence.

For Richardson's daughter, Melissa, the thought of not being able to participate in Girl Guides and make a difference in the world is more than a little disappointing.

Currently, she and other girl guides ages nine to 11 are growing their hair and cutting 10 inches off in the spring to donate to children who have lost their hair due to cancer treatments.

It was a big surprise for Richardson when Melissa, who's hair almost reaches her waistline, came home and told her she would be cutting nearly a foot off her hair in April.

"This is the first time Melissa has ever wanted to get her hair cut," Richardson said. "She wouldn't even let me cut her hair during the summer."

But Melissa said once she learned what children with cancer go through, she had no problem parting with her long, brown locks.

"When they showed me the picture of the bald-headed girl, I felt sorry for her because I know if I had no hair I'd be embarrassed," Melissa said.

And since Melissa's grandmother is battling brain cancer, Richardson is hoping this exercise will also help Melissa deal with

the potential loss of her beloved family member.

"We go over to Moncton every weekend to visit her, so her and Melissa are very close," Richardson said. "So I think she'll be proud to (donate her hair)."

But these life lessons may be less abundant for girls like Melissa, as membership numbers are continuing to drop. Since 2002, people joining Girl Guides have decreased by more than a 100.

These low numbers are due to the increasing competition with other extra-curricular activities, said Natasha Juntermanns, team leader and third generation girl guide.

There is also a misconception about Girl Guides. People automatically think of having to wear ugly brown dresses in a militant environment, but that's not true, Juntermanns said.

The uniforms consist of fashionable shirts and turtlenecks children would normally wear, she said.

"My little girl wears her shirt to school and it doesn't bother her in the least," Juntermanns added.

Members make crafts go camping and hiking.

Different groups can also organize individual excursions, which can range from riding around in a limo for an evening to going to Europe.

Long-time girl guide Tamara Kelly and her friend had the chance to go to England when they were in their early teens. Now Kelly is the international director for Girl Guides on P.E.I. and her friend serves on the world board for the organization.

Having the chance to take this trip as a young teen causes great devotion to Girl Guides because people are saying this girl is important, Kelly said.



Melissa Richardson (right) and her mother Suzanne Richardson, a former girl guide, share a hug after a fun filled night of cookie eating competitions at the cookie munch off the organization held early November.

Kelly noted this is one of the reasons she, and probably her friend as well, chose to stay involved with the organization.

Members, ages 13 to 25, also have the chance to travel around the world on their own initiative to learn about different cultures and do their part to make the world a

better place. They can apply to go to England, Mexico, India, or Switzerland.

"Although the memberships have gone down, the activities with the girls have gone up," Juntermanns said. "So I'm hoping that will inspire more participation."

Plus, the cost of joining Girl

Guides for the year is \$50 "which is actually quite reasonable when you compare it to other sports," she said.

To help spread this news, the public relations department for P.E.I.'s Girl Guides is planning to set up a web site, documenting the history of the organization to show Islanders how it has evolved.

"Girls across the Island will be going to interview seniors in their communities who have been involved with Girl Guides or are working with Girl Guides," said public relations director Laura Booker.

They can compose the information they gather any way they want. They can put together a video or even a point form presentation, Booker said.

Older members and leaders are also contributing a piece on what Girl Guides, means to them, she said.

By Feb. 21, 2005, which is the 95th anniversary of Girl Guides people will be able to visit the web site at www.techpei.com.

Booker and other members of the organization remain confident that by promoting their new image, the amount of interest will increase.

This is more than a fun activity for children, it's a learning experience that inspires empathy, a thirst for knowledge, and overall, teaches them how to be better people, Juntermanns said.

Juntermanns said in her group alone, there is so much diversity, but there is no bullying and no one is left out.

"That's why the people that are here keep coming back," she said. For Melissa, she only hopes that when she grows up her daughters will be able to carry on a tradition by having as fun as she did in Girl Guides.

Shea photo

Thirty people apply for job of college president

By Melanie Bernard
Surveyor Staff

About 30 people from around the country have applied to become the new Holland College president, says the chair of the search committee.

Borden Boyles has no doubt they'll meet their deadline of finding a new president by March, 2005.

The Board of Governors accepted the resignation of president Alex MacAulay on July 7, 2004.

MacAulay said his resignation

had nothing to do the school, it was just his time to leave. He leaves in the spring.

"I've been here 10 years and I believe 10 years is tops for anyone, including myself," he said.

Jeniene Peake was involved with the Holland College presidential search in 1987 and she is confident this search will be just as successful.

"We have generated quite a bit of interest," she said.

The advertisement was posted for a second time on Nov. 7 and the search committee has encour-

aged staff and students to bring the ad to the attention of potential candidates and submit nominations.

"Holland College does have an extremely good reputation out there so we're getting a lot of applications from very qualified people," said Boyles.

The closing date for the applications was Dec. 3, when the review process was to begin.

The committee is responsible for looking over the applications and making a recommendation to the Board of Governors in February.

The board then considers the recommendation and makes the final decision.

Students play a role in the decision as well.

"The students have two reps on the board of governors," Boyles said.

The Summerside and Charlottetown student representatives meet with the search committee and give a student's perspective on the search.

"The students have given me some feedback already," said Boyles.

The student members of the board have helped the committee make a list of qualifications they feel the president should have.

The candidate must be highly qualified and proven in areas such as planning, policy development, revenue generating, fostering continuing improvement, and collaborating with staff, government, industry and educational institutions.

Peake said the committee is dedicated to meeting their goal of appointing a new president by March 2005.



Christmas is a greedy holiday

By Christina Schellen
Managing Editor

People demand more and more presents under the tree every year.

The holiday season is only giving shopping malls a chance to promote products in glittery packaging in hopes of bringing in a little revenue, so customers can make googly eyes at things they can't afford.

If people weren't so greedy at Christmas there would be money for the homeless and the Children's Wish Foundation. If everyone donated, every Islander would have a peaceful and safe holiday.

If Islanders would take a look around, they would find more useful ways of spending their money than spoiling their kids with more toys-toys which will probably get thrown to the bottom of their toybox anyway.

What happened to teaching kids religion in schools and the importance of Christmas? Most kids don't know the first thing about Christ and the origin of Christmas. Teachers and parents should explain it to them. Then maybe they wouldn't demand so many toys and gadgets.

Bringing kids into department stores is asking for trouble because they become greedy, wanting every little thing they see. Parents some-

times give in because the child is so out of control.

All kids can think about is Ho Ho Ho coming to pop gifts out of his bag like a magic show. Kids get toys and treats year-round. Why does Christmas have to be such an expensive time of year?

Santa Claus is working overtime at the department stores so children will be good for their parents.

The holidays are a stressful time of year for everybody. It should be a time to spread Christmas cheer to all without worrying about the expense.

What happened to just spending time with friends and family during the holiday season? Christmas can be a festive ritual if there's only turkey and gravy on the table. It should be about sharing stories and taking pictures to remember the happy times.

People should look at Christmas as a precious time to spend extra time with loved ones rather than what's under the tree.

There are Christmas cards that say, "What other time of year do people have a dead tree in the middle of their living room and eat candy from a stocking?"

That is true but don't lose the spirit of what Christmas is really about.

It's only breaking parents' wallets and making more work for them during the holiday season.

Islanders would benefit from Sunday shopping all year round

By Courtney Schmidt
Managing Editor

Sunday shopping needs to happen on P.E.I. all year round, not just on the four Sundays leading up to Christmas. It's a positive idea that promotes a good economy for the Island.

In Ontario, it's not a big deal for business to open from mid-morning to late-evening on a Sunday.

In fact, a lot of consumers in Ontario rely on stores being open Sunday so they can pick up items they forgot during the week.

P.E.I. and Nova Scotia don't allow Sunday shopping. In October of 2004, 55 per cent of Nova Scotians voted against it.

Premier Pat Binns said Sundays on P.E.I. should be reserved for rest, a day which should continue with other activities but not shopping.

Oh, please.

Is it really going to kill a business to open its stores for a mere six hours on a Sunday? Is it going to kill the government to let them open their business on a Sunday?

Many students, parents, teachers and the general public don't have time during the week to go out and do the errands they need to do. Saturdays are usually crammed with social

obligations or commitments to family members.

Students use Saturdays for homework, and they use the evening to go out with their friends and have fun.

If a person wanted to run to the Superstore on a Sunday to buy some milk they forgot to pick up during the week, he or she can't. Instead they will pay an outrageous price at a gas station or convenience store for it.

The provincial government is always complaining the economy is slow. Allowing business to open Sundays would bring money in to the province, not to mention it will get people going through the streets of downtowns all over the province.

Getting people through downtown Charlottetown is becoming an increasing problem, and city council is trying to solve it.

Could Sunday shopping be the answer?

Sundays offer more time for Islanders to go downtown and shop to their heart's content. Sunday shopping is a positive idea.

Islanders will have more convenience to complete their shopping, and business will benefit from an extra day of profit.

So come on P.E.I. Let's get those stores open Sunday, and let's go shopping!



The Surveyor

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Dancing to be a better person

By Jocelyne Cormier
Surveyor Staff

Aris Karemanis never asked his parents if he could take dance classes.

His mother and his sister made the decision for him when he was 11-years-old. Karemanis didn't understand what dance was all about, except for the Albanian folk dances he learned as a child.

Karemanis, a dancer with Ballet Jörgen, was in Charlottetown on Nov. 26 for the company's production of Tchaikovsky's *The Nutcracker*.

A lot of things have changed since he was 11. Karemanis has been a professional ballet dancer for the last nine years after training at the National Ballet School of Albania.

An accomplished dancer, he danced with companies from around the world: the National Opera Ballet of Greece, the Leipziger Ballet Opera of Germany and recently, the Royal Winnipeg Ballet.

At the Royal, Karemanis performed in Norbert Vesak's *The Ecstasy of Rita Joe* and Mark Godden's *Dracula*. *Swan Lake* and *The Nutcracker* are two classical works he has performed.

He joined Ballet Jörgen in the 2004/2005 season and has roles in *The Nutcracker* and *Cinderella*. In *The Nutcracker*, his role is the sugar plum fairy cavalier.

Cavalier is a guest in Klara's dream, Karemanis said. It's an elegant role that adds beauty to her dream. The role he plays is fantastic, challenging and interesting.

"It's trying to capture that part of who I am," he said, because the roles aren't who he is in the real world. Dancing helps a person understand people better and become a better person, Karemanis said. "You get an understanding of who you are. You become a better dancer."

"I feel like a child playing dress up on stage. You have costumes and make-up. It's not really real, but it's my job."

Angel Wong

Playing various roles has given him the opportunity to let a bit of his personality show, Karemanis said.

"That's the most beautiful thing in dance, because you start to discover about yourself and who you are. You become part of the dance."

Karemanis's partner in the *Nutcracker* finale is Angel Wong as the sugar plum fairy.

The funniest part about her career is she's still doing the same thing at 24 as she did when she was three-years-old.

"I feel like a child playing dress up on stage," Wong said. "You have costumes and make-up. It's not really real, but it's my job."

Wong was introduced to dance when she was three and trained at the Australian Ballet School. She danced for three years with the Hong Kong Ballet before moving to England to dance with the Birmingham Royal Ballet and the English National Ballet.

After her stay in England, Wong joined the Jörgen Ballet for the 2003/2004 season and is the lead female in *The Nutcracker*, *Coppélia* and *Cinderella*.

She started dancing and she hasn't stopped yet, Wong said.

"It never occurred to me to do anything else. I never really thought about it."

Of the many ballets she has danced, she prefers dancing the classics, Wong said.

"There's something about them that appeal to me," she said. "All the great dancers always did the classics. You want to be able to do what they did."

Because of her involvement in dance, Wong said she is more aware of the arts, culture, painting and music. The awareness has enriched her life. "I appreciate the arts and the joy it brings to people. There are people who want



Angel Wong as the snow queen and Aris Karemanis as her cavalier in Ballet Jörgen's *The Nutcracker*.

Submitted Photo by photographer David Hou

What about using garbage cans?

Let's clean up the city

By Danielle
Breaker

Surveyor
Columnist



It's a sunny brisk Tuesday morning and it's invigorating to walk to school.

The man who wears a green jacket and dress pants passes me to the right of the sidewalk on Kent Street like he does every day.

I wonder if he notices the garbage too.

Litter is everywhere, as if it rained out of the sky.

It's in the puddles with bright coloured wrappers and dirty cigarette butts lapping against the curb. Peeled-off beer labels are stuck between the cracks in the concrete and there always seems to be remnants of confetti and shredded paper festively cluttering the ground even though New Year's Eve was 10 months ago.

Every day I think about picking up the pieces which aren't too gross, but I don't because I know I'll have to carry it two blocks to the nearest garbage can in Holland College.

This morning I'm already carrying garbage, the apple core from my breakfast and it occurs to me when I'm downtown Charlottetown I'm usually carrying some piece of refuse, frustrated and seeking a garbage can.

Environment Minister Jamie Ballem recently said he's running out of solutions for the Island's increasing litter problem.

Are more people littering, or are they tired of searching for a garbage can?

There's about as many garbage

cans in this city as pay phones, and they seem to be located near each other on the corner of Grafton and Queen streets.

Ballem said educating children with anti-litter messages will help. I suggest garbage cans.

He even supports the anti-litter slogan Keep the Island Clean. Put litter in it's place. What do they mean by place? Your pocket? Or your knapsack as stated in the litter prevention tips by the Provincial Litter Awareness Committee, which says people should never litter under any circumstance, but put it in a kitbag and take it home.

There's also a toll-free litter hotline.

What about garbage cans?

Islanders need help at Christmas time

By Kayla McInnis
Surveyor Staff

Christmas is one of the happiest times of the year, but for needy families it can cause stress and sadness.

The child poverty rate has increased for the first time since 1996.

Nearly 16 per cent of children across Canada live below the poverty line, says a report in The Globe and Mail.

This creates many problems at Christmas time for families. All across Canada people need help.

Prince Edward Island has many programs and fundraisers

to help out the families. ATV has the annual Christmas Daddy's telethon each year, CBC has the Turkey Drive, and the Salvation Army is always collecting items for needy people.

P.E.I.'s Richmond Center is a mental health clinic in downtown Charlottetown.

It specializes in family help and every year the social workers pick a family to be their Christmas project, to help make their Christmas a happier one.

The social workers have been doing this for eight years now. The families are usually people they have known for a long period of time who are working hard to create a better life and need a helping hand, said social worker Joanne

McInnis.

They find out what the children are asking for, then they go out and buy gifts for them.

They make sure the parents get a gift as well, said McInnis.

She said the public doesn't really understand the problems some people face.

"To some degree the public isn't aware. They have misconceptions," said McInnis.

"They think they are lazy, and waste their money on alcohol or bingo, but that's not true, most are people who are working really hard and the public doesn't always see it that way."

The Surveyor asked...

By Mary Affleck

How do you feel about the Christmas rush starting in November?



Carlena Schipper

"It's very commercialized"



Andrew MacPhail

"Everyone wants to get into the spirit. It's better than being a scrooge."



Charlie Vankampen

"There is going to be an influx in cash and business owners are keen to get at it."



Cheryl Livingstone

"I think it's all right, I love Christmas myself."



Chris Wood

"It becomes overkill and loses its luster."



Steve Horne

"Do I like it no, but what can you do about it?"

P.E.I. craft industry needs youth for '05 Christmas fair

By Momoko Yoshida
Surveyor Staff

The P.E.I. craft industry is looking for young people who are interested in handicrafts, says Barb Boss, executive director of the 41st Annual Christmas Craft Fair in Charlottetown.

Confederation Centre of the Arts was crowded with people looking for Christmas gifts over the weekend of Nov. 19 - 21. People enjoyed shopping to the Christmas music, walking through the booths which were showing pottery, stained glass, candles, knitting, different kinds of handicrafts, from original to traditional, all produced in P.E.I.

Though the craft fair was successful with 45 exhibitors and more than 5,000 people who visited the fair, Boss is concerned about the lack of young people's interest in crafts.

There is no craft training in P.E.I. Therefore any young people who are interested in creating crafts have to leave the Island for training and often they don't come back, Boss said.

"We are very interested in establishing a craft training centre," said Boss. "This is a big issue. We really need to encourage young people and get interested in a career in craft."

P.E.I. Craft Council was formed in 1965, and incorporated in 1975 to promote crafts in P.E.I. The Christmas Craft Fair is one of the most important operations of the council, said Boss.

"It's a way of promoting both

product and craftperson," Boss said.

After the craft fair, many people get back in contact with craftpeople before Christmas and throughout the year.

The council has more than 150 members across the Island. To keep the level of quality of the fair high, the council sets up standard quality guidelines, and only those who qualify can join the craft fair.

Back at Confederation Centre, visitors were facing some tough decisions.

"Everything is beautiful. It's hard to decide what to get," said one of the customers who bought a stained glass for a Christmas gift. She said she looks forward to the craft fair every year.

Exhibitors were also pleased with the fair.

Deborah Kerr of Tyne Valley, who joined the craft fair almost every year since she started creating crafts in 1991, said the fair is the best craft fair in P.E.I.

Kerr uses something that people usually throw away, such as oyster shells and draft wood painted Santa face, and mussel shells painted lupins. She said her products reflect the nature and the country in P.E.I.

"I love creating. I love nature. It's part of me," said Kerr.

Her products are sold in P.E.I., all across Canada, and some parts of the United States.

The council also operates The Island Crafts Shop at 156 Richmond Street in Charlottetown, as a retail outlet for crafts.

Could wind farms be harmful to the environment?

By Amber Shea
Surveyor Staff

More research is needed on the affect wind farms have on the Island's environment before they are used as its main source of electricity, says Environment Minister Jamie Ballem.

Ballem made this comment following legislature, Nov. 30 after learning of a study done at Princeton University which sug-

gested that wind farms could harm the environment.

Somnath Baidya Roy, an environmental researcher at Duke Universty in North Carolina, and his colleagues from Princeton University performed a study using a model consisting of 10,000 wind mills and data collected on the wind energy produced in Gorgonio, California.

They found during the evening, when wind increases, the rotors of

the wind mills cause turbulence which pull down warm air from the atmosphere and pushes up cool air. As a result, the ground became dryer because there was more evaporation.

"It's like a propeller on a boat you can see the motor turning and you can see the turbulence in the water," said Roy.

Ballem said there hasn't been any sign of wind mills affecting the environment at the test sites in North Cape.

He also said his department spent time meeting with officials in Germany where they have wind farms producing 15,000 megawatts of electricity, 75 times more than the Island is looking to produce.

"I think if it was a major issue we would of heard about it," Ballem said.

But Roy said the effects of the wind farms could be different on the Island. Factors like the various sea breezes that blow in off the coast of Islands makes its meteorology unique, he said.

More research is needed on the Island's climate before a prediction on what a large-scale farm would do to P.E.I., but the outcome could be good or bad, Roy said.

Since wind farms warm the climate, they could keep livestock warm and protect crops from the cold. In Manitoba wind farms prevent wheat crops from being ruined by frost, he said.

Roy noted Islanders should shop around for rotors that cause less turbulence because they are more friendly to the environment and generate more energy.

Ballem said he will contact Roy to talk about his studies and get advice on the future of wind farms on the Island.



The wind mills at the test site in North Cape, Tignish were working hard Dec. 2 with winds gusting up to 78 km/h.

Shea photo



A couple of old model wind mills still exist at the North Cape test site in Tignish, but are mostly around for show.

Shea photo

Windpower net metering isn't all it's cracked up to be

By Graham Welsh
Surveyor Staff

Islanders may soon be able to sell excess power they generate from windmills back to the power grid at market price, but it may not be as good an idea as it sounds.

The concept is called net metering and it's a part of the province's new Energy Framework and Renewable Energy Strategy.

Net metering may sound like a great way to reduce energy bills, but in reality it's not very cost effective, said Rene Styne.

Styne is a potato farmer who came to Canada from Oudeschip, Holland.

He got into windmills in 1991 and was part of Windpark

Oostpolder, a group of farmers trying to build a windfarm power business.

His venture ultimately failed, but he has remained interested in windmills ever since.

"Net metering doesn't work. The power you have for your personal use is mostly different than what you generate. You need a separate transformer. It makes things more expensive," he said.

Most windmills are geared to generate for a power grid, not a single home. They use a greater voltage. Homeowners can get a smaller windmill, but they are not efficient, Styne said.

To be cost efficient, a turbine must be larger than 100 kW, said Gerard Poitras, a University of

Moncton civil engineer. It also has to operate for about 25 years.

Net metering must be a community project to succeed. This is how it has become in Europe, said Styne.

"Subdivisions have their own windmills. They hook up to a power company's transformer."

Wind power may be clean and renewable, but it may not be the solution to the world's energy woes.

Windmills create noise pollution, mar the landscape when built in large numbers and in some cases can knock birds out of the air.

Wind power also can't operate alone. It needs a backup source of some kind to take up the slack when a gale becomes a gust.

"You can't just rely on one source especially wind power," said Poitras, "One day the turbine works well. The next day it's not so efficient so the other source takes over."

And windmills can be hard to live with. Noise has always been a problem, and while turbines are getting quieter as time goes by, they are still loud.

"You need to be about 450m away from them so they don't bother you. The modern ones make about 60 decibels. From 50m to 150m it is really disturbing noise," Styne said.

As well turbines can block out the sun if they are big and spin fast enough. Styne can remember his brother's turbine back in Holland.

"The blades block out the sun three times a rotation, 17 rotations a minute. Flashing shade in your house can be annoying."

Also, Windmills worry bird-lovers. Birds flying into turbines is a concern, but it can be planned for.

"When we investigate a site we take into account bird migration. You have to not install your turbines in a region like that," said Poitras.

A study commissioned by Styne in the late 1990s said wind farms accounted for less than one-half of one per cent of total bird deaths in Holland.

Windmills came in far behind hunting, power lines and cars.

Date rape drug is an issue on P.E.I.

By David MacDonald
Surveyor Staff

Bars in Charlottetown should offer free tests so customers can check to see if their drink has been laced with a date-rape drug, says Janet Marshall, organizational coordinator for the P.E.I. Rape and Sexual Assault Crisis Centre.

Police have recently said seven women in the past year have reported being affected by a "date-rape" drug. This happens after someone puts the drug into someone's drink without that person's knowledge.

Marshall said there are several of inexpensive tests which can detect if a drink has been spiked.

But she says university and college students may not think of buying the tests after spending money on other expenses, and on drinks during a night out.

"They don't have a lot of money so they may be reluctant to buy them," she said.

She said bars should do all they can to ensure customers are kept safe, because it could be bad for business otherwise.

"We'd like to see the bars offer (the drug tests) free to patrons," she said.

The three most popular "date-rape" drugs are GHB (street name Liquid E), Ketamine (street name Special K), and Rophynol (street name "roofies"). GHB has a salty taste, but the other two are tasteless, and all three are odorless.

Kelly Robertson, community liaison for the crisis centre, said the effects of the drugs are very dangerous.

"When used with alcohol in certain doses, they can cause comas," she said.

The date-rape drugs enter the system quickly, and cause memory loss, making a person confused as to how the consequences occurred.

"They're not sure if it was drugs or alcohol," Robertson said.

Marshall said house parties may be even more of a concern than bars.

"You'd feel a little more relaxed with your friends," she said.

"There's more opportunities for someone to lace a drink with a date rape drug."

Marshall said in any situation the same safety rules apply.

"The first rule of thumb is, always, never leave your drink unattended," she said.

She said if someone feels they've been drugged, they should get one of their friends to take them home

or to a hospital right away.

"You should never leave a bar with someone you don't know that well," she said.

A woman shouldn't feel she is never at risk if she does not drink alcohol, she said, because a drink of juice or pop can be spiked. But a person who wants to commit date-rape knows what will happen if a woman unknowingly takes the drug after drinking alcohol.

"They'll assume it's easier to get the person," she said.

Robertson said it will be less obvious to people if a woman has been drugged after drinking alcohol as opposed to nonalcoholic drinks.

"If you're drinking juice and people notice you're drunk, it's more obvious," she said.

Marshall said, just as with other forms of rape or sexual assault, for every call made to the crisis line referring to date-rape drugs, there's "several" more which are not reported.

"Self-blame becomes a big factor, I think, in not reporting," she said.

She said last year three calls were made to the crisis line regarding drugs, while this year "one or two"



This is an example of a what date rape test looks like.

MacDonald Photo

calls were made.

Robertson said informed consent is not possible if a woman has been affected by the date-rape drug, or even by a lot of alcohol.

"Consent can not be truly had if you're drunk or high," she said.

A woman's choices while she is drunk or under the influence of a drug would be different from when

she was sober, she said.

"The consequences may not be fully realized till I'm sober and realized what happened."

Marshall said it's not a woman's fault if she gets raped, no matter the situation which led to the attack.

"If your drink is laced and you were raped, it was not your fault."

Bars offer tests to detect drug

By David MacDonald
Surveyor Staff

Date rape drugs should be seen as a community issue and not simply a bar issue, says the assistant manager of The Wave, the campus bar at the University of Prince Edward Island.

Shelley MacNeill said offering tests for date rape drugs is a good idea, but focusing only on the bar scene may make people scared to go to the bars.

"The first thing I'll think is that my drink may be spiked," she said.

Seven women this year have reported to police after being affected by date-rape drugs. This happens when someone's drink is spiked with a drug without the person's knowledge.

Events such as the Campus Safety Fair which took place at UPEI on Nov. 17 are a good way to bring the issue out to the greater community, MacNeill said.

"If it was something given to me at a booth, it would be something I would have at a bar... or whenever I feel something is wrong or when I'm uneasy," she said.

Anyone can be affected by date-rape drugs, she said, regardless of where a person is at the time.

"It could happen to anyone sitting around drinking coffee."

MacNeill says a lot of people will have drinks at house parties before they go to the bars, and she's heard of more situations occurring at houses than at bars.

"It's even scarier because you are with your friends," she said.

Constable Wendy Adams, a UPEI security police

officer, said there are two tests on the market now. One is shaped like a coaster which retails for sixty cents, and the other is shaped like a business card and costs \$2.

Adams said the business card is more durable, but didn't sell very well during the period it was for sale at the UPEI bookstore.

"Parents will probably buy this for their kids, but students would not buy it for themselves, as it's too much money," she said.

"I think the students will be more inclined to use (the coasters) because they are cheaper."

Adams said supplies of the test at the bookstore ran out last week, and the university is now at a "turning point" as to which test will be offered and where and when it will be available.

She says the cheaper coasters will most likely be the test of choice, and she would like to see them available to students in accessible areas on campus such as vending machines.

"We want to be sure (students) have 24-hour access to them," she said.

MacNeill said there hasn't been any problems with date-rape drugs at The Wave, but she says some people don't take the situation as seriously as they should, because of the impression P.E.I. is a relatively safe place.

"That can be almost a misconception. People feel so safe they don't worry, but that's not always the case," she said.

She said employees of The Wave are aware of safety issues and do what they can to ensure their customers leave safely.

"If we feel they are out of sorts, I'd offer to pay for a cab to take them home," she said.

An Islanders guide to winter tires

By Matt Veno
Surveyor Staff

When it comes to winter driving, nothing beats having a set of winter tires on your car.

Winter tires offer a significant advantage over all season tires during the snowy, icy, slushy winter driving months say Island tire retailers.

Winter tires are made with a different rubber compound than their all-season counterparts, making them ideal for winter conditions. They also have different cuts and tread patterns which allow them to grab on the ice and snow.

Winter tires are also more open on the shoulder of the tire, allowing for better snow, slush and water displacement away from the tire.

"All season tires can't do that as well," said Bill Jenkins, parts manager at Johnston's Tire Truck and Automotive Centre in Summerside.

"All season tires are designed for mileage and a quiet ride. Winter tires give more road noise because the tread is more open, but they grip better in the snow."

As drivers realize it's better to buy winter tires, sales have been skyrocketing.

"I'd say sales have gone up 25 per cent in the last four or five years," said Mike Bessey, manager of OK Tire in Charlottetown. "Since about mid-October we've been really busy putting winter tires on."

Typically, the bulk of winter tire sales are made between mid-October and late December.

Winter tires have been selling so well it's hard for tire dealers to keep up.

"It's getting to the point where they're getting hard to get," Bessey said.

"Manufacturers only make winter tires in June and July so we have to book them early and predict what the winter will be like and hope we meet the demand."

Does your sweet tooth make you happy or sad?

By **Danielle Breaker**
Surveyor Staff

People feeling cranky or irritable may want to take a look at their diet.

Kali Simmonds, a naturopathic doctor in Charlottetown, said the food people eat has a direct affect on how they feel.

"It's fundamental. It's highly unlikely that someone's food isn't affecting their mood," she said. "Sometimes people can override (their mood) with medication or caffeine but food always affects them."

Diane Boland, a registered nurse, said recognizing her food sensitivities about five years ago changed her life.

"If I stay away from wheat for 10 days I'm a different person," she said. "I've got more energy and I don't have muscle aches and pains and no nasal congestion and I can think clearer, I don't have a foggy head."

Jennifer Taylor, a professor of family and nutritional sciences at UPEI, said though people may think certain foods affect their mood, it's not scientifically proven.

"We need more than anecdotal evidence to show individual foods can cause a change in mood due to sensitivity, we don't have enough science to say that."

Though studies are being done to test the theory of food affecting mood, it's difficult to do because some symptoms people relate with food, such as fatigue, are not proven to be physiological, Taylor said.

"If (the scientific community) doesn't agree on the symptoms and can't test it - that food is related to the symptoms, the government isn't going to fund it," she said. "If you look at traditional (professions) like allergists, they usually dismiss those kinds of symptoms (such as fatigue, lack of concentration) as psychologically based, they don't see them as being physiologically based."

Though one study, the Acute Effects on Mood and Cognitive Performance of Breakfasts Differing in Fat and Carbohydrate Content, at the University of Reading in England, found a high carbohydrate diet made people feel happier, more research needs to be done, Taylor said.

"There's some evidence that low-fat high carb breakfasts tend to show a slight decline in fatigue and depressed feelings in a small sample, but it doesn't prove it," Taylor said.

"One of the things we know is high carb diets can influence brain levels of tryptophan (an amino acid) and serotonin (a neurotransmitter), which affect mood. But that doesn't mean we come out and make recommendations for people to eat high carb diets."

The study, which involved 16 people eating combinations of low, medium and high fat and carbohydrate diets for four days, stated the subjects moods improved with the low-fat high carbohydrate breakfast by decreasing fatigue and a sense of unease. The findings also support results from a similar study on lunch.

Simmonds said while carbohy-



Rachelle Wood, a holistic nutritionist talks about how the food people eat affects their mood, as well as gives advice on how to maintain a healthy, happy lifestyle.

Breaker Photo

drates and protein affect mood, Vitamin B6 is the most important of all food compounds in creating a better mood.

"B6 is the busiest vitamin in the body needed for all neurotransmitter hormones," she said, adding half the population of Canada doesn't meet the requirement of 200 milligrams a day. "It's a natural way to improve serotonin."

Cow dairy products, wheat, oranges, gluten, and corn are the foods which tend to affect people's moods in a negative way due to allergies, Simmonds said.

"People feel drained and cranky or euphoric after they eat and feel terrible later," she said, adding people may notice physical symptoms as well.

"Clues that people are allergic are dark circles under the eyes, sinus (cogestion), a build up of ear wax, skin rashes, hives."

Simmonds said she recommends her patients stop eating the suspect foods for 10 days, then gradually work each back into the diet to identify the problem-causing food.

Rachelle Wood, a holistic nutritionist in Charlottetown, said sugar has the most drastic affect on how people feel.

"Sugar makes us sad. Sugar depletes us of minerals and vitamins. Sugar is an anti-nutrient. Sugar affects mood," she said. "Our bodies use sugar quickly and we drop down and our body craves it - it's the sugar cycle."

Eating a healthy balanced diet with the right combinations of carbohydrates and proteins will ensure proper nutrition while maintaining the right amount sugar in the bloodstream, levelling people's energy and mood, Wood said.

"Proper food combinations help digestion and digestion is the key to health because of the absorption of nutrients. When you eat the proper food combinations your digestion works properly, your lymphatic system works properly and all systems work together to process food as energy," she said. "Proper com-

binations are protein with a low starch vegetables such as a salad with protein in it, and the protein can be chick peas, nuts or dairy products."

Generally people aren't aware of the effect the foods they eat have on their bodies and minds, Wood said, adding she recommends her patients keep a food journal.

"Keep a food journal and record the time of day, what you ate, how you felt and what exercise you do

throughout the day, and write down the relaxation exercises you do throughout the day," she said. "Then look for patterns or similarities, like if you notice you're tired or dazed at 3 p.m., you need to eat more."

"Keeping a food journal is one of the best things you can do for your body and exercise and relax, relax, relax," she said, emphasizing the holistic connection between food, mood and stress.

Emotions lead to over eating

By **Danielle Breaker**
Surveyor Staff

It's mind over body when it comes to eating most foods, says a professor of family and nutritional sciences at UPEI.

Jennifer Taylor said people's emotions can dictate what and how much they eat.

"It's safe to say most people agree that emotional arousal affects eating, but it affects people differently."

People tend to eat more when they're happy, Taylor said.

"During times of joy, such as a new baby or Christmas, and times we're really happy we eat for pleasure, for hedonistic reasons. We pull out the chocolates and buy things that taste good," she said.

"The total calorie intake is higher for joyous moods than for depressed moods, which makes sense."

The study the Impact of Moods and Social Context on Eating Behaviour states people eat more when they're in positive or negative moods, than when they are in a neutral mood.

The study, which involved 78 predominantly white obese females also stated moods and

social context affected how much and what the subjects ate.

For example; the subject's tended to eat more carbohydrates while eating alone and but more fat and protein while eating in a social context.

People tend to eat impulsively when they're feeling sad or depressed, Taylor said.

"(People may think) if I'm in the dumps I'll eat more carbohydrates because it'll make me feel better - due to the serotonin level - but we can't prove it," she said, adding the craving is probably psychological.

"It could be a sensory thing. If I'm upset or angry and I want carbs, my mind wants it, my tongue wants it. It doesn't mean there's anything physiological going on."

Taylor said people who diet tend to eat more when they're feeling depressed.

"For negative affects, like depression and anger you're more likely to overeat if you're a dieter, or a restrained eater," she said.

"But if you're not a dieter you may say 'I'm not going to eat that,' whereas if you're angry and a dieter you'll say, 'I'm not restraining and I'm going to have a treat.'"

Automobile insurance on P.E.I. offers little money for funeral expenses

By **Daniel Murphy**
Surveyor Staff

It's probably the last thing anyone thinks when climbing into a car.

Will they die, leaving their loved ones scrambling because their car insurance will only contribute \$1,000 toward funeral expenses.

But that was the situation for Virginia Crawley of Halifax when her 16-year-old son died in a car accident on October 20.

And it could happen here. Under accident benefits in section

B of Prince Edward Island's standard automobile policy, the amount one would receive to go towards funeral expenses is \$1,000.

This is not to be confused with the death benefits of the policy holder or their family.

So, if someone is a passenger or the driver with no spouse or dependants, the pay out will only be \$1,000 toward your funeral expenses.

"The average traditional funeral service will cost approximately \$5,500," said Allison Swan, owner

of the MacLean Funeral Home Swan Chapel and past president of the Funeral Service Association of Canada.

That would not include the costs for a plot or head stone, Swan said.

The amount is not set by the insurance company, it is decided on and made law by the provincial legislature.

Roger Hickox of H.L. Sear Insurance has been in the insurance business for 32 years.

He advises a simple life insurance policy would be the answer to guarantee a family would not be

financially burdened by a death.

A life insurance policy for a healthy, non-smoker, between 21-31 would be cheaper than a night out at the bars, a night for two at the movies, or even the cost of a monthly Tims fix, said Hickox.

"It wouldn't be that bad per month, perhaps you could get it as low as \$18-\$20 a month for \$100,000 term insurance and as you get older your rates change."

Still, getting people to plan for their future is a problem, there are various policies available for the public and they know of them but

they choose not to buy one, said Hickox.

So why are young people from the above age group not buying life insurance?

"Let's face it, they are at their lowest earning point of their life and they have got expenses coming out their ears," said Hickox.

"A lot of them are coming out of university with a \$20,000 debt on their back and they say, life insurance, get away from me, I have to pay this stuff off first, I'll get it later."

Culinary set up new travel program

By Jason Follett
Surveyor Staff

Holland College has set up a mock travel agency at the Atlantic Tourism and Hospitality Centre for second-year students in the travel program.

There they perform many of the duties they will encounter in the field.

The centre will provide valuable experience to the students, who work on a volunteer basis, and better condition them for jobs in the industry, said Anne MacLeod, who runs the program.

The students run the office and handle all the work.

"It's like a learning centre, or lab for the students," she said,

"They find all kinds of information, they use an airline computer

system as well as the Internet to search."

The centre, which held its grand opening Nov. 12, has served a number of people and as awareness of the program rises that number keeps increasing.

"We're still brand new and we're still trying to get more people in here," MacLeod said. "We want to let people know that we're out there."

Local travel agencies, which stand to benefit from the work done by the program, support the centre and supply brochures and information to the students.

"It's like a virtual travel agency," said Leanne MacPhail-Cantwell, a travel agent for Maritime Travel.

"I think it's great experience, great learning experience for the

students, there's no better way to learn something than by doing it.

"I know it's great for the agency, because we get more business and that's good."

The students help people interested in travelling find the most cost effective way to go where they want to go. The centre doesn't book any travellers.

"We don't want to take any business away from the travel agencies," MacLeod said.

"We're more interested in giving them a more rounded student that is more confident in their work."

The cost of the centre so far has been close to nothing. The students volunteer, the school provided the equipment and the agencies supply the information.

The centre can be found in room 408 of the culinary centre. It can



Anne MacLeod working in the new travel centre. The grand opening was on Nov. 12 at Holland College Tourism and Culinary Center.

Follett Photo

A helping hand in a time of need

By Mary Affleck
Surveyor Staff

With people lining up at cash registers in the malls, Anderson House is getting its share of the Christmas hustle.

The house in Charlottetown is the only Island home that shelters abused women and their children. From April, 2003, to March, 2004, 76 women and 59 children have turned to Anderson House for help. The previous year 112 women and 77 children were admitted to the home.

On April, 2002 a nation wide survey was done of transition houses by Statistics Canada. It found 3,287 women and 2,999 children occupied the homes to escape abuse. On that day 295 women and 257 children were sent elsewhere, the main reason was the shelters were full.

Sandy Kowalick, a shelter worker at the house, said it's unpredictable when it's going to be busy, but Christmas tends to be hectic.

"It's really busy at Christmas, for all kinds of reasons, a lot of donations, and also families are going through a lot of stuff this time of year," Kowalick said.

Abused women can go to the

house for three weeks at a time.

"We do see big changes that happen in women who are able to just relax for a little while, just to be in peace, not having someone tell them what to do and what think or how to be."

The old, three-level home can hold up to six families at a time, giving each their own bedroom. There is no cost for food or room and board.

The top level is designated for a play room. The bottom level has a cozy television room, a kitchen where the families can prepare meals and a small smoking room off to the side. There's a large gathering room that doubles as a private room for discussions.

The workers can set up appointments with outside services for whatever the families need.

"We're not counsellors, we're good listeners," said Kowalick. "What we do best, I guess, is let them tell their story and listen, and that is probably what most woman haven't had in a long time."

Gloria Dennis Queen's county outreach coordinator, said the house offers a safe place for an abused woman to get her life turned in a positive direction.

"Women start to think are they going to be able to make it on their own financially or with the chil-

"We're not counsellors, we're good listeners. What we do best, I guess, is let them tell their story and listen, and that is probably what most woman haven't had in a long time."

Sandy Kowalick

dren, that sort of thing," said Dennis.

Transitional services help abused women who feel overwhelmed with their situation.

"There's barriers there, and so if Anderson House, or the outreach service, or counselling can intervene at this stage and say these are things we can overcome, it makes it more likely for them to make the break."



Shari MacDonald, left, Mary MacLean, centre, and Joanne MacDonald, co-ordinators of Volunteer Expo 2004, are pleased with the success of the event. The exposition, held at Holland College gymnasium Thursday, Dec. 2, attracted more than 400 people. There were 27 exhibitors.

Yoshida photo

The staff of The Surveyor thanks Transcontinental P.E.I., Borden, for printing our newspaper, and the Guardian for its ongoing support.

P.E.I.'s most dangerous animals: goldfish? crab? prairie dog?

By **Tammylee MacKenna**
Surveyor Staff

What's P.E.I.'s most dangerous pet: A gold fish? A purple plant? A prairie dog? A crab?

A beautiful backyard pond for rich coloured fish to swim and unique plants to grow could be a source relaxation and entertainment the family can enjoy.

But as summer days pass and the ponds begin to chill, the fish and plants are not going to survive in that pond.

There is no-where to put them, but there is a stream down the road. Should they be released into the stream?

Different species of animals can find their way to the Island naturally, but many are re-leased by people or hitch a ride with visiting boats or campers. It is these cases which pose a danger to the Island environment.

Would Willy, the killer whale, have been freed if he presented a danger to the environment, held a possibility of mutation or spread disease to humans?

Wendy Sherren, co-owner Triple-F Pet Store, said there is a threat of this happening anywhere with many different animals.

But people don't think the yellow goldfish that swam and blew quiet bubbles in a small bowl is a risk to anyone.

Wrong.

She said goldfish and its larger relative, the coy, are types of carp that can interbreed with trout

"There's a lot of people dump just regular goldfish into our main streams," said Sherren.

"And it's a \$10,000 fine if you ever get caught doing it."

She said if domestic goldfish or coy got into streams or rivers and started interbreeding with natural wildlife, mutated strains of fish would be produced.

Pet stores are regulated and many animals are banned because of the risk to the environment. Others such as the Red-eared Turtle are banned because of disease.

Sherren said one of the worst animals P.E.I. could face would be the prairie dog, a small gopher-like rodent native to the prairies.

"It's a hell of a lot colder there than it is here, so they can take our environment, no problem."

The cute popular animals are prolific breeders, having three to four litters a year and six to eight



This common goldfish can be found in any household has the potential to be an environmental threat if released into nature.

photo from **Koko's goldfish world website**

pups per litter. They live underground and eat mainly grains, said Sherren.

She said the potential damage to farm life and the potato industry could be in the millions for the farming industry.

Sherren didn't know of any measures to stop overpopulation except prevention.

"They breed so prolifically, I don't know how you could do it without damaging other wildlife."

Wayne MacKinnon is communications officer for Department of Agriculture, Fisheries and Aquaculture,

He said there are now cases on P.E.I. of non-native species causing problems.

A species of crab has shown up and is attacking areas where shellfish grow."

He said there is a lot of work being done by specialists trying to control these and other species, but it is difficult.

"They are not native and there are no natural predators."

These cases of invasive aquatic species, such as the crab, are not usually released by people, he said.

"We think they may have come over on the hulls of ships or whatever, because they attach themselves."

MacKinnon said non-native plant life is also presenting a major

problem for aquatic areas.

The Purple Loosestrife, a tall blossoming purple plant, threatens to congest a lot of marshlands and is crowding out native plant species. It arrived on P.E.I. when someone planted it, said MacKinnon.

It takes over the bog and consumes or kills whatever food was there for local life.

"There's a lot of plants in the province which, as you can imagine, are not native."

Some animals common to P.E.I., like the skunk, are not native to this habitat, but because they can survive in the environment and lack many predators, they have flourished.

"Somebody brought them over because they thought they would be a good source of fur," said MacKinnon. "It didn't work out and he let them go."

Sherren said releasing animals into the wild is a common situation, but it isn't always just because people don't want them anymore.

"They figure (the animal's) have a better chance if they let them go," said Sherren.

"The owner of the pond was trying to think of the fish's well being, but overlooking the natural wildlife's well-being."

The need for nursing

By **Clark Thompson**
Surveyor Staff

A program in Practical Nursing will be available in West Prince this winter due to a substantial demand in the area, say Holland College officials.

Beginning in January, the 14-month program is designed to prepare learners to assist health professionals in meeting the health-care needs of individuals and families.

A combined effort by the college, local businesses and the West Prince Educational Task Force, the program will address the need for licensed practical nurses.

"Many, many people have expressed an interest over the past year in this type of training," said Dean Getson, coordinator for community-based training, on behalf of the task force.

Similar training programs have paved the way for practical nursing.

"Based on the success of the West Prince carpentry and career enhancement program, we are delighted to be offering another community based train-

ing initiative," said Brian McMillan, vice president of programs at Holland College.

The program will be offered one time only.

"It's to address a particular interest that came out of the community," said Michael O'Grady, director of programs at Holland College.

They don't want to have too many grads and not enough job opportunities, he said.

"We expect that the labour market is such that they will find employment."

Already quite popular in Holland College's Charlottetown Center, the course can only take a small portion of applicants.

"We only take 32 each year," said learning manager Paula Gauthier.

"There are usually 150 to 200 applicants."

Graduates receive their diploma in practical nursing. While this credential must only be attained once, skills like CPR and first aid must be maintained at intervals determined by individual agency policies, said Gauthier.



Evan Coffin secures his sheep for the long ride home to the eastern end of the Island after being in the Christmas parade on Saturday, Nov. 27. Letters on the side of the float read "From Cradle To Cross For You." The float's purpose is to share the true meaning of Christmas.

Affleck photo

Best Start program has provincial funding frozen

By Caitlin McIntyre
Surveyor Staff

The Best Start Program, which provides early intervention for families, has had to cut its program in half because the provincial government broke its contract agreement.

The government was supposed to give the program, the only in-home visiting program on the Island, another \$150,000 this year, but it's not going to do it.

In 2002, the province signed a four-year, \$3.8-million deal with the federally funded National Crime Prevention Center.

Federal funding was supposed to decline this year, while provincial funding was supposed to increase to \$150,000, but the province hasn't given Best Start the money.

Best Start used to offer support to children until age three, now the cut-off is 18-months.

Moreover, 45 of the 250 families benefitting from the program on Prince Edward Island will be

dropped.

The program was changed in October and the families being cut have until the end of December to prepare.

"The 18-month program looked like the best option, rather than cutting staff or offering the program to just a few families," said Roberta Ward David, co-ordinator of Best Start for the Queen and King regions.

Since its debut in the Queen's region in 1999, Best Start has been providing screenings, assessments and in-home visiting for parents of children ages 18 to 36 months.

It's a free program for families public health nurses believe need it the most. It's run by C.H.A.N.C.E.S. (Caring, Helping, and Nurturing Children Every Step).

The province contributed \$379,000 last year and it will keep their contribution at the same level this year.

Deputy health minister David Riley said it was inevitable.

"Federal participation is decreasing



Roberta Ward David, co-ordinator of the Best Start Program for the Queen and King regions, had to cut the program by 50 per cent this year because the province didn't increase funding.

McIntyre photo

and the province is unable, because of fiscal pressures, to increase its funding," he said.

Health Minister Chester Gillan said the provincial deficit made increased funding impossible.

The province went into the contract with the best intentions, but it won't be able to raise to its standards, he added.

Carolyn Bertram, MLA from Crapaud-Hazel Grove, said the province should not blame the federal government.

"They knew how much they were going to give," she said. "To say they can cut this is ludicrous, it's crazy, it's irresponsible."

The province announced in the throne speech that 2004 was the year of "learning and innovation," but the province isn't living up to it, Bertram said.

"It's a slap in the face for families and children because how can you have innovation if you don't support the youngest of your population?"

Ward David said the Crime Prevention Center "has given us all the money they'd planned to give us and they haven't cut back on anything."

"It's the provincial government who has cut us back," she said.

"They're going to have to take the lead to help us rectify this."

The contribution agreement ends in March, 2006, Ward David said.

Best Start doesn't have any other sources of money and if the province doesn't give the program more money next year, the program could go out of business.

"If they don't give us the amount we're expecting to get, or they don't give us anything, I assume we'd either try to look elsewhere, which is a very difficult task, or we'd have to phase out the program."

Ward David said the provincial government has to invest in Best Start in order to support young children and their families.

"They need to invest in the early years, but the dollars to support the programs aren't being put in," she said.

"The provincial government was on the right track, and now to follow through, to see it to the end, is what's really important."

Food banks seeing a rise in the demand

By Jocelyne Cormier
Surveyor Staff

The rising cost of home heating oil is putting a strain on many low-income families and results in an increase of the number of clients to a local food bank, said the program co-ordinator for the Salvation Army

"They're saying they can't keep up with the rising costs," said Maurice Collins. For example, the price of oil has risen \$94 per 100 gallons in the last year.

The numbers of clients have gone up in October and in November, Collins said. One day in November, 58 families came in asking for help within a two-hour period.

Electricity and heating are constant expenses and when money is tight, food is often sacrificed to pay for utilities, he said. It isn't going to be any easier on the food bank because of the price of heating oil.

He is seeing a number of single-parents and low-income families using the food bank, Collins said.

"There's a lot of poor people in our community that people never see," he said. Food donations are always accepted, he said.

The donations can be non-perishable or perishable. Spreads such as jams, peanut butter and Cheese Whiz are needed because they make a cheap sandwich.

Mike MacDonald, manager of the Upper Room Food Bank, said there many reasons why the food bank is busy at this time of the year.

"Traditionally, this is the time of the year where we do see our increases in clients with our seasonal economy," he said. "People are being laid off and waiting for their unemployment to begin."

MacDonald said January and February are also busy months for the organization.

"Our numbers stay extremely high," he said. "Our donations drop off and the number of people using our services increases. It stays like this until the end of April."

MacDonald said the food bank helps about 560 clients a month, which works out to about 1,500 to 1,600 people. A family or a household is considered as one client.

People who need food often feel uncomfortable and they try to hide their feelings, MacDonald said. Others have accepted the fact they need to come in.

"Usually, they come in not really for their own good, but for the good of their children," he said.

MacDonald said a person might be embarrassed to walk through the door and ask for food.

"We try to do our best to make them as comfortable as possible," he said. "They have the good of their families in their hearts. That's why they're coming here."

MacDonald said anytime is the best time to donate and anyone can stop by the food bank to drop off their donations.

Besides food donations, cash is also accepted and the organization will give a tax receipt.

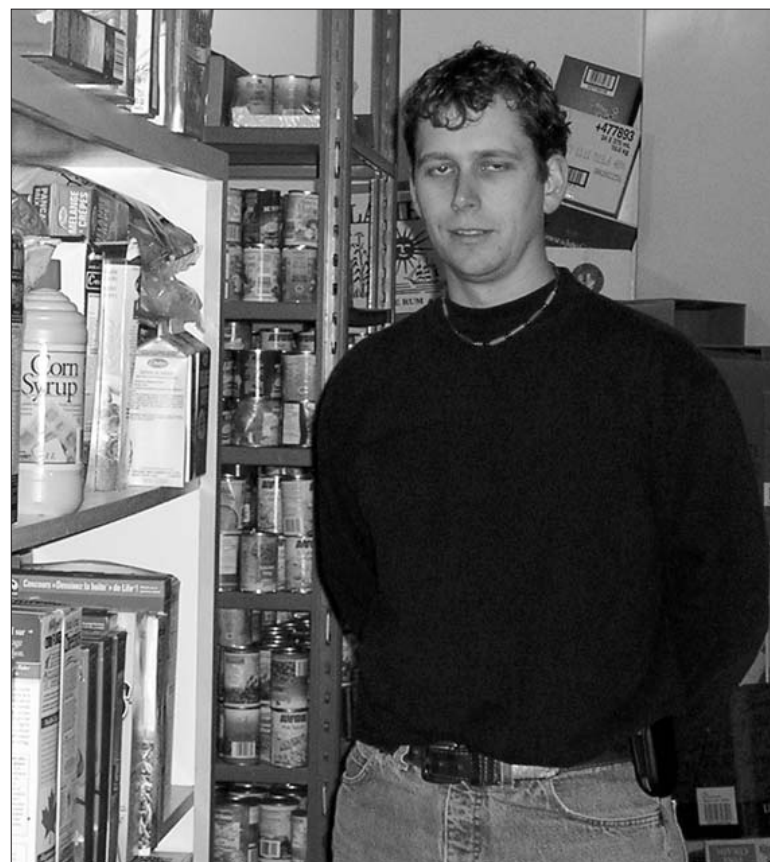
While the food bank is one avenue for those in need, the Upper Room also operates a soup kitchen.

The organization is building a new soup kitchen just a couple of blocks from its current location, MacDonald said.

On a daily basis, there are about 100 meals served at the soup kitchen, MacDonald said.

"It's quite busy," he said. "We are in need of a new location."

MacDonald said the kitchen does get busier during the winter months because people use the facility as a place to go and as a place to warm up.



Mike MacDonald, manager of the Upper Room Food Bank, said this time of the year is busy for the food bank, because people are laid off.

Cormier photo

North Cape Coastal Drive more than pavement

By Danielle Breaker
Surveyor Staff

North Cape Coastal Drive is more than a name, it may be the future of touring products on P.E.I., says the senior consultant for the Atlantic Canada Opportunities Agency.

Harvey Sawler said the new scenic drive, which replaced the Lady Slipper Scenic Drive, will increase the number of visitors and their length of stay.

"It works. North Cape Coastal Drive has exclusive Island ownership and it's dramatic," he said to the members of the Tourism Industry Association of P.E.I. at the annual general meeting at the Confederation Centre of the Arts on Nov. 26.

"The imagery is easy to convey and it takes (visitors) to the furthest point with a chance to stay overnight," Sawler said.

North Cape Coastal Drive was introduced in late October, replacing the Lady Slipper Scenic Drive, which was part of the 1976 system of touring drives including the Blue Heron Scenic Drive and the King's Byway.

The entire drive is about one and a half hours long, beginning in Summerside and extending to

North Cape, a distance of 106 kilometres.

The drive is an answer to an ineffective system of scenic drives, Sawler said.

"(The Lady Slipper Drive) is a recipe for disaster," he said. "The signs lack ownership... The customers don't understand the brands that have been on the signs for the past 29-30 years."

It's important for Islanders to cooperate with the new system, Sawler said.

"The community and tourism operators have to have a connection with the themed routes," he said. "The community and tourism operators are not the consumer."

The marketing strategy is designed to attract visitors to local attractions, businesses and points of interest along the way, Sawler said.

"We can't just make a new drive. It's a necklace and the gems in between have to be looked at."

Ron MacNeil, the director of tourism development with Tourism PEI, said the new system of drives may be implemented across the Island.

"If it meets the objectives, Queens and Kings Counties might look at similar products."

The official launch of the North Cape Coastal Drive will take place



Harvey Sawler, the senior tourism consultant for the Atlantic Canada Opportunities Agency, speaks to members of the Tourism Industry Association of P.E.I. at the Confederation Centre of the Arts on Nov. 26 about the benefits the North Cape Coastal Drive will have on the tourism industry.

Breaker photo

in the spring. Islanders and visitors will be introduced to the bright new signs depicting a light-

house on a jut of land overseeing the sky and ocean coloured in vibrant shades of green, blue and

red.

David Anderson, the managing director of Resources West Inc., said there will be more signs and advertising in the visitor guides, as well as signs for businesses identifying them with the drive.

"Confirmation signs will appear at intersections and at three kilometre intervals," he said, adding directional signs and decision points are also part of the plan. "The signage will increase from 159 (signs) to 582."

In addition to increased signage the drive will have lookout points, Anderson said.

"There's three variations of scenic lookouts. The first level is a basic pull-off, a wider shoulder for photo opportunities," he said. "The second level includes parking spaces and interpretive signs. And the third level will have parking, picnic tables and possible washroom (facilities)."

Map stations will be available at destinations along the drive, Anderson said.

"The map stations are to encourage visitors to stay overnight... (and) will be located at provincial parks, museums and interpretive centres, nature areas, the Confederation Trail and Visitor Information Centres."

Butting out: Island pharmacies may lose tobacco sales

By Caitlin McIntyre
Surveyor Staff

A new legislation that takes all tobacco products out of pharmacies is long overdue, says the coordinator for the Canadian Cancer Society.

But a pharmacy owner in O'Leary said the legislation is pointless and will result in the loss of staff.

Dawn Binns, prevention co-ordinator for the P.E.I. Cancer Society, is thrilled the province is moving towards banning tobacco in pharmacies.

P.E.I. is the only province east of Manitoba without a ban on pharmacy tobacco sales, she said. It's time the province caught up with the rest of Canada, she added.

The legislation was introduced last spring with a list of recommendations, many of those coming from the Cancer Society.

On Nov. 26, it went for a second reading in the legislature; assent to the act is expected to begin in

December.

In addition to banning tobacco sales in pharmacies, the legislation also bans it from hospitals, post secondary institutions, nursing homes, rinks, theatres, arcades, amusement parks and community recreation centres.

The clause on pharmacies is under a different section in the legislation and would come into effect June 1, 2005.

If it passes, pharmacies will have six months to get rid of their tobacco products.

Binns said this legislation will encourage people to quit.

"We know that the fewer access points for tobacco, the fewer opportunities people have for purchasing and therefore smoking," she said. "It will reduce smoking rates and also the amount people smoke."

Binns said the legislation largely targets younger smokers and there's a good reason. Adults 20 to 24-years-old "have the highest rate of smoking on P.E.I. at 32 per

"We knew (pharmacy owners) would be upset, but the benefit to the public will outweigh the dollars lost to pharmacies."

Health Minister
Chester Gillan

cent," she said.

If a person doesn't start smoking before age 19, he or she has a 90

per cent chance of not smoking, Binns said.

"Legislation of this nature hits those target groups because they're so important in tobacco reduction," she explained.

She isn't totally satisfied, however. Binns said she hoped the legislation would include a ban on sale displays in stores. Known as power walls, they're the cigarettes sold behind the counter.

A Supreme Court case is pending over this type of legislation.

"We hope when the ruling comes down in our favour, the provincial government will be ready to put that in," she said.

Fred Martin, owner of West Prince Pharmacy in O'Leary, said the legislation doesn't make any sense.

Staff will lose their jobs to compensate the economic losses, he said.

"You take anywhere from \$20,000 to \$100,000 out of a pharmacy, there's only one place you could make up those kind of

dollars and it's staffing," he said.

Martin said the legislation pleases institutions like the Cancer Society, but he wonders why.

"The cancer society wants to make a point," he said. "That's basically who it's appealing and for what purpose? It's great PR for them."

The most recent report in the Canadian Tobacco Use Survey shows tobacco rates went down in all provinces in 2003 compared to 1999.

However, there's no way of knowing if stopping the sale of tobacco in pharmacies contributed to this decline, Binns said.

Health Minister Chester Gillan said selling tobacco "is a money generator for pharmacy owners."

"We knew (pharmacy owners) would be upset, but the benefit to the public will outweigh the dollars lost to pharmacies," he said.

2004 Charlottetown Christmas Parade



Photos By Christina Schellen
and Courtney Schmidt

