

The Surveyor

December 16, 2005

Holland College, Charlottetown, P.E.I.

FREE

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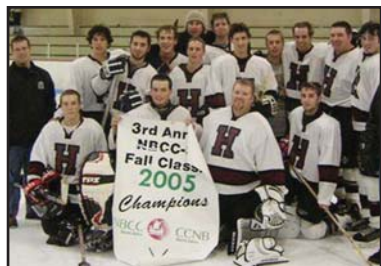


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Preston Richards of Charlottetown stands in a forest of Christmas trees at Sobeys on University Avenue. In less than two weeks presents will take his place under each tree he sells. (Allison photo)



Premier Pat Binns introduces Conservative Party leader Stephen Harper during a rally held at the Delta Dec. 7. Charlottetown candidate Thomas DeBlois also spoke and introduced the other Conservative candidates, Edward Guergis of Egmont and George Noble of Malpeque. Harper took time to pose for pictures and shake hands with many supporters attending the rally after his speech. (Simpson Photo)



Prime Minister Paul Martin enters the Delta hotel in Charlottetown after visiting a daycare centre in Montague on Dec. 6. Martin stayed in the Delta for three hours before his flight to Montreal later that night. (Russell Photo)

Green party looks to youth

By Andrea MacRae

While traditional political parties seek strategies to engage indifferent youth in the democratic process, the Green Party of Canada is nominating young candidates to carry the party message to Canadians, says party leader Jim Harris.

Harris was in Charlottetown Dec. 2 for a news conference where he introduced Haida Arsenaunt-Antolick, 19, as the Green Party candidate for Cardigan. Harris presented Arsenaunt-Antolick with a leadership award for being one of 308 candidates standing for election.

The Green Party made a strategic decision that 25 per cent of its candidates would be under 30 years old, said Harris.

"Don't talk about youth issues. Be youth."

It's the Green Party embodiment of Marshall McLuhan's quote "The medium is the message," said Harris.

The average politician in Ottawa is 55, white and male, and that's just not representative of Canada's democracy, he said.

"Look at first-time voters, 18- to 22-year-olds in 2000. Seventy-six per cent of first-time voters did not vote in that election."

Environmentalist Sharon Labchuk, the Green Party's candidate for Malpeque, said the party is also aiming to have women make up 50 per cent of its candidates.

P.E.I. is open to the party's message, she said.

"Around the Island, people are starting to listen."

Harris agreed. P.E.I., with the highest rate of childhood asthma in Canada, is fertile ground for the Green Party, he said.

"We believe Islanders and the Island are very ripe for the Green message."

Harris also signed a party pledge to restore dignity to democracy.

It is taking a stand against the

politics of blame in favour of the politics of solutions, said the party in a release.

"The pledge is one small step to restoring dignity to our democratic system," Harris said. He said he would leave the pledge at the Guardian office so other party leaders may sign it on their visits to Charlottetown and adopt its code of respectful conduct.

Voters are incredibly disillusioned with the mainstream parties, said Harris. This disappointment is manifested in poll numbers that swing back and forth.

"The loyalty that exists is very shallow and volatility is very high."

"Don't talk about youth issues. Be youth."

*- Jim Harris, leader
Green Party of Canada*

In addition to being sportsmanlike, the Green Party is also the most efficient political party in Canada, he said.

"If you look at the financials filed with Elections Canada, the Green Party won a vote for every 86 cents we spent."

This beats the four large parties, which ranged from a high of \$5.66 per vote for the NDP to a low of \$2.86 per vote for the Bloc Québécois. Green Party voters and donors get more bang for their buck, said Harris.

On being shut out of the televised leader debates, Harris said the party is outraged. "But it's not over until it's over."

He questioned how a broadcast consortium of five executives meeting in secret can make the decision about who takes part in the debates.

Peter Kent was one of the individuals making that decision in the last election and now he is a Conservative Party candidate, said Harris.

"Might there have been some bias or influence?"

David Daughton is running for the Green Party in Charlottetown. The candidate for Egmont is yet to be confirmed.

Lack of tax on clothing drawing card for shoppers

By Momoko Yoshida

While some Islanders leave the Island looking for their Christmas gifts, people from outside of P.E.I. come to the province looking for extra savings.

P.E.I.'s taxation policy, which features no provincial sales tax on clothing and footwear, attracts people from other provinces, especially during the Christmas shopping season.

Econo Lodge at 20 Lower Malpeque Rd. has a special package for its customers since last year.

The hotel offers the Christmas package at \$89 per night, \$10 more from the regular price.

But it includes a 17-inch pizza, two bottles of Pepsi, and a gift bag with two Christmas mugs, hot chocolate, wrapping paper, bows, tape and name tags.

Front desk agent Kimberly Peterson said the package gives people extra reason to choose the hotel. Last year, about 100 packages were sold.

"Our figures were up. There's no doubt about that."

Peterson said customers like it and some people take the package each night for their whole stay.

It is worth \$10, she said.

"We have regular customers who are travelling just for business, but it's a good deal for them, too. There's a meal for free in the evening and they will take a little gift bag to take home for children."

Tourism Minister Philip Brown said retail shopping is part of what motivates travel.

"We do not have a PST on clothing and footwear, which are the main items for people buy this time of the year for gift giving."

Brown said the tax break will make a difference with the new tourism visitation measurement which counts the number of visitors to the province over the 12-month period instead of just during the summer.

"We are jumping on the opportunity presented by the taxation policy to encourage people to come and shop in Prince Edward Island."

PST on clothing and footwear was removed in 1997 after the Confederation Bridge opened. The idea was to encourage the Islanders to shop locally and attract people from the mainland.

Development Minister Mike

Currie said the Island economy has been growing thanks to the taxation policy, attracting shoppers from across Atlantic Canada.

He said it's a good reason for Islanders to shop locally as well.

A number of new stores built in the last five years are proof the economy is growing, he said.

"They have come because they feel confident in the economy in Prince Edward Island. Certainly, Islanders now have a lot more choices."

Trina Paquet, the marketing manager for the Confederation Court Mall, agrees.

"It's a great feature for Islanders shop here on P.E.I. They automatically save 10 per cent on clothing and footwear purchases."

The mall has increased advertising for Christmas this year. Charity promotion with different organizations, special discount, shopping party and other events have been organized in addition to the regular advertisement over TV and the radio.

"We've been doing a lot of extra promotions here in the mall just to heighten the awareness and to keep the Confederation Court Mall top of mind for shoppers."

Volunteer tax deduction 'noble' idea: government

By Andrea MacRae

Something unusual happened Dec. 1 in question period. A political party proposed an idea and the other party acknowledged its merit.

Giving tax deductions to volunteers who provide meals to seniors is an idea worth looking at, said Social Services Minister Chester Gillan.

He will study a proposal, which he called "noble," from Liberal MLA Richard Brown calling for tax deductions for Meals on Wheels drivers.

Meals on Wheels in Charlottetown has approximately 125 volunteers.

Many use their own cars to go from house to house delivering prepared meals to seniors unable to cook for themselves, Brown said.

"They do a substantial amount of good in this community."

Brown asked Gillan to consider giving them a tax deductible benefit similar to the one given to teachers and members of other volunteer organizations who use their own cars.

Before agreeing to the idea, Gillan said he would like to know how many volunteers do deliveries on a daily or weekly basis.

"I certainly would be willing to work with officials and colleagues on this side of the house to see whether or not we are able to bring some sort of alleviation to them."

Martha Fraser, president of Meals on Wheels Charlottetown, said many of the volunteers are retirees on fixed incomes.

When the government is getting more income from gasoline taxes, it's only fitting they give a deduction to the volunteers, she said.

"I think a tax deduction is a fair way to go."

The volunteer organization packages 65-70 meals per day and delivers them on six different routes, said Fraser.

The meals are prepared by the kitchens at Beach Grove Home, Hillsborough Hospital and Prince Edward Home.

There are about eight Meals on Wheels organizations on P.E.I.

Charlottetown users pay \$4.10 per meal. The service isn't restricted to seniors. Meals on Wheels also helps disabled people, new mothers recovering from C-sections, people recovering from hip and knee operations, and others, said Fraser.

"You don't have to be poor. You don't have to be rich. It's if you need us, we will be there."

MLAs wrong group to set electoral limits: McKenna

By Krista MacLean

MLAs shouldn't set electoral boundaries because they have a vested interest and could compromise the process, says UPEI political studies professor Peter McKenna.

The revision of electoral boundaries was discussed during question period Nov. 30.

Opposition Leader Robert Ghiz quoted the McQuaid report looking into the reform:

"The revision of electoral boundaries by commissions independent of the legislature is now the norm across Canada.

"Such independent commissions do not have any vested interest in the maintenance or revision of district boundaries."

McKenna agreed it is now the norm in Canada to have an independent commission revamp ridings.

The idea is to pick neutral objective individuals who don't

have a vested interest.

They look at how the demographics have changed in the various districts and if the electoral boundaries should change, he said.

"The government shouldn't be holding consultations to get an opinion that supports its own position.

It should abide by the commission's recommendation."

But on Nov. 30 Premier Pat Binns said it is the legislature's responsibility to make the final decision on the boundaries the next election will be based upon.

The Liberals passed a law asking for a report to be done on boundaries after every third election.

The legislation was to ensure the chamber would have the opportunity to debate, said Binns.

"The legislation did not say that this chamber would have to automatically accept those boundaries. In fact, it was quite clear about that. It did not provide any direction as to what happens to the report."

A process was set up on Nov. 29 to decide the electoral boundaries, he said.

"We have a good report from the McQuaid Commission, a good basis on which to finalize the boundaries.

"Now we have the opportunity to review that report and to look at whether there are improvements that might be made to

those boundaries."

But McKenna said the government can't try to argue it has a legitimate and credible boundaries commission if it is not going to accept its recommendations.

It would essentially be undermining the commission.

"The boundaries shouldn't be adjusted on the basis of political consideration.

"They should be adjusted according to the commissions mandate and the base of population."

There was substantial debate among members the last time boundaries were established and Binns said he hopes there will be some debate this time.

"I would think there would be some consideration for the fact that some districts were built on an east-west basis, but now are north-south entirely and so the community of interest has been changed."

McKenna said if MLAs had the final say in the revision process, they could prevent ridings they want to hold on to from being changed.

"If you allow governments to intercede, then you are politicizing the process.

"You're allowing the government in power to play politics.

"It allows them to ensure that districts stay the way they are or expand in favour of the government in power.

"You want to ensure that doesn't happen.

"If it were to happen it raises significant questions about the value, importance, and integrity of the commissions recommendations."

Binns said the government would be doing an injustice to the people of Prince Edward Island if it were closed to all other opinions except those of the commission.

If you allow government to intercede, then you are politicizing the process."

- Prof. Peter McKenna

Gift certificates popular

By Amy Seward

It's the time of year to think of others. But instead of a little holiday cheer, frustration is the most common feeling among shoppers this December.

What to buy for the person who has everything? Where to turn when all gift giving ideas have been exhausted?

Debra MacIntyre is the owner of Absolutely Fabulous, a small shop of quirky gifts on Victoria Row. The store is full of nostalgic novelties, cult classic merchandise and unique jewelry and handbags.

It would be hard to leave this original store empty-handed, which makes it the perfect holiday shopping spot.

Her store is affordable and the most expensive items are life-sized cut-outs of Marilyn Monroe, James Dean and Elvis Presley, MacIntyre said.

"Generally the stuff here is really not that expensive. Most things are under \$100."

If a shopper still can't decide, MacIntyre said gift certificates are a smart gift-buying decision.

"The person with the gift card is getting something they want."

Chris Crowell worked for the Canadian company Music World for four years and agrees gift certificates are an easy pleaser. He said last year he sold about \$200 to \$300 a day in gift certificates during December and they are the top grossing product two weeks before Christmas.

"It's the most economical and easiest way to shop, I wish more people would think that way."

Every year it seems more and more customers are turning to gift cards. A recent survey of large retailers by Statistics Canada, representing just over 11,000 stores in January 2005, showed there was a 27.3 per cent increase in the number of



Erin Mulligan is one of many retailers at the Confederation Court Mall ready to help shoppers at Christmas to help find the perfect gift. (Seward photo)

stores offering gift cards.

However, Vickey Jay shops for a living, and says gift cards are too impersonal. She is the owner of Consider It Done errand services here in P.E.I. and finds herself getting busier this time of year. She's sometimes told very little when shopping for a client and uses her own discretion when purchasing a gift.

"They send me out on a hunt, and sometimes I have to go back and try again."

She also decorates trees, mantels and gift-wraps presents. Her advice for someone strapped for ideas is to relate to the person they're shopping for and find something unique.

"Find out what they're hobbies are, some people like to garden, others like to golf. Most people want a gift more personalized."

Fire blamed on holiday lights

By Daniel Mark Wheaton

A fire apparently started by Christmas lights in a window damaged a couch and the area around the window of a downtown apartment around 8:30 a.m. Nov. 28.

Approximately 30 firefighters responded with four vehicles to a call at 8:34 a.m. about a fire at 144 Hillsborough St.

Fire inspector Randy MacDonald said a quick-thinking resident put out the fire.

"The occupants of the apartment were in bed."

The couple woke when the smoke detector went off.

"They got up and found that their couch in the livingroom was on fire."

They used a fire extinguisher in the hallway to put out the fire.

The fire was extinguished when firefighters arrived. They got the smoke out of the building and pulled the smoldering couch onto the lawn in front of the building and hosed it down.

There was no water damage to the building and the fire was contained to the apartment.

The fire department was on the scene for about 25 minutes.

The window where the fire occurred was broken earlier that morning, but that is considered a separate incident.

"Christmas lights may have been the source of the ignition," MacDonald said. An investigation is ongoing.

P.E.I. fire marshal Dave Blacquiere said increases in the use of electricity, increases in the number of combustibles in homes and increases in social activities at Christmas all create increased potential for fires.

"Fire safety is nothing more than common sense."

He said people should look around their home for potential problems.

Christmas trees should not block exits.



A worker tears apart the wall around a window where a fire occurred Nov. 28 in a downtown apartment. Christmas lights are suspected to have caused the fire. (Wheaton photo)

And people should also be careful not to overload electrical outlets.

Extension cords should be inspected for frays and other damage and should be placed where they're visible, not under rugs. All cords sold in Canada have to be CSA approved, so if they're not abused, they don't create a fire risk.

Christmas lights shouldn't be left on all night. They should be turned off before heading to bed.

MacDonald stressed the importance of taking safety precautions when decorating for Christmas. He said the incident proved the importance of having working smoke detectors.

What do you want for Christmas this year?



Rick Storey

"I'd just like to see everybody have a better year this coming year than last year."



Daniel Dawson

"A winter jacket."



Jamie Barry

"I'd like an X Box 360."



Devin Tierney

"Something along the lines of an X Box."



Donald Gallant

"I didn't really ask for anything. I'd like to get a digital camera."



Preston Richards

"I'd like a new truck"

By Jamie Allison

College explores health plan for students

By Melanie Bernard

A health plan could be in place as soon as the beginning of the next school year, says the president of the Holland College student union.

Joanna Harrison said they are looking for quotes from different insurance companies and are even considering becoming part of UPEI's policy.

If the college and UPEI can join forces, the rates for Holland College students will be better than taking out a policy alone.

The student union is researching its options to try to find a plan that best fits the students' needs.

"We're going to try the hardest that we can," Harrison said.

The college offers accidental insurance, but nothing more. Brochures for additional health insurance can be picked up at the student services office, but the least expensive plan costs over \$60 a month.

There are also doctors in the area willing to provide services for students who have no family doctor. Their names and numbers can be found on the Holland College website.

If the student union's plan



Joanna Harrison is Holland College's student union president. She says the college is looking at different options when it comes to insuring students' health. (Bernard Photo)

works, students will have to pay for the health insurance along with their tuition, unless they can prove they have other insurance coverage.

After the Christmas break, stu-

dent union representatives from both schools will meet to see if the idea can work and to figure out a plan.

The student union is looking for a plan that will help students with

things like prescriptions and dental. It also wants a plan that can be extended after students graduate for those who don't have a plan by then.

Allison Critchely is the director of the student union.

There are legal steps that need to be taken before a health plan can be put in place, she said,

"The student union has to be a separate entity from the college.

"It's a lengthy procedure, but we are looking at other options."

Shortly after the break, the student union also hopes to send out a survey to ask students if they are interested in the plan.

The student union class representatives will work together to come up with questions for the survey.

Students can also be involved in the process if they have something to contribute.

"We're always welcome to suggestions from the students."

Harrison can be contacted through her Groupwise email at *jharrison*.

She hopes students will take advantage of the opportunity.

"I think it's very important to keep our students healthy," she said.

The plan could also encourage

people to come to the college, Harrison said.

The student union wants to get the plan first, then it will look into having a clinic like the one on the UPEI campus, with nurses and doctors available by appointment.

Saves her money

Christine Lord, a third-year psychology student at UPEI, said she relies on the UPEI health plan.

"I use it every month for my birth control medication and it makes a significant difference."

Lord's prescription costs \$20 a month, but she pays \$5.

She saves \$180 a year, not including any other prescription she may need, like antibiotics.

"It is good to have because I am not covered on any other insurance plan."

She said the cost of the prescriptions may balance out the price she pays for the plan.

But it's more convenient because she can claim it on her student loans and pay it all at once instead of every month.

She has also had to go to the clinic at the university several times, she finds it comfortable and she appreciates having knowledgeable staff at her fingertips.

Needle no longer needed for test

By Jarrod Yeo

People who fear needles but need hormone tests are in luck, says a Charlottetown doctor.

Dr. Gretchen MacLean offers saliva hormone testing from the Island Wellness Centre at 102 Kent St.

Although its popularity is growing, many people don't know what the testing is for.

MacLean said the tests detect health problems with greater accuracy than blood tests.

"Basically, it's a method of measuring hormones to determine health issues with the adrenal glands. It's more accurate, less painful and less invasive than blood tests."

Hormones play a vital role in the maintenance of many bodily functions. An imbalance of hormones can have potentially devastating health effects.

That's where the saliva testing comes in, MacLean said.

"We can test for imbalances of estrogen, testosterone, progesterone, cortisol and DHEA."

The procedure is simple. MacLean sends patients home with test kits and instructions. They then return the sample, which is mailed to a lab in Calgary for analysis. The process takes between one and two weeks.

Cheaper test

And the price is right, she added.

"It costs \$50 to test for one hormone, or you can test for all five for \$200. It's much cheaper than blood tests."

Another advantage is the simplicity of collecting the sample. It can be done anywhere, anytime.

The saliva samples are very stable and can be stored at room temperature for a week, allowing for mail shipments.

Blood tests, on the other hand, must be transported on ice packs,

increasing test costs. Improper handling can destroy samples, leading to delays.

It's also stressful, so a blood draw can sometimes alter the result, she said.

"The stress can cause cortisol levels to elevate, so it doesn't necessarily give an accurate reflection of one's health."

Hormone imbalances have been linked to several illnesses ranging from cardiovascular and bone diseases to depression.

The test results allow physicians to diagnose and treat the problem quickly and accurately she said.

"We'll recommend changes to the diet and lifestyle or prescribe supplements if need be."

Since beginning the practice in March 2004, MacLean says it's popularity has soared.

"It's popular with both men and women of all different ages, but especially with women between the ages of 30 and 50."

Sexual health clinics a good idea: Sweet

By Cheryl-Lynn Murray

With the number of sexually active youth in Canada increasing, so should the concern for information on sexually transmitted diseases, says P.E.I.'s chief medical health officer.

Dr. Lamont Sweet said patients with a sexually transmitted infection or those who want to be tested usually go to their family doctor for treatments and follow-up.

"There's no real need to set up a clinic for just a few people."

But it is unfortunate the Island has no organized sexual health clinics, he said.

"The Four Neighbourhoods did have a clinic there. But the public health nurse retired and I haven't heard much about it since."

An estimated 28 per cent of 15- to 17-year-olds reported having sex at least once, according to a recent study released by Statistics Canada.

By ages 20 to 24, the proportion was 80 per cent. One-third of sexu-

ally active 15- to 24-year-olds reported having more than one sexual partner in the past year.

There are about 19,000 15- to 24-year-olds in P.E.I., according to Statistics Canada.

Sweet said there was a lot of concern in the 1990s because of AIDS, but public concern has decreased since then.

Chlamydia is the most common sexually transmitted infection and can result in infertility. The number of people contracting the infection is increasing. According to the Public Health Agency of Canada's website, in 2003 there were 98 per 100,000 people infected on P.E.I. That jumped by 21.4 per cent in 2004 with 113 people per 100,000 infected.

"If you add the numbers of people with chlamydia, between the ages of 15 to 19, 20- to 24-year-old, we are getting a fair number of them," said Sweet. There are no cases of gonorrhoea or syphilis reported on the Island, he said.

Merry Christmas from *The Surveyor*



Some of the people who helped make *The Surveyor* possible during this term at Holland College.

Christmas shopping is tough

By **Melissa Brousseau**

I hate Christmas shopping. Don't get me wrong, I love buying gifts for the people I love. But the actual physical act of going to the mall and looking for the perfect gift makes me ill.

The knots in my stomach start forming around the first of November. Whoever decided putting Christmas decorations around stores before Halloween candy is off the shelves should be kicked.

After Remembrance Day, the carols start. Like I need more reminders the biggest shopping season of the year has begun. It's like the stores are tricking me into thinking I should be shopping that early and if I hear the music enough I'll start.

But I don't. I put it off and put it off until it's the middle of December.

And then I start to panic. I have about 15 family members to buy for, plus friends. I rack my brain trying to come up with some sort of list of what each person would want.

But you can only give a person socks so many times before they start to feel less than special.

That's probably why I worry so much about "the gift." The gift I give at Christmas is an expression of how I feel for that person. I want what I give them to be something they would love to have, but never buy for themselves.

To me, that is the perfect gift. Now, you can say it's not the gift, but the thought, that counts. We all know it's not true. It should be, but it's not. If I get something I don't like, I return it and get something else.

The person could have spent two weeks thinking about what to give me, but if I don't like it, I'm not keeping it.

So around the middle of December, these thoughts are filling my head with anxiety, yet I have to go and shop and get it over with.

I could shop on-line, but I would rather go to the mall. I like to see other shoppers in the same situation as myself. I feel much less alone in my nausea when I see hundreds of other last-minute shoppers trolling for gifts.

Know there are people out there going through the same last-minute-shopper anxiety makes me feel so much better.

Limit Sunday shopping so we have time to rest

By **Tammylee MacKenna**

First, let it be known I am not a religious person, and my reason is not based on faith.

But I do believe Sunday should be a day to relax and spend doing what you want to do.

I just want a day off.

Every Sunday, when everything is closed, I can't do anything and I love it.

No matter what responsibilities have been put off all week I can't do them on Sunday and therefore don't feel guilty that I don't.

I can fit my family into my life on Sundays.

I can sleep until noon on Sundays. I can cook a real meal, with real meat and potatoes, on Sundays.

I don't want to have to do something like shop on Sundays.

And I love to shop, more than cooking, more than sleeping and it is a toss up between shopping and

my family. I know just because the stores are open I don't have to shop, I can choose to stay away. But not guilt free.

I would know I have the opportunity to replace the green bread and buy some cat food so my cats get detoxed from Wendy's.

It is the time I could get things done I have been postponing.

If everything is closed, nothing can be done and therefore there's no guilt.

My reason has nothing to do with Christmas.

I know with busy schedules Sunday shopping is a blessing this time of year when everyone is flocking to the malls.

But I am glad it's only here in December, because come January I can once again relax, guilt free on Sundays.

And, of course, plan for the highly productive week ahead when all duties will be done.

The Surveyor

is a learning tool for students in the Journalism program at Holland College.

Opinions expressed in The Surveyor do not necessarily reflect those of the college administration.

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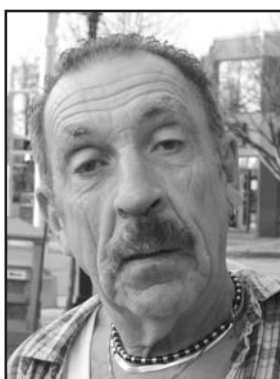
The Surveyor would like to thank The Guardian and Transcontinental for their continuing support.

What do you think of moustaches?



Edith Jordan

"As long as they're neatly trimmed, I think they look nice."



Wayne Bell

"I think moustaches look good on people."



Maureen Scully

"Not a huge fan, it just kind of reminds me of Sonny and Cher."



Jenny Bishop

"If that's what they want, they want it."



Flip Crawford

"I like a moustache, I had one for 20 years."



Lynn Carr

"I like moustaches. My husband has one."

By Jonathan Russell

At least boomers like it

By Jonathan Russell

During my three-day sociological experiment, I had a moustache.

Because of my dark skin and newly acquired 'stache, I received a slew of racial slurs, though mostly from the post-baby boomer populace, and, on the flip-side, compliments made by those from the baby boomer generation.

Being a 23-year old male in 2005, these mixed reviews made perfect sense and I was able to come to a conclusion: when the last baby boomer dies, so will the moustache.

Wielding my moustache like a fully loaded C-7 assault rifle, I felt my peers reacted the same way – as though I was armed with a dangerous weapon.

I couldn't go out for milk without frightening children and troubled youth alike. It was like I'd done something dangerously immoral; turned my back on my own generation – X.

I was suddenly afraid to walk past kids playing street hockey for fear of being mocked and humiliated. The world seemed different, like I was a character written by a disillusioned novelist.

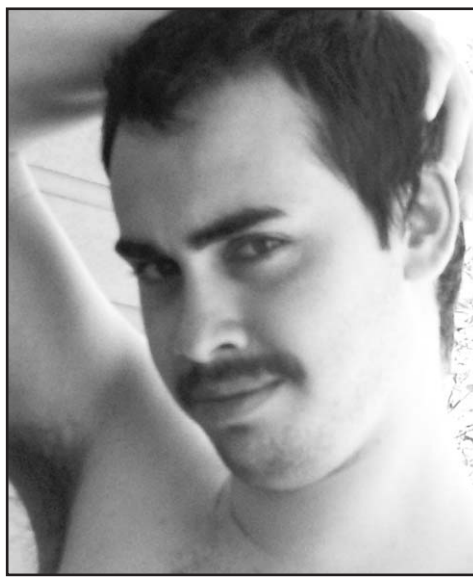
When I asked the age 20-25 range what nationality they thought I was, the answer invariably came back Mexican?

I was actually born in Newfoundland and have no connection with the good people of Mexico.

When I asked the same age group what they thought of my moustache, they would usually respond with a snickering, sarcastic remark like, "I think it's sexy."

Then, they'd turn and laugh as they walked away from the guy with the moustache, the guy so out of touch with the disenfranchised youth of today.

Don't get me wrong, I have no problem with a good-old fashioned moustache. My



father had one for the first 15 years of my life, but again, it didn't seem to have a solid place on a 23-year-old in 2005 like it may have had on a 23-year-old in 1975.

This is not to say a moustache looks bad or out of place on everyone. It seems anyone over the age of 35 with a moustache is safe, or at least is fine with one.

When I asked the "older" crowd what they thought of my moustache, the response was more like, "I think it looks great when it's clean cut like that."

They responded close to the same way when asked what they thought of moustaches in general.

Each answer from each generation came back exactly as predicted.

According to my sociological experiment, a new generation of moustaches may be as likely as seeing a Bible at a party. An older generation of baby boomers seems to have a better grip on their handle-bars, but the ride can't last forever.

From female viewpoint facial hair has to go

By Katie Smith

Moustaches should be reserved for cops, middle-aged baby boomers and porn-stars. Period. End of discussion.

Moustaches have no place on the faces of youth. Here's a piece of advice for the young men out there: Chicks don't dig 'staches.

First of all, the moustache serves no useful purpose. In what circumstance would a guy possibly find himself where he would think "Thank god for this moustache..."? There are none.

Actually, situations where moustache-bearers may find themselves are ones of potential embarrassment. Food caught up in the hair, for example. Or what about light-coloured moustaches? They have major potential for becoming stained by whatever food or beverage was being consumed. Like a hairy milk-moustache. I shudder at the thought.

I do realize one reason young men grow upper-lip hair is for its appearance - and perhaps to prove to their buddies that they can, in fact, grow hair in places other than their heads. But the thing is, it's not a flattering feature on most who grow them proudly.

Granted, some men can pull off the moustache, but chances are they fall into one of the three categories mentioned above.

For a young man, a moustache, rather than add to his look, detracts from it. And it makes them look much older. Which is maybe another part of the appeal to the pro-'stachers out there.

If I see a guy with a moustache, without



fail I think what's up with the 'stache? And it's not like you can really ask him that because he probably thinks it's happening for him. But it's not, so just shave it already.

I know some men sport well-kept moustaches, and while I commend their hygiene, I criticize their style. That said, should a moustache be worn, it should, by all means, be well-maintained, because there are few things grosser than 'stache hair that starts to curl around the lip.

So, the moral of the story is: If you are a young man in your 20s or 30s and have decided to grow a moustache to attract the ladies, you may want to re-think your decision, because it's a bad one.

Charities working harder to get funds

By Tammylee MacKenna

These are difficult days for charities.

They must be very creative if they want to go head-to-head with rising fuel costs, government cutbacks, natural disasters and tightening personal budgets.

Graham Gaudet, executive director Hospice Palliative Care Association predicts lower donations this year. They experienced it last year.

As a registered charity, the association depends on donations from individuals, organizations and business' to continue service to approximately 200 Island families.

Revenue from 2004 fundraising was \$117,820. The year before they totalled \$135,222, but the association still had a deficit.

They are predicting one for this year as well.

"In my opinion the two natural disasters, the tidal wave and hurricane, have had a huge impact on donations. People respond when people are in need," he said.

"People only have a certain amount of disposable income and, combined with the need to pay higher fuel prices and the media attention, and displays of human suffering on TV, charitable giving at home is down significantly."

Gaudet said rising fuel prices, combined with local cutbacks in government services, leave families to provide more services on their own.

"Some services that were once supplied by either government or other agencies are no longer in existence."

He said people are looking to cut cost and some have to cut back on charitable giving.

The hospice is one of many non-profit organizations having to work twice as hard to raise the same amount of money as previous years, or even stay afloat.

Some rely on corporations or business fundraisers. Non-profit organizations have benefited more over the last few years from these events.

They comes in all forms, from a charity poker game donating a percentage of the winnings, to the CIBC bank's Run-for-the-Cure - where proceeds go to breast cancer research, to local schools contributing.

According to Statistics Canada, in 2003 less than 25 per cent of Island tax filers claimed donations on their returns.

That year, the typical donation



Over 100 people attended the Let Their Light Shine opening ceremony Dec. 4 at the Charlottetown Mall. The reception marks the 11th annual Hospice Palliative Care Association's fundraiser where Islanders are invited to light a light on the Remembrance Tree to include a loved one in the Christmas season. (MacKenna photo)

of each donor was \$330, the same as the year before.

Islanders donated 0.65 per cent of their income.

The typical Canadian gave \$220 and 25 per cent of tax filers claimed donations. Canadians donated 0.56 per cent of their income.

Only Nunavut gave more than P.E.I., \$410.

The Fraser Institute, an independent public policy organization, using numbers from the Canadian Revenue Agency, reported in the 2004 Generosity Index (1995-2002) a decrease in the number of people donating, as well as the amount donated.

The index calculates the percentage of tax filers who donated to charities - number of people donating who claimed it on taxes, and percentage of personal income is donated to charity - amount of income donated.

According to the 1995-2002 index, charitable giving across all provinces dropped. The most dramatic change was in P.E.I., where the percentage of returns fell 12.3 per cent. In 1995, almost one in three returns claimed donations, compared to one in four in 2003.

P.E.I. was also the only province to see a decrease in the amount being donated. In 1995, Islanders

donated 0.72 per cent of their income compared to seven years later when they donated 0.65 per cent. This marked the most dramatic change across Canada.

Nationally, there was a 5.3 per cent decline in returns with charitable giving from 1995-2002, but a 8.7 per cent increase in the amount donated.

Jeff Squires, Kinkora Regional High School Principal, said schools support organizations on a regular basis and Kinkora is no exception.

"We just do it. I'll be honest with you, it's just part of the culture of our school around here. We are a very community-based school and feel it's our part as a school to give back to our community."

His students and staff participate in nation-wide events like the Run-for-the-Cure and their own fundraising events.

The Cancer Society received \$500 from the girls soccer team for breast cancer research.

At Christmas, Squires said a family is identified through Anderson House and donations are brought in, be it money, food or clothing.

"The school is constantly reaching out to the community for support," said Squires. "The community supports us. We feel that it's

part of our role as a school to support the community as well. It is a give-take type of relationship and I think the students are very aware of that type of community presence. They want to be contributors."

After the 2004 tsunamis when a 9.0 earthquake struck the coast of Sumatra, triggering tidal waves throughout the Indian Ocean, Kinkora High donated money raised at the first dance of the year, money that typically would have gone back to the student council for student activities.

"We donated all of it to a relief fund to help build a school in that area of the world."

Squires said it is never a problem finding places in need of help and the demand is increasing.

"Any non-profit groups in any area are always looking for opportunities which they can increase their revenue."

Being in small community, community concerns are present within the schools walls, said Squires. They try to make a connection within the school, through a family member, staff member or student.

In 2003, Canadians reported the most money given to charities nationally, \$6.5 billion, an 11.4 per cent increase from 2002. But

according to Statistics Canada, less than 25 per cent of Canadian tax filers claimed charitable donations on their returns.

Dawn Whalen an associate at Colpitts, is one the 75 per cent who do not.

"I don't give to get something back."

Whalen doesn't have a planned charitable budget or a box of receipts waiting for the next tax season, but knows some do.

"I understand why people claim them if it makes a difference in the outcome. But that shouldn't be the end reason for donating. It is about the people you are helping."

Whalen's motivation isn't based on anything specific.

"Sometimes you walk by someone who is asking for something and you give them something."

She is affected by the fuel prices, and is on a fixed income. She said everyone feels a pinch at the start, but she adapts and it may affect her donations for a brief time, but it would go back to the norm. It always has.

"This isn't the first price increase. It won't be the last. It's just the rush to the store before the storm."

Whalen feels the most concern for people when a disaster hits.

"I give them more than I usually would," she said. "They need it so much more than I do. And I think of what if it happened here? I hope others would help us."

Whalen didn't know what claiming donations on her taxes would mean and said it sounds like a hassle to save the receipts.

According to the National Survey of Giving, Volunteering and Participating, compassion for others in need was cited as the most common motivation to donate, reported by 94 per cent of the donors.

The hospice association works toward spicing up existing fundraisers to draw more people, said Gaudet.

The annual Hike-For-Hospice in May is usually a non-competitive event, meant to be a light hike with time for reflection. This year the planning committee may add a longer competitive option to the hike as the last trial before the Boston Marathon.

"It increased the number of people who came and saw our name, and asked what we were about

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Murdered women remembered during ceremony on Dec. 6

Island women and victims of Montreal massacre honoured at service

By Charissa Reeves

Candles were lit at a memorial service in Charlottetown on Dec. 6 to honour the 14 women murdered on a Montreal campus in 1989.

About 200 people gathered at the Confederation Centre to mark the 16th anniversary of the massacre at l'Ecole Polytechnique and observe the National Day of Remembrance and Action of Violence Against Women.

Chairs were arranged in circular rows around a round table that held 23 white pillar candles - 14 for the women killed in Montreal, eight for Island women murdered since 1989 and one for peace on Earth.

A bouquet of white and red roses sat in the middle of the table with a large purple ribbon in the centre.

Purple ribbons were pinned to shirt collars or jacket lapels.

Just outside the circle stood three red-painted silhouettes of women. They are the silent witnesses. One honoured Kimberly Ann Byrne and one Carrie Ellen McMurrer, both Island women who were murdered by their partners.

The third, entitled Remember Me, represented those women whose murders remain unsolved.

Just in front of the silent witness-



Corporal Denis Morin representing the RCMP lights a candle in memory of Elaine Myers at the memorial service held at the Confederation Centre on Dec. 6. The service honoured the 14 women killed in Montreal in 1989 and the eight women murdered on P.E.I. since 1989. (Reeves photo)

es, on the outer edge of the chairs, stood the podium.

Before the service began a song was played over the intercom. *This Memory* is by the Canadian band

The Wyrd Sisters.

The song is a tribute to the women of the massacre: "*It could've been me just as easily, it could've been my lover left lying*

there to bleed."

Jane Ledwell of the P.E.I. Advisory Council of the Status of Women said a few words honouring and remembering the women,

then she introduced Roseanne Sark of the Sunrise Singers.

With her drum in hand Sark sang the Mi'kmaq *Honour Song*, which she spoke first in English before singing in Mi'kmaq. The song is traditionally sung at all Mi'kmaq gatherings.

It is traditional to stand for the singing of such a song, she said. The crowd rose.

Ledwell then recited the names of the 14 Montreal women.

A candle was lit for each of them by members of the community and organizations.

A poem entitled *The Secret* written by two of Kimberly Ann Byrne's colleagues was then read by Eileen LeClair.

"It's too late to share a secret if you're no longer here," LeClair read.

Candles were also lit in honour of Island women murdered since 1989 including Carrie Ellen McMurrer, Elaine Myers, Shirley Anne Duguay, Della Waddell, Mary Waite, Kimberly Ann Byrne, Debbie Holmes, and Chrystal Dawn Beairsto.

A moment of silence followed as heads bowed.

Sark recited a prayer ending the service.

As a few small children grew restless and began to cry in the background, Ledwell thanked the children for reminding those present of the noise life makes even during the sadness of death.

"First mourn and then work for change."

Charities struggle

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and increase the amount of money raised."

Gaudet said they were competing with many other auctions around the same date.

The association drew attention to the auction by recruiting Premier Pat Binns and opposition leader Robert Ghiz, who donated themselves for bidding.

But competition is only one challenge of charitable organisations.

Gaudet said increasing oil and gas prices drain away possible gifts.

"This spending includes the

money people would ordinarily donate to organizations."

So groups like the hospice association must work harder to be noticed. The HPCA is looking at a number of things they never had to before.

A number of fundraisers are going on at any one time of the year and when two events run on the same weekend they can hurt each other.

"This year we are changing some dates of our annual events so they won't coincide with other major fundraising events. Sometimes people have a budget on their donations it can be difficult to divide givings."

Rate of spousal murder falls

By Amy Seward

The rate of spousal murder fell for the third straight year in 2004.

Of the 622 homicides in Canada last year, 62 were female victims of spousal homicide, said a Statistics Canada report released Oct. 6.

However, violence against women remains an issue.

Over the past year a total of 1,986 women used support services across P.E.I., including Anderson House, which provides 24-hour service for physi-

cally and emotionally abused women and their children.

Sandy Kawalika works for the Advisory Council on the Status of Women in P.E.I. She was involved in this year's purple ribbon campaign, which honours the memory of 14 women murdered 16 years ago in Montreal.

Kawalika said there are always workshops being held about warning signs of violent behaviour. New people, such as city workers and police officers, are trained continually. But more has to be done to encourage women to leave abusive relationships.

"Sometimes women have to leave many times before it's permanent," she said. "What we need to see more of is public awareness."

That's exactly what the purple ribbon campaign seeks to accomplish.

Island volunteers pinned ribbons to 30,000 information cards asking people to wear the ribbon on and around Dec. 6 to remember the women shot to death at l'Ecole Polytechnique in Montreal.

Family Violence Prevention week is Feb. 12-18.

Boys and chicks - a summer job

By Melissa Brousseau

Farming has been the way of life for generations of Island families.

But with the cost of equipment rising and the prices farmers get for their products dropping, many Island farmers are questioning how long they can remain in the industry.

But two young men picked up their pitch forks and gave farming a try, for the summer.

Mitchell and Michael MacDonald are twins from Corran Ban.

At 13, they're too young to get a real job but they're too old to have a lemonade stand, so after a lot of thought they decided to try farming.

They decided the simplest thing to do would be to raise chickens.

For Mitchell, this was a natural way to spend his summer vacation.

"I go to my cousin's farm sometimes and I really love it. So I wanted to entertain myself this summer because we live in the country and there's not that much to do. I just thought this would be fun."

Michael suffers from a number of allergies and has a harder time in barns than Mitchell does, but he was on board with the idea anyway.

"I'm really not that into farming, but I thought I'll give it a try anyway. I like pigs and the chickens are all right."

Before they could get their chickens, the boys needed a barn to keep them in. That's where support from Mom and Dad was needed.

Luckily, Lennie is a carpenter, Mitchell said.

"My dad built a mini-barn and he constructed it into a chicken coop. Basically it's just a normal chicken coop, but it has a cage on the outside where the chickens can go outside and it has a ramp on it so it's easier for them to walk out."

With their barn built and equipped with heat lamps and a feeder, Mitchell and Michael became chicken farmers on June 21. Right away the cute baby chickens had a special place in Mitchell's heart.

"When we first got them, say they were two inches tall and they were cute and fluffy and they were really cute. Now they're four inches tall and they're ugly! Their heads are yellow and they have



Michael and Mitchell MacDonald stand in front of their chicken coop in their back yard. The young farmers have closed the coop up for the winter. (Brousseau photo)

their pin feathers now that are white and there's skin patches."

"It's almost like when you shave your head but you do it really bad, that's what they look like now."

But over the three months the MacDonald's had their chicken farm, it was Michael who became really attached to their feathery animals.

"Letting them go was really hard because they were like my friends. One guy would come to me when I went into the coop."

The chickens were outside from when the boys opened the hatch on the barn at 7:30 a.m. until they shut it again at 10:30 p.m.

The only catch was all of the

chickens had to be back inside before the hatch was closed.

The boys learned although the birds can't fly very well, chickens can get away easier than you may think.

It was up to Mitchell and Michael to get them back inside.

"When they didn't come in at night you had to crawl through that little foot and a half tall hatch and you'd get covered in their poop and it's really gross. So that part kind of sucked."

Another part of raising chickens that is harder than the young farmers imagined is when one of them dies.

Over the summer the MacDonald's lost five chickens. Four of them were taken by chicken hawks, but it was the first death that hit them the hardest.

"We had this one guy, he got

clogged up and he died," Mitchell said.

"He just couldn't use the bathroom and after awhile, he just dropped."

Michael was first into the chicken coop that morning.

"I found him just lying in the corner and at first I thought he was just playing a game, but when he didn't move I went to get my dad and we buried him in the woods behind the house."

There are a lot of new things a person must get used to when raising 30 chicks, the least of which is the smell.

"Chickens have the worst stink of all farm animals," Mitchell said, although he insists he got used to it.

There was one thing he couldn't get used to.

"The grossest thing was cleaning up the chicken coop. It's really gross because when you get hay, it's all separate but then they use the bathroom all over it and it all gets stuck together."

"It's really gross to clean up

because it's all covered in their . . . business. It's just really gross."

Carolyn and Lennie financed their sons' venture into farming for this year and let the boys reap the rewards and profits.

But if they farm again next summer, the young entrepreneurs must contribute to the upfront costs.

To get everything set up and feed the chickens for three months, the MacDonald's put about \$300 into the farm. After their chickens were slaughtered in late September, Mitchell and Michael got a cheque for \$320.

The entire experience was worthwhile, Carolyn said.

"I think they did a really great job. They learnt responsibility and are taking care of animals."

"It's not easy, but it's not really hard work, either. They had to get up early in the morning and feed and water them and put them out and then clean the pen. It really helped them to be responsible."

The chickens taught Michael a lot as well.

"I knew you had to feed them and water them and I knew you'd probably need to give them the heat lamp, but I never knew it would be this hard."

"Like twice a day you have to feed and water them and once a week you have to clean their pen out and give them new hay."

"It's a lot of hard work."

Learning about the chickens' needs was the toughest lesson Mitchell needed to learn.

"We had to keep the heat at a certain level, but it's hard to know because they're chickens and we're not. But we got used to it."

"Usually, during the day, we turned it off because they aren't inside and then at night we turn it back on."

It's too soon to say whether the young entrepreneurs will farm again next summer, but Mitchell said he does know how many of their chickens will be on their supper table.

"Zero!!! We're too attached to them. Dad says we will, but we disagree on that. I can't eat our chicken. We gave some of them names and stuff."

Mitchell didn't have as hard of a time letting go as his brother, but he had to admit one thing about farming.

"It's pretty hard, but I think I'd like to do it again, just maybe not chickens. Next year, Mom thinks we should get a goat."

Drunk driving keeps courts busy

By Lorie O'Halloran

Drinking and driving in this province is a serious matter, says a provincial court attorney.

Lisa Goulden, crown attorney for Georgetown court, says at least one-third to one-half of people appearing in court are charged with impaired driving.

The rate is high down east. Nine of 21 people appearing in court recently faced impaired driving charges, she said.

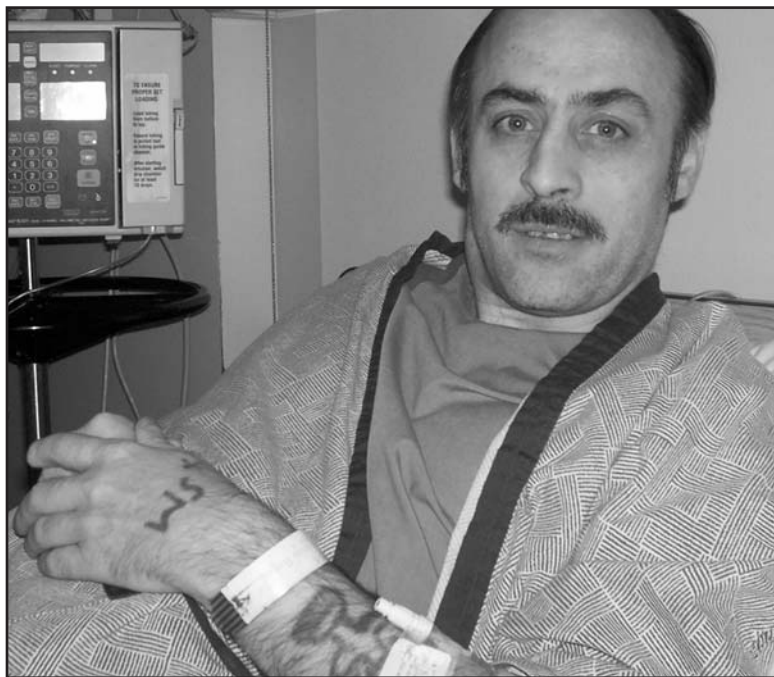
At the end of the day, alcohol and drugs are probably a factor in 90 per cent of the cases that land in court, she said.

"Addiction issues are factors in almost every case that we go to court with."

In a report released by Statistics Canada in July, 2004, the rate of impaired driving in Canada fell by five per cent. Most provinces reported declines, the largest in New Brunswick at 11 per cent and Ontario at nine. The biggest increase was reported on P.E.I. at 11 per cent.

Goulden said the biggest difference between male and female offenders are the driving patterns and blood alcohol readings.

Females tend to have lower readings and accidents are often minor with no major injuries.



Steven MacInnis of Covehead was charged with impaired driving causing bodily harm in April, 2005, after he was involved in an accident that injured a man and his two children. MacInnis was sentenced to 11 months at the Sleepy Hollow Correctional Centre and has served one month of his time in hospital while being treated for a case of pneumonia. He has been charged with drunk driving six other times. (O'Halloran photo)

Female drivers tend to be more cautious, driving too slow and signalling well in advance, she said.

"That's what usually tips the

police off," she added.

Males tend to have much higher readings and accidents are more serious, usually resulting in injury

to people and passengers, she said. "They tend to drive their cars right off the road or hit poles."

First-time offenders can be any age. Goulden said she could walk into court and there will be a 61-year-old and a 21-year-old first offender.

"The 21-year-old with no record doesn't shock me so much."

Goulden said when there is a 61-year-old or 78-year-old, it could be they have been drinking and driving before, but they're aging and their ability to drive is decreasing.

Goulden said repeat offenders are predominantly men 35 to 60.

When appearing in front of P.E.I.'s provincial judges, an accused can guess what the outcome will be, she said.

Judge John Douglas, on a first offence, typically gives a fine and a night in jail, but if the offender spent a night in jail when arrested he considers it time served and no time is added.

Judge Nancy Orr's view is they spent a night in jail intoxicated, which does not show them to realize the full force of the consequences of their crime.

Orr basically has a list. When appearing in her court, an accused can guess what type of fine and jail time they'll get, said Goulden.

One of Orr's most frequent com-

ments is the crime of drinking and driving has continued to go unabated on the Island. Goulden said P.E.I. has the strictest first-offence penalty in the Maritimes.

Offenders with a blood alcohol level under 160 receive a fine of \$900 plus \$180 for the victims of crime fund. There's one night in jail and they lose their licence for one year.

A blood alcohol rate over 160 results in fines up to \$1,200 and \$185 to \$225 to victims of crime.

Accidents result in higher jail time.

No matter what, on P.E.I. drunk drivers get jail time, she said.

"You would think that would stop you if you know you're going to get jail."

Goulden said the loss of the driver's licence for a year is not a deterrent. In many of the cases she has dealt with an offender who had no registration, no insurance, the driver's licence was suspended and the plate did not belong to that vehicle.

If a driver does not respect the rules, it reflects in their attitude towards all their obligations as a driver, she said.

"How much of a consequence is it if you're disqualified for a year, if you were suspended or never had a licence."

Tattoos, piercings concern employers

By Lucas McInnis

It seems tattoos and piercings are not yet completely acceptable in the workplace.

Even though they're becoming more common in society, not all businesses, especially those that work directly with people, are ready to allow them.

But some store owners say tattoos and piercings are the person's choice and shouldn't make a difference in being employed.

Unless someone's face is covered by piercings, it wouldn't affect his chances of getting a job, said Patty Hughes, owner of Country Gardens convenience store.

"My own preference, I don't like them," she said. But it wouldn't cost someone a job.

Some stores say they would hire the person, but

would ask for any piercings to be taken out, at least while working.

With so many different people entering the store, someone could be offended by it, they said.

Some store managers just feel it's safer to avoid the issue all together.

Store owners against piercings in the workplace say another issue, especially with ones around the mouth, is constantly playing with it. This could distract workers and could make some customers feel uncomfortable.

Store owners are most worried about offending the elderly. Aside from customers, tattoos and piercings could offend workers in businesses that feature a lot of elderly employees. It could be bad for business.

"My clientele are older clientele," said Judy Camp,

owner of P.E.I. Company Store.

"It wouldn't work in my store."

There is no prejudice over what someone looks like when hiring and the most qualified person gets the job, said Stephan Hegarty, Colpitts Denis Office Products store manager.

"We phone the people that have the most experience."

Tracey Feehan, assistant guest services manager at Best Western hotel, has seen people with all types of different looks.

When hiring, looks doesn't matter, she said.

"(What's important is) how they handle themselves through the interview."

Ron Boyles, president of Boyles Optical, said he feels tattoos and piercings could offend some of his customers.



Surveyor student reporter, Lucas McInnis with his finger tattoo. (MacKenna photo)

But there's another reason it would affect hiring someone: he doesn't like them.

"I'm old and formed in my ways."

Motherly love helps teenagers deal with depression: study

By Robert MacDonald

Teens who are closer to their mother experience less depression than teens who are closer to their father, says a study released by Statistics Canada in February.

The study was based on teens aged 14-15 in 1998-99 and the same group two years later.

Guidance counsellor Charlene Duffy said teens perceive more understanding and affection from their mothers than fathers, and adolescents need this support.

"There's more of a support network from mothers, everybody needs a support network."

Forty per cent of young people reported more stability in their relationship with their mother. One in four reported the relationship got worse over time.

However, there was little difference in the number of teens who said their relationship with their father worsened (33.3 per cent) or didn't change (32.3 per cent).

Rates of depression increased among teens who experienced changes in their relationship with their mother, than when changes occurred with their father.

"The mother-adolescent relationship is important, and if it changes, that's a big deal to kids," Duffy said.

It can be a hairy situation

By **Melanie Bernard**

The Christmas season is the worst time of year to have a disastrous haircut.

Tanya MacSwain, a hairstylist at Allison's Hair Design in the Confederation Court Mall, deals with all kinds of bad haircuts, colour jobs and long split ends.

But something can be done.

When it comes to blowdrying, straightening, hairspray and colouring, she's got all the tips.

For instance, she doesn't encourage using a clothes iron to flatten hair.

Irons fry the hair cuticles, MacSwain said.

She recommends using a ceramic straightener. It will cause harm the first time, but if heat-safe products are used, it is ok.

Jacklyn Keefe, a student at the Private Institute of Hair Design and Aesthetics, agrees.

"Ironing your hair too much is hard on it because it causes damage to the hair. It makes it become dry and causes breakage. Use a heat protector spray product is what I recommend."

A flat iron burns the product and protects the hair being straightened, she said.

Some people are afraid to use hairspray, but MacSwain said it isn't harmful. But buildup may be a problem, she said.

"Some people use it every day, but it is safe. Just use hair cleansing cream afterwards."

MacSwain also warned against blow-drying.

Put cream in before, while hair is still wet, she said.

"Don't blow-dry your hair unless you have product in it."

Colouring hair is a procedure MacSwain said should only be done by professionals.

She said colouring doesn't damage hair if it is done professionally.

Keefe witnessed a friend try to dye her hair at home. She pre-lightened her hair, put a bag over it and used a blowdryer.

"This was a big no-no. It burnt their scalp, lightened in spots and turned orange in other spots."

At the Institute of Hair Design, students learn how to fix their clients' self-inflicted hair disasters, Keefe said.

When trying to maintain healthy hair, MacSwain recommended using salon products that can repair hair and restore its health.

Keefe suggests finding the right kind of shampoo and conditioner.

"For example if your hair is coloured, use a colour-enhancing shampoo and conditioner to keep the colour in."

But Keefe warned against purchasing shampoo and conditioner from a store instead of a salon.

"The main ingredient is water and it doesn't contain the correct amount of surfactants. It is also not balanced to the pH of the skin and hair."

What is the worst thing you ever did to your hair?



Andrea Gallant

"When I was a kid, I cut my bangs off by my self."



Christy Matheson

"I had a short hair cut with layers in it, I didn't like it."



Courtney Shields

"I ironed my hair with a clothes iron. It's all frizzed and fried."



Marie Callaghan

"I did an at-home perm job. My hair turned out like straw."



Megan Saunders

"I dyed my hair black. I had black on the bottom of my neck and all around my ears."



Tanya MacSwain

"I tried going from black to blonde and I fried my hair in the process."

Donated hair puts smiles on faces of others

By **Krista MacLean**

Kerby Corcoran is getting his hair cut.

But the 10 inches of hair he is planning to cut off is not going to be swept off the salon floor and thrown away. It will be tied in a ponytail, put in a plastic bag, then a padded envelope and mailed to Lake Worth, Florida.

Corcoran, a 21-year-old customer service representative from Summerside, is donating his hair to Locks of Love.

Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children 18 years and younger suffering from long-term medical hair loss.

Corcoran admits cutting off his wavy, dirty-blond hair was not

originally meant for charity.

"My mom told me she'd give me a thousand dollars if I cut my hair off. Then I decided to donate it so it can at least go to a good cause."

The hair Corcoran donates will be used to create a high quality hair prosthetic. Locks of Love provides its recipients with a custom, vacuum-fitted hairpiece made entirely from donated human hair.

The vacuum fit is designed for children who have experienced a total loss of scalp hair. It does not require the use of tape or glue.

"Donors provide the hair, volunteers staff the office and the manufacturer hand-assembles each piece, which requires approximately four months," said a release from the organization.

Most of the children helped by Locks of Love have lost hair due

to a medical condition called alopecia areata, which has no known cause or cure. Other recipients suffered severe burns, endured radiation treatment to the brain stem or experienced permanent hair loss due to other dermatological conditions.

Corcoran last cut his hair two years ago. It has since grown just past his shoulders, prompting his mother to offer an incentive to get it cut.

He agreed. Then he heard about Lock of Love.

"I'm going to give my hair to somebody who needs it more than I do. I'm not just going to throw it in the garbage when there is somebody out there who could really use it."

Hair donations must be at least 10 inches long and tied in a pony-

tail or braid. The hair must be clean and dry, placed in a plastic bag, then a padded envelope. It is then ready to be mailed to Locks of Love's head office in Lake Worth, Florida.

Hair may be colored or permed, but not bleached or chemically damaged. Short or gray hair that is not suitable for children is separated from the ponytails and sold at fair market value to offset the cost of manufacturing.

Anyone can cut the hair as long as the guidelines are followed, but Corcoran only trusts professionals to make the necessary snips.

Kim MacLellan of Summerside will do the cutting, he said.

"She's a friend of my mother. She's been cutting my hair for the past six years."

Over 1,000 children have been

helped since the inception of Locks of Love in 1997. Donations have been pouring into their office from all over Canada and the U.S.

"Most donors mail a note and a photo with their bundle of hair. Children comprise over 80 per cent of the donors, making this a charity where children have the opportunity to help children," said the organization.

"The prostheses donors provide will help to restore the self-esteem and confidence of recipients, enabling them to face the world and their peers."

But Corcoran will probably never know how much his donation will ultimately mean to the child who receives a wig with his hair in it.

"If a person gets a wig with my hair in it and smiles, I'll be happy."

Quickie weddings possible, not for everyone

By Tammylee MacKenna

Where does a couple go if they want to get married in two easy steps in under an hour?

To P.E.I., where there are no waiting periods, residency restrictions or blood tests before saying I do.

There were 850 marriages on the Island in 2004 and each couple had to decide to be married under a civil or a religious ceremony.

The civil service is quick and performed by the prothonotary at the courthouse.

The religious ceremony is solemnized by a member of the clergy.

Heather Watts, assistant to the prothonotary, said in a simple civil ceremony the couple can be married in five minutes for \$50.

"It asks the legal questions that need to be asked, but there is not much else to it."

The service has to be pre-arranged with the prothonotary, but the wait isn't long, Watts said.

"The only time restraint at the courthouse is the availability of the prothonotary. The couple could get married the same day provided they could get their documents from vital statistics."

The documents needed from vital statistic is the marriage licence.

Sharon White, clerk at Vital Statistics of P.E.I., said if both parties are present and have the papers needed, the couple can have their licence in 20 minutes at a cost \$100.



Linda Shaw at The Wedding Place sells hundreds of wedding dresses every year to excited brides-to-be. (MacKenna photo)

"The couple would need to give us the date and place of the marriage and who is performing the ceremony before being permitted the licence."

To get in and out with ease, both parties need their birth certificate and a second piece of documentation, like a health card, she said. If either was previously married, there must be proof of divorce or death certificate.

"When you come in with the

documentation, if everything is in order, you will have the marriage licence when you leave," said White.

"With the marriage licence, you can actually leave the office and get married."

She said couples have married on the same day, but they don't suggest it.

"We would like to see people give a few days between booking the licence and the ceremony.

Documents may be out of date and they would have to postpone the wedding."

But if the papers are on order, there is no required waiting on the Island between the license and the ceremony, said White.

Quebec has a 20-day waiting period, the longest in Canada. Other provinces vary from 24 hours to five days.

The bride and groom do not need to be residents and, unlike the U.S., blood tests not required for the marriage licence, said White.

In theory, a couple could decide to tie the knot, go through the process, say I do and walk away legally married in approximately 30 minutes at a cost \$150.

Father Lyndon Hogan, chancellor of the Charlottetown Diocese, said marriage is a life-long commitment that can't be accomplished quickly.

It isn't important how fast a pair gets married as long as they take their future seriously, he said.

"Hopefully, couples that apply for a licence and get married in this quick manner have had a chance to prepare for the marriage afterwards. The wedding is just one day, but it is the beginning of a lifetime together."

The church requires six months notice to marry anyone and in this time the couple needs to take a marriage preparation course.

The course brings out issues a couple may not have spoken about because they weren't relevant at the time, but will be soon after the marriage, said Hogan.

"Do they both intend to work? Have they spoken about children, finances or relationships with in-laws?"

Hogan said many couple chose the religious service because of their faith and the meaning behind the ceremony.

"They want their marriage to be blessed by God. Many traditions of marriage are missed out in the civil ceremony."

Although making the move into unity can be inexpensive and could take less than an hour, exiting the union is a different story.

A quick divorce on the Island would take 51 days and cost a minimum of \$85, if done by oneself. If a lawyer is needed it and it goes to court, the divorce could run up to \$10,000, depending on the complexity of the split.

According to Statistics Canada, the number of couples divorced on P.E.I. has increased over the years.

In 2001, a total of 246 Islanders divorced, compared to 281 in 2003. Approximately one in four marriages in 2001-2003 ended in divorce by the 30th wedding anniversary.

But some Island numbers tend to buck the national trend since, according to the federal justice department, fewer Canadian couples are untying the knot.

In contrast, the number wed on P.E.I. has remained the same since 2001 until a drop in 2004. Since the millennium, approximately 900 couples were married each year, until 2004 when 50 fewer weddings took place.

Canadians eat out more: study

By Jamie Allison

People are eating and drinking outside their homes more now than in previous years, says a study by Statistics Canada.

A survey of Canadian restaurants, taverns and caterers released recently found sales figures for those types of establishments rose between June 2004 and June 2005.

Rudi Saarloos opened Mojo's Pizza on Kent Street earlier this fall. His restaurant is feeling the benefits of increased business, he said.

"Business has been great. It's exceeding all expectations."

In June, 2005 food service

restaurants in P.E.I. made slightly more than \$13.5 million, an increase of almost \$2 million over the previous year.

The increase represents a 13.8 per cent growth over last year, the third largest growth in the country, behind only British Columbia and Alberta

Nationwide, there was a sales increase of 8.1 per cent in food service.

The sales growth is due largely to an increase in sales at limited service restaurants like pizza parlours, drive-ins and delicatessens.

This accounted for 40 per cent of industry sales.

Work with fireworks exciting, dangerous

By Chris McGarry

Holly Kinnee and Neil Emery know how to light up the skies over P.E.I.

Since the couple started their fireworks company on July 1, they have done three big shows and at least half a dozen weddings and birthday parties.

Emery, a 15-year volunteer with the Belfast Fire Department, began working with fireworks nine years ago, after his department sent him on a training course in Nova Scotia.

"I used to work with Circus Orange, a company who employed fireworks technicians for Circus Soleil," he said.

"I also subcontracted with Fireworks F/X, a company out of

Grand Pre, Nova Scotia."

Kinnee said taking the day-long course was exciting.

Upon completion, she put her name with different companies who do shows.

"While some people like to look at fireworks at a distance, I enjoy the thrill of being up close to the loud explosions," she said.

Kinnee said what she and Emery charge for doing a show depends on budget and size of the event.

"The three big expensive shows we did were on Canada Day, the 50th anniversary of the MacDonald Bridge, and Northport Christmas in July."

The course is federally licensed and learners must pass a test to get their certification, Emery said.

"An applicant should be a fire-

fighter, ex-military, or have some experience handling dangerous goods.

"You must be able to read colour symbols and the course cost is \$100."

Fireworks are still illegal on P.E.I., Emery said.

"Because P.E.I. is densely populated, there is an increased risk of fire, loss of property and life.

"Islanders can still buy fireworks in the mainland, but it will probably be a while before they're sold here."

Unless a person has good connections, fireworks are just a hobby and there is always a risk of injury of death, Emery said.

"We count our fingers before a show and count them after."

Single parents face challenges if returning to school

By David MacDonald

After graduating from high school 11 years ago, Monica Winn decided to return to school, but it wasn't a decision made lightly.

Winn, 28, is a single mother of a 16-month-old son, Ashton. She had spent all of her time with her son since he was born, but she had often thought of taking the medical support services program at Holland College.

She wanted to get some higher education and get a good job so she'd be better able to take care of her son.

"Now that I have a little one who depends on me so much, it's a must-have."

Winn is not the only one with this experience.

Rosemary Whitlock is a counsellor with Holland College Student Services.

She said she didn't have any statistics on how many single parents attend the college, but there are many challenges facing those who decide to return to school.

"It's trying to juggle responsibility for children with getting to school and doing assignments."

Whitlock has been working on getting information out to single parent students, with plans to have single parent information on the Holland College website sometime in the future.

She has also set up a support group for single parents to exchange ideas.

A typical school day is busy for Monica. She and her son wake up at between 5:30 and 6:30 a.m. She drives almost an hour from her parents' home in Borden to Charlottetown while a family member babysits Ashton.

She's in class until 4 p.m., then drives back home to be with her son. She doesn't usually study at home until Ashton goes to bed at about 9 p.m., then studies until 12:30 a.m.

"By then, I'm just too exhausted to even consider studying any further."

She said while she's in school, it is often dinner time before she "wakes up." "That's why I'm glad

all our tests are in the afternoon."

She uses the weekends to spend more time with her son and get more studying done.

Despite all the things going on in her life, she is doing well, with a mid-90 average.

Whitlock said getting proper daycare for a child is a concern.

Some students are in programs which start at six or seven in the morning and many daycares don't open until at least 7:30 a.m., she said.

"By the time they drop off their child and then get to school, they're already going to be late."

There is also the cost of any kind of babysitting, especially on weekends and evenings, she said.

"If a student needs to do, say, group work or an assignment, and if they have to do it in the evening, where are they supposed to get the funding to cover the costs?"

Even those with some funding don't often have enough to cover these costs. For someone on employment insurance, he or she wouldn't be able to work a lot on

top of that because they are only allowed to make up to \$50 and keep all of their EI, she said.

She said the situation isn't as bad for many single parents from the Island since they usually have support from family, but for those from away, it can be more difficult.

"If they bring their children here, it's a huge commitment."

She said it has been difficult for those who were interested to be able to go to the group meetings because in many cases they had to pick up their children after school.

But recently there was a children's party held at the Tourism and Culinary Centre in Charlottetown, which was open to all students and their children.

Whitlock says she hopes to set up more weekend activities.

Winn said she would like to participate in the single parents program, and hopes to be able to find the time to attend some of the sessions.

"It'd be nice to interact with the single parents and to get ideas. It's just nice to talk to people who

are in the same situation, and how they are juggling school and home."

She said she gets a lot of support from the people in her program. Her instructor Pat Faulkner is very supportive.

"When it comes to school, my schoolwork comes second to (Ashton). If something comes up and I need to leave, it's OK," she said.

Other students are supportive as well, she said.

"I never stop talking about (Ashton). You can ask any of the girls. That's all I talk about."

She said she is receiving income support, but it's not enough. "We get about \$300 a month and that's for both of us."

But she moved back in with her parents when she was pregnant.

She said it helps since she doesn't have to worry about rent and other expenses. Her family has helped her with babysitting and other things.

"If it weren't for my parents helping me at this point I'd be lost."

Cellphone use continues to grow across Canada

By Momoko Yoshida

Andrea Bowen takes her cellphone with her all the time.

She says it's "very important" for her.

She uses the cellphone every day, about five times a day since she got it from her mother as a graduation gift two years ago.

Bowen said she spends "a lot of money" on her cellphone each month.

"I think it's bad, but it's a very convenient service."

The 19-year-old culinary student, who lives away from home, said one of the reasons she uses her cellphone so often is because she doesn't have a home phone number.

"I just use my cellphone because it's easier for me."

Bowen is not alone.

The number of cellphone users has been growing, especially in the last few years.

According to the Statistics Canada, 15.5 million people are using the wireless telecommunication network, including cellphone and personal digital assistants.

The industry gained 438,000 new customers from March to June of this year alone, which is up 12.6 per cent from the same period last year.

The Canadian Wireless Communication Association is an authority on wireless issues, developments and trends in Canada.

Its study suggests 45 per cent of all phone connections in the country is wireless.

Marc Choma, director of communications of the association, said cellphone use has only a 20-year history in Canada, but its growth, especially in the last five to seven years, has been "dramatic."

"People used to say do you have a cellphone? Now the question is just what's your cell number?"

He said its convenience is obvious factor of the trend, like other places in the world.

However, Canadians enjoy one of the lowest prices for wireless phone services, Choma said.

"It's a very mainstream type of communication that obviously Canadians are finding very valuable to their lifestyle, whether it's for their business or personal use."

"Your life would be so much easier when you can have an anytime, anywhere access to the communication."

Aura Turdy, customer care manager for Eastlink, said the impact of the cellphone is undeniable.

Eastlink has teamed with Rogers Wireless since December, 2004.

Eastlink customers can get a bundle plan, saving on full-tier cable, digital cable, high speed Internet and/or telephone.

It's offered with a 15 per cent discount on the Rogers Wireless monthly service fee.

Turdy said the partnership was the way for Eastlink to supply its customers' demand for cellphone service.

"We don't have the technology to have our own wireless towers or anything, but of course, a lot of our customers, they've been looking for wireless option."

Choma said using a cellphone is not only convenient.

According to the association, six million calls per year are made to 911 or emergency numbers using a wireless phone.

Also, more than 25,000 Canadians work in or for the industry.

The industry generates more than \$8 billion in revenues each year and has invested more than \$14 billion in Canada's wireless telephone infrastructure.

Choma said the growth will continue for many years.

"Many countries in Europe and in Asia, people have more than one wireless phones. There's certainly room for more growth."



Nick Cheverie takes a look on a cellphone at the Radio Shack at the Confederation Court Mall. (Yoshida Photo)



Holland Hurricanes with banners won so far this year. From left: Representing women's soccer Sonya Gilroy and Krista Wadman men's soccer Jon Russell and Yenuka Kombian, men's hockey Daniel Cudmore and Brad Tremblay, women's golf Jan Gaudette and Jackie Clarke and men's golf Jamie Currie. (Submitted photo)

Hurricanes win five championships

By Justin MacNeil

The Holland Hurricanes have won five championships in three different sports so far this season, said athletic director Albert Roche.

"Two big ones in golf, two in soccer and one in hockey. We had an exceptional fall," he said.

Men's golf coach Blair MacPhail said his team and the women's team are off to a strong start, winning most of the competitions they've been in so far.

"I'm very happy with the fall season, it was a big success."

Many of the teams are still in a developmental stage. The amount of people trying out for the teams is helping boost our athletics forward, said Roche.

"What's really gratifying is the level of commitment from students this year."

Men's basketball is off to a good start with a 9-3 record so far this season.

Coach George Morrison said the team has two games and four practices a week and he's very pleased with the effort shown so far this season.

"The players are treating their membership on the team in a very professional manner. I am looking forward to the second half of the season."

Fall 2005 wrap-up:

- Holland Hurricanes men's soccer team won the maritime college championship.

- Women's soccer won the maritime college championship.

- Men's hockey won the NBCC-SJ Fall Classic tournament.

- Men's golf won the AUS/ACAA championship.

- Women's golf won the AUS/ACAA championship.

- Female golfer Jan Gaudette won the women's Eastern Canadian championship

The women's basketball team is doing well in their first year of competition, said Roche.

"We're coming together, developing, working hard. We've taken some great strides in the first three months."

Holland College has four men's intramural hockey teams. One team out of Georgetown and three teams that meet at least once a week in Charlottetown.

Depending on the tournament and how many teams are allowed to play, Holland College sends one or two teams to compete, picked from the four teams by coach Paul Murnaghan.

A strong effort from both teams in the first tournament of the year shows how good Holland College's intramural league is this year, said Murnaghan.

"It was no surprise to me that one of our teams won the tournament. The intramural league has many quality players to choose from. I look forward to the tournament where both teams meet in the final."

Women's hockey is in its second year of competition, competing in the Island senior women's league, helping establish the school team, said Roche.

This was the first year for men's and women's rugby, he said.

"We jumped into it head first. By the end of the year we had established a core and were able to compete with strong teams."

Women's volleyball is going strong as well, competing in many off-Island tournaments.

Everybody in the school who wants to participate in athletics should feel they can participate in athletics, said Roche.

There should be something here for everyone in any class at any skill level, he said.

"We still have a long way to go to show everyone that athletics are here for them."

Chilly chippers brave frigid weather

The snow arrives later each year, stretching golf season into the Christmas period

By Tammylee MacKenna

Christmas shop, put up the tree... and 18 holes of golf.

That's the to-do-list for many golfers this December. Without snow to stop them, the freezing weather hasn't slowed them down.

Gerard Cudmore of Cornwall said it's love for the game that makes him play in the freezing weather.

"We're always scared it's going to be the last game of the year."

Most golfers dread the end of golf season and the beginning of winter and will play in sub-zero temperature.

"This time year anybody out there is a die-hard golfer. You see a lot of familiar faces; it's always the same bunch."

Cudmore said there are usually 25 cars in the parking lot at all times on nice days. He played over 12 games since the pro shop closed at the end of October.

Merina Currie, co-owner of Glen Afton Golf Club, has seen hundreds of golfers throughout the cold season.

Even though most other courses are closed, their members can't resist the temptation to golf, she said. "They're itching to golf. They are such enthusiastic golfers they want to golf and they'll go in anything."

If it was possible, Currie said they would let them play all winter. But the course has to close any day with frost or snow.

On snow days the golfers still drive to the course just to sit in the parking lot, she said.

"They have these really long faces and look like all they want to do is play."



Nick VanKampen, Gerard Cudmore and Charlie VanKampen bundle up to battle the greens at Glen Afton Golf Club in below freezing weather Dec. 3. (MacKenna photo)

Cudmore said it is a different kind of game in the frigid temperatures. Because it gets dark earlier, players have to budget the game.

"If we want to get 18 holes in we have to be there by noon or we run out of daylight."

He said players are not trying to beat the best score because the ball doesn't travel as far.

"You play different shots if you know the ground is hard. You just play a lot and get used to it."

Sometimes the cold weather works to the golfer's advantage, he said.

"When it gets colder, the pond isn't as intimidating. The ball bounces off the ice in the middle and you can get some good breaks."

Cudmore wears mitts most of the time unless hitting and carries heavier winter gear in his golf bag.

Even minus five degree weather doesn't bother

Cudmore as long as he's dry. He said it depends on the wind.

"Anything windproof for an outer layer is all you need. Most of the time you're always moving at quite a pace and it keeps you warm."

"Sometimes you'll see a group with three people hitting at the same time just to keep moving."

The longest golf season Currie remembered was five years ago on Dec. 22. The weather was so mild they were going to open the course and host a tournament on the 23rd, but it snowed.

Many men were very disappointed that Christmas, she said.

The golfers love the opportunity to continue golfing and appreciate every extra day, she said.

"They are like little kids at Christmas day. They thank us for still being open and we're glad we can be."

Christmas goodies, giving and greetings



Home owners in Charlottetown put up lights in many unique displays. (Reeves photo)



Jeff Cheverie, a pastry arts student at Holland College, puts the finishing touches on a gingerbread house for a hospital display. (Russell photo)



Gingerbread village by created by the Culinary class displayed in the QEH lobby. (Brousseau photo)



Rebecca MacDonald, of Corran Ban, enjoys the gingerbread display by Culinary Arts at the Queen Elizabeth Hospital. (Brousseau photo)



Eleven-month-old Lily Bryenton of Donagh, P.E.I. doesn't know who Santa is, but enjoys the holiday spirit with her festive hat. (O'Halloran photo)



A man lights a Christmas tree light at the Hospice palliative Care Associations 11th annual Let Their Light Shine campaign at the Charlottetown Mall. (MacKenna photo)