

## City hit hard by Sears layoffs

By Natalie McMullen

On Wednesday afternoon, 529 Sears Canada Inc. employees in Quinte were told they were losing their jobs.

The majority of the cuts were made at the customer contact centre. A move to outsource these positions abroad means 453 Quinte area residents are out of work.

An additional 56 employees were given notice at the national distribution centre – the warehouse located on College Street East.

This follows a series of layoffs announced in 2013, beginning with 120 jobs cut at the warehouse last January.

According to one source who was let at that time after 21 years with the company, there have been more cuts in recent months.

He said some of his friends, who were let go in November and December, still haven't received their severance packages.

The source asked to remain anonymous because he said stipulations in his separation agreement prevent former employees from making any public statement that would present the company or its associates in a negative light.

Another former employee said the clauses in the separation agreement "stop everyone from giving their names (to the media)." He said former employees' hands are tied because they're told if they say anything about the company, Sears will go after their severance.

"Big corporations do their best to protect their image," said the source.

According to their severance contract, the laid-off employees cannot work for the time period covered by their severance pay. If they break this agreement, the source said, they risk losing their severance.

After 21 years' service, the former employee received 50 weeks of severance.

"I got a year's pay and I didn't have anything after that."

In addition to being unable to look for work during this period, they are also ineligible for Employment Insurance programs.

"E.I.'s no help at all until your severance package runs out."

Asked about the company's transparency and tact when laying off employees, the source said that during last January's cuts, he and others were required to leave the building immediately upon dismissal, without saying goodbye to colleagues.



Photo by Matthew Desouza

**Tom Forster, a seasonal employee at the Sears logistics centre in Belleville, was given notice Thursday that his contract was being terminated a month prematurely. Forster's wife, a full-time Sears employee at the logistics centre, is also being laid off. His wife has until April 4, before her time at Sears expires.**

"Layoffs have nothing to do with people. It's just a fact of life of the business."

He said he hasn't yet contacted friends who lost their job yesterday because he remembers what it was like when it happened to him.

"It's turned into such an awful place to be."

The source heard that people were rounded up yesterday and told their jobs

would end in four to nine months. He added that he was told "a bunch of people quit right on the spot."

City of Belleville Mayor Neil Ellis called the cuts "a major blow" and said "it's a sad day with any job loss numbers like this."

"Sears said they'll help with retraining and resumés and any type of job relocation they can do and the city is here to help in any way we can too," Ellis added.

The former employee said the city only pays lip service to helping those affected by the cuts.

"I never received help from the city. The city has no more pull than anyone else."

The source said the scope of the cuts is too great for the city to manage.

"They can't absorb 550 (people). These weren't minimum wage jobs. At least 300

of those people had been there 20 years, making \$15-20/hour. Full-time jobs with benefits."

He said he feels those who will be most affected are the ones who aren't yet ready to retire, but have worked with the company for most of their lives.

"A lot of people let go yesterday are 40-50 years old, with 20 years of service."

## H1N1 flu strain makes appearance in Ontario and across the country

By Mandy Larade

From coast to coast, the flu is making its way across Canada and it isn't slowing down.

The infamous H1N1 has also made an appearance, and is believed to be responsible for over a dozen deaths and hundreds of hospitalizations in Canada in provinces including British Columbia, Alberta, and Ontario.

H1N1, otherwise known as "swine flu" had its first outbreak in 2009. The World Health Organization announced it as a

global pandemic. However, because the virus has already been around once, there is believed to be more immunity this time.

Registered nurse Lauren Deans of Loyalist College, says that getting a general flu shot will suffice to protect against the H1N1 virus.

"It does have some H1N1 properties," Deans says.

The flu is known to disrupt airways in the body, making it harder to breathe. Symptoms include coughing, sneezing, nausea, fever, chills, sudden headaches, fatigue, loss of appetite, sore muscles,

and sore throat. H1N1 is unique because it not only affects the air passages, but it also affects lung tissue which causes inflammation. When it comes to age, H1N1 is not selective. From young to old, everyone is susceptible to contracting the virus.

Deans says that prevention is easy if we take the time to be careful.

"The biggest tip of all is to wash your hands," Deans says.

Sanitary precautions are necessary when it comes to flu prevention because of how easily it spreads through the environment.

"That's how it is transferred – through touch, through air."

Deans also reminds us that it's better to avoid personal contact with others to stop the spread of the flu.

"If you're sick, stay home," Deans says.

Deans says it's important to make sure common surfaces are regularly sanitized.

"Keep an eye on the surrounding areas. If you work in a place where there's a lot of people touching stuff, make sure you clean that spot off on a regular basis."

While the western provinces have been struggling with the amount of vaccine

running low in some major cities, Deans says "It's not been that bad yet in Belleville."

It is advised that flu shots be taken earlier in the season.

"They take two weeks to kick in," Deans says.

However, there is still time to receive a vaccine. For students, the shot is available in the student health centre at Loyalist.

"I'll give a flu shot to anyone who wants one. Just come on in. We generally do them on Wednesdays and Thursdays," Deans says.

## Protesters continue their support at Frank Meyers' farm

By Anica James

Approximately 20 protesters occupied the Hamilton Road farm on Wednesday afternoon, keeping a watchful eye on the demolition equipment in the distance.

"I feel really bad that we didn't have the balls on Monday to go out there and clean that barn," said Lisa Gibson, activist and creator of the Facebook page Save Frank and Marjorie Meyers Farm. She was addressing her small group of supporters in regards to the demonstration held at the farm earlier in the week when police officials showed up.

"He didn't want us to," Ken Dearborn added. "We asked him if he needed help but he doesn't want any of us to get into trouble."

Dearborn, a resident of Yarker, Ont., stirred a pot of soup over a makeshift fire as other supporters passed around coffee and baked goods from Tim Hortons.

Frank Meyers cleared out a trailer on his property so that supporters could take shelter from the wind and snow, while his wife made sandwiches for the protesters on Wednesday.

"They want us here," Phil Ostroskie said. "I don't know why some people think that the Meyers do not want our support, because clearly they do."

Conductors of Canadian National trains waved or gave the thumbs-up as they drove past the few protesters waving Canadian flags next to the tracks. Signs and flags peppered the property and barns on Meyers' property that was expropriated by the Department of National Defence. Protesters trespassed on the property to place the flags in a last-



Photo by Anica James

**Lisa Gibson, activist and creator of the Facebook page Save Frank and Marjorie Meyers Farm, sits next to Frank Meyers in his truck on Wednesday afternoon discussing the number of people that are showing their support online.**

ditch effort on Tuesday afternoon, hoping that it would slow down the demolition process due to flag desecration.

"I'd like to see them go and rip their own flags down," Ostroskie said, regarding

the flags flying on the DND property. "Because they're not allowed to do that."

The land, which was expropriated by the DND in 2012, was scheduled to begin demolition on Monday, but so far nothing

has happened.

"They are not making a move because there are too many votes lost," said Gibson. "I'm sure that they are just waiting until our backs are turned or until the media

disappears in order to make their move."

Sitting next to Meyers in his truck on Wednesday afternoon, Gibson discussed the number of people that are showing their support online, and how the Facebook page, which she began in October 2013, has grown to 34,000 likes to date.

"The Conservative Party of Canada Facebook page only has 27, 328 likes," she said, laughing. "We are going to win this thing. We have to."

Both Gibson and Meyers said they are pleased with the number of people who are willing to put forth the time and effort to make a stand against the expropriation of Meyers' farm, both online and in person, and hope that the support will continue to grow.

"When the people we pay to protect our backs do not have our backs, that's messed up," said Gibson from inside Meyers' truck.

"We've got to rise up," Meyers said. "Everyone's got to rise up. This is the beginning of a revolution across Canada, across the world, and somebody's got to start it. Did I start it? I don't know, but I am getting the feeling that I did."

The property that was expropriated by the Department of National Defence is crown land and has been owned by the Meyers family since 1798. Frank, who is a descendent of Capt. John Meyers, a United Empire Loyalist and original founder of the Belleville area, is upset with how the Conservative government doesn't seem to care about Canadian history or its people.

"I will build a monument up here and all the bureaucrats' names will be on it and what they did to the Meyers family," said Meyers

# Life's outlook changes after Alzheimer's

*Former caregiver shares cooking skills with others*

By Taylor Hermiston

Since his wife's death five years ago, Doug Jackson of Belleville has a completely different outlook on life.

He has learned to appreciate his own good health and guide himself away from problems that used to seem so big but aren't anymore.

"You can overlook things. When it rains, it rains."

Jackson's wife, Marjorie was diagnosed with Alzheimer's disease three years before her passing. He assumed that she was suffering long before anyone realized it because she started to become reclusive. She would just sit in her chair and avoid going out with friends.

Prior to this decline, Marjorie was known to live life to the fullest and was always on the go. She was a glowing person and it was hard for Jackson to see go into her shell.

"She didn't participate in anything in the house and she sat. But she did try to do some crossword puzzles and she read, for the first year anyway. We thought things were changing. Then she started having some problems, memory wise."

Marjorie and Doug were married for 45 years and lived in a two-story white stucco house in Belleville their entire marriage. They raised four children, two girls of their own and two boys from Marjorie's previous marriage. The family worked in a catering business together and a few concessions. Doug said that their family was a busy one.

When his wife was diagnosed, it impacted hugely on their lives.

"It was a difference for me because going from work all the time, I was never home a lot, and all of a sudden I was home 24/7."

A caregiver would come to the Jackson's home three times a week to help Doug around the house. Eventually he got himself into a routine and his only private moments were before 8 a.m. everyday.

"In the morning, I walked about a mile to the store. I could go for as long as I wanted until eight because Marjorie stayed in bed until then. I would go about quarter after seven and get my paper and then I'd walk home and she'd be awake and ready for breakfast."

He recalled her always looking forward to her next meal, sitting at the head of the kitchen table, in their dining room.

"After the first year, she didn't know who I was and she'd say to me, 'You really do a great job. I hope they pay you well.'"



Photo by Taylor Hermiston

**Doug Jackson looks at a sketch portrait of his wife Marjorie Jackson, who passed away five years ago from Alzheimer's disease. For the past three years, Jackson and his daughter have partnered up to help other men, who have become caregivers for their spouses, like Jackson, learn to cook.**

But she had no idea who I was and that was pretty difficult on me."

Doug learned to accept these things and tried to make light of the situation. He said he felt that depression would sink in if he didn't, so he allowed a chuckle to slip through every once and a while.

Since Marjorie's death in 2008, for the past three years, Doug and his daughter, Darlene Jackson, have been running a cooking program called "Who's Wearing the Apron Now?" It teaches men how to cook for their loved ones who have been diagnosed with Alzheimer's disease.

Darlene, who is the education and support coordinator for the Alzheimer Society of Belleville-Hastings-Quinte, said she was looking to do a program for men caring for their wives who have dementia.

She had learned that the society in Lanark County, near Ottawa, was running a similar program. She organized the first cooking session in 2011 and decided her father would be a perfect fit to teach.

"My father had been in the food business for over 40 years and loved to cook. As a caregiver, he valued the need for good meals for my mother when she was ill and she enjoyed eating tasty food. Having a male ex-caregiver teach the course was the icing on the cake for dad to teach it."

The program is sponsored by the Alzheimer Society and is held at Westminster United Church on Wallbridge-Loyalist Road. It runs twice a year, once in the spring and then in the fall, four times a month.

The program allows men to learn how

to work their way around the kitchen. It starts with the basics of cutting vegetables and preparing nutritious meals like casseroles or stews. They get to bring home their creations, along with dessert.

"It's amazing that most men don't even know how to cut an onion," said Jackson.

During the sessions, the men are given 30 minutes to themselves because they don't get to talk much about their situations and are alone most of the time.

"When you are a caregiver for someone with Alzheimer's, you don't really have a lot of contact with someone in the same situation. You're there and you can't get out. So there are other things going on and it is a chance for people to listen to the problems others deal with they can learn."

Executive Director Laura Hare said she is thrilled to have Doug as a volunteer. She said he is perfect fit because of his background and he teaches in a friendly environment, where caregivers feel safe to talk about their struggles.

"There isn't much good you can say about this disease, but it does turn strangers into friends, as they share a special bond of difficult circumstances," said Hare.

The cooking class creates everlasting friendships as many of the "graduates" of the cooking class started their own coffee group. They realized the importance of supporting each other.

Doug's contribution is a big part of the reason for this success, Hare said.

The Alzheimer's Society will be starting its seventh session starting in April 2014.



Photo by Matthew Desouza

**Gordon Wright, president of Local 421 of the Ontario Public Service Employees Union, passed away suddenly last week at the age of 61. College advancement executive director Dianne Spencer signs a guestbook at a memorial for Wright, held at Loyalist College on Tuesday night. Wright represented support staff at Loyalist College for more than 18 years. Loyalist College President Maureen Piercy had some kind words to say about Wright. "Gordon and I started working at Loyalist College the very same day, Jan. 4, 1988, so I've known him 26 years. We had a lot of opportunities to work together and went to many, many, meetings together. Gord was a very thoughtful and committed board member. It was a real privilege to work with him and get to know him over the years."**

## Hockey tournament takes place outdoors

By Zac Shunock

For many Canadians, including local crowds, the outdoor tournament in Batavia has become a popular event.

Hockey is in their roots, passion and for some way of life. The CFB Pond Hockey Classic Jan. 17-18 at the Batavia Lions Community rinks brings back many familiar scenes and sounds as teams from across the community compete for a cause greater than just the game of hockey.

"A good, old-fashioned Canadian outdoor tournament. We want to bring hockey back to its roots," said Jeff Moorhouse.

Shaun Hulme, an air traffic controller in CFB Trenton since 2009 has attended the Pond Hockey Classic every year since its launch.

"It's more of a laid back type of hockey. It takes you back to the basic roots kind of hockey when you're outside and playing with no goaltenders. And also because the tournament is outdoors, you have more room and tend to see bigger crowds," said Hulme.

The Pond Hockey Classic brings together many people throughout the community as well as many military families and personnel. "It's great to be able to play with people around the base you normal-

ly don't get to hangout with, it gets everyone together," said Hulme.

Last year, \$28,000 was raised throughout the tournament, going towards helping military families and charities that also benefit those in the military. This year, the goal is to raise more to aid families of those who fight and support the country. The annual Pond Hockey Classic has grown since its first event in 2012.

"Last year, we had 18 teams, this year 26 and we're hoping to raise \$40,000 dollars. We're also a part of CBC's Hockey Day in Canada this year as well," said Moorhouse.

"Fifty per cent of the monies raised goes to the Military Families Fund, which is designed to help military families in a time of crisis (ie. wounded or killed soldiers). The other 50 per cent goes to the Trenton Memorial Hospital Foundation, which serves the families of CFB Trenton, but also offers a local charity as a beneficiary," Moorhouse added.

Similar to years before, the tournament brings about many iconic individuals to participate, support or simply observe.

"Walter Gretzky will be doing the ceremonial puck drop at 4 p.m. on Saturday to kick off the championship game," said Moorhouse.

## Pipeline project opposition continues

By Michelle Heshka & Vicki Thoms

Canadians across the country are opposing the Line 9 pipe reversal project proposed by Enbridge Inc.

People in small communities across Ontario say are worried about what will happen if the pipeline project receives the 'all clear' from the Natural Energy Board.

Line 9 is an old pipeline that Enbridge Inc. uses to ship conventional oil. The pipeline originally runs from east to west. Officials want to reverse the pipeline's direction to ship crude oil. The problem residents are having with the reversal is the amount of damage this reversal could do to the environment.

On top of the damaging effects of being exposed to tar sands oil, the pipeline is nearly 38 years old and has not had any major renovations. It was not built to hold oil as heavy as tar sands oil.

Enbridge has just recently finished cleaning up after an oil spill that occurred in the Kalamazoo River of Marshall, Mich. in 2010. According to Enbridge's website, the river was reopened after over two years of clean-up. Ca-

nadians are obviously reluctant to believe that this pipeline can carry the weight of heavier oil at a higher production rate.

With heavier oil comes more risk, opponents say. The reversal of Line 9 poses an even higher risk of contaminating the drinking water of thousands by an oil spill, they add.

According to the Natural Resources Defence Council, Canada's most effective environmental action group, the reversal of Line 9 will enable Ontario to become a corridor for dirty energy. The NRDC said there are solutions to fight global warming by using less oil.

George Thomson and Elizabeth Churcher, president and secretary respectively of the Quinte Field Naturalists group, say they agree with the NRDC.

Line 9 crosses through a large amount of the Quinte area, including Trenton, Belleville, Napanee, and Quinte West. Belleville's proposed crossings include Cannifton Road, Wallbridge-Loyalist Road and Farnham Road.

Since Quinte would be severely impacted by the reversal of the pipeline, the QFN were quick to hold a protest back in November 2013 outside the office of Prince Edward-Hast-

ings MP Daryl Kramp.

"We don't agree with it. Our big sign at the protest last fall said 'Conserve Energy,' and that's what we're doing. We should spend our time living trying to sustain our resources, not taking them all over the country," said Thomson and Churcher.

Many efforts are being put forth by Enbridge Inc. to sway the resisting public to be open to the reversal of Line 9. One of the many projects Enbridge has introduced is the Green Corridor project.

Enbridge Inc. said the goal of the project is to "offset the space used by Enbridge's Line 9B right-of-way by giving those four municipalities along the Line 9B route more green space, increasing biodiversity, and boosting quality of life for generations to come."

Even with Enbridge offering small acts of reparation to the smaller communities affected by the pipeline, many Canadians remain opposed to the reversal and are continuing to protest the reversal of Line 9.

Enbridge expects to receive a decision from the National Energy Board by the end of January.

## Photo exhibit tells story

By Paulina Uy

Spanish photographer, Daniel Casares Roman, will be holding a two-week photo exhibit in Belleville.

"Every town has a story, and every inhabitant of the village has a story, a personal story," said Roman, a professional photographer from Jerez de la Frontera, Spain. "When I photograph, what I want is to record somehow that this story has happened." This is the chief theme of Roman's photography exhibit called Human Color.

It is a travelling exhibit comprised of photographs taken around the world for the past 20 years. His show will be making a stop in Belleville from Jan. 17 to 31.

There will be 25 photographs taken from various countries that will be installed at the Core Arts and Culture Centre at 223 Pinnacle St. The exhibit is open to the public every Monday to Saturday from 10 a.m. to 7 p.m.

This exhibit will open Jan. 17 at 10 a.m. Roman specializes in anthropology —

covering different cultures, tribes, beliefs, religions, lifestyles, etc. — thus, he photographs from remote places in certain countries, documenting stories of human beings showing their differences but also having something in common with each other.

"I invite you into a world of raw colour and optimism, showing a lively side of humanity, from an anthropological point of view."

Roman has travelled and photographed in the Equatorial Guinea, various Asian countries, countries of the North and South Americas, some African countries, the Amazon, and the Sahara Desert.

His work has been published in the National Geographic as well as various Spanish magazines and newspapers, including El Pais and La Vanguardia.

Roman has also been doing a lot of travel photography and holding workshops for the past 10 years.

He intends to release a book as part of this project after his tour.

After Belleville, Roman's next stop will be Italy.

# Hot food and warm reception

*Inn from the Cold offers escape from the cold for those who need it*

By Matt Desouza

For the past seven years, the Salvation Army, located in downtown Belleville, has been offering those in need a chance to escape from the cold in a warm place with a hot meal.

During the months of November through March, Inn from the Cold opens its doors seven days a week to anyone who feels the need to get out of the cold, providing them with a warm-up station. Patrons can enjoy a hot drink, visit with others and enjoy a full-course meal.

The program is overseen and run by event co-ordinator Abbey Mills.

"They are able to get a hot meal, beverages, dessert and sandwiches are also offered all at no cost. They are able to stay and socialize with friends, watch TV, play games, whatever they like. We are open to the public six to nine p.m. every night."

A great sense of community is felt inside the Salvation Army, with a handful of local corporations such as Tim Hortons, Ralph Neale's Dodge, Reid's Dairy and Pizza Pizza donating weekly to provide for those in need.

"We've also had a very generous donation from Pizza Pizza. On Sunday nights for six weeks starting in December, they sent pizza down for 50-60 people. That was a real treat."

On an average night, the Inn from the Cold program sees between 50-100 people. Some stay just for the meal, while others stick around for the whole duration, chatting with friends, reading the newspaper and watching TV. All customers come from different walks of life, with a majority of them homeless or at risk of being homeless.

Mills employs a handful of volunteers who are on hand each night helping with the cooking and preparation of the meals,



Photo by Matthew Desouza

**Volunteer Karm Knapp hands out meals during dinner service at Inn from the Cold at Salvation Army in downtown Belleville.**

along with serving, cleaning and dish-washing duties.

Similar services are offered in the Belleville area for those in need, but not to the extent of the Inn from the Cold program, said Mills.

"There will be another evening meal program at Eastminster United starting toward the end of February, the last six weeks of winter. Also Night Light is another program that will be starting next week here in Belleville. It will offer more

of the social aspect. Less focused on food and more focused on spending time together and interacting," she explained.

Whether you're in need of a hot meal or just simply looking to socialize, the Salvation Army's Inn from the Cold program

has been providing Belleville with a great service and will continue to do so for as long as possible.

"The program will end mid-March this year as it always does, but we'll be ready to go again in November."

# Sleep Out! supports those who live on streets

*Market Square will be the location for mental health association event to help fund transitional housing*

By Anna Brown

The seventh annual Sleep Out! So Others Can Sleep In event is set for Jan. 31 at the Market Square in downtown Belleville.

The sleep out is organized to raise money for the Canadian Mental Health Association of Hastings and Prince Edward transitional housing programs. The organization helps homeless people and families have a better life.

According to the mental health association,

"Sleep Out! So Others Can Sleep In, creates awareness and raises money to help support our four transitional houses in our area for people who are homeless or at risk of homelessness."

This year, the local association hopes to raise \$12,500, \$2,500 more than last year. This extra funding will help assist adults in need.

Last year, approximately 250 people crowded into Market Square to spend the night in the bitter cold. They were bundled in as many layers as possible and most were sipping hot chocolate.

Shelters ranged from boxes shaped like houses and painted with extravagant designs to simple shelters that consisted of a large cardboard box and some blankets. People laid out tarps to keep the shelters dry from the snow that covered the ground and floated lightly from the sky around

them.

The current weather forecast for Jan. 31 is -15 C, but with wind chill, that will feel like -19 C. There is a 25 per cent chance of precipitation. North-easterly gusts of wind of 23 km/h are forecast, which may cause issues with the cardboard shelters that volunteers make and spend the night in.

The sun is expected to set at 5:18 p.m. so most of the event, as usual, will be spent in the dark. The light from the rows that line the market square will give enough light for people to socialize and safely settle in.

Elisha Coleman, a second-year paralegal student at Loyalist College, has done the sleep-out for six years. This year will be her seventh.

"It will be the warmest [it's been] but the longer you are out there, the colder it feels."

"Any one of us could find ourselves on the streets in the blink of an eye. So many factors can lead to homelessness. While some people do in fact make choices that lead them to the streets and do not have the desire to help themselves, there are many more out there who do not have the choice. There are working individuals that still cannot afford a roof over their heads," said Coleman.

This year, Coleman is being joined by friends Chis Jeffs and Caitlin Mortarino, neither of whom as done the Sleep Out! before.

Jeffs, a 32-year-old Belleville resident, decided to do the Sleep Out! because "it goes for a good cause and I have known people that have been homeless. I expect it's going to be fun and cold, very cold. But it will be a real eye-opener on what homeless have to go through during the winter."

# Road crews work hard to keep streets clear

*Changing temperatures impact on condition of county roads*

By Adam Dietrich

In the weeks since the ice storm hit Prince Edward County, snow removal crews have been working tirelessly to keep the 1,100-km network of roads, connecting the various communities of the county together, clear and safe.

"It's the worst one I've seen since '97," said Jack Werkhoven, crew foreman. "In some cases, the grader is pushing up to three inches of ice off the shoulders of the road."

Temperatures have ranged from -27 C with the wind chill to as high as 8 C, said machinery operator Dwayne Isenor. Those changes have caused a whole new slew of problems for county residents and crews.

"You don't wanna drive it, but we have to clean it," he said.

The Prince Edward County snow removal crew consists of 30 employees who manage the whole county. Since the ice storm hit the region just before Christmas, workers have been on almost constant 24-hour rotations, said Brian Read, supervisor of the county's snow removal crew.

"We're literally working with everything we've got," said Read, "and that's barely keeping us up with what's next."

In order to deal with the situation, the county has had to hire on at least seven contract trucks to help. Read said he estimates that total costs for snow removal could reach as high as \$2.5 million this year.

"Public safety is priority number one," said Read.

It's not just snow and ice that's the problem on the roads, though. As the temperatures rise, the snow and ice melt. Because it takes a long time for it to disappear, in some cases the road's catch basins remain frozen and so flooding occurs, said Read.

Crews try to manage this by us-

ing a calcium salt mix and machines to steam the ice in the catch basins, freeing up the flow of water, he added.

Another major issue is the re-freeze. In addition to causing all the newly melted ice and snow to re-freeze, it also causes water, which has pooled in the potholes, to freeze and in some cases expand in pre-existing potholes. Read acknowledged this is one of the most damaging features of the recent weather, as well as one of the hardest things to fix at this time of year.

Brad Vaughan, a resident of Carrying Place, said that County Road 3 near his house has always been in disrepair. "The biggest issue, in my view, is the potholes. They've always been there and they're a hazard for drivers, especially those with lower cars," he said.

**'The biggest issue, in my view, is the potholes. They've always been there and they're a hazard for drivers, especially those with lower cars.'**

Resident Brad Vaughan

Those potholes can be made bigger, icier or more slippery in conditions like those of the last few weeks, said Read.

Vaughan said the county's crews have been doing a good job keeping up with the demands of the inclement weather that has hit the region. This echoes what workers like Isenor have been hearing on the job.

"People have stopped the trucks on occasion to tell us what a great job we've been doing. That never happens," he said.

"The public in general has been really understanding and patient," said Read. "This year has been unlike any other in terms of what the weather has thrown at us."



Photo by Adam Dietrich

**Ron Hubbs, a machinery operator with Prince Edward County, grades the side of County Road 3 in Albury, on Tuesday. The built-up snow and ice can narrow roadways and choke water drainage routes.**

# Gleaners says thanks with celebration

By Paulina Uy

Gleaners Food Bank will be hosting an annual celebration with the theme Bed-In on Jan. 25.

Out of a five-year capital campaign, this is the second year for the celebration, to be held at the Belleville Banquet Centre, 1 Alhambra Sq.

"It's not all about raising money. It's about thanking the community," said Susanne Quinlan, director of operations at Gleaners.

This year's theme is a portrayal of John Lennon and Yoko Ono's 'Bed-in' protest from 1969. It was a protest for peace.

"Every year will be a different theatre production. It won't be the same. We decided to move into the '60s because this (last year's theme) was back in the '30s," said Quinlan.

"We might go back into the 1800s next year; it all depends."

What also inspired Quinlan regarding the theme this year was a large print of John Lennon and Yoko Ono during their bed-in protest shown in the photo.

It was a print donated by Les Johnson together with 40 other varieties of prints with different themes.

During the event, appetizers will be served and there will be gift boxes with five numbers that lead to prizes. They include a trip to Montreal in the same hotel room where the 1969 bed-in was located, a queen-size bed, and a Tassimo coffee maker.

All the prizes will be on display at the Banquet Centre during the event.

Dinner will be comprised of food produced locally.

"We've been the first in history of the Banquet Centre to bring in food. So what we do is promote our own community's food," said Quinlan. This year, there will be local Angus beef and dessert by Campbell's Orchards.

Some other meat products will also come from Harvest Hastings where Gleaners Food Bank regularly gets their burgers.

"We'd call them and they find a farmer



Susanne Quinlan, director of operations at Gleaners Food Bank, shows a print of John Lennon and Yoko Ono during their 1969 bed-in for peace protest. Also shown are a pair of sunglasses similar to that of Lennon's and one of the wing awards to be given to companies that have been supporting the food bank.

Photo by Paulina Uy

and give us a couple cows and we use those cows," she added.

Following dinner, the Shout Sister choir from Picton will be singing John Lennon's Imagine and a couple more

songs from Lennon and the Beatles. Local actors from the Belleville Theatre Guild will also prepare to start their reenactment of Lennon and Ono's Bed-in protest.

The evening celebration will end with the "Wing" awards — symbolizing supporters of the Gleaners Food Bank in the community since the beginning.

Out of all the companies that started donating to them since the start in 1986, five will be awarded the "wings" annually.

This year they hope to see about 200 people attend the event.

## Can Loyalist students afford making healthy eating choices?

By Jessica Campbell

The college promotes healthy eating around the school with signs, but with high prices for some choices, are students actually eating healthy?

Students and faculty say they are unhappy with the food options at Loyalist College.

Ellie Jones-Cleave, a fitness teacher at Loyalist, says she feels the school has tried to expand on healthy eating with salads and soups and fruit cups, etc., but the prices make it difficult for students to buy those healthier options.

Other people who work and study at the college agree.

"I personally don't eat in the cafeteria but I know from watching students through the halls, they all have their pizza

or poutine," says college nurse Lauren Deans.

"It's all about education. They know that food isn't nutritious for them, but that's what they choose because they know it will fill them up and they don't want to spend that kind of money on the healthy foods. It's cheaper to eat unhealthy." Students on campus who rely on their meal cards don't have many options. The food services in the school are closed on weekends. There is a Procrastination Station with food, but the choices are chicken burgers, potato chips, pizza and more unhealthy food options.

Many students are hoping the school will bring in some healthier options on campus during the weekends when the school cafeteria isn't

**'I would very much like it if the school could bring in a salad bar or something like that, that's reasonably-priced, because that to me would be so much better than buying the pre-made salads here at such a costly price.'**

Nursing student Jade Vanderwall

available.

"I think the school needs to bring in some healthier options besides Subway, and even with that, Subway sometimes isn't even the healthier choice. Most students, including myself, go for the pizza or burgers because it's cheaper than buying soup or salad," said Kayla Short a first-year nursing student. "I am a student trying to pay tuition. I can't afford spending that kind of money on food and I don't always have time to bring my own lunch."

It is truly cheaper to eat unhealthy food at the school than it is to eat healthy. Choices of a ham and swiss sandwich, a little bowl of grapes and a bottle of water costs \$11.75. For a slice of pizza, a bag of chips and a regular pop, it will cost \$7.29. That is also before tax.

"I would very much like it if the school could bring in a salad bar or something like that, that's reasonably-priced, because that to me would be so much better than buying the pre-made salads here at such a costly price," said Jade Vanderwall, a first-year nursing student.

Managers at the Loyalist cafeteria referred calls to Aramark's office in Toronto. Company officials declined to comment.

Former cafeteria worker, Jo-Ann Tinson said, "I can't really say anything bad about the cafeteria. I really enjoyed the people I worked with and the management was great."

"Prices I found were a little high for students who are on a budget and don't have very much money to spend, but the fruit and salads were prepared fresh every day."

## Better data means improved service at Gleaners

*New software program will collect data in more standardized form*

By Natalie McMullen

By April, all members of the Ontario Association of Food Banks will be required to implement a new piece of software called Link2Feed.

The program, which has already been adopted by several food banks throughout Ontario, will make data collection more standardized and efficient.

Presently, many food banks across the province, including Gleaners Food Bank in Belleville, gather client data manually.

Susanne Quinlan, director of operations at Gleaners Food Bank, said the current system is out of date.

Each time a client walks into a food bank, they fill out a form, which is then entered into a computer during an intake interview. This step records the client's personal information, such as source of income, employment status, housing situation, etc.

The forms are collected, and volunteers or staff must then physically enter daily statistics into a spreadsheet.

The process is very time consuming, said Quinlan. When volunteers aren't available or capable of doing the job, it falls to Gleaners' small staff of four.

"It takes up to 10 hours per month (to enter statistics manually). (Staff) need time to do other things."

"Last year, staff handed out 8,322 hampers and 400,000 kilograms of food," said Quinlan.

Link2Feed is a one-step client input system, which will allow food banks to generate statistics automatically.

"We'll be able to create pie charts. It will make the numbers more readable," said Quinlan.

One of the benefits of the software, said Amanda King, OAFB Manager of Membership and Communica-



Pat Maracle-Bower, food bank and volunteer co-ordinator for Gleaners, manually records client information before inputting the statistics into a computer program. By February, Gleaners and other food banks throughout Hastings and Prince Edward counties will implement a software program specifically designed for food banks, called Link2Feed.

Photo by Natalie McMullen

tions, is that clients can expect the same experience and same quality of service, regardless of what food bank they visit.

"[Link2Feed] will improve client care, by standardizing and speeding up the intake process."

Previously, the OAFB's national Hunger Count survey relied upon manual reports prepared yearly by their members.

Quinlan said with Link2Feed, it will now be easier to contribute statistics to the count.

The Hunger Report highlights food bank use during the month of March,

as an annual average of food distribution across the province. King said the new software means food banks will now be able to provide up-to-the-minute, consistent data throughout the year.

This is critical, because by being able to access and share timely information, food banks can be more targeted and accurate in their inventory needs, said King.

Presently, with the manual input system, food banks are unable to demonstrate how factors like a plant closure, or drastic weather, affect demand.

Link2Feed will make it easier for food banks to demonstrate trends or peaks. And having access to more accurate information will allow the OAFB to advocate more effectively on behalf of Canada's hungry and poor.

"It's time to move forward," said King. "Technology is a wonderful thing, that can do a lot for any organization."

Gleaners Food Bank is set to implement Link2Feed by February. The OAFB hopes all of its members will be using the software exclusively by December, 2014.

## Keeping safe out on the ice

By Duncan Cairns-Brenner

When winter envelops the city and the ice thickens, many Bellevillians rejoice and rush down to the water. The Bay of Quinte is regarded as a fantastic place for ice fishing, especially for walleye.

Ray Newman smiles, looking out of his small ice fishing hut, when asked about his ice-fishing experience.. "I've been fishing here for more than 20 years," he said. "There are thousands of walleye under this ice, thousands."

But, when out on the ice, it's important to understand the risks and take proper safety precautions. Here is some advice on ice dangers:

- Be aware that you are taking your life into your own hands every time you are on the ice.

- Ice thickness is not always consistent. Water currents, around narrow stretches, bridges, inlets and outlets, often cause thin, unstable ice.

- When ice fishing, it is a good idea to drill test holes as you go out onto the ice to help determine the character and thickness of the ice.

- Ice around partially submerged objects, such as trees, embankments, or dam structures, is often unstable and should be treated with special care.

- Don't judge ice strictly by appearance.
- Stay away from cracks, seams, pressure ridges, slushy areas and dark areas that signify thin ice.

- Be aware that ice forms around the edges of a lake first and melts around the edges last.

- Be aware of ice covered in snow. Snow can occasionally insulate the surface from freezing.

- Never go out on the ice alone. Having someone else around can save your life if you fall through.

- When moving around on untested ice make sure you are at least 8 meters from companions so you don't potentially fall through the same hole.

- Before you go out on the ice let someone know where you are going and when you expect to be back.

*Park Pointers: Ice Danger and Safety, Colorado State Parks, [http://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/stelprdb5404291.pdf](http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5404291.pdf)*

## On the street

We asked people at Loyalist College the following question:

**Do you feel safe walking around on the ice on campus?**



**Chris Cook, first-year TV and new media,** "I am scared of falling, too many people have hurt themselves on that ice."



**Hayden Sharp, second-year protection, security and investigation,** "I'm not really worried about ice. If I fall then I fall."



**Kaitlyn Packman, second-year, protection, security and investigation,** "Ya, I am worried because I've seen people fall and hurt themselves. I don't want to hurt myself."



**Cameron Herrema, third-year police foundations,** "I'm a little worried because I have fallen a few times already and hurt my tail bone."



**Chris Dalbianco, second-year customs and borders,** "Not really. It's kind of fun to be honest. I like sliding around but you can tell people are worried. I notice people walking around like my grandmother."



**Jade VanderWal, first-year nursing,** "Yes I am nervous, considering I have already fallen and gave myself a blood blister."

## Editorial

# Wind power smart in theory

Wind power is still one of the cleanest and safest methods of energy production. The environmental impact of wind power is minor compared to coal, gas or nuclear. However, political agendas and irresponsible corporate policing has blindfolded us to the dangers of our current sources of energy generation.

Nuclear, while stable, efficient and clean, has the potential to be catastrophic if a disaster occurs. Burning fossil fuels involves extraction, processing and burning, which is not good for the environment from start to finish.

According to the Independent Electricity System Operator (IESO), in 1998, Ontarians used 140 terawatt-hours of energy, and in 2013, we used 140.07 terawatt-hours. While the yearly fluctuations can range anywhere from negative six per cent to a four per cent increase, in the last 16 years, there has been only a 0.005 per cent increase.

The idea of wind power is smart, innovative and in theory, harmless to the environment. However, the economics of wind power are a conundrum. Currently a lack of storage capabilities means that when the wind blows, the grid must be fed with electricity.

However, the wind doesn't always blow and other sources must be used to meet the demand. These sources include alternate generation methods like nuclear or coal as well as buying power from neighbours like the province of Quebec and New York State.

In an article published by the Canadian Press on Sept. 13 of last year, Ontario has generated a surplus of energy since 2006.

Again, the problem comes back to the lack of storage capabilities. If the wind is turning the turbines, the power that is generated has to be diverted. If the grid is currently at capacity, the energy is often diverted to another province or state and that comes at a cost. That cost has peaked up at upwards to \$200 million in a year to sell excess energy.

Wind power is free to generate and the carbon footprint created to build turbines is recovered quickly.

At Ostrander Point in Prince Edward County, Gilead Power has been trying to build a wind farm but the project has been halted by the vigilant Prince Edward County Field Naturalists. Their arguments are over the wetland that exists there where Blanding's turtles, a species at risk, live, as well as species of frogs and migratory birds that cross Lake Ontario.

Inevitably, we need to move away from archaic forms of energy production. Currently when comparing wind power to other sources, the list of pros and cons looks relatively benign compared to other sources.

Wind is definitely a step in the right direction and citizens need to stop being so short-sighted when comparing the immediate cost versus the long-term benefits of wind. If wind projects are currently inefficient, more research needs to be done to improve the technology.

Why can't turbines be remotely disabled during periods of surplus? Wind projects need a better implementation strategy to become more efficient. If there are many wind farms powering Ontario, the chance of a loss of wind power can be stabilized and we can reduce the amount of power we draw from other sources and perhaps even reduce the excess of energy we create.

Ontario needs to maintain a diversified energy portfolio, but also needs to develop a more thorough energy plan to make wind power more practical.

Christopher King

# Student parking lot continues causing problems

It seems that the P10 lot at Loyalist College has increasingly become more impractical and inconvenient for many paying students.

Finding a decent parking spot in the P10 lot on any day has always been a feat in itself. The lack of lines distinguishing each parking spot leaves it a complete mess. Rows upon rows of crooked cars litter the lot and make for plenty of wasted space.

This winter's extreme weather has only amplified the problems students are facing regarding this parking lot. The great amount of ice and the lack of proper lighting on this "temporary lot" have raised safety concerns and now half of the lot has been closed off instead of being properly cleared.

According to Grant Brummell, supervisor of facilities services, the college is saving about \$2,000 a month in plowing costs and there has been an estimated 150 parking spaces lost.

This loss of parking spaces now forces many students to park in lots that are further away and creates much difficulty in this already problematic parking lot.

Proper clearing of this lot from the start may have helped it not get to the extremely slippery state that it's in now. It really seems as though the clearing and upkeep of that lot really is not on any priority list.

The half of the lot that isn't closed has a lot of ice on it as well, and it doesn't seem to get salted often to help with the extreme ice.

The lack of lighting at night is one of the major reasons they have closed off half of the lot, according to Brummell.

That being said, there aren't any lights on the ice-covered half that is still in use. The only light that provides a bit of help at night is one of the lights from the sports field.

The P10 parking lot has been considered a temporary lot for over three years now. It has been a subject of discussion in previous years because of the struggles students face with the delineation of parking spaces as well as the awful potholes in the warmer months.

When will something be done in to make it a proper parking lot?

Brianne Ste Marie Lacroix



## Opinion

# Should we be switching off incandescent bulbs for good?

By Suzy Willig

Well, the old trusted incandescent bulbs are now being dimmed. The plan is that by the end of the year, they will be phased out completely.

It seems, though, that the general consensus is that this policy is not a people pleaser. The criticisms range from the actual colour of light produced by the bulbs, to bird care centres being affected by this ban.

Generally, people are being told that LED bulbs and CFLs, or compact fluorescent light bulbs, are the more efficient option.

These CFL bulbs are supposed to last longer than incandescents, making them more efficient, but how is this possible when they contain toxic mercury and are a threat to humans, and can even be fatal to children if a bulb is broken and mercury vapour is released?

The fact that we're expected to dispose of these CFL bulbs by taking them to a RONA or a household hazardous waste depot is another inconvenient factor, es-

**The fact that we're expected to dispose of these CFL bulbs by taking them to a RONA or a household hazardous waste depot is another inconvenient factor, especially because a lot of people don't even take the time to separate garbage from recycling.**

pecially because a lot of people don't even take the time to separate garbage from recycling. The Association of Lighting and Mercury recyclers are reporting that 98 per cent are ending up in landfills.

So, instead of being more efficient, we're polluting the earth with toxic mercury.

Even just small factors, such as having blue-tinted lighting in your home are a

turn-off. Incandescents were the most natural-coloured bulbs, and that's the way people liked it.

The CFL bulbs also have a poor warm-up time in some situations. For instance, if you have one in your closet, and haven't used it in awhile, it takes a noticeable amount of time to get bright, and they certainly don't thrive in cold temperatures.

CFL bulbs take a considerable amount of time, even up to five minutes to light up after being cold, an issue that incandescent bulbs never had.

Ottawa's Wild Bird Care Centre is also reaching out for help, as incandescent bulbs are a huge asset to them when providing warmth for birds that are injured and recovering.

Mireille Goguen, who works at the centre, has said that the ban came as a shock to them, and they're already running short on the bulbs.

All in all, not a lot of people are happy about this ban. Light bulbs are not only costing us a lot more, but are also giving us unflattering light in our homes.

# Pet care important during the winter weather

By Anna Brown

Winter is a fantastic time for dogs, jumping in piles of snow, barking at snowmen, and marking their scent, leaving it for other dogs to discover.

It's not all fun and games. Salt, although good for getting rid of slippery ice, makes dog's feet dry and sore. Washing your dog's feet in lukewarm water when you get home from a walk in the winter can significantly help remove the salt.

"If you live near a pond or lake, be very cautious about letting your rambunctious dog off the leash. Animals can easily fall through the ice, and it is very difficult for them to escape on their own. If you must let your dogs loose near open water, stay with them at all times," says the American Animal

**'If you live near a pond or lake, be very cautious about letting your rambunctious dog off the leash. Animals can easily fall through the ice, and it is very difficult for them to escape on their own.'**

American Animal Hospital Association

Hospital Association.

If you feel cold, your dog does too. Some breeds are more equipped for winter. For

example, Huskies are a breed equipped for winter weather. With their thick coat and larger size, they are able to regulate their temperature better than smaller dogs like chihuahuas with their short coat and small size.

The American Animal Hospital Association says, "Pets lose most of their body heat from the pads of their feet, their ears, and their respiratory tract."

To ensure your dog is safe in the winter, keep a close eye on them when they're outside. Some signs that they are getting too cold include shivering, whining and anxiety. They may also slow down or stop moving. Look for somewhere warm to get out of the cold, wrapping your dog in a blanket, or giving them something to stand on as they lose most of their heat through their feet.

# The Pioneer

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