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CONAN O'BRIEN RETURNS TO PRIME-TIME TELEVISION: P13

VANCOUVER

Asylum seeker to get review P3

A Chinese asylum seeker, who allegedly boarded an Air Canada flight while disguised as an old man, will have his case heard Monday in Vancouver.

WORKZONE

Show off your experience P19

The key to landing the job you want in the marketplace may depend on how smartly you promote your past work experience in your resumé.

HEALTH

A hairy upper lip for Movember P16

Thousands of Canadian men are now sprouting moustaches for the month of November to raise awareness and funds for prostate cancer research.

Hope for Haiti

LOCAL VOLUNTEER NEIL MACK ASSISTS REBUILDING EFFORTS IN TRAGEDY-STRICKEN CARIBBEAN NATION P5



PHOTO CARMINE MARINELLI

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Their day in court

Monday is a busy day for the justice system. Several high-profile trials are scheduled to come to an end today as Carole Berner, the drunk driver found guilty of killing four-year-old Alexa Middelaer, and Shawn Woodward, the man found guilty of punching out and injuring Ritchie Dowrey at a Davie Street pub, are scheduled for sentencing today. Randy Quaid's bizarre refugee case also resumes today. — QMI AGENCY

Life goes on

Outgoing Premier Gordon Campbell isn't ready to pack up and go home just because he declared his intention to resign last week. Until a new B.C. Liberal Party leader is found, Campbell will carry on as the province's top dog. Life returns to normal Monday, as Campbell and Energy Minister Bill Bennett open the province's annual clean energy conference, Generate 2010, in Vancouver. — QMI AGENCY

Arts could save East Van school

SANDY BUEMANN
QMI Agency

An East Vancouver elementary school in danger of closure could be saved by the arts.

Transforming Queen Alexandra Elementary School to a district-wide multicultural fine arts school could boost enrollment, according to NDP MLA Jenny Kwan.

The school, located at 1300 East Broadway, only has a 61 per cent enrollment rate, below the ideal 80 to 90 per cent. It is one of five Vancouver schools slated to close at the end of this school year.

The change would be about more than just song and dance, according to Kwan.

"The children will really get some exposure into the understanding of multiculturalism and the diversity of people's different backgrounds," said Kwan.

Fine arts, such as plays, a musical outreach program and guitar club, already play a large unofficial role, she said.

"The mindset is already there, the teachers with the experience, and the knowledge and the qualifications are already there."

Fine arts would be incorporated into all classes including math, language arts, science, social studies and social responsibility. The idea will be presented to the Vancouver school board Tuesday evening.

If passed, the school could become a district-wide multicultural art school by Sept. 2011.



DRESS UP AND PARTY

GASTOWN

People dressed up in 1920s fashion at the Lamplighter Pub in Gastown to celebrate the pub's 85th anniversary Sunday. The pub, located in the historic Dominion Grand Hotel, was the first to receive a beer parlour licence after prohibition was officially annulled. The afternoon celebration was for all ages.

— QMI AGENCY

PHOTO CARMINE MARINELLI

ASYLUM SEEKER

Leaked photos endanger man: Lawyer

MATT KIELTYKA
QMI Agency

A review hearing is scheduled Monday for the Chinese national seeking asylum in Canada after boarding a flight dressed as a Caucasian senior.

The bizarre story, spurred on by leaked photos of the unidentified man in disguise, has captured international headlines to the chagrin of his lawyer.

"There is nothing atypical about his situation. He's no different than the hundreds of asylum seekers coming out of



Canadian authorities were trying to determine how a man in his 20s was able to board a flight in Hong Kong to Vancouver. SUBMITTED PHOTO

China," said Burnaby lawyer Lee Rankin. "The difference is someone decided to out him and that's disturbing because people are typically given a

high degree of privacy [during refugee applications]."

Rankin admitted the nature of the man's entry — which involved him donning a rubber

face and sporting fake ID before being found out on an Air Canada flight heading to Vancouver Oct. 29 — is unique, but his reason for fleeing the People's Republic of China isn't.

"He is suggesting he has participated in actions which would be considered legal in Canada but subject to pretty ruthless suppression in China," Rankin told 24 hours.

The fact photos of the man have been leaked could put Rankin's client at risk with the Chinese government, according to the lawyer.

COOKIE CRUMBLES

DAMAGE

A community staple is behind construction fences right now after a disastrous construction accident leveled the Accent on Pastries bakery at 204th Street and Douglas Crescent in Langley Friday night. No one was injured when a firewall came crashing down from a neighbouring lot, but the bakery's roof caved in and the storefront of destroyed.

DEATH

MYSTERY

Abbotsford police are seeking the public's help after the death of 52-year-old Mark Farrar Nov. 3. Surveillance video shows Farrar was stumbling down the streets in the area of Gladys Avenue and George Ferguson Way for hours before being attended to by paramedics at 6:45 p.m.. Police say that Farrar could have received a life threatening head wound before 3 p.m., which caused him to stagger and limp while walking.

FATALITY

CHILLIWACK

A 22-year-old woman from Chilliwack is dead after being struck by an SUV Saturday morning. Police say the woman and three others were standing at the side of Highway 1, before Annis Road, around a broken down car when the victim was hit by a driver on his way to work. The driver of the SUV was found to be sober. The investigation continues.

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Linda Cullen
Humour columnist

What's the deal with air security?

Well, if we can't carry our toner cartridges onto an aircraft, then the terrorists HAVE won.

Geez, the next thing you'll tell me is I can't carry on my rug shampooer!

OK, but don't come crying to me, airlines, when turbulence hits and everybody's red wine goes flying, and you come through the cabin desperately searching for someone with a Bissell Steam Cleaner.

Oh gosh, I'm just having a little fun here, because once again, there's a security problem with planes. I have to say, for years it has really boiled my water, that we practically have to have a colonoscopy to get on an aircraft, and yet anonymous brown paper boxes sail into the cargo hold without someone even picking it up and giving it a quick shake.

Why? Well, because we must not slow down commerce. But this world needs to slow down a bit. And what would it be? A day maybe?

BUSINESSMAN: Do you mean to tell me that this package is going to take TWO days to go eight thousand miles? What kind of world are we living in?

One extra day to get everything scanned, and then the packages, and hey, bonus, all the humans arrive safely.

When I can't take my rug shampoo on a flight, then we have got problems. Big problems.

I mean, I'm more valuable than cargo. If I go boom in a plane and get splattered all over the 905 area of Toronto, then you won't get to read this column ... OK, maybe that's not the best argument. I guess my real problem is that I have always been slightly paranoid on planes, long before 9-11. Way

back in the mid-'80s, I was on a packed 737 flight to Disneyland and in the seat next to me was this little old Indian man in traditional garb. If you climbed up a mountain searching for the wise guru that tells you the meaning of life, he looked like the guy you'd find at the top. Anyway, he was carrying this thing that he was trying to shove under the seat in front but it was too big. It looked like a 10-pin bowling ball, inside a sky-blue carry case that was also round.

Now, this made me extremely nervous, because I didn't think it was a bowling ball. I thought it looked more like one of those Acme bombs that Wylie Coyote tried to blow the Roadrunner up with all the time.

The only thing that was missing was the long fuse sticking out of the zipper. I was about to yell for the stewardess to arrest him, when he told me he was in a band, and then he unzipped the blue bag and pulled out his instrument, a round clay pot.

My my, how we laughed. And then I showed him my rug shampooer.

Read more Cullen at www.doubleexposureradio.com

B.C. PLACE RENOVATIONS

Fiddling with the roof

BOB MACKIN
QMI Agency

Much has changed since B.C. Place Stadium's roof was deflated May 4.

The fabric cover and cables are long gone. New cables radiate from the apex of a steel tower. A giant red crane has lifted 21 of the 50 metre-high steel masts onto the ring beam since July. Two more await assembly below. All 36 should be installed by year-end.

"We're actually building 18 suspension bridges, is the easiest way of thinking about it," explains B.C. Pavilion Corporation chairman David Podmore during a Nov. 5 hardhat tour. "All the forces have to be balanced across the stadium."

Orange tarps protect press boxes and luxury suites from the elements. Only heavy precipitation and wind can delay construction. Workers won't be allowed in crane baskets when wind reaches 24 kilometres per hour, Podmore says.

Thousands of sky blue seats will be replaced by wider chairs, reducing capacity to 54,500 when the \$563-million renovation is done. A fall 2011 reopening is anticipated.

When finished, the retractable portion of the 76,000-square metre fabric roof "can be opened on demand and at will," but Podmore says it won't be closed during heavy rain or wind. It's like a convertible car, he says: "You're not going to open the roof when you're going 110 kilometres per hour."

Inside, crews reinforce and widen the 54 columns with rebar and concrete so the building can support each 120-ton mast. Precast concrete panels at gates are being replaced with glazing.

"The building will appear a lot lighter and brighter and airier," Podmore says. "You'll be able to actually see people moving up and down the ramps and moving within the building."

Construction crews work on the roof and the refitting of B.C. Place during a media tour of the building in Vancouver, Friday. PHOTOS CARMINE MARINELLI



FEEDBACK

VAN24FEEDBACK@SUNMEDIA.CA

IS IT JUST ME, or should the slogan for TransLink be: "We'll get you there... eventually"? I understand that buses break down, drivers sleep in, yadda yadda. But if we could get some notification about why our bus decided to not show up at all, especially at main bus loops, I'm sure we'd all feel

that our money is well spent. I think TransLink owes us some cab fare.

- Kris Buller

WAKE UP VANCOUVER: You wanted the Games, now is the time to pay up, it's also called the Olympic debt and B.C. needs the HST. I also want the 15 per cent income tax cut but do not want an NDP government. No games for me, thank you.

- Patricia Seguin



DIWALI DAYS

◉ **VANCOUVER** Shiamak Indo Jazz troupe perform Bollywood style routines during the Diwali festival at the Roundhouse Community Centre in Vancouver Sunday. - QMI AGENCY

PHOTO CARMINE MARINELLI

HAITI
Rising from the rubble

DHARM MAKWANA
QMI Agency

Hope is rising in a small Haitian mountain town thanks to the efforts of a dozen B.C. builders.

Neil Mack was one member of a volunteer crew who travelled to the island nation – still recovering from a devastating 7.0 magnitude earthquake in January – to rebuild a schoolhouse for 300 students near Jacmel, Haiti.

The project manager was amazed at how those, who had their homes reduced to rubble because of the natural disaster, carried themselves.

“There was a very surreal humbleness about them,” he said. “These people had nothing. Most didn’t have shoes.”

« You often wonder if the almighty buck is worth it. These people are extremely simple people but they’re happy. »

— Neil Mack, volunteer

Eagerly anticipating help, everyone in the Haitian community had prepared for the crew’s arrival last month.

“Every single block, every piece of metal roofing had to be carried by children to 60-year-old women – brick-by-brick, piece-by-piece,” he said.

But for all the progress made on one two-week trip more can be done, Mack said.

“We were told there are still bodies in a lot of the building

that haven’t been extracted because there’s a cost associated with it that the people can’t pay,” he explained of conditions in Port Au Prince.

Mack is planning to return to Haiti in next year with a few lessons he learned fresh in mind.

“You often wonder if the almighty buck is worth it,” he said.

“These people are extremely simple people but they’re happy.”

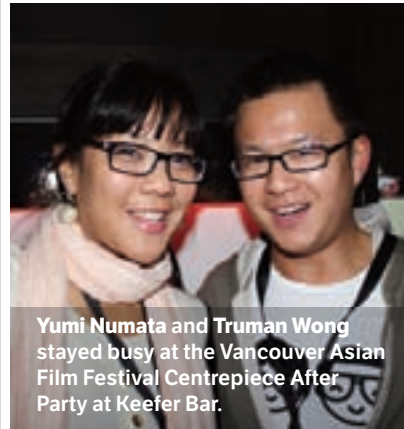
Chocolate dreams



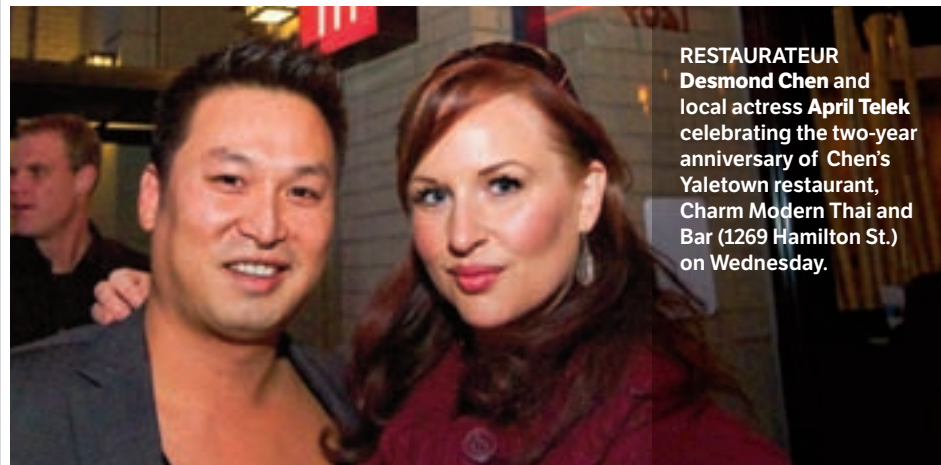
Sarah Rowland
On The Town



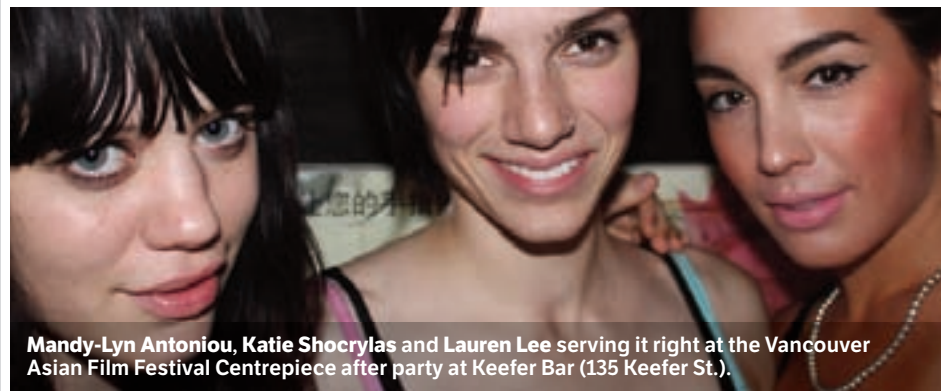
THE INSANELY talented, Halifax-based singer/songwriter **Meaghan Smith** sampling a chocolate-covered strawberry after her set at the 125-year anniversary celebration for Rogers’ Chocolates at the Fairmont Waterfront hotel.



Yumi Numata and Truman Wong stayed busy at the Vancouver Asian Film Festival Centrepiece After Party at Keefer Bar.



RESTAURATEUR **Desmond Chen** and local actress **April Telek** celebrating the two-year anniversary of Chen’s Yaletown restaurant, Charm Modern Thai and Bar (1269 Hamilton St.) on Wednesday.



Mandy-Lyn Antoniou, Katie Shocrylas and Lauren Lee serving it right at the Vancouver Asian Film Festival Centrepiece after party at Keefer Bar (135 Keefer St.).



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2011 PULLOUT OF AFGHANISTAN

Some soldiers may be left behind: MacKay

LAURA PAYTON
QMI Agency

Canada may leave some soldiers in Afghanistan after the combat mission ends next July, Defence Minister Peter MacKay said Sunday.

MacKay, right, said the government is considering leaving a number of trainers in the country to work with the Afghan National Security Forces.

"We've been crystal clear in saying the combat mission will end July (2011) ... But training is an option, and it's something we've been very good at, quite frankly," MacKay said.

The prime minister will have more to say as they get closer to a NATO meeting in Lisbon, Portugal, Nov. 19-20, MacKay said. But the discussions are about putting trainers somewhere outside of Kandahar province, "behind the wire" —



in a protected zone. MacKay said there are about 400 Canadian Forces doing training right now, with NATO estimating they need another 900 trainers.

Canadian officials are reportedly meeting in Afghanistan this week to firm up the details.

U.S. Senator John McCain told CTV's Question Period Sunday Americans would "really, really appreciate it" if Canada kept military trainers in Afghanistan after the com-

bat mission ends. McCain serves on the U.S. Senate armed services committee.

A spokesman for Liberal Leader Michael Ignatieff said there have been only general discussions so far and the party is waiting for more details.

While the Liberals have been open to leaving military trainers in Afghanistan, the NDP and Bloc Quebecois want them pulled out.

Bloc defence critic Claude Bachand said they're open to leaving police trainers in the country. NDP defence critic Jack Harris said anything other than ending the mission needs parliamentary debate.

"It's quite surprising to hear that any decision is going to be announced by Nov. 18, long before any parliamentary debate or resolution can take place on it," Harris said.

Veteran Chuck Hills was among those gathered on Parliament Hill in Ottawa Saturday to protest the the federal government's changes to veterans' pensions.
TONY CALDWELL, QMI AGENCY



Vets on feds: 'They treat us like con artists'

TONY SPEARS
QMI Agency

Cries of "shame" echoed on Parliament Hill on Saturday from veterans infuriated with gaps in the new Veterans' Charter.

About 200 people — veterans and civilians alike — listened to speakers plead for just treatment from Veterans

Affairs.

A massive burden of proof lies on veterans seeking compensation for illness, said vet Perry Gray.

"They treat us like con artists," he said.

Gray has served in all over the world, from Bosnia to Haiti. "I've witnessed things that no one should have to

witness," he said. "It's left an impact."

Other speakers said Veterans Affairs is bogged down in a bureaucratic quagmire.

The veterans are demanding a host of changes, including stronger PTSD benefits and compensation for soldiers exposed to chemical and nuclear agents.

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ANGLICAN COMMUNION FEARS SCHISM

Divisive Episcopal bishop to retire

REUTERS — Gene Robinson, whose consecration as the U.S. Episcopal Church's first openly gay bishop opened a deep rift in the worldwide Anglican Communion, said Saturday he planned to retire in 2013.

Robinson's election as bishop of New Hampshire in 2003 led some conservative Episcopalians to form their own church and stoked a backlash among Anglican churches in regions such as Africa.

In remarks to the New Hampshire Diocese's annual convention that were posted on its website, Robinson, 63, said the strains of the controversy

surrounding his role figured in his decision.

"The fact is, the last seven years have taken their toll on me, my family and you," he said. "Death threats, and the now-worldwide controversy surrounding your election of me as bishop, have been a constant strain."

"While I believe that these attitudes, mostly outside the Diocese, have not distracted me from my service to you, I would be less than honest if I didn't say that they have certainly added a burden and certain anxiety to my episcopate," added Robinson.

He said he gave early notice of his plans to smooth

the transition to his eventual successor.

In May, the 2 million-member Episcopal Church, the U.S. branch of the Anglican Communion, ordained a second gay bishop, Mary Douglas Glasspool in Los Angeles, despite a request by the Communion not to do so. Robinson gave the opening prayer at the January 2009 inauguration of President Barack Obama.

The Communion's leaders are seeking to avoid a global schism in the body that has 80 million members in more than 160 countries. The Anglican Communion is the third-largest Christian denomination in the world.



U.S. Episcopal Bishop Gene Robinson kisses screenwriter Dustin Lance Black, right, at the 20th GLAAD Media Awards in Los Angeles, Calif., in this file photo. REUTERS



Haitian kids clear water from their home after a drain flooded their neighbourhood of Cite-Soleil in Port-au-Prince. REUTERS

Haiti dodges disaster

REUTERS — Earthquake-hit Haiti escaped a fresh disaster threatened by Hurricane Tomas, but the storm caused flooding that killed eight people and increased the contagion threat from a deadly cholera epidemic, the government and aid workers said Saturday.

Amid widespread relief that the hurricane largely spared crowded camps in the Haitian capital housing 1.3 million quake survivors, the international humanitarian operation was turning its attention back to the two-week-old epidemic, which has killed just over 500 people and sickened more than 7,000.

"We do expect the infection rate to jump up due to the flooding and to the bad sanitation conditions in many areas," Christian Lindmeier, spokesman in Haiti for the

Pan American Health Organization/World Health Organization, said.

"Cholera is a water-borne disease and so additional water means additional risk," said Lindmeier.

Tomas skirted Haiti Friday, flooding some coastal towns, forcing thousands from their homes and soaking camps for displaced people in the capital Port-au-Prince with rain.

Eight people died as a result of the hurricane, the government said Saturday, and about 10,000 people left their homes voluntarily to escape floodwaters.



Myanmar's election condemned as fraud

REUTERS — Two military-backed parties looked set to prevail on Monday in Myanmar's first election in 20 years, a day after a choreographed vote marred by fraud charges and apathy, and condemned as flawed by Washington and London.

Complex election rules thwarted any chance of a pro-democracy upset as Myanmar ends half a century of direct

army rule.

State TV said voters "freely and happily" cast ballots, but witness accounts suggested low turnout and voting irregularities.

Official results trickled out over state media, showing the military and its proxy parties ahead.

Many who abstained from the vote expressed doubt they could alter the

authoritarian status quo in a poll that both U.S. President Barack Obama and British Foreign Secretary William Hague described in separate statements as neither free nor fair.

"Many aspects of these elections are not compatible with internationally accepted standards," the European Union's foreign policy chief, Catherine Ashton, said in a statement.

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PEACEFUL ELECTION AS NATION RETURNS TO CIVILIAN RULE

Guinea holds first free vote in decades

REUTERS— Guineans voted peacefully on Sunday in a presidential run-off aimed at returning the country to civilian rule, though worries remained over the potential for ethnically-driven violence once the results are released.

The election was the West African state's first free vote since independence from France in 1958 and, if it passes

smoothly, could improve stability in a fragile neighbourhood known as Africa's "coup belt" while bolstering resource investment in a country rich in iron ore and bauxite.

But the run-up to the second-round election was marked by clashes between rival political and ethnic camps and rows over electoral

preparations that caused months of delays since the first round on June 27.

Analysts have said that supporters of the two candidates — former Prime Minister Cellou Dally Diallo and veteran opposition leader Alpha Conde — appear ill-prepared to accept a loss, raising the chance of clashes over the results.

"I am pleased to say that there is peace, there is serenity," said Diallo after casting his vote in the Dixin suburb of Conakry in front of a cheering crowd.



A soldier shows his ink-stained finger after casting his vote during the presidential run-off election in the capital city of Conakry, Guinea on Sunday. REUTERS

GLADIATORS HOUSE IN RUINS

OPOMPEII Archaeologists, commentators and opposition politicians accused Italy's government of neglect and mismanagement on Sunday over the collapse of the 2,000-year-old "House of the Gladiators" in the ruins of ancient Pompeii. Some commentators said the UNESCO World Heritage site should be privatized and removed from state control because the government had shown it was incapable of protecting it. — REUTERS

Kenyan cop's bloody rampage leaves 10 dead

REUTERS — A Kenyan provincial police officer shot 10 people dead in three bars in a small town northeast of Nairobi before surrendering, a police spokesman said on

Sunday. "He went from one bar to another and was shooting indiscriminately. Apparently he was looking for his girlfriend after he left duty," Charles

Owino, a Nairobi-based deputy spokesman in the regular police division, said. "Among the 10 dead were two of his colleagues who were investigating the shoot-

ings," Owino said, adding that beyond those who died, no one else was wounded. Owino said the officer, Peter Karanja, went on the rampage after he finished his shift.



Vancouver School Board - Public Consultation Meetings

Schools considered for potential closure

Public consultation and feedback meetings will be held on the following dates to discuss the five schools being considered for potential closure.

Public Information Meetings: October 25 - November 1, 2010

Schools considered for potential closure:	Date	Time	Meeting will be held at:
Carleton Elementary	Oct 25	7pm	Windermere Secondary 3155 E. 27th Ave.
Champlain Heights Annex	Oct 26	7pm	Killarney Secondary 6454 Killarney St.
Macdonald Elementary	Oct 27	7pm	Templeton Secondary 727 Templeton Dr.
McBride Annex	Oct 28	7pm	Sir Charles Tupper Secondary 419 E. 24th Ave.
Queen Alexandra Elementary	Nov 1	7pm	Vancouver Technical Secondary 2600 E. Broadway

Public Feedback Meetings: November 2 - 9, 2010

Schools considered for potential closure:	Date	Time	Meeting will be held at:
Carleton Elementary	Nov 2	7pm	Windermere Secondary 3155 E. 27th Ave.
Champlain Heights Annex	Nov 3	7pm	Killarney Secondary 6454 Killarney St.
Macdonald Elementary	Nov 4	7pm	Templeton Secondary 727 Templeton Dr.
McBride Annex	Nov 8	7pm	Sir Charles Tupper Secondary 419 E. 24th Ave.
Queen Alexandra Elementary	Nov 9	7pm	Vancouver Technical Secondary 2600 E. Broadway

For meeting details and format please check www.vsb.bc.ca/school-closures. This section includes related reports; links to the school closure process policy; status updates; and decision timelines. Parents and other members of the public can write an email to the Board at: schoolclosure@vsb.bc.ca

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Please Translate

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NUCLEAR WASTE
PROTEST TURNS VIOLENT

1 German police clashed on Sunday with anti-nuclear activists trying to disrupt a shipment of nuclear waste heading to a storage dump, using truncheons and tear gas to clear a blocked rail line. A police spokesman said some 250 activists had tried to damage the track near the waste dump to halt a train carrying the waste. When police tried to stop them, the activists responded with tear gas and flare guns. — **REUTERS**

NEW DELHI
START TALKING,
SAYS OBAMA

2 U.S. President Barack Obama called on India on Sunday to bolster peace efforts with Pakistan that have floundered since the 2008 Mumbai attacks, relations seen as crucial to his troubled efforts to win the war in Afghanistan. — **REUTERS**

LISBON
CHINA OFFERS HELP

3 China will back Portugal's efforts to deal with fallout from the world financial crisis, President Hu Jintao said on Sunday, but he stopped short of promising to buy Portuguese bonds as the debt-ridden country had hoped. "We are willing to take concrete measures to help Portugal cope with the global financial crisis," he said after meeting Prime Minister Jose Socrates, without elaborating. — **REUTERS**

JALALABAD
FIGHTING
AGAINST POLIO

4 An Afghan child receives a polio vaccination at a clinic in Jalalabad on Sunday. The World Health Organization is continuing its efforts to eradicate the virus. — **REUTERS**



JAKARTA
ERUPTION
CONTINUES

5 Indonesia's Mount Merapi volcano belched ash and toxic fumes into the atmosphere on Sunday, but local authorities played down the threat to aircraft just two days before U.S. President Barack Obama was due to fly in. White House officials said they were watching developments "very closely," but there were no plans for now to reschedule the visit. The volcano began spewing lava, superheated gas and deadly clouds of ash two weeks ago. — **REUTERS**

MOGADISHU
HOSTAGE KILLED

6 A man was shot dead on Sunday after he refused to disembark from a yacht in the Indian Ocean that was hijacked by Somali pirates last week, pirates and residents said on Sunday. The man was killed in Barawe town on the southern Somali coastline by pirates who had taken him hostage and wanted him to go onshore from his yacht in which he was sailing with others, including a woman and a boy. — **REUTERS**

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ERBE'S STALKER FOUND GUILTY

The man accused of stalking *Law & Order: Criminal Intent* star Kathryn Erbe has been convicted. Charles Nagel, 36, from Philadelphia, Pa., was accused of sending the actress a series of strange love letters and turning up at the set of her TV show in New York, as well as attempting to contact her via social networking websites. — WENN.COM

Pink's mis-paddling

Pink was almost kicked out of a campsite on her birthday — because she accidentally paddled through a lake of drinking water. The *So What!* hitmaker, who turned 31 in September, took her friends camping to celebrate her big day. The singer and her pals decided to take some paddle boards out on to what she thought was the venue's lake, but angry security guards forced them back to the shore and threatened to kick the group out of the resort. She explains to Scotland's *Daily Record*, "We paddled out on the lake and the water patrol people kicked us out of the lake and tried to kick us out of the campground because it turned out it was drinking water." — WENN.COM



Allen hospitalized for blood-poisoning

Lily Allen was rushed to hospital by ambulance on Friday night to be treated for potentially fatal blood-poisoning condition septicaemia, just days after suffering a miscarriage. The *Smile* hitmaker was devastated when she lost her baby son last weekend, six months into her pregnancy by boyfriend Sam Cooper. Allen has been recovering at her home and on Friday afternoon she thanked her fans for their messages of support, revealing she was still feeling ill following the miscarriage. She wrote on Twitter.com, "I'm still very sick but the messages are helping me to be stronger." But just hours after writing the message, the singer's condition worsened and she was taken to hospital. — WENN.COM



CYRUS CAUGHT DRINKING IN SPAIN?

Miley Cyrus has been criticized by the head of an international alcohol awareness group after she was allegedly spotted boozing in Spain. The 17-year-old singer/actress was reportedly photographed drinking beer while partying in Madrid — the legal age to drink in the country is 18, but teenagers as young as 16 are allowed to consume "certain" alcoholic beverages without issue. *Hannah Montana* star Cyrus didn't break any laws, according to TMZ.com, but she has been slammed by the boss of the International Institute for Alcohol Awareness. — WENN.COM

buzz



Arrest warrant for Lohan's dad

Lindsay Lohan's dad Michael is a wanted man — a judge in New York has issued a warrant for his arrest. A judge in Suffolk County, N.Y. issued the warrant on Thursday, stemming from a legal case with a Montana woman who alleges Michael Lohan fathered her child. Kristi Kaufmann sued the Lohan patriarch in 2008 and won an uncontested judgment because Michael never opposed the baby claim, reports TMZ.com. Michael Lohan insists he was unaware of the warrant. — WENN.COM



Boyle stunned by 'childish' Reed

Susan Boyle was stunned when Lou Reed banned her from singing his classic tune *Perfect Day* on TV, because she couldn't believe one of her heroes was so "childish." The Scottish singing sensation was left heartbroken after she was told she was not allowed to cover the song on *America's Got Talent* just hours before her big performance in September. Reed later insisted the ban was due to licensing laws in the American market, but Boyle does not believe his excuse. — WENN.COM

World's oldest person dies at 114

A French nun who held the Guinness Book of Records title for world's oldest person has died on the Caribbean island of Saint Barthelemy at the age of 114, the French government said on Thursday. Born on Feb. 16, 1896 on Saint Barthelemy, Eugenie Blanchard died at around 3 a.m. on Thursday morning in hospital. — REUTERS

**Cigarette breaks must be clocked**

Workers at a district council in eastern England must now clock off and back on if they take a cigarette break. Staff at Breckland Council in the eastern English county of Norfolk will no longer be paid for time spent smoking after proposals agreed earlier this year came into force on Monday. The policy formalized an agreement made in consultation with staff. — REUTERS

MOVEMBER IS NO HARDSHIP FOR MEN RAISING PROSTATE CANCER AWARENESS

Keep a stubbly upper lip

MARILYN LINTON
Special to QMI Agency

Having done the Clark Gable thing, Toronto's Mic Salem is now thinking handlebar.

Like thousands of other Canadian men, Salem is taking the month of November to grow a moustache and raise funds and awareness for prostate cancer.

A couple of years ago, he raised \$800 for Prostate Cancer Canada and grew a moustache reminiscent of the kind old-timey actors made famous: Small, clean and manicured. "This time around, I will shoot for the whole handlebar thing," says the 32-year-old communications and marketing officer for The Toronto Community Foundation.

Salem is participating in Movember, a men's health initiative that originated in Australia seven years ago and is now global.

Last year, the Movember movement raised \$42 million; since its inception, over \$100 million has been raised, along with awareness of a potentially dangerous men's cancer.

As new treatments emerge and more and more men come forward to put a face on the disease (think the NDP's Jack Layton,

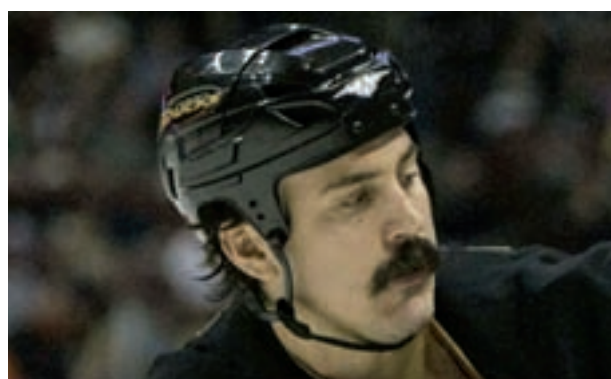
golfer Arnold Palmer, New York's former mayor Rudy Giuliani, and former U.S. secretary of state Colin Powell), prostate cancer is becoming better known. Research has shown that men are 40% more likely than women to die from cancer, in part because they put off visiting the doctor. As one prostate cancer survivor told me, "If you're waiting for actual symptoms to appear, you're waiting too late."

Those who've had to live with prostate cancer are quick to tell other men to have their annual checkups, including the dreaded finger up the rear exam.

They should talk to their doctors about the possibility of having a PSA test. Although a physical exam or the harm-

less blood test for prostate-specific antigen may save a man's life, only half the men over the age of 50 get tested. Check out Prostate-cancer.ca for more on cancer assessment.

The prostate is a walnut-sized gland located at the base of the penis in front of the rectum, just below the bladder. It produces part of the fluid that carries sperm. Rates of



A few famous staches' including NBA player Derrick Rose, clockwise from top left, actor Tom Selleck, director John Waters, NHL player George Parros and *Simpsons* character Ned Flanders. WENN, REUTERS

prostate cancer in men are comparable to breast cancer rates in women, with a man being diagnosed with the disease every 2.7 minutes. In 2010, approximately 246,000 men will be diagnosed and 4,300 will die. It is the most common cancer to affect Canadian men.

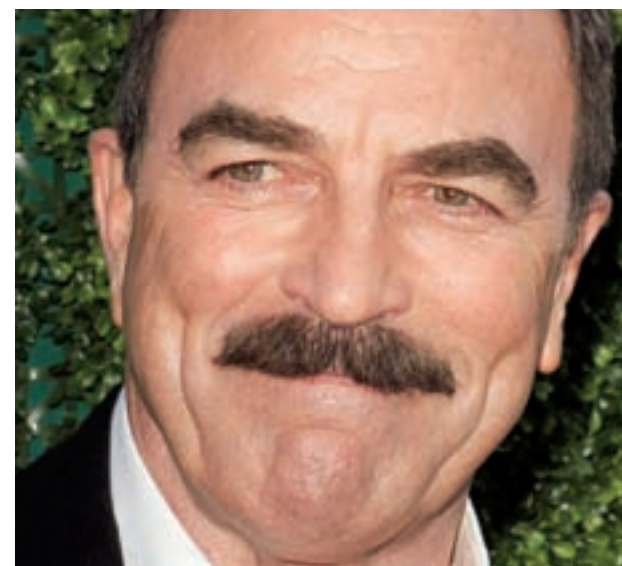
But death rates have been dropping since the mid-1990s: Earlier detection saves lives

and today's better treatments prolong lives.

But men have to take charge, learn more.

As for awareness, prostate cancer is following in the footsteps of breast cancer: You can't think pink today without thinking breast cancer.

Blue striped ties and scarves are associated with prostate cancer awareness, and now, so is upper lip facial hair.



The mo' you know

"The mos that you grown, the mos you support, the mos you caress help to take prostate cancer research further," says Dr. Anthony Joshua, a prostate cancer researcher at Toronto's

University Health Network. Check out Movember.com, where you'll find info on this fun initiative, plus pin-ups of the "Mo Men" of past years. — QMI AGENCY

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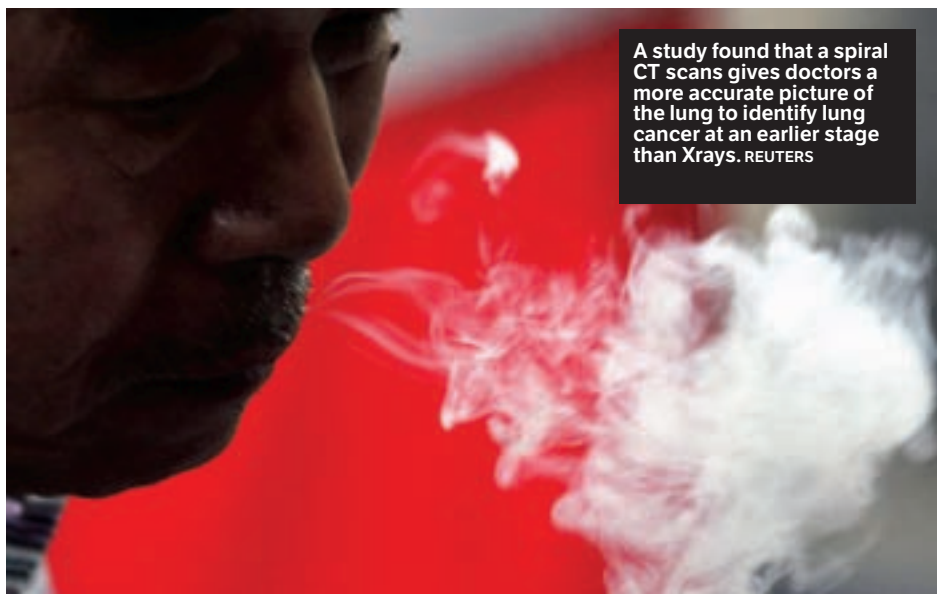
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A study found that a spiral CT scans gives doctors a more accurate picture of the lung to identify lung cancer at an earlier stage than X-rays. REUTERS

Lung cancer study shows scans spot disease earlier

REUTERS — “Spiral” CT scans cut lung cancer deaths in smokers by 20%, researchers reported Thursday in a finding that validates a controversial theory that screening can save lives.

The low-dose scans, a type of X-ray that gives a more complete picture of the lung, apparently catch tumours early, before they have spread, a team sponsored by the U.S. National Cancer Institute found.

The trial of more than 53,000 current and former heavy smokers found the CT scans were better than an ordinary chest X-ray at spotting tumours.

“This is the first time that we have seen clear evidence of a significant reduction in lung cancer mortality with a screening test in a randomized controlled trial,” Dr. Christine Berg of the National Cancer Institute said in a statement.

The middle-aged and elderly smokers were scanned with either three spiral CTs a year or one annual chest X-ray starting in August 2002. They were followed for five years.

As of last month, 354 people who got CTs had died of lung cancer, compared to 442 who got ordinary X-rays. This

worked out to a 20.3% lower risk of dying for the spiral CT group and the researchers stopped the study.

The researchers said their findings could save thousand of lives. Lung cancer is the No. 1 cancer killer worldwide, killing 1.2 million people a year globally and it will kill 157,000 people in the United States alone this year, according to the American Cancer Society. Caught early, lung cancer can be cured surgically, but it causes vague symptoms and usually is not diagnosed until it has spread. Only 15% of lung cancer patients live 5 years or more.

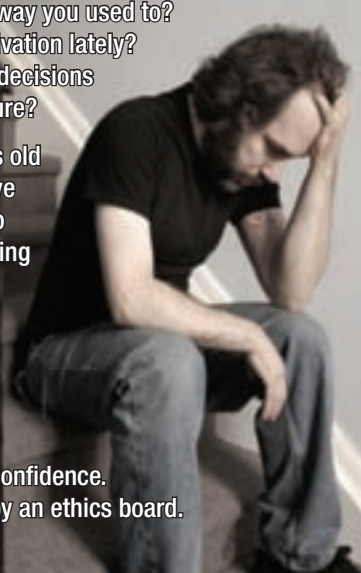
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LOCAL NEWS

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42% POPULATION OBESITY IS BREAKPOINT: STUDY

Fat friends make us fatter

REUTERS — Americans will keep growing fatter until 42% of the nation is considered obese, and having fat friends is part of the problem, researchers said Thursday.

The prediction by a team of researchers at Harvard University contradicts other experts who say the nation's obesity rate has peaked at 34% of the U.S. population.

The finding is from the same group, led by Nicholas Christakis, that reported in 2007 that if someone's friend becomes obese, that person's chances of becoming obese increase by more than half.

They now think this same phenomenon is driving the obesity epidemic, which will climb slowly but steadily for the next 40 years.

Alison Hill, a graduate student at Harvard and the Harvard-Massachusetts Institute of Technology Division of Health Sciences and Technology, said the study is based on

the idea that obesity can spread like an infectious disease and people can catch it from their friends.

For the study, she and colleagues applied a mathematical model to four decades of data from the long-running Framingham study — a study of the health and habits of nearly an entire town in Massachusetts.

Hill said that based on their calculations and looking at the influence of social interactions on obesity in the Framingham study, they think the U.S. obesity rates will top out at 42% of the population.

Over the long-running study, the rate of weight gain caused by social interaction — a person's contact with friends who are obese — has grown quite rapidly since 1971, Hill said.

"It looks like obesity is becoming more infectious," said Hill. The findings are reported in the Public Library of Science journal *PLoS Computational Biology*.

In the study, the team found that an American adult has a 2% chance of becoming obese in any given year, and each obese social contact in-

creases the risk of becoming obese by 0.5% per year.

And while having fat friends increases the odds that you will become fat, befriending thin people does not appear to help you lose weight.

PEOPLE ARE
**CHOOSING
TODAY**

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"We looked at the probability of becoming obese and what that was influenced by," Hill said. "We found there is some baseline risk of becoming obese based on the friends you have."

FAMILY SUES HOTEL OVER BEDBUGS

LOWSUIT A Michigan woman filed suit against New York's Waldorf-Astoria Thursday, saying she and her husband became infected with bedbugs during a stay at the famed hotel. Christine Drabicki says she and her husband, David, carried the bedbugs home to Plymouth, Mich., where they infected their two daughters, one of whom suffered an allergic reaction, according to the lawsuit. New York has been hard hit by bedbugs. The United Nations, the Harlem office of former U.S. President Bill Clinton, several retail stores and a movie theatre have suffered outbreaks of the infestation. — **REUTERS**

Queue the anger

REUTERS — A nation renowned for the art of queuing may be losing its patience, a survey has shown, with the average British adult able to stand in line for only 10 minutes and 42 seconds before tempers start to fray.

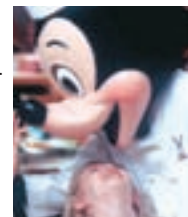
The most loathed lines were in supermarkets, followed by the post office and airport check-in and security.

Older respondents over 55 became restless in a queue nearly three minutes before younger people but those aged under 35 were more likely to take their frustration out on those around them. Two-thirds of respondents said

dawdling by those in front of them was hated most.

Older respondents became restless in a queue nearly three minutes before younger people.

Most Britons would rather avoid queues entirely, with eight in 10 adults choosing to pay their bills online, according to the survey by the Payments Council. The poll found that one in five people do their shopping at night to avoid the lineups.



Private school forum to answer parents' questions

Public school or private school, that is the question and a confusing conundrum many parents face. "Our Kids Private School Expos" will be hosting information sessions on private schools on Sunday, Nov. 28 at the Westin Bayshore from 12 a.m. to 4 p.m. to help clarify the issue. Admission for a family is \$10. - QMI AGENCY

Kwantlen hosts Walt Disney program

The Disney Institute is bringing its full-day course, "Disney's Approach to Quality Service," to the Kwantlen University Surrey campus on Nov. 30. For \$395 you can learn new ideas on creating a service-driven organization by anticipating and reacting to customers' needs and emotions. - QMI AGENCY



Moshin Manji
HR In Motion

Experience essential

Over the past year, I have come across numerous job seekers and students who come to us for resume help, but just don't have the work experience for the jobs they desire. In some cases, the work experience is present, but unfortunately individuals just don't do a good job selling the experience on their resumés. Work experience in your resumé accounts for a lot. If this section of your resume is lacking then employers will be quite unconvinced about whether you have the required skills that are required for the position. Educational qualifications stand for a lot but to prove your worth you need to show some work experience as well.

Work experience is unlike anything that is obtained in school. At a professional level work experience can be wide ranging depending upon the field that you choose to work in. Here are some examples of work experiences that should be added to your resumé:

Casual Seasonal Work: Common with students who have just graduated and wish to take a break before settling down in a career. If you have worked in other countries during this time, add just for experience sake and this will count a lot for your CV.

Temporary or Contract Work: Many organizations hire employees for specific projects and this could prove as a worthy work experience. Vacation placements are also a good option to gain some easy work experience.

Internships: In most cases its work via school programs in the senior year, this experience is too good not to include in a resumé. This is essentially good because nearly 70 per cent of interns receive placement with the same company based on work quality.

Voluntary work: Although most volunteer work comes with no salary or wages, your experience should always be included in the resumé.

Overall, if you have the applicable job experience necessary for the position for which you are applying, have this section up-front in your resumé.

We wish you much success in your job search.

MOMPREENEUR

Fresh Start includes family

SANDY BUEMANN
QMI Agency

Ania Kastaschuk, co-owner of the Fresh Start Health Retreat Center on Vancouver Island, never mixes work and family.

She has had to wear many hats to do this, explains the mother, program manager and senior program director. When she goes home though, she just spends time with her sons, ages 4 and 6.

"Every day I tell them I love you and kiss them and hug them and they feel very loved and secure."

She is one of the top 50 "Mompreneurs" of the year according to *Canada's Mompreneur*, a company supporting entrepreneurial mothers who are dedicated to raising their families and growing their business. This is their second year composing the list, which includes 11 mothers from B.C.

Kastaschuk and her husband opened Fresh Start five years ago after Vasili went to a similar health centre to cure his whooping cough just before their son was born.



Ania Kastaschuk was recognized as a top Mompreneur for her Vancouver Island health retreat. PHOTOS SUBMITTED

"We saw how much benefit we received ourselves and we wanted more people to experience it."

A typical day finds her organizing emotional wellness workshops and daily health lectures and making sure the guests "get the juices and whatever else they need."

The couple started slowly and relied on help from fam-

ily to care for the children.

According to mompreneur, her business brings in \$100,000 to about \$500,000 annually.

She said they are not taking in too many guests right now as they just relocated to the island in the summer of 2009, but have had about 650 guests over the past five years.

The Center offers three main programs, the lowest starting at \$2,000 for five days and longest 14-day retreat starting at \$5,000.

Visitors have included those with diabetes, crone's diseases, early stages of cancer and people just seeking a detox or rejuvenation.

For more information visit www.healthretreat.ca.

Confidence key in workforce

SANDY BUEMANN
QMI Agency

Forget the dress pants and brief case, the most important thing a woman needs when returning to the workforce is self-confidence.

Going back can be scary, according to Sandra Miles president and CEO of the Miles

Employment Group Ltd. "It's the 'oh my gosh, everything changed, I won't have the skills, I don't have the contacts, I'm nervous," she explains.

Although the working world may seem like another planet, previous job skills can be transferred, she says.

Miles also suggests looking over your resume, noting not just the titles of your previous jobs, but what you accomplished, things like cutting costs and implementing new programs.

Miles also suggests being confident enough to reach out to your network of family

and friends, it may seem irrelevant but you never know who knows who.

"All you have to do is say 'Hey, I'm looking for work, do you know anyone I can talk to?'" she said.

Miles also suggests looking into temporary work or taking a refresher course.

The Best Prepared Practical Nursing Students in BC!

In the past 12 months, Stenberg College's Practical Nursing students have achieved an unprecedented 100% pass rate on the Canadian Practical Nurse Registration Exam (CPNRE). In the last 4 consecutive sittings of the exam (May 2009, September 2009, January 2010, May 2010), all Stenberg College's Practical Nursing graduates who wrote the exam passed! The CPNRE is a national exam that BC and most other provinces use for provincial registration of Licensed Practical Nurses. Congratulations Stenberg grads!

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NEW EMPLOYEES NEED TO LEARN UNWRITTEN RULES

Conquer 50-day 'fit' test

QMI AGENCY — The first three months in a new position can be a crucial time for professionals to prove their value and fit with the firm, a new survey by The Creative Group suggests.

Executives interviewed said it takes about 10 weeks, on average, to determine if an employee is well suited for the job.

"The faster employees can learn both the written and unwritten rules of the organization, the more quickly they'll fit in," said Lara Dodo, regional vice president of The Creative Group.

She offers five tips to promptly adapt to a new work environment:

1. Clarify expectations

Within the first couple of days, meet with your manager

to discuss your responsibilities, immediate priorities and how your position fits into the company as a whole. Also, ask how performance will be evaluated and request feedback several weeks into the role to make sure you're on the right track.

2. Watch how people work

Study when employees generally arrive and leave the office, their preferred communication styles and how they collaborate. Is instant messaging the norm or are conversations generally face to face?

3. Make friends

While you want to get to know everyone on your team, pay particular attention to those you'll need to rely on heavily. Reach out to project

leaders, key influencers, colleagues with whom you'll frequently collaborate, and potential mentors.

4. Mind your meeting manners

Pay attention to how meetings are run (with a formal agenda or as a free-for-all); whether attendees use laptops, PDAs or mobile devices; and how vocal participants are expected to be.

5. Offer ideas, when appropriate

Wait until you've proven yourself and built rapport with your coworkers before proposing drastic changes. Your first priority is to earn people's trust. Once that's been established, colleagues will be more open to your suggestions.



A recent survey shows it takes about 10 weeks, on average, to determine if an employee is well suited for the job.

Changing the way small businesses sell online

LINDA WHITE
Special to QMI Agency

Using the Internet as the ultimate niche marketing vehicle has been changing the way small businesses sell on the Net.

Anthony Dyson, a commercial real estate leasing adviser, came across the Site-

addition to keyword brainstorming/research and viral traffic building functions, it bundles a number of site-building, hosting and marketing tools.

Many of the students the course attracts already have a business.

"Many don't get involved in

of online content, as well as selling affiliate products.

Students build their sites in class. "Putting a website together isn't hard. What's difficult is building a foundation based on what people are looking for, which is based on key words," Dyson says.

"The people who are most successful are the ones who are most creative, not just in their writing but how they monetize," he says.

His website how-to-make-coffee-great.com is an example. It features topics such as choosing the best coffee makers and best coffee grinder.

Monika Fraczek completed the SiteSell course and continues to develop her website, easy-chicken-recipe-ideas.com. She studied catering sciences in her native Poland and decided to pursue business when she immigrated five years ago.

Once she attracts strong traffic to her site, she will pursue advertisers.

"At the beginning, you have to be patient, but it's working really well for me," even attracting more than 100 new visitors in one day, she says.

WHAT'S YOUR

SEAT

SELECTION

STRATEGY?

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Sell concept after trying numerous website-building products and quickly became a convert. He became a SiteSell trainer four years ago and has been teaching SiteSell - Build Business Success Using the Internet at Humber College ever since.

The course walks small business owners and aspiring entrepreneurs through SiteSell's business-building platform Site Build It! (SBI!). In

the Internet and I think it's mainly because they've been burned," Dyson says. "A company builds a website for them and they don't get any traffic."

Others are interested in building a site that will generate revenue through advertising systems like Google AdSense, a program that empowers online publishers to earn revenue by displaying relevant ads on a wide variety

Deets

The 10-week SBI! course is offered Saturday mornings in the fall, winter and spring. Learn more at humber.ca.

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Inventing your first dream job



Philippe Desrochers

Dr-Career.com

The president of a fast growing company recently admitted to me that he “has no time to tell his staff what to do.” He wants his new and veteran employees to come up with and offer solutions to his business problems.

In complete contrast, too many employees wait for direction from a supervisor to give them structure. There is a massive disconnect here.

The need for structure is a basic human need. Schools and companies know that if you provide a person structure, they know what is expected of them and they will perform better. However, this structure is no longer part of a growing trend in companies where hierarchies and processes are being replaced with smaller teams and more nimbleness ... and less structure.

The solution lies within you. By taking personal leadership you not only create those needed boundaries to feel safe, but also the opportunity to invent your next opportunity.

On the job: If you have been on the job for more than six months and intuitively know that you have built trust with your boss, then follow these steps. 1. Ask your boss verbally

if she sees any challenges in a particular area of the company. 2. If she says yes, then ask her if she would be open to receiving a few recommendations as to how you can help improve them. 3. Then draft a one-page proposal where you outline the problem and your recommendations to make improvements. 4. Book a meeting with your boss to present your document. 5. Ask her if she agrees with your strategies and if you can get started on them. 6. After three months, negotiate a raise based on your increased responsibilities. PS. Only address the problems in the company that excite you.

Example: “Sara” had been working for a credit union as a customer service agent for several years. Her dream is to work in the Organizational Development department where she would train staff on leadership principles. She applied the above strategy to another department. She first asked for approval from her current manager if she could approach the head of the other department. After receiving approval she followed the above steps and received an initial green light to put together a proposal. Whether or not she lands work in her dream department, she has learned how to invent her dream job while working inside a company. Looking for a job: If you can’t find a job posting that fits your interests then invent it. 1. Book an information meeting with the head of the department for a company you would love to work for. 2. Spend most of the meeting asking if the department is facing any particular challenges. You MUST make sure that before you leave the meeting that

you ask this question: “If you do not address this problem, what impact do you think it will have on your business.” 3. Thank your interviewer within the next few days and ask them in the e-mail if they are open to receiving some recommendations to possibly address some of his challenges. It is vital that you ask this “yes” or “no” question. 4. If he says yes, then draft a one-page proposal outlining the problem and solutions. 5. Send it to him and follow up with a phone call to discuss his initial impressions. 6. If he likes it, book a meeting to discuss implementation and the invention of your dream job.

Example: “Marco” had always dreamed of working for a new fitness franchise in the marketing department. Being a member of one of the clubs he approached the manager and asked if he could meet her to learn more about the business and industry. During the meeting some very key problems were identified and to “Marco’s” surprise, the manager indicated that she could use his help. By the end of the meeting he was hired as an Assistant Marketer.

It does not always happen this fast but good things happen when following the strategies in this article.

Reminder: Today is the deadline to email Elizabeth at info@dr-career.com to have me speak at your company on taking personal leadership and engagement. This is a pilot workshop and is being offered for free.

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SECOND CAREER IN EARLY CHILDHOOD EDUCATION

Child development 'right degree, right time'

LINDA WHITE
Special to QMI Agency

When Marko Intihar attended a birthday party for his niece, he impressed all with the easy rapport he had with the celebration's youngest guests. He was the one leaving with an unforgettable gift — the realization that he wanted to

very solid programs and have been serving the field very well," Fisher says. "The new degree provides a very good foundation for teaching and care but it in greater depth than the diploma. It also provides a whole stream for children with special needs."

Practical experience is built into

nursery schools, parent support programs and now some kindergarten programs. "Degree graduates will be well suited to go into the elementary school primary panel," Fisher says. They could also work as early childcare consultants, early literacy specialists or in public health — with a healthy babies program, for example.

"The opportunities are broader for somebody with this kind of degree because the field has exploded," Fisher says. "There are lots of things somebody with an understanding of child development and early learning and care can do."

Most students enter directly from high school but those with an ECE diploma enter in fourth semester and can choose full-time or part-time studies.

The program offers at least one evening class for those working in the field.

"We had a tremendous response from people currently working in the field," Fisher says. "Interest in this degree has exploded, which tells us that this is the right degree at the right time."

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SOMEONE ELSE
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work with children.

The 33-year-old Toronto resident traded in his career as a general contractor and completed a diploma in early childhood education (ECE) in 2008. He's now pursuing a Bachelor of Child Development degree at Toronto's Seneca College.

As part of the program, Intihar has been gaining experience in social services — including a group for fathers and families — and made a presentation at a national family literacy conference in Alberta.

The program was developed in response to research that underscores the benefits of early stimulation, notes Mary Fisher, academic chair, school of early childhood education.

"There have been a lot of changes in the field of early childhood education and care over the last 20 years," she says. "Because of this research, the field has been recognizing over and over again that there will be demand for more professionalization."

Case in point: Premier Dalton McGuinty's full-day kindergarten.

"The (ECE) diploma programs are

the program. Students complete a childcare/preschool placement in second semester, toddler placement in third semester, school placement in fourth semester, special needs placement in fifth semester and a 14-week co-op between semesters six and seven.

Diploma grads typically work in childcare or



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What's wrong with this shirt?

A Massachusetts track team made the news recently after their jerseys raised a few eyebrows – and likely caused quite a bit of snickering amongst fellow runners. The jerseys sported the acronym for Wakefield Track and Field in bold red letters on the sweaters. Yes, their jerseys said 'WTF.' The superintendent, Joan Landers, claimed ignorance when asked how the acronym slipped through the cracks saying that she wasn't aware of the double meaning associated with WTF. – QMI AGENCY

Another setback for Lumsden

Calgary Stampeders fullback Jesse Lumsden is finished for the season. In fact, his football future is again a question mark as he awaits reconstructive knee surgery. Lumsden was injured in Friday's regular-season finale against the Winnipeg Blue Bombers, ending his latest comeback after just three games. – QMI AGENCY



Matt Kieltyka

MMASucka Monday

Feds hold MMA key

So much of the controversy surrounding mixed martial arts events in British Columbia comes down to one simple fact: The sport is technically illegal under the Criminal Code of Canada.

Section 83 of the Criminal Code says prize fights are banned unless they are boxing matches sanctioned by a provincially recognized athletic board or commission.

The term boxing is very specific to the sport and doesn't include professional kickboxing, MMA and other combat sports involving more than just fists. The government admits that section of the code is archaic, written long before the emergence of the sports mentioned above, but little has been done to rectify the wording.

Until that changes, the City of Vancouver will continue to protect themselves from liabilities via excessive insurance measures that prevent everyone but the UFC from coming into town and the provincial government will steer clear of much-needed sanctioning.

And true professional events, like the one Armageddon Fighting Championships held in Victoria Saturday, will be few and far between.

"The federal government needs to change the Criminal Code in terms of MMA," said AFC president Darren Owen. "Otherwise it's a game of pass the buck."

Owen said confusion over the laws – with some jurisdictions taking it upon themselves to green light MMA events – has been a "hang up" to the sport's progress.

"There is so much confusion over the law because it was written ages ago in a barn," he said. "If you talk to one educated lawyer they tell you MMA is illegal and you can talk to another educated lawyer and they tell you it's legal anywhere in Canada. It's ridiculous."

AFC 4: Revelation

An escape from the Lower Mainland's dearth of professional mixed martial arts isn't too far away, as long as you're willing to take a ferry to Victoria.

Bear Mountain Arena was the scene of AFC 4: Revelation and *MMASucka* were there cage-side. The main event showcased once again why Robert Drysdale is on a different planet when it comes to jiu-jitsu.

Drysdale defeated Clay Davidson, one of the top light heavyweights in B.C., in the first round via armbar in easy fashion. The AFC needs to scour the earth for a possible "name" opponent to challenge their top fighter at AFC 5.

The Ultimate Fighter hopeful Nich Hinchliffe fought smart to earn a unanimous decision against Mike Hackert, but most casual fans weren't happy to see the Nanaimo native grind out a decision victory.

Another standout was Vancouver's David Perron, who KO'ed Nathan "Road House" Swayze to improve his professional record to 4-0 and set himself up as a force to be reckoned with in the AFC's light heavyweight division.



For full coverage and results from AFC 4: Revelation, head to MMASucka.com.



GRABBING A SPOT

PLAYOFF BOUND B.C.'s Ryan Phillips makes a tackle on Hamilton's Marquay McDaniel Saturday. The Lions secured a postseason berth with a 23-21 win, along with Edmonton's 31-23 loss to Saskatchewan. B.C. takes on the Roughriders next Sunday in the CFL Western semi-finals. — QMI AGENCY

PHOTO REUTERS

NHL set to talk social media

STEVE MACFARLANE
QMI Agency

Here's your social media policy, NHL: Don't be a twit.

That can apply to both the league and the players.

Tabled by Phoenix Coyotes GM Don Maloney, the NHL's general managers will discuss at their meeting this week the idea of developing a social media policy in light of players who take part in the world of Twitter and Facebook. Oddly

enough, it's Maloney's own Coyote Paul Bissonette (who goes by @BizNasty2point0 on Twitter) who is the most active and popular NHLer in cyberspace.

But anything beyond a discussion that maybe trickles down to the players who want to interact with their followers or increase their image by using social media runs the risk of isolating or infuriating the fan base.

Whatever comes from Tues-

day's discussion should be interesting. What kind of guidelines would they set up if they decide to step in?

The less filtered and boring the posts are the better it is for the league. And when you think about the lack of information made available by teams when it comes to what's going on with their players on the ice, it's refreshing when there's some original thought coming from them off it.

ANOTHER TITLE FOR FED

TENNIS Roger Federer topped Novak Djokovic in Sunday's final of the Swiss Indoors to capture his hometown tournament for the fourth time in the last five years. Federer won the title from 2006-08 before losing to Djokovic in last year's final, but gained a measure of revenge with a 6-4 3-6 6-1 triumph. The top-seeded Swiss star claimed his 65th career ATP singles crown, surpassing Pete Sampras for sole possession of fourth on the all-time list. — SPORTS NETWORK

NEWCOMERS WIN

MARATHON Debutants stole the show at the New York City marathon Sunday as Ethiopian Gebrre Gebremariam won the men's race on his marathon debut and Kenya's Edna Kiplagat took the women's title in her first New York race. Gebremariam, the 2009 world cross country champion, ran for a comfortable win in two hours eight minutes 14 seconds. Kiplagat, winner of this year's Los Angeles Marathon, claimed victory in 2:28:20. — REUTERS

○ NFL SCORES WEEK 9

ATL 27
TB 21

ATL QB Ryan 235 yds

BAL 26
MIA 10

BAL QB Flacco 266 yds

CHI 22
BUF 19

CHI QB Cutler 188 yds

NO 34
CAR 3

NO QB Brees 253 yds

CLE 34
NE 14

CLE RB Hillis 184 yds, 2 TDs

NYJ 23
DET OT 20

NYJ K Folk winning FG

SD 29
HOU 23

SD QB Rivers 4 TDs

MIN 27
ARI OT 24

MIN QB Favre 446 yds

NYG 41
SEA 7

NYG QB Manning 3 TDs

OAK 23
KC OT 20

OAK K Janikowski winning FG

PHI 26
IND 24

PHI QB Vick 218 yds

crossword

ACROSS

- 1 Plead
- 4 Tops
- 8 Thick cord
- 13 ___ surgeon; tooth extractor
- 14 Correct a manuscript
- 15 Spring month
- 16 Space flight agcy.
- 17 Equipment
- 18 Family of actress Patricia
- 19 Possible outcome
- 22 Sault ___, Marie
- 23 Rarely
- 24 ___ up; provides with support
- 26 Tidy
- 29 Pour oil on, as in a ceremony
- 32 Arrangements
- 36 Spanish wives' titles; abbr.
- 38 Fortune-teller
- 39 Helper
- 40 Hidden supply
- 41 Sea eagle
- 42 One of Jacob's twelve sons
- 43 Cafe au ___
- 44 Brook
- 45 Mystery
- 47 Ark builder
- 49 Use a razor
- 51 Go back on a promise
- 56 As flat ___ pancake
- 58 Satan's realm
- 61 Songbird
- 63 Healthy
- 64 Boast
- 65 Untrue
- 66 Misfortunes
- 67 Mother ___; rich ore supply
- 68 Piece of asparagus
- 69 Expense
- 70 Prior to, in poetry

DOWN

- 1 Valiant
- 2 Artist's stand
- 3 Pituitary or thyroid
- 4 Bean or pea
- 5 Concept
- 6 Old radio knob
- 7 Undress
- 8 Deep valley
- 9 Ridicule
- 10 Woman's undergarment
- 11 Rhythmic swing
- 12 "Or ___!"; words of an ultimatum
- 13 Singles
- 20 Truck scale divisions
- 21 Garbage
- 25 Puzzling question
- 27 Dog in *The Thin Man*
- 28 Locomotive
- 30 Hawaii's goose
- 31 Long hike
- 32 Ashen
- 33 Claim against property
- 34 Recommended
- 35 Horse's sound
- 37 In the matter of
- 40 Work hard
- 44 Use the molars
- 46 Bedside ___; kindly doctor's style
- 48 Apprehend
- 50 Moral standard
- 52 Chivalrous
- 53 Boo-boo
- 54 Forest clearing
- 55 Border
- 56 Barking sounds
- 57 Bath's bar
- 59 Saint's ring
- 60 Building wings
- 62 "Yes, Virginia, there ___"



LINDA BLACK
Horoscope
November 8, 2010

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Today's birthday: Your luck shifts this year as you enter a more relaxed cycle. Handle any stress with exercise and meditation. Intuition guides decisions and conversations. The girls partner with you to create delightful social events to remember.

ARIES

March 21 to April 19
Your energy goes in three directions at once, but it's OK. Details come together and you achieve goals quicker than you thought possible.
Rating: ●●●●●●

LIBRA

September 23 to October 22
Lacking high energy, conditions around you still allow for forward progress. Imagine getting together with coworkers for a party to celebrate.
Rating: ●●●●●●

TAURUS

April 20 to May 20
A female associate obsesses over finishing a project that just isn't quite ready. Everyone needs to complete their part first. Divert her attention.
Rating: ●●●●●●

SCORPIO

October 23 to November 21
Obstacles dissolve as you get into action, diving in with your natural talents. Everyone agrees that you're on the right track. This one's easy.
Rating: ●●●●●●

GEMINI

May 21 to June 20
Energy flows among your associates easily today. Clever ideas meet cheerful agreement. You see how the final product can develop.
Rating: ●●●●●●

SAGITTARIUS

November 22 to December 21
You've been dreaming about fortunate changes for family members. Today something will shift here. Use your influence to direct the boat.
Rating: ●●●●●●

CANCER

June 21 to July 22
Whatever you try today goes more smoothly than you thought possible. You have just the right ideas to persuade others. Go for the gold.
Rating: ●●●●●●

CAPRICORN

December 22 to January 19
The group flaunts their brilliant ideas with great enthusiasm. Everyone's prepared to work hard to create the most positive outcome.
Rating: ●●●●●●

LEO

July 23 to August 22
Careful management creates a smoother flow today. Gentle questioning reveals otherwise hidden motives. Then everyone's agendas meld like a deck of cards.
Rating: ●●●●●●

AQUARIUS

January 20 to February 18
Without any high-energy activities, you will still get a great deal of things accomplished. Allow small tasks to flow into larger ones, so you will see the end of the tunnel sooner.
Rating: ●●●●●●

VIRGO

August 23 to September 22
You feel pressure to prepare for a social event of great importance. Step up the glam and write the speech in advance. Practice it in the mirror.
Rating: ●●●●●●

PISCES

February 19 to March 20
Harmony is restored today when you imagine that all things are possible and then take action. You get powerful help from a surprising source.
Rating: ●●●●●●

sudoku

Under 10 Minutes 10-15
15-20 21-25
Over 25

Are You Kidding Me?
Tell Your Friends
Leaderboard is in Sight
Making Progress
Practice Makes Perfect

3			1			4	9
		1				7	
		2		5			
9			8				2
7			3				1
6			4				5
		9		6			
	8					3	
4	5		7				6

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No math or calculating is required to play. Using the digits 1 through 9 fill every space on the board with the missing numbers. Every row, column, and 3x3 box must contain all of the digits 1 through 9. There is only one correct solution for each puzzle so every space has only one correct answer.

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9	8	3	2	7	4	6	1	5
6	1	2	9	8	5	7	4	3
8	7	6	1	5	2	3	9	4
1	2	9	3	4	8	5	7	6
3	5	4	7	9	6	2	8	1
2	9	8	5	3	1	4	6	7
4	3	1	8	6	7	9	5	2
5	6	7	4	2	9	1	3	8

Friday's answers

H	A	S	I	N	C	V	I	C	O	S		
S	I	O	N	E	R	A	K	E	O	M	I	
S	A	L	V	A	R	E	R	I	P	A	R	A
I	N	I	A	R	G	I	T	A	N	O	I	I
H	O	N	I	S	A	S	D	I	V	I	A	N
A	I	E	T	E	A	R	S	R	E	A	D	S
R	F	I	D	S	M	O	K	I	D	O	I	P
P	U	L	I	S	H	A	S	H	A	N	D	S
P	I	S	E	R	N	P	I	T	A			
N	I	C	O	N	I							
I	S	A	C									
E	D											
S	T	E	T	S	T	I	D	C	E	N	T	S

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**GRAND
OPENING
NOV 27**



*New Flagship Library
New City Hall, Civic Plaza
& Performing Arts Centre*

Holland Park

*An Expanding
SFU Campus*

Central City Mall

*← Canada Revenue Agency
Tax Centre*

*SkyTrain 35 min
to Vancouver*

*← Surrey Memorial
Hospital Expansion*

*New Outpatient Facility &
RCMP E Division*

Protected Green Space



**Surrey Memorial
Expansion 2014**



**SFU Surrey
6000 Students**



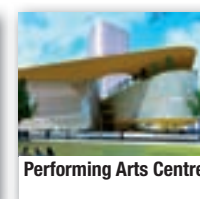
**City Hall
2013**



**Civic Centre - Plaza for
50,000 people**



**Iconic Flagship
Library 2011**



Performing Arts Centre



**Outpatient Facility 2011
\$239 Million**



**RCMP E Division 2013
Over 2700 Employees**



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