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**MONDAY**  
**NOV. 15 2010**  
VOL. 6 N° 153



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Edmonton  
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**Vancouver**  
Ottawa  
Toronto



## Most young women not vaccinated against HPV P16

## WATTS WON'T RUN FOR PREMIER P3

# FATAL BLAST

**MEXICO** ▶ As many as seven people – including five Canadians – were killed and 18 injured in a gas explosion at a hotel in Playa del Carmen. **P9**



PHOTO REUTERS



# Heartbreaker

## LIONS' SEASON ENDS WITH 41-38 LOSS TO ROUGHRIDERS IN DOUBLE OVERTIME THRILLER P25

PHOTO REUTERS

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**Tips for the job hunt P18**

Are you fresh out of school and looking for a job? Amy Chan has five valuable tips that will help you in your quest.

**VANCOUVER**  
**Burden on hospitals P3**

The Liberals' policy on poverty is creating a burden on acute-care hospitals, says NDP's Adrian Dix.

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### Call for witnesses

Vancouver police are asking for witnesses to come forward after an electric concept vehicle crashed into a 50-year-old cyclist, fracturing his ribs. The incident happened during the Zero Emissions Race demonstration near False Creek in Vancouver on Friday. Anyone with information is asked to call 604-717-3012. - QMI AGENCY



### Splitsville for Nash, wife

B.C.'s golden boy Steve Nash is headed for divorce. The NBA MVP announced he's leaving his wife Alejandra Amarilla the day after she gave birth to their third child. The point guard for the Phoenix Suns said he and Amarilla have been living separately for the past several months but are still committed to raising their children in a nurturing home. - QMI AGENCY

## Watts won't run for Libs leadership

DHARM MAKWANA  
QMI Agency

Surrey Mayor Dianne Watts took a pass on leading the B.C. Liberals.

In a statement released Sunday night, Watts cited family commitments to her two daughters and husband, the prospect of building a successful municipality, and a long-ruling B.C. Liberal government as her reasons not to enter provincial politics.

"As the B.C. Liberal Party seeks to renew and refresh their party and their government, they will go through an important period of self-examination and reflection that is naturally part of any leadership race," she said. "This process should, and I believe in many ways must, be an internal one."

Watts also questioned the quality of debate in a "polarized" political landscape in light of VANOC CEO John Furlong and ex-Finance Minister Carole Taylor refusing to enter politics.

"It has become more about personal attacks and less about the issues," she said. "I really dislike the idea that people in public life are defined by party labels before they have even set foot in the Legislature or commented on an issue."

"I am also deeply frustrated at the bitterness that is so often directed at those who seek or serve in public office."

Watts has served as Surrey's mayor for five years.

### HOMELESS

## Hospitals feeling pressure

DHARM MAKWANA  
QMI Agency

A failing provincial policy on poverty is putting pressure on acute care hospitals, the B.C. NDP health critic charged Sunday.

A Ministry of Health report released by Vancouver-Kingsway MLA Adrian Dix shows a 388 per cent increase of patients who remained in hospital after completing treatment because they were homeless in 2008/09 compared to 2001/02.

A 194 per cent increase over the same period was recorded for patients with inadequate housing while 190 people with other problems related to housing and economic circumstances stayed in hospital in 2008/09 compared to 38 in 2001/02.

Dix described the overcrowding as the "most expensive form of social housing" in the country costing tax-



NDP Health Critic Adrian Dix speaks in front of St. Paul's Hospital in Vancouver Sunday. PHOTO CARMINE MARINELLI

payers "thousands of dollars a day".

"It's often said the government is saving money when in fact what they're doing is pushing people, when they don't have adequate housing,

into other social costs," he said. "Sometimes, when it's a lack of mental health services [patients go] to emergency rooms or the justice system."

The B.C. Liberal must draft an anti-poverty strategy, ac-

ording to Dix, to address preventative measures rather than paying for increasing health costs.

The Ministry of Health did not return calls for comment by 24 hours deadline.

## Wu won't appeal decision on cop beating

MATT KIELTYKA  
QMI Agency

Vancouver resident Yao Wei Wu has no intention to appeal an investigation that exonerated two VPD officers who assaulted him in a case of mistaken identity.

A statement released by Wu over the weekend says the man won't "waste any time and energy to file an appeal to the Police Complaint Commissioner," because he has no

faith in the process.

Instead, he is taking his battle to court as Wu resumes his civil lawsuits against the officers.

His story is not unique, according to B.C. Civil Liberties Association executive director David Eby.

"We've been telling people to boycott the [complaints] process for years," Eby said.

The BCCLA believe civil court is a more effective, and

fair, way to deal with police-related incidents.

"You get document disclosure - so things like officer's written notes and the radio calls," said Eby, a lawyer. "You can use them to check against the official account."

And unlike the Delta police investigators, Eby thinks a jury or judge would be more skeptical about a case where two officers show up at the wrong home, encounter a re-

sistant man and use force.

"They may be able to convince themselves, but it'll be hard for police to convince a jury they did everything proper in this case."

Wu has publicly challenged the Delta Police Department's findings that he was resistant during the Jan. 21 incident.

The investigation into the conduct of the two officers wasn't completed until Nov. 3.

### CALLING SMURFS

#### VOLUNTEERS

Organizers of the Dec. 5 Rogers Santa Claus Parade are looking for 100 to 150 blue-jacketed Winter Olympics or Paralympics volunteers to walk with VANOC CEO John Furlong, who has been named the parade's grand marshal. The parade is expected to draw 300,000 spectators. Contact [mwoywikta@pacegroup.com](mailto:mwoywikta@pacegroup.com) to sign-up.

### ON THE LAM

#### ESCAPED

Vancouver police have issued a Canada-wide warrant for 35-year-old Mohammed Shaleem Gafoor. The man didn't return from his day-pass at an area halfway house. He is serving five-years for forcible confinement, sexual assault and fraud. Gafoor has short black hair, brown eyes and wears glasses. He was last seen in a trench coat. If spotted, do not approach him, call 911.

### DUI SENTENCE

#### BERNER

A B.C. Supreme Court Justice sentenced Delta woman Carole Berner to two-and-a-half years in jail on Friday for running over and killing four-year-old Alexa Middelaer while driving impaired. The sentence included a five-year-driving ban. She was found guilty on four charges. The crash happened in Ladner on May 17, 2008. Berner plans to appeal.



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**Linda Cullen**  
Humour columnist

## The trials and tribulations of trying Botox

In the last 12 months, I have been asked not once, but twice, whether I would try Botox. When it happens once, you can allow for error, say a slip of the tongue; "Linda, when I asked if you'd ever try Botox to help lift your sliding cheeks off of your shoulders, so they stop flapping in the wind, what I meant to say was, isn't it lovely weather we're having!"

But when TWO people ask you that, I think it's pretty unlikely that they BOTH meant to say we're having great weather. In Vancouver? What are the odds?

So I can only conclude I have finally reached the point where some people think that perhaps it's time for one of those 200,000 km tune-ups. I'm not going to lie to you, I have pondered a little work. I can't help it.

Sometimes, watching TV, I'll think "what is this terrible weight on my eyeballs that's making everything seem so dark?" and then I realize with horror, its' my EYELIDS! They've drooped down over my eyeballs so much I have to consciously think about opening them up so that light actually hits my pupils and reaches my brain. And now whenever I get photos taken, I make a point of opening my eyes wide so they

don't look saggy, but the result is that I always appear to have just been zapped with a cattle prod.

So yes, I have considered Botox, that is until I saw Janet Jackson on Larry King last week. When celebrities were getting Botox in the forehead to stop the wrinkling, I never

really noticed that. OK, they had trouble looking surprised when they won an Oscar, or were getting their mug shot taken, but it wasn't really jarring. However, in the last few months, I have seen more than one Hollywood gal giving interviews, and I have wondered what the deal was with their top lip, because it seemed as if they had just recently had a stroke. They couldn't form words properly because their upper lip was paralyzed. And that's how Ms. Jackson (if you're nasty) looked.

Then it dawned on me, these women are shoving Botox in their upper lips! Big mistake girlfriend. Granted, you may be avoiding those little creases around your mouth, but because your top lip is frozen in the down position, and the rest of the mouth isn't, every time you smile, you resemble the Grinch as he's about to steal Mary Lou Who's Christmas roast beast! And forget about sipping on a latte, with a frozen top lip, you have absolutely no suck!

No, I'm skipping the Botox. I've got a much more effective plan; I'm getting a monkey. When you go everywhere with a monkey sitting on your shoulder, nobody notices your wrinkles.

Read more Cullen at [www.doubleexposureradio.com](http://www.doubleexposureradio.com)

### B.C. LIBERALS

# New leader in February

**BOB MACKIN**  
QMI Agency

B.C. could have a new premier as soon as Feb. 13.

On Saturday, the B.C. Liberal Party executive board met and called an extraordinary convention for Feb. 12 in Vancouver. A two-thirds vote by delegates in attendance is required to ratify a weighted voting system to choose Premier Gordon Campbell's successor.

Campbell was elected leader in 1993 in a one-member, one-vote system. He led the party to victories in 2001, 2005 and 2009 but announced his resignation Oct. 27 in the wake of a year-long, popular revolt over the Harmonized Sales Tax.

The party's executive board planned to continue its meeting over the next week to decide the date and venue of the leadership vote, which could happen Feb. 13. Liberal spokesman Chad Pederson said the leadership vote "can be called by our executive for



Outgoing premier Gordon Campbell will likely pass on the baton to his replacement as early as Feb. 13.

FILE PHOTO CARMINE MARINELLI

any point after the 12th (of February)." Asked if the Vancouver Convention Centre would be the site, he said "there is no further information available at this time."

Feb. 12 is the first anniversary of the Vancouver 2010 Winter Olympics' opening ceremony, which Campbell has called a highlight of his career. Celebrations include a planned re-lighting of the Olympic cauldron beside the

Vancouver Convention Centre. The party was supposed to meet for its biennial convention in Penticton on Nov. 19-20, but that event was postponed to May 13-14.

## It may cost more to have fun

**BOB MACKIN**  
QMI Agency

Get ready to pay more to play in Vancouver.

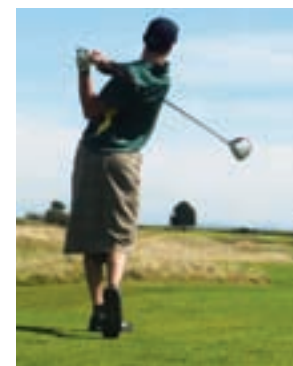
Vancouver Park Board could rubber-stamp a staff report to hike fees by an average four per cent at its Monday night meeting.

The board's \$102 million budget is offset by \$42 million in fees and charges, but costs are rising says the report. Fees and charges are set to go up for golf and pitch and putt courses, tennis courts, swimming pools, ice rinks, parking lots, Burrard Marina, Van-

Dusen Botanical Garden and Bloedel Conservatory. Fees for weddings, barbecues and parties and filming and photography in parks could also be hiked.

Under the proposal, parents would pay more for children to swim and skate. Fees are waived for kids under six years old, but the report recommends charging admission for those three and up.

By comparison, kids get no breaks in Coquitlam. Fees are charged for two and up in Surrey and Richmond and four and up in Burnaby.



It may cost more to go golfing if Vancouver Park Board rubber-stamps a new report Monday evening. QMI AGENCY FILE PHOTO

## Senior gets robbed in broad daylight

**MATT KIELTYKA**  
QMI Agency

Vancouver police are on the hunt for a robber who victimized a 94-year-old woman.

The woman was walking through the 600 block of Prior Street at 12:30 p.m. on Friday when a male pushed her to the ground.

She fell on the sidewalk and was unable to get up as the suspect began searching through her clothes for money and valuables.

The assault continued as a Good Samaritan drove up the street and witnessed the robbery unfolding.

But before the female driver could do anything about it, the suspect got up and ran away.

The citizen stayed in her car and followed the suspect down the neighbourhood as she dialed 911.

Eventually, the thief disappeared through a few houses in the neighbourhood and the witness drove back to the vic-

tim to offer help.

Police flooded the area and had a deployed a police dog to find the suspect, but no arrests were made.

The investigation is ongoing, and police continue to search for a 5'10" tall dark skinned man with short brown hair.

He may have been wearing a green jacket and white toque.

The 94-year-old woman suffered bruising to her arm but is expected to recover.

### FEEDBACK

**VAN24FEEDBACK**  
@SUNMEDIA.CA

**I AM SICK** and tired of the whinging and bellyaching about the tough new drunk driver laws. It was obvious that self regulation by those selling alcohol wasn't working. At last the police have legislation with some teeth to tackle drivers who have been drinking. Those that sell booze need to get creative instead of crying foul. Try giving free drinks for designated drivers. Offer complimentary taxi vouchers, look after your clients. After all they pay your wages. The mark up on alcohol in restaurants can absorb the cost. For those that are drinking, why not take it in turns to be the designated driver? It is possible to have fun without alcohol you know. Be thankful that you have a public transit system that, despite its faults, is better than many places and accessible, allowing you to get home safely. Suck it up, sunshine, and get on with it.

- Elle Weiler

# Sikhs pay their respects

JAGDEESH MANN  
Mata Press Service

Surrey's largest Sikh temple, Dasmesh Darbar, hosted several senior members of the Canadian military Sunday in a special service to commemorate Remembrance Day and the sacrifices of Canadian soldiers.

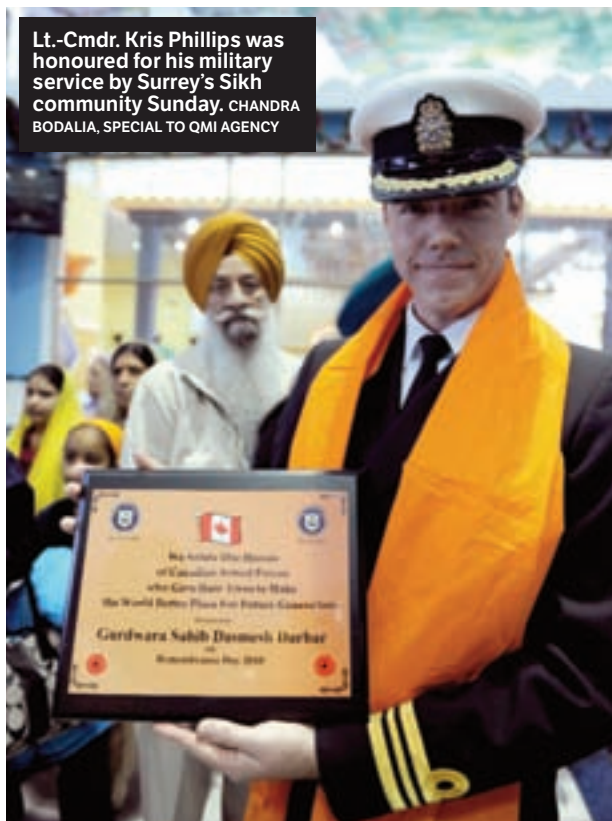
The event was the first of its kind in a British Columbia Sikh temple, and was held in front of a packed congregation of 2,000-plus worshippers.

Hon.-Col. Steven Millen, of 442 Squadron, was presented with a "saropa", a blessed ceremonial scarf, as well as a ceremonial sword by temple president Gian Singh Gill.

Speaking to the congregation, Millen made special note of the contributions of Sikh soldiers in past conflicts such as the First and Second World Wars, as well as their ongoing contribution to military service in Canada.

Congregation members also collected and presented \$2,500 in donations to military officials.

Speaking afterwards, Lt.-Cmdr. Kris Phillips said he was greatly pleased at the inaugural event and was hopeful it would help strengthen ties between the Sikh community and Canadian military.



Lt.-Cmdr. Kris Phillips was honoured for his military service by Surrey's Sikh community Sunday. CHANDRA BODALIA, SPECIAL TO QMI AGENCY

"It is incumbent upon our Canadian institutions to engage in dialogue with all our diverse communities," said Phillips, who has served in Haiti, Bosnia, the Persian Gulf and Afghanistan.

The Vancouver Regiment

Irish Pipes and Drums Society, affiliated with the British Columbia Regiment, led the military procession into the prayer hall for the ceremony, which was organized by Harbinder Sewak of The Post Group.

# Whistler weekend



MAKE NO MISTAKE: Tara Wallis is no bubblehead. She's a territory manager for Mark Anthony Wine Merchants, and was one of many on hand to keep flutes topped up with Prosecco and champagne at the Araxi Bubbles + Oceans Afterparty.



Christian Baxendale (lover of women and wine) and Santanna Welsh (lover of Christian, according to Christian), were one of many couples at the big Crush Gala Grand Tasting, at Whistler's Cornucopia food & wine festival.



For more pictures of On The Town, visit [vancouver.24hrs.ca/OTT](http://vancouver.24hrs.ca/OTT). E-mail your events to: [sarah.rowland@24hrs.ca](mailto:sarah.rowland@24hrs.ca)



SUMMERHILL PYRAMID Wine rep Robert Volz along with Chef Consultant Age Van Leeuwen and volunteer Bree Kelly were among the many cheeseheads helping out at the Canadian artisan cheese & wine tasting at Cornucopia.

# Cops investigate after body found

MATT KIELTYKA  
QMI Agency

Police are waiting for the results of an autopsy before saying more about the charred human remains found in Surrey on Saturday.

The Integrated Homicide Investigation Team said Sunday that a father and his daughter were out for a stroll in the trails around 138 Street and 93A Avenue

when they stumbled upon the burned body.

Responding officers at the scene immediately began treating the death as "suspicious", but have no idea whether the body is male or female and have yet to determine the cause of death.

Investigators were canvassing the neighbourhood on Sunday, asking residents

if they've seen anything out of the ordinary over the past few days.

No further information will be released until the results of an autopsy later this week, according to IHIT.

Anyone with information is asked to call the IHIT tip line at 1-877-551-IHIT or Crime Stoppers at 1-800-222-TIPS.



VICTORIA'S FUNKED-UP TRIO Velvet set the mood at the Araxi Bubbles + Oceans Afterparty, a crescendo of free-flowing champagne and seafood that capped off Whistler's Cornucopia wine & food festival. In between sets, bassist Jeff Scotney, frontman Kuba Oms and guitarist Kelly Nordstrom chilled out in the great outdoors.



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[circlecrafter.net](http://circlecrafter.net)

# flash

## OVERHEARD

1

One day after announcing the birth of their son, **Steve Nash** and his wife, Alejandra Amarilla, say they are divorcing after five years of marriage.

2

**Spillcam** and **vuvuzela** were the top words of 2010, reflecting the oil spill in the Gulf of Mexico and the noisy World Cup horns, according to the annual Global Language Monitor survey.

3

**Sebastian Vettel**, 23, became the youngest champion in F1 history Sunday, winning the Abu Dhabi Grand Prix.

## GOOD NEWS

### BABY A PARKING-LOT SURPRISE

One Winnipeg couple hit the jackpot outside the Lucky Lotto convenience store on Friday, but it's not a winning ticket — it's a new baby girl. Store owner Harry Taylor said a man came rushing into the store at about 11:45 a.m. "He asked for help, (saying) 'My wife is having a baby!'" Taylor said. Taylor ran outside and saw the mother had already given birth in the parking lot. "I called 911 and the response was within five minutes," Taylor said. "The paramedics and the fire brigades and everybody was here ... taking care of the baby and mom." Taylor was told the couple's due date was a week away. — QMI AGENCY

## WEIRD NEWS



**SUNDAY DRIVER** A man holds a sheep inside a car in Amman, Jordan, on Sunday. Muslims are preparing to celebrate the annual festival of Eid al-Adha or the Festival of Sacrifice, marking the end of the haj pilgrimage to Mecca by hundreds of millions of Muslims. We hope this sheep has a licence. — REUTERS

## BISHOPS RESPOND TO DEMAND FOR EXORCISTS IN BALTIMORE

Overwhelmed with requests for exorcists, U.S. Roman Catholic bishops held a special training workshop in Baltimore, MA., this weekend to teach clerics the esoteric rite, the *Catholic News Service* reported. The church has signed up 56 bishops and 66 priests for the two-day workshop that began on Friday, seeking to boost the small group of just five or six American exorcists that the church currently has on its books. "There's this small group of priests who say they get requests from all over the continental U.S.,"

Bishop Thomas Paprocki of Springfield, Ill., was quoted as saying. "Actually, each diocese should have its own" exorcist, he added. Paprocki did not say why there was increased demand for exorcisms, which he noted were rarely performed. While solemnly regarded by the Catholic Church, exorcism is a staple of Hollywood fright films — most notably the 1973 film *The Exorcist* — and regarded by many as superstition that lends a chill frisson to festivals like Halloween. — REUTERS

## TWITTERTRENDS

**#CFL:** Yesterday was the first game of the playoffs in the CFL and this fact wasn't overlooked by people on Twitter. Before the B.C. Lions-Saskatchewan Roughriders were even underway, football fans were happily tweeting away their Sundays taking in the sad spectacle that was the Toronto Argonauts vs. Hamilton Tiger-Cats.

## Canada's Top 3

**#sheiswifey**  
**Black Ops**  
**#argos**



## YOUR MONEY

Friday's numbers

DOLLAR

↓ **0.99 \$**  
- 0.006 \$

NASDAQ

↓ **2,518.21**  
- 37.31

S&P/TSX

↓ **12,749.24**  
- 185.50

DOW

↓ **11,192.58**  
- 90.52

## STREET TALK

URBANDICTIONARY.COM

### TV stoned

A person who is completely deaf and blind to everything else except their favourite TV show when it is on.

*Sorry, Bill can't come to come to the phone. He's TV stoned. You'll have to call back at the top of the hour.*

## ECO

### Natural disaster losses could rise

Global losses from natural disasters could triple to US\$185 billion a year by 2100, excluding the impact of climate change, according to a report, which calls for a shift in focus from relief work to preventative measures. The joint report by the United Nations and the World Bank, said the number of people at risk of storms or earthquakes in large cities could double to 1.5 billion by 2050. — REUTERS

## BY THE NUMBERS



**\$69 million**

The value in U.S. dollars of this Chinese vase discovered during a routine house clearance in London, U.K. It sold for 40 times its estimated worth. — REUTERS

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## Hundreds pay respects to mob boss

**QMI AGENCY** — Hundreds of mourners flowed into a north-end funeral home in Montreal over the weekend to pay their respects to the family of murdered Mafia don Nicolo Rizzuto.

The procession of family and friends, along with deliveries of floral bouquets, flowed into the building where the visitation was being held under the watchful eye of private security guards, police and media cameras.

Rizzuto, shown earlier this year, was killed in his home last Wednesday by a single bullet in what carried all the hallmarks of a professional assassination.

It wasn't just those close to the family who paid a visit to the grieving family during the two days of mourning.

"The casket was open," said Leandre Paradis, a Montreal-area man who told reporters he went to the visitation because he felt sympathetic towards the Cosa Nostra kingpin.

### POTASH TAKEOVER BID IS FERTILIZER

**QMI AGENCY** — Top global miner BHP Billiton scrapped its US\$39-billion bid for Potash Corp., the world's biggest deal this year, and said on Sunday it would return \$4.2 billion to investors through a share buyback.

### \$2,000 REWARD FOR DOG-NAPPED PET

**QMI AGENCY** — An Edmonton woman frantically trying to find her beloved English bulldog after it was apparently dog-napped Saturday in Glenora, Alta., has posted a \$2,000 reward. Tasha Davidson, 25, says Bentley, a one-and-a-half-year-old pooch, fled from her mother on a late-morning walk to chase a truck, when a male passenger snatched the pooch and took off.

## OUR GRAPHIC WARNINGS TAME

# Canada's rep on cig labels up in smoke

**LAURA PAYTON**  
QMI Agency

Canada's losing its top ranking in the fight against smoking as other countries push bigger, more graphic warning labels on cigarette packages, says a new report being released Monday.

The report from the Canadian Cancer Society shows while Canada was the first in the world to use cigarette packages as warnings to smokers about the health dangers that come with the habit, they haven't changed in 10 years.

The report looks at laws on cigarette warning labels around the world, some of which cover 80% of the package.

The labels include graphic photos of bulging red tumours and what look like singed grey lungs peeking out from a post-autopsy body.

A spokesman for the Cana-



dian Cancer Society says the evidence is clear that picture warnings are effective at cutting smoking in kids and adults alike.

"It makes the health effects a visual reality, not just a statistic," said Rob Cunningham.

"It's clear not everyone is going to quit smoking because of these, but for a seg-

ment of smokers it very much increases their motivation to quit," he added.

The government was expected to announce the new rules for package labels in early 2010, which would have made the labels bigger.

The new packaging was also supposed to include a phone number for a national quit smoking helpline.



Packages of cigarettes with warnings from around the world are shown, from left, Djibouti, Thailand, Canada and the United States.



A spokesman for Health Minister Leona Aglukkaq says the department talked to experts and provincial and territorial governments, and is narrowing down a list of 100 messages find the hardest-hitting warnings for the labels.

"We do have a very good track record on tobacco and

to say that we're not moving or stalling on this, that's not entirely true," said Tim Vail.

## B.C. Liberals trying to lure Tory minister

**QMI AGENCY** — Two B.C. Liberals are trying to convince a federal Conservative cabinet minister to run for leader of the provincial party.

The "Draft James Moore for B.C. Liberal Leader" campaign started a week ago, just days after Premier Gordon Campbell announced he is resigning, and has support from about 260 people on Facebook.

Shown at right, Moore, 34, just hit 10 years as MP for his Vancouver-area riding.

"This guy has a lot of qualities that we think would be great for the leadership of the B.C. Liberals," said Geoff Sharpe, 21, who's also a member of the federal Liberal party.

Sharpe says Moore is socially moderate and fiscally conservative, which he thinks the province needs given the struggling economy.

Neither Sharpe or Lindsay Gardner, 23, his co-chair in the appeal, have spoken to Moore or his staff. Moore didn't respond to requests for comment.

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## THREE KILLED IN SEMI SMASH-UP

**CALGARY** Three people are dead following a collision between a pickup truck and semi east of Calgary Sunday morning. Mounties say two people in the pickup and the driver of the semi were pronounced dead at the scene on Hwy. 22X, about 15 km east of Calgary. A passenger in the pickup truck was transported to Calgary's Foothill Hospital in serious condition, said Strathmore RCMP Cpl. Mark Harrison. Weather is not believed to be a factor in the crash, said Harrison. — QMI AGENCY

Prime Minister Stephen Harper, left, and wife Laureen, right, chat with Japanese Emperor Akihito and Empress Michiko at the Imperial Palace in Tokyo on Sunday. HANDOUT



## Royal treatment for PM as tour ends

DAVID AKIN  
Parliamentary Bureau Chief

Prime Minister Stephen Harper and his wife Laureen had Sunday dinner at one of the world's most exclusive addresses: Tokyo's Imperial Palace.

The Harpers were guests of Japanese Emperor Akihito and his wife Empress Michiko. The Emperor and Empress were paying back some hospitality extended to them when

they stayed at Harrington Lake, the prime minister's official summer residence near Ottawa, when the Japanese couple did a royal tour of Canada in 2009.

"We do have a privileged relationship with the Emperor and Empress of Japan. It is a great honour for ourselves and the country," Harper said before his royal dinner date. "The Emperor has a very favourable view of our country. It was the

first country he visited as a young man."

The dinner capped off four days of global summitry for Harper in Asia, first at the G20 leaders summit in Seoul, Korea, and, on the weekend, at the annual leaders summit of Pacific Rim nations known as APEC.

"Leaders agree that avoiding protectionism is key (to a global economic recovery) and one achievement of APEC has

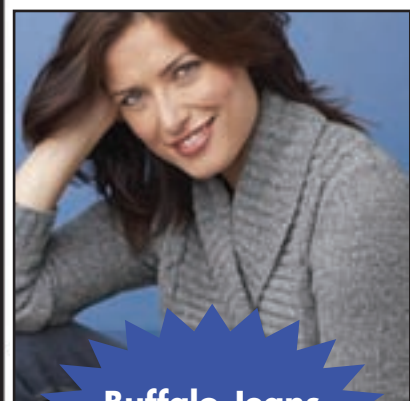
been progress towards ... free trade and investment," Harper said.

The APEC summit closed with a call for the Pacific Rim nations to begin working toward a regional free trade agreement, which would likely take years. Harper also had several meetings with leaders of Singapore, Vietnam and the Philippines where he focused on combating the problem of human smuggling.

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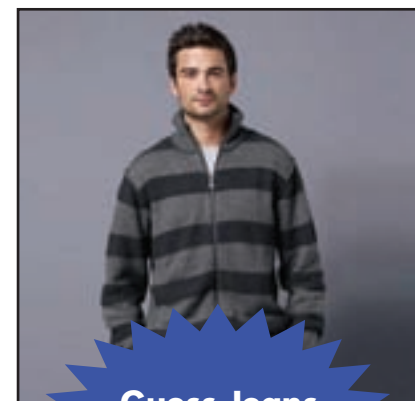
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EXPLOSION AT MEXICAN RESORT

# Canadians killed by hotel gas blast

**QMI AGENCY** — At least five Canadian tourists and two workers were killed on Sunday in a gas explosion that ripped through the restaurant of a hotel on Mexico's Caribbean coast, authorities said.

A child was among the dead at the Grand Riviera Princess hotel in the beach resort of Playa del Carmen, Francisco Alor, the attorney general for Quintana Roo state, told Reuters by telephone.

The deadly 9 a.m. blast was caused by a build up of gas under the kitchen of a seaside restaurant at the Grand Riviera Princess hotel in the beach resort of Playa del Carmen.

The blast blew pieces of the floor, glass and chairs out onto the manicured, palm-lined lawns of the sprawling hotel complex, Reuters reported.

The dead Canadians are all males, including a 33-year-old, a 51-year-old and another man believed to be in his 30s. There was no confirmation of where the victims were from.

Two hotel workers were also among the dead and 18 people were injured — seven Canadians, two Americans and eight Mexicans. Two of the Canadians were seriously injured, Francisco Alor, the attorney general for Quintana Roo state, said.

"Under no circumstances are we talking about an attack. It was an explosion of gas and we are determining the causes," Alor said.

The blast effected a 700-metre square area of the idyllic resort and collapsed part of the restaurant's roof. The hotel is offering therapy to visitors

shaken by the events.

A St. Catharines, Ont., couple made what could have been a life-or-death decision that steered them away from the restaurant that was blown to bits in the deadly blast.

James Gaade, 38, and his girlfriend Jennifer Thornton had set out about 9 a.m. for the beachside restaurant, where they'd been vacationing the past week, but changed their minds at the last minute and went to another eatery at the upscale resort.

A half-hour later, as they walked along the beach out front of the resort, a gas explosion ripped through the restaurant they'd passed over.

"We heard a big, loud bang like an explosion. Then we saw ambulances arriving," Gaade said. - FILES FROM REUTERS

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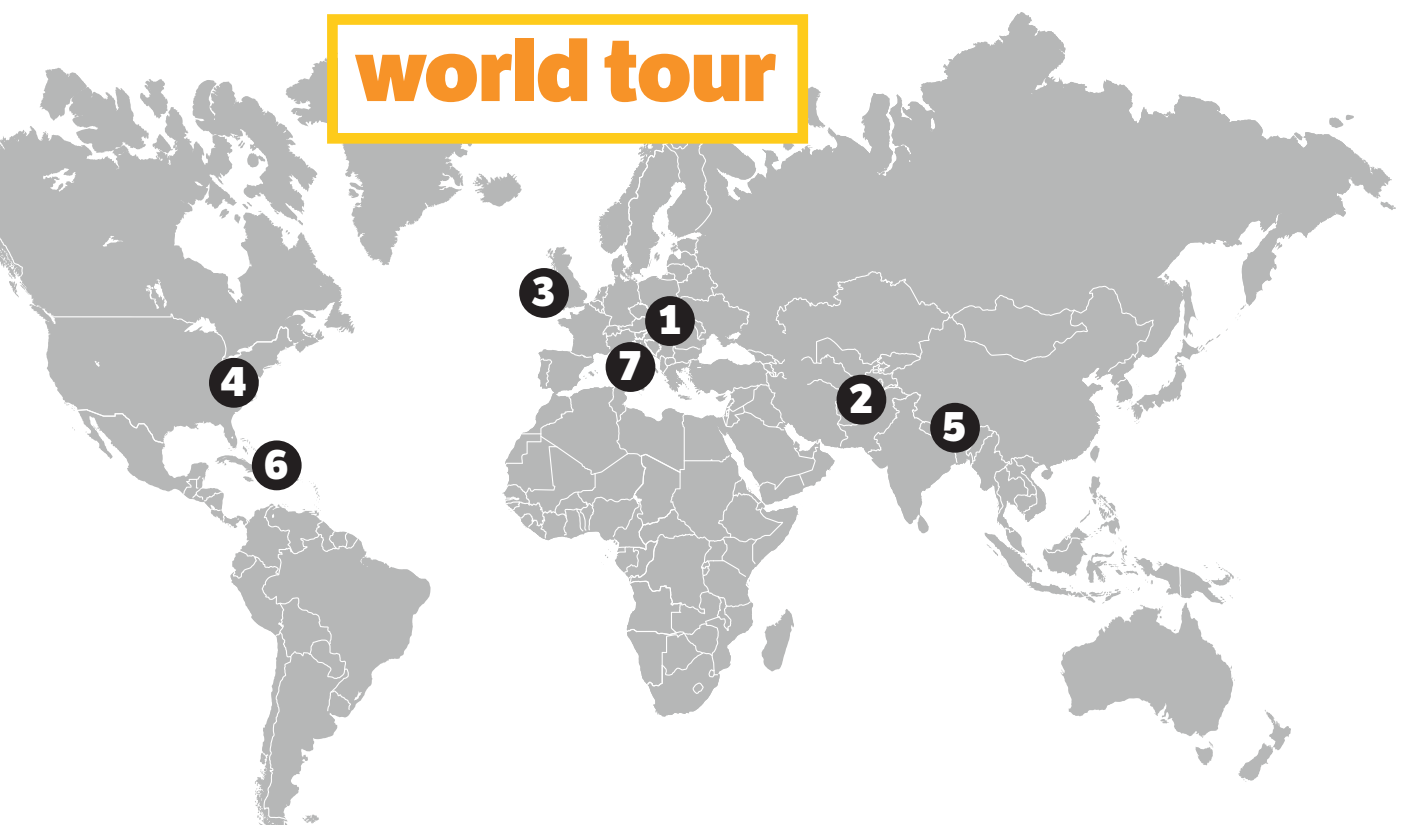
**PARIS**  
**SARKOZY SHAKES UP CABINET**

**1** French President Nicolas Sarkozy reappointed a trusted ally as prime minister and named new defence and foreign ministers in a Sunday night reshuffle aimed at shoring up his position 18 months before a presidential poll. Economy Minister Christine Lagarde, Budget Minister Francois Baroin and Interior Minister Brice Hortefeux were among proven heavyweights who kept their jobs. Baroin was also appointed government spokesman, Sarkozy's office said in a statement. — **REUTERS**

**KABUL**  
**FIVE NATO TROOPS KILLED IN AFGHANISTAN**

**2** Five troops serving with the NATO-led force in Afghanistan were killed on Sunday, including three in a clash with insurgents in the east, the coalition said, one of the worst daily tolls in a month. The NATO-led International Security Assistance Force (ISAF) gave no other details about the clash in the east, including the nationalities of those killed. The majority of troops serving in the volatile east are American. — **REUTERS**

**world tour**



**DUBLIN**  
**IRELAND KEEPING EU RESCUE ON RADAR**

**3** Ireland did not rule out the possibility that it may have to turn to Europe for help in dealing with its debt crisis on Sunday but said that it was not discussing EU financial aid as yet. "Things are happening day by day," Justice Minister Dermot Ahern told national broadcaster RTE's *The Week in Politics* when asked if he would put his reputation on the line and say that Dublin would not apply for aid. EU sources said that talks on a possible bailout were under way and that Ireland was unlikely to hold out without assistance. — **REUTERS**

**WASHINGTON D.C.**  
**OBAMA PRAISES NETANYAHU ON SETTLEMENT PROPOSAL**

**4** President Barack Obama Sunday praised Israeli Prime Minister Benjamin Netanyahu for trying to win approval from his coalition government for a U.S. proposal to extend a freeze on West Bank settlement building. "I commend Prime Minister Netanyahu for taking, I think, a very constructive step," Obama told reporters upon arriving home after a trip to Asia.



**CALL FOR FREEDOM OF SPEECH MESSAGE OF HOPE IN MYANMAR**

**5** Newly-freed Nobel peace laureate Aung San Suu Kyi waves to supporters gathered to hear her speech outside the headquarters of her National League for Democracy party in Yangon, Myanmar Sunday. The pro-democracy leader called for freedom of speech in the army-ruled country, urged thousands of supporters to stand up for their rights and indicated she may urge the West to end sanctions. — **REUTERS**

**PORT-AU-PRINCE**  
**CHOLERA DEATH TOLL CLIMBS OVER 900**

**6** The death toll from Haiti's cholera epidemic has reached more than 900 and the disease is present in six of the 10 provinces of the earthquake-battered Caribbean country, the Health Ministry said Sunday. An update on the ministry website (mspp.gouv.ht) said as of Nov. 12, there had been 917 deaths and more than 14,600 hospitalized cases since the outbreak began more than three weeks ago in the Western Hemisphere's poorest state. — **REUTERS**

**ROME**  
**BERLUSCONI, RIVALS SET FOR SHOWDOWN**

**7** Italian Prime Minister Silvio Berlusconi, fighting for the survival of his government, said on Saturday he would seek a confidence vote in parliament after the 2011 budget has been approved. In a letter to the speakers of both chambers of parliament, Berlusconi said he would first test the strength of his weakened coalition in the Senate and later in the lower house. — **REUTERS**

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# British couple released by Somali pirates

Somali pirates released British couple Paul and Rachel Chandler on Sunday, more than a year after gunmen kidnapped the Britons aboard their yacht near the Seychelles archipelago.

The couple were handed to local officials in a central Somali town after a ransom was paid. They were flown to the capital Mogadishu to meet the Somali prime minister and then to neighbouring Kenya, where they ar-

rived on Sunday afternoon. "We are fine, rather skinny and bony, but we are fine. We were told on Friday in a way which gave us some confidence.

"But otherwise, we've been told we are going to be released almost every 10 days," Paul Chandler told BBC television.

Somali pirates kidnapped the couple on Oct. 23 last year after hijacking their 38-foot yacht Lynn Rival in

the Indian Ocean off the Seychelles. Paul Chandler, 60, and his wife, Rachel, 56, who are from Tunbridge Wells, Kent, in southeast England, had embarked on their voyage when they retired.

Paul said at no time during their captivity did they feel their lives were in danger.

Somali pirates typically hijack merchant vessels, take the ships to coastal towns they control and hold them

until a ransom is paid. With ransoms often in the millions of dollars, the lucrative trade has continued despite foreign naval patrols.

While the pirates usually focus on larger ships for a big payoff, a few yachts have also been seized.

"I'm fine, thank you, enjoying being free. We are with the good guys now," Rachel Chandler told Reuters by telephone just after being released. — **REUTERS**

## POLITICAL PRISONER WHO REFUSED EXILE IS FREED

**CUBA** Cuba has freed one of 13 political prisoners who refused to go into exile and will let him stay on the island, in a signal that all may be released soon. Arnaldo Ramos told Reuters Sunday that he was in good shape after more than seven years in prison and planned to resume his opposition to the communist-led government. "I am in perfectly good condition and very happy to be home," said the 68-year-old economist, who was released and allowed to return to his Havana home on Saturday night. "I'm going to return to the same activities I did before." Ramos would begin on Sunday by attending the weekly protest march of the dissident group Ladies in White, he said. — **REUTERS**



### Portman's weighty issue

Director Darren Aronofsky became so worried about Natalie Portman's weight loss on the set of new movie *Black Swan* he begged the skinny actress to "start eating" and filled her trailer with food. The *Closer* star spent months training for the role of a troubled ballerina in the upcoming drama and she slimmed right down as she attempted to gain a dancer's slender frame. Aronofsky admits he was terrified when he saw Portman's drastic weight loss and spent the shoot encouraging her to eat. — WENN.COM

# buzz

### Lovato to be written out of TV show

Disney bosses are giving troubled star Demi Lovato a break from work by writing her out of her hit TV show until she fully recovers from the "emotional and physical" issues which sent her to rehab. The 18-year-old pulled out of the final dates of her South American tour with the Jonas Brothers last month and checked into a clinic to seek professional help for undisclosed personal problems. Lovato was due to begin filming the third season of *Sonny With A Chance* in January, but TV executives have decided to resume production without her by re-writing the scripts and focusing the plot on other characters. A Disney Channel spokeswoman tells *Variety*, "This allows her the time she needs to get well, without distraction or pressure." — WENN.COM



## SIMPSON ENGAGED TO ERIC JOHNSON

Jessica Simpson is engaged to wed new boyfriend Eric Johnson, her spokesperson has confirmed. Reports emerged on Sunday suggesting retired American football star Johnson had asked the blond beauty to be his wife on Nov. 11 — six days after the singer's ex-husband, Nick Lachey, announced plans to wed his longterm girlfriend Vanessa Minnillo. Revealing the news, Simpson's representative tells *People.com*, "Yes, we are excited to confirm that they are engaged!" Simpson and Johnson began dating in May. Simpson and Lachey divorced in 2006 after three years of marriage. — WENN.COM



### Montag, Pratt to renew vows

Reality TV couple Heidi Montag and Spencer Pratt are looking to seal their reunion by renewing their wedding vows. *The Hills* stars split earlier this year and Montag filed for legal separation in July, citing irreconcilable differences. But they patched up their differences in September when Montag called off the legal action, and Pratt has since admitted the divorce proceedings were staged in a bid to land them a new TV deal. Their initial nuptials in 2009 were

also filmed for *The Hills*, and the couple now wants to renew its vows so the stars can enjoy the ceremony in private. Pratt tells *Entertainment Tonight*, "It was a movie, it was a script and it didn't feel right. No one in that building wanted us to get married. It was a nightmare." — WENN.COM

### Rimes sends cyber best wishes to ex



Leann Rimes has taken to her Twitter page to congratulate her ex-husband Dean Sheremet on his new engagement. The country singer split from the dancer in 2009 when she fell in love with her TV movie co-star Eddie Cibrian. In a post on the microblogging site, she writes, "Congrats to Dean Sheremet and Sarah Silver on your engagement! A little birdie told me the happy news last night. Wishes for a life full of happiness." — WENN.COM



### Watson teams up style guru



*Harry Potter* star Emma Watson is expanding her fashion empire by teaming up with famed designer Alberta Ferretti to create a new

organic clothing range. Watson has modelled for British style giant Burberry and last year became a creative consultant for Fair Trade fashion brand People Tree. The 20-year-old actress has now confirmed she is working on a new project with Ferretti, revealing the Italian style guru approached with an idea for an organic collection after seeing her range for People Tree. Watson tells *Us Weekly*, "We are doing an organic clothing range. I can't reveal the name yet but there will be more information about it soon." — WENN.COM



**Byrnes plays AIDS fundraiser**

Local crooner Jim Byrnes is just one of the many talented acts scheduled to perform at tonight's 25th Annual Starry Night benefit. The AIDS fundraiser is taking place this year at the Stanley Industrial Alliance Theatre and will also feature sets from the Higgins and the Sojourners. Tickets at [vancouver.vortex.com](http://vancouver.vortex.com) - 24 HOURS



**Megamind holds lead at box office**

Animated comedy *Megamind* topped film charts for the second week Sunday, claiming No. 1 at North American box offices with \$30 million and beating new releases, including action flick *Unstoppable*, which came in a No. 2. Dreamworks animation is hoping *Megamind* can hold its own against the widely anticipated *Harry Potter and the Deathly Hallows: Part 1*. - REUTERS

**FORMER BARENAKED LADY TOURS CANADA**

# Page nervous to start new chapter

JANE STEVENSON  
QMI Agency

On the eve of his first cross-Canada tour in support of his latest solo album, *Page One*, onetime Barenaked Ladies frontman Steven Page admitted to feeling his nerves.

"I'm a little on edge," Page, 40, told QMI Agency prior to his first cross-Canada solo tour of theatres that begins Tuesday night in Regina.

"I haven't done this in a long time. It's been three and a half years since I've been on a tour bus."

Unless you've been living under a rock you'll know that Page, one of the co-founders of the Toronto pop-rock group in 1989, split from Barenaked Ladies last year following a tumultuous period that included getting busted for cocaine and divorcing his wife.

Still, Page previously toured Ontario for three weeks earlier this year with the Art of Time Ensemble, with whom he recorded the covers album, *A Singer Must Die*, so it's not like

he hasn't tested the waters since making headlines.

"I don't know why I'm nervous," he said. "It usually happens that one day at the beginning of a project I get a little bit wound up and then I'm fine."

This time Page is touring in support of his first studio album of original material since splitting from the Ladies, which came out in mid-October. The first song on the record is tellingly called *A New Shore*.

"I don't want to write diary entries but at the same time you want to write songs that are emotionally honest and when I made this record I thought, 'Do I want to go out on the road for two years and sing depressing songs about how s---y things were?'" said Page. "There's a couple that are there but in general it's like, 'Where am I now?' And 'What have I learned from it?'"

The Barenaked Ladies' new album, *All In Good Time*, had a first single called *You Run Away*, which dealt with Page's departure and he wasn't en-

tirely comfortable hearing it.

"I'd be at the store and it'd be on the radio blasting, it's like, 'Wow, that's a little finger-pointy isn't it?'" said Page.

**Rolling with the punches**

Page turned 40 this year, but let's face it, he's already had his mid-life crisis.

A separation in 2007, a drug bust in 2008 and splitting from the Barenaked Ladies — which he co-founded 20 years ago, just about covers it, right?

"I wasn't thinking about 40 at all," said Page, who divides his time between Toronto and Syracuse, N.Y., where he bought a place with his American girlfriend Christine Benedicto (a former BNL fan he met online) and her two kids.

"I kind of felt like I was born 40 in a way. I think after I turned 40, I went, 'Oh, my God. I've got a new record. I'm kind of making a new start. And I'm 40.' If I was 30, I might have an easier go of it. But do I have to pretend I'm 30 now in order to get played on



Steven Page plays the Vogue Theatre in Vancouver on Nov. 28. QMI AGENCY

the radio? I used to get very defensive about a so-called 'mid-life crisis.' And I think, 'No, 'cause it's not me. I'm not a cliché. But yeah, I think you get to a point in your life and

you go, 'Am I on the path that I wanted to be on?'"

Needless to say, Page says it's been humbling all the way around.

"I've learned to give myself

permission to fail which I never did before," said Page,

an admitted perfectionist.

"The lesson you learn is how to train yourself to roll with the punches."

## BNL and Page both currently performing the Ladies' classic songs

Both Steven Page and his former band, the Barenaked Ladies, are currently touring and performing the group's beloved songs at the same time.

Awkward?

"The songs kind of belong to both of us so it makes sense to me but I don't know how common it is with other bands when

they split," said Page, who just released his first post-BNL album of original material, *Page One*, in mid-October. "As far as the emotional ownership I

think we both feel like they're our songs."

Page, who deferred having a Toronto date in November after Barenaked Ladies scheduled a Nov. 26 show

at Massey Hall, said he would have preferred the group continue on without him under a new name but said he's trying not to take it too personally.

"It's hard sometimes to think, it'd be easy to say, 'Well, that's Barenaked Ladies."

"It doesn't matter if he's there or not," he said.



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BIOGRAPHICAL BOOK

# Chili Peppers dig up roots

**REUTERS** — Most artists cringe at the idea of showing compromising photos taken in public, but rockers the Red Hot Chili Peppers relish the idea.

In fact, they've compiled many of those moments in their first book, *The Red Hot Chili Peppers: An Oral/Visual History*.

The coffee table hardback, which recently hit bookstores worldwide, examines the band's storied career, starting with their early days in the Los Angeles underground punk rock scene through their rise to arena favorites in the 1990s and 2000s.

Known for alt-rock hits such as *Under the Bridge*, *Give It Away* and *Scar Tissue*, the band's early days were steeped not only in music, but in drug use, nudity and cross-dressing.

Chili Peppers bassist Michael "Flea" Balzary told Reuters that along with serving as a biographical account of the band, the book revels in a past where

culture still existed within a localized scene and the band was just one more act among many.

"We started our band in '83 — the Internet phenomenon of constant documentation didn't exist then," Flea said.

"But still, we took pictures and we were a part of a scene that people took pictures of.

"(It) was a real colorful situation.

There was a vibrant underground music scene, and it was very creative and not regimented or divided up into a bunch of different cliques, like it is now."

Throughout the band's early days, they had a few key personnel changes — notably original guitarist Hillel Slovak died in 1988 of a heroin overdose.

Original drummer Jack Irons permanently left the band soon after.

The new lineup would record their first Gold album, 1989's *Mother's Milk* and 1991's breakout, *Blood Sugar Sex Magik*.



# Kanye protests 'set up'

**REUTERS** — Hip-hop artist Kanye West on Friday canceled a performance on NBC's *Today* show to protest what he called a "set up" when he was interviewed on the program over his flap with former President George W. Bush.

West was due to perform on the morning talk show on Nov. 26, the Friday after Thanksgiving, but canceled after the perceived slight dur-

ing an appearance on *Today* on Wednesday.

Live performances are ratings draws for *Today*, the top-rated U.S. morning talk show.

"I'm not performing on the *Today* Show for obvious reasons.

"I'm so happy the world got to see just a small piece of 'the set up,'" West, among the most popular hip-hop stars, said on his Twitter page on Friday.

## OSCAR GOVERNORS HONOR COPPOLA

**MOVIE VETS** Oscar organizers began giving out film industry gold on Saturday when they bestowed honors on four movie veterans, including directors Jean-Luc Godard and Francis Ford Coppola. The Academy gathered a who's who of Hollywood A-listers — including Clint Eastwood, Warren Beatty, Annette Bening, Oliver Stone and Robert De Niro — for their annual Governors Awards to give honorary Oscars to Godard, actor Eli Wallach and film historian Kevin Brownlow, for their work in the industry. *Godfather* director Coppola was given the night's biggest honor, the Irving G. Thalberg Award, for visionary producing. — **REUTERS**



**IN THEATRES NOVEMBER 19**

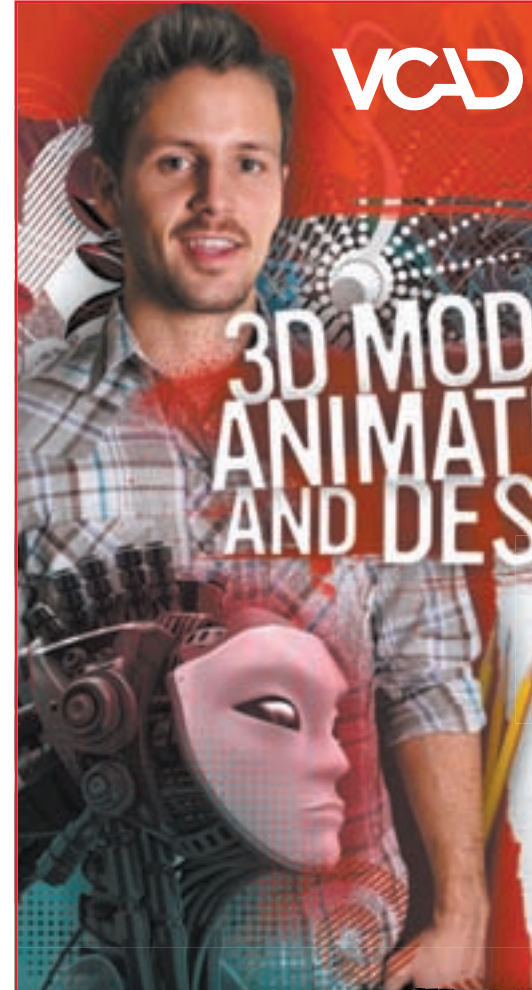
**CONGRATULATIONS TO OUR GRAND PRIZE WINNER:**

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- Edith P (Surrey)
- Lana S (Vancouver)
- France C (Vancouver)
- Ting C (Burnaby)
- Annie L (Burnaby)
- Collin C (Richmond)
- Diane B (Port Coquitlam)
- Dennis K (Vancouver)
- Marie S (Vancouver)
- Eun K (Coquitlam)
- Caitlin B (Vancouver)
- Jia G (Vancouver)
- Chen H (Vancouver)
- Irene A (Vancouver)
- Shannon T (Burnaby)
- Meredith P (Surrey)
- Crystal B (Coquitlam)
- Denise R (Vancouver)
- Trish T (Surrey)
- Jonathan W (Vancouver)
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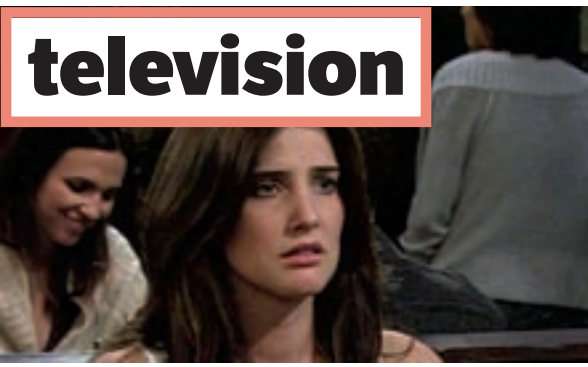
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All the winners have won advance screening passes to see HARRY POTTER AND THE DEATHLY HALLOWS on Monday November 15<sup>th</sup>, 2010 at the Scotiabank Theatre in Vancouver @ 7:00pm. The grand prize winner also received HARRY POTTER Years 1-6 Blu-Ray Gift Set! Winners were notified in advance. More great contests online at [vancouver.24hrs.ca](http://vancouver.24hrs.ca)

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# television

## HOW I MET YOUR MOTHER

8 p.m. on CBS, CITY

Let's go to the mall! When Barney (Neil Patrick Harris) finds a copy of the Canadian kids show featuring Robin Sparkles, Robin's (Cobie Smulders) pop-star alter ego, the gang learns even more about her past as a performer than they expected. Alan Thicke and Nicole Scherzinger of the Pussycat Dolls guest star in the new episode *Glitter*.

## HOUSE

8 p.m. on FOX, GLOBAL

After a 200-year-old medicine jar from an offshore shipwreck shatters in a teenager's palm, she is admitted to the hospital with symptoms closely linked to smallpox. A Centers for Disease Control official (guest star Dylan Baker) locks down the hospital and suspends the power of House's (Hugh Laurie) team to diagnose, but Masters (guest star Amber Tamblyn) is suspicious of his motives in the new episode *A Pox on Our House*.

# PEOPLE ARE CHOOSING TODAY

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## CASTLE

11:01 p.m. on ABC, CTV

When a prominent astrophysicist is found dead of explosive decompression in her car, Castle (Nathan Fillion) eventually is led to theorize her death was the result of an alien abduction. Lance Henriksen (*Millennium*) guest stars as an expert in alien abductions, while Lyle Lovett appears as a shadowy government agent who is suspiciously eager to close down the investigation in the new episode *Close Encounters of the Murderous Kind*.

## TV MONDAY

MOVIES SPORTS NEWS 1. Shaw Vancouver 2. Bell Vancouver 3. Shaw Digital 4. Telus Vancouver

STATION	1.	2.	3.	4.	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
<b>CANADIAN BROADCAST</b>													
SUNTV		213			5:00 Movie	The Insider	Old Christine	Becker	Grill Room	6:06 Boston Legal		Infomercials	
A	12	256	12	12	Vancouver	Corner Gas	Access H	Law & Order: SVU		(N) 2 1/2 Men	31	Corner Gas	Criminal Minds
CBC	3	251	3	7	Coronation S	Wheel Fortune	Jeopardy!	(N) Battle of...	(N) Men...	Just for Laughs			The National
CHEK	6	255	7	6	CHEK News	Island 30	Game on!	(N) Chuck		Dead Like Me		CHEK News	35
CITY TV	13	253	6	13	6:00 CityLine	How I Met...	The Office	(N) How I...	(N) Rules...	(N) The Event		(N) Chase	
CTV	9	250	4	9	6:00 CTV News	eTalk	Big Bang T.	(N) Dancing with the Stars			31	(N) Mike...	31
GLOBAL	11	252	11	11	6:00 News Hour	ET	ET Canada	(N) House		(N) Lie to Me		(N) Hawaii Five-0	
KNOW	5	268	5	5	Canadian...	Be the Creature		A History of Scotland		David Ogilvy: The First Mad...		31	Diamond Road
JOY10	10	216	215	10	Name Is Earl	Matlock		Stargate SG-1		Apna TV		Foundations	
OMNI BC	8	254		8	Friends	2 1/2 Men	2 1/2 Men	OMNI News: Mandarin Edition		OMNI News: Punjabi Edition		Law & Order: Criminal Intent	
SRC	7	120			6:00 Téléjournal	(N) Virginie	(N) Les Parent	(N) L'auberge du chien noir		La galère		Le téléjournal	
TVA	123			401	Le cercle	Les gags	(N) Occupation...	(N) Yamaska		(N) Toute la vérité		TVA nouvelles	
TV5	124	145			6:00 Popov...	Quand le monde bascule: Le...		TV5 le journal	5 sur 5 Afrique	Devoir d'enquête: Les cadavres exquis du...		Chiffres...	
<b>AMERICAN NETWORKS</b>													
ABC	21	288	21	20	6:00 News	Wheel Fortune	Jeopardy!	(N) Dancing with the Stars			31	The Middle	31
CBS	15	289	15	19	6:00 News	ET	The Insider	(N) How I...	(N) Rules...	(N) 2 1/2 Men	31	(N) Mike...	(N) Hawaii Five-0
NBC	16	287	16	21	King 5 News	Evening...	Inside Edition	(N) Chuck		(N) The Event		(N) Chase	
KCPQ	28	290	28	22	How I Met...	2 1/2 Men	2 1/2 Men	(N) House		(N) Lie to Me		Q13 FOX News @ Ten	
PBS	27	291	383	23	6:00 Newshour	Rick Steves...	35	Rick Steves	30	Rick Steves' Europe	8:45	Rick Steves	20
CW	14	297	14	26	King/Queens	The Office	The Office	(N) 90210		(N) Gossip Girl		Seinfeld	Seinfeld
<b>NEWS, VIEWS &amp; CURRENT AFFAIRS</b>													
BBCW	36	510		96	Asia...	BBC News	Asia...	BBC News	Hardtalk	BBC News	World...	BBC News	World...
CTV News				92	6:00 CTV News	Lloyd...	CTV News	Lloyd...	CTV News	Lloyd...	News...	Lloyd...	News...
BNN	58	504	58	93	6:00 Undercover...	The Business...	Berman's Call	Market Call Tonight		MoneyTalk	Headline	Undercover Boss	
CNBC	83	509	143	99	6:00 Biography	American Greed		Mad Money		The New Age of Walmart		American Greed	
CNN	33	500	33	94	6:00 Larry King	Anderson Cooper 360				Larry King Live		Anderson Cooper 360	
NEWSWORLD	26	502	26	91	6:00 CBC News	True Love or Marraige Fraud?		CBC News: The National		CBC News: The National		True Love or Marraige Fraud?	
VISION	118	261	118	156	Emmerdale	Peter Benchley's Amazon		Sex + Religion	Crazy For Love	*** Heart Like a Wheel ('83, Biography)	Bonnie Bedelia, Beau Bridges.		
<b>MOSTLY SPORTS</b>													
GOLF	416	144	116		John Daly	Golf Videos	Golf Videos	Golf Central	Lessons	John Daly	John Daly	Golf Videos	Golf Videos
OLN	49	411	49	119	Opera. Repo	Ghost Hunters		Monsterquest		Opera. Repo	Opera. Repo	Ghost Hunters	
SCORE	54	410	114	115	15	WWE Raw			15	Drafted 2		WWE Raw	
SPEED	55	417		117	6:00 Barrett...	Battle of the...	Battle of the...	Hot Rod TV	Hot Rod TV	Barrett-Jackson - The...		Battle of the...	Battle of the...
SPORTSNET	22	407	22	111	Connected	Canucks TV	Hockey (where available)	NHL Vancouver vs Buffalo.				Sportsnet Connected	
TSN	23	400	23	110	5:30 Football NFL	Philadelphia vs Washington.			Sportscentre			NFL Films	Subaru Ironman Triathlon
<b>MOSTLY MOVIES</b>													
AMC	53	293	53	228	5:00 *** The Abyss ('89, Science fiction)	Ed Harris, Mary Elizabeth Mastrantonio.				** Deep Blue Sea ('99, Horror)	Saffron Burrows, Thomas Jane.		
MC1	60	308			6:00 Pillars of...	Dexter		Spartacus: Blood and Sand		Scare Tactics	Look	Orphan ('09, Horror)	Vera Farmiga.
MC2					*** Gran Torino ('08, Drama)	Bee Vang, Ahney Her.				** Legion ('10, Drama)	Paul Bettany, Lucas Black.	10	** Knowing ('09, Science fiction)
HBOC	63	307	63	243	6:00 Bill Maher	Real Time With Bill Maher		Curb Your...		In Treatment	In Treatment	Durham County	
TCM	46	292	46	227	6:00 Sunrise ('27, Drama)	George O'Brien, Janet Gavnor.		(N) Moquls and Movie Stars		The Iron Horse ('24, Western)	Jack O'Brien, Madge Bellamy.		
<b>MUSIC &amp; POP CULTURE</b>													
CMT	20	575	20	258	Accord. Jim	Home Imp.	Home Imp.	Pet Heroes	ER Vets	Funnist Home Videos		Accord. Jim	Accord. Jim
MM	24	570	24	255	6:00 (N) Gossip...	Video on Trial	Pants Off	UR11@11		New Music Videos		Video on Trial	Jackass
MMM	35	571	35	256	6:00 PunchMUCH	Lyrics!	Lyrics!	Kathy Griffin: My Life on the...		Buffy the Vampire Slayer		Lyrics!	Lyrics!
MTVC	120	581	120	177	6:00 Cribs	World of Jenks	Buried Life	MTV Live	26	Sex, News	Cribs	Sharlene Vs...	World of Jenks
STAR	88	621	88		6:00 Dr. Oz	The Tonight Show		TMZ	eTalk	The Ellen DeGeneres Show		Dr. Oz	
<b>FOR THE KIDS</b>													
FAMILY	51	556	51	76	Wizards	Sonny Chance	H. Montana	Suite Life	In the Band	Majority Rules	Latest Buzz	Ned's Guide	Aaron Stone
TELETOON	50	554	50	73	Spliced!	Jimmy Two	Johnny Test	Drama Island	Stoked	Futurama	Futurama	American Dad	American Dad
TREEHOUSE	43	553	43		Harry/Bucket	Rolie Polie...	Toopy & Binoo	Max & Ruby	Dragon	Backyardigans	Kai-Lan	Go Diego Go	Franklin
YTV	25	551	25	75	Big Time Rush	In Real Life		Hates Chris	8 Simple Rules	Kyle XY		In Real Life	
<b>INFORMATIVE</b>													
VIVA			96	202	6:00 Cold Case	The Closer		Murder She S.		Judging Amy		Cold Case	
DISCOVERY	42	520	42	200	6:00 Dirty Jobs	Canada's Worst Driver		Daily Planet		MythBusters		Canada's Worst Driver	
FOOD	52	603		143	6:00 Top Chef	Pitchin'In	Good Eats	Best Thing...	At the Table...	Diners	Unwrapped	Top Chef	
HGTV	29	600	29	142	Property V.	House Hunters	House H. Int.	Holmes on Homes		Income Prop.	My First Place	My First Sale	Property V.
HISTORY	44	133	44	201	6:00 Storming Juno			Nazi Hunters		World War II in HD		Greatest Tank Battles	
<b>VARIETY</b>													
A&E	31	615	216		6:00 Hoarders	Hoarders		Intervention		31	Intervention	31	Hoarders
APTN	117			155	Pachamama	Passage		* Attache ta tuque! ('03, Drama)	Ioulia Volkova, Wally Alexis Cheezo.			Desti-Nations	APTN...
BRAVO	56	620	40	171	6:00 An Evening with Willie...		Michael...	Criminal Minds		Law & Order		Without a Trace	
COMEDY	57	625	57	173	6:00 For Laughs	22 Minutes	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	Big Bang T.	Joan Rivers	
KTLA	65	298			6:00 L & O: SVU	Seinfeld	Seinfeld	(N) 90210		(N) Gossip Girl		KTLA 5 News at 10	
PEACHTREE	47	294	47	60	6:00 Silent...	XIII		** Star Trek: Insurrection ('98, Science fiction)	Patrick Stewart.			** Star Trek: Insurrection ('98)	
SHOWCASE	39	617	39	172	6:00 Tabatha's...	Re-Vamped		ET Canada	Bootcamp	Real Housewives of OC		(N) Drop Dead Diva	
SLICE	41	601	41	141	6:00 Merlin	Doctor Who		Todd &...	A. Hitchcock	Merlin		Project Runway Canada	
SPACE	45	627	45	174	6:00 Kung Fu	Hustle ('04, Comedy)	Yuen Wah.	UFC 123		Entourage	Entourage	Star Trek: Voyager	
SPIKE	32	628	32	150	6:00 Restaurant	Tooned		Little People...	Little People...	Cake Boss	Cake Boss	Sarah Palin's Alaska	
TV TROPOLIS	48	618		182	6:00 Sex and the...	Friends	Come Dine...	Wipeout		Wipeout		Family Guy	Southern...
W	19	602	19	146	Name Is Earl	The Office	The Office	Curb Your...	Entourage	South Park	Name Is Earl	Love It or List It	
WSBK	64	296		64	Name Is Earl	The Office	The Office	Curb Your...	Entourage	South Park	Name Is Earl	Law & Order: SVU	



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### Dieters, take heart

A new weapon in the fight against fat is on its way: A mobile phone application that counts calories from a photograph of what's on your plate. Software developed by Japan's NTT Communications evaluates the food, then compares it with a database and counts the calories. — **REUTERS**



### Legends unite for UK cancer gig

Rock legends The Who are to perform alongside Jeff Beck, Blondie singer Debbie Harry and The Verve's Richard Ashcroft in a charity concert against cancer. The stars will appear at the HMV Hammersmith Apollo, London, on Jan. 13, 2011 to raise money for KILLING Cancer, a charity that funds research into little-known cancer treatment Photodynamic Therapy (PDT). — **REUTERS**

### CHECKLISTS CUT SURGERY DEATHS

**STUDY** Using an exhaustive hospital checklist prevents errors and cuts the risk of death nearly in half for patients who come in for surgery, reported researchers. The system also reduced the number of complications by one third, they reported in the *New England Journal of Medicine*. — **REUTERS**

### BIRTH RATE FALLS TO RECORD LOW

**GERMANY** The number of births in Germany fell to a record post-war low last year despite government investment of billions of euros on incentives to counter the country's shrinking population. The Federal Statistics Office reported that there were 665,126 children born in 2009, down from 682,514 in 2008. — **REUTERS**

### TEEN SALT INTAKE DOUBLE TROUBLE

**DANGER** The average teen takes in double the recommended amount of salt daily and a new study says decreasing that will prevent future health issues. The report by researchers from the University of California, San Francisco says teens eat more than 3,800 milligrams of sodium every day. Health Canada recommends between 1,000 to 1,500 milligrams daily. The researchers said reducing a teenager's salt intake by three grams projected a 44% to 63% decrease in the number of hypertensive teenagers and young adults. — **QMI AGENCY**

### WHY AREN'T MORE WOMEN GETTING IMMUNIZED AGAINST HPV?

## An avoidable epidemic

**MARILYN LINTON**  
Special to QMI Agency

The fact that nine out of 10 young Canadian women are not vaccinated against a virus that causes a potentially deadly cancer doesn't surprise Toronto's Linda Lewis.

"You put sex, young women, cancer, and needle in the same sentence and you can't get more fully loaded than that," says the 49-year-old magazine editor and mom.

Lewis is somewhat of an expert on the cancer which annually affects 1,450 Canadian women, most of them under the age of 30. When she was 29 she was diagnosed with cervical cancer and has since undergone surgery, radiation and chemo to treat it.

"I am lucky to be here," she says, fully recognizing that 420 Canadian women die from the disease annually. Today, she raises awareness of cervical cancer and the vaccines currently available to protect

against certain strains of the human papilloma virus (HPV), which cause the disease.

"I think cervical cancer survivors would all say that if there's a vaccine that could protect women from having to

#### IS COST A FACTOR?

Women who miss getting the vaccine when it's being publicly funded are asked to pay for it.

# 61%

of moms who do not have a drug plan to help pay for the vaccination claim that cost is a barrier to getting the vaccine for their daughters.

# 51%

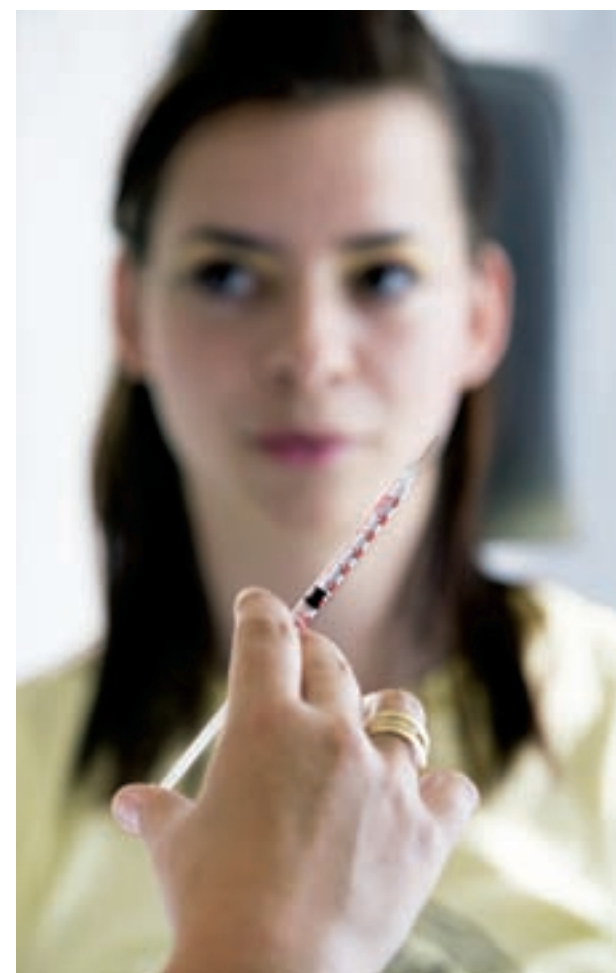
of young Canadian women, 18 to 25 and without a drug plan, say cost is a barrier.

experience what we went through, then people should consider it."

That said, the uptake for the vaccines (two, Gardasil and Cervarix, are approved in Canada for males and females, ages nine to 26) has been disappointing. A recent survey indicated that 68% of Canadian women between the ages of 18 and 25 have not had it because they do not know enough about it — this, despite a large push in 2006 when Gardasil was first introduced.

One reason may be that the concept of a viral infection causing cancer can seem quite complex to grasp.

An additional aspect of the uptake problem has to do with people's misconception that they don't need immunization if they have a regular Pap test. But this excellent early warning system, that identifies precancerous cell changes in the cervix, doesn't prevent HPV infection or cancer.



## Special formula may help prevent diabetes



**REUTERS** — Researchers said Wednesday they found some evidence that keeping babies off cow's milk may help prevent the development of type 1 diabetes in children with an inherited risk of the disease.

The children will have to be followed for years to be sure, but the Finnish researchers found indirect evidence that

giving the babies a special formula may have helped.

The study of 230 Finnish infants who had stopped receiving breast milk was a preliminary test of the treatment. A much larger study of 2,160 babies, now ongoing in 15 countries, is expected to provide a definitive answer to the question in 2017.

Instead of a standard cow's milk formula, about half the babies were given a special formula in which the proteins found in the casein portion of the milk had been broken down into components too small to activate the immune system, a process called hydrolyzation.

"Our results indicate that a

preventive dietary intervention aimed at decreasing the risk of type 1 diabetes may be feasible," the researchers, led by Dr. Mikael Knip of the University of Helsinki, wrote.

Children given the cow's milk were twice as likely as the other children to develop one or more diabetes-related antibodies.

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# UFC's Iceman keeps fit while in the buff



**Cary Castagna**  
Keeping Fit

Chuck "The Iceman" Liddell and his bombshell girlfriend were "caught" on camera earlier this year working out naked.

Yup, keeping buff in the buff. In the viral online video, the 40-year-old UFC legend pumps out some chin-ups and hack squats while Heidi Northcott bounces on an elliptical machine in what appears to be their home gym.

At first blush, the provocative scene seems to have been secretly shot through a window by a gutsy Peeping Tom.

Of course, it wasn't.

The video was actually a clever ad campaign.

Look closer and you'll see that the couple are wearing Reebok running shoes.

While the cheeky episode illustrates just what some athletes will do to make a buck, it's also symbolic of Liddell's willingness to try new things in the gym to keep his routine from going stale.

"Off-season, I'll do four weeks of one thing and then I'll switch to a different style of training just to change it up and keep it more fun," the Iceman says in a phone interview from Las Vegas.

"I travel a lot, so if I go somewhere and someone does a different workout, I'll give it a try ... and see if I want to steal anything for my regular workouts."

By injecting plenty of variety into his workouts, the former light heavyweight UFC champ has no problem staying consistent.

And consistency, Liddell says, is the key when it comes to successful training.

Liddell strives to do "something active" twice a day, six days a week — everything from strength training, hiking and swimming in the morning to martial arts in the evening. Liddell's strength-training sessions usually last less than an hour, not counting his warm-up.

"I don't go there to mess around," says the six-foot-two 205-pounder.

And that's the naked truth.

For more, go to [precisionnutrition.com](http://precisionnutrition.com). Cary Castagna is a certified personal trainer through Can-Fit-Pro.



## Booze good for the heart, says study

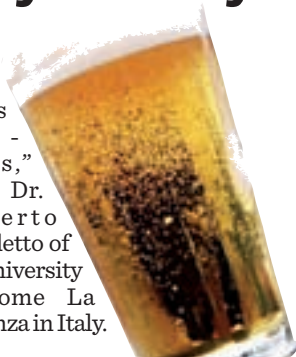
**QMI AGENCY** — A drink or two a day can keep the doctor away, at least for men who have had heart bypass surgery, a new report says.

Italian researchers found light to moderate alcohol consumption — about two to three drinks a day — was associated with 25% fewer subsequent cardiovascular procedures, heart attacks, strokes and death compared to non-drinkers.

But bypass patients with left ventricular dysfunction who were moderate to heavy drinkers, more than six drinks daily, were twice as likely to die from cardiovascular problems.

"The benefit of light amounts of alcohol consumption has been documented in healthy individuals, but our analysis showed a benefit from light alcohol intake in post-coro-

nary b y - p a s s p a - t i e n t s," said Dr. Umberto Benedetto of the University of Rome La Sapienza in Italy.



### SUICIDE RISK FUELS DRUG DEBATE

**ACNE** People with severe acne have an increased risk of suicide, said researchers in a study adding fuel to a debate about whether acne drugs such as Roche's Accutane prompt suicidal thoughts. Swedish scientists found patients had an additional suicide risk for up to a year after treatment with isotretinoin, the generic version of Accutane, which is commonly prescribed for people with severe acne. "A more probable interpretation is that the underlying severe acne may best explain the raised risk," they said, although they could not rule out that it may be "as a consequence of exposure to the drug." — **REUTERS**



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## Calling all bloggers

Grouse Mountain is recruiting snow sport writers, photographers, videographers and editors for their *Grousepark.com* blog for the upcoming winter season. Applications will be selected based on a creativity and job motivation. Perks include a season pass and a chance to work with key industry media. — QMI AGENCY



## B.C. universities get gold stars

Maclean's Magazine's 20th annual ranking of Canadian universities gave top marks to SFU, UBC, UVic and UNBC in comprehensive, primarily undergraduate and medical doctoral categories. There are more B.C. students in post-secondary school now than ever before. — QMI AGENCY



**Moshin Manji**  
HR in Motion

# Follow up with flare

So how does a job seeker follow-up with an employer after a job interview? This question may stir many opinions, but I like to compare it to a follow-up when dating. After a good date, you want to let the other person know you're interested, without coming on too strong or looking desperate. Plus, you want to save face and not look foolish if he or she has no intention or interest in contacting you. Regardless, if you are interested, I say let the other person know.

The follow-up after a job interview is similar. Here are three possible methods for following up with an employer and ways to know if you've crossed the line from interested to annoying.

**Thank-you note:** A thank-you note tells the decision makers that you respect their time and enjoyed meeting them. Nowadays an e-mail on the same day of the interview shows that you are courteous and want to be considered. For most employers, an e-mail is an acceptable form of thanks because e-mail is a part of everyday business without being annoying. An old-fashioned handwritten letter or card is

also still being used and considered appropriate. In my opinion this is the only method of follow-up without being considered annoying. Also, don't send more than one thank-you email or note.

**The phone call:** Many job postings specifically state, "No phone calls". So be courteous and do not call unless you were specifically told to call by the employer. You can make the call after an appropriate amount of time has passed (generally after one week). Remember, if you decide on a call do it once only.

Perhaps you have met individuals who have gone against etiquette and it has worked, but be aware that you're risking your professional reputation

**Dropping-in:** An unexpected drop-in is never welcome, especially when you catch an employer off guard and cornered. Don't do that to an employer if you want to be considered for a job. Unless told by the employer to drop-in, never drop-in and disrupt a hiring managers busy schedule.

Perhaps you have met individuals who have gone against etiquette and it has worked, but be aware that you're risking your professional reputation and could be removing yourself from the running for a job where you were a top candidate. So use your judgement and keep things simple with a thank you message or letter and be patient.

# Five steps to success

AMY CHAN  
Special to QMI Agency

So you've graduated and your last four years of classes, exams and essays seem like the last steps to finding your first job. Your resumé is blank aside from some previous retail or serving stints, and you don't know where to start.

Sound familiar? If so, fret not, I was once there too, and there's also a whole lot more who are in your exact position. The good thing is, you're just a stepping stone away from building the next layer of bricks to your foundation.

Here are a handful of tips that I've learned along the way.

## Go get experience. Period.

Unfortunately, an education is no longer a competitive advantage, it's table stakes. Employers care about the skills you've acquired in past jobs that can be transferred and leveraged for your their company's objectives. Don't have any? If you're still in school, do a co-op program. If not, suck it up and do an internship or volunteer. Everyone has to start somewhere.

## Brands matter.

The fastest way you can make yourself appear credible is align yourself with credible brands. Try to volunteer or intern at companies that are well known in the industry you want to get in to.



Landing your dream job starts with gaining experience then working towards your goals step by step  
FILE PHOTO

« **Being a likeable person and an effective networker is not something you're born with »**

## Be realistic.

Shoot for the stars, why not, but be realistic at the same time. Simply writing down what you want and chanting positive affirmations taught in *The Secret* will not score you that killer job and high pay. Set your goals and break it down in to steps on how to get there.

I've noticed that when

someone asks me about career advice and I ask what they field they want to get in to, the answer is either marketing or fashion. If you're in Vancouver, I have to caution you – the ratio between the amount of jobs in these fields compared to those applying is quite vast. I'm not saying to give up your marketing dreams, I'm in marketing myself, but be open to explore other industries and roles. Check out online job sites to know what's on the market.

## It's who you know.

People knowing who you are, liking you, referring you and

thinking about you when an opportunity comes up is something that can open big doors. Being a likeable person and an effective networker is not something you're born with – it's an acquired skill that takes practice and reflection.

## Dress the part.

How you present yourself matters. Dress for the part you want. Don't dress like you're going to a nightclub or wear fake eyelashes. Don't wear flip flops, loungewear, yoga wear (unless you work at Lululemon), or sittin-on-the-couch wear.

# Science sector to boom

SANDY BUEMANN  
QMI Agency

B.C. workplaces could see more lab coats and microscopes in the next 10 years.

Science-related careers will increase dramatically over the next decade, according to the report Science Related Occupations, by B.C. Stats, which predicts a 26 per cent increase in these jobs by 2019.

Minister of Science and Universities Ida Chong said there will be a high demand for students who focus on math and science at school.

Parents and children can use the report to what careers in B.C. will be in high demand and in what regions of the province, she said.

This will allow them to "tailor their educational decisions to match future oppor-

tunities."

Science-related jobs doesn't exactly mean working with bubbling potions and test tubes, but rather include engineers, mathematicians, opticians and midwives, according to the report.

The report states people studying natural and applied sciences will have the best future job prospects and make about \$300 more per week

than the average worker in B.C.

Even if you aren't Einstein, about 77 per cent of total job openings over the next ten years will require at least some post-secondary education the report states.

2010-2011 school was officially declared the year of science by outgoing Premier Gordon Campbell this September.



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CUSTOMIZED VACATIONS A GROWING TREND

# Explore a career in travel

LINDA WHITE  
Special to QMI Agency

Interested in more than your corner of the world? A travel agency operations certificate could be just the ticket, serving as a steppingstone to specialization in such growing sectors as eco-tourism and voluntourism.

"That's really where the tourism industry is going," says Mary Lendway, co-ordinator of Toronto's Humber College's online certificate. "Close to a billion people travelled last year and that number is expected to grow."

Savvy travellers are forgoing the all-inclusive resorts that lured vacation goers in the '80s and '90s. "People want more specialized, more customized travel," Lendway says.

"People getting into travel through an online certification like Humber's look at

their own interests and the interests of their network of friends and start putting together things like culinary tours or tours that complement their interests. We're moving toward the specialty market."

Voluntourism, for example, offers a world of possibilities to those in the industry. "Young people in particular want to be with the locals and to give back to the culture and the destinations they visit," Lendway says.

She points to two-week packages to Guatemala that divide a traveller's time between a service project and vacation. "It's not just a trend but a culture where people don't want to just take away from a destination but give something back," she says.

Humber's certificate is geared towards mature students

and attracts primarily those interested in switching careers or landing one of the countless home-based opportunities increasingly available through

travel organizations.

The rewards that go with working in the industry attract many. "Travel professionals still get good incen-

tives," Lendway says. "Some people like to travel with their friends and even if they're not interested in creating a full-time business, they still want to be knowledgeable."

The certificate introduces students to various industry sectors, including the cruise market. "If someone is interested in specializing, there are lots of opportunities," Lendway says.

She points to the Canadian Institute for Travel Counsellors as an example. It invites travel counsellors to develop a marketing edge and retain or attract new clients by completing its "destination specialist" or "lifestyle specialist" course. Many tour operators — including GAP Adventures and Contiki Holidays, and tourism boards such as New Zealand — offer online certification, often at no charge, Lendway reports.

## Online programs

Humber College's travel agency operations certificate online program bundles 12 compulsory courses designed to prepare graduates to work with travel agencies, consolidators and airlines. Each course ranges from 15 to 30 hours in length and must be completed within 90 days. Registration is open throughout the year and courses should all be completed within one year. Learn more at [humber.ca](http://humber.ca).

Humber also offers some specialist certifications, such as GAP Adventures, through its full-time travel diploma program. Certificate graduates can register as part-time students to take that course.

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### The Beyond.com

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submits a photo will be entered into the Do Good Scholarship Draw and will have a chance to win \$5,000 towards tuition or one of 10 \$500 textbook grants.

The more votes that photo garner, the more contest entries the submitter receives to win.

The Pepsi Refresh Project will also be visiting 28 Canadian university and college campuses to engage students in an interactive photo shoot, where they can have a photo taken of themselves showcasing what they care about.

Some of the photos will even be selected for a special on campus Pepsi ad campaign and will be showcased on the Pepsi Canada Facebook fan page.

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### Lecavalier out with hand fracture

The Tampa Bay Lightning announced that captain Vincent Lecavalier will undergo surgery on Monday to expedite the healing process of a non-displaced fracture in his right hand. Lecavalier, who suffered the injury during Thursday's loss at Washington, is expected to be sidelined three-to-four weeks. The 30-year-old centre has three goals and six assists in 14 games this season. – QMI AGENCY



### Tragedy strikes Sens' Richardson

Ottawa Senators assistant coach Luke Richardson – a former teammate to many of the team's players – and his wife Stephanie have tragically lost their 14-year-old daughter, Daron. The Senators confirmed in a statement late Saturday that Daron tried to take her own life by hanging herself at the family's home. The club said she was rushed to hospital and succumbed to the injuries in ICU. – QMI AGENCY



**Matt Kieltyka**

MMA Sucka Monday

# Canadian dominates

Winnipeg's Krzysztof Soszynski came away as one of the big winners at UFC 122 in Germany on Saturday. Fighting next door to his homeland, "The Polish Experiment" dominated Croatian Goran Reljic over three rounds to improve his UFC record to 5-2 on the back of his brute strength and several submission attempts.

Soszynski looked impressive in the stand-up game and on the ground on his way to a decision win.

But the Polish-Canadian threatened to end the bout on his own terms by stubbornly attempting to catch Reljic with his signature kimura a couple of times and nearly forcing the referee to intervene in the dying moments of the fight as he pounded away on his well-beat opponent.

After the fight, Soszynski sported a huge grin and gave props to Reljic for going the distance. To celebrate, Soszynski crossed the border into Poland for a deserved two-week holiday.

In the main event, Yushin Okami earned a shot at the UFC middleweight championship by grinding out a decision victory over Nate Marquardt. But before the Japanese fighter gets a shot at the belt, he must await the outcome of February's title bout between current champion Anderson Silva and Vitor Belfort.

### Lesnar vs. Mir 3 far off

Don't expect a trilogy fight between Brock Lesnar and Frank Mir anytime soon.

After Lesnar lost to Cain Velasquez at UFC 121, speculation ran rampant about who would be next for the former UFC heavyweight champ.

Far-fetched rumours like a pro wrestling return against the Undertaker have been mixed in with reports Lesnar wants to square off against Roy Nelson.

Another potential fight that makes sense in some people's eyes, including UFC President Dana White's, is Lesnar vs. Mir 3.

But speaking to *MMA Sucka*, Mir said there's no rubber match in the works.

"Honestly right now, probably no. Just because in the Shane Carwin fight, Lesnar didn't look all that spectacular. And then ... Velasquez made Brock basically shout 'Stop, enough, enough' before he tapped due to strikes and that looked really bad," former champ Mir said. "I'm coming off a win of Mirko Cro Cop, I would maybe like to see me get another win and [for] Brock to redeem himself, so that way it's more relevant."

Lesnar will be on the sidelines until he is medically cleared to compete again, which could be in the spring of 2011.

Mir, meanwhile, is eying a bout with Brendan Schaub.



For full MMA coverage and the latest news, head to [MMA Sucka.com](http://MMA Sucka.com).

Saskatchewan Roughriders' Jason Clermont (82) catches the ball on his way to the winning touchdown in overtime Sunday during the CFL Western semi-final. PHOTO REUTERS



# Leos' wild ride ends

HOSEA CHEUNG  
QMI Agency

It took an ex-B.C. Lion to put the final dagger into their season Sunday.

Slotback Jason Clermont scored his first touchdown of the year in the second round of overtime to give the Saskatchewan Roughriders a thrilling 41-38 West semi-final victory, eliminating the Lions from the playoffs.

After kicker Paul McCallum put B.C. ahead with his fifth field goal of the night, Darian Durant connected with Clermont, who completed the winning 24-yard score.

The Lions did not make it easy for Saskatchewan though. B.C. sent the game

into overtime earlier when Travis Lulay's Hail Mary pass on the last play of regulation was snagged out of the air by receiver Emmanuel Arce-neaux in the end zone.

After Wes Cates' rushing touchdown gave the Roughriders the lead in the first session of overtime, Lulay then rushed for a touchdown and converted the extra two points with a pass to Geroy Simon to tie the game up again.

The Lions quarterback, who was playing in his first CFL playoff game, completed 28 of 49 passes for 357 yards and two touchdowns. His counterpart Durant had 310 passing yards, three touchdowns, and was sacked five times.

The Roughriders jumped out to a 7-3 lead in the second quarter with a single and two Warren Kean field goals.

B.C. answered when Lulay found Steven Black with a 15-yard touchdown pass in the second quarter before McCallum kicked three straight field goals, giving the Lions a 19-7 lead. Saskatchewan put together a 20-1 run with two Weston Dressler touchdowns and two Kean field goals, to set the stage for Arce-neaux's last-second catch.

The Riders now head to Calgary to face the Stampeders in the West final showdown next Sunday while the Lions return home to clean out their lockers.

# Argos win, face Als next

TERRY KOSHAN  
QMI Agency

Jim Barker said several times in the past few weeks that the Argonauts would go only as far as quarterback Cleo Lemon would take them.

Well, the Argos, somehow, are going to the East Division final.

Toronto continued its fairly improbable season on Sunday

afternoon, defeating the Hamilton Tiger-Cats 16-13 in the East semi-final before a less-than-capacity crowd of 27,828.

The Argos will be in Montreal next Sunday to take on the Alouettes at Olympic Stadium.

With the Ticats driving nearly the length of the field in the final minute, going 59 yards

in 50 seconds, quarterback Kevin Glenn threw to Arland Bruce III. But the pass was high, and Bruce tipped the football into the hands of Argos cornerback Byron Parker.

Lemon passed for just 134 yards, but the Ticats, who like the Argos were 9-9 in the regular season, helped kill them selves with five turnovers.

### ○ NFL SCORES WEEK 10

**ATL 26**  
**BAL 21**

ATL QB Ryan 316 yds, 3 TDs

**BUF 14**  
**DET 12**

BUF RB Jackson 133 yds

**CHI 27**  
**MIN 13**

CHI QB Cutler 3 TDs

**NYJ 26**  
**CLE 20** <sup>OT</sup>

NYJ WR Holmes winning TD

**IND 23**  
**CIN 17**

IND QB Manning 185 yds

**JAX 31**  
**HOU 24**

JAX QB Garrard 342 yds

**MIA 29**  
**TEN 17**

MIA QB Henne 240 yds

**TB 31**  
**CAR 16**

TB QB Freeman 241 yds

**DEN 49**  
**KC 29**

DEN QB Orton 296 yds, 4 TDs

**SEA 36**  
**ARI 18**

SEA K Mare 5 FGs

**DAL 33**  
**NYG 20**

DAL QB Kitna 327 yds

**SF 23**  
**STL 20** <sup>OT</sup>

SF K Nedney winning FG



### ANOTHER VICTORY FOR PACMAN

☉ **BOXING** Manny Pacquiao of the Philippines (right) lands a right against Antonio Margarito of Mexico during the 10th round of their 12 round WBC World Super Welterweight title boxing fight in Arlington, Texas Saturday. Pacquiao won by decision in convincing fashion. — **REUTERS**

PHOTO MIKE STONE

### MICKELSON PENALIZED

☉ **GOLF** Phil Mickelson was hit with an embarrassing two-stroke penalty at the Singapore Open on Sunday after the U.S. Masters champion was late for the resumption of the final round following a bad weather delay. Mickelson had returned to his hotel during a five-and-a-half-hour break due to thunderstorms and lightning at the \$6 million co-sanctioned tournament. The American was under the impression there would be no more play Sunday, when in fact players were sent back out for 90 minutes before darkness descended at the Sentosa Golf Club. — **REUTERS**

### VETTEL VICTORIOUS

☉ **F1** Sebastian Vettel from Red Bull Racing became the youngest driver in Formula One history to claim the world championship after an impressive win in Sunday's season-ending Abu Dhabi Grand Prix. Vettel, 23, started on the pole and led the way until he pitted on lap 25, allowing Jenson Button from McLaren to take the top spot. Vettel took the lead for good after Button made his stop with 15 laps remaining. The young German crossed the finish line 10 seconds ahead of Button's teammate, Lewis Hamilton, for his fifth win of the season and the 10th of his F1 career. — **REUTERS**

## Gold for Nesbitt

**QMI AGENCY** – Christine Nesbitt skated circles around the competition Sunday at the Heerenveen World Cup event in the Netherlands.

Nesbitt, a gold medalist at the Vancouver Olympics, won the 1,500-metre event in Heerenveen by nearly 1.5 seconds. The London, Ont. speed skater finished in one minute, 56 seconds while silver medalist Irene Wust of the Netherlands crossed well back in 1:57.35.

"I don't think even Christine expected that margin of win at all," Canadian long track program director Sean Ireland said. "Speaking with her right

after the race, she said she really started out hard but was able to sustain it through the entire race, so she's quite happy with her performance today."

Marrit Leenstra of the Netherlands was third in the 1,500m. Cindy Klassen of Winnipeg finished just out of the medals in fourth.

Nesbitt's result capped an impressive showing by the Canadian team in the first World Cup event of the season. Klassen took silver in the 3,000m Saturday while Kristina Groves of Ottawa took the bronze.

## Canucks seek another road win

☉ **TONIGHT**  
4 P.M. (SNET-P)



**HOSEA CHEUNG**  
QMI Agency

The Canucks can chalk up their first three-game road winning streak since early last December with a victory in Buffalo Monday.

Currently sporting a 2-1 record on the five-game stretch, Vancouver will also look to improve on their stellar November, one which has seen them go 6-1, against a mediocre Sabres team.

After besting Toronto 5-3 Saturday, the Canucks have now won eight of their last nine and bring their league-best powerplay unit into Buffalo.

The Sabres, on the other hand, is still recovering from their poor start to the season but have won three of their last four. Their latest came on Saturday in a 3-2 overtime win over Washington, thanks to

two goals from Thomas Vanek and a 23-save effort by goaltender Ryan Miller, who returned after missing six games with a hip injury.

### STAT WATCH

Raffi Torres last week, Ryan Kesler this week.

The Canucks second-line centre has four goals in the last two games to improve his season total to nine. With strong secondary scoring and the Sedins consistently putting up points, the club currently sits fifth overall in the league with 3.19 goals per game.

### LAST MEETING

The Canucks won the only matchup against the Sabres last season when the Sedins combined for two points each in a 3-2 home victory.

The pre-Olympic meeting featuring Canadian Roberto Luongo and American Miller saw Canucks defenceman Brad Lukowich score the winning goal.

The Canucks last win in Buffalo came in February 2003.



Henrik Sedin (left) and the Canucks look to make it three-straight on the road after dropping the Leafs on Saturday.

PHOTO QMI AGENCY

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# Crossword

- ACROSS**
- Frequently, to a poet
  - Sunbathes
  - Trite
  - Fib teller
  - Lie next to
  - Fragrance
  - Stew pot
  - Change the decor of
  - At no time
  - Splashed with liquid
  - Pen contents
  - City in Texas
  - Kick out, as tenants
  - Abbr. in the names of many high schools
  - Moral standards
  - Is a tattletale
  - Derriere
  - Hawaiian island
  - The \_\_\_ Ranger
  - Secret \_\_; spy
  - Article
  - Egg's shape
  - Worth or Knox
  - Makes tea
  - Dogma
  - \_\_\_ with; support
  - Very cold
  - Channel changer
  - Astonishment
  - Out of patience
  - Fundamental
  - Cuisine
  - Bangkok native
  - Official order
  - Whip severely
  - Gusto
  - Chops finely
  - Times past
  - Gold or silver
- DOWN**
- Lubricated
  - Untrue
  - Ensnares
  - Reason to have one's teeth cleaned
  - Help in crime
  - Unclothed
  - Market
  - Robber
  - "\_\_\_ we there yet?"
  - Section of a convent for a new entrant
  - Word of agreement
  - Songbird
  - Grey wolf
  - Vipers
  - Chris of tennis
  - Church singers
  - Therefore
  - Gazes
  - Use the molars
  - Totals
  - Shapeless lump
  - Reason to marry
  - Painkiller
  - Misrepresent
  - "Nay" voter
  - Attach
  - Bar order
  - Votes into office
  - \_\_\_ up; find by deep searching
  - Cartoon duck
  - Passover bread
  - \_\_\_ than; besides
  - Rib
  - Go over with a fine pencil
  - Still under the covers
  - Gully
  - Song for one
  - Impoverished
  - \_\_\_ cream sundae



LINDA BLACK  
**Horoscope**  
November 15, 2010

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

**Today's birthday:** This year your imagination takes a leading role in the creative process. There are no limits to what you can accomplish, especially when you rely on facts in your writing. What about that novel? All it takes is practice, one day at a time. Dare to begin.

**ARIES**  
March 21 to April 19  
You may feel that you've been around this bush already this month. Maybe you have. Now you understand the problem in a big way. You choose a new direction.  
Rating: ●●●●●

**LIBRA**  
September 23 to October 22  
You're itching to break out of the shell around you. Don't allow boredom to dictate outrageous actions. Picture the final outcome of your decisions.  
Rating: ●●●●●

**TAURUS**  
April 20 to May 20  
Group energy is essential today. Everyone's feelings could get in the way, if you don't pay attention. Manage social interactions compassionately.  
Rating: ●●●●●

**SCORPIO**  
October 23 to November 21  
You get more done today working from home. Use the travel time you save to create harmony and to complete artistic family projects.  
Rating: ●●●●●●●

**GEMINI**  
May 21 to June 20  
Act independently today. Yet infuse every decision with compassion. Times may be tough for some colleagues. Stand ready to help them out.  
Rating: ●●●●●

**SAGITTARIUS**  
November 22 to December 21  
Surprises at home require adjustment to your social schedule. You won't miss out on anything, but careful planning becomes essential. This could be fun.  
Rating: ●●●●●

**CANCER**  
June 21 to July 22  
Monday isn't usually your most glamorous day, but today you find yourself imagining stardom and then grasping it. Let your enthusiasm carry you.  
Rating: ●●●●●●●

**CAPRICORN**  
December 22 to January 19  
You fall in love with a new assignment. It's different from what you'd expected, but challenges your imagination and allows independent thinking. Enjoy.  
Rating: ●●●●●

**LEO**  
July 23 to August 22  
Someone dumps their feelings, and you pick up the pieces. Combine compassion with diplomacy. Be sure you understand the problems before undertaking solutions.  
Rating: ●●●●●●●

**AQUARIUS**  
January 20 to February 18  
How to manage time and abundant tasks? Talk over your plan with a key individual, making adjustments where necessary. Delegate and charge into action.  
Rating: ●●●●●

**VIRGO**  
August 23 to September 22  
Associates begin on a different track, but, by day's end, you're all together with the plan. Apply fresh data to make this happen. Don't force it, just adjust.  
Rating: ●●●●●●●

**PISCES**  
February 19 to March 20  
If you want to get it all done today, work smartly and avoid side conversations. Others are willing to chat, but you need to focus. Catch up later.  
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.

**OBJECT OF SUDOKU**  
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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	2							
		9			6	7	4	
	9	1	3				2	
		5						1
			2	8	9			
6						3		
	7			1	5			9
4	3	9			6			
							8	

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

### Yesterday's answers

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