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EDITOR TOM COSTAIN PRODUCTION DESIGNER PERRY ANDELMAN BLAKE DIRECTOR OF PHOTOGRAPHY THEO VAN DE SANDE, ASC EXECUTIVE PRODUCERS BARRY BERNARDI TIM HERLIHY ALLEN COVERT STEVE KOREN  
WRITTEN BY ADAM SANDLER & FRED WOLF PRODUCED BY ADAM SANDLER JACK GIARRAPUTO DIRECTED BY DENNIS DUGAN

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## Become a Psychiatric Nurse in 23 months

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**TUESDAY**  
**NOV. 9 2010**  
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Two posthumous Michael Jackson releases have irked fans and critics.



## MIXED REACTIONS TO NEW JACKO RELEASES P14



# Tears in the court

**AN EMOTIONAL DAY FOR LAUREL MIDDELAER AT CAROL BERNER'S SENTENCING HEARING P3**

PHOTO CARMINE MARINELLI

# EYE ON THE MEDIA

**VANCOUVER >** Reporter David Jang of *Sing Tao* and two other Chinese-Canadian newspaper writers were under fire at the refugee hearing for a young Chinese man who allegedly boarded an Air Canada flight in disguise. **P3**



**FAMILY**  
**Heartbroken teenagers P18**

Teenage breakups are devastating for the two involved, and parents should take heed of any warning signs from their jilted daughter or son.

**SPORTS**  
**'Nucks take on Habs P27**

The high-flying Vancouver Canucks – currently on a six-game winning streak – are in Montreal tonight to take on the Canadiens.



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**Vietnam** 15-Day Tour sale **\$907**  
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**Belize** 15-Day Tour sale **\$1040**  
+ taxes & fees included

**HIGHLIGHTS** Tikal, San Ignacio, Jungle hikes, Belize River canoeing, Caye Caulker & Reef snorkelling.

**Africa** 13-Day Tour sale **\$1462**  
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## Second cannabis dispensary

Non-profit Vancouver Medicinal Cannabis Dispensary announced the grand opening of its second location downtown at 1182 Thurlow Street on Monday. The dispensary's first location at 880 East Hastings has been open for two years and has served 1,500 patients from across the Lower Mainland seeking medicinal marijuana. — QMI AGENCY



## Peters coming to Surrey

Canadian comedian Russell Peters will stop in Surrey at Chapters Strawberry Hill on 72nd Avenue between 7 p.m. and 8 p.m. to sign copies of his autobiography *Call Me Russell*. The memoir chronicles Peters' life as a bullied kid with attention deficit disorder who then became an international comedy superstar. — QMI AGENCY

# Tears at Berner sentence hearing

MATT KIELTYKA  
QMI Agency

Convicted drunk driver Carol Berner required first aid after sobbing through an apology to the family of the four-year-old she killed in 2008.

The 58-year-old expressed her remorse to the family of Alexa Middelaer during her sentencing hearing at B.C. Supreme Court in Surrey and struggled to finish her prepared statement.

"As a mother, I can't fathom the anguish you feel knowing that I am responsible for the death of your precious little girl," she cried while reading from a sheet of paper.

The single mother of three said she has stopped drinking and intends to advocate against drunk driving.

"I know I can't just ask for your forgiveness, I have to earn it," she said.

Immediately after Berner sat down after her apology, she could be heard gasping for air.

After her anxiety attack sub-



Left: Laurel Middelaer holds back tears outside the B.C. Supreme Court in Surrey Monday. Right: Carol Berner sits outside the courtroom. Berner was convicted of killing four-year-old Alexa Middelaer — Laurel's daughter — in a drunk-driving accident in 2008. PHOTOS CARMINE MARINELLI

sided, Berner was escorted out and her lawyer agreed to proceed without her.

Berner's niece Kendra Voth told the court Berner, once strong and independent, is a shell of her former self.

"She just completely fell apart at the seams," Voth told Judge Peder Gulbransen Monday. Berner's defence is seeking a

suspended sentence and probation, with no jail time for her.

The Crown is pushing for a three- to five-year jail term, plus a five- to seven-year driving ban.

The girl's death spurred community outrage and led to stiffer impaired driving legislation in British Columbia.

Earlier in the day, the packed



gallery was left in tears as Alexa's family read victim impact statements.

"What I saw is burned, branded so deep in my subconscious," said mother Laurel, who also said she suffers from post-traumatic stress disorder.

Outside the courthouse, the Middelaer family acknowledged Berner's apology but

found it hard to believe when her defence was adamant it was mechanical difficulty, not reckless driving and impairment, that caused the incident.

"It was a script anyone could write ... certainly when the vice is tightening," Laurel said. "This was not a mistake — this was a criminal act."

Berner was found to be intoxicated May 17, 2008, when she sped down a rural Delta road at 91 km/h.

She raced over a set of speed bumps and hit a parked car before running into Alexa and her aunt, who were feeding a horse along the road. Alexa died in hospital while her aunt suffered permanent injuries.

Berner was found guilty of impaired driving causing death, impaired driving causing bodily harm, dangerous driving causing death and dangerous driving causing bodily harm.

Her sentence is scheduled to be handed down Friday, Nov. 12.

## DUI LAW REVIEW

### GOVERNMENT

The provincial government will review tougher drinking and driving laws brought into force in September. Minister Rich Coleman said Monday in Victoria he's evaluating the law that punishes drivers caught between 0.05 to 0.08 blood alcohol level with a three-day driving ban and \$200 fine. An information campaign on the changes is in the works.

## SUSPECT NABBED

### INTERNET

Vancouver police have arrested a 26-year-old Surrey man for allegedly attempting to meet a young girl for sex via the Internet. A Vice investigator posed as a young girl on the Internet and exchanged explicit e-mails, police allege. The officer arranged to meet with the suspect at a Surrey SkyTrain station where he was arrested on Nov. 7. Robert John Harmsworth appeared in provincial court on criminal charges Monday.

## DAY OF ACTION

### SCHOOL CUTS

APPLE BC, a new coalition in support of preserving Vancouver's public education system, announced Monday that Nov. 12 would be day of action to protest provincial funding cuts. Outgoing Premier Gordon Campbell's constituency office will be the stage for the protest. More than a dozen parent, teacher and community groups are expected to participate.

# Media access questioned at asylum seeker review

BOB MACKIN  
QMI Agency

The curious case of the masked migrant from mainland China turned into a mini-trial of three Chinese-Canadian newspapers on Monday.

Dan McLeod, the man's lawyer, asked Immigration and Refugee Board adjudicator Daphne Shaw-Dyck to exclude *Ming Pao*, *Sing Tao* and *World Journal* reporters should she decide on Wednes-

day to open the refugee hearings to the media.

McLeod claimed the three newspapers are controlled by the Chinese government. He said publicity about the case could endanger his client, a man in his 20s who was disguised as an old Caucasian man on an Oct. 29 Air Canada flight from Hong Kong to Vancouver.

Reporters from the newspapers emphatically denied

McLeod's accusation.

"I came from Taiwan, not from China," David Jang told Shaw-Dyck. "If *Sing Tao* is controlled by the Chinese government, I won't work for them."

Earlier, *Postmedia* lawyer Dan Burnett sought open hearings because the onus is "squarely and heavily upon those who seek to have other than an open hearing."

Federal immigration law

requires private hearings to protect the safety of asylum-seekers. The IRB hearings for 492 Tamils who arrived in August on the MV Sun Sea were opened in the public interest, their identities cannot be published.

Neither the IRB nor McLeod would confirm that the man's mandatory seven-day detention review happened Monday. Asked if he was satisfied his client's rights were

respected, McLeod answered: "In this case, I am."

The hearing was translated to Mandarin for the man while he listened via speakerphone. He was earlier led through a crowded hallway in orange prison garb and handcuffs.

The man's bizarre method of disguise and post-arrest photographs were leaked to CNN via a Canada Border Services Agency intelligence report.



## Become a Psychiatric Nurse in 23 months

There is an **urgent need** for more Registered Psychiatric Nurses (RPN); with the workforce aging — the average age of a Registered Psychiatric Nurse in BC is 47 years — the number of retirees from the profession is exceeding the number of graduates. Entry-level earnings start at \$29/hour.

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This 23 month program is recognized by the CRPNBC. **Government funding may be available.**



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**Bill Tieleman**  
News, Views and Attitude

## Campbell's hypocrisy

*My words fly up, my thoughts remain below.  
Words without thoughts never to heaven go.*

— King Claudius, William Shakespeare's Hamlet

**N**ine years of unmitigated hypocrisy. That's the sad legacy B.C. Premier Gordon Campbell left after he announced plans to resign when the B.C. Liberal Party chooses a successor.

Campbell deserves credit for serving many years in elected office, no question.

But Gordon Campbell's record is a massive contradiction between his claimed good intentions and the actual road to hell he paved for so many unfortunate British Columbians, while his backers waved from the steamroller.

Compare Campbell's words to his deeds.

In the July 2001 Speech from the Throne, Campbell's newly-elected government outlined its objectives:

"There are ten overarching priorities: (1) a top-notch education system for students of all ages."

But in last month's TV address, Campbell admitted that after nine years in power: "Right now in British Columbia, one out of five Grade 4 students don't read, write or have the math skills at the Grade 4 level. That's really not good enough for any of us."

And Campbell confessed: "It's always surprising to me when I hear that one out of three children are not prepared for kindergarten or Grade 1. We can and we will do better."

Surprising? You're the damn premier of the province! And you have failed those children.

Campbell's other 2001 goals included: "(5) better services for children, families and First Nations."

But in June 2010, Statistics Canada reported that B.C. had the worst child poverty rate in the country — for the seventh straight year.

And as child advocacy group First Call remarked: "In 2009 alone, over 80 per cent of BC's food banks saw an increase in people needing food, and one-third of BC food bank users are children."

Then there's Campbell's Throne Speech commitment to keep politics out of public service.

"My government will act ... to initiate merit employment legislation to ensure that British Columbians are being served by a professional, non-partisan public service appointed strictly on merit."

But last month Campbell's top political advisor, chief of staff Martyn Brown, was appointed deputy minister of tourism.

Brown was paid \$170,544 last year and former tourism deputy minister Lorne Brownsey was paid \$230,664 while the average DM salary in 2008 was \$217,758.

It means Brown likely got a \$47,000 to \$60,000 raise while the premier merely got the satisfaction of thumbing his nose at his own past principles.

"Public trust and confidence in government must be earned, not through words but through deeds," the B.C. Liberals solemnly swore in 2001.

Campbell's legacy is the jarring discrepancy between his lofty words and his damning deeds, the culmination of nine years of hypocrisy.

Read more Tieleman at theyee.ca. Email: weststar@telus.net  
Website: billtieleman.blogspot.com

## Quaid hearing postponed

**BOB MACKIN**  
QMI Agency

Actor Randy Quaid's ongoing bid for asylum in Canada was postponed until Nov. 23.

On the run from what he calls "Hollywood star whackers," Quaid appeared for an Immigration and Refugee Board hearing Monday where his lawyer Catherine Sas achieved the adjournment.

Canada Border Services Agency representative Jim Murray did not oppose the delay, but sought a statement from IRB adjudicator Leeann King on the status of Quaid's Oct. 22 release order.

Murray said Quaid's lawyer Robert Sanger told a Nov. 2 arraignment hearing in Santa Barbara, Calif. that Quaid was unable to attend because the IRB prevented him from leaving Canada. Murray said the order only requires Quaid disclose his departure, should he leave.

"The board has nothing more to say," King said. "The order speaks for itself."

Quaid's arraignment on charges he vandalized and



Actor Randy Quaid, right, and his lawyer Catherine Sas speak with reporters after his IRB hearing was postponed to later this month in Vancouver.  
PHOTO RICHARD LAM

squatted in a house he once owned with wife Evi was postponed until Nov. 16. A judge re-issued a \$500,000 arrest warrant against Evi Quaid, whose refugee application was withdrawn when she was deemed eligible for Canadian citizenship because

her father was born in Canada.

Outside the hearing, Sas stopped short of admitting Randy Quaid would abandon his refugee bid if he attended the Santa Barbara hearing.

"His turning around and coming back isn't readily ac-

cessible," Sas said. "It does have an impact."

Asked whether she could prove the Quaid's claim that Hollywood accountants and lawyers are conspiring to murder the couple, Sas said: "I'm not going to dignify that with a response."

## Woodward gets six years for punch

**DHARM MAKWANA**  
QMI Agency

A Vancouver man who sucker punched a gay man in a West End bar was sentenced to six years in prison Monday.

Justice Jocelyn Palmer described convict Shawn Woodward as a "man of flawed character" who had yet to "express real remorse" and accept "responsibility for his actions or his despicable words" before concluding his "virulent homophobia" amounted to a hate crime.

Woodward punched victim Ritchie Dowrey inside the

Fountainhead Pub on March 13, 2009, knocking the man unconscious on his feet before he fell unprotected to the ground.

Woodward's single devastating blow left Dowrey with catastrophic injuries including memory loss and the inability to live independently.

During his trial, Woodward maintained he was the victim of unwanted sexual advances from Dowrey.

Woodward was convicted of aggravated assault on Aug. 11.

Crown attorney Jacinta Lawason described the case

as "a long and difficult journey for the [Dowrey] family and a long and difficult journey for the community."

Outside the courthouse, Jennifer Breakspear, executive director of QMUNITY, said the ruling shows the justice system is seriously considering how such attacks are affecting Vancouver's gay community.

"Hate crime truly does instill, terror and fear in an entire community," she said. "It expands beyond a victim, and the judge's ruling today spoke to that significance."



Shawn Woodward will go to jail for six years for a punch that put Ritchie Dowrey in a coma. QMI AGENCY FILE PHOTO

## Anti-HST petitioners facing jail, fines

**LINDSEY PEACOCK**  
QMI Agency

Seven anti-HST petition canvassers could face jail time and up to \$10,000 in fines for alleged improprieties during the recent campaign.

Craig James, acting chief electoral officer of Elections B.C., called for an RCMP investigation of the individuals Monday once his office dis-

covered an anti-HST petition included 2,247 people who had signed more than once.

"The chief electoral officer has the responsibility to enforce recall elections activity. We cannot allow these processes to be subverted," said Anton Boegman, the assistant chief electoral officer of operations with Elections B.C.

Fight HST lead organizer Chris Delaney said Election B.C.'s announcement was a political maneuver meant to intimidate potential canvassers.

"First, they would've contacted us to see what our side of the story was and second, would've brought this issue up after the petition was verified," he said. "These types of

mistakes happen. There's no rationale for people going out and knowingly making these mistakes."

According to Report of the Chief Electoral Officer on the Initiative Petition, Elections B.C. incurred costs of \$1,116,835 to administer the HST initiative petition.

The report is available at [www.elections.bc.ca](http://www.elections.bc.ca).

DOMESTIC VIOLENCE

# Surrey councillor ready to talk violence

DHARM MAKWANA  
QMI Agency

Domestic violence needs to be addressed, according to a Surrey city councillor.

To continue the conversation, Barinder Rasode will lead a conference Tuesday of 150 public service providers to address the ever-present problem of domestic violence.

"We talk about crime a lot, but we don't talk about domestic abuse in the same way. But it's happening more prevalently than other crime is," she said. "We want to get to the root of that. What assists in people moving forward? What is needed for somebody to leave? Those aren't easy decisions for someone in those positions."

The conference will produce a comprehensive document to identify tangible objective that will go to key decision makers including the City of Surrey, Rasode said.

She added, despite a rash of high-profile domestic violence cases resulting in murder within the city's South Asian community three years ago, the initiative would focus on all ethnic groups.

"In Surrey, we don't do anything catch-all," she explained. "We create a broad model and then each situation is treated very uniquely."

The Surrey Coalition Against Domestic Abuse will release the publication in the coming weeks.



A model shows off U.K. based designer James Stewart Couture's 2011 spring and summer collection.

PHOTOS CARMINE MARINELLI



A model wearing L.A. based designer Gordana's 2011 spring and summer collection, titled GOGA.



A model struts the runway with U.K. based designer Carolyn Massey's 2011 spring and summer collection.

## Fashion week discovers new talent

SARAH ROWLAND  
QMI Agency

What will you be wearing next spring? If Vancouver Fashion Week is any indication, you'll be wearing whatever you damn well please.

True to form, the bulk of this year's VFW was more about celebrating diversity and discovering emerging talent than predicting trends.

To kick off the five-day international style bonanza, VFW played it safe by booking Vancouver's own Jacqueline Conoir in the opening slot Wednesday.

As per usual, the woman be-

hind JC, RozeMerie Cuevas, demonstrated she is a confident, fully realized designer. Never straying too far from her signature style, most pieces were classic Conoir: sophisticated, urban and sexy.

For example, some of the dresses may have been mini, but weren't hoochie. Instead, they all had an elegant, slouchy drape to them. And to keep these beautifully hung fabrics figure-flattering, she paired them with thick, low-slung belts. It was, for all intents and purposes, a flawless collection.

There were, however, plenty of surprises with some of the

international guests. The Korean showcase, in particular, kept us on our toes. First up was Ha Sang Beg. Imagine if Hello Kitty designed a collection while tweaking out after a nine-day crank binge. Flashes of neon pinks, high-voltage greens and Day-Glo peaches blazed before our eyes in pop-art knits. While Beg's unconventional designs were well received, one would be hard-pressed to find a single wearable piece in the collection.

As for men's clothing, Massey had some great ideas including pleated, rolled-up skinny knee-

length shants as well as her white jersey kilt for men with matching skinny pants.

After all the avant-garde designers, VFW closed with two relatively conservative labels. Vancouver's Kersh and Press (sister labels) shut 'er down with two strong ready-to-wear collections. Colour-wise, there were plenty of army green basics on the bottom with hints of bright orange and yellow on top. It was probably the most traditional interpretation of spring/summer 2011 clothing that graced the runway all week. Had to happen sometime, I guess.

VIA RESTORATION

RAIL

Vancouver's VIA Rail station will undergo a \$5.1-million restoration, the federal government announced Monday. Parks Canada will review suggested improvements made to its masonry, roof and windows before work begins in 2001. Mayor Gregor Robertson said another year of focus on Vancouver as a rail hub is crucial to further spending on train travel. "People are increasingly looking for that option," he said. "We need better connectivity to Seattle, Portland, California. The West Coast corridor is compelling economically for tourism." Mayor Robertson said if investment isn't made, tens of millions of dollars of economic activity could be lost if there isn't better train service to and from the south.

GAMBLERS TARGET

ARRESTS

Vancouver police arrested three men believed to be responsible for robbing patrons of River Rock Casino. Two Vancouver residents were followed to a house shortly after 1:30 a.m. on Nov. 2 when two suspects carrying handguns exited a vehicle blocking the driveway and demanded money, according to police. Forensic teams were able to connect evidence found at the scene to a man known to police. The next night, police followed the suspect and two other men back to River Rock Casino. The same pattern of events took place, but this time, Vancouver police stopped the suspects in an armed take down. A search of the suspects' vehicle reveal two replica handguns and balaclavas.

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## OVERHEARD

## flash 1

Canadian **Angela James** and American **Cammi Granato** broke barriers Monday by becoming the first women enshrined in the Hockey Hall of Fame.



## 2

Actor **Randy Quaid's** status in Canada is uncertain after a hearing to determine his admissibility here was postponed again Monday.

## 3

Oakley announced Monday it is doing its part to fix the awkward **3-D eye-wear** trend with "optically correct 3-D glasses."

## GOOD NEWS

## NEED A GOOD MOOD? WRITE IT DOWN

If depression has you down, you may want to try writing yourself a letter. Researchers at York University have found that writing oneself a "feel-good letter" can give a long-term boost to emotional well-being. For seven days, 200 participants logged onto a website to complete an exercise that varied depending on whether they were in the study's optimist, self-compassion or control group. "Interestingly, we noted significant improvements in mood for all participants except those who exhibited extreme neediness," said Myriam Mongrain, the study's co-author. — QMI AGENCY

## ECO

## Rare minerals found in South Korea

South Korea has found an undetermined amount of rare earth minerals in a deposit in the eastern Gangwon province, state-run officials said Monday. The discovery came amid lingering tension over China's controls of its rare earth supplies, which account for 97% of global output. The minerals are used in hi-tech products from electric cars to LCD televisions to new energy technologies.

— REUTERS

## WEIRD NEWS



**FOILED AGAIN** Lei Sheng of China celebrates defeating Yuki Ota of Japan in the semi-finals of the foil competition at the 2010 World Fencing Championships at the Grand Palais in Paris. Fencing victories are apparently cause for facial contortions of 'epee' proportions. — REUTERS

## BURGLAR NABBED AFTER FORGETTING TO SIGN OFF MYSPACE

A Florida teen is in police custody after officers responding to a burglary found a computer in the home logged onto the teen's MySpace account. On Sunday night, police were called to a house in Sugarloaf Key after a caretaker for the home, there to put up hurricane shutters, saw someone sitting on the couch in the living room. Nobody was there when police arrived, but officers

found a computer in one of the bedrooms logged onto the MySpace account, the Monroe County Sheriff's Office said. Police found the owner of the MySpace account "walking around the neighbourhood." Robert Rupp was arrested and charged with burglary, possession of burglary tools and theft.

— QMI AGENCY

## TWITTERTRENDS

**Conan returns:** Conan O'Brien has close to 2 million followers on Twitter. His new late-night show premiered Monday on TBS. At NBC, O'Brien was averaging 2.6 million viewers a night. You do the math.



Canada's Top 3 #welldone, COD Black, Boyd

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## Hockey hoser

(noun) A person who only watches the sports highlights in the morning and considers themselves a fan.

*I think if John didn't have cable he would finally admit he really is just a hockey hoser.*

## BY THE NUMBERS



## November 9

The date 72 years ago when Nazis rampaged against Jews and Jewish property on the streets of Berlin and other cities during the Holocaust. The day is remembered as Kristallnacht (Crystal Night). Above, Israeli soldiers stand under photos of victims at the Hall of Names at Yad Vashem's Holocaust Museum in Jerusalem. — REUTERS

## Vancouver Weather



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JUDGES DEBATE CONSENT TO SEX WHILE UNCONSCIOUS

# This debate's got kink

BRIAN LILLEY  
QMI Agency

Supreme Court judges may be asking, "I went to law school for this?"

A case before the Supreme Court Monday asked whether someone can consent in advance to sexual activity that is to happen while they are unconscious.

The case stems from an Ottawa couple, identified only as J.A. and K.D. due to a publication ban, who decided to try something a little different in the bedroom. According to court documents, K.D. agreed to have J.A. tie her up, choke her unconscious and then insert a dildo into her anus.

K.D. admitted at trial she agreed to this scenario and told the court she only complained to police about six weeks afterwards because of an argument with J.A.

The court convicted J.A. of sexual assault. The court ruled an unconscious person can't give consent and that a person can't consent beforehand.

The Ontario Court of Appeal overturned that ruling and found K.D. could consent in advance to sexual activity that

would occur while unconscious.

Lawyer Susan Chapman, representing the Women's Legal Education and Action Fund, told the court there is no possibility that anyone can give prior consent to sexual activity to occur while they are unconscious.

real communicated actual consent," said lawyer Harold Krosgold.

There is a three-part test courts use to determine whether sexual activity is sexual assault: was there touching, was the touching of a sexual nature, and was there consent?

There is no dispute the couple discussed what they planned to do, but what is in dispute is whether consent can remain when one party loses consciousness.

The judges asked pointed questions of both sides.

"By your approach," Justice Louis LeBel told Crown prosecutor Christine Bartlett-Hughes, "even a fleeting kiss by

a spouse as he's leaving for the office, to his sleeping partner, would be a criminal act."

"This whole case turns on, 'Can you consent in advance?'" said Justice Rosalie Abella as she challenged the defence to prove that consent had been given.

The Supreme Court has reserved its decision.

## THE WAIT IS OVER

seatstrategy.com

"This is a thinly disguised attempt to resurrect spousal immunity," said Chapman.

Courts once held that men couldn't be convicted of sexually assaulting their wives.

The defence argued this isn't a case of sexual assault and that everything that happened on the night in question had been agreed to. "This case is about

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Prime Minister Stephen Harper finishes a speech at an Anti-semitism Conference Monday in Ottawa. CHRIS ROUSSAKIS, QMI AGENCY

## Ignatieff demands more info on Afghan mission

LAURA PAYTON  
QMI Agency

Liberal Leader Michael Ignatieff is demanding more specifics on a military training role for Canadians in Afghanistan as he hinted the federal government approached his party last week to support the mission.

Ignatieff, who first suggested the training mission in a speech last June, refused to offer unconditional support to the idea on Monday.

He said he first wants to know how many troops would stay, for how long, and with what allies.

"This is amateur hour if you

don't have clear answers to those questions," Ignatieff said.

"This government is ... scrambling because they're under pressure from their allies."

Ignatieff also hinted Foreign Minister Lawrence Cannon called Liberal critic Bob Rae to request the party's support for the training mission.

Defence Minister Peter MacKay confirmed Sunday the government is discussing moving from a combat mission to a training mission in July 2011, when the Canadian Forces are due to start pulling out of Afghanistan.

### PM warns of anti-Semitism

Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff, both called Monday on the United Nations to do more to support Israel and to fight anti-Semitism.

Harper, in a speech to an anti-Semitism conference here, said Canada will stand with Israel against "resurgent" anti-Semitism even if that means Canada is less popular in global circles.

— QMI AGENCY



### ONE MORE THING TO LEAVE OUT OF YOUR LUGGAGE

**TONER** Transport Minister Chuck Strahl announced Monday, that the Canadian government banned large toner cartridges on all passenger flights as well as mail and cargo coming through Yemen and Somalia after a recent bomb scare. The new rules were made shortly after the U.S. The new measures mean travellers won't be able to check or carry office-sized toner cartridges, — QMI AGENCY

CHRIS ROUSSAKIS QMI AGENCY

FIVE OIL CREW MEMBERS KIDNAPPED IN NIGERIA

# Canuck among taken

**REUTERS** — Gunmen in Nigeria have attacked an offshore oil rig operated by exploration firm Afren, kidnapping five crew members including a Canadian and injuring two others, the company said on Monday.

Nigeria's main militant group, the Movement for the Emancipation of the Niger Delta (MEND), made no immediate claim of responsibility but threatened to carry out new attacks on oil infrastructure in Africa's biggest oil and gas industry.

The attack in the shallow-water Okoro field off Akwa Ibom state, Afren's biggest producing oilfield with an average output of 17,300 barrels per

day, was one of the biggest of its kind since an amnesty brokered by President Goodluck Jonathan last year.

« **Two crew members are stable after receiving wounds to the leg, and have been evacuated by helicopter to a shore-based clinic.»**

— Afren, exproation firm

“Two crew members are stable after receiving wounds to the leg, and have been evacuated by helicopter to a shore-based clinic. It is believed that

five crew members have been taken hostage,” Afren said in a statement.

A security source in Nigeria said those kidnapped were believed to be two French nationals, two U.S. citizens and one Canadian national, though there was no confirmation of this from the Nigerian security services or Afren. The French Foreign Ministry said it received information suggesting two French citizens were among those taken.

Afren said the High Island VII jackup rig had recently arrived in the Okoro field and was preparing to begin drilling. It said drilling activities were temporarily suspended.

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## Radical preacher urges jihad

**REUTERS** — A radical U.S.-born Sunni Muslim preacher wanted dead or alive by the United States and Yemen urged Muslim scholars on Monday to promote jihad against U.S. and Israeli interests in the region.

Anwar al-Awlaki also accused Shiite power Iran of trying to extend its influence among Arabs in the Gulf region in a 23-minute video recording posted on Islamist websites on Monday.

Awlaki said Muslim clerics should do more to encourage attacks on foreign forces in Muslim countries. "Just speaking on the podium is not enough," he said.

### BURMESE REBELS CLASH WITH TROOPS AFTER STOLEN VOTE

# Thousands flee in election's wake

**REUTERS** — The military will keep its grip on power after Myanmar's first election in 20 years — backed by parties that Monday looked set to win a vote marred by fraud.

Europe and Japan also condemned the conduct of the poll.

Complex rules for Sunday's election thwarted any chance of a pro-democracy upset as Myanmar ends half a century of direct army rule. State TV said voters "freely and happily" cast ballots, but witness accounts suggested low turnout and irregularities in the former British colony also known as Burma.

"It is unacceptable to steal elections, as the regime in Burma has done again for all the world to see," U.S. Presi-

dent Barack Obama said in a speech to India's parliament in New Delhi.

"Faced with such gross violations of human rights, it is the responsibility of the international community — especially leaders like the United States and India — to condemn it."

Illustrating the strains multi-ethnic Myanmar has faced for decades, minority Karen rebels seized government buildings in clashes with troops in the border town of Myawaddy, causing about 12,000 people to flee into Thailand, Thai officials said.

Plumes of black smoke rose above the town, a witness said. At least 10 people were wounded in fighting involving rockets or mortar bombs.



A soldier helps a Myanmar refugee who crossed over to Thailand when a battle erupted between soldiers and rebels at the Thai-Myanmar border on Monday. **REUTERS**

## Three car bombs leave 15 dead across Baghdad

**REUTERS** — Three car bombs killed at least 15 people in Iraq on Monday, including two attacks targeting Iranian pilgrims, as political leaders met to try to break an eight-month deadlock over a new govern-

ment. Two of the bombs targeted Iranian pilgrims in Iraq's holy Shiite cities of Kerbala and Najaf, killing at least 10 people, while a third struck a bustling street of shops and

restaurants in Iraq's southern oil hub of Basra.

The deputy head of Basra's provincial council, Ahmed al-Sulaiti, and an Iraqi army source both put the toll from the Basra explosion at five

killed and 42 wounded. The Iraqi army source had initially said 12 people were dead.

"The explosion was caused by a car bomb which killed five people and wounded 42,"

Sulaiti said. Tensions have been rising in Iraq as the country remains in a political vacuum eight months after an inconclusive election. A parliamentary session is due on Thursday.

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**JOHANNESBURG SUPPORT FOR NORTH KOREA**

**1** An influential group in South African President Jacob Zuma's ruling party has been stepping up its support for North Korea, Pyongyang's media said, ahead of his visit to the G20 meeting in South Korea's capital. — **REUTERS**

**MEXICO CITY GANGS TARGET OIL EXECUTIVES**

**2** Suspected drug gangs are kidnapping increasing numbers of Pemex executives and workers in oil-rich Mexican states as a new wave of abductions rattles the oil giant, *Reforma* newspaper said Monday. At least 10 people working for state-run Pemex have been abducted in the southern Mexico states of Chiapas and Tabasco by groups presumed to be linked to the Zetas. — **REUTERS**

**COLOMBO INVESTIGATION EXTENDED**

**3** Sri Lanka on Monday extended the mandate of a commission probing the final years of a three-decade separatist conflict, which it says is a crucial mechanism for reconciliation after the end of the war in May 2009. — **REUTERS**

**JERUSALEM CONSTRUCTION BEGINS**

**4** Israel is pushing ahead with plans to build 1,300 new apartments for Jewish families in Arab East Jerusalem, the Interior Ministry said Monday, despite fierce opposition from Palestinians. — **REUTERS**

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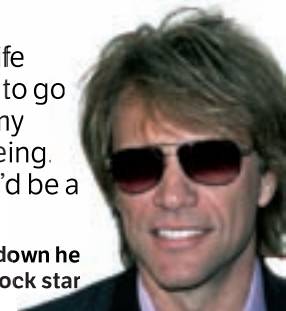
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# buzz

« God blessed me. I had a wife who loved me and a family to go home to ... My health and my family are the core of my being. Without my wife and kids, I'd be a dead man.

Singer Jon Bon Jovi on a breakdown he experienced during his early days as rock star



## GRETCHEN EXPECTING SECOND CHILD

Actress Gretchen Mol is pregnant with her second child. The *Boardwalk Empire* star and her husband Kip Williams are expecting the new addition to their family in February and she admits the timing of the baby couldn't be more perfect as she rests in between shooting Martin Scorsese's gritty crime drama series. — REUTERS

## Cox in 'whirlwind' since split



Courtney Cox is still coming to terms with her separation from husband David Arquette, confessing she's been "in a whirlwind" since they split. The actors announced last month they are taking a break from their 11-year marriage, although they remain close as they work out their differences. However, the former *Friends* star admits the trial separation is taking its toll on her —

and she sometimes struggles to believe she and Arquette have parted ways. She tells Britain's *Hello!* magazine: "I've been lying really low since David and I got separated. To tell you the truth, it's only just starting to sink in. I've been working so hard that I feel like I've been in a whirlwind."

— WENN.COM

## LOHAN TO OPEN REHAB CLINIC?

Troubled actress Lindsay Lohan plans to open her own rehab facilities once she's completed her drug treatment, according to her mother Dina. The 24-year-old *Mean Girls* star is currently serving three months at the Betty Ford Clinic in California after failing two mandatory drug tests in September and violating her probation. But the stunt is working wonders for Lohan and, during an appearance on *The Today Show* on Monday, her mum hailed the treatment as a "life-changing" experience for her daughter. It is Lohan's fifth time in rehab. And the matriarch revealed the actress wants to found her own facility upon her release in January to benefit at-risk children. Dina Lohan said: "She wants to start her own facilities, help other children. She's so public, we can only be positive and look to the future to help other families." — WENN.COM



## Moriarty crash

Actress Cathy Moriarty is under investigation by police after allegedly crashing her car into another vehicle then speeding off. The star, who received an Academy Award nomination for her role in Martin Scorsese's 1980 film *Raging Bull*, was reportedly behind the wheel of a silver Chrysler last month when she smashed into a Volvo. — WENN.COM



## Usher & ex-wife

R&B star Usher enjoys a better friendship with his ex-wife Tameka Foster now they're divorced — because the "pressure" of his career was too much of a strain on their marriage. The *Yeah!* hit-maker filed for divorce from stylist Foster last June, claiming the couple, which wed in 2007, had not lived together for over a year. — WENN.COM



## Pam's fur video

Actress Pamela Anderson has sent leaders in Israel an horrific video showing the slaughter of animals in a bid to urge them to back an anti-fur law. The former *Baywatch* star is calling on the leaders to stop blocking legislation that could halt fur being imported into the country. The ban would affect the wearing of the streimel, a fur-ringed hat. — WENN.COM



## Aguilera's man

Christina Aguilera has reportedly moved on following her split from husband Jordan Bratman — she's been linked to a set assistant she met while making new movie *Burlesque*. The singer filed for divorce from her long-time partner last month and recently admitted the painful break-up left her struggling to "get out of bed." — WENN.COM


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### Contemporary dance at The Cultch

The Cultch is hosting a double bill production featuring two of Vancouver's most adventurous contemporary dance troupes, The Response and The 605 Collective. *Hero and Heroine* is a duet that explores the relationship between men and women while Audible examines the booming digital communication age. The show opens tonight. Tickets at [thecultch.com](http://thecultch.com) — 24HRS



### Rinna to unveil disturbing details of lip reduction

Lisa Rinna is terrified ahead of Wednesday's finale of her reality TV show *Harry Loves Lisa* — because fans will see all the gory details of her lip reduction surgery. The former *Melrose Place* star decided to go under the knife again to reduce the size of her surgically-enhanced pout after being bombarded by negative comments over her enhanced looks. — WENN.COM

REVIEW OF MJ'S 'BREAKING NEWS'

# Bad news for Michael Jackson fans



DARRYL STERDAN  
QMI Agency

"The paparazzi would not leave him alone," says a reporter at the start of Michael Jackson's just-released *Breaking News*.

Really, at this point paparazzi are the least of MJ's worries. These days it's the remixers who won't let the poor guy rest in peace.

*Breaking News* — which began streaming on Jackson's website Monday morning to promote the upcoming album *Michael* — is one of two posthumous releases to emerge recently.

The other — a lengthy dance mix dubbed *Opis None* — showed up on the Jackson Secret Vault site on Saturday.

Neither one is exactly primo Jacko. In fact, neither one even sounds much like him.

The vocals on the verses of the self-referential *Breaking News* seem artificial, as if they were recorded for a different song and heavily manipulated to read just their pitch and tempo, then buried under layers of overdubs.

It's no wonder many fans — and, according to reports, some of Jackson's children — believe it's the voice of an

impersonator.

The heavy handed and weird lyrics don't help: "Everybody wanting a piece of Michael Jackson," he says, referring to himself in the third person. "Reporters stalking the moves of Michael Jackson." It goes on to accuse the media of feeding on Jackson — pot and kettle, dude — and of wanting to write his obit, before launching into the chorus: "Why is it strange that I would fall in love? Who is that boogiemane you're thinking of?"

Well, in this case it's the guy who set those lyrics to a new jack swing groove lifted from *Dangerous*, anchored by a thwacking beatbox and haphazardly decorated with everything from string and horn flourishes to turntable scratches and synth squiggles. Then again, it's a work of genius next to *Opis None*. Originally billed as a previously unreleased song authorized by Katherine Jackson, it apparently turned out to be an old extended dance mix of *Destiny* that was issued without the family's input or approval.

Listening to this meandering piece of glop it's hard to believe anybody would want this released.

#### YOU DON'T HAVE TO TAKE OUR WORD FOR IT

*Breaking News* is streaming at [michaeljackson.com](http://michaeljackson.com). You can hear *Opis None* at [jacksonsecretvault.com](http://jacksonsecretvault.com), but we would strongly advise against it. The *Michael* album is due in stores and online Dec. 14



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**Ray Romano** has a stack of acting awards and a decent golf handicap. But for his TV show *Men of a Certain Age* — playing a character who is worse at golf than Romano is — is where the real pressure lies, he says. Romano, 52, portrays good-natured and friendly guy, Joe, in the show. Joe once had dreams of being a professional golfer, but now owns and runs a party store. *Men of a Certain Age*, makes its DVD debut on Tuesday and returns to cable network TNT on Dec. 6 for season two.

**Reuters > Did you always have yourself in mind for this show?**

Yes, but I didn't know if I could get myself on the phone (laughs). I wanted to work again in front of the camera so this was for me.

My character is 49 — every TV character I play is three years younger than me.

**Reuters > What is the appeal of *Men of a Certain Age*?**

People identify with it. You don't even have to be that age, or that sex. What we try to do is write what we know and what we live. That's what worked with *Raymond*. We want to make these characters real... We didn't want to make them heroes or villains. These are three guys who are flawed, but who are trying to make their way the best they can.

**Reuters > You have written golf into your TV character. How far is that going to go?**

We always had that as part of the storyline for Joe, that eventually he will try out for the senior tour.

**Reuters > Does it make it easier going to work that you go onto the course and play a few holes?**

It's fun, but it's a little bit more pressure than the real acting

because now I have to act like I am a scratch golfer and I'm not, and I want it to look real. Normally, I'll swing a club without any ball there, and then we will just use computer generated imagery later for the ball. So actually those scenes are more pressure than the others.

**Reuters > How does working on the show (as actor and executive producer) compare to**

**Everybody Loves Raymond?**

Writing is hard... This is much more intense. It takes much longer. I thought I worked hard on the sitcom — I worked a lot of hours because I wore a lot of hats on that one. ... You are doing a 40-minute movie every week. It is much more consuming than a sitcom.

# interview



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Bedouin Soundclash are, from left, new drummer Sekou Lumumba, bassist Eon Sinclair and frontman Jay Malinowski hang out in Toronto in September.

DAVE ABEL, QMI AGENCY

# Soundclash banging drum to a new beat

JANE STEVENSON  
QMI Agency

Toronto-based reggae-pop band Bedouin Soundclash have come out of their self-imposed hiatus with a new drummer, a new album — *Light the Horizon* — and a slightly altered sound. Previous drummer Pat Pengelly left the group in January 2009 and lead singer-guitarist Jay Malinowski released a solo album, *Bright Lights & Bruises*, earlier this year so the future of the group was up in the air.

“We just needed some time to step back from what we were doing,” said Malinowski, seated beside bassist Eon Sinclair and drummer Sekou Lumumba recently in a Toronto coffee shop.

“We started cleaning house on every level of the band, with the lineup, with

who we worked. (The problem was) I think we just stopped paying attention.”

Pengelly’s departure came after the group — who all met while attending Queen’s University in Kingston, Ont. — broke through when their second album, 2004’s *Sounding a Mosaic*, spawned the huge hit *When the Night Feels My Song*. Their followup record, 2007’s *Street Gospels*, didn’t do as well.

After a conversation with Sinclair, Malinowski said they realized “it’s time we take it back to me and Eon together.” And with the lineup that it was, it just didn’t fit.”

The two remaining members auditioned new drummers in Toronto and Lumumba made his official debut playing with them at the Winter Olympics in Vancouver in February.

Bedouin Soundclash’s new lineup starts a cross-Canada tour on Thursday in Ottawa, wrapping up in Victoria on Dec. 1.

Lumumba said the three of them really gelled in the studio: “Jay came with a batch of new songs and we started fleshing them out, and the more we started actually working on new material and creating songs together, and just adding on to what we’d already done.” It just became more exciting for “This record is really like a new band to me,” said Malinowski. “I’m most proud of this record than anyone we’ve done.”

Sinclair said the group, previously known for “a reggae-based, positive, upbeat, happy all the time” sound, also got to explore darker aspects on the new disc.



## PLAYFUL PERRY CHURNS THE RUMOUR MILL

**X FACTOR** Katy Perry is keeping fans guessing about reports linking her to a judging role on the American version of reality show *The X Factor*. The *I Kissed A Girl* hitmaker replaced Dannii Minogue on the judging panel of Simon Cowell’s show in Britain over the summer when the Aussie singer was on maternity leave. Reports subsequently linked her to the U.S. version of the reality show, which Cowell will launch next year — and Perry has teased that there could be a role for her on the series. She tells Britain’s *Cosmopolitan* magazine: “I saw something about that and I think Simon is flirting with me through the press. I know a lot of it is rumours. But sometimes rumours turn into reality!” — WENN.COM

## Banks learned lesson in jail

WENN.COM — Elizabeth Banks is determined never to get arrested after her taste of prison life during research for new film *The Next Three Days*.

The actress plays a woman accused of murder in the new Russell Crowe film, and actually spent time at the Allegheny State Prison in Pittsburgh, Penn., in an effort to get into her character’s head.

She says: “My character is incarcerated at the Allegheny County Jail where we actually shot the movie, so of course it was really helpful in terms of getting into character. I got to sit with the inmates. I got to be locked in a cell which lasted about two minutes before it was like, ‘Get me the hell out of here!’

“They don’t have bars on their doors; it’s all heavy steel doors with a little window, so you feel not just incarcerated but also institutionalized.

“You feel like you’re gonna get a lobotomy in about five minutes, so it was very easy to imagine the isolation of being there for real — and the depression.”

“There is no outdoor space in Allegheny; you never see the sun. I sat with about 40 or 50 women on this one cell block... It’s really not a fun place to be. Most of the women I met with were either drug offenders or parole violators... some women were there for up to three years.”

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## Gay men bullied more in high school

A survey conducted by the gay relationship service ManCrunch.com found that 91% of 1,023 Canadian men had been bullied or harassed in high school. Of those polled, 71% said they experienced negative reactions from family and friends when they came out about their sexuality. — 24H



## Condoms not just for fun and games

They were at the forefront of the sexual revolution, but now it seems the Boomer generation could use a safe-sex brush up. A poll of Canadian boomers found that 30% of unmarried boomers have had unprotected sex with a new partner since turning 40. Many admitted they're not worried about contracting sexually transmitted infections. — 24H

### HOW PARENTS SHOULD SUPPORT KIDS DURING BREAKUPS

# Dealing with lovesick teens

JOANNE RICHARD  
Special to QMI Agency

What becomes of a broken heart?

For teenagers, overwhelming relationship bliss can quickly turn to the heartache of breakups and betrayals — plain and simple misery.

“Teen breakups can be very traumatic. Feeling accepted, liked and supported by one’s peers is every child’s dream. What their friends say and do really matters in terms of how they see themselves,” says therapist Dr. Terri Orbuch.

“A breakup can leave a teen feeling undesirable, not liked and angry — and more often

than not they thought the relationship would last a lifetime.”

According to psychotherapist Mary Jo Rapini, teens are in the process of developing their sense of self, so they struggle with issues of self esteem and self discovery. “If you date someone who later says bad things about you or rejects you for any reason it is hard to let it go.”

Orbuch, a professor at Oakland University, says that the pressure to date and have a romantic relationship happens at an earlier age now. E-mail, texts, Facebook and video chat also have teens hyper-connected to their peers.

But while dating is a natural part the teenage growth process, parents wince at the potential outcome — misery for all, for a while.

“Dating is going to affect your child’s mood, performance in school, home life and friendships. We also realize that there is a 90% chance that he’s going to break her heart,” says Rapini, co-author of *Start Talking: A Girl’s Guide for You and Your Mom About Health, Sex or Whatever*.

“[Parents have] been around, and we know the feeling of a shattered heart, a betrayed confidence, and the misery of being alone.”

But, adds Rapini, a broken heart can be the greatest lesson we ever learn or go through. “It helps you see parts of yourself you didn’t know you had. It shows teens their feelings about how much they are willing to work on a relationship as well as to what extent they will try to negotiate with someone.”

“The best thing it teaches teens is that they made it through someone breaking their heart and they are still OK.”

Meanwhile, breakups are risky, so parents must stay on watch, particularly if their son or daughter is the jilted party, says Dr. Carl Pickhardt, an adolescent specialist. “Often more for young women there can be a risk of despondency/depression; often more for young men there can be a risk of retaliation/aggression.”

Tune into red flags or signals, agrees Orbuch. “For example, severe changes in grades, how they dress or take care of themselves, changes in eating or sleeping habits or total withdrawal from friends...”

She adds that parents, can’t take away their teen’s pain nor promise them that their next relationship will be the “one.”



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# The sneaky powers of reality television



**Tanya Enberg**  
Relatively Speaking

If you think you don't watch reality TV, you may be mistaken.

Me? I thought I was completely free of the junk.

Then, it dawned on me — I've been sucked in by reality TV cleverly packaged as informative programming.

My weakness comes in the way of money and real-estate shows.

The words "location, location, location" are to me what "Will you accept this rose?" are to fans of *The Bachelor*.

And when Gail Vaz-Oxlade, host of *Til Debt Do Us Part*, takes over-spenders and puts them on a strict cash diet, I get giddy. I know, sexy, right?

It wasn't until I started casually perusing the housing market that I realized I'd been duped.

In reality, home hunting is a messy affair, one filled with collapsing roofs, slanted floors and dingy old appliances instead of

bright, airy spaces and gleaming tiles.

You can thank the oodles of home shows (*Love It or List It*, *Take This House and Sell It* and just about every HGTV series) for making house shopping and repairs seem easy.

Watch one episode and you'll be tricked into believing that gutting walls, tearing down ceilings and laying down bamboo flooring is a cinch and that, within a week, a person can go from living in a hillbilly shack to a designer home filled with natural light and granite counter tops.

It's the kind of stuff that can make a rental-living gal drool.

For the speed in which we now want things to happen — love, debt reduction and dream homes — I blame reality TV.

These shows have fed our fantasies in the same way quick fatty, fast-food meals can temporarily curb an appetite.

They've given us the illusion that we can fall so deeply in love with some dude making out with a dozen other chicks that we're willing to sob in front of millions of viewers to prove in.

They've fooled us into believing we can

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Gail Vaz-Oxlade, host of *Til Debt Do Us Part*.



snap our fingers and pick up an extra job that'll boost our income by hundreds of bucks a month within a half-hour.

They've made us believe that Mike Holmes will show up on our decaying doorstep and start tearing things up and putting them back together again perfectly.

In my own dream world, Sandra Rimoto appears and takes me on a real-estate tour de force.

The *Property Virgins* host spares me from viewing an endless parade of dead-end duds and miraculously finds three almost perfect places, with one being just a little more perfect from the rest.

It's like *Goldilocks and the Three Bears*, only instead of porridge, she's dealing in property.

In the end, she asks me if I am ready to make an offer. Like everyone on the show, I am, and it's easier than buying a cup of coffee.

Whereas some girls fantasize about accepting the final, sweet-smelling rose, I obsess over finding a place that feels like home sweet home ... all in one snazzy episode and with stainless-steel appliances, of course.

E-mail me at [tanya.enberg@sunmedia.ca](mailto:tanya.enberg@sunmedia.ca).

**yoyomama**

Happier holidays

Wouldn't it be nice to get through the holiday season with less stress and debt? If you focus on what's important to you in terms of togetherness, happiness and family, you can honour the spirit of the season without being a Scrooge.

Why not pick one big(ish) present your child has asked for and put the rest of your energy into their stocking? Or pick a "traditional" gift you give your child annually — think a book, calendar, crafty toy or Christmas ornament — that they'll look forward to from year to year. And gifts of experience, such as memberships to science centre or a family outing to a pantomime, are presents they'll remember long after the holidays have passed.

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## Laptops may damage sperm

**REUTERS** — Using a laptop computer as the name suggests may not be good for male reproductive health, according to a study.

And there is little that can be done about it, aside from using the laptop on a desk, said Yelim Sheynkin, a urologist at the State University of New York at Stony Brook who led the study published in *Fertility and Sterility*.

In the study, thermometers were used to measure the temperature of the scrotums of 29 young men balancing a laptop on their knees. Even with a lap pad under the computer, the men's scrotums overheated quickly.

« Millions and millions of men are using laptops now especially those in the reproductive age range. »

— Yelim Sheynkin

“Millions and millions of men are using laptops now, especially those in the reproductive age range,” said Sheynkin. “Within 10 or 15 minutes their scrotal temperature is already above what we consider safe, but they don't feel it.”

According to the American Urological Association, nearly one in six couples in the United States have trouble conceiving. About half the time this is due to male infertility.

Under normal circumstances, the position of the testicles outside the body keeps them a few degrees cooler than the inside of the body, which is necessary for sperm production.

No studies have yet researched how laptops affect male fertility and there is no strong evidence that it would, Sheynkin added. But earlier research has shown that warming the scrotum even more than one degree Celsius (1.8 degrees Fahrenheit) is enough to damage sperm.

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# When bumping and grinding go wrong



**Sarah Rowland**

The Dating Chronicles

Falling in love sex. First-time sex. Makeup sex. Hot vacation sex. Does it get any better than that? Not really. But it can get a whole lot worse — that is if you're bumping and grinding for the wrong reasons.

Sex is a beautiful thing, but it's so easy to cheapen the whole experience if your heart isn't in the right place. Now, don't get me wrong, I'm not saying there's anything wrong engaging in an all-night ram session just for the hell of it. I'm just saying you might want to check your intentions before you hop into bed with someone. Here then, are four kinds of sex you might want to avoid:

Sex is a beautiful thing, but it's so easy to cheapen the whole experience if your heart isn't in the right place.

## Retaliation Sex

When the person you love cheats on you, you may feel compelled to strike back by balling someone else.

It's the ol' tit for tat hump. And if you want to take your revenge screw to another level, you won't just knock boots with

some random stranger — no, you'll seduce a mutual friend.

Keep in mind though, your relationship was pretty much over the minute your significant other was unfaithful to you. So at this point, you're just trying to one up someone who already forfeited the game. It's a low no one wants to sink to.

## Sympathy Sex

This is when you're dumping someone really sweet and they just look so darn bummed about the whole thing.

So out of the kindness of your heart, you give them one last farewell f---. But being with someone who no longer turns your crank can be murder on your sense of self respect, not to mention your gag reflex.

Send them an e-card instead. I mean don't they have a Hallmark sentiment for every occasion these days?

## Rebound Sex

The oldest sex of them all.

It's basically nothing more than instant gratification for a bruised ego. But be warned: The hangover on this one can be brutal.

Invariably, you wake up next to someone you feel absolutely nothing for and guess what? You're still not over the person you were trying to forget about in the first place. So along with heartache, you're riddled with shame. Not good.

## Breakup Sex

Ahh, the saddest sex of them all. With a heavy heart, you open your legs to close a chapter, which may seem like a good idea at the time.

But remember the reasons you broke up in the first place will still be there in the morning. And that intimate pillow talk you crave so dearly may quickly turn to arguing over how to split up the CD collection.

Also remember: Making a strong case for the Johnny Cash box-set when you're busy looking for your ginch under the bed — not so easy.

Sarah Rowland writes about love and relationships every Tuesday in 24 Hours. E-mail her at sarah.rowland@24hrs.ca.

# Female earning power on rise

**TANYA ENBERG**  
QMI Agency

So, who's wearing the financial pants in your household?

According to a survey released by Mastercard, women are enjoying wearing the big money-making trousers these days.

Female earning power is showing itself in a number of ways, with 51% of women responsible for most day-to-day financial decisions within a household, the MasterIndex of Canadian Women Consumers found. More than half (56%) say they're enjoying ruling the financial roost.

While it's definitely a power-

ful role, are women satisfied with the cash-flow decisions they're making? Seems so.

In fact, the satisfaction rate is on the rise, with six out of 10 women saying they're pleased with their current financial situation, and 14% describing themselves as "very satisfied."

When asked the same question in 2006, only 54% said they were financially satisfied.

Not surprising is the trend of getting more for less and growing those savings accounts, with 57% of Canadian women describing themselves as savers, up from 41% pre-recession.

How exactly are female shop-

pers cutting back? Think comparison shopping.

Three quarters of those surveyed say they search out a good price when buying items for themselves, and 73% said they do the same when it comes to household purchases.

Julie Wilson, director of public affairs for Mastercard, calls the post-recession behavior of female consumers as "dollar-store chic."

It's a fitting description, as women have reduced spending on non-essentials, such as home decor and furniture, this past year. That said, there are some items women are a little less eager to cut loose.

# Holiday shopping with less stress



SAVING SIMPLY

**Carrie Russell**

TD Canada Trust

I have great childhood memories of the holiday season, but one of my favourites is sneaking downstairs with my brother early in the morning to see all of the gifts that magically appeared under the tree overnight.

With time — and a family of my own — I've realized that a lot of hard work goes in to creating the "magic of the season."

This is the time of year when many of us will start thinking about — or dreading — holiday shopping. The holidays can stretch our budgets (and patience) to the max.

Research conducted this month by TD Canada Trust found that more than a third of Canadians say they worry whether they can afford all of the gifts they need to buy and a further 33% admit to previously buying holiday gifts they couldn't afford.

If you believe it will take a holiday miracle to finish your shopping on budget, here are some simple tips to help control your costs (and your stress level):

## Make a list and check it twice

It may sound cliché, but this is a key step in keeping your holiday budget under control. Make a list of everyone you will buy gifts for and how much you want to spend for each. If your total number is overwhelming, make a decision either to cut down your spending, or cut down the total number of people on the list.

To cut costs, consider giving personal gifts, like a batch of homemade treats. Talk to your family about drawing names and each buying for one person rather than for all. You might find that everyone is relieved to be able to cross a few names off their list.

## Don't forget the turkey

To create an accurate holiday budget, factor in all of the extras, such as the groceries for holiday dinners, wrapping paper, even the wreath for the front door.

To help pay for all of these items, take a look at the points cards in your wallet. This is a great time to cash in those drug store loyalty points for gift wrap, cards and decorations. Any balance left on your coffee shop card can be used for gifts for the coffee lovers on your list.

## Avoid the mall

Battling the crowds at the mall can test anyone's patience. It can be tough to shop around for the best price when all you want to do is finish your list and get out as fast as you can.

If you dread the mall, consider buying your gifts online. Comparison shopping can be done without the crowds and shipping is often free.

For me, the most valuable memories come from the gift that often costs the least — time spent with those I love. My advice would be to budget a little of that and reap the rewards.

If you have an idea for a future column, please write to me at [c.russell@td.com](mailto:c.russell@td.com).

Carrie Russell works for TD Canada Trust and has over 20 years experience in financial services



### Music heats up in Miami

Visitors to Miami are seldom at a loss for things to do. In addition to great beaches and a slew of attractions, the Greater Miami Convention and Visitors Bureau has declared November Miami Live Music Month. The Miami Music Festival takes place Nov. 11-14. Visit [MiamiLiveMusicMonth.com](http://MiamiLiveMusicMonth.com). – QMI AGENCY



### Canada branded as No. 1

Canada tops the FutureBrand's 2010 Country Brand Index. Rob Moore, Minister of State (Small Business and Tourism), issued the following statement: "This is an incredible achievement, and we are proud to be at the top of FutureBrand's 2010 Country Brand Index. Canada has risen from 12th to 1st place in just four years." – QMI AGENCY

TAKING IN A TRANSFORMATIVE RELIGIOUS CEREMONY IN TURKEY

# The whirling dervishes of Bursa

WAHEEDA HARRIS  
[TripAtlas.com](http://TripAtlas.com)

What is a whirling dervish? To many it's a mysterious performer, one that conjures up visions of ancient times and secret societies. To the faithful, it's a person expressing religious devotion.

Throughout Istanbul, many restaurants and clubs promote whirling dervish shows so tourists can witness the transformation from individual to dervish.

But to experience the true act of devotion, one has to go beyond the local nightclub or dinner theatre.

During my visit to Bursa, an industrial town in Turkey, I was invited to a local community centre, which served as a gathering place and education centre for Muslims who are part of the Dervish sect.

The community hosted the dervish ceremony and welcomed anyone to attend, free of charge, to see this act of devotion which is performed each evening by a select group within the sect.



### Dervish ceremony

The community centre had two storeys, men were seated on the ground floor and women on the second.

A group of musicians and singers entered the main space first dressed in long caftans, each wearing a distinctive felt hat. A group of devotees followed, honouring two elders and reciting a prayer in unison.

As the musicians played and the singers chanted in Arabic, the devotees begin to move around the central floor, beginning their transformation.

Devotees shed their black cloak and found a spot on the floor, moving in a circular motion. As the rhythmic sounds flowed over the crowd, I could see many of them had closed their eyes, feeling the energy building in the room.

I watched the dervishes cir-

cling in their white caftans, with their arms stretched up in supplication.

The dervishes believe that through this action, they attain a place closer to God, and their actions a prayer to connect to God.

As the ceremony proceeded and the music continued, I felt relaxed and calm, my focus on the dervishes' motion below me.

I snapped photographs, trying to not draw attention, and saw everyone's eyes were drawn downwards, reciting silent prayers and watching the dervishes. The energy in the room had shifted, from an initial excitement to a uniform calmness, with the song and music matching the dervishes whirling movements.

After 45 minutes, the ceremony ended as the dervishes

slowed their motions, lined up against the wall, said a prayer and slowly left the room.

I sat there for a moment in contemplation, not wanting to break the silence.

Everyone left the room quietly, heading to the courtyard for tea or coffee in the cool evening air.

I felt privileged to witness the dervish ceremony, not being able to quickly discern what I had seen, but understanding it was not a theatrical or staged performance.

It was a rare view into a world of religious devotees, still misunderstood by many.

Waheeda Harris is a Toronto-based freelance writer who is routinely wandering our planet and writing for [TripAtlas.com](http://TripAtlas.com) various magazines, websites and at [Gone to Swan](http://Gone to Swan), [gonetoswantravel.wordpress.com](http://gonetoswantravel.wordpress.com)

A whirling dervish show in Bursa, Turkey. HUYGENS AND SHISHVILL, FLICKR





# Family travel tips for the holidays

LORI HENRY  
Special to QMI Agency

Taking the family on a vacation during the holidays sounds relaxing, but it can easily turn stressful if you're not prepared. Between delays, preferences and ever-escalating prices, December vacations are tough, but well worth the rewards they can bring. Read on for top tips on making it through travelling together in one piece.

## Booking Flights

If you work with a travel agent, they will be able to advise you on the best deals, dates and destinations.

If you want to go it solo, though, you can find great prices if you plan ahead.

Says Corinne McDermott, founder and Managing Editor of the travel website Have-BabyWillTravel.com: "You can definitely save a lot of money if you are able to fly on 'off' days, like taking your trip Wednesday to Wednesday."

## Family-Friendly Hotels

The biggest concern for most families when going on vacation is deciding where to stay. So what should you look for in amenities and location to ensure that your family will be comfortable?

"You may need to think about portable high chairs and/or travel cribs or playpens," advises McDermott.



## Surviving the Flight

Getting through the plane ride is also a challenge when travelling with youngsters. Especially for longer flights, it's important to keep kids distracted and engaged. McDermott suggests packing smart:

"For your carry-on, you can never have too many wipes. Also, pack extra snacks and meals for little ones, since delays happen and planes and airports don't always offer the most suitable foods for little ones. "Make like a boy scout and be prepared: make sure you're armed with as many distractions that your bag will

hold, and never underestimate the power of the safety instructions card! In an emergency, don't feel bad for resorting to usually forbidden treats, or the supervised use of your precious smartphone."

## Accommodation Tips

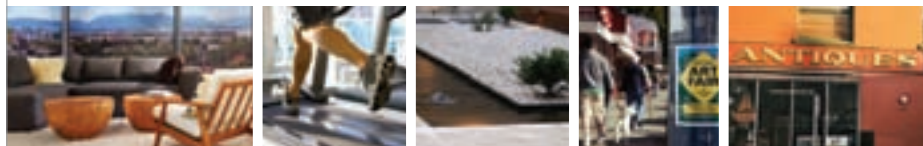
Once you arrive at your destination, the hotel will become your haven for the trip, the place you return to when kids get cranky and the resting place when the day is over.

"It's always easiest to stay somewhere with a kitchenette, or at the very least, a fridge and microwave," McDermott recommends.

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You could also WIN a HARRY POTTER Years 1-6 Blu-Ray Gift Set!

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# travelgear

Survive the long lineups, grumpy airline workers and flight delays this season with a little saving grace — by travelling in style. — **TANYA ENBERG, 24 HOURS**

## GET THE GEAR

**1** Getting dressed for take off? Go for easy to slip on and off items. This Cashmere shawl cardigan from Winners is the perfect luxurious find for jet-setting gals.

**2** Kick back at your hotel and restore your feet post-flight with these super comfy Spa Footie finds from AirPlus.

**3** Keep your fingers cosy en route to the airport with cashmere lined gloves, from Winners.

**4** Travelling during the colder months requires smart footwear that you can easily get in an out of while passing through airport security. Think flat boots for warmth, comfort and quick and easy changes. Recommendation: The Judith boot from Geox.

**5** The Etival Ener-C kit is already packed for you! Complete with face mist, soothing gel cleanser, face cream and cooling gel eye pads to help you get through those jet-lagging blues. Find it at Shoppers Drug Mart.



TOP 10 FOODIE CITIES IN CANADA

# Cross-country chow down

NICOLE FEENSTRA  
QMI Agency

What are your favourite Canadian foods to eat while travelling this great country? Do you absolutely have to eat poutine when in Montreal? Is stopping

by a seafood restaurant for oysters and lobster on the East Coast just a natural part of your itinerary? Do you love snacking on Saskatoon berries in Saskatchewan or beaver tails in Ottawa? Travel deals

leader CheapFlights.ca has compiled a list of the top 10 foodie destinations in Canada. If your mouth is watering at the very thought of regional Canadian cuisine, head to one of the following places...

**1 St. John's:** Local favourites include fishcakes, fish and brewis, seal flipper pie, cod cheeks and cod tongues, bakeapples, partridgeberries and blueberries.



**2 Halifax:** Scallops, oysters, lobster, salmon, mussels and chowders are easily washed down with crisp Champagne-style cider from the Annapolis Valley.

internationally known as the city itself with cream cheese laden bagels, poutine and Montreal smoked meat sandwiches taking centre stage.

**3 Prince Edward Island:** Lobsters, oysters and heaps of creamy potatoes are standard dinner fare for tourists to P.E.I. Try a local favourite in chocolate covered chips for dessert.

**7 Ottawa:** Head to the By-Ward Market to pick up the quintessential Ottawa treat: an ooey, gooey beaver tail.



**4 Fredericton:** From fiddleheads to potatoes to more of that East Coast seafood, New Brunswick provides plenty of fresh eating options.

**8 Toronto:** Toronto's population is a mish mash of international cultures and this is heavily reflected in the cuisine of the city. Some of the best global foods found in Canada are in Toronto, including yummy Greek dishes, Japanese, Korean, Chinese, Indian and Caribbean fare.

a must-try when in Calgary. Wash it down with a Caesar, the famous cocktail created in this Prairie city.

**5 Quebec City:** A French spin is put on local ingredients in Quebec, including game, fruits, fish and vegetables, to create Tourtiere, buck-wheat pancakes, roast pork and cretons.



**6 Montreal:** The food of Montreal is as

**9 Calgary:** A fusion of Canadian beef and Chinese spices, ginger beef is

**10 Vancouver:** The best Japanese and Chinese dishes in Canada are to be found in Vancouver. Feast on plenty of fresh sushi while here! For more on all these destinations, visit CheapFlights.ca.

Read the Meandering Musings blog online at [blogs.canoe.ca/travel](http://blogs.canoe.ca/travel)



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<b>Melia Azul</b> ****plus Ixtapa, Mexico Dec 30, 2010 <b>\$1178</b> +\$273 taxes ATH	<b>Royal Decameron</b> ***plus Montego Bay, Jamaica Dec 22, 2010 <b>\$1387</b> +\$270 taxes NOL	<b>Allegro Papagayo</b> ***** Costa Rica Dec 21, 2010 <b>\$1527</b> +\$239 taxes NOL

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## MONTELUCIA RESORT &amp; SPA IN PHOENIX

# Fit for a president

BARBARA TAYLOR  
QMI Agency

Could have been the Cadillac Margarita chased by salmon steak, rubbed with delicious truffle butter. Could have been the amazing moody desert sunset. Perhaps it was the Swedish sports massage I'd enjoyed that afternoon, or the hot day's pool time lounging in a private cabana. But the energy of the live band belting out favourite tunes poolside shouldn't be discounted either.

Guess it's fair to say all these delights contributed to a memorable evening at one of Phoenix's top luxury resorts.

Indeed, the Kasbah (ROQ) pool bar and grill of the Montelucia Resort & Spa, nestled in Scottsdale's Paradise Valley, has received numerous accolades. It was recently named "Most Glamorous Place to Party" by *Arizona Foothills* magazine and the "Best Place for a Sunset Drink" by *Phoenix* magazine.

The resort itself, opened in 2008, can boast being among the top 50 resorts in the U.S. and Canada as selected by *Travel and Leisure* magazine in its annual ranking published in July. At No. 13 on that list, Montelucia is the highest rated property in Arizona.

Perhaps that's why U.S. President Barack Obama and his entourage chose to stay here last year. He, staff quietly informed me, took advantage of one of resort's two presidential suites. The Camelback Villa, just across a path from our luxury guest rooms, features 3,000 square feet of indoor space, plus a private patio and pool.

My family and I were invited to stay at the resort for three days as part of an itinerary expertly prepared by the state's tourism office.

Coming off an ambitious road trip — the previous stop a river swim near Sedona — the



formality of the Montelucia caught us by surprise.

We were greeted at the front gates by a charming valet offering to park the car and deliver our luggage while we checked in. In the disarray that most families on road trips find themselves, we politely declined. Once I washed Arizona's famous red dirt from my swimsuit, tension eased and I was ready to embrace the luxury all around.

We and other guests lounged at the two main pools. A third rooftop pool, part of the resort's Moroccan-inspired Joya spa provides a spectacular view of Camelback Mountain and the Sonoran Desert. In contrast to the brilliant terrace — bathed in sunshine 300 days a year — the spa's interior is dimly lit, designed to soothe and rejuvenate patrons with a wide assortment of luxury treatments.

## ➤ Much more to do than just sit poolside

The resort's other features range from Prado restaurant, inspired by Villa San Michele in Tuscany, to guided hikes up Camelback Mountain, golf clinics for adults and kids, plus belly dancing classes.

There are 253 guest rooms plus 40 suites though occupancy was low during our off-season visit.

But that was good news for four fun women from Kansas who said they got a great deal on a suite for a

girls getaway weekend. They were celebrating a milestone birthday and insisted on buying "Canada" a drink. We toasted the Montelucia and the end of a perfect poolside evening. — QMI AGENCY

24H Vancouver  
READ, RIDE & WIN  
**MEXICO**  
CONGRATULATIONS

Congratulations to Manuel M (Coquitlam) who has won WEEK 4's trip for 2 to the Riviera Maya, Mexico at the Grand Coco Bay.

red tag.ca TRANS LINK CAPONES save on foods SHOWTIMETICKETS.COM

# HOCKEY hotspot

## Plenty to be happy about

**SIX BARS**  
The Canucks have a perfect record since last Tuesday's Hockey Hotspot. They've beaten the weak (Edmonton), the mediocre (Colorado), and the tough (Detroit).

**CONNECTED**  
Raffi Torres was named the NHL First Star of the Week after scoring five goals (two game winners) and an assist last week. Big week for a third-liner with a \$1-million price tag.

**DISCONNECTED**  
Despite the team's winning ways, the fourth line needs to be more of an impact after being limited to about five minutes of ice time Saturday and were benched in the third period.

**VOICEMAIL**  
"It feels really good. I like to score goals." — Mikael Samuelsson on what he thought of breaking his seven-game goal slump Saturday against Detroit.

**TWEETS OF THE WEEK**  
**@OtW\_InGame:** Samuelsson actually hits the net. Must have been aiming at the corner panel of the glass.

**@arby\_18:** The best part of the #Canucks this year? Actually having a 3rd line. Malhotra/Torres/Hansen are lights out. #nhl

**@canucksgirl44:** Canucks just nailed 3 Redwings against the boards one after another. Like dominos out there.

**TONIGHT**  
4:30 P.M. (SNET-P)



**HOSEA CHEUNG**  
QMI Agency

With a five-game Eastern swing coming up, the Canucks have everything going for them.

They've won six straight games, outscoring their opponents 25-12 over that stretch.

Their special teams are on a roll, tallying seven powerplay goals in the past 13 opportunities and killing off 19 of 20 penalties. And not only are they getting scoring from the top nine forwards, third-line winger Raffi Torres was also named the NHL's First Star of the Week.

"If you want to win on a consistent basis, you need to get different types of contributions from all your players," said Alain Vigneault, who is one win from 300 career-coaching victories. He can reach that milestone against his former team Tuesday when the Canucks visit the Montreal Canadiens.

A win will also give the Canucks (8-3-2) their best start

Manny Malhotra (right) and the Canucks have a lot to cheer about with a six-game winning streak heading into Montreal Tuesday.  
PHOTO REUTERS



to the season since 2005-06 when the team went 10-2-2 after 14 games.

"It's always better," Henrik Sedin said of Saturday's win over Detroit prior to heading out on the road trip. "You're leaving on a good note. We've played the same way on the road as we do at home and that's been a key for us."

After starting the season 0-3-1 away from home, the Canucks

have bounced back, winning in Edmonton and Colorado last week to silence the notion that they have trouble playing on the road. A winning road trip would further solidify that turnaround.

**HABS LOOKOUT**

After starting the season 7-2-1, Montreal has lost three of their last four. The biggest shocker in terms of stats comes from captain Brian Gionta,

who has a measly four points through 14 games while Scott Gomez is right behind him with three points. Tomas Plekanec leads with 11 points.

Last season, Vancouver split the season series with the Habs, winning 7-1 at home and losing 3-2 at the Bell Centre.

The Canucks last win in Montreal came in January 2007 when Roberto Luongo posted a 4-0 shutout victory.

**ANOTHER WIN-LOSS WEEKEND FOR HEAT**



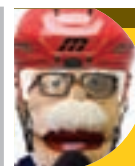
**AHL** Prior to Monday night's game against Houston, the Abbotsford Heat (7-6-1) sat eighth in the Western Conference after losing 5-1 Friday and winning 4-1 Saturday against the San Antonio Rampage. Both games were at

Abbotsford Entertainment and Sports Centre. Winger Cam Cunningham, who had a goal and an assist Saturday, leads the team with six goals and nine points, with Gaelan Patterson (3-6-9) and Carter Bancks (2-7-9) also tied in points. — QMI AGENCY

**GIANTS COMING OFF SEGAL SHUTOUT**



**WHL** The Vancouver Giants (11-7-1-1) will close out their three-game home stretch Wednesday against the Red Deer Rebels after splitting their weekend games. Vancouver lost 4-3 to the Kelowna Rockets Friday before blanking the Everett Silvertips 3-0 Sunday. Goaltender Mark Segal recorded his first shutout of the season in the win while defenceman Neil Manning led the way with a goal and an assist. The Giants then head to Chilliwack Thursday. — QMI AGENCY



**Guts McTavish**  
Gut shot

## Keep your head up

The Canucks won a ton of games over the past few years, but didn't always win the physical battles.

That appears to be changing.

I get that they're not going into Philly any time soon to run the Flyers out of their own rink. But this is a necessary upgrade in what was likely the reason Chicago beat them for a second time in the spring.

Drill a player early and often and he'll think twice about using his skill to beat you and opt instead for the dump in. Or, with certain players, disappear altogether. The Stanley Cup-winning Blackhawks were a hybrid that could score and hit and they wore the Canucks down.

Last Saturday, Alberts and Torres got in two big back-to-back hits on the Red Wings that completely switched the momentum around.

If this turns out to be the Canucks' identity this year, look the hell out.

"If you can't beat them in the alley, you can't beat them on the ice." — Conn Smythe.

Follow the kill: @gutsmtavish24

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**HOF INDUCTS FIVE MORE**

◉ **ENSHRINED** Left to right: Jimmy Devellano, Angela James, Dino Ciccarelli, Cammi Granato, and Bob Seaman, who will accept the award posthumously for his father Daryl 'Doc' Seaman, pose while flipping pucks on hockey sticks after being inducted to the Hockey Hall of Fame in Toronto Monday. — **REUTERS**

PHOTO MARK BLINCH

# Tan tries out for 'Caps

**BOB MACKIN**  
**QMI Agency**

Former Chinese youth national team player Long Tan is trying out for the MLS-bound Vancouver Whitecaps.

Tan tried out for the expansion Philadelphia Union last

year and then signed with the Tampa Bay Rowdies of the United States Soccer Federation Division 2.

The 22-year-old midfielder and forward played 25 games for Tampa Bay in 2010. He registered three goals and two as-

sists.

Tan played for Shanghai United, Shanghai Seven Stars and Shanghai Zobon before he moved to the United States. He spent 2009 with the Atlanta Blackhawks of the Premier Development League.

**WADE GIVEN THE BOOT**

◉ **RED SLIP** The Dallas Cowboys have gotten rid of their head coach, firing Wade Phillips Monday. The widely anticipated move, reported by various local Dallas outlets, followed a 45-7 pounding by the Green Bay Packers on Sunday that dropped the NFC East team to 1-7 in the season. Phillips will be replaced on an interim basis by offensive co-ordinator Jason Garrett. Following their fifth defeat in a row, Dallas owner Jerry Jones told reporters that big changes had to be made. "There are a lot of people that certainly are going to suffer and suffer consequences," said Jones. — **REUTERS**

**LULAY NAMED BEST O**

◉ **AWARDED** Travis Lulay's biggest game of his CFL career garnered a well-deserved league honour Monday as the B.C. Lions quarterback was named the Gibson's Finest Offensive Player of the Week. Lulay completed 31 passes for 424 yards and two touchdowns, leading the Lions to a 23-21 win over Hamilton with B.C.'s playoff hopes on the line. Receiver Emmanuel Arceneaux, who caught 164 yards for two touchdowns, was recognized as the runner-up. The stellar showing put him over 1,000 receiving yards on the season. — **QMI AGENCY**

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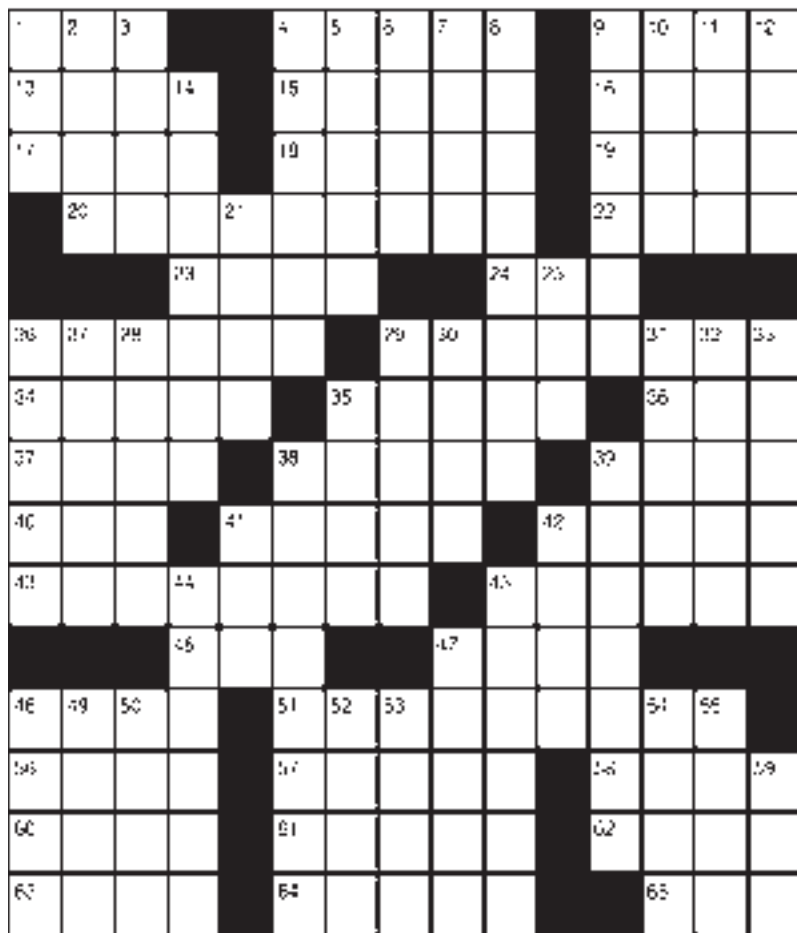
# crossword

## ACROSS

- 1 Vigour
- 4 Thick pieces
- 9 Fibre in the intestine, e.g.
- 13 Translucent gem
- 15 Piece of dining room furniture
- 16 "\_\_\_ go brag"
- 17 Plumbing piece
- 18 \_\_\_ Day; tree-planting time
- 19 Lunch spot
- 20 Punish
- 22 Nautical direction
- 23 Miffed
- 24 Nothing
- 26 Resounds
- 29 Scaremonger
- 34 Presses, as clothes
- 35 Wear away
- 36 Grass blade moisture
- 37 Speaker's platform
- 38 Scout's award
- 39 Muscle quality
- 40 Jr. naval rank
- 41 Mexican dollars
- 42 Disloyal
- 43 Store owner
- 45 Type of potato
- 46 Flower garland
- 47 Young horse
- 48 Fussily proper
- 51 Adorn
- 56 Franc replacer
- 57 Caused by a small infectious agent
- 58 Manicurist's focus
- 60 Enthusiasm
- 61 Wipe away
- 62 Respected teacher
- 63 Give temporarily
- 64 Dissuade
- 65 Chicken piece

## DOWN

- 1 Burst
- 2 Heroic story
- 3 Father
- 4 Alternative to an elevator
- 5 Big
- 6 1970s Swedish pop group
- 7 Smudge
- 8 Love song
- 9 Soothe
- 10 Russia's \_\_\_ Mountains
- 11 Classic board game
- 12 Leg joint
- 14 Textbook divisions
- 21 Sock parts
- 25 Wrath
- 26 Sea duck with fine, soft down
- 27 Long-legged wading bird
- 28 Lift with effort
- 29 Zeal
- 30 Journals
- 31 False deities
- 32 Intelligence
- 33 Nest noise
- 35 At \_\_\_; relaxed
- 38 Had faith
- 39 Sampling
- 41 Boston cream \_\_\_
- 42 Stuffed
- 44 Amaretto's flavoring
- 45 Hair curler
- 47 Discontinue
- 48 Orange rind
- 49 Reign
- 50 Persia, today
- 52 Deep mud
- 53 Sassy child
- 54 Paul, before his conversion
- 55 Take on as an employee
- 59 Schlep



# 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



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## Yesterday's answers



LINDA BLACK

# Horoscope

November 9, 2010

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

**Today's birthday:** You find yourself this year directly in the public eye. Women bring practical opportunities to your attention that challenge your sense of self and privacy, yet place you exactly where you need to be. Allow no limits to your expansive imagination.

## ARIES

March 21 to April 19

Romance is all around you. If it's not affecting you personally, you're aware of how love is touching others. Last night's dreams come true today.

Rating: ●●●●●

## TAURUS

April 20 to May 20

You've been imagining a trip to a sunny beach somewhere gorgeous. Enlist help with reservations and scheduling. You may not be able to do it all.

Rating: ●●●●●●

## GEMINI

May 21 to June 20

Someone outside your usual group injects ideas that cause a flurry of emotional activity. Use diagrams or art to get this down to practical terms.

Rating: ●●●●●●

## CANCER

June 21 to July 22

A close associate sends secret messages concerning what should be a practical matter. Follow up with sensitive questions to get the story.

Rating: ●●●●●

## LEO

July 23 to August 22

You want to stick to the obvious, practical procedures already in place. Other team members suggest wild alternatives.

Rating: ●●●●●●

## VIRGO

August 23 to September 22

You need creative outlets today. This could involve exercise, sports or artistic projects. Your own imagination provides numerous choices.

Rating: ●●●●●●

## LIBRA

September 23 to October 22

If you want to bury your head under the blankets and stay home, do it. If you feel like a practical challenge, go to work. You have what it takes.

Rating: ●●●●●●

## SCORPIO

October 23 to November 21

An older person consults you privately to discuss a wildly creative idea. Ask questions to clarify how this plan can be put into practical action.

Rating: ●●●●●●

## SAGITTARIUS

November 22 to December 21

List household tasks. A nagging problem rises to the top of the list. You may need a professional. Look at your budget and find a compromise.

Rating: ●●●●●●

## CAPRICORN

December 22 to January 19

A new person enters the scene, grabbing your attention and affections. Polish those rose-coloured glasses and enjoy it.

Rating: ●●●●●●

## AQUARIUS

January 20 to February 18

A sudden cash outlay leaves you wondering if you'd planned carefully enough. You see that it's fine, and a new opportunity is revealed.

Rating: ●●●●●●

## PISCES

February 19 to March 20

The morning starts with serious questions about your feelings. Share doubts with someone, who cuts to the chase and clears up any questions.

Rating: ●●●●●●

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