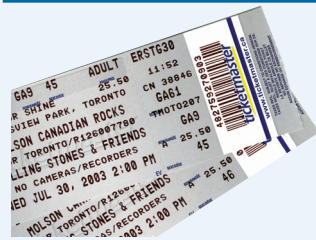


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Pickering man shot

Police say shooting was drug related

By Jeremy Le Page
Staff Writer

DURHAM — A 22-year-old Pickering man is in stable condition following a shooting on Anderson Avenue Thursday night.

The "drug-related" incident occurred at about 10 p.m., when the victim was shot in the abdomen near Park Road North and Adelaide Avenue West, say Durham Regional Police. A loud argument took place between several men prior to the shooting.

Three suspects fled to nearby vehicles and the victim was treated for non-life threatening injuries at Lakeridge Health

♦ See Man page 5



Celia Klemenz/ News Advertiser photo

A real sand shot

PICKERING — Jeff Psiuk gets under the ball to bump a return during a recent three-on-three beach volleyball game. He and his friends enjoyed the sun and sand at Pickering Millennium Park.

Trail timetable met with mixed views

Council disagrees on waterfront plan

By Lesley Bovie
Staff Writer

PICKERING — Residents may have to wait another three years for a waterfront trail to be complete across the bottom of Frenchman's Bay.

Pickering council has approved the idea of connecting the east and west spits. But City staff has been directed to look at phasing in the project over the next three years, rather than including it in the 2004 budget.

Monday night's vote passed by a narrow 4-3 margin, with some local councillors arguing this was not the time to link the bay, but to save it.

"Frenchman's Bay is on life support," said Ward 1 City Councillor Dave Ryan, who along with Mayor Wayne Arthurs and Ward 3 Regional Councillor Rick Johnson, rejected the plan.

"It's like having a loved one on life support and rather than investing in treatment, we're buying it a really nice coffin."

He pointed to a recent university research study, which predicts Frenchman's Bay has only 10 to 20 years of life ahead of it. About \$10 million in storm water management cells is needed to help filter out silt and contami-



COUNCILLOR DAVE RYAN
'Frenchman's Bay is on life support.'

nants from Hwy. 401 and improve water quality.

On the other hand, the spit connection would cost \$1.3 million, with the installation of a special boardwalk making up more than 90 per cent. Also included in the work is cleaning up the spits, new plantings and shoreline stabilization and a fully accessible dock for a corporately sponsored pontoon service.

The City's support would help the proposal in seeking other government grants, said Ward 2 Regional Councillor Mark Holland. The project won't go forward, he said, unless a minimum of \$400,000 is raised from other

♦ See Waterfront page 5

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Durham kids encouraged to make it an environmental day

DURHAM — It's an event that would make Raffi, the great champion of children's environmentalism, put away his guitar and play with baby alligators rather than just sing about Belugas.

In fact, for the many children who are anticipated to attend the Environment Kids Day at Heydenshore Park on Thursday, Aug. 14, learning about such things is considered good, clean (and green) fun.

"The kids come out and absolutely love it," says organizer Rena Mangal-Ian.

Put on by the Ajax-Pickering and Whitby Association for Community Living,

children between four and 12 years of age will gather from 10 a.m. to 2:30 p.m. for a day full of games, prizes and food. It's all in the name of educating youth about environmental and wildlife preservation.

The Association for Community Living currently supports over 300

Pine Ridge Arts Council meets

DURHAM — The Pine Ridge Arts Council will hold a meeting, Aug. 6 to prepare for the 5th Annual Juried Art Show.

The meeting will be held at the Pickering Recre-

ation Complex, on Valley Farm Road south of Hwy. 2, in Pickering beginning at 7 p.m. Discussions will include forms, invitations and juror selection.

Admission is free and all are welcome.

family activity days, the team helps co-ordinate the annual kids day.

"We've been doing the (kids) day for eight years now," explains Ms. Mangal-Ian, who says this year's theme will be the 'Environmental Olympics.' Children will be divided into groups named after a specific en-

dangered animal, she says, and compete together in fun, educational games. Creatures from a reptile zoo will also be on hand.

"There are so many endangered animals at this point," comments Ms. Mangal-Ian on the impor-

tance of the education for youngsters. "We're trying to promote learning about (these) animals... nothing too political."

All are invited to attend the free event. Call 905-427-3300 ext. 222 for registration or more details.

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West Durham arts centre gets cash from Pickering

City council approves funding

By Lesley Bovie
Staff Writer

PICKERING — Pickering is the first official patron of a new arts centre serving west Durham.

Local councillors decided unanimously Monday night to help fund the Durham West Arts Centre to the tune of \$25,000 for the next two years.

The grant was approved provided the centre secures at least \$60,000 in funding from sources other than Pickering. Any future dollars will be based on a review of the two-year pilot program.

“The demand is there, the opportunity is there,” said Ward 1 City Councillor Dave Ryan.

“People go to downtown Toronto because that’s where you have to go for performance theatre,” he added. “This centre could attract people from Scarborough to Bowmanville. That’s exciting if you think about it.”

A fully integrated arts centre is “the next step” in Pickering maturing as a “millennium city”, said Carol Bamford, a member of the Durham West Arts Centre committee.

“I don’t perform or paint. I come here as a person interested in the arts,” she told council. “I have no talent but there are people who do need a place to practise (theirs).”

The Durham West Arts Centre could be open as early as January, if both Ajax and Pickering decide to contribute \$25,000 over the next two years. Ajax will consider the matter in September.

The group expects those funds will help secure a \$35,000 Ontario Trillium Foundation Grant and federal support, with the remainder being made up from corporate sponsors and fund-raising.

Modelled after a similar facility in Barrie, the Durham West Arts Centre will start with a \$106,000 budget, which will cover the hiring of an executive director later this fall and a small art gallery and educational service at the Pickering Town Centre.

The group plans to offer outreach art programs at local schools and libraries, while building the foundation for a permanent fully integrated centre. Plans include a performance theatre, gallery and teaching facilities.

“We like the way the Barrie Centre is evolutionary in its growth,” said Terry Green, a member of the



COUNCILLOR MARK HOLLAND
City should support local arts as it does sports.

centre’s board of directors.

The Barrie facility started with \$50,000 in municipal seed money and has grown to have a \$2-million budget today. Most of its funding comes from external sources, while the City of Barrie continues to contribute the same amount, Mr. Green said.

Pickering should show the same support for the arts community as it does sports, said Ward 2 Regional Councillor Mark Holland.

“If we’re going to be a city we need a full holistic approach and an arts

centre is critical to that,” he argued.

While the City needs to send a strong message of sup-

port to help secure other financiers, the centre’s first two years also have to be monitored, Coun. Holland

added. Council will have an opportunity to review a “full assessment” at the end of the two-year pilot, he said.

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Life Bike Rally rides to battle HIV/AIDS

By Alexis Sciuk
Staff Writer

DURHAM — Every time they climb off their bikes it's to a crowd of cheering onlookers.

Despite giving their time, money and energy many of the participants of the Friends for Life Bike Rally feel they got far more out of the six-day experience than they put into it.

This year marks the fifth annual Friends for Life Bike Rally, which is a 660-kilometre journey, beginning in Toronto and ending in Montreal. The purpose is to raise awareness and money for the People with AIDS Foundation (TPWAF).

Many of the 176 riders and 65 crew members who have joined the bike tour have been touched in one way or another by the disease, but some have joined simply for the great physical activity.

The group began its expedition Monday, July 28 and took a quick detour to Oshawa to have lunch at Lakeview Park before continuing on to Montreal.

Raymond Helkio, director of Development and Communications for TPWAF said the ride is about compassion, understanding and awareness.

"In each community we visit we are greeted with interest and we hope this helps foster understanding of the 20,000 men, women and children living with HIV/AIDS in Ontario," said Mr. Helkio.

"Every community is touched by HIV/AIDS. The ride is our annual way of saying, HIV/AIDS is still here, and people need our services - so please give generously."

Riders must begin training at least three months in advance and meet certain riding requirements before they begin the trip. Often the group will practice by biking 160 kilometres in one day to prepare.

The first annual Bike Rally attracted just over 20 people and raised approximately \$54,000, but over the years the event has garnered much attention which will see a total of \$470,000 collected this year.

"At first I did it for the physical challenge and then I became passionate about it," said rider Marcia Mayhew, of Toronto.

"More and more I realize... the new face of AIDS is heterosexual women between the ages of 18 and 35. It impacts all of us. Every time I ride I dedicate it to my friend who has AIDS."

Ms. Mayhew said she looks forward to the event every year and has no plans of retiring her bike any time soon.

James Anok, also of Toronto, has been riding every year and said after the first time it motivated him to get fit. "I had to borrow a bike, borrow clothes and borrow a helmet," said Mr. Anok with a laugh. "When I started I hadn't sat on a bike in 12 years."

For more information on the bike rally or the Toronto People with AIDS foundation visit www.pwa-toronto.org or call 416-506-1400.

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Man shot

◆ Man from page 1

Oshawa.

The three male suspects are described as black, all about 25-years-old. One wore a red unbuttoned shirt.

Police are also looking for a white Grand Am or Grand Prix, and possibly a second vehicle, described as a green van. Police say witnesses saw the victim walking with several other men in a parking lot on Anderson Avenue prior to the shooting.

In a second incident Thursday, on Nonquon

Road in north Oshawa, the sound of gunshots was reported to police at about 5:30 p.m. Police searched the area and discovered five bullet holes in a parked vehicle on the street. No injuries were reported.

"We're not sure if they're connected right now," says Dave Selby, Durham Regional Police media spokesman. "They both happened on the same day... but we're not sure at this point."

Police ask anyone with information to call 905-579-1520.

Waterfront trail could be delayed

◆ Waterfront from page 1 sources.

"The connection would be something truly unique to Pickering," he added. "I understand we're straining our resources but in the not-too-distant future Seaton is going to descend on us. Before we go and embark on Seaton I want to make sure what we have is right."

But Mayor Arthurs said, while he supported the vision, Pickering can't afford to shoulder the remaining \$900,000 next year.

"In the last four to five years, we have completed multiple millions. We've made a tremendous investment in the waterfront but I don't think it's a prudent timely thing to do now," he said. "We can't

afford to be everything to everyone each and every year."

Coun. Johnson said he was tired of taking calls from constituents complaining about Pickering's rising taxes.

"We're debt financing roads for 10 years. These are mandatory, core services," he said. "Find other ways to finance it. When Seaton comes on stream, then go to the closet and pull out the idea."

The proposal passed anyway, but not without revisions. Ward 3 Regional Councillor David Pickles said he didn't want to shelve the spit connection, but suggested it should be subject to budget approval and possibly phased in to make it more affordable.

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Editorials & Opinions

SUNDAY, AUGUST 3, 2003 ♦ News Advertiser ♦ JACQUIE MCINNES, NEWS EDITOR, 905-683-5110 EXT. 249

Editorial

Blood urgently needed

If you can donate, do so; you'll be glad you did and so will others

As the messages say on the television, 'Blood, it's in you to give.'

Unfortunately, not enough people are giving and the plea to donate is simply not sinking in with the public at large.

That's the latest message heard from Canadian Blood Services, the organization created to monitor and collect blood from Canadians in the wake of the decision to take responsibility for blood collection away from the Red Cross. CBS has worked hard to publicize the need for blood but requests sometimes fall on deaf ears.

The push is especially strong now because there is only a three-day supply of blood available. Should a catastrophe occur requiring a large volume of blood for an emergency, there might be a crisis. To forestall such a situation, donations are needed and fast.

Summer-time typically sees a drop in the blood supply for several reasons: frequent donors often head off on vacation and aren't available to provide a pint when needed and, combined with the typical long weekend traffic accident increases in the Greater Toronto Area, more blood is used in the Victoria Day-Labour Day stretch. It's a deadly combination.

CBS officials advise that, even on holiday, the opportunity to donate blood is still available. A check of the CBS Web site at www.bloodservices.ca or a call 1-888-236-6283 will provide you with the information you need to know to find a clinic somewhere near you. This newspaper also publishes, on a monthly basis, times and places where you can arrange to donate blood. Friendly staff will greet you and answer any questions you may have about blood donation. At some locations, you can even make an appointment ahead of time so your donation can be made in a quick fashion.

Any healthy person at least 17 years of age can donate blood up to six times a year (every 56 days). And each pint of blood donated has the potential to help four different people. The push right now is to collect 650 units of blood each day throughout the Greater Toronto Area - not an easy task throughout the summer.

You never know when you, or someone you love, will be in desperate need of a blood transfusion. Be a part of the solution and make the positive move to give blood today.

Common sense wanted for educational post

Trustees needed for the election ballot

With just two months to go before the sign-up deadline, there are only four school trustee candidates in Durham Region. Four candidates for 19 positions on the Durham Catholic and public school boards.

The municipal election takes place Nov. 10, and in prior years the last day you could register was a month before the election. This year it's Sept. 26.

Sure, I know us journalist types often jump the gun on this kind of issue. I checked my file and saw that in early September 2000, there were, you guessed it, four registered trustee candidates in the re-



Mike Ruta
Staff writer

gion. By the end of that month, with the election just six weeks away, there were nine. Many candidates waited until the last minute: when nominations closed in mid-October, 40 candidates were on the list (including acclamations).

So there's lots of time, right? People are still on holidays, right? They're waiting to see who else signs up, huh? Probably. So why

am I getting a funny feeling? Maybe because I would so like to see a capable group of trustees on the Durham District School Board. This past term the board was a study in extremes - the trustees seemed to be either quite good or simply terrible.

There are at least three trustees who likely won't be back. Nancy Lorraine, the Brock-Uxbridge rep, bowed out of the race at the end of the school year. Doug Ross, the former chairman of the board and a Whitby trustee, is vying for an Oshtawa regional council seat. And Melinda Crawford, a Whitby resident who is currently the Ajax Wards 3 and 4 trustee, has signed up as a Whitby regional council candidate. All three could still

change their minds and run as trustees again, but it's unlikely.

If you're thinking of entering the trustee race, I applaud you and have some advice. First, do a little homework. There's a lot of information on the Internet, and you can always phone current or former trustees with a question or two.

Second, don't think you have to be an education expert to be a trustee. Common sense is the most valuable quality. Finally, sign up for the right reasons. Trustees represent their communities; their concerns are your concerns. That doesn't mean you have to do whatever your community wants. It means you listen and take those views to the board. Don't come to the board with a hidden agenda.



Letters to the Editor

Evolution debate

To the editor:

Paul Greenwood, in his July 2 response to opinion shaper 'New book raises doubts about theory; makes a fundamental error of his own when he ridicules "the old chestnut of creation as an alternative to real science."

Today many are of the opinion that religion is an alternative to science and there is a realm of faith that is distinct from a realm of fact. However all knowledge beyond what we acquire through direct experience can only be accepted on our faith in its source. To demand evolution or creation must be proven scientifically makes it impossible for either to be true as neither is repeatable. Mr. Greenwood's statement that no one can be sure of our origin is surrounded by statements showing that he is sure that

our origin is evolutionary (even combining evolution with creation). His acceptance of evolution can only be based on his faith in those who have taught him. My Christian belief in creation is based on my faith in those who have taught me including God. Science can only support a previously acquired belief but is all too often subject to human bias. Daniel Winter's column relied on the Bible for its authority.

Unless one discards the entire Bible, one cannot discard only the parts of the Bible with which one disagrees, as many have done with the Genesis account of creation. Either all of the Bible must be true, including creation or none of the Bible can be true. Let's not have any nonsense that God used evolution as a tool for creation.

Peter Rhebergen,
Ajax

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Five days later my father was dead

Some moments in your life you never, never forget; the Sunday morning that my father didn't answer the telephone, for instance. And later, finding him lying on the floor with a fractured hip. Watching the gradual downhill course following surgery, with long hours at his bedside. And finally, death five days later. Suddenly all I had left of the father I loved so much was a box of cinders after cremation. The disaster of fractured hip became imbedded in my mind.

Two years ago, Katherine Graham, 84-year-old publisher of The Washington Post, died following a fall. Recently, Robert Atkins, 72-year-old protein-diet guru, and 82-year-old newsman David Brinkley, both died following falls.

The Centers for Disease Control and Prevention lists falling as the major cause of unintentional injury and death among those ages 75 and up, and the second leading cause for those ages 55 to 74.

Some, like my father, die a few days after a fractured hip. Twenty-five per cent will die in the next six months from infection and other complications. Another 50 per cent spend their remaining lives in wheelchairs. Only 25 per cent return to their former lifestyle.

Dr. Mary Tinetti, Professor of Medicine and Director on the Program on Aging at Yale University, is an expert on falls and the elderly. Her report identifying risk factors for falling and methods for preventing them has recently been published in The New England Journal of Medicine.

Tinetti points to one major misconception. Common sense tells us that elderly frail people are prone to falling. But Tinetti says it's the more robust, older people who suffer the serious injuries. The reason? The stronger ones are more active and take greater risks. Like my tennis friend who, while running to return an impossible shot, tripped and struck a tennis post. The result? A fractured hip.

Why we fall is a little like flying. Experts say most plane crashes are due to "pilot overload". With too



Dr. Gifford Jones

the doctor game

many dials to watch during instrument landing, attention diverted momentarily, a fatal crash occurs.

Falling is also a combination of factors. We all have nerves in the feet that send messages to the brain. They tell us where we are in space and how to make the next safe step. But as we age, our instrument panel gets blurred.

Nerves in the feet become less sensitive due to diseases such as diabetes or too much alcohol. Our visual depth perception becomes foggy due to bifocal, multifocal lenses or cataracts. Medication often plays a major role. Single drugs such as sleeping pills, antidepressants and heart pills make people more susceptible to loss of balance. But add a few of these together along with declining muscle strength and it's a potent mixture for falling.

I stopped counting the number of times I had to drive to Niagara Falls after receiving a call that "Your mother has fallen again". I'd arrive to find her shaken and black and blue. Her triple-A personality meant she always moved too quickly. But she had the luck of the Irish, always landing without breaking her hip, and died at age 93 of other causes.

Common sense can prevent fractured hips. A patient of mine fell off a roof at 84 years of age! His mother should have told him that was dangerous. Others slip on waxy floors, or fall off a high stool while reaching for something.

The world is full of ways to trip, slip and fall — a loose carpet, narrow stairs. But I'd place the bathroom high on the risk list, particularly foreign bathrooms that invariably present new challenges and slippery surfaces.

The National Institute on Aging offers tips to decrease the risk of falling. It can be found on the Web at www.nia.nih.gov/health/ag/epages/falls.htm



Some advice for treating heat disorders

Heat disorders are a group of physically related illnesses caused by prolonged exposure to hot temperatures, restricted fluid intake or failure of the temperature regulation mechanisms in the body. They include heat cramps, heat exhaustion and heat stroke (also called sunstroke). Heat stroke and heat exhaustion are the most common types of heat-related illnesses. Heat stroke is the most dangerous and requires immediate medical attention. Heat cramps are the least severe of the heat-related illnesses and often the first signal that the body is having difficulty with increased temperatures. Heat cramps are painful muscle spasms caused by an excessive loss of salts due to heavy perspiration. Cramps are more likely to occur in the legs and abdomen than in any other part of the body. Those in the highest risk brackets are people working in extreme heat, elderly people, young children, people with health problems and those who are unable to naturally and properly cool their bodies.

Treating heat cramps involves getting the individual into a cool place and giving them cool water with a teaspoon of salt per quart. Do not give salt tablets; they can make the condition worse. Mild stretching and massaging of the

muscle area is recommended once the condition improves. Heat exhaustion is a more complex and serious condition. Symptoms include nausea, headache, dizziness, mental confusion, exhaustion, overall weakness and a weak but rapid pulse. Breathing will be fast and shallow. A deficiency in the production of sweat and an insufficient water and salt intake puts an individual at high risk for heat exhaustion. Those most at risk include athletes, firefighters, construction workers and anybody who wears heavy clothing in hot humid weather.

A person suffering from heat exhaustion should be moved into a cool place. Elevate their feet, remove or loosen their clothing and give them cold (not iced) salt water to drink. Replacement of body fluids and rest are usually all that is needed for a full recovery.

If not taken care of, heat exhaustion can rapidly develop into heat stroke. If a person's body temperature is higher than 104 degrees, they are suffering from heat stroke.

Continued on page 8

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Avoid strenuous work when it's hot

Continued from page 7

Other symptoms include mental confusion with possible combative tendencies and bizarre behavior, staggering and faintness. The skin will look dry and flush and the pulse will be strong and rapid. The person can quickly lose consciousness or go into convulsions.

An individual suffering from heat stroke should seek immediate emergency medical attention. While waiting for help, get them to a cool place, remove or loosen their clothing, wrap them in wet towels and place ice packs in areas with the greatest blood supply. These

include the neck, under the arms and knees, and in the groin. Bed rest for several days is recommended.

As with most things, it is better to take the precautions necessary to prevent heat disorders. To do so, avoid any kind of strenuous activities when it is very hot. Drink plenty of fluids, wear light and loose-fitting clothing, and eat salty foods to help replace salt lost through sweat. Make sure any indoor working area has proper ventilation. If you do need to work outdoors, use a sunblock or sunscreen with SPF 15 factor.

Water isn't just for drinking anymore

Everyone knows drinking water is good for you. But water is also a good place to help you get into shape. A water workout is considered low impact and can benefit people of all ages. Water workouts increase your strength and flexibility, enhance your body's contours, increase your circulation, control weight, increase your heart's stamina and help heal damaged muscles.

Water workouts have several advantages over regular workouts. In water your weight is a tenth of what it is on land. This gives your body more flexibility than it would normally have and a greater range of motion. Water also gives you 12 times the resistance than air, so moving through water is like working with weights, but without the stress to your joints and muscles. There are fewer high-impact injuries when working out in water.

The most popular water fitness activity by far is swimming. Swimming has a lower risk of injury and is less stressful on the joints. You get the benefits of aerobic conditioning, stretching, strength conditioning and flexibility. If you want to start a swimming routine, consult with your doctor first. Always remember for safety reasons to never swim alone.

Swimming laps is probably one of the most popular forms of workouts. When you are deciding how to pace yourself, calculate how many laps equal 25 to 50 yards. Then try and complete that number in one minute. For example, if your pool is 15 yards long and you want to swim 50 yards in a minute, you would need to swim about three laps in one minute. Try using different strokes to exercise different muscles.

Other forms of water activities include water walking, water tai chi, water yoga, aquatic kickboxing and deep water running. All of these are vertical water workouts. Because resistance is 75 per cent greater in vertical water workouts than when you swim horizontally, you can really work your muscles.

Keep these tips in mind when doing vertical water workouts:

- Buoyancy supports the body and allows you to make larger movements than on land.
 - Intensity increases as you increase the size and speed of your movements.
 - Balance and control is created by the sculling and downward movements of the hands.
 - Before using resistance devices, such as webbed hand mitts, make sure you are balancing your arms and legs to help coordinate and stabilize your moves.
 - Movements that work the body all around in various places while maintaining proper body alignment are good for muscle balance.
 - Keep your abdominals tight to support a long, upright spine and tuck your hips slightly (particularly when moving backward) to maintain alignment.
 - Avoid holding static stretches in cool water.
 - Drink plenty of fluids to avoid dehydration.
- Here are some exercises to try in your own pool:
- Jogging from one end of the pool and then pushing back.
 - Scissor steps with alternate arm punches.

There is not as much pressure in water workouts as there is in regular workouts. In water, you don't have to keep up or worry that someone might see you make a mistake. So jump on in-the water's fine.

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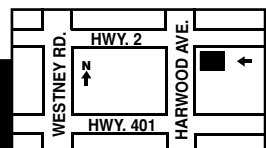
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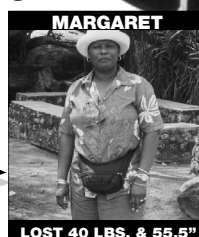
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Forever Young

New regulations pose problems for RRSP holders living in the U.S.

An estimated 500,000 Americans and U.S. resident Canadians holding Canadian Registered Retired Savings Plans (RRSPs) may face stiff penalties if they fail to comply with some U.S. Internal Revenue Service (IRS) onerous new rules, warns Jim Yager, treasurer with the American Chamber of Commerce in Canada (Amcham).

With only an estimated five per cent even aware of these new reporting rules, many will not make the Aug. 15 deadline, says Yager.

He says that U.S. citizens or Canadians resident in the U.S. who made contributions to or received distributions from Canadian RRSPs or RRIFs in 2002 must fill out a complex six-page form 3520. Failure to file this by the deadline may result in a penalty of 35 per cent of the amount of the distribution or contribution.

They must also file form 3520-A showing ownership in an RRSP or RRIF or be charged a five per cent penalty of the gross assets in the trust. If a person makes an election pursuant to the US/Canada income tax treaty and meets other disclosure requirements, the filing obligations are reduced, but not eliminated.

"People are not aware of these new rules and Canada's financial institutions are not currently equipped with the information or processes necessary to fulfill these new requirements," Yager says.

Lawn care help

DURHAM — Seniors and disabled adults looking for assistance with lawn care can get the help they need through the Ajax-Pickering Community Care office.

Youth helpers between the age of 13 and 18 can provide outdoor maintenance for \$7 an hour.

For more information, contact Community Care at 905-837-0017.

How to travel without any baggage.



The wisdom of being ready for the unexpected. The travel insurance coverage you get from provincial health insurance and credit cards is often quite limited. Get your trip off to a worry-free start by simply getting the coverage you need. Here's how.



"Why do we need travel insurance if we're just travelling south?" You should buy travel insurance for the length of your trip, wherever you go. If you fall ill while travelling, getting the medical attention you need could cost thousands of dollars if you don't have travel insurance.

"What kind of protection should we be looking for?" If an illness prevents you from returning home for example, other costs such as hotel bills and flight cancellation fees could be considerable without the right coverage. The right travel insurance goes beyond health costs to cover contingencies such as these.

"How do we ensure we're fully covered?" RBC Insurance® is Canada's number one travel insurance provider for good reason: our 24/7 medical emergency service is accessible worldwide; you can get multilingual assistance with local emergency services if you need it; and, perhaps best of all, you'll be able to leave home with an affordable travel insurance plan that meets your unique needs. Simply contact your travel agent to find out more.



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Scam artists out to target seniors

By Mike Ruta and Keith Gilligan
Staff Writers



the victim thinks they've done a good deed. However the charity might not exist, or perhaps it's a "fifteen per-center:" most of the money collected does not go to those it is intended to aid.

Even more dangerous is the fraud artist who obtains your credit card number or bank card PIN number.

◆ See Senior page 11



Seniors should be careful when door-to-door salesmen or charity workers show up at their door. Police recommend getting information and looking into their charity or company before handing out money.

News Advertiser illustration

DURHAM — Among other things, summer is a time when homeowners look around their houses for renovation work or repairs that should be done before the cold weather arrives.

However seniors are often targeted by fraud artists who will approach them and point out a roof that needs repairing, a furnace that should be checked out, or other jobs. Or sometimes, they may use another ruse to get their foot in the door.

Liz, a Clarington senior, was the victim of a crime, when a smooth-talking man showed up in her house. The man, in his 20s, didn't use the repair scam but he knew she had a cat named Dennis and asked where he was. It wasn't until later that she found out the man had robbed her. (The names for both Liz and Dennis have been changed to protect their identity.)

"I was in my bedroom after dinner, down the hall calling my daughter. The man appeared at my bedroom door. Talk about shock," she says. "He was so nonchalant, brazen bold. He asked where Dennis was. I have a cat named Dennis."

It was only then that she realized the man was a perpetrator who had been robbing from homes in the area. Liz was able to chase the man out of her house.

She then found out the man had taken her chequebook and bankbook. Liz had to close both accounts to ensure the man didn't get any money.

Liz says the man had been targeting older women who lived alone.

If someone knocks on your door offering their services, John Gilker, Detective Sergeant in charge of Durham police's major fraud unit, suggests you pass.

"If you want work done on your house, seek it out, don't take the guy who comes knocking on your door at face value," he advises.

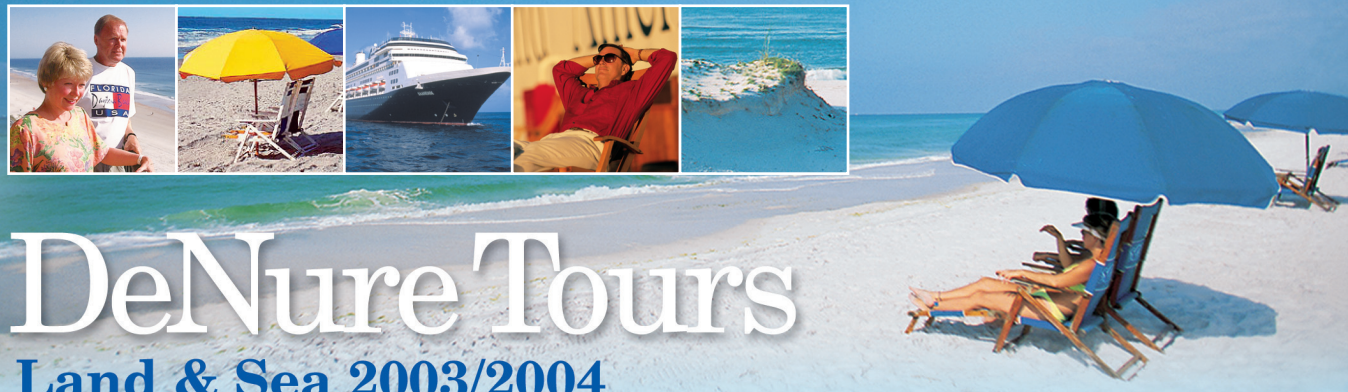
The renovation fraud artist might swing a hammer, make some noise and seem to be doing the work, but actually is doing a poor job or nothing at all. And in the case of a roof repair, the senior would not know they've been scammed unless water starts pouring in.

The phone scam is another favourite crooks use to prey upon seniors. The caller says you've won a new car - there's just the matter of sending \$750 in taxes and it's yours. The senior complies, and is then told there are shipping fees. With their eye on the prize, some will continue "throwing good money after bad," says Det. Sgt. Gilker.

Some prize scam victims are too embarrassed to accept that they've been ripped off.

"You can tell them time and time again, 'you've been scammed here,'" he says. "And then you're ready to walk out the door and they say, 'when do I get my prize?'"

Seniors who give to someone representing a charity also might not know they've been burned. The person representing the cancer society seems legitimate, and in giving \$20



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Phone tips help separate the good from the bad



Tips to consider, courtesy of Phone Busters include:

- * The caller may be more excited than you are. The caller wants to get you as excited about the 'opportunity' as possible, so you won't be able to think clearly;
- * Criminal telemarketers will ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. And, the crook would have a hard time establishing themselves as merchants with legitimate credit card companies;
- ° The person calling claims to be the manager, a government official, tax officer, banking official, a lawyer or someone else in authority;
- ° The person calls you by your first name and asks personal or lifestyle questions, like how often your grown children visit you. Criminals love to find out if you're lonely and willing to talk. Once they know, they want to be your friend;
- ° You're told it's a limited opportunity and you have to make a decision immediately. If you're being pressured, it's probably

not a legitimate deal. Real businesses and charities will give you the chance to check them out.

There are ways to protect yourself. First, a legitimate telemarketer has nothing to hide. Be cautious, because you have

Senior scams

◆ Senior from page 10

"Hang on to them and keep the PIN numbers separate, and don't give them out to anybody," Det. Sgt. Gilker says.

He says fraud artists, who might work out of Quebec, or somewhere else far away from where their victims live, are hard to catch.

the right to check out any caller by asking for written information, a callback number, references and time to think over the offer. A legitimate business will be happy to provide you with the information.

Always be careful about providing confidential personal information, especially banking or credit card details, unless you are certain the business is legitimate.

If in doubt, ask someone you trust, such as a family member, a close friend or even your banker.

Further, your best defence is to simply hang up. It's not rude, it's being smart.

And even when nabbed, they generally get off with a fine.

"The big reason is there are no teeth in the laws; they're not being enforced."

It might be a cliché, but he says the old adage certainly applies where fraud is concerned: "If it looks too good to be true, it probably is."

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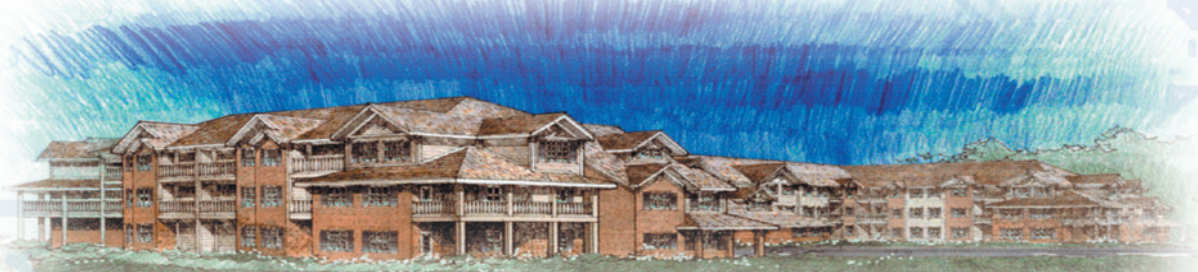
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SEARS

Stones fans spend the night together for SARStock



DOWNSVIEW – Over 400,000 people jammed Downsview Park to enjoy a day-long music spectacular dubbed SARStock.

Will Henderson/ photo

‘Complete and utter awe’

Durham fans part of history at SARStock

By Jane McDonald
Staff Writer

DURHAM — It was an experience evocative of a time of peace and love, when music fans felt they were ‘stardust,’ even ‘golden.’

Ann Hummel of Pickering finally made it ‘back to the garden’ Wednesday when she joined almost ‘half-a-million strong,’ in Toronto at SARStock.

“I found it very friendly and there was a lot of camaraderie,” says the 55-year-old retired schoolteacher who has always regretted missing Woodstock, the 1969 cornerstone of rock history on which Joni Mitchell based the above well-known lyrics.

“People were singing the lyrics and if you bumped into someone and said, ‘Sorry,’ they would say, ‘No problem, no worries.’ They were there to enjoy the day and they wanted to make sure you were, too.”

Mrs. Hummel is known by her friends as ‘Ann-the-fan’ and sometimes ‘SuperFANN.’ She comes by the nickname honestly. In the past few years, she says she’s attended about 125 concerts annually.

“It’s always rock and roll,” she says. “Mostly new stuff. It keeps you young.”

The experienced concert-goer had no problem arriving at Downsview in time for the first act. She left Pickering at 11:30 a.m. by car, drove to the Sheppard and Yonge transit station and took a shuttle bus. She and her friends were inside the former military base by 12:30 p.m., in time for Sam Roberts’s performance at 12:50. ‘SARStock,’ as the 11-hour event has been informally



Will Henderson/ photo

Bus driver Bill Duffy got the local contingent safely to the show.

named, was headlined by the Rolling Stones in an effort to help repair Toronto’s damaged economy following Severe Acute Respiratory Syndrome illnesses and deaths. The massive July 30 crowd has been estimated to range from 420,000 to 490,000.

Fourteen-year-old Scott Henderson of Orono says he’s happy to have been part of history as a member of the largest audience ever assembled in Canada. “It was amazing,” says the Clarke High School student, who says he actually saw a couple of friends from school. Scott is an AC/DC fan, and it

was the Australian heavy-metal band that drew him to Downsview. Asked if he thought the Rolling Stones - who he’d never seen before - were worthy of headlining the show, he had this to say: “I’ve never seen them perform and they’re not old and washed up if they can perform like that.”

Will Henderson has spun his share of records over the years as an Oshawa disc jockey. Unlike his nephew Scott, he’s caught the Stones a couple of times before and isn’t particularly a big AC/DC fan.

“I had never seen AC/DC live before and they did a very good job, they had a lot of high energy.” And although there were no real surprises despite rumours celebrities such as Paul McCartney and Bob Dylan would make appearances, Scott says there was one surprise, thanks to his favourite band’s frontman, Angus Young.

“When he started to strip, it was very surprising,” he laughs. (Mr. Young mooned the crowd, revealing underwear made from what seemed to be a red and white Canadian flag).

The lineup also featured Rush, The Guess Who, The Flaming Lips, Justin Timberlake, The Tea Party, The Isley Brothers, La Chicane, Blue Rodeo, Sass Jordan and Jeff Healey and Kathleen Edwards.

The Stones took time out from their current European tour for the Wednesday concert.”

The band members have rehearsed in Toronto for their last three world tours; in 1994, 1997 and 2002. The Rolling Stones have appeared in Toronto several times during the band’s almost 40-year history. In 1979, the Stones played Oshawa when a judge sentenced Keith Richards to put on a concert for the blind following the guitarist’s 1977 arrest for drug trafficking.

But Wednesday’s crowd was so massive; it set a certain tone for



C.D. Milne photo

Will Henderson, of Oshawa, shows off the T-shirt that symbolized the event.

the day. “You could turn around 360 degrees and there were people all around,” says Mr. Henderson. “It was complete and utter awe.”

Kathy and Robin Thomas are friends of ‘Ann-the-fan’ and are also from Pickering. “We made so many friends,” says Mrs. Thomas, 34, who teaches French at Roland Michener Public School in Ajax. “I can’t believe how professional and pleasant Toronto’s TTC drivers and the police officers were. They were just wonderful; it was overwhelming.”

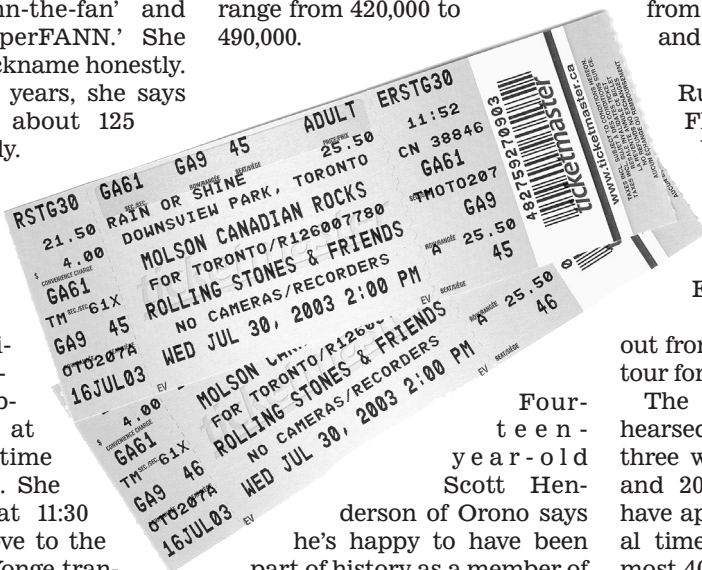
The bus driver who drove Will Henderson from Oshawa into the site is Bill Duffy of Port Hope. “He told us, ‘This was a lot easier than last year when the Pope was here,’” says Mr. Henderson. “He was really nice.” Mr. Duffy had him home by 2 a.m. Mrs. Thomas says when Keith

Richards dedicated ‘Something Tender’ to those who died of SARS, she cried.

“There was a song for peace and then Keith (Richards) dedicated a song to all the people who had passed away from SARS,” she says. “There were tears in my eyes. I’m so glad I went. You hesitate when you think about the crowds but it was just very peaceful ... I even met one of my former students there who is now 21.”

“I had a wonderful time,” agrees Mr. Thomas, 37. “Although I got lost at one point, I’d do it again.”

“I wanted to go to Woodstock, but because this was so close to my hometown, it was comfortable,” says Mrs. Hummel. “I thought it was well-organized, we had a great time and we didn’t see anybody get stupid or drunk. People were good.”



Sports

SUNDAY, AUGUST 3, 2003 ♦ News Advertiser ♦ AL RIVETT, SPORTS EDITOR 905-683-5110 EXT. 250

They're in the big leagues now

Local football players called up to Team Ontario

DURHAM — Ajax-Pickering Dolphins bantam football players helped Team Ontario to a bronze medal at the annual Wilson Challenge Tournament in Quebec last week.

Six Dolphins players were selected to the Central Ontario Minor Football League's (COMFL) Team Ontario, which competed in the tournament against competition from la belle province.

In the end, Team Ontario lost

only once in three contests in games played at the University of Montreal and at Laval University in Quebec City.

Team Ontario was quick out of the gate, posting a 40-0 victory over the Quebec select all-stars at the University of Montreal.

Kyle Exume gobbled up two interceptions, one of which he ran back for a touchdown. He also kicked converts for Ontario.

The second game saw the Ontario team lose 9-8 to the Montreal all-stars in a heart-breaking loss. Mike Dearness inter-

cepted a pass on his own three-yard line and brought it back 17 yards to keep the Montreal team from scoring.

Team Ontario team then travelled to Quebec City where they played in the medal rounds and faced the EMS (private schools) all-star team at the University of Laval. Ontario won 39-26 to attain its third-place standing at the tournament.

Dolphins' Jyotin Handa and Byron Metcalfe stopped countless runs and passes. Brendon Eadie performed well on the offensive line to protect the quar-

terback.

Jim Bardgett, the Dolphins' bantams head coach and also head coach at Dunbarton High School, was impressed with the calibre of play at the Wilson Challenge Tournament. Mostly, though, he was delighted with how well his own players fared at the event.

"They play a high calibre of football in Quebec, our team showed we can compete at their level. I was proud of the entire team, especially the boys from Ajax-Pickering," says Bardgett, who was the special teams coach for Team Ontario.

Try your hand at netball

DURHAM — The Ajax/Pickering Netball Club invites you to get in the game next month.

The area club invites prospective members to come to a netball exhibition at the Sobey's parking lot, 260 Kingston Rd. West, Ajax, on Saturday, Aug. 23 from 2 to 6 p.m. Netball is a variation on basketball popular in Europe.

All ages are welcome to attend. For more information, call Grace at 905-427-0933.

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25th anniversary for tennis club Former members invited

PICKERING — Glendale Tennis Club hopes to spread the love of the game this month. The club, formed in 1978, celebrates its 25th anniversary with a dinner and party Saturday, Aug. 9 at West Shore Community Centre, 1011 Bayly St.

All current and former members are encouraged to attend.

The theme of the night is 'Saturday Night Fever,' commemorating the music of the past and present with live entertainment and a DJ.

Tickets are \$30 each. They are available by contacting Judy Scott-Jacobs at 905-831-3358 or Mary Grzesik at 905-509-5858.

FUTURE SHOP

CORRECTION NOTICE

On page 1 of our August 1 - August 7 flyer, an error occurred. Microsoft Flight Simulator 2004: A Century of Flight, SKU 10030873 was incorrectly advertised with the price of \$59.99. The correct price of the product is \$54.99 after upgrade mail-in rebate. Rebate details are: \$69.99 - \$15 upgrade mail in rebate = \$54.99. Rebate eligibility requires customer to be a licensed user of any version of Microsoft Flight Simulator 2002.

We sincerely apologize for any inconvenience this may have caused our valued customers. Thank you

DEATH NOTICE LISTINGS

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- When you hear the name you want, **press 1** to hear details of the funeral arrangements.
- If you miss any information, **press 1** to replay the details.
- If you want to go back to the main directory of names, **press 2** and repeat from Step 2.

SALE SPECIAL BARGAINS

ADVERTISING FLYERS

IN TODAY'S News Advertiser

Sun., Aug. 3 2003 News Advertiser

* Little Caesars	Ajax
* Paul Rayment Remax	Ajax
* Princess Auto	Ajax/Pick.
* Royalton Furniture	Ajax/Pick.
* Walmart	Ajax



Walmart, 270 Kingston Rd. E., Ajax
Walmart, 1899 Brock Rd. N., Pick.
135 Kingston Rd., Ajax
222 Bayly St. W., Ajax
1360 Kingston Rd., Pick.

If you did not receive your News Advertiser/flyers OR you are interested in a paper route call Circulation at (905) 683-5117. Hours: Mon. - Fri. 9 - 7:30 Sat. 9 - 4:30, Sun. 10 - 1

Your Carrier will be around to collect an optional delivery charge of \$ 6.00 between August 6-August 10/03

There's a little  in everyone



Carrier of The Week

Stephen

Sunday's carrier of the week is Stephen. He enjoys playing basketball & soccer. He will receive a dinner for 4 voucher compliments of McDonald's.

Congratulations Stephen for being our Carriers of the Week.

Delivering for the Future

What do you call someone who runs their own business, braves summer heat and the winter chill, is on the job in the rain, snow and sleet, is always cheerful and courteous and who brings the product right to your door every time without fail while also trying to conquer the intricacies of math, science and auditioning for the first-chair saxophone in the school band?

A News Advertiser Carrier

Tomorrow's entrepreneurs, doctors, teachers and craftsmen are today's newspaper carriers. learn skills that will last a lifetime, and earning a little money on the side couldn't hurt either.

Become a carrier Today

We are currently prospecting for Carriers in the following areas:

- | | | | |
|------------------|--------------------|-------------------|----------------------|
| AJAX | Gill Cres. | Wildwood Cres. | Westshore Blvd. |
| Church St. S. | Welsh St. | Livingston St. | Altona Rd. |
| Chistena Cres. | 44 Falby Cr. | Victoria St. | Arcadia Sq. |
| Weekes Dr. | Audley Rd. | Ashford Dr. | Pinegrove Ave. |
| Delaney Dr. | Ryan Cr. | Deerbrook Dr. | Highbush Trail |
| Farmers Ave. | Howling Cres. | Beechlawm Dr. | Hogarth St. |
| Todd Rd. | Greenhalf Dr. | Old brock Rd. | Denby Dr. |
| Maggs St. | Majoram Dr. | Wollaston Cr. | Twyn River Dr. |
| Bowles Dr. | Salt Dr. | Craighurst Cr. | Royal Rd. |
| Hibbins Dr. | Hoile Dr. | Collingbrook Cr. | Cloudberry Cr. |
| MacDermott Dr. | Hayward Ln. | Baylawn Dr. | Cleaside Cr. |
| Card St. | Ambassador St. | Meadowridge Cres. | Fairfield Cres. |
| Harkins Dr. | Billingsgate Cres. | Stonepath Circle | Liverpool Rd. S. |
| Carle Cres. | Thorncroft Cres. | 1467 Whites Rd. | 1635 Pickering Pkwy. |
| Gandy Cr. | Ellis Ln. | Brands Cr. | 1623 Pickering Pkwy. |
| Thorp Cres. | Emperor St. | Major Oaks Dr. | Marchcourt Dr. |
| Kearney Dr. | Hurley Rd. | Spurcehill Rd. | Burnside Dr. |
| Darley St. | Brady Ln. | Rosebank Rd. S. | 1525 Diefanbaker Cr. |
| Mortimer Cres. | Tanner Ln. | Rougemount Dr. N. | 1535 Diefanbaker Cr. |
| Morden Ave. | Booth Cres. | Whitepine Cres. | Falconwood Way |
| Home Ave. | Taylor Rd. | Amberlea Rd. | SCARBOROUGH |
| Freeston Cres. | Turnbul Rd. | Foxwood Trail | Shallice Ct. |
| Withay Dr. | Tawn Cres. | Rodd Ave. | Dumess Ave. |
| Roberson Cr. | Chapman Cres. | Copley St. | Ryecliffe Ct. |
| Gregson St. | PICKERING | Sweetbriar Cr. | Tideswell Blvd. |
| Strickland Dr. | Honeywood Cres. | Hummingbird Cr. | Porthclaire Ct. |
| Millington Cres. | Harrowsmith Cr. | Old Forest Rd. | Parsborough Ct. |
| | | | Vandorf St. |

*Streets listed not necessarily available

For more information on how to become a News Advertiser Carrier call 905-683-5117

256 Deaths

MORTON, Anne Madeline - Passed away on July 27, 2003, at the age of 77, at the Ajax-Pickering Health Centre. Anne will be greatly missed by all who knew her. Family and friends will be received at **THE SIMPLE ALTERNATIVE FUNERAL CENTRE**, 1057 Brock Road, Pickering (south of 401) 905-686-5589, for a Funeral Service in the Chapel at 1 p.m. with visitation one hour prior. Private interment to take place.

256 Deaths



PLITZ, J. Erin E. - Loving daughter of Michael and Diana Plitz, a beautiful sister to Kate Plitz, suddenly passed away at home on July 31, 2003. The loving granddaughter of Wallace and Phyllis Henwood, and Irene and Ernest Plitz. Erin will be forever missed and always remembered by her many loving friends and family. Family and friends will be received at the Pickering Village United Church (300 Church Street N., Ajax.), on Tuesday, August 5, 2003 from 11-1 p.m. Funeral Service to follow at 1:00 p.m. Interment - Pine Ridge Memorial Gardens. Arrangements entrusted to McEACHNIE FUNERAL HOME 905-428-8488.

To place your personalized In Memoriam, call 905-683-0707 (Ajax) and let one of our professional advisors help you.

CONFIDENTIAL TO BOX REPLIES

If there are firms or individuals to whom you do not wish your reply sent, simply place your application in an envelope addressed to the box number in the advertisement and attach a list of such names. Place your application and list in an envelope and address to: Box Replies. If the advertiser is one of the names on your list your application will be destroyed.

PLEASE NOTE, resumes that are faxed directly to Oshawa This Week, will not be forwarded to the file number. Originals must be sent directly as indicated by the instructions in the ad.

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WORLD OF WOMEN SHOW

A woman's life is an amazing journey, one that is worth celebrating!

Join us Friday, Sept. 19th 5pm-10pm & Saturday Sept. 20th, 10am-5pm at the Pickering Recreation Complex, Valley Farm Rd, Pickering; \$5.00 admission.

Mark your calendars ladies... Friday night, Sept. 19th, is "girls night out!" We've got a charity bachelor auction, complimentary hors d'oeuvres & a cash bar.

Throughout the 2 days you'll see:

- Over 35 exciting exhibitors
- Fashion shows
- Informative workshops
- Incredible demonstrations & daily draws



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W O M E N

For information on exhibit space & sponsorship opportunity please call Lisa Matthews (905) 426-4676 ext. 227



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HERE WE GROW AGAIN



2002 COROLLA CE
4 door, silver, auto, air, CD, 36,000 km. Stk. #U4121.
Was ~~\$16,977~~ Now **\$14,947**



2002 COROLLA
4 door, black, auto, air, CD, 45,883 km. Stk. #U4023.
Was ~~\$16,477~~ Now **\$13,977**



2002 ECHO
4 door, red, auto, air, CD, 23,800 km. Stk. #U4135.
Was ~~\$14,997~~ Now **\$12,977**



2001 SIENNA CE
4 door, blue, auto, air, CD, bench mid seat, 68,416 km.. Stk. #U4173.
Was ~~\$23,577~~ Now **\$21,977**



2001 COROLLA CE
4 door, beige, auto, CD, 97,640 km. Stk. #U4170.
Was ~~\$13,995~~ Now **\$11,777**



2001 SIENNA LE
4 door, blue, auto, air, 82,251 km. Stk. #U4191.
Was ~~\$24,577~~ Now **\$22,977**



2001 COROLLA
4 door, blue, auto, air, 46,000 km. Stk. #U4056.
Was ~~\$15,977~~ Now **\$12,977**



2001 ECHO
4 door, silver, auto, air, CD, pollocks, 71,572 km. Stk. #U4154.
Was ~~\$12,577~~ Now **\$10,999**



2001 COROLLA CE
4 door, silver, auto, air, CD, 69,351 km. Stk. #U4178.
Was ~~\$15,577~~ Now **\$13,977**



2001 CELICA GT
2 door, red, standard, air, CD, 36,888 km. Stk. #U4197.
Was ~~\$22,997~~ Now **\$21,977**



2000 SIENNA CE
4 door, beige, auto, air, 119,778 km. Stk. #U4146.
Was ~~\$17,577~~ Now **\$14,997**



2000 COROLLA CE
4 door, red, auto, air, CD, p.w., pdl., cruise, bra, 60,155 km. Stk. #U4031.
Was ~~\$15,477~~ Now **\$12,977**



2000 COROLLA LE
4 door, silver, auto, air, CD, pdl., p.w., 47,600 km. Stk. #U4091.
Was ~~\$15,477~~ Now **\$12,977**



2000 CAMRY LE
4 door, silver, auto, air, CD, 90,992 km. Stk. #U4153A.
Was ~~\$16,777~~ Now **\$15,977**



2000 CAMRY CE
4 door, red, auto, air, CD, 65,000 km. Stk. #U4168.
Was ~~\$17,500~~ Now **\$15,977**



2000 CAMRY
4 door, silver, auto, air, spoiler, 90,000 km. Stk. #U4167.
Was ~~\$17,300~~ Now **\$14,977**



2000 COROLLA LE
4 door, black, auto, air, 89,007 km. Stk. #U4188.
Was ~~\$15,377~~ Now **\$13,977**



2000 SIENNA
Beige, auto, air, 126,011 km. Stk. #U4190.
Was ~~\$16,677~~ Now **\$15,977**



1999 TERCEL
4 door, green, 5 speed, 44,483 km. Stk. #U4172.
Was ~~\$9,787~~ Now **\$8,977**



1999 CAMRY XLE
4 door, sage, auto, air, power seat, 118,700 km. Stk. #U4181.
Was ~~\$17,577~~ Now **\$16,777**



1999 COROLLA VE
4 door, beige, auto, air, cass., 85,000 km. Stk. #U4196.
Was ~~\$11,577~~ Now **\$10,977**



1977 CHEV EL CAMINO
350 auto, centerlines, headers, CD, Laguna front end, original grill.
S O L D



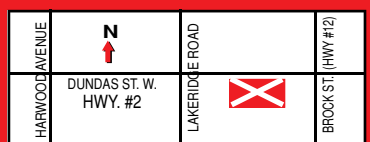
1999 HARLEY DAVIDSON
"SPORTSTER, 1200, lots of goodies. 16,000 km.
S O L D



2003 TUNDRA
Demo, access cab, v8, auto, air, CD, 12,000 km. Stk. #U4???.
Was ~~\$40,788~~ Now **\$36,997**

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