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ELECTRO-POP SINGER KE\$HA BORN AGAIN WITH CANNIBAL P12



PHOTO CARMINE MARINELLI

NHL
Canucks
battle
Oilers in
Alberta P20



10 PEOPLE HIT IN GANG SHOOTING

VANCOUVER • City police say a Sunday morning shooting was the worst gang incident in more than 10 years. **P3**

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Man arrested after Surrey apartment fire

Several people were left homeless and one man was arrested Sunday after a fire ripped through a Surrey apartment building. Firefighters evacuated Bon Terra Apartments near 108 Avenue and 152 Street around 8:30 a.m. At least 20 suites sustained such extensive damage they were no longer inhabitable, firefighters said. — QMI AGENCY



Massive sinkhole shuts Marine Drive

Commuters should steer clear of southeast Marine Drive today to avoid a massive sinkhole. The road caved in Sunday afternoon on Poplar Street, a block west of Fraser Street, leaving a gaping hole nearly three lanes wide and six metres deep. So far, there has been no word on the cause. A gas line was also broken. Marine Drive will be closed in both directions throughout the morning. — QMI AGENCY

EXCLUSIVE

Massive cable collapses inside B.C. Place

BOB MACKIN
QMI Agency

Work on B.C. Place Stadium's \$458-million roof replacement was halted Dec. 3 when one of the massive cable nets fell during installation.

A source said the heavy duty cable crashed to the ground and WorkSafeBC was on

scene for two days.

"A middle portion of the cable dropped in height when they were raising it into position," B.C. Pavilion Corporation CEO Warren Buckley said. "There was no one hurt and some minor damage incurred, however construction continued three hours

later. There is no delay in schedule."

On Sept. 27, a crane's pendant bar got hung-up on a temporary support cable between one of the 130-ton roof support masts and the centre node.

Meanwhile, minutes of PavCo's Aug. 20 construction

committee meeting – obtained via Freedom of Information – said the "schedule is on track for substantial completion Nov. 1, 2011."

The committee discussed "the possibility of advancing the date for substantial completion of the project without incurring significant addi-

tional costs."

Buckley explained that substantial completion is "when the building meets all regulatory requirements and permitting" but did not confirm or deny Nov. 1 remains the date.

"The earlier occupancy stage however is when the building

is fully operational, safe and ready for public access," Buckley said. "There is no change in the schedule for occupancy which will be in the fall of 2011."

The first confirmed event is the Nov. 26, 2011 Vanier Cup Canadian university football final.

CITY HIRES FIRM

SPONSORSHIP Vancouver City Hall has hired a company founded by a former VANOC marketing executive to find sponsors for the city's 125th anniversary next year. Twentyten Group's contract, worth \$200,000, was announced last week. The company was founded by Andrea Shaw and shares office space with VANOC at the Landing in Gastown. The anniversary celebrations could cost as much as \$7 million. — QMI AGENCY

MARU MEMORIAL

FUNDING The federal government pledged on Sunday to fund two projects to commemorate Vancouver's Komagata Maru incident. In 1914, the Komagata Maru was turned away after it arrived in Vancouver harbour, but not before 20 of its 376 passengers had died. The Khalsa Diwan Society will use the \$186,500 in funding to design a commemorative monument and museum. — QMI AGENCY

Shooting worst in 10 years: Cops

LAURA BAZIUK
QMI Agency

Police were back on Vancouver's West Side Monday investigating what could be the city's biggest gang shooting.

Officers canvassed neighbours around Oak Street and 22nd Avenue after 10 people were shot – two critically – early Sunday morning.

"I heard about 12 shots between two o'clock and 2:08," said resident Ann Oxendale. "Then I heard a woman scream. [I] looked out, saw two cars heading south. They looked to be racing."

Officers arrived to find several people with gunshot wounds in the street. Six men were taken to hospital, as well as three women – one of whom was later released, Const. Jana McGuinness said.

She couldn't describe the injuries. Another victim refused treatment.

Several people were taken into custody.

"We have a lot of work to be done on interviews still to determine how all these people fit into this big picture," McGuinness said, adding violence on this scale hadn't happened in Vancouver proper in at least the past 10 years.

Darryl Plecas, a University of the Fraser Valley criminologist, didn't think it would ignite a gang war.

"I would be more apt ... to say it's a spike."

Mayor Gregor Robertson who lives just around the corner from the scene, also heard the gunfire and called 9-1-1.

"I know all of us in the area are extremely concerned about this shocking public display of gun violence," he said in a statement.

"This type of brazen gang activity is unacceptable in our city."

A forensic officer looks over a vehicle that was shot up after 10 people were hurt following a shooting Sunday morning near Oak Street and West 22nd Avenue in Vancouver. PHOTO CARMINE MARINELLI

INSET: An automatic weapon was found Sunday near the scene at the corner of Laurier Avenue and Osler Street. PHOTO PASCAL MARCHAND



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Mike Strobel
QMI Agency columnist

Food porn proves an acquired taste

I can't think of anything less sexy than food. Or watching somebody eat. What the hell is horny about a gory, half-devoured plate of medium-rare steer, all red and stringy, sinews and tendons torn and awash in coagulating butter and gravy? If that floats your gravy boat? Then you must think Saw is a chick flick.

No-siree, I don't get the "food porn" craze.

Lately, everyone is orgasmic over KFC's Double Down. Two slabs of chicken wrapping around bacon, two kinds of melted cheese and the Colonel's secret sauce. Bun? Why bother?

The Double Down is the Johnny Wadd of food porn, the street hooker of cuisine.

At the other end of the diet scale is Nigella Lawson – the queen of food porn.

It's not difficult to see why men, and women, lust after her. She's startlingly voluptuous and knows it. There is more flirt than flambé, more cleavage than cleavers to her shows and books.

On the Forever Summer cover, for instance, she group-gropes tomatoes, with a look saying "you like 'em stuffed, or stewed?"

Same goes for chef Giada De Laurentiis, who would look hot leafing through a dictionary and

who this week denied she is stir-frying with singer John Mayer.

There's a famous photo of a bare-bellied De Laurentiis licking a chocolate-covered spoon. If that was someone who looks like me, it would be gross.

What's sexual about eating, anyway?

Eating is just a bodily function, and maybe the messiest. Watching someone chew is near last on my list of turn-ons. In fact, it's creepy.

To me, the goriest scene in Inglourious Basterds was not Nazi heads exploding, but Christoph Waltz as Col. Hans Landa eating pastry and whipped cream. Swishing it around in his mouth, that Nazi jaw like a piston, smirking through flecks of foam, stubbing his cigarette in the mess on his plate. Blech.

The nightmare in Stephen King's Stand By Me is not the dead body in the woods, but Lard Ass at the pie-eating contest. I still wake up screaming.

Think about it. Eating is just puking in reverse. That's sexy?

"Food porn" is just a brazen way to sell books. On that note, I'm off to a dinner date.

I hope she chews with her mouth closed.

Strobel's new book, *Bad Girls - And Other Perils*, is available in stores or by calling 416-947-2258 or toll-free 1-877-624-1463.



Vancouverites flock to the first Christmas market set up on the plaza outside the Queen Elizabeth Theatre. SUBMITTED PHOTO

Christmas holiday cheer on the cheap

KRISTEN MCKENZIE
QMI Agency

With the 12 days of Christmas upon us, an empty wallet shouldn't be an obstacle to a good time, as there is an abundance of joyful happenings over the coming week. Here are 12 merry events under \$10 to put the ho ho ho back into your holiday.

VANCOUVER CHRISTMAS MARKET

Through Dec. 24
Queen Elizabeth Theatre plaza
Live entertainment, an illuminated Christmas village and tantalizing treats. Admission to the German-themed market is \$5 for adults with kids under six free. Between 11 a.m. and 2 p.m. weekdays, entry is \$2.

CHRISTMAS IN KERRISDALE

Each Saturday until Christmas
Kerrisdale Village
Complimentary horse and carriage rides, strolling musi-

cians and a visit with Santa to brighten your day. There is also free skating at Kerrisdale Arena Dec. 19.

HERITAGE CHRISTMAS

Through Jan. 2
Burnaby Village Museum
A return to Yule celebrations of yesteryear, complete with Father Christmas, storytellers and scavenger hunts. On Dec. 16 admission is half price with free carousel rides.

BRIGHT NIGHTS

Through Jan. 2
Stanley Park
Back for a 13th year of illuminated festivities. Enjoy the train ride (\$9 for adults, \$6 for children), or roam the cheery plaza.

WINTER SOLSTICE LANTERN FESTIVAL

Dec. 21
Various locations
Commemorate the shortest day of the year with song, dance and candlelight at one of five free events around

town. Visit secretlantern.org for details.

JEWEL BOX OF LIGHTS

Through Jan. 2
Bloedel Conservatory
Queen Elizabeth Park's dome has been transformed with thousands of lights and a poinsettia display. Admission \$4.76 for adults and \$2.43 for tots.

STEVESTON SANTA CLAUS PARADE

Through Dec. 24
Starting Hunt Street at First Avenue
Dec. 23 from 7 p.m. to 7:30 p.m. Visit Santa before the big day at this free event with marching bands and colourful floats.

BEAR CREEK CHRISTMAS TRAIN

Through Jan. 2
Bear Creek Park
Ride through a seasonal forest display and visit with Santa. Adults \$7, kids \$6.

GINGERBREAD HOUSE CONTEST

Through Dec. 20
Lonsdale Quay
Wander through rows of impressive cookie concoctions and cast your vote.

CAROL SHIPS PARADE

Through Dec. 23
Various locations
A flotilla of boats sail through Vancouver waters outfitted with more than 100,000 lights.

THE LAND OF CHRISTMAS

Through Jan. 7
20169 32 Ave. (Langley)
Visit a Christmas castle, sing carols and enjoy a light display. Admission by donation.

CHRISTMAS WALKING TOUR

Through Dec. 24
Various downtown locations
The Woodward's Christmas display resurrected at six downtown windows. Visit christmas.canadaplace.ca.

Report for gunshot and stab wounds

SANDY BUEMANN
QMI Agency

For the first time, B.C. hospitals, doctor's offices and walk-in clinics must report all gunshot and stab wounds to police, according to a government news release on Saturday.

Beginning in February, health facilities must verbally report patient's names and the facility location to officers.

Dr. Darryl Plecas, a University of the Fraser Valley criminologist, said he wasn't surprised it hadn't been made a requirement earlier. "It's an

absolute no-brainer, and long overdue."

He added police had a right to know if a potential crime had been committed "on reasonable and probable grounds".

"It's that simple, there's no violation of privacy going on."

B.C. Civil Liberties Association's David Eby said the new legislation is the beginning of a slippery slope on violating patient-doctor confidentially.

"If there is any question of how they are injured, and there often is, people will be reluctant to go or to fully trust

their medical practitioners."

He added this confidentially could be broken if there was imminent harm to other people, something that wasn't obvious in this case. "There doesn't seem to be a big crisis of unreported gunshot wounds." Eby added the legislation turned hospitals in to "political zones" and used doctors as "undercover police officers".

B.C. NDP public safety critic Mike Farnworth said his party supported the legislation. "It will help identify suspicious shootings or potential criminal shootings."

Abby gang members arrested

HAYLEY WOODIN
QMI Agency

Abbotsford Police Department's Gang Suppression Unit has arrested four men, two believed to be linked to a violent home invasion Nov. 5.

Michael Lopeke and Jared Klade were charged with six offences relating to the break in, including robbery with a firearm, unlawful confine-

ment, assault with a weapon and assault causing bodily harm. The other men, brothers Aaron and Matthew Somerville, were charged with cocaine trafficking.

"All four of these guys are extremely well-known by police, both in Abbotsford and outside of Abbotsford," Constable Ian MacDonald said.

The four were originally

members of the Duhre gang, an organization formed in early 2010 after the arrests of Red Scorpion and UN gang members.

They have since formed their own gang which police speculate consists of eight to 10 former Duhre members. MacDonald said none of the men were co-operating with police.

Jang takes Maclean's to task

JEFFREY YIP
QMI Agency

Vancouver City Coun. Kerry Jang wants an apology from Maclean's magazine over the article "Too Asian?"

The article, published Nov. 10, sparked controversy in questioning if it portrayed negative stereotypes of Asian students.

"It's not just an apology ... The motion is about how do we go forward from here?"

How can we fix it so that we can have a proper discussion about sensitive issues in this country," Jang said. "It's all about reporting it accurately and providing a balanced perspective, which Maclean's did not do."

The UBC psychiatry professor is bringing his motion, "Ethic, Journalism and Race," before council Dec. 14. "Too Asian?" discussed how Asian students now

dominate the student populations at Canada's elite universities.

Fellow Coun. Suzanne Anton questioned Jang's motives.

"He's just making a noise for pure political gain. There may be a genuine issue here, but is it for the city of Vancouver to start wagging its finger at every single article written in Canada that offends us?"

Quattro in downtown

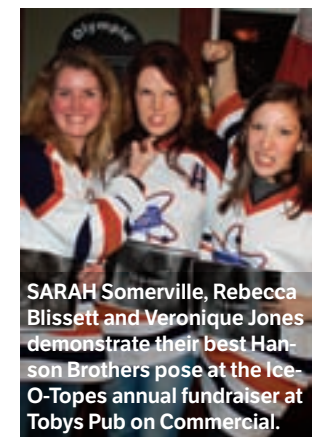


On the town > As far as salt-of-the-earth fundraising events go, the Drive was definitely the place to be this weekend. Meanwhile, in foodie circles, the place to be was the launch party for the new Quattro in town.

In addition to their Kitsilano, North Van and Whistler locations, the Quattro familia welcomed a sister restaurant in Vancouver's downtown core. Q4 al Centro (780 Richards Street) officially opened its doors Thursday and fans of modern Italian fine dining couldn't be happier. It was, by far, the biggest party of the week. Buon appetito!



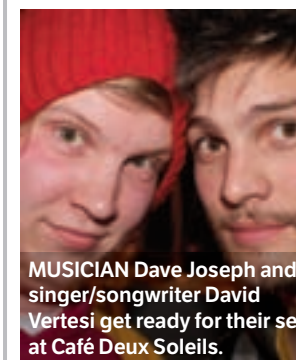
QUATTRO'S Alain van den Meersche (sous chef), Bradford Ellis (executive chef), Alex B. Tsakumis (partner) and Patrick Corsi (managing partner) celebrate at the launch party for their new downtown location Q4 al Centro.



SARAH Somerville, Rebecca Blissett and Veronique Jones demonstrate their best Hanson Brothers pose at the Ice-O-Topes annual fundraiser at Tobys Pub on Commercial.



MEMBERS OF indie rock band, Ladner! take five after performing at Café Deux Soleils.



MUSICIAN Dave Joseph and singer/songwriter David Vertesi get ready for their set at Café Deux Soleils.



COMEDIAN Graham Clark, emcee/exec director Sean Condon and musician Julia McDougall take a break during a Christmas show at Café Deux Soleils.

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flash

OVERHEARD

1

Montreal's **Georges St-Pierre** defended his UFC title on home soil Saturday against the trash-talking Josh Koscheck, who later called GSP a "true champion."

2

The roof of the **Metrodome** collapsed Sunday under heavy snow in Minneapolis. The NFL moved its Vikings-Giants game to Monday at Detroit's Ford Field.

3

Nicole Richie and Joel Mad-den got married Saturday at Lionel Richie's L.A. home. Reports said an elephant in attendance.

GOOD NEWS

GOOD SAMARITANS TO THE RESCUE

Police are praising a group of mystery Good Samaritans who rushed to the aid of a critically injured man pinned beneath his own vehicle Saturday. "This renews my faith in human nature," said police Insp. James Hardy. It happened about 4 p.m. in the 200 block of Saddlepoint Circle N.E., where police say a Geo Tracker lost control and rolled, launching the driver from the mini SUV. "He was thrown out and the vehicle landed on his upper torso," said Hardy. The man was pinned, suffering critical injuries and helpless to free himself from the crushing weight of the vehicle, when numerous passers-by reacted and initiated their own rescue. — QMI AGENCY

WEIRD NEWS



CHILLY CHASE: People take part in a half naked 'Santa run' in Budapest, Hungary on Sunday. Though, competitors' lack of clothing was aerodynamically advantageous, their lack of sanity was not. — REUTERS

ECO

Pamela Anderson talks oil tankers

An actress better known for running on beaches than protecting them is joining a campaign to ban oil tankers from the south coast of B.C. Former *Baywatch* star Pamela Anderson, popular for her bouncing bosom in the show's opening credits, lent her famous face to a YouTube video called *Oily Beaches? No Tanks!* A B.C. chapter of the Council of Canadians posted the video to its YouTube channel. — QMI AGENCY

BY THE NUMBERS



-36 degrees

Sunday's temperature in Celsius in the Siberian city of Krasnoyarsk where this member of a local winter swimmers club took a dip in the Yenisei River. — REUTERS

DRIVERS DISTRACTED BY SEA LION ON BUSY U.S. HIGHWAY

Oregon motorists saw an unusual sight — a stranded sea lion — on a busy coastal highway Saturday. Troopers and firefighters responded to the wayward creature, that was "occasionally entering into traffic creating a hazardous condition for motorists and the sea lion" for nearly a kilometre on Highway 101, said Oregon State Police, in a release.

The animal was thought to have come ashore in a state park near Yachats. Fish and wildlife officers said the animal willingly followed directions of emergency responders as they helped guide it about half a kilometre with batons and plastic boards safely back to the Pacific Ocean. — QMI AGENCY

TWITTERTRENDS

Metrodome: If you think watching the roof of a major sporting arena collapse under the weight of snow could be interesting, you are not alone. Twitter peeps thought so too — especially after someone got footage of that exact scenario at Minneapolis' Metrodome on Sunday.

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roof Collapse
collapse VIDEO
snow
Minneapolis
collapse

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+ 0.001

NASDAQ

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+ 20.87

S&P/TSX

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DOW

↑ **11,410.32**
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LANGLEY
Willowbrook Corner
Willowbrook Mall

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Haney Place Mall

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Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
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8363 - 128th St.
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Guildford Town Centre
Nordel Crossing
Panorama Village
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Surrey Central City Mall

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698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
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Inside Real Canadian
Superstore
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
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VERNON
Village Green Mall

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POLICE WON'T CALL BOMBING A 'SUICIDE' ATTACK

Stockholm blasts treated as terrorism

REUTERS — Police said on Sunday they were treating bomb blasts in Stockholm as an act of terrorism by a lone attacker that followed an e-mailed threat referring to Sweden's troops in Afghanistan and to cartoons of Mohammad.

Police stopped short of calling Saturday afternoon's blasts, which killed the suspected bomber and wounded two people, a suicide attack. A

car blew up in a busy shopping area, followed minutes later by a second explosion nearby.

Shortly before the blasts, Swedish news agency TT received a threatening letter referring to Sweden's presence in Afghanistan and caricatures of the Prophet Mohammad drawn by a Swedish cartoonist. The letter included digital sound files with a recording in broken Swedish

and in Arabic.

The incident follows several

based al-Qaida group to use air cargo to send parcel

guard against threats of armed attack on civilians of the kind that killed 166 in the Indian city of Mumbai in 2008, but Germany said on Sunday it saw no link with the Swedish attack.

TT said the letter promised attacks over Sweden's presence in Afghanistan, where it has 500 troops with the U.S.-led NATO force, and the cartoons drawn three years ago by Lars Vilks.

"This is a very serious incident, which is being investigated as an act of terrorism," Anders Thornberg, director of operations at the Security Police, said in a statement.

"As far as we know, it looks like he was working for himself, but we have to be really sure so we are investigating whether there could be more perpetrators," he said.

The police declined to go into further details.

◀◀ **As far as we know, it looks like he was working for himself. »**

— Anders Thornberg, director of operations Security Police

nervous months in Europe after a U.S. travel alert about possible attacks by militants and a failed bid by a Yemen-

bombs via Europe to America.

German authorities last month said they were on

Man 'flat as a pancake' survives landslide

KRISTY BROWNLEE
QMI Agency

A Winnipeg man crushed "flat as a pancake" during a mudslide in Panama would have likely been killed along with his family, had he not been rescued by a friend, his daughter said Sunday.

"His while abdomen is as flat as a pancake. He needs us more than ever right now," said



Kristin Coy, from Winnipeg, after speaking with her father Greg Coy, shown below with wife Susana Muriel, in hospi-

tal. Greg's lower body was pinned by 225-kg wall after a restaurant near Portobelo toppled Wednesday, Coy said. His friend Rey Sanchez pulled him out of the rubble.

Muriel, her son Pablo Saavedra Muriel, Pablo's wife Corvacho Ana Lucia Aguila and their three-month-old daughter Nicole died of their injuries.

Groups oppose preacher's U.K. visit

REUTERS — An American Christian preacher who rose from obscurity to cause global uproar this year by threatening to burn the Qu'ran says he plans to visit Britain to speak at an event hosted by a far-right anti-Islamist group.

Anti-extremist groups have urged the British government to ban entry to Florida Pastor

Terry Jones, whose threat to burn Islam's holy book on the anniversary of the Sept. 11 attacks provoked widespread condemnation.

Britain's Home Secretary (interior minister) Theresa May said on Sunday she would be looking into the case.

On his website, Jones said he has been invited to a rally held

by a group called the English Defence League (EDL) in the town of Luton, north of London, in February.

"During the protest, Dr. Terry Jones will speak against the evils and destructiveness of Islam in support of the continued fight against the Islamification (sic) of England and Europe," the website said.



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▶ RICHIE AND MADDEN TIE THE KNOT

Nicole Richie and Joel Madden are man and wife after exchanging vows on Saturday. The pair wed in front of friends and family during a romantic ceremony at Richie's father Lionel's Beverly Hills, Calif., estate, according to People.com. Madden's twin brother and Good Charlotte bandmate Benji served as best man. — REUTERS

Franco returns to TV

Hollywood star James Franco is returning to the small screen — he's signed on to reprise his role on soap opera *General Hospital* next year. The *Spider-Man* star made a huge departure from his usual movie projects when he accepted a role on the daytime show in 2009 as a serial killer artist named Franco. He returned to the long-running soap earlier this year to revive his character for more episodes. And now he's signed on to appear in two more segments of the soap opera, which will air on Feb. 25 and 28. *General Hospital's* executive producer Jill Farren Phelps tells *TV Guide* the two episode stint will serve as a teaser for a longer story arc featuring Franco, which they plan to air later in 2011. — WENN.COM



VERGARA COMES TO O'NEILL'S DEFENCE

Actress Sofia Vergara has come to the defence of Ed O'Neill following his controversial comments about Jane Lynch's Emmy Award win, insisting her *Modern Family* co-star's words have been misinterpreted. O'Neill hit the headlines earlier this week after appearing to question whether the *Glee* star deserved her trophy for Outstanding Supporting Actress for her portrayal of Sue Sylvester on the hit TV series. The veteran actor claimed Lynch played a "one-note character," while he hailed Vergara as "so funny," adding, "I don't think people realize how hilarious she is." But the Colombian beauty has spoken out to put a stop to the controversy and she's adamant her on-screen husband O'Neill simply used the wrong choice of words to express his feelings about the Emmys. Vergara tells news show *Access Hollywood*, "He didn't mean it like that. I know Ed and

of course he loves me and adores me and I'm so happy that he thinks I deserve an Emmy, but he didn't say it like Jane didn't deserve it and I did." — WENN.COM

buzz

Michaels preps for heart op

Bret Michaels is readying himself for his upcoming heart surgery in January — he's taking new medication and feeling "positive" about the operation. The Poison star is booked in to go under the knife to repair a hole in his heart and his doctors have implemented a strict new medical regime ahead of the procedure. Michaels admits he found the idea of a heart operation terrifying at first, but he's now feeling much calmer about the looming surgery. He tells *People.com*, "I gotta tell ya, I'm very positive. I feel positive they're going to do an amazing job. They've done thousands of these operations. We switched out from (blood thinning medication) Lovenox now and there are two new blood thinners (including) Coumadin ... I'd say if everything goes well, I'll spend about three days in the hospital. And then about three weeks after that just really, really, really taking it easy. (The days after the operation are) the more scary part for me." — WENN.COM



Rimes cheating song angers ex-wife

Eddie Cibrian's ex-wife Brandi Glanville has slammed his girlfriend LeAnn Rimes for releasing a song about cheating partners, insisting the words are "in poor taste." The country singer has been dating former *CSI: Miami* star Cibrian since last year, when they came clean about their affair and split from their respective spouses. Earlier this week, Rimes released the single *Crazy Women*, prompting speculation she is singing about Glanville in the track. She sings, "Crazy women are made by crazy men/ He cheats and lies, then plays the victim/ He don't know why they always pick them ..." — WENN.COM



Douglas returns to work

Cancer-stricken Michael Douglas has returned to work for the first time since undergoing gruelling chemotherapy sessions earlier this year. The actor has been battling throat cancer since the summer and completed the draining treatment in October. Douglas has declared he's determined to beat the illness, and he showed signs of his recovery by filming a clip for an online video feature by *The New York Times*. The *Wall Street* star appears in a brooding black and white one-minute clip in which he is seen sat in a leather armchair. — WENN.COM

Narnia bombs at North American box office

The third movie in the shaky *Narnia* fantasy franchise fell flat at the weekend box office in North America. *The Chronicles of Narnia: The Voyage of the Dawn Treader* opened at No. 1, but with three-day sales of about US\$24.5 million. Industry pundits had predicted a \$40 million start for the third adaptation of C.S. Lewis' Christian-themed books. — QMI AGENCY



Pattinson wanted to be Eminem as a teen

Robert Pattinson is embarrassed to admit he previously pursued a rap career, recording hundreds of demos at age 13. He tells Britain's *Top Of The Pops* magazine, "The (demos) are very amusing! I was obsessed with Eminem when I was younger. Most of my rhymes were stolen ... They were all like, 'I was raised on these streets,' which was a complete farce because I was actually raised in quite a nice area of London called Barnes. Not very ghetto at all!" — QMI AGENCY



Bridges career just blooming

KEVIN WILLIAMSON
QMI AGENCY

To hear Jeff Bridges talk, it's like he has an angel on one shoulder and The Dude on the other.

"One is saying — and not in an aggressive way — 'OK, you're closer to your death, you're mortal, you only have so much time to do what you're going to do. What do you feel like doing? And let's go.' And there's all the things I want to do. And coming closer to your mortality makes you want those things to happen. I find my plate very full, doing all kinds of stuff," says the 61-year-old Oscar winner.

"Then the other part of me is going, 'Will you just relax? Do you want to make the rest of your life a giant homework assignment — just relax and enjoy your life.' So I have to balance those two sides. I don't want to push myself where it defeats the purpose."

In other words, Bridges — like Jeff Lebowksi a.k.a. *The Big Lebowski* — abides. Even as life continues to surprise him.

"It's cool to be young, but I'm enjoying getting older too," he says, laidback and guileless, in a Beverly

Hills hotel suite. "I'm going through a particularly wonderful time right now where stuff is starting to bloom."

Not that Bridges has ever been less than prolific. In addition to acting, photography, music and activism, he's also raised three daughters (now all in their 20s) with his wife of 33 years, Susan.

But there's no question the last year has been especially rewarding — and

consuming — in the wake of 2009's *Crazy Heart*, the drama about a washed-up country warbler for which he won an Academy Award.

"It was great," he says of what most considered an overdue victory.

"To be acknowledged by your guys, the people who do what you do, was wonderful. And especially for that particular film which was all about music."

Now Bridges, who has been playing music since he was a child, is recording an album "with T-Bone Burnett, my old buddy," he reports. "That's what it takes — it takes time and being consistent. And not letting the music muscle get atrophied."



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"Sometimes I need to remind myself that *TiK ToK* only went to No. 1 in January," **Ke\$ha** says of her party-hearty electro-pop jam. "Because it kind of feels like it was 17 years ago." 2010 more or less belonged to this 23-year-old Nashville native,

who released her hit debut, *Animal*, in January, then followed it up last month with a nine-track mini-album, *Cannibal*. With three songs on Billboard's year-end Hot 100, and 1.1 million copies sold of *Animal*, according to Nielsen

interview

SoundScan, Ke\$ha is the Hot 100 artist of the year, as well as the top new artist.



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Reuters ▶ How different is your life right now versus this time a year ago?

Are you kidding me? I pretty much feel like I've been reborn into this completely different existence. My entire life has become making music and playing shows, and I love it. I've accepted the fact that my fans are now my family, and I won't be having boyfriends. I'll just be having a really amazing relationship with the radio.

Reuters ▶ Were you prepared for that transformation?

I wasn't clueless. It's just not at all what I expected it to be like. It's really intense — more intense than I ever thought it would be. I remember pulling up to the MTV Video Music Awards in September with Dr. Luke in a DeLorean wearing a garbage-bag dress with the paparazzi chasing me. I was having an anxiety attack, like, 'I just wrote some pop songs, man!'

Reuters ▶ *TiK ToK* introduced you to most people. Looking back, do you feel like that was the best possible launch?

I don't know. We didn't really know which song to come out with first. It was kind of a debate, because I didn't initially come out as a rapper; I've always been a singer. So having my first

single classified as kind of a rap song felt bizarre to me. But now it's become something of a trademark. And it's becoming more legitimate: I've talked to some of my favourite rap artists over the past year — artists who are idols — and they've given me mad props.

Reuters ▶ Do you think timing had anything to do with the song's success?

In terms of the state of America, with the recession? Definitely. It's a celebratory song, but it's not about bottles of champagne in the club and my brand-name clothes. It's just me talking about being somewhat of a bum and having a great time in Los Angeles.

Reuters ▶ How will the Ke\$ha persona change, now that you're not really a bum any more?

Have you seen me? Yes, I am! All you have to do is look at *Cannibal* to see that you can still celebrate life in a non-douche bag way. Money really doesn't affect me when it comes to my happiness or deciding who I'm going to date, and that's something I want to hold on to. You can be really happy and you can look like a badass and be a total baller, but it doesn't necessarily have to be in a financial sense.

television



MARIAH CAREY: MERRY CHRISTMAS TO YOU

9 p.m. on ABC
The singer performs selections from her latest holiday release, *Merry Christmas II You*, including the single *Oh, Santa!* and three other original songs, along with some seasonal classics. Also in this new special, Carey surprises some of her fans by making their holiday wishes come true.

SEASON OF SONG: CANADIAN TENORS & FRIENDS

9 p.m. on CBC
The Canadian Tenors — a.k.a. Fraser Walters, Remigio Pereira, Victor Micallef and Clifton Murray — welcome a variety of guests for an hour of holiday favorites in this new special. They include veteran singer-songwriter Paul Anka; international pop star and *Glee* cast member Charice; composer/pianist Stephan Moccio; composer/producer David Foster; and 10-year-old mezzo-soprano Jackie Evancho, the *America's Got Talent* runner-up.

TWO AND A HALF MEN

9 p.m. on CBS, CTV
Jane Lynch (*Glee*) reprises her Emmy-nominated role as Charlie's (Charlie Sheen) therapist, Dr. Freeman. Charlie seeks out her help after his breakup with Courtney (Jenny McCarthy) sends him into a depression. Jon Cryer, Angus T. Jones and Conchata Ferrell also star in the new episode *Chocolate Diddlers* or *My Puppy's Dead*.

LIE TO ME

9 p.m. on FOX
It's the holiday season, and Cal (Tim Roth, pictured) is in Afghanistan attempting to find two missing Marines. He meets an American expatriate with the Taliban who may be able to help ... if he can get the guy to tell the truth. Back home, Emily (Hayley McFarland) has a new love interest in *Secret Santa*.

TV MONDAY

TV MONDAY				MOVIES	SPORTS	NEWS	1. Shaw Vancouver	2. Bell Vancouver	3. Shaw Digital	4. Telus Vancouver			
STATION	1.	2.	3.	4.	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
CANADIAN BROADCAST													
SUNTV		213			5:00 Movie	The Insider	Old Christine	Becker	Grill Room	06 Forensic Factor		06 Infomercials	
A	12	256	12	12	Vancouver	Corner Gas	Access H	Skating with the Stars		A Muppets Christmas		Criminal Minds	
CBC	3	251	3	7	Coronation S	Wheel Fortune	Jeopardy!	Dr. Seuss' (N) Men...		Season of Song: Canadian...		The National	
CHEK	6	255	7	6	CHEK News	Island 30	Game on!	Dead Like Me		Dead Like Me		CHEK News	35 Game on!
CITY TV	13	253	6	13	6:00 CityLine	How I Met...	The Office	(N) How I...	(N) Rules...	Dark Blue		Chase	
CTV	9	250	4	9	6:00 CTV News	eTalk	Big Bang T.	2 1/2 Men	Big Bang T.	(N) 2 1/2 Men	31 Mike &...	Castle	
GLOBAL	11	252	11	11	6:00 News Hour	ET	ET Canada	★★ Hancock ('08, Drama)	Will Smith, Charlize Theron.			(N) Hawaii Five-0	
KNOW	5	268	5	5	Canadian...	Be the Creature		A History of Scotland		Masters		Branded: Saving Our Town	
JOY10	10	216	215	10	Name Is Earl	Matlock		Stargate SG-1		Apna TV		Foundations	
OMNI BC	8	254		8	Friends	2 1/2 Men	2 1/2 Men	OMNI News: Mandarin Edition		OMNI News: Punjabi Edition		Law & Order: Criminal Intent	
SRC	7	120			6:00 Téléjournal	(N) Virginie	Les Parent	Tous pour un		Un train pour Noël		Le téléjournal	
TVA	123			401	Le cercle	La classe de 5e		★ Le feu sur glace: A la poursuite d'un rêve ('08, Drame sportif)				TVA nouvelles	
TV5	124	145			40 Entretien...	Quand le monde bascule		TV5 le journal	35 5 / 5 Afrique	05 Non élucidé: L'affaire Sylvain Allard			Chiffres...
AMERICAN NETWORKS													
ABC	21	288	21	20	6:00 News	Wheel Fortune	Jeopardy!	Skating with the Stars		Mariah Carey		Castle	
CBS	15	289	15	19	6:00 News	ET	The Insider	(N) How I...	(N) Rules...	(N) 2 1/2 Men	31 Mike &...	(N) Hawaii Five-0	
NBC	16	287	16	21	King 5 News	Evening...	Inside Edition	The Sing-Off				Chase	
KCPQ	28	290	28	22	How I Met...	2 1/2 Men	2 1/2 Men	House		Lie to Me		Q13 FOX News @ Ten	
PBS	27	291	383	23	6:00 Newshour	John Sebastian	Presents: Folk Rewind			Magnificent Mind at Any Age			
CW	14	297	14	26	King of Queens	The Office	The Office	The Vampire Diaries		The Vampire Diaries		Seinfeld	Seinfeld
NEWS, VIEWS & CURRENT AFFAIRS													
BCW	36	510		96	Asia...	BBC News	Asia...	BBC News	Hardtalk	BBC News	World...	BBC News	World...
CTV News				92	6:00 CTV News	Lloyd...	CTV News	Lloyd...	CTV News	Lloyd...	News...	Lloyd...	News...
BNN	58	504	58	93	6:00 Undercover...	Business News	Berman's Call	Market Call Tonight		MoneyTalk	Headline	Undercover Boss	
CNBC	83	509	143	99	6:00 Biography	American Greed		Mad Money		Executive Vision		Biography on CNBC	
CNN	33	500	33	94	6:00 Larry King	Anderson Cooper 360				Larry King Live		Anderson Cooper 360	
NEWSWORLD	26	502	26	91	6:00 CBC News	Panorama...		CBC News: The National		CBC News: The National		Panorama...	
VISION	118	261	118	156	6:00 ★★ The Christmas Wish ('98, Drama)			★★ Trapped in Paradise ('94, Comedy)	Nicolas Cage, Jon Lovitz.				Christmas...
MOSTLY SPORTS													
GOLF	416	144	116		6:00 (N) PGA...	The Golf Fix	Golf Videos	Golf Central	Lessons	PGA Year in Review		The Golf Fix	Golf Videos
OLN	49	411	49	119	Opera. Repo	Ghost Hunters		Destination Truth		Opera. Repo		Ghost Hunters	
SCORE	54	410	114	115	15 WWE Raw						15 WWE Raw		
SPEED	55	417		117	6:00 Barrett-Jackson...	Battle of the...	Battle of the...	Hot Rod TV	Hot Rod TV	Barrett-Jackson - The...		Battle of the...	Battle of the...
SPORTSNET	22	407	22	111	Connected	EPL Review		World Cup of Pool		UFC Access	MMA	Sportsnet Connected	
TSN	23	400	23	110	5:30 Football NFL	Baltimore vs Houston.			Sportscentre		NFL Films	Canadian International Dog...	
MOSTLY MOVIES													
AMC	53	293	53	228	5:00 ★★★ The Princess Bride ('87)		★★★ Prancer ('89, Comedy)	Rebecca Harrell, Sam Elliott.				★★★ Maverick ('94, Western)	
MC1	60	308			5:00 Movie	Dexter		Spartacus: Blood and Sand		Scare Tactics	Look	★★★ Revolutionary Road ('08)	
MC2					6:00 ★★ Transformers: Revenge of the Fallen ('09, Science fiction)				The Moment After 2: The Awakening ('06)		05 ★★ Quantum of Solace ('08)		
HB0C	63	307	63	243	4:40 ★★ Inconceivable ('08, Comedy)	Colm Feore, Jennifer Tilly.			★★★ Nightwatching ('07, Drama)	Martin Freeman, Eva Birthistle.			
TCM	46	292	46	227	6:00 ★★ Guess Who's Coming to Dinner ('67)		(N) Moquels and Movie Stars		★★★ What Ever Happened to Baby Jane? ('62, Horror)	Bette Davis.			
MUSIC & POP CULTURE													
CMT	20	575	20	258	Accord. Jim	Home Imp.	Home Imp.	Pet Heroes	ER Vets	Funniest Home Videos		Accord. Jim	Accord. Jim
MM	24	570	24	255	6:00 Gossip Girl	Video on Trial	Pants Off	New Music Live		Gossip Girl		Gossip Girl	
MMM	35	571	35	256	6:00 New...	Lyrics!	Lyrics!	Kathy Griffin: My Life on the...		Buffy the Vampire Slayer		Lyrics!	Lyrics!
MTVC	120	581	120	177	Dan Levy's...	Vice Guide....	Vice Guide....	MTV Live	1 girl 5 days	Cribs	The Buried Life	Vice Guide....	Vice Guide....
STAR	88	621	88		Keeping Up...	Keeping Up...	Keeping Up...	Chelsea Lately	eTalk	TMZ	Chelsea Lately	Kourtney	Kourtney
FOR THE KIDS													
FAMILY	51	556	51	76	Wizards	Sonny Chance	H. Montana	Suite Life	In the Band	Majority Rules	Latest Buzz	Ned's Guide	Aaron Stone
TELETOON	50	554	50	73	Spliced!	Jimmy Two	Johnny Test	Drama Island	Stoked	Futurama	Futurama	American Dad	American Dad
TREEHOUSE	43	553	43		Harry/Bucket	Rolie Polie...	Toopy & Binoo	Max & Ruby	Dragon	Backyardigans	Kai-Lan	Go Diego Go	Franklin
YTV	25	551	25	75	Big Time Rush	Merry Christmas	Drake & Josh ('08, Comedy)	Drake Bell, Josh Peck.		Kyle XY		In Real Life	
INFORMATIVE													
VIVA			96	202	6:00 Cold Case	The Closer		Murder She S.		Judging Amy		Cold Case	
DISCOVERY	42	520	42	200	6:00 Dirty Jobs	Canada's Worst Driver		Daily Planet		MythBusters		Canada's Worst Driver	
FOOD	52	603		143	6:00 Food...	Pitchin' In	Good Eats	Best Thing...	Best Thing...	Diners	Unwrapped	Food Network Specials	
HGTV	29	600	29	142	Property V.	House Hunters	House H. Int.	Holmes on Homes		Income Prop.	My First Place	My First Sale	Property V.
HISTORY	44	133	44	201	6:00 Ghost Fleet	Dogfights		Nazi Hunters		World War II in HD		Greatest Tank Battles	
VARIETY													
A&E	31	615	216		6:00 Intervention	Hoarders		Hoarders		01 Intervention		01 Intervention	
APTN	117			155	Pachamama	Gilles Sioui sur six cordes		Les aventures du grand Nord: Bari				Desti-Nations	APTN...
BRAVO	56	620	40	171	6:00 Bowfrie ('08, Musical)			Criminal Minds		Law & Order		Without a Trace	
COMEDY	57	625	57	173	6:00 For Laughs	22 Minutes	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	Big Bang T.	Comedy Now!	
KTLA	65	298			KTLA 5 News	2 1/2 Men	2 1/2 Men	The Vampire Diaries		The Vampire Diaries		KTLA 5 News at 10	
PEACHTREE	47	294	47	60	6:00 L & O: SVU	Seinfeld		★★★ What Women Want ('00, Comedy)	Mel Gibson, Helen Hunt.			Movie	
SHOWCASE	39	617	39	172	6:00 Silent...	Making Mr. Right ('08, Comedy)	Dean Cain, Christina Cox.			Rookie Blue		(N) Drop Dead Diva	
SLICE	41	601	41	141	6:00 Tabatha's...	Re-Vamped		ET Canada	Bootcamp	Real Housewives of OC		The Biggest Loser	
SPACE	45	627	45	174	6:00 (N) The Deep		15 Todd &...	7:45 Todd &...	A. Hitchcock	(N) The Deep		15 Todd &...	
SPIKE	32	628	32	150	1000 Ways...	1000 Ways...	1000 Ways...	Phownd!	1000 Ways...	World's Craziest Police Chases		World's Craziest Police Chases	
TLC	34	521	34	140	6:00 Cake Boss	Fabulous Cakes		Cake Boss		Fabulous Cakes		Cake Boss	
TV TROPOLIS	48	618		182	6:00 Restaurant	Tooned	Tooned	Wipeout		Wipeout		Family Guy	Southern...
W	19	602	19	146	Colour Conf.	Home by Christmas ('06)	Linda Hamilton, Brenda Crichlow.			The Last Christmas ('08, Short movie)	Jenny D. Martin, Helen Arbanos.		
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Blood test may predict heart trouble ahead

A new blood test for a protein called cardiac troponin T may be able to tell whether a seemingly healthy person is at risk of dying from heart disease, U.S. researchers say. The Elecsys Troponin T test by Roche is 10 times more sensitive to spotting the protein released by damaged heart muscle. Those with detectable levels are nearly seven times more likely to die of heart disease within six years. — **REUTERS**

Incense burning tied to asthma in some children

Children from homes where incense is regularly burned have a higher risk of developing asthma, according to a Taiwanese study suggesting that a particular genetic variation could also be involved. Incense has been used for millennia in many cultures' religious and spiritual ceremonies. In parts of Asia, people commonly burn incense in their homes — a practice that is becoming more popular in Western countries as well. — **REUTERS**



Cary Castagna
Keeping Fit

An out of this world workout

Sci-fi starlet Julia Benson has a perfect workout partner. Almost. He's always ready to exercise and he never complains during particularly grueling training sessions. But he only does cardio. He is, of course, a 3 1/2-year-old chocolate lab.

"He definitely keeps me active," the Winnipeg-born actress says in a phone interview from her Vancouver home.

"We run a lot, which is what I love doing the most for exercise. We'll go down and run at the beach (Spanish Banks). Or we'll do some hikes. There's tons of amazing trails around here."

Her cardio partner's name is Bauer. Most days, their outdoor treks last about 45 minutes. Benson, aka Lt. Vanessa James on sci-fi TV show *Stargate Universe*, also likes to go in-line skating in the summer "when it's not raining in Vancouver."

Like most savvy fitness enthusiasts, the married 31-year-old knows that variety is the spice of a good workout regimen.

"I like to switch things up," she notes.

That includes power yoga twice weekly for 60-90 minutes each session, along with 25 minutes of weight training two times a week.

Pumping iron has helped the five-foot-seven Benson maintain a toned body weight of 126 pounds.

"I find my body responds to weights really quickly," she notes. "Plus, my character is tougher on the show, so I want to make sure I try to bulk up."

Filming for Season 2 recently wrapped, and while she has some other upcoming projects to help her stay motivated to keep fit between seasons, Benson admits she goes through phases of being more and less active.

Yup, she's only human. "The key is to try and be as consistent as you can ... Sometimes you're not going to be able to get to the gym because work is too busy or you're too tired."

For more, go to precisionnutrition.com. Cary Castagna is a certified personal trainer through Can-Fit-Pro.

Julia's fitness advice

1 Choose a physical activity you enjoy. There are so many different things you can do — just going for a hike, going for a walk, just getting out and doing something.

2 Maintain balance in your life. Don't punish yourself for occasionally eating dessert.

3 Realize the importance of health and fitness. When you're active, your quality of life goes up.



HOW TO REACT TO THE FIRST SYMPTOMS

Fortify for cold and flu

MARILYN LINTON
Special to QMI Agency

I've had one bout of cold and flu already, and I intend not to have another.

While it's not too late to have your flu shot, it's wise to have some sort of flu treatment plan ready as adults typically have two to four colds between September and May.

Windsor, Ont., naturopath Sara Henderson has a number of recommendations for immune system boosters.

In addition to a

daily multivitamin this winter, she recommends 2,000 IU a day because of Vitamin D's and up to 1,000 mg of Vitamin C daily to support the immune system.

Dr. Sara, as she's known to her clients, is a firm believer in probiotics and says that choosing a multi-strain probiotic formula can help, as she says, "to arm our immune soldiers to fight the bad guys. A big part of our immune system is in our gut and a probiotic will help to keep our guts healthy and strong."

When it comes to holiday interaction, simply washing hands once won't be good enough, says Dr. Tim Sly, a professor from Ryerson University's School of Occupational and Public Health in Toronto. He suggests washing before digging into the appetizer tray at parties, making sure you don't mix up your wine glass with someone else's, and use serving pieces (not your fingers) at the buffet table.

Dr. Sara also suggests adding two cloves of garlic a day to your menu as it's a "natural antibiotic."

Cyrus' image hits new low ... Or is it high?

REUTERS — Home video of singer Miley Cyrus using a bong apparently to smoke the hallucinogenic herb salvia hit the Internet Friday, capping a year which has seen the teen star throw aside her squeaky clean Disney image.

The video obtained by celebrity website TMZ.com was said to have been shot days after Cyrus's 18th birthday in November.

It shows the star of Disney Channel's *Hannah Montana* giggling and laughing after smoking from a glass pipe, commonly called a bong. TMZ said sources close to Cyrus told the website that the video was shot by one of Cyrus's friends, but the sub-

stance was not marijuana.

"Is that me tripping?," Cyrus exclaims in the video, after using the bong and mistaking another person at the party for her ex-boyfriend, actor Liam Hemsworth.

The herb salvia divinorum has hallucinogenic properties but is not illegal in California. According to a 2007 U.S. survey on drug use and health, about one million people had used it that year.

The singer's father, Billy Ray Cyrus, said on Friday he was saddened at the video, which quickly made headlines around the world.

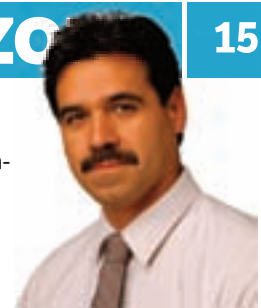
"Sorry guys. I had no idea. Just saw this stuff for the first time

myself. I'm so sad. There is much beyond my control right now," Cyrus said in a Twitter post- Friday.

Representatives for Cyrus did not return requests for comment Friday.

Miley Cyrus has sought this year to distance herself from the Disney character she began portraying in 2006. The new image has dismayed parents of some of the younger *Hannah* fans, whose final episode does not air until the spring of 2011.





Economic growth around the corner

B.C.'s economy is expected to grow moderately over the next year, economists are calling. The independent Economic Forecast Council forecasts the province's GDP growth at 3.3 per cent for the year on average. This is up from the 2010 forecast of 2.9 per cent. — QMI AGENCY

Feds spend to help foreign professionals

Ottawa has put up \$4 million to help internationally trained professionals enter the Canadian workforce. To improve foreign credential recognition, the federal government has provided the funding to B.C.'s ministry of regional economic and skills development. This is in a bid to help reduce barriers and speed up the process for skilled newcomers to find jobs. — QMI AGENCY

Web tool for small business

SANDY BUEMANN
QMI AGENCY

Website *Small Business Accelerator* is like Google for small business owners but better.

The site is a resource tool connecting small-business minded people to a wealth of information, according to Sandra Singh, the director of UBC's Irving K. Barber Centre.

Small Business Accelerator includes tips on how to write an effective business plan, how to conduct business research and how to access helpful government websites.

It also includes questionnaires, templates and how-to guides.

"It's becoming a place for information that supports innovation across the province," Singh said of the site, launched in partnership with David Lam Management Library.

The site, launched on Nov. 22 in Cranbrook, B.C., is aimed at entrepreneurs living in the rural parts of the province.

Librarians gathered the information, including trade



journals and articles for *Small Business Accelerator*, Singh explained.

"Many people don't know what rich and deep information libraries can collect for them," she added.

Singh said the website breaks down information into chunks turning it into a step-by-step process.

She added the feedback for the site has been positive so far.

According to B.C. stats col-

lected in the report "Small Business Profile 2010", small businesses made up 98 per cent of all business in B.C. in 2009 with 395,900 companies.

B.C. also had the highest rate of small business employment in Canada, making up 57 per cent of the province's private sector and employing 1,045,400 people in 2009.

Alaleha McCauley, the community business services librarian said the information

out there is sometimes overwhelming.

"Typically when people rely on Google they often miss out on information," McCauley explained.

There are 36 guides on the site, targeting specific businesses from bakeries to craft suppliers to alternate energy businesses.

For more information log on to the Internet and visit www.sba-bc.ca.



Moshin Manji
HRinMotion

Work through your doubts

Changing careers always seems to bring on feelings of anxiety and doubt. Such life-altering decisions are sure to make many ask, "what if," especially when such a change comes later in your career.

I assure many of the job seekers who approach me that this feeling is natural. Remember, this thought would not have come to mind if you were happy in your current career or just came to a dead end in your career. Your ultimate goal is to find a career that offers what you want and need even if it takes time to start from the bottom of the ladder.

Here are a couple common questions you may have and how to approach them:

Will a career change lower your earnings?

Before you make up your mind based on salary I suggest researching the position to find out how professionals in that field make it work for them. How quickly can they move up in the position? How is the current market? Try to arrange a meeting with professionals who may be in this field and ask them plenty of questions.

If you foresee a lower income for a few years in your desired position, consider cutting your expenses and banking the money saved.

Don't have the right education or training?

Lacking certifications or degrees can be a roadblock for career changers. Before throwing away an excellent career possibility, consider beginning in an entry-level position that makes it easier to get started in your chosen field. Once with a company, you will be more likely to discover avenues to obtain the training you need, and may even be able to have your employer pay for it.

Ask Moshin Manji your questions at infor@hrinmotion.com

In the market for marketing skills

SANDY BUEMANN
QMI AGENCY

A degree doesn't always mean a job, but a bit of marketing always helps.

The marketing diploma at Douglas College is designed for students who already have a degree but are looking for something more, according to program co-coordinator Gail Tippo.

One of the first students in

the program had a degree in ancient history and fine art, Tippo remembered.

"It's all fine and good but there's not as many obvious things to actually do in that," she said.

Tippo added the marketing diploma could help students manage an art gallery or help raise funds for a history museum. The program, for those looking to run a business or

to get into business, teaches personal selling, marketing management, promotional strategies, e-marketing and customer relationship management.

She added it is completely marketing centered and students can choose to look at things like sales, small business management and international marketing.

The learning is hands on,

and students can choose to do an internship.

"They're not doing case study out of the back of their text book, they're in a real company, handling a real challenge," said Tippo.

Applicants must have an undergraduate degree in any subject other than marketing.

More information on the program can be found at www.douglas.bc.ca.

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Working mothers doubled in 30 years

QMI AGENCY — The number of working moms has almost doubled over the past 30 years, though overall women's employment still lags behind men, according to a Statistics Canada report.

Almost 73% of women who had children under the age of 16 living at home were employed in 2009, compared with a mere 39.1% in 1976.

Just over 80% of women without children were employed in 2009, falling short of the national employment average of more than 93%, the study found.

Women also tend to remain concentrated in traditional female occupations, though are beginning to make some inroads into male-dominated fields such as business and finance.

In 2009, 67% of employed women worked in teaching, nursing and related health occupations, clerical or other administrative positions, or sales and service occupations. Only 31% of employed men worked in these fields.

Women made up 51.2% of



business and financial professionals in 2009, up from 38.3% in 1987. The share of women employed has also gone up in diagnostic and treatment positions in medicine and related health professions.

Women made up 51.2% of business and financial professionals in 2009, up from 38.3% in 1987.

The study, which didn't touch on comparative salary levels between men and women, found that women had done better during the recession than did men.

Between 2008 and 2009, the unemployment rate for men increased to 9.4%, while the employment rate for women increased only to 7%.

That's because fewer women were employed in sectors such as manufacturing and construction, which were hardest hit by the downturn.

THE HOLIDAY OFFICE PARTY

Rewarding employees is new focus of work bashes

REUTERS — In a time when chain smoking, off-colour jokes and three-martini lunches have largely faded from the workplace, the holiday office party survives.

Despite being toned down amid a shaky economy, sensitized by sexual harassment cases and sobered by the dangers of drunk driving, those parties are a minefield of potential embarrassments and worse.

Hoping to keep bad behaviour at bay, companies may host a party in an art gallery, perhaps during the day, with alcohol limited to beer and wine, experts say. Even the food has gotten healthier and the portions smaller.

"You want it to be fun. It's always a balance between managing your legal risks and also having a fun party," says Michael Johnson of Global Compliance, an ethics training and compliance firm.

Behind much of that conscience is the threat of legal liability, be it for employees driving home drunk or bosses harassing underlings, workplace experts say.

"There's some obvious things, like I don't think many clients are suggesting hanging mistletoe or suggesting, 'oh, let's have a game of Twister,' kind of obvious danger zones," Johnson says.

Despite the pitfalls, almost 80% of companies throw holiday parties, a recent survey showed. The study, by executive search firm Amrop Battalia Winston,

revealed that the number of companies having parties was down to its lowest level in 22 years to 79%, and two-thirds are restricted to employees only.

« I don't think many clients are suggesting hanging mistletoe or suggesting, 'oh, let's have a game of Twister' — kind of obvious danger zones. »

— Michael Johnson, ethics training expert

"Parties aren't going away," says Dale Winston of Battalia Winston, who notes they are less about entertaining clients and drumming up new business than rewarding employees.

But workers, when asked in another survey if they would rather receive a bonus than swill eggnog at an office party, overwhelmingly chose cash. The survey of 1,008 people for Randstad U.S., a worldwide staffing company, found 93% of respondents would ditch the year-end party for more money.

And with research showing companies are planning to spend no more than last year, it is more likely than not a company will host the festivities in its own building.

Although the office party may no longer be an alcohol-fueled extravaganza, it is still important to relax, mingle and have a good time, experts say.

"This is the last vestige where people can just show up, have a couple of glasses of wine and socialize," Winston says.

The trick for a cringe-free party is to find a balance between fun and moderation, corporate behaviour experts say.

One drink, absolutely. More than two? No way.

"Too many people let loose," says Barbara Pachter, a workplace behaviour expert. "The bottom line is the holiday party is a business event, and people forget that."

Another landmine to avoid is using the party as a moment to flirt with a colleague or make public an office romance.

"It's not the time to flirt," Pachter says. "If you are dating somebody at work and people don't know it, that's not the time to let your guard down, even if you're snuggling all night."



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LAWSUITS AT WORK

We're suing more often

QMI AGENCY — Canadian workers are increasingly likely to resort to legal action to resolve disputes with former employers, with claims ranging from wrongful dismissal to discrimination, a survey of human resources professionals found.

Almost 70% of respondents said employees are more likely to bring legal action against their workplace than five years ago, with almost four-fifths saying the situation will be worse again five years from now.

The biggest cause cited in lawsuits was wrongful dismissal, the survey by the Human Resources Professionals Association and Canadian HR Reporter found. Termination and severance pay disputes came second, followed by human rights complaints and discrimination.

"The broad perception was that employees have more to gain and little to lose from litigation," survey author Claude Balthazard said.

« **The broad perception was that employees have more to gain and little to lose from litigation.** »

— Claude Balthazard, author

"Many respondents also linked the increasing litigiousness of employees to difficult economic conditions and a shrinking job market."

The survey found that many litigants were likely to get their way, with almost three-quarters of respondents saying the system was

tilted in favour of the employee. That perception prompts many to settle out of court, it found.

More lawsuits means more fees for lawyers, with 67.2% of those polled saying legal costs to defend against claims from employees had risen 5% or more in the past year. Just over half said those fees had jumped 10% or more and 15.8% said they had risen by a quarter.

The survey also found that employees were becoming increasingly "system savvy," knowing the options open to them to pursue their grievances. Some also noted that lawyers are encouraging the trend.

The poll was carried out among 535 HR professionals across the country.



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HALF OF LARGE FIRMS VICTIM OF EMPLOYEE FRAUD

Corporations take a hit

QMI AGENCY — Workers at larger companies were more likely to attempt to defraud their employers than their counterparts in smaller businesses, but nearly all of them were caught, according to a new report.

About 48% of large companies reported employee fraud, compared with just 35% at medium-sized corporations, according to a SAS/Leger Marketing survey of more than 1,000 Canadian executives.

About 48% of large companies reported employee fraud, compared with just 35% at medium-sized corporations

Fraudsters at big companies were much more likely to be caught, with only 4% getting away with it, compared with 10% at smaller companies, it found.

More than two-thirds of fraudsters were tracked down after fraud occurred at big companies, with 69% of those in smaller businesses caught

after the fact. In one in six cases, the fraud was identified and stopped before it was even carried out.

"There needs to be a paradigm shift where the focus is on catching fraud before it occurs rather than tracking it down after," said Wes Gill, executive lead of enterprise risk management with SAS Canada, adding that new business technology could be a useful tool in helping prevent fraud.

The results also varied across industries. About 55% of food and retail executives reporting wrongdoing, compared with just 23% in the professional consulting, real estate and legal professions.

Companies also reported concern about attempted fraud from customers, such as through credit card and insurance scams. About 47% of executives at large companies said they had been affected, versus 30% for mid-sized companies.

When it came to customer fraud, companies in Alberta faced the biggest problems, at 48%, compared with 36% in Quebec.

In employee fraud cases, B.C. and Quebec ranked higher than Ontario.

Manitoba shines on job front

QMI AGENCY — Manitoba recorded its third straight month in November as the province with the best unemployment rate in Canada.

The province's unemployment rate improved slightly from 5.2% in October to 5.1% in November, allowing Manitoba to maintain the top rank in the country, which it has held since September.

Saskatchewan had the second-lowest rate in November at 5.5%, followed by Alberta at 5.6% and B.C. at 6.9%.

The latest numbers come from Statistics Canada's monthly labour market survey.

Manitoba actually lost 3,000 jobs from October to November, but a coinciding dip in the available labour force allowed the unemployment rate to improve slightly. There were 622,300 jobs in Manitoba last month up from 609,600 in November 2009.

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Dunfield signs with Whitecaps

Christmas has come early for midfielder Terry Dunfield. The Vancouver Whitecap earned a contract with the MLS expansion club Friday. "I just can't wait," Dunfield said. "I wish it was March." The 28-year-old Vancouver native had two goals in 11 games after joining the team in August. His contract was announced simultaneously with USSF D-2 defender-of-the-year Greg Janicki. The Whitecaps also cut defenders Luca Bellisomo and Willis Forko and backup goalkeeper Simon Thomas. — **QMI AGENCY**

**Alfie on 10-game skid**

Daniel Alfredsson was fresh off his 38th birthday celebration Sunday morning. The captain hasn't had a lot to smile about lately. His career-high pointless streak has now reached 10 games as the Senators prepare to host the Atlanta Thrashers Monday. "It's always worse when you're not winning," said Alfredsson. "It's not something I can force." — **QMI AGENCY**

**Trevor Dueck**

MMA Sucka.com columnist

Big smoke gets big show

It was sweet music to the ears of Ontario MMA fans last week when the UFC finally announced it will hit Toronto with a card at Rogers Center next year.

"We are so thrilled with the decision to hold UFC 131 on April 30 in Toronto at the Rogers Centre. It's going to be a big time event, and the biggest in UFC history," said Tom Wright, the UFC director of Canadian operations.

Last Saturday's card in Montreal set a new UFC attendance record but the Toronto event will smash it as Rogers Centre holds more than 65,000 people. However, don't expect the UFC to try and sell out the entire building, Wright added. "We really had no reservations about bringing UFC 131 to the Rogers Centre, but one thing we are not going to do is compromise the fan experience. We are going to configure it for probably between 30,000 and 40,000 people."

The UFC will likely have no problem selling out the venue, especially if George St. Pierre is on the bill.

St. Pierre dominates Koscheck

It was a defining moment for GSP Saturday as he picked apart Josh Koscheck with a beautiful display of jabs, hooks and leg kicks on his way to a unanimous decision.

It was the Montreal native's fifth straight title defence, tying Matt Hughes for the most consecutive title defences in welterweight history. So who in the welterweight division is a legitimate threat to GSP? Jake Shields is considered next in line, but are we starting to see the end of GSP in his current weight class?

The calls for a super fight against UFC middleweight champion Anderson Silva are becoming louder. St. Pierre was asked again about potentially moving up a class.

"If I go up I will have to put more muscle on my body," he said. "If I move up to 185 lbs I will have to stay at 185. I do not want to go up and down. You saw what happened to Roy Jones in boxing, it messes with your reaction time."

Silva fights Vitor Belfort Feb. 5 in Las Vegas. It would be hard to imagine a super fight between GSP and Silva with only a two month turn around. If GSP is on the Hog Town card expect it to be against Shields.

For full MMA coverage and the latest news, head to MMASucka.com.



George St. Pierre lands a punch on Josh Koscheck Saturday at UFC 124 in Montreal. GSP won by unanimous decision. PHOTO ERIC BOLTE



Edmonton's Devan Dubnyk collides with Vancouver's Ryan Kesler during the Edmonton Oilers game against the Vancouver Canucks at Rexall Place in Edmonton. PHOTO CODIE MCLACHLAN

Canucks rack up another road win

HOSEA CHEUNG
QMI Agency

The Canucks may have been on the second leg of back-to-back games but it didn't show Sunday.

Instead, the Edmonton Oilers were the ones who looked out of gas.

A night after losing 5-4 in overtime at home, Vancouver outplayed Edmonton at Rexall Place in a 2-1 win over their Northwest Division rivals.

Despite a third period in which they were outshot 14-1, the Oilers scored the lone tally in the final frame to snap Roberto Luongo's shutout bid. Jordan Eberle's goal with just

five seconds remaining in regulation ruined what-would-have-been a perfect night for the Canucks goaltender, who made 11 stops including a first-period penalty shot by Magnus Paajarvi.

Offensively, the Sedins led the way with two points each to help regain the Canucks' two-point lead in the standings over the Colorado Avalanche.

Alex Burrows opened the scoring for Vancouver, finishing off a pretty passing play by Henrik and Daniel. The victory improves the Canucks' record to 13-1-2 when scoring first.

Henrik doubled the Canucks' lead in the second on another slick setup, this time starting with Ryan Kesler. The centre fed the puck to Daniel, who then threw it across the crease to Henrik. The captain made no mistake, scoring his fifth of the season and second in as many games.

The Canucks finished with 32 shots on Oilers goaltender Devan Dubnyk.

Up next

Vancouver heads home for a two-game stand starting Wednesday against the Columbus Blue Jackets.

BOX SCORE

2	1
CANUCKS	OILERS
1st Period	
6:12 Van - Burrows (5) (D. Sedin, H. Sedin)	
2nd Period	
6:37 Van - H. Sedin (5) (D. Sedin, Kesler)	
3rd Period	
19:55 Edm - Eberle (6) (PP)(Penner, Foster)	

BIG CHILL RECORD

🏒 **HOCKEY** Michigan and Michigan State set a world record for attendance at an ice hockey game Saturday, when they played in front of an announced crowd of 113,411 in Ann Arbor, Michigan. The game, billed as "The Big Chill at the Big House", smashed the previous record of 77,803 set at last year's International Ice Hockey Federation (IIHF) world championships in Germany. The Michigan Wolverines won the game 5-0. — **REUTERS**

RYAN TO MARINERS

🏈 **BASEBALL** The St. Louis Cardinals have shipped infielder Brendan Ryan to the Seattle Mariners in exchange for minor league pitcher Maikel Cleto. Ryan, 28, has spent the last four seasons in St. Louis, playing mostly at shortstop while also seeing time at second and third base. In 415 career games, Ryan has scored 165 runs, stolen 39 bases and compiled a .314 on-base percentage. — **SPORTS NETWORK**

SHARK SHOOTERS

🏌️ **GOLF** Dustin Johnson and Ian Poulter fired a 13-under 59 Sunday to come from behind and win the Shark Shootout by two strokes. Poulter was playing in this event for the third time and Johnson the second. They finished at 30-under-par 186 and both won this event for the first time. Darren Clarke and U.S. Open champion Graeme McDowell also shot 59 at Tiburon Golf Club to take second place at minus-28. — **REUTERS**



Snow covers the Metrodome field in Minneapolis Sunday, when a tear in the dome roof forced the cancellation of the Vikings-Jets game. It will be played Monday in Detroit. PHOTO REUTERS

Weather woes in NFL

REUTERS — The New York Giants-Minnesota Vikings NFL game will be played in Detroit on Monday after a huge snow storm caused the Minneapolis Metrodome's inflated roof to collapse on Sunday, forcing the relocation.

The game originally for Sunday had already been postponed after the Giants were stranded in Kansas City when their charter flight was unable to land in Minneapolis because of the storm.

The league was later forced to move the contest when the blizzard ripped open the Metrodome's roof early Sunday morning covering the field in snow.

Several alternate venues were considered, including the University of Minnesota's outdoor stadium and the Super Dome in New Orleans before settling on Ford Field where the Detroit Lions were

taking on the Green Bay Packers on Sunday.

The NFL said ticket holders to the Vikings-Giants game would receive preferred seating and any extra seats would be given away free on a first-come basis.

But getting to Detroit will be a major challenge for both teams and fans as a massive winter storm sweeps across the U.S. Midwest disrupting several NFL games.

Packers' playoff hopes dim

The Green Bay Packers' post-season hopes took a hit with a shocking 7-3 loss to the Detroit Lions on a wild Sunday in the NFL that saw snowstorms wreak havoc with several games.

The Chicago Bears and New England Patriots played in a blizzard and Arctic-like conditions, while the Buffalo Bills and Cleveland Browns game

began in freezing rain.

While the blizzard was pounding Detroit outside, inside Ford Field the Lions defence was creating their own chaos, knocking Packers starting quarterback Aaron Rodgers out of the contest late in the second quarter with a concussion.

Backup Matt Flynn was unable to spark the Packers attack, which could manage only a 42-yard Mason Crosby field goal.

The Lions (3-10) were also unable to generate much offence behind Drew Stanton, but the third-string quarterback delivered the winning score midway through the fourth quarter when he hit Will Heller with a 13-yard touchdown strike.

The loss dropped the Packers to 8-5, leaving them one game in back of Chicago in the NFC North.

NFL SCORES WEEK 14

BUF CLE 13 6
BUF QB Fitzpatrick 142 yds

ATL CAR 31 10
ATL RB Turner 3 TDs

DET GB 7 3
DET QB Stanton 117 yds

JAX OAK 38 31
JAX QB Garrard 3 TDs

PIT CIN 23 7
PIT QB Roethlisberger 258 yds

TB WAS 17 16
TB QB Freeman 266 yds

NO STL 31 13
NO QB Brees 3 TDs

SF SEA 40 21
SF QB Smith 255 yds

ARI DEN 43 13
ARI K Feely 5 FGs

NE CHI 36 7
NE QB Brady 369 yds

MIA NYJ 10 6
MIA QB Henne 55 yds

SD KC 31 0
SD QB Rivers 226 yds

Pirri eyes top-six spot with Canada juniors

TERRY KOSHAN
QMI Agency

Kevin Prendergast was contacted by the Chicago Blackhawks a couple of months ago and told to keep an eye on one of their prospects, forward Brandon Pirri.

The message to Prendergast, the head scout for

Hockey Canada, from the defending Stanley Cup champion was that Pirri would be made available to the Canada's junior team selection camp.

Pirri had to earn the right to be invited. He did that, showing in 23 games with the Hawks' American Hockey

League affiliate, the Rockford IceHogs, that a boy could play among men.

The 19-year-old centre is now back with his age group at the camp. Prendergast is thinking the Toronto native, who has five goals and five assists with Rockford, can be a top-six forward for Canada

when the 2011 world junior tournament opens on Boxing Day in Buffalo.

"He is not the fastest skater in the world, and not the biggest kid in the world, but he has great hockey sense," Prendergast said on Sunday as the selection camp opened at the MasterCard Centre in

Etobicoke.

"For a 19-year-old to play a regular shift in the American league, that's pretty good. It's a tough league to play in. He is playing against men, and he has had to go through a different custom in playing the game, but he has come along very well."

KINGSBURG TAKES SILVER

MOGULS Mikael Kingsburg of Canada won his first career medal at the World Cup moguls season opener Saturday in Ruka, Finland. The native of Deux-Montagnes, Que., took the silver medal in the men's event, posting a score of 24.89 points that was aided by the best air marks in the final. Patrick Deneen of the U.S. won the gold medal while Guilbaut Colas of France was third. Cedric Rochon of Saint-Sauveur, Que., was the next-best Canadian, finishing fifth, while 2010 Olympic champ Alex Bilodeau was seventh. — QMI AGENCY

DOUBLE BRONZE

SPEED SKATING Canadians raced to a pair of bronze medals at the World Cup short track speed skating stop Sunday in Shanghai, China. Jessica Gregg of Edmonton was third in the 500 metres and Olivier Jean of Lachenaie, Que., took the bronze in the men's 1,500m. The men's relay team added a silver medal. Gregg crossed the line in 45.218 seconds, just behind gold medalist Zhao Nannan and runner-up Liu Qihong, both of China. — QMI AGENCY

COUSINEAU FIFTH

SLALOM Julien Cousineau of Lachute, Que., tied a career-best in slalom with a fifth-place finish Sunday at the men's World Cup in Val D'Isere, France. Cousineau, who had a two-run time of one minute, 45.83 seconds, also finished fifth in Schladming, Austria, last year. It was his second top-10 result in as many races and seventh of his career. Trevor White of Calgary finished 12th. No other Canadian finished the race. — QMI AGENCY



GAGNON CINQUIÈME

ALPINE SKIING

Canada's Marie-Michele Gagnon barrels down the mountain Sunday at the women's World Cup giant slalom event in St. Moritz, Switzerland Sunday. The Lac-Etchemin, Que. native finished a career best fifth.

— REUTERS

PHOTO CHRISTIAN HARTMANN

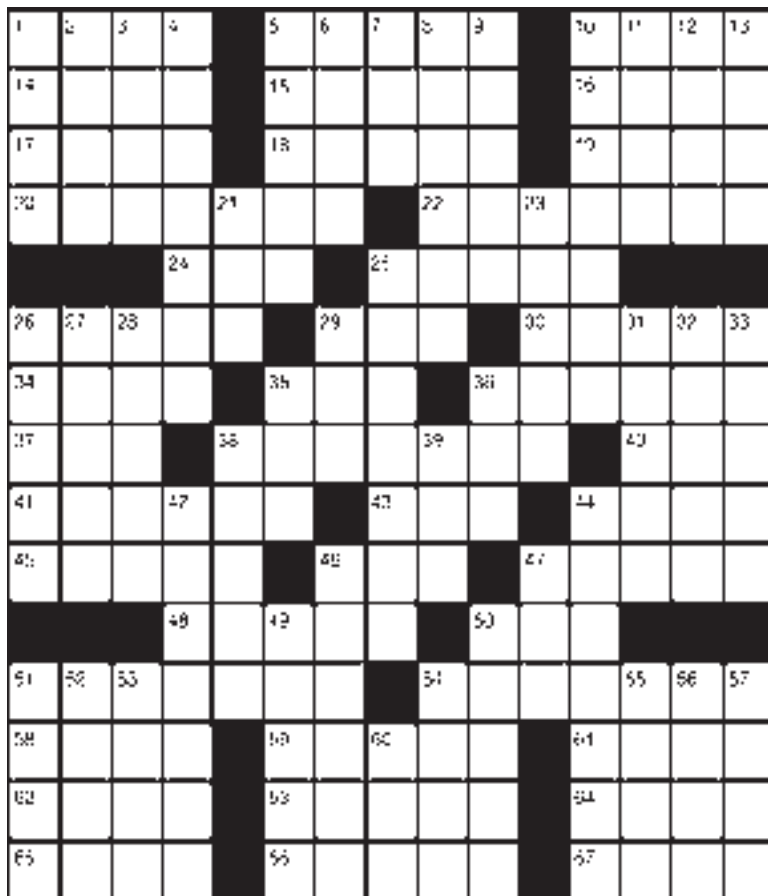
crossword

ACROSS

- 1 Facts & figures
- 5 Hockey scores
- 10 Swat
- 14 College credit
- 15 French farewell
- 16 Short note
- 17 Blockhead
- 18 Skin openings
- 19 Microwave
- 20 Sports shoe
- 22 Captain Ahab's trade
- 24 Food fish
- 25 Former Secretary of Defense Melvin
- 26 Military uniform cloth
- 29 Little guy
- 30 Sandy seaside
- 34 Axles
- 35 Musician's stint
- 36 Part of the eye
- 37 Most common conjunction
- 38 Computer screen
- 40 Tit for _
- 41 Creased
- 43 Baby bear
- 44 Smart
- 45 Cornered
- 46 Pesky rodent
- 47 Chopped finely
- 48 Deadly
- 50 Ruby or scarlet
- 51 Husked, as peanuts
- 54 Oil and _; salad dressing
- 58 _ Scotia
- 59 Helped
- 61 Running shoe brand
- 62 Assist in crime
- 63 Northeastern U.S. state
- 64 Malicious
- 65 No longer here
- 66 Winter vehicles
- 67 Opposite of acknowledgment

DOWN

- 1 Failures
- 2 Shortly
- 3 Scrabble piece
- 4 Assaults
- 5 Stared openmouthed
- 6 Smell
- 7 Atmosphere
- 8 Wiggle room
- 9 Japanese dish of rice and raw seafood
- 10 Burn sluggishly
- 11 Mr. Strauss
- 12 Prayer closing
- 13 Ping-_; table tennis
- 21 Pond fish
- 23 Ann __, MI
- 25 Sensible
- 26 Packaged macaroni-and-cheese brand
- 27 Respect highly
- 28 Confuse
- 29 Flour container
- 31 Prank
- 32 Stop
- 33 Detested
- 35 The Almighty
- 36 Ear of corn
- 38 Olympics prize
- 39 Egypt's boy king
- 42 Let the air out of
- 44 Made broader
- 46 Like most tires nowadays
- 47 Lair
- 49 49ers & 76ers
- 50 Is a passenger
- 51 Obstacle
- 52 Tramp
- 53 _ if; although
- 54 Sell
- 55 Donate
- 56 Related
- 57 Depend
- 60 Pass away



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

December 13, 2010

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

Today's birthday: You face obstacles when making renovations and repairs at home. Purchase new, if you must. Recycle or repurpose used furniture, and kitchen or home items. It's much less expensive and more sustainable. Wait until the object of your heart's desire goes on sale.

ARIES

March 21 to April 19

Private conversations with several people indicate the need for serious reworking of a plan. Begin by considering core values to develop the foundation.

Rating: ●●●●●

TAURUS

April 20 to May 20

You wish you had more control over the situation. Others state their feelings, insisting upon changes that delay the process. Go with the flow for least resistance.

Rating: ●●●●●●●

GEMINI

May 21 to June 20

An associate faces serious challenges in a public forum. Luckily, you can provide more than mere data, which opens opportunities for effective persuasion.

Rating: ●●●●●

CANCER

June 21 to July 22

As you develop your plan from home, contact others with the practical means to help. They provide abundant choices for materials and location.

Rating: ●●●●●

LEO

July 23 to August 22

Your personal inclination to play is a double-edged sword at work. Associates offer opportunities, but you must focus on priorities. The team aligns on what those are.

Rating: ●●●●●

VIRGO

August 23 to September 22

You feel like coworkers are going off the deep end. Their actions seem out of character. Use practical discussion to rein in their wild ideas.

Rating: ●●●●●

LIBRA

September 23 to October 22

You can challenge your entire group to work hard and finish a project. Emotional incentive could work, but treats afterwards are probably more effective.

Rating: ●●●●●

SCORPIO

October 23 to November 21

Personal opportunities abound as you attempt to innovate a time-worn practice. Use the latest technology to revamp a classic idea. Then add your unique stamp.

Rating: ●●●●●

SAGITTARIUS

November 22 to December 21

You have lots of details to take care of. Your work schedule comes first, yet you can make time for personal errands. Call around before you go out.

Rating: ●●●●●●●

CAPRICORN

December 22 to January 19

Nerves fray when others come with emotional arguments. If you want to persuade, choose tactics appropriate to each person. Take time for compassionate listening.

Rating: ●●●●●

AQUARIUS

January 20 to February 18

Decide how to show others your love. You don't need to break the bank to find just the right appreciation for each person on your list. Choose something for yourself, too.

Rating: ●●●●●

PISCES

February 19 to March 20

When others pose difficult questions, dive into the inquiry. Look at it from a new angle. Test your ideas to see which works best.

Rating: ●●●●●●●

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3081 Main St

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(Tinseltown)



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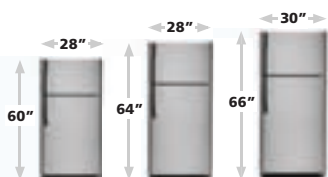
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\$499.99	Stainless	30" Width, Self Clean, Coil Top



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\$649.99	White	30" Self Clean Range
\$649.99	Stainless	30" Convection, Self Clean Range



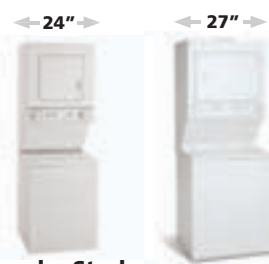
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