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THE CONVERGED CITIZEN

Football for a cure



Photo by Marissa DeBortoli

Ecole Secondaire l'Essor player Matt Marentette (4) runs with the ball while teammate Mitch Diluca (80) blocks St Joseph's Catholic High School player Austin Cartier Oct. 4. October is breast cancer awareness month and local football teams are campaigning to raise money. Organized by Tami Hawkins, a teacher at Tecumseh Vista Academy, the event has been running for three years and donates all profits to the Windsor Regional Cancer Centre to improve patient care.

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The Inaugural Tweed Run

Jay Verspeelt
Citizen Staff Reporter

The day before Thanksgiving saw the Inaugural Windsor Tweed Run, a city cycle ride beginning in Walkerville.

About 30 people showed up for the the Inaugural Windsor Tweed Run, a riverfront cycle ride starting in Walkerville, ending in Sandwich town and finally returning to Walkerville. Participants wore outfits as if it were the turn of the 20th century Britain. All types of bikes were allowed, but classic bikes were encouraged.

The event was created over pints at the Kildare House by Windsor residents Stephen Hargreaves and Chris Holt. It was inspired by the London Tweed Run which started in 2009 as a bike across the city. It now includes 400 participants a year.

Holt, a Ford tradesperson, is currently opening a bike shop in Walkerville next to Jones & Co. The event began behind the site of his future shop after the original location of Jubilee Park was closed for maintenance.

"It's a way to get together and celebrate city riding," said Holt. "The genteel aspect of cycling that has sort of been lost. What a better way than to pull out your tweeds and 50 year old bikes?"

Holt said he expected there to be a lower turnout because of the timing, but the date was chosen at random. Flyers had already been printed by the time he and Hargreaves found out it was Thanksgiving weekend.

The ride made four stops



Photo by Jay Verspeelt

Sara Howie on her Linus bicycle participating in the Inaugural Windsor Tweed Run in Walkerville Oct. 7.

along the way including the Manchester Pub, where participants had drinks, the foot of Dieppe Gardens for a group photo, the Dominion House Tavern for food and more drinks and finally ended at the Walkerville Brewery for more drinks and pretzels.

The event began at noon, had a table at the start site with a coffee and scone spread provided by Thyme To Go catering.

Stephen Pitman, St. Clair College Student Representative Council member and architecture student, was at the event after receiving an invitation on Facebook. Pitman's main mode of transportation is by bike.

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Deputy Chief retires

Adam D'Andrea
Citizen Staff Reporter

After 33 years of service, Windsor's deputy chief of police has announced his retirement.

Deputy Chief Jerome Brannagan said he will be retiring from the force during a press conference Oct. 10 at Windsor Police Services headquarters. The conference came

one day before Windsor's new chief of police was expected to be announced.

Mayor Eddie Francis introduced Brannagan, 56, and thanked him for his service on behalf of himself and the Windsor Police Services Board.

"Jerome has always personified what is good about the Windsor Police Services. He's someone who woke up every

single day with such passion, such vigor, such determination," said Francis. "He knew the work that he was doing and the service he was providing was making this community a better place."

Speaking at the conference, Brannagan said it had been an honour to serve in Windsor and be a leader in the community.

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Bird migration discussed at Ojibway Centre



Photo by **Jamie Adam**

Michelle Bondy, educational coordinator for Pelee Island Bird Observatory, and Claire Sanders, executive director for PIBO, stand next to an informational decal about migration Oct. 10. They spoke to the Essex County Field Naturalists' Club about migration of birds.

Jamie Adam
Citizen Staff Reporter

The executive director of the Pelee Island Bird Observatory visited the Ojibway Nature Centre Oct. 10 to speak about her work on bird migration.

Claire Sanders was joined by educational coordinator Michelle Bondy to speak to the Essex County Field Naturalists' Club.

Sanders talked mostly about the migration program at PIBO. She captured over 12,000 hours of night flight calls to track which birds migrate, when they migrated and how many are migrating. Every species of bird has a unique call which Sanders can use to track the details of specific species.

Birds migrate to find a better source of food, shelter and places to breed once their habitat becomes unfit due to

changing seasons. They can avoid predators, nest easier with more time to forge and face less competition mating.

It is estimated between three and five million birds migrate across the Americas. Birds choose to migrate at night because cooler and calmer weather makes it easier and there are fewer predators. Sanders said it is important to track birds because they can detect subtle changes in the ecosystem and food web.

"Birds affect how we feel about nature and how we're connected to it," Sanders said. "I think bird watching in particular connects people to nature."

Birds go as far as the Boreal Forest or the Arctic, which is too remote to observe birds and collect data. Sanders tracks them as they pass through Pelee Island.

Three other methods are

used to track the birds. First is netting and banding, where a fine net is strung between two posts or trees to catch birds. A metal band is placed around the bird's foot with a unique number to track that bird. Second is a daily census where researchers walk for 90 minutes to Fish Point on Pelee Island and back. Third is casual observation undergone during other parts of the day.

Sarah Baldo recently completed her Master of Science degree with Mennill Lab at the University of Windsor and organized the speakers for the meeting. She explained the effect birds have on humans.

"Different types of birds impact humans in different ways," Baldo said. "Birds can control pests so they're helpful in agricultural situations to keep insect numbers lower. Additionally, they're a really intricate part of the ecosystem in terms of seed dispersal, pollination and it really depends on the species the impact that it will have on humans."

Paul Desjardins has been a member of the Essex County Field Naturalists' Club for over 17 years and he said the night was extremely successful.

"It was very good. Very informative, very scientific, introduced new ideas and was presented very well and very organized."

The Essex County Field Naturalists' Club meets on the second Wednesday of every month and they always feature a different speaker. The public is welcome to attend the meetings.

Salvation Army funding ending

Tom Morrison
Citizen Staff Reporter

Services at the Salvation Army Windsor Community and Rehabilitation Centre have become more effective since the City of Windsor agreed to provide funding last year, according to the executive director of the shelter.

In September 2011, Windsor City Council voted in favour of providing two yearly installments of \$200,000 to the Salvation Army to cover operational costs and create a re-employment service with the city's Employment and Social

Services department. Funding previously came from the city but the amount was determined by the number of individuals per night who used the facilities. The shelter would have closed in October 2011 if the council vote did not pass. The funding will last until the end of the city's 2012 budget year in March 2013.

Don Feltham, executive director of the Windsor Salvation Army, said the shelter faced deficits which were mostly caused by low attendance in the shelter's housing services. He said the shelter has the same expenses

whether or not it reaches capacity.

"Years ago, in our hostel, we were constantly full," said Feltham. "Now, with whatever is happening, we find that with our hostel services the numbers are down. We do have a huge building. We do have vacated rooms. If these rooms were full with men, then the income versus the expenditures would be more comparable than what they are now."

According to the council report for this agreement, the \$400,000 total came from unused 2009 employment

Fire education taught at schools

Meagan Deschamps
Citizen Staff Reporter

The National Fire Prevention Association has marked Oct. 7 to 13 as Fire Prevention Week.

The NFPA has made this year's theme, Have 2 Ways Out, stressing the importance of working smoke detectors and having an emergency plan B.

Fire Prevention Week was established by the NFPA to commemorate the Great Chicago Fire that occurred Oct. 8, 1871. As stated on the NFPA website, "the fire killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres."

The fire changed the way firefighters and public officials thought about fire safety. U.S. President Woodrow Wilson issued the first National Fire Prevention Day proclamation. Fire Prevention Week is the longest running public health and safety observance on record.

Lynne Pretli, the public education officer of Windsor Fire and Rescue, said that public education is a mandate.

"The municipality has to supply public education to the citizens," said Pretli. "It's important for us to keep the children safe."

The Children's Safety Village of Windsor and Essex County helps make this possible. According to their Facebook page, "Our mission is to nurture safety and to eliminate preventable injuries and fatalities through education during children's formative years in a creative, fun and interactive environment. Our curriculum is developed to support and work in conjunction with the Ontario school curriculum."

"We send home information sheets about fire safety for the children to read over with their families," said Brenda Deschamps, a Grade 2 teacher at St. John's Catholic Elementary School. "I also take my class to the safety village."

Stephania Onorato, a teaching assistant at St. John's, has gone on a few of the trips to the Safety Village. "The Safety Village is fun and educational because it's interactive," said Onorato. "The smoke simulator used in the demonstrations helps get the feel of how to react during a smoke or fire emergency. The kids learn what to do in case of a fire and they get to take home a fire plan."

Fire Prevention Week ran Oct. 7 to 13 with events held at Devonshire Mall and other locations.

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"I have always tried to stress we all must be leaders," said Brannagan. "The public does not care whether you have 20 minutes on the job or 20 years on the job. They expect a leader to walk up the sidewalk and solve their issue."

Brannagan began working for Windsor police in 1980 as a constable. He became inspector in 2002, superintendent in 2006 and deputy chief in 2008.

During his speech Brannagan also acknowledged his fellow officers who had died while on duty.

"One hundred eighty-nine police officers have given their lives in the line of duty in Canada since I've started as a police officer. The worst day of my career was when number 166 died," said Brannagan through tears, referring to Const. John Atkinson.

Atkinson was shot and killed on the job in May 2006 after 15 years with Windsor police.

The conference was attended by co-workers, friends and Brannagan's family, including his father, retired inspector Fred Brannagan. Fred had been an officer in Windsor for 34 years before retiring in 1983.

Brannagan said he will continue working with the police during the transition to change the culture at Windsor Police Service. The call to change followed a string of brutality allegations beginning in 2009 and the sudden retirement of former police chief Gary Smith in December 2011.

"A new day is dawning, as they say. I'm very optimistic where we are headed. I think it's in the right direction," said Brannagan.

Brannagan expects to be fully retired by January 2013.

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Photo by James Zimmerman

A crowd gathers to share a meal Thanksgiving Day at the Downtown Mission Oct. 8.

Windsor Downtown Mission keeps on giving

James Zimmerman
Citizen Staff Reporter

The Windsor Downtown Mission is celebrating 40 years of service as volunteers prepare its annual Thanksgiving meal.

The Mission is a non-profit

Christian organization providing daily hot meals, emergency food services, shelter and skills training for Windsor citizens who need extra help. Executive director Chandra Dass said Thanksgiving is one of their biggest services, pro

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Lancers aim to advance to playoffs

Aussiemarie Vizcayno
Citizen Staff Reporter

The University of Windsor's football team has been working hard to advance to the playoffs this season.

The Lancer football team, under the guidance of head coach Joe D'amore, is doing well so far this season.

Dylon Whitfield, 22, is a receiver for the team. Whitfield says they are on the same track to the playoffs as last year.

"I think that after being in a full year with him we are more aware of what is expected of us," said Whitfield. "So I think just being under the head coach again after two years made it different."

Whitfield said the players have the same mindset as the previous year.

"We still have the same mentality on the field, so being under the same coach for a full year makes a difference this year than last year,"

Whitfield said.

Kyle Tyo, 21, a receiver for the Lancers, says the team is doing pretty well in its goal of making the playoffs.

"We made it into the playoffs last year and we are working towards that goal right now," Tyo said.

The team has been working with their head coach for a full year now, while new systems in the offense and defense have been implemented.

Tyo expressed that the team needs to play a full four quarters.

"We need to start playing full games all four quarters," Tyo said. "We played a few games where we only show up for either the first quarter or fourth quarter so our goal is to start playing that full quarter."

He also said if they can do that they should be able to beat any team.

The Lancers will be playing the McMaster Marauders Oct. 13 in Hamilton.

Fire Prevention Week begins

Madison Jean
Citizen Staff Reporter

Firefighters across North America came together in Windsor the week of Oct. 9 for the thirty-sixth annual Fire Prevention Week.

The event was held at the Devonshire Mall, where Windsor firefighters were putting on demonstrations and skits for the public for the purpose of educating people about fire-preventive measures. According to Windsor Fire and Rescue Service Capt. Don Bennett, the new theme for preventing fires is "have two ways out."

"We try to get (fire prevention week) going for the kids, but when the kids are here we do stuff for the adults too," said Bennett, 57. "We put different things on to get them involved. We encourage them to find different routes."

The fire department wouldn't be able to put on the event without the contributions of volunteers. Jason Blanchard, 25, a volunteer for eight years, became a first-class fireman four years ago. He said volunteering is valuable.

"I think we all have a duty to volunteer," said Blanchard. "We remind the public going



Photo by Madison Jean

Firefighter Roch Gascon, 56, gives a tour of a fire truck to families at Devonshire Mall Oct. 9.

into the winter season the things they need to be aware of. Fire prevention week is a good way to get this out there."

Fire Prevention Week started in 1976, following an incident in Chicago on Oct. 8, 1871 and continued until Oct. 10, 1871. According to a myth, it all started from a cow kicking over a lantern in a small barn which caused a fire, killing hundreds and destroyed over three miles of land. Fires kill over 250 people per year in Canada and the leading cause

of fires are candles falling over.

Roch Gascon, 56, a Windsor firefighter for the past 42 years talked about the importance of fire safety.

"We're just trying to raise the awareness of fires in Windsor," said Gascon. "We get to meet a lot of people and help kids learn about fire safety. I think it's good for people to learn. I've always been involved in (fire prevention week)."

Fire Prevention week wrapped up Oct. 12.

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funding from provided by the provincial government and Essex County. The funds did not come at the cost of the taxpayer. Feltham said the addition of the re-employment service created with the funds has had a positive effect on the shelter's housing program.

"In adding a service with that of re-employment and speaking with the men about their particular needs ... not only in housing but the job search and educationally, that service has, I think in over the past year, improved immensely," Feltham said.

Diane Quinn, manager of employment and training initiatives for the social services department, said there are three components to the re-employment strategy. First, individuals from the Salvation Army are assessed to determine any barriers to re-employment, such as physical health or education.

Second, individuals are shown resources like employment programs or workshops that are available to them. Finally, the individuals are referred on a case-by-case basis to the next step in the employment process, whether it's training, assistance with health problems or immediate employment.

While the funding agreement lasts until March 2013, the program between the Salvation Army and social services will end Dec. 31. Quinn said her department will have to decide whether or not to continue this agreement based on the same factors they would with any employment contract.

"We would look at the outcomes and at that time we would make a decision based on outcomes, based on the availability of funds, based on a number of things," said Quinn.

Staff at the shelter has been downsized to become more financially stable once fund-

ing ends, but Feltham said this has not decreased its services. He said he is hopeful the Salvation Army's services will continue after March 2013 and is working with his staff on ways to avoid the possibility of closure again.

Ward 3 Coun. Fulvio Valentinis, where the Salvation Army is located, said council will begin budget discussions soon and will have to decide whether or not the city can continue this agreement. He said he wants the shelter to stay open next year, but this is a tough budget year and some councillors feel this should be a provincial issue.

"It's a vital service and I would certainly hope that it could continue," Valentinis said. "I would really hope that the upper levels of government, especially the provincial in this case, would step forward in terms of the funding because it really is a health issue."



Photo by Richard Dawes

Ashley White and John Feldman work on a computer inside of the TD Student Success Centre Oct. 9. The centre has 85 computers for students to use and spaces for private and group work to be done. The grand opening of the centre will be in November, but the facility is now open for students.

Repurposed TD building opens as student centre

Richard Dawes
Citizen Staff Reporter

Downtown St. Clair College students and a local business owner agree the school's newly opened student centre is a good example of repurposing an unused building.

Now named the TD Centre for Student Success, the once empty space at the corner of University avenue and Victoria avenue offers students access to 85 computers, five study rooms, a club room and counseling and tutoring services. Approximately \$700,000 was spent renovating and furnishing the 3,000 square foot two-storey building, previously a TD Canada Trust branch. The transformation of the donated building, a gift from TD, began in June and completed in October.

The facility will operate Monday to Friday from 7:30 a.m. to 10 p.m. If there is demand the centre will be open weekends too.

Vice President of College and Community Relations John Fairley said "repurposing" is a new hot word, meaning taking a pre-existing building and using it for something different. The centre marks the third building the college has repurposed, preceded by the MediaPlex building which sat empty

after the closing of the Salvation Army and the St. Clair Centre for the Arts which was formerly the Cleary International Centre.

"This building will improve the (St. Clair) student experience and act as a catalyst to help the city core," Fairley said. "We're just playing our part by bringing students and staff downtown. This centre compliments what we've already been doing to help."

“... IT WILL PROVIDE A PLACE FOR DOWNTOWN STUDENTS TO COME TOGETHER AND MEET ...”
- VANESSA RUTH

Second year travel and tourism students Sam Holden and Vanessa Ruth both agree there is a need for the centre. The program's first year class has many more students than last year, and the open lab provided in the MediaPlex is not large enough to accommodate everyone.

"I also think it will provide a place for the downtown students to come together and meet, from both the MediaPlex and Centre for the Arts," said Ruth.

Windsor's downtown is receiving attention from the University of Windsor as well, with the recent purchase of the old Windsor Star building and last year's purchase

of the downtown Armouries.

Within a few blocks of the new student centre are a number of local establishments. Villains' Beastro is a block away and owner Geoff Zanetti said repurposing the old bank is a step in the right direction for downtown.

"The schools moving down here is what's going to bring people downtown," said Zanetti. "I'd like to see the students living down here next, and then once that happens we can have a grocery store and year-round food markets. But as of now the schools are a great way get people down here."

Zanetti also noted that Villains', another example of a repurposed building, was an antique shop before he turned it into a restaurant.

Though the grand opening for the TD Centre is tentatively set for early November, the building is now open for students. St. Clair students who attended the TD Centre's soft opening got their first look at the new computer equipment and refinished interior. There is office space for St. Clair staff who will run the centre and also for the downtown Student Representative Council office which has moved from the Centre for the Arts.

Windsor announces new top cop



Photo by James Zimmerman

Al Frederick is announced Windsor's new police chief at a press conference Oct. 11 at Windsor Police Services Headquarters with Mayor Eddie Francis.

James Zimmerman
Citizen Staff Reporter

good about the future of this organization."

Windsor Police Service Oct. 11 announced its new chief of police and it's a familiar face.

Al Frederick, 51, has been selected as the new chief and will start full-time duty immediately. Frederick, a 28-year veteran of the force, has been acting chief since December 2011 after Gary Smith retired earlier the same month. Smith retired amid allegations of criminal activity and Police Act violations by senior officers.

Frederick said he is "honored and humbled" by the appointment.

"We share a vision for the future, and I am humbled by the awesome opportunity to work alongside all members of our service and our community," said Frederick.

Six candidates were considered for the position. Mayor Eddie Francis said the decision was based on which candidate was able to best propose and implement an action plan for the organization.

"Senior command drilled it home for me. That passion we hear these guys talk about has been that way throughout the entire ranks of this organization," said Francis.

"That's something that is unique and I feel and the (WPS) board feels really

In another press conference later that afternoon, Windsor's new deputy chiefs were introduced. Windsor Police Superintendent Vince Power and Essex OPP Detachment Commander Rick Derus will share deputy chief duties.

Some people at the press conference were critical of the new police chief because he was deputy chief during Smith's time in command. Police board vice-chair Toni Scislowski, however, affirmed the board's confidence in their decision.

"We (the police board) were looking for a candidate who was a really strong leader," said Scislowski. "We were fortunate the best candidate was in our own backyard."

During his time as acting chief, Frederick and the WPS have decreased incidents of excessive force by officers by 60 per cent year-to-date over 2011. Reports of assaults and resisting police have decreased 71 per cent year-to-date compared to the five year average, injured officer incidents have decrease 33 per cent compared to the five year, year-to-date average and has reduced conflict with officer complaints reported by members of the public by 35 per cent year to date.

COPE initiative announced during fire prevention week

Faith Codee Woltz
Citizen Staff Reporter

During this year's Fire Prevention Week, the Windsor Fire and Rescue Services unveiled its new Caring Outreach Program and Education initiative.

COPE is an outreach project providing fire safety information and is a voluntary program with three components.

The first is a voluntary home inspection. Citizens can call Windsor Fire and Rescue to schedule a tour at their home to look for potential hazards, explain what the hazards are and how to correct them. The second is a wellness program where they make visits four times per year to elderly people who are confined to their home to ensure they are safe. The final component is a lock box program where a home owner can purchase a lock box for \$75 to be installed on the outside of their home. Windsor Fire and Rescue would have a special key to open it.

Public education officer Lynne Pretli, 48, said there have only been a handful of calls and she hopes within a year a large number of the

community will have signed up for one or all of the components of COPE.

"We think it's going to be very beneficial especially for the home inspections if we can keep people safe," said Pretli. "Our goal is to be out there in the homes making sure they're safe for the families and they also have to make sure they have their fire escape plan."

Fire prevention officer David O'Neil, 45, said an important aspect of the COPE program is the home inspections.

"I hope that basically every at need or at risk person in our community will be able to reach out to them, to interact with them to keep them safer," said O'Neil. "It's a fantastic program and I think that it has great potential to really help the needy or at risk people in our community."

Home owners like Karen Rounding, 45, said her family is considering participating in the COPE program.

"A home inspection is something my family and I are interested in," said Rounding. "I think it's a good idea to be prepared and aware of the hazards that are in your home."

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viding a warm meal to an estimated 300 people.

"This year has been a year of tremendous growth. We have been serving anywhere from 230 to 240 people per day from the second or third day of the month," said Dass.

The mission's highest demands are providing daily hot meals to patrons and providing emergency care packages to those who are in need. The packages last one week and are provided through donations of canned goods such as jams, vegetables and other non-perishable food items. Board member and volunteer Larry Wilson, 62, said the generosity of Windsorites is vital to the mission's success.

"Fundraising is crucial. What people don't know is that the Downtown Mission

doesn't receive any money from any level of government or the United Way," said Wilson. "We've got a budget that is approaching \$1.2 million and that call comes from the people of Windsor."

Last year the mission served over 120,000 meals, provided clothing to 5,000 individuals and trained over 50 citizens and helped them back into the work force.

"I was stranded here on my way to London and I'm poor. I was lucky to stumble on the mission until I can find a way home," said Crystal, 23, who did not want to provide a last name.

The mission will be holding a Fortieth anniversary gala and fundraiser Oct. 20 to celebrate its active role in the community. Tickets can be purchased from the mission office at 664 Victoria Ave.



Photo by Rob Benneian

Students load basketballs into Jordan, a robot designed by students from Governor Simcoe Secondary School in St. Catharines, Ont. at WE-Tech Alliance robotics open house at Windsor Public Library Oct. 11.

Robot, basketball star compete

Rob Benneian
Citizen Staff Reporter

The worlds of athletics and science came together, if only for an afternoon, in a three-point shooting competition.

The first annual WE-Tech Alliance robotics open house was held Oct. 11 at Windsor Public Library. The main attraction was a pair of robots designed by high school students capable of sinking baskets.

Jordan, named after basketball legend Michael Jordan, is the robot designed and built by students from Governor Simcoe Secondary School in St. Catharines, Ont. to compete in the annual For Inspiration and Recognition of Science and Technology competition.

The Governor Simcoe team, which goes by the name Simbotics, won the Chairman's Award this year. The award recognizes teams that show commitment to spreading passion for science and technology and is the most prestigious first award a team can win. Simbotics was the first ever Canadian team to win the award.

"It's not just the robot, we do all kinds of other things," said Brandon Pruniak, a 20-year-old former Governor Simcoe student and mentor for Simbotics. "It's basically coming out, getting the robot

and showing the community. What you do around the community, spreading the word of FIRST."

Students from Sandwich Secondary School also participated in the competition and were at the library to show off their robot. Sixteen-year-old Sarah Nichol joined Sabre Bytes, the Sandwich team, in Grade 9. She and her teammates built "Droid" and won a regional competition in Tennessee, the first such victory for the school in its 11 years of competing.

"That was the best experience ever," said Nichol. "It was amazing because our team has been working hard for 11 years now. We've been doing pretty well but we've never actually won. It was a great accomplishment to know that we built that robot and we won."

Simbotics demonstrated of their robot's abilities in a shooting exhibition with Windsor Express guard Isaac Kuon. Despite a height difference of approximately five feet, Jordan was able to keep up with the professional baller. After shooting to a 10-10 draw, the six-foot-four Kuon said he was impressed with Jordan and the student engineers.

"It's amazing," Kuon said. "I heard they're high school kids too, that's even more impressive."

Power on the water front

Tom Morrison
Citizen Staff Reporter

A local energy company has offered to donate a solar-powered charging station to Windsor's riverfront, but city council has postponed its decision because of advertising on the unit.

Green Sun Rising Inc. produces a solar-powered bench that can be used for charging laptops, cell phones and other electronic devices and it has a sign that promotes the company's website. On Oct. 1, council decided to hold their vote on the matter until they resolve the advertising issue with the company and a suitable location for the bench is chosen.

Klaus Dohring, president of Green Sun Rising, said he was disappointed by council's decision and he won't change the design on the bench unless the city purchases it.

"If the city wants to buy a unit, that's fine. We'll take the Green Sun Rising sign down. If somebody buys a unit, then we don't have a leg to stand on to have a big company sign on it," said Dohring. "If it's a donation, in my view then that's a different case."

Dohring said his company will try to resolve this issue with the administration and he would like to see the bench in a high traffic area on the waterfront. He also said he hasn't been told when the vote will happen and hasn't begun discussions with city council.

Ward 9 Coun. Hilary Payne said it usually takes a month or so for something like this to get rescheduled. He said the bench would be useful but its advertisement would make other companies want to place promotions on city property.

"I think it would set a precedent that would be difficult to overcome," said Payne. "We'd have a lot of other companies coming and saying, 'Hey, I want advertising as well,' so there should be a small plaque giving recognition to the owner, but certainly nothing like the size that he was proposing."

F is for fashion



Photos by Riley Harrison-Lutz

**Courtney Turnbull,
Ashley Godin and
Dayna Poission**
Citizen Staff Reporters

Models walked the runway to show off designs for the Harvesting the FAM Fest's "F is for Fashion" show Oct. 11.

FAM Festival returned for its seventh year, running from Sept. 28 to Oct. 13. FAM was created as an opportunity to promote and showcase local talent. What separates FAM apart from other art festivals in Windsor is the 100 per cent free cover charge for the public.

Independent designers involved in the show were Ana Stulic, Denial, Dilly Daisy, The Gilded Lily, Kat Palmer Custom Cases, Never Hopeless, Rejected and Tainted Red.

Rachelle Deliberato with her brand "Forget the Jones" said she hopes to open a store in her hometown of Kingsville Ont by June.

"I'm hoping to bring in other artists, that are kind of funky different," Deliberato said.

Deliberato, who has been sewing for about a year, started by making outfits for her teenage sons and doing craft shows. She said she likes to create her own clothes and wear them out.

"I am totally inspired by

anything recycled, anything vintage and anything that is different. I don't like to be the same, I don't shop at the mall and I don't like to shop at the mall," said Deliberato.

Dee-Dee Shkreli's designs were featured in the show and she has been involved with FAM Festival since it started. She said it is a great festival because it involves several different mediums of arts.

"I think the reason it's important, besides the fact that it's a lot of fun, is because it actually involves all the arts of Windsor," said Shkreli.

The festival's creator, Murad Erzinclioglu, said he started the event with a friend as a way to get their work out into the community. The idea snowballed from a small show into what it is today.

"Windsor and Essex-County has an incredible amount of talent and it just needs to be shared, supported and experienced by everyone who lives in the city," said Erzinclioglu.

Working in Windsor's music scene for 10 years, Erzinclioglu has brought business to local venues through his shows and events. He said the festival gets easier to organize every year as venue owners, designers and musicians jump at the chance to participate.

Kat Palmer, a designer from

the Toronto area, said this was her first fashion show in a long time because she has been focusing on the business aspects.

"I'll be looking into putting up an online store front soon," Palmer said. "I'm working on prototypes right now and working on a business aspect of the designs and finalizing everything."

Palmer's brand The Gilded Lily, Kate Palmer Custom Cases focuses on hand-sewn guitar cases and bags.

"Kind of anything goes, it has that authenticity. A bit of re-used to it, I might find a hockey jersey and turn it into a bag one day or find an old sequined dress and turn it into a Tina Turner-inspired guitar case," said Palmer.

Ana Stulic, who studied design in Milan has been involved in previous FAM festivals and said she thinks it is important for talent in Windsor to be exposed.

"There's not that much for independent designers and there is not that many shows that go on so it is great for people to get to know about us and know we are in Windsor," said Stulic.

The festival ended Oct. 13 with the Stephen Gibb Art show at Milk Coffee Bar on University Avenue West.



Cancer struggle sparks fundraiser



Photo by **Marissa DeBortoli**

Tami Hawkins poses in front of the Riverside Secondary School and Assumption High School teams as they play Oct. 4 at Tecumseh Vista Academy.

Marissa DeBortoli

Citizen Staff Reporter

Windsor schools held the annual “Pink” football fundraiser Oct. 1 to 5.

On Oct. 4, six local teams played on the new field at Tecumseh Vista Academy before a crowd of excited elementary and high school students. At Tecumseh Vista, students were encouraged to wear pink and were given tags they could fill out with the name of someone they know who is or was affected by cancer.

Amy Bondy-Corriveau, vice principal of Tecumseh Vista Academy, said the name tags are a great way to raise student awareness of who is affected by cancer.

“It really shows them that everyone is affected by this,” said Bondy Corriveau.

This year 12 high schools participated, which is up from 10 last year. So far \$6,500 has been raised from Tecumseh Vista and the total will not be available until all the participating schools are finished running their fundraisers. The Ontario Football Officials Association also donated \$600 and presented the money to Bondy-Corriveau before the first game.

Tami Hawkins began the “Pink” football cancer fundraiser in 2010 after a battle with stage two breast cancer.

“October 2010 was the first year this was held,” said Hawkins. “It was hosted by Kennedy and we raised \$600. Last year was hosted by Vista and we raised \$11,800. This year was also hosted by Vista and we hope to raise \$20,000.”

Hawkins came up with the idea in October 2008 on the day of her first chemotherapy

treatment.

“I walked into the chemo suite October first, the TV was on and talking about Breast Cancer Awareness Month,” said Hawkins. “October 2008 was also the first year the NFL held the ‘Crucial Catch Campaign’ which emphasized how important it was that cancer is caught early. So all the participating NFL teams were wearing pink and I thought, ‘We can do that.’”

Hawkins said the money made during the first two years went to buying televisions for the chemotherapy lab at Windsor Regional Cancer Centre.

“Treatments can take five hours and the chairs are all facing each other. You just sit there for the length of your treatment staring at other people,” said Hawkins. “It takes five to eight hours and there was not one TV. There was nothing to do and I felt so bad for all these people. That’s partly where the money went the first year. All the chairs have TVs now.”

This year the money is still going to Windsor Regional Cancer Centre to bring in new lab equipment, said Bondy-Corriveau.

“Right now, it takes over two weeks for cancer test results to come back. They hope to speed up the diagnosis time to less than two weeks,” Bondy-Corriveau said.

Feedback for the “Pink” games fundraiser has been positive and the fundraiser has been growing in popularity among Windsor schools.

“I think the biggest feedback is even if you haven’t been touched by breast cancer, it’s hard to find someone who hasn’t been touched,” said Hawkins. “Everyone can relate to it somehow.”

Melissa Iarusso and Mamdouh Elchami
Citizen Staff Reporters

October is Breast Cancer Awareness Month and many local football teams are campaigning to raise money.

Dave and Tami Hawkins, teachers at Tecumseh Vista Academy, began the “Football for a Cure” campaign three years ago through the Windsor Essex County Secondary School Athletic Association. The couple was inspired to create this campaign when Tami was diagnosed with breast cancer four years ago.

Annually, she participates in a three-day cancer walk in Michigan and organizes a team for CIBC’s Run for the Cure. But according to Hawkins, she wanted to create an initiative that would increase awareness, raise funds locally and contribute directly to the community.

The initiative started with a few local high school football teams raising money and wearing pink in their schools to raise awareness during breast cancer month. They raised about \$6,000 in the first year, which was donated to Windsor Regional Hospital Cancer Centre.

“We were lucky enough to receive overwhelming support from family and friends throughout her treatment and recovery. The staff at the cancer centre was very supportive and helpful but we noticed that not everyone was as lucky as we were. There were people fighting alone and without the benefits that we had,” said Hawkins. “Upon completion of her treatment Tami felt it was necessary to give back



Photo by **Mamdouh Elchami**

From left to right: Cameron MacDougall, 18, Jordan Yovanovich, 17, Larry Blocker, 17 and Marlow Downey, 18, pose for a photo inside W.F. Herman Secondary School, wearing pink to support breast cancer Oct. 5.

and try to make everyone’s fight a little more comfortable.”

The campaign has grown each year with both junior and senior football teams participating around Windsor and Essex County. The teams are selling bracelets, T-shirts and collecting pledges for walk-a-thons.

In 2011, approximately \$11,000 was raised through the campaign.

“The idea that young men have taken on this fight for both awareness and support of those afflicted with this terrible disease is overwhelming. They are more than willing to wear the pink in honour of those that have endured the fight as well as those to come,” Hawkins said. “It shows that we all must do our part and that young people do care.”

Students at W.F. Herman Secondary School began their breast cancer awareness campaign Oct. 5. Team captain Jordan Yovanovich, 17, is a senior at Herman and has been

organizing Green Griffins campaign for three years. He said Herman ran out of all their merchandise in two days.

“It means a lot to everyone in Herman because everyone here has been affected by breast cancer in some way,” Yovanovich said. “Last year we were third in the rankings so this year we hope to send a lot more money.”

Yovanovich said it’s not a competition when it comes to raising money, but a little competition always helps.

“We have support from everyone in our school and our football team,” said Yovanovich.

Aside from selling pink T-shirts and bracelets, Herman’s football team painted their nails pink, used pink tape and wore pink socks to their game. They also used pink face paint instead of the traditional black.

Griffins head coach Guard Lewis said he fully supports pink-inspired spirit.

“We just try to and do a small part to help out. It’s a good thing, a great cause and our guys are behind it because some family members have endured cancer and they want to do something to help out.”

Other organizations in North America are also raising money for breast cancer research this month. The National Football League to date has raised more than \$3 million for the American Cancer Society, with the majority of the donation coming from the sale of pink items at retail and on NFL Auction, according to nfl.com.

The Hawkins’s goal is to raise between \$15,000 and \$20,000 county-wide this year.



Photo by **Sandee Nho**

Riverside Secondary School running back Harry Rana (9) scores a touchdown at Tecumseh Vista Academy in Tecumseh Oct. 4.

AKO Fratmen All-Stars

Ashley Davidson
Citizen Staff Reporter

The Ontario Football Conference has named two players from the AKO Fratmen defense as all-stars of the OFC for the 2012 season.

Defensive back Deandre Jones and defensive lineman Derek Hurlock are the two all-star selections. Both were invited to the Hamilton Tiger-Cats Canadian Football League training camp before this season began.

Jones is a four year veteran on the team and has been named an all-star for his last two years. According to Coach Mike LaChance, Jones could have been named an all-star in his second season as well.

LaChance has coached Jones in all four of his years with the Fratmen. He said Jones is a smart guy and easy to coach and deserves to be named an all-star.

“Deandre had a real nice season,” said LaChance. “I think it caught him by surprise that he made it (as an all-star). He didn’t have the stats he had last season.”

Jones said it felt good to be chosen as an all-star for the second year in a row, especially since this was his last year with AKO.

“My experience with AKO was good,” said Jones. “We only made playoffs that one year, but I’m glad I could spend my four years there. I



Photo by Ashley Davidson

Derek Hurlock (44) stares down the London Beefeaters in the last Windsor home game Sept. 22 at Windsor Stadium. Hurlock was selected as an all-star for the AKO Fratmen this season.

improved as a player a lot and AKO helped me get to being an all-star and I will remember AKO for life.”

LaChance was not surprised Hurlock and Jones were both all-stars.

“Deandre is a lot more vocal than Derek (Hurlock), but they both lead by example and do the little things,” said LaChance.

This was Hurlock’s first year in with the Fratmen. LaChance attempted to recruit Hurlock out of high school, but Hurlock went to play for the Okanagan Sun in Kelowna, B.C.

“It sounds cliché, Derek is the first guy at practice and the last to leave,” said LaChance. “You watch him before the game and he is on the field ...

and he is mentally preparing himself.”

Hurlock is hoping to work hard in the off-season and make it in the CFL.

“It feels good being chosen as one of the best defensive linemen in the OFC,” said Hurlock. “After this year I am just going to be putting a lot of training in to get ready to hopefully attend another CFL camp and hopefully get the chance to make a roster spot.”

LaChance believes the CFL is a good possibility for Hurlock.

“I can really see Derek making the TiCats next year,” said LaChance. “He had a good go of it this year in camp and they really liked him. I think he is physically and mentally capable to make the CFL.”

Spits newcomers adjust

Kenton Wolfe
Citizen Staff Reporter

Though the pair has nearly nothing in common, the two newest Windsor Spitfires appear to be adjusting quickly.

One is a hot-shot rookie looking to solidify himself as one of the top young offensive players in the league. The other is an overage veteran playing his final Ontario Hockey League season in a defensive role. Despite their differences, they share one thing in common – they impress their coaching staff.

Sixteen-year-old Joshua Ho-Sang was drafted fifth overall in the OHL Priority Selection this past April. With a high selection comes high expectations. Spits coach Bob Boughner expects him to be a top-six forward with the club and admires his enthusiasm for the game.

“Clark is a role player who competes hard and should quickly become a fan-favourite in Windsor,” said Campbell. “He’s a diminutive forward who won’t back down from anyone on the ice and generally makes his presence felt in-game with some high impact hits.”

Accolades from scouts and coaches alike have rained down on the duo, however the praise hasn’t come without a price. Both Ho-Sang and Clark are having trouble adjusting to Windsor.

“It’s different, it’s taking time adjust,” said Ho-Sang. “Obviously I haven’t adjusted as quickly as I would’ve liked. I’m moving along and I’m making big jumps every game. It’s something that I’ve noticed and I think the coaches have noticed. They’re providing me with a lot of opportunities and I’m thankful for



Photo by Rob Benneian

R-L Windsor Spitfires forward Josh Ho-Sang is pursued by Soo Greyhounds defenceman Tyler Ganly during a game at the WFCU Centre Oct. 11. The Spitfires won 7-4 and Ho-Sang scored his first Ontario Hockey League goal.

“He’s great, I love the excitement,” said Boughner. “He’s definitely learning this league and working hard. He’s going to be a great forward for us.”

Ho-Sang’s counter-part is 20-year-old Emerson Clark, acquired just prior to the start of the OHL season. Clark was obtained in a trade sending former-Spitfire Hunter Smith to the Oshawa Generals. His style of play has quickly garnered him the status of fan-favourite according to professional scout Scott Campbell.

that.” During his ninth game of the season on Oct. 11, Ho-Sang scored his first OHL goal against the Soo Greyhounds, adding to the four assists he’d compiled earlier in the season. Finishing off a passing play with a deke around the goalie, Ho-Sang’s goal is receiving praise from media around the country. The Sports Network program SportsCentre named the goal the “highlight of the night.” Ho-Sang played the accomplishment off.

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Spits weekend recap

Rob Benneian and Mitchell Bradner
Citizen Staff Reporters

The Windsor Spitfires took three of a possible four points in home games against the Sault Ste. Marie Greyhounds Oct. 11 and Niagara IceDogs Oct. 15.

Against the Hounds, Michael Clarke had two goals in the final minute of the game and assisted on two Derek Schoenmakers power play goals in the first period. The Spits power play had been in a one-for-13 slump heading into the contest, but Schoenmakers’s two goals helped the team to a 7-4 win.

“It was important to jump on the board early and try to get us some momentum especially

after the last few games we’ve been having,” Schoenmakers said. “It’s important to get the confidence going and I thought it helped. We played pretty well.”



Photo courtesy of the OHL Spitfires forward Josh Ho-Sang

Josh Ho-Sang scored his first two Ontario Hockey League goals, beating goaltenders Matt Murray and Brent

Moran, of the Greyhounds and IceDogs respectively. Ho-Sang’s first goal earned him The Sports Network highlight of the night honours.

Windsor built a 3-1 lead over Niagara in the second period, but the IceDogs rebounded to win 4-3 in a shootout.

Kerby Rychel scored twice in the game. He now has five goals in 10 games this season after scoring 41 times in 68 contests a year ago.

Spitfires rookie goaltender Jordan DeKort was denied his first OHL victory when the IceDogs came back to win.

The Spitfires next opponent is the Erie Otters and 2012 first overall pick Connor McDavid. Ho-Sang and McDavid were teammates with the Toronto Marlboros.

A new level of entertainment



Photo by **Maciejka Gorzelnik**

Windsor club goers wait at the bar at the grand opening of Level 3 Vodka Emporium Oct. 5.

Maciejka Gorzelnik
Citizen Staff Reporter

To stand out from the crowd, some local bar owners are trying something different and bringing night life to another level.

Located on the third floor of the Birk's building above The City Grill, Level 3 Vodka Emporium held its grand opening Oct. 5 as Windsor's first 21-and-over vodka bar. In 2011 Andrew Corbett, part owner of Level 3, introduced Bull n' Barrel and The City Grill to the downtown sector and says club goers are looking for change.

With approximately 50 nightclubs and bars in Windsor's downtown core, Corbett said something unique was needed to draw a different crowd.

"Instead of just opening up a nightclub that everyone else in the city has, we needed something different," said Corbett. "We needed a gimmick or a catch and that catch is that we're going after the 21 and over crowd."

Another element that makes Level 3 stand out downtown is its specialty in vodka. Corbett said Level 3 will be offering patrons a choice of over 35 vodkas from around the world

making it a local "destination."

Club goer Sandra Raven attended the opening and said she expected a unique club experience but was left wanting more.

"When I heard that a vodka bar was opening I was expecting something akin to a lounge where different types of vodka would be expertly paired with various mixers and garnishes that could be sipped on nice couches or booths," says Raven. "But I got another unoriginal, uninspired mid-sized dance club with lots of people chugging their diluted, unexciting bar-rail drinks."

While it is a difficult to please everyone, Raven said making subtle changes would help in making Level 3 stand out more.

"I'm all for cheap drinks," said Raven. "But promoting and highlighting unique or top-shelf vodka can be easily done and would add a lot of class and distinction to the space."

Change is difficult to achieve but when it comes to taking nightlife to a new level, Level 3 may have a few more steps to go.

Boom boom burlesque

Jill Thompson
Citizen Staff Reporter

Reigning queen of burlesque and Windsorite Roxi D'Lite, 29, is making her on-camera debut in the award-winning film *Burlesque Assassins*.

To celebrate the occasion, Roxi will be performing at the film's official release party Boom Boom Burlesque Oct. 19 at The Boom Boom Room in Windsor. There will also be a special appearance by 84-year-old Burlesque Hall of Fame Legend, Toni Elling.

In 2010, D'Lite became the first Canadian to be crowned queen of burlesque by the Burlesque Hall of Fame in Las Vegas. She has spent the past two years performing around the world and currently has her own TV series in development. D'Lite said acting is part of a long-time goal for her.

"I've always wanted to be an actress since I was little so this was a dream come true. However live theatre is very different - if you mess up there is only one take whereas in film there is more hurry-up-and-wait," said D'Lite.

Co-owner of The Boom Boom Room, Remo Agostino, brings world-renowned DJs and various performers to his night-club each month. He is a fan of D'Lite and said he is pleased to have her perform at his club.

"Roxi is a world-class performer who should be championed in her home city. She brings so much integrity to her craft and her performances. Windsor is truly lucky to have her and so are we at The Boom Boom Room," said Agostino.

D'Lite, who currently lives in Windsor, travels across the globe doing appearances and performances. She said stripping inspired her to pursue a career in burlesque.

"I started out as a stripper doing feature shows at a couples club called the Wild Orchid above Cheetahs and always liked using vintage themes in my performances," said D'Lite. "One day after my show a lady approached me and said 'Thank-you for bringing back burlesque' and I was like 'what is that?' I went online right away and researched it, so I guess you could say stripping was my

influence."

The Oxford English Dictionary defines burlesque as "a literary, dramatic or musical work intended to cause laughter by caricaturing the manner or spirit of serious works, or by ludicrous treatment of their subjects."

A Detroit icon knows firsthand about what it means to perform burlesque and will join D'Lite in her debut.

Toni Elling, 84, from Detroit was the first black woman to have been allowed to perform a burlesque act at an all-white club. In 1960, at 32, she began working as a stripper and had to deal with racism. Elling proved herself in the business and was inducted into the Burlesque Hall of Fame, the world's largest and most important archive of vintage Burlesque information.

"I want to be remembered as a great entertainer, not categorized as a stripper," said Elling.

Elling teaches burlesque at trade shows in Las Vegas and would like to start teaching

Personal trainers preferred over gyms



Photo by **Marissa DeBortoli**

Personal trainer Colby Broeckel helps Amy Ciliska perform a shoulder exercise at BodyX Fitness Solutions in Tecumseh, Ont. Oct. 3.

Marissa DeBortoli
Citizen Staff Reporter

If you've decided to start exercising, where do you go? Do you choose a gym membership like many others or do you look for other options? Personal training can be a good alternative to investing in a gym membership or training on your own.

Personal trainers help people stay motivated to work out. If you're the kind of person who tends to prolong things and put things off, having to keep on schedule could help you stay committed.

"Using a personal trainer allows you to get your workouts in effectively, safely and a little bit more specific into what it is you want to do," said Erik Brinkman, owner of BodyX Fitness Solutions in Tecumseh. "There are all different kinds of personal trainers. Some personal trainers are great for motivating and pushing you to do what you want to do."

Staci Harrison has been working as a personal trainer for six months after years of fitness competitions and training on her own.

"I find that personal trainers push people to their limits. Some people do need to have that extra motivation to work to the hardest ability that they can," said Harrison. "If they need that coaching with their

training, I do recommend it because it helps them get to the goals they want and it usually helps them get there quicker. The knowledge is there and the training is there so they just need to show up and go along with the program."

Amy Dupuis began using a personal trainer after a back injury became aggravated.

"I find it more beneficial than working on your own. You have an expert helping you," said Dupuis. "It helps with form and doing things properly. They know what I can and should do in specific areas. If I was just going to the gym, I wouldn't know what to do. I'd probably be stuck on machines instead of using free weights."

Knowing what to look for is one of the best ways to ensure you get a personal trainer who keeps you safe and has all of the knowledge you require. A good personality match also comes high on the list.

"You have to have to be able to get along with a person," said Harrison. "You need someone who will be tough enough to push you and someone who will be understanding as well because things happen in life and you can't be in the gym and following everything 100 per cent all the time."

In Canada, personal trainers

Man's best friend lives on

Alice Hewitt
Citizen Staff Reporter

Walt Disney Pictures released *Frankenweenie* on Oct. 5.

The film, directed by Tim Burton, tells the tale of a young Victor Frankenstein whose dog Sparky dies tragically in a car accident. A determined scientist at heart, Victor builds a secret lab in the attic to try and bring his four legged best friend back to life. The experiment is a success and soon Sparky is alive and wagging his tail once again.

It turns out Burton's idea may not be too far off the mark. The University of Pittsburgh's Safar Center for Resuscitation Research has been working on that idea already to benefit injured troops at war until they can be taken to a medical facility for treatment.

The heart is a natural pump which needs a certain amount of blood to help it function. Exsanguination, which means "to bleed" causes the blood level to drop and after a certain point, the heart cannot function.

The Safar Center's research involves draining the subject, in this case a canine, in a controlled environment to a point where the heart is considered clinically dead. After this step

the body is cooled down until the body temperature is below normal.

After a period of time has passed, the canine is subjected to extracorporeal resuscitation, meaning the body is heated from the outside which gradually brings the body temperature safely back to normal.

According to the University of Pittsburgh's Department of critical care medicine website, these trials have proven EPR can work successfully for 2-3 hours.

Animal testing has always been a complicated issue with many standing against it.

Tim West, 35, said he could not imagine a home without a canine companion. He said he hopes the centre can find more humane ways to test their research in the future other than using dogs as test subjects.

"I am deeply against it. I understand from a medical view point that this is needed, but there are other ways to go about this, including human testing, if people want to be the subject," said West. "I love my dog, and dogs in general, even shih-tzus to an extent, but I couldn't fathom doing this to any of them."

West was also concerned with the treatment of the canines which didn't survive

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"I think there are a lot of misconceptions as to how bike-able Windsor is," said Pitman "It's certainly not always walkable, but I only have a handful of problems every a year."

Pitman also said e-bikes are a sign that most people drive alone so there's no point in having a car that seats four."

Carly Nikita, a Windsor resident who also took part in the Tweed Run had a take on the electric bikes competition, the gas conversion bike.

"When Stephen (Hargreaves) and I lived a hop skip and a jump away from the Beer Store, we could see what I call DUI bikes, you can hear them coming blocks away. Not to stereotype but it's always a gentleman between the ages of 35 and 52 on it with a case of beer strapped to the back of it," said Nikita.

Currently the cost of an e-

bike is around \$2,000 and the cost of putting a motor on an existing bicycle is only about \$200.

According to bike advocacy group Road Guardian there were eight reported cycling incidents last year in Windsor. Three were close calls without contact. More incidents may be happening but aren't being reported.

"There are irresponsible drivers and there are irresponsible cyclists and we're always using the worst of each classification each to grade all these problems we have," said Nikita

Holt said the day was a great success far exceeding his and Hargreaves's expectations. There is currently no date set for an event next year but Holt said in jest that he might need to put together a committee that meets once a month over drinks to plan the next event.

Adventures of a Traveling Foodie: New York City

Jessica Lemmon

Editor's note: We welcome the addition of our Travel and Tourism colleagues to the Converged Citizen. We will be featuring other articles from every program at the MediaPlex in the coming weeks.

"Start spreading the news, I'm leaving today." - Frank Sinatra

New York is often viewed as the epitome of American culture and unique foods cannot be ignored. We're going to delve into the delicious world of delicatessens, street-meat and various other treats.

Located on Broadway in the financial district, the Variety Café is a quintessential delicatessen that one might see on a typical episode of *Seinfeld*. Serving up gargantuan sandwiches that could fuel a New York bike courier for a week, the display cases offer a glimpse of sandwich artistry one wouldn't expect to find in such a fast-paced city. This writer personally recommends the Ladies Sandwich, made up of fresh mozzarella, avocado, aged provolone, basil, sundried tomatoes, home made hummus and a light balsamic vinaigrette.

Italians looking to stay

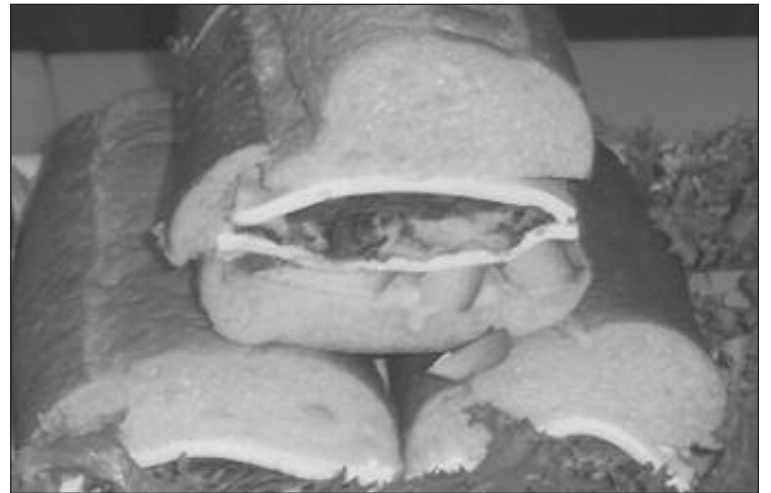


Photo by Jessica Lemmon

Some of the luncheon food featured at the Variety Cafe is available for under \$5.

within their pasta-riddled comfort zone will find their home at Little Italy's Il Piccolo Bufalo. This often overlooked restaurant may seem small, but the tastes are infinitely large. Sitting in this villa-esque trattoria will transport you to Florence, Italy, with the statue of David peering at you through the glass. The penne alla vodka sauce will convert any person on a no-carb diet to a vehement carb lover.

On the corner of East 45th and 8th Avenue, you'll find the famous Carve Sandwich Shop and Bakery. The walk from Times Square is completely worth the wait when you sink your teeth into perhaps the most delicious pizza in North America. Not to mention, slices so enormous that they hang off the serving

plate. Although the \$5 price might seem excessive, buying a speciality piece of pizza is definitely worth it. The broccoli and chicken pizza is much too delectable to ignore.

If you can handle another bite while at Carve, trying the city's famous black-and-white cookie in a must. Made out of cake dough and spread out to form disc-sized cookies, these sweets are first dipped into white icing. After the icing has set and hardened, the remaining half of the cookie is dipped into fondue-worthy chocolate. The result is a gastronomical experience like no other.

As Jerry Seinfeld would say, "Nothing mixes better than vanilla and chocolate. If people would only look to the cookie, all our problems would be solved."

Show offers lots of laughs

Meagan Deschamps
Citizen Staff Reporter

A lively audience of over 1,500 laughed their way through an evening with the cast of *Whose Live Is It Anyway?* at London's Centennial Hall on Sept. 29.

The show is 90 minutes of improvised comedy and song all based on audience suggestions. The cast of Ryan Stiles, Greg Proops, Jeff B. Davis and Chip Esten have been traveling through the U.S. and Canada to sold out audiences since 1999. They show no sign of stopping with tickets already on sale for next season.

"We have a lot of fun," said

Stiles after the show.

The cast went behind the theatre after the show to sign autographs, take photos and talk to their fans.

"It's really great to be able to talk to them," said Verena Pester, a retired Windsorite.

Pester has been a fan of *Whose Line* since she first saw the British version.

"I've always wondered how they come up with some of their jokes and it's really nice to be able to just walk up to them and ask."

During a game called Question This, Stiles told the audience, "The rules of the game are simple, we will ask you a question, you will answer that question with a

question, that question will become an answer which will become a question. We'll go outside, have a drink, talk to each other for a little while, come back in and turn that question into an answer and that answer will become your question. It's just that easy!"

Davis created a character he called Cobra-Cadabera. Davis said, "Chip came up to me one night and said, 'My daughter told me the funniest joke. What do you get when you cross a snake and a magician? Abra-Cadabera-Cobra.' I think she meant 'Cobra-Cadabera.'"

The cast is scheduled to be back in London next October.

Weaves become widespread

Chanel Beckford
Citizen Staff Reporter

Hair weaves have become a widespread trend among women of all races.

There are various hair textures, brands, lengths, prices and colours. Hair weaves are placed in two categories: human hair and synthetic hair. Under the human hair category there are straight, virgin Indian hair in its natural state, with nothing having been added or taken away from it, Malaysian, Peruvian and Brazilian hair weaves. Virgin Indian hair has a tight curl texture, Malaysian hair has a spiral curl texture, Brazilian has a body wave and Peruvian can have a body wave or a loose wave.

There are several ways to use wear a weave. Including braiding, fusion, which use hot hair glue to attach to the hair, wigs, clip ins, where a weave track is glued to small hair clips and is then clipped into hair, and drawstring ponytails.

Human hair is able to be washed just as natural hair is washed. It can be blow-dried, flat ironed and styled anyway customers would like. There are different ways to add weave to hair. The most common way women wear a weave is by sewing it into their hair. The process includes braiding hair into a spiral and then sewing the weave track onto the braids row by row.

Weave can be bought at beauty supply stores, hair

salons, wholesalers/distributors or it can be purchased online.

Lee's Beauty Supply sells straight human hair. Each pack ranges in price based on quality of hair, length, brand and colour. Typically 10 inches cost \$69.99, 12 inches \$79.99, 14 inches \$94.99, 16 inches \$109.99 and 18 inches \$124.99.

Tasha Brown started styling hair as a hobby 20 years ago. After losing her job as a pharmaceutical manufacturer/distributor she pursued her hobby as a new career.

"I've always had an affinity for hair," said Brown. "As a child growing up I used to sit and watch my grandmother when she would style her hair. I was fascinated by the very process. She could take a pressing comb, a Marcel curling iron, the heat from the eye on the same stove she prepared our meals, a rag and some curling wax and create a masterpiece right before my eyes. I was hooked."

Brown said she would see hairstyles and try them out on her family members. She said she got positive feedback and people began paying for her services. Brown said she does sew-ins and charges \$75-\$150. She said her price range is based upon client demographic, the time it takes to sew in hair and supplies used. Though she does weave for other women, Brown said she has never worn weave. She said she has always had long thick hair and found no need for weave.

"In our culture today women have a multitude of reasons for wearing weave. Extensions are considered an accessory now and not just a necessity. Women wear weaves to change their look, give their natural hair a break, for convenience, to compensate for thinning or irreparable damage, etc.," said Brown.

Brown says weave benefits women because it allows resting period for the natural hair, which causes it to grow and rejuvenate healthy hair without constant exposure to daily damage.

"Men are definitely more aware and outspoken about women's hairstyles and if it is a poorly installed weave then they will speak up," said Brown.

One man said as long as weave doesn't look like weave then he does not have an issue with women wearing it. Another man very strongly stated it is unnecessary and women don't need to add anything to make themselves look more attractive. But he added whatever they like is certainly their choice.

Joshua Brown is on the fence concerning the "fake hair" topic.

"I am not against women wearing weave as long as it is nothing ridiculous," said Joshua. "I think many believe it adds something to them, when in actuality it takes away from who they are. There are those who are very subtle, sometimes I find shocking to know they wear weave. I'm not against it but I'm certainly not an advocate for it."

don't consider burlesque or stripping," said Elling. "It's the way they're doing things that I disapprove of. For instance, I don't think you have to be vulgar to be a good entertainer. I just cringe when I think about how vulgar some of these acts have become. I teach burlesque and all you need is pole, parade and peel."

Ann Arbor, Mich. resident Emily Shuman, 25, will also be making the cross-border trip to see D'Lite's show this month and said she appreciates burlesque performers because they are classy and entertaining.

"What I love about burlesque is that it's incredibly sexy and if done right never trashy. It's a form of art that comes to life; from the costumes, makeup, hair, routines, photographs, choreography,

tricks and music," said Shuman. "A tongue and cheek performance that is sexy, not just sex in a demure playful way. When I watch Roxi D'Lite, she truly captivates all of that and more because she has the 'it factor.' She is a star."

In her debut film celebration at the Boom Boom Room Oct. 19, D'Lite will play a character called Bourbon Sue, a rockabilly delinquent on the hunt for her first kill so she can obtain the title Burlesque Assassin. The film won best cinematography at the 2012 Alberta Motion Picture Association Awards on May 12.

D'Lite plans to continue her career as an entertainer and will be joined with a host of artists from around the world at Boom Boom Burlesque.

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only need to complete a two-day course called CanFitPro in order to be insured as a personal trainer. Trainers can also take many different courses depending on their interests and what their clients need. However, these courses are not required by many gyms and studios so trainers who work there only receive whatever training the gym provides.

"I find that the trainers from larger gyms are somewhat cookie cutter so they get put into a program that they're all basically taught the same thing," said Harrison. "Personal trainers that work out of a private studio have the opportunity to take whatever courses they want to further educate themselves, rather than having to stick with a particular structure for that company."

Christina Ciliska has been training with BodyX since March. She said she was searching for motivation, accountability and expertise when she left the gym.

"I was looking for a personality match. I found some were too pushy when it came to meeting their goals instead of my own goals."

Brinkman said it helps to know the specific qualifications your potential trainer has.

"You want to see qualifications that they have went above and beyond in doing more in order to learn more. If your trainer has done the bare minimum in order to just be certified, then you're looking at a personal trainer who will probably do the bare minimum into getting you results."

A potential client should always check a personal trainer's credentials before they commit, said Harrison. They should also make sure the trainer is properly licensed and has insurance. You want to be confident they can safely put you through the exercises.

There are many different places that employ personal trainers and each have their own advantages and disadvantages. Commercial gyms and private studios are the largest employers of personal trainers.

"Often, going into a large commercial based gym, the

personal trainers' rules are not to get the best results they can and take care of you," said Broeckel. "The goal is sales. But coming into a private studio, most of the time, it's more of a one-on-one and caring environment. So usually you would get better results and be put in a better situation for your own goals."

Ciliska said the one-on-one expertise clients encounter at a private studio is definitely an advantage.

"They help you in all areas - from nutrition, to home-life and supplements if you choose to take them."

While there are many advantages to choosing a personal trainer there can also be disadvantages.

Brinkman said entry level trainers may feel like they know more than they do and this can cause injuries if they attempt to have the client do something that they shouldn't be doing.

"Sometimes you end up with a trainer who wants you to push you as hard as they possibly can and they don't care about injuries or limitations," said Broeckel. "So you get pushed and it can cause injuries or pain."

Personal trainer workouts also need to be structured around a schedule. Unlike free training it can't be put off until later in the day. So for schedules that often change, personal training may be harder to fit in.

"A disadvantage for some would be the cost," said Ciliska.

According to the website Whatitcosts.com, a gym membership can cost anywhere from \$30 to \$100 per month, while a personal trainer can cost \$50 to \$80 per hour.

Consistency is the key to sticking with a personal training regimen. A good personal trainer should hold their client accountable, which helps you stay committed. It will be easier to "stay on the wagon" with your diet if you know your personal trainer will be asking about it, said Broeckel.

"Making a change should yield a change," said Brinkman. "The more dramatic change you make in your lifestyle, the more dramatic a change that you'll see. But the trick is consistency. Just having someone to answer to and to help you along the way."

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them in Detroit in the new year. She will be making a guest appearance at D'Lite's show and said she is a fan of her work.

"I just like to have fun and help others have fun," said Elling. "Roxi is a great, and I mean great in all capital letters, artist. She is simply a wonderful performer and I have adored seeing her performances since I have come to meet her."

Elling said burlesque is meant to be a classy and sensual show. She does not approve of using blatant sex in burlesque shows and prefers to keep them more of a tease.

"A lot of people are working in burlesque and making money doing things that I

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the procedure.

"Furthermore, I would like to know what they're doing with the dogs that didn't make it, other than saying, 'They died for science.' I would hope they are properly taken care of afterwards with some dignity. The same goes for the dogs that have made it, but have brain damage."

Sgt. Rich Sharpe was an ambulance driver in Afghanistan with the Windsor Regiment of the Canadian Armed Forces. He said the idea sounds very futuristic but thinks it would not only benefit military medics but civilian health care workers as well.

"Speaking from experience,

catering to the wounded in the field is a risky job. Sometimes casualties cannot be evacuated either by ground, or the air, until contact with the enemy has been suppressed. If it's not safe to do so, the casualties have to be removed from harm's way and cared for out of the fire fight," Sharpe said.

"This would take soldiers out of the fight. Evacuating casualties under contact, which I have done, brings risks to the medics, ambulances and medevac helicopters. If something like this can be done with the guarantee it will not actually make the casualty expire, this enables us to remove them from harm's way, have less resources to care for them, and win the fire

fight. When it is safe, or safer, to do so, then evacuate them either by ground or air."

Sharpe also said the Canadian Forces have been very expedient in removing casualties in very little time.

"I lucked out and the calls I were on where I had to evacuate casualties, the situation wasn't that bad," said Sharpe. "But I have read many stories where casualties had to wait quite some time, but somehow they managed to hold on until they were evacuated. Some made it, some didn't."

"In a nut shell," said Sharpe. "If it works, then it's a huge step in medical science and could really be a, perhaps, last resort for military medics in the field."

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"It was all Chris Marchese and Kerby Rychel," said Ho-Sang. "They put it right on my tape through some guy's legs. I'm really grateful to my linemates for helping me get the monkey off my back."

Boughner echoed that sentiment.

"It was a great play for us and it definitely gets the monkey off his back," said Boughner. "Now that he's got that one we'll see him get a few more." Though his on-ice play is progressing well, the toughest part may be adjusting to a new life. For a 16-year-old, moving away from home is hard. Fast tracking to the OHL may be the best choice for a player's career but can be damaging to their social life.

"It's tough. People only know you if they hate you or you're obnoxious," said Ho-Sang. "I'm neither, I'm neutral."

Growing up in a split Jamaican and Chilean home, hockey wasn't always his parents' first choice for him. Encouraging him to try tennis and soccer, Ho-Sang decided to stick with hockey. His cool, soft-spoken demeanor is something he attributes to hockey.

"Hockey has always been a passion of mine," said Ho-Sang. "I've loved it from the first time I stepped on the ice. It's just one of those things that make me happy and it's when I'm at my most comfortable. I've never really had issues on the ice, it's kind of like my therapy."

That sort of passion is shared by Clark, who considers himself a "heart and soul" type of player. Having a younger team, the Spitfires lacked a player of Clark's experience

and style of play.

"Last year he chipped in a bit offensively but I wouldn't expect him to do that on a regular basis," said Campbell. "He projects to be a player that can provide the Spits with some grit in their bottom-six and a veteran player that brings an element of play that the Spits probably feel they were lacking in."

Like Ho-Sang, Clark's biggest struggle has been the transition off the ice. Previously playing in his hometown of Oshawa, Ont., Clark lived with his family. In Windsor he lives with a billet family.

"It was a tough transition at first," said Clark. "I was a home guy, I lived at home. Being away from my family is hard. But I like Windsor, I love the fans and I love the coaches."

The transition of a young player is a long process. Getting traded from one team to another requires the involvement from many.

"At the OHL level, trades are generally facilitated between teams," said Campbell. "Obviously you have a lot of standard ongoing discussion between (general managers) which will occasionally culminate in a deal coming to fruition. Depending on the circumstances, an agent may also be privy to discussions and can be used as a third party to help identify potential teams that may be a fit for their client, especially if the player is only willing to report to certain teams or has a no-trade clause in effect."

Though both players still have adjustments to make, one thing is for certain – both Ho-Sang and Clark are expected to be impact players this season.

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