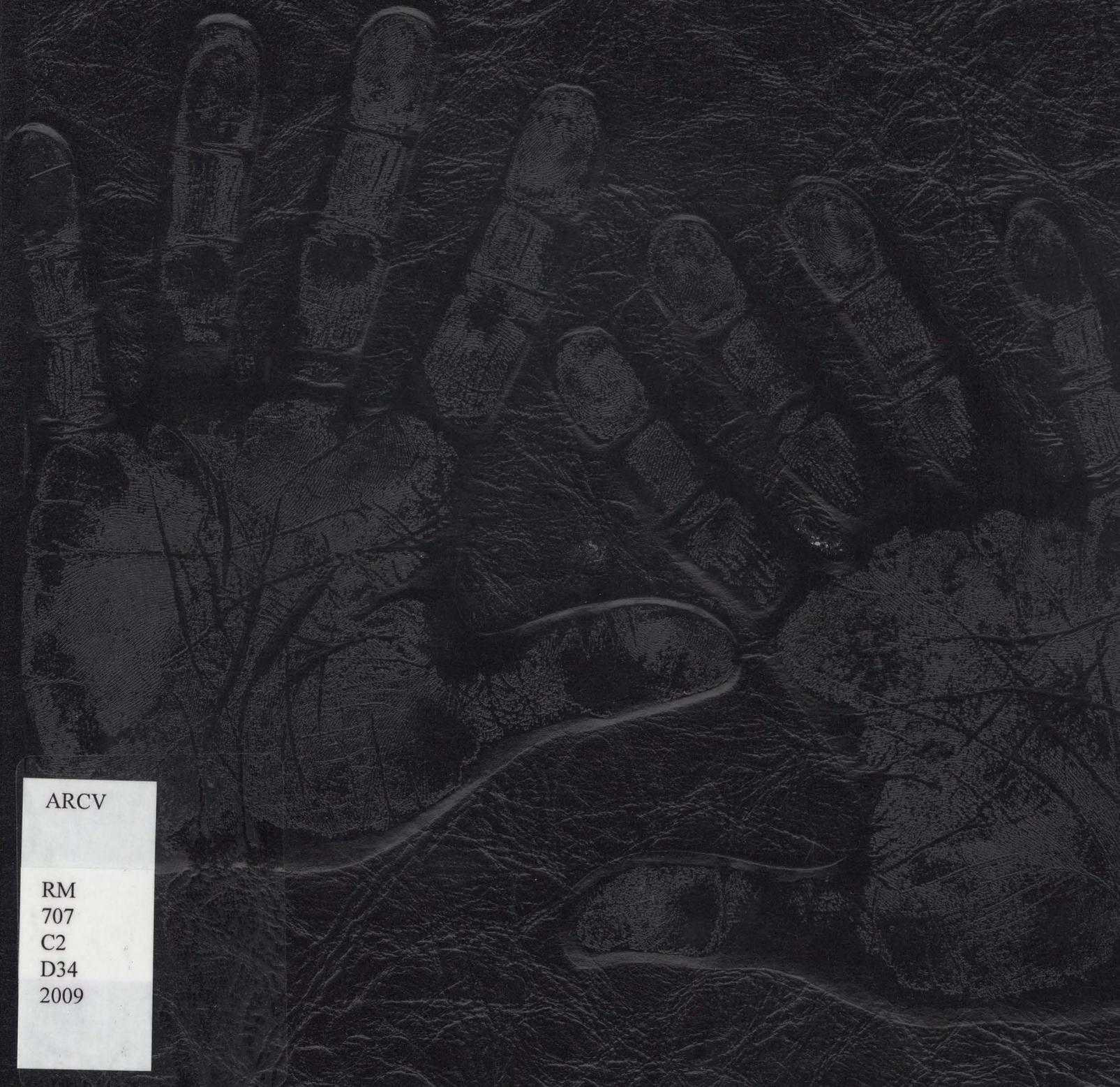




Dalhousie University
PHYSIOTHERAPY
2008-2009

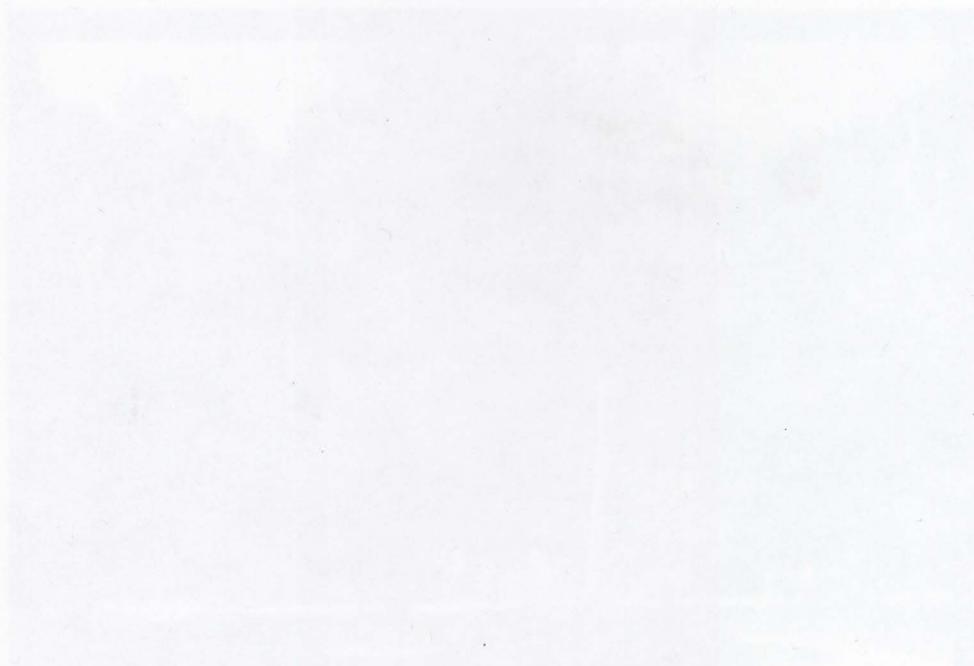


ARCV

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C2
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2009

DALHOUSIE UNIVERSITY
LIBRARIES
HALIFAX, NOVA SCOTIA

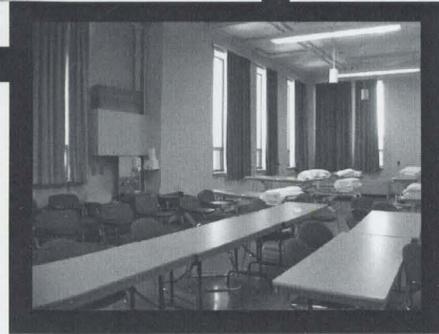
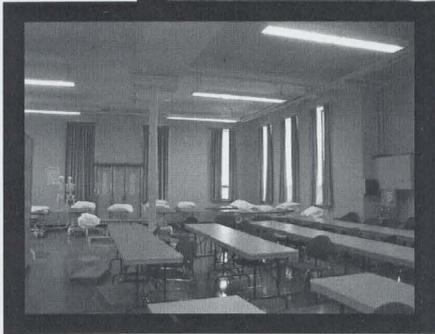
Dalhousie School of
Physiotherapy



February 2009

ARC
RM
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2009

Dalhousie School of Physiotherapy



Yearbook 2009

Dear MScPT students:

My quote this year is from TS Eliot, who wrote: "Education is not the filling of a pail but the lighting of a fire." I would like to hope that you have had the fire of physiotherapy practice, education and research lit in your belly in the time you have been in our program. Maybe so, maybe not. But let's look at what you have done, and where you can and need to go while that fire is burning.

Second year students: you should be seeing the light at the end of the tunnel - or to continue the metaphor, see the smoke rising in the distance. You have come a long way since orientation and Module 1. You have learned a lot, had many weeks of clinical experience, yet there is so much to do to keep that fire smoldering and burning. You need to think about getting involved with your Association and/or your College when you graduate. You need to think about keeping your education and on going learning at the front of your mind. Yes, I know you want to make money to get yourselves out of debt. No doubt that will drive you for some time. But don't forget why you went into physiotherapy in the first place. Do you remember? Have your reasons changed? Do you still want to do the things you started out to do? Don't give up on your dreams and aspirations about your profession-to-be.

First year students: learn from your second year colleagues. They have lots to share with you - just ask them! But you also need to find out what keeps your fire burning. You have not had the opportunities to explore many options to-date, yet you probably have some ideas. Explore them if you can. Look at the possibility of placements in different locations, with different people. New is sometimes scary, but most often very much worth the risks and the challenges. You will have many opportunities to keep your education fires lit, and we hope that we can help you along the way.

*Best wishes to everyone.
Sandy Rennie, PT, PhD
Director*

Yearbook Committee



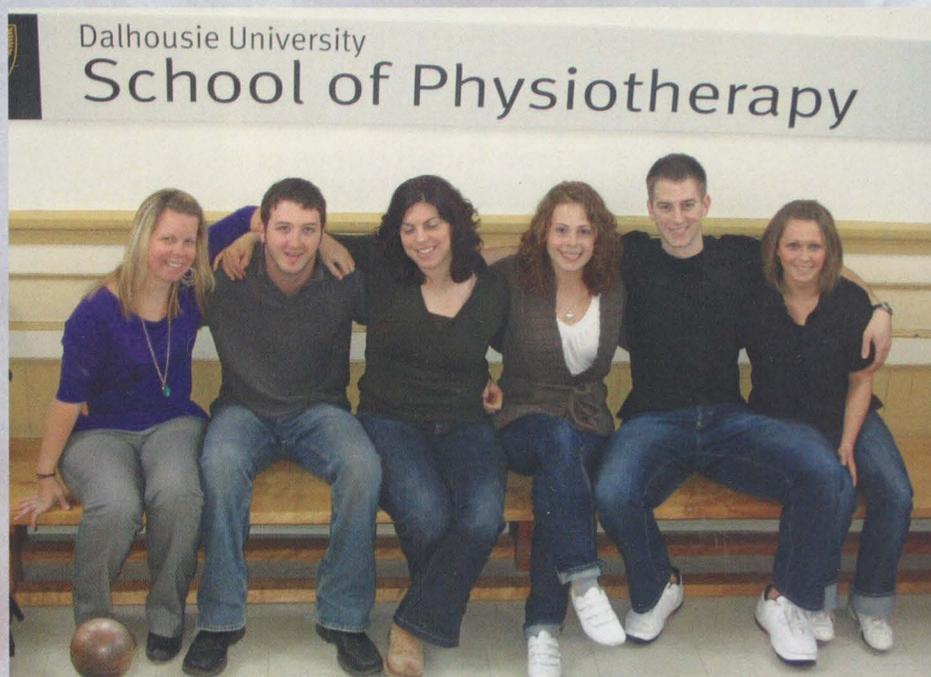
Back row, left to right: Stephanie Keats, Ashley Loder, Katie Smith, Stacey Blanchet, Laura Coady, Tamara Conrod. Bottom row: Amy Topshee, Tiffany Dicks, Sarah Wight, Angela Nicholls, Jaclyn Ford. Missing: Sarah Farquharson

The 2009 yearbook committee would like to thank both the classes of 2009 and 2010 for all your efforts and photo contributions. This year's book turned out great and it wouldn't have been without you!

Class of 2009 : We hope this book expresses all that we've been through in the past two years. It's been a wonderful experience that none of us will forget. So here's to great times, great friends, & great memories!

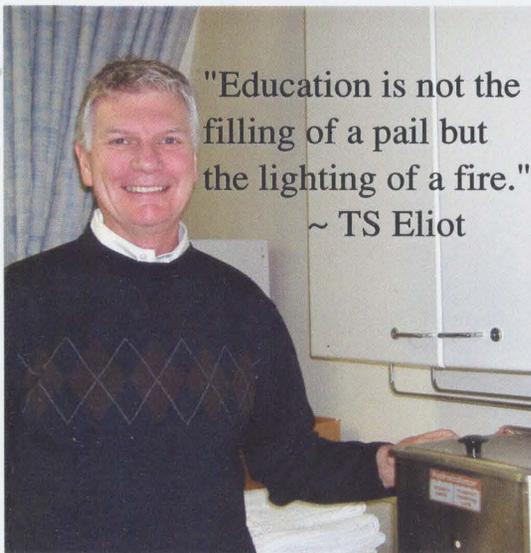
~Angela Nicholls

Physiotherapy Student Society



Left to right: Jessica Billard (Treasurer), Garry Keough (CPA Rep.), Shanna Thompson (President), Stacey Blanchet (Vice President), Eric Wood-Solomon (Class Rep.), Stephanie Petten (Secretary)

FACULTY & STAFF

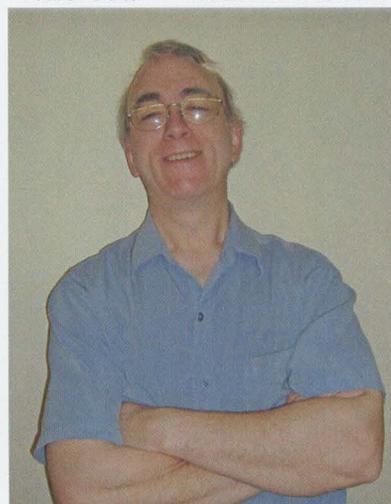


"Education is not the filling of a pail but the lighting of a fire."
~ TS Eliot

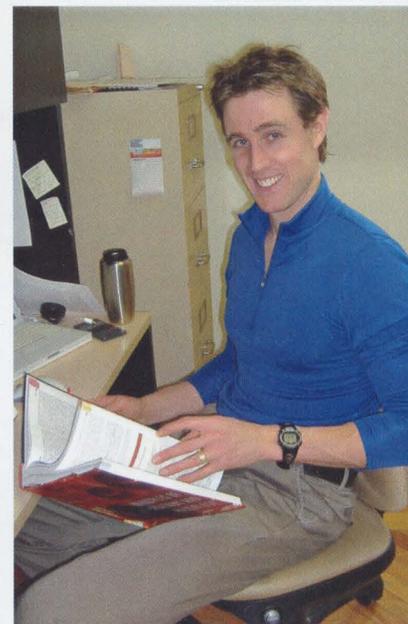
Security is mostly a superstition. It does not exist in nature. ~Helen Keller



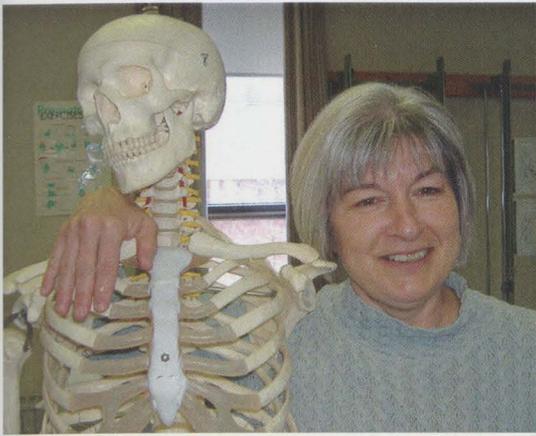
"The cure for all things is salt water -- sweat, tears, or the sea" ~Isak Dinesan



"It's all about balance in your life."
~ Gail Creaser



"Winston Churchill once said, 'You make a living with what you earn, and a life with what you give.' Keep this in mind when you enter this wonderful profession." ~ Derek Rutherford



"Imagination is stronger than knowledge"
~ Albert Einstein

"The purpose of life is doin' stuff"
~ the Great Guru

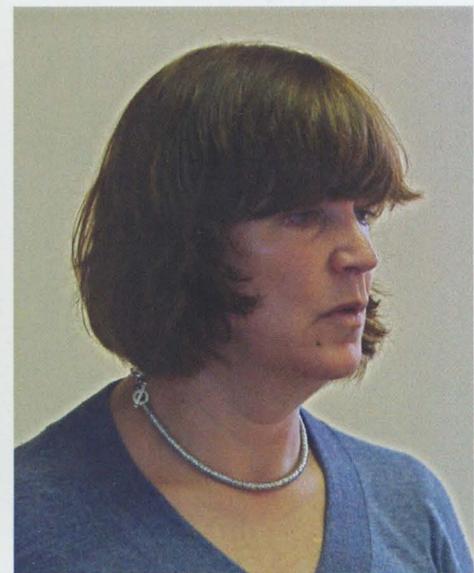


"People don't care how much you know, until they know how much you care" ~Unknown



"Now I believe in msk physio AND cardioresp!"
~ Cheryl Kelm

"The Sun will rise & set everyday regardless of whether you get out of bed. " ~ Marilyn MacKay-Lyons



CLASS OF 2010





CLASS OF 2009

ORIENTATION WEEK 2008!!!

Class of 2010... We've Only Just Begun



ABOVE: Harbour Cruise! Karine T, Kat C, Melissa H, Heather S, Jess R, Amy H and Katie S.



LEFT: Lindsay D, Angela K and Siobhan B.



ABOVE: The gals enjoying some Alexander Keith's. Sarah W, Michelle K, Steph K, Vanessa B, Blythe M, Sarah R, Lindsay D, Siobhan B, Liz M and Jill C.



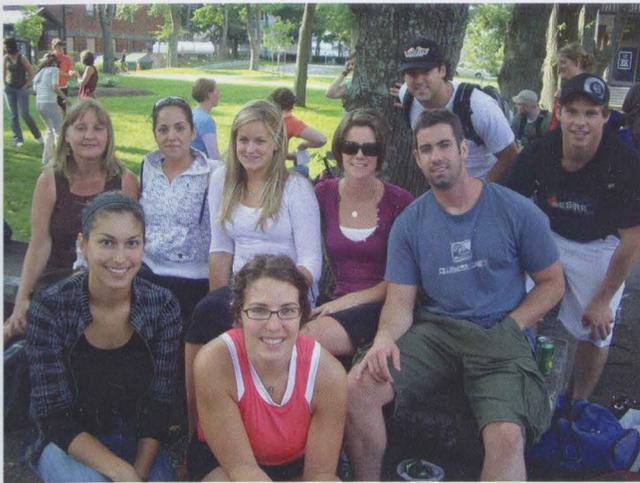
ABOVE: Kat C, Melissa H, Lindsay D, Amy H, Siobhan B, Ashleigh W, and Karine T.

RIGHT: Taking a bite out of life!!

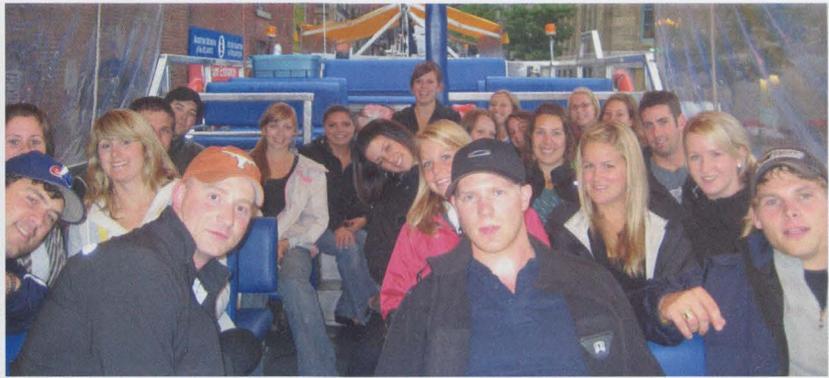


LEFT: Ryan M, Shara N, Lauren M, and Trevor 'I Think I'm a Big Deal' Millar





ABOVE: Prof. Cheryl Kelm chillin' with new students: Nina L, Michelle K, Danielle M, Chris R, Tyler R, Ryan M, Rachel D and Tamara C.



ABOVE: Class of 2010 singing in the rain on the Harbour Hopper. (Note... to many faces to write names but we wanted to give a shout out to Derek N, Jared P, Katherine R and Leanne H.)



ABOVE: Shaggy Nick B before he cleaned himself up and Ryan M bustin' a groove on the dance floor.



LEFT: BOWLING!!!! featuring Julie D.



ABOVE: Cheers!!! Class of 2010 Clearly enjoying the first week of physiotherapy. Michelle K, Leanne H, Kate T, Eric T, Trevor M, Tyler R, Tamara C and Lindsay D.



LEFT: Steph K.



RIGHT and ABOVE: On the pubcrawl, Tyler E, Melissa A, Karine T, Nina L, Rachel D and Ryan M. Seems like Evans is jealous of Whiffen surrounded by the lovely ladies at the Grawood.





WHETHER YOUR FAVOURITE WAS THE RUNAWAY BRIDE, CAPTAIN CARROT, DEATH BY CROSS-FIT OR THE LOVABLE STICK-MAN, THIS YEAR'S CELEBRATION WAS FILLED WITH ORIGINALS!



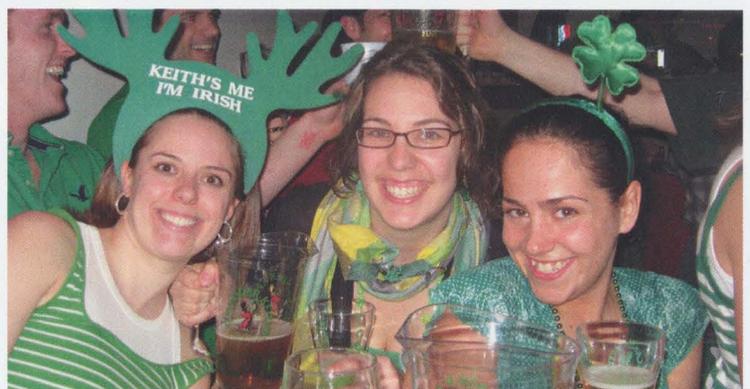
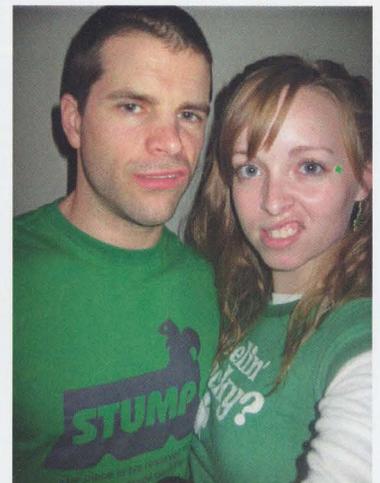
HALLOWEEN



2008



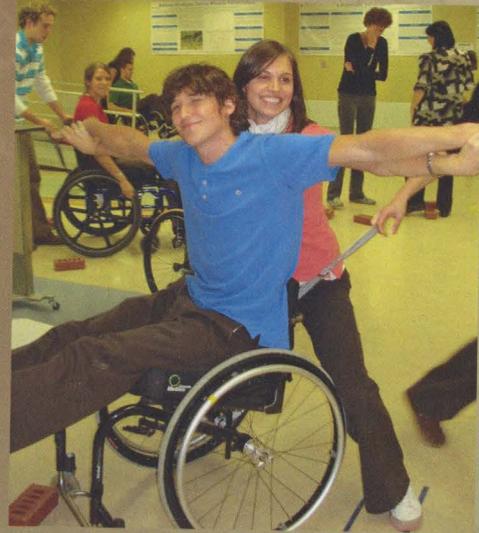
St. Paddy's Day 2009





Class of 2009

Wheelchair Skills Lab

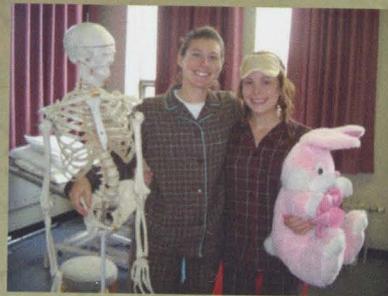


Friends turned into family

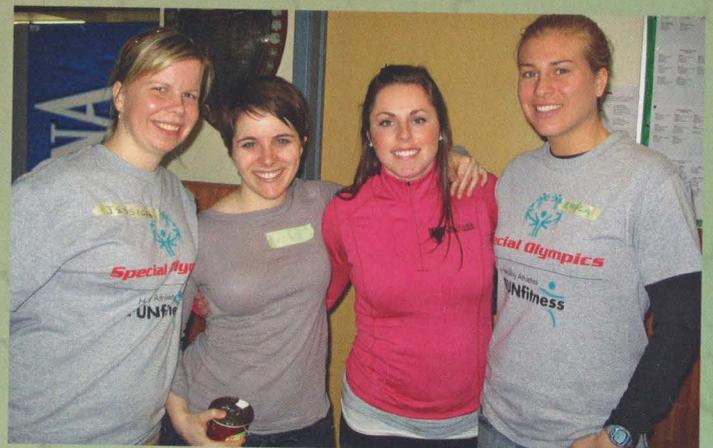


Mat Mobility Lab

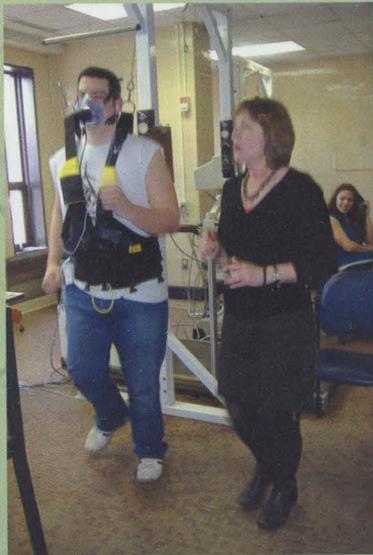
Palama Day



Special Olympics 2009



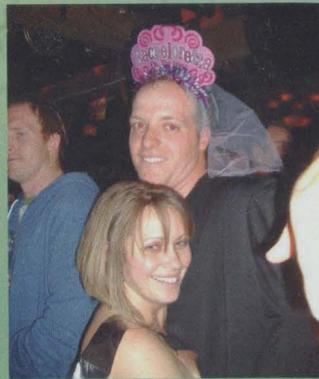
Research Projects



Engagement Party



"Tight And Bright" 2009



Trip to Truro 2009



FTHOI Fundraiser



Turning PT from Physiotherapy into Party Time!!!



LEFT: How many PT-related uses are there for a pool noodle??? Ashleigh W. demonstrates one with Katie S.



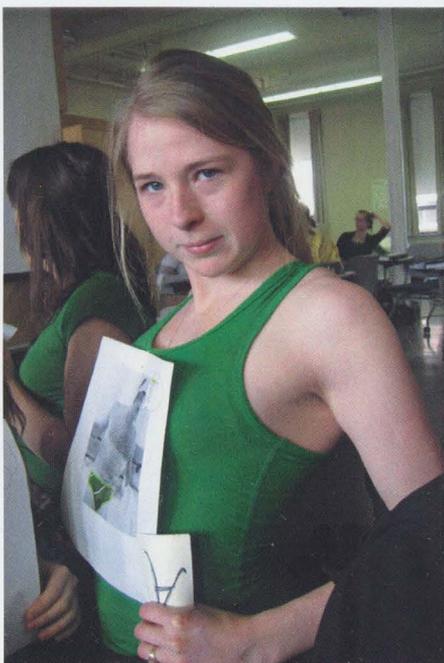
ABOVE: Lovely ladies of PT. Lindsay D., Karine T., Siobhan B., Michelle K., Danielle M. and Katherine R.



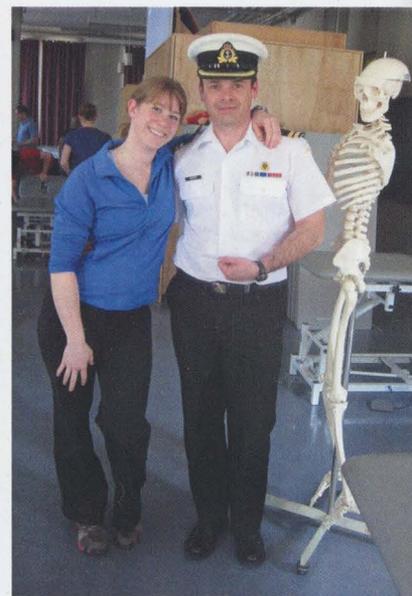
ABOVE: Derek N. sure loves his fuzzy duster!



LEFT: TIGHT AND BRIGHT! You bet we were!!!



ABOVE: More Osteogenesis Imperfecta. Kat C., Siobhan B., Kate D. and Sarah T.
LEFT: Sexy pose: Leanne H. and Tom S.



ABOVE: Karine T. and Lt(N) Eric T. (with a guest appearance by Mr Bones). "Do you do parties?"

CLASS OF 2010!!!

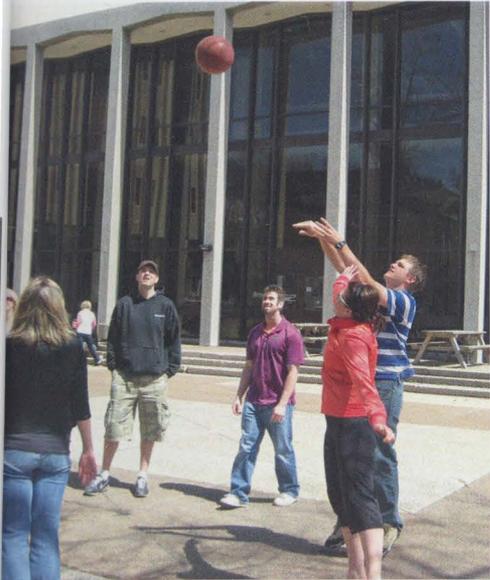


LEFT: Domestic disturbance between husband and wife, Ashleigh W. and Kevin P.



ABOVE: Heather S. and Sarah R. enjoy one of five fantabulously delicious birthday cakes at Sarah G.'s.

RIGHT: Liz M. teaches Miss Kyle S. some exercises the help with her Osteogenesis Imperfecta.



LEFT: Bball at lunch time in the quad. And no, Tall Tyler doesn't always dominate!!!



ABOVE: Team Green with Prof. Carolyn King! The 'real' winners from Research Rocks!!!

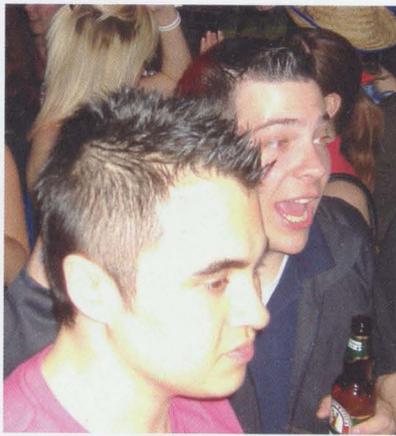
BELOW: The birthday girls (minus Eric T.): Katie S., Steph K., Sarah W., Liz M. and Ashley L



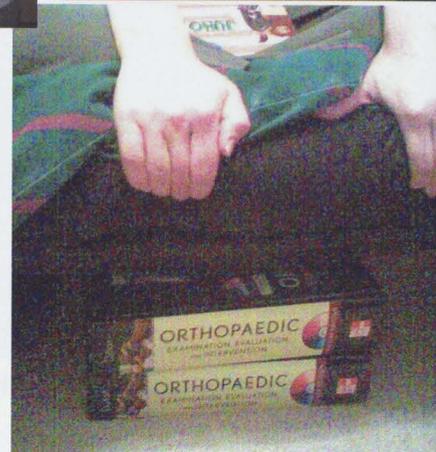
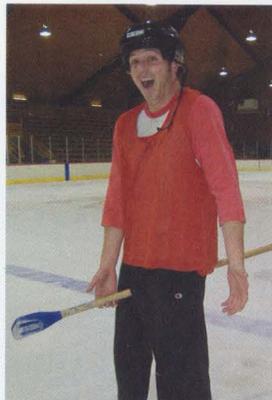
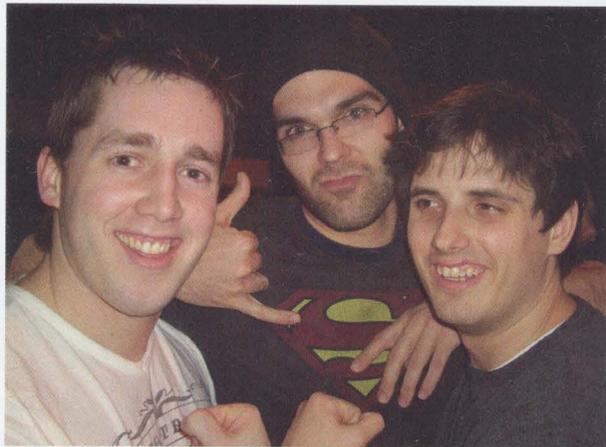
ABOVE: Wishin' he was first year, Shane M. joins Tyler R., Ashleigh W. and Kyle S. for some thumbs up good times.

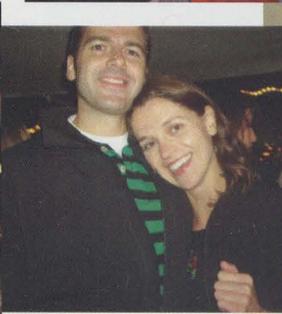
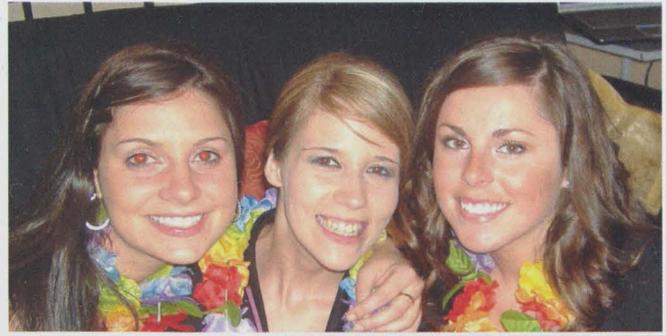
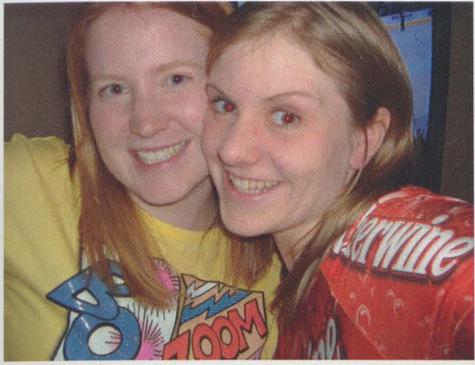


The Past 2 Years!

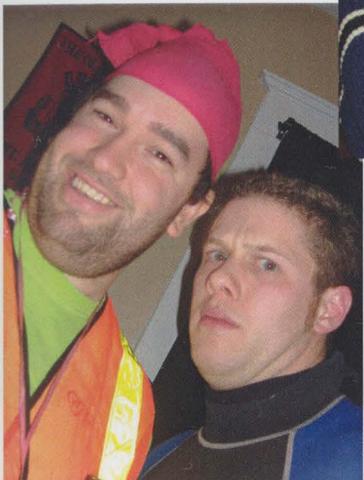
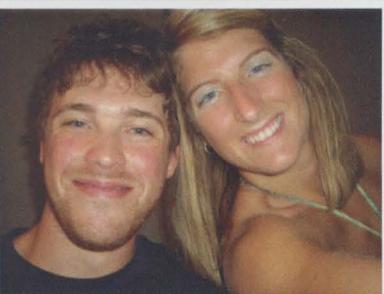


Good times...





Good Friends...



PT students at work... and play



Finland



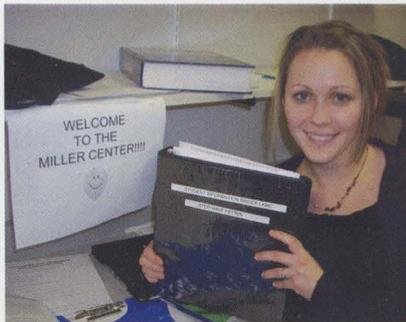
New Brunswick



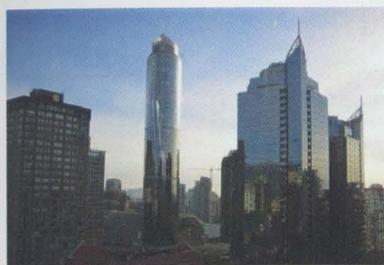
Wales



Calgary



Newfoundland



Vancouver

Halifax

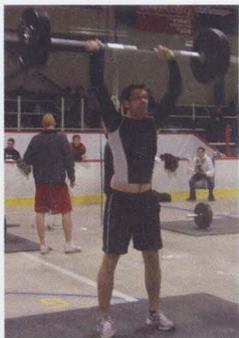


Australia

Ireland



Crossfit



Marathoners



SPORTS for Sporty People



Basketball



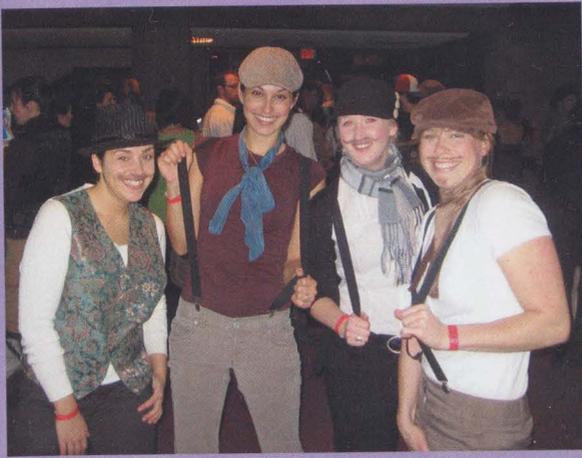
Broomball



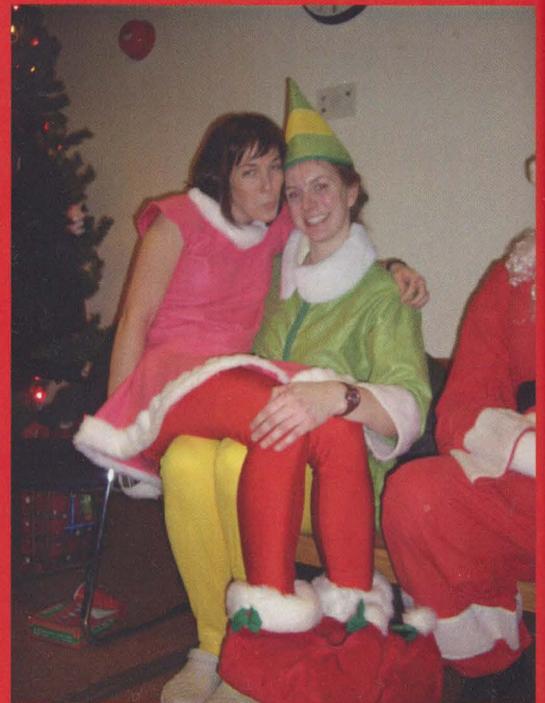


For the Health of It 2008

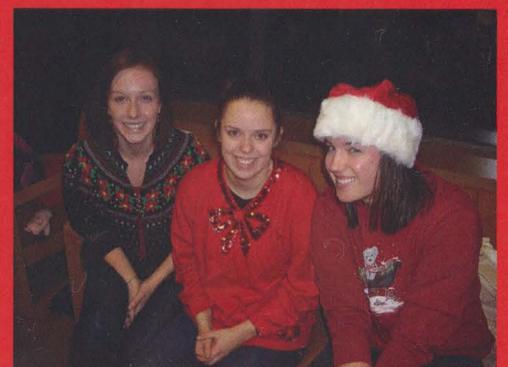
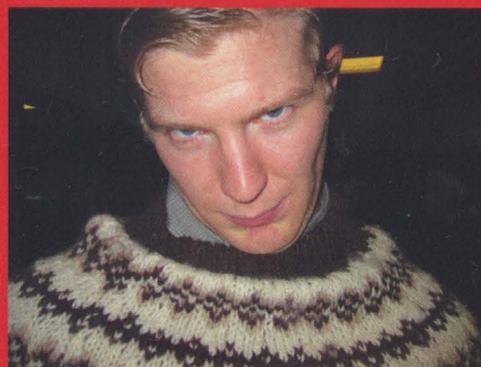
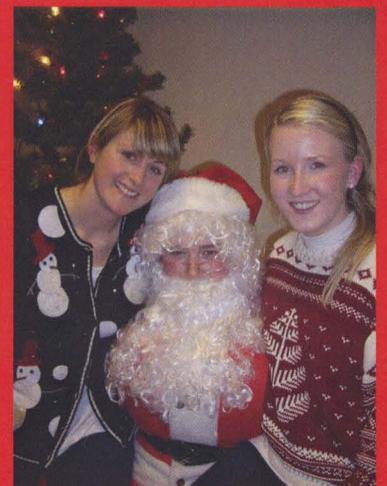
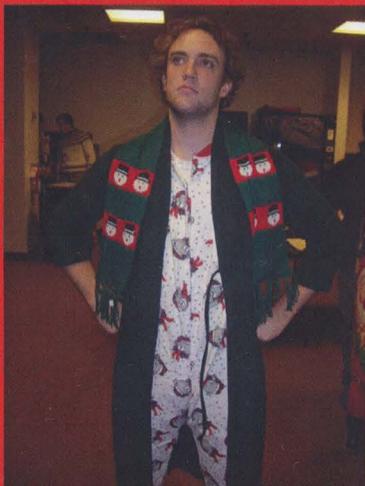


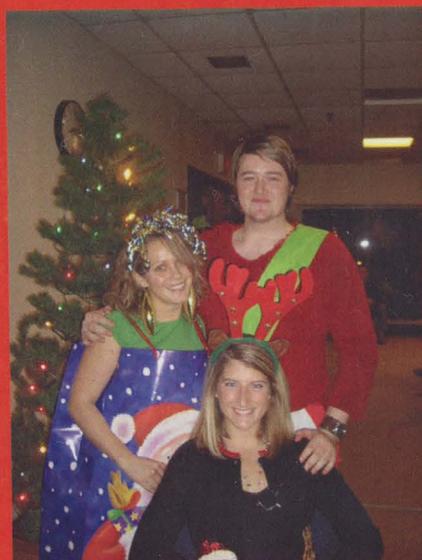


A Muppets' Physio Carol
"Best Comedy"

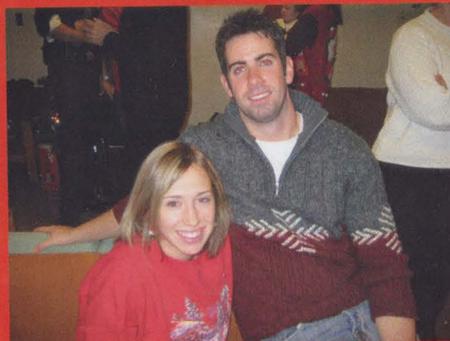
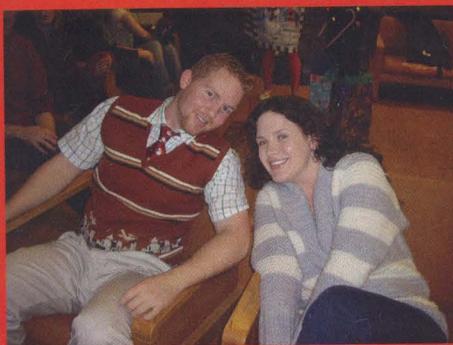


The best way to spread Christmas cheer
is singing loud for all to hear.





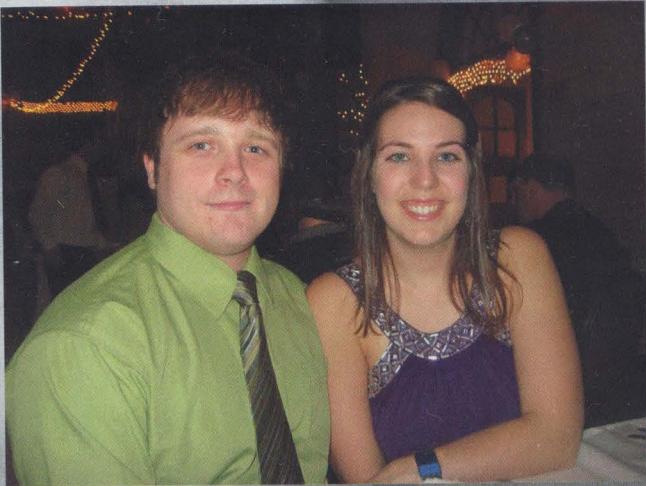
Christmas Potluck 2008





PHYSIO BALL





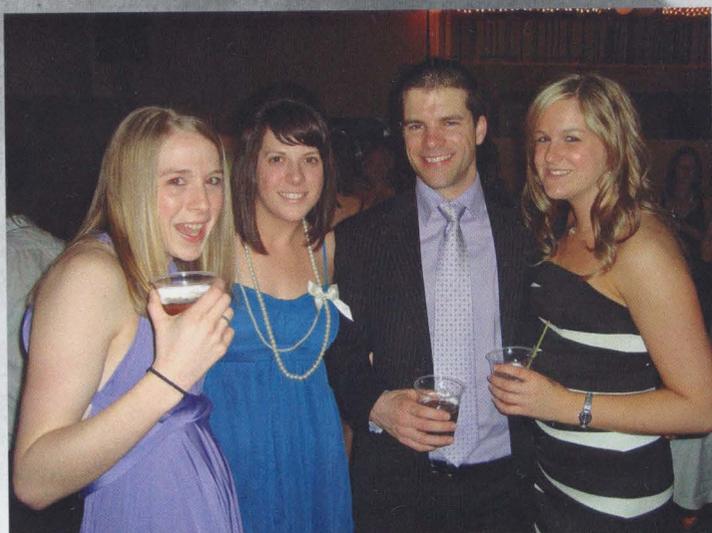
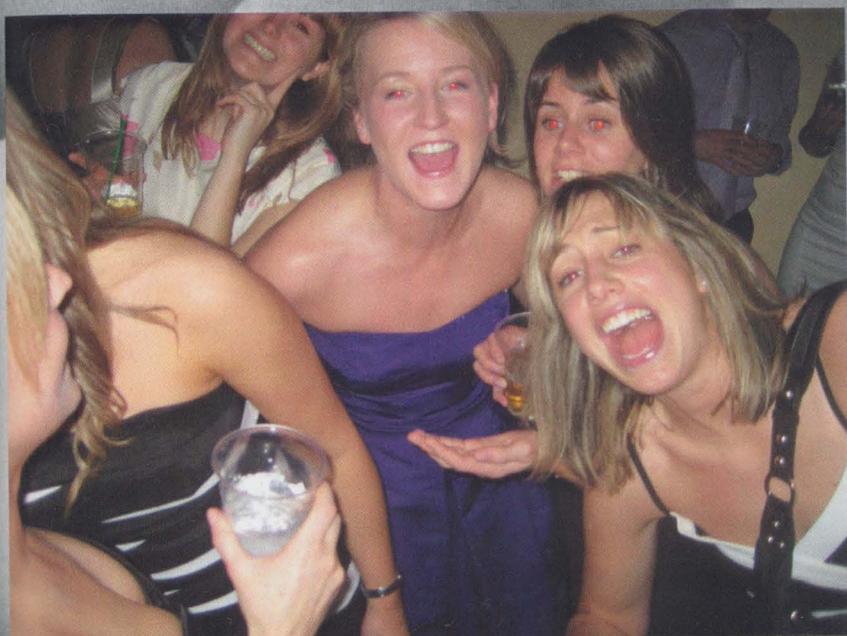
2009





"HAVIN' A BALL!"





MARCH 7, 2009

The miniature versions of the class of 2009



Cheryl

Becky



Dave Lee

Hayley



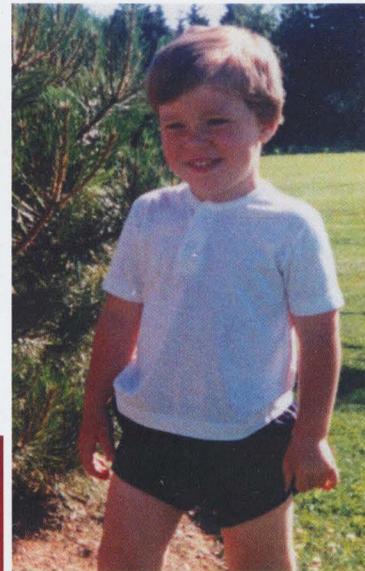
Jaelyn



Jenny



Justin



Stanwood



Topshee

Steph



Richelle



Surnett

Kevin



Hachey



Shanna





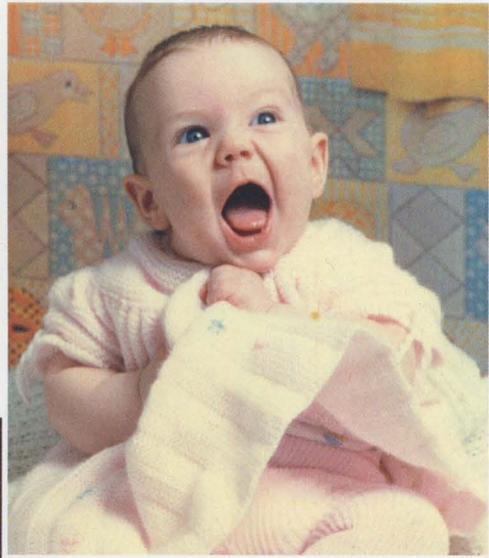
Angela



Fanqu



Pippy Richey



Julie



Andy Mac



Blanchet



Janice



McKenna



Bethune



Zen

Scottie A



Outton



Garry



Tiff Dicks



Erica D



Coady



Shane



Stacy Locke

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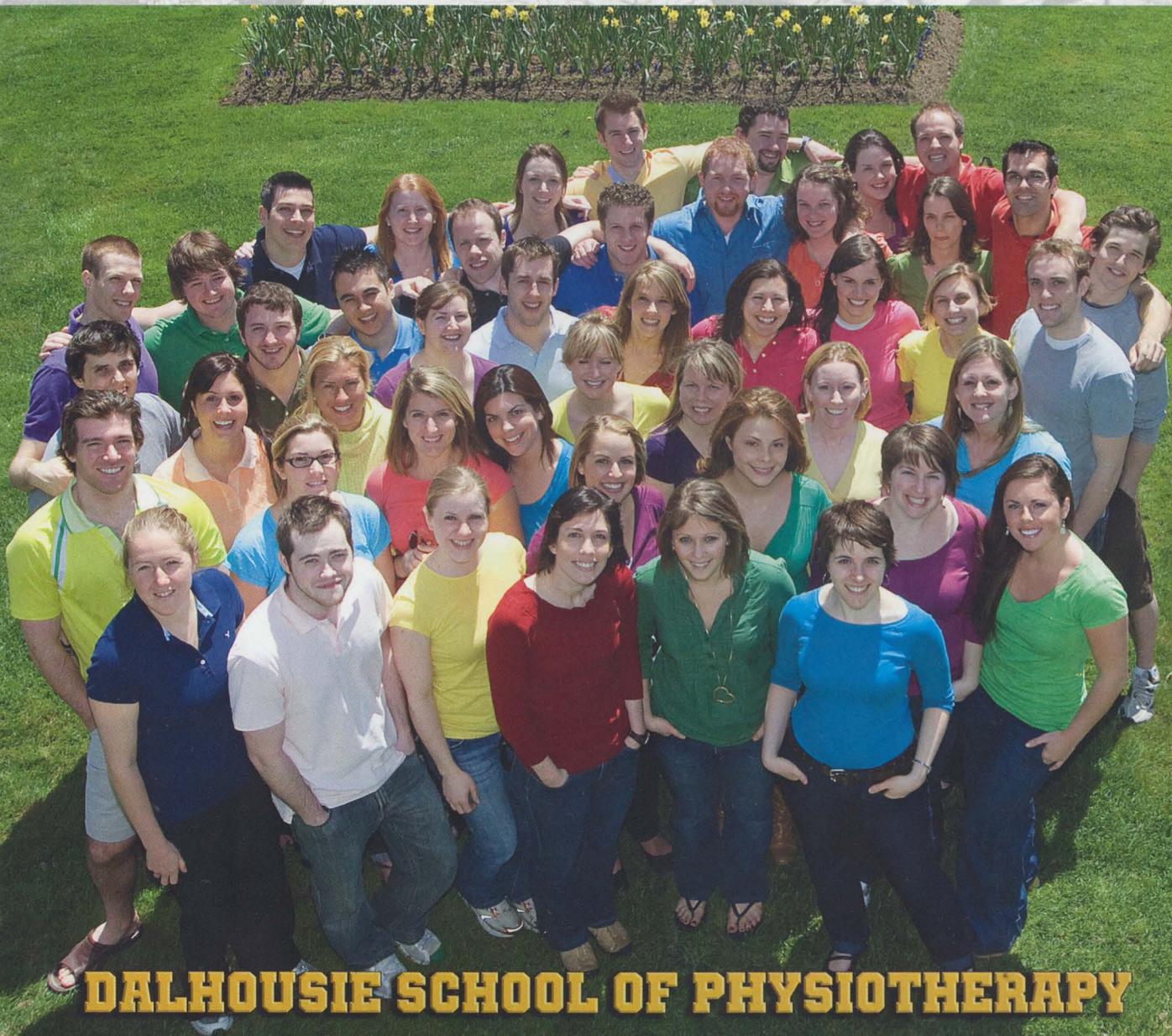
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**DALHOUSIE SCHOOL OF PHYSIOTHERAPY
CLASS OF 2009**

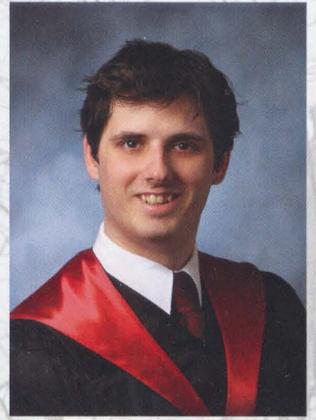


Julie Anderson

In what seems was a blink of an eye, these past two years have flown by. And what a crazy, ridiculous ride its been, separating from you guys will be such a sin. We started out classmates, colleagues and friends, we leave with a second family in the end. Couldn't have asked for a better bunch of people. Thanks for all the laughs. I'm going to miss my freakishly close physio family. Love you guys

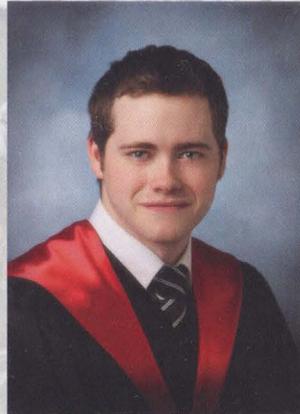
Scott Andrechek
Doaktown, NB

To all; "I need you. I'm a mess without you. I miss you so damn much. I miss being with you, I miss being near you. I miss your laugh. I miss your scent; I miss your musk. When this all gets sorted out, I think you and me should get an apartment together."
- The legend of Scott Andrechek



Arthur Ash
St. Anthony, NL

Height: 5'6.5"
weight: 160 lbs
eye color: blue



Hayley Pearl Marguerite Bath
Bonavista, NL

I will miss: Tim Horton's Xtra large black coffees, sitting in the back of class, sudko, the 42 and Eric's inspirational holiday emails



Matthew Bethune
Dartmouth, NS

Great memories good friends and a new career best of luck to all the grads of 2009

Jessica Billard

I will miss drinking wine out of a vase, chugging vinegar with sailors, falling on the ice many times, and passing out while sitting on a chair, but most of all, Ill miss all my physio friends! Good luck!





Stacey Blanchet
Pemberton, BC

Although we are graduating and going our separate ways, I am not worried. The people who have surrounded me for the past two years have become my family & family always stays close no matter what obstacles might be in their way or how much distance may separate them.

& when you leave here, don't forget why you came.

Adlai E. Stevenson

Erica Bowie



Tiffany Dicks
East Bay, Cape Breton

Laura Coady

To my PT family:
We've shared many smiles and many tears, but nothing beats the laughter. Thanks to all of you for making these past 2 years full of fun, laughs, and most definitely adventure!



We started this program as strangers & ended as family. I won't forget the memories we shared, the friends made, the stressful nights in the library & the mornings we spent laughing about previous nights. Thanks Mom & Dad for your support. I'll always smile & think of our class when I hear Don't Stop Believing. Congrats Class of 2009! I wish you luck, laughter, love & happiness

Sarah Farquharson

Erica Doucette

Thanks to everyone in our class for making the past two years unforgettable. I will miss you all!

This experience would not have been complete without the company of such great friends. Cheers to the many memories had and for those yet to come. Time to face the real world. Believe in yourselves, you're going to be great out there. Loves. "Go confidently in the direction of your dreams. Live the life you have imagined" H. Thoreau





Jaelyn (Ford) Seebach

Favourite thing about the last 2 years: getting to spend nearly every day with PT Class'09 (you're incredible people!)

Shauna Fury

It is great to graduate with not only my MSc. in physiotherapy, but also a beautiful new son! Thank you to my wonderful husband and daughter for your love and support through the program, and also to my family, friends, classmates and profs! Good luck everyone!!



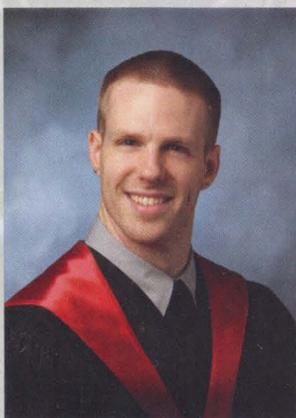
Kenneth Gilfoy
William's Point, NS

Dr. Inclinator, will be remembered for his ability to write tests in record speed, his knowledge of which classes would be worth attending & his hypertrophic gluteal region. He has fond memories of time spent in the rehab pool, hoisting the wildcat cup & being on the penalty kill. Go Blackhawks.



Mike Hachey
Moncton, NB

To all of my amazing PT friends, thanks for always being there during the ups and downs, To my Mom & Dad, thanks for always believing in me, finally to the fine people at Appleton Estates, thank you for giving me the courage to stand up and make people laugh



Tony Ingram
Port aux Basques, NL

Student, bboy (breakdancer), FTHOI aficionado, and generally well liked by most except Mike Hachey. Hachey LOVES him.

Jenny Irving
Fredericton, NB

I'll miss all the PT gang but I won't miss the weekly drives to NB listening to my voice on the radio reading tape recorded notes!

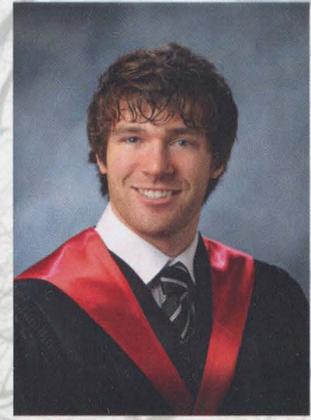


Missing : Mark Johnson



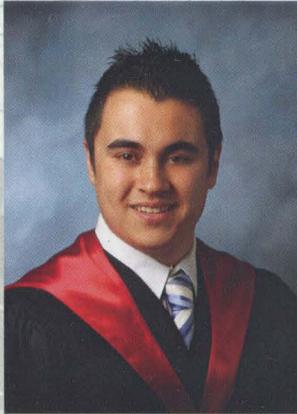
Garry Francis Keough
Plate Cove East, NL

Justin Lalanne



David Lee
Cole Harbour

If he s not working at the Dojo he s off with his lady relaxing or at the gym.He s made many new friends& memories he will never forget.He loves to party& have drinks on any patio..The last 2 yrs have been awesome &good luck to everyone, keep in touch&remember: To live is the rarest thing in the world. Most people exist I want to live. Live life fully while you're here.Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird - Anthony Robbins



Stacy Locke

In 2 years we ve grown from friends to family. I couldn t have asked for better people to learn with! As we begin our careers, remember the wise words of Dr Seuss Be who you are and say what you feel, because those who mind don t matter and those who matter don t mind! Good luck, God bless!



Zenith Locke

It's been a challenging though fun last two years but we finally made it out of the Forrest alive!!! Best of luck of all you future physios. You guys will surely rock the physio world!! Miss you guys already!

xoxo

Kathleen Lynch

Physioterrorist Class of 2009, it's been a pleasure. Thank you.





Andrew MacDonald
Cole Harbour, NS

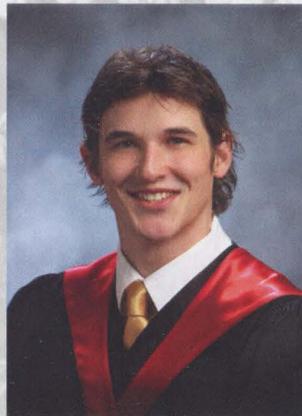
Kevin McIsaac
PEI

The past two years with all of you have been a blast, however I'm sorry but you all take a back seat to my long, sometimes romantic walks with my geriatric friends. Dal definitely put together a crazy bunch, and I will miss all our times sober and otherwise, Pogue and oasis will miss us for sure. Wish you all the best.



Mark MacKenzie
Antigonish, NS

Single white male, looking for special someone to share my life with. Self employed (ADD Construction), fun loving 26 y.o. boy. Likes: climbing things, not standing still, group texts, hats, fireball, the placebo effect. Dislikes: the profession of physiotherapy as a whole, the letter 3 & facial hair. If you are interested give me a call, seriously I will be up all night



Holly MacNeil
Sydney, NS



Shane McCullum
Sussex, NB

Jessica McKenna

I can't believe how fast the past two years went by! I'll never forget antics in Wales with Number 2, Richey's parties, nights at Pacifico and The Pogue, Physio balls, and the Wildcat cup! Good luck everyone, I'll miss you all!





Scott Murphy
Shubenacadie NS

Cheryl Nauss
Mahone Bay, NS



Angela Nicholls
Musquash, NB

My time at Dal has been an incredible experience. Thanks to the Profs for their help and support. To my PT family: we have been through it all together & I couldn't have asked for better friends. I love you & will always remember our time together. Congrats & Good Luck class of 2009. Shine On!



Amy Oulton
O'Leary, PEI



Richelle Paine
Goose Bay, Labrador

The best 2 years of my life, I can't even begin to describe how much I'm going to miss you all. Good luck in the fall and don't lose touch!

Stephanie Petten
B.C.

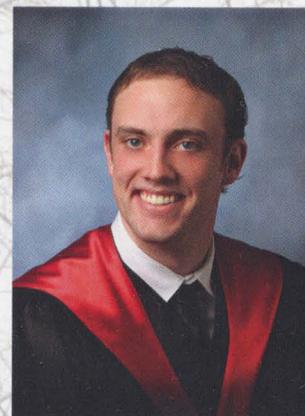
I love you all and will remember these days always.





Janice Pitts
Springdale, NL

Steve Richey
New Glasgow, NS



Thanks to all the PT's
for all the great times.
Good luck to everyone

Becky Burke

People have constantly
told me that life is not
fair and that there is
no such thing as luck...
My response: I will
be fair to myself and
those around me, while
constantly striving to
achieve my goals. I
don't need luck when I
have Determination



Jackie Ryder
Summerside, PEI

I came to Dal to become
a physiotherapist, but I am
leaving Dal with my entire
class of physiotherapists
whom "Have turned nights
into mornings with friends
who turned into family
"Our professors taught me
enormous amounts, but the
PT Class of 09 has taught me
even more. Best of luck, and I
love you all

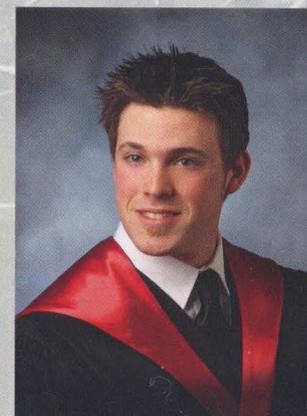


Anna Smallwood
Cornerbrook, NL

From studying to celebrating,
stressing to snuggling, strangers
to soulmates---not a second of it
would've felt right without you.

I love you Class of 2009 xo

Matthew Stanwood
Yarmouth, NS



Missing: Melanie Short. Saint John, NB " We did it Ethan!"

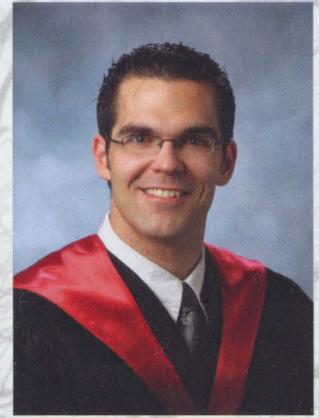


Michael Surret
Petitcodiac, NB

To the class of 2009,
it has been a pleasure.
Remember when you are
beginning your careers
and feel as if you have no
clue what you're doing...
you probably don't but
that comes with time and
there are always books.
Cheers

Andrew Graham Thomas
Windsor NS

I am lucky to have shared
the last 2 years of my life
with such great people.
Congratulations and good
luck to all of my classmates,
and a big thank you to
all of our professors and
instructors! Savour the
journey of life and make it
your duty to help everyone
else do the same.



Shanna Thompson
Berwick, NS



Amy Patricia Topshee
Greenfield, NS

Thank you for
bottomless hugs:) Love
You All.



Rebecca White
Lewisporte, NL

Eric Wood-Salomon
Cambridge, Ontario

"Be the change you
want to see"



REMEMBER WHEN...

The boys had a moustache competition

Mike Surrett lost his wallet...again

Mike Hachey thought a whip cream bikini was a good idea

Eric Wood-Saloman first took his shirt off

Stacey Blanchet was caught by Dr. Curwin for having a
pint of vodka in her bag

A patient told Jackie Ryder that the pitch of her voice was too high for him

Mike Surrett bailed on the big bash to take a snooze on the bus

Amy Oulton first brought out her stripper moves to Britney Spears

Angela Nicholls and Stacey Blanchet went streaking in the Public
Gardens

Mike Hachey called Laura Coady out for sleeping during his presentation

Carolyn King phone Dave Lee to wish him a happy
birthday from her class (which he was skipping)

I WILL NOT MISS...

IPL modules The smell in the cadaver lab The Kellogg Library
"You did not log out of ESP" messages
Scientific Inquiry Article Critiques PT Matters
Climbing four flights of stairs, or feeling guilty about taking the elevator
"That's what she said" quotes
Trial & Error Manipulation Practice The feeling before OSCE's

I WILL MISS...

Gail Creaser's sound effects Steve Richey's lengthy e-mails re: his next party
Mark MacKenzie's ADHD Nancy's dry sarcastic sense of humor
Beers at Your Father's Mustache post-exams Gail Creaser's homemade treats
Pre-OSCE hugs & Pep talks Being a student, or using that as an excuse
Inter-professional parties Class Dance Parties at The Pogue
Watching Julie Anderson falling asleep in every class
Amy Topshee's incredible massages
Napping in 414,415, or 309 during "discovery time"



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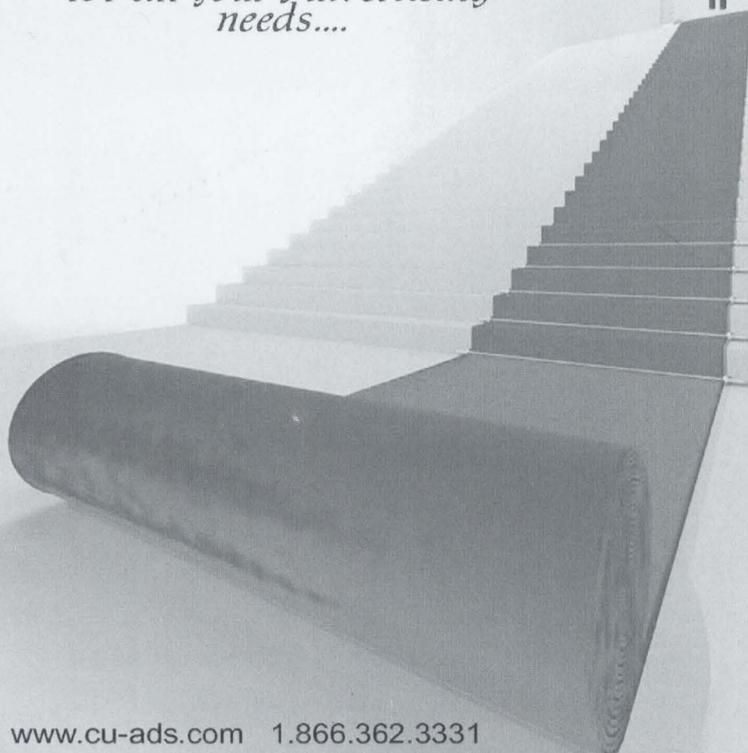
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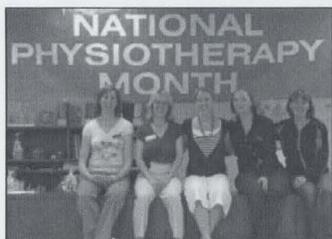


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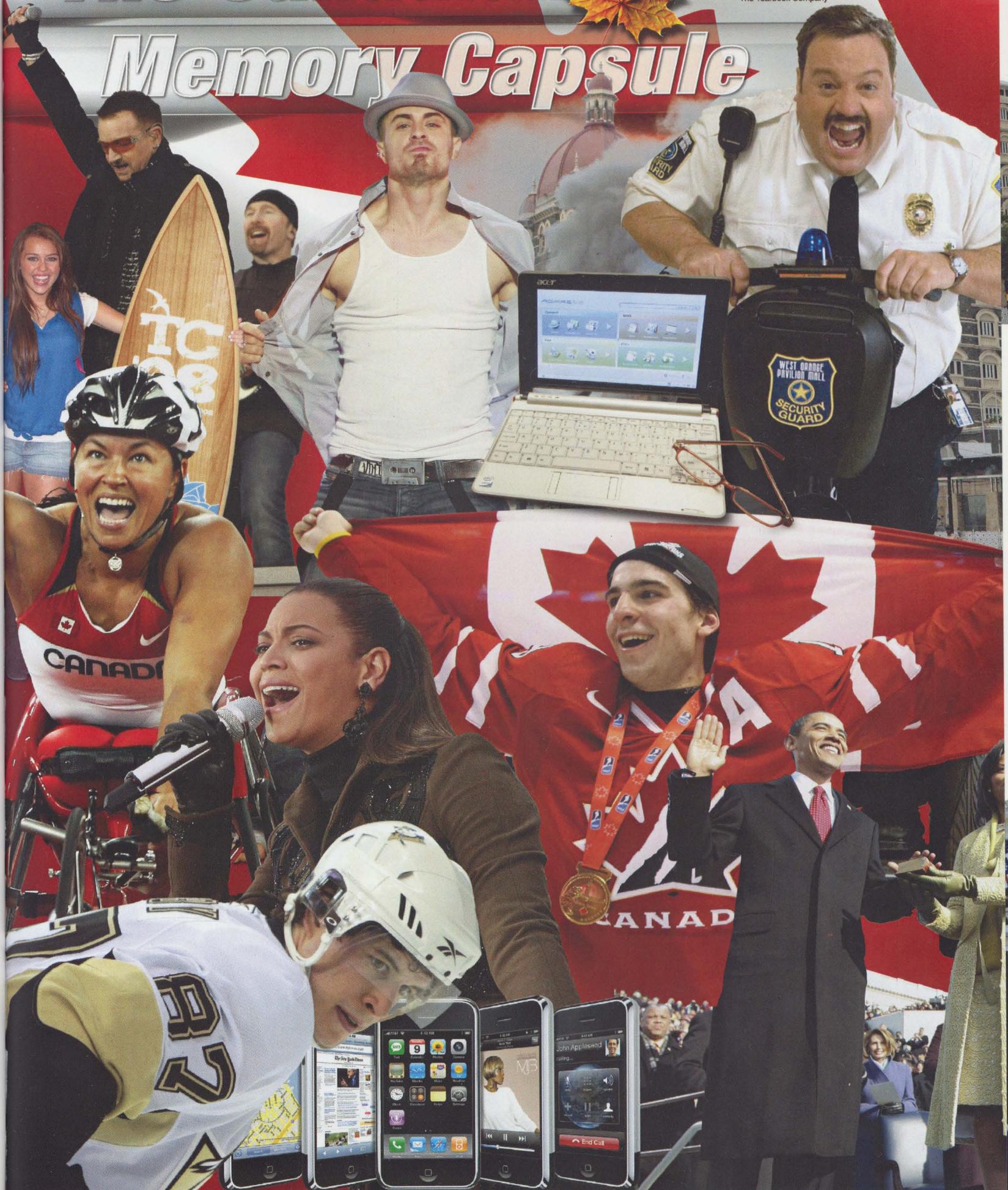
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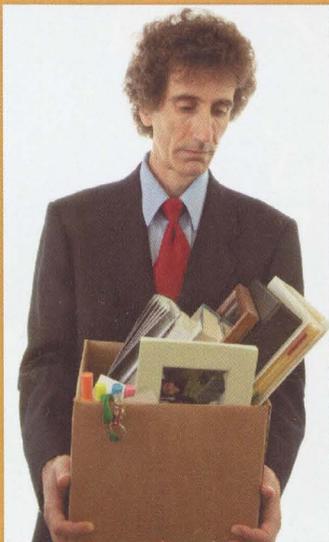
► **THE RECESSION'S SILVER LINING.** The Amazon rain forest, often called the lungs of planet Earth, has been under siege for decades. The region covers about 4.1 million sq. km, more than half of Brazil, but already 20 per cent of that land has been deforested. And for the first half of 2008, land was being cleared at more than double the pace of 2007. Experts believe that rising world food prices encouraged farmers to clear new land in order to produce more beef and soy products. However, by the end of the year, as the recession took hold and consumer demand plummeted, satellite images showed that forest clearing dropped sharply too. So we can all breathe a little easier.

(Shutterstock)



▲ **TOIL AND TROUBLE.** The global financial crisis started last fall after banks, worried that their competitors were on the brink of collapse, stopped loaning each other money. As stock markets nosedived, once-proud firms such as Lehman Bros. toppled into bankruptcy while scams, such as the US\$50-billion fraud perpetrated by Bernie Madoff in New York, robbed thousands of investors of their savings. Meanwhile, governments slashed interest rates, pumped trillions of dollars into the financial system and bailed out surviving institutions in a desperate effort to reboot the system.

AP Photo/Richard Drew



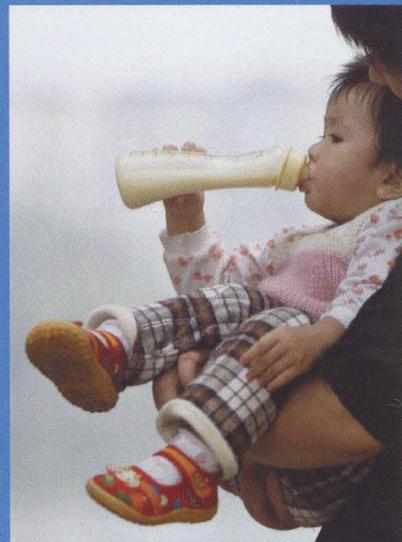
◀ **THE WORLD SLOWS DOWN.** One after another, economies around the globe tumbled into recession as banks teetered, businesses stalled and consumers stopped spending. Trade slowed and layoffs increased at a blinding speed. In the space of just a few months, more than 20 million migrant workers in China were laid off, while in the United States, the unemployment numbers climbed sharply week after week. One of the few beacons of hope for a turnaround came from massive government stimulus packages. (Shutterstock)



◀ **SCORCHED.** In Australia, February's record-breaking hot, dry summer sparked wild bushfires that destroyed hundreds of homes, left thousands homeless and more than 200 people dead. Nothing escaped the raging flames. This three-year-old female koala bear, nicknamed Sam by the firefighter who rescued it from the devastation, was treated for second and third-degree burns as well as severe dehydration. Less than a week after the disaster, a charity album—*Bushfire Aid*—had been released to help victims. And the album's cover featured a picture of Sam being fed water by her rescuer.

(PHOTO BY NEWSPIX / REX FEATURES [741464B])

► **CRACKS IN THE GREAT WALL.** Last fall Chinese dairy companies were caught illegally adding the toxic chemical melamine to watered-down milk and dairy products, which appeared to "boost" the protein content. At least 300,000 babies and toddlers became sick, and some died. Parents' anger boiled over after finding out that the government concealed the contamination for months. Adding to the nation's turmoil were daily demonstrations by unemployed workers who were owed back pay. And then, just in time for the 60th anniversary of Communist rule, came Charter 08, a document that calls for a free democratic China. No wonder it went viral with thousands signing the accompanying petition. (AP Photo)



► **MAYHEM IN MUMBAI.** On Nov. 26, 10 gunmen from Pakistan launched a carefully coordinated attack on Mumbai, India. Their targets included the main train station, a Jewish centre, a popular restaurant and two luxury hotels, including the historic Taj Mahal in the city's centre, where guests and staff were terrorized for more than 50 hours. At least 160 civilians were killed and another 300 injured. Apparently the gunmen's success at the hotel in holding off teams of soldiers was due to a simple tool. They used cellphones to get up-to-date tactical information from their leaders who were watching the siege live on TV.

(Solarpix.com)



▲ **RUSH TO THE NORTH POLE.** With pack ice melting at an alarming rate, Arctic nations including Russia, Canada and the United States are angling for their share of the resources that are buried under the North Pole. All are busy exploring the area's geography to bolster their bids under the Law of the Sea Treaty to vast chunks of seabed beyond the usual 200-mile territorial limits. As each country jockeys to be the winner in the race, many scientists worry that the region's fragile ecology could be the biggest loser.

(LCDR Steve Wheeler/US Coast Guard/MCT)



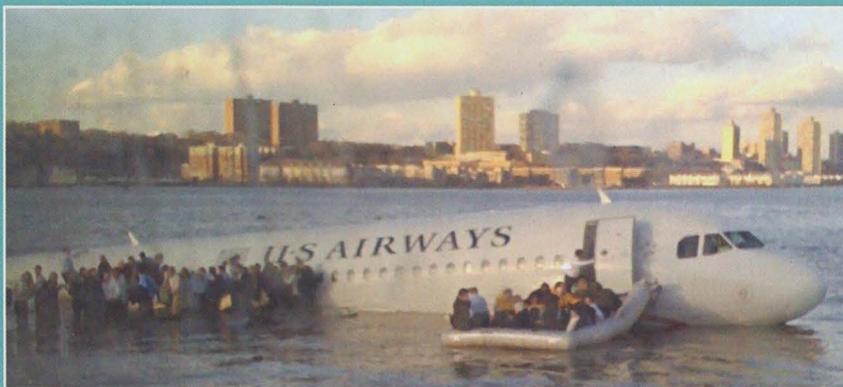
▲ **ROUGH WATERS.** Beyond the usual hazards of life on the high seas, ships sailing off the coast of the lawless African nation of Somalia have a new threat: pirates. Real-life pirates seize ships at gunpoint and hold crews hostage until they receive hefty ransom payments. But things don't always go the pirates' way. Last December, one swashbuckler who was obviously not familiar with the slimy characters in *Pirates of the Caribbean* whined about greedy middlemen trying to steal his ransom: "We can't trust them. They're trying to take the money, and we are the criminals."

(Photo by Rex Features [811878a])



▼ **SOGGY BUT SAFE.** It was dubbed "the miracle on the Hudson." Thanks to a cool-headed pilot, all 155 passengers and crew en route to Charlotte, N.C. survived the emergency landing of US Airways Flight 1549 last January. Two minutes after taking off from New York City, the plane struck a flock of birds, which crippled both engines. Unable to return to the airport, the pilot steered the plane away from Manhattan's skyscrapers and completed a near-perfect landing on the Hudson River. Rescue boats helped everyone to safety before the plane was all but submerged in the icy water. One passenger, late for a meeting in Charlotte, emailed five words to a perplexed co-worker: "I landed in the Hudson."

(INFphoto.com REF: infusny-139)



▼ **YES HE CAN.** The U.S. election campaign and subsequent inauguration of President Barack Obama had so much drama and pageantry that the whole world tuned in. The Obama campaign made clever use of the Internet to connect with young supporters and raise millions of dollars. The candidate promised change. And so far, that's just what he's been delivering.

(Chuck Kennedy/MCT)

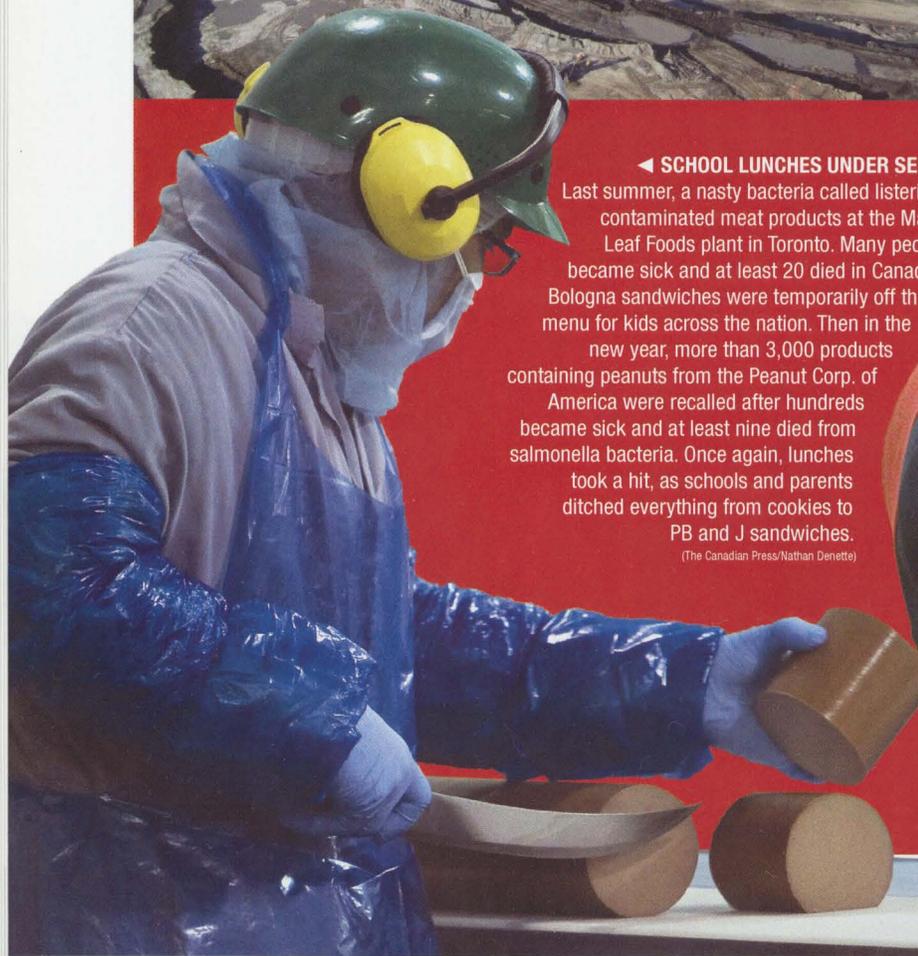


Canada

► **HANNAH HELPS THE HOMELESS.** In 2004, at age 8, Winnipeg's Hannah Taylor established the Ladybug Foundation, a non-profit to help the homeless. Since then she has raised more than \$2 million for Canadian food banks, shelters, missions and her national education program. Hannah travels to schools and business luncheons, spreading the word about the importance of helping others who are less fortunate. Her fund-raising initiatives include National Red Scarf Day (she sells scarves and encourages everyone to wear them on the last day of January) and *Ruby's Hope*, a picture book she has written. One of her proudest achievements is Hannah's Place, a homeless shelter in Winnipeg that opened in 2007. Not bad for someone who hasn't even started high school yet.



◀ **ALBERTA'S BOOM GOES BUST.** Party-time in the oil patch ended when the price of crude nosedived by more than US\$100 a barrel last fall. Albertans were left to grapple with a scarred landscape caused by oil sands development, along with declining housing prices, rising unemployment and even a provincial deficit. The budget shortfall, the first in Alberta in 15 years, is forecast to be at least \$1.4 billion. Ouch! (AP Photo/Eamon MacMahon, File)



◀ **SCHOOL LUNCHES UNDER SEIGE.** Last summer, a nasty bacteria called listeriosis contaminated meat products at the Maple Leaf Foods plant in Toronto. Many people became sick and at least 20 died in Canada. Bologna sandwiches were temporarily off the menu for kids across the nation. Then in the new year, more than 3,000 products containing peanuts from the Peanut Corp. of America were recalled after hundreds became sick and at least nine died from salmonella bacteria. Once again, lunches took a hit, as schools and parents ditched everything from cookies to PB and J sandwiches.

(The Canadian Press/Nathan Denette)





◀ **CANADA VOTES.** Sometimes it's hard to remember there even was an election last fall, so little changed. While the ruling Conservatives won 143 of the House of Commons' 308 seats—a gain of 16 ridings—and the Liberals lost 18 seats, the Tories again failed to secure the majority they hoped for, leaving the overall political balance of power unchanged. The bright new light in an otherwise dull campaign came from Green Leader Elizabeth May, who shone during the leaders' debates but alas, failed to win her Nova Scotia riding. (The Canadian Press/Sean Kilpatrick)



▲ **MUTT MUSIC.** Canadian singer Sarah McLachlan is a pet lover who has put her money where her mouth is. And the results have been pure gold for animals in distress. Three summers ago, she appeared in a TV ad for the British Columbia Society for the Prevention of Cruelty to Animals. Its success brought the American SPCA calling, and soon commercials filled with heartbreaking images of dogs and cats, and McLachlan's song *Angel* playing in the background, were on TV sets across the continent. The pitch has raised more than US\$30 million for the ASPCA, by far its most successful fund-raising effort ever. (John Green/San Mateo County Times/MCT)



▲ **HIGH DRAMA IN OTTAWA.** Late last November, NDP Leader Jack Layton, Liberal Leader Stéphane Dion, and Bloc Québécois Leader Gilles Duceppe (left to right) were frustrated by the Conservatives' inaction as the economy slowed down. They proposed forming a coalition, with Dion as PM, even though he was stepping down as Liberal leader following a dismal election. Faced with losing power weeks after being voted back into office, Prime Minister Stephen Harper asked the Governor General to prorogue (or suspend) Parliament for two months while his government worked on a budget. She granted the request, thus ending a wild, dramatic week, in which we all learned a new word: "prorogue." (Soon after the kerfuffle, the Liberals appointed Michael Ignatieff as their leader.) (The Canadian Press/Sean Kilpatrick)

◀ **HONOURED.** More than 2,000 Canadian soldiers are based in the dangerous southern part of Afghanistan as part of the NATO-led force trying to stabilize the country. Often the fighting is fierce, and more than 115 troops have died. But there have also been many successes. In February, Michaëlle Jean, Canada's Governor General, presented the Star of Military Valour to three members of the Canadian Forces, including Warrant Officer William MacDonald. Only eight such decorations—awarded for "distinguished and valiant service in the presence of the enemy"—have ever been given. (The Canadian Press/Adrian Wylie)

▶ **ROUGH ROADS AHEAD.** Slumping sales have automakers running on empty. While they work feverishly to develop new, sleek, energy-efficient models, and negotiate with their workers to lower pay packets and with governments to secure bailout money, the big question still remains: Can they steer clear of the ditch?

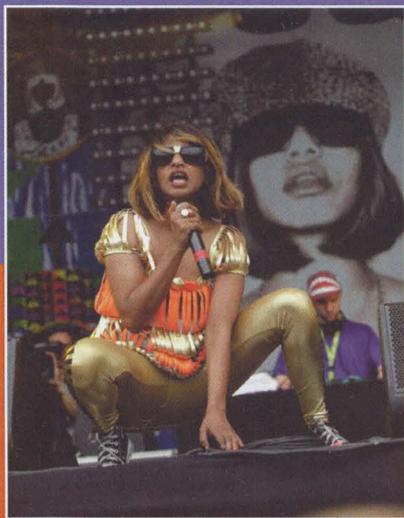
(Joyce Marshall/Fort Worth Star-Telegram/MCT)



Music



► **THE DIVA CAN DANCE.** Although she was all bundled up for her performance at President Barack Obama's inauguration concert in January, Beyoncé isn't always so restrained. Her dance routine in the *Single Ladies (Put a Ring on It)* video leaves us breathless and wondering how she ever thought up a song entitled *If I were a Boy*. (Chuck Liddy/Raleigh News & Observer/MCT)



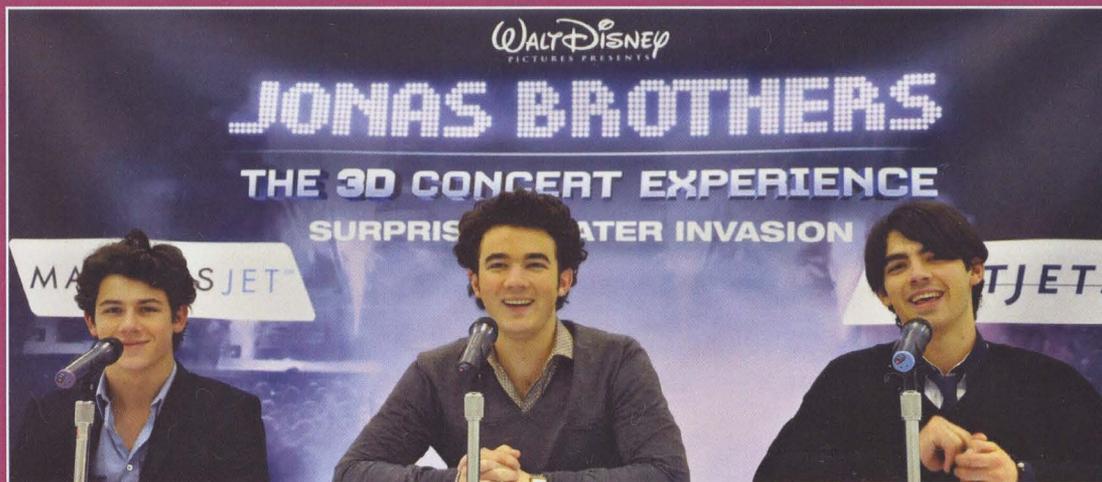
◀ **WHOA MAMA!** So far 2009 has been an awesome year for M.I.A. (a.k.a. Maya Arulpragasam). The outspoken Sri Lankan-British rapper was nominated for an Academy Award for the song *O... Saya*, in the movie *Slumdog Millionaire*. She also received two Grammy nominations (her single *Paper Planes* was in the running for record of the year) and she performed at the Grammy Awards in February while she was nine months pregnant. Three days later she delivered a healthy baby boy. With all those accomplishments, can you blame her for challenging her audience to *Swagga Like Us?* (© Abaca Press 2004. All rights reserved.)

◀ **LIL WAYNE RAPS IT UP.** With his raspy Southern drawl and radio-friendly beats, New Orleans rapper Lil Wayne has rescued rap from dying a slow death. His sixth CD, *Tha Carter III*, debuted at the top of the charts, selling more copies in a single week than any album since 2005. Nominated for eight Grammy Awards, more than any other artist this year, Wayne took home four, including best rap song for *Lollipop*, and best rap album. (The Canadian Press/Chris Young)



▲ **KISSING KATY.** It was the kiss heard round the world. Katy Perry hit No. 1 everywhere from Australia to Sweden with her saucy single *I Kissed a Girl*. With her second hit, *Hot N Cold*, and a four-month international tour schedule, she's scarcely got time to breathe, let alone smooch. (AP Photo/Antonio Calarmi)

► **ALL IN THE FAMILY.** Not so very long ago, the Jonas Brothers were piggybacking on Miley Cyrus's fame. They played on her tour, appeared in her 3D concert movie, and were guests on her TV show. But after they starred in *Camp Rock*, and released last summer's single *Burnin' Up* and their platinum album *A Little Bit Longer*, Nick, Kevin and Joe came out with their own 3D concert movie where Miley Cyrus was nowhere to be found. (Diedra Laird/Charlotte Observer/MCT)



► **DESPITE THEIR NAME, THESE GUYS ARE HOT.** Coldplay leaped headlong into the unknown with *Viva La Vida*, leaving behind their earnest rock sound. But the risk paid off for these superstars: the CD sold more than eight million copies, and the boys (two of whom, Jonny Buckland, left, and Chris Martin are pictured here) sold out shows around the world. (AP Photo/Chris Pizzello)



▲ **WHICH WAY TO THE BEACH?** Stefani Germanotta, better known by her stage name Lady Gaga, shot to fame last year with her first CD, aptly titled *The Fame*. Singles *Poker Face* and *Just Dance* have both topped the charts, and *Just Dance* even earned the 23-year-old a Grammy nomination. While she obviously has musical talent, Lady's fashion sense leaves some of us a-gaga. Why is she so rarely able to assemble an outfit that doesn't look like swimwear? (© Abaca Press 2004. All rights reserved.)

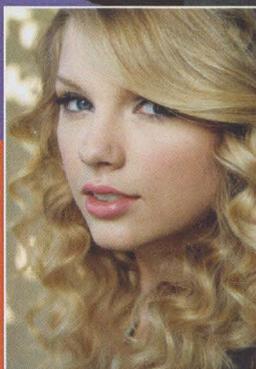
► **RULE BRITANNIA.**

British R&B singer Adele won two Grammy Awards in February for her first album, *19*, including one for best new artist. And radios across North America also blasted out tunes from two of her countrywomen. Leona Lewis's brassy vocals on *Bleeding Love* topped the charts, while Estelle crooned about an *American Boy*. (AP Photo/Mark J. Terrill)



◀ **KANYE CAN ACTUALLY SING!** On *808s & Heartbreak* Kanye West shelved his usual dance club sound, and recorded some vocals that actually have a melody, along with some straight-forward percussion. In the process he produced one of the most powerful CDs of the past year, especially the singles *Love Lockdown* and *Heartless*. (Katina Revels/Detroit: Free Press/MCT)

► **TAYLOR'S SWIFT RISE TO STARDOM.** Crossover country singer Taylor Swift lays herself bare in her second album, *Fearless*. In song after song, she shares her hopes and dreams and feelings. Her tunes and her lyrics obviously struck a chord with us. *Fearless* sailed along at the top of the Billboard charts for 11 weeks. (AP Photo/Damian Dovarganes)



▼ **U2 R GR8.** Irish rock band U2 did it again: scoring its seventh No. 1 album on the Billboard 200 with *No Line on the Horizon*. What else would you expect from a group that has been making meaningful music for three decades? Though Bono and the Edge performed during the Obama inaugural celebration at the Lincoln Memorial in Washington, D.C. in January, most fans will have to wait: the band's 360° Tour officially comes to North America in September. (Scott Stranzante/Chicago Tribune/MCT)



Lifestyle

► **PUPPY LOVE.** From Hollywood, to the Web, to the White House, tails were a-wagging. *Marley & Me* drom Jennifer Aniston and Owen Wilson in cuddly cuteness, while computer-based animal lovers everywhere kept tabs on the progress of six baby Shiba Inus via a streaming "Puppy Cam." Meanwhile we all welcomed the big announcement from Washington: a new presidential puppy for the Obama girls. Aww.

(Barry Wheeler/Twentieth Century Fox/MCT)



► **DIY MUSIC.**

We can all be superstars with the music video game *Rock Band 2*.

It's got the drums, it's got the singing, it's got the guitar and bass, and it's got more songs than the original version. Plus, there's an online component that lets you wage a battle of the bands in cyberspace. Rock on. (MCT)



▲ **INBOX: SMALL IS BEAUTIFUL.** Ultra-mobile netbooks, such as the Acer Aspire One, have become *the* communications tool for people on the go. While their shrunken screens, keyboards and memory make them less-than-ideal for cranking out lengthy term papers, their feather-light weight, simple connections and low, low prices make them perfect for surfing the Web when you're away from your desk.

(Alejandro A. Alvarez/Philadelphia Daily News/MCT)

► **IT'S A WRAP.** Okay guys, there are two ways to wear a scarf: loosely draped around your collar, like Zac Efron, or for a snugger look, here is your step-by-step guide:

- 1) Take one long, woven scarf.
- 2) Fold it in half along its length.
- 3) Fold it in half lengthwise so the fringed ends are touching.
- 4) Place the scarf around your neck, with the fringed ends in your right hand, and the fold in your left hand. Now pull the fringed ends through the loop and let them fall over your chest.

Result: one hot look, especially when worn with an open jacket.

(Scott Kirkland/WNPhoto.com)





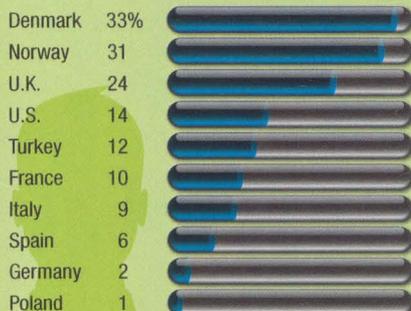
▲ **LETTING LOOSE.** While body-hugging styles may still be in vogue for prom night, many fashion-forward females are happy to kick back in their boyfriend jeans. Katie Holmes (left) looks like she's wearing husband Tom Cruise's denim. Singer Lily Allen (centre) and Spice Girl Geri Halliwell (right) also opt for comfort in their relaxed-fit pants. Go figure. (Photo by Rex Features)

TOP 10 Googles 2008

1. Facebook
2. YouTube
3. lyrics
4. weather
5. games
6. Google
7. Hotmail
8. Yahoo
9. map
10. Canada

facebook fans

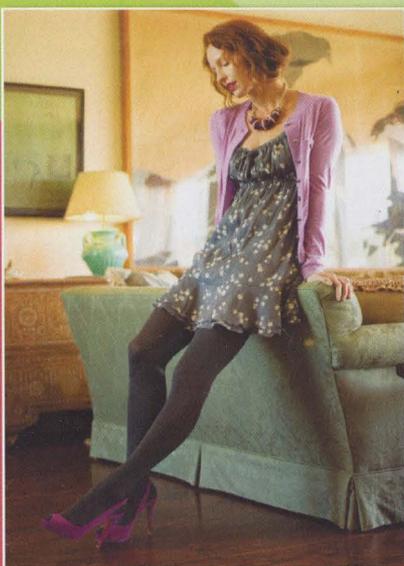
Percentage of profiles per population:



(MCT) Source: Facebook



▲ **DIALING FOR DOWNLOADS.** With more than 15,000 downloadable apps available, the iPhone 3G puts the world in the palm of your hand. Not sure how much tip to leave at the restaurant? Tipulator can calculate it. Want to track your fitness? iMapMyRide records cycling distances, times and pace, while RunKeeper lets you map your routes, and Pandora offers a customized soundtrack. Oh yeah, and for those with a traditional streak, you can also make phone calls. (Apple/MCT)



▲ **TUNICS & TIGHTS.** Short dresses layered under cardigans with opaque tights and a chunky necklace to top it all off. This look filled high school hallways. Who says teens don't like uniforms? (Ralph LaVer/Fort Worth Star-Telegram/MCT)

► **Wii GET BUFF.** Couch potatoes are tuning in and toning up with *Wii Fit*, Nintendo's runaway hit video game that gets us all up and moving. (CP/Nathan Denette)



Entertainment

► BRIT IS BACK.

The pop princess's sixth studio album *Circus* debuted in the No. 1 spot on the Billboard 200 last November. It was a stunning comeback from earlier in the year when Britney Spears' erratic behaviour caused her to lose visitation rights with her two young sons. However, under her father's guidance, she withdrew from the glare of the paparazzi cameras and instead focused on her sons, her family and her career. The change paid off. Not only does she again get to see her boys, but *Circus* sold more than 500,000 copies in its first week.

(© Most Wanted Pictures [2006] all rights reserved)



◀ MILEY BREAKS OUT.

Miley Cyrus has become the ultimate multitasking teen. The 16-year-old *Hannah Montana* star continues to crank out hit albums, sell out concerts around the world, and is a box office star on the big screen. Last year she was the voice of Penny in the animated film *Bolt* and also co-wrote two of the movie's songs. With that resumé, there's no doubt she earned every penny of the more than US\$25 million she banked in 2008.

(© INF [2004] all rights reserved)



◀ **BRANGELINA'S BROOD.** They are gorgeous, smart and talented actors, yet what sets Brad Pitt and Angelina Jolie apart in Hollywood is their rapidly growing family. The addition of twins last July brought the number of kids in the Brangelina house to six. And virtually wherever the superstar couple travels, so does the entire clan. One frequent stop is New Orleans, where Pitt's Make It Right foundation is building 150 environmentally sustainable houses to replace those destroyed in hurricane Katrina.

(© Most Wanted Pictures [2006] all rights reserved)



▲ WHEN LIFE IMITATES ART.

Tina Fey is on a roll. Last September, she picked up three Emmys for her duties as the creator, writer and star of the hit TV sitcom *30 Rock*, while her first big movie, *Baby Mama*, opened the Tribeca Film Festival in New York City. Yet for all her accomplishments, it was her hilarious *Saturday Night Live* skits skewering vice-presidential candidate Sarah Palin that stand out. They were so spot-on that even the Alaska governor played along, visiting *SNL* just before the election to critique Fey's performance. No wonder the comedian got US\$5 million to write a book.

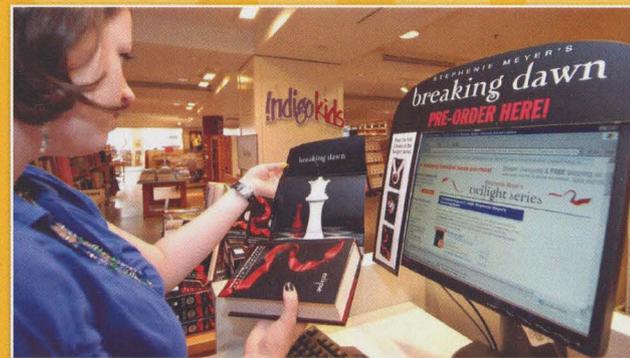
(Graylock/Abaca Press/MCT, Tom Gralish/Philadelphia Inquirer/MCT)



◀ BACK FROM TRAGEDY.

Last autumn Jennifer Hudson was on top of the world. Her first studio album had just been released and her new film *The Secret Life of Bees* was doing well in theatres. But at the end of October, the Oscar winner's world imploded when her estranged brother-in-law allegedly murdered her mother, brother and young nephew. After months of private grief, Hudson returned to public life to sing the national anthem at Super Bowl XLIII. Soon after, as she picked up best R&B album at the Grammys, she poignantly said: "I'd like to thank my family in heaven—and those who are here today."

(Mark Cornellison/Lexington Herald-Leader/MCT)



▲ **SEEING THE LIGHT.** Thousands of devoted Twilight fans lined up at midnight last August to buy the tale's fourth book, *Breaking Dawn*. More than a million copies flew out of bookstores in the first 24 hours, mostly bought by teens anxious to devour the latest details about Bella Swan's complicated relationship with hunky vampire Edward Cullen. In this instalment, the couple finally ties the knot, but, as always in Stephenie Meyer's addictive series, complications come a-knocking. (CPImages.com)

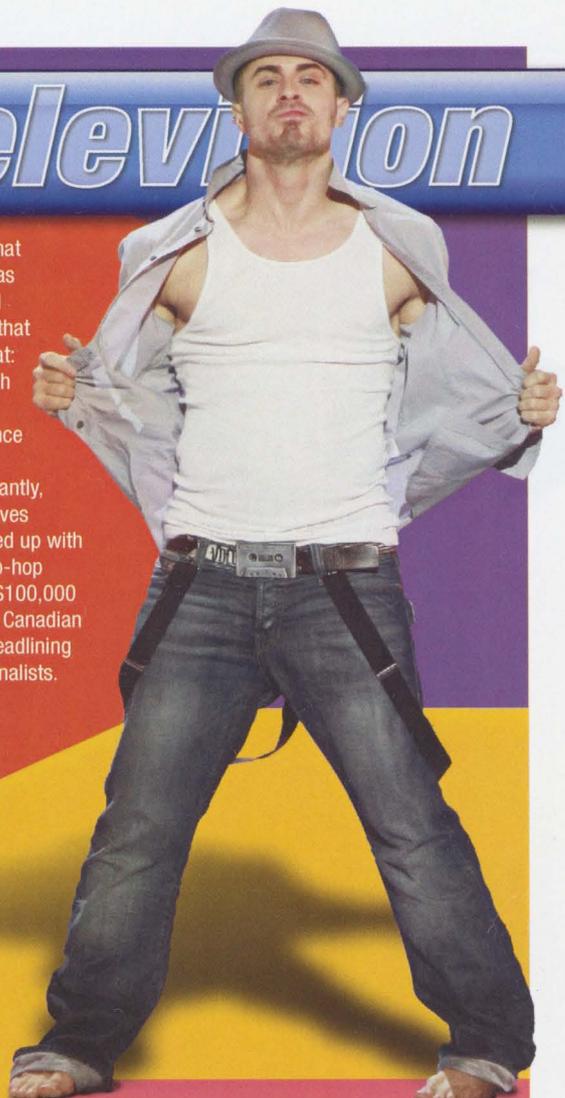


▲ **WELCOME TO THE BIG LEAGUES.** The producers of *Grey's Anatomy* focused this season on developing what were peripheral characters on the medical soap opera. It was all in an effort to breathe new life into a show that, while still very popular, was showing its age. So while Izzie Stevens slowly disintegrated as her behaviour became more and more bizarre, viewers turned their attention to the usually suave Mark Sloan (above, left), a.k.a. McSteamy, as he fumbled and stumbled in his relationship with intern Lexie Grey (center). And the hapless couple asked for advice from, of all people, orthopedic surgeon and former McSteamy lover Callie Torres (right). The strategy paid off as ratings climbed back up. (ABC/RANDY HOLMES)



◀ **HAVE YOU HEARD?** The queen bee of *Gossip Girl* is the gorgeous, popular and incredibly wealthy high school senior Serena van der Woodsen, played by Blake Lively. Sure it's over the top, but the whirlwind New York life and the online angst of the cast's relationships and jealousies are irresistible. Plus, the fashion is so hot that Lively has been on every magazine cover from *Cosmopolitan* to *Vogue*. (Handout/MCT)

Television



▶ **DANCING UP A HIT.** Given that *So You Think You Can Dance* was created by the geniuses behind *American Idol*, it's only natural that they kept the same basic format: contestants who survive a tough audition process learn new choreography and different dance styles every week. And the dancers change partners constantly, so audiences may find themselves watching a ballet dancer teamed up with a Latin dancer performing a hip-hop routine. In addition to winning \$100,000 and a Mercedes-Benz, the first Canadian champ, Nico Archambault, is headlining a national tour with the other finalists.



◀ **STRUTTING HER STUFF** It's been on the air for six years, yet *America's Next Top Model* has already churned out more than 10 seasons full of catwalk chaos, diva-like behaviour and, of course, beautiful women. Hosted by former supermodel Tyra Banks, the series is a fun peek into how much hard work and sacrifice goes into modelling. Take for example model McKey Sullivan (left) who was rejected in season nine, yet went on to win the 11th season, but only after having her long red hair chopped off and died black. Ouch! (The CW)



▲ **ON THE EDGE.** The new hit show *Fringe* revolves around a sarcastic genius, played by Canadian actor Joshua Jackson, who reluctantly helps his unstable, perhaps mad, scientist father (above) and an FBI agent investigate unexplainable, weird incidents involving so-called fringe sciences such as artificial intelligence and telepathy. Creator J.J. Abrams, who previously invented the wildly complicated *Lost*, promised that *Fringe* story lines would be easier to follow. So far he's delivered, to the relief of sci-fi fans everywhere. (Mark Ben Holberg/FDX)

▼ **LOST AND FOUND.** Just when it seemed that *Lost* couldn't get any more complicated, the fifth season opened with the survivors of the Oceanic flight 815 crash discovering that the island they were stranded on was "jumping" in time and space. And the only way to stop the increasingly dangerous moves was for the Oceanic Six (below), the passengers who'd made it back to civilization, to return to the island. Despite all its twists and turns, the series has a devoted following who each week dissect the show for hidden clues about what will happen next. (Mario Perez / © ABC / courtesy everett collection)



Movies



◀ **A TRUE LOVE MATCH.** Can a machine be a romantic hero? Yes, if he's a garbage crunching, musical-loving robot named WALL-E. The Pixar flick with the same name turned the traditional boy-meets-girl formula on its head in the most delightful way. And after he proved his love and captured the heart of his beloved Eve, audiences cheered for the most unlikely of happy couples. (MCT)

▶ **'I AM IRON MAN.'**

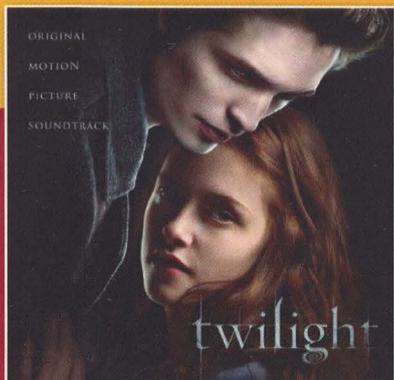
The superhero movie roared out the starting block, earning nearly US\$100 million in its opening weekend. And much of the success was due to Robert Downey Jr.'s title performance. His debonair, swashbuckling and tongue-in-cheek attitude in *Iron Man* was just what audiences had been looking for in a comic book adaptation. Somehow the usual earnest do-gooder acting doesn't cut it when you've got a reactor imbedded in your chest.

(Paramount Pictures/MCT)



▲ **HEROIC EFFORT.** Longtime *Watchmen* graphic novel fans believed the superheroes would never be on the big screen. And they were nearly right, though not because it was deemed "unfilmable" but rather because of an epic court battle between Fox and Warner Bros. over who owned the movie rights. The case dragged on until January when an agreement finally ended the dispute. Frustrated fans made up for lost time as *Watchmen* made US\$55 million in its opening weekend.

(Warner Bros/MCT)

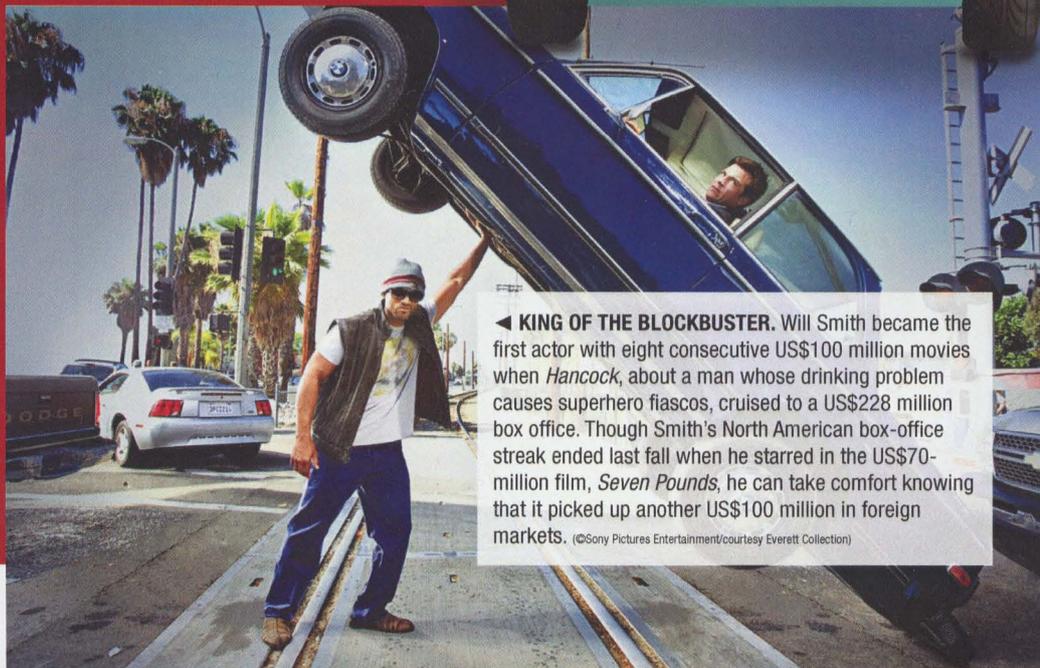


▲ **TAKING A BITE OUT OF THE BOX OFFICE.**

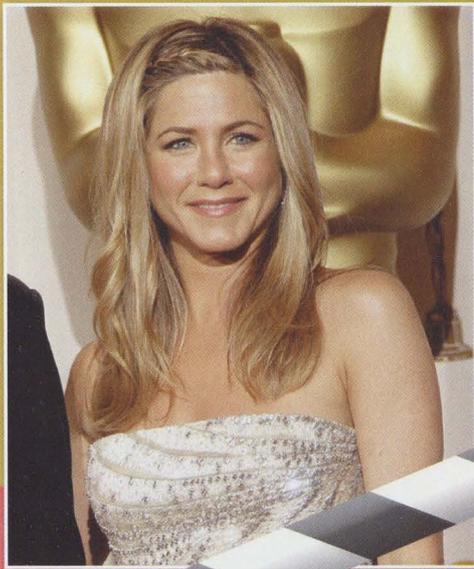
Teens flocked to theatres this winter to see Kristen Stewart and Robert Pattinson play Bella Swan and her love, the brooding vampire Edward Cullen, in the first film adaptation of Stephenie Meyer's hit fiction series. No wonder that just days after *Twilight*'s boffo opening, the second book, *New Moon*, was officially put into pre-production. (MCT)

▶ **HAVE SEGWAY, WILL PROTECT.** The plot of *Paul Blart: Mall Cop* is improbable, to say the least: an action thriller about a dedicated security guard who saves the day when robbers invade his shopping centre. Yet with comedian Kevin James in the main role, the movie turned into the sleeper hit of the winter, taking in US\$140 million.

(The Canadian Press/Columbia Pictures/Richard Cartwright)



◀ **KING OF THE BLOCKBUSTER.** Will Smith became the first actor with eight consecutive US\$100 million movies when *Hancock*, about a man whose drinking problem causes superhero fiascos, cruised to a US\$228 million box office. Though Smith's North American box-office streak ended last fall when he starred in the US\$70-million film, *Seven Pounds*, he can take comfort knowing that it picked up another US\$100 million in foreign markets. (©Sony Pictures Entertainment/courtesy Everett Collection)



◀ **GOLDEN GIRL.** Who cares that Jennifer Aniston has hit the big 4-0, she is still America's sweetheart. She made everyone long to walk Labrador puppies in *Marley & Me* and proved that men can be idiots when it comes to relationships in *He's Just Not that Into You*. Alas, Aniston's own love life took a hit in March when she broke up with singer John Mayer. Perhaps she should rent her own movies for pointers.

(Francis Specker/Landow/MCT)



▶ **SWAN SONG.** After a career full of daring roles, it was fitting that Heath Ledger's last picture, *The Dark Knight*, would cement the Australian actor's reputation as one of his generation's best.

The sequel to *Batman* opened to rave reviews six months after Ledger accidentally overdosed on prescription medication. Reviewers praised Ledger's dark portrayal of the evil Joker and correctly bet that he would capture an Oscar for his role. (MCT)

TOP 10 • 2008 Movies

1	The Dark Knight	\$650 million
1	Iron Man	\$388 million
3	Indiana Jones and the Kingdom of the Crystal Skull	\$387 million
4	Hancock	\$278 million
5	WALL-E	\$273 million
6	Kung Fu Panda	\$262 million
7	Twilight	\$233 million
8	Madagascar: Escape 2 Africa	\$220 million
9	Quantum of Solace	\$205 million
10	Dr. Seuss' Horton Hears a Who!	\$189 million

* In Canadian Dollars

▶ **FINALLY.** British actress Kate Winslet was first nominated for an Academy Award at the age of 20. She lost. Then came four more nominations. She lost them all. So it was no surprise that Winslet, now 33, was emotional when she finally claimed the golden statue for her role as a former Nazi concentration camp guard in *The Reader*. "I'd be lying if I hadn't made a version of this speech before, I think I was probably eight years old and staring into the bathroom mirror. And this [holding up the Oscar] would've been a shampoo bottle," Winslet said in her acceptance speech. "Well, it's not a shampoo bottle now!"

(Francis Specker/Landow/MCT)



◀ **JAI HO!** The film *Slumdog Millionaire* won eight Oscars including Best Picture and made more than US\$135 million in North America. Not bad for a movie filled with subtitles about Jamal, a poor kid from the slums of Mumbai, who needs to win India's version of *Who Wants to be a Millionaire* to save the beautiful Latika. Its leading actors, Dev Patel and Freida Pinto, became the toast of Hollywood as Woody Allen signed Pinto to his new movie, while M. Night Shyamalan scooped up Patel. A clue to the success of the unswervingly optimistic movie can be found in the title of the infectious Best Song winner, *Jai Ho*. Its English translation is "May victory be yours." (©Fox Searchlight/courtesy Everett Collection)



Sports

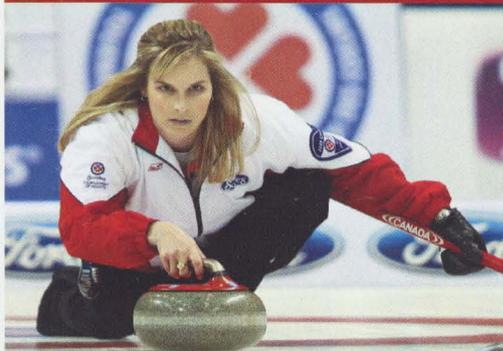
► **ON TOP OF THE WORLD.**

Team Canada captured its fifth straight World Junior Hockey Championship gold with a 5-1 victory over Sweden in early January. John Tavares, seen here holding up a Canadian flag, was named most valuable player and top forward for the tournament, making him a top pick in the NHL entry draft this year.

(The Canadian Press/Tom Hanson)

▼ **ROCK STEADY.** Team Canada skip Jennifer Jones was unstoppable on her way to her third Scotties Tournament of Hearts in March, but had less success a month later at the World Women's Curling Championship in South Korea, where the defending champ finished out of the medals.

(The Canadian Press/Jonathan Hayward)

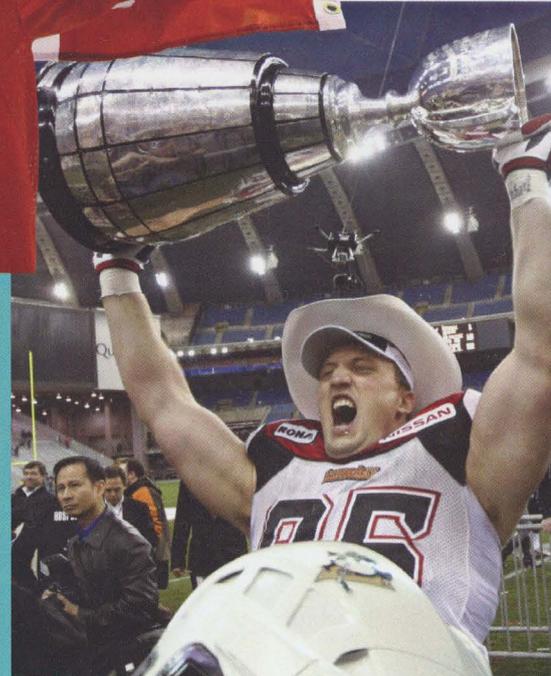


► **FANCY FOOTWORK.**

Calgary Stampeders' Miguel Robede held up the Grey Cup after his team beat the Montreal Alouettes at the 96th Grey Cup in November. The 66,308 football fans in the domed Olympic Stadium were deafening as they rooted for the hometown Alouettes, who were ahead at halftime. But Stampeders quarterback Henry Burris rallied his team with a second-half comeback to win 22-14.

Burris was named the game's most valuable player.

(The Canadian Press/Tom Hanson)



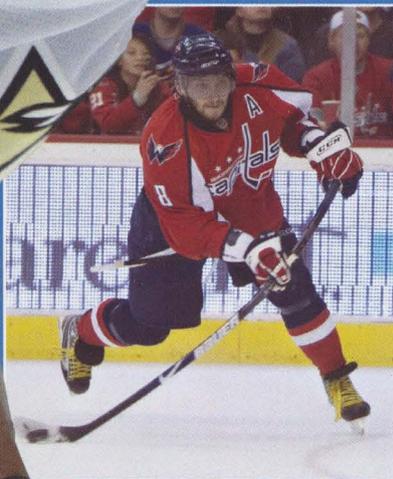
► **FASTEST MAN ON TWO LEGS.** In Beijing last summer, Jamaican runner Usain Bolt became the first sprinter ever to shatter world records in both the 100-m race and the 200 at the same Olympics. In the 100, he won the gold in 9.69. Then, on the eve of his 22nd birthday, he ran 19.30 to smash the record in the 200. He capped his week—another gold medal, another world record—as a member of Jamaica's 4 x 100-m relay team.

(Jeff Siner/Charlotte Observer/MCT)

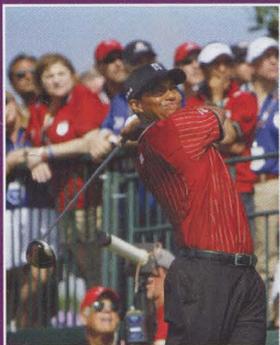


◀ **TALENT FACE-OFF.** It's a good thing that Sidney Crosby has big shoulders. The NHL poster boy has more duties than most players, as captain of the Pittsburgh Penguins and ambassador for the league. His points standing has slipped a bit this year, while rival Alexander Ovechkin (left), the Washington Capitals' showboat left winger, has racked up goals by the bucket-load. But don't count out No. 87. When it comes to face-offs, killing penalties, and the grit needed to go the distance, Capt. Crosby has few equals.

(George Bridges/MCT)



Champions 2008



◀ **HE'S BACK.** For months golf fans fretted and worried while Tiger Woods recovered from reconstructive surgery on his left knee. The operation occurred just days after his painful win at last year's U.S. Open. But in March the golfer allayed fears by roaring back from a five-shot deficit to capture the Arnold Palmer Invitational on the final hole.

(Roberto Gonzalez/Orlando Sentinel/MCT)

GREY CUP	CALGARY STAMPEDERS OVER MONTREAL ALOUETTES	22-14
SUPER BOWL XLIII	PITTSBURGH STEELERS OVER ARIZONA CARDINALS	27-23
WOMEN'S CURLING	JENNIFER JONES, TEAM CANADA OVER MARLA MALLET, B.C.	8-5
MEN'S CURLING	KEVIN MARTIN, ALTA. OVER JEFF STOUGHTON, MAN.	10-4
STANLEY CUP	DETROIT RED WINGS OVER PITTSBURGH PENGUINS	4-2 SERIES
WORLD SERIES	PHILADELPHIA PHILLIES OVER TAMPA BAY RAYS	4-1 SERIES
NBA	BOSTON CELTICS OVER L.A. LAKERS	4-2 SERIES
PGA	VIJAY SINGH	US\$6.6 MILLION
LPGA	LORENA OCHOA	US\$2.8 MILLION

◀ **SHE'S A CHAMP, NO HOLDS BARRED.** Wrestler Carol Huynh won the first of Canada's three gold medals at the Beijing Olympics. Huynh beat Japan's Chiharu Icho in the 48-km freestyle weight class. Her match was spectacular, but so was her reaction to her victory. Up on the podium, she wiped away tears and proudly sang *O Canada*. "I was thinking about the road to how I got here," she explained. Huynh's parents were born in Vietnam, though she was born and raised in Hazelton, B.C. Afterward she thanked the people of her hometown for their support in "raising an Olympian."

(Mark Reis/Colorado Springs Gazette/MCT)



▲ **SWEET REDEMPTION.** Last summer in Beijing, the men's 8 rowing team finished the job they had begun four years earlier. After a crushing defeat at the Athens Olympics in 2004, where they had gone in as medal favourites and wound up with a fifth-place finish, there was no stopping the crew in China. They led the final race the whole way, rowing flat out to a gold-medal finish. (AP Photo/Gregory Bull)

▲ **SOLID GOLD.** After an accident at age 12 left her paralyzed from the hips down, Chantal Petitclerc refused to slow down. Last summer, at the 2008 Paralympics in Beijing, the 38-year-old athlete entered five events (100 m, 200 m, 400 m, 800 m and 1,500 m), and won them all, setting two world records (200 m and 800 m) in the process. With that, Petitclerc ended a career that had spanned five Paralympics and included 21 medals — 14 of them gold. Canadian sports journalists named her winner of the Lou Marsh Trophy, presented to Canada's top athlete of the year.

(AP Photo/Eugene Hoshiko)



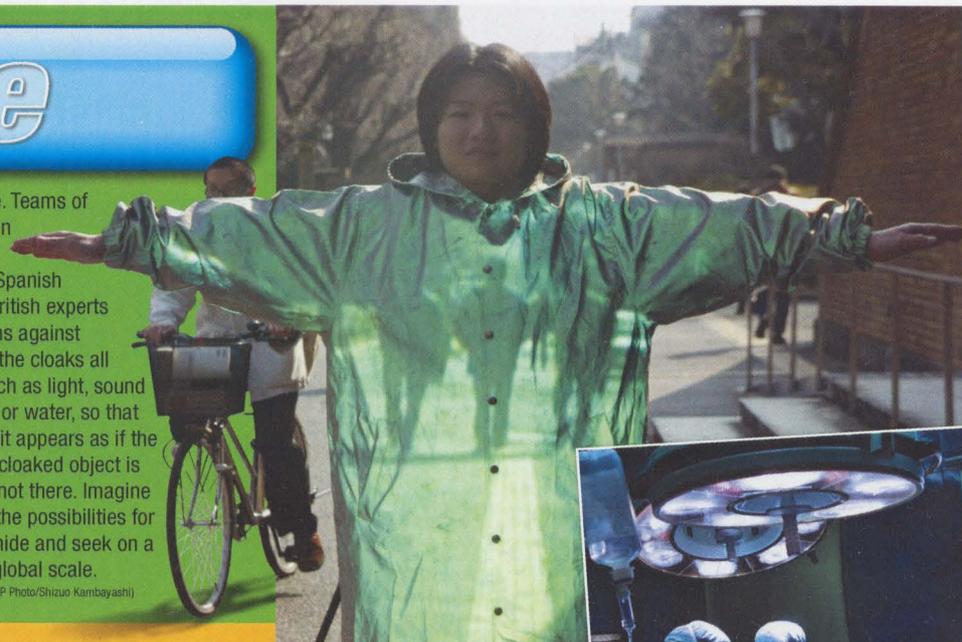
▲ **SPEED KING.** The must-see event last summer was the Beijing Olympics, and its marquee star was Michael Phelps. For nine days in August, TV audiences tuned in to watch the swimmer break Mark Spitz's 36-year-old record, winning eight gold medals at one Olympics. Why, he almost made Speedos cool again. (Erich Schliegel/Dallas Morning News/MCT)

Science

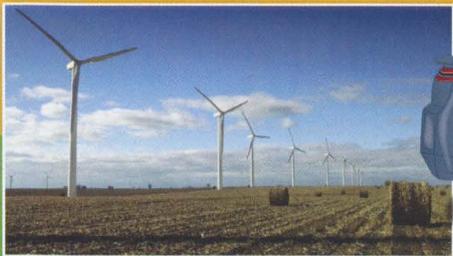
► **MISSION INVISIBLE.** Fans of Harry Potter rejoice. Teams of engineers at universities around the world have been working to produce a variety of invisibility cloaks. And they're hiding items a lot bigger than a jacket. Spanish scientists can hide a submarine from sonar, while British experts have developed a way to shield offshore oil platforms against massive ocean waves. Though amazingly complex, the cloaks all work the same way: they shuffle or bend waves, such as light, sound

or water, so that it appears as if the cloaked object is not there. Imagine the possibilities for hide and seek on a global scale.

(AP Photo/Shizuo Kambayashi)



► **PRIMETIME IS ANYTIME.** It's like a big video jukebox filled with all your favourite TV shows, and available 24/7. Created as a network-approved alternative to unauthorized sites, *Hulu.com* offers free full episodes of shows from NBC, Fox, PBS and other channels. And although Canadians are currently blocked from the site, there's a simple workaround: *AnchorFree.com* allows Canucks to view blocked U.S. content. Other simple possibilities include the Canadian networks' websites, such as *CTV.ca*, which streams hits such as *Grey's Anatomy* and *Gossip Girl*. Bye, bye cable. (www.hulu.com)



► **GREEN POWER.** Between fridges and stoves, lights, computers, air conditioners and soon, plug-in cars, we use a lot of electricity, half of which, in the U.S., comes from burning coal. As our demand increases, we need to find more capacity in the grid. And these days many scientists are looking at renewables, including wind, solar and hydro, to generate those gigawatts. Wind farms are sprouting up across the land, new generation solar cells are being tested, and small-scale hydro dams are being proposed. Stay tuned: the results should be electrifying. (Gary Porter/Milwaukee Journal Sentinel/MCT)

► **HOSPITAL CHECKLIST SAVES LIVES.** In a year-long project, hospital surgical teams in eight countries followed a basic checklist in the operating room and amazingly reduced the rate of deaths and complications by more than a third. This low-tech protocol involved such things as confirming the patient's name and the procedure to be performed, as well as double-checking that all equipment had been sterilized and any potential complications had been discussed. Simple, commonsense stuff that sometimes gets overlooked in the sophisticated realm of modern medicine. (Shutterstock)

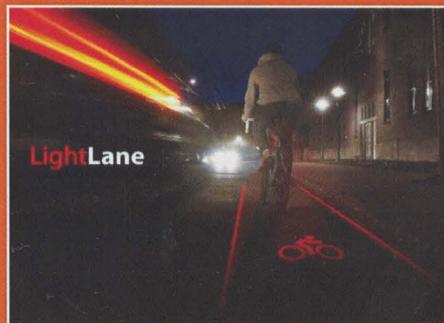


▼ **DRIVING WITH NEW SPARK.** GM's Chevy Volt has electrified North America with its plug-in battery-powered motor that can travel up to 65 km on a single charge. For longer distances, a gas engine kicks in to recharge the battery while you drive. No more gas guzzling. (MCT)

* Due on the market in 2010



Estimated annual cost of running GM's new electric car, the Chevy Volt*, compared to other electric appliances:	Cost
Central air conditioner	\$324
Refrigerator	\$303
Water heater	\$296
Volt (24,140 km)	\$292
Clothes dryer	\$125



◀ **DIY SAFETY.** The LightLane is an ingenious idea to make night bike riding safer. Lasers mounted on the rear of the bike project sharp, bright lines onto the pavement behind the cyclist, creating a virtual and movable bike lane, complete with a cycling logo. This gives drivers a boundary and keeps cyclists out of harm's way. Creators Evan Gant and Alex Tee of Boston presented their idea in an online design contest. They are now working on a prototype. (Courtesy Evan Gant, Altitude Inc.)



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