



'BIG DIG' AWAITS
Crews prepare arena site **A2**



MENAHAM KAHANA/AFP VIA GETTY IMAGES

IRAN ATTACKS ISRAEL

Members of Israel's Home Front Command and police forces inspect a crater left by an exploded projectile at a heavily-damaged school building in Israel's southern city of Gedera on Tuesday after Iran launched a barrage of missiles at Israel. **NP1**

'START OF A NEW BEGINNING' FOR CALGARY'S SOUTH BOW

TC Energy spinoff manages key pipelines that connect oilsands to critical markets



CHRIS VARCOE

A new multibillion-dollar pipeline company officially premiered on Tuesday, with South Bow Corp. spinning out of TC Energy Corp. and its shares starting to trade on the Toronto Stock Exchange.

South Bow CEO Bevin Wirzba says the response to the compa-

ny's startup — including its ability to raise \$7.9 billion in debt capital this summer — underscores its future and the long-term demand for western Canadian oil.

The new Calgary-based mid-stream company has 600 employees and key pipelines connecting Alberta's oilsands to critical U.S. demand markets, including the Gulf Coast and American Midwest.

SEE VARCOE ON **A4**

Parks survey stresses accessibility, affordability

MATTHEW BLACK

EDMONTON Albertans would like to see measures making provincial parks more accessible and affordable, and are opposed to more fees, large development and private operators, the results of an Alberta government survey shows.

The survey sought public feedback to inform development of the government's new 10-year plan for

provincial parks, and ran online from June 19 to Aug. 18.

Postmedia acquired 26 pages of a report summarizing the results of more than 4,900 responses via a freedom of information request.

Around 70 per cent of respondents said they were in support of building less costly basic campsites that are designed without power or water as a way of increasing afford-

able camping options.

Other ideas supported by a majority of respondents to make park access more equitable included creating more accommodation types for visitors with disabilities (59 per cent) and developing more park access options without a personal vehicle (51 per cent).

SEE PARKS ON **A3**

NEWS



BRAID

Smith suggests the Americans are behind 'chemtrails' **A2**

SURVEY

Albertans seek more affordable provincial parks **A3**

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FP

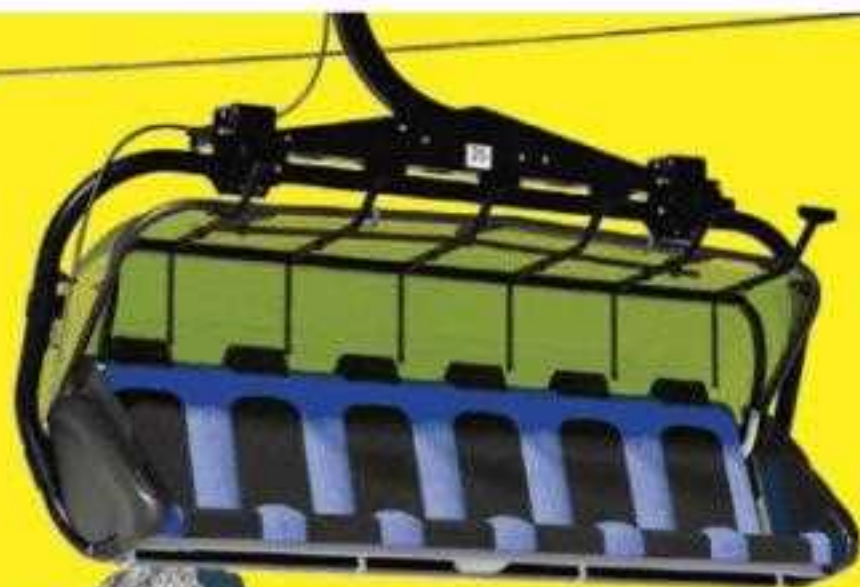
ECONOMY

Strikes at key ports put supply chain under threat **NP7**

SPORTS

FLAMES

Are pre-season stats a reason to believe? **NP10**



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Five workers were hospitalized after an explosion at an oil well site north of Cochrane on Monday. Three of those people suffered life-threatening injuries, Alberta Health Services EMS said. **DARREN MAKOWICHUK**

Five people hospitalized after fire at oil well site in Rocky View County

Officials monitoring risks to public with blaze expected to burn for days

STEVEN WILHELM

The fire at an oil well site northwest of Calgary that sent five people to hospital Monday — including three with life-threatening injuries — could continue burning for days, say emergency officials.

Cochrane RCMP and emergency services responded around 2:15 p.m. to reports of an explosion in Rocky View County, off Range Road 40 north of Big Hill Springs Road, according to RCMP spokeswoman Cpl. Gina Slaney.

A spokesperson with Alberta Health Services EMS confirmed five people were taken to Calgary hospitals; three with life-threatening injuries and two with non-life-threatening injuries.

No updates on their conditions was provided Tuesday.

The well is operated by Calgary-based HWN Energy Ltd.

The company released an update Tuesday afternoon about what it called a “well-control incident” and confirmed that the issue occurred at around 2 p.m. on Monday and that five contractor personnel were sent to hospital.

As of Tuesday afternoon, the fire is still burning, the statement reads, with staff from several authorities on-site to implement a “well control plan.”

Air monitors are also at the site to monitor air quality and evaluate any risk to the environment and public safety.

“At this time, we consider the fire contained to the surface lease,” the statement added.

All non-essential personnel in the immediate area were evacuated Monday as a precautionary measure, and an exclusion zone was established around the site. According to an initial statement

released Monday night, no immediate threat to any nearby residents was determined.

According to an initial report, the five workers were part of a crew drilling on a lease site north of Cochrane and a gas pocket may have been hit, triggering an explosion, Slaney said. The fire could burn for up to a week before it is extinguished, she added.

Because it was a workplace accident, Occupational Health and Safety (OHS) will take over the investigation, Slaney said.

In an emailed statement Tuesday, OHS confirmed an investigation is ongoing and that no “further information” would be provided.

“It is always tragic when workers are hurt on the job. Our government’s goal is to have all workers return home safely after every workday,” the statement added.

A resident who lives about 700 metres from the site described what he saw Monday afternoon: “It was a big mushroom cloud, solid black, like, you know, not darkish,

solid black.”

Although he couldn’t see the flames, Keith, who declined to give his last name, said a neighbour could see the fire from their house.

By later Monday evening, he could still see smoke out his window.

“There’s been tons of water trucks coming up and down the road. I’d say half a dozen fire trucks, minimum, and probably (more than) half a dozen ambulances,” he said.

The Alberta Energy Regulator said in an emailed update Tuesday that its priority during an emergency incident is to ensure companies take swift and effective action to protect public safety and the environment.

“We are currently monitoring HWN Energy’s response to a release of sweet gas and a fire approximately eight kilometres north of Cochrane,” it said.

The regulator said roadblocks have been established to safeguard the public and accommodate emergency operations, while staff are on-site assessing the situation.

HWN Energy will provide a plan to safely close the well, the regulator added, but was not able to provide a timeline for doing so.

“We will maintain a presence on-site and continue ongoing communication with HWN to ensure that public safety and environmental protection are upheld, and that all regulatory requirements are met,” the statement read.

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Police seek suspects in attack on radio journalist

Nagar points to his crime reporting in Sikh community

BILL KAUFMANN

City police are seeking two suspects in an assault on a well-known radio journalist in Calgary’s northeast that apparently targeted his reporting on crime issues in the Sikh community.

On Sunday at around 3 p.m., 106.7 RED FM Calgary host and news director Rishi Nagar was attacked by two men in a parking lot in the 2800 block of Hopewell Place N.E., striking him repeatedly and forcing him to the pavement.

A surveillance video captured the assault after Nagar had left a political event at the Rio Banquet Hall. The attack was halted when other men intervened and shielded a sitting Nagar, after



Radio host Rishi Nagar sports an eye patch on Tuesday. **BRENT CALVER**

which his assailants left.

In a news conference Tuesday, Nagar sported a bandage over his left eye he said suffered possible long-term damage after he was punched multiple times.

He said the men who first struck up a conversation with him said they were angry over what they called “inaccuracies” in his reporting on extortion in the community and an armed confrontation last week.

“They were not happy with what I reported on Wednesday, they said it was not accurate,” said Nagar, adding the incident wasn’t politically motivated.

He said one of his assailants “has been a friend for the past seven or eight years ... we met at different places at community events.”

But Nagar said he won’t be intimidated from reporting the truth about issues that affect the South Asian community and others.

“This was a brazen attempt to intimidate, silence and prevent a free press from doing its job,” he said. “They can break my eye, not my resolve — they will not succeed, the truth will not be hidden,” he said.

City police said they’re investigating the incident and that no arrests have been made.

Nagar is a one-time University of Calgary senator and a former member of the Calgary Police Service’s anti-racism committee.

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Most survey respondents oppose increase in motorized recreation

PARKS FROM A1

Relative to improving the diversity of recreation opportunities in Alberta parks, respondents most strongly supported providing opportunities for quiet and mindful interactions with nature (85 per cent) and expanding trail networks within parks (64 per cent).

Creating more opportunities for motorized recreation was among the least-supported ideas, with 82 per cent of respondents opposed.

Other options that drew clear opposition included creating more opportunities for recreation with electric equipment like hoverboards or e-scooters (75 per cent

opposed), supporting private recreational development (70 per cent) and expanding permitted hunting opportunities (66 per cent).

There was also significant opposition to the potential of paying additional user fees where visitor and recreation demands are busiest, with 53 per cent of respondents opposing to doing so compared to 25 per cent in favour.

The idea of allowing more large-scale commercial development also drew criticism, with 83 per cent of respondents opposed.

The most commonly-cited barriers to park enjoyment were insufficient education about and enforcement of current regula-

tions (62 per cent), other visitors being unaware of some of those regulations (60 per cent) and a lack of regulations deterring undesirable and/or damaging visitor behaviours (57 per cent).

More than 93 per cent of all respondents indicated they had lived in Alberta for more than a decade.

The Ministry of Forestry and Parks says the results will be used to help craft the draft of the new plan.

“Your feedback, along with government direction, research, analysis and lessons learned from the original plan, will help shape a new plan for parks so that current and future generations can continue to discover, value, protect and enjoy Alberta’s parks and the benefits they provide,” its website reads.

The office for Forestry and Parks Minister Todd Loewen did not respond to a request for comment and more details from Postmedia. mblack@postmedia.com



An Alberta government survey found the idea of allowing more large-scale commercial development drew criticism, with 83 per cent of respondents opposed. **DEAN PILLING FILES**

Middle East tensions cast cloud over energy sector conference

AMANDA STEPHENSON

Worries over escalating tensions in the Middle East and their potential to cause oil price disruptions hung over Day 1 of a major energy sector conference in Calgary.

On Tuesday, Israel's military said Iran had fired missiles into the country. Earlier in the day, a senior U.S. administration official warned of "severe consequences" should a ballistic missile attack take place.

Global oil prices jumped on the news — the price of U.S. benchmark West Texas Intermediate was up nearly five per cent, topping US\$71 per barrel midday on Tuesday. It ultimately closed up US\$1.66, or 2.44 per cent, to US\$69.83 per barrel.

At the Energy Disruptors: Unite conference, which kicked off Tuesday and is one of the largest annual energy sector conferences in Calgary, the day's geopolitical developments were not far from delegates' minds.

"The escalation is obviously unsettling," Peter Tertzakian, a Calgary-based energy economist and founder of the ARC Energy Research Institute, said.

"Nobody wants to see highly volatile prices, and certainly no one wants to see conflict."

Oil prices have been weighed down this fall by lower-than-expected Chinese demand and uncertainty around OPEC's plans.

But Tuesday's events in the Middle East had markets rattled with fresh fears of potential supply outages if the conflict between Iran and Israel escalates or expands.

Tertzakian pointed out one-quarter of the world's oil supply travels through the Strait of Hormuz, which lies between Iran and Oman. The possibility that Iran could cut off oil shipments through the strait could significantly shake up the global economy, he said.

"It's certainly something the oil markets are very concerned about," Tertzakian said.

Al Salazar, director of intelligence for energy data and analytics provider Enverus, said Tuesday's surge in oil prices is thus far nothing more than a knee-jerk reaction and could settle out within a day or two.

"It's basically trading on fear right now. You know, nothing has actually changed in terms of supply-demand balances yet," Salazar said in a phone interview.

But he added that oil prices have been excessively bearish in recent months, so Tuesday's missile attacks could be enough to cause traders to rethink their longer-term stances.

"Really, there hasn't been any type of geopolitical premium priced in on the price of oil recently," Salazar said.

"This may shake things up a bit." In a presentation at the conference, former prime minister of Finland Sanna Marin said she believes the world is living in a dangerous time, and that Western democratic countries are failing to realize that the whole existing global order is under threat.

"We are seeing war in Ukraine, war in Europe today, we are seeing more restlessness in the Middle East, and there is more to come," Marin said.

"I think people have the tendency to want to believe that maybe things will go smoothly, maybe we will go back to normal. But I'm telling you right now that there's no normal to go back to," she added.

"The world has changed, and it's changed radically."

The latest uncertainty in the Middle East also comes at a time when central banks around the globe are beginning to cut interest rates in the face of easing inflation.

But the rampant inflation of the past several years was driven in large part by sky-high energy prices, so a wider conflict in the Middle East that drives oil prices higher could once again put pressure on consumers.

"The reality is that oil runs through the veins of the global economy still," Tertzakian said.

The Canadian Press



Industry leaders are in town for the Energy Disruptors: Unite conference, one of the city's largest annual energy sector conferences. BRENT CALVER

Data centres to test electricity grid

Influx of tech companies could challenge the power supply, TransAlta CEO says

MATT SCACE

The spectre of an influx of data centres coming to Alberta will likely provide new difficulties for the province's electricity grid, the CEO of Calgary-based TransAlta said Tuesday.

The electricity-intensive technology is both a new opportunity and problem for the Alberta government, which has gone on the offensive in attempting to attract companies to build their AI hubs in the province.

Though Alberta may be the best-equipped Canadian province to undertake such a challenge due to its deregulated market structure, building out those centres may come at the expense of federal decarbonization targets, John Kousiniotis, CEO of Calgary-based TransAlta, said at the Energy Disruptors: Unite conference on Tuesday, one of the city's largest annual energy sector conferences.

"It's going to be a challenge to

hit all of the holistic targets that we have," Kousiniotis said during a panel discussion.

The Alberta government has recently made a concerted effort to promote the province as a data centre destination. Technology Minister Nate Glubish travelled to San Francisco in mid-September to meet with tech companies and investors, including Meta, Amazon Web Services, Microsoft and Salesforce. In doing so, the province is encouraging companies to partner with electricity companies to provide their own generation.

The Alberta Electric System Operator (AESO) has at least six data-centre applications in the early stages of development that would use about 3,000 megawatts (MW) of power. Five of those AI hubs have been submitted by Calgary-based Beacon Data Centres Inc. (There may be more than six applications because the AESO, the utility organization responsi-

ble for operating Alberta's power grid, does not require projects to self-identify as data centres.)

Amazon announced in 2021 it was bringing a cloud computing hub to Calgary, bringing with it \$4.3 billion in investment.

Kousiniotis said he's observed states in the U.S. that have seen a boom in data centres and faced electricity demand issues as a result. Permitting gas plants and wind turbines currently takes two to three years on average, he said, increasing the challenge of building out the power grid to support this new generation.

Bringing the grid to net-zero by targets such as 2035, as the federal government has set out in its Clean Energy Regulations, will likely be a challenge — particularly while keeping electricity affordable for consumers, he said.

"It's easy to say we're entering into this unprecedented and unbelievably exciting period, and we're going to decarbonize and be able to meet all of the electricity demand that we need. And I think it's going to be bloody tough. I hate to say it, I think it's going to be hard to do it because it'll be

hard to do it in an affordable way," Kousiniotis said.

Decarbonization is also not driving investment decisions, Kousiniotis said.

"They want 99.9 per cent reliability and they want speed. At least in Alberta, we can't provide that in a green way right now."

Alberta's electricity grid has been strained several times over the past year during both extreme heat and cold events. Investors' top mandate, Kousiniotis said, is to have reliable and affordable power.

Though nuclear power has been floated as an option to supplement the energy needs data centres will create — a faraway reality for Alberta — Kousiniotis said the province would need to reform its entire electricity market. Alberta has an energy-only electricity market in which generators are only paid for the energy they produce.

"How do we do that in Alberta with our energy-only, price-clearing every hour — you can't make that investment here."

— With files from Chris Varcoe
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Spinoff shows there's 'an appetite' for energy infrastructure: analyst

VARCOE FROM A1

"Our trading will reflect that we are an independent entity," Wirzba said in an interview before the company began trading on the country's main stock exchange.

"It's now the start of a new beginning for South Bow."

South Bow owns and operates 4,900 kilometres of liquids pipelines in Canada and the United States, and 7.6 million barrels of tank terminal storage capacity.

Its assets include the Keystone pipeline, which began operating in 2010 and ships about 20 per cent of western Canadian oil to the U.S.

Just under half of its employees will work at its downtown Calgary head office — South Bow has leased four floors in Manulife Place — and the rest in its Houston office and other field offices.

TC Energy, which has been selling off assets and deleveraging in recent years, announced in July 2023 it would spin out its liquids pipeline operations into a new stand-alone business.

TC leaders have said the move would allow each business to focus on its own strategies. (Shares in South Bow opened at \$29.30 on Tuesday and closed at \$29.07; they are expected to start trading on the New York Stock Exchange around Oct. 8.)

"It's good to see new companies formed in the midstream space that are going to be able to receive the attention that they need. These are key assets," analyst Nate Heywood of ATB Capital Markets said Tuesday. "Having the successful spin-out just proves that there's an appetite for oil and gas infrastructure and an appetite for that type of investment in those assets."

Last month, South Bow an-

nounced it had raised \$7.9 billion of debt capital, and its total offering was more than six times oversubscribed, "a key message to show the service that our business provides is critical to North America over the long term, over multi decades," Wirzba said.

There's been a furious debate in recent years over the future demand for oil in an era of decarbonization, ESG and a sharper focus on climate change.

Global demand for oil continues to rise this year, with the world using more than 102 million barrels per day (bpd), although some industry forecasts have consumption peaking this decade.

Last week, Canadian Natural Resources Minister Jonathan Wilkinson said peak oil demand could happen this year, although the latest data from the International Energy Agency shows consumption rising this year and in 2025.

Canada has the third-largest proven oil reserves in the world and oilsands production continues to reach record heights.

Major operators are planning to expand output.

Pipeline capacity in the country has been constrained for much of the past decade, but the startup of the Trans Mountain expansion project this spring offered much-needed relief, while giving producers access to new global export markets.

Oilsands output is expected to continue to ramp up and some experts believe Canadian pipelines could be running full again within a few years, perhaps as early as 2026, said Kevin Birn, Canadian oil markets chief analyst for S&P Global Commodity Insights. S&P projects Canadian oilsands



South Bow CEO Bevin Wirzba sees growth ahead for domestic oil producers, the need for more egress out of the country and an important role for Canadian energy on a global level, writes Chris Varcoe. GAVIN YOUNG

output will climb by 500,000 barrels per day (bpd) by 2030, and plateau at 3.8 million bpd around 2030.

"There's a demand market for pipelines that exists, and a demand market for incremental expansion," he said.

"If you're in the business of providing oil transport, you see security of demand, both from the established base but the growth that's projected as well."

South Bow has said in addition to paying a base dividend, its capital allocation priorities will be to reduce its debt level, followed by investing in its strategic corridor.

Its new Blackrod connection project will build 25-km oil and gas transportation pipelines to International Petroleum Corp.'s thermal oilsands project, at an estimated capital cost of \$250 million.

"We're evaluating quite a number of other opportunities on the southern end of our system in the Gulf Coast and from Steele City (Neb.).... We're open for business," Wirzba said.

"Our No. 1 priority is, though, to ensure we're disciplined around our balance sheet and our dividend."

Laura Lau, chief investment of-

ficer with Brompton Group, which owns some shares in TC Energy and South Bow, said the new company could face challenges attracting investor attention due to its size — relative to other larger pipeline firms — but its yield appears attractive at this point.

The fact its debt offerings were oversubscribed also speaks to views about energy demand, she said.

"A number of years ago, sentiment on oil was very negative," Lau said. "People are realizing it looks like we will need oil longer than expected."

Wirzba sees growth ahead for domestic oil producers, the need for more egress out of the country and an important role for Canadian energy.

"It wasn't long ago — thinking about four years ago — when the sentiment around energy security was very different and a bit of a headwind," he said.

"We truly do have a world-class industry that serves a legitimate role in the global economy and it's our opportunity as Canadians to choose whether or not we will fill that role."

Chris Varcoe is a Calgary Herald columnist.
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Saskatchewan election begins with promises of tax relief

JEREMY SIMES

REGINA Saskatchewan Party Leader Scott Moe kicked off the provincial election Tuesday promising broad-based tax relief, while his opponent, NDP Leader Carla Beck, said it's time to move on from failed, incompetent money management.

Moe told cheering supporters in Saskatoon that, if re-elected on Oct. 28, his government would launch a four-year plan to reduce personal income tax rates across the board.

He said given those rates are already adjusted for inflation, a family of four would save more than \$3,400 over four years.

"It's the largest income tax reduction since 2008," Moe said.

Beck told supporters in Regina that Moe has taken the province from leader to laggard on health care, education and the economy.

She promised shorter health wait times, smaller school classrooms and cheaper gas.

"It's time for change," Beck said.

Moe also promised a fully costed platform would be coming in the days ahead and challenged the NDP to explain how it would pay for its promises.

Beck has also said she would cost out her pledges, earmarked at \$3.5 billion over four years.

Moe, who took over as premier in 2018, is seeking his second mandate in the top job.

Beck has been the NDP's legislature member for Regina Lakeview since 2016 and is running for the first time as the party's leader.

Recent polls suggest a tight race between the two parties, but the breakdown on constituencies means an uphill fight for the NDP.

Polls indicate the New Democrats are stronger in cities and the Saskatchewan Party is dominant in rural areas.

The Canadian Press

Daycare worker spared criminal assault conviction

Woman must complete probation, community service and seek counselling

KEVIN MARTIN

Assaulting the same child a co-worker repeatedly abused won't mean a criminal record for a Calgary daycare worker, a judge ruled Tuesday.

Justice Mark Tyndale accepted submissions from defence counsel Jamil Sawani that a conditional discharge for Mursal Akbari was warranted.

If the Calgary woman completes a 24-month probationary period, which includes seeking counselling and completing 150 hours of community service, she will have no criminal conviction on her record.

"If you successfully complete the terms of my order, and I have no doubt that you will, you will walk away from the circumstances with no criminal record," Tyndale told the pregnant mother-of-one.

Among the conditions the Calgary Court of Justice judge imposed, was counselling for anger management, and psychiatric and psychological treatment to deal with issues related to her growing up in war-torn Afghanistan. She is also barred from seeking employment that would involve contact with children under 16.

Crown prosecutor Pierre Grabinski, who sought a conditional sentence order of six months instead of a discharge, told court Akbari slapped a toddler in the face on Dec. 1, 2022, the first day the boy was placed in Kidzee Early Learning & Daycare on 11th Street N.E.

Akbari, 32, earlier pleaded

guilty to a single charge of assault.

In agreeing to hand the offender a discharge, Tyndale said the assault was on the lower end of the criminal spectrum.

"I've seen the video and, as assaults go, this assault, in terms of the physical level of force, is at the lower end of the spectrum. It seems to me a rather minor slap on the cheek," Tyndale said.

But he also noted Akbari was in a position of trust toward a young child.

"This is a vulnerable child in a circumstance in which the parents have every right to expect the caregivers ... to treat their children with loving care rather than a slap to the face."

Grabinski said the parents of the victim, who was still shy of 13 months old, noticed bruising on his face just days after he began attending Kidzee and the boy appeared to be fearful of encounters with family members.

The prosecutor said the bruising noted by the parents was not caused by Akbari.

The woman's co-worker, Rita Niure, is to be sentenced later this month for abusing the boy on multiple occasions during his short stay at the daycare.

Video footage played in court in May showed Niure roughhousing the child, slapping him, tugging on his arms and legs, and shaking him.

Crown prosecutor Rebecca Ross is seeking a four- to six-month jail term for Niure.

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X: @KMartinCourts



A daycare worker's slap to the face of a child in her care at Kidzee Early Learning & Daycare was "at the lower end of the spectrum in terms of the physical level of force," a judge ruled on Tuesday. GAVIN YOUNG

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New Pill Strengthens the Bladder Muscles, Reducing Accidents and Bed Wetting

A pill recently approved by Health Canada as an NHP to reduce symptoms of urinary incontinence and overactive bladder.

By Dr. M Wifak, MD.

TORONTO: Adult diaper sales are expected to plummet following results from a clinical trial on a new, patented bladder control pill.

Sold under the brand name Uriless, the new pill contains an ingredient that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

While the exact mechanism is unknown, doctors believe the pill targets the tiny muscles around the bladder, which helps the bladder create a tighter seal.

This would explain why the average Uriless user in published Phase II placebo controlled clinical trials experienced a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

NEW DISCOVERY IN BLADDER CONTROL

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with a pill.

"As you get older, and the involuntary lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate" explains Dr. Wifak-MD.

"Uriless targets the bladder muscles and helps restore vital kidney health, reducing urgency and frequency. In the case you really have to "go" it helps keep the bladder sealed tighter until you find a bathroom.

FREEDOM FROM SUDDEN URGES AND LEAKS

Since hitting the North American market, sales for the patented

Uriless pill have soared and there are some very good reasons why.

To begin with, the results from its recent double blind clinical trial were truly remarkable. Out of the 150 test subjects, participants taking Uriless saw a stunning reduction in urinary frequency and overactive bladder, which resulted in fewer bathroom trips both day and night.

They also experienced a dramatic decrease in incontinence episodes, such as leaking and bed wetting.

Although these results are almost unbelievable, Dr. Wifak is not surprised.

The patented-ingredient blend in Uriless targets the bladder muscles which are absolutely vital for regaining control.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become loose. This is what causes the bladder to be over active and the resulting urine accidents.

EXCITING RESULTS FROM URILESS USERS

Many Uriless users say their bladders have never been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

"After my third child, I couldn't control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day" explained one user.

"I was embarrassed so before going to my doctor I decided to try Uriless and I'm so glad I did! The urgency is gone, and I no longer feel like my bladder is about to explode. I can also "hold it" when I need to so I'm no longer living in constant fear of finding a bathroom."

NOW APPROVED FOR OVERACTIVE BLADDER & INCONTINENCE

During the clinical trial of Uriless, researchers found that one pill daily can strengthen your bladder fast, significantly reducing urinary urgency and leaks.

The double blind, placebo control study took place in two primary care centers where 150 male and female participants with bladder control issues were separated into two groups. The first group was given a placebo while the other received Uriless.

Remarkably, participants who received Uriless saw major improvements in leaking, pressure, and the urgency to go

- all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Overall, the Uriless group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips
- 475% Decrease in Diaper/Pad Use

Additionally, at the end of clinical trial and after seeing the results, 84% of the participants taking Uriless said it significantly improved their quality of life. All together, the study earned Uriless the Health Canada NPN approval for overactive bladder and urinary incontinence.

"The clinical findings are incredible, but people still wonder if it will really work" explains



Experts Predict a Pill Will Replace Adult Diapers: The pill, called Uriless, has been shown to reduce urinary incontinence symptoms by 66%. Risk Free Supplies being offered to Readers who qualify.

Dr. Wifak. "It's normal to be skeptical, but we've seen thousands of Uriless users get results exactly like the participants in the study. It's an amazing product."

HOW IT WORKS

Uriless is a pill that's taken just once daily. It does not require a prescription. However, its approved by Health Canada.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

Uriless active ingredients target the muscles around the bladder, making them stronger. Supporting ingredients in Uriless support kidney function and overall urinary health.

BLADDER PROBLEMS GONE

With daily use, Uriless can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

HOW TO GET URILESS IN CANADA

This is the official release of Uriless in Canada. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canada residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-993-2268 and will only be open for the next 48 hours. Only a limited discounted supply of Uriless is currently available in your region.

FOUNDED AUGUST 31, 1883

MONICA ZUROWSKI EDITOR-IN-CHIEF

MICHELE JARVIE EDITORIAL PAGE EDITOR

Published by the proprietor, Calgary Herald, a division of Postmedia Network Inc., 932 72 Ave NE, Calgary, AB, T2E 8V9

OPINION



We all have the right to speak up and decry Smith's Bill of Rights



CATHERINE FORD

Provincial politics is not my "beat." (That's newspaper speak for a journalist's ongoing assignment to report on a specific area.)

There are those who specialize in politics at all levels and influence in Canada. But the ongoing situation in Alberta calls for other voices. One of them must be mine because, like all citizens, I have a responsibility for others, for the government we choose and for those without a voice.

I have an inkling which cohort Premier Danielle Smith is courting. It is not mine. It should not be yours. (Full disclosure: I worked with Smith and she is charming, articulate, whip-smart and, from her resurrection in politics, must have, like a cat, nine lives.)

If you care about all Canadians, if you care about others, believing in Matthew 25:40 — "Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me" — you should care about the rhetoric emanating from Smith's government. If you care about fairness, compassion and concern, this is your worry also.

There are Albertans who do not care whether Smith is wooing hard-right conservatives, believing that once a successful review of her leadership takes place, her actions will not become mandates.

Experts in provincial politics, such as my colleague Don Braid, put the reason for Smith's actions down to that review. He "blames" the takeover of UCP boards by hard-right proponents for her announcements about Alberta's Bill of Rights.

I prefer a blunter assessment, based on Aesop's fable of the wolf in sheep's clothing. The duplicitous wolf eventually is punished, but life is not a fairy tale. Frequently, bullies win. They win despite rebarbative actions such as refusing to contribute to transit passes for low-income Calgarians, wanting to have the homeless out of sight and out of mind, and wishing the drug-addled and addicted could be locked away in enforced treatment centres.

There are Albertans who decry such "promises" as an Alberta pension plan, the notion to replace the Mounties with a provincial police force and other trial balloons she has launched into the public sphere. Smith would now add three unnecessary and worrisome clauses to the Bill of Rights involving property rights, medical decisions and gun ownership.

Mine is not the only voice in opposition, so let me pass this off to Larry Shapiro, an inveterate letter-to-the-editor writer and a relative by marriage. He wrote to Smith about her proposed changes to the province's Bill of Rights, and I quote him with his permission.

"One provision is to give people the right to refuse vaccinations and other medical procedures ... guaranteeing a right that we already have is public relations, not serious public policy.

"As for vaccinations, I know of people who decided not to vaccinate their children for childhood diseases. ... The children were not taken away from the parents for risking their lives. So here is another right we already have ... That, too, is PR, not serious public policy.

"So that just leaves us with pandemic-like viruses like the flu and COVID, where public health professionals state that a certain percentage of the public needs to be immunized in order to stem the death toll. Immunization also saves the lives of vulnerable and older people who without vaccinations are the first ones to die ... giving me a right I already have is bureaucratic redundancy, not serious public policy.

"Which brings us to your desire to give Albertans the equivalent of the American Second Amendment guaranteeing the right to bear arms. One of the great things about Canada is that, unlike our American cousins, we do not have a gun culture that intelligent observers understand is an offshoot of racism. ... No one can argue with the statistic that more guns lead to more gun deaths. ... The American model is not superior and should not be emulated."

Let me add to Larry's words that all of us have the right of appeal and compensation if our property is expropriated.

We also have the "right" to be stupid — to refuse vaccinations, to embrace gun ownership (with restrictions) and to watch loved ones die because of it.

Catherine Ford is a regular columnist.

LETTERS TO THE EDITOR

Field of Crosses helps us remember

For 11 days before Remembrance Day, on a five-acre park bordering Memorial Drive, 3,620 white crosses will stand, reminding Calgarians of the ultimate sacrifice paid by southern Albertans in the defence of our country.

Already, dozens of volunteers have been cleaning the crosses and preparing poppies to be attached. Bio cards will be placed on each cross showing the names, military decorations, age of death, rank and regiment of these special men and women. On the evening of Nov. 10, volunteers place candles at the foot of each cross. This is a spectacular and humbling sight.

The Field of Crosses was founded in 2009 and supported by businessmen and philanthropists Murray McCann and George Bittman. It started with approximately 400 crosses and has grown every year as relatives request that their loved ones

be included.

Field of Crosses has become an institution unique to Calgary. On his 80th birthday, McCann gifted his private memorial to the citizens of Calgary through a registered charity.

He is to be commended, as well as Bart Peake and a host of board members and volunteers, who every year ensure that we will never forget.

Paul J. Caron, Calgary

No place for politics in our schools

I am glad I grew up going to school when I did in the 1950s and '60s. I can say now — after reading the paper and hearing on the news about schoolchildren attending what ended up as a pro-Palestinian protest — that my teachers were smarter, wiser and cared about what they taught us in school.

Now, the Toronto District School Board is going to have a provincial probe into this field trip. Why is a probe nec-

essary? For me, this is simple; every teacher who took part in this political stunt should be fired.

Wake up and shake off the 'woke' cobwebs. Politics are not part of education.

Learning about how our different levels of Canadian governments are structured and how they should work should be part of a child's education.

Gord Peters, Chestermere

Death during arrest a huge step back

Re: "I don't want to die," Sept. 26

If every action Canadians take toward reconciliation is one step forward; every action like this from our law enforcement is one hundred steps back.

As we observed the National Day for Truth and Reconciliation on Monday; our police chief's thoughts are with his officers and their "harrowing experience" — of using three kits worth of

excessive force on an Indigenous community member.

Nathan Yauck, Calgary

Where are the vaccine details?

Respiratory disease season is here. Health Canada has approved the updated Moderna, Pfizer and Novavax COVID vaccines along with the annual influenza vaccine.

When will Albertans hear from the government of Alberta and Dr. Mark Joffe, the chief medical officer of health, which vaccines will be available in Alberta, when, where and how to book an appointment?

Ardene Vollman, Calgary

SHARE YOUR VIEWS:

1. Keep it to 150 words, maximum
 2. Include your full name, address and phone number
 3. You may be edited
- Email: Letters@calgaryherald.com

We must put how we work in its proper place

Working from home has changed the process so much, writes Timothy Wild.

I had a boss who talked about the evolution from work-life balance to work-life integration. I still don't completely understand what was meant by this Orwellian turn of phrase but it suggests a blurring of boundaries between desk and couch, with a call to be ready to work at any time — with this availability offset by some latitude when life calls during working hours.

In practice and from experience, however, it was more of an attempt to implement readiness to work as opposed to providing space for the unpredictable process of living.

Overall, I think the idea arose from older notions of the meaning, control and content of work. I believe it reflected concepts more suited to industrial labour rather than current requirements of work.

For example, Henry Ford implemented the idea of the assembly line, and his cars were produced on a conveyor belt with each worker being given a specific task and, collectively, the team produced a

car. This production process required heavy supervision to ensure that the pace of work was at its most efficient. From this came studies to measure productivity and make suggestions for overall increases in individual and collective worker production.

Frederick Taylor was a major proponent of time and labour studies, and those initiatives, coupled with Fordist models of production, helped frame the general approach to work and the conventional approach to supervision — command and control with the aim of efficiency and the maximization of profit.

However, there are two important challenges to those outdated notions. These initiatives — working from home and a reduced work week — also provide time and energy for people to develop their humanity outside the conventional work site. In more concrete terms, they allow for a wider distribution of socially useful labour, provision of decent incomes and environmental responsibility.

The first possibility is

the increased role played by working at home. This approach marks trust in workers that they can complete designated work tasks at home as opposed to the office.

Critics fear time theft; that workers might do laundry or walk their dogs when they should be working. This, however, is based on an outdated notion of employees being paid for the hours put in as opposed to their ability to complete the mutually agreed tasks of the job. And while I have yet to see research on the effect of working at home on actual "productivity," the ability to work at home has been a much-needed boost for many of us.

Second, based on working at home, is the possibility of a reduction of work hours. One of the key victories of organized labour was the reduction in weekly hours worked, and the provision of days off and paid holidays.

However, there hasn't really been a substantial reduction in the working week for decades, and the 35- to 40-hour work week has become the norm. In fact, we largely created our society around this norm until COVID catapulted our world

into 24/7 Amazon consumerism.

There are, however, several reasons for reducing the work week with no reduction in total pay. It could lead to full employment and the significant effect on bargaining power, inclusion, participation and poverty reduction that full employment has. It would also promote employee well-being and help respond more fulsomely to current (and future) environmental challenges in reducing both production and consumption.

Certainly, working at home is not an option for all workers but it could be widely employed without a reduction in the effectiveness of task. And we could reduce the work week.

Both measures are long overdue and are attainable with technology and communication. They support individual well-being and the common good.

But we need to get out of the old-fashioned mindset of command and control, and recognize work for what it is and workers for what they can — and should — be.

Timothy Wild is a social worker interested in economic and social change.

It's time to rise to the occasion: The Great Canadian Baking Show is back for its eighth season. Once again hosted by Ann Pornei, shown, and Alan Shane Lewis, the competition brings 10 new amateur bakers to the big tent. They include a psychologist, an ecologist, a bookkeeper, two retirees and a stay-at-home cat mom. The show also welcomes its first baker from New Brunswick.

As always, each of the eight hour-long



episodes features three rounds: the Signature Bake, the Technical Bake and the Show Stopper. Bruno Feldeisen and Kyla Kennaley are back as the judges who'll ultimately decide which baker will win the trophy — a Great Canadian Baking Show cake platter — and bragging rights.

Season 8 debuts Sunday on CBC and CBC Gem. Loïc Fauteux-Goulet, a high school teacher from Creston, B.C., was the winner of season 7. *Melissa Hank*

SLOW-COOKED SQUID (KALAMARI STIFADO)

Serves: 4

- 250 mL (1 cup) olive oil
- 5 onions, sliced
- 5 garlic cloves, finely chopped
- 12 black peppercorns, left whole
- 5-cm (2-inch) piece of fresh ginger, peeled and chopped
- 2 tbsp (15 mL) fennel seeds, toasted
- 12 baby plum tomatoes, halved
- 2 tbsp (15 mL) tomato paste
- A pinch of sugar
- 500 g (1 lb 2 oz) squid
- 1 tbsp (15 mL) malt vinegar
- A couple pinches of hot red pepper flakes
- 250 mL (1 cup) white wine
- A small handful of freshly chopped flat-leaf parsley
- Salt and freshly ground black pepper
- Crusty bread, for serving

1. Add all the olive oil to a pan with the sliced onions and cook on a medium heat until the onions start to turn translucent, about 5-10 minutes, but don't let them colour. Once the onions are cooked, add the garlic and stir through, letting it relax into the pan for a couple of minutes.

2. Season the onions and garlic, and then add all the other ingredients except the parsley. Be careful when adding the wine to hot oil, I usually do this last, using the rest of the ingredients to buffer it a little as it goes into the pan. Bring the pan to a simmer, then reduce the heat to low, cover and let it cook gently for about 45-60 minutes.

3. By now, all the ingredients will have amalgamated together, the squid will be wonderfully tender and the olive oil will be carrying lots of flavour.

4. Allow it to rest for a few minutes and then serve, garnishing the top with the chopped parsley.

5. Serve with bread to soak up the sauce.

Tip: Normally, when buying fish, it is always recommended to buy the freshest you can. Paradoxically, when buying squid or octopus in the U.K., I will choose frozen over fresh every time. The process of freezing squid and octopus tenderizes the meat, with the added bonus that it's usually cheaper. Make sure you buy big frozen squid, because if you use small calamari, they'll shrink to nothing. Buy big and let the slow-cook tenderize the meat.



THE ELEMENTAL FLAVOURS OF GREECE AND CYPRUS

Chef returns to roots to celebrate origins of his cooking



Pourgouri, a dish of bulgur wheat and vermicelli noodles, "is a staple of Cypriot cuisine" that's served throughout Greece and the Eastern Mediterranean, says chef and author Theo Michaels. *PHOTOS: MOWIE KAY*

BULGUR WHEAT & VERMICELLI NOODLES (POURGOURI)

Serves: 4

- 1/2 small onion
- 25 g (1/3 cup) broken vermicelli noodles
- 170 g (1 cup) bulgur (cracked wheat), rinsed and drained
- 1/2 tsp (7.5 mL) tomato paste
- 1/2 chicken bouillon cube
- 2 generous pinches of dried chipotle flakes
- 2 tsp (30 mL) diced red onion
- A small handful of fresh cilantro
- Salt and freshly ground black pepper
- Olive oil, for cooking

1. Finely dice the onion and then fry in a little olive oil in a deep lidded pan until soft. Add the broken vermicelli noodles and

continue to fry until the noodles start to brown, but don't burn.

2. Add the rinsed bulgur to the pan, followed by the tomato paste, chicken bouillon cube and 350 mL (1 1/2 cups) of cold water. **3.** Bring it to a simmer and as soon as it starts to bubble, cover with a lid, turn down the heat to the lowest setting and let it cook for 10 minutes. Turn off the heat and leave covered to sit for a further 10 minutes.

4. Fluff up the grains with a fork and, while still warm, add the chipotle flakes, diced red onion, some salt and pepper, and an extra glug of olive oil.

5. If serving immediately, add the fresh cilantro. Otherwise, let it cool before adding the herbs to stop them from wilting.

LAURA BREHAUT

With nine cookbooks to his name, chef Theo Michaels has covered a host of topics, from making the most out of canned food to showcasing his strategies for feeding his three children.

For his latest, *Cypriana*, he had the welcome opportunity to update one of his past works, drawing on the Greek Cypriot origins of his cooking.

"It was nice to go back to my roots and celebrate Greek food again," says Michaels. "Greek cuisine is known as one of the healthiest in the world, and I thought it would be nice to revisit that, refresh it with a few new recipes, and celebrate that Mediterranean diet, specifically the Greek Cypriot diet, which is what I'm made of."

Cypriana is a revised edition of *Orexi!* (2019), featuring Michaels's more streamlined approach to cooking and a freshly illustrated cover. The more than 80 recipes include traditional dishes from Michaels's Greek Cypriot upbringing in London and modern takes on the flavours of Greece and Cyprus. Essays reflect on his sun-soaked travels to the eastern Mediterranean island.

Michaels starts *Cypriana* with the foundations: yogurt and pita, and meze, small shared plates ranging from salt-baked beets to his *yiayia's* *keftedes* (grandmother's meatballs). He then turns to the elemental nature of the cuisine, with chapters devoted to the sea, land, sun and fire.

"It's less contrived in terms of when you should eat things, and it's more about what you want to eat."

After competing on *MasterChef* in 2014, Michaels left the corporate world to pursue a culinary career. Today, in addition to working as an executive chef, he makes guest appearances on BBC and ITV. He also founded a meal-planning business, *FiveDinners*, with his wife Anna Michaels, and opened *Lazy Bear*, a waffle and coffee house in Harpenden in his home county of Hertfordshire, a half-hour train ride from London.

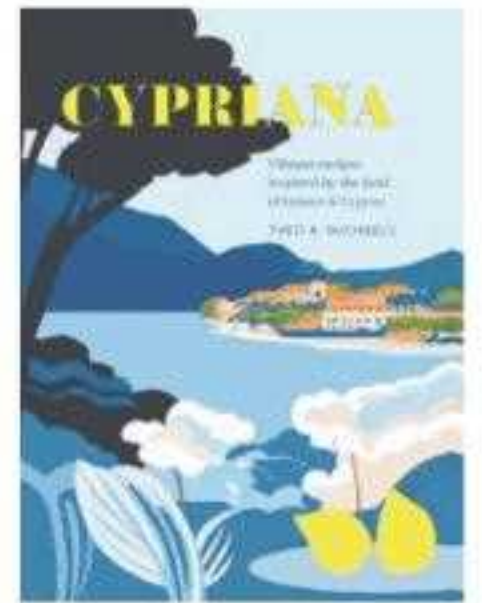
"I'm no good just sitting around. Don't get me wrong. I think, naturally, I'm an exceptionally lazy person. If I won the lottery tomorrow, I could quite happily sit on a beach for about six months and not move. But for some reason, I get fidgety, so I keep doing stuff."

There's long been a global "love affair" with Greece and Cyprus as holiday destinations, says Michaels, but that appreciation hasn't necessarily been reflected in English-language cookbooks. The food of Greece and Cyprus hasn't been celebrated as much as some other Mediterranean cuisines, which is part of why he relished the opportunity to write an updated 2024 edition — "to give it its own identity again, to show that this is Greek food."

Cyprus is part of the Levant, situated south of Turkey, west of Lebanon and Syria. The food culture has roots in both the Mediterranean and the Middle East, says Michaels. There's the olive oil, fresh tomatoes and seafood you might expect from



Theo Michaels



a Mediterranean cuisine with a Middle Eastern touch.

"What I love about Cyprus is that it's almost like a dual personality," he says. "You get this influence from the Middle East, where you get all these warming spices of cinnamon and cumin and chili that you don't get in a lot of other Mediterranean cuisines. So, it's unique in that respect, and I thought, 'Let's home in on its identity.'"

Since Michaels wrote the first edition of *Cypriana*, he's become more confident in his cooking. "The notion of really great, simple food is satisfying to me now."

He developed new recipes and streamlined others, all with an eye to celebrating ingredients in uncomplicated ways. "I think (being a chef) is like all art forms. You never finish. You just learn restraint," adds Michaels, laughing.

He hopes readers take away how unique Cypriot cooking is. Recipes such as *afelia*, red wine marinated pork with coriander seeds, convey this distinct style. "It's a real Middle Eastern spice, but it's being used in this Mediterranean recipe."

Likewise, his rainbow tomato salad, featuring ripe heirloom tomatoes, pomegranate molasses and seeds, underscores the importance of pomegranates, which are at home growing in Cyprus' arid environment.

"It's based on the land and what comes from it," Michaels says of *Cypriana*.

There's only one beef recipe in the book, for example (braised beef short ribs with onions), simply because Cyprus isn't conducive to raising cattle.

"We're not in the plains of Texas here, where they're going to have a cattle ranch of around 10,000 — but it's perfect for goats," he says with a laugh.

Michaels says he hopes that, when people cook from the book, they note the similarities with other Mediterranean and Middle Eastern cuisines, as well as what sets Greek Cypriot food apart. "It's that difference that makes Cyprus unique."

Recipes reprinted with permission from Cypriana by Theo A. Michaels (Ryland Peters & Small).



Using one hand for the egg mixture and the other for the panko mixture helps keep things neat at your kitchen work station. PHOTOS: SCOTT SUCHMAN/FOR THE WASHINGTON POST

SPEEDY SUCCULENCE

Air fryer chicken cutlets are a make-ahead lifeline for busy weeknight dinners

SARAH CAREY

When my children were young, I went to great lengths to ensure two things: that they ate well (a.k.a. food cooked by me) and that it didn't feel like climbing a mountain to make it happen.

To that end, I tried to be very strategic, shopping and prepping on the weekend for the week ahead.

I would make a big batch of breaded chicken cutlets. It's more cost-effective than buying

frozen breaded cutlets. Plus, you can vary the flavours, which is exactly the approach I'm sharing in my recipe for Make-Ahead Air Fryer Chicken Cutlets.

Once prepped and frozen, they take about 12 minutes in your air fryer (or a hot oven) before they are ready to eat.

Now that my kids are older, they love having the cutlets in the freezer for quick after-work dinners that they can make themselves.

For The Washington Post

MAKE-AHEAD AIR FRYER CHICKEN CUTLETS

Serves: 6 (makes 6 cutlets)

- 3 cups (750 mL/10 1/2 oz) panko
- 1/4 cup (60 mL) olive or vegetable oil
- 1/2 tsp (2.5 mL) fine salt, plus more as needed
- 1/2 tsp (2.5 mL) freshly ground black pepper, plus more as needed
- 2 large eggs, lightly beaten
- 1/4 cup (60 mL) mayonnaise
- 6 chicken cutlets (about 1 3/4 lb/794 g total)
- Non-stick cooking spray

1. Position a rack in the middle of the oven and preheat to 375 F (190 C). In a large bowl, use your hands to toss together the panko, oil, salt and pepper, crushing a few handfuls as you go, until well combined. Transfer to a large sheet pan. Bake for 10-12 minutes, or until evenly light golden brown, stirring twice. Let cool completely. If using any of the seasonings from the variations, stir them in now. (If you prefer, transfer the panko mixture to a pie plate or shallow bowl for breading.)

2. In a pie plate or shallow bowl, whisk together the eggs, mayonnaise, and a large pinch each of salt and pepper. Line a large sheet pan with parchment paper and set it near your work space.

3. Thoroughly pat the chicken cutlets dry, and season lightly with salt and pepper. Working with one cutlet at a time, dip each in the egg mixture, allowing excess to drip back into the dish. Then coat in the panko, gently

pressing to adhere. (One option: Place a cutlet on the panko, then pile the bread crumbs on top and pat. Flip the cutlet and do the same thing on the second side.) Try to use one hand for the egg mixture and another for the panko mixture to keep things neat. As each cutlet is coated, transfer to the prepared sheet pan; if you need to have more than one layer, separate the layers with additional pieces of parchment. (You may wish to loosely cover the top layer with another piece of parchment or foil to prevent other food from touching the uncooked chicken.) Place the sheet pan in the freezer for 2 hours, or until solid, then transfer the cutlets to a zip-top bag or airtight container and freeze until needed. (Alternatively, you can cook the cutlets right away without freezing.)

4. To cook the cutlets, set the air fryer to 400 F (205 C) on the air fry setting, and preheat for 5 minutes or until the appliance signals it's ready. Remove as many cutlets as desired from the freezer and lightly coat all over with cooking spray. Working in batches if necessary, transfer the chicken to the basket and air fry for 12-15 minutes, or until cooked through and the internal temperature of the centre of the cutlets registers 165 F (74 C), flipping halfway through. (If the cutlets are not frozen, they should take 8-10 minutes.) Serve warm.

VARIATIONS

To make these in a conventional oven, place the chicken on a

wire rack set in a large sheet pan and bake at 450 F (230 C) for 12-15 minutes, or until cooked through and the internal temperature of the centre of the cutlets registers 165 F.

For an Italian seasoning: Stir 1 tsp (5 mL) dried oregano, 1 tsp (5 mL) garlic powder, 1 tsp (5 mL) sweet paprika, 1/2 tsp (2.5 mL) dried thyme leaves and 1/2 tsp (2.5 mL) dried rosemary (crumbled) into the toasted panko mixture. Or use 4 tsp (20 mL) store-bought Italian seasoning blend.

For a sesame seed seasoning: Stir 1/4 cup (60 mL) white sesame seeds and 1 tsp (5 mL) fresh thyme or 1/2 tsp (2.5 mL) dried thyme leaves into the toasted panko mixture.

For a Parmesan seasoning: Stir 1/2 cup (125 mL) finely grated Parmesan cheese and 1 tsp (5 mL) finely grated lemon zest into the toasted panko mixture.

Substitutions: Are you gluten-free? Use gluten-free panko. Pressed for time? Skip toasting the panko (the cooked cutlets will be less golden). Dislike mayo? Leave it out, though it contributes to browning and helps hold onto the panko.

Make ahead: Freeze the prepared but uncooked cutlets for up to 1 month in an airtight container or zip-top bag.

Storage: Refrigerate the cooked cutlets for up to 4 days.



Using this vessel is a wok in the park

KRISTEN HARTKE

When I was 11, my Irish American stepdad came home with a \$10 wok and a used Chinese cookbook.

Chinese food was a treat reserved for the rare occasions when we ate out at local Cantonese-style restaurants, so the addition of a wok to our home kitchen suddenly brought the prospect of crispy fried rice and sizzling stir-fries laden with bright green snow peas and tender pink shrimp to any weeknight dinner.

But before we could cook, the wok had to be "seasoned," as described in a scant few sentences in the cookbook, to protect it from rusting.

It later became my job to use a bamboo brush to carefully clean the wok after each meal, before placing it back on the stovetop to dry over an open flame, also to discourage rusting.

Cookbook author Grace Young — a self-described "stir-fry guru" and "wok therapist" — did not grow up with the wok as a common cooking implement in her Chinese American home. "When I was five, we moved into a new house with an electric stove," Young says, "and my parents said it was too difficult

to use a wok on that stove, so I never saw them cooking with one."

She eventually went on a quest to determine the best way to season a wok, devoting an entire chapter to it in her 2004 book, *The Breath of a Wok*.

So when I purchased a carbon steel wok last year, I knew Young's advice could help me avoid wok anxiety — and I've never looked back. Let the wok therapy begin.

HOW TO SEASON A WOK

Seasoning a carbon steel or cast-iron wok is simply the process of coating the interior with hot fat to prevent rusting and create a natural non-stick surface. It takes only about half an hour. You'll need one bunch of scallions; 1/2 cup of unpeeled, sliced ginger; and 2 tablespoons of a high-smoke-point cooking oil, such as canola or grapeseed. If you have Chinese chives available, Young suggests using a bunch of them instead of scallions and ginger, as they are traditionally used by Chinese cooks for seasoning.

Thoroughly scrub the interior and exterior of the wok with dish soap and a stainless steel scouring pad to remove the factory coating, rinse with hot water, then dry over

low heat for a minute or two until there's no visible water left.

For the next steps, be sure to open the windows and use the exhaust fan, as things may get a little smoky. Heat the wok over high heat just until it lets off a wisp of smoke. Swirl in the oil, then add the scallions, cut into 3-inch lengths, and sliced ginger. Reduce the heat to medium and stir-fry for 15 to 30 minutes, using a metal spatula or wooden spoon to press the scallions and ginger around the inside of the wok, all the way up to the edge; this helps remove any metallic flavour.

HOW TO CLEAN A WOK

Hot water and a kitchen sponge are all you need to keep a wok clean — no soap or dishwashers, please, which can affect the patina. Young first soaks the wok in hot water for five to 30 minutes, then uses the soft side of a kitchen sponge (with any soap rinsed from it) to clean the surface. Next she uses the reverse scrubbing side to remove stubborn bits of food. Don't use a bamboo brush, Young advises, because it will destroy the natural patina. Rinse thoroughly, then place the wok back on the stove over low heat for a couple



It's important to give your wok a "facial" to help clean and condition its surface. SCOTT SUCHMAN/FOR THE WASHINGTON POST

of minutes, until all the water evaporates. Cool completely before storing.

HOW TO COOK WITH A WOK

Here are a few bonus tips on how to use your newly seasoned wok. ■ A flat-bottomed wok works well on standard American stoves; carbon steel is great for gas burners, while cast-iron woks may heat more effectively on electric

coil, induction and glass-topped ranges.

■ When cooking, set the wok over high heat, then flick a drop of water in the dry pan; when the drop evaporates in a second, the pan is hot enough for cooking.

■ Don't worry about a few scratches. People get stressed out, Young says, "but the scratches add to the wok's character."

For The Washington Post

GARFIELD



CORNERED



"Possible side effects may include loss of appetite, libido, motivation, job, family, home and everything else you hold dear."

LOOSE PARTS



BIG NATE



ADAM@HOME



PEANUTS



SHERMAN'S LAGOON



BABY BLUES



MOTHER GOOSE & GRIMM



PICKLES



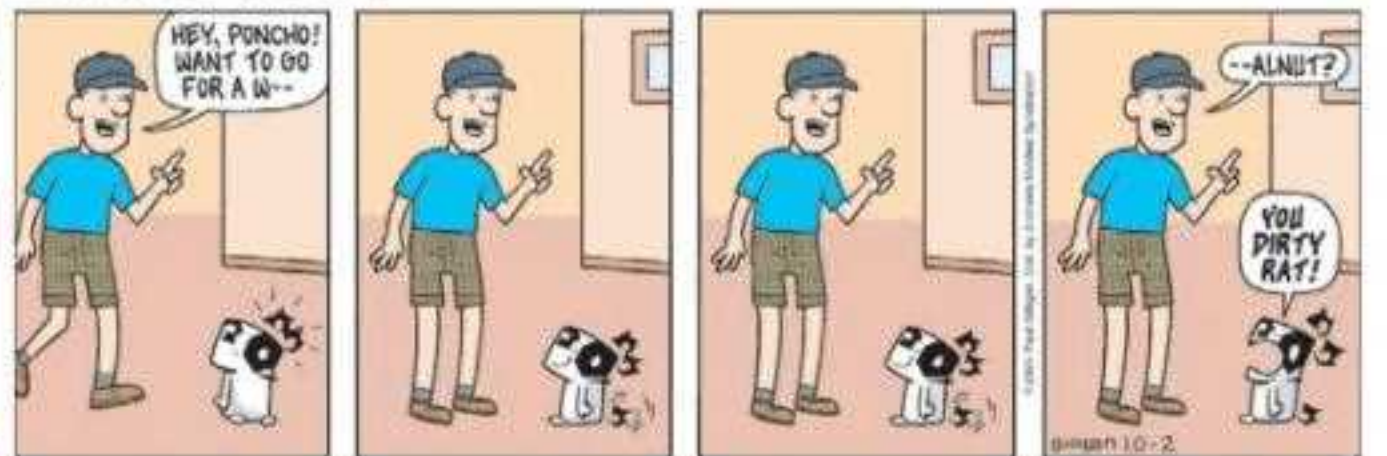
LUANN



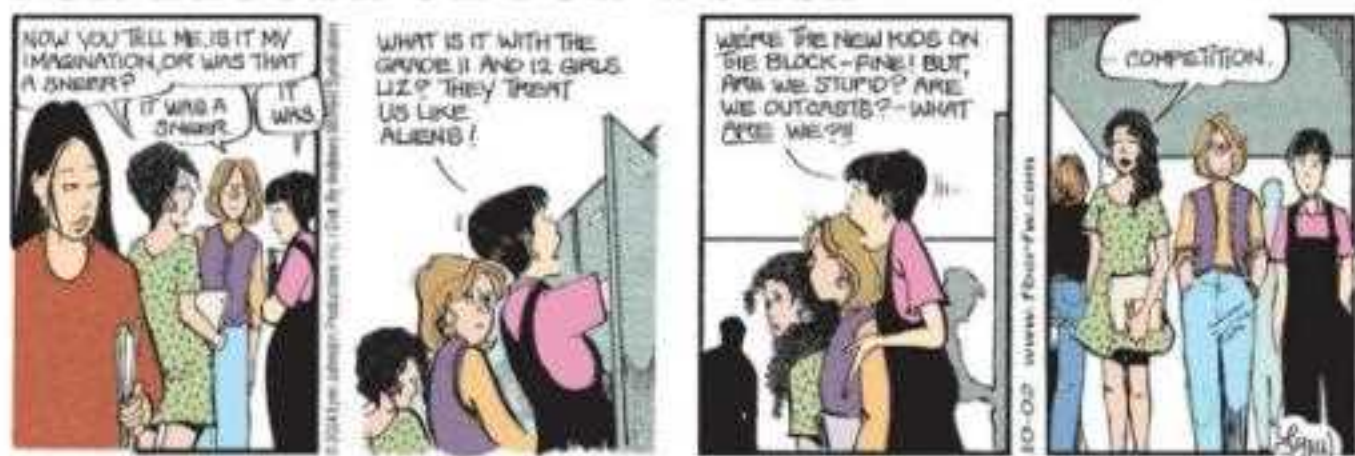
CRABGRASS



POOCH CAFE



FOR BETTER OR FOR WORSE



CRANKSHAFT



ROSE IS ROSE



PEARLS BEFORE SWINE



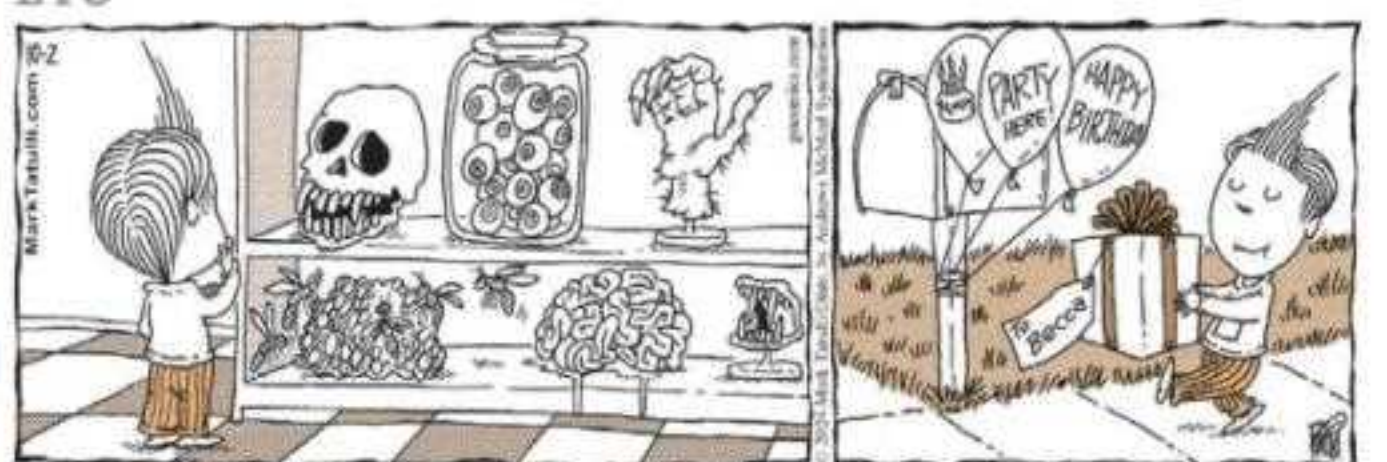
OFF THE MARK



THE ARGYLE SWEATER



LIO



UNIVERSAL CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17			18	19	20	21	22					
	23	24		25	26							
27			28	29				30	31			
32			33	34				35			36	
37		38	39					40	41			
42			43	44				45	46			
	47		48	49				50				
		51			52	53						
	54	55			56	57						
58				59	60				61	62	63	
64				65				66				
67				68				69				

Undercover Agent by Jacob Reed, edited by Taylor Johnson

- ACROSS**
- Come off as
 - Hunk of meat
 - Yiddish "Yikes!"
 - Country home to many llamas
 - Banks of fashion
 - Opposite of everybody
 - Wing motions? (In this clue's answer, note letters 5-8)
 - Beaming blissfully
 - Sound from a cat that's "making biscuits," perhaps
 - Dropped tomato sounds
 - Fruit exterior
 - Out, in a way
 - Shreds, as cheese
 - Squeaky rodents? (... letters 4-6)
 - Guitarist Paul
 - Classic bagel type
 - Old Russian rulers
 - Picnic pests
 - Nocturnal baby bird
 - Red character of kids' TV
 - Disney heroine played by Liu Yifei
 - Fabulist credited with coining the term "lion's share"
 - ___ can
 - Pick up the tab? (... letters 3-6)

- Cutting, as a lawn
- Most loyal
- Main ingredient in pilaf
- Gated community?
- Copied
- Muslim pilgrim's destination
- Heist helper ... and a hint to who has infiltrated 17-, 29- or 47-Across
- Hunter constellation
- Brings home after taxes
- Millennium Falcon captain Han
- ___ Carta
- Painter Francisco
- In a dead heat
- Minty cocktail
- Pushup target, for short
- Union contract, informally?
- SoCal neighborhood that borders Boyle Heights
- Flashy rock genre
- ___-mo
- Like Lithuania and Latvia
- White-coated weasel
- "Spring ___" (2007 Best Musical winner)
- Playlist component
- Christmas-themed pub crawl
- Male turkey
- Blissful state for a Buddhist
- ___ over (studied carefully)
- Pool stick
- Most broad
- Yummy
- Wife of Zeus
- Vaping device
- Leaning Tower city
- May honoree
- Opposite of paleo-
- Me, to Miss Piggy
- Pub brew
- Silent agreement

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD**.

GARBAGE BAGS Solution: 9 letters

C E L B A D A R G E D O I B D
 S T O I T S T R O N G C L N U
 E S H N C I B T H R A A E S M
 V A C R E P A P E P C N C E P
 A W T S L A G E A K O A O P I
 E Y E A L R N C V L N N F A R
 L T R L O W I E Y S S E R R G
 A I T A C T P N D F R H I A N
 I S S R Y Y I F U E E C E T I
 R N S G T N C L T W N T N E S
 E E R E D S L E Y O I I D X O
 T D O I D N T X R L L K L P P
 A W L A C I T S A L P E Y A S
 M O O R H T A B I E D I S N I
 S L C W D O O F R Y A R D D D

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 Bag, Bathroom, Bin, Biodegradable, Black, Cans, Capacity, Collect, Colors, Disposing, Dump, Ecofriendly, Expand, Fill, Flex, Food, Full, Green, Grip, Heavy-duty, Inside, Kitchen, Large, Leaves, Lined, Liners, Load, Low-density, Material, Nylon, Paper, Plastic, Recycle, Separate, Solid, Stretch, Strong, Ties, Tins, Type, Waste, White, Wrap, Yard, Yellow

UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

7		9	8			2		
8	2	1	7		6		9	
					7		4	
	7		4				2	
		3	1	9				
9			2		8			
1	8							
3	9		5	1	2		6	
	5		9	7				8

DIFFICULTY RATING: ★★☆☆☆

KENKEN
 THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

Instructions: Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners. Freebies: Fill in single-box cages with the number in the top-left corner.

EASY

2÷		7+	1-
3+	12X		
			9+
2-			

CHALLENGING

3	2÷		11+		12X
5-	5+	3÷		1-	
		1-			11+
24X		60X	11+	3+	
	150X				1
				1-	

CELEBRITY CIPHER
 by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" TR CUXBUV SVAWETPVS OV CA C
 MVUTFA T KBFHS HCFMN. T NCDV OX
 OBOVUZA - T YFAZ NCDV ZB YBTU
 ZNVO ZBMVZNV. " - AZTUM

Solution: "If anyone described me as a genius I would laugh. I have my moments — I just have to join them together." — Sting

TODAY'S CLUE: \$ # # # # #
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7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 back bones (9)	_____
2 track meet workers (6)	_____
3 where actors pick up lines (7)	_____
4 ready to be an adult (6)	_____
5 former child actor Muniz (7)	_____
6 replaces with machinery (9)	_____
7 volume-based business (8)	_____

Answers: 1. VERTEBRAE 2. TIMERS 3. SCRIPTS 4. MATURE 5. FRANKIE 6. AUTOMATES 7. BOOKSHOP

FR IP RAE VER ERS
 TEB TU BO TS ANK
 SCR IE RE TIM OMA
 AUT HOP TES OKS MA

TODAY'S SOLUTIONS:

WONDERWORD: CONTAINER

4	2	1	3	2
3	1	4	2	
2	4	3	1	3+
1	3	2	4	2÷

4	5	6	2	9	7	3	1	8
3	7	8	5	1	2	4	6	
1	2	4	6	3	9	7	5	
9	1	4	7	2	6	8	5	3
2	8	5	3	1	9	4	6	7
6	3	7	5	4	8	1	9	2
5	9	1	6	3	2	7	8	4
8	4	2	1	7	5	6	3	9
7	6	3	9	8	4	5	2	1

LAST WORD IN ASTROLOGY
HOROSCOPE FOR OCTOBER 2



BY EUGENIA LAST

HAPPY BIRTHDAY:

Take the necessary steps to initiate change and restructure your investments, lifestyle and purpose to reach your comfort zone. All talk without action will frustrate you and those watching from the sidelines who love and want the best for you.

ARIES (March 21-April 19):

Establish what's important to you and adjust to achieve budget, convenience and comfort levels within reason. Take control of your situation, but be fair to those swept up in your plans. 3 stars

TAURUS (April 20-May 20):

Pay attention to how others respond; it will help you make better choices and gain support and hands-on help. Once you begin to transition, dedication will carry you forward. Your strength and momentum are connected to those you surround yourself with and in being a team player. 3 stars

GEMINI (May 21-June 20):

Get out and explore the possibilities. Network, socialize and participate in events that offer exciting alternatives. Let your mind wander, but don't buy into someone else's dream. Research will pay off and encourage you to back yourself. 5 stars

CANCER (June 21-July 22):

You'll do best working toward and tidying up loose ends. Someone will interfere with your progress if given the chance. Don't share information or allow anyone to interfere in your business or progress. Avoid run-ins with associates, friends and relatives. 2 stars

LEO (July 23-Aug. 22):

Facts are vital to decision-making and are best acknowledged before committing time, money or skills. Focus on personal gains, growth and better health while you sort out how you want to proceed with others. 4 stars

VIRGO (Aug. 23-Sept. 22):

Lower overhead and reduce com-

mitments. Assess your current needs and distribute your energy wisely. Taking on a physical challenge will help alleviate stress and encourage you to adjust your lifestyle to achieve your goals. Love, romance, fitness and self-improvement are on the rise. 3 stars

LIBRA (Sept. 23-Oct. 22):

Now is not the time to sit on the sideline. Embrace the future with optimism and confidence, and put your energy into a physical move that offers better prospects and returns. Take your skills to the next level and use them. 3 stars

SCORPIO (Oct. 23-Nov. 21):

Make your life better by pursuing your goals. Home improvements and expanding your skills to include something you enjoy doing that can bring in cash will give you a new lease on life. 3 stars

SAGITTARIUS (Nov. 22-Dec. 21):

Integrate what you love into your daily routine. Being a part of something that offers excitement, challenge and expansion will motivate you to mix business with pleasure to ensure you enjoy every aspect of your life. 4 stars

CAPRICORN (Dec. 22-Jan. 19):

Listen, but refrain from buying into someone else's plans. Live by your rules and follow your dreams. Learn from your mistakes and be true to yourself. Forget the past and let go of the anger it harbors. 2 stars

AQUARIUS (Jan. 20-Feb. 18):

Pay attention to your investments, health and contracts. Go over every detail and give your stamp of approval to whatever resonates with you. Be open and receptive to embracing new beginnings and updating your skills, qualifications and what you have to offer others. 5 stars

PISCES (Feb. 19-March 20):

Take your time with your next move. Check the facts and any applicable costs, and adjust your plans to meet your demands. Time is essential, especially when dealing with investments, challenges or a physical change you want to pursue. 3 stars

BIRTHDAY BABY:

You are charming, intelligent and forceful. You are imaginative and optimistic.

Today H: 12 L: 0 P.O.P: 20% Mix, sun and clouds. Wind: SE, 11kmh. Tomorrow H: 12 L: 0 P.O.P: 20% Mainly sunny. Wind: E, 12kmh. Friday H: 17 L: 7 P.O.P: 20% Mainly sunny. Wind: S, 13kmh. Saturday H: 17 L: 6 P.O.P: 10% Sunny. Wind: NW, 16kmh. Sunday H: 18 L: 7 P.O.P: 10% Mainly sunny. Wind: W, 8kmh.

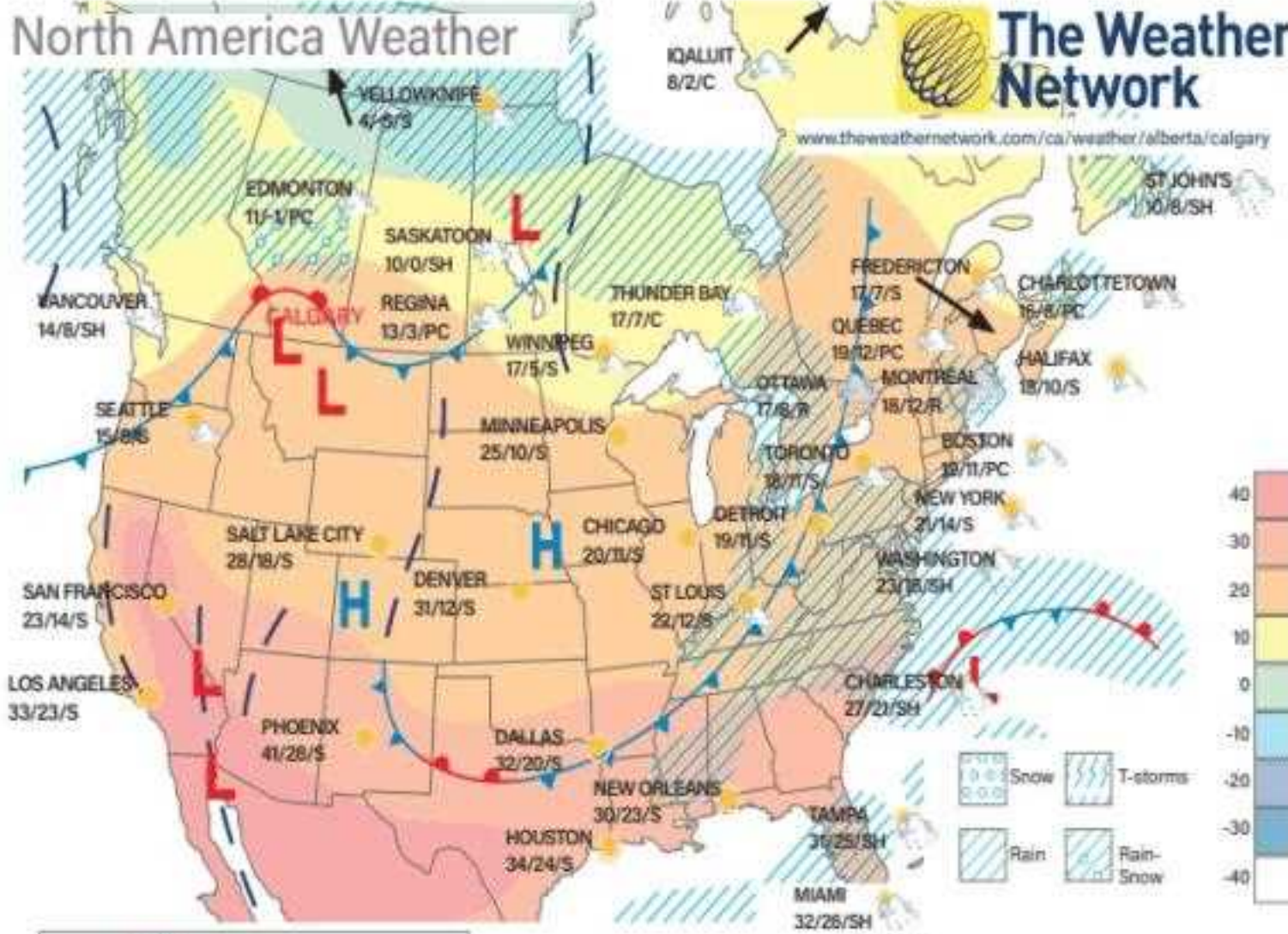


Table of weather forecasts for various Canadian cities including Banff, Edmonton, Calgary, and Vancouver.

Precipitation October: Normal, Month (mm): 18.8. Current: 0.0. Difference: -18.8. Percent of Normal: 0%. Temperature Trend: Today is COLDER than Average. Today's Average [°C]: 15. Expected [at 3pm ET]: 12. Difference: -3.

Yesterday's Extreme Temperatures: Hot spot in Canada: 23.6 °C [74.5 °F] Grenadier Island, ON. Cold spot in Canada: -14.9 °C [5.2 °F] CFS Alert, NU.

ALBERTA Today Tomorrow: Table listing weather forecasts for various Alberta cities like Athabasca, Banff, and Calgary.

Alberta Roads, Today's Sun (Sunrise: 7:37am, Sunset: 7:13pm), and World Today Tomorrow forecast for major cities.

Comfort Indexes, Air Quality (Index 2), and Ultraviolet (Index 3) indicators.

TV TIMES TONIGHT - WEDNESDAY, OCTOBER 2

Main TV Times grid showing channel numbers, times, and program titles for various networks like CTV, OMNI, ABC, and CBC.

PAY-TV WEDNESDAY, OCTOBER 2

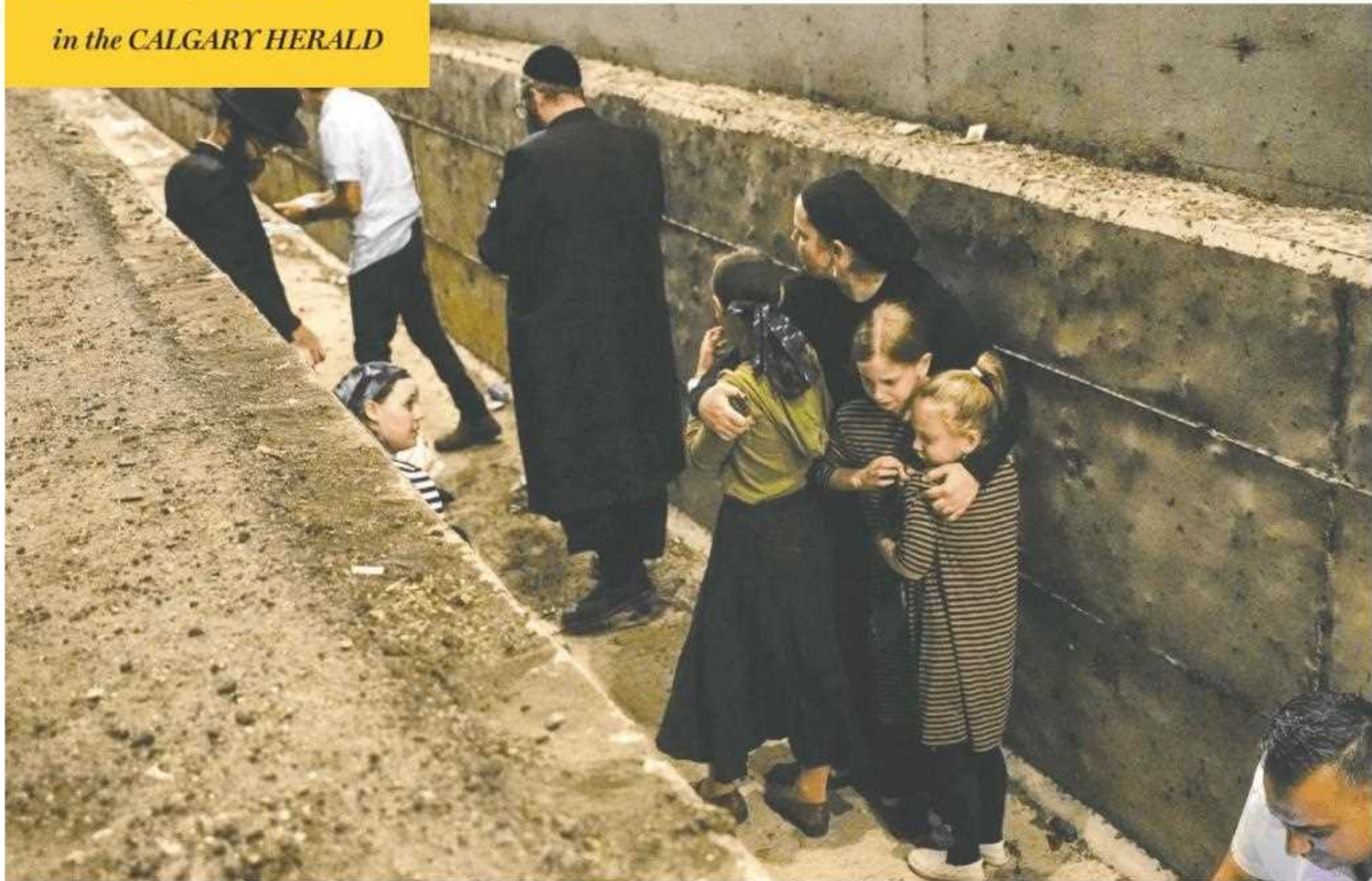
PAY-TV grid showing channel numbers, times, and program titles for premium channels like E!, CRV, and MTV.

AN EDITION OF

NP

in the CALGARY HERALD

PETE ROSE, THE BRASH, SWITCH-HITTING SUPERSTAR OF THE CINCINNATI REDS' 'BIG RED MACHINE' LINEUP WHO FORGED A LEGACY OF STELLAR CAREER HIGHS AND SHOCKING LOWS, HAS DIED AT 83. PAGE NP3



OHAD ZWIGENBERG / AP PHOTO

Residents of Shores, an Israeli village near Jerusalem, take cover on the side of a highway as a siren sounds a warning of incoming missiles from Iran on Tuesday.

BLOC DRAWS LINE ON PENSION

OLD AGE BENEFITS

Will vote down
Liberals unless
OAS expanded

CATHERINE LÉVESQUE

OTTAWA • The Bloc Québécois said it is prepared to call for an election earlier if Liberals vote against support increasing old age pension payments for all seniors.

On Tuesday, Bloc Leader Yves-François Blanchet used an opposition day motion to ask the government to grant a "royal recommendation" for his party's bill, which would increase the Old Age Security (OAS) for seniors between the ages of 65 and 74 and cost about \$16 billion

over five years.

Because the bill involves public funds, a minister must provide a royal recommendation before it is read a third time in the House of Commons and passed.

If that is not the case, the Speaker must stop the proceedings and rule the bill out of order.

Blanchet has given the government until Oct. 29 to support his party's bill, or he will begin talks with other opposition parties to bring down the government.

"The end goal will be clear: to bring down a government that said itself that it does not want to be helpful to millions of Canadians and Quebecers," he said during his speech.

Blanchet said his party is already ready if an election is triggered right away.

"It's not our preference in the short term ..." he said.

"But everyone understands very well that unless the government acts quickly and shows openness to our ideas, it will be an opportunity for us to go to an election Oct. 29 — or before that," he said.

During the vote in second reading last year, the Conservatives and the NDP supported the Bloc's pension bill, but the Liberals voted against.

See BLOC on NP2

Iran launches attack on Israel

ISRAELIS
ORDERED INTO
BOMB SHELTERS
AMID BARRAGE
OF MISSILES SEEN
AS REVENGE FOR
ASSASSINATIONS

Fears heightened that the Middle East is on the brink of war after Iran fired a barrage of ballistic missiles at Israel Tuesday evening, forcing the entire civilian population to be ordered into bomb shelters as sirens sounded across the country.

Iran took responsibility in a statement read aloud on state television. In its statement, Iran referenced Hezbollah leader Hassan Nasrallah and Revolutionary Guard Gen. Abbas Nilforushan, both killed in an Israeli airstrike last week in Beirut. It also mentioned Ismail Haniyeh, a top leader in Hamas who was assassinated in Tehran in a suspected Israeli attack in July. It warned the attack represented only a "first wave," without elaborating.

Israel's Iron Dome deflected most of the strikes, and there were no reports of serious injury.

Israel has warned there would be severe consequences for Iran, which backs the terror group Hezbollah in Lebanon.

U.S. President Joe Biden, who with Vice-President Kamala Harris monitored the attack from the White House Situation Room,

directed the U.S. military to assist in Israel's defence and to shoot down missiles targeting Israel.

U.S. ships and aircraft are positioned in the region.

"There was a serious attack on us and there will be serious consequences," Rear Adm. Daniel Hagari, the IDF spokesman, said in a televised address.

"We have plans, and we will act in the time and place we decide," he said.

Earlier on Tuesday, Israel had informed Washington that an at-

tack from Iran was imminent.

Over 90 minutes Tuesday night, Iran fired nearly 200 missiles. The targets are believed to have been three Israeli Air Force bases, as well as an IDF military intelligence headquarters just north of Tel Aviv, which was reportedly evacuated on Tuesday afternoon.

Orders to shelter in place were sent to Israelis' mobile phones and announced on national television.

"The air-defence system is fully operational, detecting and intercepting threats wherever necessary, even at this moment," Hagari said. "However, the defence is not hermetic."

Israeli Prime Minister Benjamin Netanyahu issued a warning Monday to Iran, which backs both Hezbollah and Hamas. "There is nowhere in the Middle East Israel cannot reach," Netanyahu said.

The Israeli military earlier warned several southern Lebanese communities near the border to leave their homes, shortly after starting what it called a limited ground operation against Hezbollah targets.

See IRAN on NP3

Mount Everest is having a growth spurt, study finds

KASHA PATEL

The world's tallest mountain is getting taller.

Mount Everest, also known as Chomolungma, has grown about 15 to 50 metres higher than the past 89,000 years over expected, according to a modelling study released Monday. The culprit is a nearby river eroding and pushing down land, causing the ground under

Mount Everest to rebound and lift.

"It's a new additional component of uplift of Mount Everest," said Matthew Fox, study co-author and geologist at University College London. He expects this spurt of Everest and its surrounding peaks to continue for millions of years.

He added "the biggest impact is probably on the climbers that have to climb

another 20 metres or so to the top." The additional height may also lead to the growth of more ice at the higher elevations.

Mount Everest, part of the Himalayan mountain range, towers along the Nepal-Tibet border at around 8,850 metres high. Not only is it the tallest worldwide, it leaves its surrounding peaks in the dust — rising around 250 metres above the

next tallest mountain in the Himalayas, the 8,611-metre K2 mountain.

These extra metres can be chalked up to a relatively rare "river capture event" from 89,000 years ago, according to the authors' computer models. During such an event, one river changes its course, interacts with another and steals its water, Fox said.

In this case, the team said

the Arun river network — about 75 km east of Mount Everest — stole water from a river flowing north of Everest.

As more water then began flowing in the Arun River, erosion rates increased. Over millennia, the waterway carved a large gorge along its banks and washed away billions of tons of sediments and earth. That huge mass loss caused surrounding land to slowly uplift, a process known as isostatic rebound.

Mountains are a bit like icebergs because only a small portion is seen above

surface. In their case, a big pile of thickened crust basically floats on top of mantle, said Fox. During this rebounding, the thickened crust pushes up to replace the material eroded away.

The Himalayas formed around 50 million years ago from a collision by the Indian and Eurasian tectonic plates, which continue to slowly move today. The expected growth is around 1 mm per year, but GPS data show recent uplift is around 2 mm per year.

The Washington Post

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CANADA

Vote set for Wednesday

BLOC

Continued from NP1

Now that the Bloc has issued their ultimatum, the Liberals have not clearly stated if they have changed their minds.

"The conversation has to happen, and it will happen soon, obviously," said Environment Minister Steven Guilbeault on his way to a cabinet meeting Tuesday.

"But we have to look at the intergenerational impacts of something like that. It's a lot of money. It's about \$16 billion, it's not insignificant. So, we have to consider this very carefully," added Guilbeault.

Benefits for seniors already represent the biggest line in the government's last budget with \$80 billion and are expected to increase to \$100 billion by 2028-29.

Health Minister Mark Holland said his government will be working with other parties, as they are in a minority, and at the same time be "responsible with the public purse and make sure the decisions we make are focused on those with the greatest needs."

"My instinct is that Canadians want this Parliament to continue to function," he said. "They're not interested in us finding divisions, they're interested in us finding common ground and that's what we're trying to do."

The vote on the Bloc's motion is set for Wednesday.

Blanchet argued in the House that seniors have been impacted by high inflation and interest rates after the pandemic, and that their purchasing power has been affected as a result. He also lambasted the government for creating two classes of seniors.

The Liberals have indeed increased the OAS by 10 per cent for seniors 75 and over, but the Bloc has long been advocating that it is unfair for people aged 65 to 74.

Blanchet said increasing the OAS for that age range would help an additional four million Canadians, including one million Quebecers.

"If you want to be cold and cynical, let's look at it through the lens of an election," he said. "How about saying 'no' to a million Quebecers, just for fun?"

Liberals said they had no lessons to take from the Bloc in terms of helping seniors. Since they came to office, they reversed the Conservative government's policy of increasing the age of retirement from 65 to 67 and boosted the OAS for the most vulnerable seniors.

"This is not a caucus that needs to be lectured about caring for seniors, because we've been caring for seniors from day one," said Liberal MP Kevin Lamoureux.

New Democrats noted that seniors already benefit or will be benefiting from social programs agreed to during their supply-and-confidence agreement, like free dental care and universal public drug coverage, should the pharmacare bill come to pass.

As for the Greens, they noted that the federal government is already doing more for seniors than for young people, and suggested that another way of supporting seniors would be to boost the guaranteed income supplement for low-income seniors.

National Post
calevesque@postmedia.com



JUSTIN TANG / THE CANADIAN PRESS

Information Commissioner Caroline Maynard's office has ruled that the RCMP has no duty to share its DNA profiles, except in very specific cases.

Shots fired as gunman tries to enter Toronto billionaire's home

Bullets miss security guard; owner not home

CHRIS LAMBIE

A gunman fired multiple shots at Canadian businessman Patrick Dovigi's Toronto home early Monday morning in what the garbage magnate believes was a robbery gone wrong.

The reported billionaire, who now heads Canadian environmental services company Green For Life Environmental Inc. (GFL), said Monday night that he was not the target of the shooting at his Rosedale home, and that he was not in the city when the shooting took place around 1 a.m.

"We had a guy run up to the house trying to break in our house," Dovigi said in a phone interview from New York City.

Dovigi's security guard, who was walking around the house, yelled at the intruder.

"He said, 'What are you doing?' and the guy turned around and then fired a shot towards the security guard, and then fired four shots at the door as he was running away."

The first shot appeared to be aimed toward the ground, Dovigi said.

"We have the video," he

said. "As he was running away, the security guard was sort of running after him. He like turned back and shot four times at the front door."

Dovigi questioned whether the intruder was just trying to scare off the security guard to make it to a getaway car. "There was a car on the street with another guy in it."

The security guard wasn't hurt, Dovigi said. "He's obviously a little bit rattled," he said.

THE SECURITY GUARD WAS SORT OF RUNNING AFTER HIM. HE ... TURNED BACK AND SHOT FOUR TIMES AT THE FRONT DOOR.

"Thankfully the guy was there. If they got in the house, who knows what they would have taken."

The house has full-time security because of the recent volume of break-ins in the neighbourhood, he said.

Dovigi said he doesn't think the armed intruder

knew it was his home.

Dovigi questioned whether the gunman was after two Range Rovers parked in his Toronto basement.

"This has been an ongoing topic in Toronto for awhile," he said.

"It's pretty scary that it's happening."

"I don't know, between all these carjackings and all these break-ins on our street, it's pretty crazy."

Dovigi emailed his neighbours about the shooting, looking for images of the crime-in-progress from their surveillance cameras.

"I told them exactly what happened, and I said if you guys can co-operate with the police to get the photos, that would be very helpful," he said. "They have not made any arrests, but they're compiling the footage from the street."

A high-profile sports figure lives at the end of the same street, Dovigi said, noting the getaway car might have been parked beside that home.

"So maybe we have something from before he came on the street," he said. "They have videos of what looks like the same car. But the police said the problem with these guys is they probably stole the car to come, or they're using a car with stolen plates."

People in the neighbourhood are trying to be vigilant, Dovigi said.

"In the last two months there has been three or four break-ins," he said.

A prominent former business executive lives on the same street as Dovigi.

"He was broken into just down the street," Dovigi said. "Something has gone wrong in Toronto with all these carjackings and car thefts and break-ins. It's been widely publicized, but clearly something needs to be done."

Dovigi founded his waste-management business in 2007, following a short-lived professional hockey career when he was drafted by the Edmonton Oilers in 1997.

GFL quickly grew after a series of acquisitions and in March 2020 it held its initial public offering on the TSX, leaving it with a market value of \$6.1 billion.

Canadian Business magazine has listed Dovigi's net worth at \$1.1 billion.

National Post

Want your DNA profile from the RCMP's DNA bank?

You can't have it, a new ruling says

CHRISTOPHER NARDI

OTTAWA • A person's DNA profile may dictate who they are but, if it's in the RCMP's DNA bank, they aren't allowed to have it.

That's according to a first-of-its-kind decision published this summer by Information Commissioner Caroline Maynard.

The ruling is an example of how the government can sometimes legally withhold even extremely personal data like one's DNA profile in certain cases.

Last year, an unidentified person filed an access to information request to the RCMP for their "own deoxyribonucleic acid (DNA) profile generated from a biological sample" that was provided to the national police force.

According to the commissioner's ruling, the RCMP's DNA databank is largely comprised of the DNA profiles of criminals convicted of a federal offence and who were ordered by a court to produce a biological sample.

According to its 2023-24 annual report, the DNA bank currently holds over 680,000 genetic profiles as part of its convicted offenders and crime scene indexes.

The DNA, a molecule that contains a person's genetic material, is stored and can be used by police forces across the country to help identify suspects or link them to different crime scenes.

Despite the requester asking for their own DNA profile, the RCMP refused to disclose the information because it said it wasn't legally allowed to.

The requester disagreed and filed a complaint to the Office of the Information Commissioner, who dis-

missed it.

That's because the DNA Identification Act only allows the RCMP commissioner to disclose DNA in very specific cases, such as when trying to match a DNA profile during a criminal investigation or in cases of missing persons, the commissioner wrote.

Otherwise, the commissioner says the DNA act is clear: "no person shall communicate any information that is contained in the DNA databank or allow the information to be communicated."

"The DNA Identification Act prohibits the disclosure of the requested information — the complainant's DNA profile," Maynard wrote in her ruling.

In a statement sent by a spokesperson, Maynard told the National Post that this was the first time her office was asked to rule on an access to information request for DNA from the RCMP's database.

A spokesperson for the national police force said in a separate statement that it had previously received similar ATIP requests and that it "strictly abides" by the act.

"While the RCMP has received requests from individuals for their DNA profile through the Access to Information Program, this information has not been released," RCMP spokesperson Robin Percival said in an email.

"For a DNA profile contained in the Convicted Offenders Index, all these communication options exclude the possibility of the DNA profile being shared by the (databank) to an individual that is not directly responsible for conducting an investigation or for the prosecution of a designated offence, even if presented with a court order or judicial authorization," she added.

National Post
cnardi@postmedia.com



RICHARD DREW / AP PHOTO

GFL Environmental president Patrick Dovigi, right, holding hammer, rings a ceremonial bell at the New York Stock Exchange to celebrate his company's IPO in 2020.

MICHIGAN

GIRL CHARGED WITH MURDER IN SISTER'S STABBING

TAYLOR, MICH. A 13-year-old girl has been charged with first-degree premeditated murder in the stabbing death of her 7-year-old sister, who she was babysitting in their Detroit-area home.

The 13-year-old's name was not released. She is being charged as a juvenile, the prosecutor's office said Tuesday in a release. The two siblings allegedly got into an argument after be-

ing left at their Taylor home by their parents at about 11:15 a.m. on Saturday. The 7-year-old later went into a bathroom and was stabbed multiple times with a knife, according to the release. The older girl called 911. Her sister died at a hospital. Prosecutor Kym Worthy said designating the 13-year-old as an adult was considered. "Our other option was to keep her in the juvenile system. We opted to do just that." *The Associated Press*

A few hits from missiles reported, but shelter order rescinded

IRAN

Continued from NP1

Israel told its residents late Tuesday that they were clear to emerge from sheltered areas, as no additional oncoming threats were identified in the air.

Many missiles were intercepted, Hagari said, but there were "a few hits" in central and southern Israel.

Hezbollah's acting leader, Naim Kassem, promised the group will fight on following the deaths of its longtime chief Nasrallah and several of the group's top commanders, who have been assassinated in recent days.

Kassem said the group's fighters are ready and the slain commanders have already been replaced.

Israel's military said it killed a senior Hezbollah operative in an airstrike on an apartment building on the edge of Beirut.

The Israeli military said Mohammed Jaafar Qassir was killed in a strike Tuesday. It said Qassir was in charge of Hezbollah's Unit 4400 that ships weapons from Iran to Lebanon and he supervised Hezbollah's development of precision-guided missiles.

The Israeli military said Qassir also sent hundreds of millions of dollars to Hezbollah in recent years.

There was no immediate comment from Hezbollah on the Israeli claim.

Israel and Hezbollah have traded fire across the Lebanon border almost daily since Oct. 8, the day after Hamas sent fighters into Israel and sparked the war in Gaza. It's been almost a year since some 250 people were abducted from Israel.

The Israeli operation is focused on dismantling

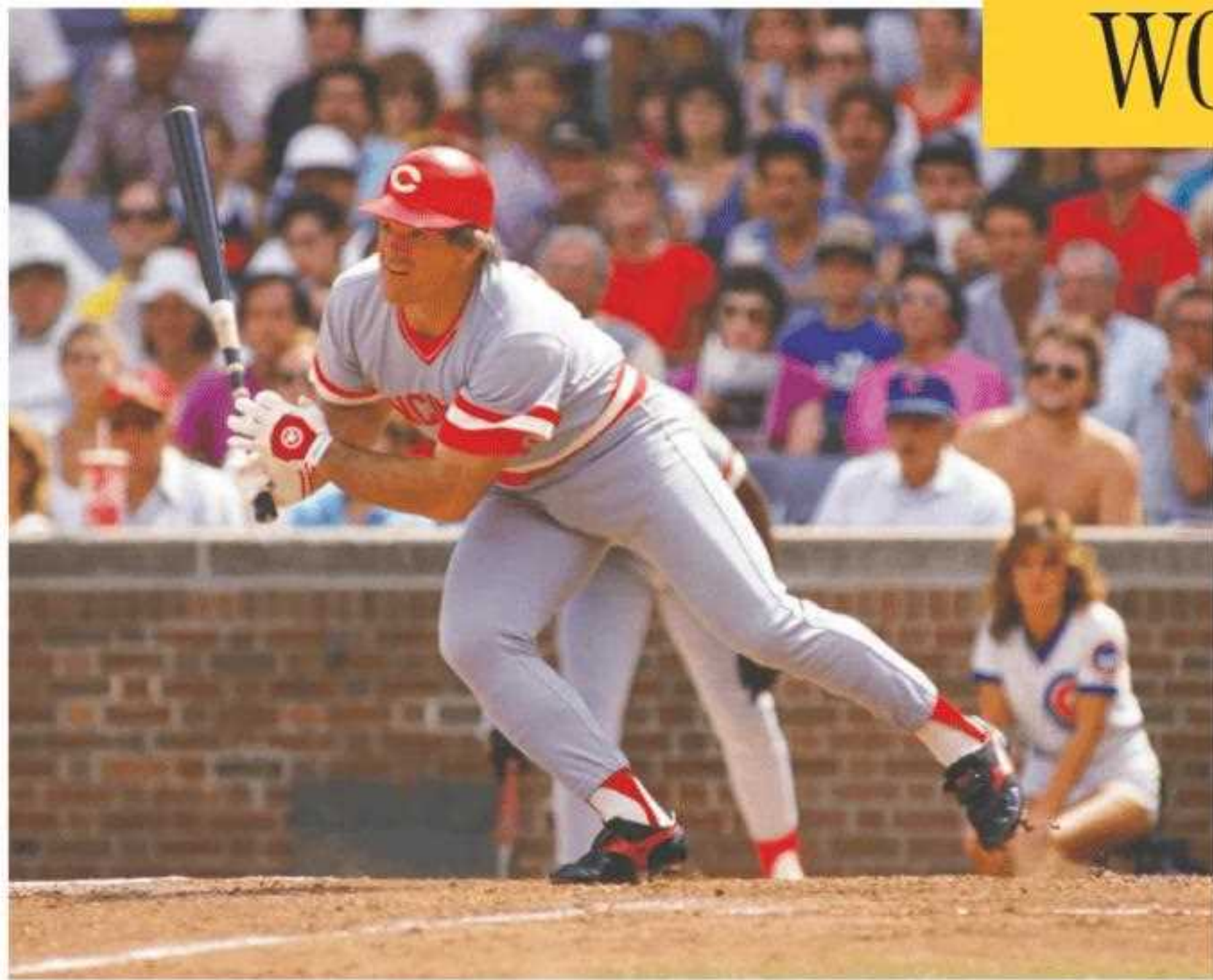
WE'RE NOT GOING TO BEIRUT. WE'RE NOT GOING TO THE CITIES IN SOUTHERN LEBANON.

Hezbollah's infrastructure in villages in southern Lebanon, Hagari said.

"We are focusing in the area of those villages, an area next to our border," where Hagari said Hezbollah has built infrastructure to prepare for what he described as a planned attack similar to the one carried out in Israel by Hamas on Oct. 7.

"We're not going to Beirut. We're not going to the cities in southern Lebanon," Hagari said, implicitly addressing concerns from international leaders that Israel's incursion would be expansive.

Hagari on Tuesday denied that Israel's actions amount to an "incursion." *National Post wire services*



RON VESELY / MLB PHOTOS VIA GETTY IMAGES

The Cincinnati Reds' Pete Rose was a 17-time All-Star who held multiple records, but no milestone approached his 4,256 hits, breaking his hero Ty Cobb's 4,191, drawing acclaim that contrasted with the notoriety which followed.

WORLD

PETE ROSE
1941-2024

Baseball's banned hits leader was MLB legend

Brash superstar was banished for betting on games

HILLEL ITALIE

NEW YORK • Pete Rose, baseball's career hits leader and fallen idol who undermined his historic achievements and Hall of Fame dreams by gambling on the game he loved and once embodied, has died. He was 83.

Stephanie Wheatley, a spokesperson for Clark County in Nevada, confirmed on behalf of the medical examiner that Rose died Monday. Wheatley said his cause of death had not yet been determined.

For fans who came of age in the 1960s and '70s, no player was more exciting than the Cincinnati Reds' No. 14, "Charlie Hustle," the brash superstar with shaggy hair and muscular forearms. Millions could never forget him crouched and scowling at the plate, running full speed to first even after drawing a walk, or sprinting for the next base and diving headfirst into the bag.

Major League Baseball, which banished him in 1989, issued a brief statement expressing condolences and noting his "greatness, grit and determination."

A 17-time All-Star, the switch-hitting Rose played on three World Series winners. He was the National League MVP in 1973 and World Series MVP two years later. He holds the major league record for games played (3,562) and plate appearances (15,890).

But no milestone approached his 4,256 hits, breaking his hero Ty Cobb's 4,191 and signifying his excellence no matter the notoriety which followed. It was a total so extraordinary that you could average 200 hits for 20 years and still come up short.

On March 20, 1989, Baseball Commissioner Peter Ueberroth (who would soon be succeeded by A. Bartlett Giamatti) announced his office was conducting a "full inquiry into serious allegations" about Rose. Reports emerged that he had been relying on a network of bookies and friends to place bets on baseball games, including the Reds.

Rose denied any wrongdoing, but the investigation found that telephone records and witness testimony revealed "extensive betting activity by Rose in connection with professional baseball and, in particular, Cincinnati Reds games," during the 1985, 1986, and 1987 seasons.

"One of the game's greatest players has engaged in a variety of acts which have stained the game, and he must now live with the consequences of those acts," Giamatti told a press conference in 1989. He announced that Rose had agreed to a lifetime ban from baseball, a decision the Hall of Fame ruled left him ineligible for induction. *The Associated Press*

BANGKOK

MORE THAN 20 FEARED DEAD AFTER SCHOOL BUS CATCHES FIRE

BANGKOK A bus carrying young students and their teachers on a school trip caught fire in suburban Bangkok on Tuesday, leaving more than 20 feared dead, officials and rescuers said.

The bus with 45 passengers — six teachers and 39 elementary and junior high school students — was travelling from the central Uthai Thani province when it caught fire in Pathum Thani province, a northern suburb

of Thailand's capital, acting police commissioner Kitrat Phanphet said.

The fire was first reported around noon and was put out less than an hour later, but rescuers said they could not get on board for hours as the heat inside the natural gas-fuelled vehicle could have caused more explosions.

Police were still working to identify the dead but three teachers and 20 students re-

main unaccounted for, Kitrat said.

The cause of the blaze was not immediately known. Kitrat said the initial investigation indicates a tire had exploded and caused sparks, which ignited a blaze that spread through the bus. He did not elaborate.

No other vehicles were involved, he said.

There were discrepancies in reports on the number of the people aboard the bus.

Rescuers cited teachers who survived as saying there were three buses from the school for this trip and that along the way, some students had moved to different buses than the ones they were initially on.

Videos posted on social media showed the entire bus engulfed in flames, with black smoke pouring out of the bus on the side of a road.

The Associated Press



U. K.

TEENS INJURED IN SUSPECTED ACID ATTACK

LONDON Two teens were hospitalized with injuries after a male suspect on a scooter threw what was believed to be acid on them outside a London school, police said Tuesday.

A 14-year-old girl may have "life-changing" injuries from the attack that occurred Monday afternoon outside Westminster Academy, the Metropolitan Police said.

A 16-year-old boy was not as seriously injured, but remained in the hospital.

A teacher who rushed to help them also was hospitalized after being exposed to the substance but was released after treatment.

Two police officers who felt ill after responding to the attack were taken to the hospital as a precaution but later released.

The suspect, who was wearing a mask or other face covering, fled the scene.

The school was closed Tuesday and classes were held online. *The Associated Press*

ZURICH
3 YOUNG CHILDREN STABBED IN ATTACK NEAR DAYCARE

GENEVA A man attacked and injured three young children as they were heading to a daycare centre in Zurich on Tuesday, Swiss police said. The suspect was arrested.

Officers were alerted to the incident in the Oerlikon district of Switzerland's biggest city shortly after midday. Police said the children were on their way to the daycare centre with a woman who works for the facility when the man suddenly stabbed them.

The centre employee quickly overwhelmed the assailant with the help of another man and held him until police arrived. Police said the suspect is a 23-year-old Chinese national.

Three 5-year-old boys were taken to hospitals, one with serious injuries and two others with injuries of medium severity, police said in a statement.

Police gave no details on a possible motive for the attack.

The Associated Press



THE ALPS

MELTING GLACIERS PROMPT REDRAW OF ALPINE BORDER

Italy and Switzerland are set to redraw part of the mountainous border separating the two countries due to melting glaciers in the Alps.

The change, which impacts an approximately 100-metre-long segment of the border, is happening near one of Europe's most popular skiing destinations, Zermatt, and the iconic Matterhorn mountain. One of the biggest glaciers near Matterhorn, the Theodul Glacier, retreated almost 300 metres between 1990 and 2015.

The melting has raised new questions about the border between the two countries. In 2022, the jurisdiction of a glacial Italian mountain lodge came under question when melting ice revealed the refuge was actually straddling the border.

Significant sections of the border are defined by the formations that are now changing, the Swiss government said in a statement obtained by Bloomberg. *The Washington Post*

U. S.
JIMMY CARTER CELEBRATES MILESTONE 100TH

ATLANTA Jimmy Carter reached his 100th birthday Tuesday, the first time an American president has lived a full century and the latest milestone in a life that took the son of a Depression-era farmer to the White House and across the world as a Nobel Peace Prize-winning humanitarian and advocate for democracy.

Living the last 19 months in home hospice care in Plains, the Georgia Democrat and 39th president has continued to defy expectations, just as he did through a remarkable rise from his family peanut farm to the world stage.

He served one term from 1977 to 1981 and then worked more than four decades leading The Carter Center, founded in 1982 to "wage peace, fight disease, and build hope."

President Joe Biden praised his longtime friend for an "unwavering belief in the power of human goodness."

The Associated Press



VANCOUVER

POLICE LAUNCH HATE CRIME PROBE AFTER PROTESTERS CLASH

Police in Vancouver say they've launched a hate crime investigation after a clash between protesters with opposing views on war in the Middle East. They say it happened outside the Vancouver Art Gallery Sunday night. In a statement Tuesday, police said that "violence broke out" between groups of protesters. Police say a 34-year-old woman was injured and required medical attention after she was knocked to the ground, assaulted and subjected to antisemitic slurs. They say the suspect ran away into the crowd, but officers later arrested a youth who has since been released, while the investigation continues. An image posted to the Instagram account titled "Free Palestine BC" shows a protest was planned for Sunday evening calling for "resistance until liberation." *The Canadian Press*



Jonny Daniels, right, helps Holocaust survivor Kitty Salsberg fill out a letter in a Torah in Toronto on Monday. The Torah was hidden by a rabbi in a Polish village in 1939. It's being restored by Holocaust survivors around the world.

This Torah made it through the Holocaust hidden under a couch

SURVIVORS GATHER IN TORONTO TO RESTORE IT

COURTNEY GREENBERG

A group of eight Holocaust survivors gathered in Toronto on Monday afternoon to restore a Torah scroll that was hidden in a Polish village in 1939.

"I made the decision that the only people who would be rewriting the letters in this Torah — this Torah that survived the Holocaust — would be survivors themselves," Jonny Daniels told the National Post.

Daniels is the founder of From the Depths, an organization dedicated to Holocaust memory and memorial. The Torah was entrusted to Daniels in 2016 after it was rediscovered in the home of a Polish couple. A Torah, a holy Jewish text, consists of the first five books of the Hebrew Bible, from Genesis to Deuteronomy. Torah scrolls are made of parchment sheets from the hides of kosher animals and written by hand by a scribe, or a sofer.

The story of the scroll goes back to 1939, more than 6,500 kilometres from Toronto, in the village of Filipów in northern Poland. Students from the University of Warsaw working with Daniels' foundation were going door to door in an attempt to rediscover hidden Jewish heritage and history.

Poland was home to around 3.3 million Jews before the Second World War. In the late 1850s, the population of Filipów consisted of 2,500 residents, and around 850 of them were Jews, according to the POLIN Museum of the History of Polish Jews. By 1927, the number of Jews had dwindled to 263. Roughly 90 per cent of the country's Jewish population were killed in the Holocaust.

The two students approached an unassuming wooden home with a thatched roof. It belonged to an elderly retired shepherd, Kazimierz Wróblewski, who invited them inside. He was happy to host, until the students explained they were seeking items that may have been left behind by Jewish families after the war.

Wróblewski refused to speak when the students pressed the matter. Finally, his wife urged him to explain what happened in 1939, when he was five years old.

At the time, the antisemitic Nazi Party had taken over Germany with leader Adolf Hitler at its

helm. Germany invaded Poland on Sept. 1, 1939. That year, the Jews of Filipów were rounded up by Nazi soldiers.

Wróblewski, then a young boy part of a non-Jewish family, remembered the soldiers coming to "take the Jews," Daniels said. His neighbour was the rabbi, whom he described as an old man with a long white beard.

"He sat and watched as the rabbi was being taken," Daniels said.

After about 15 minutes, there came a knock on his door. Wróblewski's father answered — "petrified," Daniels said — expecting German soldiers. Instead, it was the rabbi, who handed over an item to Wróblewski's father. The rabbi asked his father to look after it until he came home. But if he never returned, the rabbi said to give it to a Jewish person because they would "know what to do with it."

AS I ENTERED THE HOUSE, THE SHEPHERD LOOKED AT ME AND BURST OUT CRYING.

The students asked Wróblewski whether they could see what the item was, but he would not show them because they weren't Jewish.

So they called Daniels. When he arrived, he said it was a "very, very moving experience."

"As I entered the house, the shepherd looked at me and burst out crying. He said, 'I've been waiting for you for 75 years,'" Daniels said.

The retired shepherd lifted up the couch in his living room to reveal a Torah scroll on the ground. It shocked Daniels to see a holy book laying on the floor. Half of the scroll was missing.

When Daniels asked what happened, Wróblewski told him that he and his wife had used it to make various items, like a bag or shoe insoles, when they fell upon hard times.

"Torah is made out from the hide of a kosher animal ... so they used the skin," said Daniels, add-

ing that it was not done out of malice. Usually, when a Torah has been desecrated and can no longer be used, it is buried in a Jewish cemetery. But Daniels couldn't bring himself to do that. After all, it was the last survivor from the village, he said. Records showed that the Jews from Filipów were eventually taken to Treblinka, a forced-labour camp that turned into a death camp. More than 700,000 people were killed there — including the rabbi.

"I felt a connection to this rabbi who risked his life to save (the Torah). I decided that rather than burying this Torah, or maybe putting it in a museum, it deserves to be brought back to life," Daniels said.

Holocaust survivors around the world — from Sao Paulo, Brazil, to London, England — have taken part in restoring the scroll. They have added letters to it with the help of Daniels, who is also a sofer.

Most recently, survivors in Toronto met to do just that.

Ben Carniol, Judy Cohen, John Freund, Pinchas Gutter, Renate Krakauer, Andy Réti, Kitty Salsberg and Agnes Tomasov made their contributions on Monday with Daniels at their side. They have all shared their stories with the Holocaust Survivor Memoirs Program, run by the Azrieli Foundation, a charitable organization dedicated to philanthropy and Holocaust education.

Although Daniels had not met the survivors before Monday, he had previously met others from Toronto and Montreal. He said Canada played an important role for Jews after the Holocaust, calling the country "a safe haven."

"Toronto's Jewish community was effectively built in a large part by survivors, who after going through the horrendous ordeals of the Holocaust, came to Canada and rebuilt their lives, and built communities," he said. "Canada for me is a really crucial and important place to do this."

After his Toronto visit, Daniels is taking the Torah to Puerto Rico and then back to North America, where more Holocaust survivors will add to it.

The plan is to use the Torah for Jewish celebrations when the restoration is finally complete.

"I think that's the most beautiful thing that we can do, this continuation of Jewish life," he said.

National Post

Joly calls on G7 to press for ceasefire in Middle East

Israel-Iran war 'would inflame the entire region'

BRIAN PLATT AND LAURA DHILLON KANE

Just five days ago, Foreign Minister Mélanie Joly was convinced a ceasefire between Israel and Hezbollah was near. Then Israeli forces killed Hezbollah leader Hassan Nasrallah, and Iran vowed revenge.

Now it's crucial for Group of Seven leaders to crank up the pressure on Israeli Prime Minister Benjamin Netanyahu to end the escalation of violence before the Middle East is pulled into a wider war, Joly said.

"We've been taking a tougher line and we hope that other countries — of course the U.S. and in Europe — will do so as well," she said in an interview, shortly after giving a speech at the United Nations about the need for a ceasefire. "It is fundamental that war doesn't start between Israel and Iran, which would inflame the entire region."

Joly made the comments just hours before Israel announced it had begun ground raids in southern Lebanon, hitting targets in villages close to the border. The United States has warned the Netanyahu government against a larger operation that would risk a direct confrontation with Iran, said a U.S. official with knowledge of the situation.

Prime Minister Justin Trudeau's government has tried to walk a tightrope on the conflict between Israel and its sworn enemies in Hamas and Hezbollah. It has supported Israel's right to defend itself while condemning civilian deaths in Gaza and Lebanon — and Trudeau and Joly have been accused at times of being too soft on Hamas and on the Israeli government.

In the interview, Joly did not condemn the assassination of the Hezbollah leader. "Listen, I have no love for Nasrallah," she said, calling him the former head of a terrorist group that has killed many people in Israel, Lebanon and beyond.

"But at the same time, I'm really concerned about how this can escalate at a time when we were asking for a

ceasefire."

The foreign minister warned about the religious and community tensions that may be unleashed within Lebanon if it becomes engulfed in all-out war, with devastating consequences for civilians and refugees living there. It has the potential to spark a much larger conflict between western democracies and Iran, Russia, China and North Korea, she cautioned.

"There cannot be a war in Lebanon, full stop," Joly said. "I'm very concerned that in turn it will not only have an impact on the entire Middle East, but also on Israel's long-term security."

After rejecting a proposal by France and the U.S. for a 21-day pause on the violence, Netanyahu gave a defiant speech to the UN General Assembly on Friday. "As long as Hezbollah chooses the path of war, Israel has no choice and Israel has every right to remove this threat," he said.

In her own speech on Monday, Joly said what is happening in the Middle East is an "unspeakable tragedy" — a repeated cycle of violence where civilians pay the heaviest price. "This is a senseless war that goes against the dignity of human beings. The suffering on all sides must end," she said.

Joly and Trudeau's Liberal party have deep internal divisions on the issue — much like Democrats in the U.S. — and striking a balance between the conflicting views among its members has been exceptionally difficult. During the interview, Joly acknowledged those divisions, but argued that they're present in other political parties too, even if they are less public.

"I've never seen this level of division and polarization on an issue in all my political career," said Joly, who has served in Trudeau's cabinet since 2015 and has been foreign minister for three years.

She said many of her counterparts in other western democracies have told her this conflict is the most difficult issue they've dealt with.

"The pain is real on all sides," Joly said.

"And it is difficult to be principled when you see so many people dying on both sides."

Bloomberg



ADRIAN WYLD / THE CANADIAN PRESS

Foreign Affairs Minister Mélanie Joly says she's worried about the effects a war in Lebanon will have in the Middle East and "on Israel's long-term security." A ceasefire is needed and "the suffering on all sides must end," she says.

Obituaries

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Obituaries



CLARK, F. Brent

August 16, 1940 - September 26, 2024

F. Brent Clark of Calgary, Alberta passed away on September 26, 2024 at the age of 84 years. He will always be remembered for his remarkable wit and intelligence, his generosity, his determination, and his love of family and friends. Brent was a First-class Power Engineer and Journeyman Millwright. A career highlight was being an instructor at SAIT for 18 years, where he earned the nickname "Snarley". Brent found joy in serving and helping others. He absolutely loved his vegetable garden, and happily shared his produce. Brent's technical aptitude caused him to always be inventing and innovating. Eventually he erected a vertical-axis wind turbine of his own design, for which he was continually planning modifications. The light of Brent's life was dimmed significantly when he lost his dear wife Judy, in June of 2020. He was also predeceased by cherished siblings Ron, Loretta and Ross. Brent will be lovingly remembered by his remaining siblings, Kay, Paul, and Garnet, his children Michael (& Deanna) Clark, Janet (& Richard Nyberg) Clark, Richard (& Renée) Clark, and Brenda (& David) Anderson, his 9 wonderful grandchildren, Zoey, Zane, Lauryn, Sophia, Stephen, Myles, Rhys, Erik, and Byron, and his first great-grandchild, Mikey. Brent was the recipient of much love and support in his declining years from his siblings and extended family and friends, for which he and his children will be forever grateful. We also thank the unparalleled staff at Salvation Army Agapé Hospice, who wrapped us all in the warm security of their excellent care. A Funeral Service will be held for Brent at The Church of Jesus Christ of Latter-day Saints - Tipton Road Chapel (5927 Tipton Rd NW, Calgary) on Friday, October 4, 2024. Visitation will begin at 9:30am; Service at 11:00am, followed by a Graveside Service at Queen's Park Cemetery (3219 - 4 Street NW, Calgary). In lieu of flowers, please donate to the Canadian Cancer Society. Messages of condolence may be forwarded to the family at www.piersons.ca



GUMMO, Norma Belle

March 17, 1923 - September 21, 2024

After a remarkable life filled with love and devotion to family, Norma Gummo (nee Burmeister), born in Cadillac, Saskatchewan on March 17, 1923, slipped quietly from this earth at her Manor Village Varsity home in Calgary on Saturday, September 21, 2024. She leaves to remember a life well lived, her four surviving children: Dianne Wood Palgova of North Vancouver, Alan (Ruth) of Calgary, Cheryl Adams (George) of Trochu, AB, and Kenneth (Karen) of Calgary; 16 grandchildren, 21 great-grandchildren, extended family and friends. Norma is predeceased by her husband of nearly 60 years, Thomas Gummo, in 2003, her eldest son Gerald (Katie) in 2021; her parents, Henry and Mary Burmeister; her brother Roy, and her sister June Peterson. A service to celebrate Norma's life will be held at Highwood Lutheran Church, 419 Northmount Drive N.W. Calgary on Monday, October 7, 2024 at 10:00 AM. Interment will follow at Queen's Park Cemetery. In lieu of flowers, donations can be made to the Salvation Army Canada at their website <https://salvationarmy.ca>. Expressions of sympathy may be forwarded to the family via the website www.fostersgardenchapel.ca.

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LAMBERT, Kevin

The Int'l Brotherhood of Boilermakers, Lodge 146 mourn the loss of Brother Kevin Lambert who passed away September 15, 2024, at the age of 40. Brother Lambert had been a loyal member of the Boilermakers Union for 7 years.



RHODES, Edward (Ted)

Jan 31, 1938 - Sep 5, 2024

Ted lived in Calgary from 1989-1993. As Dean of Engineering at the University of Calgary, he filled these years with many innovations, helping to make the faculty the strong entity it now is.

Ted's career led him from Manchester University (U.K), to the University of Waterloo where he chaired the department of Chemical Engineering, and to Halifax NS where he held the positions of President of the Technical University of Nova Scotia and Vice President of Dalhousie University. In addition to his academic positions, he served as President of the Canadian Society for Chemical Engineering, Counsellor of the National Research Council of Canada and Vice President of Technology for the Samia based corporation, Polysar Ltd.

Music was his hobby and passion. He sang with the Calgary Opera chorus and served on the board of the Calgary Opera, the Nova Scotia Conservatory of Music and the Cowichan Symphony Society. He was a founding director of Opera Nova Scotia and founder of the Kitchener-Waterloo Opera Guild. He took great satisfaction and joy from singing throughout his life, being blessed with a strong tenor voice.

He will be greatly missed by his beloved wife Rae, by his daughter Nina (Simon) and son John (Elena) and grandchildren Daniel and Anna. Ted was a humble, warm and loving man.

If you wish to make a donation in his memory : Victoria Conservatory of Music (<https://vcm.bc.ca>)

The guardian angels of life fly so high as to be beyond our sight, but they are always looking down upon us.

-Jean Paul Richter

ZIEGLER, Richard D.

Dec 3, 1941 - Sep 29, 2024

Richard Ziegler, of Calgary, AB, passed away on Sunday, September 29, 2024, at the age of 82 years. Condolences, memories, and photos may be shared and viewed with Richard's family at www.MHFH.com.



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Notice to Creditors and Claimants
Estate of John Norman Stephen who died on April 21, 2024
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with: Jonathan Ng
at: 210, 4954 Richard Road SW
Calgary, AB T3E 6L1

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

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Legals, Tenders and Notices

NOTICE TO CREDITORS AND CLAIMANTS
Estate of JEAN ANN GRANT, also known as JEAN A. GRANT who died on July 7, 2024
If you have a claim against this estate, you must file your claim by November 9, 2024
with: Theresa Nielsen
at c/o 291 Bracewood Road S.W.
Calgary, Alberta T2W 3C2
If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

Notice to Creditors and Claimants
Estate of LEWIS RICHARD LUTZAK who died on July 29, 2024
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with: Natalie L. Mohammed
at: McConnell MacInnes
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Calgary, AB T2Z 4K6

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Notice to Creditors and Claimants
Estate of Margaret Theresa Rieks who died on December 17, 2023
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Calgary, AB T3E 6L1

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Notice to Creditors and Claimants
Estate of Mark Michael Healy who died on May 13, 2024
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with: Darius L. Bennett
@ Kueffer Stevenson Bennett LLP
at: 1400, 717 - 7th Avenue SW
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NOTICE TO CREDITORS AND CLAIMANTS
Estate of SHARON ANN DOYLE who died on June 3, 2024
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Second teen sentenced in killing

Girl among eight linked to death of homeless man

PAOLA LORIGGIO

TORONTO • The second teen to be sentenced in the death of a Toronto homeless man will not serve any more time in custody but will spend close to two years under probation.

The girl pleaded guilty to manslaughter earlier this year in the 2022 death of Kenneth Lee, a 59-year-old man who was living in the city's shelter system.

In a hearing Tuesday, the girl — who was 13 at the time — was given credit for 15 months of pre-sentence custody and ordered to serve 21 months of probation under an Intensive Support and Supervision Program.

Justice David Stewart Rose noted the girl apologized in court for the pain she has caused and has insights into her conduct, which he said is important in meeting the sentencing goal of accountability.

Rose pointed to the fact that the girl was forced to strip naked during six searches at two facilities where she was held, and was placed in isolation for 24 hours after a judicial order prohibited strip searches, as a "significant mitigating factor."

"There is nothing to be gained by further custody," Rose said.

The judge said no risk assessment was included in the girl's pre-sentencing reports, but that he deemed her to be a real risk to reoffend violently if she doesn't undergo extensive treatment and counselling over the next few years.

"Her rehabilitation and reintegration require significant therapeutic intervention," he said. "(The girl) is at a delicate stage in her life. With effective help, there is reason to be optimistic that she will move into a pro-social adult life."

The girl also faces a 10-year weapons ban as part of her sentence and must maintain mental-health treatment or counselling as set out by the supervision program. As well, she cannot have any contact with her co-accused for the duration of the probation order.

Another girl who also pleaded guilty to manslaughter in the case was sentenced last month to 15 months of probation under an Intensive Support and Supervision Program after she was credited for 15 months of pre-sentence custody.

Police have alleged that Lee died after he was swarmed and stabbed by a group of girls.

Eight teens, all between the ages of 13 and 16 at the time, were arrested and charged in the case.

The Canadian Press



Kenneth Lee

We know you'd be with us today if heaven wasn't so far away.

-Anonymous

McGILL UNIVERSITY

LAW PROFESSORS TO SUSPEND STRIKE, RESUME CLASSES

McGill University law professors will return to classrooms this week after their union suspended a strike that had lasted since the start of the fall semester. The school's administration and the Association of McGill Professors of Law say they will develop a system to negotiate collective agreements jointly with other faculty unions, and classes will resume by Oct. 3. McGill has been pushing for faculty unions to work together to avoid what it calls a "Kafkaesque situation" that would require the administration to negotiate separately with a multitude of unions. The union says if an agreement on collective bargaining is reached by Oct. 7, the university will drop its legal challenge of the law faculty's right to unionize — the professors' key demand since they elected to strike in late August. *The Canadian Press*



'Pseudo-legal arguments' fail to sway court

ALBERTA

Woman loses bid to get daughter returned to her

CHRIS LAMBIE

A woman with Métis roots whose 10-year-old daughter was placed in the permanent care of Alberta Child and Family Services because she kept taking her to the doctor to diagnose ailments the little girl didn't have has lost her bid to get the child back using pseudo-legal arguments.

The mom, identified only as MD in a recent decision out of Calgary's Court of King's Bench, wanted the judge to fine Alberta \$100 million for each year she was separated from her daughter.

"MD applies for a writ of habeas corpus seeking the return of her daughter, CD, who was removed from her care by Children and Family Services in late 2020," Justice Colin Feasby said in a written decision.

But the "appropriateness" of the daughter's removal was confirmed in a 17-day trial last year, Feasby said.

The mom didn't have any new evidence to support her case and relied on an order from the Alliance of Indigenous Nations Tribunal "that purports to direct the return

of CD and impose a penalty of \$100 million for each year that CD was wrongfully separated from MD," said the judge. "MD, with the aid of Spirit Warrior (aka Glenn Bogue), advances an array of pseudo-legal arguments that reject the authority of this court and the legitimacy of the Canadian state."

The mom's case "is without merit and a collateral attack on the trial decision of the Alberta Court of Justice," the judge said in his Sept. 25 decision. He dismissed her habeas corpus application, often used by people who feel that they are being wrongfully detained.

The mom "provided no evidence or argument that gives any basis for questioning the comprehensive findings" of the Calgary family court judge who placed her daughter in care, Feasby said.

In that decision, Justice Nick D'Souza "concluded that MD posed a serious and ongoing risk to CD's wellbeing and that CD should not be returned to MD," Feasby said. "His decision stands unless and until it is overturned on appeal. There is nothing before the court on this application that suggests that the apprehension of CD was improper or illegal."

The mother was repeatedly subjecting her daughter to medical examinations and procedures "to diagnose ailments that she did not have," according to the decision. "MD explained in oral argu-



KEVIN MARTIN / POSTMEDIA NEWS FILES

A judge ruled that a mother's case to be reunited with her daughter "is without merit and a collateral attack on the trial decision of the Alberta Court of Justice."

ments that CFS accused her of 'Munchausen Syndrome by Proxy' (now called Factitious Disorder Imposed on Another)."

D'Souza heard the mother "was heavily engaged in seeking out more and more invasive medical interventions. The results of these interventions was that CD did not have any of the ill-

nesses or diseases that MD claimed she had. MD was not willing to accept any of these diagnoses."

The judge called the order from the Alliance of Indigenous Nations Tribunal "a fabrication designed to mislead the court and intimidate or defraud the Government of Alberta."

The alliance "is not rec-

ognized by the Government of Canada or by any court in Canada as having the power and authority to issue legally binding orders," Feasby said, noting it "appears to have been formed for the purpose of abusing court processes under the guise of asserting Indigenous rights."

Spirit Warrior, who dubs himself the alliance's attorney general, has used its orders in other Canadian proceedings without success, said the judge, noting that seeking to enforce such an order may constitute fabricating evidence. Feasby directed his clerk to send a copy of his decision to Alberta's attorney general "so that he may assess whether further action is appropriate or refer the matter to law enforcement authorities for investigation."

The judge called Spirit Warrior "a pseudo-legal guru," noting he is "intelligent, charismatic, and seems to believe the arguments that he advances."

Those qualities "make him attractive to desperate litigants like MD," Feasby said. "I am also mindful that Spirit Warrior's pseudo-legal activities may be rooted in mental illness as the Law Society of Ontario tribunal found prior to suspending him. With that said, he cannot be allowed to continue to waste public resources and inflict his distorted understanding of the law on courts, the public, and unwitting litigants. Accord-

ingly, Spirit Warrior is not permitted to act as MD's Indigenous litigation representative in this proceeding."

The mom's conduct "in this case is also problematic," said the judge. "She repeated many of Spirit Warrior's pseudo-legal arguments, made accusations that Calgary judges are corrupt (in her view the ones in Edmonton are not), and explained that the Alberta Government was out to get her. Amongst other things, she believes that government agents burned her house down."

Her "conspiratorial thinking and adoption of pseudo-legal arguments is understandable given the trauma that she experienced in losing her child," said the judge.

"As with Spirit Warrior, I do not question MD's sincerity. But that does not mean that she has licence to waste public resources making frivolous applications and appeals. MD had her day in court — 17 days, in fact. And she has the right to pursue the appeal process all the way to the Supreme Court of Canada. But she does not have the right to persistently command the resources of this court on a priority basis to make meritless and abusive applications and appeals."

The little girl now lives with her mother's half-brother and his wife. The court has heard "that she is happy where she is and does not wish to return to MD."

National Post

The New York Times Crossword

Edited by Joel Fagliano

No. 0828

ACROSS

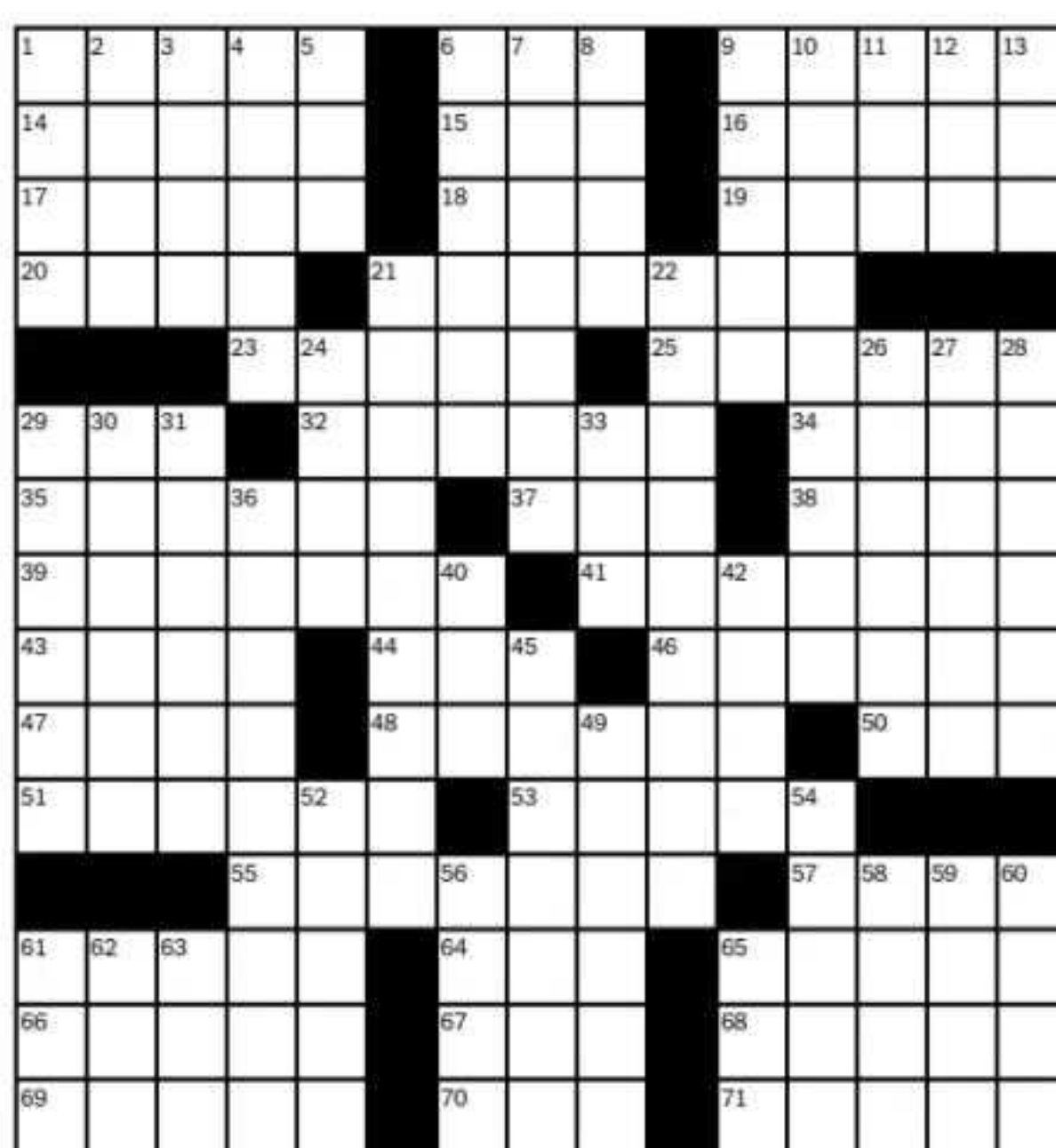
- 1 Chicken par_ in fat
- 6 Last word, at times
- 9 Hurdles for doct_ students
- 14 Lover boy
- 15 Bronx politician with a noted 2018 upset, familiarly
- 16 Clay figure in Jewish folklore
- 17 Referring t_ est
- 18 Onetime studio with a broadcast tower in its logo
- 19 I_ at terrifies thanatophobes
- 20 Has the stage
- 21 Participants in a 140.6-mile race
- 23 Prenatal diagnostic, in brief
- 25 Because
- 29 Cropped photo?
- 32 Made amends for wh_ id

- 34 Something that can be "dominant"
- 35 Comfortable
- 37 Up there, so to speak
- 38 Outline
- 39 They pu_ tuff
- 41 "Star Tre_" ot heard on the original series
- 43 Account
- 44 Snap back?
- 46 Famous failures of the '50s
- 47 Maker of Aspire laptops
- 48 Another word fo_ awag
- 50 A Venusian one lasts eight Earth months
- 51 "Being and Nothingness" author
- 53 Venerable teachers
- 55 Casual greeting
- 57 Tuscan city on the Arno River

- 61 Street feature needed after a har_
- 64 Word with tail or tight
- 65 Pitcher's positio_ e lineup, historically
- 66 Going places?
- 67 Smoothie bar supply
- 68 Title role of 1966 and 2004
- 69 It'_ n on a vampire hunt
- 70 Like many autumn leaves
- 71 Tempe_ onsoon, e.g.

DOWN

- 1 Counselor on the Enterprise
- 2 Sexual attraction, with "the"
- 3 Texter's qualifier
- 4 Actress Davis
- 5 Opposite of vert.
- 6 Spanish-speaking neighborhood
- 7 Half of the couple on the iconic Rolling Stone cover of 1/22/81
- 8 Subj. for Milton Friedman
- 9 Nash who wrote "A door is what a dog is perpetually on the wrong side of"
- 10 Units of X-ray exposure
- 11 In the manner of
- 12 Court call
- 13 Texter's "Unbelievable"
- 21 Make sense of
- 22 "When your broad mind and narrow waist begin to change places," per E. Joseph Cossman



PUZZLE BY JESSE GOLDBERG

- 24 Broadway "Auntie"
- 26 Placed bets on both sides
- 27 Neighbor of Zambia and Namibia
- 28 Itsy-bitsy
- 29 Foods with names often ending in "i"
- 30 Ivy League city surrounded by more than 150 waterfalls
- 31 Fury
- 33 Animal with a bugle-like mating call
- 36 Analyze to a fault
- 40 Site of many wrecks
- 42 Going nowhere
- 45 Lifeblood
- 49 Checked the IDs of
- 52 Often-skipped step when making rice
- 54 Like the proverbial milk
- 56 Will figure
- 58 411
- 59 Energize
- 60 "Beg pardon ..."
- 61 They often mix up lyrics
- 62 Spoil
- 63 Exclamation of enlightenment
- 65 Grammy winner for Best Rap Album in 2021

ANSWER TO PREVIOUS PUZZLE



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Barrick Gold Corp. and Mali's military leadership have agreed to resolve a dispute over the company's assets in the West African nation. "Barrick and the government of Mali have agreed to find a global resolution to the existing claims and disputes between the government and Barrick's Loulo and Gounkoto gold mining companies," the Toronto-based miner said in an emailed statement Monday. Details of the agreement will



be made public once the terms of the settlement have been finalized, according to the statement, which follows a Reuters report of the arrest of four Barrick employees. Mali's junta in 2023 adopted a new mining code that could see the government increase its stake to 35 per cent in existing gold mines. Mining companies operating in Mali have come under pressure to adhere to the new law. *Bloomberg*

'Buckle up' for new era of competition enforcement: watchdog

JORDAN GOWLING

The country's top competition watchdog is warning corporate Canada to "buckle up" for a new era of enforcement that will feature tougher merger controls, steeper financial penalties and more frequent challenges, following several rounds of changes to the Competition Act.

"Today, we have a law that is significantly stronger, one that finally addresses many of the long-standing inadequacies of the Competition Act," Matthew Boswell, commissioner of the Competition Bureau of Canada, said in prepared remarks for a speech delivered Friday at the Canadian Bar Association Competition Fall Law Conference.

The act has gone through three rounds of amendments in the last three years, with the latest changes enacted by Parliament in June.

The most recent round strengthened the watchdog's ability to target deceptive marketing practices such as bogus discount claims, unsupported environmental claims and drip pricing, a tactic through which fees and other charges are added to the promoted price of an item.

These changes have already played out in the Competition Tribunal's decision last week to levy a \$38.9-million fine against Cineplex Inc., for obfuscating a hidden booking fee of \$1.50 for theatregoers who decided to buy their tickets online.

"The decision sends a strong message that businesses should not engage in drip pricing and need to display their full prices upfront whenever additional fees are mandatory for consumers," Boswell said. "Businesses that fail to comply with the law risk significant financial penalties."

In addition to stiffer fines, the latest changes also give the bureau more effective merger controls. Boswell said this won't change much for most mergers but will instead allow the watchdog more powers when a merger has significant competition issues or is happening in concentrated sectors of the economy.

Boswell highlighted the repeal of the efficiency defence, which previously prevented the Competition Tribunal from making an order against a merger, if it could be proven the benefits outweighed the anticompetitive effects.

"In those cases, some parties will simply need to be well prepared to explain their proposed merger," Boswell said. "But for those ill-conceived deals that are particularly anticompetitive, in this new era, those ideas should never leave the boardroom."

Financial Post



Port of Miami dockworkers picket near the port entrance on Tuesday. The International Longshoremen's Association is seeking higher wages and a rollback of the language on automation in a six-year contract that expired at 12:01 a.m. ET on Tuesday. *GIORGIO VIERA/AFP VIA GETTY IMAGES*

Dockworkers' strike shuts key ports, threatening economy, supply chain

U.S labour action comes on heels of three-day walkout at Port of Montreal

LAURA CURTIS

Dockworkers have walked out of every major port on the U.S. East and Gulf coasts, marking the beginning of a strike that could ripple through the world's largest economy and cause political turmoil just weeks before the presidential election.

The affected ports have the combined capacity to handle as much as half of all United States trade volumes, and the strike will halt container cargo and auto shipments. Energy supplies and bulk cargo won't be affected. Some exceptions will be made to allow for the movement of military goods and cruise ships.

The U.S. strike comes after dockworkers kicked off a three-day strike at the Port of Montreal on Monday.

The significance of a work stoppage at every major container port from Houston to Miami and New York-New Jersey depends on how long the strike lasts. The economic loss from the shutdown, which began at 12:01 Tuesday morning ET, will be between US\$3.8 billion to US\$4.5 billion a day, according to JPMorgan Chase & Co.

A backup resulting from a week-long strike would take about a month to clear, according to Grace Zwemmer at Oxford Economics.

The International Longshoremen's Association is seeking higher wages and a rollback of the language on automation in six-year contract that expired at midnight. Union leader Harold Daggett has for months threatened a strike starting on Oct. 1 if no deal is reached before the deadline. The last time East and Gulf Coast dockworkers went on strike was in 1977. "We are prepared to fight as long as necessary, to stay out on strike for whatever period of time it takes," Daggett said in a statement posted to Facebook. The last offer from the companies "fell far short of what ILA rank-and-file members are demanding in wages and protections against automation."

The ocean carriers and terminal operators represented by the U.S. Maritime Alliance, also known as USMX, have accused the ILA of refusing to negotiate since the union called off talks back in June. A strike was all but certain until Monday afternoon, when reports emerged that the White House has been in communication with the two sides over the weekend and some progress has been made on wages.

U.S. President Joe Biden, who prides himself on being pro-union, has said the dispute is a matter for collective bargaining and he wouldn't invoke his authority under national security laws to or-

der dockworkers back to the ports while negotiations continue.

Trade, transportation and retail industry groups have been urging the White House to intervene to prevent or stop a strike.

"It would be unconscionable to allow a contract dispute to inflict such a shock to our economy," Suzanne Clark, CEO of the U.S. Chamber of Commerce, wrote in a letter to Biden on Monday. "Taft-Hartley would provide time for both parties in negotiation to reach a deal on a new labour contract," Clark continued, referring to the 1947 congressional act that allows a president to intervene in labour disputes that involved national security.

ILA leader Daggett has warned the White House not to intervene, and said if forced back, dockworkers would handle fewer containers than usual, slowing operations.

"We are prepared to fight as long as necessary, to stay out on strike for whatever period of time it takes."

The union hasn't endorsed a presidential candidate, though according to Daggett, former president Donald Trump, "promised to support the ILA in its opposition to automated terminals" during a meeting last fall. Neither Trump nor Vice President Kamala Harris has drawn public attention to the strike threat.

"Moments ago, the first large-scale eastern dockworker strike in 47 years began at ports from Maine to Texas, including at the Port Authority of New York and New Jersey," New York Gov. Kathy Hochul said a statement just after midnight.

"In preparation for this moment, New York has been working around the clock to ensure that our grocery stores and medical facilities have the essential products they need," she said.

Meanwhile, the flow of goods has already been impacted by the threat of disruption. Many importers brought their goods in early or through West Coast ports to mitigate the risk. Port terminals up and down the coasts have been winding down operations ahead of the midnight deadline, and railroads are also pulling back service.

"The most important thing is going to be for the carriers, shippers and workers to come to terms," said Transportation Secretary Pete Buttigieg on Bloomberg Television's Balance of Power.

"There's really no substitute for the ports being up and running." *Bloomberg*

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FINANCIAL POST | Z S A



When it comes to "a buck is a buck is a buck," the efforts that go into creating that buck are certainly not the same, Kim Moody writes.

GETTY IMAGES / ISTOCKPHOTO

COMMENT

Better capital gains regime will bolster the economy

KIM MOODY

Last week, I appeared as a witness before the House of Commons finance committee regarding the proposed capital gains inclusion rate increase, and it was not surprising to hear the Liberal and NDP committee members, and their witnesses, go on about the merits of the capital gains inclusion rate proposal.

It's exhausting to listen to such nonsense. Some of that nonsense? "Studies have concluded that a high capital gains inclusion rate — or full taxation — of capital gains has no impact on a country's economic results." Yeah, right. For every such study, I'll show you three that say otherwise.

The most recent research, released by economist Jack Mintz last week, concludes that the inclusion rate increase will cause Canada's capital stock to fall by \$127 billion, employment will decline by 414,000, gross domestic product (GDP) will fall by almost \$90 billion and real per-capita GDP will decline by three per cent. Troubling conclusions.

"tax breaks" or "fairness" when it's obvious they do not have a fulsome understanding of our country's tax system.

But my favourite is "a buck is a buck is a buck." That line is a summarized phrase from the recommendations of the Royal Commission on Taxation that was convened in 1962 to study the taxation system and make suggestions for improvement.

After four years of study, the commission released its landmark report in 1966. Many of its recommendations were controversial. Some were ultimately implemented (with some modifications) and others were outright rejected.

The recommendation to move to a family taxation system is an example of one being outright rejected (wrongly, in my view). Generous employment expense deductions was another that was rejected (rightly, in my view). The full taxation of capital gains recommendation was modified (rightly, again).

In 1966, Canada's population and economy were much smaller than they are today. Our taxation system was in its infancy. Capital gains were not taxable. There

was much mischief involved in planning to create capital gains (that might otherwise be taxable income) or in taxpayers taking the position that certain economic wins were capital gains.

Accordingly, the commission said the following with respect to capital gains: "A dollar gained through the sale of a share, bond or piece of real property bestows exactly the same economic power as a dollar gained through employment or operating a business. The equity principles we hold dictate that both should be taxed in exactly the same way. To tax the gain on the disposal of property more lightly than other kinds of gains or not at all would be grossly unfair."

Thus, the famous "a buck is a buck is a buck" line was born. This short-shrift summary of a complex topic is something I've never agreed with. I do agree that the result of various economic activities, "a buck," is the same, but the efforts that go into creating that buck are certainly not the same.

In 1969, the government of the day — the Liberals — agreed that capital gains should indeed be taxable, but rejected the com-

mission's logic as documented in then-finance minister Edgar Benson's famous Proposals for Tax Reform paper released that year.

"The government rejects the proposition that every increase in economic power, no matter what its source, should be treated the same for tax purposes. This proposition, put forward forcefully by the Royal Commission on Taxation, has often been summarized rather inelegantly as 'a buck is a buck is a buck.' But although the government does not accept this theory in all its splendid simplicity, neither does it believe that the distinction between a so-called 'capital gain' and an income receipt is either great enough or clear enough to warrant the tremendous difference from being completely exempt and being completely taxable."

I agree that phrase is rather inelegant and, again, too simplistic. It ignores an important feature that other countries around the world recognize when treating capital gains preferentially from a tax perspective: risk.

"Put me on record as an advocate for a low inclusion rate

— like 50 per cent — since that lower inclusion rate provides incentive and acknowledgment of a key issue that most people experience when they originally invest capital to generate such gains. That key differentiator is 'risk.'" I said in my opening remarks at the recent committee meeting.

"It takes guts to buy land, build a building and rent it out, buy a farm, start or buy a business. Most Canadians are not wired to accept that risk ... (but) the ones that can hang on and make something out of their risky venture usually have spinoff benefits for a large number of Canadians. Canada needs to encourage the creation of more entrepreneurs and investment in our country, and a lower capital gains inclusion rate is one of those policy tools that has historically helped with that."

Employment risk is not entrepreneurial or investor risk. It's completely different. For those who say it is, I often challenge them to "put their money where their mouth is" and become an entrepreneur.

By that, I don't mean your small, one-man-band consulting business. Invest your life savings into a real business. Get a bank loan to purchase your investment. Sweat a bit about making payroll or the mortgage payments on your building. Take some real business risk. If you accept my challenge, I'm guessing you'll soon stop trumpeting your former rallying cries of "fairness" and "a buck is a buck is a buck."

You might then truly understand why it's important to have governments that encourage entrepreneurship, with preferential treatment of capital gains being one of those policy tools to provide such encouragement.

Financial Post
Kim Moody, FCPA, FCA, TEP, is the founder of Moody's Tax/Moody's Private Client, a former chair of the Canadian Tax Foundation, former chair of the Society of Estate Practitioners (Canada) and has held many other leadership positions in the Canadian tax community. He can be reached at kjcm@kingcmoody.com

U.S. stocks to outshine bonds in Q4: survey

LIZ CAPO MCCORMICK, ISABELLE LEE and RUTH CARSON

Stocks in the United States will outperform the country's government and corporate bonds for the rest of this year as the U.S. Federal Reserve keeps cutting interest rates, the latest Bloomberg Mar-

kets Live Pulse survey shows.

Exactly 60 per cent of the 499 respondents said they expect U.S. equities will deliver the best returns in the fourth quarter. Outside the U.S., 59 per cent said they prefer emerging markets to developed ones. And as they ramp up these bets, they're avoiding traditional ports of calm, such

as U.S. Treasuries, the greenback and gold.

It's a risk-on view that dovetails with bullish calls emerging on Wall Street after the Fed's half-point rate cut in September. China's biggest stock rally since 2008 after President Xi Jinping's government ramped up economic stimulus also helped boost the bullish attitude.

"The biggest challenge that the U.S. economy has been facing is actually high short-term interest rates," said Yung-Yu Ma, chief investment officer at BMO Wealth Management. "We'd already been leaning into risk assets and leaning into U.S. equity" and "if there were a pullback, we would consider even adding to that."

The Fed slashed its benchmark rate from the highest level in two decades on Sept. 18, and the median official forecast projected

an additional half-point of easing across meetings in November and December.

The MLIV Pulse survey said 59 per cent expect the Fed to deliver quarter-point cuts at each of those two gatherings, but 34 per cent anticipate steeper reductions, totaling three-quarters of a point or a full point. That's more in line with swaps traders, who are pricing in a total of around three-quarters of a point of cuts by year-end.

Bloomberg

20
25

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 24,033.99 +33.62 +0.14%	 58709 +5.97 +1.03%	 42,156.97 -173.18 -0.41%	 17,910.36 -278.81 -1.53%

NORTH AMERICAN INDEXES

TORONTO STOCK EXCHANGE

Index	Close	Net ch	% ch	Vol 00s	Day high	Day low	52wk high	52wk low	Wk %ch	YTD %ch	52wk %ch
Capped Energy	272.21	+8.94	+3.4	688517	272.89	260.73	307.77	230.69	+1.1	+12.5	+1.2
Capped Materials	402.54	+3.90	+1.0	437020	403.52	397.21	415.66	278.81	-0.5	+27.0	+28.8
Global Mining	129.97	+1.24	+1.0	1466328	130.18	128.36	131.95	98.57	+2.3	+14.6	+26.4
Global Gold	373.95	+5.34	+1.4	523841	376.73	370.43	370.43	238.95	-2.0	+31.4	+48.2
Capped Industrials	458.22	-3.49	-0.8	97437	461.21	457.09	474.16	373.27	-0.6	+8.5	+16.2
Capped Consumer Disc	295.20	-1.94	-0.7	49333	297.12	293.55	300.40	248.42	+0.1	+8.0	+14.8
Capped Consumer Stap	1,034.30	-3.97	-0.4	37060	1,039.08	1,030.92	1,046.13	809.00	+0.4	+19.5	+26.4
Capped Health Care	270.5	-0.35	-1.3	20446	273.7	270.0	28.80	19.84	nil	+14.0	+18.6
Capped Financials	452.97	-1.04	-0.2	637040	453.90	449.76	455.73	318.78	+0.8	+18.0	+31.8
Capped Info Tech	236.24	-3.85	-1.6	112531	240.24	234.84	241.98	166.15	-0.7	+11.0	+31.8
Capped Telecom	166.55	-0.75	-0.4	61635	167.45	165.89	181.83	144.60	+0.2	-3.5	+4.2
Capped Utilities	314.79	-0.06	nil	134701	315.60	313.09	316.84	246.90	+1.7	+11.4	+19.1
Capped Real Estate	353.34	-1.37	-0.4	52982	354.70	352.12	356.44	260.83	-0.3	+14.2	+25.1
S&P/TSX Composite	24,033.99	+33.62	+0.1	2512186	24,065.82	23,875.68	24,107.00	18,692.06	+0.3	+14.7	+23.0
Capped Composite	27,845.15	+38.95	+0.1	2512186	27,882.02	27,661.73	27,929.74	21,656.13	+0.3	+14.7	+23.0
TSX Unweighted	421.60	+1.72	+0.4	2512186	n.a.	n.a.	421.82	322.36	+0.3	+18.6	+25.0
S&P/TSX 60	1,439.73	+0.91	+0.1	1420515	1,441.92	1,430.51	1,444.23	1,122.19	+0.3	+13.8	+22.8
S&P/TSX 60 Capped	1,592.05	+1.00	+0.1	1420515	1,594.47	1,581.86	1,597.02	1,240.92	+0.3	+13.8	+22.8
S&P/TSX Completion	1,450.97	+6.66	+0.5	1091667	1,452.21	1,440.30	1,455.14	1,118.13	+0.5	+18.3	+23.9
S&P/TSX SmallCap	816.00	+2.73	+0.3	795982	818.17	810.35	823.79	638.68	-0.2	+16.2	+22.4
Income Trust	231.05	-1.53	-0.7	58135	233.00	230.47	233.36	168.41	+0.6	+11.3	+20.7
Capped REIT	177.39	-0.58	-0.3	48045	178.09	176.70	179.86	136.42	-0.5	+10.2	+18.7

COMMODITIES

NYMEX GAS


US\$2.90
-US3¢

GOLD


US\$2,667.30
US\$31.20

SILVER


US\$31.58
US40¢

CRUDE OIL PRICING


WEST TEXAS INTERMEDIATE
US\$70.31
US\$1.56

For information purposes only, from most recent daily pricing figures available.

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DIFFERENTIAL (WTI-WCS)/BBL

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0.00%

CANADIAN LIGHT SWEET OIL/BBL

n.a.
0.00%

GAS BENCHMARKS

DAILY SPOT HENRY HUB/MMBTU

US\$2.90
-0.92%

DAILY SPOT AECO/MMBTU

CA\$0.36
+200.00%

TSX

MOST ACTIVE

	Vol 00s	Cls	Ch
TD Bank	113450	85.89	+0.37
Cdn Natural Res	104775	46.92	+2.01
Bank of NS	88759	73.53	-0.16
Power Corp SV	85226	42.52	-0.14
TC Energy Corp	84540	65.26	+0.97
Baytex Energy	76762	4.22	+0.18
Cenovus Energy	69008	23.16	+0.54
Manulife Finl	61212	39.85	-0.12
CIBC	60445	81.59	-1.37
Suncor Energy	56594	51.92	+2.00

TOP % GAINERS

	Vol 00s	Cls	Ch
PostmediaNtwk C	5	142	+10.9
CareRx Corp	87	2.02	+9.2
McCoy Global In	390	2.60	+8.3
AKITA Dril ANV	920	1.63	+7.9
Obsidian Energy	5149	8.09	+7.7
BtaProCpEn2xDBu	1278	28.10	+6.7
Caldwell Ptr	123	1.13	+6.6
BP S&P VIx STF	5564	9.44	+6.4
BtPrCrOilDBull	33733	11.99	+6.1
STLLR Gold Inc	2232	1.30	+5.7

TOP % LOSERS

	Vol 00s	Cls	Ch
BriaCell Therap	6721	1.07	-34.4
Aurora Cannabis	6662	7.28	-8.5
Canopy Growth C	17076	5.98	-8.1
BlackBerry	33821	3.29	-7.6
BtaProCpEn2xDBe	1120	4.17	-6.7
Bitfarms	33697	2.66	-6.7
Hut 8 Corp	14201	15.56	-6.2
BPrCrOilLevDyBr	38063	7.25	-6.1
Quipt Home Medi	285	3.71	-5.6
Fid Adv Ether	9	44.75	-5.3

NASDAQ

TOP % GAINERS

	Vol 00s	Cls	Ch
GDEV Inc	84	34.80	+41.3
Jowell Global	601	2.48	+37.8
XCHG A	669	13.60	+33.5
China Jo-Jo	625	2.80	+29.0
QuantaSing ads	3324	2.97	+28.0
LexinFintech HI	36541	3.45	+26.8
TCTM Kids IT Ed	2148	1.70	+25.0
Nuwellis Inc	2882	1.48	+24.4
Benitec Biophar	378	11.05	+20.2
Viomi Tchnlgy A	846	1.82	+17.4

TOP % LOSERS

	Vol 00s	Cls	Ch
Shattuck Labs	12669	1.92	-45.0
Guardian Hlth S	2918	3.23	-41.7
BriaCell Therap	36012	0.81	-34.7
ZW Data Action	593	3.30	-25.0
Monopar Therape	384	5.08	-24.6
Big Tree Cloud	1286	3.70	-22.9
Eco Wave Pwr Gl	214	4.65	-21.5
VivoPower Intl	1030	0.80	-20.0
Connexa Sports	135	7.59	-18.3
ExcelFin Acquis	49	9.24	-18.2

NYSE

TOP % GAINERS

	Vol 00s	Cls	Ch
CNFinance Hldgs	1680	1.95	+55.7
Utd Natrl Foods	12113	21.96	+30.6
Yirendai Digita	2651	7.30	+28.3
KE Hldgs	61259	23.38	+17.4
Arcos Dorados	6807	9.99	+14.6
Nine Enrg Svc	2468	1.29	+14.2
Xinyuan RE	152	4.96	+13.5
LandBridge Co L	1632	44.13	+12.8
X Finl	532	7.39	+12.0
Trinseo PLC	1604	5.70	+11.5

TOP % LOSERS

	Vol 00s	Cls	Ch
SITE Centers Co	9872	17.06	-71.8
Amentum Hldgs	18805	25.75	-20.2
aka Brands Hldg	45	19.66	-16.7
China Green Ag	20	2.17	-13.9
Montrose Envrmm	2878	22.99	-12.6
Humana	10219	27.45	-11.8
Zep Health Cor	216	3.89	-10.6
GCT Semiconduct	578	3.00	-10.4
MOGU ADS	28	2.30	-10.2
MoneyLion Inc	539	37.41	-10.0

TSX VENTURE

TOP % GAINERS

	Vol 00s	Cls	Ch
Saga Mtls	815	0.385	+28.3
New Energy Meta	232	0.30	+25.0
Right Season In	10	1.05	+23.5
Gold Reserve	258	2.51	+16.7
Galleon Gold Co	1050	0.285	+14.0
NexLiving Commu	11	2.50	+13.6
Eminent Gold Co	10175	0.30	+13.2
Perimeter Med I	1084	0.56	+13.1
Midnight Sun	7611	0.33	+11.9
Critl Ele Lithm	6765	0.53	+11.6

TOP % LOSERS

	Vol 00s	Cls	Ch
SouthGobi Res	15	0.63	-16.0
PattersonMetals	90	0.55	-15.4
ONGold Res	5	0.46	-11.5
Kingsmen Resour	551	0.25	-10.7
SthPacificMtls	465	0.60	-10.4
Pantera Silver	595	0.27	-10.0
Panoro Mnrls	1804	0.28	-9.7
Koryx Copper In	1094	1.11	-9.0
Lion One Metals	8933	0.32	-8.6
Char Technologi	175	0.24	-7.7

Index	Close	Net ch	% ch	Day high	Day low	52wk high	52wk low	52wk %ch
FINANCIAL POST								
FPX Growth	7161.33	-11.28	-0.2	n.a.	n.a.	7178.65	5,805.98	+21.0
FPX Balanced	6138.99	-3.50	-0.1	n.a.	n.a.	6142.48	5,120.93	+18.5
FPX Income	5,239.52	+2.91	+0.1	n.a.	n.a.	5,239.52	4,478.29	+15.8
TSX VENTURE EXCHANGE								
Composite	58709	+5.97	+1.0	58712	578.58	623.85	506.65	+5.0
DOW JONES								
Industrials	42,156.97	-173.18	-0.4	42,322.36	41,945.63	42,628.32	32,327.20	+25.8
Transportation	16,103.86	-190.64	-1.2	16,262.15	15,936.03	16,413.23	13,471.47	+7.6
Utilities	1,065.16	+5.16	+0.5	1,070.03	1,054.94	1,070.03	768.67	+30.4
Composite	13,477.94	-65.63	-0.5	13,526.63	13,395.31	13,609.44	10,564.68	+21.2
NEW YORK STOCK EXCHANGE								
Composite	19,473.93	-42.51	-0.2	19,529.07	19,384.83	19,597.32	14,638.37	+26.5
Energy	13,833.42	+288.91	+2.1	13,879.81	13,442.57	15,093.27	12,539.06	-0.1
Financial	11,600.75	-76.39	-0.7	11,677.14	11,536.78	11,754.37	8,131.53	+33.8
Health Care	27,510.10	-146.79	-0.5	27,683.46	27,418.20	28,535.72	21,941.17	+19.9
NYSE MKT								
Composite	5,205.37	+123.23	+2.4	5,208.86	5,071.87	5,336.11	4,332.72	+13.3
Major Market	3,855.88	-17.96	-0.5	3,873.84	3,841.94	3,889.35	2,949.62	+26.5
NASDAQ STOCK MARKET								
Composite	17,910.36	-278.81	-1.5	18,162.72	17,779.77	18,671.07	12,543.86	+35.5
Industrials	10,587.04	-55.32	-0.5	10,633.21	10,489.54	10,786.43	7,954.95	+23.3
Insurance	16,403.09	+113.73	+0.7	16,467.05	16,268.07	16,467.05	11,647.04	+37.5
Banks	4,060.15	-120.07	-2.9	4,160.27	4,048.81	4,436.47	2,791.43	+33.9
Financial	11,651.40	-63.40	-0.5	11,729.75	11,578.39	11,776.07	9,176.29	+20.0
Transportation	6,723.64	-73.52	-1.1	6,768.85	6,654.32	7,359.98	5,531.03	+11.9
Telecomms	445.35	-1.73	-0.4	446.15	440.78	447.		

What used to be one of baseball's most magical numbers — 61 home runs in a season — now sits buried, eight lines deep, in the MLB record book. The number at the top of that record book — 73 home runs (Barry Bonds) — is steeped in a steroid-addled purgatory, but it remains there, nonetheless. These days, breaking that record is more of a wild-eyed aspiration than a realistic goal in a game that has largely been cleaned up.



"It's good to dream, good to hope and always good to shoot for those goals, but I think that one's a little untouchable," said New York Yankees slugger Aaron Judge, pictured, whose 62 homers in 2022 is the American League record. Judge's manager, Aaron Boone, would like to think no record is unbreakable. "I wouldn't put it past anyone as talented as Aaron or Shohei (Ohtani)," Boone said. *The Associated Press*



Andrei Kuzmenko had 14 goals and 11 assists in 29 games after joining the Flames in a trade with the Vancouver Canucks last season. *JEFF ROBERSON/THE ASSOCIATED PRESS FILES*

KUZMENKO CAN GIVE FLAMES' ATTACK A JOLT

Offensive skill set undeniable after putting up 39 goals with Canucks two seasons ago



DANNY AUSTIN

This won't be the last time you see Andrei Kuzmenko in three-on-three action for the Calgary Flames.

Head coach Ryan Huska gave him a shot in overtime on Monday night, though, and liked what he saw.

With proceedings all tied up against the Seattle Kraken and headed toward a shootout, Kuzmenko pulled off a dazzling bit of trickery to shake off Andre Burakovsky and feed the puck to Nazem Kadri for the Flames' OT winner.

It was the type of play that's going to get any coach imagining the possibilities.

"That's the first time we've used him in three-on-three, so we'll probably do it again," said Huska.

Kuzmenko is one of the great curiosities of this year's Flames team. His offensive skill set is undeniable. He scored 39 goals in his first NHL season with the Canucks in 2022-23 after tearing up the KHL.

After a start-stop half-season in Vancouver last season, he joined the Flames and immediately scored 14 goals and added 11 assists in 29 games.

He's quick, shifty and can stick-handle out of a phone booth.

That's a skill set that makes him extremely dangerous on the power play and in overtime, as he proved Monday night.

"I like three-on-three," Kuzmenko said Tuesday from the Saddledome. "I like it, there's a lot of space and it's interesting because every moment is so different.

"I (waited) last season for three-on-three, but we don't have a game or a shootout after the overtime."

So far this pre-season, Kuzmenko has mostly been on a line with Kadri and Yegor Sharangovich.

That's a trio that has potential to put up some serious numbers.

Remember that Kadri led the Flames last season with 75 points (29 goals and 46 assists). Sharangovich was the team's top goal scorer in 2023-24 with 31, and was second in points with 59. And Kuzmenko, of course, was

"I like three-on-three. I like it, there's a lot of space and it's interesting because every moment is so different.

just short of a point-per-game in the 29 games he played with the Flames.

There's firepower there, to be sure.

And while Kuzmenko's got a well-earned reputation for having a mean shot, his abilities on the puck should open opportunities for the other two as well.

That definitely happened in overtime Monday. Kuzmenko picked the puck up in the Kraken's corner and carried it back to the blue line before making a sharp cut to lose Burakovsky, hesitating for just a second — which drew the Kraken's other two defenders toward him — and

then casually fed the puck to Kadri, who had a wide open net in front of him.

"He certainly has that skill set," Kadri said. "I saw him round the corner up top and realized he had beat his guy, so I put on the brakes up front and good things always happen when you do that."

"Great vision by him, great pass, great to finish it off."

Kuzmenko is an unrestricted free agent next summer, so there will be trade rumours surrounding his name if he gets off to a hot start this season.

But for a Flames team that doesn't have a ton of proven high-volume goal-scorers, he's a guy they need to be productive.

The knock on the 28-year-old has been his defensive play, but right now that doesn't seem to concern the Flames coaching staff all that much.

"I think everybody looks for a reason at times for where they don't like a player or they think a player isn't that good. 'Yeah, he's offensive, but he doesn't come into the defensive side of the game,'" Huska said.

"Well, everybody plays it different and that's why teams are made up of different people. You have to find people like Kuz, he's tried to get better on the defensive side of the game, he thinks about his details a lot, he asks questions a lot, but his special area or his area of expertise is what he does with the puck."

AROUND THE ICE

Flames fans suffered a little scare Monday night when Mikael Backlund missed the third period, but he was back on the ice at Tuesday's practice and appeared no worse for wear ... The Flames placed 24-year-old defenceman Ilya Solovyov on waivers on Tuesday. The Belarusian played 10 games for the team last year and will report to the Calgary Wranglers for some AHL action if he clears waivers Wednesday morning.

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Do pre-season stats give fans any reasons for optimism?



WES GILBERTSON

Calgary Flames assistant coach Cail MacLean celebrated a birthday earlier this week.

With MacLean now handling the hot potato that is the Flames' power play, a reporter figured an appropriate wish would be for three man-advantage markers in an exhibition clash that evening against the Seattle Kraken.

MacLean was quick with his reply.

"I'd rather get three on Oct. 9," he said with a wide smile, referring to the Flames' upcoming opener against the Canucks in Vancouver.

That sums up the sentiment around NHL rinks at this time of year — you'd rather save the good stuff for when it actually counts.

With that in mind, what do we make of the Flames' stellar pre-season showing, with zero regulation losses in a half-dozen dates so far? Does it matter? Could it matter? Let's take a closer look at a few fall stats:

The stat: The Flames are 5-0-1 in six exhibition outings.

Skeptics will say: Who cares?

There's a reason they don't hand out hardware for pre-season success. The New Jersey Devils were a perfect 7-0 last fall and missed the playoffs. If you've been following the Flames for a while, you may recall they swept their warm-up schedule in 2010-11, only to be shut out in their opener.

Why it might matter: Many are predicting this will be a woe-filled winter for the Flames, but they've been barking since the first day of training camp about an underdog mentality and their belief they can be much better than they're getting credit for. If they were getting drubbed in their dress rehearsals, doubt might start to seep in. So winning these meaningless matchups sure beats the alternative. "It's always fun to win," said Flames

captain Mikael Backlund after Tuesday's practice. "We still have a lot of things we can get better at, but I think it just creates some good vibes and good energy in the room right now. Once we start, we all know it's going to be a little different. Everyone starts from zero, but we can definitely bring that energy with us."

The stat: Sam Honzek leads the NHL's pre-season scoring race with seven points. He's mixed two goals and five assists in a handful of auditions.

Skeptics will say: While Honzek was the story of September for the Flames, the kid can't possibly keep it up.

Why it might matter: Nobody is claiming that Honzek could win the league scoring title in 2024-25. We're not even sure he'll make the team out of training camp. But for this power forward in progress, this pre-season surge should be a big-time confidence booster. Still only 19, Honzek is seeing proof that his tools — his size, speed, soft hands and long reach were all part of the recipe on Monday's gorgeous goal against the Kraken — can translate to the top level. That certainly counts for something, even if these points don't.

The stat: Dan Vldar, Dustin Wolf and Devin Cooley have combined for a save percentage of .927 during their tune-up action.

Skeptics will say: Is this guy still talking about pre-season stats? Just wait until they're facing full lineups and polished power-plays.

Why it might matter: Some wondered if Vldar would be slow to find his form as he returned from a six-month layoff after hip surgery, but he's looked sharp so far and will tell you that he continues to feel better. Wolf is doing a darn good job of showing that he's ready to be a full-time NHLer, while Cooley delivered a first-star performance against the Edmonton Oilers' big guns. When an organization is holding a tryout for the No. 1 netminder job, the biggest fear is that all the options will underwhelm. That hasn't been the case in Calgary.

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Although Shohei Ohtani has played six previous seasons of MLB baseball, this year — now with the L.A. Dodgers — will be the first time he's appeared in the playoffs. THE ASSOCIATED PRESS

OHTANI IN OCTOBER, AT LAST

The baseball world breathlessly awaits the Japanese superstar's first MLB post-season

BETH HARRIS

LOS ANGELES Shohei Ohtani was already a superstar with his hitting and pitching accomplishments over six years with the Los Angeles Angels. Yet every October, Ohtani vanished, with the Angels having a losing record and never making the playoffs.

Coming up Interstate 5 to the Los Angeles Dodgers seemingly changed everything — for him and the franchise.

"I'm just like the fans," All-Star teammate Mookie Betts said, "I'm looking forward to seeing Shohei play in the post-season."

Ohtani's two-way talents are unlikely to be fully displayed, as he is still rehabbing from a second major elbow surgery a year ago. Manager Dave Roberts had floated the possibility of Ohtani helping out on the mound, but recently backed away, saying, "I just don't see it happening."

Still, the Dodgers' US\$700 million man can impact games like no other player. He unveiled a different, unprecedented two-way skill set this season, creating baseball's 50-50 club — the first player with 50 homers and 50 stolen bases in a season. He finished with 54 homers and 59 steals.

He also fell just short of being the NL's first Triple Crown winner since 1937. He led the league

in homers and RBIs (130) and finished second with a .310 batting average to San Diego's Luis Arraez (.314). Among his astounding numbers: a .646 slugging percentage, 134 runs scored, 411 total bases and an OPS over 1.000.

Ohtani helped the Dodgers finish with the best record in the majors (98-64) for the third time in five years and win the National League West title for the 11th time in 12 years.

"The most important part of all this is I was able to play consistently throughout the whole year," he said through an interpreter.

The Dodgers open the post-season Saturday in the NL Division Series. They've clinched home-field advantage throughout the playoffs.

Ohtani wanted to play meaningful games in October and have a shot at winning a World Series. That meant getting out of Anaheim.

He signed a record \$700 million, 10-year contract with the Dodgers in December. Its structure gives the team more payroll flexibility in the coming years and allows Ohtani to defer compensation, which could help him avoid paying millions in state taxes if he lives outside California when the deferred money is paid.

His deal includes a luxury suite for home games, where his new

wife, Mamiko Tanaka, and their dog, Decoy, have been spotted.

Ohtani's presence is generating money for the Dodgers, who signed a slew of Japanese sponsors this season. Tours of Dodger Stadium attract hordes of Japanese fans wearing No. 17 jerseys who learn about the third-oldest ballpark in the majors from guides speaking their native language.

Major League Baseball and MLB Players Inc. are cranking out T-shirts, coins, water bottles, towels, trading cards and other licensed souvenirs commemorating Ohtani's 50-50 achievement.

His two bobblehead nights caused massive traffic tie-ups around the stadium and had fans lined up hours before the gates opened.

He drove significant demand for game tickets on the secondary market, with big jumps in prices compared to before he donned Dodger blue. The team already drew well on the road, but Ohtani's presence sent the turnstiles whirling.

"It's easy to like him, easy to root for him, fun to watch him," Roberts said. "It's been amazing on the road, just seeing how many people come to just watch him play, and when he takes his last at-bat, people tend to leave the ballpark. People just like to watch greatness. And he's going to go down as one

of the greats of all time."

Meanwhile, books about Ohtani's first season with the Dodgers are set to be published soon after it ends.

Reaction to his historic accomplishments has been overwhelming on social media, while his game highlights are among the top trending video clips.

Ohtani even has his own day in Los Angeles — every May 17 for the duration of his Dodgers career, as proclaimed by the City Council.

Perhaps unintentionally, a mystique exists around the private Ohtani. He revealed his marriage but no other details shortly before the season began, and he speaks only Japanese during tightly controlled media sessions, although Roberts says he speaks better English than he lets on.

Even the stunning betrayal by his longtime interpreter Ipppei Mizuhara — charged with stealing \$16 million from Ohtani to pay illegal gambling debts — didn't seem to rattle Ohtani publicly.

"People are amazed at how he has such impact in our sport and how he remains humble and remains focused on doing his job," Roberts said.

Even if he hasn't pitched in MLB's post-season, baseball fans have already seen Ohtani perform under championship pressure. He starred for Japan in the 2023

World Baseball Classic, batting .435, drawing 10 walks, blasting a home run and stealing bases. He did it on the mound, too, striking out 11, including his then-Angels teammate Mike Trout for the final out that gave Japan a 3-2 victory over the U.S. team in the final.

Those who see how Ohtani prepares expect nothing less.

"I'm honestly kind of trying to learn from him just seeing the way he goes about his day-to-day business," Dodgers switch-hitting centre-fielder Tommy Edman said. "He's very consistent, the same demeanour throughout. I think that's why he's such a good player."

Ohtani is meticulous in his preparation, juggling ongoing elbow rehab with studying opposing pitchers, working with the hitting coaches and tuning his swing in the batting cage.

"Three, four hours before the game, he's already thinking what he's going to do," teammate Teoscar Hernandez said.

Ohtani's focus, energy and record-setting achievements carried the Dodgers during the 162-game slog of the regular season when the team endured a slew of injuries and still finished with the best record.

"I think the whole world's looking forward to him in October," Roberts said.

The Associated Press

Grand Slam of Curling series kicks off with a refresh under new ownership

GREGORY STRONG

The Grand Slam of Curling season kicked off Tuesday with a new look and improved viewing options as The Curling Group made its presence felt right away at the HearingsLife Tour Challenge.

Live online streaming was available for all Tier-1 games at the Bell Aliant Centre in Charlottetown, addressing a longtime complaint of curling fans eager to see the first two days of competition and non-feature games.

It was one of the first noticeable differences since the series was purchased from Sportsnet last April by a group led by former PointsBet Canada chief commercial officer Nic Sulsky and Rumble Gaming founder Mike Cotton.

"I think if we can achieve half of what they're looking to do, I think it's going to be good for the sport," veteran skip Brad Gushue said in a recent interview. "I think the Grand Slams stayed a little stagnant in the last probably five or 10 years."

"Nic and Mike certainly want to grow it and expand it, which I think is good for this generation and cer-

tainly for the next generation of top curlers."

Sportsnet, which had owned the series since 2012, remains the domestic broadcaster of the series. It will continue with its traditional Thursday start at Slam events leading up to the finals on Sunday.

The Curling Group will oversee operations of all five Slams on the calendar.

Sulsky, who serves as chief executive, has said that any major changes to the series will likely wait until the current quadrennial wraps in early 2026.

Tinkering with the product was already underway, though, with a new logo, refreshed website and the rollout of a new podcast. Organizers also planned live music and entertainment at the 'Apres Curl' area at Slam host venues.

"It's all good, positive and exciting," said curling broadcaster Mike Harris. "I'm excited as someone who has covered the sport for 20 years to see how much impact these new ideas can have."

"It has always been an ongoing challenge for as long as I can remember, to try to attract young-

er audiences to the events and to follow along. I think that's their primary focus."

Live streaming — a first for the Slam series — was handled by the Canadian-based HomeTeam Live service. However, the opening draw came with some hiccups.

Team introductions could be heard but not seen. The audio was raw from ice level rather than via player microphones.

Scoreboard graphics were sporadically shown and weren't updated on some sheets. Camera viewpoints and angles were jarring at times and sometimes rock movement in the house was missed altogether.

One sheet had commentary while the other three did not. Live streaming was not available for the Tier-2 competition featuring lower-ranked teams.

The Curling Group announced last week that it had raised US\$5 million in seed funding to "take the sport of curling to new heights" through strategic investments, innovation and content production that will broaden the sport's global reach.



Brad Gushue has said that under the previous owners "the Grand Slams stayed a little stagnant." JEFF MCINTOSH/THE CANADIAN PRESS

A five-person board of directors, which included former Bell Media president Maryann Turcke as chair, was also introduced.

"I'm feeling very excited about where the state of the Grand Slams is heading and what they're going to be," said Canadian skip Matt Dunstone. "I think we've got the right people in there for sure."

The top 16 men's teams and top 16 women's teams based on the final rankings last season were invited to play in the triple-knockout Tier-1 event.

Winnipeg's Reid Carruthers dropped a 7-5 decision to Sweden's Niklas Edin in the first draw and

Bruce Mouat topped fellow Scot Cameron Bryce 6-2. Sweden's Anna Hasselborg dropped an 8-5 decision to Japan's Satsuki Fujisawa and Italy's Joel Retornaz beat American Korey Dropkin 6-3.

In Draw 2, Calgary's Kevin Koe topped Switzerland's Yannick Schwaller 7-4 and Brad Jacobs of Sault Ste. Marie, Ont., shaded American John Shuster 6-5.

Switzerland's Xenia Schwaller edged Sweden's Isabella Wrana 7-6 and Ross Whyte beat James Craik 6-3 in a battle of Scottish teams.

Two more draws were scheduled for later Tuesday. The Canadian Press

NOTEBOOK

Raptors' Barnes takes leave from camp

Toronto Raptors star Scottie Barnes has been excused from the start of training camp due to personal reasons and did not travel with the team to Montreal.

The Raptors say Barnes is expected to join the team later this week.

Toronto opened camp on Tuesday at the Universite du Quebec a Montreal.

The camp – which includes an open practice at McGill University on Friday night – runs through Sunday's Raptors versus Washington Wizards pre-season matchup at Montreal's Bell Centre.

Barnes, 23, averaged 19.9 points, 8.2 rebounds and 6.1 assists in his third NBA campaign and was named an all-star last season.

Professional Women's Hockey League camps starting Nov. 12 will include mini camps for all six teams in Toronto and Montreal.

The Montreal Victoire, Boston Fleet and Ottawa Charge will assemble at Montreal's Verdun Auditorium and Toronto Sceptres, Minnesota Frost and New York Sirens at Toronto's Ford Performance Centre for training sessions and pre-season scrimmages Nov. 19-22.

The scrimmages will be closed to the public, the PWHL said Tuesday in a statement.

There were a record-low 26 complete games in the major leagues this season – four fewer than Catfish Hunter threw in 1975.

Pitchers threw just 16 individual shutouts, matching 2022's total as the least in a non-shortened season since 1874.

Baserunners stole 3,617 bases, the third-most since 1900 after 4,574 in 1914 and 4,108 in 1915. The total was up from 3,503 last year and 2,486 in 2022, the last season before rule changes limited pickoff attempts and enlarged bases to 18-inch squares from 15. The 79 per cent success rate this year was down slightly from 80.2 per cent last year.

Philadelphia's Christopher Sanchez, Atlanta's Max Fried and Toronto's Kevin Gausman were the only pitchers with two complete games.

Home runs dropped to 1.12 per team per game from 1.21 last year, but above the 1.07 in 2022.

Average four-seam fast-ball velocity was a record 94.3 m.p.h., up from 94.2 m.p.h. in 2022, 93.9 m.p.h. in 2022 and 93.7 m.p.h. in 2021, according to MLB Statcast. It was 91.9 m.p.h. when MLB started tracking in 2008.

The total of pitches at 100 m.p.h. or higher dropped to 3,321 from a record 3,880 in 2023 and 3,369 in 2022. Oakland's Mason Miller had the most 100-m.p.h. pitches with 510, followed by Arizona's Justin Martinez (426).

Among starting pitchers, Pittsburgh's Paul Skenes led with 100, followed by the Los Angeles Angels' Jose Soriano with 40.

Strikeouts per team per game fell to 8.48 from 8.61 but up from 8.40 in 2022. Walks per team per game dropped to 3.07 from 3.25, just above the 3.06 in 2022. — with Canadian Press and Associated Press files



The Toronto Blue Jays' Vladimir Guerrero Jr. salutes the crowd while coming out of the game after drawing a walk for his last at bat of the season against the Miami Marlins at Rogers Centre Sunday in Toronto. MARK BLINCH/GETTY IMAGES

JAYS' HITTING NUMBERS HAVE BEEN TRENDING DOWNWARD FOR YEARS



ROB LONGLEY

As we await the latest post-season side show from Toronto Blue Jays president Mark Shapiro and his general manager sidekick, Ross Atkins, why not rewind the greatest hits of the past two such seasons?

OK, maybe not.

There is one notable comment from Atkins on Jan. 3 of this year that resonates, however, an assessment that in hindsight dramatically reinforces the miscues of the most recent off-season work for the American League East doormats.

"We feel like (the 2023 season) was just a blip in terms of run scoring," Atkins said in the aftermath of the failed Shohei Ohtani pursuit and setting the table for the remainder of a highly underwhelming off-season. "I think we have plenty of power to drive in runs. It doesn't mean we're not open to adding another power bat ... (but) we have plenty of power. We project to score runs again and feel optimistic we will."

A blip it certainly was not given that in both power and runs scored, the Jays were historically

bad in 2024. And they were reflective of a downward trend that began in earnest two seasons ago.

Not that either were guaranteed long-term answers, but Teoscar Hernandez and Lourdes Gurriel Jr. were traded following the 2022 season and no adequate replacements brought in to replace that production, so the offensive slide began in earnest.

The 846 runs from 2021 led to the 775 of 2022 and the 746 of 2023. It all served to set the table for the alarming drop of this completed last-place campaign.

How bad was it for a team that finished 14 games below .500, 20 games behind the AL East champion New York Yankees and 12 games out of a wild-card spot? The 671 runs that the Jays managed to scrape across the plate in their 74-88 season were the fewest they've scored since 1997. That's two years before their current offensive leader, Vlad Guerrero Jr., was even born.

In other words, what Blue Jays fans witnessed this past season was a historically bad attack for a franchise that, in recent decades any way, rarely has been so benign offensively.

To find a full 162-game season worse than 1997, you have to run the time machine all the way back to 1982, when they scored 651 times. It's as blunt as can be: In the past 42 seasons, the Jays

have scored fewer runs than they did in 2024 just twice.

The impotent "attack" conspired against the Jays in so many ways. It affected starting pitchers, who as the season wore on became well aware that allowing more than two runs could spell trouble given that in almost half of their games, Toronto hitters managed three runs or fewer.

It sculpted opposing team's defensive/pitching game plans, as the rotation arms were well aware that on most nights they really only had to worry about one bat in the Toronto lineup – that of No. 27.

In one-run games, the Jays too rarely had the pop to persevere, putting up a shoddy 19-30 record in such contests.

The team began to address the problem when hitting coach Guillermo Martinez was the first to be made the scapegoat. One of four hitting coaches on staff, Martinez was let go by the team with no indication of how that element of the baseball operations department will be restructured.

Beyond the bullpen struggles, the lack of power from Blue Jays hitters was arguably the most glaring weakness in the team's attack and further evidence of Atkins' misread on what needed to be done.

The Jays hit just 156 out of

the park in 2024 as the lack of thumpers in manager John Schneider's lineup was a glaring shortfall. It was a third consecutive season of decline in the long-ball category and a drop of more than 100 (!!!!) since the 262 of 2021. To find a season with fewer Jays home runs than this just-finished effort, you have to rewind back to the ugly 126 they managed to bang out in 2008.

Dusting off the greatest hits, we rewind back to Atkins' comments on Oct. 11, 2022, days after the stunning two-game sweep at the hands of the Seattle Mariners. It was one of the first inklings of the "internal improvement" narrative from the front office, one that has yet to pan out.

"One of the things I feel confident about is our ability to get better internally," Atkins said at the time. "I feel strongly that we are going to have development that occurs from our major league roster. I feel like there's a lot of winning ahead for this group."

How did that work out, baseball fans?

As we fast forward to Wednesday's latest Shapiro-Atkins sermon, one wonders what the company line will be? Pitching and defence? Internal improvement? Or some grand new vision to replace the recent failed proclamations?

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NFL STANDINGS

AMERICAN FOOTBALL CONFERENCE

East	W	L	T	Pct	PF	PA	North	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	122	83	Pittsburgh	3	1	0	.750	75	53
N.Y. Jets	2	2	0	.500	76	62	Baltimore	2	2	0	.500	106	88
Miami	1	3	0	.250	45	103	Cincinnati	1	3	0	.250	102	104
New England	1	3	0	.250	52	87	Cleveland	1	3	0	.250	66	87
South	W	L	T	Pct	PF	PA	West	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	79	94	Kansas City	4	0	0	1.000	92	72
Indianapolis	2	2	0	.500	85	85	Denver	2	2	0	.500	62	55
Tennessee	1	3	0	.250	79	90	L.A. Chargers	2	2	0	.500	68	50
Jacksonville	0	4	0	.000	60	109	Las Vegas	2	2	0	.500	78	97

NATIONAL FOOTBALL CONFERENCE

East	W	L	T	Pct	PF	PA	North	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	121	102	Minnesota	4	0	0	1.000	116	59
Dallas	2	2	0	.500	97	104	Detroit	3	1	0	.750	104	82
Philadelphia	2	2	0	.500	86	96	Chicago	2	2	0	.500	77	75
N.Y. Giants	1	3	0	.250	60	84	Green Bay	2	2	0	.500	104	89
South	W	L	T	Pct	PF	PA	West	W	L	T	Pct	PF	PA
Tampa Bay	3	1	0	.750	97	78	Seattle	3	1	0	.750	102	85
Atlanta	2	2	0	.500	75	85	San Francisco	2	2	0	.500	103	82
New Orleans	2	2	0	.500	127	70	Arizona	1	3	0	.250	96	106
Carolina	1	3	0	.250	73	129	L.A. Rams	1	3	0	.250	75	115

CFL

East	G	W	L	T	F	A	P	Week 17
y-Montreal	15	11	3	1	406	337	23	Bye: Calgary
Ottawa	15	8	6	1	363	400	17	Saturday's results
Toronto	15	8	7	0	432	406	16	Saskatchewan 29 Ottawa 16
Hamilton	15	6	9	0	412	469	12	Toronto 37 Montreal 31
West	G	W	L	T	F	A	P	Friday's results
x-Winnipeg	15	9	6	0	377	315	18	Winnipeg 55 Edmonton 27
Saskatchewan	15	7	7	1	399	375	15	Hamilton 32 British Columbia 29 (OT)
British Columbia	15	7	8	0	381	382	14	Week 18
Edmonton	15	5	10	0	326	424	10	Bye: Montreal, Ottawa and Toronto
Calgary	14	4	9	1	330	418	9	Friday's games
x—clinched playoff berth, y—clinched division; Note: Two points awarded for a win, one for a tie.								
Saturday, Oct. 5								
Saskatchewan at Edmonton, 5 p.m.								