

Everybody out of the water



PETER LEE, RECORD STAFF

During training at the Stanley Park Optimist Natural Area on Monday, Kitchener firefighter Steve Lacey is pulled from the pond water as fellow firefighter David Ribble attempts to climb onto the ice. They were playing the role of victims during ice rescue training.

Victoria Street North faces traffic overhaul

Jeff Outhit, Record staff

KITCHENER — Victoria Street North faces big traffic changes, triggered by safety concerns and by plans to launch construction on a new Highway 7 in 2015. Among the anticipated impacts:

► The new 18-kilometre freeway between Kitchener and Guelph is expected to draw traffic off Victoria Street, currently Highway 7. This can be expected to ease congestion and collisions, but may also affect businesses on the street.

► The new freeway will connect to the Conestoga expressway from a high fly-over descending into a tight space, requiring the closure of current expressway exits at Edna Street. This will complicate access into downtown Kitchener.

Planners say motorists from Guelph will have two choices. Exit the new Highway 7 east of the expressway to travel indirectly to the downtown on local roads. Or stay on the new freeway as it connects to the expressway and exit at Ottawa Street for “the most clear and direct route linking Guelph and downtown Kitchener.”

Expressway motorists coming from Waterloo will also face a more complicated route into downtown Kitchener, according to plans for the new Highway 7.

► While awaiting the new Highway 7, traffic planners propose installing a concrete median on Victoria between Edna and Bruce streets where the road spans the expressway. It’s a safety measure to prevent collisions.

Kitchener Mayor Carl Zehr figures Victoria Street will prosper after a new highway draws traffic away. He points to King Street East in south Kitchener, still vibrant after a Highway 8 bypass drew traffic away. “I think you’ll see the businesses along Victoria Street continue to flourish,” he said.

► **Victoria** continued on page A2

“Clearly there’s a population of patients that aren’t acting on widely available (health) information.” — DR. BRIAN McNAMARA

Boomers’ bad habits jeopardize their health

Linda Givetash, Record staff

WATERLOO REGION — Canadians may be living longer, but many are facing a decade of sickness in their final years.

A new report released by the Heart and Stroke Foundation found that baby boomers will experience a ten-year gap between how long they live and how long they live in good health.

Heart disease, stroke and other chronic conditions are among the illnesses the age group is at risk of suffering.

For some local doctors, the findings of the report are alarming.

“Clearly there’s a population of patients that aren’t acting on widely available (health) information,” said Dr. Brian McNamara, cardiology lead at St. Mary’s General Hospital.

The report found that 85 per cent of baby boomers in Ontario fail to eat the minimum recommendation of more than five servings of fruits and vegetables each day.

► **Disease** continued on page A4



King Richard III ruled England from 1483 to 1485.

Canadian man’s DNA helps to identify bones of Richard III

Michelle McQuigge

TORONTO — The privilege of helping to unravel a historical mystery is surpassed only by the prospect of rehabilitating the image of one of Britain’s most maligned monarchs, a Canadian-born descendant of King Richard III said on Monday.

Michael Ibsen said he’s still trying to process the emotions that surfaced after researchers at the University of Leicester confirmed his DNA had been used to help identify the 15th-century ruler’s remains.

Researchers believed they stumbled on the king’s remains last September when an archeological dig unearthed a skeleton that bore evidence of battle wounds and signs of Richard’s famed spinal curvature, but they said genetic tests would be necessary to confirm their theory.

That test was completed with help from Ibsen, who is a direct descendant of the king’s older sister, Anne of York, and is therefore a 17th-generation nephew of the late ruler.

► **King** continued on page A7

INSIDE

Boy freed from bunker

Five-year-old is OK, abductor is dead after underground bunker in Alabama is stormed | **World, A5**

Terrifying death ride

Seven people are killed as tour bus goes out of control on California mountain | **World, A5**

Questionable soccer games

Match-fixing probe cites hundreds of suspicious matches, including World Cup qualifiers | **Sports, C7**

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PHILIP WALKER, RECORD STAFF

A candlelight memorial was held for slaying victim Kelsey Felker at Kitchener Civic Square Monday evening. Police continue to investigate her death.

150 honour slain woman at candlelight memorial

Brent Davis and Frances Barrick, Record staff

KITCHENER — The flickering light from dozens of candles danced across a portrait of Kelsey Louise Felker as about 150 people gathered Monday night to remember the slaying victim.

The large crowd braved freezing temperatures as they stood in front of Kitchener City Hall, where candles and flowers surrounded the portrait on an outdoor stage.

“She had a kind soul and a beautiful

smile,” said Lisa Cameron, who said she had known Felker for about nine years.

“She was very kind and caring,” Cameron said. “She would do anything for anybody.”

The 24-year-old’s dismembered torso was discovered on Jan. 26 in a garbage bin behind 250 Frederick St. in Kitchener.

Additional remains have since been found at two other Kitchener locations.

► **Memorial** continued on page A2

New BlackBerry smartphone appears to be selling well in Britain

David Friend

TORONTO — The launch of the new BlackBerry smartphone is getting off to a better start than some had predicted.

At least two analysts have weighed in with anecdotal evi-

dence which suggests the BlackBerry Z10 is selling at a healthy pace in the United Kingdom since going on sale there last Thursday.

The Canadian launch today will give further insight into how the phones will fare in the United

States when they hit stores next month.

But so far investors appear to be impressed.

The BlackBerry company’s shares (TSX: BB) rose more than 15 per cent on Monday, moving ahead \$1.98 to close at \$14.99 on the

Toronto Stock Exchange.

Earlier in the day, a senior analyst at Bernstein Research upgraded the company to “outperform” with a target price of \$22, an increase from \$12.

“We have grown more confident in the likely success of the

BlackBerry 10 launch, supported by low channel inventories, strong operator support and material pent up demand,” said Pierre Ferragu from Bernstein in a note.

► **BlackBerry** continued on page A2

Serious illness appearing earlier

► **Disease** continued from A1

More than 40 per cent of boomers across the country aren't engaging in moderate exercise.

Considering the number of public education campaigns organized by groups like the Heart and Stroke Foundation, McNamara said he is surprised that the healthy lifestyle message isn't hitting home.

McNamara could only guess why boomers aren't choosing to reduce risk factors.

"In their lifetime they've seen a lot of great medical technology evolve that can now keep people going for a long time," he said. "The only explanation I can think of offhand for neglecting (lifestyle) is the expectation that medical technology might bail them out."

The results of poor lifestyle choices are apparent in the emergency room.

"We are seeing a fair number of younger patients ... having complications with coronary diseases far younger than they should," McNamara said.

As boomers age, and in particular retire, McNamara said it can lead to an "avalanche" of new patients with coronary diseases.

Incidents related to heart health commonly



MATHEW MCCARTHY, RECORD STAFF

Nazar Alias walks on a treadmill next to kinesiologist Jill Kindiak at a Waterloo cardiac rehabilitation centre. Fewer than half of baby boomers exercise regularly.

occur a year after retirement because of a decline in activity compounded with other bad habits developed over the course of a lifetime, McNamara said.

"I can't tell you how many people I see after a year of retirement," he said. "They become sedentary, they gain weight ... they don't substitute work with something active."

Making lifestyle changes including healthy eating, quitting smoking and exercising are important to adopt early to prevent or delay the onset of coronary disease. Otherwise, Canadians will not be able to enjoy their retirement years for very long.

"What you can do by taking care of these risk factors early on is you can push the time where you

first get sick out, so instead of developing coronary disease at 60, you develop it at 70," McNamara said.

Healthy changes can help prevent other diseases like cancer, too.

In response to the report's findings, the Heart and Stroke foundation launched a new campaign called Make Health Last.

The campaign website provides information on making lifestyle changes and offers a risk assessment test.

For those interested in reducing their risk factors, McNamara also recommended patients visit their family doctor to assess their current situation and develop a plan for better health.

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THE RECORD



Main Stage

SATURDAY

10:30AM JOAN MINNERY
"PUT DOWN THE FORK & GET MOVING"

Joan Minnery discusses her personal journey of losing over 150 pounds and how it has transformed her life. She is out in the community spreading motivation towards being healthy.

11:30PM THE EVASONS
MENTALIST DUO

Award-winning mentalists Jeff and Tessa Evason blend the mystical power of magic with spellbinding feats of telepathy and illusion, psyching out audiences with an entertaining act that defies logical explanation. Be prepared to be captivated by their powers of intuition.

12:30PM WATERLOO WELLINGTON REGIONAL CANCER PROGRAM
TAKE CHARGE OF YOUR HEALTH: A FOCUS ON CANCER SCREENING.

This seminar focuses on the how and when to start screening and how you can reduce your risk of colorectal cancer. Come and find out when it's "Time to Screen" and share this life saving information with your family and friends.

1:00PM GABRIELLE BERNSTEIN INTERVIEWED BY NATALIE MACNEIL:
"THIS HOUR MAY CAUSE MIRACLES"

Emmy Award-winner Natalie MacNeil, Creator of SheTakesOnTheWorld.com, sits down for a one hour interview with New York Times Bestselling Author Gabrielle Bernstein. The duo will talk about Gabrielle's new book May Cause Miracles, developing a daily meditation practice, shifting your mindset, and living a life beyond your wildest dreams.

2:30PM FRED ASTAIRE DANCE STUDIOS
DANCE PERFORMANCE

Fred Astaire's has been teaching social ballroom and Latin dancing in the Kitchener/Waterloo area for over 21 years. Watch them move with grace and poise, as they demonstrate different dancing styles.

3:00 PM MOST MAGAZINE FABULOUS WOMEN OVER 40 FASHION SHOW
BROUGHT TO YOU BY MOST MAGAZINE AND GEMINI MODELS

See the top 10 finalists from the MOST Model Search walk the runway. One finalist will walk away with over ten thousand dollars in prizes!

SUNDAY

10:30AM WATERLOO WELLINGTON REGIONAL CANCER PROGRAM
TAKE CHARGE OF YOUR HEALTH: A FOCUS ON CANCER SCREENING

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11:30AM LINDA OCKWELL-JENNER
"OPPORTUNITIES CAN CHANGE YOUR LIFE"

One person's journey from adversity to success. Discover why it's important to live in the present, recognize and take advantage of the opportunities that could change your life forever. How serious life challenges have led to a successful business empire.

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2:00PM TAHANI ABURANEH
NO MORE EXCUSES AND BLAMES

In this session you will be guided through the 5 Action Steps to Eliminating Your Excuses and Blames. To finally bust those myths and have the life, the body, the money, or the relationship you've always deserved.

3:00PM MOST MAGAZINE FABULOUS WOMEN OVER 40 FASHION SHOW
BROUGHT TO YOU BY MOST MAGAZINE AND GEMINI MODELS

See the top 10 finalists from the MOST Model Search walk the runway. The winner of over ten thousand dollars in prizes will be announced!

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WATERLOO REGION RECORD

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