

The first season of *The Office* (British version) ended sadly when Tim accepted a promotion ›

Home

NATIONAL

No 'imminent' attack on Canada, CSIS assures



Canada's spy service reacted to the release of a report filed by Canadian Security Intelligence Service (CSIS) director Jim Judd to Security Minister Anne McLellan last November saying an al-Qaeda attack on Canada was "probable." CSIS played down the report obtained by Reuters yesterday, saying that the director's comments were "not referring to a specific or imminent threat." ■

INTERNATIONAL

Great White manager gets 15 years for blaze



Daniel Biechele

The former manager for '80s hair-metal band Great White was sentenced to 15 years yesterday for his involvement in a 2003 nightclub fire that left 100 people dead. Daniel Biechele, 29, set off a pyrotechnics display that ignited the foam lining the walls of The Station nightclub in West Warwick, Rhode Island, CNN reports. The club owners are still waiting for their own trials for manslaughter. ■

TOMORROW IN DOSE

Iconic Canadian design



From the Thermos and the Windsor Salt box to carpet rakes and UFO-shaped hair dryers, we take a look at iconic products many people may not know were designed in Canada in tomorrow's Dose.

HERE'S HOW IT WORKS

TODAY'S MAGAZINE DIDN'T COST YOU A CENT THANKS TO THE HELP OF THE PEOPLE AT: MENTOS, ROYAL BANK, GLOBAL TELEVISION, TELUS MOBILITY, GENERAL MOTORS, TOYOTA, HERTZ, WARNER MUSIC CANADA, DODGE CALIBER

DOSE 282 THURSDAY 11 MAY 2006

VANCOUVER

Food exchange group nominated for award



Shelley Wells, executive director of Quest Outreach Society

CURBING HUNGER while saving the environment is about simple math, says the Quest Outreach Society, a local food exchange group which has been nominated for a 2006 Canadian Environmental Award.

"We connect people who have the food with the people who need it. It's as simple as that," says Shelley Wells, executive director of Quest. Wells says the award nomination will help raise awareness for the program that addresses hunger and food waste.

"There should be a Quest in every community," she says. "It's a huge problem."

Although the group rescued \$7.1 million worth of wasted food last year, it was still just one per cent of the food that is being thrown away in the Lower Mainland, says Wells.

"I think we know there's food waste and we don't know we can do something about it," she says.

The group's strategy is simple and effective. It prevents

waste by collecting mislabelled, almost expired, surplus or freight-damaged food from 235 suppliers in Vancouver. Then it sorts and distributes the food to social service groups in the city.

"We have a no-waste policy," says Wells.

In addition to feeding 45,000 people each week, Wells says the group ships excess and spoiled foods to compost bins in community gardens or to local farms for use as livestock feed, diverting 37 tonnes of surplus food from landfills each week.

"We're being recognized more for our environmental work than our people work, but it's great that we can help both," says Wells.

Winners will be announced on June 5 in Vancouver. For more information on other candidates for the Canadian Environmental Awards, go to www.canadiangeographic.ca.

— CHANTAL EUSTACE/DOSE VANCOUVER

PHOTOS CLOCKWISE: JANA CHYTILOVA/OTTAWA CITIZEN/CNS; PERRY ZAVITZ; SCURZUZU/FICKR; GLOBAL; WILLIAM WEST/AFP/GETTY

Life of CTON: TRON SAYS YOU'RE A P*&%Y



BY: CLAYTON HANMER. READ THE LIFE OF CTON AT dose.ca/cton

Mentos Fresh Idea



DO THIS:

Laugh it off

Repeat the mantra: "I'm happy. I'm relaxed. I'm happy. I'm relaxed. I'm happy. I'm relaxed." Now laugh your head off and stretch. Celebrity yoga guru Yogi Bessie claims "laughing yoga" is good for you. Visit universal-yoga.org and chuckle.



FOUR-DAY FORECAST



14°C/7°C
THURSDAY



14°C/6°C
FRIDAY



15°C/6°C
SATURDAY



18°C/7°C
SUNDAY

FORTUNE

Be gentle with your friends and co-workers today. One of them is very hungover.

FACT

A 1997 study in the U.S. found that about 100 kidnapped children are killed every year.

SOURCE: WWW.MISSINGKIDS.COM

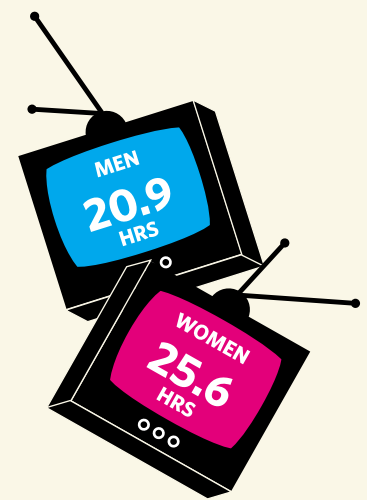
FUTURE

A judge will rule tomorrow in the murder case of Cecilia Zhang. A Toronto judge will decide whether or not Min Chen, who pleaded guilty to killing the nine-year-old girl, is eligible for parole. Chen told the court on Tuesday that he kidnapped the child for ransom money and accidentally smothered her.

FIGURE

BOOB TUBE?

Women over the age of 18 are Canada's TV screen queens — at least in terms of how much they watch. According to Statistics Canada, women aged 18 and over watched television an average of 25.6 hours each week in 2004, compared to 20.9 hours — a difference of 4.7 episodes of *Desperate Housewives*.



SOURCE: STATISTICS CANADA