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# CITY/REGION

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## Police Beat

### Man barged into ex-friend's home

An Internet romance has ended badly after a man was charged with assault early yesterday morning after showing up unannounced at his former girlfriend's home, Peterborough County OPP said.

Const. Jim Searle said the couple had dated for about eight months after meeting on the Internet. When the man showed up at the woman's Otonabee-South Monaghan Township home, they started arguing, he said.

The man was escorted to the front door when he pushed the woman before leaving, police said. The woman wasn't injured. Once outside, the man damaged property, police said.

The 42-year-old man, who police aren't identifying to the public because they say it would identify the woman, is charged with assault, being unlawfully in a house and mischief under \$5,000. He is to appear in court March 29.

### Man accused of having weapon

Officers found a concealed weapon after chasing down a man who had ran away during an arrest Thursday night, city police said.

Officers checked a man who had an outstanding arrest warrant for not attending court near Stewart and Simcoe streets at about 11:35 p.m., police said.

After the man pulled away and ran, police said, officers caught up with him at Stewart and Hunter streets.

Once the man was restrained and taken to the police station, police said, officers found a wooden object, similar to a corkscrew, that's considered a weapon.

Donald Edward Woodcock, 37, of Stewart Street, is charged with resisting arrest, carrying a concealed weapon and breaching probation.

He was held in custody and appeared in court yesterday.

### Man threatened to kill officer

A man faces charges after threats to kill a police officer were yelled in Peterborough Square Thursday morning, city police said.

Police said people walking south on George Street, near Simcoe Street, at 9 a.m. heard the threats and called police. A man in front of the TD Bank at the George Street mall cursed as police approached, police said.

Jack Leonard Davey, 50, of Edinburgh Street, is charged with uttering death threats, causing a disturbance and failing to comply with conditions of an undertaking.

He was held in custody and appeared in court yesterday.

### Man accused of resisting arrest

When officers saw a man being escorted out of the Trasheteria Bar and yelling at bar staff from the sidewalk early Thursday morning, they realized he was under court orders to not drink alcohol, stay out of bars and be of good behaviour, city police said.

The officers spotted the man at about 2:10 a.m., police said. During the arrest, the man resisted and became belligerent, police said.

Jessie Adam Johnson, 27, of Romaine Street, is charged with resisting arrest, two counts of breaching conditions of an undertaking and one count of breaching conditions of a probation order.

He has been remanded in custody and is to appear in court Wednesday.

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# Painting the town blue

Downtown blues festival wraps up today with music all day, night long

By **ANDREA HOUSTON**  
Examiner Staff Writer

Gut-wrenching, foot-tapping, down and dirty Chicago blues had the Junction rocking last night with Eddie Shaw and the Wolf Gang.

Shaw, 69, and his band was just one of the many acts who filled the downtown with soulful sounds last night for the DBIA's first February blues festival.

"These guys are absolutely outstanding!" Theresa Doherty said. "This is just what you need to warm you up on a cold night."

Despite a few technical problems, Shaw and his band had the crowd dancing and cheering as he switched back and forth from playing saxophone to singing classic blues tunes with his unmistakable raspy voice.

With a resume any blues man would covet, over the years Shaw has played with many of the great blues legends such as Muddy Waters and Howlin' Wolf and also with rocker Eric Clapton.

"I just love this traditional southern-style blues," said Glenn Ortiz. "We're really enjoying it. Great show."

Along with his long-time bassist, Lafayette (Shorty) Gilbert, Shaw played with his son Eddie Vaan Shaw who effortlessly made his massive three-neck guitar weep.

Just down the street at the Market Hall, George Grosman and Bohemian Swing were a much more sexy and jazzy offering to the blues festival.

"What we normally do is really gypsy jazz, but I played blues for years in the '80s and '90s," Grosman said. "It's been a very attentive audience tonight."

"Festivals are always the best way to showcase the music because people really make an effort to hear the band play, as opposed to playing at a bar where you are musical wallpaper."

The crowd sat close to the stage and jived to the beat by tapping



Downtown Business Improvement Area executive director Mark Doherty gets into the blues spirit after getting his hair dyed by hairstylist Catalina Motta at Catalina's Hair Salon at 131 Hunter St. yesterday morning. Doherty collected more than \$500 for the Heart and Stroke Foundation in conjunction with the first Downtown BluesFest.

## Blues in the city

Downtown blues festival concerts conclude today, including:

- **Wm. Lech and Sons Furrer, Hunter Street:** Blue Mood, 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m.
- **Market Hall:** noon-12:40 p.m., Washboard Hank; 1-1:40 p.m., Doctor Feelgood and The Rhythm Brothers; 2-2:40 p.m., Second Hand Blues; 3-3:40 p.m., Heat Wave; 4-4:40 p.m., Brock Stonefish. Dreams and Beans, Hunter Street West — Joe Hall, 4-6 p.m.
- **Dreams and Beans, Hunter Street West:** Joe Hall, 4 to 6 p.m.
- **The Red Dog, Hunter Street West:** Jericho's Wall.
- **Pappa's Billiards, George Street North:** open stage, 9 p.m.
- **Elements, King and Water streets:** Uncle Jim, 9 p.m. to midnight.
- **Rusty Snail, 231 Hunter St. W.:** dinner hour music, Uncle Jim; 9 p.m., The Kent Boys.
- **The Spill, 414 George St. N. —** Royal Wood.
- **Black Horse Pub, 450 George St. N.:** Charlotte Melby. RedDog, 189 Hunter St. W. — Terry Guiel and Jericho's Wall.

their hands on the cabaret-style tables and clapped when each musician showed off his prowess.

The four-piece band was made up of bassist Bruce Whitehead, violinist Jonathan Marks, Ian MacGillivray on trumpet and Grosman on guitar and vocals.

"I love it. This is the music of my youth," Bob Fitts said. "It takes me

back to when I used to play this type of music."

Grosman said blues and jazz are timeless forms of music that are universally loved anywhere in the world.

"The blues gets right in your soul and people really get into it," Grosman said.

"Jazz is much more esoteric. Some people describe it as chaotic, but beautiful."

Elsewhere last night, Mike Graham Trio played the Phoenix Bar and Grill, there was a Joni Mitchell tribute at Black Honey on Hunter Street, Weber Brothers played the Red Dog, Rob Phillips was at the Blackhorse pub, Uncle Jim took the stage at Elements bar and Tom Eastland played at La Hacienda.

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# First smoke at age 15 tasted awful

I had my first cigarette when I was 15, and like most young people who smoke, it was peer-related.

I remember it like yesterday — hiding in the forest behind my house in Hamilton with two girlfriends, lighting the smoke (it took more than one try), not knowing how to inhale and coughing.

It tasted like a jarful of dirty feathers and the second wasn't much better.

But, by then, I was making a statement. At 15, I had done something no one could stop me from doing — no parent, no friend, no teacher.

I was defining myself. And since my father was already well on his way to becoming a provincial advocate in the anti-smoking campaign, I was really carving out an independent niche.

Most smokers start before they turn 19, say public health officials. It's nice to know I'm not alone, I guess.

But now, in my quest to quit at age 42, I've had to do some soul-searching.

Jennifer Chenier, health promoter with the Peterborough County-City Health Unit, says it is good to think about quitting before you quit.



**JEANNE PENGELLY**  
Examiner Staff

## Quit Kit

There is help if you want to quit too:

**Quit Kit:** Peterborough County-City Health Unit 743-1000, or visit www.pcchu.ca

**Driven to Quit Challenge:** www.driventoquit.ca for details and to enter. Deadline is Feb. 28.

**Online Support:**

- www.smokershelpline.ca
- www.gosmokefree.ca

**For Youths:**

- www.nottokids.ca
- www.stupid.ca

**Over the counter quit-smoking aids, available at local pharmacies:**

- Nicotine inhaler
- Nicotine gum
- Nicotine patch

**Prescription quit-aid:**

- Zyban, www.zybanet.ca

"Part of it is knowing all the reasons why you wanted to quit, so when you do, and you want to smoke again, you can remember why you quit," she said.

It's a week since my pledge that I would not smoke from March 1 to 31 as part of the Canadian Cancer Society's Driven to Quit challenge.

If I make it, and if my "quit buddy" vouches for me and if my urine test proves it, I could win a new car.

(That would be cool.)

Mostly, though, I want to be free of cigarettes, so I'm following all the tips the professionals offer.

This week, I recorded every cigarette I smoked and reduced the number every day but one.

I've discarded one ashtray and

put away several lighters.

I've thought more about smoking this week than in years.

At times I've been discouraged by all this planning.

I've called Chenier and said, "I should just throw them all out and start now — this planning and waiting is crazy."

She laughed and reminded me planning gives me a better chance of being successful.

There are other tools to help.

The Health Canada quit-smoking website — www.gosmokefree.ca — sends me a daily encouragement by e-mail.

The same is available at www.smokershelpline.ca, complete with a chat feature.

I thought these would be hokey. They are not. They are meaningful.

For example, the smokers helpline online support team sent this to me Thursday morning.

Two days after your last cigarette:

- Your senses of taste and smell begin to heighten.
- Certain nerve endings begin to regrow.
- Nicotine byproducts are removed from your body.

Three days after your last cigarette:

- Your bronchial tubes start to relax, making breathing easier.
- Your lung capacity begins to improve.

Yesterday, this one came:

- Two weeks after quitting, walking and aerobic exercise becomes easier.
- One month after quitting, your

lung capacity increases up to 30 per cent.

■ One year after quitting, your risk of developing coronary heart disease reduces by 50 per cent.

That gives me hope. I should feel positive effects fast.

Dozens of readers have sent letters. Every time I open my inbox and see another, I get a sense that I can do it. You've given me your phone numbers, your stories, your tips.

One of you has even decided to join me on the quest to quit.

Then the Centre for Addiction and Mental Health announced it would give free nicotine-replacement therapy March 1 to 150 people in the area. The list is full and the health unit is taking names for a waiting list now, Chenier said.

Everywhere I go on Examiner business, you congratulate and encourage me.

You probably have no idea what that means ... but in real time, it means for every letter I receive, it's one smoke I'll forego after March 31.

(We're working through the first week of April even as I write this. Keep them coming, please!)

Right now, I'm one of the 18 per cent of people in Peterborough the government estimates still smoke.

I've said March 1 I will switch sides, but I'm feeling so empowered right now, I may just get a jump-start on it. I'm getting tired of thinking about it.

**(Look for daily updates, starting in Tuesday's Examiner.)**

**It's coming - The 6th Annual St. Patty's Day Parade**

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**PARADE ROUTE: City Hall to the Memorial Centre (down George Street)**