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Police Beat

Burglar falls into inground pool

A man caught trying to break into a shed jumped several fences and fell into an inground pool, but got away, city police said. An audio monitor alerted a Hurley Street homeowner at about 3:40 a.m. yesterday. The resident could hear a person entering his shed. The homeowner approached the man, who fled the area on foot. Police said he jumped several fences and fell into the pool before he got away. Nothing was reported stolen. A bicycle, bolt cutters and flashlight were found in the area, police said. The man is described as five feet 10 with a thin build. He was wearing a light-coloured hoodie and pants. Police want anyone with information to call city police at 876-1122 or Crime Stoppers anonymously at 1-800-222-8477. *(Online at 10:28 a.m. yesterday.)*

Man pours beer over woman

City police found a man charged with assault had two warrants for his arrest. Officers were called to a Hunter Street East grocery store at about 7:30 p.m. Wednesday because a man was yelling at a woman, police said. The man had encountered the woman, a former girlfriend, while she was waiting for her father to pick her up, police said. Words were exchanged and the man poured a can of beer on her head and chased her into the store, police said. Officers determined the man had two arrest warrants outstanding for failing to attend court and breach of recognizance. Scott Richardson, 20, of Keene, is charged with assault and breach of recognizance. Richardson was to appear in court yesterday. *(Online at 10:28 a.m. yesterday.)*

Man accused of headbutting

A woman was taken to hospital Wednesday to be treated for a laceration to her forehead after she was headbutted by her common-law partner, city police said. The woman was also bitten on her finger, police said. Police were called to the dispute at about 9:20 a.m. The victim was treated at Peterborough Regional Health Centre and released. Daniel Sheehan, 32, of Wightman Avenue, is charged with assault causing bodily harm. Sheehan was to appear in court yesterday. *(Online at 10:32 a.m. yesterday.)*

Three vehicles collide with deer

Peterborough County OPP investigated three vehicle-deer collisions Wednesday morning. The first was at 5:30 a.m. on Mount Pleasant Road in Cavan-Monaghan Township. The second happened at 8:06 p.m. on Highway 28 in North Kawartha Township and the third was at 9:46 p.m. on Boundary Road in Asphodel-Norwood Township, police said. None of the drivers were injured and the vehicles all had minor damage, police said. *(Online at 9:06 a.m. yesterday.)*

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Driven to run

Reporter who gave up cigarettes tackles marathon

The day I smoked my last cigarette, one of you called and said, "Good for you — now you can do anything." "In fact," you said, "give up cigarettes for a month and I'll turn you into a marathon runner." You didn't know your words became a standing joke in my family for the month I took part in the Driven to Quit challenge.

And you didn't know your words began to ring truer and truer in my head as each day of that month — and the two months since — passed. Now, I have the chance to welcome you to another journey. Starting this week, I am training to run a marathon. Let me point out the most important thing about this challenge. I am not a runner. In fact, I gave up the entire idea of running in about Grade 4, when people teased me that I ran like a peacock. I have a mental image of that, and Lord help me if that's what I look like when I run. No one mentioned the peacock image the other night at my first running clinic, but it wasn't far from my mind.

I was secretly hoping the instructor would say how many inches one is supposed to pick up their feet from the ground, or how far I should stick out my butt or lift my shoulders, but even when I asked there really was no answer. "Whatever feels right," she said. The local clinic I'm working with, The Running Room on Hunter Street, uses the 10-to-1 training model. That sounded good, I thought, until I realized that means 10 minutes of running and one of walking. "Not today," the instructor said, to a chorus of relieved sighs. In 10 weeks, though, I should be able to do that ... apparently. The first run was OK. The other



Examiner staff writer Jeanne Pengelly is now Jeanne the Jogger.

rookies were nice. No one said I ran like a peacock, or any other bird-like or aquatic mammal. The instructor is bubbly enough to infuse anyone's post-work day slump with marathon-like energy. We walked for two minutes, ran for one, seven times. My legs seemed a little more like stilts than legs, but I'm told the stiffness gets better with practice. Yes, practice. Three times a week. But I have an addictive personality, I said to the instructor. I may want to run more than three times. Can I skip ahead? While I can do what I please when it comes to running, I'm advised to follow the program. Get

with the program, I'm hearing. Somehow I think there's more to this program than a simple half-hour run three times a week. I think there might be some other learning that will take place — learning, for instance, about my own personality, learning to face my own fears, to shed my own destructive thoughts that kept me from what I'm told will one day be an exhilarating pastime. The journey will have its ups and downs, literally. So did the personal challenge of quitting smoking. Many of you have wondered aloud to me if it was harder because I did it publicly, and most of the time, I tell you it was easier, because your spirit and hopes, your

Running

- Do you want to get started? Here are some Dos and Don'ts running experts agree are useful:
- DON'T start a running program without having a physical exam.
 - DO consider joining a running group at a local fitness club or running store, or find a running buddy.
 - DO start gradually. If you have no running background, start with eight days of walking — four days of 20 minutes, then four days of 30 minutes, every other day.
 - After the initial ramp up, DO run three days a week, thinking in minutes rather than miles (or kilometres.) Consider alternating one or two minutes of running with one or two of fast strong walking (starting with walking to warm up.) You can increase running time or decrease walking time as you get stronger. Or, alternate run and walk days.
 - DO warm up. Walk fast, then jog slowly before hitting a running pace.
 - DO carry water with you, and drink it. Dehydration can lead to muscle cramps.
 - DO use the "talk test." Don't run until you're out of breath.
 - DO invest in good shoes meant for running.
 - DO run facing traffic, and assume drivers don't see you. Don't wear headphones when running. You may not hear hazards such as cars, bikes, skateboards, dogs, etc.
 - DO choose softer surfaces such as trails to run on rather than sidewalks, when possible.
 - DO carry identification with you.
 - DO stretch following your workout rather than before, when your muscles are not warmed up.

questions and stories, your successes and failures inspired me. So that's what this is about — another day, another challenge. In August I will run the Apsley five-kilometre fun run. My ultimate goal is complete a full marathon in Ottawa in May 2008. I'm making a lifestyle change, and if the myriad of self-help books are right, slow and steady progress sticks better than bursts of success. I assure you, the journey will be funny. I assure you, the journey will be rife with determination, persistence, tenacity, and most of all, I assure you that you will make the difference. You did once already. Join me again, and let's see how far we can get. *(Online at 5:52 p.m. yesterday.)*

Reader response

Send in your stories. Are you a runner? Do you want to be? Do you have other athletic pastimes you want to share? What personal challenge have you faced? E-mail jpenge@peterboroughexaminer.com

Planting seeds of 'magical world'

Ecology Park co-founder Cathy Dueck owes national honour to park's team

By **ANDREA HOUSTON**
Examiner Staff Writer

A true naturalist, Peterborough Green-Up's Cathy Dueck can most often be found hunched over in the gardens of the Ecology Park or captivating the minds of students teaching about the wonders of the environment. The co-founder and co-ordinator of the park was recently named Canada's outstanding environmental educator for 2007 in the category of individuals working in a non-profit organization. "It is certainly an honour to be recognized for the work we do here," Dueck said. "But as co-ordinator of the park, the credit must be shared with the wonderful staff who work here." The award comes from the Canadian Network for Environmental Education and Communication, Canada's only national network for environmental learning. "It's time for all of us to be more environmentally sustainable," Dueck said. "So it's very encouraging for me to see the involvement and enthusiasm in environmental

education." Just past the compost heap in Ecology Park yesterday, a group of children on a school field trip listened carefully as their teacher pointed to different plants and explained them to the class. Dueck said teaching young people about the natural world is the best part of her job. "So often now, it is the kids who go home and teach the parents about the environment," Dueck said. "Now more than ever, kids are taking an interest in the environment and all living things." Back in 1993, the city offered Dueck a corner of Beavermead Park to showcase ideas for healthy, sustainable landscapes. "You have to understand, when Cathy took on that piece of land that is now Ecology Park, it was an overflow campground for Beavermead Park," said Sue McGregor-

Hunter, executive director of Peterborough Green-Up. "It was basically a grass field." Having begun as a tiny teaching garden on Rogers Street, the idea — and vegetation — quickly outgrew its space. "So when you see it today, it is unrecognizable from what it was," McGregor-Hunter said. "That is all Cathy's doing. She made it into a magical world." More than 2,000 students a year come to the park to learn more about composting and sustainable gardening, McGregor-Hunter said. "Not long ago we had a whole delegation here from Beijing who wanted to learn more about green communities," McGregor-Hunter said. "When they got to the Ecology Park, they literally lit up. They just loved going through the park with Cathy and seeing all that she had done." In 2005, McGregor-Hunter said, provincial Communities in Bloom judges called Ecology Park the "jewel in the crown" of the city's park system. Working with residents to reduce pesticide use, helping to restore shorelines and lakes, creating a seed stock of indigenous plants, and establishing an active network for

educators are just some of Dueck's other local accomplishments. The Kawartha Environmental Educators Network is a website Dueck created that links up the Ontario curriculum with resources for local teachers. The website was made possible by an Ontario Trillium grant, she said. "We work with educators to find local sources to incorporate environmental education into the curriculum," Dueck said. "It gives educators ideas for field trips, guest speakers and teaching kits." This weekend, Dueck will be speaking about gardening with native plants at the Ontario Nature Conference at Trent University. Tickets are available at www.peterboroughnature.org. Right now, Dueck is waiting to hear about possible funding for an urban forestry project for Peterborough. "If the funding is approved, we will work with local neighbourhoods to look into the health of trees and involving children in the process," Dueck said. "It's so important to understand the benefit that trees provide."



Cathy Dueck

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(Online at 12:50 a.m. today.)

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