

Guelph Mercury

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They said it

"No one can earn a million dollars honestly."

William Bryan

Correction
Re: Yani Macute

The school District 10 badminton champion Yani Macute represents was incorrect in a headline April 11 in the Mercury. Macute represents John F. Ross.

Getting it right

Our accuracy pledge

Nothing is more important to us than accuracy. We always strive to ensure the information we provide is factual and correct. But sometimes we make mistakes, and when we do, we will correct them promptly and prominently. If you see a factual error, please contact the newsroom at 519-823-6060 or by email at editor@guelphmercury.com.

Lottery results

Yesterday's unofficial winning numbers:

Pick 3: 3 0 1

Pick 4: 5 6 1 3

Keno: 7, 10, 12, 17, 25, 26, 27, 28, 30, 35, 37, 41, 43, 47, 48, 52, 56, 59, 61, 69

Encore: 8884983

Dowd aims to diversify downtown

► DOWD FROM PAGE A1

Two university professors are now his tenants in what can only be described as an upscale building Bell calls "absolutely gorgeous."

A friend of Dowd's used to describe the second floor as such: A stack of plywood, a stack of dry-wall and Tom's bed.

"That's pretty much how it was," Dowd says.

Dowd followed up by renovating the building's main floor, a former H&R Block office. He gutted that too and eventually opened the Alma Gallery, now home to several pieces of local art.

"There were many nights where I sat there asking myself, 'What have I got myself into?' You

can work for weeks and months and not look like you've made any progress," Dowd says.

"I was worried. But it worked out in the end."

Just this month, his third project — a yoga studio facing Woolwich Street — opened its doors.

Like the rest of the structure, many of the original beams, bricks, stones and floorboards have been exposed.

Doorways and archways in the yoga studio transcend patrons to a time of off-loading on alleyway docks, mud streets and horse-and-carriage cartage.

Dowd went so far as to use a fallen tree from his parents' Muskoka cottage as support posts in the basement change rooms. He

hailed the six-foot logs here in his own pickup truck.

Dowd may be cut from the same cloth as urban theorist Richard Florida and not even know it — Dowd says he isn't inspired by anyone.

Florida theorizes that economic development and urban renewal hinge on the attraction of what he calls bohemians and the creative class; the very clientele Dowd's buildings and businesses attract.

"It's not always about big massive expansion," Bell says.

But can professionals and partiers, bohemians and barflies coexist in a downtown core overrun with bars, pubs and clubs and the revelers who frequent them and the streets into the wee hours

of the morning?

"It's a real battle for me, this whole downtown rowdiness. Maybe they can't coexist," says Dowd, who lives in one of the apartments above his gallery and is on a first-name basis with some Guelph Police officers.

"I think the ultimate solution to downtown is to have more residents.

"What I envision is a better balance where the demographic isn't all one group."

"We won't get residents downtown unless we address these underlying problems," Bell says, referencing the bar scene.

"Change is necessary and Tom seems to have the answer that's doable."

Poise, personality and muscle definition

► FITNESS FROM PAGE A1

Arndt, who operates her own business, Framework Fitness, said the competition emphasized aspects of fitness modelling such as a healthy physique, stage presence, poise, personality and muscle definition.

On Saturday, contestants displayed their physiques to best advantage with various poses and a runway walk.

Arndt, a personal trainer, was particularly proud of her weekend achievement because she's considerably older than typical fitness models, who tend to be in their 20s and 30s.

Among her supportive cheerleaders, in a bit of a role reversal, is client Tamara Williams, 32. Williams said she respected Arndt's early battles to overcome weight problems.

A client for 13 months, Williams said though she was not terribly overweight at the beginning, she

felt unfit and decided to tap into Arndt's talents.

"I was just struggling with motivation," said Williams, an account manager for an area communications firm.

"I wanted to be inspired by someone," Williams said yesterday, and that wasn't going to come from a 22-year-old who's naturally thin.

Though she'd never had a personal trainer before, Williams found Arndt personable, understanding and experienced. She said she felt Arndt could whip her into shape because the trainer has an encouraging, yet strong, forceful and — at times — stern attitude.

The petite Arndt recounted yesterday how she first became alarmed about her own weight and fitness in the latter half of her teens. Her thin body would put on 30 pounds, then she'd try a variety of diets to lose that extra fat, only to regain it in what she described as a yo-yo effect that left her frustrated.

At age 30, determined to change her life permanently, she hired her first personal trainer, then was drawn further and further into a passion for fitness. As her fitness and skill levels improved, she never regretted her commitment to this better way of life.

Fitness Star, she said, is a relatively new federation hosting fitness events to inspire others. Saturday's event drew people who are fitness models or aspire to be. At the event, she was among 10 female models selected for the cover of a future issue of Beyond Fitness Magazine, an industry periodical, she added.

Arndt said she is proud she doesn't ask anything of her clients that she doesn't demand of herself.

"I put myself through the same regimen," she said.

"It is a way to keep myself in shape . . . have a goal. Plus, it keeps me more accountable to my clients."

She said she's hopeful clients will say, "If Marla can do this, I certainly can."

Though only a couple years from turning 50, she's out to prove people can be fit at any time in their lives.

"Age really doesn't make a difference," Arndt said. "Muscle doesn't know age. There's hope for everybody."

Canadians, she said, are surrounded by threats to fit, healthy bodies, from a hectic, stressful way of life to fast food that contains too much fat and too little nutrition.

"It's our lifestyle, now."

She argues it doesn't have to be that way. She's advocating for incremental steps to a healthier lifestyle through better diet and exercise. "It's little baby steps." But those are cumulative, she emphasized. Some clients may even become fitness models like her.

"For me, it's to show anything's possible."

Passenger lands plane in Florida after pilot dies

Christine Armario

TAMPA, Fla. — Doug White and his family had just enjoyed a smooth takeoff and were ascending through the clouds when the pilot guiding their twin-engine plane tilted his head back and made a guttural sound.

The pilot, Joe Cabuk, was unconscious. And though White had his pilot's licence, he had never flown a plane as large as this.

"I need help. I need a King Air pilot to talk to. We're in trouble," he radioed.

Then he turned to his wife and two daughters: "You all start praying hard."

Behind him, his wife trembled. Sixteen-year-old Bailey cried. Eighteen-year-old Maggie threw up.

White, 56, landed the plane on his own about 30 minutes later, coaxed through the harrowing ordeal by air traffic controllers who described exactly how to bring the aircraft to safety.

The pilot died, but White somehow managed.

When a controller asked whether he was on autopilot, White replied: "I'm in the good Lord's hands flying this Niner Delta Whisky," giving the code for the aircraft.

White had logged about 150 hours recently flying a single-engine Cessna 172, but had no experience flying the faster, larger King Air. He declared an emergency to air traffic controllers — White already knew how to use the radio. On Sunday afternoon, he got his first lesson landing the larger

craft.

They were on their way home from Marco Island, Fla., where they'd travelled after his brother died from a heart attack the week before.

White owns the King Air plane and leases it out through his company, Archibald, L.A.-based White Equipment Leasing LLC.

White got his pilot's licence in 1990, but said 18 years had passed until he recently started flying again.

White had his wife try to remove the pilot from his seat — afraid that he'd slump down and hit the controls.

But the space was too small. His wife couldn't remove him. They strapped him back in, and White sat at the adjacent set of controls.

White tried to stay calm and lis-

ten to the air traffic controllers as they relayed instructions.

"It was a focused fear," he said. "And I was in some kind of a zone that I can't explain."

Flying manually, White navigated the plane through the descent.

"When I touch down, if I ever touch down, do I just kill the throttle or what?" he asked.

"That's correct," the controller replied. "When you touch down, slowly kill the throttle."

They landed safely shortly after 2 p.m. "Looks good from here," the controller said. "Good job."

White said they tried for about 30 minutes to revive Cabuk, the pilot. The medical examiner's office has not yet determined his cause of death.

The Associated Press

No equipment removed from plant

► GUARDIAN FROM PAGE A1

"They probably won't be interested until the housing market picks up, if then. Who knows," Simms added.

Guardian Fibreglass is a division of Guardian Industries, a multinational that has Ontario plants in Tillsonburg and Rexdale, a plant in Quebec, and about 40 facilities in the United States, as well as operations abroad.

Striking workers at the Erin plant have said in the past that the slump in the U.S. housing market made gearing down the Erin plant convenient for the company. They expressed doubt that it would ever produce again.

Simms said this week the facility remains

intact and that no equipment has been removed from it.

"We would love to know what their plan of attack is," she said. "That's why we wanted to get them back at the table, to find out what their thoughts are on the whole facility. There is still management in there, and none of the equipment has been moved out."

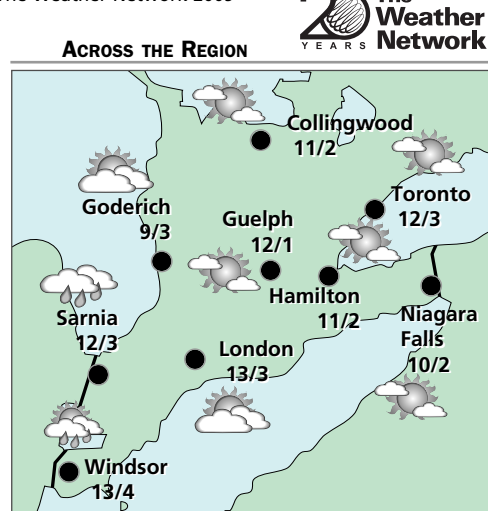
The remaining workers, she added, have invested many years in the company and they are determined to see the strike through to a conclusion.

The recession has been tough on the fibreglass manufacturing sector. Last month, Ohio-based Owens Corning laid off hundreds of workers, including nearly 50 at the company's Guelph plant.

WEATHER

ALMANAC		TOMORROW	THURSDAY	FRIDAY	SATURDAY
Normal High	11.6°	Partly cloudy	Sunny	Sunny	Sunny
Normal Low	0.4°	H: 12 L: 1	H: 15 L: 1	H: 17 L: 5	H: 17 L: 1
Record High	20.6°/1976				
Record Low	-7.2°/1973				
Precipitation					
Today's Normals	4mm				
CANADA	TODAY	WORLD		TOMORROW	
Calgary	rain/snow 3/-4	Toronto	p.cloudy 9/3	Madrid	showers 14/6
Charlottetown	p.cloudy 3/-3	Vancouver	p.sunny 11/4	Mexico	sunny 27/9
Edmonton	rain/snow 2/-8	Victoria	m.sunny 11/4	Beijing	sunny 14/10
Fredericton	m.sunny 7/-4	Whitehorse	m.sunny 3/-5	Berlin	cloudy 22/7
Halifax	p.cloudy 5/-3	Winnipeg	m.sunny 15/5	Brussels	p.cloudy 23/14
Iqaluit	sunny -7/-17	Yellowknife	flurries -3/-10	Hong Kong	cloudy 27/22
Ottawa	sunny 9/-2			Honolulu	p.cloudy 26/21
Montreal	sunny 10/-1	RESORTS		Jerusalem	sunny 18/11
Quebec C.	sunny 8/-6	Acapulco	sunny 33/25	Kiev	cloudy 19/5
Regina	p.cloudy 13/3	Barbados	p.cloudy 30/24	Las Vegas	p.cloudy 15/5
Saskatoon	sunny 12/1	Bermuda	rain 24/19	Lisbon	showers 16/11
St John's	flurries 3/-2	Havana	p.cloudy 32/20	London	cloudy 19/12
		San Juan	sunny 26/25	Los Angeles	p.cloudy 18/8
				Madrid	showers 14/6
				Mexico	sunny 27/9
				Miami	tshowers 28/20
				Moscow	cloudy 12/2
				New Delhi	cloudy 37/24
				Paris	p.cloudy 22/14
				Rome	sunny 24/12
				Seoul	showers 12/9
				Singapore	tstorms 32/27
				Stockholm	p.cloudy 9/1
				Sydney	sunny 26/20
				Tel Aviv	sunny 23/15
				Tokyo	p.cloudy 22/17

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EASTER COLOURING CONTEST WINNERS

The winners of this year's contest are:

Miguel Angel Cruz- Age 5
Hannah Constable- Age 8

Each winner will receive a \$20 gift certificate courtesy of Domino's Pizza.

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