

**GRAFFITI:
IS IT ART?**
City & Observer, Page B1



**BLUEBERRIES PACK
A HEALTHY
PUNCH**
Real Life Taste, Page E1

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OF DREAMS**

News,
Page A3



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SUNDAY, AUGUST 12, 2007

First steps taken in East Village renewal



Mikael Kjellström, Calgary Herald

Chris Ollenberger of Calgary Municipal Land Corp. checks out the restoration of the Simmons building in the East Village which will be their headquarters for the redevelopment.

Five-year project to cost \$135M

COLETTE DERWORIZ
CALGARY HERALD

After decades of failed plans, the dilapidated East Village is beginning to see the first visible signs of improvement.

Calgary Municipal Land Corp., which is charged with overseeing the redevelopment of the area east of City Hall, has started renovations on the his-

toric Simmons building — built in 1912 as a mattress factory — for its head office.

"It'll be nice to bring this to life again," said Chris Ollenberger, president and chief executive of Calgary Municipal Land Corp.

"It'll give a new public face to the area."

East Village, part of a district that has been renamed The Rivers, is a 15-block wasteland east of City Hall to Fort Calgary

and north from 9th Avenue to the banks of the Bow River.

Several efforts by the city to kick-start redevelopment of the blighted area into a vibrant community have failed over nearly four decades.

But the latest plan, launched three years ago and expected to cost \$135 million, has started to take shape.

SEE REBIRTH, PAGE A6

Taliban attack kills NATO member

Roadside ambush injures five Canadians

ANDREW MAYEDA
CANWEST NEWS SERVICE
KANDAHAR, AFGHANISTAN

A soldier with the NATO-led International Security Assistance Force was killed and five Canadian troops were injured by Taliban insurgents today.

The nationality of the killed soldier was not released. None of the Canadians were critically injured when their supply convoy hit a roadside bomb. They were evacuated to Kandahar Airfield, NATO's military base in southern Afghanistan, for treatment.

The Canadians, whose names were not released, in line with military policy, were travelling in an RG-31 Nyala armoured vehicle as part of a convoy that was supplying a Canadian forward operating base in Masum Ghar, southwest of Kandahar City.

On their way back to base, the vehicle was hit by an improvised explosive device planted along the road. They then came under fire from rocket-propelled grenades.

The military is still investigating the nature of the bomb. Officials would not say whether the bomb was remotely detonated or "pressure plated."

An Afghan soldier was also wounded, Agence France-Presse reported.

SEE SOLDIERS, PAGE A8

BOOKS & THE ARTS Kensington's Pages bookstore changes hands

Page C1

INDEX

Announcements B4 EditorialA12
Books & ArtsC1 Entertainment...C4
Bridge.....D10 Horoscope.....C6
Bright Lights.....C5 MoviesC6
Business.....D1 Q & InboxA13
City & Observer...B1 Sports.....F1
Classified.....D5 TasteE1
Crossword.....C7 TelevisionC8

Complete weather information Page E6



Today 24°
Tonight 8°

Canadian gets to work with six-hour spacewalk

JEFF FRANKS
REUTERS
HOUSTON

Two spacewalking astronauts, including Canadian Dave Williams, bolted a new beam onto the International Space Station Saturday as NASA wrestled with a balky computer and

worried about a gash in the heat shield of space shuttle Endeavour.

Williams, 53, is only the third Canadian to walk in space and before the shuttle heads back to Earth he may do two more spacewalks, which would be the most ever completed by a Canadian astronaut.

"I'm just hanging there out in

space looking at this incredible view of the world underneath me, and you can imagine what that's going to be like, the spectacular beauty of it," said the Saskatoon-born Williams in a pre-interview, adding that the spacewalks would be very challenging.

SEE SPACEWALK, PAGE A5



NASA TV, Reuters

Canadian Dave Williams helps secure a new piece on the International Space Station during a spacewalk Saturday.



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Courtesy, Calgary Municipal Land Corp.

A planned four-kilometre riverwalk will link the East Village to the rest of downtown.

FROM A REBIRTH: East Village 'growing up'

The Simmons factory, located along the Bow River at 610 5th Ave. S.E., is one of four buildings in the area to be designated as municipal heritage sites. Other buildings are the St. Louis and King Edward hotels and the Hillier block.

Daryl Cariou, a senior heritage planner with the city, said it's important to preserve the buildings.

"The worst thing that can be done to a heritage building, other than demolishing it, is letting it sit empty," he said.

Ollenberger said that was one of the reasons why it's important for the land corporation to fix up the heritage building, previously used for storage.

"The Simmons building is just iconic," he says.

During a recent tour of the Simmons building, dust covered the wood floor of the two-storey structure as crews worked to return the painted green bricks to their original reddish colour and strip the layers of paint on the ceiling, beams and columns to reveal the natural wood.

The outside of the factory will also be restored to its original condition over the coming months.

While the restoration will cost up to \$1 million, Ollenberger said it's key for the board to be located in East Village to show a commitment to the area.

"It's right in the thick of things."

In addition to the restoration of the Simmons mattress factory, excavation will also begin on a new storm water wetland on the edge of Fort Calgary by the end of September.

The facility, located on the same spot as one of the city's original sewage discharges was built in 1892, will be used to clean storm water from the streets in The Rivers before putting it in the Bow River.

Next spring, the corporation

will start on the infrastructure upgrades — which includes replacing the 100-year-old water and sewer pipes running underground, installing a district energy system to heat and cool buildings in the area, cleaning up environmental contamination of the land and putting in new sidewalks and roads.

Once the infrastructure is in place, the land closest to the Bow River still needs to be elevated 1.5 metres out of the flood plain, which Ollenberger said could involve hauling in clay and gravel from developments being built in the city's downtown.

There's also an ambitious proposal to improve nearby pathways, dubbed the riverwalk, next year.

The overall East Village plan, which got final approval from city council in July, will take about five years and cost about \$135 million. Other projects are expected, though those costs have not yet been determined.

"It's sort of like dental work. It needs to be done, but you can't always see it."

ALD. DRUH FARRELL, ON THE INITIAL PROJECTS FOR THE EAST VILLAGE

The tax scheme allows the city to borrow money to pay for the necessary infrastructure upgrades in the area. It's expected those upgrades would attract new development, which should improve property values. The increased tax revenue generated from the higher property values would pay off the infrastructure debt.

Some council members still argue the city is taking on too much risk during an economic boom — a time when investors would likely build in the area without the incentive.

Ald. Druh Farrell, whose ward includes East Village, said the initial projects are important for the city to kick-start development in the area.

"They set the foundation," Farrell said. "It's sort of like dental work. It needs to be done, but you can't always see it."

"It's all the essentials."

The four-kilometre riverwalk, one of the highlights, will one day link Eau Claire to East Village then continue through the Stamped grounds to the area around Lindsay Park, a quiet treed area located between Macleod Trail S. and the Elbow River.

Farrell said it will go a long way to providing access to the community, which is currently cut off from the rest of downtown.

"It's probably one of the most isolated communities. It's not connected to anything," she said, noting that could be partly why it's attracted a criminal element.

In recent years, the neglected area has been frequented by drug dealers, crack addicts and prostitutes.

The police stepped up patrols in the area last week after a series of violent crimes, including the beating of a homeless person, near East Village.

Ollenberger, a native Calgarian hired in May to run the corporation, said the immediate plans will add new life to the rundown area.

"There will be some fairly painful disruptions," he said. "These aren't small projects."

But most residents living in the area have said they just want to see work on the prime piece of downtown property get started, particularly those who purchased condos in the area during the last redevelopment project. The earlier plan fell apart nearly five years ago amid accusations of mismanagement and a multi-million cost for the city to get out of the deal.

Ollenberger, who considers his role in the redevelopment of East Village a once-in-a-lifetime opportunity, said the area's time has finally come.

"The East Village really represents an untold jewel for the city of Calgary as a whole," he said.

"This is an area that will really help define Calgary as a world-class metropolis. "We're growing up."

CDERWORIZ@THEHERALD.CANWEST.COM

Workaholics less satisfied with life than slackers

Money and power don't buy happiness

KATHERINE DEDYNA
CANWEST NEWS SERVICE
VICTORIA

Some people see workaholics as tireless strivers with 24/7 tunnel-vision focused on the next rung up.

Others envy them as totally committed to careers that surely must give meaning in other ways.

Families and friends might criticize them for bypassing leisure time together or forgoing special events.

But how do workaholics — nearly a third of the Canadian workforce define themselves that way — feel about their jobs and themselves? The short answer: It's a downer.

"They devote more effort to work, but they derive no more satisfaction or pleasure from it than do non-workaholics," writes Statistics Canada analyst Leslie-Anne Keown, author of *Time Escapes Me: Workaholics and Time Perception*. "They are very dissatisfied with their work-life balance and wish they could spend more time with family and friends."

They're less content with life overall and are not more gratified by their finances or their jobs than other workers.

Far from their stereotype as glamorous over-achievers, there isn't much socioeconomic difference between workaholics and non-workaholics. They aren't even more likely to be well-educated urbanites or high earners, although they are more likely

Seven signs of workaholism

■ Instead of accepting ourselves, we seek approval and justification for our existence in work.

■ We work to escape our feelings, shutting out our true needs and wants.

■ We use work to tamp down the uncertainties of life by over-organizing and refusing to give up control, losing our spontaneity and creativity.

■ Many of us grew up in chaotic homes, so workplace stress and intensity feel normal and even sought-after. We create crises and get adrenalin highs by overworking to resolve them, then suffer withdrawals into anxiety and depression.

■ We hoard work to ensure we will always be busy, seemingly important and never bored.

■ We fear free time.

■ We're typically perfectionists, unwilling to ask for help or delegate because no one can meet our standards.

Source: Workaholics Anonymous website

to be male — 59 per cent.

The figures come from a study of workers aged 19 to 64 based on the 2005 General Social Survey by Statistics Canada.

The findings don't surprise Fred Grouzet, an assistant professor of psychology at the University of Victoria.

"Working doesn't make you happy," he says. "It's not because you spend 24 hours working that you will be happier. If you spend all your hours on one thing, it's impossible to be completely satisfied, because we need to balance our time."

One of his research topics is the impact of life goals on well-being.

Ambitions such as financial

success, social recognition, popularity, power and achievement in competitive fields — the kind more associated with people who put in long hours at work — have a lower association with long-term happiness and well-being than intrinsic goals such as personal growth, self-acceptance, family, authentic relationships and helping others.

Not long ago, Grouzet, 31, was a workaholic. But he made the break last year, leaving endless PhD research behind him, moving from bustling Montreal to beachy Victoria and making a decision to work eight hours a day, five days a week.

Those in sales and service had the highest level of workaholics at 24 per cent of those surveyed.

Two factors often predict workaholism: work climate and personality, says Grouzet.

Some people are more obsessive in their approach to work and life; others are more harmonious. It's not all the workaholics' fault.

"If you're experiencing a lot of pressure from your boss you're likely to work more and to make sure that everything is finished at the end of the day."

Tight deadlines for difficult tasks are a problem; so is a lack of structure for too broad a goal.

Strangely, professionals, such as doctors and lawyers, self-reported a significantly lower level of workaholism, along with workers in technical and clerical occupations. Keown theorizes that perhaps professionals accept longer hours as fundamental to their careers, while managers view overtime as a necessary condition of their positions and tradespeople respond to a labour shortage in a time of high demand.

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Being the tallest has its shortcomings

PODOLYANTSI, UKRAINE • Being named the world's tallest man has meant very little for Leonid Stadnyk, scraping together a living with his mother in a tiny village in central Ukraine.

Guinness World Records gave the accolade to him last week. But Stadnyk is prouder of the present from local authorities on his 37th birthday — a bathroom with a shower tall enough to fit his 2.53-metre (8-foot, four-inch) frame.

"I don't need glory. I just want a normal life under normal conditions," Stadnyk told Reuters, dwarfing an armchair outside his modest bungalow.

"I want to say to people — everyone is different, just as there are no two identical apples in a barrel. But the world is built for medium-sized people."

The Ukrainian's spectacular growth began at about age 10 or 12. He is reluctant to discuss the details, though local media say a brain operation set off hormonal problems that kept him growing.

— Reuters

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