

## Coffee Break



### Stroke experts share

This Saturday, the Stroke Recovery Association of Calgary, in conjunction with the Heart and Stroke Foundation, will be hosting a stroke awareness day presentation at Foothills Hospital.

The presentation focuses on what everyone needs to know about prevention, treatment, rehabilitation and community resources.

Stroke awareness day will be held at Foothills Hospital's auditorium, 9:30 a.m. to 4 p.m. Lunch and coffee are included. To reserve a spot, call 827-7520.

### College opens doors to art experience

Are you ready for an intensive experience? Rocky Mountain College theatre arts department presents: A Creation Showcase, featuring original work by Deanna Adam, Peter Aitchison and Sydney Allen and facilitated by Jamie Popoff.

The showcase will run April 11-13, 7 p.m., at Rocky Mountain College auditorium, 4039 Brentwood Rd. NW, Calgary. Tickets are \$5 and are available at the door only.

For more information, call 284-5100, ext. 228.

Come on out and enjoy an evening of solo creation work!

### Film festival highlights 'sacred mysteries'

On Good Friday, April 6, Evolving Doors Productions is presenting Sacred Mysteries Film Festival at Unity Church of Calgary, 2035-26A St, SW.

The cost is \$30 for an all-day pass; seating is limited. Purchase tickets online at: www.EvolvingDoorsProductions.com or by e-mailing Sheryl at: sheryl@evolvingdoorsproductions.com or calling 293-4952.

The schedule is as follows: Healing the Luminous Body (9-10:15 a.m.); Yoga of Light (10:15-11:45 a.m.); lunch break (11:45 a.m. to 12:45 p.m.); Quantum Astrology (12:45-2 p.m.); ARTmind (2-3:20 p.m.); Secrets of Alchemy (3:20-4:20 p.m.); Healing Sounds (4:20-6 p.m.); supper break (6-7 p.m.); and 2010 The Odyssey (7:30-9:10 p.m.).

For details of each of these movies, visit: www.sacredmysteries.com

Only attendees of the festival can take advantage of the special pricing on all Sacred Mysteries DVDs that will be offered that day.

# Fighting cancer one province at a time

Airdrie's Tim Harriman bikes across the country raising money, awareness

BROOKE HOGEMANN  
SENIOR REPORTER

To help find a cure for childhood cancer so another child won't have to fight the disease the way he had to, Airdrie's Tim Harriman is going to bike across Canada raising money and awareness for the Childhood Cancer Foundation of Canada.

Harriman, 18, will begin his nation-wide trek June 4 starting in Victoria, B.C., biking through all 10 provinces and visiting children's hospitals and cancer treatment centres on his way to St. John's, N.L. by summer's end.

"It's quite an adventure," Harriman said. "I'm excited."

He was only 14 when he was diagnosed with leukemia, a blood cancer common in children. Harriman had to undergo two-and-a-half years of treatment, which included high doses of chemotherapy and radiation.

"I was one of the older patients and to see all of those kids ... you wonder why they have to go through this," Harriman said. "Every time I went to the hospital, it hurt to see other kids there."

Every year 1,500 children are diagnosed with cancer and one of every four children



CROSS COUNTRY: Tim Harriman trains for his upcoming tour across Canada, where he will try to raise money and awareness for childhood cancer.

Photo courtesy of Tim Harriman

diagnosed will die of the disease. The good news, however, is that nearly 75 per cent of children who get cancer can now be

cured.

In June 2005, Harriman successfully completed his treatment and began training for his upcoming journey across Canada. Along with him, Harriman's parents and friend Christa Boccabella will be along for the ride, which should total 81 days and 412 hours of biking.

"My dad is going to be driving the RV and my mom is doing planning and finance," Harriman said. "Christa is going to come along and be my medic and take video and photo footage."

Harriman hopes to raise \$100,000 for the Childhood Cancer Foundation of Canada and he is already well on his way to achieving that goal. Anyone who wishes to donate to this cause can go online to two different websites at: www.childhood-cancer.ca and www.spokemantour.com

He will also have donation slips with him.

"We're quite confident that in Alberta alone we can raise our goal," Harriman said. "Airdrie Koinonia Christian School raised \$2,200 and we would like to send out a challenge to all other schools in Airdrie."

For more information on Harriman and his cross-Canada bike tour, visit: www.spokemantour.com

# Airdrie students give reading a shot

ANNE BEATY  
ECHO EDITOR

Numerous books and countless words later, two Airdrie students have been recognized for their reading prowess.

Justin Gough, 11, a Grade 6 student at Our Lady Queen of Peace (OLQP), and Brayden Ben-



WELL DONE: Justin Gough, 11, is understandably proud of the 24 bookmarks he earned for 2,400 minutes of reading.

Anne Beaty photo

nett, 9, who is in Grade 4 at R.J. Hawkey, were two of 15 students — out of 150 schools in six school divisions in the Calgary region — chosen as 'most improved' as part of the Reading: Give it a Shot program.

Last week, the 15 students were invited to the Saddledome to be presented with Flames jerseys and to sing O Canada on the ice before a Flames home game.

For both boys, one of the highlights of the evening with the Flames was getting their new jerseys signed by players and, most especially, collecting the signature of the team's mascot.

"I was really excited to get Harvey the Hound," Gough said.

Reading: Give it a Shot is a collaboration between the Calgary Educational Partnership Foundation and the Calgary Flames. The program runs each year from January to March and promotes literacy by encouraging children in Grades 4-6 to read for recreation, as well as education. For every 100 minutes of reading, the child receives a bookmark, to a maximum of 24.

When Bennett began with the program, he had one goal.

"I wanted to try and improve my reading," he said.

Now, after having achieved 10 bookmarks, he is eager for more.

"I like to read now," Bennett said, adding that his goal for this year is to log two million minutes reading.

For Gough, who achieved the 2,400-minute goal, meeting the challenge meant reading at every possible opportunity — including on the school bus and every night before bed.



INTENSE IMAGINATION: Brayden Bennett, 9, gets right into one of his favourite books, Superfudge, by Judy Blume.

Anne Beaty photo

"I was especially excited to get all (the bookmarks)," he said.

The Grade 6 student got hooked on reading four years ago — starting with the 57-year-old classic, The Lion, the Witch and the Wardrobe — and has never looked back. His experience has even prompted him to consider writing as a career.

"It's fun," Gough said.

While he enjoys adventure/fantasy writing and is eagerly awaiting the release of the new Harry Potter book in July, Bennett is right into Judy Blume's Superfudge books and looks forward to reading more in the series.