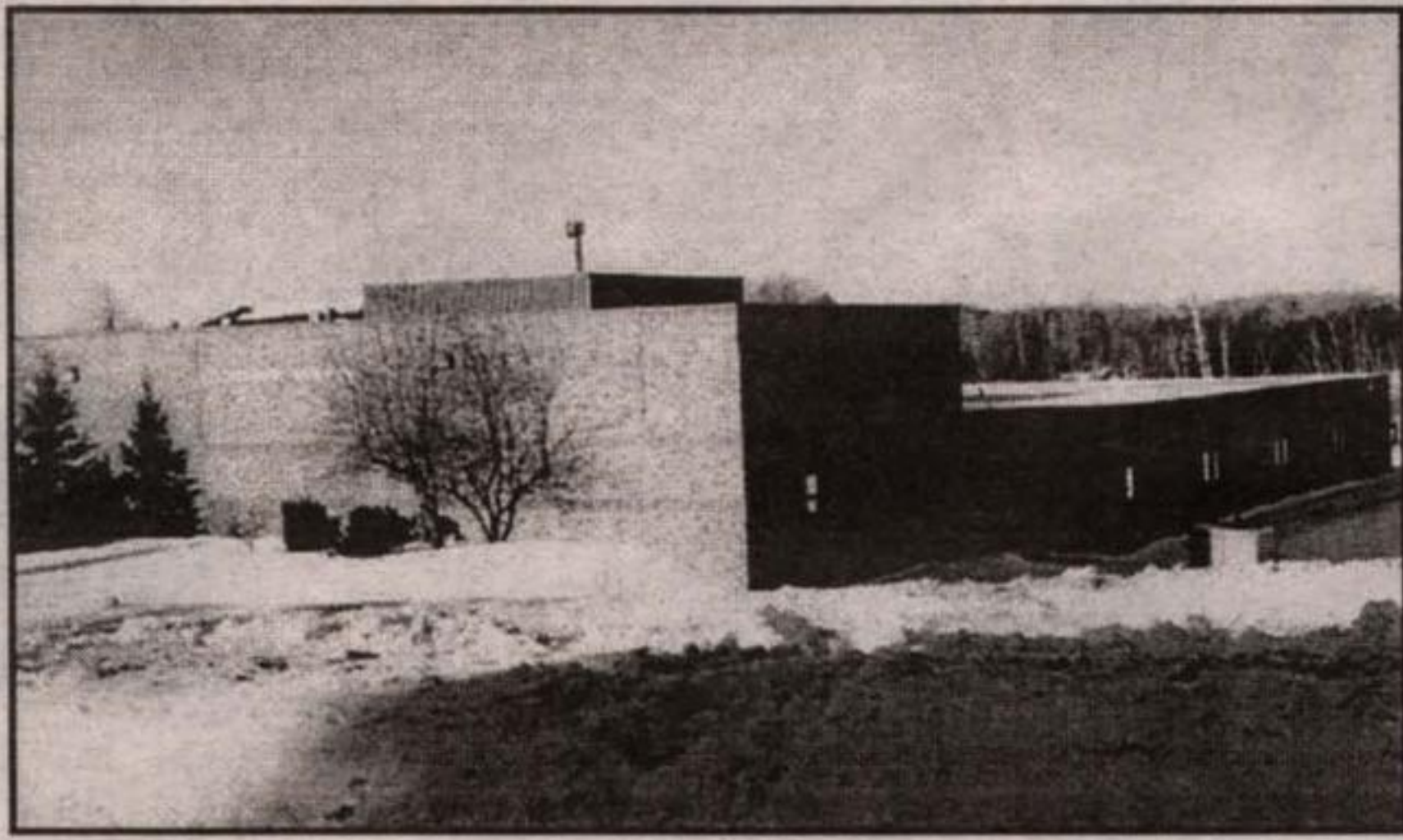


Multi million expansion at St. Joseph school

Prayers answered

By FRANCES NIBLOCK
The New Tanner



ST. JOSEPH SCHOOL

The prayers of parents, students and staff at over crowded St. Joseph's School have been answered. The Halton Catholic District School Board has approved a \$2.5 million expansion at the 18-year-old facility.

Once construction is complete next fall, students won't have to use the stage as a classroom and all four portables will be removed.

Plans approved by the Board last week include two Kindergarten rooms, a sci-

ence room, art room, two classrooms, a teacher workroom and an enlarged office area.

The existing Kindergarten area will become a music room, shower areas will be converted into storage rooms

and a new driveway entrance will be built.

Principal Jim McGeragle said a separate Kindergarten pick-up and drop-off area, play area and entrance will make it safer.

"Not that we're not safe now. We do our best, but with big guys and soccer balls and things like that it will be a good thing to have the little ones in their own area," McGeragle said, adding the existing Kindergarten is in a crowded classroom.

Work will be done on the existing school to bring it up to current fire code standards, increase ventilation and install student lockers.

"Our Board has been very proactive in trying get the older buildings in the system up to standard and this is considered an older building," McGeragle said.

Currently 100 of the school's 373 pupils are taught in portables and 25 use the stage because of overcrowding, an unfortunate situation says School Council chair Mary Querques.

"We haven't been able to put on any plays or anything because we had a classroom on the stage, so no Christmas concert and that kind of stuff that we'd like to see. It's not

just proper to have a class on the stage," Querques said, applauding the Board's approval of the project.

Board staff will bring detailed plans to the School

Council meeting later this month and to a parents meeting in April. Construction is slated to begin this spring with completion in October/November.

Fan of 'B' Westerns, McKnight helps make movie

By MAGGIE PETRUSHEVSKY
The New Tanner

An Acton man will be listed on the credits for an upcoming history channel documentary on Canadian actor Jay Silverheels - Tonto to those of us old enough to remember the television series.

Ron McKnight is a fan of 'B westerns' and has quite a number of them in his home video collection. Among them are a couple of out-of-print tapes of the old Lone Ranger series needed by the research team producing the documentary.

"I saw the message about the tapes they needed one night when I was browsing the Web," McKnight says, "so I sent them an e-mail saying I had them and they took it from there."

"They" are members of Great North Productions in Edmonton, Alberta and Picture This Productions Inc., of St. Pierre, Quebec. The two companies are producing "Jay Silverheels: The Man Beside the Mask", which aired for the first time Feb. 9 on the Canadian History Channel.

Silverheels, whose real

name was Harry March, was born at Oshwegon. When he died in 1980, his remains were cremated and brought back to be buried on the reserve near Brantford.

Although he is probably best known for his portrayal of Tonto in the Lone Ranger series which aired from 1949 to 1956, Silverheels actually started his career in more mainstream roles. These included parts in well known

dramas like Key Largo with Humphrey Bogart and Lauren Bacall and The Silver Chalice with Charlton Heston, McKnight says.

For his assistance, McKnight will get his own copy of the documentary. His big thrill however, is to find himself included on the credits of a documentary on someone whose career he admired and sort of followed, McKnight says.

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SUBWAY

Before and after: Jared Fogle stars in a new ad campaign singing Subway's low-fat praises. The 22-year-old student ate only a turkey sub and chips and a veggie sub every day for a year.

Subway ads sell diet secret

Man dropped 245 pounds on 2 subs a day

By Greg Farrell
USA TODAY

Move over, Monica Lewinsky. In a first for the fast-food industry, a major chain is about to advertise its fare as a smart way to lose weight.

Subway Sandwiches begins airing a commercial today starring Jared Fogle, a man who lost 245 pounds over the course of a year by eating low-calorie subs from the chain.

While most fast-food chains don't like to call attention to the amount of calories in their sandwiches, Subway is revelling in the story of the 22-year-old Indiana University student who went from 425 pounds to 180.

While the ad cautions viewers to consult their physicians before changing their eating habits radically, Fogle's case speaks for itself.

Starting in March of 1998, the 425-pound Fogle went on what he calls the "Subway diet". He visited a Subway franchise twice a day and ate the following: a 6-inch turkey sub for lunch, with Baked Lays potato chips, and a Diet Coke, and a foot-long veggie sub for dinner, with Diet Coke. He skipped breakfast and avoided cheese and mayonnaise for a diet that kept him under 10 grams of fat and at about 1,000 calories per day.

He lost the weight over the course of a year and has kept it off for the past nine months by keeping to a normal diet of about 2,200 calories.

"For years, I'd been trying to lose weight," Fogle says. Diet programs such as Slim-Fast and Healthy Choice didn't appeal to him. The Subway diet clicked for him.

"Life now is better than I ever could have imagined," he said from his hotel at Disney World. "Before, I never could have come here. I'd be scared I couldn't fit onto the rides. Now the only thing I have to worry about is being scared on the rides."

Subway's ad agency, reading this, felt it a responsible and inspirational story."

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