

Guilty plea sign of remorse: judge

• from PARROTT'S on page 1
 bery, although it wasn't proven beyond a doubt by the Crown, court heard.
 Mr. Stokes was born and raised in St.

Catharines. He was working in Milton as a roofer the day he killed Mr. Parrott, in the early morning hours of August 31, 2001.
 Mr. Parrott suffered knife wounds to his

chest and neck.

A Milton man out walking his dog discovered the body behind the Milton Curling Club at about 6:30 a.m.

Defence lawyer Michael DeGobbo had been seeking parole eligibility in 10 to 12 years, while Crown attorney Laurie Jago thought no eligibility for parole for 14 years would be more appropriate.

The judge said Mr. Stokes' guilty plea can be seen as a sign of remorse and was taken into consideration, particularly since it spared Mr. Parrott's family from a lengthy trial.

Also considered was that Mr. Stokes surrendered to police the day after the murder. His young age also factored into the sentencing, since there's a greater chance for rehabilitation. As well, Mr. Stokes had no prior history of violence.

But, the judge continued, he also took into account the "brutal, multi-faceted" nature of the attack, which ended with Mr. Stokes repeatedly kicking and stomping on Mr. Parrott.

Judge Durno spoke of the devastating effect Mr. Parrott's death has had on Ms Parrott and her son, who was 17 years old when his father was killed.

He also said that although Mr. Stokes had consumed alcohol and narcotics that fateful night and was impaired "to some degree," his capacity wasn't reduced.

As well as Mr. Stokes having no eligibility for parole for 12 years, Judge Durno imposed a lifetime ban on weapons and an order to provide DNA samples for analysis.

As friends of Mr. Parrott's milled outside the courtroom after the sentencing, one word was brought up again and again to describe Mr. Parrott — gentle.

"If the rest of the world was like him, there would be total peace," said friend Dick Botting. "He was one of those very special guys."

Danny Doyle, a friend of Mr. Parrott's for 20 years, said the sentence doesn't seem harsh enough.

"When you kill someone, nine-and-a-half years seems short."

Stephanie Thiessen can be reached at sthiessen@miltoncanadianchampion.com.

Computer system shows students how long alcohol in body

• from STUDENTS on page 7

especially when she outlined the terrible toll excessive drinking takes on the human body — the signs of which (blue skin, irregular breathing, slow heart rate etc.) may be lost on oblivious partiers.

Among other things, excessive drinking can inhibit the gag reflex so stomach contents — including corrosive gastric juices — can enter the lungs and permanently damage them. Death, she added, is also a consequence.

Particularly enlightening was Ms Visser's demonstration of the computerized blood alcohol concentration (CBAC) system that allowed students to plug in their height, weight, gender and consumption to determine how long alcohol takes to leave their bodies.

With that in mind, Ms Visser suggested to students that they show moderation and alternate with non-alcoholic beverages.

"You don't have to keep slamming them back to stay in the party spirit," said Ms Visser.

Ms Dawson then dealt with sexual assault and the ways partners should communicate with each other honestly and clearly so that silence isn't taken as tacit acceptance.

"Communicate at every step," she said. "This shows mutual respect and takes away guessing. Don't let someone else convince you what you're comfortable with."

This level of understanding is especially important, she continued, when alcohol is involved.

"Just because someone is drunk or intoxicated doesn't mean they're asking for sex," said Ms Dawson. "There are two people involved in sexual decision-making."

The issue of host liability was a real eye-opener. In her talk, public health nurse Lorraine Gold outlined how hosts are responsible for the actions and safety of their guests until they are sober, including after they leave the party and even if the host didn't provide the alcohol.

In Canada, she explained, hosts of private parties have been held financially responsible for injuries and damages that involved their intoxicated guests. This not only applies to drunk driving, she said, but also to such potential hazards like hot tubs and swimming pools.

After running through the many factors of this complicated issue, Ms Gold told the students it's still possible to have a successful party — if they make the best possible decisions and take the necessary steps to ensure everyone's safety.

Those who would like more information on planning safe celebrations, should call the Halton Region Health Department at (905) 825-6000, or toll free at 1-866-442-5866. TTY: 905-827-9833, www.region.halton.on.ca/health.

MARCH MARKDOWN MADNESS!

BEARDMORE LEATHERS

END OF SEASON CLEAR OUT

UP TO 80% OFF

Leather & Shearling Coats

Leather Coats from as low as \$79
 (While Quantities Last)

Downtown Acton Junction #7 & #25
 (Call for Hours of Operation) Toll Free: 1-866-571-6028

Your United Way In Action
The United Way of Milton

Do you know what your donation is doing?

Do you know that the 2003 Campaign raised \$395,000, \$10,000 more than last year? Do you know that your donation is allocated to 23 local agencies that provide social service programs in your community? Do you know that next to the Government, United Ways in Canada are the largest funders of social service agencies? One such agency is Halton Recovery House...

Tom entered Halton Recovery House, a 90-day live-in treatment centre for male alcoholics and drug abusers, when he was 35. He'd lost his job, spent his rent money on drugs, been detoxed four times in 9 months and had lost two friends, one from a drug overdose and the other from AIDS via a dirty needle. Tom started using marijuana at 15, moved through various drugs and pills and settled on heroin. By his late 20's Tom recognized he had a problem. He'd go to bed with the intention of not "using" again but it was a vow he couldn't keep. Finally he recognized he needed help.

The first 30 days of the Halton Recovery House program is conducted in semi isolation—medical appointments, AA meetings etc. are attended—but there is no contact with family, friends or associates. Tom found that this safe haven, away from any outside negative influences and being surrounded by others in the same situation, made him realize that he was not alone. During his stay at Halton Recovery House Tom's arrogant, know-it-all, self-absorbed demur was shattered when confronted with the fact that his way had not worked and maybe he should listen and try the program Halton Recovery House was advocating.

He then learned how to:

- identify and deal with his emotions in a mature manner, how to control his emotions rather than having his emotions control him
- accept responsibility for his situation, and understand that his actions had been the cause, not the outside world
- develop coping skills that addressed his addictive behaviours

Today Tom attributes his long-term success to the Halton Recovery House Weekly Aftercare program and Alcoholics Anonymous. Tom has now celebrated 10 years of "clean and sober" living. He volunteers at Maplehurst to share some of what he learned from Halton Recovery House. He talks with many inmates about how their uncontrolled emotions (especially anger) have led them to their current situation. When asked how he views his life now, Tom replied "I have a wife, children, a good paying job, a house and I even have a mortgage. Life is grand!" Your United Way contributions have not only helped Tom turn into a productive member of society but hundreds of other men as well.

The United Way of Milton – Neighbours Helping Neighbours

How can you help?

- If you work outside of Milton and donate by payroll deduction - please designate your donation "home" to The United Way of Milton.
- Make a direct donation • Attend a United Way of Milton Special Event

Tel: (905) 875-2550 Fax: (905) 875-2402
 URL: www.milton.unitedway.ca E-mail: office@milton.unitedway.ca

Do you have a **thick and elevated... SCAR?**

A research study is currently ongoing on an experimental cream that may treat such a scar

If you are 18 and older and if you have developed a scar in the last 5 months, then call:

Dermatology Associates **1-905-273-3083**

CORRECTION

The March 5, 2004 Chamber of Commerce center spread indicated that they were 600 members strong.

It should have read 625 members strong.

The Canadian Champion would like to apologize for this error.

Trustees to mingle with public

Halton District School Board meetings may soon become a little more social.

Milton Trustee Paul Tate, who serves as the board's vice-chair, wants to see a 10-minute break built into board agendas, to allow trustees to mingle with people in the gallery.

"I'd like to have an opportunity just to say hello to those folks," said Mr. Tate, who noted that often the board doesn't adjourn until late, and everyone is rushing home at that point.

He plans to introduce a motion at the next board meeting that would make the social break a fixed item on the agenda.

Board meetings regularly attract parents, school council members and other interested parties.

"We never get a chance to go out and talk to these people," explained Mr. Tate.

"I think this is a way of being a little more open to the public — our shareholders."