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A WEEKLY NEWSPAPER SERVING WHITCHURCH-STOUFFVILLE

VOLUME 21, NUMBER 2, TUESDAY, JAN. 14, 2003

BRIEFLY

Minor hockey line reunited for cause

Doug Feasby, Doug Todd and Keith Acton were big-time



minor hockey stars in small town Stouffville in the '70s.

All three were drafted by NHL teams. All are successful today with families of their own.

Their minor hockey line will reunite at Keith Acton's The Game of Our Lives Sunday at the Stouffville Arena.

See page 12 for more.

Businesses sought

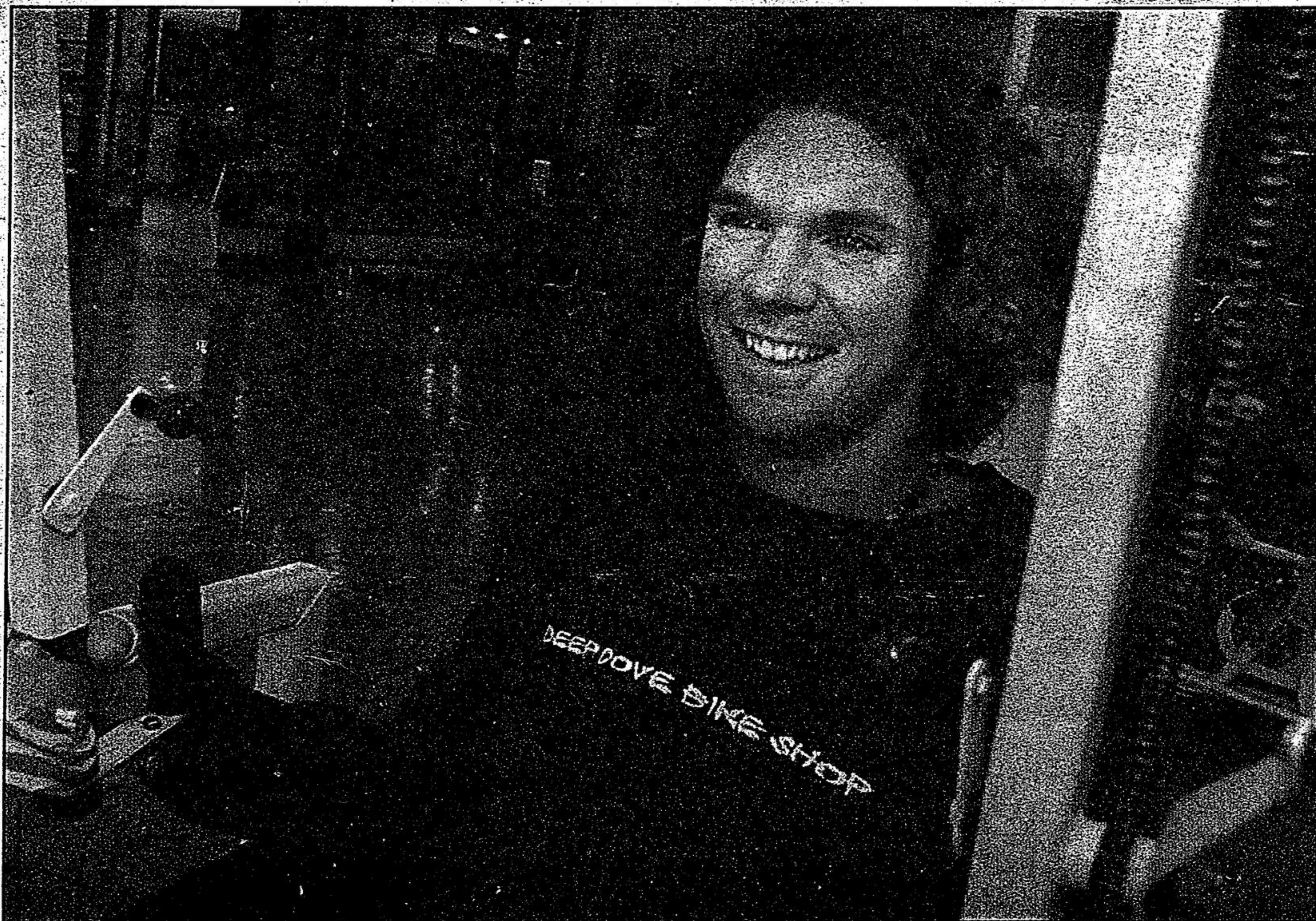
Do you know an outstanding business in Whitchurch-Stouffville? The local chamber of commerce wants to honour top firms and business people again this year. See story on page 19 for more.

QUOTE OF THE WEEK

"I don't know where the inner strength came from, but I took a deep breath and slowly exhaled. I was able to calm myself. I knew if I didn't think positive, I wouldn't make it. I would die," he said.

CONTACTING US

Have a news item? Please e-mail or phone the Stouffville Sun at 905-640-2612. Fax: 905-640-3778.



WORKING HARD: Stouffville's Luke Anderson gets set for some reps on an exercise machine at the Toronto Rehabilitation Institute's Lynhurst Centre last week. Mr. Anderson is undergoing rehab at the facility after suffering a spinal cord injury while biking in British Columbia.

BILL ROBERTS PHOTO

Never-say-die Luke keeps the spirit

By Joan Ransberry
Stouffville Sun

Alone, his body broken after a fall from a mountain bike, Luke Anderson made a critical decision. The 24-year-old stopped panicking, took a deep breath and vowed to survive.

"I was distraught for about 30 seconds," said Mr. Anderson, formerly of Stouffville. "I knew if I continued to panic, the situation would only grow worse."

Lying at the bottom of the steep

hill near Nelson, B.C. Oct. 27, Mr. Anderson knew the situation was life-threatening.

"I don't know where the inner strength came from, but I took a deep breath and slowly exhaled. I was able to calm myself. I knew if I didn't think positive, I wouldn't make it. I would die," he said.

"I had to keep up a positive attitude to keep alive. After I was rescued, I realized a lot of healing can be controlled by the mind. If you can move a thumb even just a little, then something else may be possi-

ble," he said.

Mr. Anderson knows first-hand that progress linked to spinal cord injury hinges on research, team work, dedication, hard work and commitment.

Now a patient at the Toronto Rehabilitation Institute's Lynhurst Centre, Mr. Anderson knows he's at the very best facility Canada has to offer. The young engineer is one of 250 patients who will be in the 60-bed facility this year. There, Mr. Anderson is up at the crack of dawn. His day is full. There's no

time to waste and there's no time for self-pity.

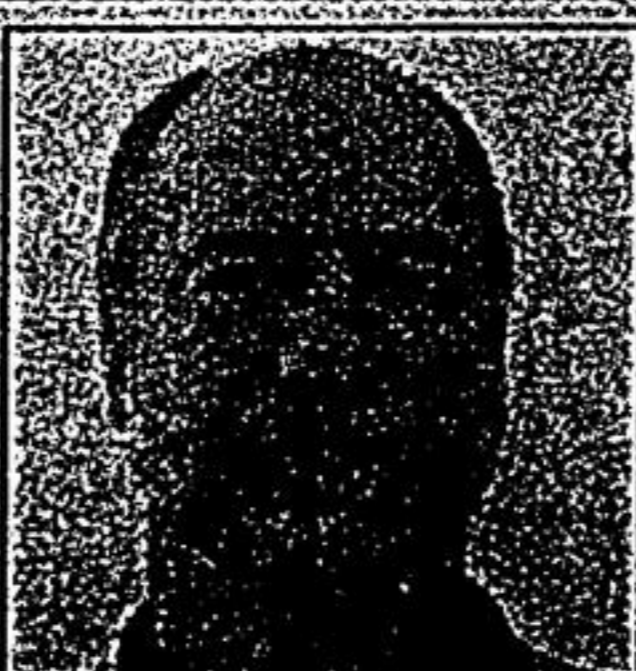
A spinal cord injury is serious. It has not, however, changed Mr. Anderson's approach to life. "I'm still the same guy. I still have the same outlook. I'm still the same Luke."

Mr. Anderson has adopted a one-day-at-a-time approach. It's built on perseverance. "Recovery is measured in baby steps. It's slow. You can never give up," said Mr.

see COMMUNITY page 5



Tony Legere
15 Years Experience



Russell Eagen
7 Years Experience



Maureen Fretz
3 Years Experience



Angel Carranza
The Rookie

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