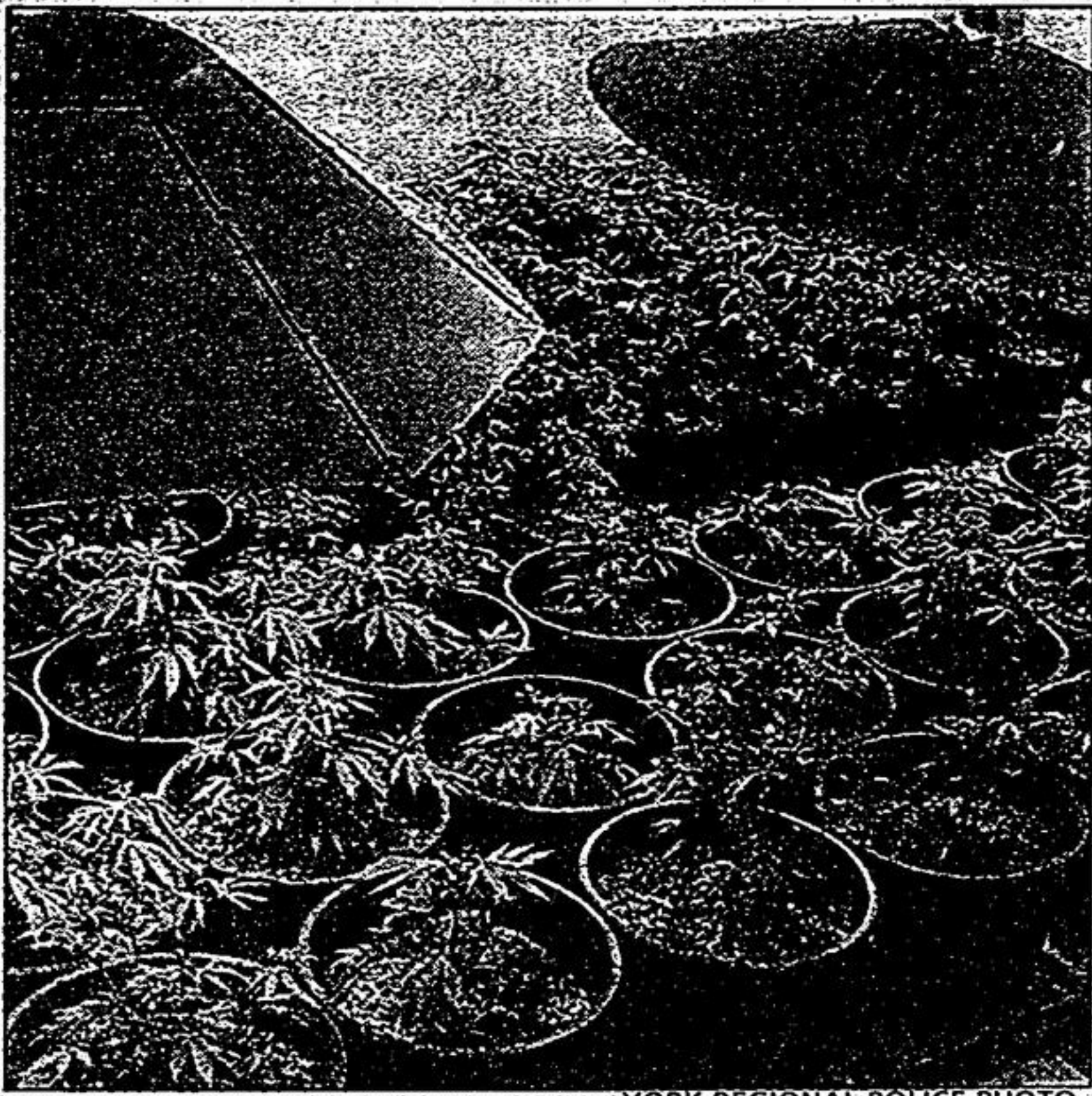


Inside of grow house raided March 4 on Ascot Crescent, in Birchmount Road-Steeles Avenue area of Markham. Police found 203 plants with a street value of \$200,000. Officers found children's clothes inside the house.



YORK REGIONAL POLICE PHOTO

GROW HOUSES MELT SNOW FROM ROOFS

York Regional Police Chief Armand La Barge said the force discovers most marijuana grow labs through tips from the public.

In fact, he said the heat from inside a grow operation is "enough to melt the snow off of the roof in the winter, making them easy to spot."

Here are other signs the chief said may mean a house in your neighbourhood is a marijuana grow op:

- lights on 24 hours a day;
- covered windows;
- heavy condensation on windows;
- neglected lawns;
- people coming and going at odd hours and only entering through the garage;
- strong smell, often covered with laundry softener and;
- evidence of hydro meter tampering.

Should you suspect a marijuana grow lab is in your neighbourhood, call police at 905-764-1300.

Martin Derbyshire

ANXIETY & PANIC

Twelve years ago, Mike Glugosh was a hostage to his own fears and depression. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a FREE seminar open to the public in your area.

Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered &

spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking, nervous or panicky feelings, feeling helpless and hopeless, loss of appetite, excessively tired, and easily prone to guilt.

Generally, people fear what



See Mike Glugosh at

Mike calls "losing control", having a heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT & T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and THE VIEW with BARBARA WALTERS.

If you cannot attend, please call 1-800-829-8137 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

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MARKHAM

Tues. Mar 23, 7:30-9:15pm
Holiday Inn Yorkdale
3450 Dufferin St.
NORTH YORK

Thur. Mar 25, 7:30-9:15pm
Delta Toronto East
2035 Kennedy Rd.
SCARBOROUGH

Growing linked to other crimes

From page 1.

found plants with a street value of \$52 million.

Crimes including murder, robbery, and home invasions have all been linked to local grow operations, Chief La Barge said. He added although police are often just arresting crop sitters in connection with the operations, the force has been aggressively pursuing the organized crime element involved.

However, with the average convicted marijuana grow operator receiving as little as 90 days to nine months in prison, he said officers still need help from their judicial partners.

"There needs to be a two-year or one-year minimum sentence to act as a deterrent," he said. "Some (growers) are just getting house arrest or fines. They get house arrest and are forced to sit around the same house they were growing marijuana in. It's not right."

Teachers fill MPP Wong in during visit to public schools

BY MITCHELL BROWN
Staff Writer

If parents want to enrol their children in the program for autistic students at Markham District High School, they have to pay \$500 a year to cover the costs of field trips to places such as the grocery store and community centre.

The school won't turn away a student whose family can't afford that, says teacher Tracey Brake, adding they will find a way to defer the cost.

"But if we have to pay for a bunch of students, we can't run our department," she said.

Even if all the families could manage the cost, there is still the renovation costs to consider, about \$15,000 to install a "timeout room" and other things necessary for the comfort and safety of the students, some of whom require constant one-on-one attention from the five staff members.

"It took a lot of jumping up and down, but we got what we needed," she said.

But while the school is finding a way to meet the needs of the six students currently in the program, more are on the way due to both the areas growth and improved methods in detecting autism, meaning more money will have to come from somewhere.

Ms Brake shared her concerns a week ago Thursday with Markham MPP Tony Wong, who visited the high school as part of a fact-finding mission.

Late last month, Premier Dalton McGuinty urged MPPs to visit schools in their ridings and see for themselves how teachers and students are coping.

Ontario's schools and classrooms have changed a lot over the years, Mr. McGuinty said, noting the average MPP graduated from high school in 1971.

Mr. Wong, who also visited three elementary schools earlier in the week, spent the morning touring Markham

High, talking with teachers and students about their projects and asking what they need to make their jobs easier.

Marty Kates, a special education teacher working with two assistants in the school's program for developmentally delayed students, said teachers are struggling under the paperwork required to apply for special education funding which at Markham District, eats up a solid month and a half of the school year.

"It was disastrous, as far as I was concerned," he said, referring to the Conservatives' introduction of the new funding system.

"There are quite a number of things that have to be addressed, but, to us, education is No. 1."

"There has to be some functionality beyond paperwork for the sake of paperwork. You don't need a PhD to figure out what these kids need."

Mr. Wong also visited a science lab, a music room and several classrooms in the school's technical wing, dropping in on a music practice and admiring a totem pole carved by students.

Some groups, including Toronto-based People for Education, criticized the visits, arguing the public education system has been studied enough.

"Students don't need more photo ops," spokesperson Annie Kidder said.

"What the premier needs to do is act on the recommendations in the reports and fulfill his promises to the students of Ontario."

But Mr. Wong defended his visit to the school, calling it a "valuable prioritizing exercise" for MPPs.

"There are quite a number of things that have to be addressed, but, to us, education is No. 1," he said.



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