

# Helping children knows no border

On Nov. 15, 2010, Anchorage, Alaska, land of the midnight sun, took on a brand new glow.

Katie Fretz arrived.

The 23-year-old Stouffville native, a certified therapeutic recreation specialist, is an employee of North Star Behavioral Health, a program involving up to 60 youngsters aged seven to 18 years.

She's held this position since graduating with an honours degree in therapeutic recreation from Brock University. She also attended St. Mark Catholic School in Stouffville, Saint Brother Andre High School in Markham and Centennial College, Toronto.

"I've always enjoyed assisting people with disabilities," said Katie. "Working at North Star is a new experience in my field, a new chapter in my life."

Katie admits leaving Stouffville for Anchorage "made me a little nervous".

"I'd never before lived so far from home," she said. "But despite anxieties, I was also excited. The services North Star offers is what I'm trained to provide."

"To help young people" is the company's premise. This vision, according to a policy statement, has been realized through teamwork and compassion.

Katie says she's proud to be part of so empathetic an organization.

"If I can put a smile on the face of even one boy or one girl, it makes my day," she said.

Each patient, explains Katie, must first be assessed by staff at an acute hospital in Anchorage before being admitted to North Star. The average length of stay is one year.

"It sometimes takes awhile to build up trust," Katie said, "but the positive results are rewarding."

"It hurts me to see what some patients have had to contend with, but it's very satisfying to recognize our achievements."

The North Star staff includes psychiatrists, doctors, nurses, mental health specialists, dieticians and, like Katie, activity therapists. In-house education is provided. Some, however, attend off-site schools.

Katie works a five-day week. The centre's a 10-minute drive from where she lives.

While missing family and friends in Stouffville, Katie admits she's fallen in love with Anchorage, a city with a population of about 300,000.

"It's a beautiful city," she said, "with many activities available." For her, extra-curricular interests include biking, hiking, skiing and skating. She regularly works out at a local gym.

Hockey is also a prime pastime. Her fiancé, Scott Howes, is a star forward with the Alaska Aces of the East Coast Hockey League. The Aces won the 2011 playoff championship and the Toronto native was selected the club's most valuable player performer.

On July 10, Scott and Katie became engaged during their recent Stouffville visit.

"We could have done it atop a mountain in Alaska, but wanted it to happen here so together, we could all celebrate the occasion," Katie said. No immediate wedding date's been set.

When Scott and Katie returned to Anchorage Saturday, a third party had been added to their flight package — a nine-week-old golden doodle named Simba.

Katie's confident Simba will adjust quickly to her new environment since the weather here is similar to Alaska's. So is the language.

"Woof" in Anchorage is still "woof" in Stouffville.



**Roaming Around**  
with Jim Thomas

Jim Thomas is a Stouffville resident who has written for area news papers for more than 60 years.

## U-NEW STORE- UPDATE

The new store is alive and well, with more and more coming on stream. We, now have our Rotisserie Chickens happening again (finally) and they are available in the ready-food area of the deli. Fresh-squeezed orange juice is available again, and it resides in the refrigerated berry section in the produce department. In that section, as well, you'll find freshly prepared fruit. We've had a few outages in the store (- its reception caught us a little by surprise truthfully) but we're catching up in those areas, bit by bit. What's new in produce this week, or rather what's coming into season is local corn, and while it's not at its best yet it will continue to improve. Local tomatoes have started, cantaloupes, blueberries (- wild, too) and of course all sorts of lettuce - and peaches, as well! They're not the best yet, but it's a good start.

## B-DANISH- BLUE CHEESE

We're going to promote this cheese because it's the main character in one of my fave salad dressings, and it crumbles well - a big plus when you're dressing your BBQ'd Romaine Salad - or any other for that matter.

**25% OFF THIS WEEK**

## -AMAZING- GREEN GRAPES

These beauties come from California. They have good flavour, they're large, and have crunch - it's all good in the grape world.

**\$1.99 /LB THIS WEEK**

## -FINGERLING- POTATOES

These are neat little oblong potatoes that are as sweet as can be. I love these just boiled and buttered, but we'll have a 'roasted' recipe this week, courtesy of Karen and Linda.

**\$1.49 /LB THIS WEEK**

## GLADS

That would be Gladiolas, and we're glad to see the local ones now available, because they last longer than those which are imported.

**\$2.99 BUNCH**

## OUR SIRLOIN - STEAKS -

We're going to feature our Sirloins, and all we do with them - but that's not all. Linda and Karen (our resident Queen Bees) will be putting together a very tasty weekend menu that will include sirloins, our portabellas, our peppercorn sauce, a BBQ'd romaine salad, and roasted fingerling potatoes - all of which will be on sale, as well.

Back to Sirloins: What we'll be making are steaks of course, in whatever thickness you'd like, centre-cut pepper steaks, medallions cut from the tender side, ground sirloin, sirloin 'flank steaks' and of course our sirloin burgers.

**LESS 20% ACROSS THE BOARD**

- CIVIC -  
**HOLIDAY HOURS**  
WE WILL BE  
**OPEN**  
ON MONDAY  
FROM  
**10AM - 5PM**

## - THREE - PEPPERCORN - SAUCE -

This is another item that we've made for many years, and I think that it's one of our best kept secrets . . . but no longer! It's a great seasoning for sirloins, in fact any steak, chicken, grilled pork chops (the rib eye) and as a dipping sauce for most any other cut, up to and including our 'world-famous' veal chops. It's sold in the frozen section along with the pasta sauces.

**Reg. \$5.99**

**25% OFF THIS WEEK**

## - DRISCOLL - RASPBERRIES

We've just received a nice fresh shipment of these. A bowl of ice cream - a few of these - a big Blue Jay win - life is good! From California.

**\$1.99 / PER CONTAINER**

## ARCTIC CHAR!

There is a small window of availability for fresh, wild-caught Char - and it's now! It's a delicate fish, with a delicate flavour: Carefully handled, this can be cooked much like you would salmon, but perhaps lighter on seasoning.

**\$19.95 /LB**

## O - CARLI - OLIVE OIL

We've sold this oil for years and years - it's the one that we use for most purposes at our home. It's a real good combo of flavour and value, and for this week it works perfectly with our feature salad. Reg. \$17.95. Available in 750ml size and will be featured this week at...

**25% OFF**

## STEMLESS PORTABELLA - MUSHROOMS -

These are big ones - hamburger size - that season really well, and can be grilled to enhance any burgers - or if you don't enjoy meat - be the burger.

**\$3.99 /LB THIS WEEK**

## WHAT'S BAKING - THIS WEEK -

Raspberries are the rage of the week, and we'll be making . . .

**Fresh Raspberry Pies** - These are our 9" size, as full as we possibly can make them, and covered with a lattice crust. Reg. \$12.95/ea

**Raspberry Mousse Cakes** - What we have here are layers of rich chocolate cake, layers of fresh raspberry mousse, and a raspberry/chocolate icing, all garnished with a few fresh berries - tasteful, in and out! Reg. \$22.95 and \$29.95/ea

**Raspberry Chocolate Muffins** - Studded with raspberries, loaded with chocolate, and some muffin batter sufficient to hold it all together!

Reg. \$1.99 ea.

All of these items will be featured at...

**25% OFF THIS WEEK**

While supplies last.



SPECIALS IN EFFECT UNTIL CLOSING  
SUNDAY, JULY 31<sup>st</sup>

Hours: Mon. - Fri. 8:00-8:00  
Sat. 8:00-6:00 - Sun. 9:00-6:00

4476 16th Avenue (Just W. of Kennedy)  
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