

FANTASY VS. REALITY

Can the powerful lure of high-tech virtual worlds pull us too far from our real lives?, D1



The Gazette

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PERCHANCE to SLEEP

Too wired to doze?
Try electrodes

PEGGY CURRAN
THE GAZETTE

Truth is, I don't get a chance to spend the evening in my pyjamas with two young men nearly as often as I might like.

At 2:35 a.m., it gets personal.

"It's a good thing you came in," sleep lab technician Serguey Salnicov says as he adjusts the wires that connect the tangle of electrodes on my head, chest, arms and legs to a box by the side of my little hospital bed at Mount Sinai Hospital. To my groggy mind, in the murky light, he looks taller and more menacing than when he plugged me in a few hours earlier. While Gazette photographer Vincenzo d'Alto snapped pictures and promised not to make me look "too goofy," Salnicov had carefully explained the procedure. He strapped belts around my chest and abdomen, then dabbed rubbing alcohol and conducting cream on my forehead, temples, cheeks and shoulders before taping the electrodes in place.

I wasn't really alarmed – I'd been through a similar drill two years ago for a series on dreams – although I have to confess I hadn't banked on the finishing touch, a tiny nostril prod that provided a Hannibal Lecter effect. I've never looked lovelier. And although I had enough genuine symptoms to qualify for a medical sleep study, for me this was strictly a story. I didn't see myself as a patient.

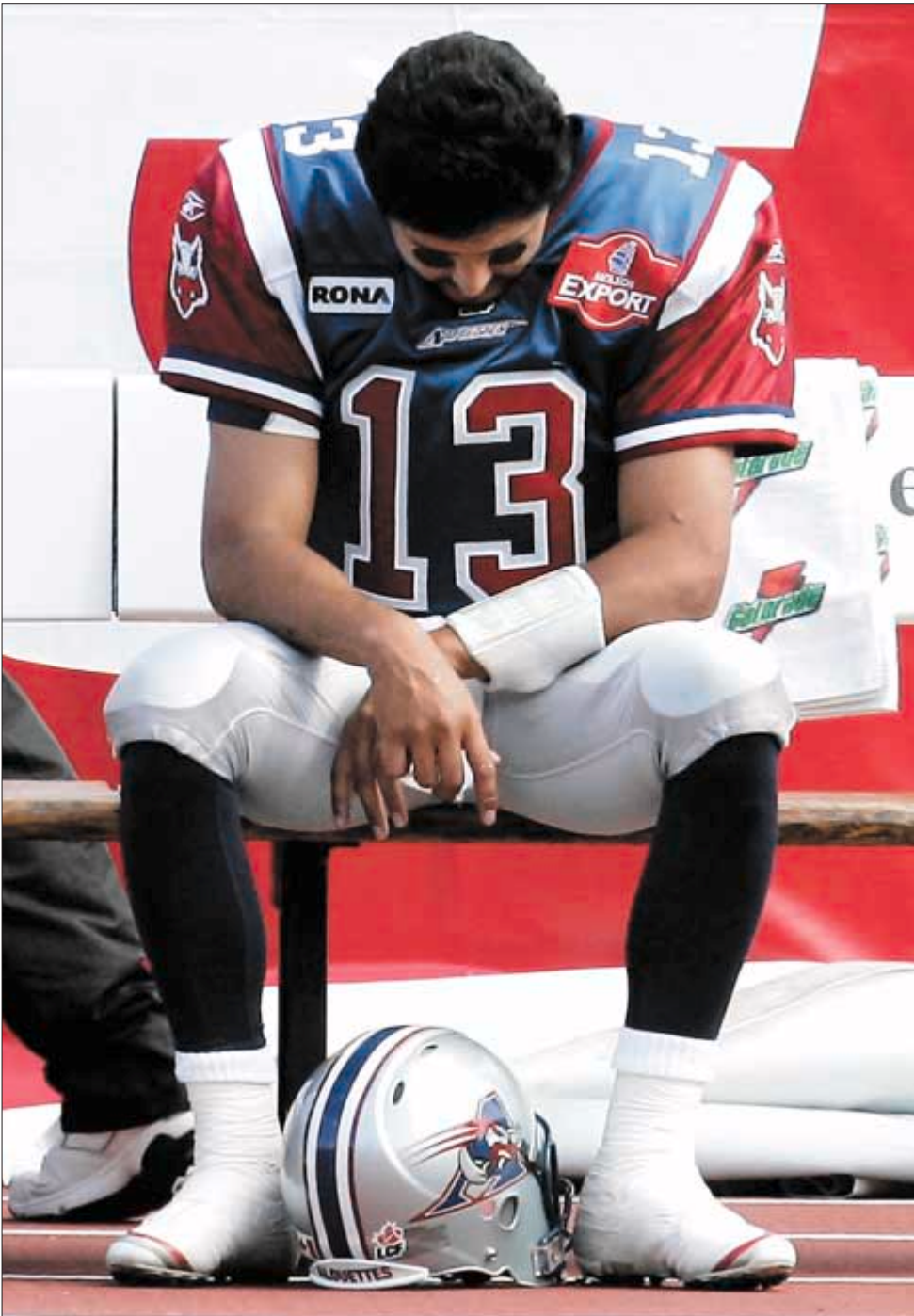
Until Salnicov mentioned the disquieting things he'd been picking up on the polysomnograph.

I don't sleep very well, haven't for years. When I was little, I would read deep into the night and still get up with the birds in the morning. I thought this was perfectly normal, if forbidden. I knew enough to tuck a blanket by the crack of my closed door – until a concerned neighbour asked my mother why there was a light shining in my room in the middle of the night. Would I have behaved differently if I'd known then what I know now – that lack of sleep could stunt my growth, impede my ability to digest algebra and make it harder to lose weight? Probably not. I was a kid.

Please see SLEEP LAB, Page A9

IRAQ BREEDING TERROR

ALS' SHAME: 6th STRAIGHT LOSS



CHRISTINNE MUSCHI/REUTERS

BOO BIRDS AT WORK Fans at Molson Stadium razzed Als' Anthony Calvillo through the final three quarters of yesterday's 17-14 loss to the Blue Bombers. "A lot of this belongs on me – I'm calling the plays," the quarterback conceded. **Story, Page C1**

BLOW TO BUSH

Leaked report from spy agencies rocks Republican mid-term platform

DAVID MILLIKIN
AGENCE FRANCE-PRESSE

NEW YORK – U.S. spy agencies dropped a political bombshell six weeks before national elections with the leak yesterday of a classified report concluding that the war in Iraq has spawned a new wave of Islamic radicalism and increased the global threat of terrorism.

The intelligence document rocked a central pillar of the Republican Party's campaign platform ahead of November elections: that the 2003 invasion of Iraq and the ouster of Saddam Hussein made the United States safer, not weaker.

With opinion polls showing U.S. President George W. Bush's party possibly losing control of both houses of Congress in the the mid-term polls, in large part because of unhappiness over the war in Iraq, the report stating the opposite will make for painful reading at the White House.

Bush has argued repeatedly in pre-election speeches that Iraq is the central front in the war on terrorism and that demands for a U.S. troop withdrawal from the country by the opposition Democrats underscore why the party should not be trusted with U.S. security.

Please see REPORT, Page A3

HOW WE DIDN'T GO TO IRAQ

In an excerpt from his new book, Montreal-born Eddie Goldenberg, described as the ultimate Ottawa insider, tells how the government decided not to join the U.S. in Iraq. **Page A4**

Expect a mild winter – like the previous 10

Our weather has changed, climatologist says

MIKE OLIVEIRA
CANADIAN PRESS

TORONTO – Environment Canada is predicting a milder than normal winter in the months ahead, but considering the weather patterns of the last 10 years, it

should come as no surprise.

Of the last 37 seasons, only two were colder than normal, and it's been a decade since a winter wasn't unseasonably mild compared with historical averages, Environment Canada senior climatologist David Phillips said.

"Winter is different now than it used to be," he said in an interview. "The dice have clearly been loaded to give us warmer than normal seasons, including winter. The climate has changed."

Only a few areas in the Far North and parts of Labrador, where few people live, are expected to be colder than normal this year. Parts of Quebec and Atlantic Canada can expect nor-

mal temperatures, while the rest of the country is expected to be relatively mild, Phillips said.

One important factor that will impact whether the forecast comes true is the El Nino effect, changes in the weather caused by a very large, warm pool of water sitting in the Pacific Ocean.

Please see WINTER, Page A4
Winds cut power, Page A6

IN FOCUS

Impact sidelined

Montreal Impact will be watching rather than playing in the United Soccer Leagues First Division championship game for the second straight year. **Page C1**

Veterans still angry

Socialists have learned nothing in 50 years, say those who remember Hungary's anti-communist insurrection of 1956. **Page A18**

Palmer leads Bengals

Cincinnati quarterback Carson Palmer throws four touchdown passes to lead the Bengals over the Pittsburgh Steelers, their fierce division rivals. **Page C7**



Green Mountain state talks of breaking free

Talk of Vermont breaking away from the U.S. is adding spice to the country fair season, with secessionist leaders like Tom Naylor gaining an audience. **Page A2**

QUOTE OF THE DAY

"Now, here, you see, it takes all the running you can do, to keep in the same place."

LEWIS CARROLL

WEATHER

Mainly sunny

High 13° Low 8° Page B5

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88¢ Beyond metro area: \$1.10
Quebec City region: \$1.32



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