

Practice Exercise 4

Instructions

1. Cut these instructions; paste into a new document
2. Apply the remainder to the Passmore article
3. Insert a blank page at the top of the document
4. Create a cover page on this new page
5. Cover page should include: an appropriate title, a page border, your personal info (your name, Section #, teacher's name), a suitable graphic
6. Title: in the main document (beginning on Page 2), change the title font and size to Arial 16; place the title in a paragraph border
7. Page numbering: start page numbering on Page 2; choose a numbering position
8. Footer: create a footer; insert a horizontal line; footer text, in Arial 8: From the National Hockey League Players' Association Web site, <http://www.nhlpa.com/>
9. Main text: insert 3 blank lines between title and main text
10. In all paragraphs that begin with quote marks: text should be in a contrasting font (same in all cases)
11. (Optional) if you understand the Widow/Orphan concept, apply it to this document as needed

12. Save in WP folder as Exercise 4

Steve Passmore

Steve Passmore has no problem in being the back-up goalie for the Chicago Blackhawks.

"I will admit I am pretty proud to say I am a back-up. I do not think it is an easy job," Passmore says. "If I win the Stanley Cup as a back-up, you can even put back-up goalie in brackets on my name on the Cup if you want. That will not hurt my feelings, as long as my name is on there."

The reason Passmore takes to playing second fiddle to Jocelyn Thibault with ease is linked to the fact that he's lucky to be alive.

A decade ago, Passmore was battling for his life. His nemesis was heavy metal poisoning.

Passmore grew up on a farm in Grand Forks, British Columbia, and drank the water from a nearby creek. But what he didn't know was the water supply flowed through an abandoned mine site and as he refreshed himself with glass after glass of water, he was slowly poisoning himself. He was later diagnosed with a rare condition called environmental heavy metal poisoning.

"My body was chock full of heavy metals - copper, arsenic, manganese - and the readings were practically off the charts when (doctors) tested me," says Passmore. "I remember looking at the

doctor and saying 'heavy metal what? I've got too much what in my system?'"

Passmore is a graduate of the Western Hockey League's Kamloops Blazers and was a late draft pick by the Quebec Nordiques in 1992. The Nordiques sent him to the Edmonton Oilers in 1994 and Passmore ended up in the minors, playing for the Cape Breton Oilers in Sydney, Nova Scotia.

By this time, the poison was slowly taking its toll on Passmore's body. He didn't know it at the time but he had no lithium or calcium in his system, which led to very severe muscle cramping. After games, Passmore's hand was so cramped it was locked in the position of being curled around the stick, forcing Passmore to use the crossbar to bend it flat.

"There were a few games when I was carried off the ice because I physically could not move. It was a pretty scary time in my life and the biggest scare was we did not know what was causing it," he says. "It is one thing to get diagnosed with something and move on. But when you are not really diagnosed with something . . . that was part of the toughest part, not knowing."

Passmore spent two years being a guinea pig, going from hospital to hospital trying to figure out what was wrong. Nobody could give me an answer. At one point, he even tried epileptic drugs and he ended up at the Mayo Clinic, which is one of the top medical facilities in the world.

But as much as Passmore was poked and prodded with needles, he remained a medical mystery.

His troubles soon became more complicated.

Just as the hockey life he'd worked for was being stolen away, his father died and his longtime girlfriend dumped him. Passmore was depressed and thought about taking his life. But he was brought back from the brink of suicide by the efforts of his sister Shane and mother Paula.

"There were times there when I was ready to throw in the towel, especially right at the end," he says.

Passmore quit hockey and moved to Calgary for three months. With little money, he worked two jobs and also drew on what little financial support his family could provide to pay bills.

He kept seeking medical help and a Calgary doctor suggested a treatment called chelation, wherein an IV push injects chemicals into the body. Essentially what doctors were doing was injecting millions of magnets into his body and sucking the heavy metals out of the cells.

Three months later, Passmore was told the poison had been flushed from his system and he could resume a normal life. His main goal was to get back to the NHL and he rejoined the Oilers in the 1998-99 season.

Passmore knows his role on the Blackhawks and he is not about to rock the boat.

"My goal is to become a starter and that is a long-term goal," says Passmore, "but I really don't mind being the back-up. I have been really lucky to be with Jocelyn the last three years and to play with a partner you are good friends with on and off the ice does nothing but help you. He and I are each others biggest supporters and if he is not playing and I am doing well, he is cheering me

on. He is supportive and I will do the same for him and that is really nice.

"And if I can't become the starter, my job is to help the team whenever I can and if that means I play only every three weeks, I'll try to win every three weeks. The good thing about being a back-up is if your starter is hot and keeps playing, that means you are winning so who cares if you are not playing. I would love to play every night but if we are not winning, I will sit there with the pom-poms on, no problem."

Passmore then paused and recalled what life was like working two jobs in Calgary while doctors tried to determine what was wrong.

"It gave me a whole new love for the game. I enjoy the game so much more now,' he says about being back in the NHL. "The worse day at the rink, who cares? It is still better than what I was doing for work when I wasn't playing."

While the illness is behind him, the time away from the game prevented Passmore from having his father, Ron, see him play an NHL game. Ron was there for his son during the bad times and he died of a heart attack in August, 1996 at just 50 years of age.

Passmore talks to his dad every time he starts a game and thanks him for his support.

"I just kind of welcomed him to The Show. Every game I wish my dad was around to watch. It's really the only disappointing thing."

Last season, Passmore appeared in a career-high 23 games and had an 8-5-4-3 record with a 2.26 goals-against average.

Not bad for a guy who was almost shut out of the NHL by a mysterious illness.