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CANADA AM

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WEATHER Toronto

Province: Clear -5° C

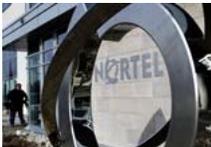
City: [More Details](#)



TWO AND A HALF MEN

Missed an episode? [Click Here to Watch NOW](#) 

CANADA AM HEADLINES



Nortel seeks court approval to pay bonuses to execs
Lawyers for Nortel Networks Corp. will be in court Friday, arguing for the right to award bonuses to a group of eight top executives at the telecommunications company. [more...](#)

Canada AM: Diane Urquhart, financial analyst



Obama offers Iran 'new beginning' in video appeal
U.S. President Barack Obama reached out to Iran in a video message on Friday, saying his administration was committed to diplomacy in this "season of new beginnings." [Play](#)



Jury in Rengel murder trial to continue deliberations
The jury in the Stefanie Rengel murder trial in Toronto is continuing their deliberations again today. [Play](#)



Two days of clashes in Afghanistan kill 34 militants
Afghan and international forces killed 34 militants in two days of clashes in Afghanistan, U.S. forces said Friday.

CTV NEWS VIDEO PLAYER



Jeff's Videos

Canada AM video by 

- [Jeff's Video: Obama on Leno](#)
- [Jeff's Video: Undersea volcano erupts](#)
- [Jeff's Video: Britney Spears in Toronto](#)
- [BNN's Michael Kane with business news](#)
- ['Best Job in the World' finalist Linda Hoang](#)
- [Save, spend and splurge on beauty items](#)
- ['The Ultimate Cheapskate' has tips to save](#)
- [Whitecaps FC team coming to Vancouver](#)
- [Where will the economy go next?](#)
- [Outrage over latest AIG fallout](#)
- [NTV anchor with the latest on the crash](#)
- [Hefford, Anress on women's hockey battle](#)
- ['Stephen Harper, Me and the NCC' author](#)
- [Queen's researcher's breakthrough on FAS](#)
- ['Best Job' finalists need your votes](#)
- ['Best job in the world' finalist Moffit](#)

TODAY'S INFO

Looking for a website or other info we've mentioned on the show?

- [Civic Footprint](#)
- [Canadian Family](#)
- [Team Pages](#)
- [Omega Crunch](#)
- [Timeraiser](#)
- [Bugaboo](#)
- [Silver Cross Canada](#)
- [Babies-r-us](#)
- [Macklems](#)
- [Sears Canada](#)
- [Labour Pains](#)
- [Elle Canada](#)
- [Whitecaps FC](#)
- [Spread the Net](#)
- [Safety Council](#)
- [Lullaby League](#)
- [Freedom Press](#)
- [Best Job in the World Voting](#)
- [Surviving Whiplash](#)
- [Canpages.ca](#)
- [2010 Olympic pins](#)

MORE STORIES

- [Blunt impact to head killed Richardson, autopsy finds](#)
- [Austrian jury convicts Josef Fritzl of all charges](#)
- [Inflation rate rises for first time in five months](#)
- [Coming up on Canada AM](#)

TODAY'S POLL QUESTION

WHAT'S YOUR POINT OF VIEW?
Would you vacation in Iraq?

Yes

No

[VOTE](#) [RESULTS](#)

YOUR SAY

Read viewer feedback or post a comment: 'Why would anyone want to vacation in Iraq. It is a war torn country full of human miseries. Don't know when and where the next bomb is going to explode.'

RECIPES

- [The flaxsicle, flaxtastic chicken crust and healthy fondue](#)
- [Michael P. Clive's ratatouille and prosciutto-wrapped sage and chicken](#)
- [Skirt steak with chimichurri sauce and creamed spinach](#)
- [Michael P. Clive's glazed catfish stir-fry](#)
- [Rosie Schwartz' country lentil soup and comfort mac and cheese](#)
- [Chili, roasted garlic and rosemary spiced oil](#)
- [Winter Hydrating Body Lotion Recipe](#)
- [Gordon Ramsay's cod and tomato chowder](#)
- [Super Bowl recipes that score a 'touchdown'](#)
- [Michael P. Clive's Chinese New Year recipes](#)

CANADA AM EXTRAS



Having a Baby?

All this week our series offers tips and strategies to help you, have your baby. Check here for the full list of products we've mentioned. Today's list: the best strollers, how much they cost and where to buy them. [+](#)

CANADA AM CONTRIBUTORS



Home and Decor Karl Lohnes

You sent in your paint colour conundrums, and Karl came up with some solutions. Check it out... Email Karl or click here to check out the blog. [+](#)



Consumer Alert Pat Foran

Does the Sham-Wow really work? Find out as Pat Foran answers questions from the mailbox. Email: Pat Foran [+](#)



Health Dr. Marla Shapiro

Dr. Marla Shapiro on combatting or dealing with postpartum depression. Health Blog: [Dr. Marla's posts](#) Email: [Dr. Marla](#) [+](#)



Technology Kris Abel

COMING UP

FRIDAY

- [Hot wheels. We'll reveal the top five baby strollers for parents on the go.](#)
- [The future of fashion. How tough times are taking a toll on the style sector.](#)



AM Soundstage

Want to learn more about a band you heard on Canada AM? Check here for more info. [+](#)



Bring Home the Cup

Pepsi is offering you the chance to "Bring Home the Cup!" [+](#)



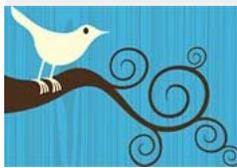
"Who We Are: A Citizen's Manifesto"

A new book probes the importance of belonging, and suggests the controversial position that Canada shouldn't allow its citizens to hold more than one passport. That's despite the fact the author himself is a dual-citizen. [➔](#)



Tax Time

All last week our series explored taxation, and how you can get the most from your return this year. [➔](#)



Canada AM on Twitter!

Canada AM is now on Twitter -- one more way to keep up with the latest news, headlines and insider info from Canada's only national morning show. Sign up for our Twitter updates, here. [➔](#)



Your Health

Dr. Marla Shapiro explains how weather changes can set off migraine headaches. [➔](#)



Kris Abel's Blog

NEW LOOK! Check out Kris Abel's Tech Life ... All the latest news on technology, games and cool things to do on the web. Kris files every day to his blog. [➔](#)



AM Archive

Want to learn more about something you saw on the show? Need a second look at one of our stories? You can find it here in the AM archive. [➔](#)



Tech expert Kris Abel on the latest high-tech devices for parents of new babies. Blog: [Tech Life](#)
Email: [Kris Abel](#) [➔](#)

Fitness Libby Norris



Fitness expert Libby Norris has tips for pre and post-natal fitness.
Email: [Libby Norris](#) [➔](#)

Food Michael P. Clive



Check out Michael P. Clive's latest recipe: ratatouille and prosciutto-wrapped sage and chicken. Mmm, sounds good!
Email: [Michael](#) or check out his [blog](#). [➔](#)

Movies Richard Crouse



Film critic Richard Crouse reviews 'The Last House on the Left,' and gives his scathing play-by-play account of 'Miss March.' Wow. He didn't like it. Email: [Richard Crouse](#) [➔](#)

Travel Tips Loren Christie



Travel expert Loren Christie helps you avoid the 'lost luggage' hassles that plague many travellers.
Email: [Travel Tips](#) [➔](#)

Nutrition Leslie Beck



Canada AM's nutrition expert Leslie Beck on the Top-5 mistakes parents make when it comes to their kids, and food.
Email: [Leslie Beck](#) [➔](#)

Gardening Mark Cullen



Mark Cullen explains why gardeners never get the blues, even in winter.
Email [Mark](#) or check out his new [blog](#) [➔](#)

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