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RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Stanley Cup coming to town

Page 5



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Omaterra debuts tonight

After a weeklong delay, Omaterra – the \$3.4 million water show – is set to premier Wednesday in downtown Sherbrooke.

Initially scheduled to debut July 7, it was pushed back in order to correct a number of technical glitches that emerged during press rehearsals.

“The Sherbrooke population has some legitimate expectations for Omaterra and we intend to meet them,” said Bernard Chaput, president of the administrative council at Cité des Rivières, of last week’s decision to postpone.

Expectations are indeed high for the show, both from its supporters and detractors. At times a contentious political topic among citizens and city councilors, particularly due to its multimillion-dollar price tag, the show has promised to deliver a spectacular, Cirque du Soleil-style performance and a drawing tourist attraction for the city. Previews for the show have been positive thus far.

Omaterra runs Wednesday through Saturday until August 28. Adult tickets are \$49.50 and are available by phone at (819) 573-0172 or 1-877-573-0172, or on the show’s www.omaterra.com.

The Russians are coming

OSS sets the stage for Fête du Lac des Nations



MIKE MCDEVITT

Maestro Stéphane Laforest conducts the Sherbrooke Symphony Orchestra at a free concert at Lac des nations Monday night. The concert, entitled *La Russie Eclatante* (Sparkling Russia) featured a ‘greatest’ hits of Russian classical music. The free concert served as a prelude to the Fete du Lac des Nations which kicked off last night with performances by Greenwood, Carlos Placeres, Jonathan Roy, and Boom Desjardins.

Tonight, performers include Kain, The New Cities, Amaury Vilain and Elage Diouff. In the Grands Feux Telus competition, Quebec’s Feux d’Artifices Orion puts on their show beginning at 10 pm.



Delivering the goodies

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Route 112 must be relocated

Page 3



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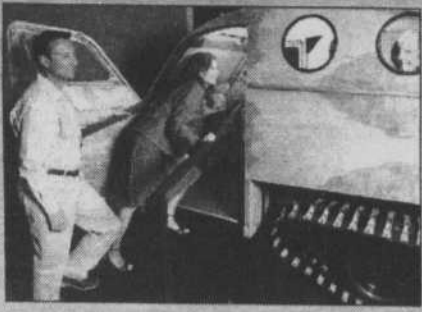
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Free admission in Valcourt



On Saturday, July 24 from 10 am to 5 pm, the J. Armand Bombardier Museum in Valcourt is offering free admission to visitors who bring a photograph of themselves enjoying a recreational vehicle. The museum is featuring a new exhibit, entitled *The Ingenuity of J. Armand Bombardier: The sprocket wheel/track system, honoring the 75th anniversary of the invention of the system by Bombardier himself.* The exhibit features the evolution of the system and includes vintage vehicles such as the B12 CS 1950 snowmobile and the 1951 TN (Narrow Truck) - of which only 122 were made. Guided tours are available, as well as packages that include a tour of the BRP factory.

Also in Valcourt, Sherbrooke artist H el ene Richard will be giving a guided tour of her exhibition *L'herbier pictorial (The Pictorial Herbarium)* at the Yvonne L. Bombardier Cultural Centre on July 25 and August 17 starting at 1:30. The event also includes a children's activity called *My Pictorial Herbarium*, where kids can create their own dried flower pages. Reservations are required for both the tour and the kid's workshop; call (450) 532-5300.

Weather



TODAY:
THUNDER
SHOWERS
HIGH OF 25
LOW OF 18



THURSDAY:
CLOUDY
PERIODS
HIGH OF 29
LOW OF 15



FRIDAY:
THUNDER-
SHOWERS
HIGH OF 26
LOW OF 20



SATURDAY:
ISOLATED
SHOWERS
HIGH OF 26
LOW OF 18



SUNDAY:
VARIABLE
CLOUDINESS
HIGH OF 25
LOW OF 17

Collective Rural Transport In The Eastern Townships: Part II



KEEPING IN TOUCH TOWNSHIPERS' ASSOCIATION

Last week we began to look at rural transport initiatives across the Eastern Townships.

As previously mentioned, most MRCs provide some form of public transportation and all are affordable and available to anyone who needs them. Registration is required for most MRCs and some require reservations 24 hours in advance. Below are four more MRCs with rural transportation initiatives in place.

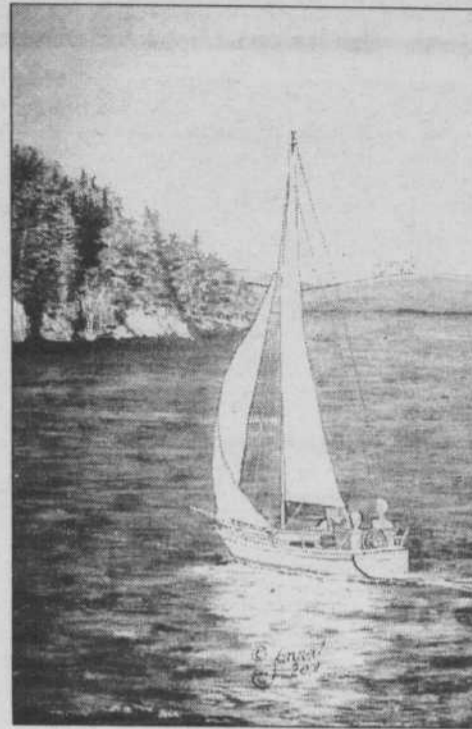
MRC Haut-Saint-Francois

Adapted transport and collective transport joins the municipalities of Ascot Corner, Cookshire-Eaton, East Angus, Westbury, Bury and Lingwick in this region. In addition there is daily round-trip service to Sherbrooke and a number of these municipalities. Call 819-832-1513 for more information or consult their schedules online from their website: www.mrchsfc.com. On the left sidebar, under "Les Grands Projets," click on "Le Transport Collectif."

MRC de Memphremagog

Collective Transportation in Memphremagog is provided by Transport des Alentours, a non-profit organization that utilizes existing adapted transport routes and stops. It serves the transportation needs of ten municipalities including Austin, Ayer's Cliff, Canton de Potton, North Hatley, Magog and Stanstead. Transportation is also offered to Sherbrooke. To learn more call 819-843-3350 or consult the Transport des Alentours website at transportdesalentours.com.

MRC Val-Saint-Fran ois



JANNA KENDALL

"Sailing Away to Black Point, Lake Massawippi, North Hatley" by Janna Kendall

The Val-Saint-Francois collective transport service is available for all municipalities in the MRC including Bonsecours, Cleveland, Melbourne, Richmond, Saint-Denis-de-Brompton, Stoke and Windsor. For more information call 819-845-2777 or 1-800-716-2777. Registration can be completed online at the MRC website: www.val-saint-francois.qc.ca. Click on "Transport Collectif" on the left sidebar.

MRC des Sources

Since 2008, collective transportation in the MRC des Sources offers a unique door to door service for its population. Residents will be picked up at their door and brought to their destination of choice anywhere within the MRC. Reservations must be made 24 hours in advance to take advantage of this service. Call 819 879-7107 or to consult travel times and visit the MRC website www.mrcdesources.com/transport-collectif.html

Coffee Mornings Take To The Grill: BBQ In Knowlton

On Tuesday, July 20 Townshippers' Association will be having a BBQ at their Knowlton office from 11 am to 2 pm.

Here is an excellent opportunity to meet Townshippers' staff and enjoy plenty of good food and music by local musicians. For more information contact Kate Murray at 450-242-4421 (1-877-242-4421) or km@townshippers.qc.ca.

Townships Expressions

Townships Expressions has received a limited number of autographed copies of Ross Murray's "You're Not Going to Eat That, Are You?" If you missed the recent book signings by this beloved humorist and columnist, here's your chance to pick up a copy. We have also received copies of "Janna's fun folk art: childhood memories from the mountainous Eastern Townships of Qu bec." Adorned with over 65 of her colourful folk art paintings, Janna recalls childhood adventures growing up in the Eastern Townships and shares favourite family recipes. A percentage of the profits from the sale of the book will go towards the purchase of ski equipment for local area schools including the Alexander Galt Regional High School in Lennoxville.

Piggery Benefit Show for Townshippers' Association

The Piggery will be offering a benefit performance of "They came from away" on Saturday, August 21 at 8 pm. On September 11, 2001, Gander, Newfoundland welcomed 6500 stranded passengers into their homes. Meet four of these "Plane People" as they reunite on that week-long international slumber/kitchen party. Written and performed by local artist and playwright Trevor McKinven. A percentage of all tickets sold will go towards supporting Townshippers' Associations' projects and initiatives. Tickets are \$20. For more information and to purchase tickets contact Townshippers' at 819-566-5717 (1-866-566-5717) or by email at ct@townshippers.qc.ca.

Townshippers' Association is a non-partisan, non-profit community organization serving the Eastern Townships English-speaking community. Contact www.townshippers.qc.ca; ta@townshippers.qc.ca; 257 Queen, Sherbrooke (Lennoxville), (819-566-5717; 1-866-566-5717) or 584 Knowlton, Lac-Brome (450-242-4421; 1-877-242-4421).

Ben by Daniel Shelton



LOCAL NEWS

"We are really wanting to convert more people to natural alternatives, and especially break the myth that natural products don't perform..."

Forget eco footprint, local business making eco-treadmarks



COURTESY ECOTERRE DISTRIBUTION/ BLUESTONE FORMULATIONS

Ecoterre Distribution/ BlueStone Formulations co-owner Philippe Choinière traveled many miles last week to bring his planet friendly products to Montreal. This week he plans on traveling much further to show the lengths we can go for the environment. He's asking Townshippers to at least take baby steps in making earth friendly choices.

By Corrinna Pole
SHERBROOKE

Later this week the co-owner of Townships based Ecoterre Distribution will be pedalling his wares, literally, as he attempts to raise awareness about making environmentally friendly choices by transporting his products in one of the most green friendly ways.

Philippe Choinière travelled roughly 77 kilometres (one way) to Montreal last week to deliver his personal care products on a bicycle, but this week he will push himself even further when he traverses approximately 111 kilometres to deliver his organic products to shops in Sherbrooke from his base in Saint-Armand.

Choinière said he was inspired to adopt the novel delivery method after his Montreal trek that coincided with flooding from heavy rains after last week's heat wave.

"It's exciting, different and a fun approach to do what we do," said Choinière. "It's fun for stores when they see their shipment arriving on bicycle. Fun is more powerful than the threat of bad news, we want to reach people on a positive level instead of preaching or lecturing them about how natural products are better for them and the environment."

Being environmentally conscious is something Choinière takes to heart. The former professional hockey player and Dunham native jumped head first into offering environmentally friendly products after he and his wife Stacy settled in Saint-Armand.

Choinière told The Record at the time he was looking for a venture that combined meaning and importance in health and the environment fol-

lowing his ten-year hockey career.

The natural line Choinière offers honours the company's mission of providing products that reduce the impact of the environment by finding alternative ingredients, right down to the packaging, from the harmful synthetics and petrochemical products used by in 97 per cent body care products on the market.

Being raised close to nature on a farm, Choinière was aware of the impact humans have on the environment and how little thought they may give to the fact that products they use daily end up being washed down the drain, becoming part of the water system.

But why the bicycle? Besides the fact that it is fun, different and helps Choinière to squeeze in a good workout, he says bicycles are the perfect vehicle to promote natural personal care products. He also hopes the fun aspect will help in breaking myths about natural products.

"We are really wanting to convert more people to natural alternatives, and especially break the myth that natural products don't perform," said Choinière. "We have had so many people telling us how much they love the products, there is no question in our minds that the performance is there."

Choinière also believes he will transform people's environmental consciousness by offering solutions and alternatives that help them make "change as a fun and easy thing to do" in order to help the planet.

Choinière will transport this week's shipment to retailers and salons in Sherbrooke on a small trailer that has been attached to the bike.

CONT'D ON PAGE 5

Route 112 to be moved

Mine landslide caused instability

Kelly McDevitt

A section of route 112 connecting Thetford Mines and Saint-Joseph-de-Coleraine will have to be relocated, according to Laurent Lessard, Frontenac MNA and Minister of Municipal and Regional Affairs. The announcement was made in a press conference Monday, following a nearly year-long study of the soil surrounding the Lac d'Amiante open-air mine owned by LAB Chrysotile.

On August 11, 2009, a portion of the mine's outer wall collapsed, sending a 60-metre section of slag cascading towards route 112 and causing fissures in the road up to 72 centimeters wide. Both the road and the surrounding soil were destabilized by the landslide and cordoned off pending geological surveys to determine the extent of the damage.

As the primary route connecting the Frontenac area with the Eastern Townships and the US border, as well as linking Thetford Mines and the communities of Black Lake, Disraeli, Saint-Joseph-de-Coleraine, Vimy Ridge and Lake Aylmer, the closure of route 112 caused major detours for local residential and commercial traffic alike. Over 5,500 vehicles once traveled this portion of the highway daily.

The Quebec Transport Ministry, in consultation with Lac d'Amiante and local municipalities, is now undertaking extensive studies to determine the best alternative for relocation.

Whatever the chosen route, relocating the 112 will be a massive undertaking. According to a report in La Tribune, the project will involve constructing a 14-to-18-kilometre stretch of highway through an area containing two mines, including Lac d'Amiante, the Sentiers des Trois Monts nature reserve and the municipalities of Coleraine and Vimy Ridge. Initial estimates put the price tag for the project, which could take as long as a decade to realize, in the \$50 million area.

Already, over \$2 million has been spent to install a temporary route after additional fissures were discovered last fall about 500 metres from the initial landslide. Until the new 112 can be constructed, this temporary road will have to be maintained and extended.

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THE RECORD

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FUTURESHOP

13.3" MacBook (MC516) 10138826/73. Please note that the incorrect image was advertised for this product found on page 16 of the July 9 flyer. The product advertised should be a white MacBook (with white keyboards), not a MacBook Pro (with black keyboards), as previously advertised. We sincerely apologize for any inconvenience this may have caused our valued customers.

National News

"... this event is unusual because it occurs on the heels of a warm winter that saw no sea ice form in the surrounding bay."

Large fracture from Titantic-linked glacier likely to reach Canada's East Coast

By Randy Boswell
CANWEST NEWS SERVICE

The Greenland glacier believed to have given birth to the iceberg that sank the Titanic nearly a century ago has calved another massive chunk of ice that's expected to eventually drift south into shipping lanes off Canada's East Coast.

The Jakobshavn Glacier - its ocean outlet located near the town of Ilulissat on Greenland's west coast - lost a seven-square-kilometre section of its leading edge last week, according to scientists who monitor the site year-round and view it as a sentinel of global climate change.

The break meant the glacier's "calving front" - the place where it regularly discharges icebergs into the Arctic Ocean between Greenland and Canada's Ellesmere Island - had retreated 1.5 kilometres overnight.

"While there have been ice breakouts of this magnitude from Jakobshavn and other glaciers in the past, this event is unusual because it occurs on the heels of a

warm winter that saw no sea ice form in the surrounding bay," Thomas Wagner, a cryospheric program scientist with NASA's earth sciences branch, said in a statement that described the new ice island as one-eighth the size of Manhattan.

"While the exact relationship between these events is being determined, it lends credence to the theory that warming of the oceans is responsible for the ice loss observed throughout Greenland and Antarctica."

Researchers estimate that about 10 per cent of all ice lost annually from Greenland's coastal glaciers and ice shelves reaches the sea through Jakobshavn, "which is also believed to be the single largest contributor to sea-level rise in the Northern Hemisphere," the statement said.

According to the U.S. National Snow and Ice Data Center, a Colorado-based institute that monitors the annual retreat of Arctic Ocean sea ice, the Jakobshavn Glacier "is responsible for the majority of icebergs reaching Atlantic shipping and fishing areas off of Newfoundland, and

most likely shed the iceberg responsible for the sinking of the Titanic in 1912."

The Canadian Ice Service, a federal agency that monitors ice hazards in the Northwest Passage and other summer shipping routes in northern Canadian waters, issued alerts last year about another massive "ice island" from Greenland - a 29-square-kilometre monolith that broke away in 2008 from the Petermann Glacier on the island's northwest coast - as it floated south towards Canada's Arctic shores.

The Canadian officials were concerned at the time about the potential risk to cruise and cargo ships, but the Petermann Ice Island eventually eroded and broke into smaller pieces along the coast of Baffin Island.

The collapse of several Arctic ice shelves in recent years has kept the Canadian Ice Service on alert for possible threats to ships and oil exploration activity.

In 2005, a 66-square-kilometre chunk of the Ayles Ice Shelf on Ellesmere Island's northern coast broke free and

began drifting south. Federal scientists kept a close watch on the resulting Ayles Ice Island as it tracked a worrisome route toward the Beaufort Sea, a relatively busy region in summer for shipping and oil-and-gas exploration.

But in August 2007, the five-by-15-kilometre slab turned down a dead-end channel between Meighen and Axel Heiberg islands, where it was expected to slowly break up over years and become an anonymous part of the Arctic pack ice.

In 2008, the Ellesmere Island ice shelves experienced unprecedented losses of about 200 square kilometres, sending more huge chunks drifting through Canada's Arctic waters.

One of the country's five remaining Arctic ice shelves - the 4,500-year-old, 50-square-kilometre Markham Ice Shelf - broke completely away from Ellesmere and drifted into the Arctic Ocean, a particularly dramatic sign of how rising temperatures and retreating sea ice were creating what one top scientist called "irreversible" changes to the country's polar frontier.

IN BRIEF

Woman, 61, assaulted in Toronto cemetery

CANWEST NEWS SERVICE

TORONTO - Police are trying to track down a male suspect after a 61-year-old woman was sexually assaulted in a suburban Toronto cemetery on Monday.

The victim was visiting the grave of a loved one at Pine Hills Cemetery in Scarborough, just east of Toronto, around 5 pm when she was beaten and sexually assaulted.

According to a police statement, the assailant approached the victim, dragged her from the main path and sexually assaulted her. She was discovered five hours later and police were called to the scene.

The woman was admitted to hospital and is expected to survive the attack.

The suspect is described as a white male, 30- to 40-years-old, five foot six with a slight build and a shoulder-length ponytail.

National Post

Employee fired over cancer diagnosis awarded \$20,000

CANWEST NEWS SERVICE

TORONTO - An Ontario woman fired after she was diagnosed with breast cancer has been awarded \$20,000 in general damages and lost wages.

Elsa Torrejon said she was shocked when Weston Property Management Corp. told her not to bother coming back to work at its north-end Toronto office shortly after her diagnosis.

"It still hurts me what they did. And I don't want it to happen to anyone else," she said.

This week, the Human Rights Tribunal of Ontario agreed the dismissal was unfair and ordered the company to pay up.

It also ordered Weston to learn about the province's Human Rights Code and to report back when training is complete.

"(The company) acted upon this mistaken belief that it could terminate the employment of the applicant, who was going to require time off for surgery and treatment, without regard to whether or not her disability-related absence could be accommodated," the tribunal ruled.

Canadian fingerprint expert challenged

By Randy Boswell
CANWEST NEWS SERVICE

Peter Silverman, the Canadian art dealer who garnered international attention last year after claiming he'd discovered a long-lost drawing by the Italian master Leonardo da Vinci, insists the portrait's new attribution is sound despite troubling questions raised by The New Yorker magazine about the purported Canadian fingerprint expert involved in authenticating the artwork - Montreal-based restoration specialist Peter Paul Biro.

Biro's fingerprint-identification techniques were widely trumpeted last fall as a key factor in the reattribution of the pen-and-ink profile of a young woman, now known as da Vinci's "La Bella Principessa" but long thought to be a 19th-century work by a relatively unheralded German artist.

Art Access & Research, the Montreal- and London-based consulting firm in which Biro is a partner, issued a news statement at the time claiming that Biro was "instrumental in the first attribution of a drawing to Leonardo da Vinci in over a century."

But The New Yorker's long, scathing examination of Biro - the lead article in the latest issue of the magazine - raised concerns about the Montrealer's scientific methods and past legal woes, including a court fight with Liberal Senator Serge Joyal over the alleged theft of a 19th-century artwork he'd entrusted to Biro for restoration.

Biro, in a brief e-mail sent Tuesday to Canwest News Service, said: "I am travelling in Europe. Can't respond immediately."

In October, Biro's company painted the identification of La Bella Principessa as a major breakthrough in bringing scientific expertise to the identification of major artworks.

"The fingerprint, believed to be of Leonardo's middle or index finger, was found in the upper right hand corner" of the portrait and was "matched to a Leonardo print from his painting of St. Jerome in the Vatican," a company statement

said at the time.

"The print on the painting of St. Jerome is especially significant because the painting comes from a period when Leonardo was understood not to employ any assistants - meaning that the print is almost certainly Leonardo's."

Biro called the find a "great success" for his company and "further evidence of the growing importance of scientific techniques in the art world."

Silverman, while expressing his personal "disappointment" with Biro over the revelations contained in the US magazine article, stressed in an interview from Paris that Biro's role in the authentication of the drawing was attention-grabbing but relatively minor, and that the controversy swirling around the Montrealer now should have no impact on the artwork's new-found provenance or its potential value - likely to be in the tens of millions of dollars if the da Vinci attribution holds up. Silverman's announcement about the drawing in October - backed by Oxford University emeritus professor of art history Martin Kemp and other leading da Vinci specialists - prompted a lively debate among experts and extensive media coverage of Biro's CSI-style contribution to the project.

Biro was interviewed by CNN host Anderson Cooper, and his method of comparing artists' fingerprints with impressions left on their artworks decades or centuries ago was highlighted by numerous other North American and European news organizations, including Canwest News Service.

The New Yorker article, written by staff writer David Grann, traces Biro's family and business background, the controversy surrounding his fingerprint-identification techniques and his previous involvement in identifying works allegedly painted by famed British landscape artist J.M.W. Turner and American abstract artist Jackson Pollock.

"He had a lot of cherries lying around," said Silverman, who described Grann as a "serious reporter" and added he had "nothing against his article" apart from what he called an over-emphasis on Biro's role in identifying La Bella Principessa as a da Vinci portrait.

Moose causes motorcycle accident in Saint-Élie

Kelly McDevitt
SHERBROOKE

There has been another accident on Townships roads involving a wayward moose. Around 4:30 am Monday, a motorcyclist was traveling along chemin Édouard-Roy in a rural sector of Saint-Élie-d'Orford when he came upon the moose standing in the road. The 44-year-old motorcyclist was able to jump from his vehicle before it hit the animal, and sustained only minor injuries. The moose, hit in the legs by the motorcycle, collapsed and later died in a nearby ditch.

This is the second accident involving a moose in three days in Estrie. On Saturday evening, a wandering moose caused a two-car accident on autoroute 10 near Shefford. That accident, which saw responders from the Bromont, Waterloo and Shefford fire departments on scene, injured three of the six passengers involved.

According to CAA-Quebec, the months of June, July, October and November are the peak seasons for road accidents involving moose, particularly around dusk or dawn. Warm winters and urban sprawl have led to a larger moose populations and increased contact between moose and humans in recent years. CAA-Quebec recommends drivers be alert and drive slowly, especially during twilight hours and in areas where deer or moose crossing signage is in place.

For more tips on avoiding road accidents with moose or what to do if a collision is inevitable, visit the CAA-Quebec website at www.caaquebec.com and look under the sections "Automobile" and "Tips and Tricks."

Pedalling peddler

CONT'D FROM PAGE 3

"A few years ago I cycled to (my wife's) family in Thunder Bay, so I bought this little trailer that hooks on to the bike," he explained. "You can carry up to 70 pounds in it so it's been a very valuable investment."

Despite the fairly decent load the trailer can carry, Choinière says his wife will follow his path to Sherbrooke a few hours later with the extra shipments so he can continue his delivery route.

Choinière is encouraged with the medium he's employing to share his products and message. He's already thinking ahead and planning to top his Sherbrooke ride with a 269 km trek.

"I felt momentum developing and now I'm thinking about making my next

delivery to Ottawa," said the eco-preneur.

Since they began a few years ago, the company has evolved in several ways. First they moved their offices in to the historical old train station in St. Armand and then they changed their business name. To help his out-of-province English speaking clientele who were struggling with the French name, Choinière set up the much simpler BlueStone Formulations.

The Choinière's also created their own line of products called ONEKA Elements (www.onekaelements.com). According to Choinière Oneka means water in some Native American languages.

cpole@sherbrookerecord.com

Portion of Seaway near Montreal closed by oil leak

By Monique Muise
CANWEST NEWS SERVICE

An oil leak forced the closure of a section of the St. Lawrence Seaway on Monday night. Crews were still working to clean up the mess Tuesday morning after a Canada Steamship Lines vessel ran aground near the Cote-Sainte-Catherine lock, just south of Montreal, around 7:30 pm Monday.

The ship's fuel tank was reportedly punctured in the accident, allowing between 50 and 200 tonnes of oil to leak into the surrounding waters before the tank could be sealed. The spill covered an area about 500 metres by 500 metres.

"The leak has now been completely contained," said Andrew Bogora, communications officer for the St. Lawrence Seaway Management Corp. "The Sainte-Catherine lock has also been sealed, so water is no longer running through the area, which ensures that the spill remains in place."

Officials with Environment Canada,

the Canadian Coast Guard and Quebec civil authorities were on the scene Tuesday morning to monitor the cleanup. SIMEC, a private firm specializing in environmental remediation, was called in to mop up the oil, Bogora said.

Nearby communities were also advised to check their water filtration facilities for any signs of oil contamination.

It is still unclear why the ship ran aground, Bogora said.

"The ship did lose power and drifted out of the navigation channel," he said. "As to why it lost power, we still don't have that information."

The affected area of the seaway will remain closed to all water traffic until at least Wednesday, Bogora added, and the cleanup could continue for several days.

Canada Steamship Lines, at one time owned by former prime minister Paul Martin, is Canada's largest maritime shipping company. Martin passed the company to his sons in 2003.

LOCAL BRIEFS

Stanley Cup in Sherbrooke

The most coveted trophy of our beloved national sport will be arriving in Sherbrooke next Tuesday, July 20.

Sherbrooke native Stéphane Waite, goaltending coach for the Chicago Blackhawks - the 2010 Stanley Cup champions, will be back in his home town with the Cup in support of the Fondation du Centre Hospitalier Universitaire de Sherbrooke (CHUS).

The public is invited to bring their

cameras and see Lord Stanley's Cup from 3 pm to 6 pm at SBK Hockey, Sherbrooke's world-renowned manufacturer of professional hockey sticks and other hockey equipment, located at 3905 rue Lesage. The event is free to all, but a donation of a voluntary amount to the Fondation du CHUS will be asked upon entry.

Body found in Sutton identified

Police have identified the human remains found near Shefford on June 28. According to Sgt. Louis-Philippe Ruel, spokesperson for SQ-Estrie, the deceased is Francois Bourbeau, 44, from the Shefford region.

An autopsy will be performed to determine the cause of death but until that time, police are treating the death as suspicious and are currently trying to establish the victim's activities just prior to his death.

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EDITORIAL

While freedom of religion is a cornerstone principle of the modern liberal-democratic state, so is the concept of equality among citizens



Liberté, Égalité, Couturier

Mike McDevitt

Can fifty million Frenchmen be wrong? Of course they can. Why should they be any different?

By a remarkable vote of 335 - 1, the French National Assembly came down firmly against the public wearing of face-covering veils in a move that will surely resonate to some degree on this side of the Atlantic as well.

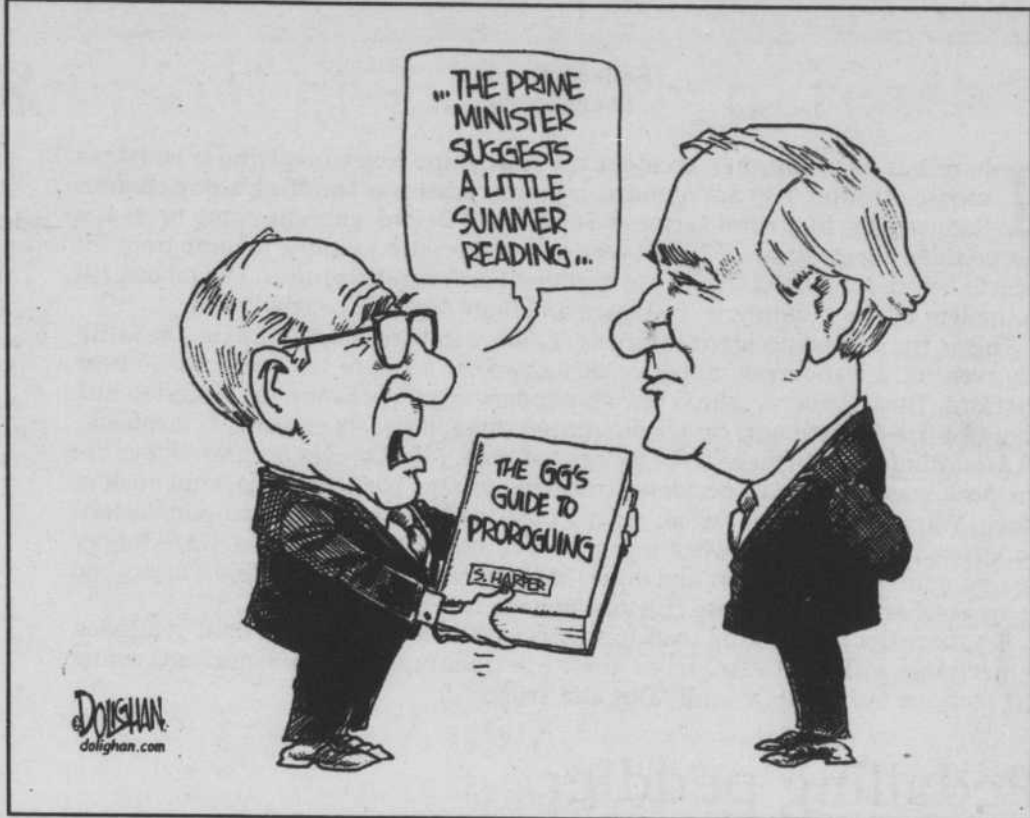
The traditional practice of some Muslim societies to compel women of child-bearing age to cover their faces as a form of modesty has stirred up a lot of controversy in some places, Quebec most decidedly included, and has led to considerable debate over just how much tolerance a secular society should have with regard to religious practices - particularly those of immigrant communities. While freedom of religion is a cornerstone principle of the modern liberal-democratic state, so is the concept of equality among citizens and, for many, the veils, niq'abs and burkhas worn by conservative Muslim women places one vital principle in direct conflict with another as, in Western eyes, these symbols of 'modesty' are viewed as signs of female oppression by a patriarchic, theocratic elite. As Justice Minister Michele Alliot-Marie said last week, women who wear the garments are 'cut off from society' and represent a rejection of "the very spirit of the French Republic that is founded on a desire to live together."

While the aspiration of the French to 'live together' may be a bit overstated, the fact remains that in any democratic state, the principle of equality before the law is an essential ingredient and one that must be actively protected as the natural forces of genetics and inheritance make "equality" a somewhat theoretical idea. The rich and the powerful are much more equal than the rest of us, to be sure, but at the very least they do have to pretend to be just ordinary people in terms of the law. Wearing a burkha doesn't eliminate one's equal status, but it does send out a very clear message that screams that one doesn't take one's equality very seriously - at least within a Western context.

We in the west have come a long way in ensuring that women share equal legal status with men, but culturally and emotionally, many of us are still in the dark ages in this regard and the statistics regarding violence against women indicates that we still have a lot farther to go. Compromising on this - and to be sure, for many, the burkha is more than just a compromise - is simply out of the question as the final goal of true equality almost seems to be on the horizon.

The French law, which forbids the wearing of these garments in virtually all public places, goes considerably farther than the mild knee-jerk offering of the Quebec Liberals, but it is unlikely to solve the problem. More likely is that the French courts will find this comprehensive legislation unconstitutional, sending everyone back to the drawing board.

The debate over the veils, unfortunately, isn't really about veils at all. Nor is it about religious freedom or equality - these are just the code words for the real question: To what extent must immigrant communities be forced to adapt to local customs, beliefs and values when these conflict with their own? How does one cram liberty down the throat of someone who refuses to swallow? Stay tuned; it's our turn next.



Letter

"Are all journalists models of high intellect and absolute devout truthfulness, under all circumstances?"

EDITOR:

Once again Mike McDevitt had to wander away from reasonable perspective. He started out OK by saying correctly these are difficult times in which to be a police officer. If only he would go to the trouble of finding out first hand just how difficult. With several family members serving in law enforcement over several decades I hear first hand of their challenges, not the least of which is an often unappreciative public (from which come most law breakers) and a stand to one side critical journalistic profession. But McDevitt had to veer off track to call Toronto police stupid and liars. What a way to tarbrush several thousand hard working people doing often dangerous work!

Are all journalists models of high intellect and absolute devout truthfulness, under all circumstances?

Actually law enforcement is one aspect, the larger purpose being protection of the law abiding non-violent people of society from the actions of the violent, conscienceless exploiters, and abusive people who lurk among us.

Police officers are on duty 24 hours per day, seven days per week, fifty two weeks per year, with the hoped-for result that the rest of us go to bed at night reasonably able to sleep peacefully. And of course that judges and journalists can go to work without having to wear bullet-proof vests in spite of what they write or say from the safety of their professions. It is extremely rare for one of them to get

shot. What again is the rebuttal that police officers are allowed to use? Do not forget that their politically appointed overseers muzzle them as effectively as they can so that political careers are kept safe too.

Don't overlook that our national police force opposes organized crime which has richer budgets, unlimited funds, really, (provided by the public who seek protection,) and that organized crime has all the latest technology at their disposal, making police envious, and all without concern over public criticism or complaints or boards of review. The scales are not exactly in balance.

Virtually every serving police officer has direct knowledge of one or more fellow officers who have been victims of serious violence in the routine conduct of their work. Every, repeat every, person stopped is a potentially fatal threat.

Every domestic violence case has great inherent danger, and intervention is all too often futile, when the victim can turn as violent as the abuser and regularly refuses to testify as to the source of abuse. Then later to call again only for the cycle to repeat.

How many judges and journalists go to work day after day, night after night under such circumstances?

Boy it sure is easy to find a safe place from which to throw stones at someone trying to make it possible for you to do just exactly that!

RICHARD EVANS, Waterville

THE RECORD

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C COLUMNIST

"A year ago, a new player entered the scene of this predominantly online camaraderie, in the form of Ian Tyrrell, current Baltimore resident, formerly of Nottingham, England."

Howlerfest: Celebrating new friendships



DISHPAN HANDS

SHEILA QUINN

In this Internet day and age, so many things have transformed. Among the most significant morphings are interpersonal relationships. Online dating and social networking have opened realm upon realm of interaction - even video games have been taken to a whole new level, with players finding themselves immersed in worlds made up of people from all over the planet. Whether or not these developments are deemed predominantly good, healthy, beneficial, they can sure as heck be a lot of fun, if you're careful.

A few years ago, verging on my son Angus's diagnosis with Autism, I began reaching out online for support. Feeling

powerless and overwhelmed, I wasn't sure where to start, or what to do with the significant anxiety circling almost every part of life with him. Said search turned up Annie Trepanier, subject of a former DH column, mother and homeschooler of two beautiful children with ASD (Autism Spectrum Disorder), Sébastien and Ophélie, then in early elementary school, now young teens.

Annie and I became fast friends, communicating on a regular basis. As it turned out, Annie needed an ear too, and in spite of having more knowledge on the subject of Autism than I, someone to talk or type to was a relief. As the years go by, Annie has become inextricable from my circle of friends. I know I can jet off an e-mail in the middle of the night, and while I may not hear from her until morning, she may also be plagued with insomnia, and the reply may come through at a time when we are both seeking stress relief via our friendship.

A year ago, a new player entered the scene of this predominantly online camaraderie, in the form of Ian Tyrrell, current Baltimore resident, formerly of Nottingham, England. With the online social network, Facebook, Ian, who had been friends with Annie for a few years, with his quick wit and love of fun was a new cherished friend.

In no time, Ian, aka Howler, became a DH Radio correspondent (the CJMQ radio show paired with this column), calling in to talk about various world events, and to give us the scoop on what was up south of the border. During a special DH episode with a number 9 theme, airing on 09-09-09, Howler called in with the news of Habitat for Humanity building nine homes in nine days, posting photos of their progress on the Dishpan Hands Facebook group. When they were significantly snowed-in this winter, again, the DH Radio listeners heard from Howler's perspective, as well as that of his dog, Mister Connolly (a.k.a. 'The Wookie'), who was reluctant to venture out into the great white. The earthquake felt throughout western Quebec, parts of the Eastern Townships this spring also rattled Howler, and Annie and her family as well, in Gatineau. World Cup follower, and great lover of English football (or soccer as we tend to call it), Howler called in last week to discuss Paul the Octopus and his ability to predict Germany's impending success or failure.

This Monday, a rumbling could be heard down Queen Street in the Borough of Lennoxville, as a certain Kawasaki Drifter motorcycle turned into the yard at 184 Queen, home to CJMQ FM radio station. Howler's first visit to Canada has already included consump-

tion of poutine and local brew, both with a great thumbs up! This whirlwind stay will include a visit to Montreal, a Crowded House concert, and of course, DH Radio.

Today will see Annie and her husband Vincent's arrival in Sherbrooke, prepared to partake in the great fun that is broadcasting. Howlerfest 2010, as it has been dubbed, is on! The crazy thing that is the Internet brought us together as friends. A little planning and fuel will bring us together on the air, for one evening of celebrating friendship and a great love of this amazing, and baffling, human race.

The roots of our connection with people can be so varied, often riddled with stories of the random series of events making that meeting of the minds, resulting in regular connection and correspondence. Where would we be without the friends who feed our minds and souls, who listen, who are there without fail, who are vulnerable and imperfect, just like ourselves? Thank goodness for them. They make every day of this great life worth the ride.

Don't miss DH Radio tonight on CJMQ 88.9 FM, for the special Howlerfest broadcast, live on the air from 9:00 - 11:00!

Edmonton man survives transplant only to find new lungs have H1N1

By Tom Blackwell
CANWEST NEWS SERVICE

Surgeons transplanting two new lungs in a life-saving operation on an Edmonton man faced an unprecedented complication last fall when they discovered the organs they had just transferred were infected with the H1N1 flu virus, a report has revealed.

Michael Cunningham appears to be the first double-lung transplant patient in the world to have contracted the pandemic virus as he underwent the complex procedure, his doctors say.

Patients with underlying breathing problems face the greatest risk from the swine flu, and the infection presented a major challenge for the medical team.

Transplant patients are pumped full of drugs to actually suppress their immune systems. Designed to ease acceptance of someone else's organs, the medication made fighting a potentially deadly flu that much more dicey.

"It's a really unique case," said Dr. Mohammed Al-Aklabi, a University of Alberta surgeon and lead author of a paper just published on the case. "Patients who are already sick with other problems and get H1N1, they are at higher risk of dying."

Cunningham said his reaction was "holy cow" when he learned he had the new flu.

An aggressive course of anti-viral drugs beat back the infection, and helped contribute to a full recovery.

In fact, the transplant has transformed Cunningham's life, he said, making him feel like "a new man."

The disease COPD - or chronic obstructive pulmonary disease - had left him desperately short of breath, lacking energy to carry out the most basic chores and all but chained to an oxygen tank. Even a walk down his apartment hallway was excruciating.

Almost instantly after the transplant, the Edmonton man could breathe easily. Soon he was hiking for hours at a time.

"The minute you wake, everything's changed," the 53-year-old said. "It's like being newborn."

H1N1 proved to be a relatively mild virus overall as it swept the world first in the spring of 2009, then in greater numbers last fall. For a small subset of relatively young patients, however, it could cause severe pneumonia and even death. Studies have shown that among the most at risk of a severe case were sufferers of asthma and COPD, an inflammatory illness encompassing what used to be known as emphysema and chronic bronchitis.

Cunningham had complained of vague flu-like symptoms just before the transplant. Doctors considered the fact their patient might have H1N1, then decided to push forward anyway, knowing

the new lungs had to be removed soon from the brain-dead donor or else they would be useless.

"We could not wait," Al-Aklabi said. "We had to act quickly."

As a precaution, they started him on the anti-viral drug Tamiflu; it turned out to be the right decision.

The operation went well, but shortly afterward; tests revealed that the new lungs were, in fact, infected with the pandemic influenza, notes the study published this month in The Journal of Heart and Lung Transplantation.

Cunningham was in the clear after three weeks on Tamiflu.

COPD causes narrowing of airways, leading to coughing and shortness of breath that worsens over time. Cunningham had end-stage lung disease and was expected to live only a month if he did not receive new organs, said Al-Aklabi.

The former real estate appraiser was forced to quit his job in the Sears hardware department about two years earlier, and found most aspects of daily life an ordeal.

"I was starting to get a lot of anxiety built up and panicking because of the shortness of breath," he said. "It was all I could think about: getting the next breath and getting down the hallway or putting my pants on."

And yet, when the call came one midnight last November that an organ

match was found, he had hesitated.

It was "fear of the unknown," he said. "The unknown was the surgery, and trading one problem for another didn't really appeal to me."

The hospital called back and this time he agreed to the operation.

His condition has only improved, and he is hoping to even play hockey again this winter.

"You sort of rediscover things you used to do and like to do," Cunningham said. "It's been a treat."

National Post

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Khadr calls Guantanamo a "sham," reveals he rejected plea deal

By Andrew Mayeda
Canwest News Service

Osama Khadr revealed Monday he plans to "boycott" his upcoming trial before a US military tribunal rather than accept a plea deal that would see him serve five more years in Guantanamo.

Under the deal, Khadr would have received a 30-year sentence for pleading guilty.

But he would only serve five years of that sentence at the US military prison in Guantanamo before being transferred to a Canadian prison for an undisclosed period of time.

The details of the failed plea bargain emerged Monday at dramatic and at times convoluted hearings before the military court.

This week's hearings were originally supposed to address a motion by Khadr's lawyers to suppress confessions he made to US interrogators. But Khadr threw things into limbo last week, when he fired his US defence team.

Khadr arrived in court Monday wearing a white prison-

camp uniform and black sneakers, and sporting a thick black beard. Speaking softly, he told the court he no longer wished to participate in the proceedings.

"I'm going to boycott the whole process," the 23-year-old told the presiding judge, army Col. Patrick Parrish.

Khadr read a prepared statement, scrawled by hand on a sheet of paper with the heading "Arabic-English language class," in which he condemned the US military commission as a "sham."

He said the tribunal was "constructed to convict detainees, not find the truth." Moreover, the entire process was geared toward achieving the U.S. government's "political goals," he said.

Khadr said accepting a plea deal would excuse the US government from "torturing and abusing me as a child."

"I will not let the U.S. government use me to fulfill their goals," said Khadr. "I was used too many times as a child."

The plea bargain revealed

Monday would have caused headaches for the Canadian government, which has steadfastly ignored calls to repatriate Khadr.

On Monday, the government announced it would appeal a Federal Court order instructing Ottawa to come up with a list of remedies to address the breach of Khadr's constitutional rights during interrogations at Guantanamo.

Khadr's Canadian lawyer said he was poised to seek a contempt-of-court ruling against the federal government for failing to meet a deadline Monday to produce remedies for violations of the accused terrorist's rights.

The Supreme Court found Khadr's rights were violated by Canadian security and Foreign Affairs officials who interrogated him in 2003-04 after he had been subjected to a sleep deprivation program and was without his legal counsel present. But the court said it was up to the government, not the court, to remedy those violations.

A spokeswoman for Canadian Foreign Affairs Minister Lawrence Cannon said the government wasn't aware of the details of the plea bargain.

"Canada recognizes the independence of the US proceedings. We are not privy to the details of the plea deal referred to by Mr. Khadr, who faces very serious charges, including murder, attempted murder, conspiracy, material support for terrorism, and spying," spokeswoman Melissa Lantsman said in an e-mail.

The Toronto-born Khadr faces five charges before the Guantanamo tribunal, including murder, attempted murder, conspiracy, providing material support for terrorism and spying.

American prosecutors allege that in July 2002, following a firefight between US forces and al-Qaida militants in Afghanistan, Khadr threw a grenade that killed a US army medic. He was 15 at the time.

Khadr has been detained at the US military prison in Guantanamo since October 2002. He is the only western national still held at the camp.

Much of Monday's hearings involved Parrish trying to determine what Khadr means by "boycott," and how that will affect how Khadr is represented.

A number of Guantanamo detainees have attempted to boycott their trials in the past, arguing the military tribunal is unjust and illegitimate. In one case, a defendant stuck

his fingers in his ears instead of talking to his lawyer.

Khadr has attempted to boycott the court in the past, most recently when he refused to show up for pre-trial hearings this spring.

At one point, it appeared Khadr had chosen to represent himself, as permitted under the military-commission rules. Khadr said he no longer wished to be represented by his court-appointed military lawyer, Col. Jon Jackson. "He's just as untrained as I am," Khadr said.

But when the court returned from recess, Khadr changed his mind and said he planned to boycott the process entirely.

Asked if that meant he wouldn't attend the proceedings, Khadr said he would decide on each day of hearings.

Parrish said that was unacceptable and ruled that Jackson would continue to represent Khadr as his "standby" counsel.

But Jackson said he would have to consult his bar association, as well as the Pentagon, on whether it's ethical to represent a client who doesn't want to be represented.

Khadr's trial was supposed to begin next month. Instead, the pre-trial hearings will now resume during the week of August 9, and the trial could be pushed back as far as October.

US prosecutor Jeff Groharing accused Khadr of trying to "manipulate" the proceedings and showing "disrespect" for the court.

"He's attempting to make a mockery of this," said Groharing.

Mom fit to stand trial in daughter's stabbing

Canwest News Service

A woman accused of stabbing her daughter multiple times with a kitchen knife after the 19-year-old girl came home late one night has been found fit to stand trial.

Johra Kaleki, 38, is facing charges of attempted murder, aggravated assault and possession of a weapon in connection with the June 13 attack, in which her daughter suffered serious injuries to her upper body.

After her arrest, Kaleki was sent for a psychiatric evaluation.

The attack on Kaleki's daughter, Bahar Ebrahimi, is being investigated as a possible honour crime - an act of violence committed by someone who aims to protect the reputation of his or her family.

But Kaleki's husband, Ebrahim Ebrahimi, has referred to the incident as a "tragic accident," saying his daughter is "a very nice girl" and it was the first time she had come home so late.

Kaleki will reportedly have a bail hearing on July 26.

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Wean babies from bottle at nine months: study

By Laura Stone
Canwest News Service

A note to confused parents everywhere: At nine months, it's time to start thinking about taking away that baby bottle.

With a lack of professional recommendations and no shortage of popular opinions, the bottle-feeding cut-off has yet to be established in the medical community, but a recent study from doctors at St. Michael's Hospital and The Hospital for Sick Children in Toronto has found that nine months is prime time to give the bottle the boot.

The reason, researchers say, is that the older a baby gets, the harder it is to get them to give up the bottle. By two years old, bottle-feeding could have already introduced a variety of long-lasting health problems into the baby's life.

"We know that children who are using the bottle beyond two years of age are at a higher risk of iron deficiency, at risk of school problems and behavioural

issues, and in rare cases, stroke. We know that children who are using the bottle in a prolonged-fashion are at a high risk of (being) overweight, and obesity. We know that they are at a higher risk of dental problems, like cavities," said Dr. Jonathon Maguire, the study's author and a pediatrician at St. Michael's.

"So you put all of these factors together, you say, 'Wow, the risks really mount as the child gets older.' So clearly there comes a point in time when using a bottle is not good for you."

Maguire said bottles are easy to get attached to and often contain milk and juice that pack on the calories in place of other nutritious foods.

The study, published in the current issue of Pediatrics magazine, used two control groups of 100 babies each to look at the way family doctors and pediatricians can inform parents about weaning babies off their bottles.

The first group of parents was given a five-minute "intervention" at nine months, which included information about how to wean a baby off a bottle. The second group was offered nutritional, but not bottle-weaning, advice.

The study found the babies in the intervention group were less than half as likely to be using the bottle at age 2.

After a two-year period, about 15 per cent of the babies whose parents were given the weaning advice were still on the bottle, compared with 40 per cent in the other group.

American guidelines recommend

parents wean their babies off bottles by 15 months, but many parents do not know this, said Maguire. Some continue feeding their children with bottles until they are three or four years old, he said.

He added that nine months is a good time to wean babies off the bottle because they are able to do it within the span of a week before they are too attached.

Weaning involves removing the baby's bottle one meal at a time and avoiding putting it in the bed. Parents should replace bottles with "sippy cups" or cups, said Maguire.

PUBLIC NOTICE

**PUBLIC MEETING OF THE
ADVISORY PLANNING COMMITTEE
DRAFT BY-LAW NO. 655
DESIGNATING THE UPLANDS CULTURAL AND HERITAGE
CENTRE LOCATED AT 9 SPEID STREET, BOROUGH OF
LENNOXVILLE, AS A HISTORIC SITE**

TO ALL INDIVIDUALS INTERESTED IN DRAFT BY LAW NO. 655 DESIGNATING THE UPLANDS CULTURAL AND HERITAGE CENTRE LOCATED AT 9 SPEID STREET, BOROUGH OF LENNOXVILLE, IN SHERBROOKE AS A HISTORIC SITE

NOTICE is hereby given by the undersigned:

THAT the City of Sherbrooke is preparing to adopt by-law No. 655 designating the Uplands Cultural and Heritage Centre located at 9 Speid Street, Borough of Lennoxville, in Sherbrooke as a historic site, located on lots 2 446 244 and 2 446 303 of the Québec cadastre;

THAT by-law No. 655 comes into effect on the date the special notice was served to the owner of the site, namely July 8, 2010;

THAT the effects of the designation are as follows:

- The designation by-law stipulates that no alteration, restoration, repair or modification of any kind, affecting the appearance of the exterior, may be carried out on the designated historic site that does not comply with the conditions pertaining to the conservation of the unique nature of the property specified in the by-law, other conditions council could enforce, and any other municipal by-law. Before imposing conditions, council will request the advice of the advisory planning committee.
- No one may carry out any of the acts mentioned in the previous paragraph without giving the City at least 45 days notice. In the event that a municipal permit is required, the request for a permit will be considered advance notice.
- A copy of the resolution establishing the conditions, will accompany the permit authorizing the acts in question, if applicable.
- The same conditions apply whether demolishing, moving or building immediately adjacent to another building on the property located on the designated historic site. Council could refuse such requests based on a legal opinion.
- The *Cultural Property Act* also stipulates that a designated historic site must be maintained in good condition.

THAT the City of Sherbrooke advisory planning committee will hold a public consultation meeting on Wednesday, August 18, 2010 at 6:30 p.m. at city hall council chambers, located at 191 Du Palais, Sherbrooke, with for the express purpose of hearing from anyone interested in draft by-law No. 655.

GIVEN IN SHERBROOKE, this 14th day of July 2010.

Line Chabot
Assistant Clerk

PUBLIC NOTICE

**PUBLIC CONSULTATION MEETING
DRAFT ZONING BY-LAW NO. 659
BOROUGH OF LENNOXVILLE**

TO ALL INDIVIDUALS INTERESTED IN DRAFT BY-LAW NO. 659 AMENDING BY-LAW NO. 648-97, THE ZONING BY-LAW OF THE FORMER TOWN OF LENNOXVILLE

NOTICE is hereby given by the undersigned:

THAT following the adoption by resolution at the City of Sherbrooke municipal council meeting held on June 21, 2010 of a draft by-law bearing number 659, regarding the amendment of by-law No. 648-97, the zoning by-law of the former Town of Lennoxville, a public consultation meeting will be held in accordance with the *Act respecting land use planning and development* (R.S.Q., chapter A-19.1) on July 26, 2010 at 4:30 p.m. at the Borough of Lennoxville office located at 150 Queen Street, Sherbrooke;

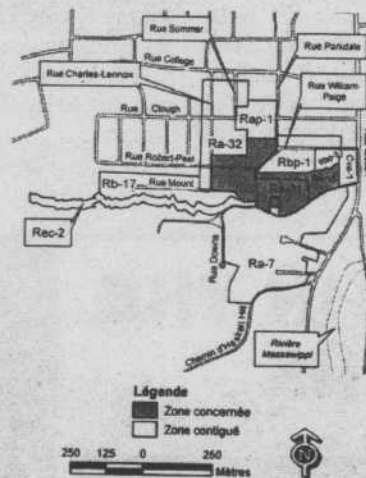
GOAL OF THE DRAFT BY-LAW

THAT the goal of the draft by-law is to enlarge residential Zone Ra-31 from part of recreation and conservation Zone Rec-5;

THAT the draft by-law applies to Zones Ra-31 and Rec-5;

DESCRIPTION OF THE ZONES IN QUESTION

Zones Ra-31 and Rec-5 are bounded approximately to the north by Clough Street, to the east by Queen Street, to the south by Downs and Mount streets, and to the west by Charles-Lennox Street.



THAT during this public meeting, the Borough Council president will explain the draft by-law and the consequences of its adoption, and will hear from individuals who wish to speak on this topic;

THAT the provision of this draft by-law is subject to approval by way of referendum;

THAT this draft by-law is available for consultation at the clerk's office located at 191 Du Palais, Sherbrooke or at the Borough of Lennoxville office located at 150 Queen, Sherbrooke during regular office hours.

GIVEN IN SHERBROOKE, this 14th day of July 2010.

Line Chabot
Assistant Clerk

Sports

"We are upset by the situation but we remain confident in our approach to animal care."

Two horses killed at Stampede

By Tamara Gignac
Canwest News Service

Two horses died Monday at the Calgary Stampede.

A thoroughbred chuckwagon horse — a member of Doug Irvine's racing team — suffered a heart attack around 6:30 am Monday during routine exercises.

Later in the afternoon, a horse named Sinder Mountain, one of the Calgary Stampede's stock, had to be euthanized after apparently breaking its back during the novice saddle bronc event. The animal continued to buck after the ride, then collapsed.

It brings the number of animals killed at the 10-day event to three. Monday's double tragedy comes less than 24 hours after rider Amy Carver suffered a broken shoulder blade and serious head injury during the Stampede's team cattle penning event where a horse was also killed.

The quarter horse, which is bred for speed, lost consciousness and stumbled in what her family calls "an extraordinary (and) rare circumstance."

The accident caused Carver to strike her head and the animal to roll over her.

"Amy is currently in intensive care and (we are) guardedly optimistic of a full recovery, although with injuries of this nature, it is much too early to tell," said her family in a statement.

It was a "very, very difficult" day for the Stampede, said spokesman Doug Fraser. "To lose an animal, regardless of circumstance, is hard for us. We treat them like family."

But animal welfare advocates say the deaths aren't surprising.

"This is exactly why we protest the rodeo," said Jeremy Thomas of the Calgary Animal Rights Meet-up Group, which wants to see an end to the yearly chuckwagon and rodeo event.

"When people use animals in entertainment in high-risk situations, this is what happens. Every year, animals die."

But Fraser insists nothing could have been done to prevent the three events.

"We are upset by the situation but we remain confident in our approach to animal care," he said.

Four animals - one steer and three horses - died during last year's Stampede.

Steinbrenner dies of heart attack

Canwest News Service

New York Yankees owner George Steinbrenner died on Tuesday morning after suffering a heart attack.

The Steinbrenner family confirmed his death in a statement issued by the Yankees. He was 80 years old.

Steinbrenner, one of the most colourful owners in professional sports, has owned the Major League Baseball franchise since 1973.

According to WABC, he was taken to St. Joseph's hospital in Tampa, Fla, on Monday night, and died early Tuesday morning.

During his first 23 seasons of ownership, the Yankees went through 20 managers, including Steinbrenner's infamous love-hate relationship with Billy Martin, who resigned or was fired five times.

Under Steinbrenner's ownership, the Yankees have won 11 pennants and the World Series seven times.

Steinbrenner, who was born in Rocky River, Ohio, spent most of his later years at his home in Tampa.

He had been in ailing health in recent years, but the team and family kept him sheltered from the media.

According to Forbes magazine, his net worth was more than \$1 billion U.S.

Armstrong's Tour is over, but his story lives on

By Wayne Scanlan
Canwest News Service

So, who arranged that Tour de France stage for Lance Armstrong - Floyd Landis?

Was Armstrong's bitter rival, former teammate and doping accuser watching from afar, pushing pins into an Armstrong voodoo doll, knocking Armstrong and his bike onto the ground, cruelly messing with the cycling icon?

Here a tire puncture. There a crash. Here a crash.

There goes the 2010 Tour for Armstrong, his last hurrah in cycling, gone in a single hellish day, Stage 8 on Sunday, the most horrific stage the 38-year-old American has endured in a long history at the Tour.

That wasn't the seven-time Tour

champion but a pale facade of Armstrong limping home to Morzine-Avoriaz in 61st place, nearly 12 minutes behind stage winner Andy Schleck of Luxembourg — looking frail. Embarrassed to be on camera so far up the road from the racing elite he once toyed with. His Radio Shack team jersey, and even the paper bib No. 21, in tatters from road mishaps.

If not Landis, then a higher source seems not to bless Armstrong's latest comeback, for the man who always seemed to be lady luck's friend, dancing around the road carnage as he made his merry way to the front, has never hit the pavement as hard or as often as in this Tour.

When the dust had settled at the day's finish line following two tough

climbs, Armstrong found himself in 39th position overall in the race, a monstrous 13 minutes 26 seconds behind leader Cadel Evans of Australia with 14 stages remaining before the conclusion in Paris on July 25.

From more than a decade of battling steroid and blood doping accusations, and near-fatal cancer, Armstrong, the Livestrong bracelet creator, has become the master of the brave front. But he wasn't kidding anyone about producing one last miracle, in his "final" comeback, in France this summer.

"My Tour is finished," Armstrong told reporters in Morzine.

Not that he will quit. Armstrong will ride for his team, perhaps show his humble side and work as a domestique for teammate and newly anointed team

leader Levi Leipheimer. That would be something to see.

Armstrong vowed to "hang in here and enjoy my last weeks."

We'll see. Riding out the string is not exactly how Armstrong rolls. There is this: with the record-setting champion now out of contention, the roadside farewell to Armstrong is full on.

Hardly as he imagined.

Armstrong's camp seems unnerved by the ongoing investigations of Jeff Novitzky, a special agent with the U.S. Food and Drug Administration. Novitzky was part of the federal investigation into doping allegations against American superstars Barry Bonds and Marion Jones.

When the Wall Street Journal published a story on the Novitzky investigation on Saturday, just before Armstrong's fateful eighth stage, Armstrong's lawyer Timothy Herman lashed back (the Armstrong way) in a statement.

Unlike Bonds, Armstrong has millions of Americans zealously in his corner because of his personal comeback and worldwide campaign to fight cancer.

In 1993, his first Tour de France as a rider, the controversy surrounding him had to do with his age, not his blood culture. At 21, Armstrong was a Million Dollar Baby (he won a \$1 million bonus for winning a "triple crown" of U.S. races that year).

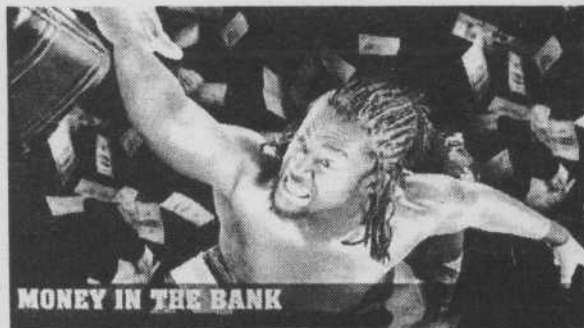
He was a kinder, gentler Armstrong, though already with an ego as big as his home state of Texas.

"Another American named Armstrong made it to the moon," a reporter from Europe said to the Tour rookie. "How far can you reach?"

"Mars," replied Armstrong, not missing a beat.

Seventeen years later, we can admit Armstrong did reach Mars, on a bicycle.

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DR. GOTT

Give foot pain the boot



By Peter H. Gott, M.D.

DEAR DR. GOTT: My 63-year-old mother has complained every day for three months about a sore heel. It feels better when I massage it for her, and it also helps if she stays off her feet. She believes it's only the sole that hurts but refuses to see her doctor, so we would appreciate your thoughts on the matter.

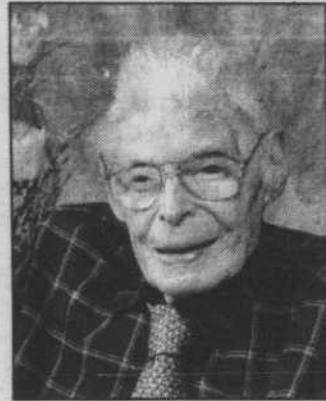
DEAR READER: There are a number of reasons for a person to complain of foot pain, whether it presents in the heel or in the sole. Unfortunately, I didn't get a full history from you, such as whether your mother is still employed and stands on her feet all day, whether she is dedicated to fitness and jogs to stay in shape, whether she is somewhat sedentary and has recently gained or carries excessive weight, or whether she simply prefers to wear shoes that don't support her feet properly. Therefore, I will discuss several of the more common conditions that might provide some answers.

A condition known as plantar fasciitis occurs when a ligament known as the plantar fascia, which runs the full length of the bottom of the foot, is stressed, causing the tissue to tear. Irritation and inflammation of the fascia can result in bruising and extreme pain. Causes for the tear are sudden weight gain, repetitive or excessive stress, or wearing shoes without adequate support.

Achilles tendonitis is similar to plantar fasciitis, yet differs because of the location of pain, because it affects the tendon that runs down the calf, along the back of the foot and connects to the heel bone. Severe pain can result when the Achilles tendon or a calf muscle is stressed. Often seen in middle-aged recreational athletes, the condition is common when people fail to stretch and bend prior to strenuous physical activity. Other causes are repetitive movements and excessive physical stress.

Heel spurs are bony projections that occur along the edge of the heel bone. They typically develop on the front of the heel bone and point toward the arch of the foot. They often irritate the plantar fascia and cause inflammation but

Death



Donald Ira DUNDIN

Passed away peacefully at the CHUS Hotel Dieu on July 12, 2010 days after his 103rd birthday. Born in and long time resident of Lennoxville, Donald Dundin son of the late Howard and the late Margaret (Rankin) Dundin. He had served in the Second World War mainly stationed in Halifax, NS. He had then been employed with A & P for 32 years, then later for Marche Raymond for 19 years until his retirement.

Donald is survived by daughters; Nancy Cameron (Glen), Glace Bay, NS., Judy Dundin, Hemmingford Qc.; grandchildren Donald Cameron (Sharon) Halifax, NS., Bruno Dominique, Montreal, Qc., Tammy Dominique, Hemmingford, Qc.; 8 great-grandchildren; several cousins. He was predeceased by wife Louise (Broderick); sister Margaret.

Arrangements under the care of Cass Funeral Home 3006 College St. Sherbrooke (Lennoxville) where visitation will be held Thursday July 15, 2010 from 2-4 and 7-9 p.m.

Funeral Mass will take place at 10 a.m., Friday July 16th 2010 at St. Anthony's Catholic Church. Interment in St. Anthony's Catholic Parish Cemetery followed by a reception in the church hall.

In lieu of flowers, donations in memory may be made to a charity of ones choice. Words of comfort may be sent to the family by visiting www.casshomes.ca <<http://www.casshomes.ca>> .

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don't always cause pain.

Morton's neuroma is a benign growth of fibrous tissue around a nerve, commonly between the third and fourth metatarsal heads. The pain experienced is commonly the result of wearing high-heeled shoes.

Metatarsals are the long bones at the base of each toe. Excessive pressure on the ends of the toe bones can cause pain and symptoms in the ball of the foot. The medical term for this is metatarsalgia and is primarily the result of tight shoes and from wearing shoes with high heels. People suffering from this condition should forgo shoes that are narrow or have pointed toes or high heels and opt for wider shoes that will allow the foot ample room to stretch appropriately.

Without knowing the true cause of your mother's pain, I recommend you begin simply. Purchase a nonsteroidal anti-inflammatory over-the-counter pain medication. If you have any questions about the numerous brands available, speak with your pharmacist for his or her recommendation. If shoes are the issue, depending on her general activity, have your mother purchase a pair of relatively flat or athletic shoes designed to cushion and provide extra support. She may wish to purchase cushioned shoe inserts and/or arch supports that can relieve stress. She can likely benefit from using a whirlpool-type foot bath at home and might relax in the evening with her feet propped up on a foot stool or pillow. An ice pack, either the real thing or one made from a frozen bag of vegetables

placed against the foot, might also lessen the pain.

If all my recommendations fail to provide relief, attempt to convince her to see her physician or a podiatrist. A non-invasive X-ray, CT scan or MRI can be performed that will likely provide the answers her doctor needs to determine the correct diagnosis. While her doctor can make recommendations, your mother (perhaps accompanied by you) should be in complete control and call all the shots. She should be the one, with the guidance and knowledge of a health-care professional, to decide what should or should not be done. Good luck.

To provide related information, I am sending you a copy of my newly revised Health Report "Managing Chronic Pain." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

Graveside Service

HALL, C. Wayne (March 1, 1910 - May 4, 2010) - Following a private service, the family will then welcome friends to join them for an informal reception at the Uplands Cultural and Heritage Centre, 9 Speid Street (Lennoxville), 3 p.m. to 4:30 p.m. on Saturday, July 17.

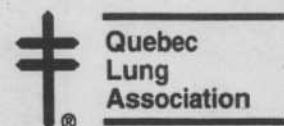
NOTIFICATION OF DEATH

CLEMENTS, Earl (1928-2010) - Passed away peacefully March 31, 2010. He will be missed by the Russell Families and all of his friends who he volunteered with at the BMP Hospital. Rest in peace cousin Clem and dear friend. A private burial was held.

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Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

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For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Don't you think my wife has some responsibility to be more loving to me?

Dear Annie: My girlfriend got pregnant during our senior year, so I married her to do the right thing. At first, it was great living together, even with the baby. But now, five years later, we have two kids and she's pregnant again. I know it takes both of us to make a baby, but she is the one responsible for birth control, and I didn't want any more kids.

The only fun I have is playing league baseball, and once in a while, I get out with the guys. Annie, I'm only 23 and want more out of life. We both work, but after paying the bills, we don't have a dime left. Sex is rare. I work around hot women all the time. My wife is going to take two months off of work before the baby is born, and life at home will be miserable. With another child, she will be grumpier than ever. I feel trapped.

My friends, single and married, have a lot more fun than I do. Sometimes after a few drinks, I feel a rage inside and have to walk away to calm down. Don't you think my wife has some responsibility to be more loving to me? I don't even know what my question is, but I know something has to change. — Tired of It All

Dear Tired: We commend you for being responsible, but one problem with marrying young and for obligatory reasons is that you feel you've missed out. Your wife is equally "trapped." The restlessness you are experiencing can be managed if you and your wife love each other and are both willing to work on it. Talk to your clergyperson, or find low-cost counseling through United Way or the YMCA. Also keep in mind that as your friends get married and start families, the differences between you will be less noticeable. (And P.S.: If your wife keeps getting pregnant and you don't want any more children, YOU should be in charge

of birth control.)

Dear Annie: You were way off in your response to "Pagan in a Christian Family." To tell someone with different religious beliefs to simply sit quietly during a blessing and try not to upset anyone is ridiculous. Her family should honor her wishes and simply do nothing. Maybe when they are about to say these magic words, she could get up from the table and go into the next room. Sitting quietly gives consent. She is being persecuted. Don't let them get away with it. — M.D.

Dear M.D.: It is not "persecution" to sit respectfully during someone's prayer in their own home, at their own table, even if their beliefs are different from yours. Read on for more:

From Santa Cruz, Calif.: I, too, am a Pagan, and most of my family is Christian. I have no problem sitting through a prayer at family gatherings. I deal with it by silently thanking The Goddess when God is mentioned and My Lady when our Lord is thanked. Part of the philosophy of Wicca is "and harm none," and she is harming herself by stressing over this. We can't change how others view the world. We can only change how we respond. I would encourage her to live her life by example and learn to be tolerant of others.

Oregon: I'm also the only Witch in a Christian family. In order to receive respect from other family members, I not only show respect for their rituals in their own homes, but welcome their mealtime prayers at mine. I don't recite them, but remain, as you say, respectfully silent while I inwardly thank my own deities. If I were to be verbally attacked or had some truly objectionable ritual thrust on me, I would stand my ground. But I don't consider mealtime prayers offensive.

Annie's Mailbox

Please, "Pagan," don't add to the hatred and spiritual intolerance that permeates this world. As the Wiccan Rede says, if it "harms none," then do what you will. This should go for all belief systems, not just ours. — Oregon Pagan Woman

Dear Annie: I am 16 years old. Right now, I am living with my aunt (my father's sister). My mother and father have never really been in my life, although I did live briefly with my mom.

My father is in jail for manslaughter and will be out in two years. He and my mother have been writing each other and have developed a close relationship. Recently, my father proposed, and Mom accepted. She asked me how I felt about it, and I didn't say anything.

Annie, I don't know how I feel about it. I'm angry with my parents for not being in my life when I needed them, and now they decide to get married when it no longer matters to my welfare. Please tell me what to do and say to my mother. How can I get rid of the resentment so I can be happy for them? — Left Out Daughter

Dear Left Out: You sound wise beyond your years. You understand the importance of putting aside your anger and resentment, not only for your parents' sake, but for your own. Try to forgive them for not being the parents you deserved and should have grown up with. If you can accept them as they are, warts and all, it will help you feel less cheated. After all, you seem to have turned out OK in spite of their shortcomings. It might help to talk about this with an unbiased third party — a school or camp counselor, favorite teacher, friend, adult neighbor or clergyperson.

Dear Annie: My husband and I recently had to move in with my mother, and I discovered she does something really disturbing. Mom does not think it is necessary to wash her hands after using the bathroom. She will go right into the kitchen and start cooking. Occasionally, she will rinse them at the kitchen sink, using only cold water. She told me that cold water kills germs.


Am I being overly concerned? I am always the one who catches every virus and infection that comes to town. How can I convince her that this is not healthy? She likes your column, so maybe reading this will help. — Cringing Violet

Dear Violet: We hope so. Your mother is misinformed. Washing your hands with soap and water is the best way to prevent infection and illness. Rinsing her hands under cold water does nothing. Here are some guidelines from the Mayo Clinic:

Always wash your hands AFTER using the toilet, changing a diaper, preparing food (especially raw meat or poultry), touching an animal, blowing your nose, coughing or sneezing, treating wounds, touching a sick or injured person, or handling garbage or anything that could be contaminated. You also should be sure to wash your hands BEFORE preparing food, eating, treating wounds or giving medicine, touching a sick or injured person, and inserting or removing contact lenses. If Mom doesn't like to use soap, perhaps she would be willing to try an alcohol-based hand sanitizer that doesn't require water. (Please, Mom, do this to keep your family healthy.)

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.


Happy 96th Birthday
Great-Grammie!



Elsie Beattie

Lots of love,
Everett
and all your family and friends

100th Birthday



Ellen Labrecque will be celebrating her 100th birthday on July 14, 2010.

Best wishes may be sent to Ellen at 309 Bridge St. West, Napanee, Ontario, K7R 2G4, where family and friends will be honouring her on July 17 between 2 p.m. and 4 p.m.

Happy birthday Mom. Enjoy your day.

Love
Lee & Helen
and family

CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: I equals K

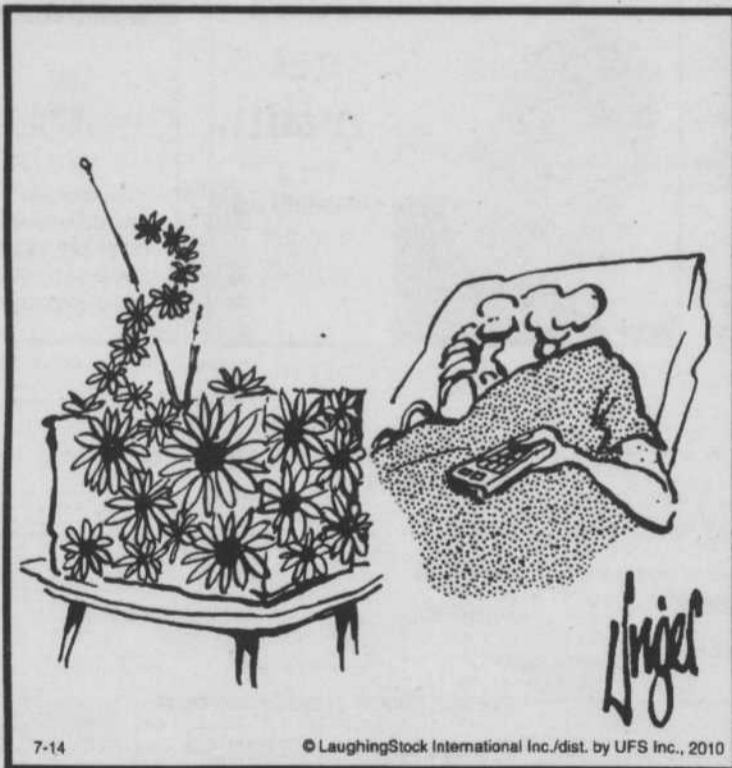
"YKL PLWOXYF TS YKXHV N VTXHV TH
WPTZHC JL XN JTPL XHYLPLNYXH V
YKWH YKL SWHYWNXLN TS YKL
MTPOC X MTPI XH." - CLHHXN
KTEELP

PREVIOUS SOLUTION: "Recommend to your children virtue; that alone can make them happy, not gold." - Ludwig van Beethoven

KIT N' CARLYLE



HERMAN



"Helen, turn to channel 22, 'World of Magic.'"

ALLEY OOP

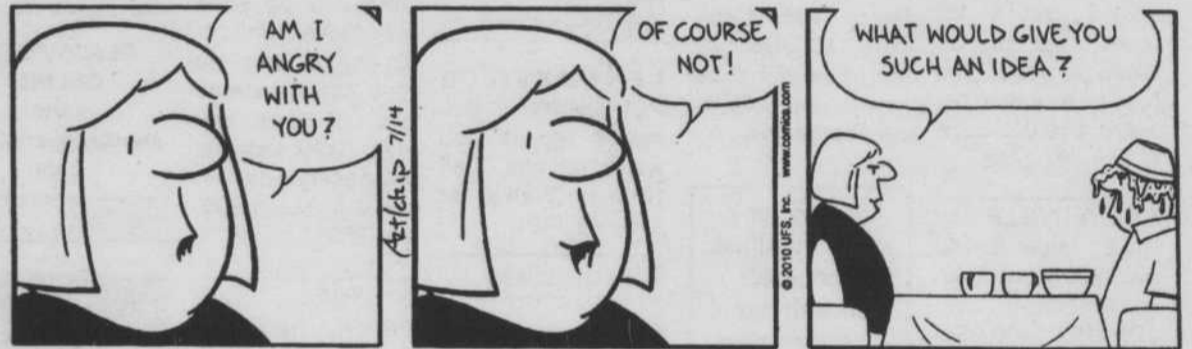
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Wednesday, July 14, 2010

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LEO (July 23-Aug. 22) - Assignments or tasks that others find to be both challenging and threatening are the ones that will be the most appealing to you. You'll welcome being tested in these areas.

VIRGO (Aug. 23-Sept. 22) - Because you're likely to be far more charismatic than you realize, others will find your company to be fun and delightful. You'll especially attract the attention of members of the opposite gender.

LIBRA (Sept. 23-Oct. 23) - A matter having something to do material security, which has caused you some concern, is likely to be put to rest. You will finally start to see that light at the end of the tunnel.

SCORPIO (Oct. 24-Nov. 22) - Be sure to use your warm personality to make those important points that need to be impressed upon others. Using a bit of the atrics and a touch of wit will help tremendously.

SAGITTARIUS (Nov. 23-Dec. 21) - Personal gains are likely to be made, but how they come about could be rather unusual and different. However, it won't matter as long as they are garnered in an honest manner.

CAPRICORN (Dec. 22-Jan. 19) - A very pleasant surprise might be in the offing, when someone you thought didn't like you goes out of his/her way to help you realize a big goal you haven't been able to reach on your own.

AQUARIUS (Jan. 20-Feb. 19) - There is someone who is reluctant to express his/her feelings for you because you've been a bit standoffish. If you've done so out of fear, and you actually like this person, give him/her a signal.

PISCES (Feb. 20-March 20) - It won't be through hard arguments or strong assertiveness that you'll sway others to your way of thinking. It will be by appealing to their finer instincts and sensitivities that you'll soften their stance.

ARIES (March 21-April 19) - Even if observers aren't aware of it, you know you have accomplished something of great worth. The sense of personal pride and gratification you feel will be what counts.

TAURUS (April 20-May 20) - You might get that opportunity you've been looking for to clarify something that onlookers haven't been able to understand. Once you get to explain yourself, you'll feel a lot better.

GEMINI (May 21-June 20) - Someone who owes you a lot for what you've done for him/her in the past will step forward and do something for you that will be of tremendous value to you. S/he has been waiting for this opportunity.

Wednesday, July 14, 2010

Do not race to take winners

By Phillip Alder

Lucille Ball said, "The secret of staying young is to live honestly, eat slowly, and lie about your age."

Often, the secret of staying alive when on defense at the bridge table is to card honestly, take tricks slowly, and ignore your age.

East made a very bad error during the defense of this deal.

West opened with a textbook weak two-bid, showing a respectable six-card suit and 5-10 high-card points. After two passes, South balanced with two no-trump, promising 16-18 points. Obviously, South might have passed with such strong spades, but he was worried that his side would miss a vulnerable game. Here, though, North had to pass. (Remember, if West had opened one spade, and South had balanced with one no-trump, that would have shown only 11-14 points.)

West led the spade queen. After East discarded the club seven, declarer won with his king and ran the diamond six. East took his jack and shifted to the heart four, declarer winning with his ace and playing a second diamond, covered by the 10, king and ace. What should East have done now?

East, knowing that his partner was out of diamonds and that he had no entry left, made the fatal mistake of cashing the diamond queen. Yes, he

North 07-14-10			
♠ 7 6 2			
♥ 8 6			
♦ K 9 8 4 2			
♣ K 4 3			
West			East
♠ Q J 10 5 4 3			♥ —
♥ J 5			♦ 10 9 7 4 2
♦ 10 3			♠ A Q J 5
♣ A Q 2			♣ 10 9 8 7
South			
♠ A K 9 8			
♥ A K Q 3			
♦ 7 6			
♣ J 6 5			
Dealer: West			
Vulnerable: North-South			
South	West	North	East
2 NT	2 ♠	Pass	Pass
	Pass	Pass	Pass
Opening lead: ♠ Q			

would never have scored that trick if he had not taken it then, but it established two winners for declarer — a net gain of one. And East knew that the club king was a dummy entry.

A heart or club return would have defeated the contract, but now South took two spades, three hearts, two diamonds and one club.

CROSSWORD

Across

- 1 Fitzgerald forte
- 5 Karate award
- 9 Sail supports
- 14 Word after dial or earth
- 15 7-Down user
- 16 Just kept yakking
- 17 One executing a takeoff?
- 18 Nevada's ___ 51
- 19 Go Dutch
- 20 Iron ore, to a steel mill
- 23 66, famously: Abbr.
- 24 Lisa, to Bart
- 25 Certain park visitor
- 27 Pollutant banned in the U.S. in 1979
- 30 Cold War craft
- 33 Available without an Rx
- 34 Seller of an Inverted Jenny, perhaps
- 40 Don Juan's mother
- 41 Little white thing
- 42 Co-star of Joel in the film "Cabaret"

- 43 Guns with a caliber between 105 and 155 millimeters
- 48 Jackson-to-Tupelo dir.
- 49 Corn syrup brand
- 50 Glasgow negative
- 51 '70s Robert Blake cop show
- 55 Odd man's place?
- 57 Schooner contents
- 58 Buxom, facetiously
- 64 Six-Day War site
- 66 Like many deli orders
- 67 Suffix for the well-to-do
- 68 Is after
- 69 Israel's first UN ambassador
- 70 Concrete piece
- 71 ___ a time
- 72 Dowsing tools
- 73 Tracy's Trueheart

Down

- 1 Dallas Cowboys emblem
- 2 Lola's club
- 3 From square one
- 4 What adversaries may come to
- 5 Scrams
- 6 Rochester's love
- 7 Rake's look
- 8 Pattern baldness, e.g.
- 9 Flintstone's boss
- 10 Hot tub sound
- 11 Dog's warning
- 12 Rich cake
- 13 Villain's look
- 21 Gets in one's sights, with "at"
- 22 Youngest to reach 500 HRs
- 26 Stud declaration
- 27 Like Miss Manners
- 28 Prop for Astaire
- 29 Raised

- 52 Xenophobe's fear
- 53 Zellweger of "Chicago"
- 54 Let out, perhaps
- 56 It gets burnt a lot
- 59 New Mexico athlete
- 60 Word of mock horror
- 61 Sneaky trick
- 62 Paleozoic et al.
- 63 Belles at balls
- 65 Wanted poster abbr.

C	O	S	T	S		A	T	A	L	L		P	A	D	
A	S	T	O	R		D	I	N	G	O		A	G	E	
B	A	R	B	A	R	A	E	D	E	N		R	O	M	
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S	H	Y		E	L	U	D	E		A	N	T	S	Y	

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