

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Twin foals take prize . . . See Page 9

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PM#0040007682

TUESDAY, AUGUST 16, 2005

## Speeding in N.H. can be deadly — for you *and* your wallet

*Seven out of 10 drivers pulled over for speeding are Canadian: New Hampshire state trooper*

By Giancarlo La Giorgia

Planning to drive through New Hampshire for a weekend getaway? Remember to bring your old driving instruction manual.

You'll want to brush up on your highway code etiquette, if you hope to avoid the massive fines that highway troopers in that state have begun doling out to motorists not respecting the law.

PLEASE SEE SPEED PAGE 5

## Regal closes Sherbrooke store and 42 others

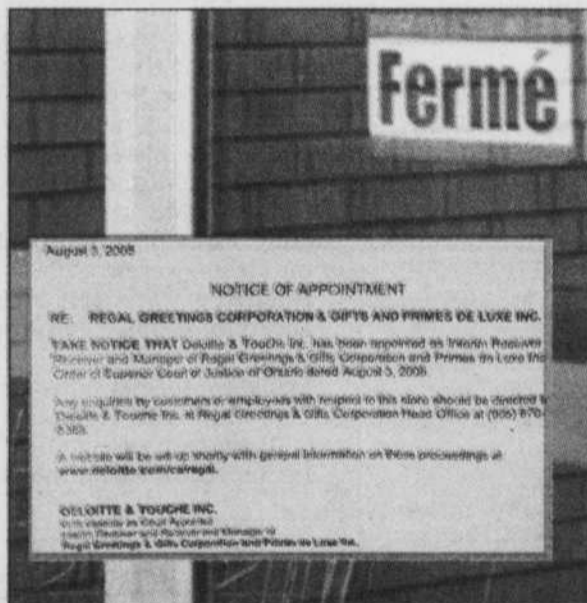
The bankrupt Regal Greetings and Gifts catalogue gift company may be sold off in parts if its bankruptcy trustee can't find a buyer. "Deloitte is trying to find a buyer and if it can't find one it (Regal) will be sold in parts," said Lynn Cook, spokeswoman for Deloitte & Touche Inc., the company's interim receiver and manager, adding they would like to find a purchaser as quickly as possible.

The Toronto-based catalogue gift company announced earlier this month it had gone into receivership. The move threw about 700 part time and full time workers out work, including several in Sherbrooke. All orders and shipments have been stopped.

Cook said Deloitte & Touche Inc. is hoping to find a buyer who would run the company the way it has been managed for the last 75 years.

"This would be a great thing for the workers," Cook said, noting the purchaser would have the option of hiring back workers.

There are seven Regal locations throughout Quebec, including one in Sherbrooke, and 43 spread around the country.



PERRY BEATON/SPECIAL

Customers at the King Street establishment were greeted by this sign on the door.

## New Bus Line



PERRY BEATON/SPECIAL

The success of the University of Sherbrooke as well as that of the Sherbrooke CEGEP have meant that students are living farther afield. A new noon-hour bus run is being added during the week, to serve the borough of Brompton. Borough president Clement Nault and councillor in charge of the city busses, Jean-François Rouleau are hoping that students will not have to buy their first car with all the expense and pollution involved in order to get to classes.



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## Canada job posting

The Correctional Service of Canada is seeking a Food Services Officer for its Cowansville Facility. Persons residing or working in the administrative regions of Estrie and Montérégie are eligible to apply.

Candidates should have recognized training in large restaurant, hotel or institutional cooking or significant experience in practicing culinary techniques and food service in an institutional kitchen. Candidates should also have completed a 4th year of sec-

ondary school or an acceptable combination of education, training and/or experience. The position requires proficiency in French. The hourly rate is \$23.32.

**Closing Date:** Aug. 24, 2005

Interested applicants are required to provide specific information for the application process, and can obtain the details by calling Townships' Association's Information & Referral Service at 566-2182, 1-877-566-2182, or by emailing info@townshippers.qc.ca.

### RECORD GIVEAWAYS

The Record has three wonderful giveaways for loyal readers. The first is lunch for two at Sherbrooke's new Chinese restaurant Le Village de Chine situated at the corner of Jacques Cartier and King Street, maximum value \$20 each.

We also have a flex pass to the Pigery Theatre to give away which will entitle the bearer to four tickets for Townships Stage's final performance of the summer season, Tourist trap that runs from Aug. 24-Sept. 4.

Golfers will also be interested to know we have two green fee passes for the beautiful Longchamps golf course in Sherbrooke. Passes entitle the holder to 18 holes of golf. The passes are not valid Friday, Saturday, Sunday before 1 o'clock or on holidays.

To qualify for any of these giveaways, complete this coupon and send it to The Record before Aug. 23

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## Weather

**Today:** A mix of sun and cloud. Hazy early in the morning. High 26.

**Wednesday:** A mix of sun and cloud. Low 12. High 22.

**Thursday:** A mix of sun and cloud. Low 7. High 23.

**Friday:** Cloudy with 60 percent chance of showers. Low 12. High 26.

## Townshippers' Volunteer Bank

### DOBSON-LAGASSÉ CENTRE FOR ENTREPRENEURSHIP

The Dobson-Lagassé Centre for Entrepreneurship is seeking experienced entrepreneurs or business professionals to act as mentors for up-coming new entrepreneurs. Mentors should ideally contribute at least four hours of time per month.

**Number of volunteers needed:** 6 - 8

**Location:** The initial meeting will be at the Dobson-Lagassé Centre in

**Lennoxville;** subsequent meetings will be at a mutually convenient location.

**Skills:** Ideally, mentors will have a solid reputation and strong business expertise, will be effective communicators and advisors, and be available for in-person meetings with new entrepreneurs. Strong English skills are required.

Expenses related to mentoring (i.e. breakfast meetings, travel) can be submitted to the Entrepreneurship Centre.

For more information, contact Evelina Smith, Townshippers' Association's Volunteer Bank Coordinator at 566-2182 (toll free 1-877-566-2182) or info@townshippers.qc.ca, or Barry Husk at (819) 822-9600 ext. 2550 or bhusk@ubishops.ca.

### TOWNSHIPERS' DAY

A number of volunteers are needed to help out at the 26th annual Townshippers' Day on Sept. 17. Volunteers are needed to set up tables and chairs the day before the event, and on the day itself act as guides, distribute information, welcome visitors, help with parking, assist exhibitors, and to be part of the clean-up crew.

**Number of volunteers needed:** 100

**Location:** Bedford Fairgrounds, Bedford

**Skills:** No special skills are required. Bilingualism is an asset, but not essential. All ages are welcome.

For more information, contact Eveli-



na Smith, Townshippers' Association's Volunteer Bank Coordinator at 566-2182 (toll free 1-877-566-2182) or info@townshippers.qc.ca, or Kate Wisdom, Townshippers, Day co-ordinator at (450) 263-4422 (toll free 1-866-263-4422) or kw@townshippers.qc.ca.

### ON VOLUNTEERING

According to the 2000 National Survey of Giving, Volunteering, and Participating, "More than three quarters (79 per cent) of volunteers said that their volunteer activities helped them with their interpersonal skills, such as understanding people better, motivating others, and dealing with difficult situations."

### ABOUT THE VOLUNTEER BANK

The Volunteer Bank is an initiative of Townshippers' Association and was created as a result of a need expressed by English speakers to become more involved in their community, as well as to provide English-speaking volunteer support to community groups and organizations.

Do you have a special talent, skill, or service you would like to provide on a volunteer basis? Is your group or organization looking for a few good volunteers? If so, contact Evelina Smith, Townshippers' Association's Volunteer Bank Coordinator at 566-2182

## Ben by Daniel Shelton



## Twin robberies at Lennoxville CLSC

*'We think it could very well be the same suspects,' say police*

By Jen Young  
RECORD CORRESPONDENT

Sherbrooke police are still seeking any information relating to the Aug. 3 break-in at the Lennoxville CLSC, but now they have two break-ins to investigate as the medical clinic was struck again Aug. 8.

Police say the two burglaries were very similar. During the Aug. 3 incident, burglars threw a rock through the door window in the front of the building and on Aug. 8, the suspects threw a rock through the back window. Police suspect there was more than one individual involved.

Once again, the incident was called in after a nurse arrived at work Monday morning only to find that the window had been broken.

This time only one computer system, valued at approximately \$2,000, was stolen, and again no medication was tampered with. In all, over \$5,000 in equipment has been taken with around \$1,500 in damages.

Due to the similarity of both crimes, police suspect the same culprits.

"It could very possibly be the same suspects in this case," said Sherbrooke police spokesman René Dubreuil. "Everything happened the same way."

Officers have suggested that the downtown medical clinic put metal window bars in place.

Police are asking the public for any information before the suspects decide to hit other businesses.

## Teaching non-violence and compassion

By Joshua Bleser  
Dozens of educators, parents, and children met at a picturesque conference centre in Bonsecours last week for the first ever workshops on integrating Nonviolent Communication (NVC) into Quebec's classrooms.

With 34 teachers, 20 parents, and 12 children attending one of the weekend workshops, "the conference is a testimony to the growth of NVC in Quebec," says organizer Melanie Witham, a founder and assistant director of the PEACE school in Knowlton.

NVC was founded in 1961 by Dr. Marshall Rosenberg, an American clinical psychologist. Growing up in Detroit during the Second World War, Rosenberg was a close spectator of that city's race wars and a victim of anti-Semitism. These childhood experiences inspired a life-long quest to understand what causes some people to behave violently and others to "stay connected to their compassionate nature under even the most trying circumstances."

The result of this quest is a method of dialogue and a veritable way of life according to which all humans have the same basic needs, all action is an attempt to meet one's needs, and it is always possible to meet needs by hearing with empathy, without resorting to violence or aggression.

"Everyone wants to create more satisfying lives and better relationships, and that's what (NVC) is all about," explains Gina Cenciose, a certified community building facilitator the co-founder of Quebec Network of Giraffes ([www.reseaugirafesquebec.com](http://www.reseaugirafesquebec.com)), whose mission is to promote NVC in Quebec.

The success of NVC in the classroom is conditional on



JOSHUA BLESER

Brainstorming session at the first-ever conference on integrating Non-Violent Communication into Quebec's classrooms. "There's a lot of grief in the education system," says conference organizer Melanie Witham, "and I feel grateful to have created this space so that this work can be done."

what seem to be two unlikely circumstances: teachers displaying their vulnerability and students talking openly about their feelings. Witham and fellow NVC devotees, however, say that NVC has already proven itself with children and teenagers both in and out of the classroom.

Catherine Cadden, who founded the Temba school in San Francisco in 1997 and has since been travelling the world training teachers in the integration of non-violence in the classroom, acknowledges that "our society in general has a challenging time connecting to (people's) trust and security needs." But she, like Cenciose and Witham, has seen NVC work too many times, even with the most reluctant participants, to concede anything to this challenge.

"Once we show ourselves to be vulnerable, it opens this space inside of the child that

wants to contribute to our well-being," Witham notes. Once the playing field is levelled, the results, Witham insists, can be "pretty magical."

Monique Roy, the principal of St-Esprit elementary school in Sherbrooke, became interested in NVC after participating in one of Cenciose's workshops a year ago. She has already begun using NVC with trouble-makers brought to her office, and she plans to integrate it in the following year into her relationships with teachers, and to encourage them to apply its principles in their classrooms.

"In schools, we don't often attend to people's feelings," Roy explains. Given the sometimes bitter and negative atmosphere created by the past year's labour negotiations, the need for compassionate and open communication in Quebec's public schools is greater than ever, according to Roy.

Roy, like Witham, is also op-

timistic about using NVC as an approach to teaching the curriculum set out by the ministry of education, especially given the recent reforms, which have shifted the emphasis onto transferable skills, more communication between teachers and students and among students, and the development of the students' individual identities.

"The strategy is very simply, and children understand it," says Roy.

The conference helped to ensure NVC's future in Quebec by creating a committee of energized and motivated educators committed to NVC in order to support each other's classroom efforts. Also, as interest builds, there will be more workshops. For more information on NVC, visit [www.cnvc.org](http://www.cnvc.org). To find out more about future workshops, contact Melanie Witham at the PEACE school at (450) 242-1182.

### FUTURESHOP

Bell Mobility LG 3300 10064309. This phone advertised on p.16 of our August 12th flyer states Only at Future Shop. The Free Zenith DVD player promotion is exclusive to Future Shop, whereas the phone is available from other retailers. We sincerely apologize for any inconvenience this may have caused our valued customers.



### THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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# College drinking like dark side of moon: author

By Vanessa Farquharson

After years of reporting on the White House for Time magazine, Barrett Seaman decided to retire and head back to school. He ended up going to a dozen universities across North America, but he never enrolled in any courses. Instead, he hung out in residence, studying the students.

His findings, which mostly revolve around alcohol, drugs and sex, are collected in a book called *Binge: What Your College Student Won't Tell You* (Wiley, \$33.99), about "campus life in an age of disconnection and excess."

"It was kinda like lying around and seeing the dark side of the moon from a different perspective," says Seaman over the phone from New York. He adds that, although many students were wary of his presence at first, eventually they warmed up to him because he "wasn't sitting there wagging (his) finger at them, or looking shocked and appalled."

Despite its somewhat dramatic subtitle, *Binge* isn't meant to frighten parents or blame college administrators - it simply seeks to enlighten readers on what exactly has changed since the 1960s.

"I never use the word 'shocked' in

the book because I really wasn't," says Seaman. "But I was surprised at the intensity with which students drank. I drank in college and I still drink, but in the four years I was at Hamilton (College in Clinton, New York), there was only one instance where someone had to go to the hospital and that was a big deal.

"Now it's routine. In one weekend at Hamilton, seven students were hospitalized. Harvard had 44 go in two months. That's a lot of people being taken to hospital for alcohol abuse."

But not all universities had the same problems. McGill University, the one Canadian school Seaman visited because of its high enrolment of American students, left the most positive

impression on him in terms of student drinking.

"If nothing else convinced me of the counterproductive effects of American drinking laws on college life," he writes in *Binge*, "my experience at McGill University in Montreal did."

"The students at McGill took alcohol in stride," he says. "It was there, it was available; they didn't feel the need to drink as much as possible because they knew they could get it anywhere. I made a point of talking to the Americans there - I didn't just want to say 'Canadians are better at this' - and they would say how blown away they were by faculty handing them beers in the first week of school. So most would overindulge, along with the Canadians, but by the time midterms rolled around, they'd buckle down."

Flo Tracy, who's been McGill's director of housing for 26 years and who spoke to Seaman during his stay there, says Quebec's lower drinking age of 18, as opposed to

the average of 21 in the U.S., is partly to credit for the healthier relationship her students have with alcohol.

"But," she adds, "the big thing is that we create a safe space - a community where one doesn't have to prove oneself as much."

This past Sunday, Tracy began training the dons and floor fellows who will be living with and monitoring September's influx of new students. She brought pizza, pop and beer to about 50 people in the session.

"I had three cases of beer, and told them they could take what they wanted," she recalls. "There was a whole case left over."

Tracy says the secret to steering students away from alcoholism lies in understanding the psyche of an 18-year-old.

"Our basic management philosophy is respect," she says. "We don't have a lot of the 'Thou shalt not' rules. Balance is important. We know these students are not angels, they're away from home for the first time and if there are rules they're going to break them."

"Those of us in the senior positions actually understand the students - we live with them, move with them and support them. They have direct access to us, and a healthy respect for us ... I won't hesitate to put my foot down, but I'll have a beer with them, too."

Seaman writes that McGill assumes its students are adults and so treats them as such, whereas many American universities, especially the Ivy League ones, will coddle students throughout their academic career. And yet, there's a mounting discon-

nect between faculty and students, to the point where many schools' presidents have no idea how much drinking is actually happening. When they do act, it's often through extreme and ineffective measures.

"Huge crackdowns, abolishing fraternities, enforcing dry zones - none of that works," says Seaman, who remembers one dean who went to bed each night praying he wouldn't wake up with a dead student on his hands.

But the other reason Seaman thinks McGill, and Canadian universities on the whole, see fewer incidences of alcohol abuse is because there isn't such a prevalent all-or-nothing mentality.

"McGill students' priorities are so different from those at American schools," he says. "There are good athletic teams at McGill but it's not such a big deal. Intramural sports are a huge thing, but it's the reverse in the U.S. Football games at McGill will often only be a third full; it's not that they don't care, it's just not as important in their lives. But on a football Saturday at Wisconsin, people start drinking the day before."

Seaman recommends a slew of tactics that parents, administrators, politicians and students can follow to address problems like alcoholism on campus, but says the most important one is dialogue - if everyone keeps talking openly about it, there will be less underground drinking and pressure to binge drink will subside.

"The thing is, there are smart ways of drinking and there are stupid ways of drinking," Seaman says. "If you can get more people drinking smartly, you're going to have a safer campus."

CanWest

*McGill University, the one Canadian school Seaman visited because of its high enrolment of American students, left the most positive impression on him in terms of student drinking.*

*Canadian universities on the whole, see fewer incidences of alcohol abuse is because there isn't such a prevalent all-or-nothing mentality.*

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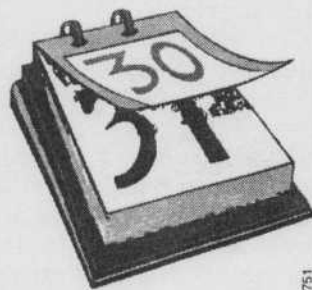
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## BRIEF

### Air Sherbrooke adds four new flights per week

After a one-month break, Air Sherbrooke is adding four new flights per week.

Two new flights will be added to Monday and Friday's flight schedule Sept 12.

These new additions will bring weekly flights up to 14 from 10.

The private airline was formed six

months ago and provides daily flights from Sherbrooke to Toronto.

David Monty, Air Sherbrooke president, said flights have been full Fridays and Mondays and the new flights will help deal with an increasing business clientele.

For more information about booking a flight call air Sherbrooke at (819) 832-1223 or check out the Web site at [www.airsherbrooke.com](http://www.airsherbrooke.com)

# SPEED:

CONT'D FROM PAGE 1

"We've begun speed limit enforcement in the upper part of N.H.," said State Trooper Paul Rella in a telephone interview yesterday from the police station in Colebrook.

"A lot of Canadians travel along Rte. 26 or Rte. 3 to get to the beach or Maine. Unfortunately, we've noticed that a lot of them do not follow our speed laws," he said.

New Hampshire's highway police have been more vigilant of speeding and other motor vehicle infractions this summer.

This has become particularly evident since the state's legislature drastically increased the cost of fines on July 1, in a bid to raise funds for N.H., and to bring the penalties for driving infractions on par with other states. (According to Rella, N.H. was formerly the state with the lowest fine costs south of the border).

Rella readily admitted that American drivers also speed, and emphasized that he and his colleagues are not "out to get" Canadian motorists.

"It's simply been my observation that the people speeding the most [are]

Canadians," Rella said, adding that, in 99 per cent of cases, when asked why they were stopped, Canadian drivers readily admit that they were driving too fast.

And it's not just that Canadian motorists are speeding more frequently. They're also driving at higher speeds than the average American scofflaw — a bad habit that visiting motorists will want to break.

Under the new laws, driving one to five miles per hour over the limit on a 65 mph (105 km/h) highway nabs you a \$65 ticket, \$100 for 6-10 mph over (115-120 km/h), \$150 for speeds 11-15 mph over the limit (121-130 km/h), \$250 for going 16-20 mph over (131-137 km/h), and speeders going 21-25 mph over the limit (140-145 km/h) receive a staggering \$200 ticket.

Penalties also went up for driving without a seat belt (\$50 for the first infraction, \$100 for subsequent infractions), reckless driving (\$500) and driving while intoxicated (\$750).

(All amounts are in U.S. dollars.)  
Fines aside, anyone travelling more than 26 mph over the posted limit (145 km/h and up) gets a minimum \$350 fine, as well as an automatic court date, where their driver's license could be revoked (U.S. fines and court decisions can't be escaped. Motor vehicle offences incurred in N.H. will be en-

forced by the Sûreté du Quebec).

"Most of the Canadians that I stop are going so much higher over the speed limit that, if they lived [in N.H.], I would automatically issue them a 'must appear' court notice," Rella said.

Like most state troopers, Rella will sometimes forego a court summons if the offending speeder lives very far away (in Montreal, for example), opting instead to have the motorist pay by mail.

However, residents of the Eastern Townships, some of whom live less than an hour away from northern N.H., are more likely to be issued a 'must appear' notice.

Rella said that serious speeders — often driving more than 30 mph over the limit — are made to appear before a judge to teach them a lesson about the consequences of breaking the law.

The defendant is arraigned, and enters a plea. If a "not guilty" plea is entered, the case will go to trial, which means the defendant will have to return to court a second time.

Rella advised Canadian motorists to accustom themselves to gauging their speed in miles per hour (use your vehicle's cruise control, if available) and to be aware of changing speed zones, especially where a highway passes through a town.

## BRIEFS

### Blue-green algae in Selby Lake

Public health officials have warned residents of Selby Lake to avoid all contact with the lake's water due to a considerable quantity of cyanobacteria (blue-green algae) and related toxins, which can have adverse effects on human and animal health.

The water is unsafe for swimming and aquatic sports, and it is unsafe to drink, even after boiling. Residents are also advised not to eat fish from the lake or to allow their pets to swim in it.

Children are at a greater risk of exposure, so they should be watched especially carefully.

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# Community Forum

## Undermining the UN

Years ago at our local university I served on a panel discussion about the UN's role in the world. I took a critical position in part because other panelists were committed to singing its praises. The UN does have its problems and surely some criticism is merited. Amongst other things I argued the UN staff has provided the world with whole new dimensions of meaning for sloth. However, I also conceded it remains the best hope for the future of humanity.

George W. Bush has never had much use for the United Nations. In fact in preparing his unjustified war on Iraq, Bush went the "UN route" only because Britain pressured him to seek legal justification for his planned illegal war. Unfortunately for Bush things went amiss. Saddam Hussein unexpectedly admitted UN inspectors looking for WMDs. (Whoops!) Then it became increasing-

clear that the inspectors would prove WMD's did not exist. (Whoops again! There goes the excuse for war.) We all know what happened next. Bluster. Attack the inspectors. Attack the whole process. Attack the UN. Spread panic about nuclear mushroom clouds over Iowa. Finally, attack Iraq. Make war not peace. Wrong country. Wrong place. Wrong time. But no matter, George got his war.

Earlier this month President Bush selected John R. Bolton as the new American ambassador to the United Nations. Probably no Bush appointee was less qualified for the post. The appointment concluded with a traditional devious Bush flourish. Since the Senate (and not just Democrats) refused to cave in on such an inappropriate and almost laughable candidate, Bush waited for Congress



TOM CAVANAGH

to leave town on summer break before making his move. Going the back door route was not unconstitutional and has occurred before but never for an appointment of this magnitude.

So what is wrong with the Bolton appointment? Better to ask what isn't. He has no respect whatsoever for the UN, and has long been its outspoken critic. He would have no problem with its demise and once observed that if the top ten stories were removed from the UN building in New York "it wouldn't make a bit of difference." How would you react to his appointment if you were on one of those floors? How would you feel about your future and the future of your organization upon receiving news of Bolton as the representative of the most powerful country in the world? It seems a bit like appointing Hermann Goring of German Luftwaffe fame to head up the RAF in the 1940s.

We learned a lot about Bolton during the Senate hearings that refused his confirmation. He has been described as a "kiss up / kick down" type of manager - the exact kind of person who gets ahead in Bush's Washington. As undersecretary of state, he had trouble with his earlier boss, Secretary of State Clayton Powell. Not surprising. Powell more than any one else close to Bush showed signs of integrity, courage, and independence in this incredibly curious cluster of flunkies - and we all know what happened to him. It's 100 per cent toady, or hit the road Jack. Ninety per cent kiss up doesn't cut it with GWB.

Senate hearings revealed Bolton as a classic example of the temperamental bad boss. Good leaders welcome and wish others to speak their minds. (This was JFK's strong point. Colleagues knew they could disagree with him with all their powers of persuasion.) Bolton is the opposite. His response is to bully, intimidate, and try to have such people removed. Of course managers cannot always accept subordinates' views, but dismissing such people leaves nothing but toadies. The mark of the Bush team.

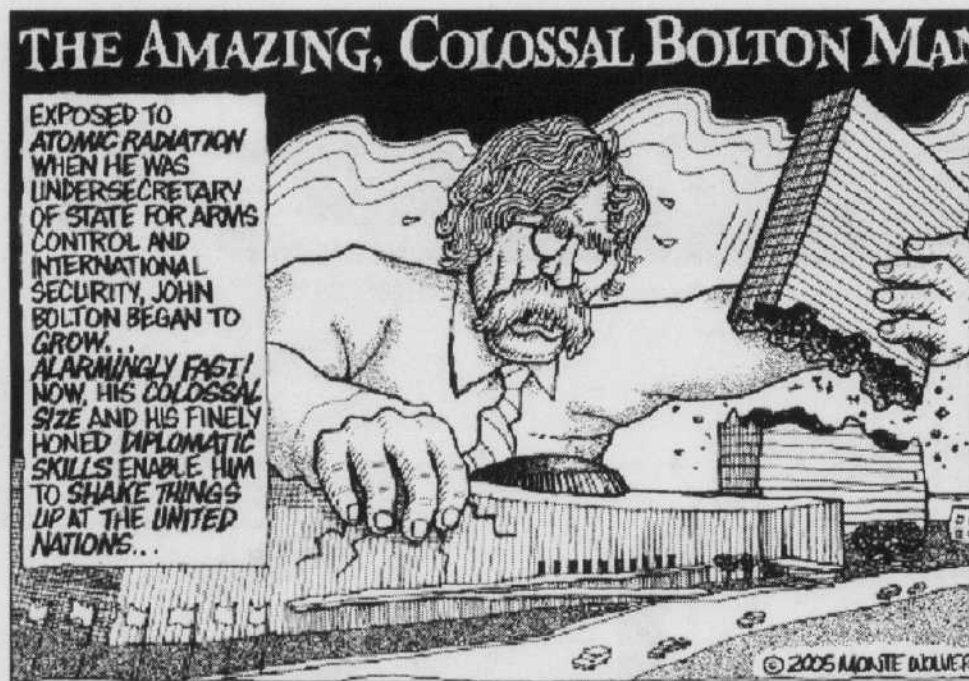
The Globe and Mail recently (Aug. 5) ran an article on effective practices for dealing with lousy managers. It deserves wide circulation at the UN now that Bolton is there. Coincidentally, Senator Voinovich (Republican) an outspoken Bolton critic describes him as "the poster child of what

someone in the diplomatic corps should not be." (Washington Post, May 13). Others speak of him as "damaged goods."

Nevertheless this horror story appointment is not really surprising. Groupthink is the touchstone for Bush and company. It is their Tim Horton iced cappuccino on a hot summer morning, and Bolton melds into line without missing a beat. He is contemptuous of the UN and diplomacy generally. He opposes the International Criminal Court. He has no use for international agreements, and easily rejects the Geneva Convention. He opposes arms limitations, and views international law as a kind of conspiracy directed against the United States. He lied to the Senate on an important issue and later claimed he had forgotten. (Are you kidding?) Forget an interview on the infamous fiasco about Iraq buying uranium from Niger for nuclear arms? Not likely. On Cuba's production of biological weapons Bolton is completely nutso. He represents a bizarre selection for a position requiring consensus building skills, listening skills, flexibility, and diplomacy.

Bush's policies have led to ever growing concern, fear, distrust, and hate around the world. Relatively speaking, insulting the UN is small beer. The American soldiers' death count mounts steadily, and we long ago lost track of Iraqi casualties. Every day brings news of further carnage from this war built on lies and deception. There is no end in sight, and no sign that Bush has any plan, - apart from more killing. More and more questions are leveled at his purposes and policies. And support for the Iraq war comes in well below 40 per cent. (Newsweek Poll). Cindy Sheehan, an American mother who lost her son in Iraq, camps near the Bush ranch in the hot Texas flatlands where the president holidays. She wants a face-to-face about the lunacy and lies. One hopes others join her.

I often wonder what is most disturbing about GWB. Is it the danger his misguided policies presage for our children and all humankind? Or is it the frightening possibility that in time we will give up caring about truth and falsehood? For Bush there is no difference. Yet there are hopeful signs - some big, some small, all welcome: A license plate seen on a visiting American's car: 'Support our Soldiers. Impeach Bush.' It won't happen. But like the first flowers of spring, they bring hope.



### THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E, Sherbrooke J1G 1Y7  
 Fax: 819-569-3945 E-MAIL: newsroom@sherbrookerecord.com  
 WEBSITE: www.sherbrookerecord.com

RANDY KINNEAR PUBLISHER ..... (819) 569-9511  
 SHARON McCULLY EDITOR ..... (819) 569-6345  
 NELSON AFONSO CORRESP. EDITOR ..... (819) 569-6345  
 RICHARD LESSARD PROD. MGR. .... (819) 569-9931  
 SERGE GAGNON CHIEF PRESSMAN ..... (819) 569-9931  
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The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Hollinger Canadian Newspapers L.P.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

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## Perspectives

# Lament in a hayfield

By G. Campbell McDonald  
SPECIAL TO THE RECORD

*Part of the series published during the Year of The Veteran*

**G**unner Anthony Troicuk was a veteran who never talked about his years in the Army. But when he died in Glace Bay, Cape Breton last October, he left a loose-leaf notebook for his family, and in it they found the war stories he kept to himself for 60 years.

Because I was Tony's officer and friend, his wife Julie and daughter Donna regard me as a member of the family. They sent me copies of Tony's stories along with their permission to quote from them (as I did in "The coal miner who slept in white sheets," in *The Record*, April 22, 2005).

Ten pages into his pent-up narrative, Tony suddenly blurts out, "Let me release myself from one of my horror times..."

"When we got to the Seine River, it was the first body of water we encountered that wasn't poisoned. We had a great time having a bath and washing our clothes. But then, coming back, I passed by a lot of haystacks and from one I noticed some movement.

"I tore down the haystack and there was this German sniper, but he was only a kid, probably 15 or 16, and scared to death. So I didn't shoot him

like we usually did with snipers, but sent him back to the prisoner of war cage.

"Then I noticed another German soldier lying face down in the hay. I went closer and could see he was badly wounded. But he was still alive because he was moving his fingers. I went and got the Doc to come and see if he could do something.

"The Doc said nothing could be done, he was a goner and somebody would have to put him out of his misery. Well, doctors and first aid people, stretcher bearers and the Red Cross don't carry arms, so there I was, the only one with a weapon and I was ordered to shoot the German.

"I stood there with tears in my eyes, cursing the goddam war and the goddam army and the goddam people who were making me do this, then I fired several rounds. It still haunts me, and every year around November 11th, I cry in my heart for that German soldier."

Tony being the strong person he was, absorbed the pain and soldiered on. Some of his comrades, however, began to crack under the war's strains.

"A good friend of mine started to act funny, some time after the regiment's Christmas dinner in Nijmegen. He would cry, snuggle up to a wall of a building and whimper. He'd hide whenever he could, and

wouldn't talk to us. The Doc said it was shell-shock. They shipped him back somewhere and I never saw him again.

"Another one of my friends shot himself in the foot so he could be sent back of the lines."

This matter-of-fact observation by Tony deserves some background. As the war stretched out, self-inflicted-wounds were not all that uncommon, but they were severely punishable offences. You could be sent to prison or dishonourably discharged, or both, for shooting yourself.

Except...sometimes...nothing happened. I remember a captain shooting himself in the hand while cleaning his pistol, alone in his billet. Although he'd been cited earlier for a medal for bravery, overnight he faced suspicion and the prospect of disgrace from a court martial.

But lo and behold, the hole in his hand never showed up on the record. The incident went unreported by the adjutant and the medical officer. But before the captain returned to duty, with his hand bandaged and his honour compromised, we learned his medal citation had somehow disappeared in a record-keeping snafu...and the war played on.

And so did Tony.

"I met a goat," he wrote, "on a patrol into Kleve. I gave him a cigarette and he ate it. I gave him another,

which he also ate, and then more. Well, that goat followed me around night and day, he was hooked on Sweet Caps. And it was a big joke among the boys, like a Marx Brothers movie."

No matter how surreal his circumstances, Tony seemed able to salvage a laugh from the human condition, wrap up a lot of his troubles in white sheets, and take comfort from a good cup of tea.

"One time, in the Hook of Holland, we were out patrolling along the Dutch-German border. As we went down this street of row houses, mostly all damaged, this little old lady came over to us and invited us in for tea, because we were liberators.

"Her ceiling was falling down, the walls were caving in, the place was full of dust, but she poured tea with a lot of class, using excellent china she brought out along with her silver spoons. It was really good tea and I'm sure she was as proud to serve it to us as we were to accept it.

"When we left, after thanking her, we continued up the road, looking for left-behind snipers. I hated patrolling, but this time it seemed different. The old lady made me feel it was worthwhile."

G. CAMPBELL McDONALD IS A RETIRED ARMED FORCES OFFICER AND JOURNALIST FORMERLY OF GRANBY WHO PRESENTLY LIVES IN TORONTO.

### LETTERS TO THE EDITOR

## Allan Nourse a remarkable teacher, person

DEAR EDITOR

The saying about every dark cloud having a silver lining is certainly true in the case of the forced fusion of the old Eastern Townships and District of Bedford school boards. In this case, the silver lining is the many wonderful teachers and other people that I have come to meet over the past four years. The creation of one school board to cover our two territories necessitated the joining of the two old teachers' associations, and it was only at this time that I came to know Allan Nourse. He played an important part in the "prenuptial" discussions and has been on the new executive ever since. His soft manner yet incisive thinking has truly

been a tremendous asset to the Appalachian Teachers' Association.

Each year, as I got to know Allan better, I learned more about his "non-association" activities, and realized more and more what a unique and special person he is. All those who work with him and who have been touched by him know exactly what I am talking about. He organizes countless activities, never motivated by personal gain, always for the people and groups that he cares for so much. I was at his school one evening just before Christmas 2004, when, before he could go home, he had to organize the Christmas baskets that were going to be distributed the next day. He had each turkey numbered, from the heaviest to the lightest, and knew which went into each box, because he knew the number of mouths, big and small, that would be fed from each. He also knew how much of all the

other vegetables to put in each box. What an amazing attention to detail, and all because Allan is committed to helping others and knows the people in his communities.

I was at the Recognition Evening in Beebe this past Friday evening, and witnessed the love that was expressed in appreciation for all that Allan does. No doubt there will be other reports of this evening, so I will only add that the most moving moment for me was when all those balloons (I couldn't count how many), each with a message or prayer attached for Allan, were released into the darkening sky. I wondered if any would go by his window in Sherbrooke, and I hope that the prayers will be answered.

PETER LANGFORD  
Dunham

**S.O.S. Grosse (Estrie)**

## is searching for volunteers!

DEAR EDITOR

If you would like to help women and those close to them who need help while going through an unexpected pregnancy, S.O.S. Grosse (Estrie) is looking for you! Volunteers are needed to answer our help line, help by e-mail, and conduct pregnancy tests.

Volunteers would also help with other interesting tasks.

The involvement of volunteers helps women and those close to them, go through a difficult time. Seminars will be held this autumn. For more information, contact us at 822-1181 (Sherbrooke) or 1-877-822-1181 (Toll free in the Eastern Townships). [www.sosgrosseestrie.qc.ca](http://www.sosgrosseestrie.qc.ca)

BARBIE LAVERDIÈRE  
For S.O.S. Grosse (Estrie)

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with it  
... see Page 10

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TUESDAY, AUGUST 16, 2005 Page 9

## Twins in the spotlight again

### Hatley foals celebrate birthday as award winners

By Jen Young  
RECORD CORRESPONDENT

For any horse to give birth to healthy twins is a modern day miracle, so when Nathalie Hughes' horse, Dells Boots, gave birth three years ago to Della and Solomon the family rejoiced, but little did they know the twins would also become North American champions.

When Dells Boots was in foal, Hughes and a veterinarian were led to believe she was going to give birth to only one foal, so they were concerned when the mare seemed continuously hungry and was getting so big.

"She would go through a large mineral block every week," said Hughes' mother Nolene. "Nobody could figure it out because she was only supposed to be pregnant with one. Having twins explained it all though. It's funny when we look back on it now, but when we were going through it the whole thing was very stressful and scary."

Three years ago when Hughes left home to receive her high school certificate she never imagined that Dells Boots would go into labor, not to mention give birth to two foals.

"I couldn't believe it," said Hughes, in her prom dress the night of the miracle. "I couldn't imagine loving any of them more than I do."



COURTESY HUGHES FAMILY

Nathalie Hughes poses with her miracle twins Della (left) and Solomon before she knew that they were to become North American Blue Seal contest winners.

The fact that the mare and babies survived the birth was only the first miracle. The family was told by the veterinarian that the first day would be critical, the first week would be crucial and if everyone survived then it would be safe to give the new members a name.

Nolene picked up a flyer two months ago when she traveled to Lennoxville's Blue Seal Feeds. In it there was a request for worthy equestrian candidates for this

year's Blue Seal Mare and Foal Contest.

"I didn't really think anything of it when I picked it up and when I got home I put it on a pile with other papers. I was renovating a few weeks back when I came upon it again and decided what the heck," she said.

Nolene sent photos of the foals and their mother that the family has taken religiously through the years and spent a few hours composing a letter to ex-

plain why they wished to enter.

"Since the foals have been born they have only eaten Blue Seal and in light of the fact that they all came out of the pregnancy and birth so healthy, it must have a lot to do with what they were eating. I wrote that 'we have come to the conclusion that no matter what the horse's age or job description, Blue Seal gets the job done'. I didn't really think of it much after we sent everything in. I guess I didn't really expect to win."

The 21-year-old mare and three-year-old twins were 1 of 5 horses throughout North America chosen to carry the title. The Hughes family was notified by phone and mail.

"We couldn't believe it. We were so happy and it was fitting for them since they have done so well."

The horses and the family will receive five free 100-pound bags of Blue Seal feed, two vouchers for Rounder horse treats, their story and photo will be permanently placed on [www.blueseal.com](http://www.blueseal.com), and they are automatically entered to be in the upcoming calendar contest.

Aside from winning large honors, the twins have been following in their mother's hoof prints and have placed in the top five of each CEPWE show they have entered. Dells Boots continues to be Nathalie's pride and joy, but has retired from the hoopla of the shows. Now she helps Nathalie give children riding lessons during the week.

The twins are preparing for their last show of the year — Sept. 18 at the Ayer's Cliff Fairgrounds.

## Piggery rock concert to be held tonight

### Student Crossing, Falling Short take centre stage

By Jen Young  
RECORD CORRESPONDENT

The stage is set and the tickets are sold for tonight's Student Crossing and Falling Short concert at The

Piggery Theatre in North Hatley (starting at 7:30 p.m.).

Both rock bands were established at Alexander Galt High School in Lennoxville and have been making their mark throughout the Townships, but this will be the first time they share the same stage.

This will not be, however, the first time at the Piggery for Student Crossing

as they sold out a summer concert last year. The North Hatley band, which came together five years ago, has entered and won several Battle of the Bands competitions and recently released their second CD.

Kyle Young, Micah Orr, CJ Chute and Chris Curtis have performed at many Make A Wish Foundation bashed, throughout Sherbrooke and Friendship

Day celebrations, but this will be the first real gig for Falling Short.

"It was Kyle (Young) who called me and asked us if we wanted to play with them at The Piggery," said Falling Short guitarist Mike Little. "I couldn't believe it. I thought it was to open for them, which would have been great, but they even offered to split the time with them."

SEE BANDS, PAGE 10

# Back to school? Back to the library

"I love to rise in a summer morn  
When the birds sing on every tree;  
...But to go to school in a summer morn,  
O! it drives all joy away...."

William Blake

**H**ard to believe school days are already creeping up on us. The Lennoxville library has some excellent selections to get you back in the homework mood.

Adele Faber and Elaine Mazlish, parent-child communication experts, have written *How to Talk so Kids can Learn*. Teaming up with two teachers, they have written a book that is intended to be used by both parents and teachers, at home and in the classroom.

They tell their story from the point of view of a young teacher who is trying to find better ways to communicate with her students. The authors make good use of comic strips to dramatize typical scenarios where you might en-

counter difficulty with a child.

Do you find yourself using threats or issuing orders to your children, to no avail? Orders can make students feel helpless or defiant. Try instead offering them choices, which open the door to new possibilities.

Instead of accusing a child of having done something wrong, describe the problem; this makes it easier for the child to behave responsibly. Children are more likely to change their behaviour when they've been given information, rather than being blamed, insulted or accused.

The book includes real stories from teachers and parents, as well as question-and-answer sections and quick reminders. All of these features make this book accessible to the average reader.

For a different take on schooling, check out David H. Albert's *And the*

*Skylark Sings With Me*. While this book focuses mainly on homeschooling, it can also help parents who want to supplement their children's education with different learning experiences.

The author starts from the premise that what we call adequate schooling, ie. the public school system, is in fact not adequate at all. He calls himself an advocate of children in general.

"If there is a single underlying critique of public education that runs throughout this book," writes Albert, "it is that there is no such thing as the typical child, homeschooled or otherwise, and that the working assumption that there is one is the single greatest cause of damage inflicted upon children in public schools." He believes children are filled with potential just waiting to be released.

## BOOK ENDS

• Regular library hours are now in effect. We are open from 10 a.m. to 5 p.m. on Tuesday, Wednesday and Friday. On Thursday we are open from 10 a.m. to 8 p.m., and on Saturday from 11 a.m. to 4 p.m. We are closed Sunday and Monday. Regular programming is over for the summer. Children's story time and the Books and Brown Bag Lunches reading club will both resume in September.

• Library memberships are now available at half-price. Get an adult membership for \$7.50, a child's membership for \$2, or a family membership for \$12.50. Students and seniors pay only \$5.

For information on all Library events, call us at 819-562-4949 or visit our Web site, [www.lennoxvillelibrary.ca](http://www.lennoxvillelibrary.ca). You can also reach us by e-mail at [bibliolen@netrevolution.com](mailto:bibliolen@netrevolution.com).

—Submitted by Michelle Barker

## BANDS:

CONT'D FROM PAGE 9

"This is so great because the only time we have ever played is in competitions so there's stress and disappointment after we play, but this time it's just to play. We're really excited."

Young said that it's like handing over the torch for them.

"They started exactly how we started years ago," said the lead singer and guitarist. "I saw them and heard them a couple times and they really deserve a chance at a real gig. We were lucky because we won each competition we entered, but *Falling Short* always comes up short for small things. I have a feeling they really enjoy their music and they know what they want, to play, so I think they deserve to share a stage with us. They need that opportunity. They're good."

*Falling Short*, comprised of Little,

Trevor Patton, Sam Crooks, and Erik Logan-Chesney, have been together for two years, and much like *Student Crossing* it all began when two friends annoyed their parents long enough to get an instrument.

"Me and Trevor just started hanging out in Huntingville and jammed," said Little. "Sam was in our band class at Galt so we invited him to come to hang out and play with us. The last person to join in was Erik in Level 3. He really wanted to play and we had a great time together. We started getting really serious at the beginning of last year and we really want to continue playing and getting even better."

"We want to rock out and go with the flow, but this gig is definitely a huge opportunity for us to get better known and show people what we can do."

*Falling Short* will take the stage first at 7:30 p.m. and *Student Crossing* will follow. The concert costs \$5. To reserve tickets call 819-842-2431.



JEN YOUNG/CORRESPONDENT

*Student Crossing* to share the stage with *Falling Short* this evening

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# Trophies and gifts mark end of summer camp

## Miklosi, Burnham, and Restrepo named campers of the year

By Jen Young  
RECORD CORRESPONDENT

The last week of day camp was filled with excitement as 185 kids were in a flutter of anticipation to see if they were going to be named the camper of the year, and 21 staff members were consulting and trying to decide which deserved the honor.

After much deliberation, leaders and co-ordinator Marquita Roberts, who was known to campers as Raindrop, had made their decision and prepared the announcement for Friday's barbecue.

"Kelsey Burnham, Jillian Miklosi and Maria Alejandra Florez Restrepo merited this year's campers of the year trophy, but all the kids were really good this year," said Roberts, who has spent three years at the camp. "We didn't have

any big problems and everything went great. It was an awesome summer."

Smaller gifts and awards were also handed out to different campers for a job well done.

Not only did the weather co-operate for the campers this year, but the group was able to go on more outings and participated in more activities than in previous years.

Roberts will not be able to come back to day camp next year because the co-ordinator position is reserved for Bishop's students and this year she will be a graduate.

"I wish I could come back next year, but that's the way it is. I will miss the kids and the leaders since they were so friendly and helpful."

It is too early to make any predictions for next year's camp, but in light that no serious complaints were filed and all involved spent an enjoyable summer, next year's agenda will follow the same direction.



PHOTOS PERRY BEATON/SPECIAL

Kelsey Burnham, Jillian Miklosi and Maria Alejandra Florez Restrepo earned this year's campers of the year trophies. Pictured: Campers celebrated an early Halloween last week.

## Pee Wees celebrate final victory like big boys



JEN YOUNG/CORRESPONDENT

Pee Wee Cougars pose for a group shot with their coaches to symbolize the end of a great peewee season.

## 'It has been a great year, they did great,' says Brière

By Jen Young  
RECORD CORRESPONDENT

They tackled their hardest and put their newly learned plays to work for their last game of the summer season, and they even partook in the traditional coach water dumping after the game.

Fifty-six young football lovers from across the Townships signed up six weeks ago for the first ever Pee Wee Cougar football camp and every one of them played their hardest last Friday as coach Sébastien Brière congratulated

them on a good season.

"They all did well," said Brière. "Some had an idea about football when they came and some didn't, but they all learned something and did well for their ages."

Once the last whistle blown, players shook hands, dumped water on their coach, and partook in a barbecue after they were handed their practice Cougar jerseys they wore all summer long.

Brière has every intention of organizing the camp again next year. In fact, some parents have already told him to expect their young NFL wannabes. Now that the Pee Wees have hung up their cleats, Brière is preparing for the big boys, the Champlain College Cougars, who will start training camp later this month.





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# THE RECORD Sports



**INSIDE**  
Lefty holds on  
to win the PGA  
Championship  
... see Page 14

NEWSROOM@SHERBROOKERECORD.COM

TUESDAY, AUGUST 16, 2005 PAGE 13

## Impact looking forward to Aug. 28 visit to Sherbrooke

By Mike Hickey  
SPECIAL TO THE RECORD  
SHERBROOKE

If Quebec City is any indication, local soccer fans are in for a treat Aug. 28 when Sherbrooke plays host to the Montreal Impact and the Rochester Raging Rhinos.

The United Soccer League game between the circuit's top two teams is the Impact's second game away from the friendly confines of Claude Robillard Stadium.

The first 'away' home game was played in Quebec City this past weekend and was a huge success on and off the playing field.

A goal by Mauro Biello in the 89th minute allowed the Impact to clinch a 2-1 win against the Puerto Rico Islanders, Sunday at the PEPS Stadium in front of 12,128 spectators.

With the win, the Impact remains in first place overall with 44 points.

The Impact drew just under 10,000 spectators when they played in Sherbrooke last year and but the Aug. 28 contest will feature two league's best teams.

Biello, who came into the action at the 61st minute, received a pass from defender David Fronimadis and beat goalkeeper Dan Kennedy with a high shot.

Biello's goal allowed the team to clinch its 13th win of the season and to remain undefeated in Quebec City (4-0-1) and against the Islanders this season (2-0-1). It was also Biello's fifth winning goal this season and a seventh goal in his last nine games. He is currently the team's leading scorer with 17 points.

The Impact took a 1-0 lead in the 55th minute on the first goal of the season by Lars Lyssand. After receiving a

header from midfielder Antonio Ribeiro, forward Charles Gbeke passed the ball to Lyssand, on a rush on the right side. The 25-year-old defender beat Kennedy on his left.

The Islanders tied the game up in the 78th minute. On a free kick, forward Sebastian Rozenthal crossed the ball to Caleb Norkus, who beat Impact goal-

keeper Greg Sutton from a shot inside the box.

Sutton tallied his 61st career win with the Impact, surpassing Paolo Caccarelli's record of 60.

Islanders' defender Chris Gores was ejected from the game at the 89th minute after receiving his second caution of the match.

The overflow attendance of 12,128 fans allowed the Impact to set a new attendance record for a regular season game in Quebec City. The previous record was set last year, with 9,763 fans in attendance.

The two teams will complete their two-game series tomorrow night at the Claude Robillard Stadium.



MONTREAL IMPACT

The Impact will face Rochester in Sherbrooke on Aug. 28.

I'M LEARNING FRENCH

Because...  
my brain gets a boost.

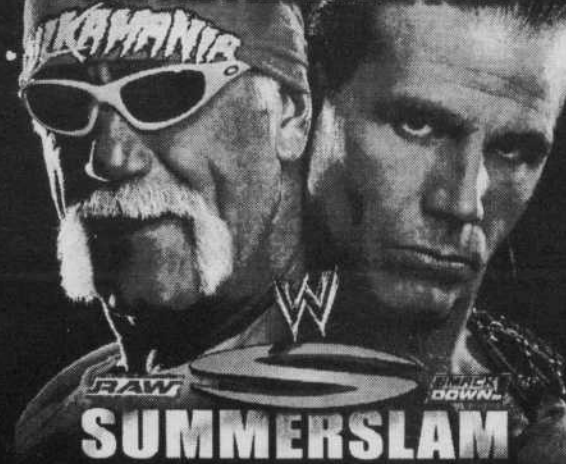
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## SPORTS NOTEBOOK

## Canadiens sign captain Koivu

The Montreal Canadiens announced the signing of captain Saku Koivu for the 2005-06 season. As per club policy, terms of the agreement were not disclosed. Koivu, 30, will begin his 10th season with the Canadiens. In 2004-05, he played for TPS Turku, his hometown club in Finland. He registered 16 points in 20 games, and 28 penalty minutes. He ranked third on the Canadiens scoring list with 55 points in 68 games in 2003-04.

The Canadiens' first round selection, 21st overall in the 1993 NHL Entry Draft, Koivu played in 497 career regular season games with the Canadiens, and totalled 398 points. He also registered 34 points in 40 playoff games.

## Penguins sign free agent LeClair

The Pittsburgh Penguins have signed free agent left winger John LeClair. In accordance with club policy, terms of the contract were not released. LeClair, 36, is one of the leading goal-scorers in the NHL over the past nine seasons, scoring at least 50 goals in three consecutive seasons (1995-96, 1996-97 and 1997-98).

In 873 career NHL games with the Montreal Canadiens and Philadelphia Flyers, LeClair has recorded 382 goals and 379 assists for 761 points.

## On TV

## TUESDAY

- **TENNIS:** 11 a.m., 1, 5 & 7:30 p.m.; Rogers Cup Toronto, Day 2, TSN, RDS.
- **BASEBALL:** 7 p.m.; Major League Baseball, Boston Red Sox at Detroit Tigers, Sportsnet. 10 p.m.; Toronto Blue Jays at Los Angeles Angels of Anaheim, Sportsnet.

## WEDNESDAY

- **TENNIS:** 11 a.m., 1, 5 & 7:30 p.m.; Rogers Cup Toronto, Day 3, TSN, RDS.
- **BASEBALL:** 1 p.m.; Major League Baseball, Boston Red Sox at Detroit Tigers, Sportsnet. 7 p.m.; San Francisco Giants at Cincinnati Reds, Sportsnet. 10 p.m.; Toronto Blue Jays at Los Angeles Angels of Anaheim, Sportsnet.

## THURSDAY

- **TENNIS:** 11 a.m. & 1 p.m.; Rogers Cup Toronto, Day 4, TSN, RDS.
- **GOLF:** 2 & 5 p.m.; PGA NEC Invitational, first round, TSN, RDS.
- **FOOTBALL:** 7 p.m.; Canadian Football League, Calgary Stampeders at Montreal Alouettes, TSN, RDS. 8 p.m.; National Football League, New Orleans Saints at New England Patriots, FOX.

## FRIDAY

- **TENNIS:** 11 a.m., 1 & 7 p.m.; Rogers Cup Toronto, Day 4, TSN, RDS.
- **GOLF:** 2 p.m.; PGA NEC Invitational, second round, TSN.
- **BASEBALL:** 7 p.m.; Major League Baseball, Toronto Blue Jays at Detroit Tigers, Sportsnet.
- **FOOTBALL:** 8 p.m.; National Football League, Minnesota Vikings at New York Jets, CBS. 10 p.m.; Canadian Football League, Hamilton Tiger-Cats at B.C. Lions, TSN.

## Around Town

To submit your sporting event, fax it to 819-569-3945, e-mail [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com) or contact Mike Hickey at 819-569-6345.

## BASEBALL

## Sherbrooke maintains hold on LBEQ playoff spot

By Mike Hickey  
SPECIAL TO THE RECORD

The Sherbrooke Athlétiques BRP maintained their hold on eighth place in the Quebec Junior Elite Baseball League Sunday with a split of a doubleheader with the LaSalle Cardinals.

With just three games remaining in the regular season, the A's are 1 1/2 games ahead of the ninth-place Saguenay Paramedic Voyageur and two games in front of the Laval Associés.

One of Sherbrooke's remaining games is a suspended contest with the Repentigny Royals that will be completed tonight. Sherbrooke holds a 5-0 lead in the third inning of that contest. If Sherbrooke can hold on to win, and Saguenay and Laval lose their next games, the A's will clinch their first playoff berth in five years.

Sherbrooke banged out 16 hits in the opener as they cruised to a 6-3 win but then saw their modest three-game winning streak snapped in the nightcap - 7-2.

The A's took a 2-0 first inning lead but the home team rallied to tie the game 2-2. Sherbrooke scored twice in the third and added a single run in the third to take a 5-2 lead. The A's added an insurance run against LaSalle in the seventh. The Cardinals

completed their scoring with a run in their last-at-bat against Mario Catanzariti. Catanzariti was effective as he limited LaSalle to just six hits and two earned runs en route to his fourth victory in six decisions.

The story of the game was Sherbrooke's bats, who have gotten hot at the right time of the year. Guillaume Corriveau, Philippe Lachapelle, Simon-Pierre Bernier, Jean-Sébastien Gauthier, Shawn Bruneau and Renaud Cartier all had two hits for manager Steeve Ager's club. Ironically, Jean-François Belisle, one of the team's top hitters, was the only regular in the line-up that did not manage at least one hit.

The Sherbrooke bats cooled off in the second game as LaSalle starting pitcher Michael Tomasetta held them to just two singles in the Cardinals' 7-2 victory. Tomasetta and Sherbrooke's Sébastien Roy were hooked up in a pitchers duel for four innings before LaSalle erupted for six runs in the bottom of the fifth. Steven Glass provided the big blow with a grand slam homer and two of the Cardinals runs were the result of a pair of Sherbrooke errors.

In fact, fielding is the one area in which the A's are still struggling.

## Mickelson Holds Off Bjorn, Wins PGA Title



CANWEST NEWS

Phil Mickelson delivered another dramatic finish in a major Monday, flopping a chip out of deep rough to two feet for a birdie on the final hole and a one-shot victory in the PGA Championship. The putt wasn't nearly as long as his 18-footer to win the Masters last year, and there was no need to jump for joy. Still, it was a sweet conclusion to a major championship season that had gone sour until the American left-hander put together his best golf of the summer stretched over five days at Balustrol with a storm-delayed final round that produced the first Monday finish in 19 years at the PGA Championship.

## Allergic reactions or signs of abuse?

**DEAR DR. GOTT:** My 13-year-old son suffers from bronchial asthma and diarrhea whenever he visits his father. There is a suspicion of abuse toward my son, which is one reason why we divorced. Could the conditions be stress-related? I'm under court order to allow visitation rights, and my son suffers as a result.



DR. PETER GOTT, M.D.

**DEAR READER:** Asthma is not, in most cases, related to stress. Rather, it is due to bronchial constriction caused by infection, inhaling cold air, or breathing in a substance (such as dust or animal dander) to which a person is allergic.

Rather than blaming your former husband for abusing the child, you might try to discover (with a pediatrician's help) if there is something in your ex-husband's house that could be contributing to the boy's asthma. For example, are there animals present? Does your ex-husband smoke indoors?

The diarrhea is a more difficult knot to untangle. Stress can cause diarrhea, but so can a change in diet. Is it possible that your ex-husband could be supplying food that is causing intestinal upset?

Here is a somewhat esoteric possibility. Food allergies can cause diarrhea and, in some instances, asthma. Thus, the two conditions could be the consequence of an altered diet.

Most fathers would welcome the opportunity to help solve such a complex puzzle. I suggest that you try to enlist his cooperation in determining the cause of your son's asthma and diarrhea. Once again, the pediatrician — with the assistance of an allergist, if necessary — can help you.

Finally, I want to address the issue of child abuse. This is a very serious problem and, if present, should (at the very least) be corrected immediately. If your former husband is abusive, the court should abrogate his visitation privileges.

To prove abuse you'll need evidence, such as obvious bruising and injuries, as well as the child's testimony. The boy should undergo medical examinations, if appropriate, and your attorney should be consulted.

I share the view of many concerned citizens: Namely, that no child should have to live in an environment that is not safe and nurturing. Therefore, I urge you to continue to address this potential problem. However, I believe that you will

require more convincing documentation than asthma and diarrhea.

**DEAR DR. GOTT:** Should an adult male who is otherwise completely healthy sexually be concerned about one testicle that has ascended out of the scrotum and into the body?

**DEAR READER:** Possibly.

Nature has provided a unique method to safeguard the testicles from injury and cold. When stimulated, two tiny muscles draw the testicles out of the scrotum and up into the body to avoid injury. Called the "cremasteric response," this reaction is normal and in no way affects health, sexuality or fertility.

Sometimes, however, one or both testicles may permanently reside out of the scrotum. Such undescended testicles are usually present from birth. This condition is abnormal and may affect fertility, because body heat is higher than the scrotal temperature.

More important, malignancies are more common in undescended testicles, which should be surgically repositioned, preferably before puberty, using a simple and safe operation.

Thus, the answer to your question depends on how long the testicle has been undescended and whether it periodically (or permanently) ascends out of the scrotum. If it moves normally, it can be ignored. If it always stays in the body, it should be repaired. A doctor can diagnose the condition and advise therapy, if needed.

**DEAR DR. GOTT:** I'm 46 and have been going through the change of life for a year and a half. Coincidentally (I think), I've gained 40 pounds and have experienced numbness in my fingers. I have no insurance and am therefore restricted in seeking help.

**DEAR READER:** Weight gain and numb fingers do not usually result from menopause. These symptoms are more likely to be associated with a circulatory deficiency, overeating or diseases such as diabetes.

You should be examined by a doctor. I believe that the examination should not be too expensive, and doctors should be willing to help you by reducing their fees. Don't let a lack of insurance deprive you of the health care you require. The expense, which can be negotiated, is no reason to suffer a disorder that could be treated.

### Card of Thanks

**DOUGLAS** - The family of the late Bob Douglas would like to thank family and friends for their support, kindness and expressions of sympathy made in his memory. To the C.L.S.C. nurses, Dr. D. Lalla and the nurses on 2nd floor Medicine at B.M.P. Hospital, thank you for the care and comfort you provided. To the many friends who stopped by to visit, thank you for making all our days a bit brighter. To all of those who provided meals, thank you for your thoughtfulness. To Gerry Curran, Wally Horn and everyone else who helped drive Bob to his appointments at the hospital in Montreal, thank you for making things a bit easier in a stressful time. We would especially like to thank Dot and Don Soles, who over the last three years, have driven countless times to Montreal, and have always been there when we needed them. Their support and kindness has meant everything to us.

### She was Real Swanky

She stood on the podium where people cluster like bees swarming she was real swanky as she swaggered with a confident air of sway  
A showy display of grand elegance so fitzy sweet-snazzy comfortin  
Of influence control of power steppin to and fro back and forth.  
She was real swanky  
When she danced t'like a whirlwind of fife and drum excitement  
The flickering light was like wind of heaven of highlight glow  
Harmony was the spring of sedire to charm by her steppin' style  
That heavenly voice was the very breath of spirit that we know.  
She was real swanky  
Our eyes wandered to her smiling face of cheer and grace also  
Our hearts stretch out to her curvacious body under the lights  
To us she is the luxury of splendor and beauty delight to view  
Our hopes grow high our eyes begin to steal loves lust show.  
She was real swanky  
Her voice of heavenly comfort is the wonder of our sight o my  
What a flattering of display we've shared in pleasant enjoyment  
We remember her glorious evening of splendid delight god bless  
She was and still is real swanky on display sweet-snazzy sway!

Harold Hodge

### Death

**DANAHER, Mary Alice (Sister St. John of the Blessed Sacrament) C.N.D.** - Passed away suddenly at Villa Consolata, Howe Island, Ontario on August 13, 2005. She was the daughter of the late John Danaher and the late Kathleen Hinphy. She was predeceased by her brothers Brian and Jack and her sister, Ann. She leaves to mourn her loving sisters, Catherine Kelly (Tim) of Montreal, and Helen Bremner of St. Thomas, Ontario and her dear brother, Kevin of St. Elie d'Orford, Que., many cherished nieces, nephews and cousins and a special extended family member, Yvon Provencher. She will be fondly remembered by her former friends and colleagues of Canim Lake, B.C., and sorely missed by the sisters of the Congregation of N.D. and by her companions at Villa Marguerite. Sister Mary Alice began her teaching career at St. Anthony's in Montreal, she then moved to Richmond, Que., where she taught from '61 to '70. She then set out for Canim Lake, BC at the request of the local priest to teach in the local school. She returned to Richmond, Que., in 1972 to teach and at that time she founded and supervised a foster home for youth. In 1978 she returned to the West where she worked with the Band to establish its own elementary and secondary school. In 1985, she was named an Honorary Elder and Band Member of the Canim Lake Band - an honor she dearly cherished. Her next endeavor found her collaborating with Gonzaga University to design a Baccalaureate program to prepare Indian teachers to teach the Indian children. During the spring of 1993 she proudly witnessed 21 of the initial 26 students accept their Gonzaga University degrees. After having earned her Doctorate from Gonzaga University, she later received honorary doctorates from the University College of the Cariboo and from the University of Northern British Columbia. Her Alma Mater conferred on her the Distinguished Alumni Merit Award and in 2004 its highest honor - The DeSmet Medal. In 2003 she was appointed a Member of the Order of Canada. The Wake will be held at the Alfred Dallaire - Groupe Yves Légaré Inc., 14370 Pierrefonds Boul., Pierrefonds, Que., Tel.: (514) 595-1500, on August 17, 2005 from 2:00 to 4:00 p.m. and 7:00 to 9:00 p.m. with a Vigil service starting at 8:00 p.m. The Eucharistic Celebration will take place at St. Suzanne's Church, 9501 Gouin Blvd. West, Pierrefonds at 10:00 a.m., on August 18, 2005. Her cousin, Reverend Alan McLellan, C.M. of Panama will be the celebrant. Thence to Cote des Neiges Cemetery, Montreal for burial.

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

### BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)

Discounts: 2 insertions - 15% off, 3 insertions - 30% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

### BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$23.01 taxes included) **DEADLINE:** 3 days before publication.

### WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.43 taxes included) **WITH PHOTO:** \$29.50 (\$33.94 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. They will not be taken by phone.

### DEADLINES FOR DEATH NOTICES:

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) 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.

## TOWNSHIPS' CRIER

### RICHMOND

Military Whist card party at 1:30 p.m. on Thursday, August 18 in the Valleyview Hall, Healy Road, Richmond. Reserve your table early with Marge at (819) 826-2760, only room for 14 tables! Admission charged. Lunch served.

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen Street, will hold its annual corn boil, salad and ham supper, Saturday, September 3, 4 - 7 p.m. Everyone welcome. Enjoy a good meal with your friends. Admission at door. Linda or Kelvin Ross (819)846-4447

### LENNOXVILLE

To celebrate the Army, Navy, Air Force Veterans in Canada Ladies Auxiliary's 35th Anniversary please come to an evening featuring Shawn Barry, Elvis Tribute Artist, accompanied by his 5 piece band. Saturday, September 10 from 8 p.m. to 1 a.m. Tickets will be offered to Unit 318 members first from August 8 to 24, 2005, then to the public. Tickets are available at the (A.N.A.F.) Hut, 300 St. Francis Street, Lennoxville after 4 p.m. Call (819) 346-9122 after 4 p.m. for information. Note: Members of Unit 318 Ladies Auxiliary please contact Barb Leonard or Emily Smerdon.

### NORTH HATLEY

North Hatley Village Improvement Society Rummage Sale on Wednesday, August 17, 10 a.m. to 2 p.m., at the N.H.R.S. (Public Beach), 2070 Lake Road. The V.I.S. annual meeting will be held on Monday, August 22, 10 a.m., at the Community

Centre.

### LENNOXVILLE

Sherbrooke County Women's Institute is sponsoring an afternoon of Military Whist at St. George's Church Hall, Lennoxville on August 20 at 2 p.m. with a salad supper to follow. For reservations, please call Ruby Booth (819) 562-6502 or Marion St. Onge 820-2695. Please come and support a worthy cause.

### HATLEY

Luncheon on Wednesday, August 17 starting at 11:30 a.m. in the Hatley Anglican Church Hall. Sponsored by the A.C.W. Everyone welcome.

### AYER'S CLIFF

Sunday Brunch at Beulah United Church on Sunday, September 11 from 10:30 a.m. to 1 p.m. Menu: bacon, sausage, ham, scrambled eggs, homemade baked beans, pancakes, pure maple syrup, toast, fruit cocktail, juice,

coffee and tea. All are welcome.

### MAGOG

The Rev. Gordon Jackson of Redlands, Australia invites new and old friends to the Holy Communion Service on Sunday, August 21 at St. Luke's, Magog at 10 a.m. The sermon will be from Romans 5:8 entitled "The Great Love of God". A fellowship luncheon will follow.

**This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.**

## Graduation



David Lebourveau, B.A. B.Ed graduated from Bishop's University 2005.

David has taken a teaching position with the Cree School Board (Waswanipi, QC).

Congratulations David!

From  
Mom, Linda, Anita  
and families

## We wonder why you think he is so wonderful

**Dear Annie:** I married a generous, kind and funny man three years ago. "Brent" has no children, but I have two sons from my abusive previous marriage who are now 18 and 15. Their father has little to do with us, and I've had my share of problems raising the boys. We have attended counseling many times.

The problem is that Brent cannot see anything positive about my children. He expects perfection and cannot forgive them for any mistakes. He also believes they are guilty unless they can prove themselves innocent.

Brent is a very giving person when it comes to everyone else, but he feels my children don't deserve anything from him. My older son has asked to borrow tools when working on his car, and Brent says no. Last year, we attended counseling as a family, but unfortunately, Brent has forgotten much of the advice.

I have considered ending my marriage on more than one occasion, but I do love this man and am more happy with him than not. Right now I am — At Wits' End in Hawaii

## Annie's Mailbox

**Dear Hawaii:** These are your children. If Brent refuses to treat them with greater kindness and civility, we wonder why you think he is so wonderful. Your 18-year-old is probably ready to move out, but the 15-year-old is going to be living with you for a few more years. You must work this out now.

Go back to family counseling and inform the counselor that Brent has difficulty sticking to the program. Then make sure Brent realizes how crucial this is for the health of your marriage. Any man who professes to care for his wife should make a genuine effort to get along with those whom she loves.

**Dear Annie:** I am an 18-year-old female and recently attended a music festival in my area. Some friends asked if I would drive a group of us to the festival since it was more than 35 miles away. Reluctantly, I agreed.

The festival cost \$21 as an entrance fee, along with food and a parking fee, not to mention gas. Each of the three passengers in my car agreed to pay a portion of the \$11 parking fee, but

when it came time to pay up, I was given only a dollar or two by each one, leaving me to pay the rest. When I asked them to pitch in a few dollars for the \$20 gas bill, they acted offended. Was it too much for me to ask for gas money in return for the ride? — Broke in California

**Dear Broke:** Of course not. Your cheapskate friends should have offered to split the gas and parking fees equally. Real friends would have insisted on it.

**Dear Annie:** Millions of children will head back to school this fall without one essential item: health care coverage. Many of the 8.4 million uninsured children in the United States are eligible for low-cost or free health care coverage through Medicaid or the State Children's Health Insurance Program. Unfortunately, their parents may not realize their children qualify for this coverage. That's why Covering Kids & Families, a national program of the Robert Wood Johnson Foundation, is getting the word out to parents that these programs are available and their kids may be eligible. Although eligibility varies, on average, a family of four earning up to \$38,000 a year or more may qualify.

As kids everywhere head back to school, let's get the word out. Parents can call toll-free 1-877-KIDS-NOW (1-877-543-7669) to find out if their children are eligible. Thank you for helping us connect kids with the health care coverage they need. — Sarah Shuptrine, National Program Director, Covering Kids & Families

**Dear Sarah Shuptrine:** We're glad to do it. If any of our readers think their children may qualify for this program, we hope they will call today or visit [www.coveringkidsandfamilies.org](http://www.coveringkidsandfamilies.org).

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

## Canadian Legion Branch 15

On Saturday August 13th Legion Branch 15 Richmond held their Annual Golf Tournament at the Richmond Melbourne Golf Club.

The day was a success with some 42 golfers, members and friends taking part. A Vegas style was played with top honors going to Matthew Smith, Ken Smith, and Shawn Fowler for a score of 31 or minus 4 for 9 holes. Closest drive to the nine hole pin was won by Ken Smith.

After golf prizes were awarded and a supper of beef on a bun was served at

the Legion in Richmond.

Before supper a drawing was held for a painting of "The Old Covered Bridge" at Salmon Creek, painted by Artist Michael Hill of Lennoxville, Que., and donated to the Ladies Auxiliary Branch 15 Richmond, for the draw, which was won by Frank Bergeron of Richmond.

Good Golf, a great supper, and a good time was enjoyed by all.

Ron Jones,  
Sports Co-Orinator,  
Richmond Legion Branch 15

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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: V equals N

"SXZF YZV NB BPEIZAVBJ AH VDF EDBFCT." — S.N. TBZFH "EDBFCT AH FD ECDHB ZH JZVYAVM AH FD SZILAVM." — WDXV SZAV

PREVIOUS SOLUTION — "Little old me ... I snuck in there, and without anybody noticing, really, I won." — U.S. Open winner Michael Campbell

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KIT N' CARLYLE



lwright@ic.net

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HERMAN



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"Now, now. ... What's all this I hear about you not wanting to come into my nice hospital."

ALLEY OOP



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THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



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PANORAMIC VIEW, 1 acre of land, with spacious cottage in stone, double garage, 3 bedrooms on second floor, new master bedroom on main floor with a dream bathroom, fireplace in living room, dining room leading to patio with view, finished basement with office. Francine Boissonneault, Affiliated Agent, (819) 829-2121 or (819) 348-6443. Century 21 Stra-Gen, Broker.

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1995 DODGE CARAVAN for sale, no a/c, 221,000 km. Price \$3,000. (negotiable). If interested, please call (819) 569-0008.

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THANKS to the Sacred Heart for favours granted. May the Sacred Heart of Jesus be praised, adored and glorified throughout the world forever and ever. Amen. C.B.

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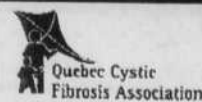
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Terrasses 777 777 King St. East 823-0803

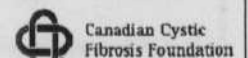
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# Your Birthday

Tuesday, Aug. 16, 2005

**LEO** (July 23-Aug. 22) — Try not to look too rigid where your own views are concerned today to the point that you appear to reject all ideas of your companions. Associates aren't apt to want to work with you.

**VIRGO** (Aug. 23-Sept. 22) — Instead of attempting to build up your resources today, you may do just the opposite. You'd be better off honing your addition skills rather than spending time practicing subtraction.

**LIBRA** (Sept. 23-Oct. 23) — It's OK to look out for No. 1 today, but not if you do so at the expense of others, especially members of your own family who will easily let you get away with it. Be kind and considerate.

**SCORPIO** (Oct. 24-Nov. 22) — Guard against tendencies today to boast about something that you have yet to accomplish. You'll be greatly embarrassed later if you fail to pull things off as you so smugly bragged.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Recreational or social activities that carry an expensive price tag should be avoided today. There are many other things in which you can spend your time that won't abuse your purse.

**CAPRICORN** (Dec. 22-Jan. 19) — Although you're likely to receive just compensation to which you're entitled today, don't be disappointed if you don't receive the recognition you expected, like praises or pats on

the back.

**AQUARIUS** (Jan. 20-Feb. 19) — Your progress will be impeded today if you waste too much time dwelling on what you're going to do and how you're going to do it. Spend less time planning and more time producing.

**PISCES** (Feb. 20-March 20) — There's a possibility you could ruin something good you have going for yourself by discussing it with too many people who are not involved but would love to usurp what you have going.

**ARIES** (March 21-April 19) — There's a chance you could get caught in the middle of a sticky development today where you are trying to satisfy everybody, but sadly end up pleasing no one. Some days you can't win.

**TAURUS** (April 20-May 20) — This can be a successful day for you, but only if you are careful not to go off on tangents. Select your most meaningful target and stay focused as you pursue it.

**GEMINI** (May 21-June 20) — Should you find yourself in a situation today where you feel drawn to take a risk or gamble on something, it would prove wiser to let your more cautious side prevail over your impulses.

**CANCER** (June 21-July 22) — Assume the role of Chancellor of the Exchequer today and manage the family finances. Your mate's inclinations may mean well, but might not prove to be too prudent or wise in the long run.

North 08-16-05			
♠ A 8 6			
♥ K Q 2			
♦ A 9 5 2			
♣ J 5 3			
West	East		
♠ 10 7	♠ 4 3		
♥ A 9	♥ 10 8 7 5 3		
♦ K 10 8 7 4 3	♦ —		
♣ 9 8 6	♣ A K Q 10 7 4		
South			
♠ K Q J 9 5 2			
♥ J 6 4			
♦ Q J 6			
♣ 2			
Dealer: South			
Vulnerable: Both			
South	West	North	East
Pass	Pass	1 ♦	2 ♣
3 ♠	Pass	4 ♠	All pass
Opening lead: ??			

comes from Canada's match there against Venezuela.

First, though, look only at the West hand. What would you lead against four spades, your partner having overcalled in clubs? Would your answer change if your partner had also shown hearts, then doubled the final contract?

Today, South would open two spades, showing a decent six-card suit and 6-10 high-card points. What would happen after that isn't clear.

Against four spades undoubled, Shorty led the club nine. When the Venezuelan declarer carelessly played low from the dummy, East, Bruce Elliott, dropped the four, his lowest card being a suit-preference signal for diamonds, the lower-ranking of the other two side suits. Getting the message, West shifted to the diamond 10, the high lead being a suit-preference signal for hearts. East ruffed, played a heart to his partner's ace, and received a second diamond ruff: one down.

In the other room, Sami Kehela, South, responded two spades, which Eric Murray, North, passed. East balanced with three hearts, South rebid three spades, and North raised to four spades. East doubled, hoping that it would be read as asking for a lead of the first suit bid by the dummy. But West wasn't on the same wavelength. He led the heart ace, and his diamond shift came too late. Kehela won 10 tricks for plus 790 and 13 international match points to Canada.

Tuesday, Aug. 16, 2005

## A short person tall on talent.

By Phillip Alder

Last month, Percy Sheardown was posthumously inducted into the Hall of Fame. A Torontoan known as Shorty, he was a very talented card player who won a bronze medal at the 1968 World Team Olympiad in Deauville, France. Today's deal

# CROSSWORD

### ACROSS

- 1 Big name in Norway
- 5 Disney frames
- 9 French clerics
- 14 Skin hole
- 15 Soothing plant
- 16 Seaside
- 17 Road fee
- 18 Roof material
- 19 \_\_\_ blanche
- 20 Ranch owner?
- 23 Born
- 24 Wild melees
- 25 Tussled
- 27 Duelist's attendant
- 30 Silvery fish
- 31 Publishing grp.

- 32 Kind of drum
- 35 Ages and ages
- 38 Squeeze past
- 40 Eggs
- 41 Computer acronym
- 42 Poker stake
- 43 Material sample
- 45 Fr. woman's title
- 46 Admit
- 48 Tenant
- 50 Like some fruits
- 52 Burning
- 54 Varnish ingredient
- 55 Ranch grassland seeker?
- 60 Pocatello's state
- 62 Links' vehicle
- 63 Garr of "Tootsie"

- 22 Unconventional
- 26 One-named model
- 27 Winter ride
- 28 Adventure story
- 29 Scrooge, to friends
- 30 Ranch sound?
- 33 Bed support
- 34 Mini-city
- 36 Dam-building grp.
- 37 Seward Peninsula town
- 39 Hook's aide
- 41 Some buzzers
- 43 Oteri of "SNL"

- 43 Forage crop
- 44 Fadiman or Webb
- 47 Uncomfortable spasms
- 49 Nissan model
- 50 Takes to the air
- 51 Dipper
- 52 Culture media
- 53 Flowerless plants
- 56 Final Four org.
- 57 Stag, doe and fawn
- 58 Q.E.D. word
- 59 Work up
- 61 Hurry!

### Monday's Puzzle Solved

M	A	A	M	H	O	R	S	T	S	W	A	B	
O	G	L	E	E	M	I	L	E	T	E	R	R	
W	H	I	T	E	W	A	T	E	R	E	L	I	A
S	A	T	E	D	R	E	D	M	A	P	L	E	S
			O	S	S		S	E	R	O	W		
L	A	W	R	E	N	C	E	D	A	N	I	S	H
E	G	O		L	O	C	A	L	L	I	S	L	E
G	O	O	D	W	I	R	E	D	T	H	A	N	
A	R	D	O	R	I	N	C	U	R	E	T	C	
L	A	W	S	O	N	S	H	O	E	T	R	E	
			O	S	M	I	C		S	S	E		
S	C	R	I	P	T	U	R	E	O	N	S	E	T
L	A	K	E	W	R	I	S	T	W	A	T	C	H
A	P	E	R	I	V	A	N	A	N	O	R	A	
T	O	R	S	T	E	L	E	X	T	A	U	T	

- 64 "Dallas" Miss
  - 65 River of Florence
  - 66 Genuine
  - 67 Tennis star Monica
  - 68 Org.
  - 69 Comic Johnson
- ### DOWN
- 1 Chooses
  - 2 Spoils taken
  - 3 Woody Guthrie's son
  - 4 Trademark fastener
  - 5 Part of CRT
  - 6 T.S. or George
  - 7 Droops laxly
  - 8 Burpee kernel
  - 9 Build up
  - 10 Scarf like a snake?
  - 11 Ranch commotions?
  - 12 First name in cosmetics
  - 13 Mrs. Peel's partner
  - 21 Strikingly

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22		23		
				24						25		26		
27	28	29							30					
31					32		33	34			35		36	37
38				39			40				41			
42							43			44			45	
				46		47				48		49		
50	51								52	53				
54					55		56					57	58	59
60					61			62				63		
64								65				66		
67								68				69		

By Robert H. Wolfe

8/16/05

## Fat absorption is all in the timing

**DEAR DR. BLONZ:** How long does it take for extra calories to be converted into body fat? For example, if I eat a banana split before I go to bed, will I wake up fatter? I've never seen an explicit answer to this question, so I'm hoping that you can help. — P.E., Walnut Creek, Calif.

**DEAR P.E.:** When you eat that banana split, you will already be fatter before you go to bed. Given the fact that your body requires energy while you sleep, and assuming you won't be munching during the night, you will actually wake up less fat than you were before you went to sleep.

I'll explain. Calories are a measure of energy potential present in a food that can come in the form of fat, carbohydrate and/or protein. The calories in any particular food represent potential energy that can fuel work and other metabolic processes, much in the same way that money in its different forms can be thought of as monetary energy that can buy objects or services. Once a food is eaten and absorbed, the energy it con-

tains becomes a part of the body's general energy pool and is sent where it is needed. There are certain energy functions that carbohydrates and proteins can perform that fats cannot, and there are metabolic functions that certain types of fats can perform that no other food component can. However, for the sake of our discussion, we'll say that all calories are equal.

The blood is the great highway that carries our energy in every direction. The body has upper and lower limits of the level of fats, now called lipids, that it will allow in the blood. It senses when there is too much or not enough to satisfy demand. When the blood lipid level rises, as would be the case after being fed, more gets pulled out of the blood and put into storage on your waistline (or wherever else we don't want it) to bring the blood level down to acceptable limits. If the blood lipid level falls, as it



ED BLONZ,  
PH.D.

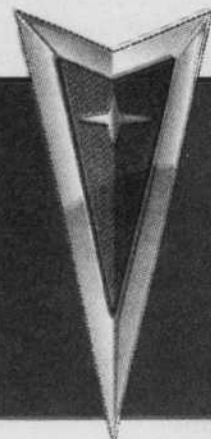
would if you began to use more energy, more would get taken from storage and put into the blood. If you have ever had your blood drawn soon after a big meal, you may have noticed that the blood takes on a milky appearance, referred to as lipemic, reflecting that it contains all those lipids from the meal on their way to storage.

With the exception of those times when we eat, the net flow of energy is from storage out to where it is needed. Whenever we take in more calories than we need at the moment — which will definitely be the case with your banana split — the net flow will be toward storage. This ongoing energy dynamic always keeps the balance sheet current. The fat is there, whether it is in your stomach, going somewhere in the blood or resting away on your hips.

**DEAR DR. BLONZ:** I was very surprised when I read that the pH of lemon juice was actually lower than that of vinegar.

How come I can drink lemon juice straight, but vinegar takes my breath away? Does the pH not equal the acidity we perceive with our taste buds? I have always been under the impression that if I substitute lemon juice for vinegar in a dressing or recipe I should use slightly more, which seems now not to be necessary. Thank you for keeping me informed. I always look forward to your columns. — B.G., San Diego, Calif.

**DEAR B.G.:** As pH is a measure of acidity, it does not automatically equate with taste sensation. The vinegar used in foods comes from acetic acid, a substance that is produced naturally during spoilage. It is pure acetic acid, so your taste buds get a real shot of that one component. In lemon juice there is citric acid with a few other organic acids, but there are other flavor qualities to balance out the sensation. The acidity in vinegars vary, but most are about 5 percent. Lemon juice is in the same range. Your reactions make more sense when you consider the larger flavor context.



CANADA

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