

THE RECORD

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Robbery suspect crashes getaway car. ... See P. 2

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MONDAY, SEPTEMBER 13, 2004

Disraeli Shermag workers reject offer

Staff

Shermag workers at the Scotstown plant in Disraeli voted Sunday not to accept the company's latest contract offer.

Union representative Simon Bussière said the vote was 87.5 per cent against the offer, and that the union would be returning to the negotiation table with the owners Sunday.

Plant workers have been locked out since April 26, and recently protested at the Shermag head office in Sherbrooke about the delays impeding contract negotiations.

Shermag announced their first quarter earnings in August, for the period ending July 2. They were significantly less than for the same period last year.

SEE WAGES, PAGE 4

Waterloo council opts for aerator project

By Maurice Crossfield

The first phase of a new project to improve the water quality of Waterloo Lake should be in place before things freeze up for the winter.

At its monthly meeting last week Waterloo town council voted to go ahead with the purchase and installation of a first aerator, at a cost of about \$20,000. The aerator will run through the win-

ter, pumping oxygen into the water.

The aerator will be a part of a larger project which would include fountains and aerators that will work during the summer months. It may also include the injection of bacteria into the water which then consumes phosphorus, the main contaminant in the lake.

Total cost for all of the equipment, SEE QUALITY, PAGE 5

Gaiters Hold Defending National Champions to 15 Points



PERRY BEATON/SPECIAL

Despite a strong showing on the defensive side of the ball, the Bishop's Gaiters dropped their second consecutive Canadian Interuniversity Sport (CIS) contest on Saturday. The Gaiters dropped a 15-0 decision to the defending national champions, the Laval Rouge et Or. The Gaiters travel to Montreal next weekend to face the McGill Redmen.

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Support for Kyoto on rise, even in Alberta

By Jack Aubry

Support for the Kyoto protocol — including in Alberta — has steadily risen to the point that four of five Canadians now back it, a newly released government poll shows.

A national survey, performed for Environment Canada and Natural Resources Canada, shows 82 per cent of the population support the accord's tar-

gets requiring a reduction in greenhouse gas emissions by 2010. Meanwhile, only about one in 10 (12 per cent) is opposed.

Most surprising is the jump in support in Alberta, where support has gone from about 40 per cent in October 2002 to about 70 per cent this past April, at about the same level as in British Columbia. In fact, opposition to the accord is now greatest in B.C., with 26 per cent saying they don't like it, compared with only 19 per cent in Alberta.

Quebec, on the other hand, is still the province where the most support for Kyoto is found, with 89

per cent backing the accord.

In 1997, some of the world's major industrialized countries agreed to specific targets of greenhouse gas reductions. Opponents say the accord is pointless while some proponents say it isn't sufficient and more similar agreements are required to address climate change.

The government-paid poll, which is the third held since 2002, was conducted between March 31 and April 7 by Ekos Research Associates for about \$50,000. Based on a telephone interviews of 1,200 Canadians, the results are accurate to within 2.9 percentage points, 19 times out of 20.

The study says there were "highly contradictory reports" on the state of public opinion with respect to the protocol, saying there had been media headlines reporting "apocryphal 'plumets' in public support."

"Careful tracking of attitudes to-

wards the ratification of Kyoto (throughout the fall of 2002) showed clear majority support, which was both stable and strong. There were notable regional splits, which widened throughout the debate, with Quebec leading support and Alberta being the centre of opposition," said the report.

The poll also found that about two of three Canadians believe the protocol will sufficiently address climate change while 33 per cent said there is no sense going through with an agreement that is imperfect and a better international agreement even if it takes a number of years to achieve.

Those in support agreed that the Kyoto protocol took "an enormous amount of time and effort" to negotiate and further delays simply can't be afforded in addressing the "urgent" issue of climate change.

—CanWest News Service

LOTO QUEBEC				Results	
TVA, the network of draws					
Draw 2004-09-10				WINNERS	PRIZES
02 13 20 26 27 40 46				7/7	0 \$5,000,000.00
Bonus: (37)				6/7+	0 \$283,266.70
Total sales: \$15,106,286				6/7	89 \$2,784.90
Next grand prize: \$7,500,000				5/7	5,709 \$155.00
				4/7	121,393 \$10.00
				3/7+	111,887 \$10.00
				3/7	1,026,883 Free play

649 BIGGER JACKPOTS MORE OFTEN				WINNERS	PRIZES
Draw 2004-09-11					
07 10 21 29 32 43				6/6	3 \$3,118,184.00
Bonus: (27)				5/6+	2 \$186,715.50
Total sales: \$19,113,826				5/6	212 \$1,455.10
Next grand prize (approx.): \$4,000,000				4/6	10,047 \$58.10
				3/6	179,449 \$10.00
				2/6+	138,911 \$5.00

Quebec 49				WINNERS	PRIZES
Draw 2004-09-11					
24 26 36 41 42 47				6/6	0 \$1,000,000.00
Bonus: (15)				5/6+	1 \$50,000.00
Total sales: \$558,159.00				5/6	10 \$500.00
				4/6	852 \$50.00
				3/6	17,009 \$5.00

DOUBLE PLAY 49				WINNERS	PRIZES
Draw 2004-09-11					
07 08 35 37				53	\$943.40
03 09 27 32				133	\$187.90
16 18 22 41				42	\$595.20

Extra				Draw 2004-09-10	Draw 2004-09-11
NUMBER	PRIZE	NUMBER	PRIZE		
986801	\$100,000	916775	\$100,000		

Claims: See back of tickets. In the event of discrepancy between this list and the official winning list of L-Q, the latter shall prevail.

Crook Takes The Wrong Car



PERRY BEATON/SPECIAL

The National Bank on Portland in Sherbrooke was robbed Friday at approximately 12:30 p.m. The robbers, who had arrived in a stolen car, stole a getaway vehicle from the Maxi next door, which happened to belong to a Sherbrooke police sergeant. Sherbrooke police chased the suspects down Autoroute 410 and onto Autoroute 10, where the Sûreté du Québec took up the chase towards Magog. A barrier had been erected by police at exit 118, and the driver crashed the stolen SUV into a guardrail. The suspects were apprehended just after 1 p.m.

Weather

Today: Clearing late in the morning. High 17. UV index 6 or high.

Tuesday: Sunny. Low 2. High 21.

Wednesday: Sunny. Low 11. High 24.

Thursday: Sunny. Low 13. High 24.

Normals for the period: Low 7. High 19.

Ben by Daniel Shelton



CRÉ has rising concerns for government services and funding

By Brion Robinson

The third official meeting of elected representatives from the Eastern Townships' conférence régionale des élus de l'Estrie (CRÉ) was held at the Hôtel le President this past week to continue fine tuning their five-year development plan for the region.

The CRÉ is one of the provincial boards created this past spring to select groups to receive government funding. They also have a mandate to come up with a five-year development plan that takes into account the objectives and particularities of the region.

"The balance between government services and funding comes up more regularly," said Roger Nicolet, president of the CRÉ.

While filing through notes and waving pens, each representative talked about problems their citizens are dealing with.

"Rural regions are at a disadvantage," said André Langevin, mayor of

Coaticook. "There is a constant emigration. People are heading to the city where there are more opportunities."

Langevin said Quebec City needs to create more jobs in smaller regions through government services, such as the post office, instead of cutting services and moving them to larger centres.

The members said that besides affecting development, emigration has an adverse affect in public services.

"Cuts to education are more common in places where there are less students," said Colette Roy-La Roche, mayor of Lac-Mégantic.

Members said that even health care for the senior citizens is losing ground.

"Even the older population needs more services," Langevin said. "When they need to see a doctor, they don't have any public transport."

The members believe that the answer to development lies in creating jobs.

"It's more hard to find solutions to

these problems when there is little employment," said Roy-La Roche.

The CRÉ will try to combat unemployment by funding development projects.

Groups of elected officials from all around Quebec receive \$28 million a year, \$1.45 million of that goes to the Eastern Townships' officials.

The CRÉ plans to hand out money where it feels it would contribute to the development of the region.

"When public funding is available there is a tendency that the people who lobby the strongest end up with the money," Nicolet said. "However, we want to offer financial assistance in the most logical way to assist in development."

Right now, the CRÉ is concentrating on economic development. When the representatives begin to discuss cultural issues Nicolet expects the English community will get involved.

"At this point we haven't heard from the English community with any par-

ticular concerns," said CRÉ president Nicolet. "When we start to discuss cultural questions and development we will want to hear from them."

Since the CRÉ was only created this past spring, representatives aren't yet familiar.

"We are gradually getting to know each other," Nicolet explained. "It's not always easy when people get together from all walks of life."

The CRÉ was created to replace the Conseil Régional de développement de l'Estrie (CRD.) The provincial government decided to dissolve the CRDs in order to try and encourage more regional autonomy. The CRÉ is a smaller decision-making body with more elected officials.

The CRE is made up of 22 representatives, the prefects of the six surrounding Regional Municipal Councils (MRCs) and representatives from four different economic sectors.

The next assembly of the CRÉ will be at the University of Sherbrooke.

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Majority of Canada Day budget spent on Quebec

By Jack Aubry

Prime Minister Paul Martin's Canada includes a Quebec that continues to dominate funding for July 1st celebrations.

According to documents obtained through the Access to Information Act, this year's budget for Celebrate Canada reveals that the Liberal government continued its practice of directing the majority of government funding to Quebec when it comes to funding for events revolving around Canada Day.

The budget shows that about 70 per cent of the \$7.25 million Celebrate Canada budget was directed to Quebec, even though Canada Day is better known as "moving day" than a national celebration in that province.

Meanwhile, compared to Quebec's \$5-million, Ontario, British Columbia and Alberta received \$691,220, \$323,630 and \$234,835, respectively.

Defeated heritage minister Helene Scherrer, who is now principal secretary in the Prime Minister's Office, approved the unbalanced funding

scheme just as the Liberal government became immersed in the sponsorship scandal.

In February, a damning auditor-general audit exposed a shady \$250-million sponsorship program which saw most of the government money from the program being funnelled to Quebec advertising firms to sponsor Quebec events.

Scherrer, who was the first MP to publicly call on former prime minister Jean Chretien to step down, has been replaced in cabinet by another Quebec cabinet minister — Heritage Minister Liza Frulla.

Canadian Heritage failed Friday to respond to questions about the Celebrate Canada budget. In the past, heritage officials have said Quebec dominates the funding because the Quebec government refuses to fund Canada Day celebrations.

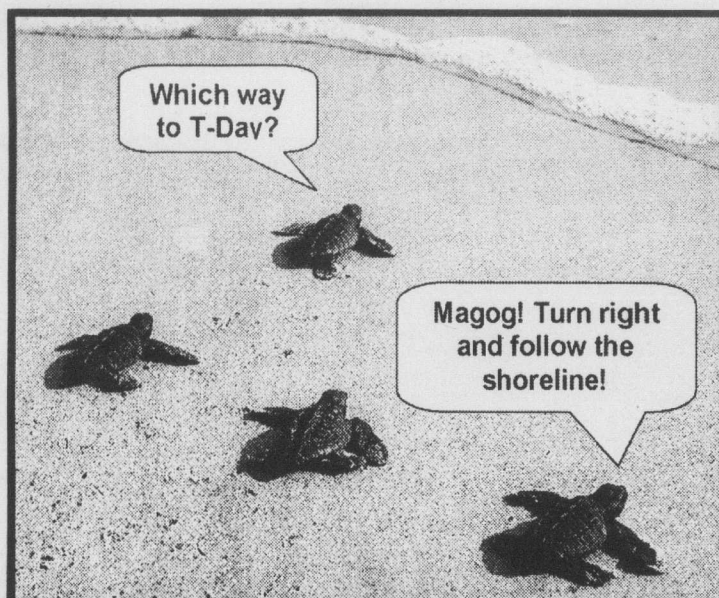
The program provides funding for four events during the Canada Day period, with some of the money also going toward St-Jean-Baptiste celebrations on June 24, the province's nationalist holiday one week before Canada Day.

Canada Day has always taken a back seat in Quebec to the Fete nationale, which occurs exactly a week earlier. July 1 is better known as moving day with about 500,000 changes of address across the province between mid-June and mid-July.

An April memo to Scherrer, obtained by the Ottawa Citizen, recognizes that other provinces are underfunded in the program and a "one-time increase" of 40 per cent was being recommended.

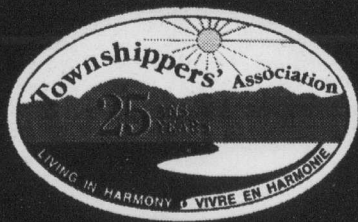
In particular, the memo notes that Alberta "has been operating with a disproportionately low allocation" and its base operating level was raised to the level of other Prairie provinces before the 40 per cent jump was applied.

—CanWest News Service



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Telethon On Nov. 26



PERRY BEATON/SPECIAL

The CHUS Telethon is winding up in preparation for its 25th year show to be held Nov. 26 at the Salle Maurice O'Bready at the Centre Culturel of the University of Sherbrooke. This year, the CHUS' foundation hopes to raise \$2.25 million through the telethon and other events with several sponsors holding other events throughout the fall. Coming up is the drawing for the Maison Desjardins on Tuesday. As well, Pizza Delight is donating \$1 per pizza sold on Wednesday nights throughout the fall.

WAGES:

CONT'D FROM PAGE 1

The company blamed the drop in earning on the weaker US dollar and the continuing labour dispute at two of its manufacturing facilities.

Workers at the Scotstown facility in Disraeli, the HPL in Victoriaville, and the Bedard plant in Granby went on strike in late April. At issue were company demands for more flexibility and the

adoption of mass production techniques to compete with Asian-based manufacturers.

After making some concessions, workers in Granby voted to return to work in June.

Workers at the Mobilier HPL plant in Victoriaville, who had been on strike since May 3, returned to work in mid-August. But the locked out workers in Disraeli are standing firm.

The Disraeli plant manufactures residential wood furniture for the Canadian, U.S. and International markets.



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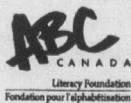
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Fig. 16

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Elixir celebrates two decades of intervention

Groups takes feminist approach to women and addiction

By Rita Legault
SHERBROOKE

Elixir, a local community group that promotes prevention and helps treat women with alcohol and drug addiction problems, is celebrating its 20th anniversary this year.

Elixir is unique in Quebec for its feminist approach to dealing with women and their dependencies that are very different to men, said former Sherbrooke MNA Marie Malavoy, the honorary chair of the anniversary festivities.

Malavoy, a professor at the University of Sherbrooke and vice-president of the Parti Québécois, pointed out that while more men use drugs and alcohol as recreation, more women use them to escape depression and other personal problems.

Over the past two decades, Elixir has helped some 38,000 women of all ages — 3,500 just last year, said board chair Sylvie Proulx.

Elixir, which offers free services in prevention and intervention, is funded in large part by the provincial health ministry through the local health and social service agency. It also gets some money from Centraide. Services are mainly free, but sometimes a small, non-compulsory contribution is asked for.

Director Camille Chénard said the group was launched in 1984 when the Centre des femmes de l'Estrie became alarmed by the living conditions and health of women.

The groups was launched as a

three-year program to promote women's health with a support group that offered a particular approach to women dealing with various addictions.

Later the group became autonomous, and over the years it has grown and now offers a variety of services ranging from support programs for individuals and groups to conferences and workshops.

Programs and conferences address various addiction from drugs and alcohol to tobacco and gambling. There are also various programs for women of all ages, including specific groups for teens and women over 50.

Chénard said that while there are no English groups, some bilingual women have participated in various programs over the years.

She said there is not enough funding to develop English materials and programs.

On Oct. 22, the groups will launch a souvenir book and celebrate their 20th anniversary with a dinner at the Sherbrooke Golf Club to recognize various women who have marked the history and development of the organization.

Later, in December, there will be a conference at the Vieux Clocher de Sherbrooke by Louise Nadeau, a pioneer in dealing with women's addictions.

Later still, in the spring, the groups will revive their first ever program *Femme et Elixirs*. Once successful, the program had to be axed due to funding restrictions.

Tickets for the conference are available from Elixir. For more information about the 20th anniversary or Elixir's services call 819-562-5771.

neers again."

However, even with the entire system in place, Masse said improvements in the water quality won't happen overnight.

"When asked, the owner of Etang Products told the citizens (at a public consultation) that within five years we should be able to entertain a better quality of fish," Masse said. "It will take a long time but we have to start somewhere."

Efforts are also being aimed at lowering the amount of phosphorus, which comes mainly from farm runoff and poorly functioning home septic systems, going into the lake. That phosphorus triggers annual algae blooms which consume oxygen, kill fish and can cause health problems.

For about 12 years the Environment Ministry operated an aerator on Waterloo Lake, and did achieve some improvement in water quality. But that unit is no longer usable. It also tended to leech lead and oil into the water, something the new system is not supposed to do.



PERRY BEATON/SPECIAL

Pictured are former MNA Marie Malavoy (left) and Elixir director Camille Chénard (right).

CLOSING OF AUTOROUTE 55 AT STANSTEAD UNTIL THE END OF DECEMBER 2004

Transports Québec completely closes Autoroute 55 at Stanstead from September 12th to the end of December 2004. The closing is necessary to proceed at the reconstruction of the bridge over Tomifobia River near Stanstead border.

Road signs indicate to drivers which detours to use. Traffic is diverted to roads 143 and 247. At the approach of the border crossing, traffic control measures are in place to guide trucks waiting to cross the border.

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QUALITY:

CONT'D FROM PAGE 1

including two fountains, is expected to be around \$250,000.

"This first phase will give us a chance to evaluate the product," said Waterloo Mayor Paul Masse on Friday. "And then we can proceed with the other phases in the spring."

Masse said the bacteria injection system would still be subject to Quebec government approval.

"Up until a few weeks ago it was a no-no. Now the government has accepted to form a committee to examine the value of that," he said.

Masse said the system is in use in sewage treatment ponds and in waterways in the southern U.S. It is similar to the bacteria system used to remove manganese from Waterloo's municipal water system.

"When we started that it also required a committee to approve it," Masse said. "Chances are we can be pio-

Community Forum

EDITORIAL

Even the best harvest has a few bad apples

The partying antics of Bishop's University students during frosh week have been deemed 'unacceptable for a society like Sherbrooke' by city and university officials, and the two have joined forces to 'put an end to the anti-social behaviour of students.'

Mayor Jean Perrault pledged to enforce municipal regulations on drinking in public parks (presumably with the same degree of vigilance as public drinking and rowdiness during Lac des Nations celebrations at Parc Jacques Cartier), and Bishop's new principal Robert Poupart is determined to protect the 161-year-old university's stellar reputation from partying pranksters.

Sounds like everyone needs to chill out a bit.

Eight arrests for public disturbances and one very serious charge of arson in a student body of 2,000, is hardly indicative of drunken youths rampaging through the streets, looting and pillaging.

Lennoxville is, after all, a college and university town where several thousand young people converge each fall, many of them experiencing their first extended and unsupervised foray away from home. Most of them do their parents proud, and contribute in a myriad of ways to their extended community.

The university community is a microcosm of society and like every other jurisdiction, it has its element of undesirables. And it's that handful of garden-variety yahoos, who hide under the cover of darkness, the cloak of

drunkenness and the banner of the university to engage in purely criminal acts, that needs to be dealt with.

They need to be informed in the strongest possible way that student status does not convey immunity from prosecution for breaking the law.

Destruction of private and public property, arson, driving while drunk and other acts that endanger public safety, extend beyond acceptable standards of behaviour. It's also bad form to leave beer bottles, Timbit boxes and Mickey D leftovers on front lawns of the town you live in — even brainless birds do not mess in their own nests.

Partying after dark and couches on the front lawn do not, however, fall into the category of criminal behaviour and we should all rue the day residents refuse to tolerate the sound of music, pink hair, and wild oats for a week each fall.

A distinct tone seemed to be emerg-

ing last week that suggested students should hit town, hit the books and stay in their ghetto until they leave in the spring.

That would be a loss to the entire community.

Most residents agree Lennoxville only springs to life in the fall when students arrive, bringing with them their youthful vitality, their idealism and their money.

What a boring place this would be without them.

Great care should be taken not to tar all students with the same brush as a few lawbreakers who happened to register here for classes.

Bishop's as an institution, and its students, should not have to share the shame for the antics of a few bad apples any more than residents of Lennoxville would expect their good name to be sullied because they share geography with the Hells Angels.

SHARON McCULLY



LETTERS TO THE EDITOR

I remember 1989

DEAR EDITOR,

I have lived in Lennoxville since 1958. Recently a student asked me what year had seen the wildest parties. It was 1989, same year as Tiananmen Square.

PHIL TAYLOR

Students energize community

DEAR EDITOR,

At least two full pages of 'The Record' featured attention to activities associated with under ten Bishop's students.

Now I look forward this term to a couple of hundred full pages of 'Record' news about the sports, music, drama and many other campus and community activities representing positive contributions made all the time by the other 1990 Bishop's students to daily life here!

This community would have been a much sorrier, duller place, an unknown dot on the map, without the energetic, engaging presence among us of Bishop's students - from 1843 onward!

JOHN CHARLES BERTRAM
Lennoxville

Two great schools

DEAR EDITOR,

Last January I made the decision to leave the best job in the Eastern Town-

ships School Board to take on the job of interim principal at Parkview School in Granby.

It was very difficult indeed to leave a wonderful group of Secondary One students and extremely hard to leave the position of teaching.

When the former principal decided not to return to Parkview School the position was posted and I was faced with my second tough decision, to leave the super school and wonderful kids along with the supportive and positive parent group in Granby and accept the School Board's offer to become the principal of Heroes' Memorial School in Cowansville.

Mrs. Susan McLean was appointed principal at Parkview. She is a very capable, personable and experienced educator who will guide the school to further greatness. I believe it is time for a tremendous community to rally behind her and keep the school the great place it is.

So, I now find myself in Cowansville to replace Ms. Dawn Irving as the new principal of Heroes' Memorial School. I arrived at a school that was well run with a very professional and accepting staff complete with more super kids and another great community. I have been made to feel a part of the community and look forward to playing a small part in the history of another fine school.

BLAINE MACDONALD
Principal, Heroes' Memorial School

THE RECORD

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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.

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RECORD

Pews filling as more Canadians attending church, says new book

By Bob Harvey

Canada's best known surveyor of religious trends says something new is happening in our churches: An increase in attendance.

In *Restless Churches*, his seventh book on the subject, Reg Bibby says "Organized religion is making a comeback."

Attendance has been dropping steadily since the 1950s, but Bibby, a sociologist at the University of Lethbridge, says weekly attendance has crept up to its highest level since 1985.

By the year 2000, weekly attendance had hit a low of 21 per cent of Canadians, but surveys in 2002 and 2003 by Bibby, Vision TV, and Allen Gragg's Strategic Counsel pegged weekly attendance at levels ranging from 26 to 30 per cent.

Yet a survey released Thursday by CRIC, the Centre for Research and Information on Canada at Queen's University, reported that only 29 per cent of Canadians agreed that religion is important, as compared to 59 per cent of Americans who give it a high priority. About 50 per cent of 18-to-29-year-old Canadians said religion was somewhat or very important in their lives.

Bibby said assessments of Canadian religiosity "depend on the glasses you want to wear. Attendance in Quebec is close to 20 per cent among Catholics, yet over 50 per cent say 'religion is an important part of my life.' In any other business, numbers like that would be pretty encouraging."

Across Canada, "there has been an increase in attendance by Protestant adults under 35, and the number of teens attending services has bounced back from the low of 18 per cent in 1992 to 22 per cent in 2000.

"Things are healthier than people let on," he said.

Bibby has surveyed more than 20,000 Canadian adults and teenagers in 10 surveys dating back to 1975, and says the apparent turn-around "is not an accident. The churches are taking a lot of these things seriously."

He said more and more Catholic and mainline Protestant churches are emphasizing youth ministry, Catholic churches are encouraging the laity to read the Bible, and educational centres are talking about personal transformation, Bible study and prayer. When he was writing his previous book, *Restless Gods*, in 2001, he said he wasn't aware of such widespread changes.

"On any weekend, one of four Canadians attend services. That is five million adults, plus children," said Bibby.

"There is no other group activity in Canada that begins to compare with such a level of involvement. It's more than the total number of fans our six Canadian NHL teams combined draw in an entire season — with a fraction of the marketing, publicity and corporate support."

Bibby, 61, was a part-time Baptist pastor of churches in Alberta and in Indiana while studying sociology.

—CanWest News Service

MP calls on Martin to recognize Senate election

An Alberta Liberal MP is endorsing Premier Ralph Klein's plans for a provincial Senate election this fall — and is urging Prime Minister Paul Martin to appoint the winner to the upper chamber.

"The prime minister has promised to address the democratic deficit," Edmonton Beaumont MP David Kilgour said Saturday. "The unelected Senate is a huge part of the democratic deficit we have in this country."

He said Martin is more open to appointing senators chosen by voters than predecessor Jean Chretien because "he has made listening to the provinces one of his priorities."

Kilgour added that appointing a few elected senators from Alberta wouldn't

threaten the Liberal dominance in the upper house. The Liberals hold 67 of 105 seats. Alberta currently has three vacancies. Klein is planning to hold Alberta's third Senate election in November in conjunction with a provincial election. The premier has said he will likely call an election for Nov. 22 or 29.

In the last Senate election in 1997, Albertans picked Triple-E Senate advocate Bert Brown and political scientist Ted Morton of the University of Calgary as their choice to fill two vacancies. But Chretien refused to appoint them. Canada's only elected senator, Albertan Stan Waters, was appointed by former Conservative prime minister Brian Mulroney in 1990. Bert Brown is not planning to run again.

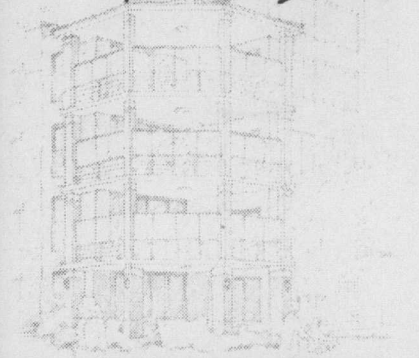
—CanWest News Service

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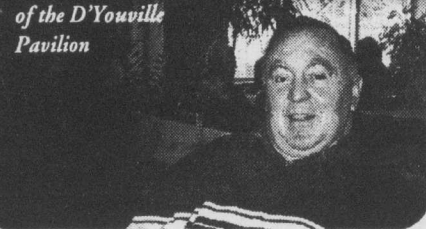


I have been living at the D'Youville Pavilion since 1996. I arrived here after a serious car accident that left me paralysed from the neck down. Even though I lost almost all of my independence, I appreciate all the little things in life.

When I learned what the objective of the 2004 campaign would be - the construction of balconies at the D'Youville Pavilion - I was happy. I am already dreaming of spending the day on the balcony of my unit.

In the name of all the residents of the Institute, I thank you for your generosity.

JEAN-DENIS BISSON
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The Zen of fish watching



CANWEST NEWS SERVICE

Dr. Tammara Heit and one of her patients, Chris Curial, peer through the fish tank in the waiting room of Scotia Square Dentistry.

By Chris Zdeb

After a hard day's work, Lonny Martin likes nothing better than to come home, sit down, put his feet up and watch his colourful tropical fish tanks. Sometimes, he and his fiancée sit down to watch them together. It beats a noisy TV with same-old programs as a relaxing escape from the stress of the day, he says.

Martin has a trigger fish his fiancée calls Spaz, which changes colours with its moods.

"If it's really mad, it will turn black. If it's relaxed, it turns a light blue. It turns green when it's kind of scared and it has a real attitude too, a real personality," he says.

Watching fish is a calming, soothing and quiet distraction, which is why more doctors' offices, care facilities and dentists' offices are adding aquariums to their waiting rooms and lounges.

Dentist Tammara Heit freezes her patients and then suggests they go sit by the six-foot (two-metre) long, 135-gallon (550-litre) tank in her waiting room until the freezing takes effect. When they come back to the chair, they're sur-

prised at how relaxed they are, she says. "People don't realize the therapeutic effect of fish."

Patient Brad Gargus particularly likes the vibrant yellow and blue bi-colour angel fish in Heit's tank.

"It definitely takes your mind off of what you're there for."

Brian Kirr, who owns an aquarium maintenance company, says he has seen customers at a car dealership actually sleeping on the couch after watching fish in the tank in the waiting room.

"They sit watching the fish and then they just doze off," Kirr says.

A recent veterinary study found people who observe aquariums on a regular basis had a notable decrease in blood pressure and a boost in emotional well-being.

Another study found introducing aquariums into the dining-room of a facility caring for Alzheimer's patients encouraged them to eat more by holding their attention longer. This reduced the amount of nutritional supplements they needed. There was also a decrease in physically aggressive behaviours among the patients.

SEE FISH, PAGE 11

'Spring Fresh' fragrance — flammable clothing?

A few years ago, a friend gave me a couple of baby blankets that were the right size for my dogs' beds. They had that "Spring Fresh" smell, so I knew they had been washed and rinsed in fabric softener. Within 24 hours after placing them on the dogs' beds, my Christine's underside was a blazing red, and she was itching like crazy.

Knowing she is like me and environmentally sensitive to many things others have no reaction to, I immediately changed her bedding for something older that I had washed myself. Not surprising she was fine by the next day.

I personally had stopped using fabric softener when the fumes bothered me a few years earlier, but I never realized that this product used every day in houses across North America could cause such a skin irritation. Researching this online I discovered that many of the chemicals in liquid fabric softener are dangerous.

This is not new information, the industry, and researchers have known for years of the dangers of using fabric softeners. The chemical list is long, causing breathing, skin problems, and most alarming, changing simple cotton and flannel into a dangerous flammable article. All I can say is if this information was available years ago, why then has our Government not banned these products?

DANGERS OF FABRIC SOFTENER GOING PUBLIC

In February, 2002 a Quebec coroner warned that using liquid fabric softeners could make material such as fleece and terry cloth more flammable. René-Maurice Bélanger said that most people are oblivious to this problem, and that it could have been the use of fabric softener that took the life of a Quebec woman, Janine Humbelt, who burned to death after her bathrobe caught fire in September, 2001.

Bélanger believes that the liquid fabric softener Humbelt used when she washed the robe caused it to burn much quicker than plan fabric would have, he refers to a study by Burt Papenburg that was published in Consumer Reports magazine. The study stated, "Certain fabrics tends to burn much more severely with liquid fabric softener." It also showed that fleece and terry cloth fabrics treated with liquid softener could burn up to six or seven times faster than untreated material.

KINDS OF CHEMICALS IN FABRIC SOFTENER

BENZYL ACETATE (in: perfume, cologne, shampoo, fabric softener, stickup air freshener, dish washing liquid and detergent, soap, hair spray, bleach, after shave, deodorants) — Carcinogenic (linked to pancreatic cancer); "From vapors: irritating to eyes and respiratory passages, exciting cough." "In mice: hyper anemia of the lungs." "Can be absorbed through the skin causing systemic effects." "Do not flush to sewer."

BENZYL ALCOHOL (in: perfume, cologne, soap,

shampoo, nail enamel remover, air freshener, laundry bleach and detergent, Vaseline lotion, deodorants, fabric softener) - "irritating to the upper respiratory tract" ... "headache, nausea, vomiting, dizziness, drop in blood pressure, CNS depression, and death in severe cases due to respiratory failure."

CAMPOR (in: perfume, shaving cream, nail enamel, fabric softener, dishwasher detergent, nail color, stickup air freshener) - "local irritant and CNS stimulant" ... "readily absorbed through body tissues" ... "irritation of eyes, nose and throat" ... "dizziness, confusion, nausea, twitching muscles and convulsions." "Avoid inhalation of vapors." Remember this is also in Vicks.

ETHANOL (in: perfume, hair spray, shampoo, fabric softener, dish washing liquid and detergent, laundry detergent, shaving cream, soap, Vaseline lotion, air fresheners, nail color and remover, paint and varnish remover) - On EPA Hazardous Waste list; symp-

NATURE'S WAY

ANNA MAY KINNEY



COURTESY ANNA MAY KINNEY

Fabric softeners can cause cotton and other fabrics to be more flammable. The chemicals can also irritate sensitive skin.

toms: "...fatigue; irritating to eyes and upper respiratory tract even in low concentrations..." "Inhalation of ethanol vapors can have effects similar to those characteristic of ingestion. These include an initial stimulatory effect followed by drowsiness, impaired vision, ataxia, stupor..." Causes CNS disorder.

ETHYL ACETATE (in: aftershave, cologne, perfume, shampoo, nail color, nail enamel remover, fabric softener, dish washing liquid) - Narcotic. On EPA Hazardous Waste list; "...irritating to the eyes and respiratory tract" ... "may cause headache and narcosis (stupor)" ... "defatting effect on skin and may cause drying and cracking" ... "may cause anemia with leukocytosis and damage to liver and kidneys" "Wash thoroughly after handling."

LIMONENE (in: perfume, cologne, disinfectant spray, bar soap, shaving cream, deodorants, nail color and remover, fabric softener, dish washing

SEE SOFTENERS, PAGE 11

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Curious about life and job coaching?

Since the 1980's, the profession of coaching has grown dramatically. Both individuals and organizations now hire coaches for just about anything they may want to change. Struggling where to go next in a career process? Hire a coach. Needing to develop some leadership skills for a new position at work? A leadership coach can help. Communication between employees and their managers needs improvement or a new direction in the organization calls for different objectives, strategies, and individual contributions? An organizational coach may provide a platform where venting, problem solving, and new challenges can be addressed.

In other words, people usually hire a coach when they are faced with career transitions or start a new business, when they want to re-evaluate their life choices or their quality of life, or when they need to handle difficult or important relationships.

Coaching methods vary depending on the coach's personal values, training and experience. There are currently no accreditation standards in the field of coaching and hourly rates vary. A coach will usually meet with a client in person for at least the initial interview, during which time the client can determine whether the coach has the expertise he/she is looking for.

Once a contract has been agreed upon, coaching can take place in person, over the phone, or even via email.

Much of the course of action will depend on the client's own learning style.

The line between mentoring, coaching, and counselling is sometimes difficult to discern. Mentoring involves experienced people investing time and energy in teaching everything they know on a particular subject matter.

For instance, if you want to become a French pastry chef and your grandmother is terrific at that, she can volunteer to teach you everything she knows about the fine art of making French pas-

tries, and so become your mentor.

A coach, on the other hand, is hired to help the individual improve his/her performance and enhance specific skills. Let's say the French pastry chef has been successful for several years, but the work does not seem so exciting like it once was. At such a transition point, a coach can help to reflect on the situation, identify particular areas that could be improved, and then assist in designing a plan of action.

If during a coaching session it would become apparent that a client's performance is suffering due to a personal matter or that the client is seeking psychological assistance, he/she might be

SEE COACHING, PAGE 11

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THE RECORD

SOFTENERS:

CONT'D FROM PAGE 9

liquid, air fresheners, after shave, bleach, paint and varnish remover) — Carcinogenic. "Prevent its contact with skin or eyes because it is an irritant and sensitizer." "Always wash thoroughly after using this material and before eating, drinking, ...applying cosmetics. Do not inhale limonene vapor."

LINALOOL (in: perfume, cologne, bar soap, shampoo, hand lotion, nail enamel remover, hair spray, laundry detergent, dish washing liquid, Vaseline lotion, air fresheners, bleach powder, fabric softener, shaving cream, after shave, solid deodorant) — Narcotic. ... "Respiratory disturbances" ... "Attracts bees." "In animal tests: ataxic gait, reduced spontaneous motor activity and depression ... development of respiratory disturbances leading to death." ... "depressed frog-heart activity." Causes CNS disorder.

About 95 per cent of chemicals used in fragrances are synthetic compounds derived from petroleum. They include benzene derivatives, aldehydes and many other known toxins and sensitizers — capable of causing cancer, birth defects, central nervous system disorders and allergic reactions. Neurotoxins: At Home and the Workplace, Report by the Committee on Science & Technology, U.S. House of Representatives, Sept. 16, 1986

FISH:

CONT'D FROM PAGE 8

Still other studies showed that fish calm children diagnosed with attention deficit and hyperactivity disorder and patients with phobias.

Pediatrician John Teoh has been raising fish since he was eight years old, so when he got the 200-gallon (800-litre) salt-water tank that divides his office from that of his partner's, he admits it was probably more for him than for his patients.

He bribes young patients like the boy who comes in once a week for chemotherapy, by letting them view the tank that houses "Nemos" and Blue Tang "Dory" fish, as a special treat, if they're good for their shots, Teoh says.

At Chrysalis — An Alberta Society For Citizens With Disabilities — clients take turns caring for an 80-litre tank of tropic fish in the office. Fish tanks provide an oasis of calm even among the bustle of the world's largest shopping centre, West Edmonton Mall.

"All around them there's noise, there's confusion, there's all sorts of stuff going on, but if you look at the people who've stopped to look at the tanks, they're calm, relaxed," says dentist David Tsujikawa, an avid fish fan. It's as if the spectators have been transported into another world by the slow, silent movement of the fish, which is why he has a 40-gallon (160-litre) tank in his waiting room.

—CanWest News Service

COACHING:

CONT'D FROM PAGE 10

referred to a counsellor or psychologist for further assessment. Most coaches are not trained to deal with mental health or personal crisis issues.

A coach relates to clients as a partner who tries to enhance their performance and creativity by supporting their talents on an ongoing basis, and helping them to discover new resources and to sustain purposeful action and improvement.

A coach is not a teacher, nor a healer. Coaches come from a variety of backgrounds, including education, law, corporate, consulting, communications, and health care. Attributes they generally have in common are: Confidence, good listening skills, a genuine curiosity about people and their potentials, integrity, flexibility, creativity, balance, and good intuition.

For more information about coaching log on to: www.coachfederation.org or contact Diane Houde at 819-829-5640 or at dianehoude@videotron.ca.

In her upcoming weekend series Leader as Coach: getting the best from people (offered through Bishop's University Continuing Education Department on 4 consecutive Saturday mornings starting Oct. 2), directors, managers, and supervisors alike will have an opportunity to explore the benefits of incorporating coaching interventions into their personal leadership style.

Suggested readings include: Co-active coaching: new skills for coaching people toward success in work and life by L. Whitworth et al.; The portable coach: 28 sure fire strategies for business and personal success by T. Leonard & B. Larson; Life strategies: doing what works, doing what matters by Ph. McGraw.

LIES OUWERKERK, M.Ed., MFT IS A LICENSED COUPLE & FAMILY THERAPIST WITH A PRIVATE PRACTICE IN LENNOXVILLE AND NORTH HATLEY. SHE IS ALSO A COUNSELLOR AND LECTURER AT BISHOP'S UNIVERSITY. HER COLUMN APPEARS IN THE RECORD EVERY FOUR WEEKS.

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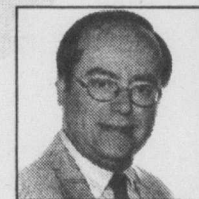
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THE RECORD Sports

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PAGE 12 MONDAY, SEPTEMBER 13, 2004

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Gaiters satisfied despite physical loss

BU falls to 0-2 after 15-0 defeat to Laval

By Mike Hickey
SPECIAL TO THE RECORD

Tony Addona did not try to hide how he felt about his team following the Bishop's Gaiters 15-0 defeat at the hands of the third-ranked Laval Rouge et Or Saturday afternoon at Coulter Field.

"I am very proud of this team and the way they met the challenge today," Addona said minutes after his team played a hard, physical game with the defending national champions. "I told them they made a statement with this game; that we can play with one of the best programmes in the country. We could have won this game."

His counterpart Glenn Constantin agreed the Gaiters gave his club a battle for 60 minutes.

"It was a tough football game and you have give the credit to the way Bishop's played," said Constantin. "They are a good physical football team."

That being said, the Rouge et Or walked off the field with a 2-0 record while the Gaiters are still looking for their first win in two tries.

The difference is simple: Laval is a veteran team used to winning close games while the Gaiters are younger

and still learning how to win.

"We are 2-0 but we have to learn from this game that you can't show up and expect to win," Constantin said. "There are a lot of good teams in this conference, which is a credit to Quebec football."

As expected, it was a defensive struggle, and Bishop's inability to take advantage of scoring opportunities proved to be its downfall. The Gaiters had the ball inside the Laval 10-yard line twice and failed to come away with any points. Bishop's finished the game with nine turnovers.

"We are young on offence and we know that we are going to make mistakes," Addona conceded. "Kyle (rookie quarterback Williams) has to do a better job with his reads; he doesn't have to throw the ball downfield all the time."

Certainly Williams showed he has an abundance of talent and little fear for a quarterback playing in his second university game. On two occasions he connected on long passes, a 79-yard bomb to Keith Gidding and a 31-yard pass to David Delaby, but he was also intercepted four times.

Still, the Gaiters accumulated 259 net yards against a defence that held the Concordia Stingers to just 77 yards the previous week.

But it was the veteran Gaiters defence that stood out the entire after-



PERRY BEATON/SPECIAL

Bishop's defenders Kevin Mackey (27) and Dave Scarfone (92) bring down Laval running back J.F. Romeo (with ball) in Saturday's game. Laval won 15-0.

noon as they held the Rouge et Or to a single touchdown and came up with several big plays that kept the home team in the game.

Both teams appeared to be playing for field position in the first quarter and a 20-yard holding penalty on a punt gave the Rouge et Or the ball at mid-

field in the final minute of the quarter.

Laval took advantage of the excellent field position as quarterback William Leclerc tossed a 12-yard pass to Duane John and then connected on a 46-yard touchdown pass to J-F Romeo just 27 seconds into the second quarter.

SEE LAVAL, PAGE 14

McGill shuts down Sherbrooke's offence

Vert & Or suffer first loss of season

By Mike Hickey
SPECIAL TO THE RECORD

The McGill Redmen shut down the Sherbrooke Vert & Or offence Friday night en route to a 17-0 victory.

The aggressive Redmen defence held the Vert & Or to just 222 total yards and recorded six sacks, including four by linebacker Dave Richardson.

The McGill win left both teams with identical 1-1 records in the Quebec Interuniversity Football Conference. While the result isn't as uplifting for

Sherbrooke as last week's inaugural win, it was another step in the right direction. The game also made it clear that the Vert & Or offence is still a work in progress.

After a scoreless first quarter the Redmen jumped out to a 7-0 lead when Mike Connell tossed a 35-yard touchdown pass to Rob Leblanc to culminate a six-play, 69-yard scoring drive.

The Redmen increased their lead to 9-0 when Sherbrooke punter André Chouinard conceded a two-point safety. An ensuing drive by the Vert & Or came up short in the final seconds of the first half.

Sherbrooke quarterback Marc-André

Tougas connected on a 46-yard pass to Francois Olivier that brought the ball to the McGill Redmen 38-yard line, but time ran out in the half before the Vert & Or could run another play.

Sherbrooke dug themselves into a hole in their opening possession of the second half. Starting on their own 20-yard line, Tougas was sacked for a six-yard loss on second down and then Chouinard's punt was partially blocked and travelled just 15 yards, giving the Redmen great field position at the Sherbrooke 20-yard line.

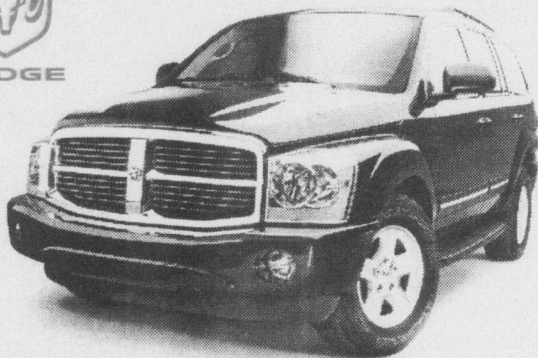
Three rushes by Mike Samman put the ball on the seven-yard line and from there Philippe Cantin ran in for the

major score to give the home team a 16-0 cushion. Robert Eeuwes rounded out the scoring with a 45-yard single in the fourth quarter.

Tougas was 9-for-18 for 128 yards before he was lifted late in the game and replaced by Pierre-André Malo who completed both of his passes. Olivier was Sherbrooke's top receiver, catching three passes for 76 yards while Maxime Dufault led Sherbrooke's ground attack with 61 yards on 16 carries.

The Redmen will host Bishop's next Saturday while the Sherbrooke Vert & Or will face another big test when they play the nationally ranked Stingers at Concordia.

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SPORTS NOTEBOOK

Ferrari notches 1-2 finish in Italy

Brazil's Rubens Barrichello won the Italian Grand Prix on Sunday, overcoming an unscheduled early pit stop to finish 1.3 seconds ahead of Ferrari teammate Michael Schumacher in a 1-2 showing for the Italian team on its home circuit.

Jenson Button, who led the race for several laps, was third in his BAR-Honda, 10.1 seconds behind Barrichello. It was the eighth career Formula One victory for Barrichello, who claimed his second win at Monza in three years. Barrichello started from pole but had to pit stop after five laps to change tires and change his aerodynamic settings to complete the 53-lap race.

It rained all morning but the track began to dry during the pre-race warmup. The Brazilian, who started from the pole, built a lead of more than 20 seconds and emerged from his third pit stop narrowly ahead of Schumacher, but had to ask his team by radio in which position he was.

Brodeur feels better at Sunday practice

Defenceman Robyn Regehr and goaltender Martin Brodeur both missed practice with injuries on Sunday but neither has been ruled out to play for Canada in Tuesday's World Cup of Hockey final.

Coach Pat Quinn, ever secretive about injuries, said only that Regehr has had "a bit of a bang going on for a few games" and needed a rest.

Brodeur sat out Canada's 4-3 overtime win over the Czech Republic in the semifinals on Saturday night with a wrist injury. Roberto Luongo stepped in and made 37 saves for Canada. Brodeur, who allowed only three goals in Canada's first four games, said he will try to practice on Monday and then decide if he is fit to return to action. However, Brodeur said Luongo should prepare himself as if he will start, just in case.

Hasek, Spezza consider AHL stint

With a lockout looming over the NHL, two high-profile players from one of the league's premier franchises are considering playing the season in the minors. Player agent Rich Winter told the Ottawa Citizen over the weekend that client Dominik Hasek, who signed a free agent contract with the Senators in July, is 'seriously considering' playing with their American Hockey League affiliate in Binghamton, New York if the owners lock out the players from NHL training camps on Thursday.

The paper adds that Hasek, 39, could accept a two-week conditioning assignment to Binghamton and it can be extended if Hasek agrees.

Centre Jason Spezza, tabbed by many to the team's No. 1 pivot, confirmed to the Ottawa Sun that he would likely report to Binghamton in the event of a lockout.

On TV
MONDAY

- **BASEBALL: 7 p.m.;** Major League Baseball regular season, Baltimore Orioles at Toronto Blue Jays, Sportsnet.
- **FOOTBALL: 9 p.m.;** National Football League regular season, Green Bay Packers at Carolina Panthers, ABC.

Around Town

To submit your sporting event, fax it to 819-569-3945, e-mail newsroom@sherbrookrecord.com or contact Mike Hickey at 819-569-6345.

CEGEP AAA FOOTBALL
Cougars win their first
football game of the seasonChamplain defeats F. X.
Garneau 17-1

By Mike Hickey

SPECIAL TO THE RECORD

The Champlain College football team won its first game of the season in convincing style Saturday afternoon when they defeated the FX Garneau Élans 17-1 at PEPS Stadium in Ste-Foy.

The win couldn't have come at a better time for the Cougars who started the season with back-to-back losses to the Vanier Cheetahs and Vieux-Montréal Spartiates. They also have a bye this week.

Champlain had played well in those two losses but mental mistakes, penalties and turnovers at key times proved costly for the Cougars.

It was a different story Saturday as the Cougars played smart, aggressive football for 60 minutes.

Once again it was the Cougars' defence that set the tone by dominating the Élans offence from the opening kick-off.

Kevin Laliberté came up with the first big play of the game when he intercepted a Garneau pass in the second minute of the game, the first of two interceptions for the defensive back.

Champlain wasted little time in taking advantage of the opportunity as quarterback Charles Croisette tossed a 37-yard touchdown pass to Guillaume Talbot.

The Cougars conceded a single point a few minutes later. Champlain held a 7-1 lead as the first quarter came to an end.

The special teams got into the act in the opening minute of the second quarter when line-

backer Sébastien Bourget-Fournier blocked an Élans punt deep in their territory.

This time Croisette connected with wide receiver Jermaine Brooks for a 24-yard scoring strike that gave the Cougars a 14-1 advantage.

Both defences played exceptionally well in the third quarter and Champlain scored its final points in the fourth quarter on a short field goal by Vincent Auger. Auger's kick was set up by a 62-yard run by Davey Mason that put the ball on the Garneau two-yard line.

Cookshire native Croisette had the best day of his CEGEP career as he threw two touchdown passes and continued his development as one of the top CEGEP quarterbacks.

Mason rushed for 90 yards on 13 carries including his 62-yard scamper that set up Auger's field goal. On the defensive side, Laliberté had two interceptions while Maxime Beaulac and Bruno Lapointe each had a fumble recovery.

"I am very content with this victory and satisfied with my two interceptions," Laliberté said. "On the first one credit has to go to the defensive line which did a great job pressuring their quarterback."

After the game a relieved head coach Sébastien Brière praised his opponent.

"Garneau is an excellent defensive team, particularly against the passing game," he said. "They put a lot of pressure on our quarterback but Charles did a good job handling the pressure. This was a good victory for us."

Croisette stressed there is still room for improvement.

"I played well today and it was a good team effort," he said after the game. "But I still have to work on becoming a very good quarterback."

UNIVERSITY FOOTBALL

LAVAL:

CONT'D FROM PAGE 12

Robert McCullum kicked the extra point to give the Rouge et Or a 7-0 advantage.

Bishop's had two excellent opportunities to tie the score or even take the lead when they marched inside the Laval's ten-yard line on two consecutive possessions. The first, set up by Gidding's 79-yard pass reception, saw the Gaiters squander a first-and-goal at the Laval six-yard line. On second down Williams' pass was intercepted in the end zone.

The defense held and Bishop's took possession on their own 41-yard line. Six passes later the Gaiters had the ball on the Laval eight-yard line facing a second-and-five situation. This time the Laval defense sacked Williams for an 18-yard line and Adona had to punt the ball after a 10-yard delay of game penalty pushed the ball to the 36-yard line.

Laval upped their lead to 9-0 in the second quarter when Gaiter punter Alex Dyer conceded a two-point safety and that was the score as the half came to an end.

The defenses continued to dominate in the second half and the only scoring came on a pair of field goals by McCullum.

The Gaiters showed that they can compete, now they have to show they can win, beginning next week when they travel to Montreal to face the McGill Redmen.

"Today was a good effort but McGill is a must win game for us," Safety Ryan Smith said. Smith, who had an interception and a fumble recovery, expressed confidence that the offense is going to break out next week against the Redmen.

Extra points: Jeronimo Huerta-Flores recorded his second 100-yard rushing game of the young season as he ran for 131 yards on 16 carries... Pat Nadeau, who replaced Williams for the final two series of the game, was Bishop's top runner as he scrambled for 38 yards on three carries. Williams completed eight of 21 passes for 165 yards but was picked off four times while a trio of Rouge et Or quarterbacks connected on 13 of 26 passes for 155 yards and three interceptions...

Laval will face the Montreal Carabins next week while the Gaiters are on the road against the McGill Redmen.

Compton County Historical and Museum Society meeting

The monthly meeting of the Compton County Historical and Museum Society was held at the Museum in Eaton Corner on Tuesday evening, August 17th. There were 9 directors and the Museum Administrator, Sharon Moore, present.

The meeting was conducted by the president, Peter Banks, assisted by Secretary Pat Boychuck.

Re the items of old business was the status of Josiah Sawyer, which will be repaired as much as is possible, moved to the Sawyer Brook Cemetery, where it will be erected on a new cement base. This will be done with the help of a local resident. The late Josiah Sawyer is believed to have been the first settler in Eaton Township, c. 1792, and for whom the

town of Sawyerville was named. This statue had been erected in various locations in Sawyerville, including the square near the present Post Office, where it fell prey one evening by some parties and unfortunately dismantled. Its broken pieces have been shunted from place to place in Sawyerville, finally coming to rest in front of the Museum in Eaton Corner.

Committee reports included tentative plans by Richard Faubert for a Historical house and Garden Tour of this area, to be held in 2005. Richard explained many interesting ideas he is working on, more details will be discussed at the Annual Meeting on October 22nd.

The building committee reported the restoration project is not entirely completed, but that the new sod is a great improvement over just having the lawn seeded, but it is not completed yet either.

Personnel reported the student assistant, Kelly Nugent, had completed her 8 weeks.

Sharon Moore, administrator, gave a detailed report of the work she and her student assistant had accomplished, with visitors, acquisitions, genealogy, housekeeping chores, etc.

The new Alarm System, (with a couple of false alarms), the telephone problem and the new lock and keys were discussed.

Our historical society will have a table at Townshippers' Day, Saturday, September 18th.

Several members agreed to take their turn at the table.

Tentative plans were made for the Fall Foliage Tour. Details will be finalized before next meeting which is scheduled for Thursday, September 23rd, instead of the regular date. The foliage tour - possibly September 30 or October 1st.

Nina Rowell

In Memoriam

MCLEOD, Phyllis Victoria (nee Anderson) - In loving memory of a dear mother and grandmother who passed away September 13, 2000.

Forever loved and remembered by:

MIKE, TRUDY
TREVOR & JENNIFER

Cards of Thanks

BANKS - The family of the late Doug Banks wishes to thank everyone who sent cards expressing their condolences at the time of his death. A very special thanks to the people in the Granby Shopping Mall at the time of Doug's heart attack who tried to administer C.P.R. A special thanks to Marcel and Alice LaRocque and to all the Brome Squares who supported me on that dreadful day. Thanks to Cecile and Roland for being with me and staying close by my side. Thanks to Reverends Dale Skinner, Wilmur Davidson and Bill Clinton, without your prayers and support we would not have had the strength to carry on. Very special thanks to Maggie Neil for her strength and compassion and for helping us in every way and being with us at this time of need. Thanks to Nellie Williams for the dinners and thanks to all who sent food. Thanks again to Reverend Dale Skinner and Reverend Wilmur Davidson for such a memorable and beautiful service. Thanks to Beverly Strange for her solo and to Donald Patriquin and the choir of Creek United Church and other guests who joined the choir for such a celebration of music. Thanks to Donald Seaman, Christopher Corcoran and Carolyn O'Rourke for being a part of the service. Last, but not least, a very big thanks to Nancy Seaman for arranging a spectacular reception. The family and I express our thanks to all for supporting us through these trying times. If anyone has not been thanked, our sincere apologies. We will close with many thanks to all.

Sincerely,
MAY
TERRY, COLEEN

FULLER, Florence Carter - The family wishes to thank everyone who paid their respects at the funeral home and those who sent cards and food, donations to the Heart and Stroke or Cancer Foundations. A special thank you to the Courville Residence where she always called home and to their staff for their many acts of kindness and special care. Thanks to the staff at the Emergency and Observation at the B.M.P. Hospital. Please consider this as a personal thank you.

KEVAN & AGNES HEATH
AND FAMILIES
MIKE BOCKUS
AND FAMILIES

Deaths

BUTTERS MADSEN CAMBER DURHAM, Mary Elizabeth - A longtime resident of Austin, Quebec died on Sept. 4, 2004 in Grimsby, Ontario at age 79 years. Beloved mother of Dr. L. Anna Hope (Madsen), Ernie Atkinson; Linda (Madsen), Jim Aylward; Carolyn (Madsen), Andre Rivamonte; Cecil Camber, Bil Camber (Karen MacKenzie). Cherished grandmother of Alex Hope, Suzie Hope (Smith), Mary Lyn (Rivamonte), Azar, Belinda Rivamonte, David Rivamonte, Jack Camber. Loving great-grandmother of Gabriel Azar, Kristen Smith, Gwyneth Azar. Predeceased by her husband Ted Durham and parents Lily and J.W. Butters, brothers Jim and Cecil Butters, sister Esther Butters-Hardy. Survived by brother Jack Butters and his wife June. Also survived by several nieces, nephews as well as other relatives and many friends. According to the wishes of the deceased, her remains were interred next to her beloved husband Ted Durham in Queen's Lawn Cemetery in Grimsby, Ontario.

STOWE, Clifton - At the Hotel Dieu Hospital, Sherbrooke, Que., on Saturday, September 11th, 2004 in his 85th year. Clifton Shufelt Stowe husband and best friend of Georgette Vanier and father of Michael (Claire) and grandfather of Isaac and Anna. In respect of Clif's wishes, cremation was held at the Cass-Windsor crematorium, Windsor, Que. There will be no visitation, a graveside service will be held at the Grace United cemetery, Brookbury, Que., on Thursday, September 16th, 2004 at 2 p.m., Rev. Barbara Willard officiating. As memorial tributes, donations to the Bury Cultural Center, c/o Mrs. Nina Rowell, 380 Victoria Rd., Rte. #214, Bury, Que., J0B 1J0 or to the CHUS Foundation, 580 Bowen St. S. Sherbrooke, Que., J1G 2E8 would gratefully be acknowledged by the family.

Card of Thanks

LOWRY, Claire (Chapman) - We wish to thank everyone who helped at the time of our dear wife and mother's passing with condolences, visitation, flowers, food, donations to the various organizations or helped in any way. We sincerely appreciate it. Special thanks to Rev. Jim Potter and Elkas Funeral Home.
JIM LOWRY
AND FAMILY

500 Card party

FOSTER

On August 30, 2004, ten tables of 500 and four people at the game table enjoyed another pleasant evening of cards.

Highest score in 500 went to Yvette McElravy with 6240, Reba Holloway 5670, Nancy Dixon 5430, Jean d'Arc Elie 4740, Earl Whitehouse 4700, Russell Lawrence, 4650, Stella Mizener 4620, Lawrence marsh 4610, Barbara Tremblay 4500, Helen Ramsay 4270, Doris Wilson 4240, George Bailey 4230, Winston Dudley 4230, Eugene Jones 4170, Gerald Coupland 4160, Clifford Wright 4150, Annie Jones 4080, Ola Streeter 4020, Elvia Johnson 4010, Josy Streule 4000, Rita Hamilton 4000.

Nellie Darling was the winner at the game table.

4th game high in 500 went to Sidney de Solla and Josy Streule. The 10 no trump bid was won by Gerald Coupland and Louise Lowry.

Door prizes went to Eugene Jones, Earl Whitehouse, Louise Lowry, Clifford Wright, Jean d'Arc Elie.

The drawing of a box of groceries was won by Rita Hamilton, 2nd draw on a basket of fruit was won by Eugene Jones, 3rd draw on a crocheted shawl and won by Earl Whitehouse.

Many thanks to all you good people who donate food and prizes. We appreciate everything very much.

Our next card party will be Military Whist on September 13th, at 7:30 p.m. We hope to see you all then.

Card Convenor, Muriel Whitehead

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)

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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.

Dunham UCW news

Following a couple of months break, the Dunham UCW resumed Aug. 10th and met at the home of Joyce Martin, with six members present. In the absence of Barbara Harvey, Shirley Vaughan took the minutes.

Shirley Robinson took the Devotional following the UCW Purpose, and the president welcome those present. For her devotional, she read a list of items needed in a survival kit, as follows:

Toothpick - to remind you to pick out the good qualities of others.

Rubber band - to remind you to be flexible. Things might not always go the way you want, but it will work out.

Band-Aid - to remind you to heal hurt feelings, yours or someone else's.

Pencil - to remind you to list your blessings everyday.

Eraser - to remind you that everyone makes mistakes, and it's okay.

Chewing Gum - to remind you to stick with it, and you can accomplish anything.

Mint - to remind you that you are worth a mint.

Candy Kiss - to remind you that everyone needs a kiss or a hug everyday.

Tea Bag - to remind you to relax daily and go over your list of blessings.

The devotional ended in prayer.

Business arising from the minutes read from previous meeting, was the decision to use money from the Band Concert, to buy paint for the church hall.

Correspondence was thank you read from June Lamey and a thank-you for donation made to Angola Scholarship Fund. Myrtle Selby verbally thanked members for sympathy cards when her sister passed away.

Cards were signed for Marion Robertson who has not been well, and a card of congratulations to Rev. Dave Lambie and Trudy Harvey who were joined together in Holy Matrimony on Aug. 14th.

The treasurer gave her report, and we're pleased to have had the church sign updated, with times of services and ministers names.

The Rent-a-table Flea market was discussed and helpers to set up tables that morning at 7:00 a.m., will be Doug Vaughan, Lloyd Harvey and "Rev." Dave.

The Nearly New Sale is the next event - Saturday, Sept. 18th, 8 a.m. - 12 p.m. noon. Donations are gratefully accepted. Please call Joyce, 295-3251 or Diane, 295-3414 to arrange for pick-up. No Rummage. Only clean and nearly new items are accepted. We strongly request nothing to be left outside church. Please call contact persons given, or someone you know from the church. (We have had far too many bags in the past that were saturated from weather conditions, that were unable to be salvaged.)

Next meeting is planned for Tues. Sept. 14th at 1:30 p.m. at the home of Shirley Robinson.

Diane Vachon will lead in Devotional.

Respectfully submitted
Barbara E. Harvey, Dunham UCW
Secretary

You can't "fix" it without Adam's help

Dear Annie: I have been married to "Adam" for four years. He is on Social Security disability. The problem is, I don't believe he is disabled. For the past three years, Adam has been working for his brother-in-law, getting paid under the table.

Adam is not the person I thought he was. I find myself questioning his honesty and character. Frankly, I am disappointed in him. But I still love him, Annie, and I am afraid he will get into terrible trouble with the government. How can I fix this? — Marriage Pending in Roanoke, Va.

Dear Marriage Pending: You can't "fix" it without Adam's help, unless you are willing to report him, which we doubt. First, Adam may be entitled to the disability payments, so don't jump to conclusions. However, working for his brother-in-law without paying taxes is a more serious matter.

Does Adam realize you have lost respect for him? He is undermining your marriage, and if he values your life together, he will straighten up and fly right.

Dear Annie: This is for "Restless in St. Louis," the 46-year-old guy who has been married to a "great wife" for 22 years and has three kids. He misses his freedom, wants out of his marriage and asked for input from other men in similar situations.

I thought I wanted my freedom back,

Annie's Mailbox

too. Then my wife died in a car wreck. Yep, now I can do whatever I want, whenever I want, but it's indescribably empty and lonely. Leaving would be a huge mistake, I guarantee. I'd give anything to have my darling by my side once again. — All By Myself

Dear All By Myself: We heard from plenty of men on this one (and a few women, too), and most agree that "Restless" should do whatever possible to salvage his marriage and find excitement in other areas. Read on:

From Out West: He's bored? His children are at the ages where they crave new experiences. He should find out what they like and make it happen. If the kids imitate his current attitude, they may not find their passions in life, and Dad will be responsible. My advice? Build something! Put in a new sprinkler system! Go to a rock concert! You have opportunities for excitement right in front of you.

Hawaii: I'm 41, a father of three, and separated from my wife. Today's fathers are under a lot of pressure. We have to be caring, understanding, patient, sensitive and good financial providers. Still, I guarantee his children will not understand how he can say he loves them, yet leave them at the same time.

Florida: I wrestled with denial, guilt

and depression before concluding that I must leave my marriage to survive. I waited until I was 54 and our kids were out on their own. I would advise "Restless" to wait for his kids to grow up, and then, by all means, GO and never look back. I am now in my 70s and have never been happier.

Monmouth, Maine: A lot of women also feel like "Restless." I have two words of advice: separate vacations. My dog and I took a week-long trip to the mountains. Then, my husband took a trip to his family's vacation cottage. This gave each of us two weeks alone to live as we wished without consulting the other. The freedom was wonderful, and it gave us something to talk about when we were together again.

Kansas: I left my wife and family to live on my own. Now, I have an ex-wife married to a terrific man who appreciates her, and children and grandchildren who share their lives. I gave them our home, insurance and plenty of cash, but so what? Our children made it clear that it was my decision to abandon them, that I was selfish and unloving, and that they deserved a father who adored that great woman. I will die alone, knowing they are right and I was so miserably wrong.

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

Richmond Hill Women's Institute hold September meeting

The Richmond Hill Women's Institute held their September meeting at the home of Gail Long on Tuesday, the 7th. She welcomed us all into her home and we repeated the Mary Stewart Collect in unison. Seven members answered the roll call by naming a flower that started with the first letter of each one's name. One guest, young Kayla Long, was present. We got a brief glimpse of a black cat but once it eyed so many ladies, it disappeared pretty quickly!

The minutes of the previous meeting were read and approved. Things falling under "business arising from the minutes" were questionnaire results, which were read for all to hear, Edith Farant said that her husband had every intention of repairing the broken shutter but had not yet found time to do so and

Bury Nina Rowell

Herbert and Nina Rowell, Audrey and Mavis Dougherty and Barry and Wanda Parsons attended the graveside memorial service followed by a reception for Malcom McPherson at Knowlton. Malcom was the husband of their niece and cousin, Doreen Leavitt, and son-in-law of Una Parsons and the late Wesley Leavitt also of Knowlton. They were joined by many relatives and friends.

Judy and Jay Narhan of Guelph, ont., spent a week with Judy's parents, Gar-net and Sandra Morrison.

Edna Smith reported that no one had found time to do any more painting in the Hall kitchen.

The Treasurer's report showed that we had made a favourable amount at our August Social Afternoon. The reading of the correspondence followed and as we looked over the letter regarding the Terry Fox Run, it was moved by Lois Enright and seconded by Edith Farant that we make a donation to that cause. A letter from the County President told us of a W.I. Rally being held in Lennoxville on October 2 and the names of Edna Smith, Pearl Kydd and Jean Storry will be submitted to her immediately as interested in attending. As for supporting the Cadets' fundraiser, only one member showed interest.

Convenors' reports were asked for. Agriculture (Jean Storry) mentioned the flooding of crops this year and whether they would make a comeback. Health & Community Living (Gail Long) prompted a discussion of school lunches at St. Francis Elementary School in Richmond. Apparently they are having a struggle to meet their financial obligations and there is a danger of prices rising or losing the services of the Cafeteria altogether. This prompted the motion by Lois Enright, seconded by Pearl Kydd that we make a donation for their cause. Education & Personal Development (Edith Farant) reported that our quilt will go to the Fair with Edna

Smith and that the Fair will be held this upcoming weekend. Publicity & Awareness (Pearl Kydd) showed a concern about our beautiful rose bushes at the Museum being properly taken care of for the winter months and it was decided that we would make an enquiry of the County President. The Sunshine Convenor (Edith Farant) was asked to send cards to Thelma Fowler and Mark Clark. The Secretary will send a letter of thanks to the Manager of the Maxi store for his donation. Pennies for Friendship were collected.

The subject of the semi-annual meeting was discussed. Edna Smith will purchase juice and we will have tea and coffee. All of our members are asked to bring a small quantity of food to go with our beverages at the break. It was decided to hold a Military Whist card party on Thursday, September 16 at 1:30. Each member is to bring the usual quantity of food and something for a grocery box. It was hoped that, the date being agreeable to Alma Marsh, we will hold our Hallowe'en Social Afternoon on Thursday, October 28. We will bring something for the grocery box.

We then held a plant auction, conducted by Lois Enright, at which we realised a nice little profit. The President closed the meeting and we dined into the delicious lunch provided by her, with lively conversation.

Submitted by Jean Storry

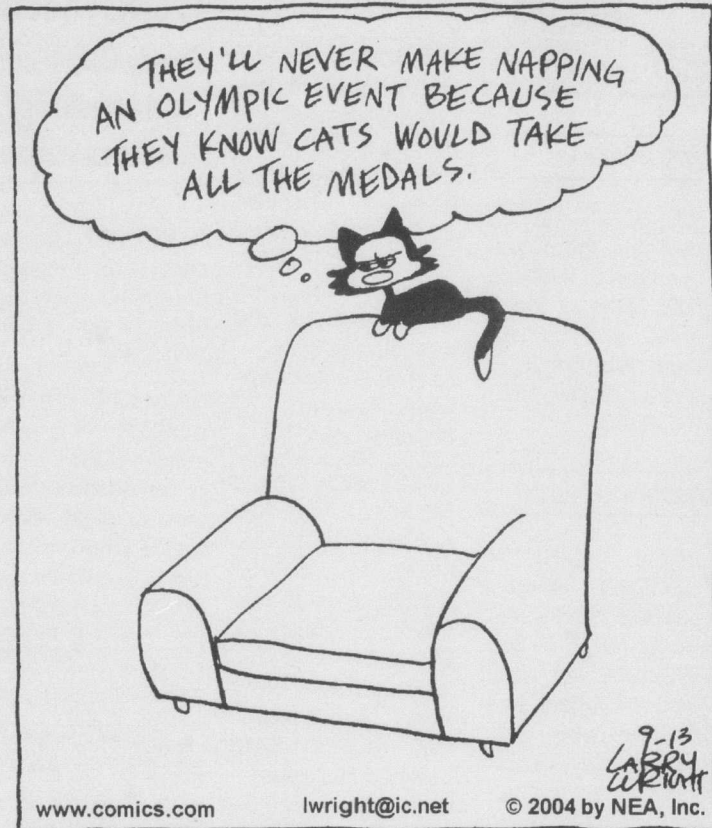
CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: X equals K

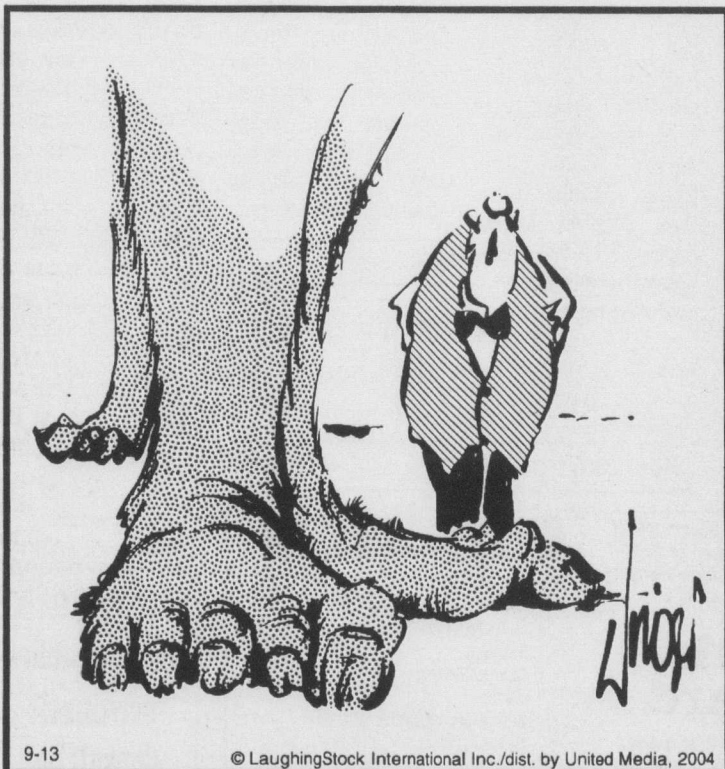
"DZG FWK DM RWDRZ W
XSERXAGVWAA TC DM FWTD
ESDTA TD CDMNC OMAATSP WSI
DZGS NTRX TD EN."
— VMV EGRXGO

PREVIOUS SOLUTION — "Once you have lived in New York (City) and it has become your home, no other place is good enough." — John Steinbeck
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KIT N' CARLYLE



HERMAN



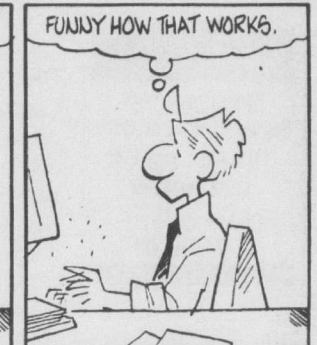
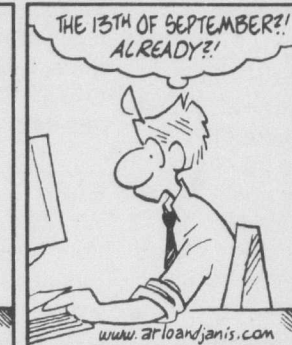
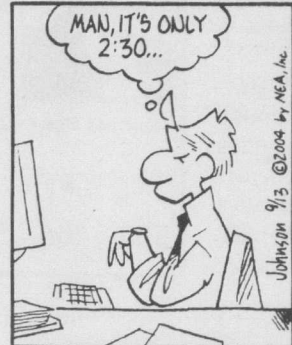
"Table for two ... name of Kong."

ALLEY OOP

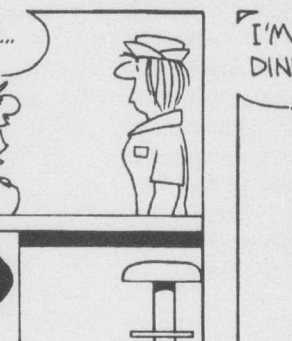
OOOLA AND AYA CONTINUE THEIR SHOPPING SPREE WHILE DAVE IS BUSY TRYING ON CLOTHES...



ARLO & JANIS



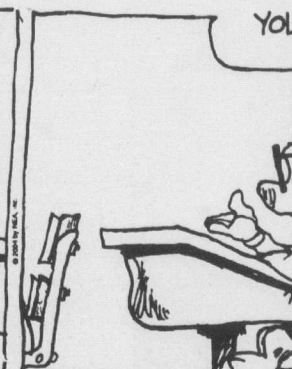
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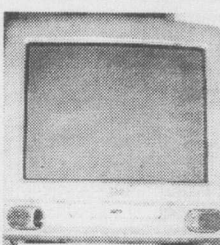
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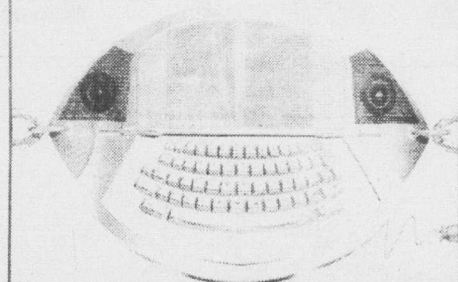
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Your Birthday

Monday, Sept. 13, 2004

VIRGO (Aug. 23-Sept. 22) — Uncharacteristically, you could find yourself being a bit jealous today and becoming possessive in the process. Thwart behaving in an unbecoming fashion by getting a handle on your emotions.

LIBRA (Sept. 23-Oct. 23) — If you don't set a good example at work you won't instill drive in your co-workers, and a project in which you're involved may not get completed today. Blame will be aimed at you.

SCORPIO (Oct. 24-Nov. 22) — Someone with ulterior motives may recognize your susceptibility to flattery today and use it as a device for furthering his or her selfish interests. Don't be a pawn for a conniving associate.

SAGITTARIUS (Nov. 23-Dec. 21) — Be diligent with career matters today or else that victory that you're so close to attaining could suddenly be snatched away from you right before your eyes. Stay on top of every detail.

CAPRICORN (Dec. 22-Jan. 19) — Do not pretend to be knowledgeable about something in which you're involved if you truly aren't. A competitor who knows what she or he is talking about will humiliate you in front of others.

AQUARIUS (Jan. 20-Feb. 19) — Wishful thinking may overwhelm your logic today and be responsible for unrealistic goals. This

outlook could be especially costly in business.

PISCES (Feb. 20-March 20) — Don't allow yourself to get upset today over what others have in comparison to what you have. Bear in mind that you can count among your possessions many things they lack.

ARIES (March 21-April 19) — Give your undivided attention to the tasks at hand today. If you allow your mind to wander and think about other things, the probability is that you'll make a mistake and have to repeat the job.

TAURUS (April 20-May 20) — In case you find yourself in the position of being able to comment about someone you dislike, it's best to say nothing if you can't say something nice. Derogatory remarks will rebound on you.

GEMINI (May 21-June 20) — You may have victory well within your reach today, but distraction could cause you to suddenly back off. Keep your focus and don't quit until you actually have the trophy hanging on the wall.

CANCER (June 21-July 22) — When it comes to anything that is important to you, take a position that represents your stance and stick to it. If you hem and haw, and switch your views to placate others, you'll lose.

LEO (July 23-Aug. 22) — Keep a close eye on anybody who is helping you to achieve your goals today, because any mistake they make could end up proving costly and you'll end up holding the bag.

		North		09-13-04	
		♠ 9 7 5 2			
		♥ A J 9 7 4 3			
		♦ —			
		♣ K J 4			
West		East			
♠ 4		♠ J 8			
♥ K 5 2		♥ —			
♦ 6 5 4		♦ A Q J 10 9 8 7 3			
♣ A Q 10 7 6 3		♣ 8 5 2			
		South			
		♠ A K Q 10 6 3			
		♥ Q 10 8 6			
		♦ K 2			
		♣ 9			
Dealer: East					
Vulnerable: Neither					
South	West	North	East		
4 ♠	5 ♦	6 ♠	4 ♦		
Pass	Pass	Pass	Dbl.		
Opening lead: ??					

Monday, Sept. 13, 2004

When Theodore doubles a slam

By Phillip Alder

Theodore Roosevelt said, "Nine-tenths of wisdom consists in being wise in time."

Timing is very important in bridge, not only during the play but also in the auction. We had a famous Theodore too:

Lightner of that ilk. He invented the slam double that bears his name. Lightner reasoned that doubling competent players in a freely bid slam is mathematically unsound. Suppose the non-vulnerable opponents are in six spades. The slam is unlikely to go more than one down, so a successful double will turn plus 50 into plus 100. However, if the slam is made, the double costs 230 points (180 in trick score plus 50 "for the insult"). Also, the opponents might redouble, when you stand to gain 150 points (plus 200 instead of plus 50) or to lose 640 (540 in trick score and 100 "for the insult"). Clearly, expectations are against a double.

Instead, Lightner suggested that the double should ask for an unusual lead. So, the leader doesn't select a trump or a suit bid by his side. Often, the doubler will have a void and is hoping to achieve a trick-one ruff. If the leader is in any doubt, he chooses the first non-trump suit bid by the dummy.

Sitting West, what would you lead against six spades doubled after the given auction?

East's Lightner double asked for a non-diamond lead. West, expecting his partner to have a club void, picked the club ace. At trick two, though, it was the work of a moment for West to shift to a heart. Finally, note that after a diamond lead, declarer makes an overtrick.

CROSSWORD

ACROSS

- 1 Untidy diner
- 5 Wound marks
- 10 Melville's whaler
- 14 Celeb's ride
- 15 Understood but not stated
- 16 Vegas rival
- 17 Beyond
- 18 Liqueur flavoring
- 19 Stoic philosopher of Rome
- 20 Catcher Tony
- 21 City in the Black Forest
- 23 List of charges
- 25 Give the ax to
- 26 City near Rawalpindi
- 29 Arm of the Barents
- 34 Alabama city
- 35 Goes yachting

- 36 The man in question

- 37 Razor choice
- 38 Deadly poisons
- 39 Knight's assistant
- 40 __ Moines
- 41 Strong winds
- 42 Refuge
- 43 Comics' gimmicks
- 45 Carnivorous felines
- 46 Rockies grazer
- 47 Mexican money
- 48 Washington city
- 53 Family man
- 57 Cookie guy
- 58 Quarters
- 59 UAE word
- 60 Boxer Benvenuti
- 61 Inasmuch as

- 22 Dugout stack
- 24 Vex
- 26 Encumbrances
- 27 Mexican empire of old
- 28 Severe
- 29 Diminishes
- 30 Goes in a hurry
- 31 Cut stubble
- 32 "The __ Sanction"
- 33 Grace closings
- 35 Jonas of bacteriology
- 38 Aftermath
- 39 American Samoa capital

- 41 River to the Colorado
- 42 Short greetings
- 44 Scorpion's stinger
- 45 Pokes fun at
- 47 Come in second
- 48 Destitution
- 49 Friend in France
- 50 "The __ Ranger"
- 51 Operatic tune
- 52 Fast time
- 54 Like the Kalahari
- 55 Lay asphalt
- 56 Fortas and Lincoln

Saturday's Puzzle Solved

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

DOWN

- 1 Pig vittles
- 2 Draw breath
- 3 Warning sign
- 4 One of the Society Islands
- 5 Well-grounded
- 6 Kiel or Suez
- 7 Etcher's medium
- 8 Get up
- 9 Sign makers' aids
- 10 Esoteric
- 11 Leader
- 12 Add to the pot
- 13 Benefit

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			

By Frances Burton

9/13/04

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