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MONDAY, AUGUST 19, 2002

Family seeks closure in daughter's murder

Police to decide today if investigation will be reopened

By Sharon McCully

Theresa Marie Allore, 19, went missing from the King's Hall residence of Champlain College in Compton Friday, Nov. 3, 1978. King's Hall was an annex residence for students located 19 km from the main campus in Lennoxville. She was last seen alive by a fellow student at 9 p.m. in King's Hall.

Five months later, her body, clad in underclothes, was found in a nearby ditch. Her family has never relinquished their search for answers, and after 23 years of assembling pieces to the puzzle, the Allore family wants the investigation into Theresa's death, and the handling of her disappearance, reopened.

Capt. Jimmy Potvin of the Sûreté de Québec's Sherbrooke detachment said investigators will meet today to decide if there is sufficient evidence to reopen the case following an investigative series published in the National Post last week.

Champlain College officials say they will co-operate fully if an 'official' investigation is launched.

Theresa's brother, John Allore, who was a grade school student at the time of his sister's disappearance and is now treasury manager for the City of Durham in North Carolina, has vowed, along with his parents and brother, to continue the quest for answers until the circumstances of Theresa's brutal murder are known.

PAINFUL JOURNEY

Dealing with the violent death of a child at the hands of a stranger is the mother lode of all pain.

The Allore family's anguish over the loss of their daughter at such an early stage in her promising young life, was compounded by the laissez-faire attitude of officials at Champlain College, and by the police who investigated her disappearance and murder.

Nearly a quarter of a century later as the family attempts to bring closure to their heartbreaking loss, police are balking at reopening the investigation and refusing to turn over evidence which could assist in finding her killer.

SEE ALLORE, PAGE 4



COURTESY JOHN ALLORE

Theresa Allore went missing from King's Hall in Compton on Nov. 3, 1978. Her body was found more than five months later, and for the past 23 years, her family has anguished over the circumstances of her death.

SAAR Foundation named in \$1-trillion lawsuit



RECORD FILE PHOTO

SAAR Foundation still has an office on Frontenac Street in Sherbrooke.

By Rita Legault

WITH FILES FROM THE NATIONAL POST

A dismantled Sherbrooke-based charity is named in a \$1-trillion - that's one million million dollars - lawsuit that was filed in Washington last week by the families of those killed in the Sept. 11 terrorist attacks.

SAAR Foundation, a dismantled charity that still has an office on Frontenac Street in Sherbrooke, is among the 100 defendants named in the lawsuit which claims a web of Muslim charities helped finance operations by Osama bin Laden and his al-Qaeda terrorist network.

The class action suit brought by some 600 plaintiffs, including a handful of Canadians, names SAAR Foundation, its founder Yaqub Mirza, and three other Muslim organizations with offices in Ontario.

"These entities, cloaked in a thin veil of legiti-

macy, were and are the true enablers of terrorism," the suit alleges. "The financial resources and support network of the defendants - charities, banks and individual financiers - are what allowed the attacks of Sept. 11, 2001, to occur."

The suit, which charges the defendants with racketeering, conspiracy, negligence, torture and wrongful death, aims to cripple terrorists by bankrupting the web of charities, banks and businesses used by Islamic militants to finance their so-called holy war against the West.

The targets of the suit are mainly Saudi citizens and charities alleged to have backed al-Qaeda by laundering money through front organizations. Members of the Saudi royal family are named, along with the bin Laden family construction company and the Republic of Sudan, where bin Laden was based in the early 1990s.

SEE SAAR, PAGE 2 & 3

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Foundation under investigation linked to

SAAR:

CONT'D FROM PAGE 1

The lawsuit was filed in U.S. District Court by lawyers representing a group called Families United to Bankrupt Terrorism. The group is composed of family members of Sept. 11 victims, as well as firefighters and rescue workers. The class action is modeled after a suit brought against Libya over the bombing of Pan Am Flight 103 over Lockerbie, Scotland.

"Islamic fundamentalists have usurped the charity as a means to

fundraise and travel the world easily and efficiently," the lawsuit reads. "Numerous charities around the world have been pinpointed as used for terrorist purposes."

"Some have been shut down, while others have continued to thrive, raising new funding for their terrorist activities.... The charity defendants in this action are used as terrorist fronts, to mask money transfers and provide cover for terrorist operatives."

Also named as defendants are the Saudi National Commercial Bank and its chairman, Khalid bin Salim bin Mahfouz. The lawsuit alleges the bank trans-

ferred \$3-million to a charity that backed bin Laden. Industry Canada has been advising investors looking to do business in Saudi Arabia to contact Mahfouz for assistance.

The lawsuit is the latest evidence that Islamic terrorists have been raising money in Canada by disguising their work as charitable. Canada recently banned fundraising for terrorism but has not yet laid any charges under the new law.

A massive international investigation launched following the World Trade Center and Pentagon attacks uncovered evidence that al-Qaeda and its affiliated extremist groups have been bankrolled in part by wealthy Saudis. U.S. authorities believe Islamic ter-



RECORD FILE PHOTO

Saad Gabr is implicated in the lawsuit because SAAR, one of the charities suspected of being a money laundering front for terrorism, had a lien on most of Gabr's properties.

rorists have been able to collect and move money internationally by using a network of businesses and charities, some with offices in the United States and Canada.

Four of the charitable groups named as defendants in the lawsuit have operated in Canada. They are:

- Benevolence International Foundation (BIF) Canada, a chapter of a group founded in the 1980s by a wealthy Saudi associated with Osama bin Laden. Control was later transferred to another suspected bin Laden associate, Enaam Arnaout. Arnaout was arrested by U.S. officials who accused BIF of financing al-Qaeda. The Canadian chapter closed

on June 1 but denied any association with terrorists. "BIF claims to be a charitable organization but in fact is engaged in the support of various persons and groups involved in military and terrorist type activity," the lawsuit says. The suit claims BIF Canada was founded by Mahammed Khatib, an employee of the International Islamic Relief Organization.

- International Islamic Relief Organization (IIRO), a Saudi charity that Canadian agents have alleged was involved in financing a bin Laden ally, the Egyptian Al Jihad. It also gave

CONTINUED ON NEXT PAGE

LOTO QUÉBEC		Results		WINNERS		PRIZES	
Draw 2002-08-17		6/6	1	\$2,000,000.00			
14 20 22 41 43 49		5/6+	6	\$93,502.40			
Bonus: (16)		5/6	142	\$3,160.60			
Total sales: \$12,224,146		4/6	8,711	\$98.70			
Next grand prize (approx.): \$2,000,000		3/6	176,077	\$10.00			

Québec 49		Results		WINNERS		PRIZES	
Draw 2002-08-17		6/6	0	\$1,000,000.00			
17 20 31 32 41 49		5/6+	0	\$50,000.00			
Bonus: (11)		5/6	12	\$500.00			
Total sales: \$535,083.00		4/6	717	\$50.00			
		3/6	15,549	\$5.00			

SUPER 7		Results		WINNERS		PRIZES	
Draw 2002-08-16		7/7	2	\$10,000,000.00			
11 13 16 19 21 46 47		6/7+	14	\$60,313.10			
Bonus: (01)		6/7	313	\$2,360.50			
Total sales: \$46,481,430		5/7	18,194	\$145.00			
Next grand prize: \$2,500,000		4/7	385,393	\$10.00			
		3/7+	362,266	\$10.00			
		3/7	3,205,832	Free play			

Extra		Draw 2002-08-16		Extra		Draw 2002-08-17	
NUMBER	PRIZE	NUMBER	PRIZE	NUMBER	PRIZE	NUMBER	PRIZE
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Normals for the period: Low 12. High 23.

Ben by Daniel Shelton



Gabr properties in the Eastern Townships

CONTINUED FROM PREVIOUS PAGE

more than \$60 million to the Taliban. The Manila office of the IIRO was headed by bin Laden's brother-in-law. "The IIRO has materially supported terror around the globe, including Osama bin Laden and al-Qaeda," the suit alleges. A spokesman said the Canadian chapter had closed. It shared an office in Toronto with parent organization the Muslim World League. Both Canadian groups were run by the same man.

• Muslim World League (MWL), a Saudi organization formed to spread the teachings of Islam, but it has come under suspicion partly due to ties to the IIRO. "The MWL has numerous connections with al-Qaeda operatives," the suit alleges. Wa'el Jalaidan, an alleged al-Qaeda founder, headed a MWL branch in Peshawar, Pakistan. Wadi el-Hage, convicted in the 1998 bombings of the U.S. embassies in Africa, also worked for the league. A man suspected of trying to assassinate Hosni Mubarak, the Egyptian President, claimed the league had paid to bring him to one of bin Laden's farms in Sudan. The MWL secretary in the United States is Yaqub Mirza, founder of the Canadian branch of the SAAR Foundation.

- SAAR Foundation, formed in 1984 and opened in Canada the next year. It described its mission as the promotion of Islam, educational and scientific research and last reported assets of US\$35 million. U.S. agents raided its head office in Virginia last March, alleging it was laundering Saudi money for al-Qaeda and Palestinian terrorist groups. "The SAAR network and the more than 100 businesses and individuals that comprise it are fronts for the sponsor[ship] of terror," the suit alleges.

While SAAR Foundation supposedly dissolved in Canada in 2000, the phone at headquarters on Frontenac Street is still connected, and Bell Canada confirmed that the number listed in the 2002 phone book is still in operation.

The line was being answered by a SAAR employee in March when the National Post reported that the four men who operated SAAR Foundation in Sherbrooke were subjects of a massive investigation into suspected violations of U.S. anti-terrorism and money-laundering laws. At the time, directors of SAAR Canada, including Mirza, were being investigated as part of Operation Green Quest, a probe by a U.S. government anti-terror-financing task force established after the Sept. 11 attacks.

Exactly what SAAR Canada did here is not clear.

The Post reported in March that records showed SAAR Foundation contributed money to the International Development & Relief Foundation (IDRF), a large Canadian aid group.

SAAR donated \$10,000 a year in the early 1990s, but their last contribution in 1999 was just \$125. Some of the money was designated for orphans in Bosnia and for a conference co-sponsored by the Canadian International Development Agency.

SAAR Foundation was run out of the Gabr building at 101 Frontenac street that housed an affiliated business which owned the Grandes Fourches shopping mall. The legendary Saad Gabr is the wealthy Moroccan who arrived in the Townships in the mid-70s and raised eyebrows when he purchased millions of dollars in real estate, including a number of buildings in downtown Sherbrooke that remained vacant for years.

A few years ago, the Record reported that SAAR Foundation had a lien on most of Gabr's properties, including the 6500-acre Space Research Corporation compound in Highwater which he once told reporters he hoped to turn into the world's most modern space and military research centre. The former ballistics research centre and armaments test site has since been sold to a numbered company belonging to a businessman from St-Blaise-sur-Richelieu.

Gabr had purchased the bankrupt research centre that straddles the American border from ballistics expert Gerald Bull after he was sentenced to jail in the U.S. for selling arms to South Africa. When the elusive Gabr, who owned the Highwater property through a numbered company, failed to pay his municipal tax bills, SAAR Foundation made the payment, municipal officials told the Record.

In the wake of the terrorist attacks, Gabr's peculiar passage through the Townships raises some intriguing questions. In an interview in 1983, Gabr said he wanted to turn North Hatley into a high-tech centre. Among other things, he envisioned a school for Muslim technology students - a \$250 million facility for blasting satellites into orbit from computerized howitzers.

And there are questions about whether or not Gabr had any links to SAAR.

While a spokesman for SAAR Foundation



RECORD FILE PHOTO

Among the many development plans Gabr had for the Townships were a \$250 million school for Muslim technology students in North Hatley and a 6500-acre space ballistics and armament test centre in Highwater, on the Canada-U.S. border.

denied any association with Gabr years ago, the foundation's lone employee in Sherbrooke was Sohan Varma, a former accountant and property manager for Gabr before he disappeared, leaving behind a bankrupt empire.

SAAR Foundation also purchased a handful of other Gabr properties, including 101 Frontenac - the headquarters for SAAR Foundation Canada - as well as the Wellington Hotel, now the downtown Ramada Inn, and the former Marché Grandes Fourches, which was recently bulldozed to make way for Maxi.

The Gabr building was purchased in a Sheriff's sale in December 1984 by Mena-Quebec, another charity that was investigated as a possible Canadian link to a complex financial web of charities that

secretly feed money to Osama bin Laden's global terrorist operation.

Mirza, who is named in the lawsuit, is listed as president of SAAR Foundation Canada and secretary-treasurer of Mena-Quebec.

The City of Sherbrooke is in negotiations with Mena-Quebec to purchase the Frontenac Street Gabr building. While it has not yet concluded the sale, the city hopes to buy the building for \$590,000, demolish it, and turn it into a public space.

The city's plans for the Gabr building depend on a \$235,000 government grant to help the city to acquire and demolish the building.



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Tel.: 819-569-9525
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Cinéma 9

Champlain College will co-operate if

ALLORE:

CONT'D FROM PAGE 1

Other key pieces of evidence, including Theresa's clothing which could have provided DNA evidence, has since been destroyed.

The college meanwhile says it will co-

operate only if an 'official' police investigation is launched, and administrators at Champlain College have issued a gag order to campus directors about speaking to the media.

But this time, the Allore family is not so distraught and bereaved that they are unable to think and act clearly.

Twenty-three years ago, Theresa Al-

lore's parents, frantic over the disappearance of their daughter, were told among other things, their daughter hitchhiked, smoked pot, possibly died of a drug overdose, was a runaway and to return to their home in St. John N.B. and she'd probably turn up later.

She did.

The decomposed remains of her five-foot-six, 115-pound body were discovered face down in six to eight inches of water and ice, Friday, April 13, 1979 in a backflow ditch of the Coaticook River next to a corn field, a mile and a half from the student campus in Compton. She was wearing a bra and panties, earrings and her watch. On April 20, a farmer found Theresa's identification card wrapped in 'green money' along Route 143. Her red wallet, containing her Medicare card and driver's permit and her scarf were discovered in a ditch in front of a home on MacDonald Road, a back route that heads into Sherbrooke. The Chinese slippers she was wearing at the time of her disappearance, her T-shirt, blue corduroy pants, knee-length beige sweater and winter scarf were never found.

contacted the missing student's parents during their five-month journey through hell as they anguished over their missing daughter, nor did anyone express remorse to the bereaved family when it was learned she was murdered. In June of this year, Gerald Cutting, now director general of Champlain College, sent a letter of condolence to John Allore after this was pointed out.

CONTEXT

On Nov. 3, 1978, the day Theresa Allore went missing, the Bishop's University newspaper *The Campus* ran a front page story headlined: 'Student harassed by naked man', in which it described a man who exposed himself to students. The story went on to say a similar incident occurred on campus two weeks earlier when a man wearing a ski mask accosted a female student.

Similar reports of girls being harassed or attacked appeared in the Champlain College newspaper, *Touchstone*, with a complaint the incidents were not being taken seriously.

Lennoxville police chief Leo Hamel who investigated the reports was quoted in *The Campus* as saying, "These incidents are to be expected in an area where university students are present ...Not that university students are to blame, but a high concentration of young females will attract undesirables."

Hamel headed the investigation into the disappearance of Theresa Allore.

In the same issue, an editorial by Carolyn Rowell stated "Last year when *The Campus* investigated the problem of sexual assault in Lennoxville, it was suggested we were making a mountain out of a molehill."

'RUNAWAY TEEN' BECOMES 'MURDERED STUDENT'

The SQ took over the investigation from Lennoxville police, but clung to the notion of a drug overdose until a coroner's report indicated there were no drugs or alcohol found in Theresa's system, and that she had died "a violent death of undetermined nature."

Frustrated with the way the police and college were handling — or not handling — the investigation, the Allores hired private investigator Robert Beaulac.

No one at Champlain College had

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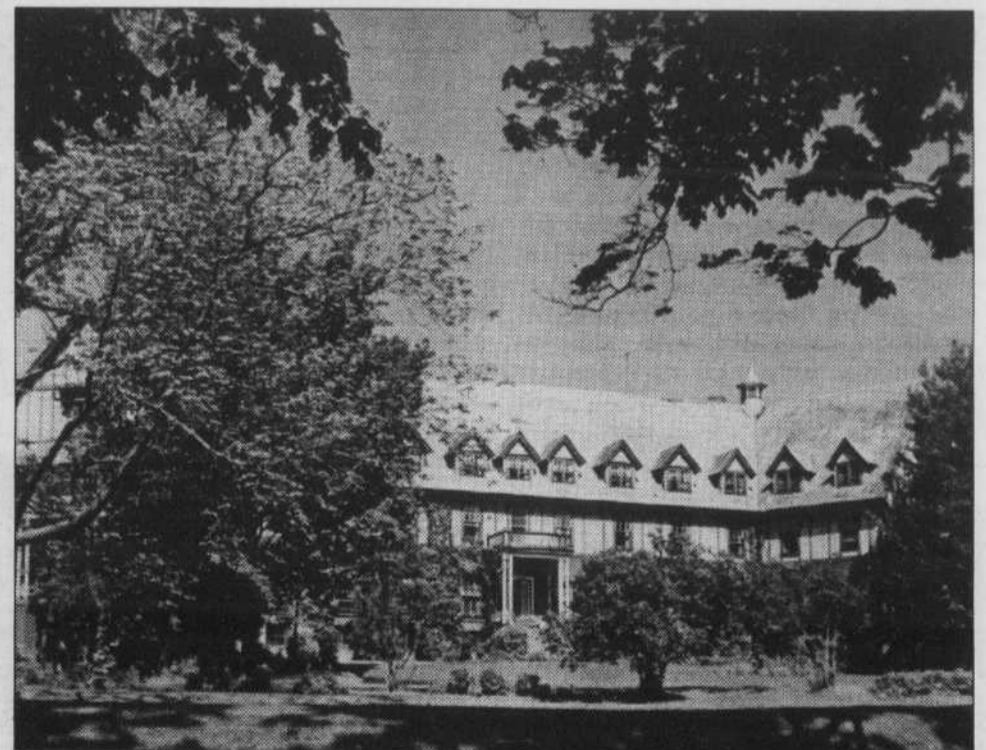
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RECORD FILE PHOTO

Theresa Allore was last seen alive by a fellow student at 9 p.m. in King's Hall, an annex residence for students located 19 km from Champlain campus in Lennoxville.

official police investigation is launched

CONTINUED FROM PREVIOUS PAGE

In an interview with The Record, Rowell recalled that at the time, she was hassled for writing stories about women being sexually harassed or attacked.

"At the time Theresa was reported missing, it bothered me she was being treated as a runaway, and I didn't believe the theory of drugs. It didn't match up with her profile. But I had the feeling I was the only one who didn't buy the story."

Rowell said she was surprised then, and is surprised now that Champlain administrators didn't

take more action.

"She's always haunted me, Rowell added. I can still see her picture on the front page of The Campus and think not enough was done."

A former teacher at the College who asked not to be identified, wrote The Record following publication of the Post articles to express the same sentiment.

"I was on the faculty of Champlain-Lennoxville at the time and recall being sufficiently disturbed about her disappearance to approach a member of the Champlain administration (not the late Dr. Matson) to find out what was being done. It was my understanding that Ms. Allore was in the habit of hitchhiking, and that she disappeared after accepting a ride. I feared the worst and proposed that a mass search be carried out. I recall expressing my concern that a murderer was on the loose and that students needed to be properly warned."

The former prof. went on to say, "I felt that a mass search undertaken by the entire college with the assistance of the local police was the appropriate measure to take and it was something we could have carried out. I always felt that not enough on our part had been done."

Tom Cavanagh, who was an associate dean at Champlain College at the time of the teen's disappearance, had only a vague recollection of the incident, but recalled the missing student's disappearance was widely viewed as a runaway. "Violence just wasn't on the radar screen," he said.

Bertrand Daignault, the current director of campus at Champlain College in Lennoxville, and the only person authorized to speak to the media about Theresa Allore, said the college does not now, nor has it ever had a procedure for handling 'runaways'.

"We don't have a policy because we've never had a runaway," said Daignault, adding that officials leapt immediately to the theory of a runaway student because police were treating the disappearance that way.

Daignault, who was a teacher at the College at the time of Allore's disappearance, said the school was responsible for providing a shuttle service to the remote campus to accommodate attendance at classes, but if students hitchhiked, it was a personal decision.

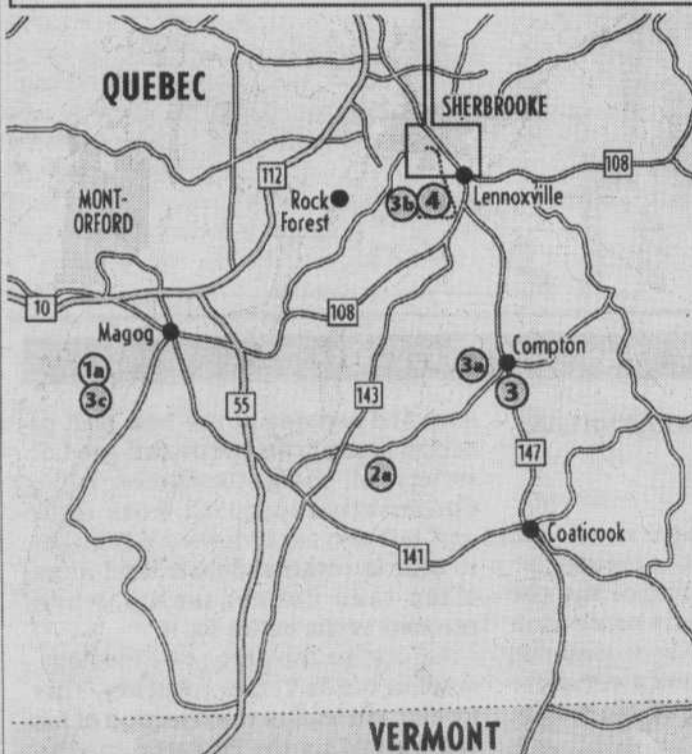
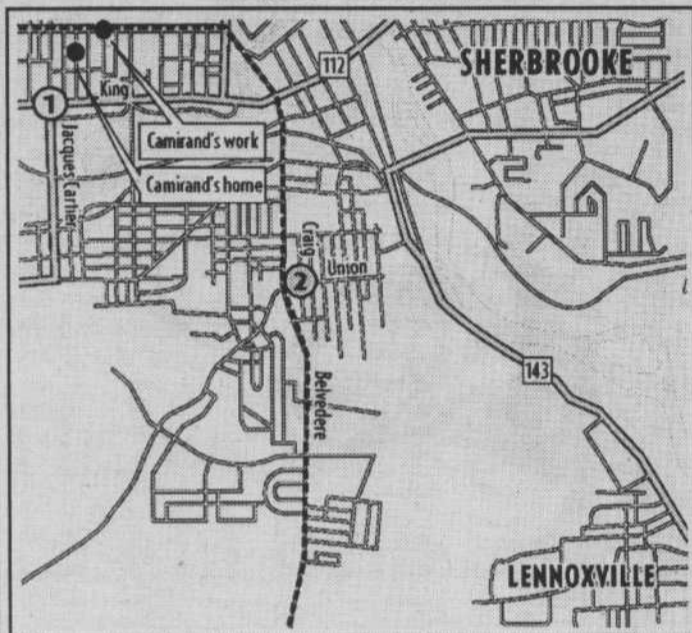
He said the College intends to co-operate fully with police if the investigation is reopened. He added that he does not believe the College's reputation will be tarnished by the recent publicity.

"Our mission is to offer courses. We have always maintained a good reputation and I believe that will continue."

John Allore believes the College has a broader responsibility. Last week Allore sent a letter to each member of the board of directors of Champlain College with a copy of the National Post investigative series and pointedly asked, "What do you intend to do to remedy this situation?"

Asked if he is considering legal action, Allore refused to comment saying only he has "explored every avenue and is fully aware of all options."

THREE VICTIMS



LOUISE CAMIRAND	MANON DUBE	THERESA ALLORE
1 March 20, 1977, 7:30p.m. Goes missing from the intersection of Boul. Jacques Cartier and Rue King	2 January 27, 1978, 7:30p.m. Goes missing from the intersection Rue Union and Rue Craig	3 November 3, 1978, 9:00p.m. Last seen at King's Hall, south of Compton village
1a March 24, 1977, Good Friday Found in snow drift on the McDonald Concession road	2a March 25, 1978 Good Friday Found face-down in stream near Ayer's Cliff	3a April 13, 1979 Good Friday Found in creek beside Compton Station road
4 October 3, 1978 Victim who escaped from assailant lived on MacDonald Concession Road.		3b Allore's wallet found 3c Allore's clothes sited on Rue Giguere

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1997 CRV LX AUTO., 4d, 4x4, green, fully equipped.
1997 ACCORD SPECIAL EDITION, auto., titane, fully equipped, mags, 72,000 km. Must see! |
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1997 COROLLA DX PLUS, 4d, auto., beige, air. |
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Community Forum

EDITORIAL

Treatment needed for compulsive tagging

Gizmo, our much loved and adorable lhaso apso, enthusiastically introduced himself to every new household on the block on three legs. His unbridled determination to make other animals in the neighbourhood aware of his presence prevented him from discriminating between a prized rose bush or a field of ragweed. That's why an accompanying adult kept him on a short leash in public, and in a fenced enclosure at home.

A group of young people armed with spray cans appear to be afflicted with Gizmo's penchant for marking his territory. They call it 'tagging', and believe by giving their destruction an alternative-sounding name, they are buying legitimacy for it as an art form. But like Gizmo, they are blinded to the boundaries of private property, and care only that others know they were there.

On behalf of the children at Lennoxville Elementary, business owners and taxpayers of the town, please note: your presence is noted and unappreciated.

Art enhances, it doesn't destroy. Aside from the Sistine chapel, it's

preferred artists display their work on a canvas that can be placed in an appropriate place, and not slapped randomly on walls, buildings and playgrounds. Graffiti can be an interesting form of expression in the proper venue.

One high school created a 'graffiti wall' for students to make their mark, and the result was an extraordinary and colourful display. Some towns embellish unseemly spots with amateur artwork.

There are a multitude of opportunities for people with artistic talent — or not — to express themselves, make a political statement or gain recognition for their work. Clandestine canning of other people's property and possessions isn't one of them.

While counter-culture expression can play a role in society, no useful purpose is ever served by wanton destruction. That's against the law — for artists as well as anarchists.

It's only fair that compulsive taggers get the same treatment as our piddling puppy: a short leash or a fenced enclosure.

SHARON McCULLY



The Record welcomes your letters to the editor. Please be sure to sign your name and include a telephone number where you can be reached during the day. Only signed letters are considered for publication.

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
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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.

Canadian Publications Mail Service Product Agreement No. 0479675.

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LETTERS TO THE EDITOR

Learning the Conservative approach

DEAR EDITOR,

When Stephen Harper says the only real resistance to a merger between his Canadian Alliance and the Conservative Party would come from left-of-centre ideologues within the federal Tory party shows a complete lack of understanding of the nature of Conservatives.

Conservatives, unlike Harper, but like most Canadians, are not ideologues. While his approach to every situation that arises is the application of far right's belief in less government and lower taxes, the Tories believe there is a time for free market, a time for regulation, a time for lowering taxes and a time for increasing them.

Identifying the nature of the prob-

lem, and arriving at the best plan of action possible for the overall good of society, all things considered, is the Conservative approach. Both right and left-of-centre views are brought to bear in internal debate, and more often than not consensus, when reached, is the better for it.

Loyalty to the Party, not ideology, is what binds Tories together. This loyalty will lead to the rejection of his call for folding the PC Party into the CA at next week's general meeting.

While Stephen Harper's first loyalty is to ideology, he is also unable to see that loyalty to a party is a force to be reckoned with. Consequently, he erroneously brands all opposing his aim of uniting the right as "left-of-centre ideologues".

Your truly,

JOE HUEGLIN,
 Niagara Falls, ON

West Nile cases surrounding the Townships

By Maurice Crossfield

The West Nile virus hasn't been found in the Townships yet, but the region's pretty much surrounded.

On Friday, the ministry of health and social services announced that the number of infected birds found with the virus had passed from four to 17. This following test results from a Winnipeg lab on birds collected between July 18 and 28.

Earlier this summer two dead crows were found with the virus, the first evidence of West Nile virus in Quebec. Since then, infected crows, blue jays and magpies have been found in the Montérégie, Mauricie-Centre du Québec, Montreal and the Laurentians. Infected mosquitoes have also been found for the first time, near Oka.

In the Montérégie region, which includes the western end of the Townships, infected birds have been found in towns as close as St-Hyacinthe, St-Julie and St-Jean-sur-Richelieu. An infected bird has also been found in Princeville, northeast of Drummondville.

A Cowansville family reported the

death of a blue jay two weeks ago, but despite repeated calls the bird was never picked up by public health officials, so its cause of death was never determined.

The West Nile virus was first discovered in Uganda in 1937. It made its North American debut in 1999, and the first cases of birds dying from the virus in Canada were reported in Ontario last summer.

The virus can be passed to humans when a mosquito picks up the virus from a member of the crow family, and then later bites a human. In most cases the virus produces no ill effects, however it can cause a life-threatening encephalitis. Particularly at risk are infants and young children, the elderly and those with weak immune systems.

Despite the discovery of West Nile-infected birds and mosquitoes, no human cases have yet been reported in Canada. However, in the U.S. two dozen people have died from West Nile related encephalitis since 1999, seven this year in Louisiana.

Although the risk of contracting the

West Nile virus in Canada is low, the Montérégie regional health board have issued some preventative measures. The main prevention measure is a good bug repellent: Anyone over 13 years of age can use a bug spray with 30 per cent DEET (read the label). Two to 12 year olds can use a spray with not more than 10 per cent DEET. Children between six months and two years of age can also use the same spray, but only once a day. Children under six months of age should not be exposed to insect repellents.

Light coloured, close fitting clothes are also a good insect deterrent.

Health ministry spokesman Do-

minique Breton said officials also recommend installing good quality screens in windows and doors.

Because mosquitoes don't travel very far, it is also recommended to get rid of any stagnant water on your property if possible. Standing water is an excellent breeding ground for mosquitoes.

If you happen to find a dead blue jay, crow, magpie or raven, and its cause of death is not obvious, call the Ministère de l'Environnement's anti-poaching line at 1-800-463-2191. They may then send someone to collect the bird for testing. It is not recommended to handle a dead bird with bare hands.

Father hopes reward might help investigation

Staff

Pierre-Hugues Boisvenu hopes a group of Sherbrooke business people who offered a \$10,000 reward when his daughter went missing, will show the same generosity now that the police need witnesses to come forward and help identify her killer.

"I know the police and these business people are talking about it," Boisvenu told La Tribune. "If it's possible, I would like the same money to be used now as compensation to help advance the investigation."

As of yesterday, neither the police nor Boisvenu had any further information on whether the award would be made available.

Julie Boisvenu was last seen on Wellington Street in downtown Sher-

brooke on June 23. Her body was found one week later in a Bromptonville ditch.

Police are still waiting to hear from a man 25- to 35-years old who was present at the time Boisvenu disappeared.

The victim's dark blue Kia Sportage was involved in a hit-and-run incident with a fire hydrant after Boisvenu left her friends the night she went missing.

At the time of the collision, another witness who heard the crash but did not see it also heard a man yell in French, "Wait a minute, for Christ's sake!" Sherbrooke police spokesman Const. Michel Martin said the man is considered an eyewitness.

Anyone who finds these items should avoid touching them and call the police. Anyone with any information can call the Sherbrooke Police at 819-821-5544.

BRIEFS

Four arrests over weekend

Staff

Temperatures remained high and hotheadedness was the order of the day in Sherbrooke this past weekend.

Four men were arrested in connection with four separate incidents of domestic violence. Two will be charged with uttering death threats, and the other two with assault, said Sherbrooke Police spokesperson Sgt. Lynn Richer.

"One of the assaulted victims ended up in hospital with a broken nose and another with a black eye,"

added Richer.

Three of the four men remain in custody. Police will reveal the names of the suspects after they appear in court today.

Motorcyclist dies in Stoke

Motorcyclist Marcel Carbonneau, 63, lost his life after his bike went off the road on a corner of Route 216 in Stoke on Saturday afternoon.

The accident was most likely caused by inattention, said SQ's Roger Phomassin. "Witnesses said the victim did not appear to be speeding at the time of the accident."

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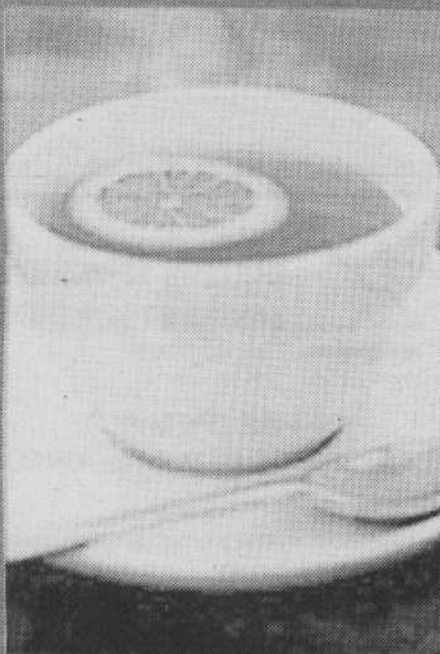
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PAGE 8 MONDAY, AUGUST 19, 2002

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WHAT'S INSIDE



ANNAY MAY KINNEY



Anna May Kinney looks at some of the dangers of self-prescribing herbal teas.



Lies Ouwerkerk talks about gambling addiction, a chronic disease many Quebecers face.



The Incredible Shrinking Man

By Maurice Crossfield

For anyone who's ever battled to lose weight, inspiration can be found in the form of Foster resident Lee Shanks.

"I was 401 pounds and I was just existing," said Shanks, who now tips the scales at 220 pounds ten months later. "This feels really good."

Shanks was honored last Thursday evening by Weight Watchers for his incredible success. Using a combination of the Weight Watchers point formula, a

good dose of determination and some exercise, Shanks shedded pound after pound while his

friends and family watched in awe.

Here's a quick look at how the pounds came off of his six-foot-two frame: Shanks began on Oct. 11, 2001, when he was 401.4 pounds. By Jan. 3 2002 he was 322.2 pounds. By April 4 he was 273.4 pounds, and on May 30 he was 235.4. By mid-July he was at 220 pounds. His 64-inch waist has now shrunk to 36 inches. He took pictures along the way to document his progress, which average five pounds a week for 34 weeks.

"Everybody's saying to stop now, don't go too far, even my doctor," Shanks said. He said his ideal weight should even be a bit less, but for now he's content where he is.

For the last several winters Shanks worked in snow making at Owl's Head. He wore a 5 XL snowsuit, and in the fall of 2001 it was looking like it would be too small. By the end of the winter it was far too big.

"It was a bit of a running joke by the end," he said.

Shanks told the story of a woman who thought he must have picked up a parasite from all the lettuce he was eating. While she might not have been right about the parasite, the lettuce was an important part of the weight loss program.

"I have always been a big eater, and I still am," Shanks said. "But now I have a big salad before every meal. I eat seven pounds of lettuce a week."

FEATURE STORY



MAURICE CROSSFIELD

Not that long ago Lee Shanks filled these sweat pants, tipping the scales at 401 pounds. Today, at a much more comfortable 220, he says his life has changed dramatically.

After filling up on salad, Shanks then eats his main meal, which concentrates mainly on proteins. He almost never touches pasta, and shuns breads.

In fact, Shanks says a common mistake people make is to stop eating. He

says this makes your body think it's starving, so it slows down its metabolism. Despite eating less, the weight won't come off. Instead, eating plenty of the right foods is the answer.

SEE WEIGHT, PAGE 12

Unearthing treasures in your own backyard

Nature's Way



Making a 'safe' cup of herbal tea

Last week, I received an e-mail from a lady who has a friend who told her to make some catnip tea to help calm her nerves. She wanted me to tell her if it is a safe herb to make tea from. She is five months pregnant.

How do I say this? No matter what you have heard, taking something because it is "natural" does not, in any way, imply that it's safe for you. Before using a herb, even as a relaxing beverage before bedtime, you should always talk with a health care provider, pharmacist, or both. Never take the opinion of anyone else, no matter how much they seem to know about herbs.



ANNA MAY KINNEY

Each person has different needs, and is in a different medical situation; like during pregnancy (when catnip should never be taken), or, depending on the prescription drugs someone is taking, adding a herb could result in a serious injury or even death.

Up until about 150 years ago, all medicines were derived from natural materials. Often thought of as beneficial herbs, many of these first natural components (like foxglove and jimson weed) had the potential to cause great

harm, even death, when neither processed from their original form nor used under the guidance of a qualified physician.

It's important to remember that all plants, whether we call them herbs, vegetables or weeds, have either a positive effect (healing in some cases), are a source of nutrition, or harm us in some way. Even the healing plants can have tragic results when taken under the wrong conditions.

With more of us watching what we eat, many people are trying to cut down on caffeine by selecting herbal teas as a healthy alternative. Most people buy commercially prepared herb tea, available in assorted flavours. Many have two or three herbal ingredients.

In most cases, these blended teas have little bits of a few herbs and flavourings, not enough that would harm a person having an occasional cup. But if you plan on using any herbal tea to replace regular tea and coffee consumption throughout the day, you should take the time to read the label and research every herb listed.

While the herbs we use in our cooking are safe and often add anti-viral or anti-bacterial qualities to our prepared foods, if these same herbs were brewed in large amounts as a tea and taken throughout the day, the results could be unfavourable.

The first thing to do is to figure out how many cups of hot liquid you consume a day. Then select a commercial product that fits your needs, and research each ingredient. This will take time.

You can also take a mixture of the safest herbs, the ones you use for cooking, make your own tasty blends by adding some mint for extra flavouring. There are many easy to grow varieties of mint that can be planted around your house, harvested pesticide free, dried and used for tea. A couple varieties are (*Menta piperita*) peppermint, (*Menta spicata*) spearmint, and (*Menta p. citrata*) orange mint.

If you are unfamiliar with cooking herbs, here is a list of the most common ones used for tea. Basil, chives, garlic chives (yes, dried and used as tea), coriander seeds or cilantro leaves, dill, lemon balm, marjoram, parsley, rosemary, sage, sorrel, tarragon, and thyme.

Within this selection you'll find a vast array of combinations to blend as teas. Just remember, even some of these herbs have both healing qualities and unwanted side effects. Tarragon, for example, can relieve menstrual cramps, and is also a powerful diuretic. Too much of a good thing can be bad.

Once you have researched and found which herbs are OK for you, always check it out with either your doctor or pharmacist to be certain you have not overlooked a potential drug interaction. It is not only prescription drugs that you need to watch out for, but over-the-counter medications can also interact with certain herbal teas.

When you have found your 'personal' blend, keep

this for yourself, or members of your family whom you know can take it safely. Do not offer any herbal blend to visitors — what is safe for one may not be safe for another.

When you do have guests, you could do a world of good by passing this advice on to others. I can't tell you how many times someone has told me that I should try a particular herbal tea, that it is great to cure this or that. Don't ever listen to this kind of advice without checking it out first.

Remember that herbs that are usually harmless to a healthy adult can have very different reactions on fetuses, newborns, children, the elderly and anyone with an underlying health condition. The American Herbal Products Association Botanical Safety Index lists many herbs that are NOT recommended for pregnant women; among them are Roman Chamomile, catnip, cornflowers, horehounds, lemongrass, lobelia, motherwort, mugwort, Oregon grape, parsley root, red clover, tansy and yarrow.



ANNA MAY KINNEY

Herbal teas are refreshing and popular, but drinkers should consult professionals before taking them for any desired medicinal effects.

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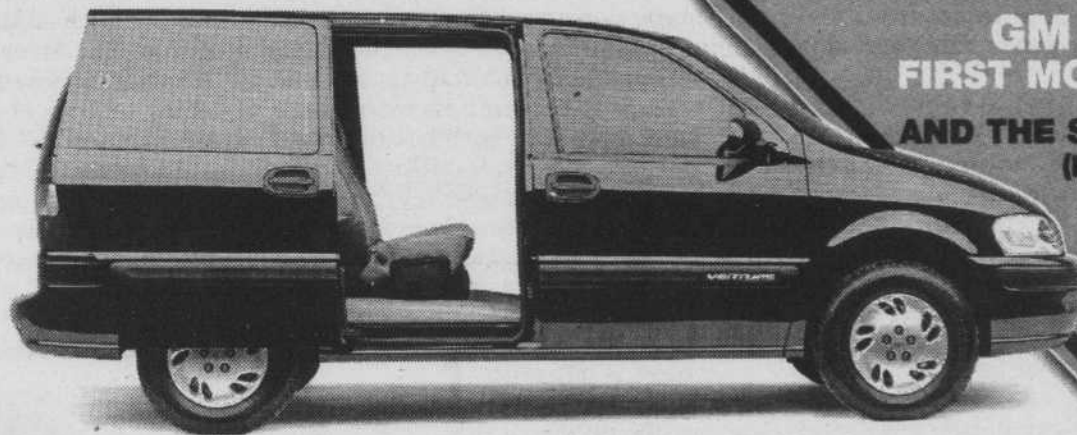
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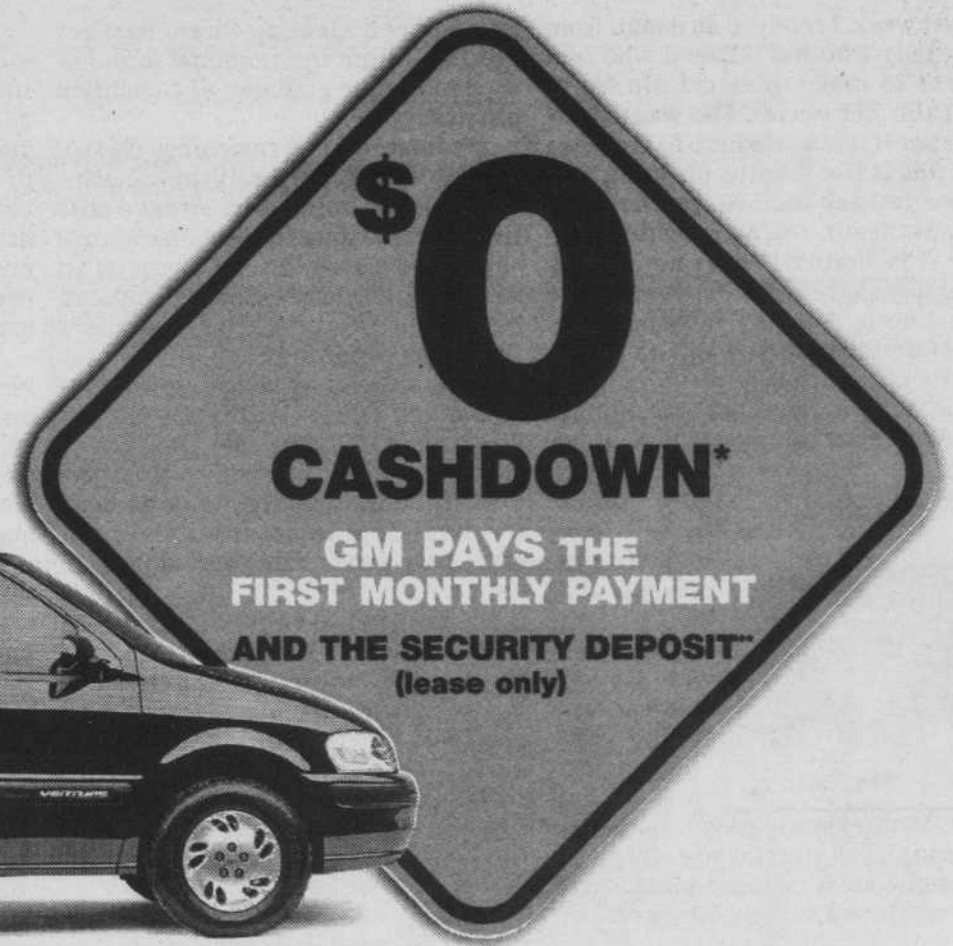
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Looking at the world through a new perspective

Compulsive gambling: The hidden addiction

Earlier this year, the Quebec Government announced that it will spend \$17 million on measures to treat and prevent compulsive gambling, as this phenomenon is now recognized as a far-reaching health problem and is currently affecting more than two per cent of the Quebec population.



LIES OUWERKERK

The announcement made by the Ministry of Health came weeks after a Quebec Superior Court judge authorized a class-action lawsuit against Loto Quebec on behalf of Quebec residents who have become addicted to the crown corporation's

video lottery terminals. About one-third of the money will be spent in more prevention campaigns and awareness programs, as well as in further research on gambling. The largest percentage, about \$10 million, will be allocated to treatment and support programs for compulsive gamblers and their family members.

For many people, gambling is an enjoyable form of entertainment. For some, it may also be an outlet for their competitiveness or a way to experience a rush. For others it may mean an escape from unpleasant feelings or a way to feel successful. Again others gamble to solve their financial problems.

Common types of gambling include 'playing' the stock market, casino gambling, bar games, Internet gambling, betting on sports events or horse and dog races, lotteries, scratch tickets, game shows, bingo and card games. Occasional gambling can be rather harmless, but there always exists a danger to gradually spend more and more money, time, and emotional energy on it, to a point where one gets addicted and turns into a compulsive gambler.

Compulsive gamblers — also known as excessive, pathological, problem, or troubled gamblers — are driven by an uncontrollable urge to gamble. Although they might feel

guilt and remorse about the consequences of their gambling on personal or family life, they still feel the need to continue and increase their gambling activities. After losing they are compelled to win back their losses in the belief that a little money well placed should bring a significant return. After winning, there is a strong urge to win even more, so they usually play until all money is gone.

Slowly, the preoccupation with gambling or gambling-related activities may take on such dimensions that the gambler loses any interest in other activities and slowly becomes more and more alienated from family, friends, and colleagues.

Moreover, there will be an increasing need to borrow money from multiple sources, sell off property or personal belongings, or engage in illegal activities to keep financing the gambling behaviour. Symptoms such as family or relationship breakdown, loss of employment, substance abuse, insomnia, depression, or suicidal thoughts are not uncommon among serious gamblers. To find alleviation from these symptoms, or to cope with loneliness or all the free time on their hands after the loss of a job, gamblers may become even more hooked on their compulsive behaviour.

Finally, they find themselves locked into the vicious cycle of gambling, creating problems, needing to flee from these problems, and more gambling ...

Problem gambling takes its toll on relationships with relatives and close friends. One of the most difficult dilemmas is when close ones are asked to help the gambler out with money, or when they discover unexplained debts, missing financial statements or disappearing assets. Although there is often a wish to bail out

the gambler, it also means enabling the gambler to continue his or her destructive behaviour, thus further contributing to the problem. There is also the temptation to work hard on making the gambler stop gambling, by pleading, lecturing, threatening, or checking up on them. As these tactics are generally failing, family and friends often end up feeling as powerless as the gambler him or herself.

What they do have power over, however, is protecting themselves physically, emotionally and financially. Even when they say "yes" to loving and caring for the gambler, they can say a clear "no" to gambling and to the manipulative or violent behaviour some gamblers resort to in order to get their compulsive needs met.

For those gamblers who recognize they need help, or for their close ones who want to consult a professional specialized in gambling, there is a confidential service available in every MRC of the Estrie region, free of charge. Rehabilitation programs consist of an average of 17 sessions. They are step-by-step, research-based, cognitive-behavioural programs, offered in both official languages. The focus of the individual and group sessions includes learning to recognize and avoid problem situations and mastering the ability to stop the gambling. There are also services for drug and alcohol problems.

For consultation or more information about treatment programs, one may call: Centre Jean-Patrice Chiasson (819-821 2500), Gambling: Help & Referral (1-800-461-0140), or the local Info/Sante of the CLSC.

— Lies Ouwerkerk, M.Ed., MFT is a licensed couple & family therapist with a private practice in Lennoxville. She is also a counsellor and lecturer at Bishop's University.

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COME TO THE FAIR

WEIGHT:

CONT'D FROM PAGE 1

This isn't Shanks' first experience with Weight Watchers. When he was 18 he joined and lost quite a bit of weight. But he admits he "got cocky" and fell back into his old eating habits.

"I went before and I barely stayed for a meeting," he said. This time he took it more seriously.

"This kind of a program (Weight Watchers) is a lifestyle, you have to change everything," he said. "I took it like a job or a religion and stuck to it. I took it as seriously as if I had a disease."

Shanks said he was supported in his efforts by his family. He also read the Weight Watchers program extensively, and at Thursday's meeting he could easily answer the questions of his fellow members.

By February Shanks began exercising, trying to

tone up after losing so much weight. He said he does about 3,000 crunches a week to tighten up his stomach. Along with cardio exercises he is also lifting weights to maintain muscle tone.

Along the way Shanks also quit smoking, a tough thing to do, especially for anyone trying to lose weight. With his self confidence and his energy levels up, he says he's now looking for a new job.

"At Owl's Head I was working so hard just to get around," he said. "By the end I was running. It was so much easier."

In recent weeks he says his body is getting used to not eating as much, and he can occasionally treat himself. Recently he had his first poutine in months, after he had his big salad first.

"But boy did it ever taste good," he said.

To honor his accomplishment Shanks was awarded a lifetime membership to Weight Watchers at the weekly meeting at the Manoir Lac Brome Thursday.

THE RECORD

Sports

INSIDE
 American Jennifer Capriati drops straight-set loss to Mauresmo in final ... see Page 14

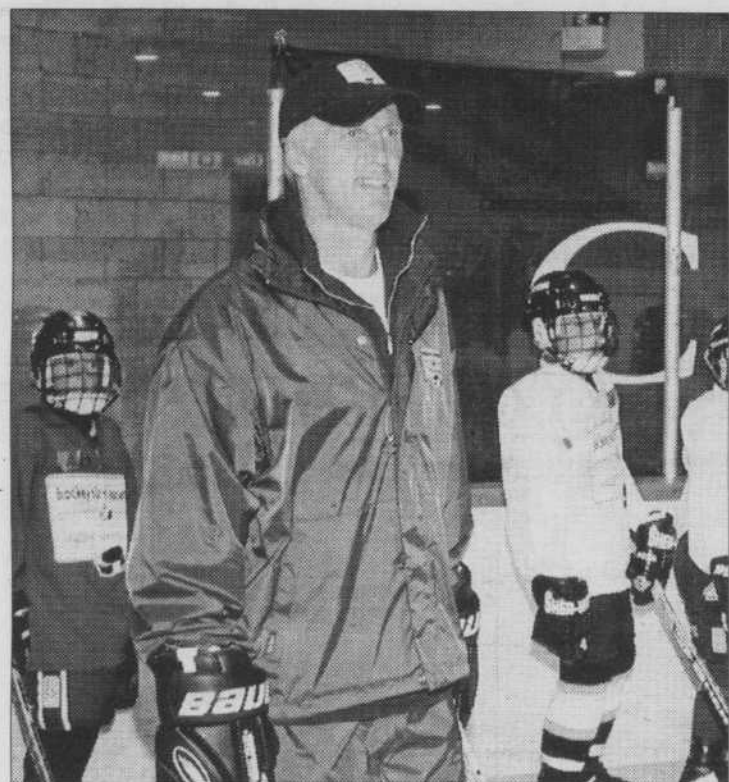


JAMIE ZACHARY, CORRESPONDENTS' EDITOR

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MONDAY, AUGUST 19, 2002 PAGE 13

Bossy mentors at Sherbrooke hockey camp



PERRY BEATON/SPECIAL

Mike Bossy, three-time winner of the NHL's Lady Byng Trophy for sportsmanship, was in Sherbrooke Saturday to mentor area youth.

By Scott McLean
 SPECIAL TO THE RECORD
 SHERBROOKE

During Mike Bossy's Hall of Fame career he was renowned for a number of things, among them leading the New York Islanders to four consecutive Stanley Cups and scoring 50-plus goals in nine straight seasons.

But above all else, Bossy was known throughout the league for his sportsmanship. The former New York Islanders, who was inducted into the Hall in 1991, won the Lady Byng Trophy, given to the most sportsmanlike player, three times during his illustrious career.

Bossy passed on some of his good sportsmanship to young hockey players in Sherbrooke last weekend as part of the Chevrolet Safe and Fun Hockey Camp. The touring program is the brain-child of Bobby Orr, and is designed to promote a philosophy of "respect, responsibility and trust," to 100 children from across the Townships.

The main focus of the program, which also visits St John's Nfld., London, Ont. and Calgary, Alta. is to reach children at such a young age, a time that is critical for not only their development as hockey players, but as individuals as well. It teaches the youngsters both on and off the ice, including skill development,

drills, games and safety instruction.

The program also focuses on parents and the mistakes that often can hinder the enjoyment of hockey for their children. Manuals are given to parents and coaches in hopes of spreading the teachings of safe and fun hockey. Dr. Vern Stenlund, a professor of Education at the University of Windsor, designed the manual, and also helped create the program with Hall of Famer Bobby Orr. Orr then sought out the help of other role models, including Bossy.

"I've been involved right from the start," said Bossy outside the Rock Forest Arena. "The program was initially thought out by Bobby Orr and Vern Stenlund, who then approached G.M. (General Motors) with the project, and then after that I was approached along with Cassie Campbell."

Much talk about minor hockey recently has been focused on the stands, where parents have gotten into verbal shouting matches with other parents and have even come to blows. One such incident in Massachusetts resulted in a child watching his father die at the hands of the father of a fellow teammate.

"As former players, we can talk about things like that. It's our responsibility to instruct the kids and parents on how to properly conduct themselves.

"We've gone across Canada with this initiative and it's nice to be in a program that not only focuses on the basic skills of kids six to nine years old, but also allows us to give the manuals to both parents and coaches."

The manuals are designed to make adults aware of the problems facing minor hockey, and to raise awareness of what exactly constitutes good sportsmanship. It also instructs the coaches on how to teach these values to their players, in order to create a new level of respect for the game and those involved.

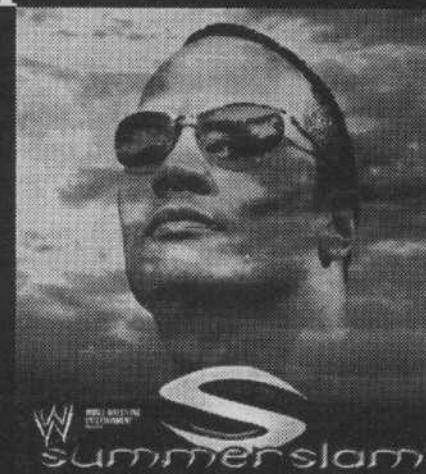
"It's a great initiative, and I really enjoy getting out there and into the community to help teach these values."

Bossy also spoke about how, in an era notorious for its level of violent play, he was able to only amass 210 career penalty minutes, and be selected for the Lady Byng trophy three times.

"It was just a matter of keeping my cool, which is important in playing in the National Hockey League, because you are often placed in situations, whether you want to or not, that can make you lose your cool. It's just a matter of keeping your nose clean."

Win

a pair of tickets!



SUNDAY, AUGUST 25th 8 P.M.

at **Cinéma 9**

"Pre-Show"

starting at 7 p.m.

Lots of great prizes to win!

THE RECORD will draw 5 pairs of tickets Thursday, August 22nd. To enter our give-away contest simply clip out 2 World Wrestling Entertainment /Cinema 9 logos that will appear on various pages of The Record between now and August 21st. Send them to:

WWE Contest
 RECORD

Box 1200, Sherbrooke (Québec) J1H 5L6
 or drop them at our office at:
 1195 Galt St. East, Sherbrooke

Drawing will take place Thursday, August 22nd at 10 a.m.

Death

DUBOIS, Mrs. Berthe - Visitation will be held at the funeral home on Monday, August 19th, 2002 from 2 to 4 p.m. and from 7 to 9 p.m., Tuesday, August 20th, 2002, from 11:30 a.m. The funeral service will be held on Tuesday, August 20th, 2002 at 2 p.m., at the St-Félix de Kingsey's Church in St-Félix de Kingsey. Pauline Fecteau, dir., Centre Funéraire Yves Houle & Frère, 198 Adams St., Richmond.

Card of Thanks

GILBERT - I want to express my sincere thanks to those who sent cards, flowers, gifts and visited me while I was a patient in the CHUS and Youville Hospital. Special thanks to June, Cathy, Joyce and the St. George's Church Women for the sunshine basket.

ANNABELLA GILBERT

Spring Fever

Spring is here
And I'm sick as a dog
I'm sure that you
Don't expect me to do

All those Spring jobs
For raking up sticks
And leaves, and assorted debris
Makes me ready to heave

Though I know that
The grass is already turned green
And the buds on the trees
Will soon become leaves

But really, I don't have the strength
To get up from my knees
And I surely must have
A fever of 100 degrees

You must be able to see
That a healthier man is in need
To go out and do
All those Spring deeds

No, I don't need a doctor
Just let me suffer
In silence please
I'll be just fine in time

What did you say?
Miss Adams is walking this way?
Fetch me my boots and gloves
I think that I've made my recovery

By Steve Lamb

Death



MINISH-COOPER, Loraine Frances, B.Sc., L.L.B. March 23, 1951 - August 15, 2002 - After a courageous battle with breast cancer, Loraine passed away peacefully at home in Yellowknife, NT, on August 15th, 2002, in the loving presence of her beloved family and closest friends. She departed this life as she lived it - with courage, dignity and an indomitable spirit. Deeply mourned by her husband, Donald Merrill Cooper and their three daughters, Merrill, Megan and Margot; her loving parents Roy and Edith Minish of Swan River, Manitoba; her three brothers, Reid (Val: Melissa, Brittney), Brian (Cathy: Deanne, Brenna) and Blair (Jill: Hans, Carly), all of Swan River; Everett Cooper (Margaret Anne) of Lennoxville, Quebec and David Cooper

(Kathy: Jason) of Thunder Bay, Ontario. Loraine's many aunts, uncles, cousins, nieces and nephews will also remember her with great love and affection. Loraine was a very special friend and colleague to so many. Her legal career was distinguished and included a term as President of the NWT Law Society, but it is her complete devotion to her family and her insatiable passion for gardening that will be especially remembered by all who knew and loved her. A Celebration of Loraine's Life will be held in Yellowknife on August 23rd. Friends are invited to share memories and photos of Loraine, which will be added to a Book of Remembrance which is being compiled for the family. Messages can be sent to Don and the girls at dcoop@theedge.com or to 4908 Matonabee Street, Yellowknife, NT, X1A 1X8. In lieu of flowers, donations are being accepted by the YK Community Foundation to establish and maintain a Garden of Hope in Loraine's memory. It was Loraine's wish that the Garden of Hope would be a place of peace and comfort. It will be symbolic of her struggle and that of all women against the deadly scourge of breast cancer and the hope it will be eradicated. Donations may be sent to: Loraine Minish-Cooper Memorial Fund, c/o Yellowknife Community Foundation, PO Box 1620, Yellowknife, NT, X1A 2P2. The family would like to express their heartfelt thanks for the incredible support that has been given to them and Loraine by the people of Yellowknife over the past four years, and to the wonderful team of health care professionals who cared for Loraine throughout her illness.

Deaths

McDONALD, Helen Mary - Peacefully at La Maison Aube-Lumiere, Sherbrooke, Que., on Saturday, August 17, 2002, Helen McDonald in her 81st year. Left to mourn her death are her daughter Joan (Allen) McComb, five grandchildren, six great-grandchildren and one great-great-grandchild. Also her two brothers; John (Marie) and Donald. She was predeceased by her brothers: Robert, Peter, George and her sister, Margaret. A graveside service for family and friends will be held on Saturday, August 24, 2002 at 3:00 p.m., in the Cookshire Cemetery. Rev. Canon Ron West officiating. In her memory, donations to La Maison Aube-Lumiere, 220 Kennedy St. N., Sherbrooke, Que., J1E 2E7, would be appreciated by the family. Arrangements entrusted to Cass Funeral Home, (819) 564-1750.



MOREAU, Odette - Passed away at the CHUS Hotel Dieu Hospital, Sherbrooke, Que. On Tuesday, August 13th, 2002 in her 54th year. Odette Moreau, dear mother of Jennifer Pryce (Evan Mooney), Julie Younglove, (Troy Younglove), Christopher Pryce and Snow Rousseau (Steven Harris). Cherished grandmother of Caleb Younglove, Anniken and Harmonie Richard. Dear sister of Paule Letourneau, Louise Girard, Rita Moreau and Rosaire Moreau. Odette also leaves to mourn the father of her children, Roger Pryce and many other relatives and friends. Resting at the Cass Funeral Home Inc., 6 Belvidere St., Lennoxville, Que., (819) 564-1750, where friends may visit on Monday, August 19th, 2002 from 2 - 4 and 7 - 9 p.m., and on Tuesday from 10 - 11 a.m., followed by a funeral service at 11 a.m. Interment to follow at Reedsville Cemetery, North Hatley.

From the Pens of E.T. Writers

The Winds of Change

The winds of change
now blow over my life's barren
range;
their gusts have turned all to
dust:
Such a personal inner void seems
to steadfastly remain...
Trivial tangibles for my lifetime
of toil - a lifetime of pain.

In the overall, I am proud of the
two trees I have grown;
With healthy roots they have prospered
and held strong...

Despite all, I am happy with the
seeds that I have sown;
Thanks to them, I feel the winds
of change did less wrong.

To be their dad...in the predestiny
of the winds of change;
Among all the bleakness that
makes today's lonely range...

I walk tall because of the existence
of those two trees...
And I thank God for the wind of
love I find in each breeze!

G. Lawrence Brown

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.

North 08-19-02			
♠ A 5 2			
♥ K			
♦ Q J 10 6 4			
♣ 7 6 4 2			
West		East	
♠ 10 8 4 3		♠ 9 7 6	
♥ A 9 7 6 4		♥ Q J 8	
♦ K 2		♦ 7 5	
♣ 8 3		♣ Q J 10 9 5	
South			
♠ K Q J			
♥ 10 5 3 2			
♦ A 9 8 3			
♣ A K			
Dealer: South Vulnerable: East-West			
South	West	North	East
1 NT	Pass	3 NT	All pass
Opening lead: ♥ 6			

Monday, Aug. 19, 2002

The defenders can alphabetize, too

By Phillip Alder

Two weeks ago, I featured Dave Huggett's five-letter mnemonic device to help declarer plan the play at trick one. Because I have a razor-sharp mind, eventually it occurred to me that the defenders could use the same routine. This week, therefore, let's see how it works.

First comes A is for Analyze the Opening Lead. You are sitting East, looking at your hand and North's. Against three no-trump, your partner leads the heart six. How would you plan the defense?

After this auction, West's card is surely fourth-highest from his longest and strongest. So, apply the Rule of Eleven: 11 minus 6 equals 5. This means that there are five hearts above the six in the North, East and South hands combined. Since you, East, can see four of them, you know South has only one heart higher than the six. Which one is it?

If it is the seven, West has a suit headed by the A-10-9-6 and probably would have led the 10. And if South has the ace, West holds 10-9-7-6-x(x) and certainly would have led the 10. So, South should have the nine or 10.

This means you should play the queen under dummy's king, which serves two purposes. First, it tells partner about the queen and jack. (You cannot have a singleton queen, because that would leave South with six hearts.) Second, playing the queen unblocks the suit.

At trick two, declarer will take the losing diamond finesse. After winning with his king, West should lead a low heart to your jack. Then, you return the heart eight, permitting West to win three more tricks in the suit to defeat the contract.

Take some time to get to know him better

Annie's Mailbox

Dear Annie: I met "Kurt" in March. In May, he asked me to move to Florida with him, and I accepted. I know things happened rather quickly, but it was so right for us. I am convinced he is my soul mate, and I have never been happier. There is only one thing that bothers

me. Kurt is extremely jealous.

90th Birthday

Happy birthday to Cecil Ross of St. Paul's Rest Home, Bury, who will be celebrating his 90th birthday on August 23rd.

*Love and best wishes
from your family*

I am not a flirt, but I am outgoing and sociable. Any time I speak to another man or look at a guy for more than a few seconds, Kurt becomes angry. He insists I am thinking about seducing these men. I have no such thoughts, and my behavior is perfectly normal, but Kurt doesn't agree.

I don't want to shut myself up all day so I don't accidentally flirt with anyone. How can I make Kurt understand that I love only him? — Sad in Florida

Dear Sad: Your relationship with Kurt worries me. He is demonstrating three classic signs of a potential abuser: He has pushed the relationship into a serious stage rather quickly, he has convinced you to move away from familiar people and surroundings, and he is excessively and irrationally jealous. Be

careful.

I urge you to move out of Kurt's home immediately. He may be perfectly harmless, but it would be wise to take some time to get to know him better. Ask his friends about his general behavior and his previous relationships. Tread cautiously, dear. I don't want you to become another statistic.

Dear Annie: My husband recently bought a fancy Porsche. He did not discuss this with me in advance. He just showed up at the curb with it. We now have three car payments — one for the Porsche and two for our other cars, both of which are perfectly usable, by the way.

We have too many bills, and it is becoming difficult to keep up. My husband loves cars and can't seem to wait until we get rid of one before he buys another. He puts everything on our charge cards, and the debt is piling up.

My husband holds down two jobs to pay off the bills, but he hasn't changed his spending habits. At this rate, we will run out of money in a year. I am really stressed out. What can I do? — I'd Rather Ride a Bike in Maryland

Dear Bike Rider: Your husband needs to work within a set budget before he runs your finances into the ground. Check your phone book under "Consumer Credit, Counseling," or send a self-addressed, stamped envelope to the National Foundation for Credit Counseling (NFCC), 801 Roeder Rd., Suite 900, Silver Spring, MD 20910. You can also contact the NFCC by phone at 1-800-388-2227 or through its Web site at www.nfcc.org. The folks there will help you work out a plan to keep your finances under control. Please contact them today.

Dear Annie: I am an agnostic. I believe in God but do not practice or belong to any organized religion.

At some future point, I will need to plan my funeral. Every service I have attended is presided over by a member of the clergy who makes the deceased sound like a religious saint. Please tell me how to arrange something that suits my needs. — No Particular Religion in Washington, D.C.

Dear D.C.: There is no reason a member of the clergy must officiate at your funeral. Contact the funeral home of your choice, and ask if the service can be conducted by someone else. Many services are run by friends and family. If you are being cremated, a memorial can be held anywhere, any time, and you can choose the person you would like to officiate. Meanwhile, please stay healthy.

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

Graduation



On May 21, Michael Rychard of Cowansville, Quebec went into a 10 week basic training program at St. Jean, Quebec for the Canadian Armed Forces. On July 25th he graduated at the Military Camp at St. Jean, Quebec. Michael is now part of, "The Canadian Armed Forces". We are very proud of you, Michael.

Graduation



Lana Paxton, youngest daughter of Lance and Barbara Paxton of Coaticook, graduated from Bishop's University, Lennoxville, Quebec on June 8, 2002, where she received a degree in Bachelor of Business Administration (Concentration Accounting with distinction). Lana is the granddaughter of Don and June McCormick of Sawyerville, and Bernard and Geraldine Paxton of Coaticook. She is currently working at Statistics Canada in Ottawa, Ont.

Congratulations Lana from Paul, Myriam, Shawn, Jeremy, Tina and Anthony

CELEBRITY CIPHER

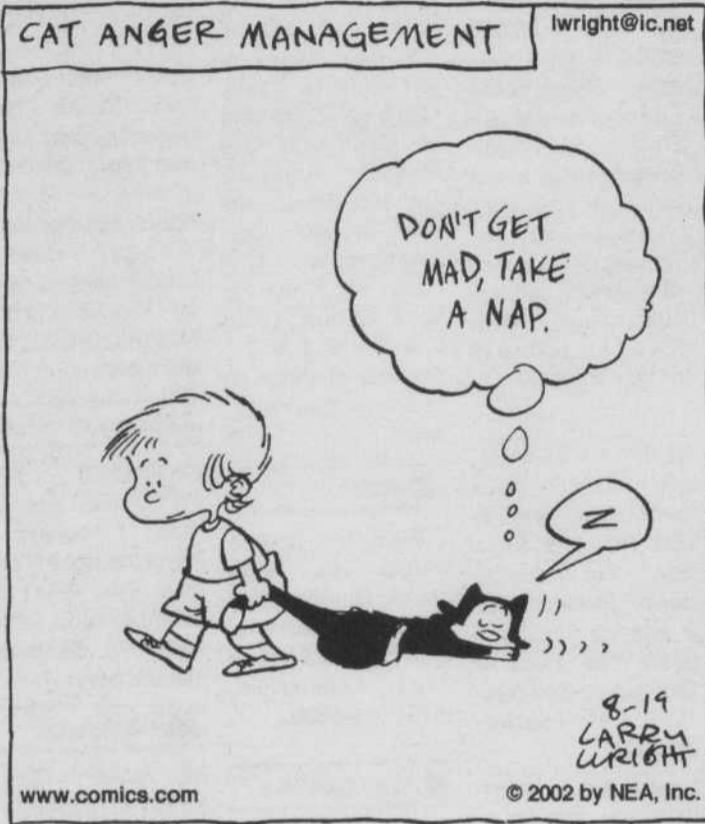
by Luis Campos

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

"PM P NPHLG TZJXLE CLZ
NPMLCPRL0, VL VJWNG ZLHLE
OLL TZJXLE JZL NPD L CLG
VPNNPTRO." - XTNN JM MTRL
RTZTYLE OKTE DI TZGLEOJZ

PREVIOUS SOLUTION - "Contrary to what you've heard, I did not entertain the troops at Valley Forge." - Bob Hope
(c) 2002 by NEA, Inc. 8-19

KIT N' CARLYLE

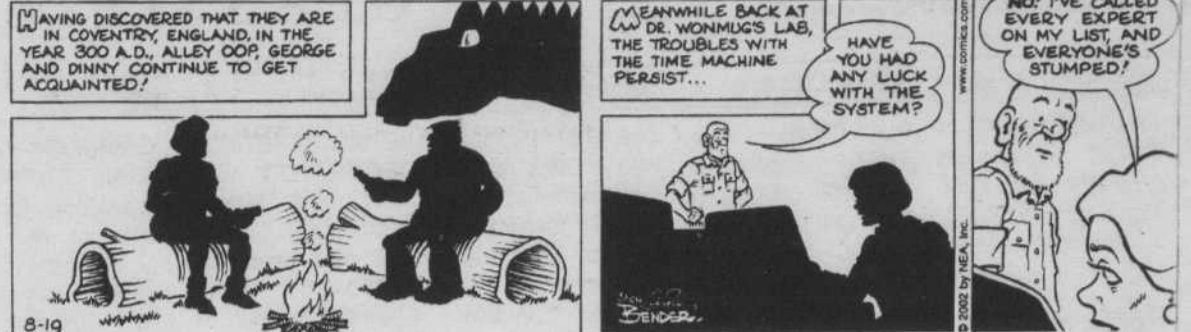


HERMAN



"You're the first guy who's moved onto this street with a bench saw!"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



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OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

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ATTENTION: 50 supervisors needed to work at home online. \$1,500.+ p/t or \$3,000.+ f/t. www.switchonfreedom.com.

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FULL-TIME POSITION available - Vacation Property Housekeeper, Magog area. Must have excellent laundry, cooking and cleaning skills. Very high standards required. Must be able to plant, maintain and harvest large vegetable garden. Must drive, enjoy children and dogs. Must be fluent in both languages and swimming, non-smoker, maintain household in owners absence. Must be available to work some evenings while owner is in residence. Apply in writing, with references, to Box 334, c/o The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7.

035 For Rent

100 Job Opportunities

THE ALASKA HIGHWAY NEWS has an immediate opening for a news/sports reporter starting September 30. The successful candidate must be proficient in CP style, photography, QuarkXpress and sports. A 35 mm camera and vehicle are a necessity; prior experience at a daily newspaper and strong news writing skills would be an asset. The Alaska Highway News is published Monday through Friday with a daily circulation of nearly 4,000. Fort St. John is situated in the hearts of B.C.'s booming oil and gas industry and is diverse and rapidly growing community of 17,000. If you can write clean, tight copy and take clear, crisp photos, and are interested in working in a demanding and innovative newsroom, this is the place for you. Please send a cover letter, resume and writing samples to: Wade Tymchak, Managing Editor, Alaska Highway News, 9916-98 Street, Fort St. John, B.C., V1J 3T8, fax (250) 785-3522, email: ahnews@awink.com (only shortlisted applicants will be contacted).

WANTED: CLASS 1 drivers for New England, flatbed and van work. Call Bill or Larry at (450) 243-6490.

125 Work Wanted

HANDYMAN - To do odd jobs, repair jobs, rake lawns, yard work, carpenter jobs, paintings, wallpaper, etc., chores for farmers, and have truck and trailer. Call Bruce at (819) 842-2025.

130 Courses

BE AN INTERIOR DECORATOR with our great home-study course. Call for your free brochure. 1-800-267-1829. Sheffield School of Interior Design, 1443-38 McArthur Ave., Ottawa, Ontario, K1L 6R2.

CREATIVE WRITING WORKSHOP, \$100., 8 weeks, starts September 25, Wednesdays 7 p.m. to 9 p.m., North Hatley Community Hall. (819) 842-1489. mbarker@abacom.com.

140 Professional Services

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TONY THE PAINTER will do painting and handy work. Free estimate. Call (819) 846-1763.

150 Computers

NEED A COMPUTER, don't have cash? The original IBM PC, just \$1 a day, no money down! The Buck A Day Company. Call: 1-800-666-3547, www.buckaday.com.

150 Computers

COMPUTER TECHNICAL SUPPORT: On-site help, for your home or business PC. We come to you! Friendly, competent and experienced. Microsoft Certified Professional. Call today: Sherbrooke (819) 569-9990, Knowlton (450) 242-2306, Montreal (514) 934-2472, toll-free 1-866-569-9990 or email: support@northern-crown.com (15% discount for seniors 60+ and not-for-profit organizations).



Have a computer to sell? Make your classified stand out. For **\$10.00** more per day, run a **photo** with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **(819) 569-9525.**

155 Travel

TIME SHARE RESALES. Worldwide Selection. Era Stroman since 1979. Call now! Buyers call 1-800-613-7987. Sellers call 1-800-201-0864. www.timesharelink.com.

190 Cars For Sale

CRIMINAL RECORD? Pardon: permanently seals a criminal record and removes the obstacles. Waiver: allows you to legally enter the U.S. Free information booklet, call 1-800-661-5554. www.pardon-servicescanada.com.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. BluBarn Antiques (819) 884-2151, (819) 837-2680.

290 Articles For Sale

FUTURE STEEL BUILDINGS - Durable, Dependable, Pre-engineered All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call today 1-888-534-2121 ext. 616 for free brochure.

NEED A COMPUTER. Don't have cash? The original IBM PC, just \$1 a day. No money down! Unlimited AOL & interest free for 1 year. The Buck A Day Co. 1-800-894-1289. www.buckaday.com.

SAMSUNG FLAT SCREEN TV's. 27", 20" & DVD Player all for just \$999 or a \$1 a day. No money down! The Buck A Day Co. 1-800-291-2925. www.buckaday.com.

SAMSUNG FLAT SCREEN TV's - 27", 20" & DVD player all for just \$999 or a \$1 a day. No money down. The Buck A Day Co. 1-800-332-8831. www.buckaday.com.

SAWMILL \$4995.00. All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacture of sawmills, edgers and skidders. Free information. 1-800-566-6899, ext. 400. OT.

315 Horses



SUMMER DAY CAMP, 8:30 a.m. to noon or 1 p.m. to 4:30 p.m., daily or weekly, 4-16 years. Come celebrate your birthday with the Morgans. Lessons and trail rides available for adults and handicapped. Call early for reservations. **Anna (450) 538-3387.** http://cs.ubishops.ca/morepleasuremorgans.

325 Poultry

TURKEYS - 3 to 5 weeks old, large breed. Ducks, fancy poultry, chickens, etc. Mason's Feather Farm, Lennoxville, (819) 564-8838.

425 Bus. Opportunities

#A-1 GOVERNMENT FUNDS. Government Assistance Programs. Information available for your new or existing business and farm. Take advantage of the Government Grants and Loans. Call 1-800-505-8866.

AS U.S. Dollar falls, profits rise. Find out how to take advantage of a falling U.S. dollar and potentially turn \$5K into huge \$\$\$ profits in 30 days. For free Trading Kit/Special Report call 1-800-663-3105 (24 hours).

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425 Bus. Opportunities

ENERGY WATER! Canada! Molecular Correction Technology. \$300K. per year potential with international biz package. Leads provided. Serious inquiries only. (403) 770-0711 (24/7 rec. message).

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430 Personal

CANADA'S TOP PSYCHICS. Are you ready to believe in Psychics again? Call now, you won't be disappointed! 1-900-451-7070, \$2.95 per minute. 18+.

440 Miscellaneous

BE HAPPY! Don't worry! #1 Psychics - Accurate & Caring Mystical Connections. \$2.99/min. (5 a.m. - 1 a.m. Pac. Time) 18+ 1-900-677-5872 or Visa/MC 1-877-478-4410. www.mysticalconnections.ca.

LOOKING FOR RETIRED person (couple) with country life and farm equipment experience, new house available. Call (450) 671-1216, weekend (450) 292-5243.

Find a deal on a plumber or a plum of a deal in the Classifieds



Fordyce Branch Women's Institute Outing

COWANVILLE

On August 7, 2002 the W.I. members

were invited for our yearly outing at du lac Gale, Bromont, Quebec. We all gathered under the trees near the pool.

There were 18 members. Some of the members fished in the pool. One member, Paulette Mahannah got four fish, 1st vice president, Jean Scott got one fish and Norma Sherrer didn't get any fish.

Esther Mason is in hospital, we all signed a get well card and also a card for Roc Auger a friend of Isabell Sutherland's. The members brought sandwiches for the picnic. Two cakes were made by Mary Enright (2nd vice president).

Drinks were tea and coffee. Around five o'clock we all said "Grace".

We all enjoyed the sandwiches and cake, also ice cream.

Mary Enright has some lovely flowers.

Gert Barrand read something from the newsletter.

The members enjoyed a very nice afternoon at the Enrights.

We all took off for home, safe journey home.

Next meeting September 4 at the church hall.

Submitted by
Rose Monteith
Publicity Convener

Your Birthday

Monday, Aug. 19, 2002

Something you've worked hard and long for concerning your work or career could become a reality in the year ahead. All that time you put into it will now become worth it.

LEO (July 23-Aug. 22) — So long as you appreciate others for their qualities and talents today, your relationships with them will be quite cordial and productive. Trying to push them into your mold could lead to unpleasantness. Major changes are ahead for Virgos in the coming year.

VIRGO (Aug. 23-Sept. 22) — Negative imaginings can dilute your effectiveness today and result in feelings of depression that will be based more on fantasy than on fact. Don't let anything get you down.

LIBRA (Sept. 23-Oct. 23) — Your good intention to treat others in a noble fashion may go by the boards today when you're suddenly faced with real life situations.

SCORPIO (Oct. 24-Nov. 22) — By following your own instincts in career matters today, you'll have no trouble achieving pleasing results. This may not be true, however, if you listen to another's thoughts.

SAGITTARIUS (Nov. 23-Dec. 21) — Important judgments should be made today only after careful and serious deliberations. Failures to do so could cause you to make hasty decisions you'll later regret.

CAPRICORN (Dec. 22-Jan. 19) — Take pride in your accomplishments today and do not allow anyone to shake up your sense of security by making you feel inadequate or by causing you to humble yourself needlessly.

AQUARIUS (Jan. 20-Feb. 19) — If you want to offer someone a compliment today, say it directly to him/her. A surrogate may relay what you say in a sarcastic manner, instead of with the praise you intended.

PISCES (Feb. 20-March 20) — An objective you want to achieve today doesn't appear to be too big of a problem to at-

tain. However, inviting another along for the ride could cause you to make a few wrong turns.

ARIES (March 21-April 19) — You'll have no trouble dealing with associates who are familiar with you and your credentials, but with those people where your abilities are unknown, you may have to prove yourself today.

TAURUS (April 20-May 20) — Admiring the fruits of others is okay, but coveting something that another has justly earned will only bring you heartache. Aspire only to that which you produce yourself.

GEMINI (May 21-June 20) — If your outlook is a trifle Pollyannaish today, you could get yourself a bit unruffled and confused when you are forced to make a judgment based on cold, hard facts.

CANCER (June 21-July 22) — A failure to speak up and claim your rights today will leave what is rightly yours to go uncollected. Don't pussyfoot around and let others take advantage of you. Be direct.

CROSSWORD

ACROSS

- 1 Aussie's pals
- 6 Home of Paris
- 10 Letters of 1250
- 14 Higher than
- 15 Pit
- 16 ___ vera
- 17 Parking officers
- 19 Sun Microsystems language
- 20 Beer choice
- 21 West Coast seagull
- 22 Authorize
- 24 ___ crying out loud!
- 25 Garson of "Mrs. Miniver"
- 26 Mightier
- 30 Journalist Bly
- 34 John Glenn's state
- 35 Anon's partner

- 37 Bartletts
- 38 In case
- 39 Supped
- 41 Aid in crime
- 42 "Golden Boy" dramatist
- 44 Nathan of "The Birdcage"
- 45 No longer here
- 46 Pageant bands
- 48 Sets of teeth
- 50 Make joyful
- 52 Fury
- 53 Heart of Dixie
- 56 PGA member
- 57 Diamond stat
- 60 Garr of "Tootsie"
- 61 Local playground, perhaps
- 64 The ___ Office
- 65 Depression migrant

- 24 Treat a group
- 25 Lobbed explosive
- 26 Singular performances
- 27 Actress Bara
- 28 Gets up
- 29 Depravity
- 31 Toil
- 32 Dunne or Cara
- 33 Bob of the PGA
- 36 Philosopher Descartes
- 40 "Casino" star
- 43 Actress Ward

- 47 Delilah's fella
- 49 Fishes from a moving boat
- 51 Tasteless
- 53 Minute particle
- 54 Son of Leah and Jacob
- 55 Asian sea
- 56 Baudelaire or Rimbaud
- 57 Track event
- 58 Upholstery nail
- 59 Out of work
- 62 Hurry up!
- 63 "___ Are My Sunshine"

Saturday's Puzzle Solved

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S	T	O	L	E	S				S	T	A	P	L	E	R	S		

DOWN

- 1 Call from the crib
- 2 Second of Adam's sons
- 3 Lug about
- 4 Adam's mate
- 5 Sunday speech
- 6 Return to liquid
- 7 King of France
- 8 Made longer ago
- 9 Sycophants
- 10 Big time for batters
- 11 Talon
- 12 Sheltered harbor
- 13 Goneril's father
- 18 Combined
- 23 Chick's comment

TMSPuzzles@aol.com

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By Norma Steinberg
San Francisco, CA

8/19/02

VALIER SUNFIRE CAVALIER
 SUNFIRE CAVALIER



THE COMPETITION IS TURNING YELLOW



4-DOOR VLX MODEL
CHEVROLET  **CAVALIER**

\$0

cashdown**

\$0

GM pays the first monthly payment**

\$0

GM pays the security deposit**



\$255/MONTH*

- 5-YEAR OR 100,000 KM POWERTRAIN WARRANTY
- AIR CONDITIONING AT NO CHARGE
- 115 HP L4 2.2 L ENGINE ■ 4-SPEED AUTOMATIC TRANSMISSION WITH TRACTION SYSTEM ■ REMOTE KEYLESS ENTRY SYSTEM AND POWER DOOR LOCKS ■ AM/FM RADIO WITH CD PLAYER
- DRIVER AND FRONT PASSENGER AIR BAGS ■ 4-WHEEL ANTI-LOCK BRAKING SYSTEM ■ AND MORE...

CLEARANCE PRICE

THE COMPETITION IS SEEING RED



4-DOOR SLX MODEL
PONTIAC  **SUNFIRE**

\$0

cashdown**

\$0

GM pays the first monthly payment**

\$0

GM pays the security deposit**



\$255/MONTH*

- 5-YEAR OR 100,000 KM POWERTRAIN WARRANTY
- AIR CONDITIONING AT NO CHARGE
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CLEARANCE PRICE



Your Quebec **Dealers**

Chevrolet and Pontiac Buick GMC Dealers' Associations of Quebec recommend consumers read the following information. Limited time retail offers applying on new following selected 2002 vehicles in stock: Cavalier VLX (1JC69/R7B) and Sunfire SLX (2JB69/1SB, MX0, C60). Models shown are for illustration purposes only. *Monthly payments based on a 48-month lease. Freight and preparation included with lease. Licensing, insurance and taxes extra. Fee of 12 ¢ per kilometre after 80,000 km. ** Valid on lease for 24 to 48-month terms only. No cashdown required and no security deposit required. First monthly payment (taxes included) is paid by General Motors. Dealers are free to set individual prices. Subject to GMAC financing and credit approval. Dealer trade may be required.

For the latest information, drop by your local dealer, visit gmcanada.com, or call 1-800-GM-DRIVE.