

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

65 CENTS

TUESDAY, JULY 4, 2000

Tory MP casts ballot for Preston Manning

By Shawn Berry

The Progressive Conservative Member of Parliament for Shefford was part of another losing vote last Saturday when she decided to cast a vote in favour of Preston Manning as Canadian Alliance leader.

Diane St-Jacques, who was accidentally given a Canadian Alliance membership card in the name of Margaret McDougall before the leadership race, reportedly said she was using her vote so no one else would, and as a strategic vote.

St-Jacques used the membership card and PIN number sent to her home two weeks ago to vote.

The Progressive-Conservative MP told La Voix de l'Est

that she voted for Manning because "it would help us if the image of the Reform party remained affixed to the Alliance. If elected leader, Stockwell Day could give people the impression that it is a new party."

St-Jacques, who also once received a Bloc-Québécois membership without asking for it, told the newspaper she voted because she feared someone else might use her vote.

The MP for Shefford noted that she never paid for the \$10 Alliance membership. She said she is unsure whether she will vote in the second round of the Alliance leadership race which pits Stockwell Day against Preston Manning.

Waiting For The Parade



BRUCE PATTON/CORRESPONDENT

Three-year-old Michael Bennett and his sister, Samantha, arrived early and waited patiently for the Canada Day parade in Hatley to get underway on Saturday. For more, please see page 5.

Enjoy The Record's Canada Day coverage



Hatley page 5
Bury page 7
Richmond page 10
E. Farnham .. page 14
Waterloo page 16

Also, read all about
The Record's open house,
with photos, on pages 8-9

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Drummondville students brought pioneers to life

The sign on the front door struck me: 100 acres other door. It was not the words that were strange. 'Hundred Acres' is the name of the play I was about to see. What jumped out at me was that the words were in English, posted on a building in the heart of the city of Drummondville.

Down to the gymnasium I headed, settling myself several rows back from the not-so-high stage, and admiring the set. I might want to scribble down a few thoughts, I mused. Thus, the search began for pen and paper. No amount of rummaging turned up a writing instrument. Panic set in. A sense of helplessness too. "Should I ask to borrow a pen from someone at the school," I pondered? No,

that wouldn't be fair to those preparing for the show. A feeling of desperation. No pen, no pencil - it was worse than being deprived of food or water.

Eureka! I suddenly recalled seeing a pen or two in the glove compartment of my car. As subtly as I could, I slid out to secure something with which to scribble. Yes, a pen was to be found, and I was able to return to my seat with time to spare for appreciating the effective simplicity of the props - the deep blue undulating St. Francis River in the foreground, the rich green hills and mountains in the background, and in between the the back



SUSAN MASTINE

tumes depicting the early 1800s, told the story of the opening of the area and its early settlers.

An original play, recently written by teacher-author-publisher Bill Duncan, 'Hundred Acres' is composed of rhyming couplets which give a lyric style to its presentation. In not so many words, we learn a lot about earlier times - a time

when there were no roads, no vehicles, no farms or villages around Drummondville; a time when land was divvied up into one hundred acre sections, each given away free with the condition that the person taking it over live there for three years.

The pioneers reached their new homes by foot carrying heavy loads of provisions and tackled the job of clearing the land of trees, one by one, with determination and vigour. The first order of business was to build a cabin, then to cleared more land for fields and gardens. From daylight to sunset, both men and women worked.

The first winter was long and harsh, food supplies ran low and rations had to be handed out. The settlers grew disheartened, not all of them stayed, but

some summoned their courage, developed the land and began families that would continue for generations.

Thinking of the steadfastness and dedication of the pioneers depicted in the play brings to mind the huge debt we readers of this newspaper owe to The Record's staff. They have coped with not only major losses and adjustments due to the fire, but also uncertainties associated with one real and one rumoured change of ownership. They have worked countless extra hours in temporary headquarters with borrowed furniture, in cramped surroundings and moved the entire operation not once but twice in the space of 18 months. The Record has always been known for the fierce sense of attachment its staff has for the paper. Never has that loyalty been as vital as during the past year and a half. Congratulations to the entire staff on your new facilities and the new presses. And thanks for all of your hard work and for your commitment.

And to the students of Drummondville Elementary and 'Hundred Acres' author and director Duncan, congratulations on this debut, symbolizing the revitalizing of the area's anglophone community, past, present and future. Well done!

Let the presses roll

Friday was "Open House" at the Record. Visitors saw the newly installed press begin rolling and learned that a finished newspaper is not just an amalgamation by a machine of paper and ink. The team in the shop, led by Serge Gagnon, Chief Pressman, who are observing, adjusting, worrying and sweating, are the important part of the finished product. The printing department is the final step in producing your newspaper prior to distribution to homes and news stands.

The smell of the ink and the vibration of the rolling press under your feet, makes one think of where the information, stories, ads and photos on the speeding

pages come from. Visitors were greeted by a happy, smiling group of people led by Randy Kinnear, the publisher; Sharon McCully, editor; Sunil Mahtani, correspondents' editor; Richard Lessard, production manager and Francine Thibault, production supervisor, as well as a group of very dedicated reporters and employees.

These people are the link that bind the Record into a tough operating entity that several changes of ownership, the loss of all its as-

OUR MAN THURSDAY



WILLIAM COX

sets in a fire and malicious rumors could not tear apart. When adverse events beset the Record, I feel the pain personally and I am only a freelance writer. Imagine the stress and anxiety on the dedicated employees who must sometime feel their security threatened. With this Open House in your new quarters and a running press, I feel the Record is stepping into a new era of stability and progress. Nothing can happen that you have not already had to survive, so the future can be faced with optimism.

I do not want to miss this opportunity to thank the people of the Record who have supported me since I submitted my first article over 3 1/2 years ago.

| | | | |
|--------------------|-----------------|--|-----------------|
| loto-québec | | <i>results</i> | |
| | Draw 2000-07-01 | WINNERS | PRIZES |
| 10 15 17 20 31 44 | | 6/6 0 | \$ 1,932,534.90 |
| Bonus number: 04 | | 5/6+ 13 | \$ 44,596.90 |
| | | 5/6 234 | \$ 1,982.10 |
| | | 4/6 12,988 | \$ 68.40 |
| | | 3/6 247,746 | \$ 10.00 |
| | | Total sales: \$ 14,094,511 | |
| | | Next grand prize (approx.): \$ 5,000,000 | |

| | | | |
|-------------------|-----------------|----------------------------|-----------------|
| | Draw 2000-07-01 | WINNERS | PRIZES |
| 07 11 13 23 29 47 | | 6/6 0 | \$ 1,000,000.00 |
| Bonus number: 41 | | 5/6+ 0 | \$ 50,000.00 |
| | | 5/6 33 | \$ 500.00 |
| | | 4/6 1,674 | \$ 50.00 |
| | | 3/6 26,081 | \$ 5.00 |
| | | Total sales: \$ 570,720.00 | |

| | | |
|--------------|-----------------|------------|
| Extra | Draw 2000-07-01 | PRIZES |
| NUMBER | | |
| 300424 | | \$ 100,000 |
| 00424 | | \$ 1,000 |
| 0424 | | \$ 250 |
| 424 | | \$ 50 |
| 24 | | \$ 10 |
| 4 | | \$ 2 |

| | | |
|--------------|-----------------|------------|
| Extra | Draw 2000-06-30 | PRIZES |
| NUMBER | | |
| 966572 | | \$ 100,000 |
| 66572 | | \$ 1,000 |
| 6572 | | \$ 250 |
| 572 | | \$ 50 |
| 72 | | \$ 10 |
| 2 | | \$ 2 |

| | | | |
|----------------------|-----------------|--------------------------------|-----------------|
| SUPER 7 | Draw 2000-06-30 | WINNERS | PRIZES |
| 04 06 13 18 21 36 43 | | 7/7 1 | \$ 2,500,000.00 |
| Bonus number: 12 | | 6/7+ 2 | \$ 67,515.10 |
| | | 6/7 63 | \$ 1,875.40 |
| | | 5/7 2,960 | \$ 142.50 |
| | | 4/7 83,156 | \$ 10.00 |
| | | 3/7+ 58,628 | \$ 10.00 |
| | | 3/7 517,797 | free play |
| | | Total sales: \$ 7,492,746 | |
| | | Next grand prize: \$ 2,500,000 | |

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Weather

Tuesday. Sunny with cloudy periods. High near 23.
Wednesday. Variable cloudiness. Low near 10. High near 22.
Thursday. Mostly sunny. Low near 10. High near 22.
Friday. Mostly sunny. Low near 9. High near 22. Normals for the period... Low 13. High 25.

Ben by Daniel Shelton



Reluctant hero emerges from smoky spa fire

Electrical fire causes \$500,000 damage at Euro-Spa in Saint-Ignace-de-Stanbridge

By Tom Peacock

On the phone, Christine Bihler made it very clear she didn't want to be trumpeted as a hero. When

she evacuated all her guests at Centre de Santé Euro-Spa during a smoky electrical fire last Wednesday morning at 8 a.m., she insists she was just doing her job - just doing what anybody would have done.

The fact that Bihler is five months pregnant didn't stop her from banging on all the bedroom doors and herding the spa's disoriented patrons through the smoky hallways towards the exits.

And then, when she found an 85-year-old lady cowering in her room, too afraid to come out, it didn't stop her from pleading with the lady for three minutes until she agreed to follow her out of the building.

"I didn't care if there was danger at that moment," Bihler said. "If you have a business and you're responsible for people...Sure I could have waited until they came down eventually, but it's not the same as waiting for them to come down for breakfast."

Bihler and the other employees on the scene managed to get all the customers down to safety, but there was little they could do to stop the fire.

"We could only watch, we could-



DAVID ANDERSON/CORRESPONDENT

The Bihlers plan to have part of the Spa operational immediately

n't do anything more. It went so fast, and it wasn't really flames, it was more smoke at first, and then the flames came faster."

The fire is estimated to have caused at least \$500,000 in damage - mostly to the older guest rooms and the spa treatment areas, like the indoor pool, the four hydro-therapeutic baths, steam sauna, exercise room, tanning area, and the hot and cold water tubs.

Bihler and her husband Joseph moved to Brome-Missisquoi almost eight years ago from Germany, and they have been running the spa now for six-and-a-half years. They hope to have it fully restored before their baby is born in December.

Unfortunately this peak season will essentially be a dead loss, and a lot of expectant customers will have to have their reservations postponed indefinitely, but the owners aren't too phased by

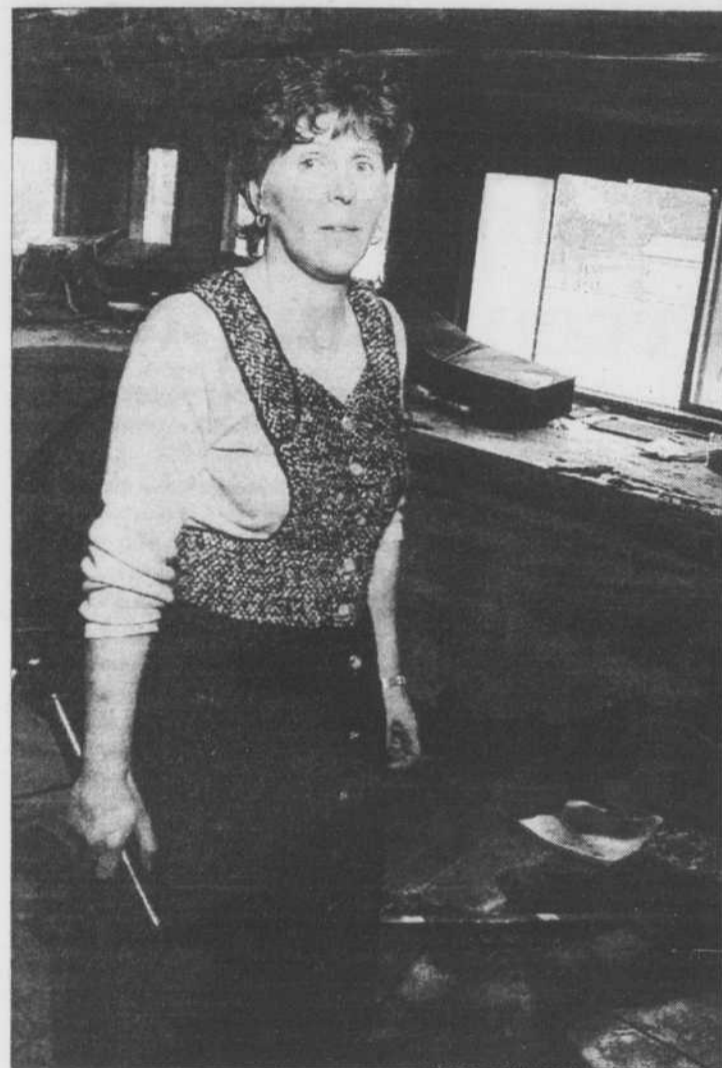
this turn of events. They are certain the business will bounce back.

"We can reopen our restaurant very soon, and we can also reopen the treatment rooms during the evenings, and we have six nice bedrooms left that haven't been touched by the fire" Bihler explained.

"I hope in early fall the business will continue as usual".

For now, the Bihlers can rest safely, knowing that everybody emerged unscathed from the fire, that the damage can be mended, and that Christine's heroism will be remembered by all those paying customers who were lucky enough to have her to guide them to safety.

"But just don't make a big heroic story out of it," she begged over the phone. "Everybody would have acted the same way."



DAVID ANDERSON/CORRESPONDENT

Christine Bihler says anyone would have acted as she did.

Hidden Stop sign blamed for crash

Staff

A two vehicle collision in Waterloo on Friday afternoon sent one driver to hospital in Greenfield Park suffering from severe head injuries.

The accident, at the corner of St-Joseph and De la cours streets, occurred when the driver of a white Toyota ran a stop sign which is apparently obstructed by branches and leaves. Sgt. Jean-Pierre Leclerc from the Waterloo detachment of the QPF said yesterday that police are investigating to determine if the vehicle failed to come to a stop.

The Toyota, driven by Jean-Claude Veilleux, a 56-year-old real estate agent,

hit a gold coloured van before crashing into a cemetery fence.

Waterloo firefighters had to help remove Veilleux from his vehicle.



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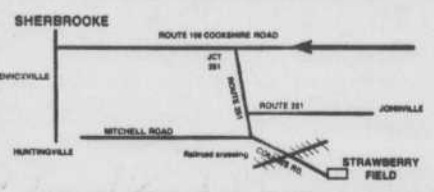
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Danville United Church needs \$15,000 for elevator

By Stephen McDougall
SPECIAL TO THE RECORD
DANVILLE

Due to an aging membership, the Trinity United Church in Danville has decided to install an elevator and is hoping to collect \$15,000 in donations to help pay for it.

"We already have three members who can't get up the stairs in the front or in the back and that makes it hard for them to attend the services," said Rev. Reginald Jennings.

"As our congregation ages, more will need help, so we think an elevator is worth the expense."

And what an expense. Jennings said their last two quotes from contractors

put the cost of the three-level elevator in the \$40,000-plus range.

Despite this, the congregation approved the project on June 18, provided the \$15,000 can be raised in the next two years. The rest of the cost will be covered by a loan from the church's endowment fund.

Jennings said he and other church members are still looking for a lower quote so as not to drain church funds too much.

"I know a church in Morin Heights that had to put in a similar elevator and it only cost them about \$30,000, so we're going to seek more bids."

The elevator is to be installed near the rear entrance of the church, so that

the elderly and the handicapped can either descend to the basement, or rise to the sanctuary and make their way to the pews. At present, members and visitors who have trouble walking have to be helped up the church's steep and numerous front steps.

The church is also frequently used for community events such as the Mack Sennet festival and various dinners and get-togethers.

"We want to be inclusive, and that becomes difficult if some of those wanting in can't use the stairs," said Jennings.

"We don't want anyone left out."

Volunteer Marlene Brown said the church has already collected \$972 from individual donations and hopes more

money will come in from fund-raising events such as an ice-cream social to be held in the basement next Saturday night, July 8.

Brown said other fund-raising events could include raffles and rummage sales.

"We even had someone offer us a cow as a raffle prize," she said.

"We're going to think about that one."

Jennings said revenue from future weddings and funerals will also go towards the project. Another fund-raising method will be to offer memorial plaques to be hung in the church in exchange for a donation.

Congestion cause of Canada Day collisions

Philip A. Godin and Shawn Berry
KNOWLTON

Residents of Brome Lake are questioning the town's policy of allowing parking on both sides of residential streets during major festivities after a collision and minor accident occurred during celebrations opening Canada Day festivities on Saturday.

The collision between a Volkswagen and an Acura, which occurred at the corner of Maple and Victoria streets in Knowlton, sent one driver to hospital with serious injuries. Three other people were treated for minor injuries.

"There just isn't enough space to maneuver around two-way traffic when cars are parked on either side of

the road," explained resident Thor Bishoprick, "and it's nearly impossible to see at intersections."

Police Chief Richard Burcome said the number of cars parked on both sides of the street could have been a cause of the accident. "It could have been that the driver's vision was obstructed," he said. "The cars," he added, "were all parked legally."

The driver of the Volkswagen, he said, had a stop sign against her. Burcome said it is possible the driver didn't see the stop sign or stopped and failed to yield the right of way.

A second accident occurred shortly after, less than a block away, on Victoria street when a car leaving a driveway was hit.

The accidents occurred as hundreds of vehicles descended on the small town where parking spaces near festivities are at a premium. Victoria Street becomes an artery, with cars parked on both sides of the street, when the town hosts celebrations.

560 farm projects in Estrie receive support

According to a report from the Société de financement agricole du Québec (SFA), the body provided funding for 560 agricultural development projects in Estrie last year totaling \$69 million, a 25 per cent increase over the previous fiscal year. The SFA manages a guaranteed loan portfolio of \$282 million and does business with over 1,500 enterprises in the region.

Commenting on the results for fiscal year 1999-2000, regional director Denise Dubé said that dairy production remained the dominant agricultural activity in the region and received over 67 per cent of the authorized amounts, or \$46.3 million. In addition, \$5.2 million was awarded to hog producers, an eight per cent increase over the previous year. The SFA regional office also provided guaranteed loans totaling \$7.9 million to part-time operators (mainly beef and maple product producers), \$2.7 million to goods and services providers, and \$1.3 million to forestry enterprises.

Remy Trudel, the Minister of Agriculture, Fisheries and Food and Minister responsible for the Société de financement agricole du Québec, and Claude Boucher, the MNA for Johnson, both stressed that the investments provided solid support for the growth of the region's farm enterprises. Trudel pointed out that the growth of the agriculture and agri-food sectors is closely tied to regional development and described the SFA as "a vitally important regional economic development tool and the key to growth and prosperity throughout Quebec's agriculture industry."

SFA president Marc Dion added that investments undertaken each year in partnership with SFA are a major source of capital and help spur the development of new enterprises throughout Quebec. "The SFA seeks to offer effective support to farm and forestry enterprises by providing them with know-how and financial products designed to meet their specific requirements," he explained.

Magog CLSC administration finds a home at post office

To answer the need for space, the administrative council of the CLSC-Centre hospitalier et d'he-

bergement Memphremagog has decided to rent the second floor of the post office.

The move is beneficial for the centre's patients, as it means all services will be maintained. As well, the Centre de réadaptation de l'Estrie will now be able to occupy some rooms in the establishment, so customers will no longer have to go to Sherbrooke for physiotherapy.

A committee is lobbying the federal government to see if they can get the post office to reduce the rent for the space above the post office to a symbolic \$1.

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Canada Day in Hatley means.....

Different things to different folks

Long before the parade got underway on Saturday morning it was obvious that the picture-perfect weather would result in a 'bumper-house' attendance in this picturesque village, long known as a place to be on Canada Day.

Being part of the celebration meant different things to different folk. For some, it was a great chance to chat with acquaintances. For others it meant get-

ting to watch a parade. Still others enjoyed decorating a float or even participating in the parade. In the early evening, local musicians took to the stage on the 'common'. This provided an opportunity for some to 'swing their partners' while others settled into their deck chairs to listen to the melodies. Then, when darkness fell, all eyes were drawn skyward as a display of fireworks delivered the day's finale.



BRUCE PATTON/CORRESPONDENT

Eating popcorn - For visiting Victoria Beale, happiness on Canada Day means a bag of warm, buttery popcorn.



BRUCE PATTON/CORRESPONDENT

Time for a snooze - Mike and Karen McKenna's eleven day old son, Adam, who was probably the youngest in attendance, really didn't see what all the hoopla was about and decided it was a good chance to get some sleep.



BRUCE PATTON/CORRESPONDENT

Being in a parade - The new millennium may have arrived, but these local young people enjoyed an old-fashioned 'hayride' reminiscent of the way it used to be. Seated, left to right, are Reuben Bird and Camille Brouskella. Standing are Clara Bird, Sarah Baxter, Erica Kohl-Bradley and Meghan Jensen.



BRUCE PATTON/CORRESPONDENT

Dancing on the pavement - As familiar waltz tunes emanated from a violin on stage, some folks developed 'itchy feet'. This was the cure.

Community Forum

Language commission needs to get on track

Language Minister Louise Beaudoin should have taken a few extra minutes to explain the mandate of the Estates General on the French language to its chairman, Gérald Larose.

Just moments after being appointed to lead the language commission, Larose was whining about the privileged position of anglos in Quebec compared to francophones in other provinces. He dredged up all the old stereotypes of the well endowed minority, flush with resources and opportunities in a clumsy attempt to situate francophones at the bottom of the barrel - the downtrodden minority that the rest of Canada refuses to recognize. (Nobody loves me, everybody hates me, I'm gonna eat some worms.)

A poor start to what should, and could, be a very positive exercise.

All Quebecers and Canadians will benefit from maintaining a strong and vital French language and culture. Our ability to coexist is what makes us an example to the rest of the world. It's what distinguishes us from the United States and makes us unique in North America. It's what challenges us, and makes us occupy a higher ground as a result of learning to compromise, to respect and accommodate each other.

Statistics have shown that real progress has been made in the last two

decades in the francization of the workplace in Quebec. Quebec now boasts the highest number of young bilingual anglophones in Canada, capable of living and working in French.

Take away the zealots who walk around with a measuring tape in their back pockets, and most would concede real progress has been made in projecting the French face of Quebec.

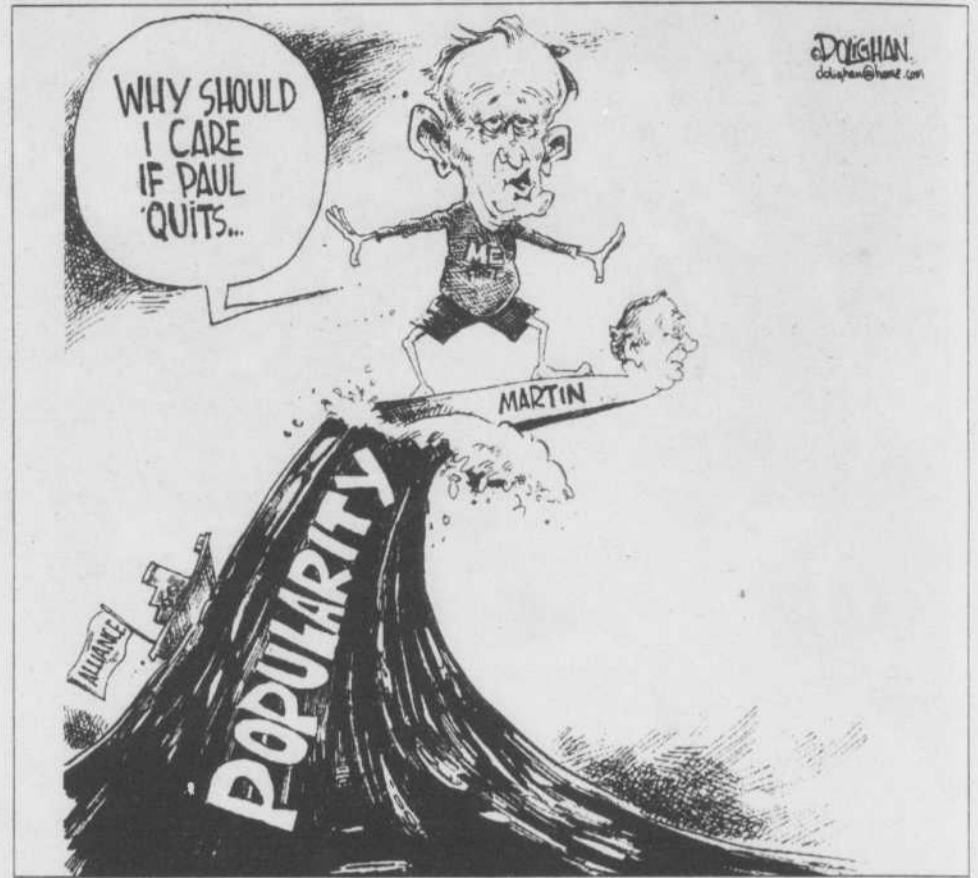
But there is still work to be done and it is in everyone's best interests to find out where the weak spots are and fix them.

This won't be done by bellyaching about anglos in Quebec and pulling out the persecution complex about how misunderstood francophones are by the rest of Canada. Nor is it the time for anglophones to harp about their lot as a minority. That's not what this is about.

We need to know the true state of the French language in Quebec. And where it is fragile, we have to find innovative ways to bolster it.

Members of the commission need to shine the spotlight exclusively on the state of the French language and make proposals to secure it using all the resources available. And that includes using English-speaking Quebecers as allies, and not enemies.

SHARON McCULLY



LETTERS TO THE EDITOR

Border Fest was a blast

DEAR EDITOR

The first Stanstead Border Fest is now over. It will be remembered for a long time as a great celebration.

The success of the event is undeniable for a number of reasons: quality, efficiency, enthusiasm, generosity of spirit and time.

The festival has also been a means of raising funds for various youth projects in town - this through the special involvement of the Intermarché, the Stanstead Softball League, Kids for Kamp, and the Tae-kwon-do team. A total of \$4,393 was raised. A big thanks to all of you.

Of course, without the large team of volunteers as well as our numerous sponsors, the Border Fest could not have happened. We can never thank these people (and I mean you) enough.

The group "Unissons nos Forces" has not only managed to bring many people together, but has also united the generations and the different cultures within our community. The efforts of the Festival Committee will continue in this direction. I invite you all either to stay on or to join our group, since, as early as August this summer, Border Fest 2001 will be in the works. So, please feel free to add your ideas to ours, so that next year's Fest will be even better!!

Thanks again to everyone, and

until next time.

JOSIANE CAILLET
President

Townshippers' president won't rock language boat

DEAR EDITOR,

Humph! So the President of an association was appointed to a provincial commission to examine the status of the French language in Quebec. Probably picked because of his worries a year or two ago about the French language disappearing in Quebec. Or else because they wanted somebody that would not "rock the boat." He won't!

Why would anybody be excited about being appointed to the Senate? What have they done except be absent or sleep on the job or vote the way the one that appointed them wanted them to. Throw the Senate out or vote the Senators in.

An older person I used to work with used to talk about educated fools. There are a lot of them in high places making blunders for the rest of us to pay for. Chrétien and his gang went to Asia to get work for Canadians. Now we can hardly buy a pair of Canadian made boots, among other things.

Look at the fishing business, the Canadian Army and the mess the highups have made of our churches.

DUFFERIN ANNESLEY
Lennoxville

The Record welcomes your letters to the editor. Please be sure to sign your letter and include a telephone number where we can reach you.

THE RECORD

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

RANDY KINNEAR PUBLISHER (819) 569-9511
SHARON McCULLY EDITOR (819) 569-6345
SUNIL MAHTANI CORRESP. EDITOR (819) 569-6345
RICHARD LESSARD PROD. MGR. (819) 569-9931
SERGE GAGNON CHIEF PRESSMAN ... (819) 569-9931
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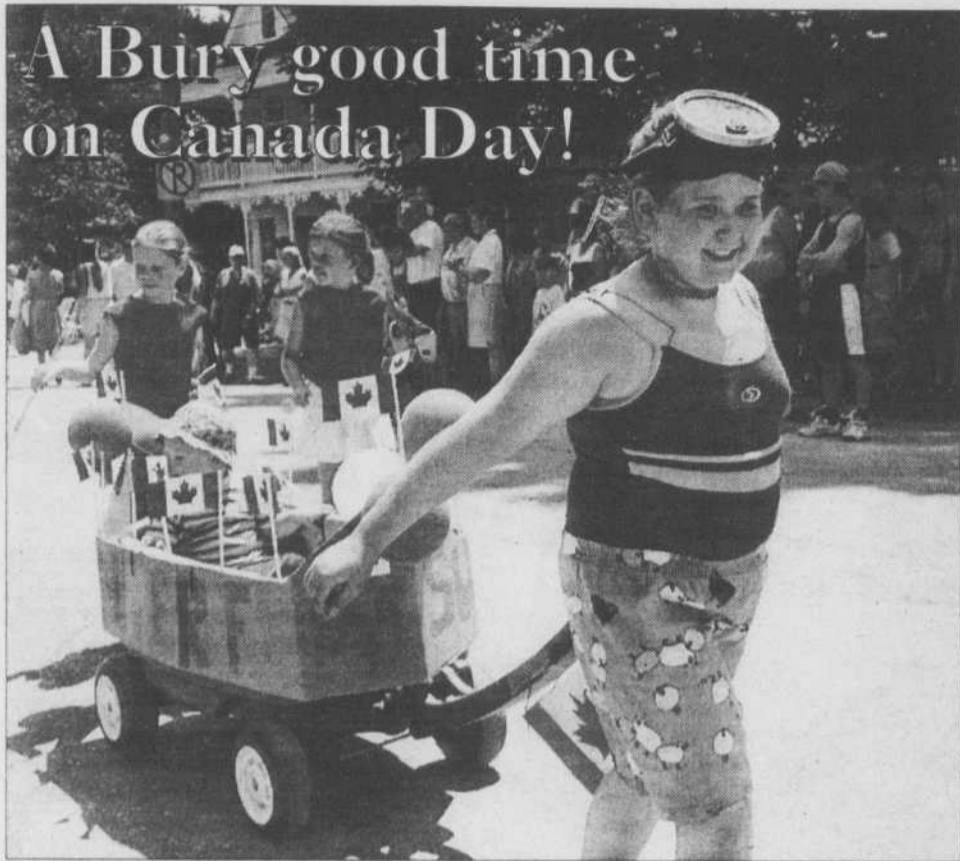
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A Bury good time on Canada Day!



JUDY MANSBRIDGE

Each year, the young folks from around Bury can be counted on for a good float in the Canada Day parade. This year, The Nude Beach probably drew the most laughs. A bunch of young people were playing volleyball, coyly hidden behind a wall of white round-bale plastic. When one of the players emerged to recover the ball, his important parts were covered by rhubarb leaves. They don't grow figs in Bury. Participants included Dave Lizotte, Shawn Harrison, Terry Williams, Ed Jacklin, Chad Barter David Smyth, Jodie Coleman, Jane Harrison and Robin Parsons. There were two marching bands, an announcement for Townshippers' Day in Kingsey Falls, a toy train, lots of antique cars and lots and lots of big trucks. - Perry Beaton, Special to The Record.



PERRY BEATON/SPECIAL



PERRY BEATON/SPECIAL



JUDY MANSBRIDGE



JUDY MANSBRIDGE



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PERRY BEATON/SPECIAL

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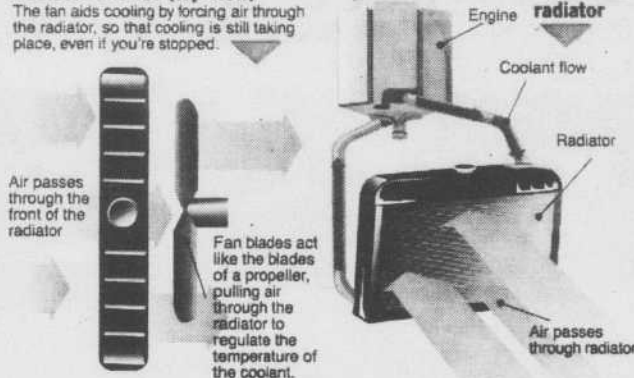
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Keeping your car cool

Ironically, a liquid-cooled engine, such as the one in your everyday car, would likely overheat if it weren't for air. That's because the engine coolant passes through a radiator which is cooled by air passing through it. The process works well, provided the vehicle is moving quickly enough to have adequate air flow through the radiator. But what about when the vehicle is stopped, or working hard to climb a hill with a camper in tow? The engine's fan comes to the rescue — there are several types — to ensure air is moving through the radiator. Several significant advances have been made in the last 15 years to better cool your engine.

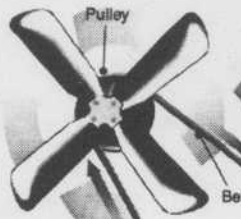
Radiator and fan (top view)

The fan aids cooling by forcing air through the radiator, so that cooling is still taking place, even if you're stopped.



Air passes through the front of the radiator

Fan blades act like the blades of a propeller, pulling air through the radiator to regulate the temperature of the coolant.

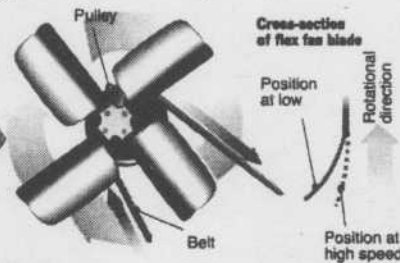


Belt-driven fixed-blade fan

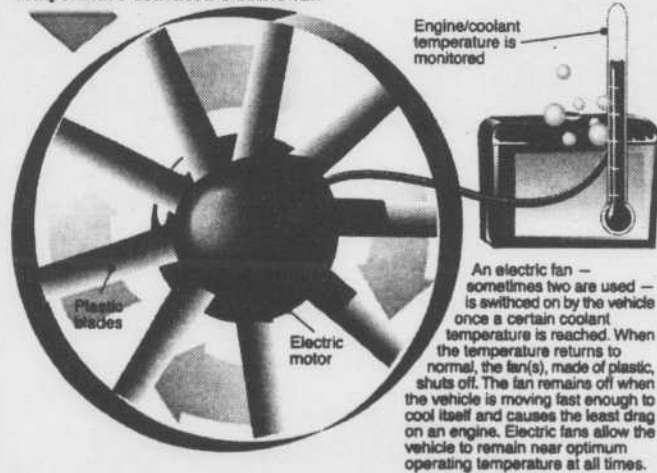
Blades are rigid and turned by a belt that is driven by the crankshaft. The faster the engine turns, the faster the fan turns. Even when the vehicle is moving fast enough to cool itself, the fan still spins, causing some drag on the engine. Some rigid-blade fans are thermostatically-controlled. A clutch disengages the fan when cooling is not required. The disengaged fan is not as much a drain on the engine's power.

Belt-driven flex fan

As the term implies, the blades of a flex fan 'flex,' or flatten, as engine speed increases. The benefits are good low-speed cooling, and less high-speed drag. The blades are thin and made of stainless steel, aluminum or even fiberglass.



Temperature-activated electric fan



An electric fan — sometimes two are used — is switched on by the vehicle once a certain coolant temperature is reached. When the temperature returns to normal, the fan(s), made of plastic, shuts off. The fan remains off when the vehicle is moving fast enough to cool itself and causes the least drag on an engine. Electric fans allow the vehicle to remain near optimum operating temperature at all times.

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PERRY BEATON/SPECIAL

Peter White of Hollinger, Record editor Sharon McCully and publisher Randy Kinnear cut the cake celebrating the acquisition of new printing presses at The Record's open house last Friday.

By Sharon McCully

Loyal Record readers, advertisers and community leaders began filing into The Record's new press room at five sharp Friday afternoon to show their support for the region's only English-language daily newspaper which has been the voice of the Eastern Townships for 103 years.

Record staffers decked the press room with festive balloons in The Record's traditional colours — black, white and red, or in Recordspeak — (Black, White and Radler).

Record sales representative David Savage hung his advertising hat on the hook and donned an apron to grill hot dogs for the hungry masses, while his colleagues in the lunch room busily prepared trays of cheese and veggies. Others poured wine and welcomed guests.

In the background, Record photographers Perry Beaton and Bruce Patton strummed favorite tunes. The musical interludes were broken periodically to allow photographer Beaton to digitally capture the moment for transfer to the computer where Stephanie Smith worked her

magic on the shots which were then put on a page and printed in a special supplement leaving guests marveling at the wonders of technology.

It was a day of celebration for Record employees who have endured numerous challenges in the last 18 months, while remaining optimistic that brighter days were ahead.

Those days came when then-owner Quebecor made a commitment to maintain The Record as a daily newspaper in the days following a fire which destroyed the paper's presses and building in January 1999. In the weeks and months that followed, employees at the paper worked under extraordinary circumstances to continue to deliver the paper to subscribers, while publisher Randy Kinnear worked tirelessly to keep the business end of the operation afloat.

In September 1999, Hollinger acquired the paper from Quebecor and this was viewed positively by those at the paper and in the community, given the historic attachment of the new owners to The Record.

Hollinger reaffirmed a commitment to the paper but

hedged on acquiring a new press. Publisher Kinnear and others with a history at the paper feared without the revenue stream that commercial printing contracts provided and an opportunity to print the paper cost-effectively, the future of the paper was grim.

But in May 2000, Record Advisory Chairman Peter White announced that a second-hand press had been found for the paper. It was cause for great celebration.

Veteran pressman Richard Lessard was initially skeptical about operating the unfamiliar press, but all who knew him were confident the 40-some years of printer's ink flowing through his veins would show him the way — and it did.

With staff now fully ensconced in new quarters, and the presses running, it was time to say thanks to the many supporters who have stood by the paper through this difficult period.

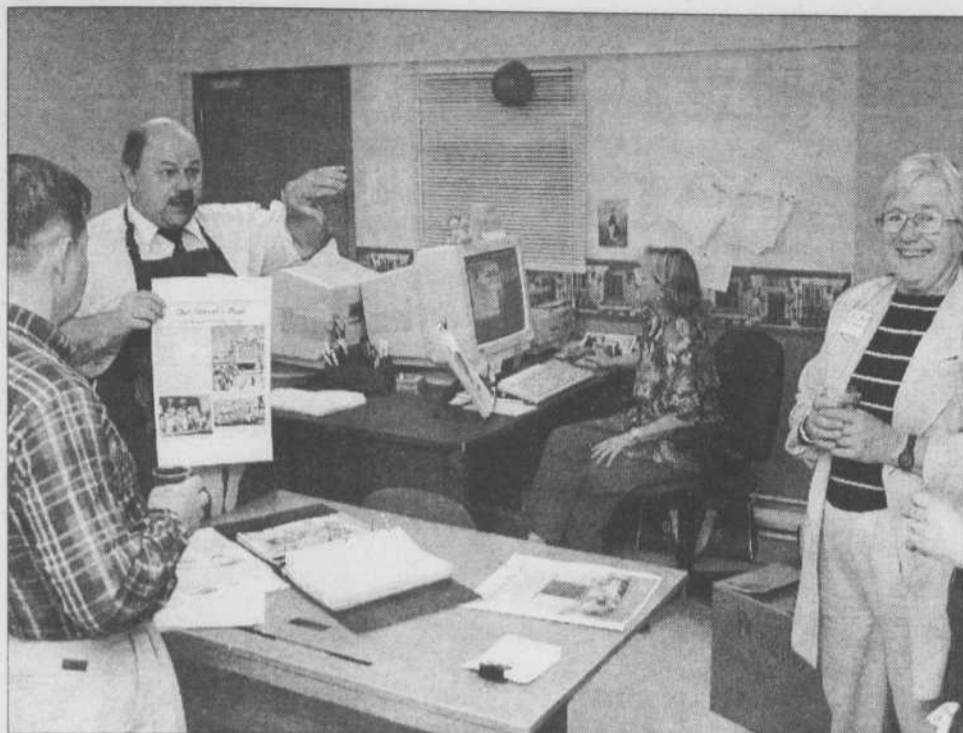
Guests at Friday's Open House included former Record owner George McLaren and his wife Anne, several mayors and municipal representatives and about 250 readers and advertisers.

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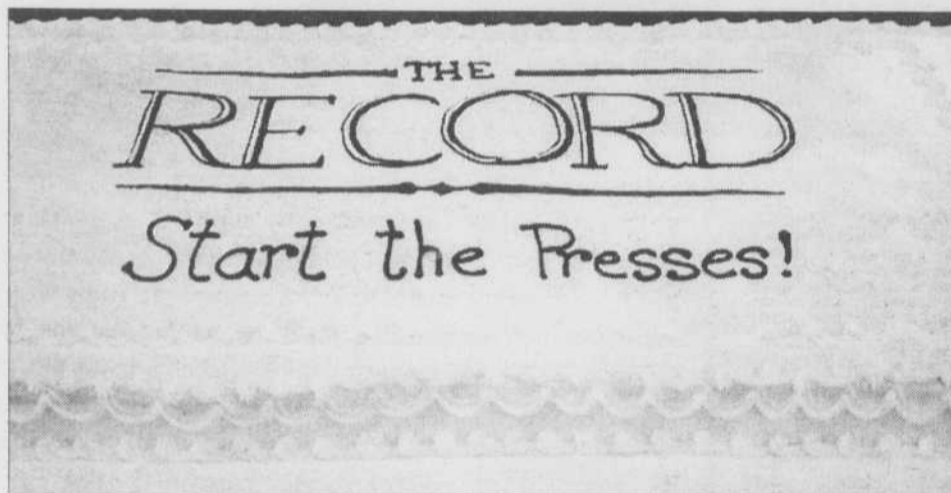
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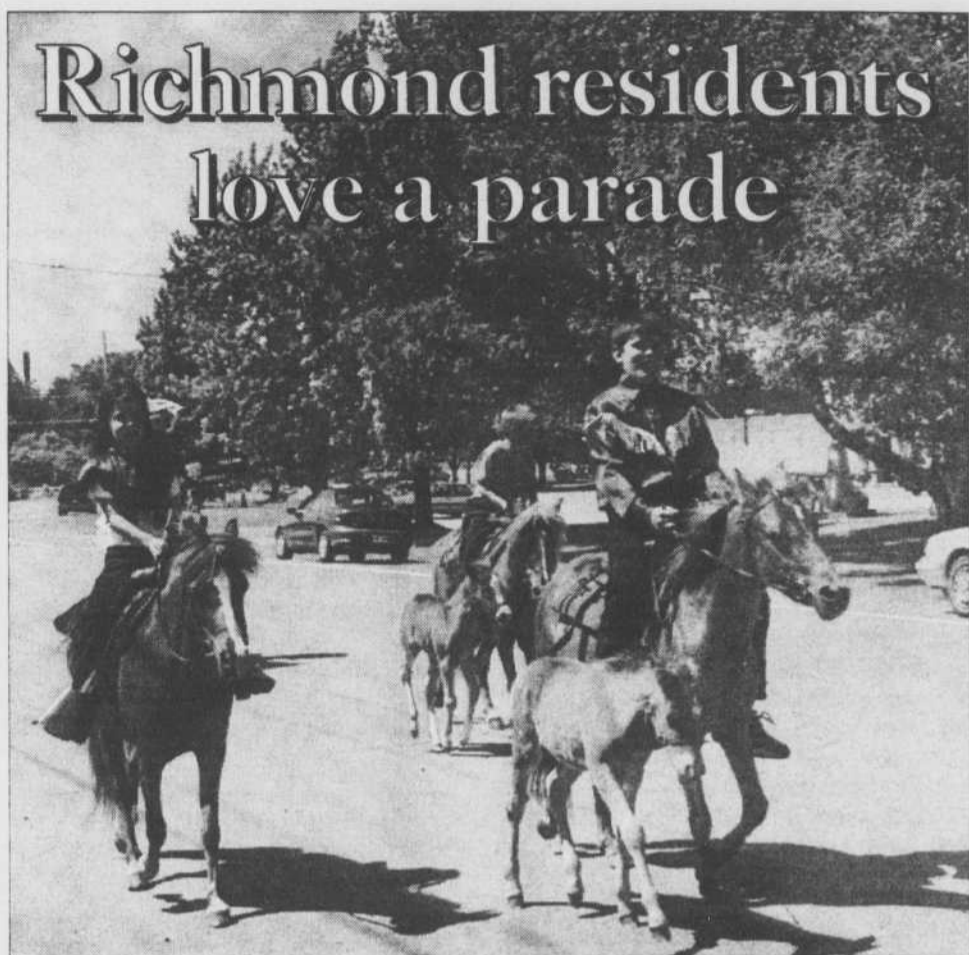
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Richmond residents love a parade



The Canada Day parade in Richmond may have been smaller, but no less enthusiastic, this year. You could say that everyone and his dog was out to watch the procession! Leading the way were 25 flag bearers from the Richmond Legion Branch 15 who marched and sang "Oh Canada," and got the parade off to a patriotic start. Besides marchers and dogs, there were several floats, trucks, tractors and horseback riders. The Logan children made quite a contingent on their ponies with pony colts trailing along. Following the parade, the Legion hosted its annual wiener roast, this year going through 21 dozen hot dogs. The Canada Day celebration continued into the evening with music and fun for everyone. - Cathy Watson, Record Correspondent.



Lennoxville

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SERVING THE GREATER LENNOXVILLE AREA

TUESDAY, JULY 4, 2000 PAGE 11

Newfoundland next port of call for musicians

*Tom Gordon
and Mary O'Keeffe
leave behind a
distinguished list of
accomplishments in
the Townships*

By Catherine Dean
RECORD CORRESPONDENT
LENNOXVILLE

The Eastern Townships bids goodbye to Tom Gordon and Mary O'Keeffe, two of the area's most distinguished and active musicians.

After 17 years here, the couple is preparing to meet new challenges at Memorial University in Newfoundland. On July 17, they will arrive in St. John's, where Gordon will take on the position of Director of the School of Music.

In the fall, the couple will have the opportunity to make new acquaintances as they will be participating in a special faculty concert.

"Almost everybody at the school will be playing with us," enthused Gordon. "It will give us a chance to get to know our colleagues as musicians."

O'Keeffe already envisions chamber music concerts.

"There's a need for a chamber music festival, so I think I might start using my skills to try to organize something," said O'Keeffe.

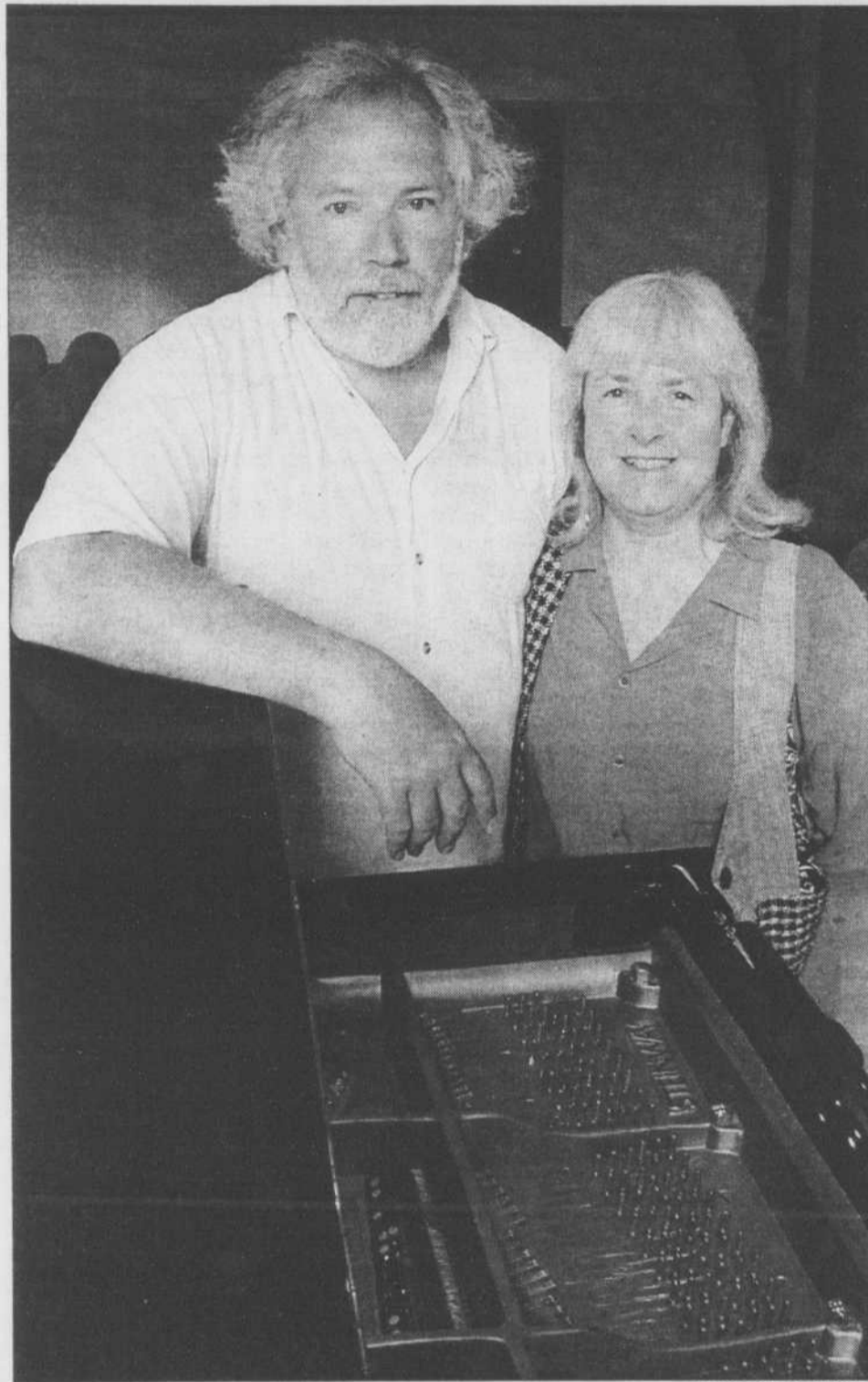
Gordon, who will be leaving his post as professor of music at Bishop's University, feels confident about his new plans.

"I feel great about going there," he said. "I'm satisfied about leaving here, since the things we hoped to accomplish were accomplished. When we arrived, the department consisted of one faculty member operating out of a disused kitchen. Now we are a very viable program in the fabric of Quebec universities and by far, still the most economical."

"I leave a splendid concert hall," Gordon continued, "and very dedicated and exciting students and we've done it inside of the context of the Bishop's Liberal Arts philosophy."

Musique Chez Nous was the brainchild of Tom Gordon.

"I inaugurated Musique Chez Nous when we came here in 1983. There was relatively little concert activity in the area and for students to have a plausible



PERRY BEATON/SPECIAL

Tom Gordon and Mary O'Keeffe... undertaking new challenges.

music education, they need to play and hear others play," Gordon said. "We organized the first concert ourselves and invited five friends to stay at our house and drink our beer because we didn't have a budget."

"But who could resist the Eastern Townships?" O'Keeffe added. "Chez Nous has become one of the most exciting

concert series in the province. It is co-produced by Radio-Canada," Gordon said.

O'Keeffe, who has recently completed her Master's Degree in Harpsichord Performance at McGill University, leaves behind her own set of accomplishments.

"The thing I am most proud of is the Orchestre Chambre de l'Estrie," said O'

Keeffe. "It existed for 10 years and was formed with Marc David, the conductor of the Sherbrooke Symphony Orchestra. That was a very exciting thing and very successful. It gave a lot of musicians from the area opportunities to work here, not just with the concerts for the symphony but with the orchestre de chambre. Often they had opportunities to work as soloists."

When the chamber orchestra and symphony orchestra fused, O'Keeffe became managing director. In 1999, she used her managerial skills in her position as director of the Eastern Townships Research Centre.

With his wide range of past experience, including the founding of Musica Nova with Marc David and Andrew MacDonald, Gordon feels qualified to face new opportunities.

"I'm at the age where I've got one more career step to go before my shelf life expiry date - before they put me on the ice floes, so it seemed to be a good time to take on new challenges," Gordon said with a smile.

"The School of Music at Memorial has existed for 25 years. It is already the largest university music school east of Montreal. It has a stable enrollment and excellent faculty, but no graduate program. There is no graduate program in the whole of Atlantic Canada. The first element of my mandate is to open a graduate school with the resources there, particularly in the traditional music of Newfoundland. With the superb performers on staff, it will be easy for me to look like a hero on this," Gordon said.

But Gordon is not interested in only administrating.

"I will continue performing and teaching. I wanted to make sure I taught at least one course every student has to take so to make sure I knew every student on some level," he said.

The Eastern Townships holds a special place in the hearts of Tom Gordon and Mary O'Keeffe, who raised their children Andrew and Claire here.

"The Townships is a great place to raise children. My children can testify to that," said Gordon.

"They are completely bilingual and proud to be Quebecers and Eastern Townshippers," O'Keeffe said, beaming.

In February 2001, O'Keeffe will be revisiting the area for a harpsichord concert she organized as part of Musique Chez Nous and which will be recorded by Radio-Canada.

Women's Centre gears up for World March

By Catherine Dean
RECORD CORRESPONDENT
LENNOXVILLE

The welfare of women across the world is on the minds of women at the Lennoxville & District Women's Centre.

A workshop was held at the Centre last Friday to examine the proposals put forward by World March of Women, which originated in Quebec with the Fédération des femmes du Québec, to end poverty and violence against women.

Led by Fédération member Alexa Conradi of Montreal, this workshop, the only one held in English in the Eastern Townships, sought to prepare people to lead discussion groups and workshops for the World March which culminates with a rally at the United Nations October 17th, 2000.

A varied group of 11 women, including the workshop's animator, came together to discuss the situation of women locally, nationally and internationally. The youngest, but no less eager, participants were members of the Girl Guides of Canada's Pathfinders.

In considering the plight of women internationally, Rachel Garber asked those around the table to consider

women in Somalia. "Imagine a world where women are not people and have no rights. Any little protection they can get for themselves is very minimal," said Garber. "We have a lot more rights here because women have fought for them. Unmarried Somali women are considered nothing. In a marriage, the husband has the right to say 'I divorce you' three times and you are considered divorced. A divorced woman only takes what she is wearing. The husband gets the children. The wife has no rights."

Garber went on to explain that Somali women are given gifts of gold necklaces and bracelets which they use as an insurance policy. Conradi acknowledged that women in difficult situations are good at developing strategies to survive.

Joann May, another workshop participant, reminded the group of the dismaying survival technique of prostitution in poor countries.

"Young women are sent out by their families to go into prostitution and send the money back to them. In South Africa, 15 million people have AIDs right now - and those are only the reported cases," remarked May. "In South Africa, AIDs is the number one cause of death. There is a lack of choices there

and a lack of resources." May explained that to complicate matters, there is a prevailing superstition in South Africa that sex with a virgin cures AIDs.

Participant Mylène Boisvert reminded the group that comparing evils is dangerous ground. "I think that it's important not to compare necessarily the situations of different countries," Boisvert said. "Regardless of where violence happens or how - it's violence and it's awful. We're better off here but violence, poverty and discrimination - we do not accept it."

The discussion turned to an examination of the negative and positive influences on women's lives locally and internationally.

Erika Brock mentioned the negative influence of politicians with their brand of elitism while the role of teachers, sports figures, celebrities, myth and religion were also discussed. The issue of stereotyping came up with mention of magazines, television and religion.

"We don't just see the influence of a character like Morgan le Fay in the King Arthur myth who seems to be positive but turns out to be a witch, but in myths like June Cleaver or Pamela Anderson," said participant Sheila Quinn.

Conradi noted the big impact, nega-

tive or positive, that teachers have on their students. May mentioned the positive role women have to play in the lives of other women. The group also looked at lawmakers, government and multi-billion dollar corporations in reference to women. The discussion then focused on violence against women, one of the two key platforms of the March.

"Men are a major key in violence against women," said Conradi. "This doesn't mean to say we have to throw all men out the door. We need to hold them responsible and ask them to support what we're doing."

After lunch, the group watched the video '2000 Reasons to March', about the organization of the March.

The World March of Women 2000 has also organized a postcard campaign demanding the elimination of poverty and of violence against women. These cards are addressed to Kofi Annan, Secretary General of the United Nations.

Schedule for March events:

October 9-13 - Quebec is marching

October 14 - Quebec rally in Montreal

October 15 - Canadian rally in Ottawa

October 17 - Support cards presented to United Nations

Healthy alternatives to fast food highways

By Rosie Schwartz
SOUTHAM NEWS

Head out on the highway/Lookin' for adventure" are words to Born to be Wild, a song that many Canadians heed at this time of year. Across the country, as summer vacations begin, the family car is loaded up. But eating on the road can be a challenge.

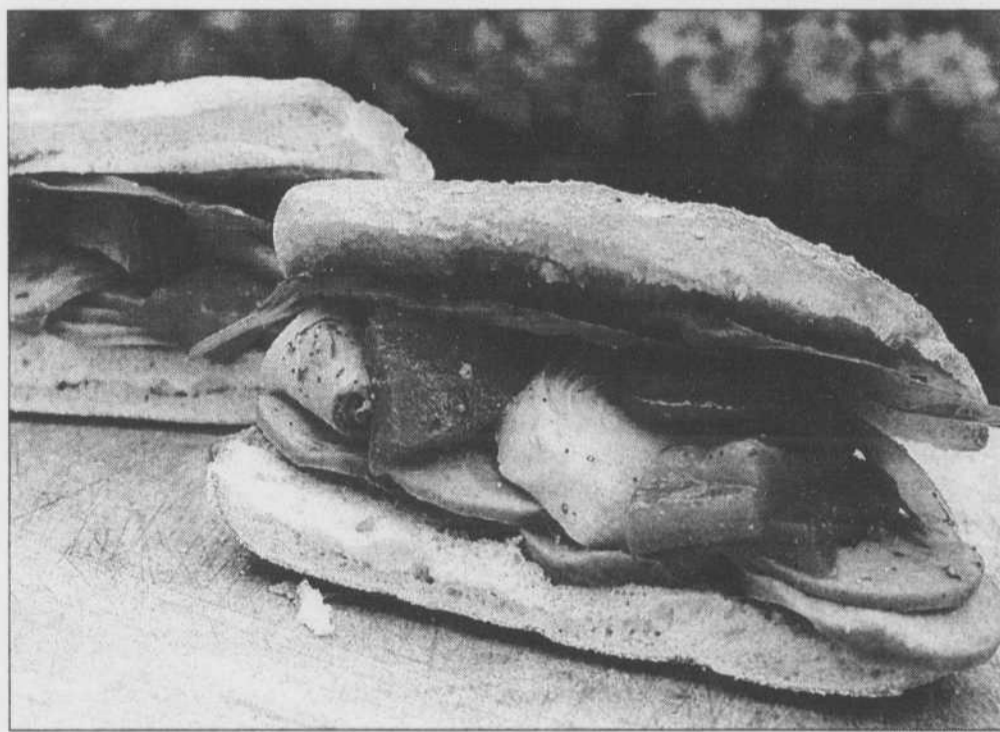
Fast food eateries abound, often leaving healthy choices in short supply. Or purchasing oversized fat-laden options may be more of a bargain than the nutritious ones.

Why get a salad or a small order of fries when a super-sized one bought along with a sandwich may be more economical?

When you consider the lack of exercise on a road trip combined with the potential to overeat, it's easy to see how these summer vacations can lead to increasing numbers on more than the car's odometer.

One way to avoid expanding your waistline while you broaden your horizons is to take a well-stocked cooler whenever you travel any distance by car.

Taking some eats along can provide other perks as well. Snacks are terrific for bridging the gap between meals,



SOUTHAM NEWS

Sandwiches are a tasty, nutritious easy-to-pick alternative to fast food when you're on a car trip.

making for less cranky kids and adults alike. They can also take the edge off appetites and help to avoid overdoing it when you finally do stop. And by toting along drinks and fibre-rich choices, you can avoid the constipation that often oc-

curs on long car trips.

If you're staying overnight in hotels or motels, simply refill the cooler at the ice machine before you head out in the morning.

Here are five options to consider:

- Fresh fruit

To balance out the offerings of highway eateries, keep the cooler packed with fresh fruits and vegetables. As the season progresses and local produce is available, purchase flavourful options at roadside stands.

- Bottled water

It's not only a super drink choice, it's also handy to have to wash any produce you may buy along the way.

- Dried fruit

If you've run out of fresh selections, dried fruit can fit the bill. Be sure to pack self-closing plastic bags to store them in.

- Popcorn

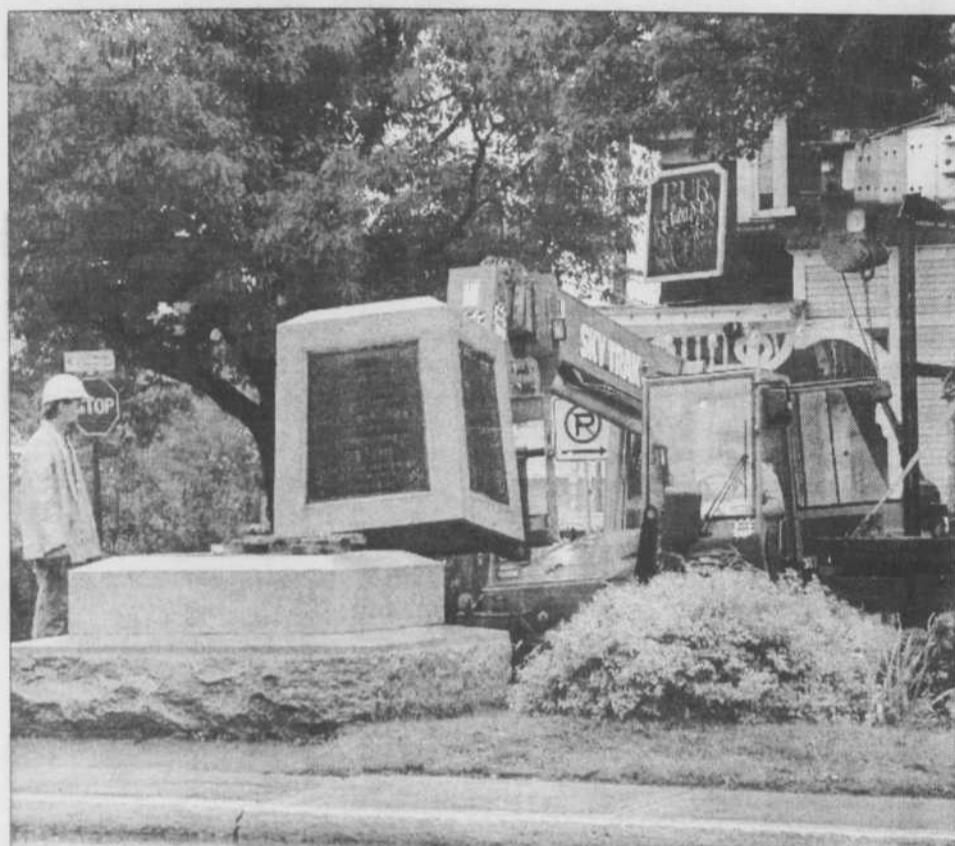
Look for low-fat air-popped varieties. They're great for munching on and won't provide the fat grams found in potato chips. But as with nuts and seeds, popcorn's not recommended for young children because of the risk of choking.

- Sandwiches

Packing tasty sandwiches from home or a delicatessen along the way can provide the opportunity to stop for a picnic. Not only might you enjoy the choice of fare, but it allows youngsters to run around and burn some excess energy, making for a more pleasant car ride for everyone.

Lennoxville cenotaph now rests at town hall

In 1922 a monument was constructed in the centre of Lennoxville honouring the men from the community who fought and died in The Great War (little did they know that in 20 years they would be involved in yet another World War). Times have changed and yesterday, the cenotaph was moved (below) to a new location beside the town hall (right). The move will allow the hundreds of trucks that turn the Queen/College corner to do it in one lane. Also, there may be an expansion of the terrace of the Golden Lion Pub. In its new location, the cenotaph will have a place of honour and will be a safer place to hold the Remembrance Day ceremonies. - Perry Beaton, Record Correspondent.



PERRY BEATON/SPECIAL



PERRY BEATON/SPECIAL

Tree planting will have long term effects

By Jennifer Young Painter
RECORD CORRESPONDENT
AYER'S CLIFF

Students from Ayer's Cliff French and English elementary schools along with teachers and municipal members broke out their shovels and planted over 240 saplings along the Massawippi bike trail recently.

"We decided to do this to help prolong the life of the trail. We hope that each child will feel like this is their tree so that in 30 years if somebody comes along with plans for development, all the children will rally together and say, 'No, this is my tree,'" said David Tear, a councillor for the municipality of Ayer's Cliff.

The students came in groups throughout the day to plant their trees in holes already dug by municip-

pal employees David Tear, Yves Therrien and Scott Schoolcraft.

With the help of their teachers, students enjoyed their opportunity to learn outside of the classroom. You could hear the teachers informing every child on how their very own tree would help give us fresh air.

"We wanted to come up with an activity for the children, not so much to get them outside, but to involve both the French and English schools. Hopefully, this will bring the youth in town together. A French student may plant his tree beside an English student and for the rest of the tree's life these two will be beside each other. We hope in years to come if they have to fight to protect their trees, they will fight together," said councillor Yves Therrien while giving out some

of the 300 Mr. Freezies that were donated by Marché Guy Party. "We need to thank Mr. Hopps, a nature lover who donated the trees for us today. I don't think he knows the important role these trees will play in the years to come and how he is the one responsible for it."

"My daughter was looking so forward to coming today to plant her tree. I came to take pictures because when this tree is huge it will be nice to have a reminder of when they were both little. I don't know the reason the town did this but I do know this will be very handy since in the summer this part of the trail gets hot and the shade will be nice," said the mother of a grade one student.

Next time you are enjoying the beauty of the trail try and follow in

the students' footsteps and do what you can to help protect it.

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Festivities in East Farnham

The East Farnham Recreational Committee was behind the festivities that brought hundreds out to celebrate the nation's birthday. The day began with a parade through town followed by fun and games for children and adults. There was plenty to eat and drink and the day was capped with a grand birthday cake offered at no charge to revelers. The festivities continued into the night with a dance with music provided by The Flyers featuring Ralph Steiner and his band.



TANIA SZYMANSKI/CORRESPONDENT

Melissa McKelvey, 8 years old, celebrated Canada Day in style in East Farnham.



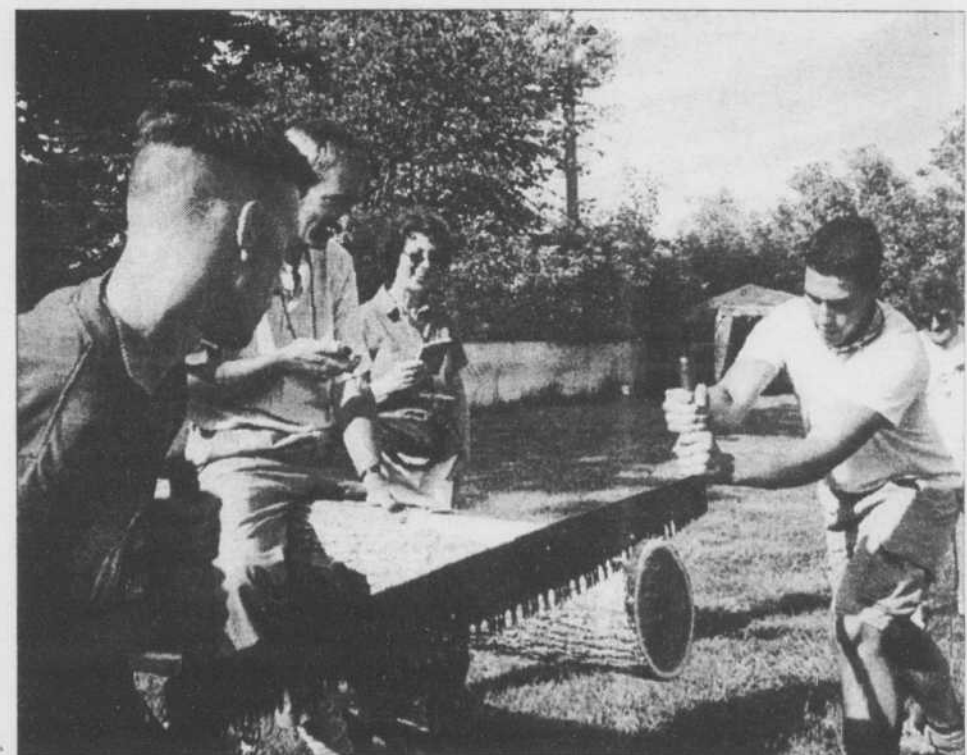
TANIA SZYMANSKI/CORRESPONDENT

Many volunteers were on hand at the East Farnham festivities, among them, Allan "Papa" Sherrer and Bev Bauer who cooked



TANIA SZYMANSKI/CORRESPONDENT

Pinata is a favorite at East Farnham festivities



TANIA SZYMANSKI/CORRESPONDENT

Traditional log cutting contests were part of Canada Day festivities

Our School's Page

BISHOP'S COLLEGE SCHOOL

The last term at Bishop's College School is always one of the busiest times, however, students still managed to thrive academically, athletically and extra-curricularly.

These past few weeks have boasted a whirlwind of events, awards and accomplishments for the school community.

BCS rang in the May long weekend by hosting its annual cadet inspection.

Led by student Major Radhika Tikku, the marching band and cadet corps defied the bitter spring weather by performing the displays, twenty-one gun salute, presentation of awards and sunset ceremony perfectly. From the crowd, proud parents, alumni and friends watched eagerly as Inspecting Officer Lieutenant-Colonel Gordon Lusk looked over the sea of navy and red uniforms. Following the inspection, parents and children were happily reunited over a luncheon in Ross Hall before heading home for the holiday weekend.



Members of the BCS honour guard stand focused and at attention during this year's annual cadet inspection.

But still have time for fun

Thirty students and four faculty members opted to spend their May long weekend sightseeing in New York City. The trip's activities included a tour of the NBC studios and the Saturday Night Live set, a taste of the Broadway play "Footloose," a stroll through Central Park, a view of the Statue of Liberty from the Staten Island Ferry and a visit to the Museum of Modern Art. Several trips such as this one are organized throughout the year for students who are unable to travel home for short holidays or who wish to take advantage of their off-time to travel. The most recent trips have been to Boston, Toronto, Washington, D.C., and Philadelphia. These trips are always chaperoned by faculty members.

Another group of one hundred or so students celebrated the end of the year by visiting La Ronde amusement park in Montreal this past Sunday. Whether upside down, plummeting down the rails or trying to throw the ring around the bottle, a great time was had by all.

Round Square Involvement

The school has been exhibiting its dedication to and involvement in the Round Square organization. Supervised by faculty member Jane Jelowicki, and a group of students, BCS hosted its first annual Round Square day this past week. The RS is an international organization that promotes community service, outdoor adventure and

international exchange. Students had the choice of hosting a group of senior citizens to lunch, cleaning up the campus, entertaining local elementary students or planting the Round Square logo on campus as a permanent reminder of the day's festivities. The day also included discussion groups, a campus-wide scavenger hunt and a dinner prepared by our various international students.

Two students, Natasha Martin and Parseh Bakirtzian, are preparing to go on an International Service project. Both students have volunteered to go to India this summer where they will be building a dormitory for the students of a rural school located in the high Himalayas.

Outstanding students

Lauren Morgan, a Grade 11 student, will also be preparing to go on a trip this summer, but one of a very different kind. Last year, Lauren submitted a creative essay entitled "Of the Earth" to the Royal Commonwealth Essay Competition. Of 8,000 essays submitted by 14 countries, Lauren's was deemed the best submitted. Her first prize standing was rewarded with an all-expense paid, three-week trip to England which she will take this July.

On another academic note, several of our students performed outstandingly in this year's University of Waterloo National Math Competitions. Grade 10 student Jae Wook Kim ranked in the top two percent of the 25,034 students nationwide who wrote the Cayley test. As a

reward for his outstanding achievement, he has been invited to a summer Math camp at Ottawa University. Sang Bin Lee, a Grade 11 student, ranked in the top four percent out of the 19,780 students who wrote the Fermat test. Two Grade 7 students, Danny Hickie and Eithne Sheeran, have both received certificates for Outstanding Placement in the Gauss test for a mark of 24 out of 25. Several other students were ranked in the top 15 percent of the country in their respective tests.

Award-winning literary magazine

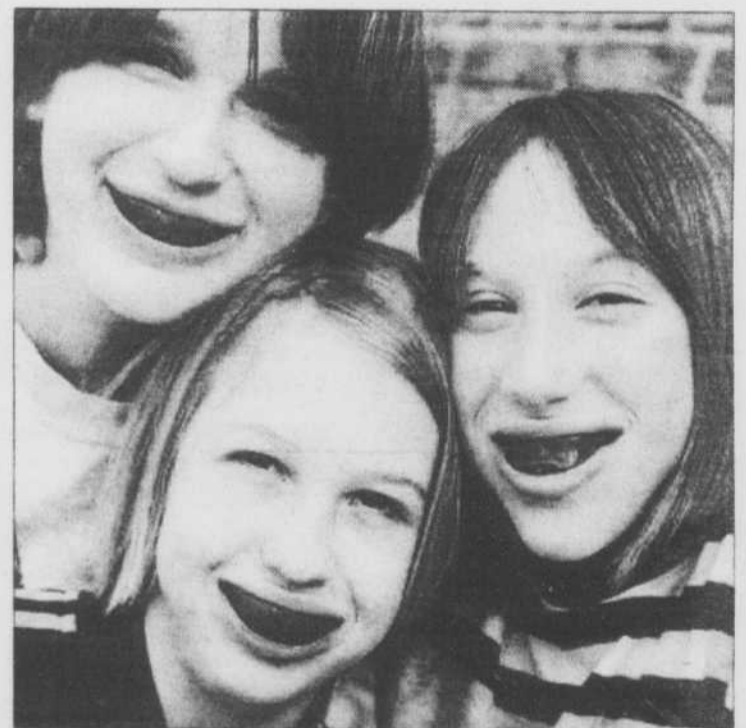
Some of Lauren's work, as well as the work of many other students, can be read in this year's issue of *Inscape*, the BCS literary magazine. Under the guidance of Mrs. Catherine Evans and student editors Sarah LeBaron Von Baeyer and Pholkrit Sangthong, the *Inscape* crew has just released the 18th volume of the magazine.

This year's issue is an astonishing compilation of poetry and prose written in both French and English and is illustrated by sketches, watercolor and collages. In the past, *Inscape* has been rated 'Superior' by the National Council of Teachers of English and has won prestigious awards both in Canada and in the United States. Last year, the NCTE awarded the magazine the Highest Award. Only 40 literary magazines across North America are given this award. Good luck to this year's crew and their issue!

The year in review

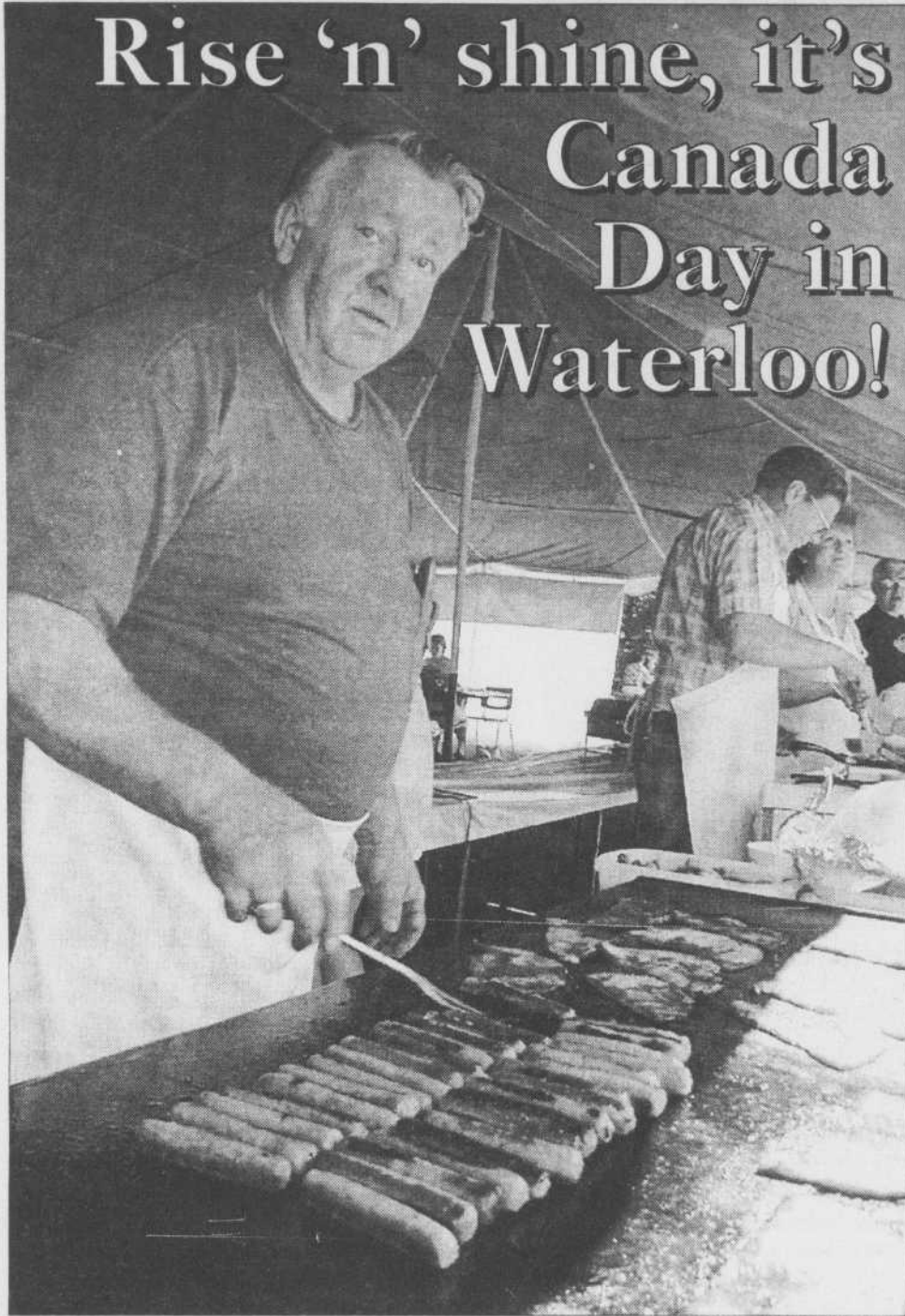
With the end of another fulfilling school year in sight, students are wondering: What lies ahead? For some senior students, acceptance letters from Queen's, Waterloo, University of Toronto, MIT, Yale and University of Edinburgh have arrived bringing relief and pride to well-deserving students. Other students may follow in the footsteps of BCS alumnus, Paul Morrison, who was recently named Athlete of the Year at Princeton University. Many students will return to BCS to greet new challenges and surprises. In wondering what lies ahead, one cannot forget what lies behind: the memories and friends of ten months (or a high school career) that flew by—a time filled with some ups and some downs and a lot of smiles.

by Dina Nelson



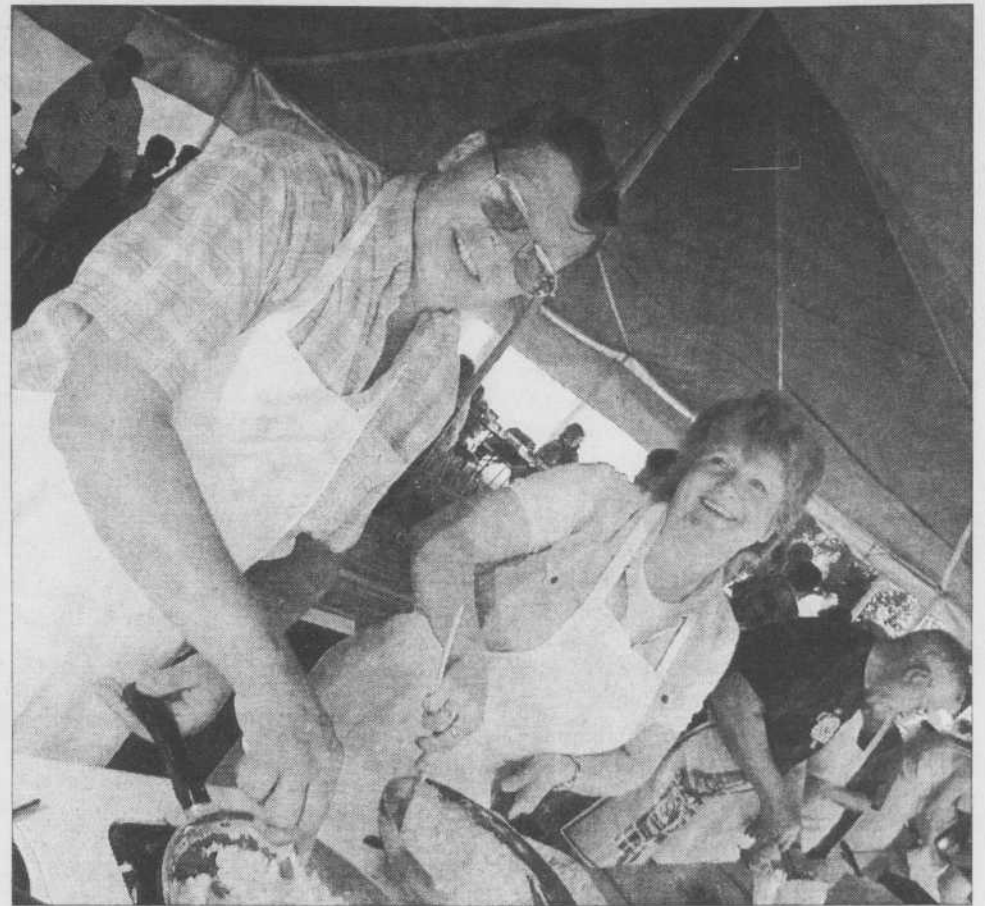
Three Grade 7 students, wearing their rugby guards, exhibit some of the many great smiles seen around the BCS campus this past year.

Rise 'n' shine, it's Canada Day in Waterloo!



DAVID ANDERSON/CORRESPONDENT

John McCullough cooks ham and sausages for the 400 strong.



DAVID ANDERSON/CORRESPONDENT

Bradley Williams and Marleen Beaumont cook the eggs.

Legion Shefford Branch #77 held a flag raising ceremony followed by breakfast to celebrate Canada Day Saturday morning. Turn out was high for the annual gathering with federal deputy Diane St. Jacques, provincial deputy Bernard Brodeur and Waterloo mayor Paul Masse partaking in the celebration. Member David Edwards expected to serve 400 plates by the end of the breakfast. Former Merchant mariner and Waterloo branch member James Tryhorn was proud to pose in front of the flag with his chest full of honors. - David Anderson, Record Correspondent.



DAVID ANDERSON/CORRESPONDENT

James Tryhorn is proud of his service and flag.



DAVID ANDERSON/CORRESPONDENT

Norm and Val Lloyd play music for all.

Bowles has sights on big things to come

Massey-Vanier point guard plays like a giant

By Mike Hickey
SPECIAL TO THE RECORD

At 15 years of age, student Rikki Bowles is the youngest, and at 4'10", one of the smallest, players competing in senior girls basketball in Quebec.

Despite her size and age, she is one of the province's better players, a player whose skill and determination far surpasses her years.

Bowles had an immediate impact on the Viking sporting scene from the moment she arrived at the Cowansville school. As a Grade 7 student she helped lead the Vikings to the ETIAC junior girls basketball championship.

She moved up a notch this year, earning a starting berth on the senior team. She played a pivotal role in the team's success as it rebounded from a loss in the ETIAC title game to win the McLeod tournament and advanced to the provincials.

Playing against the best senior players in Quebec, Bowles averaged points as the Vikings won one of three games in Amyler. Bowles was the team's quarter-

back and was a potent weapon at both ends of the court. Offensively she led the Viking fast break, broke down defences with her penetration, and hit the open jump shot from three-point range.

She made up for her lack of size on the defensive end by playing aggressive, in-your-face defence and coming up with timely steals.

She was the team's leading scorer and with three years left in her high school career, the future looks bright for Bowles and the Vikings.

Bowles' long-term goals include playing AAA Cegep and university basketball. She knows full well that she needs to improve certain elements of her game to reach such lofty goals.

Bowles demonstrated her all-round athleticism this past spring when she tried out for the Massey-Vanier tennis team. According to Viking tennis coach Jeremy Anderson, Bowles proved that

Bowles' parents, Blair and Kathy both played for the Vikings and brother Chris went on to play for the John Abbott Islanders. Blair and Kris were exceptional point guards who led Massey-Vanier to league titles.

she can handle the racket as well as the basketball by winning most of her matches and holding her own against the male members of the Massey-Vanier team. She started her first competitive season eighth on the team's depth charts and moved up to third by the end of the year.

Bob Kay, who coached her with the Viking junior team, feels that she has the potential to be one of the finest players to come from Massey-Vanier.

"I remember writing on her Grade 7 report card that she could be the best point guard in her family and that would be no easy task," Kay said.

Bowles' parents, Blair and Kathy both played for the Vikings and brother Chris went on to play for the John Abbott Islanders. Blair and Kris were exceptional point guards who led Massey-Vanier to league titles. Rikki has the potential to quarterback to three ETIAC championships.

While the Vikings will miss the inside play of Erin Burnham and Megan Patch, they have a solid nucleus return-

ing to defend the title. Bowles will be joined by veterans Stephanie Kay, Sandra Frizzle, Tiffany Sherrer and Meaghan Allen. They will get some much needed help inside when Kristine Colvil, Tiffany Hunting and Jessica Harvey make the transition from junior to senior ball.

"I think we should have a pretty strong season by the end of the season," Kay said. "The key to any team is the point guard and the best thing about Rikki is that she continues to improve. She has improved her right hand and is doing a better job of penetrating and passing to an open teammate. When she relies on people around her, they make her a better player."

Bowles has a busy summer of basketball ahead of her. She will be playing for the Sun Youth junior team which will practice several weeks in Montreal and then play exhibition games in the States. When she is home in East Farnham her daily routine will include push-ups and basketball. The Bowles' 30' basketball court has become a magnet for local kids in search of a game.

Summer is vacation time for high school students but basketball has become a year long activity for Bowles. That is why her future is so bright.

Sports drinks are good alternative to water

By Joanne Chianello
SOUTHAM NEWS
OTTAWA

The half-marathon trainees were sitting around the floor of the Running Room, firing questions at that night's speaker. But the inquiries weren't about pacing or improving race times. Instead, they were questions like, "Why am I waking up in the middle of the night thirsty?" And, "I like Gatorade so much that I've started drinking it at work. Is that OK?"

To the uninitiated, it may seem that intense questions about drinking may be a bit over the top, but, in fact, not consuming enough fluids is "the No. 1 thing that will limit your ability in the half marathon," Beth Mansfield, an exercise physiologist and nutritionist, told the group.

Indeed, we've all heard we should consume about two litres (eight cups) of water a day, and that's without exercising. If you're active and you're out in the hot, humid summer weather - that includes you gardeners - you need to take in even more fluids.

But it's not easy.

"Drinking enough is a pretty hard thing to do," says Mansfield, who has consulted for Olympic-level amateurs

and pro athletes alike. "Water doesn't turn on our thirst mechanism very well. We only want water when we're thirsty, and by then we're dehydrated." So what to do? First, a few reasons why you need to hydrate up.

If you haven't taken in enough fluids, you won't sweat enough, and perspiration is a temperature regulator for your body. The hotter you get, the more you should sweat to get rid of that extra heat. If you don't have enough fluids to sweat, your body temperature will rise and increase your fatigue. When you become dehydrated (and remember, thirst is an indicator that you've started to dehydrate), your blood actually becomes thicker, and your heart has to work harder to get it circulating around your body. You may also end up with headaches and cramping.

But if water doesn't turn you on, what can - or should - you drink? Mansfield says drinking almost anything will help hydrate you, although water is by far the best thing we can consume. But even drinking a cup of caffeinated tea is better than drinking nothing, although not advisable as caffeine is a diuretic (meaning you will expel a good deal of the tea through urinating).

One popular option among exercis-

ers is sports drinks such as Gatorade, Powerade and All Sport. These beverages are flavoured and include electrolytes (such as sodium, chloride and potassium) that we lose through perspiration, as well as carbohydrates for energy (or, in simpler terms, sugar).

The bonus of sports drinks is that they taste more interesting than water (encouraging us to drink more), the electrolytes send "the message to our thirst receptors that we need to drink," and the carbohydrates give us back a bit of energy we lost through exercise, says Mansfield. In fact, the six- to eight-percent carbohydrate solution of these sports drinks actually helps the intestines absorb more water.

The down side? If you're trying to watch your weight, these drinks come with unwanted calories. A 591-millilitre bottle of Powerade has 120 calories, while the same size bottle of All Sport has 185 calories. Drink a few of those, and you've cancelled out a lot of the calories you burned during that hour bike ride. So it's probably not a good idea to quaff Gatorade at your desk all day if your weight is a concern. If water bores you, use it to dilute your favourite sports drink (Gatorade comes in crystals that you can mix to whatever strength

you like) or mix fruit juice (which has a lot more calories than sports drinks) with mineral water.

Does that mean you should never drink sports drinks? Of course not. During and after a tough workout (an hour of interval training, or a couple hours of long, slow running, biking or hiking), these carbo solutions are a great way to stay hydrated, although some people do not tolerate the sugars in these drinks well during the workout. Some of it, unfortunately, is just trial and error. If you're wondering how much to drink, try this simple test: weigh yourself before and after exercising. It's not uncommon for people to lose between one and two pounds (450 and 900 grams) of water during a hard workout. (One pound/450 grams of water is about two cups/500 millilitres.) One group that may very well benefit from sports drinks are children. Studies have shown they just won't drink water and that they don't have highly developed sweating mechanisms.

"They'll run around all day getting redder and redder, until poof!" says Mansfield. Unless obesity is a real concern, there's no reason not to give active kids flavoured drinks, which they are much more likely to consume than plain old water.

Catholic Women's League celebrates 80th anniversary

On Saturday afternoon, June 10, at 4:30 p.m. at St. Patrick's Church in Sherbrooke, members of Our Lady of Good Counsel Council, spouses and friends, assembled to take part in a celebration commemorating 80 years of service to their church, their community and their country. They were joined by Quebec Provincial President Shirley Bernier and her husband Philip, five past Provincial Presidents and members from other councils in the Province of Quebec.

President Priscilla Noonan led the procession to the altar carrying the cross, followed by candle bearers Margaret and Rolland Mongeon, and Sister Marie Rose Groleau carrying the Bible. Father Pierre Doyon, Pastor of St. Patrick's Church and League Spiritual Advisor, and Father Paul Brault, a former Pastor of St. Patrick's, followed to begin the celebratory mass. The hymn "Our Lady of Good Counsel" was sung by the choir and members, under the direction of Frank MacGregor.

Father Doyon extended a very warm and sincere welcome to everyone present for this special occasion, and in particular to Provincial President Shirley Bernier and her husband Philip. He also singled out three of the Sherbrooke Council's outstanding and long-time members, Mrs. Kathleen Murray, Miss Owenie McKeon and League historian Arlene Hand. Spiritual Development Convener Margaret and her

husband Rolland served the mass.

Miss Hand gave a brief history of the Catholic Women's League in Sherbrooke, whose first members assembled in June of 1920, thus making it one of the Charter Councils of the Catholic Women's League of Canada. At a Conference held on June 17, 1920, delegates from seven of the nine provinces were in attendance, and Mrs. W.H. Mulvena of Sherbrooke was one of the nine councillors elected.

The first and second readings during the mass were given by Priscilla Noonan and Sister Marie Rose Groleau. Both pertained to the great feast of the Pentecost on Sunday, June 11th.

The homily was delivered by Father Pierre Doyon, who praised the work Catholic Women's League members have done over the years, and for the devotion and dedication both the past and present members have shown in so many ways in their parish and community.

Father Doyon then called on members of the Executive to assemble in front of the altar to reaffirm their commitment to their offices. President Priscilla Noonan was called first, followed by Treasurer Elaine MacGregor, and Conveners Virginia Boileau, Phyllis Courtemanche, Margaret Mongeon, Audrey Prince and Teresa Quenec'hdu, who promised that with God's help, they would continue to be faithful to their duties.

The intentions were read by Ms. MacGregor and then the offerings were taken up by Virginia Boileau, Audrey Prince and Teresa Quenec'hdu. Dolena Giguere placed a lovely bouquet of garden flowers in front of the altar. The Offertory hymn "Gentle Woman" was sung by the choir and many members joined in this lovely tribute to the Blessed Virgin Mary.

All League members present then formed a circle around the altar and joined hands with the priests and servers to sing the Our Father and offer each other the sign of peace, and then went to extend this greeting to many members of the congregation.

During the distribution of communion by Father Doyon and Father Brault, Margaret and Rolland Mongeon held the chalices of wine. During the quiet time following the communion service, Frank MacGregor gave a beautiful rendition of "Ave Maria," accompanied by Brendan McCoy playing the organ. We thank them both for their contributions to the anniversary mass.

After the final blessing and closing procession, everyone was invited to come to the church hall, which was decorated with C.W.L. crests and 80th anniversary decorations in gold. Tables were covered with bright cloths and small vases of garden flowers and C.W.L. flags. A lovely bouquet of flowers adorned the head table, and was donated by Ms. Giguere.

Seated at the head table were Fathers Doyon and Brault, Provincial President Shirley Bernier and her husband Philip, Priscilla Noonan, Arlene Hand, Kathleen Murray, Phyllis Courtemanche, Bernard Galipeau and Teresa Quenec'hdu. President Priscilla Noonan greeted everyone and asked Father Brault to say Grace. Ms. Noonan then welcomed Fa-

ther Douglas Daniel and Father André Comtois who had just arrived. Phyllis Courtemanche was in charge of the supper arrangements and everyone was pleased with the meal and the service. Oh Canada was sung.

After the supper was finished Ms. Noonan then read a letter from Archbishop André Gaumond, expressing his regrets for being unable to attend the service. He wished everyone a joyous celebration and continued success in their endeavors as members of the Catholic Women's League of Canada. Provincial President Ms. Bernier was then asked to say a few words on this special occasion. She congratulated Priscilla and all Sherbrooke Council members for the inspiring and well organized 80th anniversary celebration. She highlighted some of the Council's achievements over the years, and said our record of service was an enviable one. She also noted that from the early beginnings and through the years, members of Our Lady of Good Counsel Council have served at Parish, Diocesan, Provincial and National levels, and that present members are carrying on the tradition.

Phyllis Courtemanche thanked Ms. Bernier and presented her with an antique cup and saucer, with C.W.L. letters engraved in gold. These dishes had been made many years ago for League meetings and teas. Shirley Bernier expressed her appreciation and said it would always be a reminder of sharing this special celebration with Sherbrooke Council members.

Our Lady of Good Counsel Council would like to thank everyone who participated in the mass and the evening of friendship which followed.

Virginia Boileau
Communications Convener



HATLEY

Hatley United Church Ice Cream Social and Lawn Sale on July 15 from 2 p.m. to 7 p.m. Live music, rain or shine, barbecue and great sundaes!

WATERVILLE

Ice Cream Social and Bake Sale at the Waterville United Church on Thursday, July 6 from 5:30 p.m. to 8 p.m. Hot dogs are also on the menu. Everyone welcome. Rain or shine.

AYER'S CLIFF

Bake and Craft Sale with complimentary coffee, tea and sweets. Please join us at the Beulah United Church, Main St., Ayer's Cliff on Saturday, July 8 from 10 a.m. to noon. Come and support our UCW, by tasting our good baking.

MOE'S RIVER

The annual Strawberry and Ice-Cream Social will be held on the lawn of the Moe's River Church (inside if it rains) on Sunday, July 9 from 2 p.m. to 5 p.m. Lots of food, friendly folk and live music. Why not plan to attend this social gathering. Don't forget your lawn chairs.

SHERBROOKE

Annual Open Air Cemetery Memorial Service on Sunday, July 9, 10 a.m., at St. Peter's Cemetery, Sherbrooke. Please bring your lawn chair. No service at

Church. A warm welcome to all.

DANVILLE

Danville-Asbestos Trinity United Church will be hosting an Ice Cream Social on Saturday, July 8 from 7 p.m. to 8:30 p.m. Menu to include ice cream, toppings, squares, tea, coffee. All proceeds going towards making the church handicapped accessible. Come and bring a friend.

IVES HILL

A 500 card party will be held at the Ives Hill Community Hall on Wednesday, July 5 at 2 p.m. Prizes, door prizes and lunch. Sponsored by Friendship Lodge #66 A.F. & A.M. Proceeds for Wales Home. Everyone Welcome.

KINNEAR'S MILLS

Annual Church Supper to be held on Saturday, July 8 in the Community Hall from 4:30 p.m. Sponsored by the United Church Women. All are welcome.

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$6.00 fee, \$9.00 for 2 insertions of same notice, \$12.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.



Sherbrooke Council and Executive and Spiritual Advisor: Left to right: President Priscilla Noonan, Teresa Quenec'hdu, Virginia Boileau, Father Pierre Doyon, Spiritual Advisor, Margaret Mongeon, Elaine MacGregor, Provincial President Shirley Bernier, Phyllis Courtemanche and Audrey Prince.

Death



BARLOW, William - In Victoriaville on June 27, 2000, William Barlow at the age of 83, husband of the late Liliane Bécotte. Survived by his sons Lynn (Deanna) of West Virginia, Kenneth (Diane Pouliot) of Lennoxville, his grandchildren, Scott, Christine and Beverly, his brother-in-law and sisters-in-law, Margot, Thérèse (Harry Connor), Johnny Reid, Paul Bécotte, as well as many nephews, nieces, other relatives and friends. Predeceased by his sisters Marguerite and Florence. No visitation. Service and interment of ashes will be held Wednesday, July 5 at 1 p.m. at the Danville Protestant Cemetery, followed by a reception at the residence of Mr. Barlow in Lake Dennison. Arrangements by Coopérative Funéraire de l'Estrie, Maison A. Bélisle, 505 Short St., Sherbrooke, Que., tel: (819) 564-6455, fax: (819) 564-7346, Lousie Lanctôt, Dir. Gen., Mario Lemaire, Dir.

Card of Thanks

HUGHES (LOCKWOOD) - I would like to thank everyone for the cards (over 100) I received while in the C.U.S.E. for several weeks. Also, I would like to thank all friends and relatives for food brought in, visits, phone calls, gifts and flowers, most appreciated. Special thanks to Ernie for daily visits, and to Heather for her many trips out from Pincourt. Also special thanks to Dr. Paul Bessette, Annie, Jackie and Frankie for their special care and all nurses on the 6th, 7th and 8th floors. I could not have had better care, but it's great to be home. God Bless you all.

DOROTHY

Deaths

BEATTIE, Mr. Norman George - At his residence on Saturday, July 1, 2000, Norman Beattie in his 85th year. Beloved husband of Florence Anderson. Cherished and loving father of Irvin (Christine) of Cowansville, Que., Orin (Melissa) of Dunham, Que., and Linda (Scott Upham) of St. John, N.B. Cherished grandfather of Jonathan, Adam, Jenny, Benjamin, Jared, Samuel, Devin and Allison. He leaves to mourn his sister Jennie Wilson. Survived by two brothers-in-law and seven sisters-in-law, several nieces, nephews and many friends. Visitation was held on Sunday, July 2 and Monday, July 3 from the Denis Meunier Funeral Home and Chapel, 402 River St., Cowansville, Que., tel: 266-6061, fax: 266-6057, email: funerariumdm@qc.aira.com. Funeral service on Tuesday, July 4 from the funeral home at 11 a.m. Interment in Farnam's Corners Cemetery. In lieu of flowers, charitable donations to B.M.P. Hospital Foundation or the Canadian Cancer Society would be gratefully appreciated and acknowledged by the family. Forms available at the funeral home. Note: Funeral home will open at 10 a.m. on day of the funeral.

CHALMERS, Gordon Montrose - Born on June 6, 1920, died peacefully on Saturday, July 1, 2000 at Knowlton House, Mr. Gordon Montrose Chalmers. A veteran of many campaigns in WWII, Gordon, in his later years, spent much of his time indulged in his passion for gardening. Mr. Chalmers is resting at the Desourdy Wilson Funeral Home, 318 Knowlton, Knowlton (Lac Brome), Que. JOE 1V0, tel: (450) 263-1212, fax: (450) 263-9557, dwilson@endirect.qc.ca, where friends are invited to visit on Tuesday evening, July 4, 2000 from 7 to 9 p.m. Funeral service from the chapel on Wednesday, July 5, 2000 at 2 p.m., followed by interment at the Knowlton Protestant Cemetery. Please note: On Wednesday, day of service, the funeral home will be open from 12 noon. Donations in his memory to the Brome-Missisquoi Perkins Hospital Foundation, 950 Principale, Cowansville, Que. J2K 1K3, would be appreciated. Forms available at the funeral home.

Stanbridge East
Thelma Rhicard
248-4168

CORRECTION: On Friday, June 30 page 21, the recipe for rhubarb juice called for 4 quarts of water, not 4 pints of water.

Deaths

EDWARDS, Alice Pearl (nee Goodhue) - Of Lacombe, Alta., formerly of Sherbrooke, Que., on June 25, 2000, in her 71st year. Dear mother of Wayne (Teresa), Bruce (Peggy) of Alberta and Steven of St. Felix de Valois. She also leaves to mourn six grandchildren and three great-grandchildren. She was predeceased by her husband Lawrence (1976) and son David (1978). A memorial service was held at the Mirror Alliance Church, Alberta, on June 29, 2000, with Pastor Jim Sturgeon officiating. Interment will be held at a later date in Cookshire, Que. Funeral arrangements entrusted to Personal Alternative Funeral Services, 4779-49th St., Red Deer, Alta.

FREDERICO, Victor - Suddenly at the C.H.H.M. Magog, Saturday, July 1, 2000 in his 79th year. Cherished and beloved husband of June Miller. Dear father of Michael (Suzanne) of Chatham, Ont. Loving and most adored grandfather of Christopher and David. Victor will also be sadly missed by his sisters Rosa, Yvonne, Germain, and Yolande, many nieces, nephews, other relatives and friends. He was predeceased by his sister Pauline and brother Jean. Resting at Cass Funeral Home, 545 Dufferin, Stanstead (819-876-5213), Tuesday, July 4 from 2 to 4 and 7 to 9 p.m. where family and friends may come to visit. The service will be in the Notre Dame de la Merci Church, Rock Island, Wednesday, July 5 at 2 p.m. There will be cremation after the service at the request of the deceased. Burial of the cremated remains will be in Mont Ste. Marie Cemetery at a later date. As a tribute to his memory, donations to the 2nd floor of the C.H.H.M., Alzheimer's Division, 50 St. Patrice E., Magog, Que. J1X 3X3, would be greatly appreciated by the family.

Birchton
M. Prescott

Serena Wintle, President of Bury W.I. and Sandra Morrison, President of Compton Co. W.I. spent a very enjoyable evening as guests of Sawyerville W.I. at the home of Theda Lowry.

Gilbert and Serena Wintle attended the 50th anniversary for Dady and Hollis Cairns which was held in Bury Town Hall.

Marie Chantal of Quebec City spent a weekend with her sister, Sophie Gregoire and nephew Julien while Robert Peloquin was in Shawinigan attending a motorcycle rally.

Deaths

McGEE, Quinton - At his residence in Richmond, on June 30, 2000 in his 83rd year. Beloved son of William-John McGee and Lilian Cookman, and survived by all his family. Left to mourn him is his niece Shirley McGee-Daily, of Moose Jaw, Sask., and his cousin Margaret Douillard of Richmond, and other nieces, cousins and friends. Funeral, cremation and interment arrangements entrusted to Centre Funéraire Yves Houle & Frère, 198 Adams, Richmond, Pauline Fecteau, Dir., tel: 1-819-826-3747. Visitation on Tuesday, July 4, 2000 from 1:30 to 2:30 p.m., and followed by a ceremony at the North Ely Cemetery for interment of ashes.

WOODWORTH, Miriam (nee Dixon) - Passed away peacefully in her 92nd year at St. Johnsbury, Vt., on June 30, 2000. Beloved wife of Wayne W. Woodworth, deceased. Devoted mother and mother-in-law of Warren and Nancy, Knowlton, Que., Donald and Earla, South Glens Falls, N.Y., Roger and Lee, Grantham, N.H., and Robert and Tricia, Missisauga, Ont. Will be greatly missed by her sister Margaret Magoon, brother Donald Dixon, her 10 grandchildren and 12 great-grandchildren, and nieces and nephews. A memorial service on Thursday, July 6 at 2 p.m. at North Congregational Church, 1325 Main St., St. Johnsbury, Vermont, 05819-2259. Contributions in her memory may be made to the Access Fund at the North Congregational Church. Interment will take place at Derby Line, Vt., at a later date.

In Memoriam

BARLOW, Murray - In loving memory of a husband, father and grandfather who passed away July 4, 1999. Sadly missed each day.
MARJORIE & FAMILY

HAMILTON, Mark - In loving memory of a dear husband and brother who passed away one year ago, July 3, 1999. Though his smile is gone forever And his hand we cannot touch, Still we have so many memories Of the one we love so much. His memory is still a keepsake With which we will never part, God has him in His keeping We have him in our hearts. Love you and miss you.

EVELYN and
THE HAMILTON FAMILY

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: \$6.50 (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 noon and 2 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 2 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

| North 07-04-00 | | | |
|-------------------|-------|-------------|----------|
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| ♥ K Q 4 | | | |
| ♦ A K J 10 9 | | | |
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| ♥ A 9 8 6 | | ♥ 7 | |
| ♦ 8 | | ♦ 7 5 4 3 2 | |
| ♣ Q 10 9 | | ♣ J 7 6 4 3 | |
| South | | | |
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| ♥ J 10 5 3 2 | | | |
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| Vulnerable: Both | | | |
| Dealer: West | | | |
| South | West | North | East |
| Hancock | Adams | Jefferson | Franklin |
| 2♥ | 1♠ | 2♦ | Pass |
| | 2♠ | 3♥ | All pass |
| Opening lead: ♠ A | | | |

Tuesday, July 4, 2000

More from the independence game

By Phillip Alder

The second rubber between our four Declaration of Independence signatories has reached both sides vulnerable. In the first deal, Benjamin Franklin made three no-trump. In the second, Thomas Jefferson landed seven spades. This was deal three.

After the first three calls, John Hancock (South) advanced with two hearts. Although the suit was poor, having 10 points and a fitting honor in partner's diamond suit meant game was still possible. And — centuries ahead of their time — they played it as forcing for one round. Over John Adams' two-spade rebid (that does look like a six-card suit), Jefferson raised to three hearts, and Hancock passed, knowing his partner would have jumped to game with appropriate values.

West started with two top spades, noting that his partner played the nine before the four, an echo indicating a doubleton. Adams could see four defensive tricks (three spades and one heart), but where was number five?

From the auction, East had to be looking at a (near) Yarborough with at most one trump. So, switching to a diamond, planning to win the first trump lead, give partner a spade ruff on the third round, and get a diamond ruff in return couldn't work. (This would be a feasible defense if West held only three hearts.)

After thinking for a while, Adams found the winning defense. He cashed the spade queen, then continued with the spade two, hoping his partner had at least the heart seven. When Hancock discarded a club from the dummy, Franklin ruffed with that critical trump, effecting an uppercut. South overruffed, but now West collected a pair of trump tricks.

Give people more than they expect

Ann Landers

Dear Readers: Here is one of the most heartwarming books I've ever read. Anyone who remembers World War II will hang on every word. What a fabulous read! It will keep you riveted. Title: "Duty: A Father, His Son, and the Man Who Won the War." Author: Bob Greene. Publisher: William Morrow & Company. Price: \$25 (Canada \$37.95). Run, don't walk, to your favorite bookstore, and get this blockbuster.

Dear Ann Landers: About a year ago, you printed an essay called "Tips for Life," which I thought was wonderful. Unfortunately, I lost my copy two weeks ago, and have been frantically trying to find another. Will you please print it again? — N.C.

Dear N.C.: With pleasure. Here it is: Tips for Life

Give people more than they expect, and do so cheerfully.

Don't believe all you hear, spend all you have, or sleep all you'd like.

Don't say, "I love you," unless you really mean it.

When you say, "I'm sorry," look the person in the eye.

Be engaged at least six months before you get married.

Love deeply and passionately. You might get hurt, but it's the only way to

live life completely.

In disagreements, fight fair. No name-calling.

Don't judge people by their relatives.

When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

Call your mom.

Say, "Bless you," when you hear someone sneeze.

Don't let a little squabble damage a good friendship.

When you realize you've made a mistake, take immediate steps to correct it.

Smile when picking up the phone. The caller will hear it in your voice.

Marry someone you love to talk to. As you get older, conversation will be one of the principal elements of your relationship.

Remember that silence is sometimes the best answer.

Read more books, and watch less TV.

In disagreements with loved ones, deal with the current situation. Don't bring up the past.

Never laugh at anyone's dreams. People who don't have dreams will never accomplish much.

Never let your mouth get ahead of your head.

Spend some time alone. Constant socializing can be draining.

Open your mind to change, but don't let new ideas dilute your principles.

Live an honorable life. When you get older, you'll be glad you did.

When you don't know what to do, pray. You'll be surprised at how much it will help you decide.

A loving atmosphere in your home is important. It will also help keep your children from needing therapy.

Judge your success by what you had to give up to get it.

Remember that not getting what you want may be the best thing that never happened to you.

Never interrupt when you are being flattered.

Mind your own business.

Trust in God, but lock your car.

Compton

Mrs. Lloyd Hyatt
835-5484

Mr. and Mrs. Bob Desnoyers of Ottawa, Ont. spent a couple days guests of their father Mr. Lloyd Martin.

Mr. Gordon Martin was a overnight guest of his father Mr. Lloyd Martin at Manoir de Chez-Nous he returned to Ottawa on Sunday.

Waterloo

Judy Arnott
539-2040

Laurie Cote and family of New Brunswick were weekend guests of their grandmother, Pat Cote at 24 Clark Hill.

Pam and Dan Roberge of Ottawa were in town on the weekend and called on Jo-Ann Arnott and daughter Amy Bec. Guests of Jo-Ann that weekend were Julie Bec of St. Anne de Bellevue and her friends Lyndon and Katie, both John Abbott school friends of Julie.

Judy Arnott and Hugh Dalton spent a few days in and around Toronto visiting Brock and Ann Dunsby and children Kyle and Briar of Hamilton, Corey Dalton, Megan and Adam in Burlington and Erin, Garry and Jenne Dunsby in Richmond Hill. Briar Dunsby took part in a jazz ballet dance recital on Saturday afternoon. We attended and enjoyed the performance very much. Briar will have entered the hospital at the time of this writing to have her tonsils removed. Our very best get well wishes go out to her and we will make sure she gets a copy of this news. An item of interest was that we noticed the crops and gardens were not a bit ahead or better than ours this year in the Toronto area which we found a bit unusual as they are usually a couple of weeks ahead.



Congratulations!

To Elina Brobeck of Cookshire.

Elina graduated from the Massachusetts Institute of Technology (MIT) in Boston, Massachusetts. She received two bachelors degrees, in physics and literature.

Elina graduated from Cookshire Elementary School and Bishop's College School where her brother, Colin Standish, is also a student.

Elina's family, mother Jane George, sister Aniko, brother Colin, and stepfather Christopher Standish live in Cookshire.



Graduation

Jancey Wallace graduated in June from Queen's University in Kingston with a Bachelor of Arts (Honors) and a Bachelor of Education and was the recipient of the Senator Frank Carrel Upper Year Scholarship. Her parents, Willard and Heather Wallace of Thetford Mines and sister Bonnie and her family of Ottawa are very proud of her accomplishments. Jancey is the granddaughter of the late Wes and Irene Slack of Ayer's Cliff and the late Wilbert and Ethel Wallace of Kinnear's Mills. Congratulations, Jancey!

CELEBRITY CIPHER

by Luis Campos

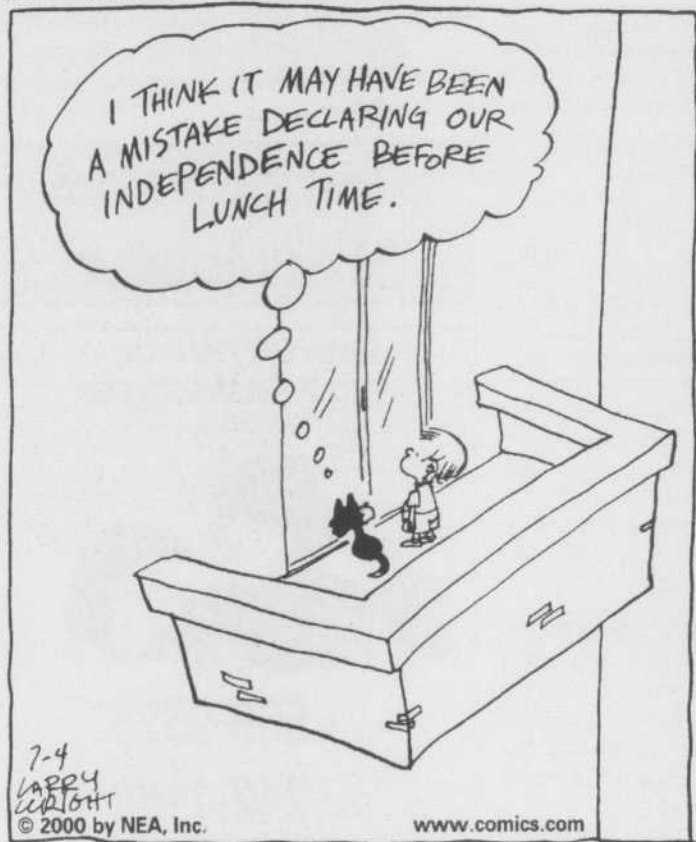
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: Z equals M

'JBJNPUODTL UOGU DR NJGWWP
LNJGU GTX DTRKNDTL DR
ENJGUJX VP UOJ DTXDBDXYGW
FOM EGT WGVNM DT ANJJXMZ.'

G. JDTRUJDT

PREVIOUS SOLUTION: "I call it the Watergate. I try to cover up anything I can." - Yankee Mgr. Joe Torre, describing his comb-over hairdo.

KIT N' CARLYLE



7-4 LARRY CALHOUN © 2000 by NEA, Inc.

www.comics.com

HERMAN



7-4

© Jim Unger/dist. by United Media, 2000

"He painted this one when he was only 2 years old."

ALLEY OOP



ARLO & JANIS

GEORGE, HERE! THE GOVERNMENT IS USING ME IN A COSTLY EFFORT TO DO WHAT IT DOES BEST...



MANIPULATE YOU!



THE BEAT OF FEET I THINK I HEAR! YES I AM SURE! THEY'RE DRAWING NEAR!



YOU'RE RIGHT FOOZY! IT'S OOP AN' HE'S RIDIN' DINNY!



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THE BORN LOSER



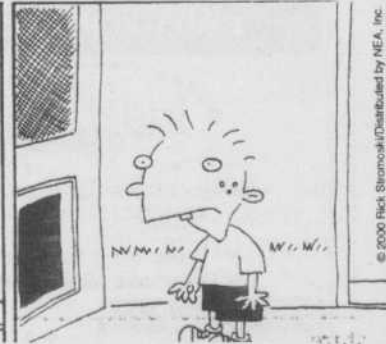
FOR BETTER OR FOR WORSE



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001 Property For Sale

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001 Property For Sale

helper's house, 3 additional acres. Could make a beautiful estate for extended family. Sold individually or together. Call (819) 823-2417 for appointment, leave message.

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195 Trucks For Sale

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REMINDER

AUCTION SALE

for: Mrs. Jean Ross of Sherbrooke to be held at Bennett's Auction Barn 327 Rte 253 South, Sawyerville, Qc

Tuesday evening
July 4th 2000
at 6:00 p.m. sharp

TO BE SOLD: Antiques: Oak S roll top desk (circa 1900) very rare in excellent condition, very nice selection of antiques, appliances, furniture etc. Please note Mrs. Ross's furniture is in excellent condition.

For information:
Ross Bennett,
Licenced Bilingual Auctioneer,
Sawyerville, Quebec
(819) 889-2840 or cell: 572-5609

035 For Rent

AYER'S CLIFF - Charmingly renovated cottage, private setting, 2 km. from Lac Massawippi, wood floors, solarium, gazebo, sun deck, garden, pond, 40 kms. private trails on 1000 acre estate. Seasonal or annual. (819) 838-4880 or (819) 572-0250.

LENNOXVILLE - 1 1/2, fridge, stove, furnished, hot water included. \$235 per month. Call (819) 563-7548 or 571-3829.

LENNOXVILLE - Three 4 1/2's, available July 1 and August 1. Quiet, central vac, security lock and intercom system. Call (819) 821-0112.

040 Wanted To Rent

CANADIAN FAMILY of three (3) arriving from overseas assignment looking to rent a house or condo in the Knowlton or Bromont area. Can be reached: E-mail address: sylvie.scott@oskarmobil.cz or david.scott@oskarmobil.cz or locally: Caroline Joncas (450) 538-2330.

050 Rest Homes

LONDON RESIDENCE - Private room available. 24 hour care, call bell, nurse and doctor, family atmosphere. Member of A.R.R.Q. 301 London St., Sherbrooke. Call (819) 564-8415.

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315 Horses

TURKEYS, DUCKS, geese, layers, quails, fancy poultry, pheasants, guineas, peacocks, meat chickens, etc. Mason's Feather Farm, Lennoxville, (819) 564-8838.

325 Poultry

CI CI's COIFFURE CANINE. All breed dog grooming. Reasonable rates. Sara Hawe Smith, 39 Deacon Street, Lennoxville, (819) 565-3817.

330 Pets

KNOWLTON - Kitten, grey with white paws and chest, found on Maple Street, mid-June. Call (450) 243-6681.

395 Home Improvement

STEVE'S CARPETS - For all your floor covering needs. Installation. Free estimate. Payment plans available. 11 Queen, Lennoxville, (819) 566-7974.

400 Lost

READING GLASSES with maroon case lost June 28 between Sugar Hill Road towards Stagecoach going to Brome Post Office boxes. If found call (450) 243-0443.

405 Found

INVENTORS - Product Ideas Wanted! Free information package. Develop and professionally present your new product idea to manufacturers through Davison, an award winning firm. Patent assistance available: 1-800-677-6382.

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CROSSWORD

ACROSS

- 1 Irritating individual
- 5 Fidgety
- 10 Square measure
- 14 Diamond Head's island
- 15 Wild card, often
- 16 Sneak a peek
- 17 Ornery
- 20 Hardened
- 21 Alphabetize
- 22 Uses a lasso
- 23 See to it
- 25 Forms an opinion
- 27 Snug retreat
- 29 Irrigates
- 33 Well-behaved
- 36 Relaxed

39 Twosome

- 40 Naive
- 44 Pigpen
- 45 Of bygone times
- 46 Current units, for short
- 47 Poisons
- 49 Revolve
- 52 Takes an oblique course
- 55 Hamster or gerbil
- 59 Sound judgment
- 62 Picture in picture
- 64 Entertainer Zadora
- 65 Haughty
- 68 Assistant
- 69 Campaigned for another term
- 70 Belly problem
- 71 Muddle

28 Keep an eye on

- 30 Mild Dutch cheese
- 31 Backside
- 32 Weepy gasps
- 33 Nitty-gritty
- 34 Aware of
- 35 Cameo stone
- 37 Cleaned one's plate
- 38 Without: Fr.
- 41 ___ out (fell asleep)
- 42 Otherwise
- 43 Touch down
- 48 Debate topics

50 Primps

- 51 Smidgen
- 53 More knowing
- 54 Marching drum
- 56 Historic period
- 57 Alcove
- 58 Confiscated
- 59 Junk mail, online
- 60 Lackawanna RR connection
- 61 Silent assents
- 63 Rejuvenation resorts
- 66 Trajectory
- 67 Feline

Monday's Puzzle Solved

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

DOWN

- 1 Outlaw pursuers
- 2 Corroded
- 3 Closes
- 4 Vat
- 5 Worships
- 6 Socially inept loser
- 7 Brought into pitch
- 8 Frighten
- 9 Affirmative
- 10 Just about
- 11 Decisive takeover
- 12 Actor's character
- 13 ___ by (just manages)
- 18 Use a drill
- 19 Fleet
- 24 Reverse an action
- 26 Woolly females

| | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | |
| 14 | | | | | 15 | | | | | | 16 | | | | |
| 17 | | | | 18 | | | | | | 19 | | | | | |
| 20 | | | | 21 | | | | | | 22 | | | | | |
| 23 | | | 24 | | | 25 | | 26 | | | | | | | |
| | | | 27 | | | 28 | | 29 | | | 30 | 31 | 32 | | |
| 33 | 34 | 35 | | | | 36 | 37 | 38 | | | | 39 | | | |
| 40 | | | | | 41 | 42 | | | | | | 43 | | | |
| 44 | | | | | 45 | | | | | | | 46 | | | |
| 47 | | | | | 48 | | | | 49 | 50 | 51 | | | | |
| | | | | | 52 | | | 53 | 54 | | 55 | | 56 | 57 | 58 |
| 59 | 60 | 61 | | | | 62 | | 63 | | | | | 64 | | |
| 65 | | | | | | 66 | | | | | | 67 | | | |
| 68 | | | | | | 69 | | | | | | | 70 | | |
| 71 | | | | | | 72 | | | | | | | 73 | | |

By James E. Buell

7/4/00

Your Birthday

Tuesday, July 4, 2000

The year ahead could offer you an abundance of good opportunities. However, you must be very careful not to dilute your possibilities for success by jumping from one to another.

CANCER (June 21-July 22) Either extreme of being overly negative or unrealistically optimistic when assessing various developments as they arise today would be counterproductive. Toe the middle of the road.

LEO (July 23-Aug. 22) Keep a tight lid on your expenditures today when making purchases of nonessential items. Just because something has a high price tag on it doesn't necessarily mean it's better.

VIRGO (Aug. 23-Sept. 22) The quickest way to become unpopular today is to place too much emphasis on your personal requirements while ignoring those of associates. Poor behavior will leave a lasting impression.

LIBRA (Sept. 23-Oct. 23) Be careful not to embellish any of the facts when repeating a story to others today, such as exaggerating an innocent happening into an outlandish event at the expense of another.

SCORPIO (Oct. 24-Nov. 22) Don't seek advice from just anyone who happens to be around today — especially financial or business counseling. A nonexpert could throw you way off course and greatly damage your affairs.

SAGITTARIUS (Nov. 23-Dec. 21) The last thing you should depend on today is Lady Luck. She may toy with you, but she isn't likely to be around when you need her the most. Be self-sufficient.

CAPRICORN (Dec. 22-Jan. 19) Chances are you might be inclined today to throw caution to the winds and let the fates manage your affairs when it comes to organizing something important. Stay on top of things.

AQUARIUS (Jan. 20-Feb. 19) Don't be afraid to say "no" when involved with someone who may attempt to draw you into a situation today that could incur expenses on which you didn't plan. Stay on budget.

PISCES (Feb. 20-March 20) Should an agreement prove to be doubtful, unwind yourself immediately from adhering to the commitment. It's foolish to hold fast to something about which you feel insecure.

ARIES (March 21-April 19) Because there's something else you'd rather be doing today that can only be done during business hours, you may find it quite difficult to relax and enjoy yourself. Try to have some fun.

TAURUS (April 20-May 20) It doesn't take a whole lot of money to enjoy this day. Plan something in your own backyard with good friends or family. It's the simple things in life that prove the most rewarding.

GEMINI (May 21-June 20) Don't allow any divisive subjects or volatile issues to be introduced into conversations today when doing things with the family. Someone's feelings could end up being terribly hurt.

Card party

AYER'S CLIFF

A very successful card party was held June 20 at the dining hall on the fairgrounds for the benefit of the Women's Institute, Ayer's Cliff, Que.

Cards were played at 10 tables, the winners were ladies first, Ethel Gilbert 6700, ladies low, Barbara Wing 3480. Men's first, Archie Nelson 6220, men's low, Casey Vriensendorp.

Nine no trump: Jean Martin. Secret score, ladies: Audrey Gale. Secret score, men: Sam Lake. Raffle, basket of fruit: Alberta Melouin. Congratulations to all.

Several door prizes were won, too numerous to mention, as there was lots and lots of them.

The W.I. wishes to thank all those who came and supported us and to all for the good help, members and non-members, many hands make light work, also thanks for all the food and prizes and thanks to the ladies who played as gents, much appreciated by all.

Lorraine Harrison

Magog

Connie Girard 843-6671

Recent guests of Ella Davidson of Magog were her sister and niece, Mabel Mallotte and Jean of Richmond, Que.

Stanbridge East

Thelma Rhicard 248-4168

My aunt Viola Dewick from Victoria, B.C. was visiting family and friends here and in Montreal. She spent several days with her sister Doris and husband Bruce Kidd. Kidds' home is for sale and they plan to move into an apartment in town. Delmar and Sandra Wilson have sold their home in Amherst, N.S. and have bought what was the Lackey house so will be coming "back home" to S.E. after 15 years. David and Donna Kidd have sold their home and will be moving into their new house which was owned by Marcel Rocheleau. Lots of changes... that's life.

The Bickerdike Pier which the Montreal Port Authority is contemplating selling was named after my great-great-uncle Robert Bickerdike who was an M.P. for Lachine.

Volunteer Day brought many willing people out to help embellish the town: flower beds were weeded and planted, also the boxes and hanging baskets on the bridge hung and planters were filled with lovely flowers. We started the day at 8, were served coffee and donuts at 10 and hot dogs at lunchtime, compliments of the Embellishment Comm. The youngsters turned out to clean up the playground... the town looks great.

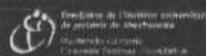
Rev. Brett Anningson attended the United Church Annual General Meeting of Montreal and Ottawa at John Abbott College. In his absence, Bob Blakeslee and Velma Symington took the Sunday service, at which I, on behalf of the U.C.W. presented our dedicated Sunday School teacher Rosemary Gage with a gift of appreciation (a book published to celebrate the U.C.'s 75th anniversary this year, titled "The Painted Trunk.")

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The prize includes a house situated at 835, rue Galarneau, Rock Forest, worth more than \$100,000 (including the lot, a 10' x 12' patio, sales taxes (PST and GST) and landscaping).

DRAWING August 24 at 2 p.m.
Maison Desjardins, 835, rue Galarneau, Rock Forest
INFORMATION : (819) 820-6450 / (819) 829-7138

Construction of the Maison Desjardins is made possible, among others, through the participation of

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Plomberie Mario Côté
Les Planches de gypse de l'Estrie
Isolation Trans Canada
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Cuisine Idéal
Maçonnerie René Roy
Isolation Raymond Bilodeau
Tapis Donald Blanchette
Dec Art
Boiserie Raymond

Participate and have a chance to win \$500 of merchandise from Meubles Sélection Bureau et Bureau.
Name 3 sponsors of la Maison Desjardins

Name _____
Address _____
City _____ Tel. _____

Return to :
Drawing Maison Desjardins, S.G.U.I. Foundation
1036, rue Belvédère Sud, Sherbrooke (Québec) J1H 4C4
Drawing : August 24, 2000 at 2:30 p.m. at La Maison Desjardins