

Unstoppable: Blues legend John Mayall

Gordon Lambie - Page 4

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MONDAY, JULY 7, 2014

Lac Megantic turns a page Commemorative mass held

By Rachel Garber

Sainte-Agnès Church in Lac-Mégantic was packed, inside and out. Inside, Sherbrooke Archbishop Luc Cyr and Sainte-Agnès' own Priest Steve Lemay prepared to preside over the mass. Outside, a big screen and sound system broadcast the mass. It was Sunday morning, and this was the public mass in commemoration of the victims of the train explosion exactly one year ago, on July 6, 2013.

Firefighters, police and first responders lined the sidewalks in front of the church, waiting for the dignitaries to arrive. They came from all over. Adstock. Beaulac-Garthby. Disraeli. L'Avenir. Neuville. Saint-Roch-des-Aulnaies. Shefford. Sherbrooke. Vaudreuil-Dorion. A few Americans were there. One carried an armload of flowers and a sign saying she loved Harper.

But mostly, it was a solemn blue and brown wall of uniforms. A firefighter from Sherbrooke ordered the company's movements through a megaphone. He told me that more than 400 responders were present, out of some 800 who had come to help Lac-Mégantic in July 2013.

The dignitaries arrived and entered the church. The "population" went inside, easily 500 strong. And then the firefighters, police and first responders marched in, too, and stood at attention in the centre aisle. As one, the entire audience rose to their feet and gave them a prolonged ovation. Tears came. It was an emotional moment, but a healing one. Hearts full of gratitude.

Archbishop Cyr urged Lac-Mégantic

CONT'D ON PAGE 8

Reinventing Lac Megantic



RA GARBER

Watching the caterpillar backhoes at work in Lac-Mégantic's Red Zone, loading contaminated soil to be trucked away.

By Rachel Garber

Coming through Nantes, you see two big long trains of boxcars sitting on the siding. Maybe 60 cars. Some are marked "MMA" for the now defunct Montreal, Maine and Atlantic Railway Company. The train tracks are just beside the road. It's not oil this time, but other goods.

Then you go down the long, long hill into Lac-Mégantic. Like that oil train did just one year ago.

Ghislain Bolduc says the siding in Nantes was created because that's where trains used to meet each other. One would stop on the siding while the other passed, going in the other direction. "They do that on top of the hill because it's easier for the train to re-start afterwards," he says. "And when the volume of traffic went down, they started to use the siding as a storage area. It was never designed for storage - you design a storage area at the bottom of a hill, not on top of a hill."

Bolduc has looked into the subject. He is MNA for the Mégantic riding, and he presides over an inter-ministerial committee that brings together all the ministries that are involved in the Lac-Mégantic reconstruction. That's eight or nine, depending on the issues. The Ministry of the Environment. MAMROT - municipal affairs. Health and social services. Justice. PME - small and medium enterprises. Sécurité publique. Pierre Paradis, the minister responsible

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TODAY:
SHOWERS,
T-STORMS

HIGH OF 26
LOW OF 17



TUESDAY:
CLOUDY

HIGH OF 25
LOW OF 19



WEDNESDAY:
SHOWERS

HIGH OF 24
LOW OF 18



THURSDAY:
CLOUDY,
SHOWERS

HIGH OF 21
LOW OF 12



FRIDAY:
SUNNY

HIGH OF 27
LOW OF 12

EASTERN TOWNSHIPS RESOURCE CENTRE

Orangemen in the Eastern Townships



Orangeman's picnic parade float, 12 July 1930.

SHERBROOKE

The Orange Lodge has its origins in Northern Ireland in 1796 with the founding of the Orange Order by Protestants. In the decades leading up to this point, however, there had been building conflict and violence between Protestants and Catholics, which had largely stemmed from land disputes in County Armagh, Ireland.

This conflict led up to the Battle of the Diamond, in September 1795, when the Protestant Peep o' Day Boys and the Catholic Defenders gathered

for a fight and ended with the Defenders suffering a significant number of losses.

Following this battle, the Orange Order was established to replace the less formal Peep o' Day Boys group. The order was named for King William of Orange, who had defeated the Catholic King James in the Battle of the Boyne in 1690 in a struggle for the English, Scottish and Irish thrones. The Orange parade, the Orangemen's annual celebration, is held on or around July 12 in commemoration of King William's triumph.

The Orange Lodge came to

the Eastern Townships through Irish settlers and the first lodge was established in Megantic County in 1832 and many other lodges were founded throughout other counties such as Compton, Sherbrooke, and Richmond.

While much of the religious discord was left in the old country, the Orange Lodge brought with it fraternal support for the new settlers as well as the Orange parade and picnic. Originally held locally on range roads, it was gradually consolidated with the growing ease of transportation and, since the

early 1900s, it has been held in Inverness Township.

The Orange picnic was a very special occasion for most families, especially when breaks from the farm work during the summer months were rare.

Included among the festivities were races and a competition of musical groups - who practiced for weeks beforehand and would likewise 'serenade' neighbours as they played on their way to the picnic.

Source: Jody Robinson, ETRC Archivist. 819-822-9600, ext. 2261. etr2@ubishops.ca

U de S well-represented at 2014 Gala Forces Avenir

Record Staff
SHERBROOKE

Four groups and an individual student from the Université de Sherbrooke are among the finalists in the 2014 Gala Forces Avenir, which recognizes the cream of Quebec students.

The IngeniArts company, l'Association des transports électriques de l'Université de Sherbrooke, the 'Bonbon et bon don' project, the troupe Broadway FMSS, and medical student Mathieu Hains, will each receive a grant of \$2,000

for their nomination as finalists.

The recipient of the \$50,000 Pierre Peladeau Award, IngeniArts, operated by Rami Jarjour and Philippe Beauchamp, is up for the Entrepreneurship, business and economic life prize for the development and commercialization of a 'smart battery,' a patented technology for the transportation electrification sector.

The initiative by medical students from the Saguenay campus, 'Bonbon et bon don' was chosen in the Health cat-

egory for its organization of a Halloween awareness campaign on the importance of organ and tissue donation.

The Association des transports électriques de l'Université de Sherbrooke (ATEUS) is nominated in the Environment category for its role in the creation of a vast network of knowledge transfer of student projects to promote innovation in the field of electric transport.

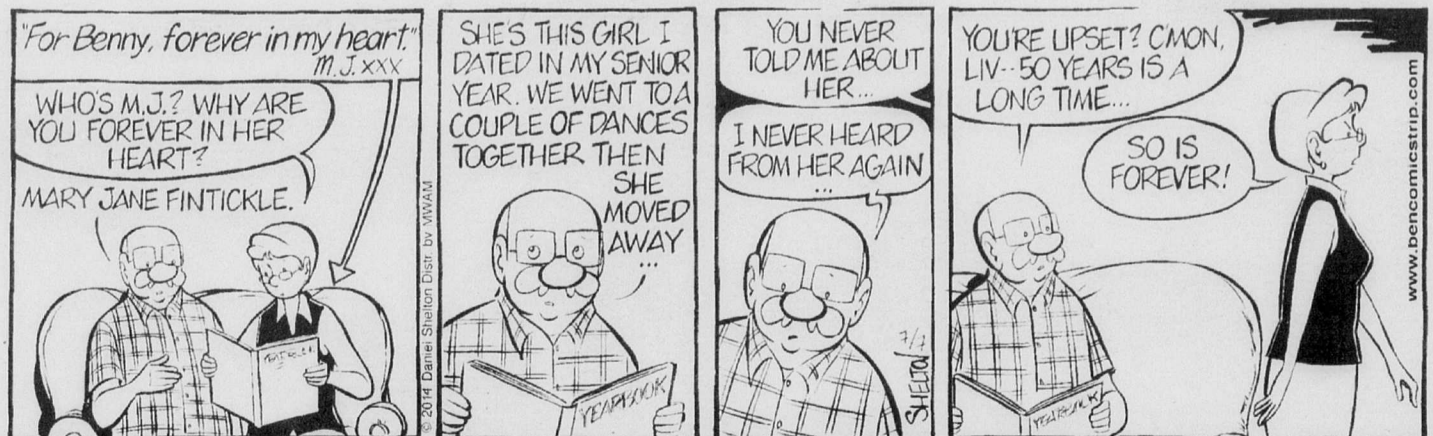
Broadway FMSS is competing in the Arts and Culture category with its production of the musical Hairspray, the

profits from which were donated to the sustainable development organization Mer et Monde.

Finally, medical student Mathieu Hains was selected in the first cycle Personality category. From Sherbrooke, Hain initiated the 'Recycle ton jardin' project, a green garage sale during which citizens are invited to make donations of plants they want to get rid of and to buy new plants at lower prices.

All proceeds from this event go to Action Saint-François.

Ben by Daniel Shelton



'Itinerant businesses' still slipping through the cracks



GORDON LAMBIE

The Sherbrooke Chamber of Commerce, the Fleurimont Chamber of Commerce, and Commerce Sherbrooke put out a call for solidarity Thursday among members of the local business community with regard to what they call, "itinerant businesses." Not for the first time, the three local organizations took the opportunity to call out businesses that skip out on the end of their leases, and fail to make a positive contribution to Sherbrooke's economic climate.

Louisda Brochu, City councillor and President of Commerce Sherbrooke, vehemently denounced the practice and called the merchants who engage in temporary sales "disloyal" and "deviant."

"The phenomenon of temporary commerce contributes to the loss of hundreds of thousands of dollars," Brochu said, "to the detriment of businesses here in Sherbrooke."

Lise Bourgault, executive Vice President of the Sherbrooke Chamber of Commerce, explained that this is the third time that the chamber has intervened regarding this issue. She clarified that the problem rests primarily with groups who come from outside the region who set up shop in a rental space to sell specialized merchandise in a flurry of activity and then skip out of the ends of their leases when their whirlwind transactions are complete. Such activity undercuts local markets, Bourgault explained, and robs the community of the contributions that long-term businesses make through contributions to municipal taxes.

"We feel there is a need to review the rules because certain people are getting around what is legal," the Chamber of commerce VP explained. "Merchants need to respect the spirit of the legislation, our Sherbrooke economy depends on it."

Brochu said that the city's commerce organizations assembled a working group on the issue last year in order to try to tighten the regulation regarding short-term leases. While the work on that front is not yet ready to present to the City Council, the Commerce Sherbrooke President said that he expected a report to be ready soon. He then added that despite the fact that some, "deviants," still made it through the net,

there is also progress being made on the whole.

"We are one of the cities that goes the furthest in terms of regulation of temporary commerce," Brochu said, pointing out that as much as 90 per cent of off-the-truck mattress and leather sales that used to take place in the city have been eliminated. "The members of our committee wanted to bring people up-to-date for two fundamental reasons; to report how our work has advanced, and to put out a call to all proprietors of commercial real-estate, and real-estate agents in the city to make them aware of this situation and to encourage them to follow the norms of a minimum six-month lease."

According to Brochu the most important change that needs to take place right now is for building owners and notaries to be vigilant and not permit the creation of clauses in the city's minimum six-month lease that allow for an early exit.

"Less than six months is against the rules, more than six months, it's no longer short-term," the Commerce Sherbrooke President clarified. "Short-term businesses are successfully overturning the spirit of the law by renting buildings for six month terms that respect the law, but then including escape clauses that permit them to leave by the back door since they can't go out the front."

François Bouchard, President of the Fleurimont Chamber of Commerce and owner of Sherbrooke's Sputnik gaming store called the practice exploitative and damaging.

"The retail industry is facing difficult changes," Bouchard said, "and the addition of the occasional temporary business has a considerable added effect on our businesses who have to support themselves throughout the year."

The Fleurimont President called for the city's permits and inspections bureau to be attentive about the details of permits issued and the fines for violations. Brochu then expanded on that point by calling on similar assistance from notaries, property owners and other individuals who might previously have valued short term gain over long term contributions to the greater good.

"We are determined and we won't back down from working to make the problem of temporary businesses disappear from the city," Brochu affirmed. "There's always going to be someone who tries to bend the law, the goal is to try to make the net as tight as possible. It's for that reason that we're asking for the support of the community in aiding local businesses."

According to Bouchard, the working group hopes to have a set of recommendations ready to present to the city council by the end of summer or early fall.

Destination Sherbrooke loses two Directors

SHERBROOKE

The oft-maligned Destination Sherbrooke has been shaken by the resignation of two members of its board of directors, according to a report in La Tribune, because of a disagreement over the organization's direction.

Daniel Schoolcraft and Claude Castonguay have left their duties at the tourist promotion agency, the paper reports.

According to the report, a recent working retreat was the trigger for the division within the organization.

"The City of Sherbrooke gives the mandate to Destination Sherbrooke"

says organization Chair Rémi Demers. "Guidelines were adopted at the retreat and this is what seems to have caused the two resignations."

"We have to take into account what people tell us," says the newly-appointed Chair. "I wish I could keep them. I had a good discussion with Daniel and Claude and the other members of the Board of Directors. If I had a choice, I would have wanted them to continue with us."

When questioned on the matter, Schoolcraft did not want to elaborate on the exact cause of his resignation after more than a decade of involvement in tourism development in Sherbrooke. "You can't give us power and then take

it away," he said. "I do not want to be a puppet and I don't want Destination Sherbrooke to be considered a municipal service. It is more than that. I had the opportunity to speak with members of the board. This is a matter of principle for me. I am surprised that only two members have resigned."

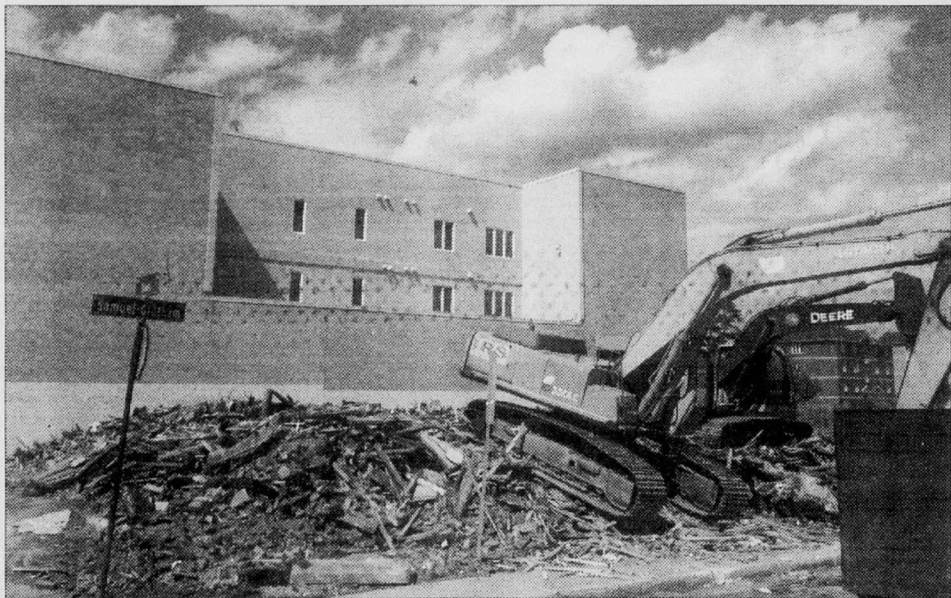
According to Demers, it was decided at the retreat to explore the possibility of entrusting the management of nature parks and bike paths to the City of Sherbrooke. There is also an impact in terms of Destination Sherbrooke finances as a budget reduction is being considered. "Members who have resigned do not want to play as an extra and did not

share this vision," he says.

"It was done with all due respect, I have to say. But these resignations hurt me. Misters Schoolcraft and Castonguay made a unique contribution to Destination Sherbrooke. When you are part of a board, you have to believe, believe in the possibility of change. The role of animating nature parks is a role which our body performs well."

Demers refuses to consider that Destination Sherbrooke is in a crisis as a result of these resignations. The Board comprises 13 members, including four elected officials in addition to Demers. Replacements for the two should be appointed by August.

Eyesores finally come down



MATTHEW MCCULLY

The long awaited demolition of the buildings on the corner of Queen and Depot in Lennoxville began Saturday. By Sunday, all that was left was a pile of rubble. - Perry Beaton.

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John Mayall still going strong at 80

Blues legend to play the Granada Theatre this week

By Gordon Lambie
SHERBROOKE

Born in 1933, John Mayall, sometimes called the Godfather of British Blues, is going on 81 years old. Before he gets to his 81st birthday, however, the Officer of the Order of the British Empire has 65 stops to make on a tour that takes him across Canada, the United States, Britain, and several other parts of Europe, one of which lands him at Sherbrooke's Granada Theatre as a part of the Sherblues and Folk Festival. Now roughly fifty years into his professional career, Mayall shows no signs of slowing down, having just released a new album, *A Special Life*, last month.

"It's the same old thing really; we go wherever we're booked. If you're a musician it's part of what you do, it's your career," the blues musician told *The Record*. "We do 100 shows every year, this year there are a few more because of the new album being out, but that's what I do."

Mayall said that he doesn't feel that his life of touring and producing music is any different now than it was at any other point in his career, and said that despite the fact that the average eighty year old is not going on world tours, he does not see age as a factor. He cited the fact that B.B. King is several years older than he is, while also touring more ex-



COURTESY

John Mayall takes the stage at the Granada Theatre Wednesday, July 9, at 8 p.m. for the opening night of the Sherblues and Folk festival.

tensively.

Asked how his music might have changed or grown over so many years of playing, the blues player said that he draws a lot of inspiration from the other musicians he plays with, but added that rather than trying to constantly do something new, he views his recent work as a continuation of what he has

always done.

"The way it's turned out, the focus is a straight ahead blues album," Mayall explained. "When I say straight ahead it doesn't mean it's the same old thing, though, I tried to make it as challenging as possible using as many different blues styles as I could."

In a grand statement, given the fact that he has played alongside greats like Eric Clapton, Peter Green and Mick Taylor, Mayall said that he feels the band he is currently playing with is the best he has ever had.

"We have such a great time playing together," the blues musician said, reflecting on the ways the group has challenged itself to be better over the five years it has been together and calling the band a "great reward" at this point in his career. "The main thing is that we get to express ourselves and do something a little bit different every night."

Mayall emphasized that, despite some common threads, he really tries to make every concert experience completely unique.

"It's a new show every night," he said, explaining that every program has a mix of old and new material. "I think the same elements are there all the way through my career, it's the improvisation and the excitement you try to generate each time you play. It's all part of

the same journey."

The veteran musician emphasized the importance of playing "from the heart" in order to generate excitement in the audience regardless of what happens to be on the set list. He also reflected on the fact that, as his career has not been that of an international superstar, he doesn't have the issue of having to replay radio hits to death.

"My whole career has been such a varied selection that people don't really care about that when they come to see me," Mayall said, explaining that the concert experience is more about the interplay and excitement of the performers and the energy between the stage and the crowd.

Asked if it was at all strange to him to be performing at a festival in a relatively small, predominantly francophone city, Mayall pointed out that he has played for all kinds of audiences all over the world, and said that language has never really seemed like an important factor to him.

"People who are keen on blues music understand the language," he said. "I don't think language is ever a problem."

John Mayall takes the stage at the Granada Theatre Wednesday, July 9, at 8 p.m. for the opening night of the Sherblues and Folk festival. Tickets are \$41.50 and can be reserved by calling 819-565-5656 or online (for \$44.50) from sherblues.ca/sessions/john-mayall/

Burrough's Falls landmark torn down

By Matthew McCully
Special to The Record

The large brick tower at the intersection of highways 143 and 141, a landmark familiar to residents in the area, was torn down on Friday.

The tower, built by Hydro-Quebec in 1929, was a surge chamber. Its purpose was to control the water pressure headed to the turbine. When the pressure was too great, water would be di-

verted to the tower, climbing in a vertical wave and slowing momentum.

Hydro-Quebec spokesperson Ginette Cantin said the tower had not been used in a number of years, and the company wanted to take it down before it became unsafe. There are no plans for any new construction at the site at this time, according to Cantin.

"Your eyes just always went up to the tower. It seems strange not to see it there," said Carole Muir-Norrie, who

lives in the area. "It was just part of the scenery."

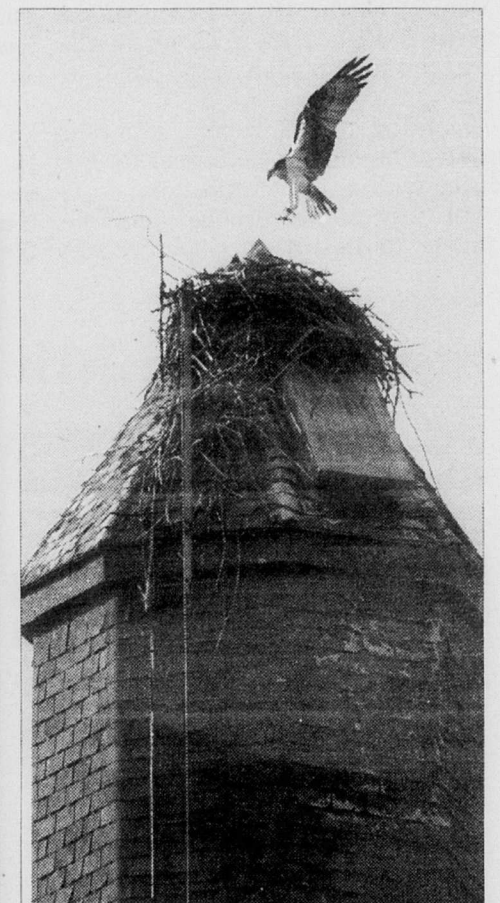
Muir-Norrie, who has become an avid birdwatcher in recent years, said that the tower became a focal point for her once a family of osprey built a nest at the top a few years ago.

"It was the perfect place for a nest," she said. "I used to take a detour to check in on them in the spring."

Last year they didn't return to the tower. Instead, Muir-Norrie watched a

raven determined to evict the osprey family pull apart the nest piece by piece.

Residents and birds alike will miss the tower, which was a familiar part of the landscape and history of the Burrough's Falls area, according to Muir-Norris.



COURTESY OF SUSAN NORRIE.

In recent years, a family of osprey took up residence on the top of the tower located at the intersection of highways 143 and 141. Now that the tower has been demolished, the birds are likely headed for higher ground.

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Lac Mégantic

CONT'D FROM PAGE 1

for the Estrie region. They've already had two meetings. The aim is to take coordinated action and speed up the process.

In Lac-Mégantic, you know right away that you are in a town under construction. Laval Street is blocked off, starting at the Sainte-Agnès Cemetery. You get down below the church, and there you see a boardwalk where the tall fence once hid the Red Zone from view. The boardwalk follows alongside the newly refurbished train track.

Just beyond the track, two caterpillar backhoes work in a synchronized ballet, loading dirt into trucks. It's contaminated dirt. It's being hauled away to be cleaned, and then to be returned. It looks as if the work has just begun, but of course an enormous mass of rubble and train tanker cars have already been removed. The Red Zone is now a huge patch of dirt. Beyond it are empty buildings, the windows blasted out. It makes you think of an abandoned set for a Western movie. And beyond the buildings, you see a bit of the lake, and hills. Green hills.

Surrounding the Red Zone, a thin wire mesh fence prevents people from entering the contaminated area. It's estimated the decontamination process could take until the end of 2014. And it's not just the dirt. The oil has soaked into the sand around the sewers, and flowed down to the river and the lake. And it's still there, under the buildings that remain standing.

"We're working hard to organize all the project. I think people forget that we've only been there for two and a half months. It took us a month to organize the new government. Basically what we have done is assess where we are," Bolduc says.

The Quebec government also gave \$125 million to Lac-Mégantic at the end of April, he says. And there is more to come. He estimates another \$150 million will be needed just to finish the decontamination.

"The previous government had made a lot of promises - but where was the money, and how had it been secured?" says Bolduc. "And that's where we hit a bit of a snag. We had to re-plan many of the activities, because there was no financial provision for them." He notes the Liberal government had to pass a new budget too - the first in two years. All while working to help Lac-Mégantic.

You follow the boardwalk that starts in front of the church. It curves around the Red Zone to two short blocks, the new little commercial zone. Behind it is a parking lot, and behind that is the Centre sportif Mégantic. The buildings are like block-long boxes. They're up, but still half empty. The SAQ is open. The Subway is not. There's Café bistro la Brulerie. It's plastered with signs saying "En attente d'une réponse du ministère de la sécurité publique" - Waiting for a response from the ministry of public safety.

Bolduc says that Sécurité publique takes care of emergency crises. Emergency measures don't apply very well to the reconstruction of a town. Coordination of the reconstruction is being transferred to MAMROT. And he says some restaurants were asking the government to buy kitchen space for them that they had been renting, before. He says that would be unfair because it would give them an advantage they did not previously have. And some restaurants cost al-



RA GARBER

In Lac-Mégantic, Musi-Café owner Yannick Gagné with interviewers in front of his new Musi-Café, still under construction.

most double per square foot, compared to others, because of their decorations and equipment. "These are very intense discussions," he says. "It's a matter of understanding how we want to help, and we don't want to give an undue advantage to certain businesses over others."

"And where do we get the money? Which fund do we draw from? There are so many funds now that we can lose count."

Bolduc names a few: \$20 million for infrastructure from the federal government. \$10 million from Investissement Québec for businesses. The Sécurité publique fund. A new MAMROT fund. The Fonds avenir Mégantic Red Cross Fund. A \$3 million business fund and a \$2 million community fund, both from SADC. A committee of Lac-Mégantic is charged with coordinating all this, he says, "but it's not working very efficiently yet, and we're trying to straighten that out."

The government should be the last resource, he says. "We're responsible to supply the funds where it's required, but where there's availability of funds, they should use what they have. That's where the difficulty lies in many cases."

Then there's the question of building a new railroad track that bypasses downtown Lac-Mégantic. The "Reinvent your town" participants proposed a plan to turn the present track into green space.

Bolduc's committee has agreed to do a feasibility study to see how much the bypass would cost. But first, the federal, provincial and municipal governments have to agree on who will do it, and how it will be done. "It's going to be a good two years," he says.

So the feasibility study could still be underway when the new Central Maine and Quebec Railway company resumes transporting oil through the area, likely at the end of 2015.

The problem with building a track that bypasses downtown Lac-Mégantic,

says Bolduc, is that the 500 other municipalities that have railroads through them could ask for the same thing. "The core question is - who would pay for it?"

"There is no discussion that we need to have a safe system, and that people need to feel safe. But not only in Mégantic - the 500 towns of Quebec and all the others in Canada too."

"We need to make sure that the railroad security will be taken care of seriously, and that these kinds of accidents will never happen again," Bolduc says. "But the accident had nothing to do with the railroad itself. It had to do with an engine that had a fire, and that people didn't properly secure a convoy of cars."

Bolduc would go back to the basics. Preventive maintenance of the engines, cars and brakes. Make sure to use the proper rail cars to transport oil. He has worked most of his life as a chemical engineer, working with hazardous chemicals. "Just starting with those basic points will go a very, very long way," he says.

He thinks the Mégantic accident will help speed up the process of upgrading the railways in North America. But the real issue is our dependency on oil, he says. The debate over train vs. pipeline for transporting oil is a moot one. "Do you put gasoline in your car? It's an emotional debate, but at the end of the day, we all agree we have to reduce our dependency on oil. In the meantime, until we develop new technology, what are we going to do?"

"I'm getting to the bottom of this whole issue. That's what we're discussing at the government level," says Bolduc. "So we're looking a lit-

tle bit further than the Mégantic issue when we're debating these issues. Looking at the bigger picture - we have to: That's our job! When we sit down and debate what we're going to do for Mégantic, we talk about what are we going to do for the whole population, and secure everyone, and do the right thing for everybody."

"I think it's very much the subject of the day."

Down at the far end of the commercial street is a Bar laitier - open. On the other side is Musi-Café - not open yet. Then is the Red Zone, and the train tracks going alongside it. The track curves, goes downhill, and forks. You can see how the tanker cars must have tilted off the track right about there, just below the new commercial street.

Back at the beginning of the boardwalk, you climb the hill past the copper statue of Jesus with arms extended toward the Red Zone. Inside the Sainte-Agnès church it is empty and quiet. Large stained glass windows rise behind the altar. On display boards are messages of encouragement. Profit from the present moment. Don't give up. Beauty. Joie de vivre. Friendship. Lots of newspaper clipping about the reconstruction. Thanks from the bottom of our hearts to the first-line responders, and for people who offered their time and their talents, and visited us all through the year.

It is one more day in Lac-Mégantic.

Ra.writes@gmail.com

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EDITORIAL

The environmental consequences of our dependency on oil may be greater than most of us can imagine.

Gone, but not forgotten



RACHEL GARBER

A giant fireball engulfed downtown Lac-Mégantic last July 6. Gone in a flash were 47 persons who lost their lives in the disaster.

The trauma is ongoing. Wounds are deep. Perhaps the most deeply wounded was a young firefighter, age 25, who pulled his ex-girlfriend's body from the rubble. He had lost other friends too. He committed suicide in October. And so, the coroner ruled, the Lac-Mégantic train disaster claimed another victim.

But the disaster is not just about a train. It's about what the train was carrying. A similar explosion happened in 1999 in Mont-Saint-Hilaire. And in both cases, oil was the killer. That much is clear. But what is less clear is who to blame, and how to fix the problem. Hercule Poirot might well bust a few little grey cells over this plot. Is it the engineer and other employees? Their employers - the Montreal, Maine and Atlantic Railway and its directors? Transport Canada, who is charged with regulating rail transportation, and enforcing their regulations?

All these players are accountable for their roles in safely transporting dangerous substances such as oil. But no matter how strong our standards and no matter how stringently they are enforced, other accidents are always possible.

Looking at the bigger picture, the environmental consequences of our dependency on oil may be greater than most of us can imagine. Witness the latest news of an earthquake epidemic in Oklahoma, of all places. It had almost twice as many earthquakes last year than California did. A study published in the Science journal links the quakes to the practice of burying massive amounts of wastewater in deep disposal wells. The wastewater comes from oil and gas operations such as fracking.

And I haven't even mentioned climate

change.

Let's cut to the chase. The primary problem is not transportation. The real culprit is our addiction to fossil fuels. We can't stop gassing up, even if the price at the pump is more and more painful. If we look at our lifestyle closely, it seems to be largely subordinate to our use of oil.

Yes, we could improve our management of this volatile and valuable resource. But must we suck every last drop of oil from the earth before we get serious about alternative energy sources? I'd like to suggest a more radical approach. Maybe we cannot stop buying gas tomorrow. But that's only one part of the problem. Our oil companies thrive on our complacency, but also on our investments. We share in their profits through our pension funds, our retirement investments, and our endowment funds. On top of that, our governments - Canadian and American - still subsidize the oil industry.

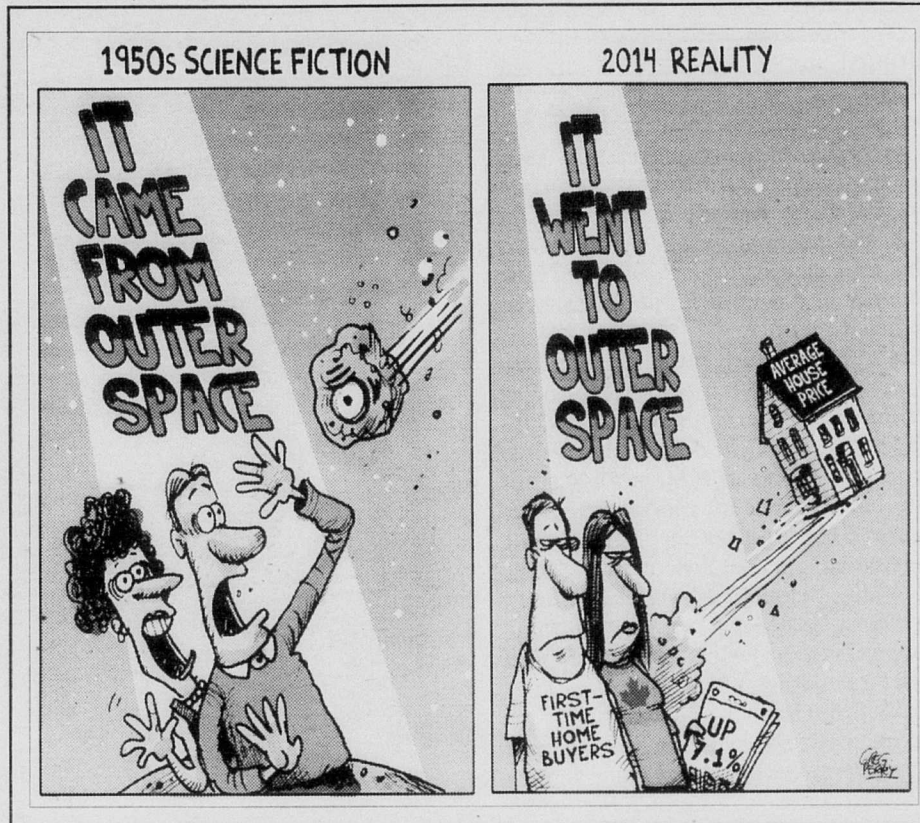
One simple action could speed up the transition to viable alternative energies. We could divest - just withdraw our investments from the fossil fuel industries. It's a proven strategy - it worked to bring an end to apartheid in South Africa. It could deliver a big push to our governments and our corporations to find renewable energy sources sooner rather than too late.

A movement to divest from fossil fuel industries has begun. More information is at www.350.org.

Let's do it for the Lac-Mégantic 47 - now the 48. Let us not forget.

The Lac-Mégantic 48 were aged 4 to 93, and they are listed here:

1. Marie-Sémie Alliance, age 22.
2. Alyssa Charést Bégnoche, 4.
3. Bianka Charest Bégnoche, 9.
4. Talitha Coumi Bégnoche, 30.
5. Diane Bizier, 46.
6. Guy Bolduc, 43.
7. Stéphane Bolduc, 37.
8. Marie-France Boulet, 62.
9. Geneviève Breton, 28.
10. Yannick Bouchard, 36.
11. Yves Boulet, 51.
12. Frédéric Boutin, 19.
13. Karine Champagne, 36.
14. Sylvie Charron, 50.



RA GARBER

The track curves, goes downhill, and forks. You can see how the tanker cars must have tilted off the track right about there, just below the new commercial street.

THE RECORD

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21. Jacques Giroux, 65.
22. Michel Junior Guertin, 33.
23. David Lacroix-Beaudoin, 27.
24. Gaétan Lafontaine, 33.
25. Karine Lafontaine, 35.
26. Stéphane Lapierre, 45.
27. Jo-Annie Lapointe, 20.
28. Henriette Latulippe, 61.
29. David Martin, 36.
30. Roger Paquet, 61.
31. Eliane Parenteau, 93.
32. Mathieu Pelletier, 29.
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43. Élodie Turcotte, 18.
44. Joanie Turmel, 29.
45. Lucie Vadnaïs, 49.
46. Jean-Guy Veilleux, 32.
47. Richard Veilleux, 63.
48. A firefighter, 25.

RACHEL WRITES

It is often easy to guess which works were done during the past year, and which were done before the train tragedy.

Roads to rebirth: Art in Lac-Mégantic



RACHEL GARBER

Looking back, going forward. Intense feelings, juxtaposed with a simultaneous need for action. Individuals, but also whole families and a whole town, are caught in a trauma that most sometimes seem never ending – that is still unfolding month after month. We are in Lac-Mégantic.

The whole process of reinventing one's life post-apocalypse is so complex it seems to happen willy-nilly. Yet the sun rises each day. The clean up and the rebuilding are underway. And in this great inner and outer upheaval moves the creative spirit.

Perhaps the most touching are the personal photos of the 47 persons who died in the tragedy, and drawings and notes about them or to them. You see these little messages on display boards in the Église Sainte-Agnès, and on walls in the Centre sportif Mégantic. Simple words, but heartfelt. Eloquent emotions.

You also see the creative spirit in the Marche du vent – the promenade and board walk that borders on the Red Zone. It incorporates heritage and artistic installations, such as a shelter filled with giant chimes. Or six giant hammocks, in which to lie back and watch the stars. The whole interweaves the tragedy of July 6, 2013, the history of Lac-Mégantic, and its rebuilding.

You can see it too in the initiative to "Reinvent the town, your ideas, your vision to build the plan together." That's a collective creative process, of the urban planning kind. Over the winter, more than 1,300 participants came together in a series of about eight public consultations and workshops, with the participation of Jean-François Vachon, a volunteer urban-planner.

Citizens proposed 27 scenarios for rebuilding the heart of Lac-Mégantic. A preferred model was chosen in May. A new YouTube video showing the new plan was published three days ago. The plan proposes a memorial on the site of the destroyed Musi-Café. A four-season public market. A cultural space. A central public space, bordered by cafés, boutiques and restaurants. Walking and bike paths. And a green belt, there where the railroad tracks now are. It proposes to make the tracks disappear. It proposes the greening of the tragic Red Zone.

The art spirit is visible in four exhibitions in the Centre sportif Mégantic this summer. The Centre has become the hub of the town of 6,000 persons, because the town hall is still off-limits – it's in the contaminated zone. In the Centre are sports, yes, but also a café-bar. The town's information office. And exhibition spaces.



RA GARBER

The Centre sportif Mégantic has become the town's acting municipal office and cultural centre. This summer it offers four art and photography exhibits.



RA GARBER

Amalgame, by Manon Desjardins, is one of the larger works in the art exhibit, *les chemins de la renaissance*, at Lac-Mégantic's Centre sportif Mégantic.

In the main exhibit hall is an exhibit of 39 paintings by 39 artists from the area, from Audet, Sylvia, to Yokoyama, Yuji. The theme is plural – *Les chemins de la renaissance*, or The Paths of Rebirth. The techniques, the styles and the

subject matters are also plural. Some suggest new growth, gentle beginnings. Others suggest powerful and passionate turmoil. And still others imagine healing or restoration.

Let us not be simplistic. Red is an intense colour, but its personal meanings

can vary wildly from person to person, and from moment to moment. Suzanne Belair's painting is entitled "Innocence" and shows a child gazing into a huge red flower. Red is the colour of fire, but also of lifeblood. Of trauma, but also of healing. Of violence, but also of love.

Spring Mists by Yokoyama is the largest of the works, and has a hefty pricetag of \$1,600. It depicts a blue green path that dreamlike leads into the light. Nature represents hope – and that is his message to the people of Lac-Mégantic, says his artist's statement.

It is often easy to guess which works were done during the past year, and which were done before the train tragedy. One – a sculptural collage – depicts tree trunks topped by blobs of melted metal or congealed oil. Red hand prints suggest energetic ministrations. The artist, Louise Latulippe, calls it "Reiki pour arbres blessés" – Reiki for wounded trees. It bears two dates – 2005 and 2014. Another by Marcelle Hamelin is entitled "La vie en rose." But this

rose, this life, are painted in dark and vehement shades of reds. Dated 2014. And some appear to be actual depictions of Lac-Mégantic's Red Zone.

And other paintings were of other colours, other attitudes. Such as the one by Yokoyama. Or ones suggesting mountains, lake and forests.

In other spaces in the Centre sportif Mégantic are other exhibits. A group of 20 large photos. The topic is the train tragedy, but the real focus is on the many workers who intervened from the first moments until the present. The exhibit is called *Une tragédie, des gens* – One tragedy, many people.

Then there is an exhibit on the history of the railroad in the region, and its impact on the development of Lac-Mégantic and the MRC du Granit.

And finally, there is *Mise en scène* – an exhibit by amateur photographers of the Mégantic photo club.

To come in September are 15 monumental sculptures that sculptors will create on the Marche du vent walkway. They are then to be installed in different downtown locations.

These projects were organized by the Commission des arts, de la culture et du patrimoine, with the support of the Town of Lac-Mégantic and with financial assistance from Economic Development Canada, the Red Cross, the Mégantic regional Chamber of Commerce, and the temporary Musi-Café of the summer 2013. The Centre sportif Mégantic is at 5400 Papineau Street, and entrance is free.

Ra.writes@gmail.com

Lac Mégantic turns a page

CONT'D FROM PAGE 1



Family and friends laid hands lovingly on the newly unveiled monument in front of the Saint-Agnès Church in Lac-Mégantic on Sunday afternoon. The front of the marble is inscribed "À la mémoire des 47 victimes de la tragédie du 6 juillet 2013" - to the memory of the 47 victims of the tragedy of July 6, 2013. And on its top, shaped like the pages of a book, are inscribed the names of the 47 persons who were lost on that day.

PHOTOS BY RA GARBER



More than 400 police, firefighters and first responders from municipalities across Quebec and beyond came back to Lac-Mégantic to commemorate the July 6 train disaster. Before the mass began on Sunday morning, they lined the sidewalks and entrance to Saint-Agnès Church and formed an honour guard to receive the many dignitaries.

people to "Oser... la vie nouvelle!" - Dare... a new life! On the church wall were words of encouragement. One was a poem by Raoul Duguay. It ended with "Il pleut il pleut il pleut de la peine dans tes yeux. Il pleut sur toi et moi, il pleut avant la joie." - It's raining, it's raining, it's raining grief in your eyes. It's raining on you and me, it's raining before joy.

There was music. Sacred readings. A few speakers recalled some of the earlier commemorative activities of the weekend. The planting of the July 6 garden. The release of butterflies into the air. The midnight mass the night before, and then the silent walk at 1:14 a.m. It had lasted 47 minutes, one minute for each victim.

When the mass ended, priests, dignitaries and the population went outside to the new marble memorial in front of the church. The dignitaries laid flowers at the foot of the monument. Everyone marked a long minute of silence in memory of the 47 victims. The church bells pealed.

Several people spoke into a mic with a furry windscreen the size of a Scotty dog - it was a very windy day. First Lac-Mégantic Mayor Colette Roy-Laroche. Canada's Governor General David Johnston and Quebec Premier Philippe Couillard both spoke in English as well as French. "Governor General Johnston spoke about Lac-Mégantic's "remarkable spirit of resilience." Premier Couillard said, "We know that we are still mourning for the victims, but we know that life will prevail." He promised to protect both the community and the environment.

Then came the March of Hope. Crowds left the church and walked down the boardwalk past the Red Zone, through the two-block-long commercial street with its half-open shops, and on to the Centre sportif Mégantic.

But many Lac-Méganticois stayed to line up in front of the monument. It was shaped like a giant open book. They took turns standing in front of it, bowing their heads. Some touched the marble pages which bore the names of the 47 friends and family members who were lost a year ago.

And so one more page was turned in the aftermath of what was the worst train disaster in Canada since 1864.

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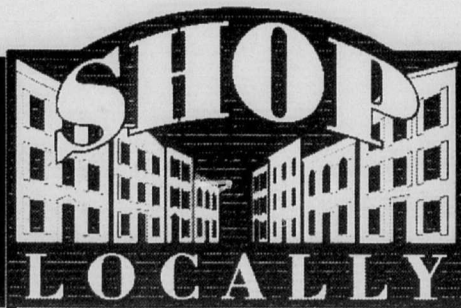
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HOUSE OF THE WEEK

OPEN HOUSE - 339 Denis, Compton, July 13, 2-4 p.m. Take Rte. 147 to Beaudoin and follow the signs and balloons! Come and see this



amazing home on huge lot with large garage / workshop. Very private setting only min. from Lennoxville. Finished basement, 2-3 bed., plus lots more. See you Sunday!

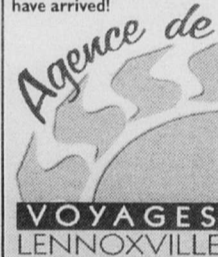


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Heat, ventilation problem shut Magog Hospital surgery

SHERBROOKE

Last week's mini heat wave affected more than just those having to move as the heat, combined with a ventilation problem, forced the temporary closure of the Magog Hospital's operating room. The problem is expected to be resolved this week.

"An operating room has a very specific ventilation and air conditioning system," explained Director of Professional Services and Acting Director of Health Dr. Edith Grégoire. "Due to

weather conditions last week, there was a problem. We realized before starting operating procedures Tuesday morning that the humidity was too high and there were several times when standards were not met."

Humidity of the operating room oscillated around 80 per cent, she says, which could compromise the sterility of equipment used to treat patients.

"We have a lot of equipment and supplies individually packaged and the packaging is not quite air tight in all circumstances," said Grégoire. "When you

exceed the standards, you can't guarantee that the equipment has remained sterile. For example, with gauze, the paper has to be sealed so that moisture is not too high. There was a danger of contamination."

From four to seven patients per day receive so-called 'non-emergency' operations at the Magog hospital, and for this reason, it was out of the question for hospital staff to "take a risk" with the lives of their patients. These were immediately notified one by one that their surgery would be postponed.

"We can't take any risks in these cases. There are some surgeries that could be done because we have equipment stored elsewhere that has not been a problem, but we will have to replace the majority of our equipment. What is disposable, we will replace; that which is reusable, will have to be sterilized again."

Grégoire would not estimate the cost of fixing the problem, but some estimates has it up to half a million dollars. The operating room should be operational during the coming week.

Traversée avoids bankruptcy

SHERBROOKE

The Traversée Internationale du Lac Memphremagog has reached an agreement with its creditors to avoid bankruptcy allowing the iconic sporting and cultural event to be held as scheduled later this summer.

A brief meeting between creditors and Traversée organizers took place Friday morning in Sherbrooke and the proposed agreement was accepted by all the

creditors who voted.

The creditors have agreed to receive only a small proportion of the money owed. The Traversée will provide only \$15,000 in total to creditors that include the Caisse Desjardins du Lac Memphremagog, Productions du Palais, and Endurance aventure, barely 10 per cent of the \$150,000 owed.

In the next few days, lawyer Alain Thivierge will submit the agreement to the court to be verified and, if the courts

approve, the event will have five days to pay.

Although this agreement takes the pressure off the Traversée itself, the same cannot be said for the group Les Amis de la Traversée who may find still their 'friendship' costly. This group acted as endorsers for credit from the Caisse Desjardins a few years ago and this debt remains on the books following the agreement.

"When you sign an endorsement, you

know what to expect," Lac Memphremagog Caisse Director Jean-Luc Dasté commented.

That being said, Dasté says the Caisse remains an ally of the annual event, as evidenced by its donation of a \$10,000 grant for the next edition.

"We remain convinced that this is an important event for the region of Magog," Dasté said. "Especially since Magog is trying to position itself as a destination for sports tourism."

Local Sports

The "first drive," is a 9 holes experience specifically oriented to fledging golfers.

North Hatley Golf Club tees-off with novel concept

By Josh Quirion

The North Hatley Golf Club has organized an exclusive course to accommodate young golfers in their development. The "first drive," is a 9 holes experience specifically oriented to fledging golfers. Club Manager Louis Grenier and Superintendent Tony Card have collaborated to initiate a unique concept that acknowledges the discrepancies in the abilities of practiced and novice golfers.

Golf is a technical sport that requires

a precise arrangement of accuracy, power and finesse. Young and inexperienced golfers will regularly struggle with the intimidating distances and obstacles presented by a particular course. Since there are only minor variations between the slopes where seasoned veterans and nascent golfers perform, the result can often appear daunting for the latter crowd.

Whereas the regular course suggests 18 holes distributed over a daunting 5,853 yard distance, the "first drive" course for juniors proposes a manage-

able 9 holes at 2,086 yards. The "par" is the numerical notion by which a player calculates his score. If a certain hole is deemed a "par 4," and one completes the hole in 5 strokes, his tally will be +1. The cumulative par of each hole indicates the course's par score. The regular par score for 9 holes at the North Hatley Golf Club is 35, but the personalized "first drive" course is a par 45, allowing more leeway and tolerance for younger players to produce a realistic total score.

Including a par 7, 362 yard hole, North Hatley Golf Club's latest concept

is engineered to generate interest and ensure the success of apprentice golfers. Customized scorecards will also be available to the tutee golfers. The black tee-off markers have already been implemented and the most perplexing obstacles have been modified to provide sufficient opportunity for young golfers to thrive in their golfing environment.

Children 8 years and up (must be accompanied by an adult) can benefit from a \$9.25, half-price reduction rate, and play for free after 1 p.m. on Sunday afternoons.

Five Sherbrooke players on Team Quebec in Canada Cup football

SHERBROOKE

Five Sherbrooke football players have earned a place on Team Quebec MU18 headed to Saskatoon today to defend its Canada Cup title. Quebec has dominated this competition for the last

four years.

Quarterback Maxime Bouffard, line-backer Dominick Brazeau, and offensive linemen Vaso Cabrilo, and Zechariah Martel from Le Triolet high school, as well as wide receiver Patrick Anthony Gagnon from the Séminaire de Sher-

brooke, are part of the final roster of the Quebec team, led by head coach Pat Boies of the McGill Redmen.

The selection process evaluated 400 players across three distinct stages, ending last weekend in Saint-Jean-sur-Richelieu. Team Quebec played its first game

yesterday afternoon against host Team Saskatchewan.

Mathieu Pronovost and Martin Montminy, offensive coordinator and line coach, and special units coordinator respectively with the U de S Vert et Or are part of the Quebec team's coaching staff.

Impact sign Magog's Gagnon-Laparé

SHERBROOKE

Magog native Jérémy Gagnon-Laparé is now officially a member of the Montreal Impact of Major League Soccer.

Gagnon-Laparé signed his first professional contract with the Montreal organization, however, when he will officially debut with the big club has yet to be announced.

Since the beginning of the season,

Gagnon-Laparé has trained with the team in addition to working with the U-23 team at Impact Academy. He has also participated in several matches in the MLS Reserve League.

The 19-year old midfielder was invited

to the selection camp for the senior Canadian national team last year and this allowed him to gain international experience.

Gagnon-Laparé is a product of the Magog Minor Soccer association.

Treat hypoglycemia with quick intake of sugar

Datebook

Today is the 188th day of 2014 and the 17th day of summer.

TODAY'S HISTORY: In 1898, the United States annexed Hawaii as a U.S. territory.

In 1954, Elvis Presley made his radio debut, as his single "That's All Right" was broadcast by Memphis radio station WHBQ.

In 1981, President Ronald Reagan nominated Sandra Day O'Connor to serve as the first woman on the U.S. Supreme Court.

In 2005, terrorists detonated explosives aboard a double-decker bus and three trains during the morning rush hour in London, killing 56 people and injuring 700.

TODAY'S BIRTHDAYS: Marc Chagall (1887-1985), painter; Leroy "Satchel" Paige (1906-1982), baseball player; Robert Heinlein (1907-1988), author; Doc Severinsen (1927-), trumpet player; David McCullough (1933-), author/historian; Ringo Starr (1940-), drummer/singer; Shelley Duvall (1949-), actress; Jim Gaffigan (1966-), comedian; Jorja Fox (1968-), actress; Lisa Leslie (1972-), basketball player; Michelle Kwan (1980-), figure skater.

TODAY'S FACT: The Chillicothe Baking Co. of Chillicothe, Mo., introduced the first packaged sliced bread on this day in 1928.

TODAY'S SPORTS: In 1985, 17-year-old German tennis player Boris Becker became the youngest men's singles title winner in history at Wimbledon.

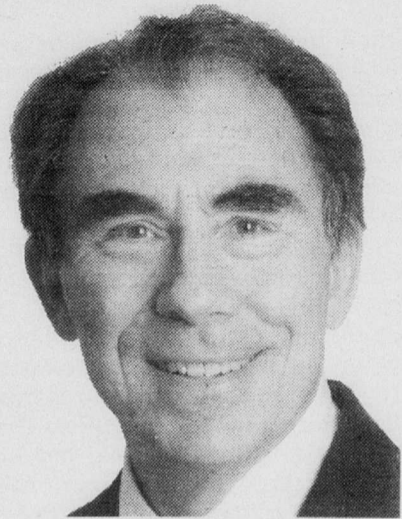
TODAY'S QUOTE: "You can't be a full participant in our democracy if you don't know our history." — David McCullough

TODAY'S NUMBER: 59 — age at which Satchel Paige pitched in his last Major League Baseball game, for the Kansas City Athletics, on Sept. 25, 1965. In his honor, owner Charles O. Finley furnished the bullpen with a rocking chair.

TODAY'S MOON: Between first quarter moon (July 5) and full moon (July 12).

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Watch for anyone who might use your stolen data to trick you into revealing your Social Security number or other sensitive information, perhaps by impersonating someone from a company you regularly do business with. Check your credit reports for fraud regularly if you are or think you might become an ID theft victim.



ASK DOCTOR K
by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I recently started taking medication for Type 2 diabetes. My doctor warned me about hypoglycemia. What signs should I look out for? What should I do if I experience them?

DEAR READER: People with Type 2 diabetes have high levels of sugar, or glucose, in their blood. Diabetes medications work to lower blood sugar to near-normal levels. But sometimes diabetes medications bring blood sugar down too low, a condition called hypoglycemia (hi-po-gly-SEE-me-uh).

The dose of a diabetes medicine is based on what your blood sugar is on an average day — a day when you engage in an average amount of exercise (for you) and eat an average amount of food. Therefore, on a day when you exercise much more than usual, or eat much less than usual, you can develop hypoglycemia. That's because exercise causes sugar to leave your blood and enter your cells, and because the sugar in your blood comes mainly from your food.

Blood sugar is the brain's primary source of energy. When blood sugar drops too low, the brain can't function properly. This can cause dizziness, headache, blurred vision, difficulty concentrating and other neurological symptoms. It can also cause tremor, sweating, rapid heartbeat, anxiety and hunger. (I've put a table with additional symptoms of hypoglycemia on my website, AskDoctorK.com.) Failure to treat the condition promptly may result in loss of consciousness, seizures, even death. (The only fatal cases I've seen have been those who took very large doses of insulin but ate practically nothing.)

Once you start to feel strange, don't put off treatment. Don't even spend time calling your doctor. Instead, immediately eat or drink some sugar that will reach your bloodstream quickly. You can drink fruit juice, regular soda or a glass of milk. Or eat some raisins or candy,

such as Life Savers or jelly beans. Fast-acting glucose tablets, which are sold at pharmacies, also work well.

You should start feeling better within 15 minutes after eating the sugar. At that time, test your blood sugar level. If it's still low, you may need to eat more sugar.

Particularly if you have ever had an attack of hypoglycemia, you should always keep some "rescue" candy or glucose tablets with you at all times. You need to be able to treat yourself at the first sign of hypoglycemia. (Don't forget to keep some rescue candy next to your bed and in your car.) If you wait too long to treat hypoglycemia, you could become confused or lose consciousness.

Lower your risk of hypoglycemia by eating at regular times during the day. Never skip meals, and maintain a consistent level of exercise.

Also, consider wearing a medical alert bracelet or necklace that identifies you as having diabetes. This will help you get appropriate treatment in an emergency. If you should pass out from hypoglycemia, the medical alert bracelet or necklace will tell the doctors or emergency medical technicians who reach you that you may need an intravenous injection of sugar.

Dr. Komaroff is a physician and professor at Harvard Medical School.

Guard your credit from thieves

FROM CONSUMER REPORTS (R)
by the editors of Consumer Reports

After Target and Neiman Marcus told tens of millions of shoppers that their credit and debit card information had been stolen, the retailers offered them a year of free credit monitoring, Consumer Reports notes. But that service does little more than give consumers a false sense of security because it does nothing to protect them from fraudulent charges on their credit and debit card accounts.

More than 85 percent of identity theft cases involve existing account fraud, according to the Department of Justice. Credit monitoring, security freezes and fraud alerts are designed to thwart much less common — but much more serious — new-account fraud.

In that type of identity theft, a crook uses your Social Security number and other personal information to open credit accounts in your name. If it happens to you, it's worth considering credit monitoring, along with a security freeze or fraud alert. Consumer Reports explains what each does:

— A security freeze prevents most credit card issuers and lenders from reviewing your credit history. Without

that, lenders probably won't issue new credit, so criminals can't set up fraudulent accounts in your name. But it also shuts out most of those people who have a legitimate need to access your file, such as lenders you've asked for credit, telecom companies and insurers. To give them access, you have to lift the freeze.

A freeze might be free, depending on your state and circumstances (for example, if you're an identity theft victim). Otherwise, expect to pay \$2 to \$12 to initiate or lift a freeze at each credit bureau: Equifax (equifax.com), Experian (experian.com) and TransUnion (transunion.com). To review your state's law, go to defendyourdollars.org/document/guide-to-security-freeze-protection.

When to use it. Freeze your credit files if you're a victim of ID theft or if you think your Social Security number has been stolen. Consumer Reports also recommends that you place a freeze if you think you might become the victim of new account ID theft (say, because your wallet was lost or stolen) and you don't mind the hassle and cost.

— A fraud alert is easier to initiate than a freeze, but it offers less protection. While a fraud alert is in place, your credit file will be accessible, but creditors must take reasonable steps to verify

your identity before granting credit. You need to request a fraud alert at only one credit bureau; it will then notify the other two. An alert lasts 90 days. If you're an ID theft victim, you can keep one in place for seven years.

When to use it. Request an alert if you think you might become a victim of ID theft but don't want to deal with freezes.

— Credit monitoring alerts you by email when there's activity in your credit file.

When to use it. Consider monitoring if a company offers it free after a data breach. Otherwise, Consumer Reports doesn't recommend paying for the service, which can cost about \$170 to \$360 per year. Instead, check your credit reports for errors and fraud yourself. Federal law allows you to get one free report from each of the three major credit bureaus every year by going to annualcreditreport.com. Get a report from one bureau every four months.

How to respond to a data breach

If you're told your credit or debit card information has been stolen, Consumer Reports recommends that you ask your card issuer to change your account numbers; also monitor your billing and bank

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I'm currently living with an egotistical, frugal, cold-as-ice 75-year-old man who ...

MONDAY, JULY 7, 2014

Annie's Mailbox

Dear Annie: I am a 68-year-old twice-divorced woman who has made some unwise decisions in my life. I'm single (which is fine) and will be retiring at year's end. I'm currently living with an egotistical, frugal, cold-as-ice 75-year-old man who claims he loves me, yet he dominates every conversation, lacks social skills, ignores etiquette and attempts to control me.

I didn't know him long enough before I moved to be with him. We met at a dance when he was in town visiting friends. I still couldn't discern infatuation from love. I wanted a fairy tale. I thought with my heart instead of my head. After a while, dancing four nights a week wears thin when that's all there is to enjoy together. I haven't been happy for several years. We've made some nice friends, but if I don't suggest getting together, they never would. My children and siblings live out of state, and I want to move back home. How can I do that and save face with my family and friends? They warned me that I was rushing into things. — Danced Enough

Dear Danced: You'd rather be unhappy than admit you made a mistake? It could be very freeing to say to your friends and family, "You were right. I should have listened." Then it's over. Just make sure you don't repeat the mistake. Take some time to figure out what is best for you, without focusing on the next man in your life.

Dear Annie: I've been married for 45 years. I love my wife, but I like to flirt with women.

Last year I did more than flirt, and my wife found out. I asked her to forgive me, and she did. But when she keeps asking for an explanation, I blow her off, leave or get upset until she quits asking annoying questions. Should I tell her to get over it, or sit down with her and tell her the entire truth, even if it is more than she can handle? — Wondering

Dear Wondering: You cheated on your wife, and you find her questions "annoying"? Your wife deserves your complete honesty. It's not up to you to decide what is too much for her to handle. She might forgive you, but she will never be able to trust you again if she doesn't believe you are totally truthful, answering any questions she has for as long as it takes. Ask your doctor to refer you to a marriage counselor so the two of you can hash this out and truly start fresh.

Dear Annie: I read the letter from "Need Help in Jacksonville, Fla.," the elderly couple who could use some help with the housekeeping, but felt that cleaning service personnel could not be trusted to keep their hands off of their valuables. There is another side to that story that needs to be mentioned.

My 80-year-old parents often tell me that "someone" who visited their home must have stolen various items, because they could not find these things. My friends with parents that age tell me the same thing. They are convinced someone has stolen everything from watches and money to kitchen utensils and cookie sheets. My mother even accused a family member of stealing a watch that she later found right where she had misplaced it. As you can well imagine, that did some damage to their relationship.

At the age of 50-something, I spend a good deal of time looking for my own misplaced things. Thank goodness I am not yet at the point where I am convinced these things were stolen, but I suspect that time will come soon enough. — A Weary Daughter

Dear Annie: I had to respond to "Frustrated with Noise," who had a problem with children crying in church. Obviously, this person doesn't have children. How are these kids supposed to learn how to behave

in church if their parents do not have them participate in the services? Yes, loudly screaming children should be removed until they can calm down, but otherwise the children should remain.

As a young mother, I attended church alone with my two young sons. Once, the baby started crying, and I did not want to leave my 4-year-old in the pew, and he was unwilling to leave with me. When I later apologized to the wonderful Franciscan friar who was the officiate that day, he simply stated, "No worries. He was just singing his praises to God." We should all take this attitude toward our youngest church members. — Experienced Church Mom

Dear Mom: Our mail was divided evenly on this one. Read on:

From Florida: I am a children's pastor with many years of experience. Every church I have served in has had a fully staffed nursery with loving, trained volunteers and a well-equipped and exceptionally clean environment. But when we suggest parents take advantage of these services, some of them act as if we are trying to sell their children. It is the responsibility of the parents to realize that not everyone is overjoyed listening to their child cry, scream or otherwise disrupt the service. We are pleased to help, but we can't care for children if parents won't bring them to us!

Fargo, N.D.: As a pastor, I am keenly interested in knowing how people feel about having children in worship services. It is very important for people of all ages to be welcome during every worship service in the church. Any congregation or parishioner who feels otherwise needs to take a good look at the Bible. Did children listen silently when Jesus was speaking? Of course not. But does Jesus create a separate room for the children? Does he tell the parents to get control or get out? No. In fact, Jesus says, "Let the little children come to me!" Church is not a social club for adults. Church is a place where people of all ages are to be welcomed and loved unconditionally.

Texas: I liked your response, but here's the problem. Most churches are so desperate to get bodies in the door, they won't attempt to instruct parents in how to behave. These parents, like the children they coddle, won't see themselves in this letter. They'll say, "It's just a little crying spell, and she'll get over it in a minute." But if it happens week after week, it means the child is exerting control. Instead of raising children, these parents are raising their own little center of the universe, teaching them that if they scream enough they'll get what they want. We have self-centered parents raising another generation of kids even more self-centered.

Boston: My father was a minister. It was most troubling to him, too, dealing with this touchy subject. One Sunday morning while preaching, a child started crying. The mother got up to leave, and my father stopped speaking. A loud snore broke the silence. My father said, "I can preach over a crying baby, but not over the snoring of adults." There was applause as the mother sat back down. What happens when babies cry on airplanes? There's no place to send them, so please be understanding.

Huntington, Vt.: Be grateful that a young family is coming to your church. "Make a joyful noise." In Vermont (and probably elsewhere), we are lucky if anyone comes to church. Church is dying here. I'll take the child's loud noise, crying and screaming any day. Every town needs a church.

Dear Annie: When my sister dated "Ron," he was a very angry and controlling man. They fought constantly. My parents insisted they both see a psycholo-

gist to work out their relationship issues. The psychologist diagnosed Ron as a sociopath, but my sister married him anyway.

They divorced when their son was 5 years old. My sister has sole custody, but Ron sees and speaks to him whenever he pleases and constantly disrespects my sister.

I have recently noticed some disturbing behavior in my nephew. He has bursts of anger, displays reckless behavior and copies his father's words, calling my sister some very bad names.

I worry that my nephew will become a sociopath like his father. Since I have the clinical diagnosis from the psychologist, can I hire a lawyer to request that Ron have only supervised visits? I realize that I'm meddling in my sister's business, but she doesn't have the strength to fight her ex. In fact, she wasn't the one who asked for the divorce. Ron did.

My parents are very old, and none of the other siblings cares about this. I feel I should do something. — Can't Stand By Helplessly Watching

Dear Can't: We understand your frustration and concern, but without your sister's cooperation, there's a limit to what you can do. Would you be willing to claim that she is an incompetent mother and take custody of the boy? Can you show that she is putting her child at risk?

We think you should instead urge your sister to get counseling to understand the ways in which she is allowing her ex-husband to take advantage of her and emotionally damage their child. She also should seek counseling for her angry son, who wants his father to love him, and so he emulates behavior that hurts his mother, whom he also loves. This is both confusing and manipulative. Perhaps she will take action for the sake of her child, if not for herself.

Dear Annie: When my family gets together for holidays, my two daughters-in-law prepare and bring food. When dinner is over, they clean and do dishes. My daughter rarely brings food and never helps with the cleanup. This embarrasses me, yet I do not want to say anything that would spoil the day for everyone. Perhaps she will read this letter and realize that family members should do their share. What do you say? — Just a Mom

Dear Mom: We say you need to tell your daughter to do her share, but don't wait until the last minute. Before the next holiday gathering, simply ask her to bring a dish like everyone else, and add that you expect her to participate in the cleanup, along with her sisters-in-law. And by the way, where are your sons? They should be helping, as well. We suggest that you make a matter-of-fact announcement to that effect and assign chores for everyone.

Dear Annie: I cried when I first read the letter from "Saddened," whose wife has cut off all forms of intimacy. I am a few years shy of 60 and have had no intimacy in years because of my husband's "medical issues," though I often wonder whether he simply doesn't want me anymore.

I know age has changed us, but the feelings are still there. I cry when I think of what I am missing. He couldn't hurt me any more if he stuck a knife through me. I've tried initiating and hinting, and get a peck on the cheek for my efforts. I don't want him to feel forced. The thought of an affair has crossed my mind, but there's no one else I want, and I doubt anyone would want me. I know my husband loves me, but I miss the closeness we once shared. I have reconciled myself to the fact that this is the way it's going to be, but inside, I am — Heartbroken

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

Email your social news to classad@sherbrookerecord.com

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.

"D'XF PDKJNNR TEZYFHV VMKDKI
JSJR PVZL LRTFNP. SWZ FNTF DT
EWFVF AFEEFV EZ AF?" — IZNHDF
WJSK

Previous Solution: "If you have children, you don't want to have drugs and drinks in the house. It's just not good." — Billie Joe Armstrong

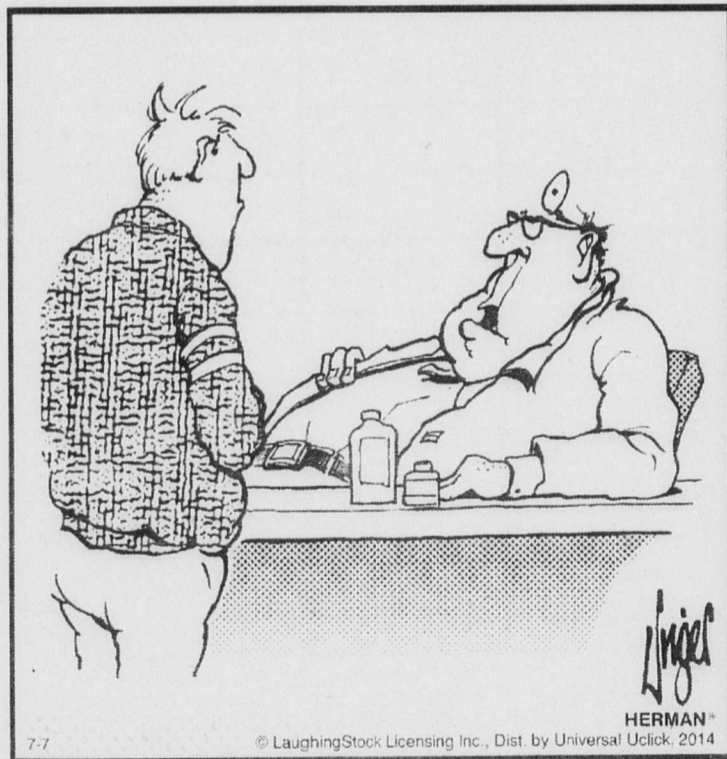
TODAY'S CLUE: U equals U

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KIT N' CARLYLE



HERMAN



"Are you eating properly and getting plenty of exercise?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



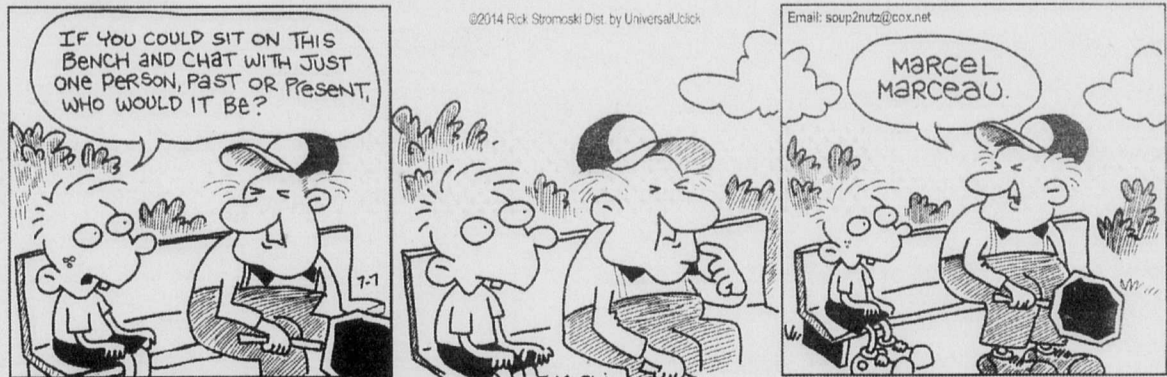
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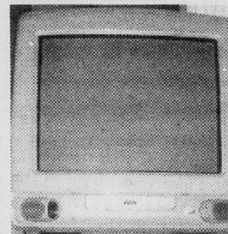
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1	2		4					

7-7-14

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PREVIOUS SOLUTION

3	2	6	5	7	1	4	8	9
7	8	4	3	9	6	2	5	1
5	9	1	2	8	4	7	3	6
6	7	5	8	2	3	9	1	4
9	1	8	4	5	7	6	2	3
4	3	2	6	1	9	8	7	5
2	4	9	7	3	5	1	6	8
8	6	3	1	4	2	5	9	7
1	5	7	9	6	8	3	4	2

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.



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Your Birthday

MONDAY, JULY 7, 2014

A progressive and successful year lies ahead. Don't hesitate when you should be pursuing your goals. You will receive valuable assistance if you ask for it and are willing to help others. Your special communication skills will help you reach your highest potential.

CANCER (June 21-July 22) — People will think you're pushy if you try to make plans for everyone around you. Listen and learn. By observing friends, colleagues and relatives you will gain experience and wisdom.

LEO (July 23-Aug. 22) — Show some consideration. Not everyone will opt to do things your way. Give your friends and family breathing room while you focus on mastering your skills.

VIRGO (Aug. 23-Sept. 22) — Make your own decisions. Let everyone know that you won't be pressured into doing something that goes against your morals and beliefs. Take control, and you'll have no regrets.

LIBRA (Sept. 23-Oct. 23) — You'll have plenty of energy today. No one will be able to keep up with you, making it easy for you to outdo the competition. A physical challenge will be satisfying.

SCORPIO (Oct. 24-Nov. 22) — An escalating problem in a personal relationship could lead to estrangement if it's not handled discreetly. Don't compound the problem by revealing intimate details to outsiders.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't assume that everyone who asks for a dona-

tion is with a legitimate organization. If you are at all suspicious about the request, walk away and cut your losses. Charity begins at home.

CAPRICORN (Dec. 22-Jan. 19) — Opposition will set you back. If you find a way to compromise, it will be easier to reach your goals. Keep life simple until you can comfortably expand your interests.

AQUARIUS (Jan. 20-Feb. 19) — Friends and colleagues will be bowled over by your unique ideas. Find a platform where you can present your vision to people who will support your plans and impact your future.

PISCES (Feb. 20-March 20) — It's necessary to keep up-to-date with your banking records. Go over your statements meticulously and investigate any questionable withdrawals, expenses or bank charges.

ARIES (March 21-April 19) — If someone is not being totally honest, ask direct questions. You can't enter into an endeavor or move forward with your plans if you don't know where you stand.

TAURUS (April 20-May 20) — You will feel stressed when dealing with personal or business relationships. Take a step back from the situation before you do or say anything that could be detrimental to your future.

GEMINI (May 21-June 20) — Take a break from your routine. You deserve a rest, and spending some time outdoors or simply relaxing will help your state of mind. Put your needs first.

MONDAY, JULY 7, 2014

How do you get all of your tricks?

by Phillip Alder

Zig Ziglar, a writer, salesman and motivational speaker who died in 2012, said, "You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win."

To succeed in a bridge deal may require taking a winner at the right moment. A trick too soon or too late may prove fatal.

In today's deal, South is in four spades. West leads the club queen. What should declarer do?

In the auction, South probably should have rebid three no-trump. With eight winners, he needed partner to provide only one more trick, or for the opening lead to be a low heart away from the ace.

Declarer apparently has these 10 tricks: six spades, one heart, two diamonds and one club. However, to get that heart trick, South has to lead his king to drive out the ace, then get to the dummy to cash the queen. And apparently the only dummy entry, the club ace, has been removed by West's opening lead. Well, if a heart trick is impossible, maybe South's 10th trick can be a club ruff in dummy.

Some players would take the first

North 07-07-14			
♠ 4			
♥ Q 8 6 5 2			
♦ 7 6 4 3 2			
♣ A 6			
West		East	
♠ 8 5 2		♠ 7 6 3	
♥ A 10 3		♥ J 9 7 4	
♦ J 9 5		♦ Q 10	
♣ Q J 10 7		♣ K 8 4 3	
South			
♠ A K Q J 10 9			
♥ K			
♦ A K 8			
♣ 9 5 2			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1 ♠	Pass	1 NT	Pass
4 ♠	Pass	Pass	Pass
Opening lead: ♣ Q			

trick and return a club, but the defender who won that trick would surely shift to a trump to stop declarer's club ruff.

Instead, suppose West is allowed to take trick one. What will he do next?

If he leads a trump, South wins, draws trumps, and leads the heart king to establish dummy's queen, with the club ace still on the board. If West continues clubs, then declarer can ruff a club on the board for the required extra winner. Perfect!

CROSSWORD

Across

- 1 With 66-Across, 1967 Petula Clark hit, and a hint to the three longest puzzle answers
- 7 Address book no.
- 10 Bal. sheet expert
- 13 Lure
- 14 Gas station machine
- 15 Amtrak and B&O, e.g.
- 16 Readied for new paint
- 17 Thing left out
- 19 __ Paulo, Brazil
- 20 Web surfing devices
- 22 Baseball's Rose
- 23 1927 soft-shoe classic
- 26 Body sci.
- 27 Charlotte and Norma
- 28 Swear to be true
- 31 Singer Ives

- 32 Suitable
- 35 1971 Janis Joplin chart-topper
- 40 __ diem
- 41 Morning brew
- 42 Excellent
- 43 "Pretty Woman" co-star Richard
- 44 Med. plan options
- 47 1972 Billy Paul #1 hit
- 52 "The Thin Man" dog
- 53 Andre of tennis
- 54 Fall back, as a tide
- 57 On the floor above
- 59 Johannesburg section
- 61 Coloring agent
- 62 Pledges exchanged at the altar
- 63 "I'm a __, not a divider": Bush
- 64 Spanish "that"
- 65 Guidance counselor's deg.
- 66 See 1-Across

- 21 Banned bug killer
- 24 Make, as money
- 25 Ship's wheel
- 28 Current unit
- 29 Gesture from a winner
- 30 Corn serving
- 31 Finance major's deg.
- 32 In times past
- 33 Calligraphy tool
- 34 Golf ball raiser
- 36 Spun 9-Down at a party, say
- 37 Some tavern workers
- 38 Crowd with foliage
- 39 24 cans of beer, e.g.

- 43 Annoying bug
- 44 Nightwear, briefly
- 45 Death-feigning critter
- 46 Like some dips
- 47 Bea Arthur title role
- 48 Cable sports awards
- 49 On a freighter
- 50 Smart-alecky talk
- 51 Deal with
- 55 Bingo call
- 56 Bjorn with five Wimbledon wins
- 58 Goal
- 60 Green Bay's st.

H	E	N	P	E	C	K	E	D		D	A	N	S	K			
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T	E	L	E	G	E	N	I	C		S	I	N	A	I			
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C	A	R	L	A			C	E	N	T	I	P	E	D	E		
A	T	M	A	N			O	C	T	A	M	E	T	E	R		
P	E	S	T	S			S	H	O	E	S	T	O	R	E		

Down

- 1 Recipe amts.
- 2 Wife of Zeus
- 3 "Pound the pavement" or "break the ice"
- 4 Addition result
- 5 O'Neill's "The __ Cometh"
- 6 "Red Rocks" resort near Flagstaff
- 7 Upside-down puppy's massage
- 8 Diplomatic representative
- 9 Hi-fi spinners
- 10 Sobbed
- 11 Prefix with plasm
- 12 Good __: fixed
- 14 Ode, for one
- 18 Health resorts

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