

## Loach brings Pan Am medal back to the Townships

By Mike Hickey  
Special To The Record

Canada completed its most successful Pan Am Games this past weekend with a record haul of 217 medals including 79 golds. The medal count tells only part of the story as Canadians also set personal bests as they prepare for next year's Summer Olympics to be held in Rio de Janeiro.

Among the medal winners was North Hatley native Colleen Loach, who picked up a bronze medal in the mixed eventing team competition and was eighth in individual competition.

She was teamed with Kathryn Robinson who rode Let it Bee, defending champion Jessica Phoenix aboard Pavarotti and Bill Owen who rode Waylon Roberts.

Loach, who delivered a clear show jumping round for Canada riding Qorry Blue d'Argouges, an 11-year-old grey selle français gelding sired by Mr. Blue, credited her horse with her strong performances in her major games debut.

"My horse was amazing, he tried his heart out for me," said Loach, 32, of the horse owned by 2014 World Equestrian Games competitor Peter Barry.

"He is super generous, and a very careful jumper. I'm a lucky girl to ride him."

Of winning a medal in her first major games appearance, Loach said, "It means a lot. It's a dream come true. The team is great, we get along really

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## CP officially asks to appeal \$430M Lac Megantic settlement fund



THE CANADIAN PRESS/HANDOUT, SQ

Wrecked oil tankers and debris from a runaway train in Lac-Megantic, Que. are pictured July 8, 2013. Canadian Pacific Railway Ltd. is continuing its legal fight against a recent court decision that awards more than \$430 million to victims and creditors of the Lac-Megantic train derailment.

By Giuseppe Valiante  
The Canadian Press  
MONTREAL

The \$430-million settlement fund in the Lac-Megantic train disaster is illegal because the Quebec judge who approved it did not have the authority to do so, Canadian Pacific Rail-

way said in its official leave for appeal Monday.

Documents obtained by The Canadian Press state the railway will argue that Superior Court Justice Gaetan Dumas erred in law by overstepping his jurisdiction in granting compensation to families of the 47 people killed on July 6, 2013.

The appeal application asks the court to cancel the fund and to rule that Dumas had no authorization to use Superior Court bankruptcy proceedings to offer companies releases from legal liability.

CP must still receive permission from a court to proceed with the appeal.

CONT'D ON PAGE 3

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**TODAY:**  
MIX OF SUN  
AND CLOUD  
HIGH 26  
SUNRISE: 5:27  
SUNSET: 8:21



**WEDNESDAY:**  
SUNNY

HIGH 30  
LOW 16



**THURSDAY:**  
60% CHANCE  
OF SHOWERS

HIGH 27  
LOW 15



**FRIDAY:**  
CLOUDY

HIGH 23  
LOW 13



**SATURDAY:**  
60% CHANCE  
OF SHOWERS

HIGH 25  
LOW 14

TASTES LIKE CHICKEN: YOUR OCCASIONAL LOOK AT THE WORLD OF FOOD

# Sisters behind hit quinoa cookbooks shift to gluten free desserts

By Lois Abraham  
The Canadian Press  
TORONTO

The sisters who helped make quinoa an increasingly popular food choice are back with another cookbook. But while No. 4 focuses on sweets, the ingredients, as always, are healthful. And the recipes are also gluten-free.

Carolyn Hemming and Patricia Green's new book, *Sweet Goodness: Unbelievably Delicious Gluten-Free Baking Recipes* (Penguin Canada, 2015), is their response to readers' wishes for gluten-free desserts that "don't taste like processed cardboard," says Hemming.

They've revamped old favourites and created new treats. But you don't have to be following a gluten-free food plan to enjoy these recipes. Neither sister is gluten-intolerant.

"This is stuff that Patricia and I would bake, but it's got the ancient grains in it, so if you want to bake something for a treat but you want it to be a little bit healthier than your average baked treat, add these ancient grain flours and these alternative ingredients and you can get something ... your body can use," said Hemming during an interview from London, Ont.

Gluten is a protein that can trigger allergies and digestive issues in some people and is the main culprit in celiac disease.

Though manufacturers have produced a plethora of gluten-free items, many are often full of starches, sugar, fat and additives, which can lead to weight gain and constipation, say the authors.

"It's very easy to make a gluten-free baked product that tastes great when you jam it full of ... a combination of starches and some other poor ingredients and a lot of sugar," says Hemming.

"But there's so many problems with that, especially for people like diabetics and people with all kinds of other health concerns or even lifestyle desires - they want to eat well, or they work out, or they're athletes. You want to have something that offers nutrition.... That's the big deal for us. We're not going to make a book that's just got recipes where everything is sweet and lovely but just garbage food. We would never eat that ourselves."

The authors urge shoppers to read



THE CANADIAN PRESS/HO-RYAN SZULC

Patricia Green and Carolyn Hemming (right) have created more than 100 gluten-free baking recipes using healthful ingredients in their fourth cookbook, *Sweet Goodness: Unbelievably Delicious Gluten-Free Baking Recipes*.

the ingredients list before purchasing gluten-free flours because many are processed.

"It's probably going to work really well because it's mostly starch, but don't be impressed by that because it's going to be bad for your health," says Hemming.

"It is easy to buy three different flours - sorghum, teff and millet - and combine them and get the same results as opposed to using sugar and starch, which is the manufacturer's easy answer."

They use the least amount of sweetener possible and their favourites are organic cane sugars, maple syrup, honey and lightly packed brown sugar.

The sisters took nine months longer with "Sweet Goodness" than when de-

veloping their other books: "Quinoa 365," "Quinoa Revolution" and "Grain Power." Some recipes were tested 10, 15 or even 20 times.

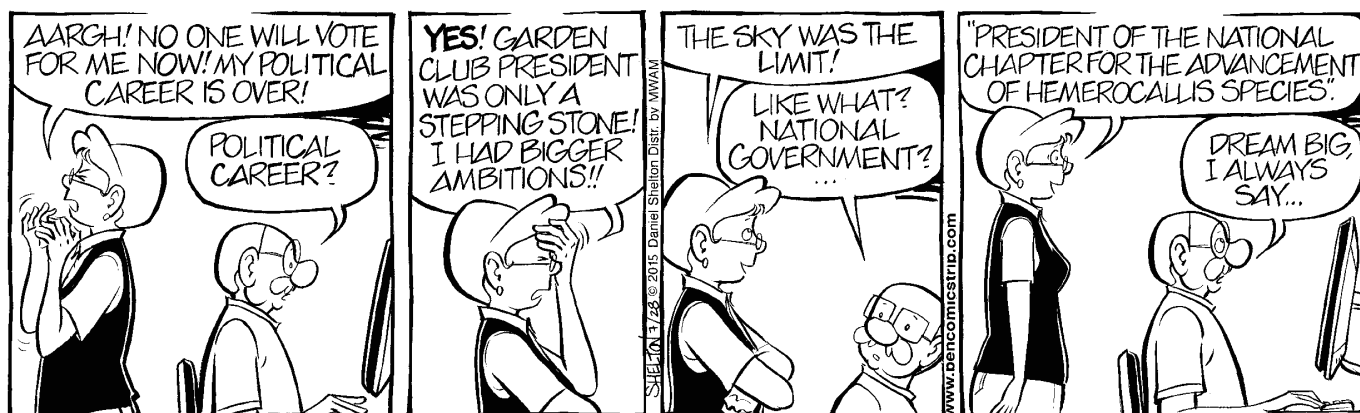
Because gluten helps bind and stabilize ingredients, reduce crumbling, and add volume in traditional baking, they had to seek alternatives. Chia, ground flax seeds and psyllium husks can make gels or binders to make up for gluten's absence. Xanthan and guar gum also hold ingredients together. These ingredients are increasingly available in grocery and bulk stores.

"It's got the most healthful ingredients and the right amount of ingredients that will hold it together and make it real as well," says Hemming.

"It's a real balancing act. It's definitely just purely chemistry."

Sheila Quinn's Dishpan Hands are soaking in it this week.

## Ben by Daniel Shelton



## LOCAL NEWS

"This is my first project like this, I hadn't really started acting up until now."

## Scots on the Rocks to explore the lighter side of murder at local Anglican Church

By Gordon Lambie  
SHERBROOKE

Today will be a very theatrical day in Lennoxville, thanks to the work of Aidan Strange and his company of young actors. In connection with the work currently being done on the Anglican Diocese of Quebec's Theatre Jeunesse Festival in Quebec City, Strange and his actors will be in town to perform for both the Lennoxville Day Camp in the afternoon and the general public at St. George's Anglican Church in the evening.

"One of the shows that we've worked on is specifically written for elementary school aged children. It's a short play very loosely based on an Oscar Wilde short story about some school children playing in a giant's garden," Strange said.

"We thought it would be nice to do something a bit more comical for the adults, so in the evening we're doing a bit of a madcap parody of Macbeth."

Strange explained that the actors will also engage in a question-and-answer period with the campers of the Lennoxville drama camp as a part of their visit, before preparing for the evening performance.

"I wouldn't go so far as to say it's dark comedy, but it doesn't shy away from the hundreds of murders; it just treats it all with a kind of lighthearted veneer," Strange said, speaking of *Scots on the Rocks*.

"The play was written for a large cast, so the challenge for the actors was to create differences between all of the roles that they play."

With 42 roles up for grabs in the play, only the actors who play Macbeth and Lady Macbeth remain constant. The result, the director said, is as hilarious as it is hectic.

Both *Scots on the Rocks* and *Selfish Giant* are plays that the troupe of eight performers has prepared for the youth theatre festival in Quebec City. Along

with three other works, the plays are part of an effort on the part of the Anglican Diocese of Quebec to branch out in its youth ministry.

According to Strange, the idea for the festival was sparked six years ago when he first met the Bishop of Quebec, Dennis Drainville.

"It became apparent very quickly that we both have a great love of theatre," the director said. "He was looking for new avenues for youth work, and the idea suddenly popped into his head that we have a space in the heart of Quebec City that we could turn into a youth theatre."

This is the first year that the festival is actually taking place and Strange said that now, at the halfway point, things are going very well. He described the project as appealing to a small group of young people who want to be professional actors and have a vested interest in theatre.

"The project is mainly a Que-

bec City project, however four of the actors that we have here are actually from Sherbrooke," the director said when asked why the project is visiting the Townships.

"We thought it might be good to take the thing back to the community."

"It's been quite exhilarating," said cast member and Sherbrooke native Caitlyn Thomas.

"This is my first project like this, I hadn't really started acting up until now."

Thomas said that the festival has been a full summer's work for her and an exciting opportunity to explore a new passion in the gorgeous surrounding of the old city.

Having met Strange when he put on a production of *The Little Prince* in Lennoxville last year, she said that it did not take her long to jump on board.

"This is pretty much a full time thing," the actor said, explaining that the cast got their scripts at the end of May and

have been working together in rehearsal since mid-June. "I've been given a place to stay here and we've basically been working from 10 in the morning until sometimes six o'clock in the evening."

"They've all engaged with the process really, really impressively," Strange said, pointing out that the full festival included five very different performances.

"The hope is that if this project continues there will be further engagement with the rest of the diocese however we decided to keep it limited for now because the workload was so massive anyway that doing any more trips would be too much at this phase."

*Scots on the Rocks* runs for about one hour tonight starting at 6 p.m. in the hall of St. George's Anglican Church.

Organizers suggest that it is suitable for families whose children are over 8 years old. Entry is by donation, with a suggested donation of \$5.

## Diversion tactics fail for Magog drunks

Record Staff  
SHERBROOKE

Four young men are facing public mischief charges after trying to lead police on a wild goose chase so that they could drive drunk.

Shortly after 3 a.m. Monday morning, the Memphremagog Police received a call about a knife fight taking place in front

of the downtown Magog Cinema.

Police responded en masse, not knowing the severity of the situation.

Upon arrival, officers in fact saw a group of people, but there was no evidence of any kind of a disturbance.

Realizing it was a false alarm, police were able to triangulate the location of the

phone from which the call originated, and a 19-year old Magog man was soon located. The man had tried to send police on the wrong path so that he and his friends, to leave a bar drunk in a van.

The four face possible charges of public mischief and police are examining the evidence to see if additional charges are warranted.

## St. Francis claims another

Record Staff  
ASCOT CORNER

A man fishing in the St. Francis River in Ascot Corner drowned Sunday after falling and being swept away by the current.

SQ divers found the 46-year-old's body at around 8 p.m. not far from where he was last seen, after a six-hour search.

According to police, the man, of Turkish origin, was standing on a rock in the river while fishing with two friends near Biron Road in Ascot Corner at around 1:30 p.m. He evidently slipped and was swept away. He was not wearing a life preserver.

Emergency services were dispatched at 2 p.m. and searched until the body was found.

## CP appeal

CONT'D FROM PAGE 1

If permission is granted, distribution of the millions of dollars offered to victims and creditors could be delayed by at least several months.

Earlier this month, Dumas approved the \$430-million settlement package offered by companies accused of responsibility in the derailment.

CP is the only company out

of roughly 25 accused in the tragedy to not participate in the offer. It maintains it bears no responsibility in the disaster.

The settlement offer is tied to the bankruptcy proceedings in the United States and Canada of Montreal Maine and Atlantic Railway Ltd. (MMA), the now-insolvent railroad company that owned and operated the train that derailed.

All of the companies that of-

fered money to victims and creditors were given releases from legal liability on both sides of the border for their part in the disaster.

In approving the fund, Dumas rejected three CP motions: one seeking access to privileged documents; another to have the fund cancelled; and a third to have the proceedings moved to Federal Court.

The fund still needs to be ac-

cepted in U.S. court but lawyers close to the proceedings say it's likely to be green-lighted.

CP has already asked for permission to appeal the ruling regarding access to documents.

Jeff Orenstein, lawyer for the victims, said Monday he "wasn't surprised" CP asked for permission to appeal.

However, he said "the judgement on the first instance was well-drafted and well-reasoned

and I think (CP) will have a hard time in appeal."

He added that even if CP is successful he will push to have the proceedings fast-tracked and added that a ruling can technically be handed down in a few months, not years.

Representatives from CP could not be reached for comment Monday. CP's two requests for appeal will be heard in court on Sept. 9 in Montreal.

## SQ to limit use of semi unmarked police cars pending review

The Canadian Press  
MONTREAL

Quebec provincial police are limiting their use of semi-unmarked vehicles pending a review following a

fatal collision.

The probe was launched after an officer driving such a car smashed into another vehicle and killed three elderly people on July 18 in Dolbeau-Mistassini, about 300

kilometres north of Quebec City.

Semi-unmarked police cars have white-on-white or black-on-black labelling, making it difficult for motorists to identify them.

Lt. Guy Lapointe said today the force will use the vehicles less frequently to respond to emergencies while it conducts its review.

The interim rules dictate that officers driving semi-un-

marked cars will only be able to respond to emergencies if they are the only officer around or are closest and the emergency is life-threatening.

The review is scheduled to be completed in the fall.

# Get ready for the 23rd annual Potton Multicultural Festival



**THE SCOOP**  
**MABLE HASTINGS**

The 23rd Annual Potton Multicultural Festival will be on Friday, Aug. 7 and Saturday, Aug. 8 in Mansonville. While activities are centred in the Place Manson area in the middle of the village, the entire town will be abuzz with activity for the entire family to enjoy. This year offers activities with a western flavour.

The event begins on the Friday

evening with a Smorgasbord Supper from 5-7 p.m. Volunteer Norma Clifford will be calling Bingo from 6-8 p.m. with \$500 in prizes and a \$200 jackpot. From 8:30 to midnight, there will be a Karaoke and Talent Show with Super Louis; first prize is \$100. The evening is a great warm up for Saturday with lots to do and see from morning to night the following day.

Saturday, Aug. 8 at 11 a.m. is the big parade under the direction of Pierre Pouliot, where a variety of businesses, groups and individuals will proudly represent Potton down the Main Street for all to encourage and enjoy.

At noon, the official opening of the 23rd Annual Festival will take place, also celebrating the 50th anniversary of Owls Head Ski. Be sure to sample the delicious international cuisine lunch.

This year, throughout the day some activities will include: Polish, Filipino and square dancers, caricaturist Trevor McKinven, a bull-riding contest, live



MABLE HASTINGS

Lillian Korman and her horse, KC. She and her daughter Carol both ride in the Parade each year on Festival Day. This year is extra special as it also marks the 50th Anniversary of Owl's Head ski area, owned and operated for the past 50 years by Lillian and her husband Fred.



MABLE HASTINGS

The parade is always a highlight of the Potton Multicultural Festival.

music, outdoor games, craft stands, food stands, farmers market, juggling, fireworks, as well as a Book Sale to benefit the Potton Municipal Library and Missisquoi North Youth Centre.

Children's activities include face

painting with Super Hiro, inflatable games, "Find the Owl" with beautiful owls created by artist Renee Morris and the youth from the Missisquoi North Youth Centre (CAB) that will be hidden throughout the town. This activity is in recognition of Owl's Head's 50th anniversary.

Other activities include the Round Barn, Covered Bridge, and a Flea Market at the Catholic Church.

The Reilly House, located on Main Street will serve a special lunch menu as well as holding a big porch sale with bargains for all.

The afternoon brings a plethora of Country music to the stage with performances from Silverado from 4-8 p.m., the band Mirola starting at 8 p.m. and then fireworks for all to enjoy. From 5-7 p.m., you can enjoy Felix Caron's Pork and Beef barbecue and an on-site bar. There will be a prize for the best western costume.

There will also be music throughout the day with Rusty James and les Squeegie. The list of activities goes on and on.

Come to Potton and enjoy the multicultural talents of the people who proudly make the area their home. The Municipality of Potton would like to acknowledge and thank those businesses who sponsor the event as well as the many volunteers who make it possible. For more information about this year's Multicultural Festival, visit the Potton website at [www.potton.ca](http://www.potton.ca), their Facebook page, or contact Diane Rypinski-Marcoux at 450-292-5817 or Julie Bernier at 438-880-7976.

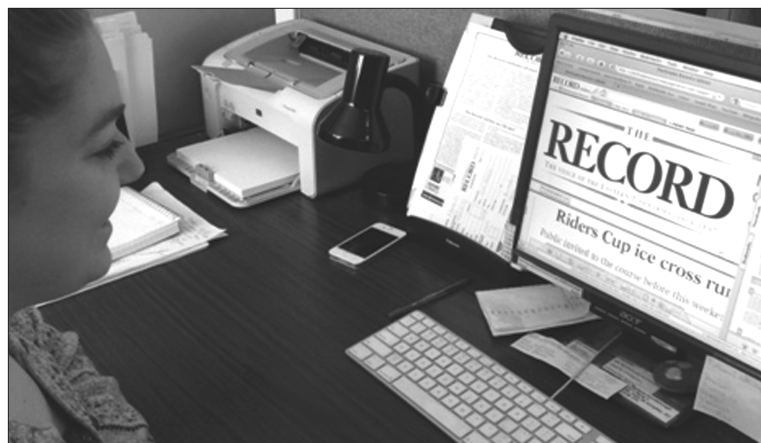
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# Fire station a hot topic in Sawyerville

By Matthew McCully  
SHERBROOKE

A petition with over 50 signatures was presented at a recent meeting of the Cookshire-Eaton council, asking the town to reconsider the placement of a new fire station in Sawyerville.

The new station is set to be constructed just 70 feet away from the current one, located at 4 Main Street in Sawyerville.

"This project has been going on for a year," said Marcel Charpentier, assistant director of fire services for the area. "People

have known all along it was going to be done."

A concerned citizen contacted *The Record*, pointing out that the station is currently located in close proximity to a daycare, a seniors' residence, an elementary school, the skating rink, and a municipal park and bike path.

"I fear that when the fire fighters respond to an emergency, with the adrenaline pumping, the safety of the local residents and of the people using the local services on this road is more at risk," the citizen said.

"I don't think they should

worry," was Charpentier's response.

He said that at one point the town did explore another location.

"They saw us coming and jacked up the price," he said.

"I think this is the right place. It's a good spot. There is always a risk when you drive, but you have to respect the limits of the code."

Charpentier said he maintains a reduced speed when driving through town. In the 25 years he has been with the department, he said he has never had a close call.

"There's no sense trying to save somebody if you kill somebody on the way up," he said, explaining that all the fire fighters in the department are sensitive to local traffic when taking off for a call.

The current fire station used to be the tool shed for the town, according to Charpentier. "There is a lot of dampness in the building. It's hard on the trucks."

"I think the project is really positive for the municipality," he went on to say. "The new building is going to be much cleaner."

After filing the petition during the July 6 meeting, the concerned citizen, wanting not to be identified, asked council to address the concerns raised in the petition.

The citizen said council gave three reasons for building the new fire station on the same property as the old one; the cost of changing locations, the difficulty in selling the current lot, and the potential changes in response time for the areas covered.

The citizen added that council appeared to take the petition seriously, and said they would review their decision.

## Award-winning hair stylists in Cowansville

By Olivia Ranger-Enns  
COWANSVILLE

Cowansville's new hair salon Studio Caract Hair has a few reasons for celebration. For starters, the salon has recently moved to a more convenient location with more visibility on Main Street of the town. Secondly, one of the hairdressers has won a bronze medal in a coloring competition in Las Vegas. So yes, there is cause for opening the champagne.

Owned by Jessica Gauvin, the hair salon has been open for two years. "I devote all of my time to this place," said Gauvin, who has more than 15 years of hair styling experience under her belt. In addition, she has taken part in dozens of competitions and has been a member of the artistic team of Wella Professionals for six years.

In the middle of June, the hair salon moved from its basement location to the street level. The shop is brand new with elegant wooden beams, colorful but tasteful accents, and large modern canvases by Elizabeth Sicotte.

At the front of the shop, clients are welcomed with large mirrors, suspended lamps and a bright purple counter. At the back, where the stylists color hair, large couches with plump purple cushions offer a more relaxing ambiance.

Gauvin spent hours the night before opening day with her boyfriend putting up frames, screwing in nails and adjusting the rooms in general. It was tough work, but the results were definitely worth it.

There are always challenges cropping up for Gauvin. "We want to keep our clients satisfied, day after day. On top of

that, we have to stay up-to-date with new products and techniques," said the hair stylist.

Meet Mélina Tzinevrakis, a 21-year old stylist and make-up specialist. Having received her diploma from Lasalle College in make-up design, Tzinevrakis decided to launch herself in the hairstyling business and studied at the Tornade academy.

Tzinevrakis has just returned from Las Vegas, where she received a bronze medal in the Student Canada category at the North American Trend Vision Awards.

"I love competition. I live for that kind of adrenaline," said Tzinevrakis. "During a competition, the most important obstacle is speed and constancy. There are many judges out there who come from around the world to see you perform, so you have to be sharp and clean. Any minimal mistake gets you



COURTESY SALON CARACT HAIR

Melina Tzinevrakis, who just came back with a bronze medal from a hair competition in Las Vegas.

disqualified."

Tzinevrakis became interested in the hairstyling business at 12 years old. For her, hair styling is similar to sculp-

ture. As such, hairstyling is a form of art. "What better way than working with people who come here for a treat?" asked the 21-year-old, who plans on selling Wella products around the world in 10 years.

Taking part in the competition in Las Vegas was, for Tzinevrakis as she puts it, the best experience of her life. "There is so much talent in Quebec," said Tzinevrakis. "Next year, I will be competing in the Young Talent Wella for the TrendVision Award, and I'm going for gold."

Tzinevrakis thanked her model Maud and her assistant Audrey who have always been there to encourage her. "There is a diction I love so much: where I create, there I am true. That represents me perfectly as a hair stylist."

The salon is located at 140 Main Street in Cowansville.

## Sherbrooke High School reunion



MATTHEW MCCULL

Here is what we hope is a better view of the smiling faces of SHS from last weekend's reunion.

The Record would also like to apologize for misspelling the name of former principal Royce Gale in the article published on Monday, and for neglecting to mention the names of two other SHS teachers who attended the event, Andrea Lothrop and Allan Marshall.

# EDITORIAL

But the simple fact of the matter is that Senate abolition is essentially impossible.

## Sober Second Thoughts



JOHN EDWARDS

So Stephen Harper announced on Friday that he is now in favour of abolishing the Senate. Given the Senate's tarnished reputation of late (to put it mildly), Harper's turn around on this issue seems to be a case of his sensing the direction that the parade is going and marching boldly to the front.

The decision to push for abolition also marks the end of one of the original planks of the Reform Party — the Conservatives' actual predecessors. When the party was founded in the late 1980s, one of its main tenets was a belief in a "Triple-E" Senate, that is, one based on the American model, with equal representation from each province and with actual power.

Abolishing the Senate was never part of this plan — changing and enhancing its role to allow the West (in particular) to offset the supposedly dominant power of Ontario and Quebec.

It's an interesting reversal for someone who declared in 2004 he would not appoint any Senators who were not elected and then went on to appoint 56 Senators during his tenure... even more than Mulroney, who appointed eight extra Senators to push through the GST.

It is also ironic given that some of those Senators are front and centre as the causes of the Senate's current reputation.

In December 2008, he appointed Pamela Wallin, Mike Duffy, and Patrick Brazeau, all of whom are currently suspended.

Wallin has been accused by the RCMP fraud related to her Senate expenses but has not been formally charged, Brazeau is currently under indictment in three separate criminal cases, and Duffy's fraud and bribery trial has been a media spectacle for the last few months.

It actually came out in April that he

was so (correctly) concerned about his eligibility for a Senate seat from P.E.I. that he asked to represent Ontario initially. It is this very residency issue is at the heart of the financial issues that are currently before the court.

By coming out for Senate abolition, Harper is actually late to the party, as the NDP has proposed getting rid of the chamber since long before it was cool.

But the simple fact of the matter is that Senate abolition is essentially impossible. It would require unanimous consent from Parliament and all 10 legislatures. While the Western provinces, who have long been unhappy with their representation, might be on board, it is unlikely that the four Atlantic provinces would vote to abolish a body that, greatly over-represents them.

We know this to be true by the simple fact that politicians only ever talk about it. Any legislature could pass a Constitutional amendment to start the process.

None have. Not any of the six provinces that have or had NDP governments, not Harper's new "BFF", Saskatchewan's Brad Wall, nobody.

As an "interim" measure, Harper has said he will stop appointing Senators.

Given the bang-up job he's done with the batch he has summoned, one might argue that this isn't a bad thing.

However, the fact is that this is one of the Prime Minister's jobs, according to the way our Constitution functions. (Ironically, if the attrition continued to its natural conclusion, the last Senator standing would be one of Harper's all-stars, the lamentable Senator Brazeau.)

Wouldn't it be nice if we all could just simply "blow off" parts of our job we didn't like? I can think of a few things I'd rather avoid; I'm sure you can, too.

If the goal is to get rid of the Senate by attrition, Harper is also setting in motion a constitutional crisis — and as we know very well here in Quebec, that has not been good thing historically.

A properly-functioning Senate can serve many roles in Parliament, but unquestionably the Senate status quo can not exist any further.

Instead of the ridiculous posturing towards an end that will never happen, it is time to start discussing meaningful reform, and start determining what an upper house that Canadians could be proud of would look like.



## Letters

DEAR EDITOR:

**W**arning! This can happen to you.

In the spring of 1974 I purchased a dairy farm from my father to carry on farming as a fifth generation farmer on Johnston Road. In the spring of 1975 my wife Grace, also from a dairy farm, joined me to help run the operation. We have raised three children with a love of farming and the life that it entails, the love of nature, hard work and dedication to the family farm.

In 1985, we took a partner and farmed for 30 years, priding ourselves in running a clean and efficient operation conforming to government regulations and gaining many certificates for "very great distinction" for high quality milk.

In the fall of 2014, Joshua (the sixth generation) bought out our partner's share and began his career as a farm owner.

On May 22, 2015 this all changed. We received a call from our milk truck driver informing us that our milk tested positive for antibiotics and had contaminated over 9,000 litres of milk in the truck.

After 40 years of farming we were shocked, as we do not treat cows in our dairy barn but in our second barn, one kilometre away, where our fresh and dry cows are housed.

We then questioned our local feed dealer trying to determine the source of this problem.

Our local dealer brought us a new batch of dairy ration, after feeding this for one day we had our milk retested at Agropur and it was still

positive for antibiotics.

Two days later the test was still positive, four days after the initial report the milk was clear of antibiotics, however, we had received substantial fines for contaminated milk, had to pay for the contaminated milk in the truck and lost our production (income) for six days.

Although our local feed dealer did all he could to help during this crisis, the corporation he sells for was not forthcoming. They did not admit to there being a problem with their product even after it was proven without a doubt that the antibiotics were in the meal purchased from them.

After 40 years, this farm now has a record of contaminated milk both at the Milk Federation and the [Ministry of Agriculture]. Both have refused to expunge this incident from our record even though it has now been proven that we did nothing wrong, that this was a situation beyond our control.

The Canadian consumer deserves to be protected from antibiotic contamination in their milk and all farm products. This incident shows that our system is second to none in the world. Consumers can buy with confidence.

It is this farm's opinion that as famers we deserve the same standard of quality from large corporations and that we should not have a record for a mistake made by a large corporation.

In closing, buyer beware, not everything is as it seems.

JAMES JOHNSTON  
MELBOURNE TOWNSHIP

The writer is the owner of TeeBrooke farm.

### THE RECORD

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QUEBEC:		GST	PST	TOTAL
1 YEAR	135.60	6.78	13.53	\$155.91
6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

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1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

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# Local Sports

Longueuil was not to be outdone in what was a defensive battle.

## Extreme choke

### Sherbrooke drops three straight as Longueuil wins junior lacrosse title

Record Staff  
SHERBROOKE

"You come at the king, you'd best not miss." – The Wire

That quote nicely sums up the challenge of a team facing a defending champion. The Sherbrooke Extreme, to put it simply, missed.

They entered the weekend only needing one win to wrest the Quebec Junior Lacrosse League title from the defending champions Longueuil — but it was not to be as they dropped three straight to the Patriotes, allowing them to come back from a 2-0 deficit in the best-of-five series and reclaim their

crown for another year.

The first chance for the Extreme to close out the series came on Friday night in Longueuil. The game was tied 5-5 late in the third before Longueuil's Tristan Pelletier scored two goals with less than five minutes left in the, giving the Patriotes the 7-5 victory and sending the series back to Sherbrooke for Saturday's Game 4.

Sherbrooke goals came from William Lacroix, who had a pair, while Frédéric Verville, Guillaume Drapeau and Kahrhio Meunier added singles.

Back at the friendly confines of the Julien Ducharme Centre in Fleurimont, everything again looked promising for the Ex-

treme as the Patriotes only had eight players, including the goalie, on hand (teams normally dress 15-20 players).

But Longueuil was not to be outdone in what was a defensive battle. With the score 2-1 Sherbrooke after 20 minutes, the Patriotes picked up three goals in the second period to take the lead and never looked back winning the game 6-4.

Sherbrooke took 52 shots on goal in the game, with William Lacroix finding the back of the net twice, while William Drapeau and Xavier Perron each added one goal of their own. The offense for Longueuil was lead by Cédric Vinetti with three goals and Tristan Pelletier,

who had two, despite only taking 17 shots at Extreme goalie Vincent Denault.

Walking into Sunday night's final game, little about the outcome could be guessed. The first period was another defensive battle resulting in a 1-1 tied score. However, the Patriotes took control of the game in the second, taking a 8-3 lead with less than eight minutes remaining in the game.

Sherbrooke made a late push, scoring three goals in the last seven minutes but they could not make up the difference as Longueuil triumphed 8-6 and won the series 3-2.

Tristan Pelletier and Hugo Ouellette Dumont each had two

goals for the victors, while Robin Boutin scored three goals, and William Lacroix and Xavier Perron each added one for the Extreme.

Longueuil goalie Tommy Pinet and forward Tristan Pelletier were named co-MVPs of the final series.

Pelletier was a key figure on offence for Longueuil, securing a Game 4 with his play on Friday and picking up seven goals and two assists overall.

Pinet, who was in goal for the last four games of the five-game series, was key to Longueuil's three wins, turning aside 129 of the 144 shots he faced, allowing just 15 goals in those games.

## Loach medal

CONT'D FROM PAGE 1

well, and it's been a super atmosphere. I couldn't have asked for a better experience."

Like her teammates, Colleen is looking to add to that experience with a similar performance at the Rio Games next summer.

While is most impressive about Loach's ascension to the world equestrian elite is the time and commitment that has characterized her career.

An all-round athlete at Alexander Galt Regional High School, she made a decision in the late 1990s to focus entirely on equestrian events and the

road to success was often bumpy.

In 1999, she was named athlete of the year by Eventing Quebec and in 2001 she represented Canada at the North American Championships for juniors and young riders of the FEI (the international equestrian federation), where

she helped Canada to get their hands on the bronze medal at home in Bromont.

In the ensuing years she spent her winters in Florida working as a groom while improving her riding skills.

Internationally, she won the victory of the CCI two-star Bromont event in 2007, the

CIC two-star Dreamcrest Horse Trials 2013 in Ontario and CIC two-star The Fork Horse Trials 2014 in North Carolina.

Colleen is currently working for Canadian Olympian Peter Barry, who is also owner of her two best mounts, Qorry Blue D'Argouges and Freespirit.

## Montreal plays with Fire, signs Impact player

### Didier Drogba to join MLS outfit after transfer from Chelsea

By Bill Beacon  
The Canadian Press  
MONTREAL

The Montreal Impact have made perhaps the biggest player acquisition in club history on Monday — former Chelsea striker Didier Drogba.

The Chicago Fire signed and then traded Drogba to the Impact for a substantial amount of allocation money. He is to join the team once he receives his international transfer certificate and Canadian work visa and is to arrive in Montreal later this week.

The Impact confirmed the deal in a tweet that said "Deal Done. Didier Drogba in bleu-blanc-noir."

Impact president Joey Saputo said in a statement it was an honour to have one of the top stars of international soccer on his club.

"From the first conversation I had with him, I sensed he really wanted to play in Montreal," Saputo said. "It's a great day in the history of the club and his arrival will help us at every level."

Impact defender Laurent

Ciman tweeted: "All class. I can't wait to work with him."

Chicago had acquired the 37-year-old's Major League Soccer rights when they placed him on their "discovery" list weeks ago. Drogba had left Chelsea and was reported to be looking at a move to North America.

The Impact also pushed hard for the Ivory Coast international, who appears to have preferred Montreal because it is a mainly French speaking city.

Salary details were not released but he will be the club's second designated player after Argentine midfielder Ignacio Piatti. ESPN reported an offer of an 18-month deal worth \$3 million.

Chicago also confirmed it claimed Brazilian striker Gilberto, a designated player, off waivers from Toronto FC when its bid for Drogba fell through.

"With regards to the trade, we felt this move was in the best interest of our club," Fire coach Frank Yallop said in a statement. "We received a significant amount of allocation money from Montreal, giving us the spending flexibility to find another player in this win-

dow or down the line.

"We respect Mr. Drogba's professionalism throughout this process and wish him luck, but we are excited to welcome Gilberto to the club and move forward toward the MLS Cup Playoffs and the U.S. Open Cup Semifinals."

Drogba scored 163 goals and won four Premier League titles in two stints with Chelsea.

While his best days appear to be behind him, Drogba would give the Impact a proven scorer with the star power to match recent signings in MLS that include Kaka in Orlando, David Villa and Frank Lampard with New York City and Steven Gerrard with the Los Angeles Galaxy.

He had seven goals in 28 games for Chelsea last season.

The Impact have been seeking an elite forward since Italian veteran Marco Di Vaio, who joined the club as a designated player in its first MLS campaign in 2012, retired after last season.

Drogba, who split his childhood between Ivory Coast and France, amassed 17 trophies in a career that began in 1998



THE CANADIAN PRESS/AP/KIRSTY WIGGLESWORTH

Chelsea's Didier Drogba, right, gets past Tottenham's Mousa Dembele during the English League Cup final soccer match between Chelsea and Tottenham at Wembley stadium in London on March 1, 2015. The Montreal Impact have acquired striker and designated player Drogba in a trade with the Chicago Fire.

with French second division side Le Mans in 1998. He played at Guingamp and Marseille in France before transferring to Chelsea in 2004.

With the Blues, he also won four FA Cups, three League Cups and two Community Shields. He won the UEFA Champions League title in 2012. The fourth highest scorer in Chelsea history also won the Premier League golden boot

award in 2007 and 2010.

He took three Turkish club prizes with Galatasaray in 2013-14.

Internationally, he is Ivory Coast's all-time scoring leader with 65 goals in 104 games. He helped the West African side to World Cup appearances in 2006, 2010 and 2014. Drogba announced his retirement from international competition in August 2014.

**Death**

**Patricia WINSLOW (née Loach) (1937-2015)**

Passed away peacefully at the CHUS Fleurimont on Saturday, July 18, one week before her 78th birthday. Daughter of the late Fred Loach and the late Ethel Whitehead. Beloved wife of Rupert Winslow, dear mother of Peter.

She is survived by her sister Grace (late Jack Sawyer) and brothers-in-law Ross and Terry Winslow, as well as many relatives and friends.

As per her wishes, cremation has taken place. A family graveside service will be held at a later date. In lieu of flowers, donations to the charity of your choice would be appreciated.

Patricia's family would like to thank Dr. Roux and his staff, as well as all others who have given her special care.

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**Datebook**

TUESDAY, JULY 28, 2015

Today is the 209th day of 2015 and the 38th day of summer.

**TODAY'S HISTORY:** In 1914, Austria-Hungary declared war on Serbia, marking the official beginning of World War I.

In 1932, President Herbert Hoover ordered the U.S. Army to evict the Bonus Army protestors from government property in Washington, D.C.

In 1945, heavy fog caused a diverted U.S. military B-25 bomber to crash into the Empire State Building in New York City, killing 14 people.

In 2005, the Irish Republican Army renounced violence as a political tactic and ordered its units to disarm and cease all terrorist activities.

**TODAY'S BIRTHDAYS:** Beatrix Potter (1866-1943), children's author/illustrator; Jacqueline Kennedy Onassis (1929-1994), first lady; Bill Bradley (1943- ), basketball player/U.S. senator; Jim Davis (1945- ), cartoonist; Sally Struthers (1947- ), actress; Hugo Chavez (1954-2013), Venezuelan president; Scott Pelley (1957- ), TV journalist; Dana White (1969- ), UFC president; Manu Ginobili (1977- ), basketball player; Cain Velasquez (1982- ), mixed martial artist.

**TODAY'S FACT:** Jacqueline Kennedy Onassis was fluent in French, Spanish and Italian.

**TODAY'S SPORTS:** In 1989, Vince Coleman's stolen-base streak ended at 50. The Cardinals outfielder's record-setting

streak included six steals from the 1988 season.

**TODAY'S QUOTE:** "Whenever I was upset by something in the papers, (Jack) always told me to be more tolerant, like a horse flicking away flies in the summer." — Jacqueline Kennedy Onassis

**TODAY'S NUMBER:** 120 — postseason games won together (as of July 2015) by San Antonio Spurs teammates Manu Ginobili, Tim Duncan and Tony Parker, the most by any trio of players on a single team in NBA history.

**TODAY'S MOON:** Between first quarter moon (July 23) and full moon (July 31).

**Herbs and supplements aren't always pure**



**ASK DOCTOR K**  
By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** My cholesterol is high and my doctor wants me to go on a statin. I'd like to avoid medication. Do any supplements effectively lower cholesterol?

**DEAR READER:** Statin drugs lower LDL (or "bad") cholesterol and also reduce inflammation. Together, these effects lower your risk of heart attack.

Various herbs and supplements have been touted for their ability to improve cholesterol levels. There is one general caveat you should consider. New drugs are tested by the FDA for their safety, effectiveness and purity.

However, almost the opposite is true for herbs and supplements. They are virtually free of testing and manufacturing requirements. And, unfortunately, there have been occasional serious problems with contaminants getting into some supplements during their manufacture.

Here's what the research shows — and doesn't show — about some of the best-known products:

— **HAWTHORNE.** The leaves, berries and flowers of this plant are made into medicine that has been used to treat cardiovascular diseases. It may decrease the body's production of cholesterol, and it may help the body excrete bile, a cholesterol-filled fluid that helps with digestion. Verdict: It may help.

— **RED YEAST RICE.** This Chinese medicine is marketed as a cholesterol-lowering agent. An independent analysis looked at 12 red yeast rice products that claimed to contain 600 milligrams (mg) of the active ingredient. The actual content varied between 0.10 mg and 10.9 mg. Also, one-third of the products were contaminated with a compound that can cause kidney failure. Verdict: It may help, but purity remains a problem.

— **GARLIC.** Some early studies suggested that garlic might slightly lower cholesterol levels. A study funded by the National Center on Complementary and Alternative Medicine looked at the effectiveness of fresh garlic, dried powdered garlic tablets and aged garlic extract tablets. It found garlic had no effect on cholesterol levels. Verdict: For lowering cholesterol, save your money. For cooking, follow the judgment of your nose and palate.

— **FISH OIL.** We know that eating fatty fish lowers heart risks for people with heart failure or a previous heart attack. But a 2013 study in The New England Journal of Medicine found that fish oil supplements don't have the same effect. They don't lower heart attack or stroke risk in people at high risk of heart disease. Verdict: Eat fish instead.

The truth is, "natural" treatments like herbs and supplements are not necessarily better, and there can be problems with their manufacture. Of course, conventional drugs can have adverse effects as well. But it's rare for them to contain dangerous contaminants.

It wouldn't surprise me if some readers think I emphasize conventional pharmaceuticals too much. As a doctor, I actually tend to prescribe fewer conventional drugs than many of my colleagues. And I surely don't believe that the first treatment for a problem should always be a drug.

But I believe that research has led to the development of some drugs that can achieve results that just are not possible with natural remedies. Statins to lower cholesterol are one such example.

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

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:  
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

## LENNOXVILLE

Uplands Cultural and Heritage Centre invites the general public to its new art exhibition featuring the work of Cather-

ine Young Bates. Her paintings will be displayed all summer from until September 6 at 9 Speid Street in Sherbrooke (Borough of Lennoxville).

## RICHMOND

Come and visit the Museum of Richmond County Historical Society at 1296 Route 243 in Melbourne Township during six weeks from July 1 - August 9, Wednesday to Sunday afternoons from 1 p.m. to 5 p.m. Bilingual guides will help you appreciate a special Scots heritage exhibition which is displayed throughout the Museum together with the many other collections.

## BURROUGH'S FALLS

Chrystal Beach 50th Reunion Jamboree on Saturday, August 1, featuring Lyndon

Sheldon and the original Plainsmen, at Burrough's Falls from 3 p.m. to 9 p.m. Admission charged. Lots of musicians and bands have been invited to join in. All bands are welcome to participate.

## GEORGEVILLE

Tuesday, July 28, 6 p.m. Scots on the Rocks, a madcap parody of Shakespeare's The Scottish Play, aka Macbeth, at St. George's Anglican Church, 84 Queen Street, Lennoxville. Cast of eight including local young people, portray 40 characters. Admission by donation.

## DANVILLE

Advance Notice - 16th Annual Antique Show, 136 Grove Street, Danville Sat. September 5, 9 a.m. - 5 p.m., Enter-

tainment 3 p.m. - 5 p.m. and 7 p.m. - 9 p.m., Steak B.B.Q. 5:00 p.m.-6:00 p.m. Reserve early: 819-848-1421

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7. fee, \$10. for 2 insertions of same notice, \$13. for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10. per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Admission charges and trade names will be deleted. No dances.

# If we say no now, my mother-in-law will push even harder, adding more stress...

TUESDAY, JULY 28, 2015

## Annie's Mailbox

**Dear Annie:** My daughter is getting married in two weeks. My 80-year-old mother-in-law is unable to attend, but she called us with a request. Her daughter, "Donna," the bride's aunt, will be flying across the country with her two young children to attend the wedding. She asked whether Donna's two children could have a role in the celebration because she thinks Donna assumed they would be asked to participate after going to the expense of buying three tickets to attend.

We do not feel this is an appropriate request and it puts us in an awkward position. My mother-in-law is trying to make us feel bad for saying no to something that was never a consideration. Donna has a history of being manipulative. No other children were invited and we do not want other parents to feel bad that their children were not included at all.

If we say no now, my mother-in-law will push even harder, adding more stress to an already stressful event. Can we simply say we are "taking under advisement" and let it go? — Stressed in Shrewsbury

**Dear Shrewsbury:** Yes, that is one way of dealing with a presumptuous request. You also can bite the bullet and say firmly, but politely, "No, but we appreciate that Donna is coming and bringing the children." What someone spends to attend the wedding is up to them. It should not be used as blackmail to get a starring part in the production.

Still, you might consider finding a small role for the children, possibly handing out programs, asking guests to sign a welcome book or directing them to their seats if the kids are old enough to handle the responsibility. It's a minor effort that will make the children feel important and assuage your in-laws. And please don't worry about not having invited other children. The bride's first cousins are in a separate category. But you should not be held hostage by someone else's inappropriate demands on your daughter's big day.

**Dear Annie:** I read the letter from "Artist's Wife," whose husband was asked to do a portrait for a family member who has yet to pay him. She has at least one real boar for a relative.

My niece is an artist. I like her work, family or not. When I saw something on her website I really wanted to own, I approached her about it. She offered to sell it to me at a discount. I refused her kindness and bought two pieces from her at the same price she was asking for her other work.

One family member did not take advantage of another on either side of this transaction. If I couldn't afford my niece's prices, I wouldn't have asked her to sell me anything.

When all was said and done, she was so grateful for the decent treatment that she created a third piece of art for me as a gift. It was her choice, and I appreciated it tremendously. — Grateful Family Member

**Dear Grateful:** Thank you for demonstrating how relatives should behave toward one another. Taking

advantage of someone because you are related not only is unfair and unkind, but it poisons the well for future family encounters.

**Dear Annie:** I have been married for 20 years. When I met my husband, he already had a grown daughter from his first marriage who was living independently in another state. "Beth" and I have never been particularly close.

Seven years ago, Beth married a man who ran off within six months, and she has no clue where he is. He doesn't pay child support, and the authorities cannot find him. Her twin girls are now 7 years old and completely undisciplined and unstable. I don't particularly enjoy Beth's company or that of her children, and neither does my husband, but we do our best to have a decent relationship with all of them.

The problem is, I am terrified that something will happen to Beth and my husband and I will be responsible for the twins. There is no one else. At my age, I do not have the physical or emotional capability to raise them, and I don't think my marriage would survive the stress.

If Beth runs off or dies or something, are we responsible for these children? I have told her that her father and I are not able to raise her kids, but as far as I know, Beth has made no guardianship arrangements with anyone else. I feel like a terrible person, but it is becoming a major stress factor in my life. Please help. — Scared Step-mom in Chicago

**Dear Scared:** We could try to convince you that your stable presence might turn those children's lives around, and we hope you will consider that. But we know that not everyone is capable of raising young children, particularly ones with existing behavioral issues.

Rest assured, you will not be forced to take these children should something happen to Beth. If she does not designate a guardian (who agrees to take them), and no family member is willing to step up, then the children become wards of the state and possibly placed in foster care. Your best bet is to hope nothing happens to Beth.

**Dear Annie:** I have a problem with my oldest daughter. She has always been a selfish child. For years, we did not get along, and many times, we stopped speaking.

She popped back into my life last October through a Facebook chat. She was separated from her husband and had left her teenage children. She blamed everything on him and I believed her.

She visited me one day and asked to borrow my mother's ring, but I said no. I always wore it. Mind you, it's not worth any money. It only has sentimental value. But when she dropped by another night and asked, I said OK. She promised to give it back. After a few weeks

went by, I asked her to return it and she claimed I had given it to her to keep. I corrected her and said I only let her borrow it.

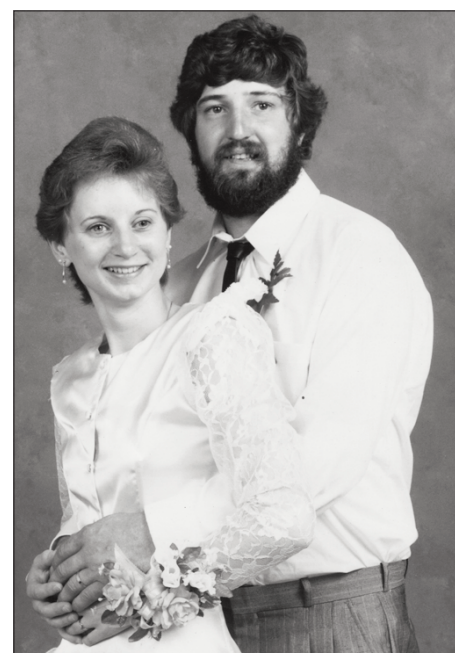
She has since blocked me from her phone and Facebook page. Her husband has informed me that she is seeing a man at her job who is 20 years younger, and that she has started partying, drinking and possibly using drugs. He says he barely knows her anymore. I asked her husband to tell her that I want my mother's ring back, but she refused his request as well. I am heartbroken. What can I do? — Hurt Mom

**Dear Mom:** Not too much. You voluntarily gave her the ring, which makes it her word against yours that it was only intended to be temporary. You could threaten her with legal action, but actually doing so would cost both of you and might make the relationship irreparable (although we know some readers would think that's a positive outcome).

Some children don't turn out the way we hope, no matter how much we love them. Your daughter sounds like an irresponsible, selfish person. You may need to consider Grandma's ring to be her inheritance, and for your own peace of mind, please try to forgive her.

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

## Congratulations Stacy and Jane on your 25<sup>th</sup> Wedding Anniversary



Love your family and friends

### 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.

“LB TLVZPW D’N MNEDFDLVP. HGMP’P  
HZLYC HDFG FGMF? LFGWZHDPW KLV  
PJWWO MJJ RMK.” — ZDYCL PFMZZ

Previous Solution: “So long as you have food in your mouth, you have solved all questions for the time being.” — Franz Kafka

TODAY’S CLUE: *d sjanba O*

### KIT N’ CARLYLE

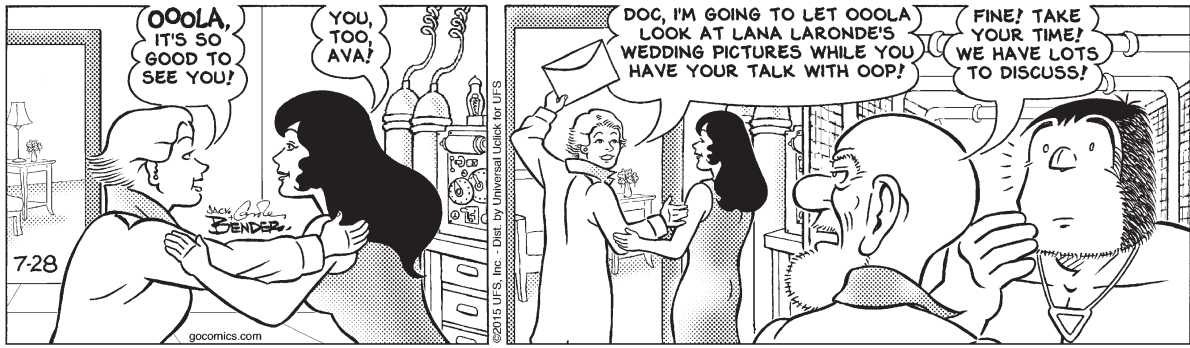


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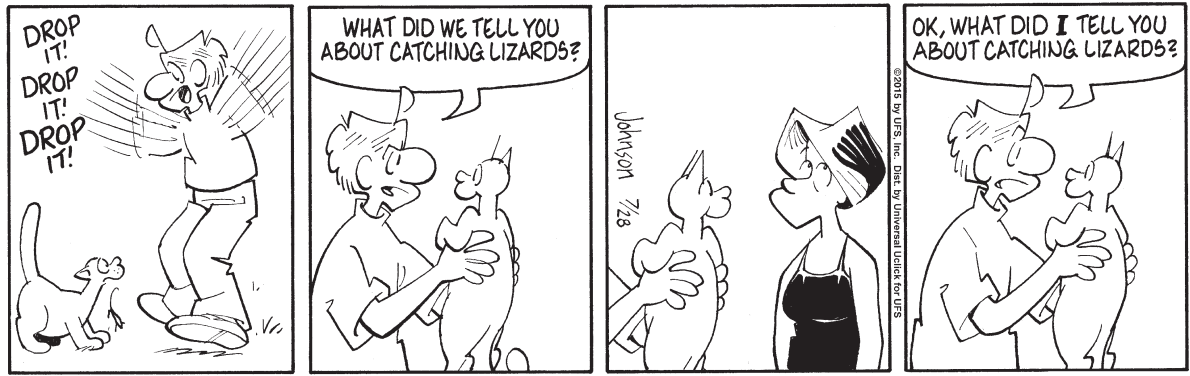


“I thought TV was supposed to make you violent!”

### ALLEY OOP



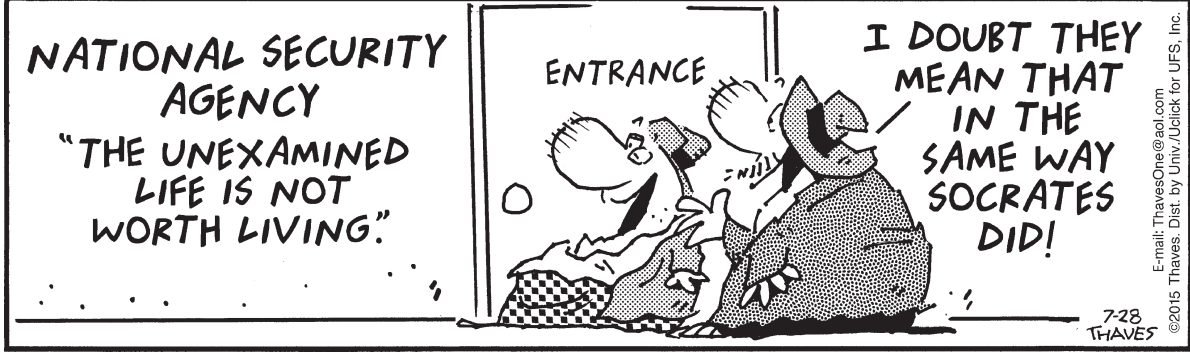
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100 Job Opportunities    100 Job Opportunities

## THE RECORD

### SALES REPRESENTATIVES

The Record, the Eastern Townships' only daily English newspaper since 1897 has an immediate need for dynamic, motivated sales representatives to join its sales team on a number of special projects for both its print and online editions.

The ideal candidates will be bilingual, client-focused, results-oriented individuals seeking to forge a successful career as commission-based sales representatives.

#### Job Requirements

- As a sales representative, you will:
- Maintain current customer accounts and relationships
  - Grow an established customer base
  - Work as part of a sales team on special projects
  - Be self-directed with the ability to effectively interact with staff and clients
  - Be creative and innovative to ensure client satisfaction
  - Demonstrate an ability to build lasting client relationships
  - Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and experience to

**Sharon McCully, Publisher**  
1195 Galt Street East  
Sherbrooke, QC J1G1Y7  
or by email to  
outletjournal@sympatico.ca

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## URGENT

### THE RECORD

is looking for a carrier in **Sawyerville** for the following streets

Bedard, Church, Clifton, Cookshire, de la Station, High Forest, J.A. Lowry, Lisée, Principale, Randboro, St-Germain (36)

If interested in this route, please call

### THE RECORD

**819-569-9528**

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

100 Job Opportunities    155 Travel

**LA TRIBUNE IS looking for a person to DELIVER NEWSPAPERS, BY CAR, in the NORTH HATLEY, WATERVILLE AREA.** Please call 819-564-5465.

**LA TRIBUNE IS looking for carrier(s) in the East Angus.** Please call 819-564-5465

**LA TRIBUNE IS looking for motorized carriers to deliver newspapers (including the Record) in the NORTH HATLEY, WATERVILLE AREA.** Please call 819-572-2568 if interested

145 Miscellaneous Services

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

**Selling, buying, exchanging, offering services?**  
Put it in our **Classifieds for results!**

**DRY CLEANING CENTRE** in Medicine Hat Alberta voted #1 in the city 2 years running. 2 locations. Turn key business for sale includes building, equipment, land & phone number. Excellent experienced staff in place. Land has clean phase 3 environmental assessment report. In business for 65 successful years. Owner is retiring and will train new owners for 6 weeks. \$950,000 all in share sale. Call Gerry 403-548-0757

190 Cars For Sale

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

290 Articles For Sale

**STEEL BUILDINGS / Metal Buildings.** Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

294 Events

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

340 Garage Sales

**CLEVELAND Garage Sale.** Complete household furnishing for sale. Appliances, vintage furniture, antiques. 1865 Harmonium; Wurlitzer organ; beautiful antique dining room set with buffet and silverware; 46" and 52" televisions, like new; 1000's of books, English, some Vintage; complete professional Karaoke system; vintage 1988 Volkswagen convertible; 3 boats 17 ft., 2 Zodiac style, Princecraft Pro, full equipped; lots of fishing gear; 5th wheel camper, 32 ft.; 5th wheel storage trailer, 20 ft.; open tandem trailer, 8x10, heavy duty; commercial car wash equipment; collection of remote control model planes; 70 ft. model train layout and miniature trains, scales O, HO, G and N. Also 60 acre farm for sale. **Drop by this week and weekend at 304 St. Cyr, Cleveland, JOB 2H0, 514-971-0544.**

365 Landscaping

**CLEANING OF YOUR FLOWER beds,** rearranging of your garden and property. 15 years of experience. Free estimate. **Flora Concept 819-578-5857.**

440 Miscellaneous

**CRIMINAL RECORD?** Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-nowpardon (1-866-972-7366). www.RemoveYourRecord.com

**Looking for a job or qualified personnel?** Consult our **Classified ads!**

## Happy Birthday In July

What a joyous occasion when fourteen of the eighteen persons, living in the Wales Home, celebrated their July birthdays on the 22nd, guests of St. Anne's Anglican Church, Richmond. It was Betty Moore's birthday on that day. Bernice Beattie had turned 101 years just two days earlier.

The birthday celebrities were entertained with three games of Bingo, winners being Hazel Carson, a guest, Irene Horrocks and another guest, Sharon Moore. Everyone enjoyed the fun; some not getting very many numbers while others sweated it out with four numbers, waiting for that winning one. During play and after, snacks were available for nibbling.

Following the entertainment beautifully decorated cupcakes, complete with candles, were served with ice cream and punch. They were appreciated and enjoyed by all. And, of course, the "happy birthday" song was sung.

Gifts were handed out to the birthday "boys" and "girls" and upon opening were greatly enjoyed by all. The happy people went back to their rooms, each one expressing his/her appreciation for a rewarding afternoon. Gifts were taken to those that had been unable to attend.

Submitted by Jean Storry

## Want your ad to stand out?

For **.50** a word - **bold** it.

## SUDOKU

Difficulty: 3 (of 5)

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

7-28-15

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### PREVIOUS SOLUTION

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

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

