

Townships mothers take on challenge

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Big weekend for Memphremagog police

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TUESDAY, OCTOBER 8, 2013

Movie Mania partners with Richmond for year two

Gordon Lambie
Special to The Record

The Movie Mania Fridays initiative of the Richmond Community Learning Centre (CLC), which allows local, non-profit community groups to fundraise by showing low-cost movies in the Richmond Regional High School (RRHS) auditorium on Friday nights, announced a partnership with the town of Richmond this past week that will allow the project to continue for another year.

The announcement was made in the presence of town councillor Charles Mallette at last Friday's showing of Monsters University, a fundraiser for the project itself that, according to CLC coordinator Siu Min Jim, saw the highest attendance to date, at 275.

"Our volunteers have been working really hard to make this work for the community," Jim said, explaining that the partnership with the town was sought out due to challenges with a recent change in copyright law that made licensing films for public showings more complex.

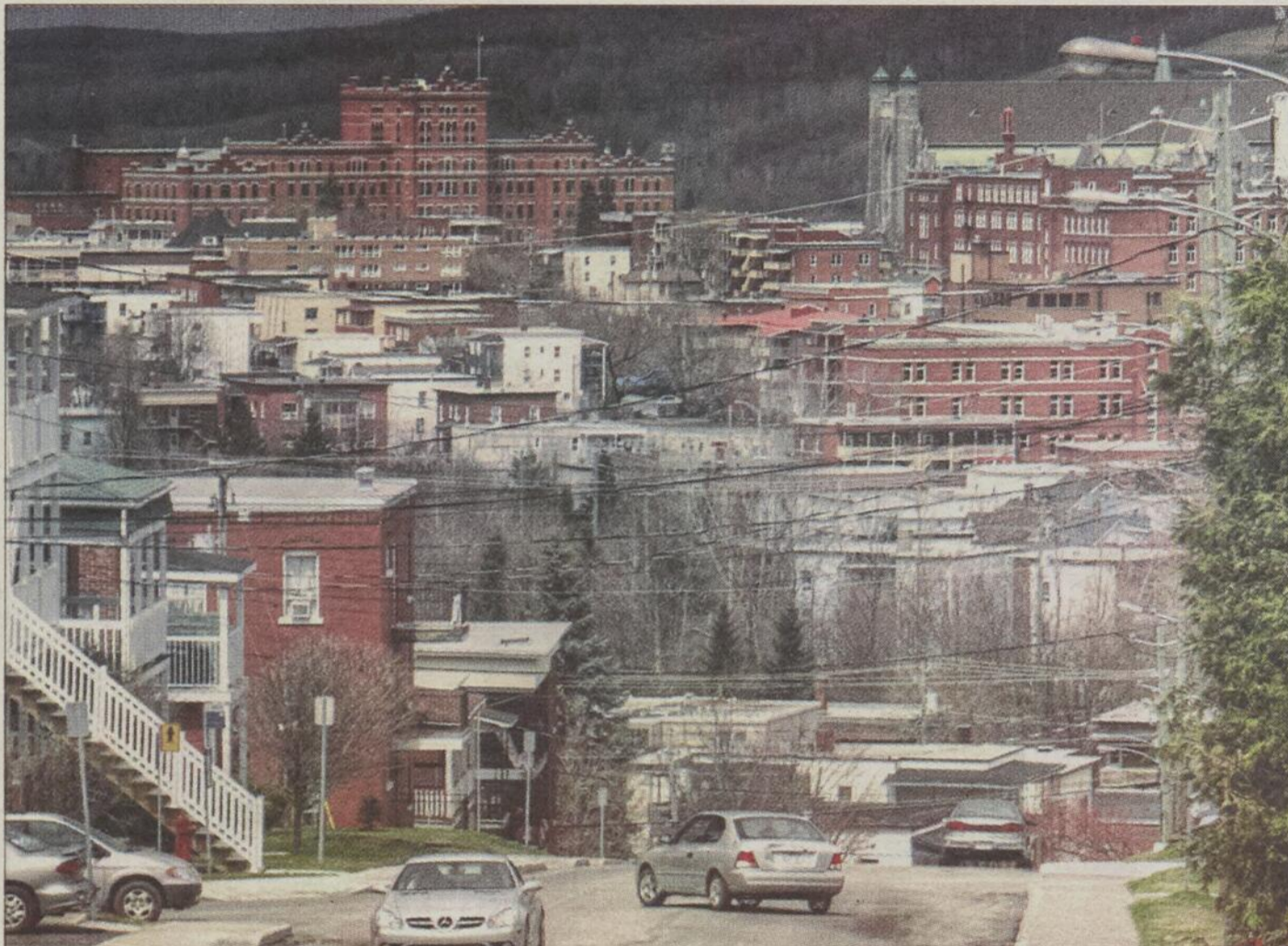
Having overcome that roadblock, however, she clarified that Movie Mania Fridays will remain a means for local community and school non-profit groups to share responsibility for promotion and expenses on a film and take home all the profits from the evening.

Each group will still be responsible for promoting the show, providing volunteer staff that will sell tickets and concessions, and for choosing and then providing the movie.

Based on Jim's explanation, the changes to the program in the coming year are almost entirely beneath the surface. For example, while Movie Mania Fridays will continue to be overseen by its volunteer organizing committee this year, there will be a greater implication of the students in RRHS' leadership class. This, Jim said, is in keeping with the CLC's mission to create and

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Sherbrooke's service costs among lowest in Quebec



THE RECORD

Sherbrooke scores exceptionally well with regard to the cost of snow removal per kilometre, coming in at \$5,392, one third that of Montreal. The city also holds the upper hand in the cost of sewers per kilometre being five times more efficient than Montreal and almost three times more so than Trois-Rivières according to the Municipal Rankings report from the Montreal Haute Études Commerciales Centre for Productivity and Prosperity.

Record Staff
SHERBROOKE

The City of Sherbrooke ranks among the best-managed municipalities in Quebec, according to the Municipal Rankings report from the Montreal Haute Études Commerciales Centre for Productivity and Prosperity. Or maybe it's just cheaper.

According to data compiled by the Centre, Sherbrooke spends an average

of 5 per cent less than cities of similar size for the 11 municipal services, identified by the Ministry of Municipal Affairs, used in the study. The city ranks third behind Trois-Rivières and Lévis but first in terms of total expenditure per capita at \$1,381.

The Centre compiled financial information that the 1,110 Quebec municipalities transmit annually to the Ministry of Municipal Affairs. Over 100,000 collected data entries allowed

researchers to establish a unique ranking of the cost of municipal services for the year 2011.

In general, municipalities with 50,000 to 100,000 inhabitants generally provide municipal services at lower costs. "This size city can deliver services at a lower cost than in larger and smaller cities," says Robert Won, director of the Centre for Productivity and Prosperity. Drummondville appears to

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A new nurse practitioner at the CSSS La Pommeraie

COWANSVILLE

The Director General of the CSSS La Pommeraie, Bruno Petrucci, is pleased to announce the arrival of Catherine Gagnon, a second nurse practitioner specializing in front line care, at the CSSS. Gagnon joined the medical team of the Farnham family medicine group, where she began seeing patients on Sept. 16.

"The arrival of Catherine Gagnon allows us to increase support for our clientele. Her knowledge, clinical background and expertise will be valuable assets to the GMF Team at CLSC Farnham," said Constance Noiseux, Administrative Coordinator of first line outpatient health programs at La Pommeraie.

In addition to the activities reserved for the nurse profession, nurse practitioners possess an advanced training in nursing and can authorize some medical procedures to manage some of the problems of acute and chronic problems.

Working with doctors and other members of the healthcare team, nurse practitioners devote the majority of their time to clinical practice in direct care to patients and their families.

Townshippers' Association awards 13th Health and Social Services Bursary from McGill University

SHERBROOKE

Townshippers' Association is proud to support English-speaking bilingual health and social service professionals in the region with the distribution of a \$5,000 dollar bursary to Université de Sherbrooke student Lindsay Tuer through its Health and Social Services Human Resources Development project.

The award is an investment in the future of accessible care, as expressed by Townshippers' Association Executive Director Rachel Hunting.

"When our community members choose to dedicate their talents, compassion and sense of community to a career in the health and social services fields, they empower the sector to better serve its users and everyone wins," Hunting said. "It's with great pleasure that we support the pursuit of education in these professions and help build a stronger health care and social services network."

The financial award is funded from programs through McGill University's Training and Retention of



TOWNSHIPERS' ASSOCIATION

Université de Sherbrooke Social Work student Lindsay Tuer accepts her \$5,000 scholarship from Rachel Hunting, Executive Director Townshippers' Association, becoming the 13th beneficiary of a program from McGill University to increase bilingualism in the health and social service network.

Health Professionals Project, which promotes access to health and social services in English for English-speaking people by supporting future professionals within Quebec's health and social services system. Scholarships are administered across the province in collaboration with various in-

stitutions and organizations in the health and social services sector.

Since it began in 2010, thirteen scholarships totaling approximately \$93,000 funded by the McGill project have been awarded by Townshippers' Association to 13 bilingual students enrolled in

health care or social service studies in the historical Eastern Townships, encompassing the Estrie and Montérégie-East regions.

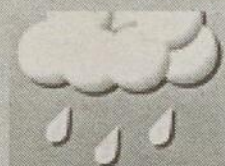
In exchange for the financial support, bursary recipients must demonstrate their involvement in the community and agree to pursue careers in the Eastern Townships.

From 2010 - 2012 Ms. Tuer worked for the English-speaking community as the coordinator of Townshippers' Association's Eastern Townships Partners for Health & Social Services, Montérégie-East Network. She is currently serving, for a second term, on the voluntary board of directors of Avante Women's Centre, a non-profit charity serving English speaking women in the Brome-Missisquoi area.

Ms. Tuer continues to live in West-Bolton and commutes to Sherbrooke in pursuit of her masters in Social Work at Université de Sherbrooke. When she graduates, she will embark on a career as a Social Worker in the region's public health care system.

Source: Corrinna Pole

Weather



TODAY: SHOWERS THEN CLEAR
HIGH OF 12
LOW OF 6



WEDNESDAY: SUNNY

HIGH OF 17
LOW OF 2



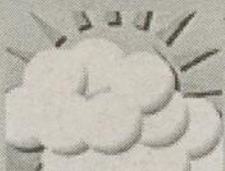
THURSDAY: SUNNY

HIGH OF 20
LOW OF 2



FRIDAY: SUNNY

HIGH OF 21
LOW OF 4



SATURDAY: SUNNY

HIGH OF 20
LOW OF 4

Walk for Women's Cancer raises over \$67,000

On Sunday, Oct. 6, the Yamaska Valley Optimist Club held its 12th annual Walk for Women's Cancer in Knowlton. The club raised over \$67,000 in donations which will go towards a Digital Ultrasound Unit for the BMP Breast Clinic.

The club once again succeeded in bringing the community together with family, friends, neighbours and children. Organizers wish to thank all who sponsored and participated and also thank the community for being so generous over the years in support of this walk for woman's cancer.



COURTESY

From left to right: Suzanne Dery, YVOC secretary; Johanne Coiteaux, co-president of the cancer walk; Louise Gelinas, co-president of the cancer walk; Susan Burbank; Dagmar Scherff, honorary president of the cancer walk; Dianne Normandeau, YVOC president; Wendy Neil, treasurer; Donna Coates; Sandra Smith-Hall; Lenore Dudley; Peter Ayles and Lola Landes of the BMP Foundation.

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LOCAL NEWS

"Breastfeeding is a family undertaking, everyone has a role to play."

Townships mothers take on breastfeeding challenge



GORDON LAMBIE

Mothers across the Townships gathered together this past Saturday morning as a part of the Quintessence Foundation's annual Global Breastfeeding Challenge. The challenge aims to have as many mothers as possible gathered together at 11 a.m. on the first Saturday in October to simultaneously breastfeed in order to help promote the practice of breastfeeding, worldwide.

The event also fits into Canadian celebrations of World Breastfeeding Week that, while marked internationally between Aug. 1 and 7, are held in Canada during the first week of October every year.

According to the challenge website, five groups in the Townships participated in the challenge this year, the Clé des Champs School in Dunham, CSSS La Pommeraié in Cowansville, the Maison de la famille in Coaticook, the Memphrémagog chapter of the breastfeeding support organization Nourri-Source in Magog, and Naissance Renaissance in Sherbrooke.

Bianca Forand, who was in charge of the Memphrémagog event, explained that the turnout of 21 mothers was a surprising success for them given Nourri-Source's recent establishment in the area.

"We're really really proud of the result," Forand said, explaining that the event in Magog was organized in only four weeks with the help of co-workers Stephanie Massicotte and Caroline Plourde. "We wanted to get at least 15 mothers, and we got 21."

Caroline Horrell, Communications and Development officer for Naissance Renaissance in Sherbrooke related that the turnout of 22 mothers at their event was smaller than in years past, but seemed positive about the experience

nonetheless.

She pointed out that with the fathers, partners and other children present, the turnout at the Jacques Cartier borough community centre was closer to 50.

Both events were organized to take place from 9:30 a.m. to noon on Saturday, with guest speakers, special activities for kids, food and, for some, prizes. Horrell pointed out that this year's Sherbrooke event had activities coordinated specifically to bring fathers together as well, helping to make the event a full-family experience; fitting into Naissance Renaissance's mission of providing information, support and assistance to families of children up to two years of age.

"Breastfeeding is a family undertaking," Horrell said, "Everyone has a role to play."

According to the World Health Organization (WHO), over 170 countries across the globe participate in the World Breastfeeding Week every year to commemorate the Innocenti Declaration made by the WHO and UNICEF in 1990. The Declaration states as its goal that, "all women should be enabled to prac-

tise exclusive breastfeeding and all infants should be fed exclusively on breast milk from birth to 4-6 months of age." It goes on to say that, "children should continue to be breastfed, while receiving appropriate and adequate complementary foods, for up to two years of age or beyond," and promotes the creation of a global community of awareness and support for the practice.

The Quintessence Foundation was established in British Columbia in 1998 with the intent of developing breastfeeding and milk banking education for both health professionals and the general public. They have been overseeing the breastfeeding challenge since its inception in 2001.

As the tabulation of data for the challenge requires the input of multiple sites across ten different participating countries, final results of participation are not yet available, but as of Monday afternoon, the challenge website reported the feeding of 3,765 babies at 131 sites, with more than 80 sites left to report back in. 173 of the participating sites were in Canada, with 34 of those being in Quebec.

Sherbrooke's service costs

CONT'D FROM PAGE 1

be an exception, in that low road maintenance costs reduce its per capita service expenditures to \$1,075.

"What we have are indicators of costs, not necessarily indicators of performance. Just because a city is less expensive does not mean it is more efficient. But this is not necessarily a sign of poor management. It can be a sign of a choice made knowingly - we decided we want more and we are ready to pay for it," says Centre Director Robert Gagné. "We wanted to offer all Quebecers a tool that not only tells them how much the services provided by their municipality cost, but also allows them to compare such spending with that of other similarly-sized municipalities.

Gagné cautions against reading too much into the report's conclusions, pointing out that low costs do not necessarily indicate greater efficiency. "What can hide behind the low cost is neglect of maintenance, or a less exten-

sive range of services. What is disturbing is a city that has higher than average costs."

The Centre emphasizes that the report deals only with costs of services and in no way reflects on their quality, but suggests that unless people experience a lack of service or poor quality services, lower costs should be greeted as good news." Don't forget that the ranking of cities of over 100,000 inhabitants includes Montreal and Quebec City and they greatly influence the overall average, which benefits other cities," Gagné cautions.

Sherbrooke scores exceptionally well with regard to the cost of snow removal per kilometre, coming in at \$5,392, one third that of Montreal. The city also holds the upper hand in the cost of sewers per kilometre being five times more efficient than Montreal and almost three times more so than Trois-Rivières.

On the other hand, Sherbrooke finds

itself in the middle of the pack in total expenditures per \$100,000 standardized property value. In other words, property values are lower in Sherbrooke, lower than in other cities of comparable size.

To establish its rankings, the Centre developed 17 indicators of cost from the financial reports of Quebec Municipalities and management indicators developed by the Ministry of Municipal Affairs, regions, and land Occupancy (MAMROT) for the 2011 fiscal year.

An overall score was determined by the average costs observed in the municipalities of the same size to avoid comparing more developed populous cities to smaller ones, whose services are less developed. Each indicator was weighted according to its proportion of the budget of each municipality. Eleven indica-

tors were used to calculate the score.

Some data is missing. Only those municipalities for which it was possible to build a minimum of 8 of the 11 indicators were given an overall score. The reliability of the data was considered too low for others. Thus, 686 of the 1110 Quebec municipalities provided sufficient data to obtain an overall score. These represent 91 per cent of the population of Quebec.

Sherbrooke road inspections

Record Staff
SHERBROOKE

More road work is about to get underway in Sherbrooke, with two new structural inspection jobs being carried out today.

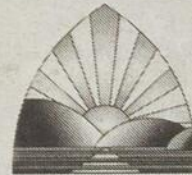
This work is expected to disrupt traf-

fic on Terrill, Grandes-Fourches North in Sherbrooke, and on the 55, near Ulverton.

On Terrill, traffic will alternate directions with the help of signalers between 1 and 4 p.m.

On the 55 north, one lane will be closed between 8:30 and 11 a.m.

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Young murderer gets seven years, adult sentence rejected

The young man convicted of murdering 82-year old Réjeanne Pelletier-Charette in Rock Forest in August 2010, was sentenced Monday afternoon at the Sherbrooke Court-house to seven years in custody as a young offender. The first four years of his custody will be at the Philippe-Pinel Institute in Montreal. For the subsequent three years, the sentence will be served out in the community and will take place under supervision in the community. Quebec Court Judge Julie Beauchesne rejected the imposition of an adult sentence in the case but, describes the murder as 'brutal.' The prosecution had demanded an adult sentence for the young man, who was 16 at the time of the killing, following events in August when he was accused of physically assaulting two employees at the Val-du-lac Youth Centre.

BRP helps Lac-Mégantic community



BRP and its employees and Canadian dealers contributed \$51,901.30 to the Red Cross in support of the Lac-Mégantic community. Shown here are Red Cross representatives, Pierre-Claude Paré and Manon Thibault, as well as Josée Roy, a production supervisor and Lac-Mégantic native, who started the collection, and Richard Gobeil, vice-president of Valcourt manufacturing operations.

Police nab thief, find drugs

SHERBROOKE

Intercepted by a Bromfield-Missisquoi police patrol Friday night in Cowansville, an individual will face charges for theft and possession of narcotics for the purpose of trafficking.

Suspected of having committed a robbery in an electronics store last Thursday, the man was arrested by police patrolling the Cowansville bar area Friday night in Cowansville.

"The police recognized the guy," said SQ spokesperson Aurélie Guindon. "They arrested him and, while performing a search, found a quantity of cannabis on his person that was separated into packages and some pills, possibly methamphetamine."

A search of the suspect also helped police recover 16 DVDs. "A short investigation has established that he had just robbed another Cowansville business," Guindon added.

The individual was arrested and will appear before a judge at a later date.

Movie Mania

CONT'D FROM PAGE 1

strengthen links between the high school and the wider community.

"We've learned a lot from our experiences last year," Jim said, "and we hope to be able to work with as many groups as possi-

ble."

The organizing committee will be meeting with prospective fundraising groups in the coming weeks to determine a lineup and schedule. Jim said that there will be a mix of new

and old groups seeking to work with Movie Mania this coming year, but highlighted the Saint-Francis and Plein-Coeur Elementary Schools PPOs, the CPE Pop-Soleil, and The Richmond County Historical Society as returning organizations.

In conjunction with the leadership class' participation, she added that there would be a couple of student groups seeking to fundraise through the

initiative, though she could not say at this point whether that meant the possibility of less "family friendly" movies being shown.

"We did a survey over the summer that showed a lot of interest in family friendly films," Jim explained, "but our success with Skyfall last year really shows that there's an interest from a more general audience as well."

Jim reminded that each group chooses the film that they will be showing, and said that they are encouraged to try to play to the interests of their particular audience. "We want our school to welcome community members of all ages," she said. Last year 10 different groups worked with Movie Mania Friday on 17 different film presentations in both English and French.

Lennoxville Elementary School P.P.O.

Spaghetti Supper Fundraiser

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King East revitalization honoured by Rues Principales

The revitalization of King Street East that began in 2006 has once again been singled out at the recent conference of the Rues principales Foundation. The project earned the Société d'habitation du Québec Award of Excellence, from among 23 other municipalities in Quebec.

"This award represents the culmination of exemplary efforts in all aspects of a revitalization process and the recipient municipality serves as an example to follow for the coming year," says Rues Principales in a press release.

This is not the first award for the project. The Borough of Fleurimont, which integrated into Commerce Sherbrooke in 2011, was a winner on two other occasions over the past seven years for parts of its project, but this one reflects on the entire project.

"This is about all the things that have been done being recognized, the whole aspect of public improvements, as well as business development," says project director Sophie Labbé.

The revitalization of King Street East was highlighted in July with the opening of the

'gateway' to the commercial sector, at the intersection of King East, Murray and Papineau streets. But much effort has also been put into an economic development strategy with the allocation of additional resources, planning and canvassing of a 'Buy Local' program and the arrival of a dozen new businesses in the past year.

"We are far from having completed our action plans," says Labbé. "We're talking about buying locally and animation programs. We have to keep up. It is never finished."

MEMPHREMOG ROUNDUP

Six arrested for impaired driving

MAGOG

Six people were arrested for impaired driving over the weekend in Memphremagog, with some considerably over the permitted levels.

On Friday, Oct. 4, a 21-year old male whose driver's license was issued by the Republic of France drove onto the landscaping of a business on Principale West in Magog. The man tested at twice the legal limit and had his vehicle seized for 30 days and his license suspended for 90. He was released on payment of a deposit.

At about 5:20 a.m. Saturday morning, a 32-year old Magog man also tested at over twice the legal limit in Omerville and also had his license suspended for 30 days and his vehicle seized for 30.

Also on Saturday, at 3:35 a.m., a 36-year old man from Longueuil: tested over the .08 limit on Sherbrooke Street and had his license suspended for

90 days.

On Sunday, a 64-year old Magog man was stopped on Principale St. Magog just after midnight riding a moped with an invalid license and tested over twice the legal limit. His moped was seized for 30 days and his license suspended for 90.

Also on Sunday at about 3:30 a.m., a 20-year old, under zero tolerance for alcohol, tested positive for alcohol, but below the legal limit. He was issued a ticket and his license was suspended for 90 days. Police also discovered two methamphetamine tablets and a small amount of marijuana in the vehicle.

Finally, at 6:50 p.m. Sunday on Ch Milletta in Magog, a 53-year old blew over the legal limit following a minor road accident. His license has been suspended for 90 days.

Magog man's fall broken by van roof

A 57-year old Magog man was rushed to hospital Friday, after falling from a ladder and landing on the roof of a van.

The man was engaged in changing a sign on Principale St. East when he lost his balance and fell about a dozen feet before landing on the vehicle roof.

According to Memphremagog Police, the victim was conscious when emergency services arrived. He apparently suffered injury to his ribs, head, and arms. This is not considered a work-related accident

Orford searches end happily

Four people have been found safe and sound after having been reported missing at the end of last week at Mont Orford Provincial Park.

The most worrying disappearance occurred Sunday as a mother and her 10-year old daughter got lost in the woods. Not knowing where to go, the woman used her cell phone to

call for help.

Park wardens first initiated the search, but a few minutes later, they received help from the Montérégie Police search and rescue specialists. It took about three hours to locate the two, who had gathered at the edge of a lake to be as visible as possible. The girl was suffering from the onset of hypothermia when first encountered by emergency services.

Two other people were also feared missing for a short while but were soon located in the early evening.

Cooking with gas can be dangerous

A young would be chemist came close to burning down his apartment building Sunday evening in Magog, and soon found himself in the less-than friendly arms of the law.

The man who was busy turning cannabis leaves in to hash oil in his apartment in a block located on Sherbrooke Street in

Magog.

According to information provided by Memphremagog Police spokesperson, Paul Tear, the man was trying to produce only a small amount of oil, probably for his own consumption, when he noticed a leak in the propane tank he was using.

Panicked, he headed down the building's corridor to get a fire extinguisher to extinguish the flames from the bottle before the fire escalated. That was enough to alert other residents of the building because the fire alarm went off

Knowing that the Fire Department was about to arrive, the 20-year old, bundled all the cannabis related objects into a bag and tossed it from his balcony. The police found the goods in question and arrested the suspect, who will be charged with possession of narcotics, among other offences.

The young man has been released and will appear in court in Sherbrooke shortly.

Magog unloads old Omerville Town Hall

The Town of Magog has sold the old Omerville Town Hall to developers for the sum of \$135,000, "exactly its market value," according to Magog Mayor Vicki May Hamm.

Serge Fréchette Jr. and Michel Fontaine purchased the long-underused building with the intention of turning it into condominiums.

"There was only one group that used this location for dances," Hamm says, "We came to an agreement with them so

they can relocate."

Municipal council also voted to change the zoning to allow the new buyers to build condominiums or townhouses there.

As for the municipal garage located nearby, the town does not intend to sell at the moment as it is used for storage purposes

Hamm also said that the next buildings the municipality is considering disposing of are those of the 'Ilot Tourigny,' which include

the Maison Tourigny, Laforest, and the Sutton building that Magog Technopole has recently occupied.

"There is no question of selling Ilot Tourigny to just anyone because this is a key sector of our town. Our goal is to extend

the commercial fabric of the downtown sector to this point, which is enjoying interesting development with the arrival of Borealis and Magog Technopole and two new information technology companies soon," says the mayor.

Magog had bought the 'ilot' Tourigny for a sum of \$800,000. At the time, the place was supposed to house the future library, which eventually set up shop in the Ste-Marguerite-Marie church following a referendum on the question.

Bromont's C2M holding first Symposium in microelectronics

BROMONT

The MiQro Innovation Collaborative Centre (C2MI) inaugurated back in July, 2012 will hold its first Symposium today and tomorrow (Oct. 8 and 9). The Symposium - Collaboration and Growth: A winning synergy - will host internationally renowned industrial and academia representatives, commercialization partners as well as several equipment suppliers.

C2MI is an international Centre for collaboration and innovation in the fields of MEMS, advanced packaging and microsystems. It is the essential link between applied research and commercialization in microelectronics.

Forming a unique and vital

link between pure research and industry needs, the C2MI environment lays the foundation for research and accelerated commercialization of market-driven prototypes in fields and industries such as information and communication technology, automotive, aerospace, environment and health.

Day one of the Symposium will unite the founding members, the Université de Sherbrooke, IBM Canada Ltd. and Teledyne DALSA and will highlight the important contributions of more than 70 equipment suppliers.

To gather more information about C2MI, visit: www.c2mi.ca

The centre is located at 45, boulevard de l'Aéroport in Bromont.

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EDITORIAL

Given the world as it is one cannot make people 'belongers' to a patrimony beyond their experience.

Values in Quebec: Once more with feeling!



TOM CAVANAGH

Today I am involved with dictionaries in discussing again the proposed Quebec Charter of Values. A favourite columnist, Lysiane Gagnon, advises writers to avoid predictability and I do my best. Most Quebecers are well informed about the Charter through media outlets: newspapers, radio, flyers, journals, television, etc.

The Charter is premised in part on the need to maintain a clear separation of Church and State. The battle was resolved a long time ago when priests were excluded from providing parishes with advice (orders) about how to vote. So the matter is settled. The State governs, while churches focus on matters of religion and saving souls.

Kipling once used the phrase said "N'er the twain shall meet." Separation. But it does seem ironic to me to have separation with one side (the State) setting down new rules and regulations after the event. I may be wrong but I would not recommend it as a policy for divorcees. And it is definitely not working smoothly with the Marois government's proposed charter.

Friends say I am misreading things as far as the irony goes. Perhaps. To me it smacks of Big Brother Watching You. One side is pushed around while the other does the pushing. Separation of powers? My eye. The state is triumphant, and even with majority approval justification is wobbly. How about patience, negotiation, listening, dialogue? How about pluralism?

Some readers may argue the PQ's policy is essential because there can be only one captain of the ship of state. I suppose, but there are many options apart from having critics walk the plank.

Patrimony

Last week at a friendly breakfast

meeting we discussed the Charter of Values and patrimony. Actually I brought it up because it was bothering me. Others found my concern curious and unclear. A mild exchange followed as we sought consensus and clarity. We are a bit of a mixed bag with myself having only about 40 years in the province while another amigo is fourth generation Quebecer.

Like most everyone I had received a flyer from the government outlining the positive features of the Charter. I spent time on it but not much and then threw it out as I do with flyers. But something about patrimony commentary stayed with me nagging away like sand in my shoe. An informative piece by M. Ancelovici in La Presse increased my interest.

I could not recover my discarded flyer but fortunately a friend lent me hers and there it was right after the equality of the sexes and other fundamental values: "La reconnaissance d'un patrimoine historique commun." Is that a value I can subscribe to? The answer gets me into dictionary definitions but alas these can add to the confusion. Which definition are you using?

Reconnaissance means, simply enough, recognition and there is no problem with that. Well, very little. But additional defining words include gratitude and gratefulness. (Larousse) These are probably the words somewhere back in my subconscious that set off alarm bells. In any event complex items should not be ignored. Let us go on.

Larousse and Webster's both use the word legacy in definitions of patrimony. But a more interesting English comment on patrimony is this: "anything derived from one's father (and mother?) or ancestor." (Webster's) Larousse offers a similar definition with "Bien commun d'un collectivite, considere comme un heritage transmis par les ancetres."

I recognize that Quebec's le patrimoine is very important. How could I not? I taught Quebec history many moons ago and I can feel sympathy and interest just as I do for Italians, Armenians, and Spaniards. But here is the sticking point. When Marois and company set down patrimony as a Quebec common value we part company. I am not complaining and I recognize its significance. But there is a problem relating to

my father and our ancestors. My father visited Quebec for a few days only once in his life. He did not finish high school, but he was wise and passed many things on to me (my patrimony). However, nothing about Quebec. Like my father before me, and our Irish ancestors, Quebec just wasn't in the running. I was born and grew up in Ontario. I'm not bragging or agonizing. I've been in Quebec for about forty years. However no matter how I might try or wish (another matter), I cannot sign on for the "bien commun d'un collectivite, considere comme un heritage transmis par mes ancetres." Pas possible. Not possible. My ancestors were never in Quebec. So let us bring this subject to a conclusion.

What I say about myself surely applies to others. We can learn the language, love the people, adapt to the culture, and respect le patrimoine. Yes

it is a vital element. But I suggest its place is not in the charter of values. Le patrimoine is simply not part of my experience, nor of those like me. My patrimony/heritage is different, and given the world as it is one cannot make people 'belongers' to a patrimony beyond their experience. It's like being pregnant. Either you are or you are not. No half measures.

I am already almost sick to death of the Charter of Values and I hope it disappears into the sunset. Let us step back from le patrimoine since it could heighten differences pushing us into different camps - the Them and the Us. 'Us' represents those who lived le patrimoine. The 'Them' are the late arrivals like me. I respect le patrimoine, but believe it would be wiser to leaving it apart from the Charter of Values.

The US government is not broke

By Gwynne Dyer

Much of the commentary in the United States about the recent shut-down of the US government, and also about the impending default on the national debt (due on Oct. 17), has started at the "hysterical" setting and quickly geared up to "apocalyptic." Americans have lost the mandate of Heaven, and it will soon be raining frogs and blood.

So everybody take your tranquiliser of choice (mine's a double scotch), and let's consider what is actually going on here. The United States is the world's oldest democratic country, with an 18th-century constitution that is bound to be an awkward fit for 21st-century politics. But that hasn't stopped the United States from becoming the world's biggest economy and its greatest power. Has something now gone fundamentally wrong?

The problem lies in the House of Representatives, where the Republican majority is refusing to pass the budget, and threatening not to raise the official debt ceiling either, unless President Barack Obama postpones the implementation of his bill extending medical care to all Americans.

The Affordable Care Act was passed by both houses of Congress and signed into law by Obama almost four years ago. Last year it passed scrutiny by the Supreme Court, and was subsequently welcomed by a majority of the voters in the presidential election, so Obama is understandably refusing to yield to blackmail. But the House Republicans seem mysteriously unworried by the fact that the public blames them for the impending train wreck. Why?

Because 80 per cent of the Republicans in the House of Representatives don't have to worry about what the public thinks. They represent Congressional districts that have been so shamelessly gerrymandered by state legislatures that it is almost impossi-

ble for any Republican to lose an election there. National public opinion is no threat to them, whereas the views of their extremist Tea Party colleagues are a potentially lethal danger.

If a House Republican angers the Tea Party by voting the "wrong" way, it may put up a far-right challenger against him or her in the next Republican primary elections. The challenger will be lavishly funded by the Tea Party's wealthy supporters, and there goes the incumbent's political career.

So Republicans in the House of Representatives, even those generally open to compromise, are toeing the Tea Party line. That means that the October 17 deadline may be missed, and the US government may be forced to default on its debt. How bad would that be?

Very bad, according to a US Treasury spokesperson. "Credit markets could freeze, the value of the dollar could plummet, US interest rates could skyrocket, the negative spillovers could reverberate around the world." And it might rain frogs and blood.

Or maybe not. There would certainly be turmoil in the markets, but it would not be a repeat of the crash of 2009, when it was suddenly understood that huge amounts of the mortgage debt held by banks could never be repaid. The US government can still pay its debts; it just has to get Congress's permission first. And the markets, while prone to panic, are not completely stupid.

The US Constitution is not broken. It is essential to end the gerrymandering, but this is a problem that can be fixed. And in the meantime, the US government is not really going broke.

Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

THE RECORD

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Local Sports

We raised approximately \$12,000 this year and once again had great individual support from Kathy Mercier and Yves Madore, who both collected over \$2,000 worth of pledges/donations.

BCS to host Terry Fox run this Sunday

By Mike Hickey
Special to The record

This Sunday Bishop's College School will once again host the annual Terry Fox run, an event that not only raises money for the important battle against cancer but also honours a great Canadian. This Sunday, Oct. 15, the BCS campus will be the site for a run or bike ride to honour Terry's legacy and raise funds for cancer research.

"The run started at BU with the Lennoxville Runners' Association but as they did a run before Terry passed away and donated the revenues to the Canadian Cancer Society in his honor," event organizer Jeff Bray said. "It sort of precludes the actual Terry Fox Runs which started the following year. BCS has been a part of the Terry Fox run throughout and took it over around 14 years ago I believe, and some of the people who were involved from the beginning included Doug Grant and Stewart McKelvie. We raised approximately \$12,000 this year and once again had great individual support from Kathy Mercier and Yves Madore, who both collected over \$2,000

worth of pledges/donations. We had the BU men's basketball team on site once again to either volunteer on the course or ran. Cora Lane was a participant once again this year and may be the only person who has participated in every single run that has occurred in Lennoxville. In addition to a number of regular faces we had basketball players from the Sports-Etudes program at Le Triolet join us this year with the help of Nathalie Boucher and it was really nice to see them at our run! Also a local company, Interstar, had a family group and employees associated with the company come and run. It is very nice to see groups starting to join our run like this. Everyone is welcome for this community event."

Registration in the BCS sports complex begins at 9:15 a.m. and the first race, a 1.5-kilometre family/youth run, starts at 10 followed immediately by four- and eight-kilometre bike rides (helmets mandatory) at 10:05 and a four- and eight-kilometre runs at 10:10. There is no entry fee required but donations are accepted for the Terry Fox Foundation.



COURTESY OF BCS

Capucine Nouvel, second from the left, a ceremonial ribbon-cutter. BCS has an internal fundraising initiative that students, staff and BCS parents donate to called Capucine's Crew. Capucine is a cancer survivor and is doing very well right now and she actually has spoken in chapel the week prior to the run along with our school prefects for the past two years, delivering a very personal message about cancer.

Phoenix let early lead slip away in lackluster loss to Gatineau

By John Edwards
Special to The Record

The Sherbrooke Phoenix took an early lead, but could not hold on as they suffered a 5-3 loss to the Gatineau Olympiques at the Sports Palace on Sunday afternoon.

All the signs were in place for the Phoenix to close out the weekend with a win, but the combination of poor special teams play and shaky goaltending in the first period doomed Sherbrooke to suffer their third loss in the last five games.

Sherbrooke came into the game on a high, after a strong team performance on Friday night, where they erased an early 2-0 deficit to the Halifax Mooseheads to tie the game, force a shootout and salvage a point in a 3-2 loss. They were also facing a Gatineau team that had played the night before in the Outaouais, downing Quebec 3-1.

The early indications for the Phoenix were good, as they got off to a dream start. Only 34 seconds into the game, Alexandre Sills took a rebound, made a nifty move to his backhand and flipped the puck over the shoulder of Olympiques goalie Antony Brodeur, giving Sherbrooke a 1-0 lead. The goal, on the Phoenix's first shot of the game, was the quickest goal to start a game in the franchise's short history.

However, that early momentum did not last long, as Gatineau tied the game five minutes later on a goal by Elie Bérubé that beat Phoenix goalie Gabriel Parent low to the glove side.

Sherbrooke took the lead back a minute later as Chase Harwell netted his first career QMJHL goal on a snap shot.

"It's exciting," said the 16-year-old

American. "It's too bad we couldn't get the win, but it's actually something I'll remember."

The Olympiques scored two in the late stages of the period, from Vaclav Karabacek and Simon Tardif-Richard, to take a deserved 3-2 lead into the first intermission. Gatineau outshot Sherbrooke 17-7 in the first 20 minutes.

"It was a good start with two goals in a short period," said Judes Vallée, the Phoenix head coach, who went on to cite a return of "bad habits" for the team's lackluster effort. "For us, the key point is to be first on the puck, we were second on the puck today. Today we tried to deke between the legs [and gave up] a lot of turnovers."

"It was a tough one. We had a good start but we have to keep it simple," said Harwell. "On Friday, we played great. Chip in, chip out and we had success. Tonight we tried to get a little fancy."

The teams traded goals in the second period, with Emile Poirier putting Gatineau up 4-2 at the 12:09 mark and Jean-François Plante responding for Sherbrooke on a penalty shot at 12:45.

Gatineau's Derek Sheppard added an insurance marker at 10:06 of the third, as he took full advantage of a giveaway by Plante in his own zone. The goal came 14 seconds after the Olympiques had killed off a two-minute 5-on-3 Sherbrooke power play. Sherbrooke had four power plays in the period, and finished 0-for-7 on the night. Gatineau, on the other hand, was 2-for-5 with the man advantage.

"It's tough to win if the [penalty kill] isn't doing a good job," said Vallée. "It's the same for the power play.

Brodeur, the son of New Jersey Devils

Smith and Heather named Athletes of the Week

Clare Webb
Sports Information Writer
Bishop's University

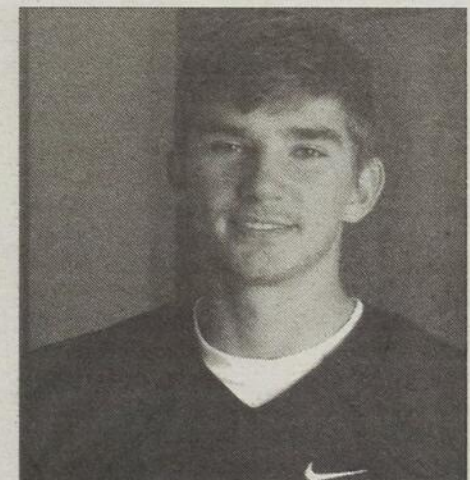
Tiffany Smith, forward for the women's soccer team and Jordan Heather, the football team's starting quarterback, have been named the Provigo Robert Lafond Athletes of the Week.

Smith, the Oshawa Ont. native, scored her first goal for the Gaiters (2-8-0) on Friday night in their loss against Concordia (3-7-0). The first year education student was the Gaiters' player of the game on Sunday despite a 4-0 loss to the UQAM Citadins in Montreal. She will help the Gaiters when they get back into action after Thanksgiving against the Vert et Or (6-3-1) in Sherbrooke. The two teams meet on Friday, Oct. 18 at 6:30 p.m.

Heather, from Oromocto, N.B., led the Gaiters in their 30-29 victory over the McGill Redmen (3-3) in Montreal on Friday night. Bishop's had a 22-5 lead at half but then found themselves trailing by seven late in the game. He led the Gaiters on a 12-play, 88-yard drive late in the fourth quarter that was capped

off when he scampered three yards for a touchdown. The fifth year history major was 27-43 for 438-yards and had two touchdown passes and one touchdown run. He also did not throw an interception. The Gaiters are now 4-2 heading into their bye week.

Heather and the Gaiters will visit the Concordia Stingers (0-6) on Saturday, Sept. 19. Kick-off is slated for 1 p.m.



FILE PHOTO/STEVE BLAKE

Jordan Heather

goaltender Martin Brodeur, finished with 21 saves, and is now 3-1 on the year. Parent, who seemed to struggle in the first period but settled down after that, stopped 32 of 37 Gatineau shots, and is now 0-3.

The Phoenix have little time to lick their wounds, a fact which Vallée may prefer, as they host the Chicoutimi Saguenéens on Wednesday night at the

Sports Palace.

"It's going to be a good challenge for us because they've had a really good beginning to the season. It's really important to come back with good habits," said Vallée, who will doubtless be looking for a return to basics at practice this week.

"We're going to just put [today] in the garbage and forget it."

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Death

**Dr. Loraine Frances LAMY
(nee Taylor)**



After a short illness, passed away peacefully, on Sunday, October 6, 2013 at Guelph, Ontario. Beloved mother of Daniel, Peter and Cathy and their respective spouses Rowena, Kirsti and Craig. Grandmother of Alexander and Christopher Bremner and Jeremy and Stefan Lamy. Dearest sister of Cynthia Ruttig (nee Taylor).

Mom had a passion for knowledge and sharing it with generations of students during her career at Champlain Regional College, in Lennoxville, Quebec. A shrewd observer of people and American politics, she touched those passing through her life with quirky limericks and firm convictions on the state of the union.

*There lived a grand lady so clever
Who composes the best limericks ever
She bestows them on one and all
On every occasion big and small
Will she live on in our hearts?
Yes forever*

A celebration of her life will be held for friends and family on Thursday, October 10, 2013 at the Boathouse, located at 116 Gordon Street, Guelph, Ontario from 5:30 to 9:00 p.m. In lieu of flowers, donations to Lisaard House in Cambridge or to a charity of your choice will be welcome.

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Death

Datebook

Today is the 281st day of 2013 and the 17th day of autumn.

TODAY'S HISTORY: In 1871, the Great Chicago Fire leveled three square miles, leaving 100,000 homeless and more than 300 dead.

In 1945, President Harry Truman announced that the United States would share its knowledge of the atomic bomb exclusively with Britain and Canada.

In 2005, an earthquake on the border of India and Pakistan killed more than 75,000 people and left 3 million homeless.

TODAY'S BIRTHDAYS: Frank Herbert (1920-1986), author; Paul Hogan (1939-), actor; Harvey Pekar (1939-2010), writer; Jesse Jackson (1941-), civil rights leader; Chevy Chase (1943-), comedian/actor; R.L. Stine (1943-), children's author; Sigourney Weaver (1949-), actress; Jeremy Davies (1969-), actor; Matt Damon (1970-), actor; Nick Cannon (1980-), actor/TV personality; Bruno Mars (1985-), singer; Angus T. Jones (1993-), actor.

TODAY'S FACT: On the same day as the Great Chicago Fire, a fire in Peshtigo, Wis., (about 250 miles outside of Chicago) destroyed the town and claimed more than 1,200 lives.

TODAY'S SPORTS: In 1956, New York Yankee Don Larsen pitched the first and only perfect World Series game, against the Brooklyn Dodgers.

TODAY'S QUOTE: "I'm Chevy Chase ... and you're not." — Chevy Chase

TODAY'S NUMBER: \$20 billion — estimated cost of the Manhattan Project, which developed the first atomic bombs, through August 1945.

TODAY'S MOON: Between new moon (Oct. 4) and first quarter moon (Oct. 11).

Avoid eating out by having a plan

Frugal living
by Sara Noel

Try to have a couple of quick and easy recipes in your meal plan. It can be as simple as having a soup and sandwich or chef salad night. Or add cottage cheese and shredded mozzarella to spaghetti sauce and elbow macaroni, bow-tie pasta or rotini to make mock lasagna in less time than traditional lasagna.

The first reader shares another quick meal idea:

Cheap eats: Kitchen sink meat hash is a meal that we all like and is easy and customizable. I basically chop up whatever veggies are hanging around in the fridge and toss them in a pan to saute. Then I add a package of ground beef (a little less than a pound; I usually keep pre-cooked ground beef in the freezer). Season with salt, pepper, garlic and whatever herb floats your boat. Then I make a quick sauce with soy, broth and cornstarch to thicken, pour in the pan and stir until thick. I serve this on mashed potatoes, rice or noodles. You can also do it with a can of cream of tomato soup or a can of tomato sauce to replace the soy sauce gravy. You can also use frozen veggies. When I'm really short on time, I take out one bag of meat, one bag of veggies and one bag of pre-cooked brown rice and throw it all together in a pan. Dinner in just over 10 minutes! We also do loaded omelets with whatever is in the fridge. — MK., Canada

Babysitting, pet care, etc.: Care.com provides listings for childcare, pet sitters, elder care, etc. I signed up as a provider about six months ago and have had a few inquiries. But of course results will vary according to your location and experience. — S.S., Indiana

Buying precious metals: I own some silver and gold. As with anything, you need to know why you're buying it and understand how it fits into your overall financial plan. It's not a get-rich-quick scheme, and it's also not a guaranteed way to preserve wealth. I purchase my gold from Bullion Direct. There's an auction part of their site and also a fixed-price listing. I paid a few dollars more and used the fixed-price side. They shipped it to my door via FedEx. — Sarah, Massachusetts

Save Box Tops and labels: Check your shelves for products that have the Labels for Education and/or Box Tops for Education. Many schools collect them to secure equipment and other things for their students. A lot of people just throw them away, but they can be put to good use! The labels are on cereals, snacks, soups and many other things found in your home. (I even found them on a cleaning product.) I no longer have school-age children, but I still collect the labels for a local school. Some of my relatives have been in the habit of saving them for me, too. All a person has to do is call a local school to find out if they collect them, then periodically have someone take them to the school. (Some schools have volunteers who will be glad to do so.) Save them year-round and find out when the deadline for redemption is so you get them to the school in time. — M.K., email

(Sara Noel is the owner of Frugal Village (www.frugalvillage.com), a website that offers practical, money-saving strategies for everyday living. To send tips, comments or questions, write to Sara Noel, c/o Universal Uclick, 1130 Walnut Street, Kansas City, MO, 64106, or email sara@frugalvillage.com.)

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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.

"ZN GYCB WG LYH GLKXWJHGL GYCB
CT LE. WI NCK SVH BSLDYWTR WL.
RHL S MWIH." — AHVVN GXVWTRHV

Previous Solution: "Elmore (Leonard) was the opposite of the loudmouthed, big shot novelist ... no one wrote better dialogue in America." — Jim Harrison

TODAY'S CLUE: W sjenbo Z

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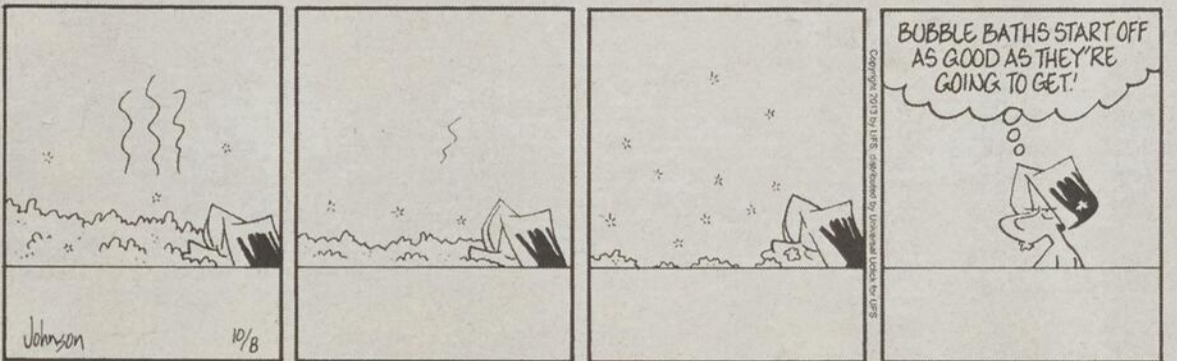


"Hold it! Hold it! My whole life is flashing before my eyes."

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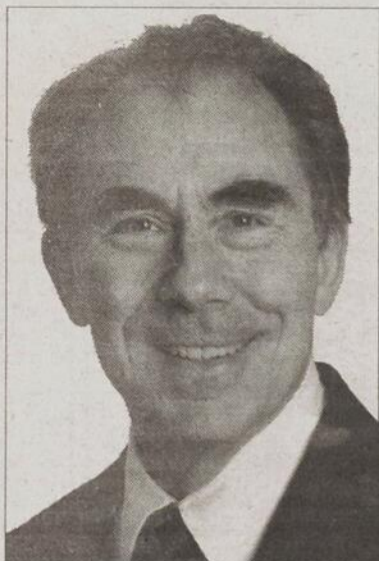
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Afraid of the dentist? These strategies can help



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

DEAR DOCTOR K: I'm a rational person, but I have a deep fear of the dentist that I just can't overcome. Any suggestions?

DEAR READER: I don't know too many people who enjoy a trip to the dentist. But the health of our teeth and gums are an important part of maintaining our dental and overall wellness. So we do it.

Some of my patients have such a fear of dentists that they avoid making dental appointments at all, or cancel appointments they do make. Almost to a person, they tell me they've "always" been afraid of dentists. Almost surely the fear began with a visit to the dentist — maybe their

first — when they were a child.

Regardless of why you have this fear, there are several things you can try to get yourself into a dentist's chair. Medications such as diazepam (Valium) and lorazepam (Ativan) may help reduce anxiety. But they are best used in combination with the following cognitive and behavioral strategies:

— **Breathing techniques.** Physical tension and emotional stress can make pain feel worse. Deep breathing can counter physical and mental tension. Breathe in slowly and count to five. Then exhale to another count of five.

— **Muscle relaxation.** Progressive muscle relaxation involves tensing and then releasing one group of muscles at a time. It can help to slow heart rate and promote calmness. Just a few minutes of progressive muscle relaxation may help during an appointment.

— **Desensitization.** This approach combines deep breathing and relaxation with gradual exposure to the thing that triggers your fear. If you're afraid of needles, for example, you may look at pictures of a dentist's needle in a safe environment such as at home, while practicing relaxation and breathing techniques. The goal is to help you learn to relax while confronting a trigger of your fear.

— **Distraction.** Focusing your mind elsewhere is another way to lessen anxiety and pain. The more complicated the task, the better. Listening to music may help. But counting tiles on the ceiling or slats on a window blind may be even more effective.

I know that this all may sound silly. If you're tilted back in a dental chair, and a person wearing a mask is approaching your molars with a drill, is counting the tiles on the ceiling really going to make you relax? Yes: A combination of multiple relaxation techniques really can help. I've seen it happen, repeatedly.

Relaxation techniques have been used by people in Asia for thousands of years. On occasion, true nonsense can be perpetuated for thousands of years, but usually things that have lasted that long have proven their value. Recent research at Harvard Medical School has even shown that relaxation techniques literally change body chemistry. They alter which genes are turned on and off. So consider this approach to your fear of the dentist. It really could work.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

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SUDOKU

Difficulty: 3 (of 5)

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10-8-13

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PREVIOUS SOLUTION

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

140 Professional Services

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25+ years experience. Antique and modern furniture. Frame, spring and fabric repair. Fabric samples available. For a free estimate call or email: 819-889-2519; stephenstickles@live.ca.

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

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

THE RECORD

is looking for a carrier in **SAWYERVILLE** (in town)

starting October 7, 2013

If interested or for more information, 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

Need a reason to run or walk a marathon?

We'll give you 4 million.

More than four million Canadians have arthritis. Find out how you can help by participating in marathons around the world. Train. Travel. Triumph.



For more information, call 1-800-321-1433 or visit us at www.arthritis.ca/jointsinmotion

Your Birthday

TUESDAY, OCTOBER 8, 2013

Keep watch over what's said and done in the year ahead. Too much of anything will work against you. You may desire change in a position or partnership, but waiting to see what happens will serve you better. Backtracking can help you find an answer to a current problem.

LIBRA (Sept. 23-Oct. 23) — Explore some of the dreams you have yet to fulfill. Open up discussions with people you have teamed up with in the past. A challenge could set you back.

SCORPIO (Oct. 24-Nov. 22) — Make alterations to the way you live. Your interest in different lifestyles and philosophies will help you choose an innovative and rewarding direction that promotes the use of your creativity.

SAGITTARIUS (Nov. 23-Dec. 21) — Emotions and uncertainty will surface due to someone's vague or misleading expectations. Protect your reputation and prepare to make a positive move.

CAPRICORN (Dec. 22-Jan. 19) — Let your ambition point you in the right direction. Take on tasks that no one wants, and you will impress onlookers and get a vote of confidence when asking for favors.

AQUARIUS (Jan. 20-Feb. 19) — Don't let someone's negativity stand between you and your accomplishments. Strive to be innovative and take on a challenge that allows you to use your versatility and imagination. You're in a good cycle for romance.

PISCES (Feb. 20-March 20) — Keep things out in the open, or you may face

confusion or be manipulated into doing something you don't like. Pay more attention to your personal possessions and assets. Be wary of those trying to use emotional blackmail to get their way.

ARIES (March 21-April 19) — Bargain hunting will pay off. Don't overspend or make a donation you cannot afford. Romance is on the rise, but refrain from letting love cost you emotionally or financially.

TAURUS (April 20-May 20) — A slow and methodical approach will be your ticket to success and greater freedom. Open up your home to visitors. Sharing your thoughts will help you get a better perspective regarding your next move.

GEMINI (May 21-June 20) — Emotional upset due to uncertainty or deception must be dealt with cautiously. Make changes and take part in activities that will take your mind off your troubles.

CANCER (June 21-July 22) — Engage in events that open your mind to different cultures or give you greater insight into your friends, loved ones or children. Share with the people you care about and build a closer bond.

LEO (July 23-Aug. 22) — Problems at home can be expected. Stay on top of any changes being made or interference you face. Don't get angry — if you offer solutions, you'll remain in control.

VIRGO (Aug. 23-Sept. 22) — It's a good day to travel for business or pleasure. Attending a conference or getting together with people you haven't seen in some time will lead to interesting ideas and future plans.

TUESDAY, OCTOBER 8, 2013

Two contracts and two lines

by Phillip Alder

Bob Hope defined bigamy as the only crime where two rites make a wrong.

Today, let's have two contracts to see if you can play both of them rite — I mean, right. South is in six hearts or seven hearts. West leads the diamond jack. How should declarer proceed in each slam?

North responded two no-trump, the Jacoby Forcing Raise, promising at least four-card heart support and game-going values. South launched Roman Key-Card Blackwood. North showed two key-cards (two aces, or one ace and the trump king). Now South knew to settle for six hearts.

If South's four no-trump were regular Blackwood, he would have followed with five no-trump to learn that one king was missing and not known what to do. Note that if North's diamond king were the heart king, South would have 13 top tricks: four spades, five hearts, one diamond and three clubs.

Each slam revolves around the trump suit. In seven hearts, South should play a heart to his queen, winning whenever East has king-doubleton or West has jack-singleton.

But in the small slam, declarer can afford one trump loser. Then the best play is to start with his ace. Here, the king

| | | | |
|-------------------|------|-------------|------|
| North 10-08-13 | | | |
| ♠ A Q 10 9 | | | |
| ♥ 10 8 5 4 | | | |
| ♦ K 7 | | | |
| ♣ A 6 3 | | | |
| West | | East | |
| ♠ 7 5 4 2 | | ♠ 8 6 | |
| ♥ K | | ♥ J 6 3 | |
| ♦ J 10 9 8 | | ♦ Q 6 4 3 2 | |
| ♣ 9 7 5 2 | | ♣ J 10 8 | |
| South | | | |
| ♠ K J 3 | | | |
| ♥ A Q 9 7 2 | | | |
| ♦ A 5 | | | |
| ♣ K Q 4 | | | |
| Dealer: South | | | |
| Vulnerable: Both | | | |
| South | West | North | East |
| 1♥ | Pass | 2NT | Pass |
| 4NT | Pass | 5♥ | Pass |
| 6♥/7♥ | Pass | Pass | Pass |
| Opening lead: ♦ J | | | |

drops from West. Now South can make seven, crossing to dummy and finessing East out of his trump jack.

If instead the jack drops from West, South continues with his queen and claims. And if the ace draws only the three and the six, declarer crosses to the board and leads a heart toward his queen. He has no guesswork.

In this deal, strangely, you go down one or two in seven hearts, but make six with an overtrick!

CROSSWORD

Across

- 1 Big bird of myth
- 4 Spiny desert plants
- 9 Bathysphere's domain
- 14 Thurman of "Batman & Robin"
- 15 Underway
- 16 Like one in the sulks
- 17 Shows off one's connections
- 19 What the truth sometimes does
- 20 When repeated, soothing words
- 21 Top of the charts
- 23 Tanning site
- 24 Strips off
- 25 "Buzz off!"
- 28 Next-generation relatives
- 32 Modernized pre-1949 auto
- 37 Hold dear
- 38 Stat for Mariano Rivera
- 39 No-no
- 41 Tell a whopper

- 42 Mag with relationship quizzes
- 45 Metropolitan distance unit
- 48 Way up or down
- 50 Do in, as a dragon
- 51 Wild Australian dog
- 54 Pub order
- 58 Aptly named Nevada border community known for its casinos
- 62 Powerful explosive, familiarly
- 63 Three-time Tony winner Uta
- 64 Lunchbox sandwich protector
- 66 Eyeball-bending pictures
- 67 Somewhat wet
- 68 Physician's org.
- 69 Wavy dos
- 70 At exactly the right time
- 71 Agreeable response

Down

- 1 Litters' littlest
- 2 Nebraska city on the Missouri
- 3 Caravan beast
- 4 Rhythmic flow
- 5 Congo's cont.
- 6 Ring-tailed critter, to Crockett
- 7 Refill to the brim
- 8 "Who's there?" response
- 9 Hamlet's love
- 10 Flowed swiftly
- 11 Cyprus currency
- 12 "To whom it actually does concern" letters
- 13 Wall St. institution
- 18 Uneven, as a leaf's edge
- 22 "Big" London attraction
- 26 ABA dues payer
- 27 Gillette's __ II razor
- 29 Wyo. neighbor

| | | | | | | | | | | | | | | | | |
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| F | A | S | T | | D | I | G | I | N | | R | E | N | T | | |
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- 30 Idle of Monty Python
- 31 Hide's partner
- 32 "In a few __"
- 33 Equine gait
- 34 Tabula __: blank slate
- 35 Japanese sash
- 36 Two lowercase letters have them
- 40 Olive __
- 43 Heavily weighted exam
- 44 Points in the right direction
- 46 It's unpleasant when things end on one
- 47 Like some poetry
- 49 NBC show that launched many

- comics' careers
- 52 Doodad
- 53 French __ soup
- 55 Held in check
- 56 Picture holder
- 57 Frat party wear
- 58 Look for bargains
- 59 Weak-ankle support
- 60 Ice cream thickener
- 61 Spectacular
- 65 Baton Rouge sch.

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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

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, October 8, at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

WATERVILLE

There will be no blood pressure clinic in Waterville in October or November. Please note that we invite the clients from Waterville to attend the clinic held in Lennoxville at the Masonic Hall on Tuesday, October 8 and Tuesday, November 12.

LENNOXVILLE

Wednesday, October 9 at 7 p.m. Open Film Screening: showing the National Film Board project "Status Quo? The Unfinished Business of Feminism in Canada". Sponsored collectively by Bishop's Gender Equity Centre, Lennoxville and District Women's Centre and the Canadian Federation of University Women Sherbrooke and District. This event is open to students and surrounding communities and held at The Gait, Bishop's University, Marjorie Donald Building.

LENNOXVILLE

Lennoxville Curling Club (6 Speid St.) will be holding an Open House on Saturday, Oct. 12 from 1 to 4 p.m. Come and see what the game is all about. If you wish to try curling, there will be instructors available, and we will supply all the necessary equipment. Coffee and doughnuts. 819-562-2310.

LENNOXVILLE

Hut's 13th annual Country Music Awards on Saturday, October 12 at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Continuous music from 1:30 p.m. until closing. 1:30 p.m. to 4 p.m. Old Time Country.

Everyone welcome (18+). Kitchen will be open. 819-346-9122.

LENNOXVILLE

The Lennoxville and District Women's Centre opens its doors to all women in the community on Thursday, October 10 between 4 p.m. and 7 p.m., during its annual Open House Celebration: Hats Off! This year, the evening will have a theme of "Hats" so please come adorned in head gear! Wear a hat, a crown, a headdress... be creative! It promises to be an evening of fun and laughter during which there will be refreshments, games and door prizes offered, so be sure to drop by! The celebration will begin at 4 p.m. at the Marguerite Knapp Building, 257 Queen St., Borough of Lennoxville. Women of all ages are welcome! For information: www.ldwc.ca, (819) 564-6626 or info@ldwc.ca

LENNOXVILLE

Men's & Ladies Auxiliary of the A.N.A.F. Unit 318 will be meeting on Monday, October 14, 7:30 p.m., at 300 St. Francis Street, Lennoxville. Ladies Auxiliary executive will meet at 6 p.m. Members, come and support your Unit.

WATERVILLE

The Sherbrooke-Compton Plowing Match will be held on Monday, October 14 on the land of Denis Boisvert, 5305 Nichol Road, Waterville. Starts at 9:30 a.m. Classes for horses and tractors. Bring your own lunch. Info: Dianne Kirby 819-562-7145. Visitors welcome.

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, October 13 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

LENNOXVILLE

Lennoxville United Church, 6 Church St., Rummage Sale on Thursday and Friday, October 10 and 11, 10 a.m. to 5 p.m., and Saturday, October 12, 8 a.m. to noon, Bag Sale.

MARBLETON

St. Adolphe Parish Supper held on Sunday, October 13 from 4:30 p.m. to 6:30 p.m. at the Marbleton Centre Communautaire, 193 Principale St. E, Marbleton. Menu: soup, salads, mashed potatoes, vegetables, ham and turkey, homemade dessert, tea, coffee and

juice. We're expecting you! Information: 819-887-6669.

SOUTH DURHAM

Talent Show at South Durham United Church on Saturday, October 19 at 7 p.m. Admission charged. To reserve tickets call 819-858-2473 or 819-858-2558 (tickets also available at door). Light refreshments will be served.

BULWER

The Bulwer Q.F.A. will meet at the Bulwer Community Centre on Thursday, October 10 starting at 8:30 p.m. Pot-luck lunch. We look forward to seeing you there.

AYER'S CLIFF

Fall Roast Beef Supper with all of the trimmings, on Saturday, October 26 at Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Admission charged and everyone is welcome!

LENNOXVILLE

Come enjoy a colourful morning at Sherbrooke Women's Connection on Thursday, October 10 at 9:30 a.m. at the A.N.A.F. (Army, Navy, Air Force) "Hut", 300 St. Francis, Sherbrooke. A small cost for food, fun and friendship with other women. Our Theme is Color My World. Nadine Fafard will talk about Riverside B & B. Our keynote speaker and musician is Lynda Jean Coffin who will be talking about "living your life to the fullest." Come add some colour to your life! Women of all ages are invited. RSVP with Pauline Goode-nough at 819-563-1418 or at sherbrookewc@yahoo.ca. Come even if you didn't reserve a spot. We hope you'll come and enjoy the colours of friendship with us!

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

When we try to communicate with her, she becomes hysterical with rage

TUESDAY, OCTOBER 8, 2013

Annie's Mailbox

Dear Annie: When our daughter was a child, she had emotional issues and extensive anger management problems. With tremendous concern and love, we got her professional support and therapy, and ultimately, our daughter learned the skills to control herself. What we did not do was tell extended family members of these private problems. We had seen their extreme intolerance for any kind of mental health issues and did not want our daughter to suffer prejudice from her own family.

In college, the troubling incidents started again. Because of our daughter's refusal to let us have access to her medical information, we had no real idea of what was happening. The next few years included troubling breakups with both friends and boyfriends, extreme weight loss and talk of suicide.

Our daughter is now 32 and recently married. She suddenly and inexplicably has cut us off. When we try to communicate with her, she becomes hysterical with rage. We have learned she has been saying horrible things about us to the same extended family members we tried to protect her from in childhood. We are devastated. One relative actually told my husband that we must have done something terrible to our daughter for her to treat us this way.

These family members now have a special, almost frenzied new importance to our daughter. They judge us constantly. To be accused of such mistreatment is insulting and painful. Please print this so these family members will stop jumping to conclusions. — Reading This Can Help

Dear Reading: Most likely, the only thing that will change their perspective is to be on the receiving end of your daughter's erratic behavior. Despite all the therapy she had when younger, her problems haven't disappeared. She has simply chosen to deal with them in her own way, which currently precludes a loving relationship with you. We hope that will change. While you cannot control what the relatives think, please take comfort in knowing you handled your daughter's issues in a way that protected and helped her. That is what good parents do.

Dear Annie: Like many people, I suffer from the effects of multiple sclerosis. To look at us, you wouldn't know anything is wrong. But the pain I suffer from daily is sometimes unbearable. How should I reply to inconsiderate people who make comments like, "Come on, hurry up" or "What is wrong with you?" I wish people would think before they open their mouths. They do not know the struggles I face.

There is treatment for MS, but no cure. I maintain my regimen of daily injections, but most of the time I cannot control its rampage. Maybe this letter will bring awareness to people not to judge on outward appearances. — Suffering in Michigan

Dear Suffering: We hope so, but unless you are willing to tell these impatient people what the problem is, they will continue to behave rudely toward you. Please, folks, the people around you may be coping with terrible difficulties that are not visible. Be kind.

Dear Annie: I loved the letter from the "Lady Doctor," who was so thrilled with her MD degree that she wanted everyone to address her mail to "Dr. Jane Doe and Mr. John Doe."

My wife and I met in grad school. She went on to get a Ph.D. Her mother is so proud that she addresses all of my wife's letters to Dr. Jane Doe. However, she is also a traditionalist, so when she writes to both of us, she addresses her letters to Mr. and Mrs. John Doe. My wife will quickly tell anyone who asks that she is at least as proud of her Mrs. degree as she is of her Ph.D. — Mr. John Doe

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

E-mail your social news to classad@sherbrookerecord.com