

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Call today
to subscribe!

819-569-9528 • 450-242-1188
1-800-463-9525

75 CENTS + TAXES

PM#0040007682

MONDAY, JUNE 4, 2007

Each Devil's Beret got a gold plaque

Antique Roadshow discoveries

By Christopher Doody

SHERBROOKE

Close to 3,000 people came out to the Canadian Antiques Roadshow at Bishop's University in Lennoxville on Saturday — carrying items big and small, strange and mundane, old and new, brought by young and old alike.

University student Matthew Willson arrived with a collection of Second World War items that belonged to his grandfather, including a small gold plaque.

His grandfather had belonged to the first Green Berets, the US Army Special Forces division; they were called the Devil's Berets.

A plaque was given to each member, and is inscribed with the soldier's name.

Willson was told that the object was not exceptionally valuable, but "the appraiser said he had never seen anything like it before," Willson said. "That was interesting to learn."

"I see the show on television every Sunday. It's good to get a chance to be a part of it."

Joan Thomson had brought in two ornaments made by Doulton, both from Vienna, Austria.

The first was appraised for close to \$500, and the second at close to \$200 because of a broken handle.

"I'm just happy to have them," Thomson said. "I'm just happy to have them on my mantle. These pieces have come all the way from England."

Thomson also said the lines were moving remarkably fast given the number of people who showed up.

When participants got to the front of the first line, they were sent to one of a variety of tables, where specialists focussed on porcelain, arms and militia, or the ever-popular miscellaneous.

Once an article was examined, the appraiser might call over the show's producer, and make a pitch to have the item filmed for the television program.

Some participants were left in the dark about their possessions until they appeared before the television cameras, to ensure their reactions were genuine.

Nancy Kerr brought a sword from the war of 1812, taken from an American soldier by her great-great-grandfather.

That was enough for the appraiser, and Nancy was told that she was going to be filmed.

PLEASE SEE ANTIQUES ON PAGE 4

Well Hello There!



DAVID ANDERSON

This young hippo swam right up to the glass to say hello to our photographer. The Granby Zoo opened for the summer season on the weekend, and announced that \$29 million in federal and provincial government-funded renovations work begun in 2004 is now complete. The zoo attracts in 500,000 visitors annually.

Sherbrooke's new public market

Staff

SHERBROOKE

A public market at Sherbrooke's old train station, located next to the Lac des Nations, will be open to the public on Friday, June 29.

The market will consist of up to 30 vendors, comprised of local farmers and companies.

There will be six permanent stalls inside the Minto train station, and at least 22 stalls outside during the summer months.

The small market, comprised of the indoor stalls, will sell locally grown food products, and include a butcher shop, a chocolate store, a cheese store, a bakery, and an ice cream parlour.

The six permanent vendors will be The Boutique Gourmet Québec Estrie, The Boucherie du Terroir, Avec Amour, the Fromagerie de la Gare, Savoroso Café Gelato, and William J. Walter Mère et fils.

The indoor market will be open Saturday to Wednesday, from 9 a.m. to 6 p.m., and Thursday and Friday from 9 a.m. to 9 p.m., all year round.

The outdoor market will be open Friday and Saturday, from 9 a.m. to 6 p.m., for the summer months.



PERRY BEATON

Above, the merchants of the new Marché de la Gare; below, edible flowers that from Compton's Au Coeur Des Saisons.

LOTO QUÉBEC Draw Results: 2007-06-02 649 08 16 19 28 32 40 46 bonus (B)		Quebec 49 04 05 23 27 32 46 48 bonus (B)	
WINNERS PRIZES 6/6 1 \$32,000,000.00 5/6+B 11 \$75,533.50 5/6 396 \$1,733.20 4/6 20,467 \$63.50 3/6 341,623 \$10.00 2/6+B 241,240 \$5.00 Total sales: \$40,579,406 Next grand prize (approx.): \$35,000,000	WINNERS PRIZES 6/6 0 \$1,000,000.00 5/6+B 1 \$50,000.00 5/6 29 \$500.00 4/6 1,248 \$50.00 3/6 24,537 \$5.00 Total sales: \$740,359.00		
Extra 3236663* \$500,000 *decomposable in both directions			
Draw Results: 2007-06-01 SUPER 7 WINNERS PRIZES 01 04 12 46 15 32 36 44 bonus (B)			
WINNERS PRIZES 7/7 0 \$10,000,000.00 6/7+B 3 \$59,402.40 6/7 79 \$2,255.80 5/7 5,941 \$102.00 4/7 125,196 \$10.00 3/7+B 114,115 \$10.00 3/7 1,049,652 Free play Total sales: \$15,337,650 Next grand prize (approx.): \$12,000,000		Extra 2477966* \$500,000 *decomposable in both directions	
Mega Fiesta DRAWS OF 2 VEHICULES EACH DAY IN JUNE! In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.			



Weather

Today: Periods of rain. Wind 30 km/h gusting to 50. High 20.

Tuesday: Showers. Low 16. High 21.

Wednesday: Showers. Low plus 5. High 12.

Thursday: Mix of sun and cloud. Low plus 2. High 18.

Ben by Daniel Shelton



There will be two workers for every five retired people

Bishop's hopes to respond to the crunch

By Rita Legault
SHERBROOKE

Bishop's University, which is facing a growing deficit, wants to address its budget problems by spending more money to increase enrollment by 50 per cent.

The university, which already has an accumulated deficit of \$5 million, is projecting a loss of around \$2 million for the current year, Principal Robert Poupart said.

"We are in the process of looking at the deficit and decided to look at it from the perspective of long-term strategic planning," he said. "And when you are a university you have to look at the issues society is facing."

Poupart said the university's long term strategic plan addresses the needs of future generations — that is, the prosperity and socioeconomic needs of society.

He said the university wants to react not through budget cuts and accounting mechanisms, but rather "we want to address it by being responsive and responsible."

"The greatest threat to society is the demographic crunch," Poupart said.

"Currently there are five workers for every retired person," he said. "By the year 2020, there will be two workers for every five retired people."

"And we don't have much time to ensure those two workers are as productive as the current five."

Canada is facing a labour shortage. Just in this region, by the year 2010, some 19,000 people with jobs from technicians on up will be at retirement age, he said.

To face the demographic crunch, immigration is imperative, he said.

"We need to bring in more people, not just because we are a humane caring society, but because we need them and we need them badly."

At the same time, society is changing fast, Poupart said.

"We are changing from an industrialized society to a knowledge based, information-age society," he said.

That means Canada must go from a society where 15 per cent of people have a university degree to one where 30 per cent of people have degrees, he said.

"For that, we have to double the capacity of our universities," he said, "and for me capacity includes quality."

Poupart said that in the future universities will have to deliver an education that would enable graduates to face a world where they will have three or four different careers over their lives and to become active members of a society where they must keep developing their knowledge.

"It will become more than just an industrial economy and a services economy but a creative economy," he predicted.

To face the future, both growth and transformation of universities are needed at the same time.

Right now there are fewer people between 17 and 23, Poupart said, adding people assume enrollment will go down.

"But university enrollment is not driven by demography," he said. "It is driven by participation."

"This is not theoretical," he adds.

"We are already seeing it."

"Participation is about the appetite for higher education," he said, noting that people realize that if they have a degree they are not only richer, they have a richer life.

"The appetite for higher education is not just because of the degree but for the knowledge and quality of life it affords," he said. "People seek knowledge for more than just their jobs. They want it for a better quality of life."

Poupart gives the example of elder hostel classes where seniors take courses, not for career purposes, but for the pure enjoyment of learning about art, history, culture and other areas of personal interest.

KNOWLEDGE NEEDED

Poupart said that in the future, the quest for higher learning will be more than just the search for knowledge tied to a specific job. He said it will be about flexibility in career choices and mobility. A good education allows graduates to move more easily across cultural, linguistic and international borders, he said.

"In an industrial society, knowledge is needed to do a job," he said. "In a knowledge based society, you need knowledge to prosper no matter your job."

"It's about portable skills and universal knowledge," he said. "That's what you need to prosper in today's society."

Poupart said he would like to see Bishop's enrollment rise from 2,000 to 3,000 in the next decade. He also wants to double the number of foreign students.

"We will do our best to attract and retain foreign students, because we need them," he said.

Currently about 55 per cent of Bishop's students come from outside the province, and 10 per cent are foreign students.

PLEASE SEE BISHOP'S ON PAGE 4

Gambling and depression a fatal mix

— Coroner

Staff

A combination of depression and a gambling addiction were the prime motivations behind a Granby murder-suicide in March 2006, a coroner has said.

On March 12, 2006 Patrick Adam, 36, went to his mother's home and picked up his shotgun. He then went to his Langlois St. home, shooting his 35-year-old wife, Lise Legault, before calling 9-1-1. He then turned the shotgun on himself.

In his report, coroner Claude Paquin said Adam had been depressed in the months leading up to the murder-suicide. Three weeks earlier he asked his wife to write a suicide note, and she contacted Prévention Suicide. At that time Adam's shotgun was moved to his mother's home as a precaution.

Following the shooting, Adam's mother, who was at the house, got the couple's young children out of bed and rushed them out of the house.

Paquin found that Adam had suffered from depression for a number of years. More recently he had developed a gambling habit, becoming a regular player of video poker games and going to the Montreal Casino. That led to financial stress, with the couple in danger of losing their home.

No giant tax break

IBM plant more valuable than company thought

Bromont's IBM plant won't be getting the break on its municipal tax bill it had been hoping for. Quebec's administrative tribunal has ruled that the plant is not as seriously over-evaluated as the computer giant claimed. While the municipal evaluation for the plant and properties was set at a bit over \$47 million, IBM contended it was worth just under \$12 million.

Considering that Bromont's industrial tax rate is \$2.97 per \$100 of evaluation, the difference would have been major. IBM had been paying about \$1.4 million in taxes, or about 10 per cent of Bromont's revenues. By challenging the evaluation IBM was looking to get its tax bill cut to just over \$350,000.

In its ruling the Tribunal administratif du Québec lowered the evaluation, but only to \$42 million. Bromont will have to issue a refund for the 2005 and 2006 taxation years, but will continue to garner plenty of income from IBM's evaluation.

BRIEFS

Galt West construction

Sherbrooke's Galt Street West will be under construction today and Tuesday at the corner of Saint-Esprit.

The work will begin at 11 a.m. and finish tomorrow around 5 p.m.

Parking will be banned on Galt between Prunier and Leonard, allowing for traffic to go both ways.

St-F-X-de-Brompton

Transport Quebec is warning that a section of the chemin du 4ieme rang north-west, about 2.3 km from Route 249, in Saint-François-Xavier-de-Brompton, will be shut down starting today.

One lane will be closed down over 760 metres.

The paving work will go from 6 a.m. to 8 p.m., Monday to Friday.

The work will end June 17.

Bury roadwork

Construction work on Route 214 at the intersection of routes 108 and 255 will shut down one lane of two starting today, Monday.

The work will be done from 8 a.m. to 5 p.m. Transport Quebec is suggesting drivers take a detour via Rue Principale and McIver.

The work will finish June 8.

Remembering Alzheimer's

The Estrie Alzheimer Society raised some \$20,000 during its first annual Marche de la mémoire.

Some 200 walked 3.5 km around the Lac des Nations in Sherbrooke's Parc Jacques-Cartier on May 27.

Across the province, 19 walks raised \$600,000.

Let the readers know about your products and services



Jo-Ann Hovey
Advertising Consultant

Tel.: 819-569-9525
Fax: 819-821-3179

jhovey@sherbrookerecord.com

RECORD

ANTIQUES:

CONT'D FROM PAGE 1

Although Kerr had to wait a few hours more, she said the wait was well worth it.

Once the television cameras started rolling, she discovered that the sword had belonged to an American naval officer, and that it was very rare.

"I was very pleased," she said. "I was told it was worth about \$2,000, which is great, because I had looked online, and it said it was only worth \$75."

Others, however, were not as impressed with the appraiser's information.

Edson Warner had brought in a .577 muzzle loader Enfield rifle.

Warner explained that it was built in 1853 by Parker Fields & Sons of London — privately manufactured to government standards.

The rifle was purchased by W. Cleobury, whose name is engraved on the gun, who would have bought the rifle to join as a volunteer in a rifle unit, with the intention of fighting in the wars of the 1850s.

Although the gun was never fired in those battles, it has been used extensively by Warner in a variety of competitions.

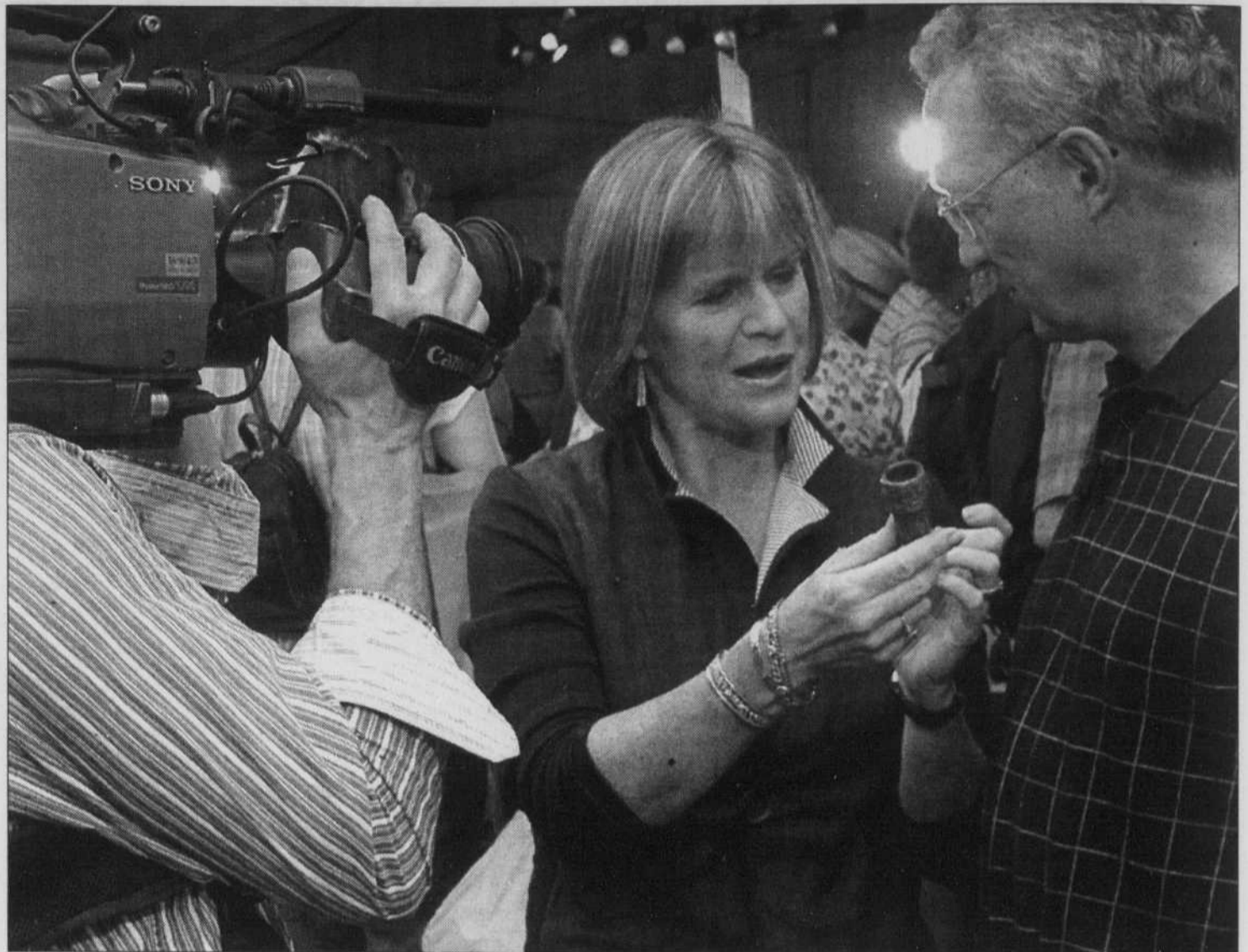
Warner bought the gun at auction five years ago, and when he brought it the roadshow yesterday, he was invited to be filmed with it.

Warner says he was not pleased with the estimate.

"He appraised it at \$1,000 to \$1,200. I said, 'Try five times that amount.'"

Warner said his gun is worth more because normally the barrels are rusted, and his isn't.

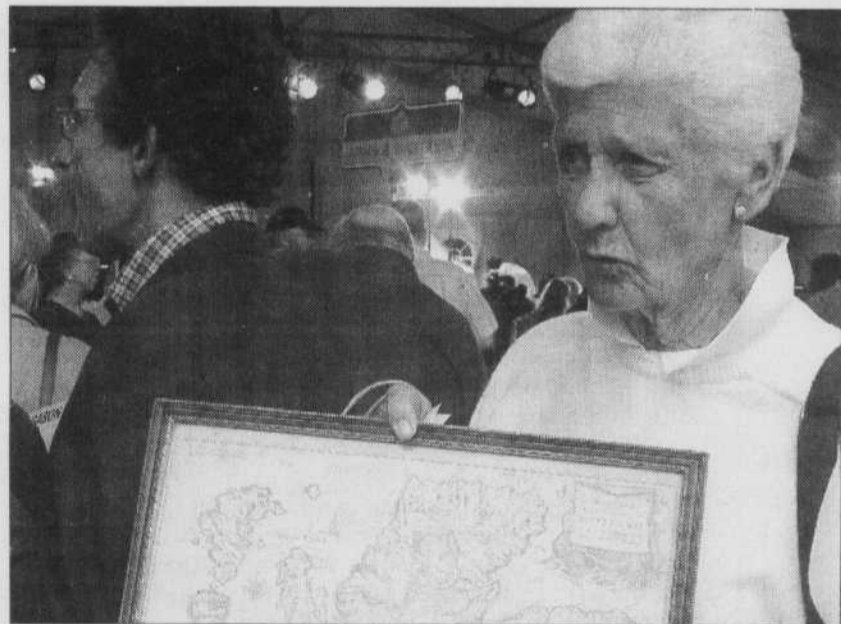
The Canadian Antiques Roadshow gathered enough footage yesterday for four episodes of the show. Although the



PERRY BEATON

Host Valerie Pringle chatted with Townshippers all day.

airing dates for the episodes are not yet known, they will be posted to the website soon, at www.canadianantiquesroadshow.com.



PERRY BEATON

People came from near and far to find out about their treasures.

BISHOP'S:

CONT'D FROM PAGE 1

Poupart said the double cohort of Ontario students — from 2002-'03 when the province cancelled Grade 13 — means increased enrollment at Bishop's will end this year.

"It will take three or four years to get back the numbers we had at the peak of the double cohort, then we have to keep going up until we increase enrollment by 50 per cent 10 years down the line," Poupart said.

Some programs could handle a large increase in students without too many growing pains. But such growth would require more classrooms, improved sports facilities, and more students residences.

Even if it is spread over 10 years, Poupart admits the growth will have an impact on the borough of Lennoxville. He said the university is already working with city urban planners.

"We want Lennoxville to develop into the quaint university town that it is and could become in the future," he said, noting in the future Sherbrooke will see itself as a city

with two downtowns — the current one and one in Lennoxville.

He said that linking more with neighbours to the south will offer opportunities and greater mobility to Bishop's students.

Poupart said Bishop's strategic growth plan would require new investments of about \$100 million. He adds not all of that would come from government sources.

"We are not asking (the government) for any favours," he said. "We aren't saying they have to change the funding framework or formulas."

Poupart said the university wants to work with its many stake holders — that is government, capital campaign sponsors, students (through tuition increases) and parents (through greater financial support of their children's education).

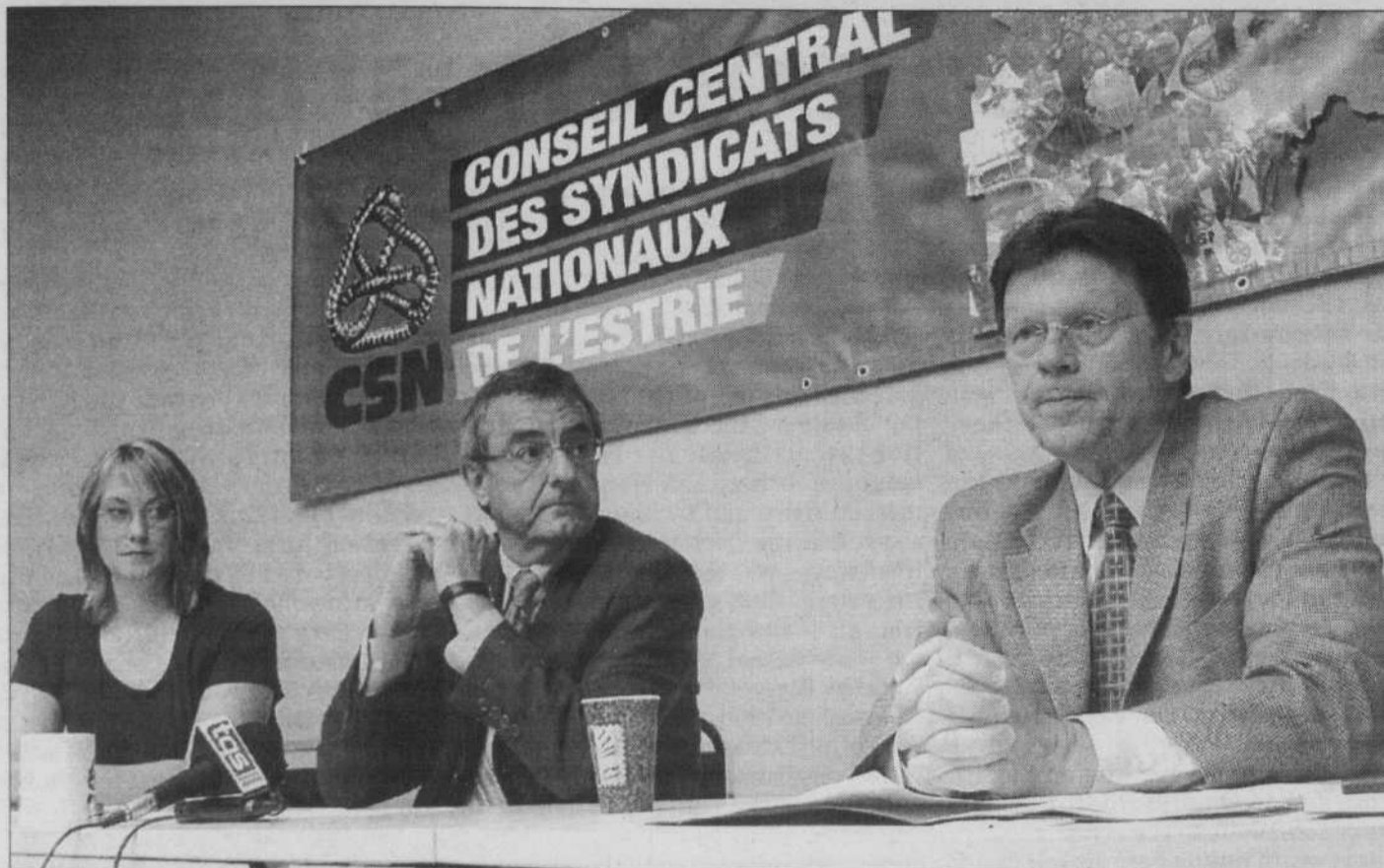
"We have to ensure that everyone invests to ensure society maintains its long-term prosperity."

Now with delivery
to your dining room.

Announcing the new
www.sherbrookerecord.com

THE
RECORD

For Some, Not Others



PERRY BEATON

Some employees of Orford's Auberge Estrimont are out of jobs because of the recent blaze that took out the restaurant and lobby, but can't get Employment Insurance because the eligibility rules are different depending on where they live. Those living in Sherbrooke, where the job market is hotter, must work more weeks before they can qualify for EI than those who live elsewhere in the Townships. The rules were denounced by hotel union president Geneviève Ruel, Bloc Québécois MP Serge Cardin, and CSN union president Jean Lacharité.

U of S lockout delayed

Now threatened for Thursday

Staff
SHERBROOKE

The union representing most professors at the University of Sherbrooke has been given another five days to come to an agreement over contract disputes. The University of Sherbrooke announced on Friday that it will lock out between 400 and 450 of its professors starting this Thursday.

The professors who would be locked out belong to the Syndicat des professeurs et professeurs de l'Université de Sherbrooke (SPPUS), and have been in negotiations with the university over their new contract for the past 16 months.

Unless the union can come to an agreement before midnight on Wednesday, they will be locked out. These professors will no longer be paid, or have access to the campus for teaching or research activities.

The union represents about 45 per cent of the university's teaching staff.

A university official has said a summer lockout might prevent a possible strike in the fall, to ensure that the least amount of students will be affected.

This lock out would be the university's first.

BRIEFS

Pediatrician pedophile in prison

Former Drummondville pediatrician Jocelyn Lussier, convicted of sexually assaulting three of his patients two years ago, is now in jail after turning himself over to police Thursday morning.

The convicted pedophile, who was sentenced to three years in jail in May 2005, was free pending an appeal. Last Monday, three Quebec Court of Appeal judges confirmed the earlier ruling by Quebec Court Judge Conrad Chapdeleine.

In January 2005, Lussier was found guilty of drugging and assaulting three teenage boys under his care over a two-year period between January 2000 and December 2002 at Saint-Croix Hospital in Drummondville.

The pediatrician had argued sedatives were needed to calm the hyperactive boys and that his methods of examining his patients were mistaken for assaults.

Lussier's license to practice medicine in Quebec has been suspended by Quebec's College of Physicians and Surgeons.

Bonnardel gets commission gig

Shefford MNA François Bonnardel is racking up more responsibilities at the National Assembly, now taking a seat on the cultural commission.

The 11-member commission handles cultural issues, communications,

cultural communities, immigration and citizens relations. It studies bills, suggesting changes or modifications before they become law, as well as budgetary credits related to cultural matters.

Bonnardel was seen as a long shot when he entered the election campaign in Shefford for the Action Démocratique du Québec. He handily defeated incumbent Liberal Bernard Brodeur in the March 26 provincial poll.

Shortly afterwards, Bonnardel was named whip of the official opposition, being responsible for enforcing party discipline and ensuring fellow MNAs are on hand for important votes. He was also named the ADQ critic for housing.

Picky crook?

Sherbrooke police are looking for a suspect in a break-and-enter at 4460 Ouimet who appears to have found the pickings not so interesting, as nothing was stolen.

On May 12 around 11:25 p.m., a white man (pictured) broke into Les installations électriques Sylvain Durand. He circled around, then left without taking anything.

He was wearing a sweater with a kangaroo logo.

Call Det. Richard Paquin at 819-821-5555.



Johnville death

Racing cars?

A 34-year-old man died in a car accident on Jordan Hill Road near Route 251 in Johnville early Saturday morning.

He was declared dead at the scene, according to Montreal police. But police refused to give out the victim's name, claiming the law prohibits them from doing so.

The Montreal squad is dealing with the investigation because a Sûreté du Québec police car may have been involved.

The SQ first arrived on Jordan Hill Hill when a call came in around 11:30 Friday night complaining about drag racing.

By the time police arrived, only one car was there. An hour later, another call from a resident came in saying the speedsters were back — and officers returned to the scene.

There, said the Montreal police spokeswoman, they found a car that had lost control and crashed.

"There was no chase," said the Montreal police spokeswoman. Speed was a factor in the death, she said, but there was no alcohol involved.

She said the destroyed car had been modified to make it faster, and that the investigation is continuing.

Toddler dies

A toddler died in St-Alphonse-de-Granby after being run over by a vehicle in his own yard on Saturday afternoon.

A family member got into a pick-up truck and backed up around 4:40 p.m. At that exact moment, the child came out of the house — and was run over. "There was no malice," said a Sûreté du Québec spokesman. "It was an accident. Our thoughts are with the family."

Dead is Samuel Larrivée, who was 20 months old.

Travaux publics et Services gouvernementaux Canada / Public Works and Government Services Canada

"Request for Information"
Project or File No. 527683

REQUEST FOR INFORMATION AS TO THE AVAILABILITY OF OFFICE SPACE FOR LEASE

Public Works and Government Services Canada wishes to obtain information by June 14th, 2007 with respect to space available for lease in existing buildings in the City of Thetford Mines, with lease commencement date on September 1st, 2008.

To respond to this Request For Information and to view the full and complete text of the Request, please log on to www.merx.com under Services: Leasing or Rental of Facilities or call Annie Filteau-Gingras at 514-496-3866.

Canada

Community Forum

An odd definition of cheating

Where's the report on the Yes side's dirty tricks?

After 17 months and \$2 million worth of hearings and deliberations, retired Quebec Justice Bernard Grenier found that Canadian loyalists spent a half million and change "illegally" back in 1995 defending their country.

Hmmm!

It hardly calls for repeating here that Mr. Justice Grenier didn't see it within his mandate to reflect upon untold millions spent by the Yes side (the Parti Québécois) in the '95 referendum promoting the break-up of the country. Nor did he concern himself with rejected ballots in ridings known to be federalist, for these apparently innocent capers have been more than adequately described by journalists who do this sort of thing for a living.

What most critics have paid scant at-

ention to, however, are the votes denied to people entitled to cast their ballots from outside the province.

At the time, Quebecers outside the province, such as vacationers and students, were supposed to be free to say Yes or No provided they met well-defined conditions. But were they? Maybe there weren't enough of these to be worth creating a fuss over, but I can name one — my son — who was not granted his vote. He applied according to the rules, only to be informed, three days before ballot day, that he had failed on some detail in his application. He hadn't committed the crime quoted, in fact, but there just wasn't time to appeal, so, in truth, he was denied his vote.

It is hard to believe that an English name and an Ontario student address didn't contribute to the error.

It is worth noting here as well that it wasn't only the PQ that didn't want certain Quebecers to be heard, at least in the lead-up to the referendum. The Yes

VIEWPOINT

DON HEALY

and No camps were in no uncertain terms anything but open to views expressed by anyone other than the PQ and Liberal parties.

The Equality Party — founded originally in reaction to the Bourassa Liberal government's use of the notwithstanding clause (of the Canadian Constitution) to maintain the PQ's ban on languages other than French on commercial signs, and by Bourassa's boast about denying Quebecers fundamental freedoms — was forced into silence by the referendum's No committee. The Liberals — and plenty of media types, too — saw to that, probably because the Equality Party didn't subscribe to the Liberals' position that only Quebecers are entitled to a voice in deciding Quebec's constitutional status. About the only friends the Equality Party had at

the time were the Supreme Court of Canada judges. A small audience, but good company!

Remember former separatist premier Lucien Bouchard's assertion that "Canada is not a real country"? Well folks, as I see it, he may have been right after all. In a real country, no sane judge would get away with finding Canadians loyal to their country guilty of any "illegality" in their defence of that country — especially by means that were entirely free of any form of violence. Until Canada is prepared to make it abundantly clear to anyone who threatens Canada's sovereignty and territorial integrity that the Government of Canada will not be bound or limited in its defence of the country against any enemy, from either within or outside its borders, it will be impossible to prove Lucien Bouchard wrong.



LETTER TO THE EDITOR

On hospital parking fees

This is a copy of a letter sent to the Brome-Missisquoi Perkins Hospital in Cowansville.

DEAR SIR OR MADAM,

I would like to congratulate BMP's management on their unbelievably caring sensitivity. It must be a source of inordinate management pride to have introduced a way of making your visitors feel so welcome and reassured when leaving your establishment.

It must be unquestionably comforting for those leaving, after a lengthy stay watching the suffering or demise of a loved one — perhaps a beloved parent or child — to be faced with a parking fee whose size seems relative to one's length of stay. No doubt this sensitive measure has been welcomed with rapturous enthusiasm by those within the community who are obliged to live at subsistence level. How sensitive, how empathetic, especially when enacted by a profession allegedly devoted to caring for the sick and disconcerted.

Another example of management's delicate concern for the feelings of distressed visitors is that the device employed to extract the penalty demanded at the Main entrance will not accept credit cards of any kind. Not everyone uses ABMs or carries cash, but then people's feelings and habits do not seem to have been part of the calculation. On Monday this week, the bandit at the Main entrance was not working and a poster asked the already exasperated, and in this case quite elderly, visitors to see the Security Guard but, like the machine, he did not seem to be working either. After several minutes of unpro-

ductive waiting, several of us then trailed down to the cafeteria to surrender our hard earned money to the bandit installed there. Then we all walked back to the front of the hospital to locate our cars.

People might understand the new measure, and even agree with it, if it were explained to them that the funds thus extorted from anguished relatives will be used to reduce the suffering of those who contract some gratuitous bacterial infection while under your care?

One hopes that this latest move is not a foretaste of some new management philosophy. Shall we see patients paying for their meals next, for their tests or the drugs they are prescribed? Perhaps management's real intent is to reduce the number of visitors — the parking area seems less full than before — or to harass its own employees and make volunteers, who give of their time freely, feel more welcome now that they must pay for the privilege of helping. This new coercive arrangement doubtless improves local traffic flows at shift changes and at the end of visiting hours. A line of cars polluting the atmosphere as they wait their turn to exit will no doubt delight local environmentalists.

Before informing me that most other hospitals charge visitors to park when visiting their suffering friends and relatives, let me state that I had always thought the BMP Hospital, along with its eleemosynary foundation which enjoys widespread local support, including my own, showed exceptional consideration for its patients, visitors, volunteers and staff by not acting in that particularly avaricious and petty manner.

How sad it is to be mistaken.

RALPH C. MADDOCKS
Cowansville

THE RECORD

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

RANDY KINNEAR PUBLISHER (819) 569-9511
ELEANOR BROWN EDITOR (819) 569-6345
RICHARD LESSARD PROD. MGR. (819) 569-9931
SERGE GAGNON CHIEF PRESSMAN ... (819) 569-9931
FRANCINE THIBAUT PROD. SUPERV. (819) 569-4856

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
88-A LAKESIDE, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

MAIL SUBSCRIPTIONS

		GST	PST	TOTAL	
CANADA:	1 YEAR	120.00	7.20	9.54	\$136.74
	6 MONTHS	63.00	3.78	5.01	\$71.79
	3 MONTHS	32.00	1.92	2.54	\$36.46

Out of Quebec residents do not include PST. Rates for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
ABC, CARD, CNA, QCNA

Chess, pool, poker? They're not sports

In defence of the English language

This is how it began. My wife congratulated a friend out walking who replied: "This is my sport." "Well," said I later, "she can call it a sport if she wishes, but a sport it is not."

I am generally not contentious, and my wife and I are not much into quarreling. However on this one we bordered on civil war before peace was negotiated.

Now I'm a most forgiving man, the sort who never would, ever could take a position and staunchly never budge. Yes, a most forgiving man but... on this issue we are long past the time to draw a line in the sand. Time to say no!

Society should never have tolerated the boring bunch of poker players slumped in chairs on the sports channel. The same holds for the pool shooters. And chess....

Certainly they have every right to engage in such activities, but not on a sports channel. Will walkers be next? One hopes not, but look how far curling has come. I'm afraid the sports channels will be cluttered and finally monopolized by elderly strollers, out of shape shoppers, needle threaders, watch repairmen, and the hair dressing fraternity all seeking and claiming recognition for athletic prowess.

In truth "sport" has a legitimate meaning that most people agree upon. I concede willingly the need for flexibility in language definitions, and the acceptance of gray areas when determining significance of words. But at this moment the greater need is discipline and clarity about the word sport. That is my goal, and I like to think that in time strangers and beautiful women will stop me on the street to shake hands and offer congratulations. "We just want to thank you for your amazing work in defence of the English language." Naturally I will sign autographs and accept invitations to dinner.

What then is sport? It involves physical activity and competition. It requires some combination of skill, coordination, strength, and often speed. Mental toughness is also a part of it. We like to see integrity and honesty but this takes us into gray areas. Nevertheless, when it occurs we applaud, or wipe away a tear. Boxers whack and whale on each other round after round and then shake hands and embrace. Hockey players battle, slash, hit, fight, and shake hands once it's all over. Great moments in sports.

"Congrats. See you next season."

"Hope so. And here's a couple of your teeth."

"Thanks. Tell your wife I don't need the slippers. Left 'em under your bed, I think."

Sport is more than stories about tough guys and gals in football, hockey and boxing. Linebackers will always be found eating their

meals with no hands, but there are also the graceful articulate gentlemen and women. In the American Open James Blake, after a classic battle with Andre Agassi, said he'd have been cheering Agassi if he were in the stands. Blake and Agassi are both classy competitors, and the list goes on. Jean Beliveau.

Patrick Rafter. Steve Nash. Roger Clemens. Maurice Richard. Bobby Orr. In a recent close tennis match the Spaniard Juan Ferrero called his opponent's shot in and refused the point after the linesman had called it out. Class acts all.

Which are sports and which are not? I believe they can be separated into three main categories.

1) The genuine article.

Football. Baseball. Basketball. Soccer. Tennis. Boxing. Squash. Lacrosse. Fencing. Wrestling (not WWF). Table tennis. Rugby. Cycling. Skiing. Cricket. Swimming. Gymnastics. Racing. Volleyball.



TOM CAVANAGH

2) The gray area.

Golf. Requires coordination, strength, mental toughness, and it must be fun walking about in the perfectly groomed countryside. But it's so slow and can be done while smoking, with only occasional brief moments of focused concentration.

Curling. Some of my best friends are curlers. Apart from that, no comment.

Bowling. Entails some features from the definition above, but not enough.

Horse racing. A sport for horses? I really don't know, so I'll just mention a story about the always-packed boxes at the Kentucky Derby. A man, crowded in his own box, asks if he can borrow an empty chair from the elderly woman sitting alone in the box in front. She politely answers yes and adds that the chair had belonged to her late husband. "Gee," the man said, "why didn't you invite one of your friends to sit with you?" She answered demurely, "Oh, they're all

at his funeral."

3) Fughedaboutit.

Card games. Jogging. Walking. Climbing. Hunting. Fishing. Pool. Chess. WWF wrestling. Weight lifting. Auto racing. Shooting. Ornamental swimming, and for that matter any activities accompanied with music.

My listing is idiosyncratic but fair. I do not criticize groups 2 and 3. I have played cards, bowled, jogged, hunted, walked. Even tried fishing when my kids were young but was squeamish about putting hooks into worms. (Poor worms.) My wife came to the rescue.

Sports are important and deserve attention. They matter. It's never "just a game." We learn from them who we are, what we are, and what we value. I don't do fiction, but I have a story: A young man calls off his marriage, after a long drawn out and exhausting game of tennis between his fiance and her best friend. On the last point his fiance calls a ball out that was clearly in.

No doubt about it. I would call off the relationship, too.

Gardens And Parking



PERRY BEATON

Sherbrooke blue collar workers were out on the weekend weeding green spaces such as Howard's Park. Meanwhile, in a press release, a group of employees stated they'd attend Monday night's city council meeting to denounce the purchase of automated parking payment systems, for the downtown saying two full-time jobs will be eliminated with the move. The jobs, according to Syndicat Canadien de la Fonction Publique spokeswoman Lizette Dubé, were given to those who'd suffered accidents and were as yet unable to resume regular duties.

Life

INSIDE
Anna May Kinney
makes like
an insect
... on this page



PAGE 8 MONDAY, JUNE 4, 2007

NEWSROOM@SHERBROOKERECORD.COM

TEL: 819-569-6345; FAX: 819-569-3945

Buzzing around like bees

Hand-to-blossom pollination

If you had driven down our old dirt road this weekend, you might have caught a glimpse of two adults carrying extra long paintbrushes and small buckets of blossoms while climbing a ladder to reach one apple tree after another.

After three years of having extremely poor apple pollination, I decided to see what we could do to improve our odds. It seems that hand pollination is not impossible nor rare these days. Quite a few apple and other fruit producers around the world have already resorted to using this method to increase their yields, and there is a lot of talk on message boards that with the decrease in the bee population, orchards might have to hire people to help with the hand-to-blossom pollination.

There are quite a few different techniques to try, from importing bees, which is especially costly as the price of colonies has gone up so dramatically, to spraying fruit trees with a solution of sugar water to attract those bees who are around. In other orchards they actually spray pollen onto open blossoms.

But according to the experts, hand pollination is a much more effective way of doing things.

You can't do this kind of a job if you are afraid of bees, cause it's not that there are no bees at all. Way up on the ladder you'll find an assortment of wild bees from the size of a bumble to a variety half the size of the domestic honeybees. Sorry, I do not know their names. By the amount of air traffic activity you'd think these wild bees were enough



This is our columnist's "best apple tree."

ANNA MAY KINNEY

to do the job, and that is exactly what we thought last year.

SHORT WINDOW OF OPPORTUNITY

NATURE'S WAY

ANNA MAY
KINNEY

Apple trees are not self-pollinating, which means that they need another apple tree in the vicinity that can offer pollen for its female blooms. That is why you often see different varieties of apples grafted onto the same tree. This does make the job a bit easier for bees, but I wonder if it would be more confusing if we all had to resort to hand pollination. The way things are here, I know that each individual tree is different and all the blossoms on each are the same, so it's relatively easy to select a

bunch of blossoms and take them over to another tree to use for pollination.

When telling this technique to a friend, they envisioned my going with a paint brush, getting pollen on the tip and running to the next apple tree to daub those waiting blossoms.

There is a much better way to do this, without having to climb up and down every five minutes. I take my two best apple trees, which have way too many blooms, and remove some of the extras. Placing the first set of blossoms in a small pail, it's set in the shade, then do the same with the second tree. You must remove the blossoms before you pollinate them or their pollen would wind up being polluted by the tree you want to pollinate them with.

To the apple tree this process is not about supplying us humans with healthy fruit, it's about reproduction and creating as many baby apple trees as possible, so most trees put out more blossoms than needed in order to guarantee reproduction. The process of removing as many extra blossoms as one can serves two purposes. If all the blossoms are pollinated it drains the strength of the tree and many of the apples will wind up being extremely tiny; some will abort when the mother tree rejects them and you will find itsy-bitsy fruit on

the ground at the base of the tree. By taking off a few blossoms in as many clusters as you can, you will have a healthier tree in the long run producing larger, tastier apples.

If you are not taking the extra flowers for pollination, then about six weeks after the buds have bloomed you can gently remove some or all of the extra apples in each cluster, leaving only the largest, or choose a smaller one that looks more perfect. Once thinned the apples should be about 8 to 10 inches apart on the branches. (Other fruits such as apricots, plums, and pear also require hand thinning at times, but these fruits can be a bit closer at 6 to 8 inches apart.)

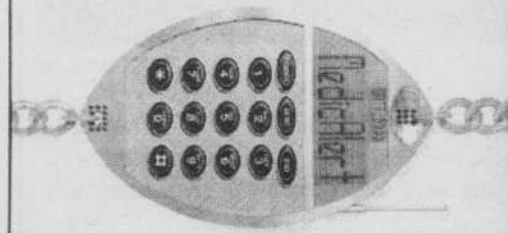
THINGS TO REMEMBER

Remember that a bee is an extremely tiny creature and his feet are even tinier. The amount of pollen he gets on his feet could pollinate many blossoms, so the amount you need on the end of your paintbrush is extremely small and a few of the blossoms you removed will pollinate many of another tree's flowers.

Now that we are fully aware of the decline of both wild and domestic pollinator populations, pollination management is becoming an increasingly important part of horticulture. To increase profits many crops that have traditionally depended entirely on chance pollination by wild insects now need pollination management — we're talking about crops such as almonds, pears, plum and cherry varieties, blueberries, cranberries, cucumbers, cantaloupe, watermelon, alfalfa seeds, onion seeds. This will not only affect the commercial farmer or our fruit trees; we may be out there hand pollinating our garden vegetables as well in the near future.

If you see a lot of bees and want to leave it up to Mother Nature, do make note this fall of how many apples you have from each tree. This will give you an idea if it's the lack of bees that is causing one tree not to be pollinated or maybe her location. That one tree might be the one to focus on next spring, but we must remember the blossoms are not open for a long time, rainy or windy days can reduce chances of natural pollination and the window of opportunity is small. A person has to be like a bee and buzz to it to get the job done on time.

Your emergency
medical
information
on call 24/7



 **MedicAlert**
ALWAYS ON CALL

www.medicalert.ca

For more information
1-800-668-1507

Laughing seems wrong, yet...

Smile, you're upset

By Shannon Proudfoot
CANWEST NEWS SERVICE

Matthew Ansfield was fishing with a group of high school buddies with too many lures in a small area. Suddenly, a hook sliced through his hand. His friends helped him, of course —

but only after they'd picked themselves up off the ground and gained control of their laughter.

The incident led Ansfield into a new area of study. "I started wondering if everyone did that, or if my friends were just freaks," says the associate psychology professor at Lawrence University in Appleton, Wis.

His research revealed that many people — especially men — react to distress by smiling, and the more upset they are, the more they grin. That's because people know on some level that "putting on a happy face" makes them feel better. Smiling can be a coping mechanism adopted under duress.

"People sometimes respond to their negative emotional experiences in paradoxical ways," Ansfield writes.

It happens in all sorts of everyday situations, he adds: people smile when they're hugely embarrassed, grin while being terrorized by a roller coaster, and smile or laugh while discussing their recently deceased spouse. The Smoking Gun, a website that archives all sorts of amusing documents, recently posted a photo gallery of people grinning widely while posing for police mug shots.

In Ansfield's study, published in the June issue of the Personality and Social Psychology Bulletin, 80 men and 80 women watched a selection of amusing, neutral or disgusting videos. The amusing videos included stand-up comedians, the neutral ones documentaries and the upsetting ones footage

such as the autopsy of a human eyeball or a tribe attacking a cow with bows and arrows, then drinking the blood spurting out of its neck.

Oddly, volunteers smiled 22 per cent of the time while viewing the disturbing segments — just as often as they showed a disgusted expression. Men smiled twice as much as women (30 per cent compared to 15 per cent), and they grinned even more (46 per cent of the time) while watching the upsetting footage with another man in the room.

Previous studies showed women smile more than men in almost every other situation, Ansfield says. Social expectations or "display rules" dictate that women are more emotionally expressive than men, so it's acceptable and even desirable for them to smile more. But in upsetting situations, men are expected to "be stoic" and smiling may provide a psychological release valve that allows them to keep their distressed feelings under wraps, he says — especially in the presence of another man.

"It's very difficult, as most of us know, to suppress our emotions," he says. "That's not an easy thing."

The irony is that smiling while upset might make people feel a bit better inside, but the "inappropriate" reaction causes others to view them as less socially acceptable and even less likable, according to Ansfield's research.

"Often people will say, 'Oh, that's terrible, I would never do that.' And

they may be right — they would never do that, they would cry, perhaps," says Dr. Howard Book, an associate professor of psychiatry who specializes in emotional intelligence at the University of Toronto. "But they're not really understanding what's going on in that person's mind at a deeper level."

When it comes to grieving, funeral service professionals learn to promote the idea that "everything is normal," says Sue Lasher, manager of Foster's Garden Chapel in Calgary. They see families laughing and joking their way through plans for a loved one's funeral, sobbing inconsolably or swinging wildly between the two, she says, and they don't judge any of it.

"Sometimes they'll say, 'You must think I'm terrible because I'm laughing.' And we say, 'No, you do whatever you need to do,'" she says. "We just have to make families understand that whatever they're going through is completely normal, and it's OK."

Budget victory costly for Charest government

By Kevin Dougherty
CANWEST NEWS SERVICE

Passage of the Charest government's \$61-billion budget Friday has killed threats of a July provincial election. The vote was 46 to 44, in what was an expensive victory for the Liberal minority government.

The Parti Québécois, with 36 Members of the National Assembly, holds the balance of power and used the prospect of a summer election to leverage \$161 million in additional spending for its priorities.

In exchange, 33 PQ MNAs sat out the vote, a solution suggested by Premier Jean Charest, as part of the 11th-hour deal to save his government and its budget from defeat in Quebec's minority National Assembly.

The government won as well, maintaining its election promise to cut income taxes by \$950 million, and refusing to use any of the tax-cut money to meet PQ demands.

"For us, it was a commitment," Finance Minister Monique Jérôme-Forget said.

The minister conceded \$50 million more for seniors' home care, a PQ priority, in her May 24 budget.

To raise the additional funds, Jérôme-Forget announced the corporate income tax rate for oil refineries and financial institutions will rise by

two per cent from 9.9 per cent to 11.9 per cent.

A total of \$110 million will go into home care, \$30 million to help students stay in school and \$21 million more will be invested in regional development projects.


The minister explained that the new tax won't have much impact on the oil companies and financial institutions, because the phasing out of the provincial tax in capital by 2011, will leave them paying \$50 million a year less in taxes.

But Gilles Taillon, finance critic for the Action démocratique du Québec, objected that the banks and oil companies would pass the tax hike on to consumers in the form of higher pump prices and banking fees.

Negotiations this week went nowhere, until Thursday's agreement proposed by Charest. The remaining members of the PQ voted against the budget to show its disapproval of tax cuts it says favour more affluent Quebecers.

Taillon noted that Quebec's debt has risen from \$111 billion, when Charest was first elected in 2003, to \$122 billion this year.

For many children and seniors...



epilepsy is a reality

EPILEPSY CANADA 1-877-734.0873
www.epilepsy.ca

It's Open House at Graymont!



Jean-Sébastien Labrecque, Chantale Desrosiers and Dario Carmel, members of the Graymont team.

Attention!
Reservations must be made for your time of visit at 450 248-3307 (ext.0) before June 8.

We, the Graymont team, are pleased to welcome you Sunday, June 10 from 9 a.m. to 3 p.m.

On the program:

- Guided tour of the quarry and limestone plant (length: 90 minutes)
- Organized activities for the entire family
- Hot dogs and beverages

Numerous door prizes

GRAYMONT
Bedford Plant
partner in the community

We cannot wait to meet you!

Business Directory

JTS ENTERPRISE **Entreprise JTS Enterprise**
 -General Construction & Renovation
 -Roofing & Siding
 -Licenced & Bonded Carpenters
 "For All Your Building Needs."

For A Free Estimate Call:
 Scott (819)212-1402 or John (819)565-1219
 P.O. Box 15, St. Lennoxville
 Sherbrooke, QC J1M 1Z3
 RBQ #8343-3037-43

Téléphoto
 foto source™

2 for 1 Digital Reprints
 With this coupon and for each reprint you order, get one free.
 (No minimum, no maximum)
 1 coupon per customer. Not valid with any other offer. Expires October 1 2007.

Free Film
 With the purchase of two FUJIFILM with process included, get a third free.
 1 coupon per customer. Not valid with any other offer. Expires October 1 2007.

218, Alexandre st. Sherbrooke 564-0033

Comptant
 Minutes.com

Need Money?
 Come buy-sell-trade any type of valued object!

2 addresses:
 9 Wellington St. N. 619 King St. E.
 819-566-3333 819-822-7777

UNIPRIX
 Aubé & Germain

- Vast selection of natural and homeopathic products.
 Orthopedic products - Free delivery


2261 King West, Sherbrooke
 Tel.: (819) 569-6304

GAGNON GUERIN CROOK
 BUSINESS ACCOUNTANTS

Chantal Touzin, CA
 Partner

155 Jacques-Cartier Blvd. South
 Sherbrooke (Quebec) J1J 2Z4
 Tel.: (819) 823-2453 ext. 228

Personal Finance Advisor


 Lynn Lambert
 lynn.lambert@desjardins.com

Caisse Desjardins des Métaux blancs
 Danville Services Centre
 39 Daniel-Johnson St.,
 P.O. Box 600
 Danville (Quebec) J0A 1A0

Desjardins Caisse des Métaux blancs
 Tel. 819-879-7168 ext. 230
 Fax: 819-839-2266

F. DAVIDSON PAINTING & ROOF REPAIR

- Roof, house & barn
- "Techno-seal" waterproof shingling
- Pressure washing
- Save on replacement of roofing
- Also good for tin roofs

30 yrs experience

819-868-1413

Arbres et Bois Goddard
 Stephen Goddard, prop.
 2830 ch. Robert, Cookshire-Eaton J0B 1M0

Bilingual Tree Service

- Tree maintenance
- Tree removal
- Stump removal
- Hedge trimming
- Shrub shaping
- Cabling & bracing
- Fertilization
- Planting
- Lot clearing
- Forestry
- Firewood
- Consulting

20 plus years experience

Member ISA & SIAQ

Free estimate - Fully insured

Tel.: (819) 562-1642 Cell: (819) 821-0425

Restaurant-Motel Impérial

Now open Wednesday: Ladies' Nite in May & June
 1/2 price on Shrimp/Beef/Chicken Kebab Plâtes

New owners

Fully licensed - 4 p.m. til closing - not available on specials

7 Fairfax, Stanstead 819-876-7698

Cadet 16 HP - 38"

1399

SCIE & CHAÎNE

CLAUDE CARRIER
 45 Craig St. South, Cookshire
 819-875-3847
 www.scie-carrier.com

Les Pétroles Ron H. Mackey Inc.
 Petroleum

Home Heating Oil • Gasoline • Diesel

1034 Paul Rd., Ascot Corner, Qc, J0B 1A0
 Tel.: 819-562-5848
 Fax: 819-562-2086

CiCi's Canine Coiffure
 Sara Hawe Smith

One-on-one dog grooming service in a pleasant and caring atmosphere, and lots of TLC!

39 Deacon St., Lennoxville
565-3817

BLUE SEAL THE ANIMAL NUTRITION CENTRE

• Pet food • Animal feed • Supplies

1730 Wellington Street South
 (former location of Geo. Delisle at 340 Queen, Lennoxville)
 Sherbrooke
 819-821-2152 Toll Free 1-877-348-1888
 Terry Winslow, Proprietor

ValEstrie Ford LINCOLN SHERBROOKE

3 good reasons why buying a Ford vehicle from Michael Page...

- Excellent Ford products
- Exceptional personalized service, before and after sales
- Canadian made, creating jobs for Canadians!!

www.valestrie.com
563-4466 office
842-2519 residence
822-8055 cell

Michael Page

CHEVROLET **Goodwrench Service**

For an honest transaction, with no fine print...

2007 Aveo **NEW CARS:** 555 Craig Street Richmond (819) 826-3721 1-800-263-9766

DYSON & ARMSTRONG Richmond, Québec

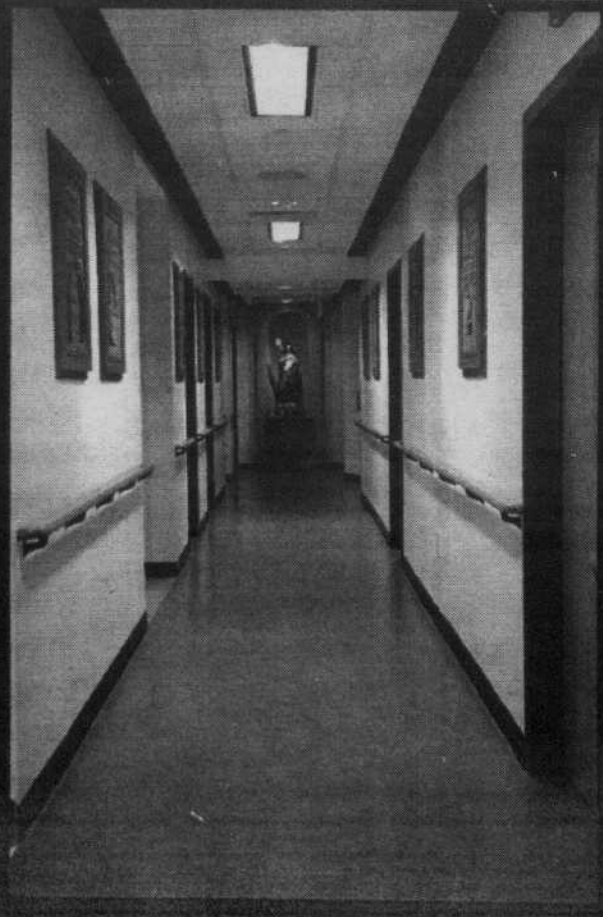
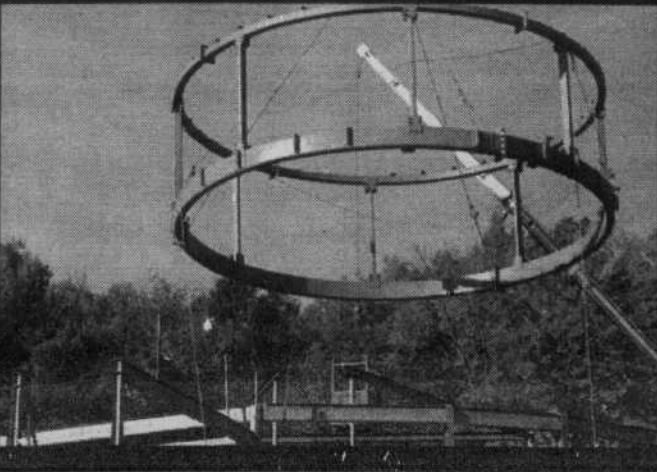
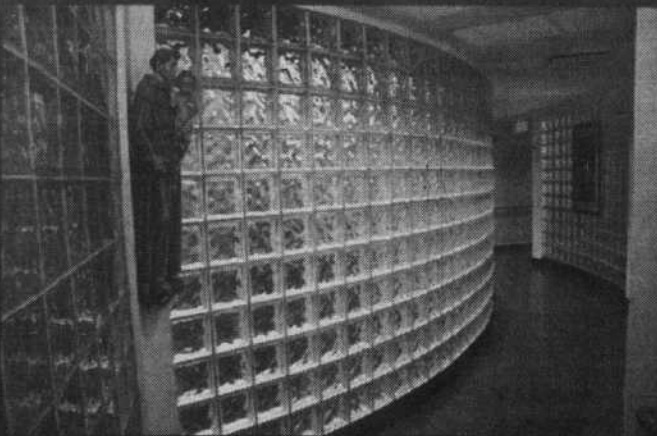
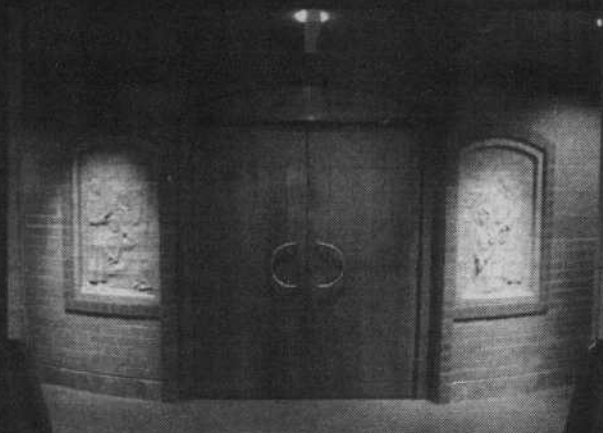
USED CARS: 614 Craig Street Richmond 819-826-3501

2007 Silverado

At your service for over 93 years!

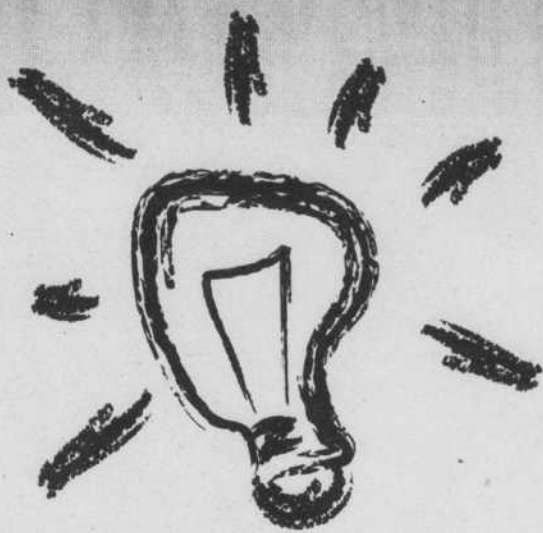
The abbey

Architect David Leslie provided The Record with photographs of the new Ste-Clare Abbey in Lennoxville, which replaced the old nunnery that burnt down in 2003. The cloistered Sisters of St-Clare are renting out a ground floor conference/reception hall that can accommodate 150 people.



Separating regular mood swings from cyclothymia

MAKE THE WISE CHOICE



Convert to the most convenient payment option for your **RECORD** subscription :

EASY PAYMENT PLAN

Only \$11.40/month*

Have your subscription payments automatically debited from your bank account. It's easy! Just fill in the authorization form below and attach your 'void' cheque.

MONTHLY BANK WITHDRAWALS

I (we) authorize The Record to process a debit from my (our) account on the second day of each month, beginning (month/year) _____
 I (we) have enclosed a blank cheque marked "VOID" which indicates account information.

Name _____
 Address _____ City _____
 Prov. _____ Postal Code _____
 Tel. (home) _____ Tel. (daytime) _____

Signature(s) of account holder(s): _____
 \$11.40/mth, taxes included, for all of Quebec.
 Outside rates are available upon request.



Mail to:
 P.O. BOX 1200
 SHERBROOKE QC
 J1H 5L6

For information call (819) 569-9528

THE RECORD

But there's little info

Many people know that depression and bipolar disorder (also known as manic depression), are serious mental health issues, but few have ever heard of a lesser-known form of bipolar disorder called cyclothymia or cyclothymic disorder.

Since there is little information available about this illness, many do not even know they have it, so diagnoses are still uncommon. Cyclothymia may lead to a full-blown bipolar disorder in 15 to 50 per cent of those who struggle with this condition, so it is important to raise more awareness. The earlier cyclothymia is detected and managed, the less it may interfere with one's life on the long run.

Prentiss Price, a psychologist from Georgia Southern University, has made a significant contribution with her highly informative and accessible *The Cyclothymia Workbook: Learn How to Manage Your Mood Swings and Lead a Balanced Life* (2004). She asserts that cyclothymia, a milder form of bipolar disorder, affects up to 1 per cent of the population, and typically begins in adolescence or early adulthood. It affects men and women more or less equally, and is characterized by mood swings that although not so extreme as in bipolar disorder, seem to fluctuate between feeling depressed and feeling hypomanic. When depressed, those with cyclothymia may withdraw, feel unmotivated, and be pessimistic; when hypomanic, they can be on top of the world and show outgoing and gregarious.

They also often experience feelings of irritability and annoyance, can easily get into arguments with partners, family members, friends, or colleagues, or may engage in risk-taking activities that can have far-reaching consequences on theirs as well as other people's lives such as spending too much, driving too fast, or making poor decisions. Whereas a more severe bipolar disorder typically needs medication, or even hospitalization, this is not necessarily the case for cyclothymia. Although the highs and lows are not as severe as in bipolar disorder, mood changes may be more frequent and less predictable, though. Sometimes, cyclothymia is mistaken for borderline personality disorder, which is also characterized by rapid mood swings.

The list of causes for cyclothymia is not yet conclusive, and more research still needs to be done. The consensus points in the direction of a combination of factors including genetics (a family history of mood disorders), biology (brain structure, neurotransmitters, medical conditions, effects of medica-

tions) and stress.

Treatments found to be beneficial for bipolar disorder are also appropriate for cyclothymia, including medications such as mood stabilizers, psychotherapy, or a combination of the

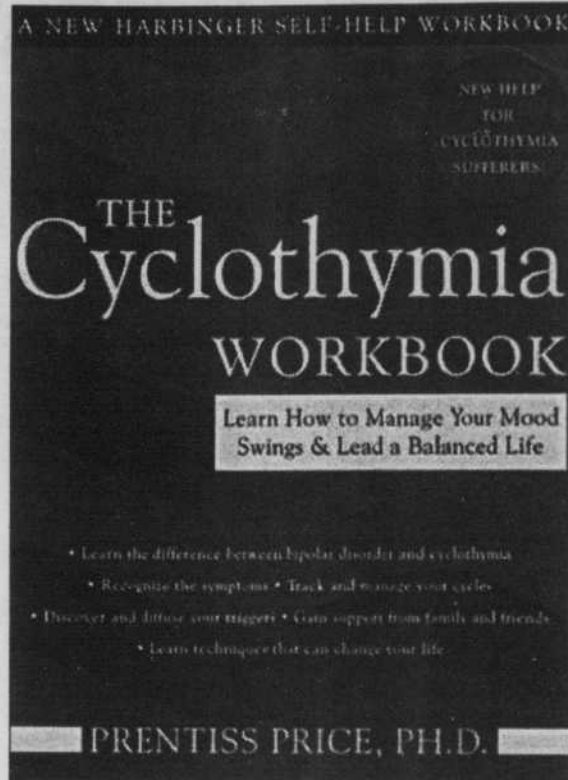
two. In terms of therapy, various approaches have been shown to be useful. In cognitive behavioral therapy, automatic and sometimes faulty thinking styles will be challenged, and strategies for symptom management addressed. In family therapy, based on the premise that the illness affects all, and the family affects the patient, interventions will be conducted with the whole family.

And in psycho-educational therapy, the focus may be on education about symptoms, effects, red flags, and stress management.

Some people diagnosed with cyclothymia could manage symptoms on their own if they would strictly adhere to the workbook. Many of the strategies and activities Price offers, including charts, are built upon the approaches above. Others function better with additional professional support to keep their lives balanced. There may also be related issues one wants help with, including enhancing social interactions, recognizing stressors that may lead to significant problems, or marriage counseling.

How can one be helpful to a loved one with cyclothymia? Encouragement and patience rather than rejection and criticism would help. Educating oneself about the illness would be an essential step in recognizing the daily challenges that he/she faces, as well as understanding that their mood swings just happen to them, and that they cannot control these nor snap out of them so easily as we tend to think.

LIES OUWERKERK, M.ED, MFT, IS A LICENSED INDIVIDUAL, COUPLE, AND FAMILY THERAPIST WITH A PRIVATE PRACTICE IN NORTH HATLEY.



THE RECORD Sports

INSIDE
The Impact
still
undefeated
... see Page 14

NEWSROOM@SHERBROOKERECORD.COM

MONDAY, JUNE 4, 2007 PAGE 13



DAVID ANDERSON

The Massey-Vanier winners crowded for a group picture.

Rhicard, Gasser, Lee top Massey-Vanier Athletic Award winners

*Wright, Michaud
cited for
achievements*

By Mike Hickey
SPECIAL TO THE RECORD

Jamie Rhicard and Felicia Gasser were named the Male and Female Athletes of the Year respectively at the annual Massey-Vanier Regional High athletic awards night held Friday in Cowansville. Rhicard was the Most Valuable Defensive Player on the senior boys' soccer team, as well as the Most Valuable Player on the swim team and the best back on the senior boys' rugby team. Gasser was selected as the best back on the senior girls' rugby team and the Most Improved Player on the senior girls' soccer team.

Jennifer Lee was the first ever recipient of the Robert Kay Commitment Award, given to a student athlete who has played a sport in each season since Grade Eight and has demonstrated a commitment to athletics during his/her high school career. The award is named after long-time teacher/athletic director/coach Bobby Kay, who is retiring this month.

The Paul Jordan Memorial Award for contribution to the athletics program was presented to Charlie Brooks and Kim Jacobs.



DAVID ANDERSON

PLEASE SEE MASSEY-VANIER ON PAGE 14

A night for the jocks.

MASSEY-VANIER:

CONT'D FROM PAGE 13

The Jake Vaughan Awards for outstanding achievement in athletics and academics were awarded to Wyatt Wright and Megan Michaud. Wyatt was team MVP for the boys' soccer team and maintained a 90 per cent average while taking advanced courses while Michaud had an 88 per cent average.

The Norm Burnham Memorial Trophy was won by Ian Garrick and Felicia Gasser.

Matthew Brown received the Barry Gage Memorial Trophy presented to a member of the senior boys' hockey team who demonstrated perseverance during the season.

The Steve Malue Memorial Plaques for Intramural Athletes of the Year were presented to Ophelia Gasser and Ben Martin in Cycle 1 and Ashley Newton, Lindsey Mae Johnson, Stephanie Rainville, Samantha Gagnon, David Pouliot and Dylan Bockus.

Olivia Robinson was named the bantam girls' soccer team offensive MVP while Genevieve Allen was the midfield MVP and Kayla Chamberlin received the dedication award. Nolan Rhicard was named the bantam boys soccer defence MVP while the Midfield MVP was Jared Murray and Dylan White was the offence MVP.

The junior girls' soccer MVP award was shared by Kayla Hey and Shannon Gavrilchuk while Elizabeth Jersey and Sarah Laduke were named the team's MIPs. Ben Martin and Justin Adams were co-winners of the junior boys' soccer defensive MVP award while Casey Enright was selected as the offensive MVP.

Ashley Hadlock was named the senior girls MVP on offence while Jennifer Lee was selected as the MVP on defence with the MIP award going to Felicia Gasser. Cody White was the senior boys' offensive MVP with Jamie Rhicard taking the defensive MVP trophy and Wyatt Wright receiving the overall MVP award.

The bantam girls' basketball MVP award for offence was presented to Olivia Robinson while Stephanie Boyer was named Defensive MVP and Jessica Hey the team's MIP.

The bantam boys' basketball MVP was Robert McGovern while Brent Wakeling was the MIP and the team's captains were Jared Murray and Eli Michaud.

The junior girls' basketball MVP award was shared by Summer Blumenfeld, Kaysi Lachapelle and Ashley Hadlock; Amanda Artus was named MIP.

Scott Hancock was selected as the junior boys' basketball MVP with Greg Ledoux picking up the MIP trophy.

The senior boys' basketball's MVP was Benoit Boyer while Zachary Roy received the MIP award.

Karina Champigny and Jessica Champigny were the bantam and midget swimming MVPs respectively while Jessica Campbell and Jamie Rhicard shared the honours for the seniors.

Goaltender Casey Enright was the hockey's team overall MVP while Josh Dunn was named the offensive MVP and Matt Brown the team's defensive



DAVID ANDERSON

Jennifer Lee was the first ever recipient of the Robert Kay Commitment Award, whose namesake was a bit overwhelmed.

MVP. Ben Martin was named the team's MIP.

Pascal Cote-Couillard was named the best wrestler while David Pouliot won the team's Guts award.

Jared Murray was the bantam badminton MVP while Ophelia Gasser was named MVP for the juniors and Samantha Gagnon and Ashley Newton shared the honours for the seniors.

Shannon Gavrilchuk was named best back and Johanna Kapelari the

best forward of the junior girls' rugby team.

Steven Kelly received the best back award and Charles Rumsby the best forward award for the junior boys' rugby team.

Emily Pominville was selected as the senior girls' rugby best forward while the best back went to Felicia Gasser

Charlie Brooks was named the senior boys' rugby team's best forward

while Jamie Rhicard was the best back.

Samantha Gagnon and Stephanie Rainville were selected as the female MVPs for the tennis team while Josh Dunn and Jesse Bryant were named the male MVPs. Kristy Bockus was named the female MVP of the track and field team while Greg Lee was the male MVP and Scott Hancock was the team's Most Dedicated Player.

Impact remain undefeated

Montreal to play in Sherbrooke
July 8th

By Mike Hickey
SPECIAL TO THE RECORD

The Montreal Impact and the Vancouver Whitecaps entered Friday's United Soccer League's Division I contest with the two best records in the league and after 90 minutes of action nothing had changed as the clubs battled to a 0-0 deadlock.

The tie allowed the Whitecaps to remain three points in front of the Impact although Montreal has played three fewer games and is still undefeated in seven, with a 4-0-3 record.

Nick De Santis had his 100th regular season game as the head coach of the Montreal Impact. His record is now 58 wins, 18 losses and 24 ties.

"Tonight you saw two very organized teams," said De Santis. "This game was very tight and we had the most opportunities, but it didn't want to go in. This was a high level game. We created occasions, but the Whitecaps didn't give us any space to move behind them. We had greater scoring chances on the second half.

"You understand why these two teams are on top of the league standings. This was a very positive game in general."

Goalkeeper Matt Jordan registered his fourth career shutout with the Impact and remains undefeated in seven games.

The Impact were forced to play without all-star defender Gabriel Gervais and midfielder Antonio Ribeiro, who are currently with the Canadian national team.

"We had to step up on the defence, as one of our best defenders in the team, Gabriel Gervais, was abroad representing Canada. This was probably one of the best teams this year in the league. I would say that Sebrango is one of the hardest strikers in the league to mark. We will get them next time for sure."

Montreal, which is playing a six-game stretch at home, will play two matches next week. The club will face the Minnesota Thunder on Tuesday (at 7 p.m. on CJAD 800 and USLlive.com) and the Portland Timbers on Friday (at 8 p.m. on CJAD 800, Télévision de Radio-Canada, FSW, and Sirius).

Despite the lack of scoring, both teams had good opportunities. In the 20th minute, forward Charles Gbeke, the team's leading scorer, headed the ball squarely on the crossbar.

Right before halftime midfielder Leonardo Di Lorenzo's centered the ball across the mouth of the net where Gbeke headed the ball high, but Whitecaps goalkeeper Tony Caig made a reflex save to block the ball with his fists.

Then in the final seconds of the game with the Impact pressuring, defender Hicham Aaboubou headed the ball from the top of the box. Goalkeeper Tony Caig made a partial save and the ball bounced off the crossbar. The ball returned to Aaboubou who headed the ball again, this time to the far left corner, but the shot was blocked by a Whitecaps defender on the line.

The Impact will play a regular season game in Sherbrooke on July 8 when they host the expansion Carolina RailHawks at the University of Sherbrooke stadium.

Obituary

EARLENE WARK GILKER

Earlene Maude Wark was born in Leeds, Megantic County, Quebec on New Year's Day 1914. Her death occurred at the Centre d'hébergement de la Baie, New Carlisle, Quebec (where she had spent the previous five months) on Saturday, March 24, 2007. The eldest daughter of Emma McVety and Alfred Wark, she was predeceased by her husband James Harold Gilker of New Carlisle, her brother Alan Wark and sisters Alice, Phyllis, Hazel and Irene. She leaves to mourn her daughter Valerie Gilker, grandson Julien Gilker Castilloux, sister and brother-in-law Louise and Wyatt Savage, sister-in-law Roberta Baldwin, brother-in-law Gordon Shaughnessy and numerous nieces and nephews.

The service to celebrate her life was held on March 30, 2007, at St. Andrew's Anglican Church, New Carlisle, and interment will take place at a later date in Knox Presbyterian Church Cemetery, New Carlisle.

Following her husband's death in April 1996, Earlene was able to remain in her own home until she was well into her 93rd year thanks to several home-care providers. These angels made her life a joy and cared for Earlene as if she were their very own mother.

As a retired teacher she took great delight in the achievements of former students and was rewarded each summer when many dropped by for a visit and report on their most recent doings.

A great motivator and source of inspiration to many has departed this Earth, but her example and influence will live on in the memories of family and friends.

Richmond Hill W.I. hold social afternoon

"We just want to have fun," said over forty people on Thursday afternoon, May 31, as they gathered at the Valleyview Hall to help the ladies of Richmond Hill Women's Institute hold their first Social Afternoon of the season.

Games got underway and rewards were given out to Dot Thompson, Sue Nichols, Daisy McGee, Jean Storry, Clara Boisvert, Margaret Laroche, Grace Taylor, Mary Lockwood, Christina Blake, Dolly Wilkins, Marjorie Smith, Shirley Nelson, Elsie Mills, Lucille Hodge and Alton Mills. Four special games were won by Mattie Banfill, Jean Storry, Vincent Farant and Doris Stevens. Two ladies were "awarded" booby prizes, Doris Stevens and Joan Morrison. The final game of the afternoon was won by Shirley Nelson. A well-filled round bushel basket went home with Christina Blake.

Relaxing conversation was enjoyed while everyone ate the delicious lunch, waiting for the rain to ease up so they could wend their home again.

Jean Storry,
Publicity Convenor

In Memoriams

WRIGHT, Murray - In loving memory of a dear husband, father, poppie and great-poppie who passed away June 4, 2006.

ON THE OTHER SIDE OF DEATH

Death is a gateway we all must pass through

To reach that fair land where the soul's born anew.

For Man's born to die and his sojourn on earth

Is a short span of years beginning with birth,

And like pilgrims, we wander until death takes our hand

And we start on the journey to God's promised land.

A place where we'll find no suffering or tears,

Where time is not counted in days, months or years.

And in that fair city that God has prepared

Are unending joys to be happily shared

With all of our loved ones who patiently wait

On death's other side to open the gate.

Loved and always remembered.

SHIRLEY (wife)
FRED & ALYSON
SANDRA & WAYNE
MARK & KAREN
(children)
GRANDCHILDREN and
GREAT-GRANDCHILD

ALLAN - In loving memory of our parents, Jack and Edith Allan. Dad who passed away June 4, 1956 and Mother on May 6, 1979.

Our loved ones never leave us
For in our hearts they stay -
A part of us forever
That never fades away.

Fondly remembered by
LAWRENCE, AUDREY
AND FAMILY

Graveside Service

ROWE, Gordon - A graveside service for Gordon Rowe will be held at the Westbury Cemetery on Wednesday, June 6, 2007 at 2 p.m. with the Rev. Sister Mary Florence Liew officiating. For information call Cass Funeral Home 819-564-1750, www.casshomes.ca

Cemetery Meeting

HUNTINGVILLE

The Huntingville Cemetery Association will hold their meeting on June 4, 2007 at 7 p.m. in the Huntingville School Hall.

Danville

Marlene Brown

Recent guest of Maroin Sutherland was her daughter Catherine and brother-in-law Jim from Kingston, Ontario.

The community was saddened by the death of Bonnie (Findlay) Laxson, a former resident of Danville.

Deaths

CONNOR, Dorothy (nee Twyman) - Passed away on June 2, 2007 in her eighty-first year, after a lengthy illness, at Hilltop Manor in Merrickville, Ontario. Beloved mother of Gary (Lesley), Barbara, Steve and Jill (Robert Smith). Dearest grandmother of Kim, Christopher, Kasey and Phillip. Loving great-grandmother of Sydney and Kelsey, Ian and Lucas, and Ethan. Dear sister of Marjorie of Calgary, Alberta. The family would like to thank the staff of Hilltop Manor for their devoted care. A memorial service will take place on Wednesday, June 6 at 9:00 a.m. at St. Anne's Anglican Church, Eastons Corners, Ontario, Reverend Ryan Sim officiating. In lieu of flowers, donations to the Heart and Stroke Foundation or the Alzheimer's Association would be appreciated.

RICK, William Sadler - At the Markham-Stouffville Hospital on May 31, 2007 in his 80th year. Husband of Miriam (Carmichael) for 58 years. Proud father of Wilma (Gar), Janet (Denis), Norma (Brian), John (Barbara), Anne (John), Jill and the late Robert Allen. Survived by his sister Eleanor Besmargin (Maleck), sister-in-law Sue Carmichael and 19 grandchildren and extended family. Bill was the son of Ned and Dorothy Rick of Danville, Quebec. Following a short stint in the Canadian military at the end of WWII, Bill worked for Johns-Manville Canada, then attended Sir George Williams University before joining Reynold Chain in Quebec City. In the midst of starting a family with Meum, Bill founded HP Power Drives Ltd. in Montreal with his friends George Tratt and the late John Griffin. In the 1970s, Bill combined his passion for politics and his love for his family by seeking election as a commissioner and then Chairman of the Eastern Townships Regional School Board. Bill was also an active member and Trustee of the Trinity United Church in Danville. The 1960-80s were busy years as the Danville home became the base for the growing family (plus pets!). In the 1980s, Bill retired from Power Drives and he and Meum moved from Danville to Brockville where he pursued his love of sailing as a nautical navigator by competing in the Marion to Bermuda Yacht Race. Later on, between world travels, Bill and Meum relocated to Port Perry where Bill and Meum enjoyed the expanded family and closely followed politics. Bill's was a life truly well lived. The family would like to thank Drs. Newton and Selucki and the caring staff of the Markham-Stouffville Hospital. Funeral arrangements entrusted to Irvine Funeral Home, 4 James St., Brockville. Funeral at St. Lawrence Anglican Church, Pine and Park Streets, Brockville at 11:00 a.m. on Monday, June 4. Memorial service and interment in Danville, QC to follow. In lieu of flowers, donations to the Markham-Stouffville Hospital Foundation (905-472-7059) would be appreciated.

"Farewell my friends
Farewell my foes!
My peace with these
My love with those.
The bursting tears; my heart declare;
Farewell the bonnie banks of Ayr"
-Robert Burns

Death

WHITEHOUSE, Mr. Sydney Earl (1919-2007) - At the Granby Hospital, on May 30, 2007, at the age of 87 years, husband of the late Hazel Bressette. Survived by his son: Glenn; his sister-in-law: Edna Irwin (Frank Roger); also survived by his nieces, nephews, other relatives and friends. The cremation was held in Granby at Les Jardins Funéraires Bessette crematorium. A graveside service will be held on Monday, June 4, 2007, at 2 p.m. at the Pinewood cemetery in Granby. Funeral arrangements: Les Jardins Funéraires Bessette, 997, des Colombes (corner St-Jude N.), Granby, QC. Tel. : (450) 777-1171 or 1 888 730-6666; Fax : (450) 777-4393 www.famillebessette.com

Colin III ⁽⁷⁾

Excited, of course,
As she hitched the horse,
This one day they would all get to ride.
He chattered away,
This September day,
As her fears she struggled to hide.

Should he be told...
Of the reception cold ...
That awaited this warm sunny day?
Or let him find out,
What life's all about,
His heart would be broke either way.

So, her conclusion,
Why spoil the illusion,
Let him have these moments sublime.
He'll find soon enough,
That his life will be tough,
She's just pray that the day would go fine.

The teacher was new,
And she hadn't a clue,
Of the storm that circled her head.
But she had been raised,
By a mother she praised,
With a birthmark all ugly and red.

Her heart overflowed,
As she heard of the load,
This mother had stored in her heart.
She gently assured,
There'd not be a word,
And she'd discipline right from the start.

She couldn't believe,
Yet wasn't deceived,
By the luck that her had befallen.
The way would be smoother,
But that didn't fool her,
She still feared for her baby named Colin.

The teacher though fair,
Couldn't be everywhere,
And at noon she was preoccupied.
This poor harried lass,
Had to plan her next class,
As the kids ran and gamboled outside.

Wayne Robinson

Your daughter needs to be protected

Dear Annie: My 10-year-old daughter, "Paulina," is complaining about a class mother bullying her. Paulina said this woman elbowed her once when no one was around, and another time, while dishing out hot lunches, she gave my daughter less than the others and purposely slammed a door in her face.

This woman's daughter is in the same grade as Paulina and has done similar things. I spoke to the principal and asked that the girls be separated. He agreed, although the school staff is not on top of the situation. They think this woman is wonderful, but I know she is manipulative and I have heard her lie.

It's OK that this woman doesn't like my daughter, but it is an abuse of power for her to treat my child like this. I have no proof of what she is doing, and the school might not take my side. How can I protect my daughter? — Honolulu Mom

Dear Mom: There's not much you can do over the summer, but when school is back in session, return to the principal and insist that, proof or not, your daughter needs to be protected. The woman should be told to keep her distance from Paulina, even if the only reason is because she makes the girl nervous. Then speak to Paulina and tell her to steer clear as much as possible, or have friends around. If the woman elbows her or slams a door in her face, Paulina should yell "OW!" as loudly as possible and attract some attention. Teaching Paulina to stand up for herself will be good for her confidence — and a nuisance to the bully.

Dear Annie: Recently, while reading the paper, my wife came across the obituary of my stepfather. Talk about a shock! My siblings did not even include me in the family listing of survivors. I

was devastated and angry.

When I called my sister, she said these were our stepfather's wishes, because I had "deserted the family." I admit I haven't been around much, but with good reason. Thirty years ago, I was in the Army. When I came home for Mom's funeral, my stepfather shunted me off to relatives in another town. It was all downhill from there.

After my discharge, I lived in another state, married and had three great kids. I kept in contact with my family and visited occasionally, but they never saw my home, despite frequent invitations. I moved back to their town 13 years ago. Not one of them called or came by. When my stepfather saw me on the street, he acted as if he didn't know me.

In my stepdad's will, I was given \$100, while my siblings got thousands. Do I have grounds to sue them? — Hurting in Brevard, N.C.

Dear Hurting: Maybe, but you might not win. And even if you did, it won't make up for the pain of knowing your stepfather and siblings cut you out of the family. If you want to sue, talk to a lawyer about the details, but either way, please get some short-term counseling to help you make peace with the situation.

Dear Annie: My aunt wears perfume, and it is so strong, it almost makes me choke. I am not sure she can smell it. I'm afraid to tell her about the odor, as it will strain our relationship.

Let people know there is a difference in strength between eau de toilette and perfume, and with perfume, a little dab is all you need. — Choking in Memphis

Dear Choking: Your aunt's sense of smell may not be as acute as it once was,

Annie's Mailbox

and it could take a lot of perfume for her to notice that she's put on enough. Tell your aunt that you've become very sensitive to chemical odors, and you're asking all your friends to wear less when you're around. You could even buy her a small bottle of her favorite scent in an eau de toilette or body lotion to make it easier.

Dear Annie: I have nine siblings ranging in age from 42 to 59. We have our ups and downs and I've usually been able to remain neutral in most of the skirmishes. My mom always called me the peacemaker.

Two years ago, my younger sister, "Donna," had a falling out with my older sister, "Marsha," with whom she used to be very close. As far as I'm concerned, they were both wrong. Marsha apologized to Donna in an e-mail that was copied to the entire family. Donna accepted the apology, and we all thought the storm was over.

Unfortunately, Donna continues to be hurtful and disrespectful toward Marsha, to the point where she won't sit in the same room with her. I've had numerous discussions with Donna about burying the hatchet, but she will have no part of it.

Recently, I received a birthday invitation for Donna's 5-year-old daughter. I found out Marsha has not been invited. I am having a hard time accepting this invitation because it feels as if Donna is forcing me to choose sides. Marsha has told me to go anyway and not upset Donna or her daughter. My other siblings are split 50-50.

My 4-year-old wants to go to her cousin's party, but my inclination is to decline and send a gift. But if I tell Donna why I'm not coming, I know she

will become angry with me. I think it's worth the risk if it helps put an end to all this nonsense. Am I right to take a stand, or is it not my battle? — No Elephants in Arizona

Dear Arizona: It's not your battle. Donna knows you don't approve of her behavior. Nonetheless, there is no point punishing your niece and your daughter because Donna is immature and vindictive. Go to the party, be nice to the birthday girl, and don't stay too long. Later, let Donna know you do not appreciate the family rift she is creating and you hope she will get over her snit fit soon.

Dear Annie: So what do you do when you see a boy, perhaps 10 years old, with his parents, wearing a shirt that says, "Tell your boobs to stop staring at me"?

I sat in mute shock. I wanted to tell those parents they had serious mental problems if they thought such a shirt was appropriate for a child that age. It would be vulgar enough on an adult. I shudder to think what that young man's attitude will be toward women when he gets older.

Is there an appropriate response, other than shaking one's head and saying, "That poor child"? What were these parents thinking? I guess the answer is obvious — they weren't. — Saw It at the Zoo

Dear Saw It: Too many parents think this sort of thing is cute or funny, without realizing what they are subliminally teaching their children and the conclusions others draw about them and their parenting skills. Your initial response was perfect.

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

Polymyalgia might be misdiagnosed

DEAR DR. GOTT: My wife has been afflicted with polymyalgia for the past four years and has been under the care of numerous medical doctors. Their only remedy is to prescribe prednisone in dosages of 5 milligrams to 30 milligrams. She has followed their instructions to the letter but has been steadily losing the struggle.

Her current doctor has deduced that prednisone is not helping her condition and has taken it off her menu. Now she feels even worse and is becoming so weak that she can hardly walk from one room to another at home. In addition, she is in constant pain. She has been treated by a doctor who specializes in pain management, with no improvement. So far, none of the widely acclaimed painkillers have helped her condition.

We are becoming desperate for proper guidance and effective treatment to mitigate the impact of this terrible disease, and we are hoping that you can help us.

DEAR READER: One of the characteristics of polymyalgia is that the muscle pain usually responds dramatically to

steroid drugs, especially prednisone, so I'm confused about why your wife failed to respond to prednisone. Perhaps she doesn't have polymyalgia. I urge you to seek a consultation with a rheumatologist, who should be able to sort matters out and prescribe appropriate medicine to reduce muscle inflammation and pain. Your wife shouldn't need to suffer unnecessarily.

DEAR DR. GOTT: Several years ago, I had a sleep study and was prescribed a CPAP mask. After nine months, I gave up on it. My wife said she thought she was sleeping with Darth Vader. The success rate must be extremely low for the mask. It's noisy and cumbersome. I tried something that worked for me and could work for others. I use a Band-Aid to tape my mouth shut before I go to bed. You can't snore with your mouth closed. My wife says I haven't snored since I started doing this, and I don't even know I have the Band-Aid on until I get up in the morning.

DEAR READER: This is an intriguing



PETER H. GOTT, M.D.

option for people who snore or have sleep apnea. Readers, if you try this, please let me know the results, both pro and con.

DEAR DR. GOTT: Thanks to the person who wrote to you about using Sally Hansen's nail hardener to remove skin tags. It really works.

DEAR READER: Thanks for writing. I have yet to hear from other readers. So, readers who have tried this novel remedy, please let me know whether it worked for you.

DEAR DR. GOTT: As a regular reader of your column, I am a bit surprised at your lack of technical inquisitiveness when you respond to your correspondents with "I haven't a clue" why an alternative therapy works.

As an engineer, I know there are analytical techniques available to analyze materials for their content, such as gas and liquid chromatographs and mass spectrometers, that will identify elements of substances to give identity to the elements that are responsible for the success of alternative therapies.

Perhaps analysis of this type could

lead to other therapies to benefit your readers.

DEAR READER: To a large degree, I rely on medical studies to assess whether, for example, a certain medication is safe and useful. In my experience, alternative doctoring and therapy have not been studied — and I doubt that they ever will be scrutinized scientifically. Therefore, my "lack of technical inquisitiveness" stems from a lack of information.

Also, if an alternative therapy is safe, effective and inexpensive, I have no problem informing readers (and my own patients) of this fact, without mass spectrometers. Results are what I am looking for, not rigorous technology. Once the necessary testing has been reported, I will be glad to modify my opinion, but, at this point, such testing is not on the horizon.

Finally, I am not ashamed to admit when I am stumped by a medical challenge. I am willing to research the issue, bring in help from specialists and — if necessary — refer my patients (and readers) for opinions from doctors smarter than I.

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: V equals P

"X'HK SKKA FKWK JN RNAU ZFBZ GFKA X UNZ FKWK ZFK EKBE JKB GBJA'Z KHKA JXOP." - BRBSBLB SBJPKZSBRR ONBOF GXLV JBAEKWJNA

PREVIOUS SOLUTION - "I never put off till tomorrow what I can possibly do the day after." -Oscar Wilde

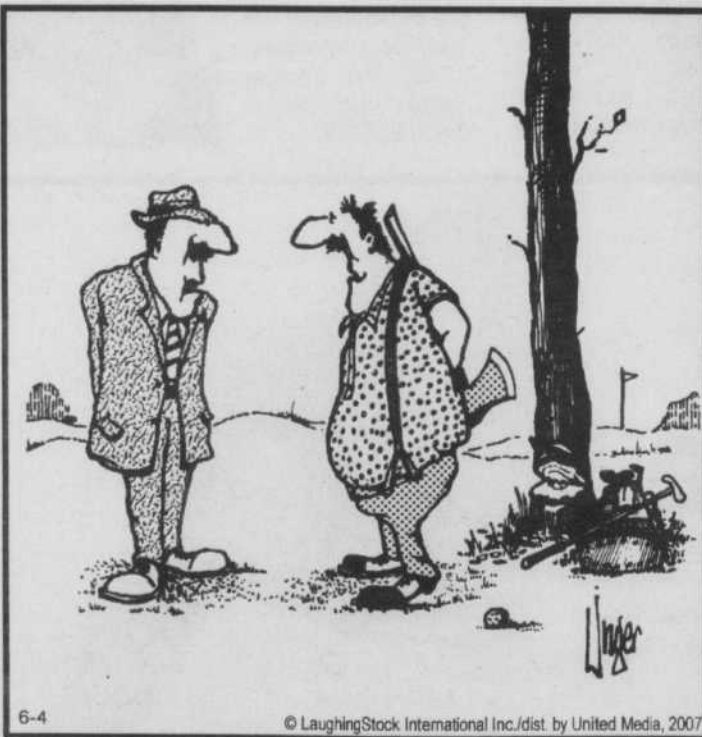
(c) 2007 by NEA, Inc. 6-4

KIT N' CARLYLE

kitncarlyle@comcast.net



HERMAN



"You must be the new member."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check for Health Check™

11:16 PM The paramedics arrive. MedicAlert SPEAKS FOR YOU 1-800-668-1507 www.medicalert.ca

CLASSIFIED

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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

- 001 Property for Sale
- 100 Job Opportunities
- 100 Job Opportunities
- 145 Miscellaneous Services
- 155 Travel
- 275 Antiques
- 290 Articles For Sale
- 430 Personal

COSTA RICAN HOME SITES! Amazing mountain, river, Pacific ocean views. Clubhouse. Gated community! 1.25 acre lots. From \$50,000 (US). Brokers welcome! 954-446-3305; www.joyapacifica.com

035 For Rent
CLASSIFIEDS NOW ONLINE!
www.sherbrookerecord.com

LENNOXVILLE - James Street. 2 1/2, 3 1/2, 4 1/2. Heated, hot water, fridge, stove. No pets. Call 819-565-7692.

045 Room Mate Wanted
65 YEAR OLD WOMAN seeking man (non-smoker) to share very nice apartment in Sherbrooke's North Ward, Ontario Street. Parking, superb backyard. All inclusive (except food), \$350. per month. Available July 1. Call 819-829-0779.

050 Rest Homes
PRIVATE ROOMS available for seniors in family home, 5 minutes from Lennoxville. Home cooking, doctor on call. For more information call 819-563-1388.

EXPERIENCED FARMER WANTED for Eastern Townships Farm. Exciting, long term opportunity for a serious, country loving individual or couple. Responsibilities include: Haying, syrup, attending to horses, beef cattle and over all maintenance of the property. Interesting remuneration offer and living accommodations a possibility. The ideal candidate is a motivated, energetic individual with a farming background who has experience maintaining farm equipment and machinery and also exhibits a sense of entrepreneurship. **Serious candidates only.** Contact info: fax 450-664-2640, e-mail: farmjob2007@yahoo.ca

JOB AT HOME, \$487.68 weekly. Mail work, assemble products or computer work. Get free details at: www.TopJobReview.com, or write to CHR Jobs: 372 Rideau Street, # 916, Ottawa, ON K1N 1G7, Reference A22

MOTEL LA PAYSANNE seeks experienced Chambermaid, more or less 25 hours week-ends and weekdays. Present yourself with your C.V. at 42 Queen St., Lennoxville. 819-569-5585.

THE WHITE HOUSE is currently accepting applications for Caregivers. Send your C.V. to 451 Dufferin, Stanstead, QC, JOB 3EO or call 819-876-2013.

WORK ONLINE at home. 23 people needed immediately. Earn a part or full-time income. Apply free online and get started! www.wahcanada.com 1-800-807-5176.

130 Courses
MARITIME DRILLING SCHOOLS entry-level training for land and offshore oilrigs. Excellent wages, benefits and opportunities to travel the world. June 25-July 14, 2007 / July 23-August 11, 2007. Information contact: 1-866-807-3960, www.mdslimited.ca.

140 Professional Services
GRAPHIC ARTIST Need help with your advertising? I do brochures, posters, logos, business cards, letterhead, CD/DVD covers. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@sympatico.ca

ROOFING & REPAIR Also gutter repairs and cleaning. Call Ian Perkins at 819-578-1910.

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

150 Computers
Have a computer to sell? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525.**

NEW LOADED COMPUTER only \$0.99/day! Everyone's approved*. Get a loaded MDG computer with an Intel Core2 Duo only \$0.99/day. Includes everything you need: 1 GB RAM, 250 GB HD, 19" LCD flat panel, Windows Vista and a Free printer / scanner / copier (*call for conditions). 1-800-791-1174.

155 Travel
BUSINESS OR PLEASURE. Seven minutes from Parliament Hill, Ottawa. Motel Montcalm is your perfect solution for short or long term stay. Phone 1-888-568-0144. www.motelmontcalm.com.

155 Travel
TIMESHARE RESALES - Luxury Vacations. Buy, sell, rent. Anywhere in the world. Up to 70% off retail! Rapid resale. Call today, relax tomorrow! Toll free 1-800-752-5714.

190 Cars For Sale
1997 SUBARU LEGACY AWD Wagon, automatic, red with gray interior, 4 winter tires on wheels and 4 summer tires on mags, new brakes, high mileage but it's a Subaru, clean inside and out. Asking \$3,995. Private seller, one tax. Info: 819-846-3087 or 819-566-0446.

2005 MAZDA TRIBUTE 4X4, V6, automatic, fully equipped, charcoal, 15,000 km., warranty until 80,000 km., 16" mags, 8 tires, trailer hitch. Woman driver. \$21,000. Call 819-842-3046.

CLASSIFIEDS NOW ONLINE!
www.sherbrookerecord.com

195 Trucks For Sale
2005 FORD ESCAPE XLT, 4x4, "No Boundaries" Edition, V6, 45,000 km., a/c, CD, mags, roof rack, running boards, fog lights, 1-1/4" hitch, excellent condition. Balance of lease, \$363. per month + taxes until July 2008. For more information call 819-864-6175.

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

Classifieds
(819) 569-9525
(450) 242-1188

290 Articles For Sale
#1 HIGH SPEED internet \$18.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 5 Mps download and 800Kbps upload. Order today at www.acanac.ca or call toll free 1-866-281-3538.

BATHROOM CABINET, white melamine, 6 ft, double sink, faucets incl., like new. 2 years use. \$275. neg. Call 819-566-0446

POOL TABLES starting at \$1,395. All made in Quebec! - 40 models. Soccers, shuffleboards, game tables, poker chips, etc. The biggest manufacturer in Canada. www.canadabilliard.com. (450) 963-5060.

POOL WOOD HEATER. L.S. Bilodeau. Increase your pool temperature by 10 to 15 degrees F, approximately 8 hours. 250,000 BTU. New model 2007. Smoke free. Tel: 418-484-2013, 1-888-557-4767, www.lsbilodeau.com.

290 Articles For Sale

WHITE WICKER LOUNGE chair, \$225. Call (450) 242-1937.

294 Events
CLASSIFIEDS NOW ONLINE!
www.sherbrookerecord.com

425 Bus. Opportunities

COKE/M&M VENDING. Do you earn \$2500 per week? 30 locations available. 1-800-367-8409 (24 hrs) ext. #3178

MATTRESS CLEANING and sanitizing business. 4,300 European dealers. New to Canada. Removes dust mites and harmful allergens. Big profits, small investment. Hygienitech 1-888-999-9030 www.hygienitech.com

This is creating MILLIONAIRES! Earn \$1,000 daily with absolute proof! 97% of this business is automated! "Three Step Success System". 24hr info line: 1-800-887-1897.

430 Personal
BELIEVE! Exceptional Psychics! Love * Money * Life. \$2.99/min. 1-900-677-5872, 18+, 1-877-478-4410 Visa / MC / Amex. / Direct Deposit. www.mysticalconnections.ca

440 Miscellaneous
A CRIMINAL RECORD will affect your employment opportunities. A pardon removes your criminal record. To remove your criminal record, call now toll free 1-8-NOW-PARDON (1-866-972-7366). www.PardonServicesCanada.com.

Want to find the car of your dreams? Look in the classifieds!



Want your ad to stand out?
For **.50** a word - **bold** it.


Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE RECORD



Your Birthday

Monday, June 4, 2007

Successful involvements are likely with those you've helped and been considerate to in the past. Something rather outstanding could develop through one to whom you were kind.

GEMINI (May 21-June 20) — If you find yourself absentmindedly spending more than your budget allows, stop and remember that the bills will eventually come due. Don't set yourself up for buyer's remorse.

CANCER (June 21-July 22) — Generally, people you treat politely will respond in kind, but don't be surprised if you get some rude reactions from those you forgot to thank or say please to in the past.

LEO (July 23-Aug. 22) — There's a strong possibility you could go out of your way to help someone who won't be as appreciative as he or she should. Don't let this person's ingratitude sour you on everyone.

VIRGO (Aug. 23-Sept. 22) — An acquaintance who isn't well received socially might try to ride your coattails and involve him/herself in a matter that is personally important to you. Don't let it get out of hand.

LIBRA (Sept. 23-Oct. 23) — It's fun to be different at times, but it is to your benefit to dress and conduct yourself in harmony with your peers. Deliberately setting yourself apart could be an error in judgment.

SCORPIO (Oct. 24-Nov. 22) — When it comes to either work or play, guard

against a tendency to follow the path of least resistance. If you don't apply your best efforts, it'll be reflective in the results.

SAGITTARIUS (Nov. 23-Dec. 21) — Be careful letting just anyone handle the collective monies of the group. The wrong person may use them to take care of a personal problem, leaving no funds when they are needed.

CAPRICORN (Dec. 22-Jan. 19) — Showering an associate with perks in order to encourage cooperation could be a mistake. This person might expect the same treatment as standard procedure from here on.

AQUARIUS (Jan. 20-Feb. 19) — Usually everything you do is done with taste, artistry and imagination, but these fine qualities could be dormant. You could behave or dress in ways that are quite unbecoming.

PISCES (Feb. 20-March 20) — Be particularly careful about how you handle a sensitive friend who holds you in high esteem. This person's feelings could be hurt if you show signs of taking him or her for granted.

ARIES (March 21-April 19) — Simply being what you are will be far more effective and becoming to you than trying to imitate someone else's style. Don't attempt to play a role that doesn't suit you.

TAURUS (April 20-May 20) — We all enjoy compliments, and you'll get your share. But be careful because you may not be able to discern between sincerity and manipulative flattery.

Monday, June 4, 2007

Is the risk worth taking?

By Phillip Alder

Bridge is not a game for cowards. On occasion, however, caution is clearly correct. At other times, though, you must decide whether to take a calculated gamble. Look at the East hand in the diagram. Despite your one-heart overcall, the opponents barrel into six spades. Would you double, asking partner to lead a diamond, the first suit bid by the dummy?

East might have overcalled two no-trump, the Unusual No-Trump, showing at least 5-5 in hearts and clubs, the two lowest unbid suits.

If West does as asked and your heart ace stands up, you will defeat a slam that would presumably succeed on the heart lead that partner would probably make without your double. Do not fear that an opponent has a red-suit void; that is extremely unlikely. But there is another risk — what is it?

At the table, East did double six spades, which seems the percentage action to me. When it was passed out, West led the diamond six, East ruffed, then cashed the heart ace for down one.

Plus 100 was much better than minus 980, the result on a heart lead. But South should have taken heed of the warning sign and retreated to six no-trump. Note that

North 06-04-07			
♠ K Q 8 3			
♥ 7			
♦ A K Q 10 9 3			
♣ A 2			
West			East
♠ 7			♠ 5 4 2
♥ 8 6 4 3			♥ A Q J 10 9
♦ 8 7 6 4 2			♦ —
♣ J 10 9			♣ K 8 7 4 3
South			
♠ A J 10 9 6			
♥ K 5 2			
♦ J 5			
♣ Q 6 5			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
1 ♠	Pass	1 ♦	1 ♥
5 ♦	Pass	4 NT	Pass
		6 ♠	??
Opening lead: ♦ 6			

that contract cannot be defeated, declarer having five spades, six diamonds and one club on top.

Finally, why did West select the diamond six, not a top-of-nothing eight? Because when you are giving partner a ruff, your card sends a suit-preference signal, telling him where your potential re-entry lies. With no entry card, West led his middle diamond.

CROSSWORD

ACROSS

- 1 Title
- 5 Thin cookie
- 10 Elegantly stylish
- 14 Greek god of war
- 15 Breathing
- 16 Leftover meal
- 17 Lewis & Clark discovery
- 19 Otherwise
- 20 Sturdy fabric
- 21 Dark and gloomy
- 23 Halfway, briefly
- 25 Rockpiles at bases of cliffs
- 26 Sports drink
- 31 Cotillion gal
- 32 "Roses ___ red..."
- 33 Bucks
- 35 Barolo and merlot

- 39 Split apart
- 41 Derived from gold
- 43 Young horse
- 44 Crystal set
- 46 Charming miss
- 48 Bridge expert Culbertson
- 49 12th graders
- 51 Butter-and-eggs
- 53 Pageboys, beehives, etc.
- 57 Pair
- 58 Makes known
- 61 PC info-keeper
- 65 Snooty avoidance
- 66 Pigeon's relative
- 68 Ripped up
- 69 Pond scum
- 70 Fencing sword
- 71 Potato buds

- princes
- 22 Gusted
- 24 Computer input
- 26 Teri of "Tootsie"
- 27 Location
- 28 Take care of
- 29 Dilettante's painting
- 30 White heron
- 34 Farm building
- 36 Christmas carol
- 37 First lady of scat
- 38 Hades river
- 40 Sheds duds
- 42 Dressed

- 45 Black Sea port
- 47 Bring out
- 50 "Against Interpretation" author
- 52 Livestock feed
- 53 Undue speed
- 54 Bother
- 55 Habituate
- 56 Stern oar
- 59 Therefore
- 60 Sharp pain
- 62 Jump or tight follower
- 63 Kitchen appliance
- 64 Encounter
- 67 First Shaker

Saturday's Puzzle Solved

A	C	H	I	E	V	E		A	P	A	C	H	E	S	
C	H	E	A	P	I	E		P	A	L	E	A	L	E	
C	O	W	L	I	N	G		O	C	E	A	N	I	A	
U	R	L		C	O	S		T	E	X		D	S	T	
S	T	E	L	E	S			C	H	R	I	S	S	I	E
E	L	T	O	N		D	D	E		S	P	O	O	R	
S	E	T	S	E	Y	E	S	O	N		A	N	N	S	
				S	E	L		S	O	C					
A	L	A	S		T	I	M	E	S	A	V	E	R	S	
D	E	N	C	H		N	U	S		M	A	N	E	T	
D	I	T	H	E	R	E	D		C	E	R	I	S	E	
I	S	H		L	O	A		A	L	L		G	T	E	
C	U	R	T	E	S	T		P	A	L	O	M	A	R	
T	R	A	I	N	E	E		E	M	I	R	A	T	E	
S	E	X	L	E	S	S		S	P	A	R	S	E	R	

- 72 Geography class prop
- 73 Tenant's expense
- DOWN
- 1 NYSE competition
- 2 British composer Thomas
- 3 Nasty
- 4 ___ Pie (frozen treat)
- 5 Armed conflict
- 6 Landed
- 7 V
- 8 Happening
- 9 Scan again
- 10 Like an angel
- 11 Angelic rings
- 12 Disputed subject
- 13 Bobby Fischer's forte
- 18 Arabian

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

By Stanley B. Whitten
Highwood, IL

6/4/07

Summer snacks for kids should be a tasty energy booster

By Judy Schultz
CanWest News Service

Whether it's a birthday party, the Canada Day picnic or another event, special food and drink is in order when children are involved.

On hot summer days, active children of the two-to-eight age group expend a huge amount of energy relative to body size and they need to top up their calories and electrolytes more often than you might think.

Running, wrestling, tree-climbing, yelling, bike-riding, chasing the dog around the yard all burn energy. They're far too busy to eat or drink, and like small cars running out of gas, sooner or later these little guys will begin to sputter.

Watch for flushed faces, and be there with cool drinks, watermelon chunks or juice popsicles before the serious screaming starts.

Most kids like interactive food - dipping, dunking, coating, sprinkling. Long frilly toothpicks make wonderful holders for grape tomatoes with a tasty cream cheese dip. The same dip will work for broccoli trees and baby carrots. (Costco now carries peeled baby carrots with a bit of top left on).

With a minimum of supervision, you can offer a cold dessert fondue - strawberries, banana chunks, seedless grapes, squares of cake, all impaled on sticks, with two dips: chocolate pudding dip and strawberry cheese dip would work.

STRAWBERRY CHEESE DIP

Makes 1 1/2 cups

- 8 oz (1 cup) light cream cheese, softened

- 1/4 cup (50 mL) strawberry jam

- 1/4 cup (50 mL) milk

- 1 teaspoon (5 mL) liquid honey

Whip all ingredients together until smooth and light. If too stiff to dip, use a bit more milk. Mixture must be soft.

Consider a sundae bar. You'll need pink, white and chocolate ice cream, chocolate and/or butterscotch sauce, mini-marshmallows, gummy worms or bears, and lots of candy sprinkles, preferably with shaker-tops to prevent massive spillage. Be there to scoop the ice cream into cones or small plastic dishes and let them do the garnishing.

Decorating their own cupcakes is a

lot of fun for the over-fives, as long as there aren't too many of them. (Four is a party, six can be bedlam). Give each child one cupcake, a small plastic knife, and access to several colours of icing in small containers. Have candy sprinkles, small suckers. (They make a great topper). Smarties, gummies. They'll need some gentle supervision.

When you were a child, did you ever have your own lemonade stand? At the very least, you got to drink a lot of pretty good juice. Let the kids set up street-side. Help with the sign if necessary. Supply the paper cups, a couple of plastic pitchers for juice, and consider offering a choice of two drinks, one of which should be red, green or orange, for contrast with the pale lemonade, and to stimulate conversation with customers.

CHRYSLER



"ASSEMBLED ON A REAR-WHEEL DRIVE PLATFORM ORIGINATING FROM MERCEDES-BENZ."
"A DRIVING EXPERIENCE AS SPECTACULAR AS ITS BODY DESIGN."

- L'ANNUAL DE L'AUTOMOBILE 2007

2007 CHRYSLER 300

LEASE FOR
\$399^A

PER MONTH.
48-MONTH LEASE.
\$0 DOWN PAYMENT.
\$0 SECURITY DEPOSIT.

OR GET

2.9% PURCHASE FINANCING FOR UP TO 60 MONTHS.*



THE BEAUTY & THE BEAST



2007 DODGE CHARGER

LEASE FOR
\$379

PER MONTH.
48-MONTH LEASE.
\$0 DOWN PAYMENT.
\$0 SECURITY DEPOSIT.

OR GET
2.9%

PURCHASE FINANCING FOR UP TO 60 MONTHS.*

"THE CHARGER, UNLIKE ITS COMPETITORS, IS FAR FROM BORING... IT RENEWS RATHER BRILLIANTLY WITH A GLORIOUS PAST, WELL SERVED BY VERY CURRENT TECHNOLOGY."

- L'ANNUAL DE L'AUTOMOBILE 2007



DODGE

Visit your Chrysler • Jeep • Dodge retailer today.

A Based on the 2007 Chrysler 300 with 27H package and on the 2007 Dodge Charger with 23E package. Security deposit is \$0 for a limited time only, and may change without notice. First monthly payment required upon delivery. Lease for personal use only. Buy-back not required. Retailer may lease for less. Lessee responsible for mileage exceeding 81,600 km for 48 months at a rate of 15¢ per kilometer. A. * Subject to approval by Chrysler Financial. Chrysler Financial is a member of the DaimlerChrysler Services Canada Group. RRP/MR registration charge of \$60, including register fee, is extra. Freight (\$1,300 for 2007 Chrysler 300 and 2007 Dodge Charger), taxes on air conditioning (when applicable), licence, insurance, duties on new tires, dealer administration charges and taxes extra. These limited-time offers are exclusive, and cannot be combined with any other offer except the physically challenged assistance program, and apply to retail deliveries for personal purposes only on selected new in-stock 2007 models. Offers subject to change without notice. Retailer may have to trade a vehicle. See retailer for specific pricing details and conditions. Vehicles are for illustration purposes only. ® Jeep is a registered trademark of DaimlerChrysler Corporation used under licence by DaimlerChrysler Canada Inc., a wholly-owned subsidiary of DaimlerChrysler Corporation.

FINANCING PROVIDED
EXCLUSIVELY BY

Chrysler Financial

Quebec Chrysler • Jeep • Dodge Dealers Advertising Coop

CHRYSLER

Jeep

DODGE

FIVE STAR

