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No sign of Maple Leaf or lease. . . See Page 3

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Elderly driver runs down cyclist

By Maurice Crossfield

The Sûreté du Québec is investigating to determine if a 76-year-old man will be charged after he ran down a cyclist in St-Alexandre, southwest of Farnham.

Marc Parisé-Plouffe, 13, of St-Alexandre was cycling east in the westbound lane of Grand Ligne Road, between St-Alexandre and Saint-Sabine at about 12:10 a.m. Thursday. Meanwhile a pickup truck was also heading east, in the eastbound lane.

SQ spokeswoman Const. Manon Gaignard said the 76-year-old man was following the pickup, and pulled out to pass it. As he did so he hit the teen, and kept going.

About a kilometre later the man's car stopped running due to a blown tire and other damage caused by the impact. He then called for help.

"At that time he told us he thought he had hit a deer," Gaignard said. "We informed him that he had in fact hit a person."

Ambulance workers tried to revive Parisé-Plouffe but were unable to. His death was confirmed later at hospital.

"Technically it was a hit-and-run because he left the scene," Gaignard said.

It is not known if the bicycle had reflectors or lights on it at the time of the crash.

Gaignard said the Haut-Richelieu detachment of the SQ is continuing its investigation to determine exactly what happened, including whether the man knew he had hit someone or not. She said the case will then be handed over to a Crown prosecutor who will decide if charges will be laid or not.

Local poets buy into recording dream

Amateur writers send off poems and cheques to US

By Kate Shingler and Tom Peacock

In January, 1999, Lennoxville resident Eloise Irwin, a 58-year-old living on a disability pension, received an encouraging letter from Amerecords in Hollywood Ca. The company was delighted to inform her that her song, In His Hands, We Are Safe, had been chosen for a pre-production recording session for the upcoming CD compilation entitled, Songs of Praise.

Unfortunately, the pre-production recording session could only happen if Irwin sent in a cheque for $390, also payable in ten easy installments of $39. Irwin signed her commercial recording contract, and sent off a cheque.

On Jan. 29, 1999, another letter arrived for Irwin. "Thank you for your signed agreement and payment of $585 for your song In His Hands We Are Safe."(Presumably, the amount was paid in Canadian dollars).

Aug. 3, 1999: Amerecords has not yet undertaken the Master Recording Session. The company does, however, agree to send Irwin a cassette and DAT copy of the selected background music for her song for only $50. Irwin duly sends in her cheque.

There's a lull in the barrage of letters from Amerecords. Finally, Irwin sends off a letter at the end of November demanding to know what has happened to her song. Some weeks later, five CD copies of the Songs of Praise compilation turn up along with the DAT and cassette copies of the background music. The CDs have Irwin's songs on them.

"The first time you hear them, it's a real thrill," she said.

June, 2000: Amerecords has decided they want Irwin's song for their newest compilation, imaginatively named, Songs of Praise 2000. The cost of being part of this new and exciting project is only $296. Irwin sends off her cheque, and several months later receives five copies of the Songs of Praise 2000 compilation, which has the same cover art as the earlier Songs of Praise CD, except it has '2000' written large on the front. The song contains the same Irwin song as the earlier compilation.

TOM PEACOCK

Harold Hodge and Eloise Irwin of Lennoxville have spent more than $6,000 chasing their recording dream.

June 26, 2001: Send in your material for "Christmas and All its Wonders" TODAY!

As with the other offers, there's a request for money and the promise the poet's song will be sent to radio stations around the world. The company even provides a list of radio stations.

CJAD, a talk radio station in Montreal, is on one company's list. There's also a Hispanic Christian Music station from Texas on there, and the NY Public Radio Station.

Irwin, who has spent more than $6,000 having her words recorded to music, has received one royalty cheque for her songs. The cheque, for $14, was from Amerecords.

"I think they do it to encourage you," Irwin said, admitting that the numerous recording contracts from different companies, the promotions contracts, and the recordings of her original songs, might be just a scheme of some sort.

PLEASE SEE POETS PAGE 5

There is no such thing as a safe tan

Cancerous heels, toes noses and ears have been removed

By Veronique Mandal
CANWEST NEWS

This year hundreds of thousands of Canadians will be diagnosed with skin cancer, and many will die because of our love affair with the sun.

A tan is evidence of sun damage to the skin and there is no such thing as a safe tan, according to medical experts in Canada and the U.S.

At least one in every five Canadians will get a non-malignant skin cancer, but almost 4,000 will be diagnosed with the more deadly form, malignant Melanoma, and close to 1,000 will die.

"The incidence and death rates for the majority of cancers in Canada are stabilizing or declining, but melanoma rates are increasing," said Dr. Carolyn Bennett with the Canadian Dermatology Association. "Yet skin cancers are the most preventable forms of cancer."

Since 1988 the death rate for melanoma in men has increased 41 per cent, the highest rate of increase of all cancers, said Dr. Joel Claveau, national director of the CDA's Sun Awareness Program. The death rate in women has increased 23 per cent.

In Windsor, dermatologist Dr. Darryl Toth has seen patients lose a nose, ears, eyelids and parts of lips because of skin cancers. A fellow physician lost an eye to the disease.

"I see at least 25 new skin cancers every week. It's certainly on the rise and most of it is caused by overexposure to the sun," said Toth. "There is no such thing as a safe tan and we only need five minutes in the sun to give us all the vitamin D we need."

Plastic surgeon Dr. David Scion removes about 35 skin cancers per week and would remove 50 if he had more time, Toth said.

Most of his patients are 20 and over, but he also treats teenagers with skin cancers. People with black or brown skin are less likely to get skin cancer. He says it is well documented that even one burn in childhood increases the risk of skin cancer later in life. He's a victim himself.

"I had half a dozen blistering sunburns before I was 16 and none since, but 21 years later I get a basal cell cancer on my right shoulder," said Toth, who diagnosed the cancer himself.

He also diagnosed a melanoma and basal cell cancers on Patricia Sutton. A natural redhead, Sutton shunned the sun and never had a burn, except the one in Barbados when she was 25.

She came home "burned to a crisp," with severe burns down the front of her body. She recovered and never gave it another thought until three years ago when she was 50.

"At Christmas I developed acne-like spots and rosacea and was referred to a skin doctor who told me I also had a basal cell cancer on the left side of my nose," said Sutton.

"The morning I was going to have it removed, my best friend Jane (Borg) begged me to ask the doctor about the growing black spot on the front of my leg. The doctor ordered a biopsy."

The spot was malignant, but had not spread and was successfully removed, leaving a depression the size of a tennis ball in her leg.

"Jane saved my life," said Sutton, who never leaves her house without using sunscreen. She and Borg are hairdressers together at Patti Hair Salon and have been friends for 37 years.

"Tell friends to keep an eye on each other," Borg said. "You can't always see what's growing on your body."

Plastic surgeon Dr. Howard Adams said he performed 20 specialized biopsies on deep melanomas in the past year.

"There's no doubt it's on the rise and the problem we have is the length of time it takes to see one of the four dermatologists," said Adams, who has had to remove heels, big toes, ears, parts of cheeks and noses due to skin cancer.

"We all work hard to see serious cases right away, but it can take a long time to get a diagnosis, and early detection is critical for a cure."

Deep skin cancers require specialized treatment provided by two doctors in London and Toronto. However, their waiting lists are six months long.

Toth said it can take six to eight months to get an appointment with him, longer still if the case has to be referred to another specialist.

"That's totally unacceptable but it's a fact of life in this area. There are just not enough of us," Toth said.

Tips on preventing skin cancers

• Health tip: protect yourself from the sun when your shadow is shorter than you are.

• Checking your skin - look for:
Asymmetry: half of a mole or birthmark does not match the other
Border: edges are irregular, ragged, notched or blurred
Colour: may have differing shades of brown or black with red or white patches
Diameter: area is larger than 6 mm (size of a pencil eraser) or growing

• You're at risk if you:
Have fair hair and skin
Have a lot of moles
Use tanning lamps or tanning beds
Smoke
Spend a lot of time in the country with high UV radiation
Work outside in the sun

HOW TO PROTECT YOURSELF:

• SLIP on a shirt
• SLOP on sunscreen-minimum 15 SPF (reapply frequently to face, neck, ears, shoulders, back, knees and top of feet)use at least a palm-full. Clothes provide a SPF of only 4
• SLAP on a hat
• WRAP on sunglasses

Never expose children under 12 months to the sun, even with sunscreen

Source: Health Canada and the Canadian Dermatology Association

Results

LOTO QUÉBEC — TVA, the network of draws

lotto 6/49 — Draw 2003-07-23

02 07 15 36 37 49

BONUS: (09)

	WINNERS	PRIZES
6/6	0	$2,000,000.00
5/6+	4	$114,190.30
5/6	233	$1,568.20
4/6	11,029	$63.50
3/6	203,553	$10.00
Total sales:		$11,290,234
Next grand prize (approx.):		$5,000,000

Québec 49 — Draw 2003-07-23

02 03 21 28 35 41

BONUS: (16)

	WINNERS	PRIZES
6/6	1	$1,000,000.00
5/6+	2	$25,000.00
5/6	17	$500.00
4/6	959	$50.00
3/6	19,456	$5.00
Total sales :		$533,643.00

Extra — Draw 2003-07-23

NUMBER	PRIZE
150426	$100,000

Claims: See back of tickets, in the event of discrepancy between this list and the official winning list of L-Q, the latter shall prevail.

If you have a gambling problem... MISE SUR TOI 1 866 SOS-JEUX

Weather

Today: Cloudy. Clearing late in the day. High 24.

Saturday: A mix of sun and cloud. 60 per cent chance of showers. Low 15. High 25.

Sunday: Showers. Low 15. High 24.

Monday: A mix of sun and cloud. Low 11. High 22.

Normals for period: Low 11. High 25.

Ben by Daniel Shelton

Missing flag notwithstanding, where's the lease?

By Liam Roberts
SHERBROOKE

Under the terms of Statistics Canada's rental agreement with Hydro-Québec, brokered by Public Works Canada, the Canadian flag is banned from flying outside its offices at 3299 Industrial Blvd. in Sherbrooke. The rental agreement itself, though, hasn't yet materialized.

In a letter dated July 16, Public Works official Guy Gravelle told local activist Gérard Côté that "the lease between Her Majesty the Queen and Hydro-Québec (for the office building at 3299 Industrial Blvd.) provides a stipulation against displaying the Canadian flag in front of the building." Nikola Carrette of Hydro-Québec, however, said yesterday that the lease agreement is only verbal.

"It's not that unusual in commercial real estate to operate that way," he said. "Stats Can had an urgency to find a place quickly last November, and that's when they came in. At that time, Hydro-Québec still had a lot of renovations they wanted to do, installing security cameras, etcetera." Carrette explained that, as such, it was acceptable for Stats Can to hold off on signing the lease until such work was actually finished.

"I don't know about the politics of it, but I do know that the lease is unsigned."

Public Works official Mario Ares admitted that the lease is unsigned as of yet, but did emphasize that they are operating under a draft agreement while the lease is in the process of being registered. Ares, who supervises real estate contracts for federal agencies looking for office space, said that Public Works and Hydro-Québec agreed on the terms - but sidestepped what those terms actually are.

"When we installed in the premises last fall, the installation of the flag was not an issue," he said. "We have one inside our office, but we didn't insist on having it installed outside.

"It doesn't mean we can't do it if we want to," he added. "We contacted Hydro-Québec, and we know that they have no objections."

Gérard Côté is a Sherbrooke man who has been very active in hounding federal departments in Quebec which neglect to display the Canadian flag. After he contacted Public Works Canada about the missing flag at Stats Can's Sherbrooke offices, Public Works official Guy Gravelle wrote him a letter affirming details of the lease which prohibit the showing of the flag. When told that *The Record* had acquired a copy of this letter, Ares said that there are certain instances whereby the federal agency in question may feel it best not to show the flag, but that the reasons are anything but political.

"We do have some property where we do not want people to know that the federal government has a presence there," he admitted. "It might be for security reasons. It could also be for architectural reasons, if it's an historical building, or if a neighbouring wall is too close. Sometimes the proprietor (of the building) insists that there should be no flag, Canadian, Quebec, or any flag at all."

He said that he could not think of a specific example of how security would be enhanced if a Canadian flag were forbidden, but did admit that, in the case of the Stats Can office, security and the building's historical integrity were not concerns.

"Because sometimes the rental property we find is of a good money value, we will decide not to insist on installing a flag if it is not (the proprietor's) interest."

"The politics is not an issue for us. We have clear rules on displaying the flag in the right cases, but there are no political reasons why we wouldn't do it," he said.

Ares was reluctant to elaborate on the clause banning the flag that Gravelle admitted to earlier, citing the private nature of the agreement between Public Works and Hydro Québec.

Ginette Cantin of Hydro-Québec was equally unwilling to elaborate on these details, saying that, as Hydro-Québec still occupies offices at the building on Industrial Blvd., company flag-flying protocol wins out. She fell short, though, of referring to the clause in the rental agreement which specifically bans it.

Côté, meanwhile, was hopeful that the scattered explanations on behalf of both Hydro-Québec and Public Works Canada means that the flag might yet see the light of day.

"It's positive because there's a hope that the flag could be set up there," he said.

Police search for bail-jumper folowing fires

By Maurice Crossfield

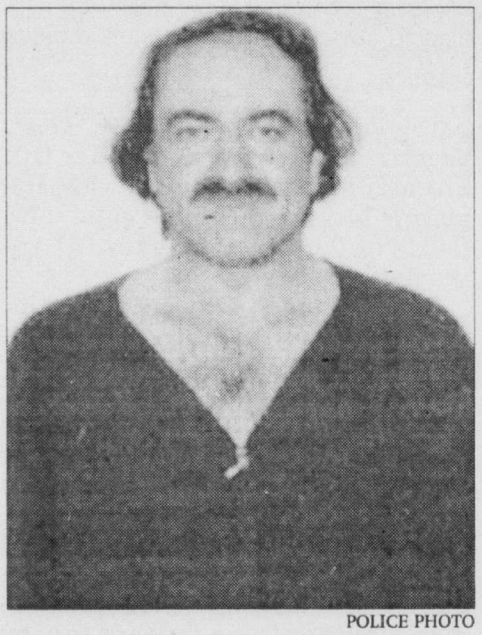
Several police forces are actively searching for Leo Dubord, a homeless man suspected of playing a role in two deliberately-set fires this week, and a dozen others last year.

Leo Dubord, 43, was last seen at the Centre d'Interpretation de la Nature in Granby last Thursday, ten days after he walked away from the Sherbrooke halfway house where he was supposed to stay pending his trial to face breaking and entering charges.

Wednesday morning firefighters were called to two suspicious fires, one on Denison Ave. in Shefford Township and the other on Magog Road in Bromont. In the Shefford fire, local volunteer firefighters were joined by their colleagues from Granby and Waterloo. Despite the best efforts of more than 20 firefighters, the former house converted into an apartment block was destroyed, resulting in more than $150,000 in damages. No one was in the building at the time and no one was hurt.

Meanwhile, at almost the same time (4:45 a.m.), Bromont firefighters were called to a fire at a chalet and two outbuildings in a secluded area in Bromont. All three of those structures were destroyed. Once again no one was hurt.

Because both fires weren't far from the Estriade bike path, and Dubord was known to be in the area, police came to the conclusion that he could be an important witness in both cases.



POLICE PHOTO

Police are seeking Leo Dubord, last seen near Granby.

Late last summer and into the fall, a dozen fires were deliberately set in Granby, Shefford Township and Bromont, all along the bike path. Some were sheds and outbuildings, while others were summer homes or permanent residences. Luckily, no one was hurt in any of the fires.

In October, Dubord, a homeless man who had been seen regularly along the Estriade, was considered a prime suspect. He was finally arrested for breaking and entering, but not for arson.

"There are certain elements missing to link him to the fires," said Sûreté du Québec spokesman Const. Louis-Philippe Ruel. "We consider him to be an important witness."

In May the courts allowed Dubord out of jail: He was allowed to move to the Maison St-Georges in Sherbrooke, where he was to live 24 hours a day. He was also ordered to take medication.

But on July 10, Dubord decided to return to his nomadic ways, and left the halfway house. Following the fires, the Sherbrooke Police have issued a warrant for his arrest, circulating his picture to the local media.

While the Sherbrooke Police are seeking Dubord for breaking his bail conditions, the SQ wants to question him in connection with this week's fires. The two police forces are being joined in their search by the Bromont Police and the Granby Police.

Anyone who has seen Leo Dubord is asked to contact the Info Crime line at 1-800-711-1800. All calls are confidential.

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VIRTUAL TOUR

Berries are bountiful throughout Quebec

By Julian Armstrong
CANWEST

If you've been out walking through fields and forest clearings this month, you may have spotted tiny red berries nestling under their leaves. If so, it's the same experience French explorer Jacques Cartier had when he sailed up the St. Lawrence River in 1535 and found wild strawberries growing thick along its banks.

Those berries had been enjoyed for centuries by the first nations, who called them heart berries, believing they strengthened the heart, writes culinary historian Dorothy Duncan, author of Nothing More Comforting: Canada's Heritage Food (Dundurn Press, $26.99).

She has traced the domestication of this fruit, which was adapted over the centuries from berries originating in Quebec, Ontario, New England, Virginia, and Ecuador.

Quebec's two other favourite berries - raspberries and blueberries - were also gathered by aboriginal peoples, Duncan writes, whether for food, drink, medicine or dyes for clothing. The Indians taught white settlers how to enjoy many wild foods, some to dry for use in winter. The latest fruit to be dried and widely marketed is the cranberry, now sold as a snack food or for baking.

The bad news for those who like picking their own blueberries at you-pick farms: last winter's cold wiped out most of the highbush variety cultivated in the Eastern Townships and elsewhere. Temperatures as low as minus-37 C killed the flower buds, and none of the Townships farms will open this summer. We'll have to rely on the wild blueberries of northern Quebec, where reports are that the crop is normal and will be coming to market in early August.

The strawberry crop has been a good one and should continue into September, according to McGill University's Shahrokh Khanizadeh, who works on developing new varieties. Shoppers are now offered different kinds of strawberries all summer long, says the fruit scientist. He cited three new types of Quebec strawberries, called "late season" because, barring an early frost, they grow right through September.

The Indians' theory about strawberries playing a role in heart health was well founded, Khanizadeh said. All berries are rich in the antioxidants Vitamin C and beta carotene; these substances are known to battle the free radicals in our bodies that attack healthy cells and encourage "bad," or LDL, cholesterol. That means the berries help fight heart disease and cancer. Blueberries and cranberries have the added bonus of contributing to urinary-tract health.

But the new Quebec varieties of strawberries have more antioxidants than usual, an aspect played up by growers, marketers and environmentalists, Khanizadeh said.

"Their high level of antioxidants means that the berries are disease-resistant, so you don't have to spray them, they're firm so they travel well, and they keep longer in the refrigerator," he said from his office at the federal research centre in St. Jean sur Richelieu. While strawberries used to keep no more than two days at room temperature, the new types, he said, last up to five days, and up to two weeks in the refrigerator.

Right now, we're being offered such strawberry varieties as Chambly, Kent, Veestar, Jewel, Mira and Honey Oil. Chambly berries are popular with jam-makers because they have more solid fruit content, while Honey Oil are smaller and sweeter.

But sweetness, growers maintain, depends almost as much on sun and moisture as breeding.

Specialists can tell varieties apart; amateurs will notice colour ranges from light to dark red, and some of Quebec's best-tasting strawberries are the small ones.

By midsummer, we'll see the first of the new Quebec varieties grown on Ile d'Orléans. Widely marketed last summer, L'Authentique Orléans (or Orleans) is the best known. Other new types, in order of ripening, are St. Laurent and St. Jean.

Raspberries, with perhaps the classiest flavour of any Quebec fruit, are ripening now and, if the weather is warm and rainfall regular, they could last well into August. Historian Duncan traces our liking for these and other berries back to Europe in 5000 BC, when Mesolithic peoples added wild fruit to meats and fish. Shades of modern chefs' liking for raspberry vinegar.

Most raspberries and blueberries grown commercially in Quebec are based on U.S. varieties, says fruit scientist Michel Lareau, who runs a you-pick farm outside St. Jean sur Richelieu.

The exception, he said, is the wild version of blueberries, which grow in the Saguenay-Lac St. Jean region and account for the bulk of Quebec's blueberry crop.

For raspberries, growers use U.S. varieties, plus one Canadian type called Nova, developed at the federal research centre in Kemptville, N.S., some 20 years ago.

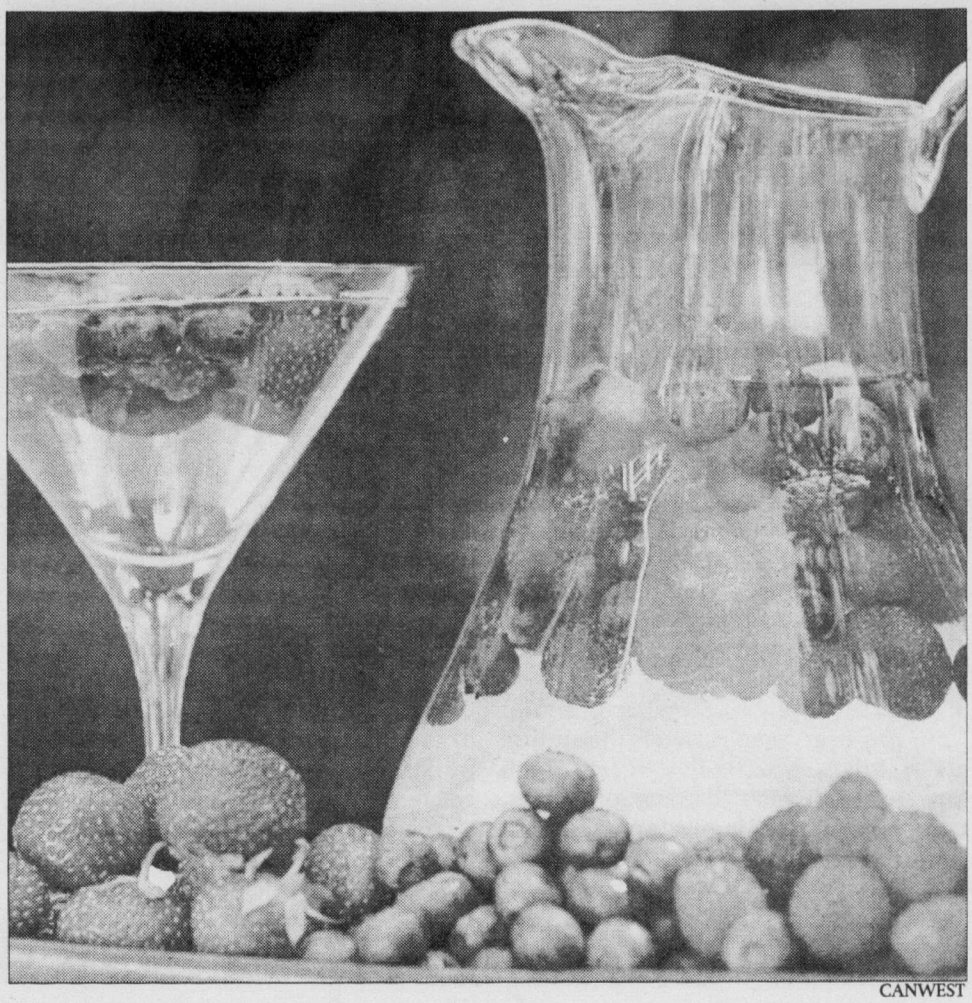
Growers are doing a better job of marketing this tender fruit, Lareau said.

"They pick early in the morning when it's cool, refrigerate the fruit, and ship them in small containers so they don't become crushed," he said.

Don't wash raspberries, he said. The fruit collapses and loses its texture.

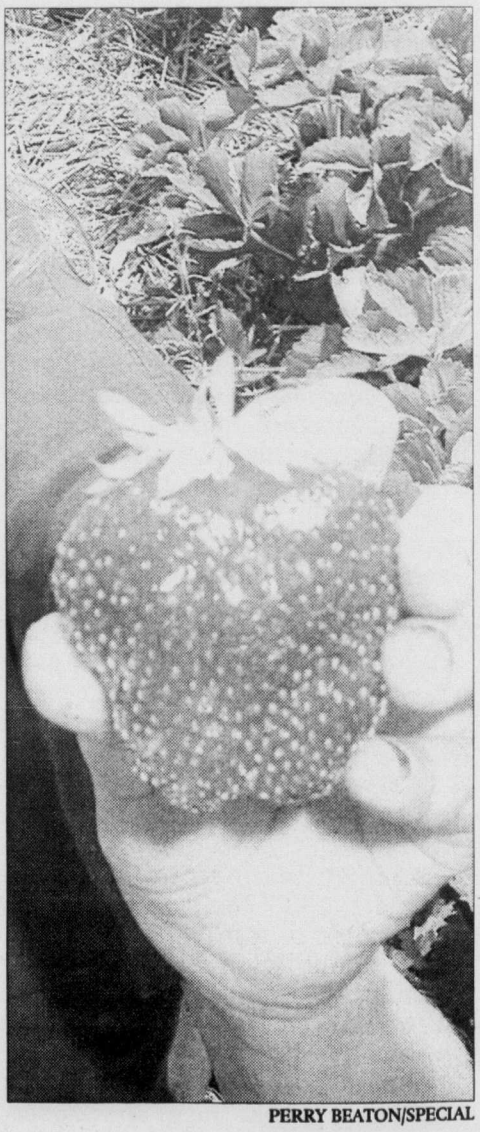
Strawberries should be washed just before you eat them, otherwise they will lose their juice. Blueberries can be washed, then dried.

Blueberries freeze well, too, as do cranberries, Lareau said. "Put frozen blueberries in a sieve, still frozen solid, and thaw them by running cold water over them for one minute," he advised.



CANWEST

Drink them, cook them, or eat them straight from the garden. Since North Americans were first introduced to berries they have had an ongoing love affair with the many varieties found throughout Quebec.



PERRY BEATON/SPECIAL

Indians taught white settlers to forage for strawberries, known as heart berries.

POETRY:

CONT'D FROM PAGE 1

"There's a lot more to it than most people think," she said, when asked about what she thinks of the process of becoming a songwriter.

There most certainly is.

Irwin and her partner Harold Hodge, 86, both amateur poets whose poems have appeared in The Record's Pens of ET writers column, say they never really expected to attract the attention of song publishers down in the States.

"You do have to believe in your dreams," Irwin said. "But it is a lot of money."

Irwin is taking a break from sending her songs out because it's getting too expensive. And Hodge has also lost interest. "I'm into the Australian lotteries now," he said.

When The Record tried to contact Amerecords, the phone number on the letterhead was disconnected. An Internet search for the company turned up no results. The record company, presumably in charge of promoting hundreds of artists worldwide, doesn't have a Web site or a phone number that works.

A quick sort through the hundreds of letters offering recording opportunities to Hodge and Irwin, shows companies like Country Music U.S.A. are a dime a dozen. There's Countrywine Publishing Co., Ramsey Kearney Song Service, Nashco Record Service, Country Music U.S.A. and Emerald Records, to name a few.

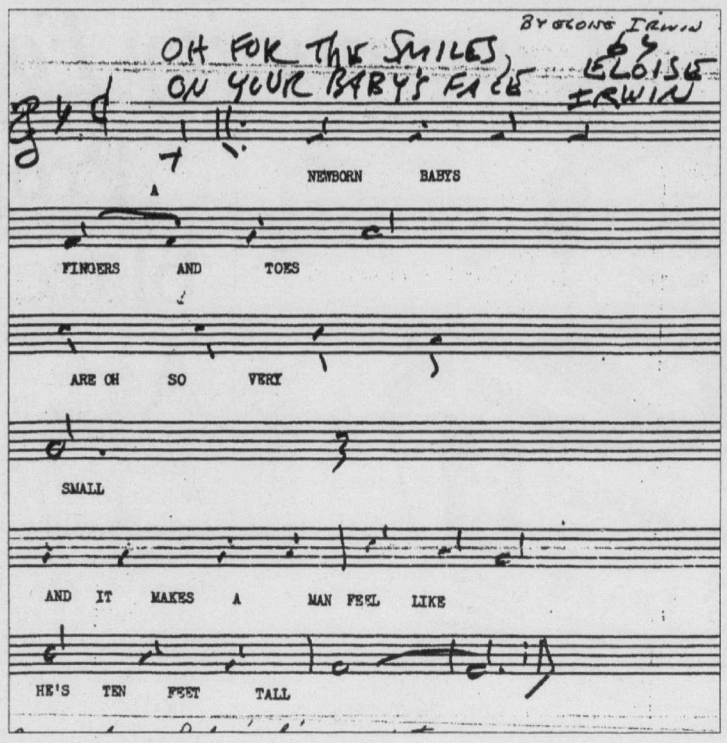
The Record reached Alex Zanetis, president of Country Music U.S.A., at a Nashville area telephone number yesterday afternoon.

"Someone sends us a song, we watch the charts to see what prominent recording artist is getting ready to record, and we pitch the song to them," he said. "We charge a very small fee to set it to music. You don't pitch a poem to a recording artist."

He hung up after he was pressed for the number of poems he receives annually vs. the number of prominent recording artists who actually record them.

Hodge and Irwin aren't the only Township's poets to be offered recording opportunities.

Steve Lamb from Sutton answered a call for submissions which appeared on the back of a magazine. As a result, his poem, Birth of Liberty, was published in Poet's Corner Magazine. According to an obscure online link, Poet's Corner is a small quarterly publication with no Web site. Submissions are to be sent to a mailing address in Washington state or to the editor's Yahoo e-mail account.



This is the music written to accompany Eloise Irwin's poem.

Shortly after Lamb's poem was published in the quarterly, he received a package from Emerald Records, a music publishing company with a P.O. Box in Nashville, Tennessee. Emerald Records offered to purchase Lamb's poem, set it to music and promote it by circulating the disc to radio stations. The discs would not, however, be distributed or sold to retail music stores. The contract stipulated that if Lamb contributed $750 US to cover a portion of the recording expense, the recording company would pick up the remaining $1,250. The total figure is based on their estimation of the overall value of the service to be $2,000 US.

Lamb said he was charged an additional $750 US to contribute towards promotional costs. Again, the recording company claimed to shoulder $1,250 of the remaining promotional expenses.

Lamb, an unemployed 48-year-old who lives with his mother and does odd jobs in the area, wrote a cheque so that 'The Birth of Liberty' could be included on '21 Gems from Emerald Records'. A second poem 'Moonrise' was also put to music, also for a total of $1,500 U.S.

Cliff Ayers, president of Emerald Records, who keeps in regular contact with Lamb by telephone, told the aspiring poet that 'Moonrise' was played on television and performed at the Entertainer Indie-Association (EIA) awards ceremony. Lamb was also informed that he was nominated for the Platinum Poet award by the EIA.

But after an investment of several thousand dollars, Lamb said he is reluctant to produce another song before he receives royalty cheques.

"It depends on how much I get back," he explained. "I feel that I've invested enough for now. If I can get back just what I've invested in it I'd be more than happy."

Though his contract with Emerald Records did not stipulate how many CDs have been pressed and distributed so far, Lamb believes thousands of copies have been making the rounds to radio stations all over the world.

"I'm very happy with (the way the song turned out)," he added. "I listen to it just about every evening."

Lamb, who has been tinkering with a guitar for the last 33 years, said he never thought his words would be put to music.

"I never dreamed I would be writing original lyrics!"

A letter Irwin received from the president of another Nashville company called Top Records outlines the reality of the business of music co-publishing.

"We are returning your recorded tapes to be sent to publisher as stated in our letter to you," the letter reads. "The tapes you sent to us sound like the same CANNED MUSIC we receive every day...CANNED MUSIC is PRE-RECORDED MUSIC. The companies make beautiful music on a recorded track, then they fit your WORDS TO THIS MUSIC."

The president of Top Records, Bobby Albert, wanted Irwin to re-record her songs with new music. His music. At least, according to the contract Irwin signed and sent off to Top Records with a cheque for $510, he wanted to take possession of her songs in order to better promote them and eventually, maybe re-record them.

There is no listed phone number for Top Records, and no address. No Web page or e-mail. Just a PO box number for aspiring artists to use when sending in their cheques.

Irwin and Hodge readily admit their chances of breaking into the big time as songwriters are quite slim. "It's worthwhile if you can get one over there," said Irwin. "I think we're probably both a little too old to get in there.

"We're wishful thinkers, I bet we are."

Date

Nashville Co-Writers Pool

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Community Forum

LETTER TO THE EDITOR

Christening was perfectly legal

DEAR EDITOR,

In pursuing the social notes of Birchton in Tuesday's paper, I was amazed to read of the illegal activity conducted in that area and reported so casually in the social notes, and then printed by our esteemed Sherbrooke Record as if nothing were amiss. The Birchton correspondent writes that the baptism of a 16-year-old person was held on July 13. The baptism was done according to Christian rites, it is reported, and that by this baptism, she received the full name as reported. This is most surprising, not to mention illegal! One can only receive a name when one's birth, usually at the hospital, is registered, or else by an application to the État civil for a change of name. To change one's name requires publication in the local paper. I never saw any such announcement, and I am a faithful reader of our beloved local English-language newspaper.

Perhaps to camouflage this illegal name-giving somewhat, the correspondent refers to it in the next sentence as a "christening." Of course, everyone knows that christenings are for boats and bridges and such like, and usually involving breaking a bottle of champagne. No mention was made of this, so I am assuming that it was indeed a baptism involving an illegal change of name. Dear Madam Editor, I am surprised that you would allow your paper to record such practices so lightly!

The report did not indicate which Christian denomination sponsored this event, but I hasten to point out that in the United and Presbyterian congregations where I serve, we try to avoid illegal activities as much as possible.

REV. J. ROSS H. DAVIDSON
Thetford Mines

Editor's note: If you had been a faithful Record reader in March, 1987, you would have noted the perfectly legal birth announcement of this 16-year-old. During her July 13th baptism, faithfully reported by our Social Correspondent, she received the same name, according to Christian rites. My Oxford dictionary defines 'christening' as: "to give a Christian name to at baptism as a sign of admission to a Christian Church." I hope they broke open a bottle of champagne afterwards.

THE RECORD

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Propaganda trumpets blare over Hussein deaths

VIEWPOINT

IVY WEIR

Any good news for George W. Bush ruins my day. The trumpeting rights for the death of Hussein's two sons should be tempered by the knowledge that it took 200 of the military's finest to kill four Iraqis. Twelve Humvees, an Armoured Troop Carrier, Kiowa helicopters and rockets pummeled the three story villa, also killing three innocent civilians in the process. Such a barrage of artillery for so few victims smacks of more brawn than brains. Within forty-eight hours, five American soldiers were killed in the same town, said to be in retaliation for the brother's death. That Iraqis may well be safer and even happier with the demise of Odai, 39, and Qusai, 37, in no way obscures the fact that the U.S. did not go to war to kill Hussein's offspring. Rather the White House has lept to declare victory in their deaths in the absence of any other post war events to celebrate. Better had they stumbled upon stockpiles of nuclear weapons. Nobody doubted that Hussein's sons actually existed.

A sound propaganda victory would have demanded more finesse. Had the Hussein sons been apprehended, interrogated and put on trial in a court of law under the intense glare of the Iraqi people, both sides might well have been served and the appetite for justice assuaged. Instead the alleged owner of the villa who is said to have turned the brothers in, is being called a traitor by his neighbours, warned not to return home and is being held in protective custody. An Arabic televised report depicted the cornered brothers as having been subjected to American justice by being killed 'in cold blood'

Another drama surrounded the capture of Jessica Lynch, not because she did anything even vaguely heroic, but because the military was desperate for a good news story for the folks back home. Instead of the tale of her emptying her gun to the last bullet, her weapon jammed at her first attempt to fire. Even Tom Cavanagh's porcupine would have been safe with her. Her injuries were caused by a vehicle collision and as for being whisked away from the hospital by a crack military operation that was carefully filmed for a gullible audience, her presence had been signalled to the U.S. command from the hospital. The rest was staged with detailed precision. None of the facts interfered in her gala return home yesterday nor will her diary contradict the brouhaha since she has, perhaps conveniently, lost her memory. A movie is in the offing..

When ABC's Jeffrey Kofman interviewed disillusioned troops whose return home had been postponed yet one more time, the White House first reeled in horror at the forbidden disloyalty and then leaked the irrelevant information that Kofman was not only gay but a Canadian. The attempt to discredit the reporter backfired when it was denounced by even the pro war media. Too bad somebody hadn't the wit to say to Donald Rumsfeld, whose resignation was suggested by one of the soldiers, that ' stuff happens'. That was his scholarly rejoinder when told that looting had ravaged the hospitals and museums of Baghdad following the cessation of hostilities.

Appearing side-by-side with Tony Blair underscores the vast divide between a gifted leader and George Bush. Blair,- presents his case with style and humour, gaining the respect of even his opponents. No wonder Bush limited the press conference to two questions, following the joint session of Congress where Blair earned 17 standing ovations from a mostly Republican crowd. The tongue- tied Bush has proven himself hapless at ad libbing much less at answering a straight question with a straight answer. Ironically, Blair remains in greater political trouble at home where the British Prime Minister is held accountable for his words and actions before a full house of parliament. The U.S. system allows the president to rule from the White House, to speak through a press secretary and to send his well briefed minions to spread the spin on Sunday television on well hyped shows.

The Record welcomes your letters to the editor. Please be sure to sign your letter and include a telephone number. Only signed letters are considered for publication.

Perspectives

Charest's country life

North Hatley had better brace for the influx

QUEBEC AFFAIRS

PETER BLACK

George W. Bush has his Texas ranch. Jean Chrétien has his cottage on Lac des Piles near Shawinigan. And Jean Charest has his hideaway amidst the old money charm of North Hatley.

Lately Charest's house in the picturesque village at the north end of Lac Massawippi in the Eastern Townships has become the premier's unofficial official residence, the place where he has taken to welcoming notables from his new circle of political friends.

The biggest fish so far was French Premier Jean-Pierre Raffarin whose visit in May necessitated large scale security measures in the sleepy village, a former Quebec Central Railway town. Fortunately Charest's digs are located right next to a baseball field so a helicopter was able to deposit the French head of state without the traffic snarl of a motorcade.

Raffarin's visit may end up being a dry run for a much bigger security operation. Reports this week say President Jacques Chirac is planning to vacation in Quebec next month and he has already expressed an interest in experiencing the bucolic magnificence of the Townships.

Naturally protocol would dictate a visit to the country residence of the Quebec premier would be in order and so North Hatley may want to brace itself for the type of security measures that will have tongues wagging over cocktails at the village's golf and tennis clubs for years to come.

Charest has welcomed leaders of a lesser, but nevertheless important, stature to the porch of his country house. He warmed up for his Council of the Federation coup at the premiers' meeting in Charlottetown earlier this month by inviting two keys premiers to North Hatley, British Columbia's Gordon Campbell and Ontario's Ernie Eves.

Eves already would have a tangential familiarity with the social history of North Hatley, or at least his common-law spouse would. Isabel Bassett is the widow of John Bassett, whose first wife was a local woman.

The Bassetts (of newspaper, broadcasting and sports fame) were the royalty of North Hatley at one point, holding court, tennis and otherwise, with the comfortable and powerful seasonal residents from Montreal and elsewhere. Bassett also was, at that time, owner of the Sherbrooke Record.

He split with his wife and married comely young Isabel Macdonald, who would go on to be a minister in the Mike Harris government and the companion of the current premier. In 1968 Bassett wanted out of the Record and it was quickly scooped up by then-budding media tycoon Conrad Black (no relation) and partner Peter White.

In 1977 Black sold The Record to George Maclaren, a Laval University law school pal of Brian Mulroney, as was Peter White. Maclaren happens to be a cousin of John Bassett through maternal connections. He is also the new Quebec delegate-general to the United Kingdom, named last week by Jean Charest, whose career as a federal Conservative rising star Maclaren, a Townships Tory mover and shaker, had mentored.

The plot thickens. When Bassett, also a Tory stalwart, pulled up stakes in North Hatley he sold his fine house near the lake to Sam Pollack, the man who as general manager of the Montreal Canadiens in the 1970s, led the club to heights of Stanley Cup glory.

It just so happens that Jean Charest's North Hatley house also belongs to Pollack. Charest apparently has an indefinite arrangement to make the winterized place his home away from his Montreal home. Obviously the star occupant of Pollack's lodgings will be drawing a lot more attention to a village that is cool to hordes of gawking tourists. North Hatley, say the locals, is accustomed to the presence of celebrities.

Last year, for example, the likes of Nicole Kidman and Anthony Hopkins dropped in for a shoot at the sumptuous Hovey Manor resort up the road from Charest's place. And later this summer, the very hot pirate of the Caribbean, Johnny Depp, will briefly make North Hatley his home while doing a scene for a Hollywood flick.

With the new demands of governing, it's understandable Jean Charest and family may need the restorative powers of country living and frankly, he could hardly have picked a lovelier spot. North Hatley, though, likely will be a little less peaceful, as it adjusts to its new status as the unofficial seat of Quebec power.

LETTER TO THE EDITOR

ACI workers stand behind employer

DEAR EDITOR,

Is there some sort of hidden agenda that The Record has against ACI? Within the past year the reports on the establishment have been wholly negative. There have been inaccurate facts and phrases with such loaded language that The National Enquirer shows more journalistic integrity.

In one of the most recent stories "Call centre subsidies fail to produce sustainable jobs" (July 11, 2003), a few examples of a decided lack of journalistic impartiality included phrases such as "The doomed Vaudreuil centre," "The cheerleading Parti Québécois government," "revolving door of managers," and "kicking people out the back door." If these are quotes, label them as such. This is to say nothing of the conversational phrase, "It's no wonder."

Opinions are for the editorial page. If Ms. Legault wants an editorial job that bad, then give it to her and replace her with a professional reporter who allows the readership to make up their own minds rather than leading them by the nose to predetermined conclusions.

Getting to the meat of the same story, according to a memo distributed to ACI staff the $15 million in subsidies that Ms. Legault refers to is "the maximum ACI could receive – it is only based upon the number of jobs actually created." This is opposed to the past tense used in the story. As to the belief that the jobs provided by ACI are not "sustainable," several of the signatories of this letter are people who have recently passed or will their third anniversary with the company in the next few months.

Does Ms. Legault also take into consideration that ACI also employs a number of students on its staff who take the job for the short term to pay for school? Some stay on even after the school year has started but others will quit to devote more time to their studies.

The Sherbrooke site has repeatedly done a high quality of work, which has led to us (the site) being specifically requested by several clients for projects. As to the point that people are hired and trained as others are laid off. Yes, it's happened, but like any company, these people are hired to replace people who quit or are fired, just as any company has a bank of reservists to fall back on.

One very important point that strongly needs addressing in the whole "harassment/complaining amongst themselves" matter: ACI is one of the few companies that believes in open communication and second chances.

On numerous occasions with many employees, supervisors and even managers are willing to sit down and talk out problems to try and come to a resolution as long as the employee is willing to make an effort.

If a rep is having trouble making sales they aren't just dropped; they are coached and advised and given an opportunity to improve. A knock on the door can go a long way.

We just felt that the general public should know that despite what they read on other pages of this newspaper, there are still people who work for what they feel is a good company and stand behind them.

ALAIN PLANTE
JOHN MORET
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Editor's note: *The Record* is pleased that several of the 14 signatories have found gainful employment with ACI, and does not dispute the high quality of their work. But the focus of the call centre story is the investment of millions of Quebec taxpayers' dollars to create hundreds of similar sustainable jobs that failed to materialize.

Danville's Main Street project a work in progress

By Stephen McDougall
SPECIAL TO THE RECORD
DANVILLE

Danielle Poisson loves flowers and dreamed one day of opening a flower shop. But the former civil servant from Montreal had to put off that dream for about 20 years while she worked towards her retirement.

Today, her dream has been realized in the town of Danville, where she recently opened Les Fleurs de Catherine in the town square. Catherine is the name of her granddaughter.

"I have traveled extensively and saw many flower shops in many countries," she said.

"But when I came to this town, I fell in love with it and decided this was the place."

Poisson admits she is taking somewhat of a risk, given that the local economy is in a downturn with the shutdowns of the JM Asbestos mine and the Magnola magnesium plant. She also has competition from two flower shops in Asbestos.

But when reminded of these facts, she just smiles and talks about her newest flowers and crafts she has for sale.

"This town has tourist potential, and tourist do buy flowers," she said.

"We have an arts symposium later this summer and I hope other events will be created to draw in visitors."

What reassures Poisson is the town's investment in its Main Street project, which started last year with grants from the town and the provincial government.

The mandate of the project is to change the appearance of the town's business sector in the square and find activities that will draw in visitors and tourists.

Anne Wittholz, who is in charge of the project, believes Danville has great tourist potential, but needs help financially to make the dream come true.

"This will not happen overnight," she said in a recent interview.

"If we can get ourselves organized and do small projects that are successful, then we could convince the provincial and federal governments to grant us the money we need to redo the downtown core and get more visitors in."

Some of the larger projects involve redoing the fronts on town businesses and redoing the sidewalks both in the square and the Route 116-255 intersection next to the tourist office.

But Wittholz said those projects are still on a wish list and would depend on lots of government money and private investments from the shop owners.

For now, the Main Street committee has numerous small projects it wants to try out in the months to come.

The goal, said Wittholz, would be to have a mini-festival every month. The festivals would reflect the theme of the month and be held in scenic sectors such as the nature center at the Burbank Pond.

"The pond has a lot of room for outdoor activities such as nature tours and a marketplace to sell local products," she said.

"We can also have concerts at the outdoor pavilion and have local children sing in a choir."

Other activities would draw on historic times of the town, including the legacy of Mac Sennett, the hollywood producer of the 1910s and 1920s who came from nearby Tingwick.

"We could show films of his and have people dress up like bathing beauties and keystone cops like we did a few years ago," she said. "But this time, the events would take place in July, not January."

Wittholz said the main effort this year will be the Street Art Symposium scheduled for the Labour Day weekend.

"The image of the town will be important for the visitors. We will make sure that garage sales are restricted and that decorative flags are flown from street lamps. The town has already installed some benches in the square and is considering adding some grass strips as well."

She added that a new logo showing the town's MacLeay clock will be incorporated on three new town signs to be posted on the municipal borders in August.

One project already being worked on is the painting of steps on the sidewalks to help visitors who want walking tours of the town.

"We have yellow, green and red footsteps, each of which represents a different tour," said Wittholz.

"The steps are being placed by our local Maisons des Jeunes (Youth House) and will show people our historic buildings and facilities."

Other decorative ideas include placing signs in front of older homes with texts that describe the buildings histories, as well as map signs of the town posted at different locations.

Wittholz, a native of Germany, said the key to drawing visitors to any town is civic pride.

"If you are proud of your town, it will show and other people will become proud of your town as well," she said.

"If they sense a feeling of belonging, they will come back again and again.

"Many towns in Europe have adopted this attitude and it has paid off for them. We can do the same thing if we are willing."

Poisson agrees with Wittholz's views, arguing the better the community, the more other people will want to join in.

"We want real people to live here," she said. "People who want to invest in the town, buy a house and maybe set up a shop of their own."

Paule Levesque, a former Montreal resident who settled in La Ferme Cleveland, a farm on the outskirts of town 20 years ago, believes many city people want to find quiet places like Danville when they get older.

"I worked for the CBC and I just retired, but I have been commuting to our farm here for many years," she said. "It is quiet and green and peaceful. Not like the city. People in the cities don't realize how rich these small towns are until they live here."

More of the historic Craig Road to be paved

By Stephen McDougall
SPECIAL TO THE RECORD
ST-JEAN-DE-BRÉBEUF

The historic Craig Road, which opened up much of the Townships from Richmond to Quebec City, will get more asphalt this summer in an effort to attract more tourists and improve road safety.

"It's part of route 216 which has not been paved and can be rough in spots," said Transport Quebec spokeswoman Veronique Boutet.

"The road has a lot of history and many people want to travel it."

The part being paved is between the town of St. Jean de Brébeuf (also known as Lower Ireland) and St-Jacques-de-Leeds (also known as Leeds Village).

Boutet could not say how many kilometers of the road will be paved because the project is in the hands of the town of St. Jean de Brébeuf.

She said she could not contact town officials because of the provincial construction holidays which only ends next week.

But nearby Inverness resident David Robinson has told The Record the paving will include a part of the road called Lipsy's Hill.

"I saw them tarring the hill this morning," said Robinson Thursday. "The workers are at the top of the hill and they are set to go down it."

Lipsy's Hill is steep and brings motorist up to an historic lookout at the crest. The hill can be difficult to climb, especially since motorists are ordered to reduce their speeds to 70 kilometers per hour before the hill starts. The loose gravel and bumpy road bed make driving up the hill a challenge for any vehicle and driver.

The Craig Road was built in 1810 by then Governor James Henry Craig and 300 soldiers in less than three months. It was 75-miles long, 15-feet wide and included the building of 120 bridges.

At Richmond, the road would link up with another route heading south to Boston in the United States. The hope was that the road would foster trade between Quebec and Boston and increase economic development for the two cities. But its main use became the path for settlers from the U.S. along with those from Scotland and Ireland to set up homesteads in the Eastern Townships.

The road was later neglected when larger highways such as the Trans-Canada 20 were built in the mid-1900s.

Today, the Craig Road is promoted by the province as the main historic route for tourists in the Lower Ireland, Leeds, Inverness, Kinnear's Mills area.

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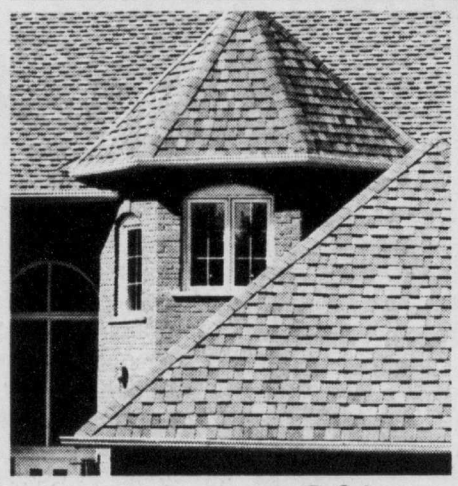

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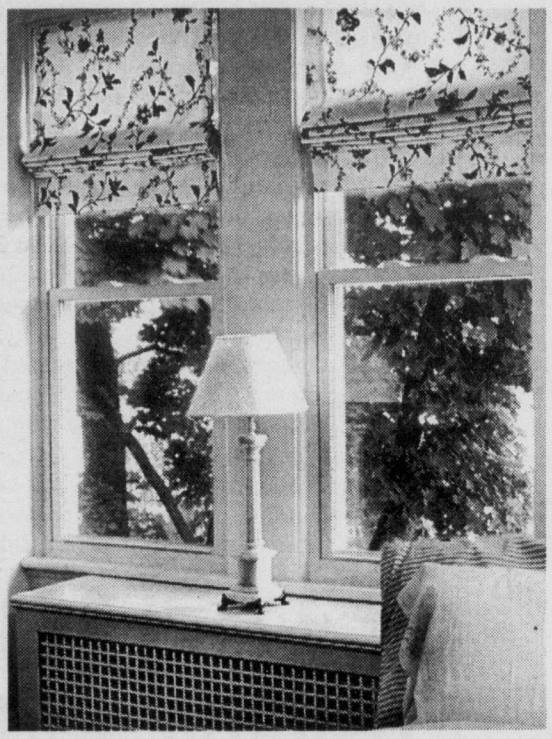

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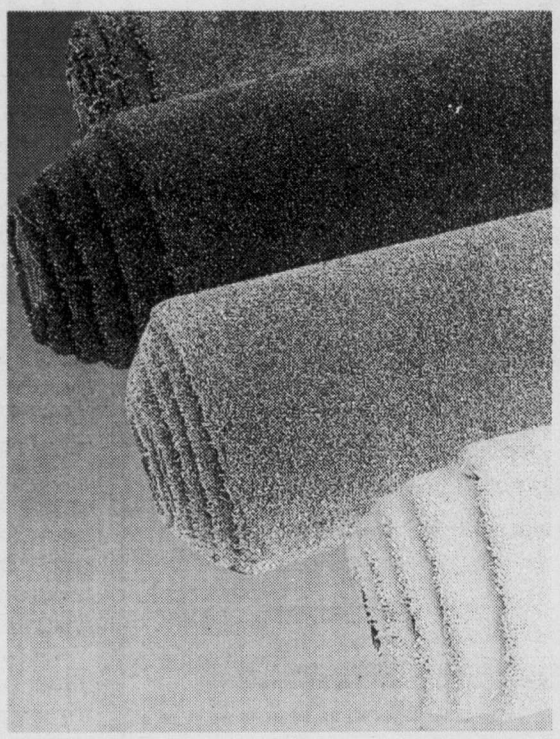

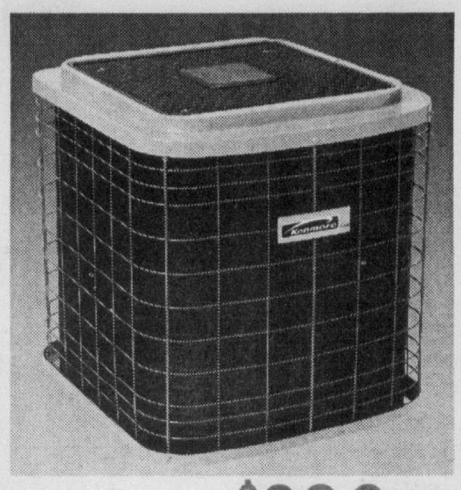

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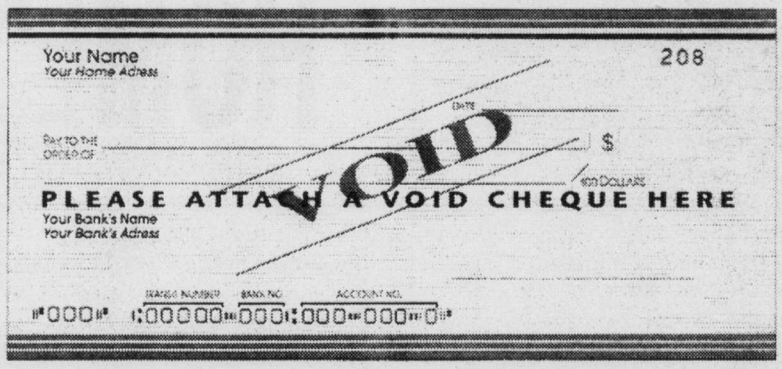

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Rich still trying to buy happiness

A survey conducted for American Express by Jigsaw Marketing revealed the following highlights.

• Half of those earning as much as $200,000 a year believe they are getting by on their salary. But, 85 per cent of those making the national average household income of $58,000 feel they are living quite comfortably and 10 per cent consider themselves well-off.

• 72 per cent believe money can't buy happiness. But, 31 per cent of affluent Canadians (those making $200,000 or above) agree that money can buy happiness, compared with only 13 per cent of average earners.

• 82 per cent said if they received an unexpected windfall, they would use it to pay off debts or to invest. Only 15 per cent said they would spend it.

• In all income groups, 31 per cent said their top financial priority was to pay off their mortgage or other debts. Twenty-one per cent were saving for something specific; 15 per cent were putting money aside for savings in general. The more affluent are five times as likely to invest in property or the stock market.

• More than half of respondents say they expect to spend more money over the next 12 months on dining out, entertainment and travel.

• The majority of affluent Canadians earning over $200,000 don't think they live lavishly, but 48 per cent would spend $2,000 per person on a vacation; 58 per cent would pay $250 on a hotel room and 94 per cent would regularly dole out $100 for dinner. By contrast, 76 per cent of average income earners say they would rarely or never spend $250 per night at a hotel, 62 per cent believe $2,000 for a vacation is way too much and 61 per cent believe $100 for a meal is unnecessary.

Food industry plans tracing and recall system

By Allyson Jeffs
CANWEST NEWS

Key players in Canada's food industry are helping devise a national system to ensure meat, fruits and vegetables can be traced from the farm to the dinner table in the event a recall is needed.

Organizations representing retail grocers, food suppliers and manufacturers have agreed to review options for developing a single system that will meet the demands of a safety-conscious marketplace.

"What we are trying to do is have one system where the retailer, the supplier, anybody, can have the ability to track and trace product," Dave Wilkes of the Canadian Council of Grocery Distributors said in an interview.

Ottawa wants to ensure that, by 2008, 80 per cent of the agri-food sector is covered by a tracking and tracing system.

The CCGD, along with the Food and Consumer Products Manufacturers of Canada, the Canadian Federation of Independent Grocers and the Electronic Commerce Council of Canada are developing a proposal to bring to the federal government in the next year or so.

Justin Sherwood, vice president of food service and Ontario public policy for the CCGD, will be consulting with stakeholders during the next six months. Sherwood has been seconded to the Electronic Commerce Council _ the industry-led association established to maintain global standards for bar code issuance and maintenance.

The existing bar coding system, combined with other tracing efforts, already provides some assistance in tracing food, but Wilkes said what's needed is a unified system that is in harmony with the requirements of Canada's trading partners.

"A solution is no good unless the retailers, suppliers and commodity producers can use it and it fulfills our international obligations," he said.

Among the options that will be reviewed is how to use bar codes or other electronic means such as radio frequency tags to electronically track products.

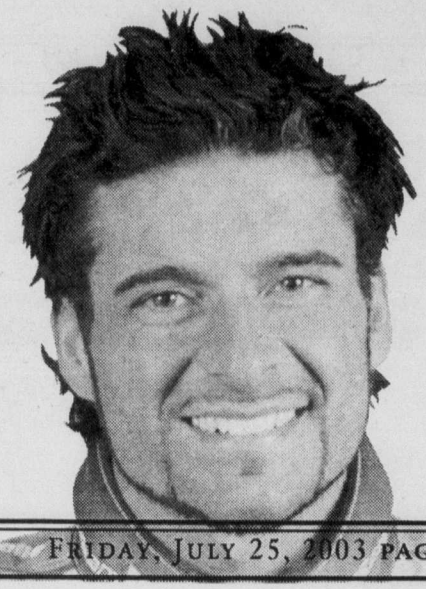
Canada has embarked on an ear-tagging system that allows every cow sent for slaughter to be traced to its herd of origin and Wilkes says the next step is to "make sure that we're able to trace the product that comes from that particular animal all the way to the shelf."

THE RECORD
Sports

INSIDE

Tagliani among elite group vying for a title in Vancouver

. . . see Page 13



Lean, mean, driving machine

By Ben Kuzma
CANWEST NEWS SERVICE

When Paul Tracy recently relaxed at the track in his massive motorhome, he didn't kick back and watch a movie. He tuned in to the Tour de France.

An avid cyclist, Tracy has become the Champ Car Series' latest poster boy for fitness. From paunchy performer to a leaner and meaner driving machine at start of last season, the 35 pounds Tracy has shed is testament to the training drivers endure.

It ensures they can can muscle an 800-horsepower rocket while being subjected to G-forces for two hours in a cockpit where temperatures can soar to 54 C and danger lurks at every turn.

Fitness is a major reason the Player's/Forsythe Racing driver already has four wins this season in chasing his first series title in 13 years of competition. And it strengthens the belief that drivers are elite athletes.

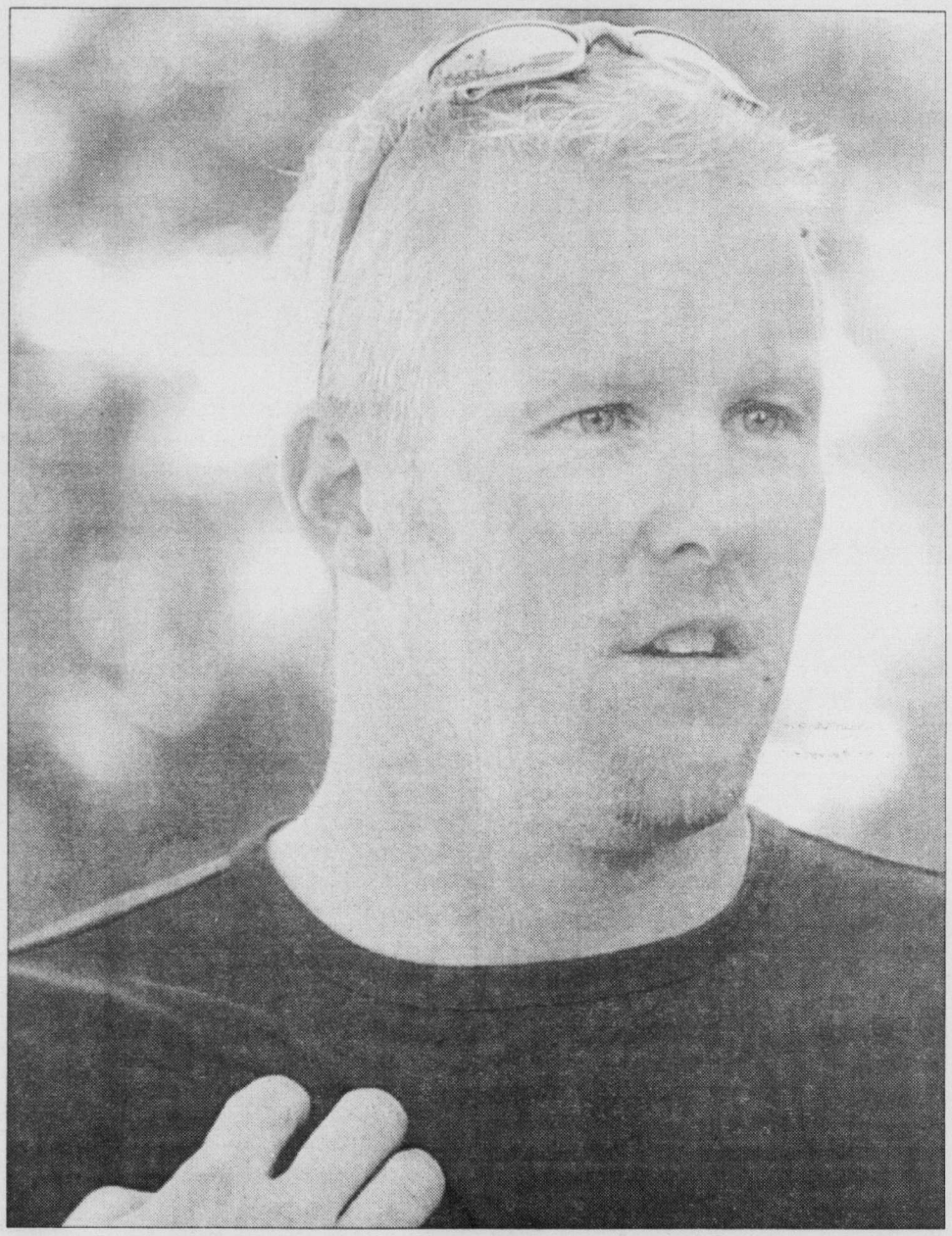
"I put myself through a lot of hardship to lose those pounds," said Tracy who admits to sweet-tooth cravings for cookies and ice cream in a diet rich in protein, vegetables and salads.

"Losing weight is something that isn't easy for me – it's something I have to work hard at. Sometimes I don't want to do it, but now I'm seeing the benefits of it when I'm in the race car.

A recent study also supports the fitness theory, especially considering what drivers absorb during any event. Champ Car director of medical affairs Dr. Steve Olvey and Dr. Patrick Jacobs – assistant director of neurological surgery in Miami – had their findings published in the December issue of Medicine and Science in Sports and Exercise.

They detail a lengthy study of fitness requirements and the rigours of CART competition compared to elite athletes.

Seven CART drivers participated in two on-track sessions – one road course and one speedway – and one treadmill session to measure the differences in physiological demands, something Dr. Olvey always believed was significant.



CANWEST NEWS SERVICE

Improved fitness is a major reason Paul Tracy already has four wins this season. He is chasing his first series title in 13 years of competition.

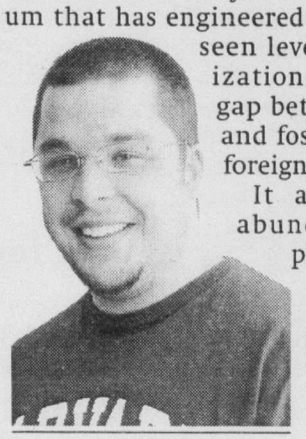
The study concluded average oxygen consumption required to drive at a competitive pace on the road course was 13 times that of resting energy consumption levels. And that work level is comparable to you running an eight-minute mile or cycling at 35 kilometres per hour.

"It (racing) is extremely physically demanding because my observations over the years were that they were quite fit, and you have to be quite fit in order to compete at the levels that our cars were," said Dr. Olvey, 60, who has been associated with CART for 25 years thanks to some prodding from former series team owner Roger Penske. "The better physical condition you're in, the better you can compete.

SEE TRACY, PAGE 12

Surfing for sports

It has been said that the Internet is possibly the greatest innovation of the 20th century, a universal medium that has engineered never before seen levels of globalization, closing the gap between oceans and fostering better foreign relations.



SCOTT MCLEAN

It also has an abundance of pornography. Falling somewhere in the middle of this spectrum are some of the weirdest sports web sites you have to visit to believe.

The following is a selection of the wackiest in "sports" related web sites.

Do you like hotdogs? Maybe raw oysters are more your style? The real question is: Can you eat seven quarter-pound sticks of butter in under five minutes. Well, Don Lerman can, and he is but one of the many famous record holders on the IFOCE web site (www.IFOCE.com). IFOCE of course stands for the International Federation of Competitive Eating, which is the official sanctioning body for eating contests around the world.

The web site lists record holders for a variety of different foods, and has a link for the published mandate of the IFOCE, which includes, above all else, ensuring the safety of its athletes by regulating the contests.

But not many doctors would agree that it is safe to eat 168 raw oysters in 10 minutes, a feat performed by short order cook "Crazy Legs" Conti in 2002.

Conti received his moniker after he entered his second event of the day, the "someone misplaced my barf bucket" dash. You can also purchase official IFOCE merchandise, like a T-shirt with 'Nothing in Moderation' printed on the back, available in XL, and XXL.

SEE WEB, PAGE 13

SPORTS NOTEBOOK

Pelletier has strong junior event

Francis Pelletier of the Royal Bromont Golf Club led all Townshippers at this week's Quebec Junior (18 and under) Championship with a 15th place finish. Kevin Fortin-Simard of the St-Prime Club won the four-round event by shooting a total of 282 (-6).

Other Townshippers who played at the Camelot Golf Club included the event's youngest competitor, 13-year-old Mathieu Rivard of Royal Bromont who finished tied for 17th, Martin St-Pierre (Coaticook), Christophe Leclerc-Auger (East Angus), Nelson Chamberland (Milby), Rudy Robitaille (Farnham), Dave Soucy (Milby), Antoine Desharnais-Ducharme (Dufferin Heights), David Boucher (Milby), Stéphane Benoit (Farnham) and Martin Rourke (North Hatley).

Tyson claims innocence in brawl case

Two men who brawled with Mike Tyson at a Brooklyn hotel menaced him first by telling him they were armed, lawyers alleged Thursday at the boxer's arraignment. One told Tyson, "You've got fists, we've got guns." But prosecutors also informed a judge they have a security videotape that shows the ex-heavyweight boxing champion responding to the taunts by hunting down the unarmed men and punching them out.

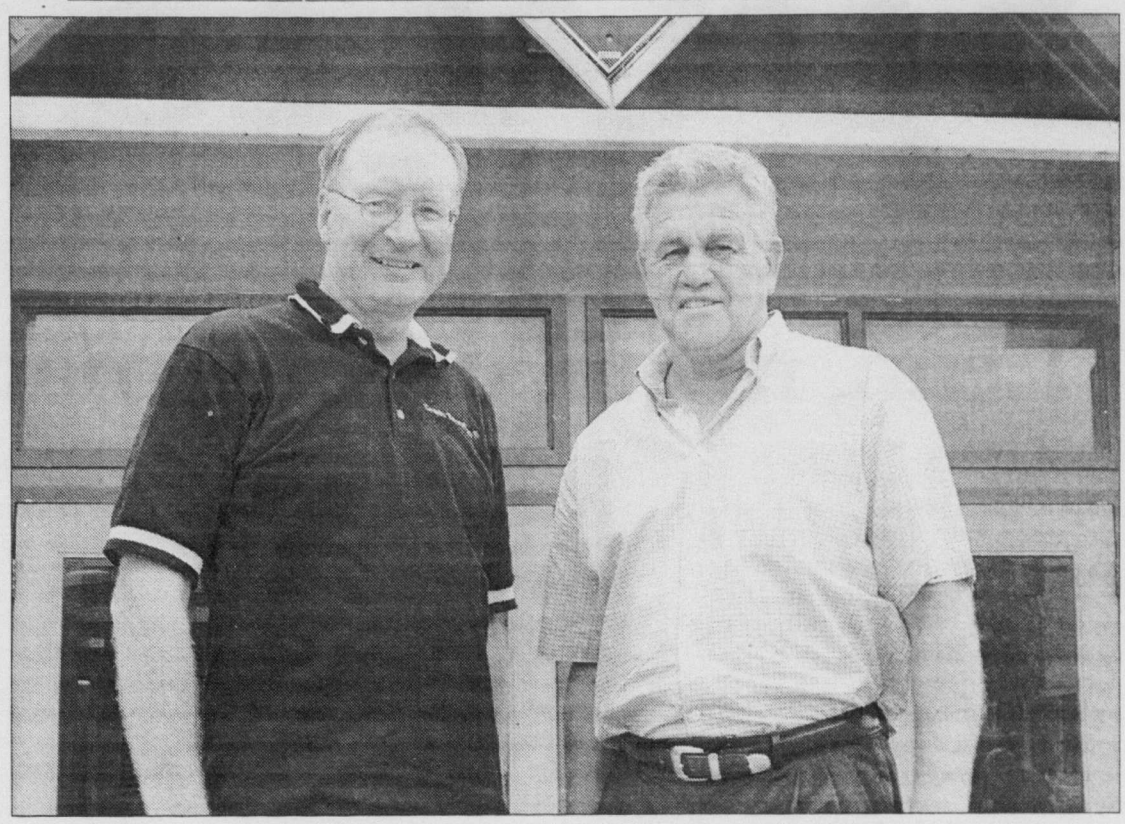
Around Town

To submit your sporting event, fax it to (819) 569-3945, email newsroom@sherbrookerecord.com or contact Jamie Zachary, Correspondents' Editor, or Mike Hickey at (819) 569-6345.

UPCOMING

• **BASEBALL: Wednesday to Sunday,** provincial pee-wee tournament, Parc Central and Park Couturier, Fleurimont.

Hussey is new athletic director at UPEI



COURTESY UPEI COMMUNICATIONS

As reported July 4 in The Record, Wayne Hussey, the former Bishop's Gaiters basketball coach who led the women's team to a pair of national titles in the 1980s, has been named the new athletic director at the University of Prince Edward Island. Hussey, right, stands beside UPEI president Wade MacLauchlan after a press conference formally introduced the former national coach of the year Monday in Charlottetown.

CHAMP CAR RACING

TRACY:

CONT'D FROM PAGE 11

A previous study examining driver heart rates was presented at a conference in Paris nearly a dozen years ago. It got mixed reviews. Skeptics felt that racing loads placed on heart rates were due to anxiety levels on part of the drivers – an adrenaline release from competition – and couldn't be physical exertion. After all, people drive their cars to work and sometimes drive fast and feel those sensations.

However, through use of a metabolic monitor in race cars – it's not much bigger than a VHS cassette and is attached to the driver – it's possible to measure oxygen uptake and cardiovascular fitness.

"Some of the numbers were in the area of which you would see in many of the traditional sports settings – say soccer, basketball and baseball," said Dr. Jacobs. "It was very surprising."

To battle lateral gravitational forces, there's also been debate whether weight training or aerobic training is more beneficial to help combat muscle strains.

"Resistance training has to be balanced with a need to keep the body weight as light as possible because the heavier the person, that mass has to be controlled," added Dr. Jacobs.

"With it (resistance training), you could also get a cardiorespiratory benefit plus a stronger core (midsection) that would allow one to maintain a stable sitting position more effectively."

That's not the only benefit. Studies have proved the better the level of fitness, the better chances of surviving race crashes. Aside from mandatory use of the HANS (Head And Neck Support) device to limit movement in collisions, better fitness is ensuring better rates of recovery. Tracy has been known as much for crashes as competitiveness, but there's been a remarkable change.

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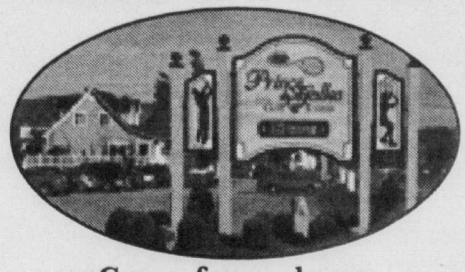

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CHAMP CAR RACING

Canadians among favourites in Vancouver

CANWEST NEWS SERVICE

There are two former winners of the Molson Indy Vancouver left in the field and one of them, Paul Tracy, is on a four-race tear.

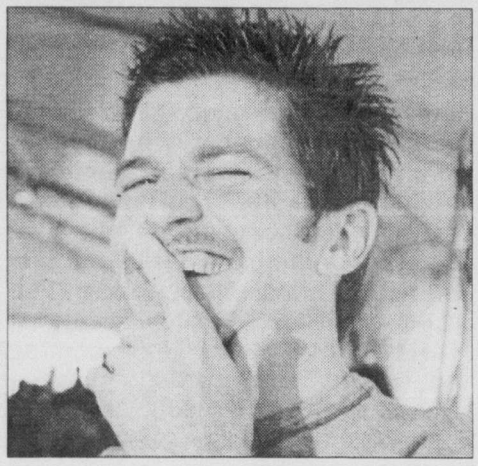
If it rains for Saturday's final qualifying or on race day Sunday, all bets are off, but look for Tracy to be on the podium for a fifth straight time.

FAVOURITES

1. BRUNO JUNQUEIRA: No wins or poles this year, but sits second in standings thanks to consistency: He's finished out of the top five just once.

2. ALEX TAGLIANI: Pole winner and lap leader in 2001. Was running second two weeks ago in Toronto until he crossed Bruno Junqueira's race line. Doing well with a team that's new to the series.

3. PAUL TRACY: Four wins and seven podiums in 10 races. Tracy loves street courses and Player's has found the right set-up for his Lola. He won here in 2000.



CANWEST NEWS SERVICE

Patrick Carpentier will be one to watch at the Molson Indy in Vancouver.

CONTENDERS

4. PATRICK CARPENTIER: Has always run well around the Concord Pacific Place track. Earned second podium finish of his career in the rain in 1999 and started on the outside pole in 2001.

5. MICHEL JOURDAIN JR.: Third in the standings, but he'd be about 10 points closer to Tracy were Team Rahal able to weigh his car accurately. Has developed dissing feud with Tracy.

6. SEBASTIEN BOURDAIS: Rookie is fast in qualifying and has three wins.

LONGSHOTS

7. MAX PAPIS: A podium finish would be an emotional tribute to his old buddy, the late Greg Moore.

8. DARREN MANNING: He has it in him to reach the podium.

9. ADRIAN FERNANDEZ: 2000 series runner-up.

10. MARIO DOMINGUEZ.

11. ORIOL SERVIA.

ALSO-RANS

12. TIAGO MONTEIRO.

13. ROBERTO MORENO.

14. JIMMY VASSER: Reynard chassis hindering 1996 series champ.

SPORTS COMMENT

WEB:

CONT'D FROM PAGE 11

Need to know what your favourite eating machine does in his or her spare time? The Gurgitator may be for you.

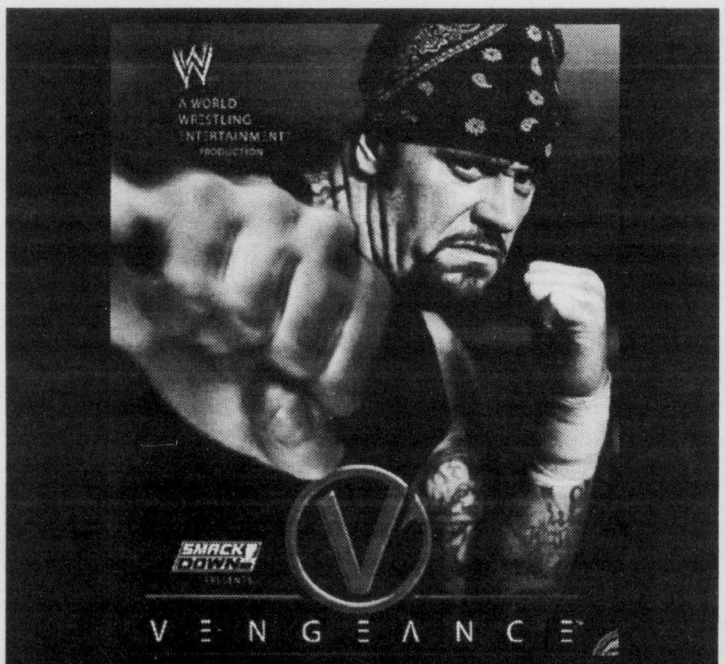
The Gurgitator is a quarterly magazine that will update you on all the eating contest news from around the globe and features insightful interviews with celebrities like Japanese hero and hotdog eating champ Takeru Kobayashi.

Another food/sports related Web site is www.tiedyes.com/thetofuolympics-1996.html, were visitors can witness the athletic prowess of athletes performing at the tofu Olympics.

The site is as basic as it comes, with animated pictures of tofu competing in a variety of events. Apparently, tofu prefers gymnastics. The highlight of the site has to be the tofu carrying the Olympic torch, paying homage to the esteemed tradition of the Olympics.

In search of a Canadian website, I stumbled upon www.marilynbodogh.com. Marilyn Bodogh, of course is a two-time Canadian champion in curling. She also took on and lost to Ed "The Wrench" Werenich in a battle of the sexes match in 1987. Now Bodogh has embarked in a different arena all together, motivational speaking.

She talks about winning at all levels of life, spouting the usual clichés such as "Don't settle for second best" and "believe in yourself." Where is Tony Robbins when you need him?



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Winners of WWE Contest are:
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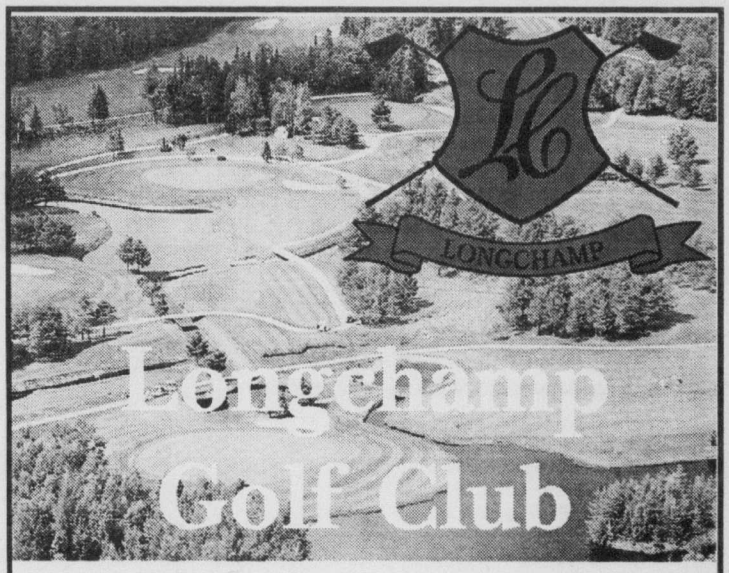
- Kristopher Gillam, Lennoxville
- Louise Prince, Stanstead
- Claire Alger, Mansonville
- Lucie Gillam, Sherbrooke

Congratulations!



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Church Directory

Anglican Church of Canada

ST. PETER'S CHURCH
355 Dufferin Street, Sherbrooke
(819) 564-0279
Sunday
10:00 a.m. Holy Eucharist

Anglican Church of Canada

ST. GEORGE'S CHURCH
LENNOXVILLE
84 Queen St., 819-346-5564
Rector: Rev. Keith Dickerson

Sunday, July 27
8:00 a.m. Holy Communion
9:30 a.m. Church in the Hall (L. Hall)
10:30 a.m. Combined Service with
St. Andrew's

Anglican Church of Canada

ST. BARNABAS
North Hatley
Family Service and Healing Ministry
Rev. Alain Milot (819) 842-2686
Sunday Services 8 a.m. & 10:30 a.m.

Attend the church of your choice

Presbyterian Church in Canada

ST. ANDREW'S CHURCH
(418) 334-0587
Interim Moderator:
Rev. Ross Davidson
Organist: Anthony Davidson

Sunday
Combined Service with St. George's Church
Time: 10:30 a.m.
Guest speaker: Mr. Ellis Clark
A cordial welcome to all!

THE WORD OF GRACE
RADIO BROADCAST
P.O. Box 404 Lennoxville Qc J1M 1Z6
Station CKTS/CJAD Dial 90
Sunday 8:30 a.m.

United Church of Canada

Plymouth-Trinity
Dufferin at
Montreal,
in Sherbrooke
346-6373

Organist:
Pamela Gill Eby

Sunday
10:30 a.m. Communion
Guest: Rev. Philip Kennedy
Guest soloist: Reg Fergus
We welcome Lennoxville United Church

Robinson Residence Spring Tea

Although the day was dull, with the odd light shower, it did not dampen the spirits of those, who attended the Annual Spring Tea on June 19, 2003 from 2:00 to 4:00 p.m. at the Robinson Residence Home for Seniors. With a bus from Montreal, with its load of retired teachers and their spouses or guests and cars from both Montreal and various parts of the Townships, the beautiful grounds were soon filled with the sounds of laughter and conversations as friends greeted friends, either under the large tent or out in the open. Music, John Barr and friends from Massey-Vanier High School, could also be heard and enjoyed as evident by the toe tapping, humming and swaying. Refreshments played a large part in the afternoon's festivities as prepared by the ladies (and men?) of the Creek United Church.

Manager Sadie Horne and the Robinson Residence Board decided that this would be the perfect time to also hold the Inauguration of the new elevator in the home. Guests included Mayor Arthur Fauteux of Cowansville, Councillor for the District, Wayne Yates, who told me later that he had really enjoyed himself, Reverend Sinpoh Han, Anglican Church, Mrs. Janet Snider and her father Mr. Ernie Stoddard represented Emmanuel United Church in the absence of the minister, Reverend Jim and Mrs. Gray from the French Pentecostal Church, Mrs. Cynthia Wilkinson, whose grandparents, Mr. and Mrs. Robinson, had owned the home, before it became the residence and her husband. Former Vice President of the Board, Pat Quilliams and her husband Bob, Architect Yves Lussier and Mrs. Melba Weiss, representing M.P. Denis Paradis. Regrets were received from Ms. Sandra Crabtree, Crabtree Foundation, who had given a donation towards the cost of the elevator - the distance being just too far, but expressed an interest in visiting the home, when next in the area, former Manager Dot Coulson, and a representative from the Catholic Churches. It was a pleasure to see that many people from both Cowansville and other local towns also attended the tea.

Gary Crandall, Vice President of the Board, introduced the guests, Manager Sadie Horne, residents and staff of the home. He opened the short ceremony by paying a tribute to Margaret Stevenson, who was being remembered by everyone, on this special day, for her dedication to the home by her many articles to the Teacher's Magazine and various papers in the district. Margaret is now living in another senior home in Cowansville, because of her need for more individual care. Gary, in his usual style, then proceeded with the ceremony by saying a few words that made everyone laugh. He then asked the Mayor to say a few words, which he did in both English and French, Reverend Sinpoh Han to say a prayer and Ann MacLeish, President of The Quebec Association of Retired School Educators, to cut the ribbon, which was across the steps leading to the entrance between the two railings. Everyone showed their appreciation with clapping and picture taking.

It was then back to more refreshments, conversation and the opportunity to relax and enjoy the lovely setting among friends until such time, that "Good Byes" had to be said, while strolling to the bus and cars thinking of how they had enjoyed this afternoon, and looking forward to next year.

A great deal of thanks is due to Manager Sadie Horne and her staff for all their efforts and work to make the day so enjoyable with a special mention of David Ring, for not only directing the cars, with that special smile of his, on this day but how beautiful he keeps the grounds of the Residence.

Evelyn Beban Lewis

In The Wee Hours of the Morning

In the wee hours of the morning your loving face comes to me
Yes, it comes to me in silent reflections of passionate memories
As in days of yore when you constantly near you see
Constantly with me as oft' times before that's for sure.

"In the wee hours of the morning" yes my passionate heart
Beats even in my thoughts aroused and stirred in passions' flare
I sometimes reach out to touch you-r sweet smiling face but
Then I realize you're just not there as I run my fingers in my hair.

"In the wee hours of the morning" just about at the crack of dawn
I say to myself now please remain calm you will be just fine for sure
It would be great if I could get just a glimpse of your face if only
Once more maybe I'll get lucky today on this lovely - glorious day.

"In the wee hours of the morning" sometimes I feel a little lonely
And blue then I ask myself "What else is now!" then I see your stately
Stature coming to me from out of the blue but nothing else seems to
Matter except sweet - sweet lovable you, sweet adorable you is all I see.

Eloise Hodge

Friday, July 25, 2003

A multifaceted deal with, first, spades

By Phillip Alder

Some deals contain many interesting possibilities. And it doesn't take a rocket scientist to guess that this is one of them. First, we will look at the spade situation. After East opens one heart, you (South) arrive in four spades. West leads a heart, East winning with the jack and trying to cash the ace. How would you plan the play? After deciding, look at the full deal and work out if your line succeeds, and if East had a better defense available.

When the dealer opens one of a suit, the next player makes a simple overcall in a suit, and the responder passes, I like to play that if the fourth hand introduces a new suit, it is forcing for one round. Discuss it with your partner.

North's three hearts asked his partner to bid three no-trump with a heart stopper. (If you would prefer to be in five diamonds, tune in tomorrow, same time, same channel.)

You should be happy to lose two spades and one heart. So, after ruffing the second heart, cash the ace-king of spades, then immediately play on diamonds. (Note that if you lead a third round of spades, West draws trumps and East runs his hearts for three down.) West may ruff the fourth diamond and return a heart, but you trump, cross to dummy with a club, and discard another club on the remaining high diamond. Your contract is safe.

East missed a very difficult defense. If he had shifted to the club queen at trick two, he would have dislodged a key dummy entry and defeated the contract. Sign up as your partner anyone who would find that play.

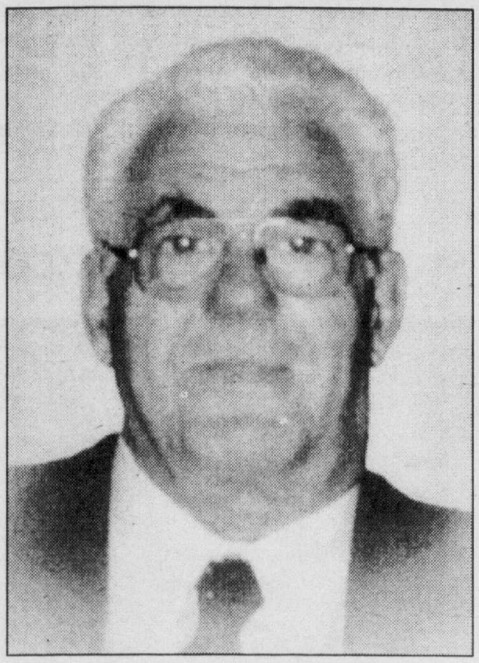
	North		07-25-03
	♠ 9 2		
	♥ 6 4 3		
	♦ A K J 10 5		
	♣ A K 3		
West		**East**	
♠ Q 10 8 5		♠ 4 3	
♥ 10 8 5 2		♥ A K Q J 7	
♦ 7 4		♦ 8 6 3	
♣ 9 6 5		♣ Q J 10	
	South		
	♠ A K J 7 6		
	♥ 9		
	♦ Q 9 2		
	♣ 8 7 4 2		

Dealer: East
Vulnerable: Both

South	West	North	East
			1 ♥
1 ♠	Pass	2 ♦	Pass
3 ♦	Pass	3 ♥	Pass
3 ♠	Pass	4 ♠	All pass

Opening lead: ♥ 2

In Memoriam



BUCK, Maurice - July 26, 2002 -
Those we love don't go away,
They walk beside us every day -
Unseen, unknown, but always near.
Still loved, still missed, and very dear.
THE FAMILY

A mass will be held on Sunday, July 27, 2003 at 10 a.m. at the St-Francois Xavier Church in Bromont.

In Memoriam

DUTTON, Roy - In loving memory of a dear husband who passed away July 26, 2001.
If there was a telephone in heaven
And I could talk to you
I would tell you that I miss you
And that I love you too.
I would tell you that the tears still fall,
There is your empty chair.
Even though I cannot touch you,
You are still everywhere.
I will think of you tomorrow
And each day that comes and goes.
I will think of you forever
I love and miss you so.
Wife, INEZ
Daughters, PATSY, PENNY, PEGGY, SANDY
GRANDCHILDREN and
GREAT-GRANDCHILDREN

Card of Thanks

WHYTE - I would like to thank my family and friends for the cards, gifts and the wonderful surprise party they gave me for my 80th birthday. Please accept this as my personal thank you.
Sincerely, HILDA WHYTE

In Memoriam

MIDGLEY, Gordon - In loving memory of a dear husband who passed away on July 25, 1993.
It broke my heart to lose you,
But you didn't go alone,
For part of me went with you,
The day God called you home
SHIRLEY (wife)

Brieflet

Correction

IVES HILL
Card Party at the Ives Hill Community Hall, Friday, July 25 at 2 p.m. Prizes and lunch. Sponsored by the Milby Women's Institute.

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Deaths

BACHAND, Adrien - At the C.S.S. Memphremagog, Magog, Que., on Tuesday, July 23, 2003, Adrien Bachand of Stanstead, Que. Funeral service will be held in Notre Dame de la Merci Church, on Saturday, July 25, 2003 at 2 p.m. Arrangements entrusted to Cass Funeral Home, (819) 564-1750.

DESROSIERS, Madeleine (nee Boulanger) - Suddenly in Richmond, Que., on July 23rd, 2003 in hér 60th year. Beloved wife of Reginald Desrosiers, dear mother of Jean (Renée), Arthur (Marie-Josée), Mario and Sonia (Gerald). Resting at the Cass Funeral Homes Inc., 295 Principale St. S., Richmond, Que., where relatives and friends may visit on Friday, July 25th from 2 to 4 and 7 to 9 p.m., and on Saturday, from 9:30 to 10:45 a.m. Funeral service at Ste. Bibiane Church, Richmond, Que., Saturday, July 26th, 2003 at 11 a.m. Interment in the Ste. Bibiane Cemetery.

KINSEY, Doris (nee Sherrer) - Peacefully in her 87th year at BMP Hospital, Cowansville, Que. Beloved wife of the late Leslie Kinsey. Cherished mother of Allan (Stacy), Graham (Ghislaine) and the late Carolyn. Grandmother to Tara (Bob), Darren (Isabelle) and Matthew. Great-grandmother to Steven. A memorial service will be held at a later date in St. Paul's Anglican Church, Empire Ave., Greenfield Park, Que. In lieu of flowers, donations to the Down Syndrome Association of Quebec, c/o M.C.H., Genetics Dept., 2300 Tupper, Montreal, Que., H3H 1P3, would be appreciated.

The Heavenly Scenic Sunset

The heavenly scenic sunset is a glorious sight to see
As the sunsets behind those shadowy darkened trees
Sunset is nighttime gently falling and darkness calling
What a wondrous lovely sight for all of mankind to see.

It makes us all wonder just what wonders lie just beyond
For each and everyone of us oh wat a wondrous sight oh brother!
A scenic blue sky above reminds us all of our creators' love
It does indeed boggle our minds and imaginations about one another.

The scenic heavenly sunset means the end of another ending day
Sometimes it leaves a picture of natures' perfect sway it's
Beauty as it settles down over a distant mountain or stream
Or over shadows of emerald hilltops or magestic mountain peaks.

Yes, the heavenly scenic sunset reminds us of things seen and unseen
But the beauty of it's natural wonders makes us all speak of the
Enjoyment of a glorious country scene and spellbound we marvel
And we know that's gods' way of showing the wonders of his love.

Written by Eloise Hodge

In Memoriam
Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.
Over 700,000 Quebecers who suffer from respiratory disease thank you.
Quebec Lung Association
Toll free: 1 800 295-8111
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RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 32¢ per word. Minimum charge $8.00 ($9.20 taxes included)
Discounts: 2 insertions - 15% off, 3 insertions - 30% off
With photo: additional $18.50. DEADLINE: 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: $7.00 (includes taxes)
With photo: $20.00 ($23.01 taxes included) DEADLINE: 3 days before publication.
WEDDING WRITE-UPS, OBITUARIES:
$19.50 ($22.43 taxes included) **WITH PHOTO:** $29.50 ($33.94 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call **819-569-4856** between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call **819-569-4856** or fax **819-569-1187** (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Happy First Anniversary

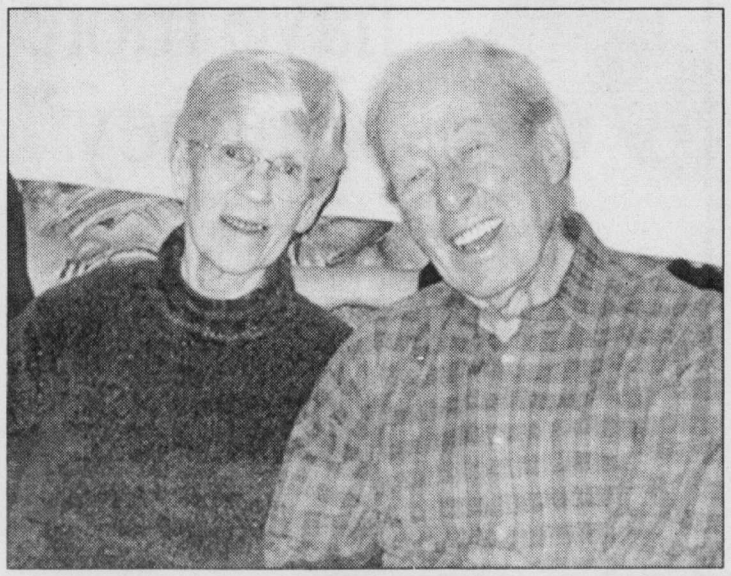
On July 27, 2002

Derek Burcombe of Knowlton, son of Richard and Susan (Roberts) Burcombe married Helénè Carrière, daughter of Helénè Carrière Sr. and the late Gerald Carrière of Granby, Que.

Happy First Anniversary

Love Mom and Dad

50th Wedding Anniversary



Congratulations to Philip and Gabrielle McFarland who were married on July 25, 1953 at Eglise St-Roch Church in Rock Forest, Quebec.

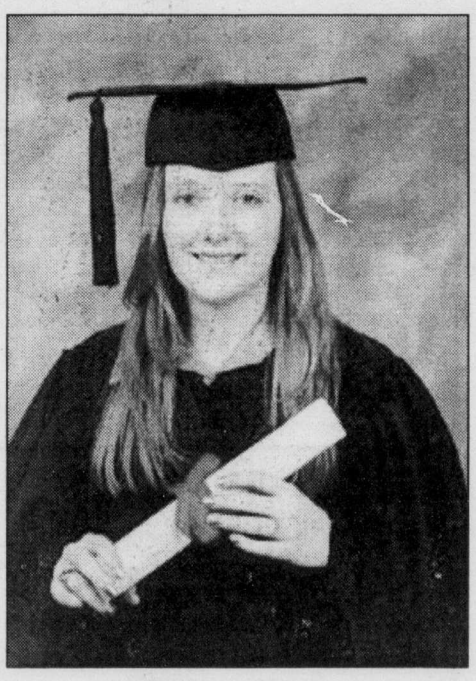
To our loving parents who have always been there for us, we wish you health and happiness.

Patrick, Janis and your grandsons, Aaron and Alexander

Two Times Thirty And still lookin' Purty!

Happy Birthday to
the Sawyerville Sunshine Boy

Graduation



Gary and Pearl Mills, of Milby, Quebec, along with brother (Clint), grandparents (Vivian, Fred, Elsie and Harold), as well as numerous aunts, uncles, cousins, and friends, are ***VERY PROUD*** to announce the graduation of Amanda Mills, in June 2003, from Champlain Regional College in Lennoxville, Que.

This extremely intelligent, forthright, kind-hearted, determined and courageous girl will be continuing her studies at Carleton University in Ottawa, where she will begin her educational journey to becoming a legal advocate.

"Amanda...we ***BURST*** with pride at your accomplishments!!! And wish you the best of luck on your new adventure!!!"

Luv, Mom and Dad

Open House

You are invited to attend an Open House on Saturday, August 2 from 2-4 p.m. to celebrate the 80th birthday of our father, Doug Willard, of Montreal, and formerly of East Angus, Windsor and Sherbrooke, at the home of Helen Matthews, 375 O'Neil St. in Cookshire. Best wishes only. For information or directions, call Barb at 875-2227.

Parkview student recognized

Parkview School - June 20th, 2003

Karianne Gevery-Ekdom, a grade-six student at Parkview Elementary School in Granby, was presented with the first Granby United Church Women's Award of Merit. Presenting the award was Virginia Wallace, a member of the Granby UCW. The award was given to the grade-six female student, as chosen by the teachers, who did outstanding work in English and Religion Study and who showed an overall school/community spirit. A cash award was given to Karianne along with a certificate of merit.

Submitted by Virginia Wallace

Special Thayer Picnic

Thayers, Beware! Time flies! Sunday, August 3, 2003 is the date for the Thayer Annual Reunion at Prouty Beach, Newport, Vt., when cousins cross the border to gather to welcome families, relatives, kinsfolk and close friends who have become known as The Thayer Association of Lower Canada East and Vermont.

We hope for a sunny day, that you will come well before noon and stay late. There is always a smorsgabord of food, so bring your appetites, your news, your swimming gear and happy faces.

As usual, prizes, music, games and maybe a boat ride will be enjoyed - always photos to share.

So be a Happy Descendent of Nathaniel Thayer, the Immigrant, 1660 - and let us really be a welcoming, warm, sharing family.

Where? The Thayer Banner should be prominent, sporting both the American and Canadian Flags! Prouty Beach, Newport, Vt.

Bertha Nichols Smithers

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: K equals L

"GKC TSI FZ KFAI IPIDNLVFYS IKZI. LG BTAI T ZXOOIZZ GE FL, NGX'PI SGL LG ZLTDL NGXYS." — EDIC TZLTFDI

PREVIOUS SOLUTION — "Art is a kind of illness." — G. Puccini
"Art washes away from the soul the dust of everyday life." — Pablo Picasso
(c) 2003 by NEA, Inc. 7-25

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: X equals D

"SGWGHPZ LAPPC AC WGHZ GDKPICAWG. YNH ARCMJRKG, MLGAH YAHG XGUJHMOGRM VNR'M OJEG LNICG KJPPC."
— ONHM CJLP

PREVIOUS SOLUTION — "Old age is like everything else. To make a success of it, you've got to start young." — Fred Astaire
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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

2 STORY COTTAGE in Lennoxville, near Massawippi Bike Trail and old Lennoxville Golf. Very private 40,000 sq.ft. lot. 3 bedroom, full bathroom upstairs; living room, dining room and kitchen on main floor; finished basement with office, family room and full bathroom / laundry room. Open porch in front and 3-season solarium on side. $135,000. (819) 574-0714 or 562-5398.

001 Property for Sale

Have some property to sell? Make your classified stand out. For **$10.00** 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.**

FARM AUCTION

for Serge Darcy & Anita Tremblay
to be held at:
581 ch. Amy (Stanstead Cty.),
Ayer's Cliff, QC (819) 876-5704
Saturday, August 2, 2003 at 1 p.m.
Directions: From Route 141
(Ayer's Cliff),
take Brown's Hill road to Amy road.
Then follow the signs to the auction.

MACHINERY: (4 tractors) Belarus #520A tractor (4x4) with hydr. bucket, quick attach; Belarus #500 tractor (70 h.p.), hydr. bucket, double action, cab, 1586 hours; Belarus #400 tractor (2x4); Belarus #250 tractor, 1422 hours; Gallignani #3200 round bale baler (4x4) like new; Fanex #500 tedder (3 years); Kuhn GA300 hay rake; 2 Belarus manure spreaders, one 6 tons, one 4 tons; JD-24T hay baler; JD-1209 mower: NH-479 mower; Houle 7' rock bucket (new); trailer for wood, 11' tandem; Choker gate, 13'; 4 round bale feeders; MF disk harrow, 32 disks on 3 pts; Cockshut seeder, 13 disks; Super 717 feedlot (hay and corn attach); dumping trailer, 10'; tandem trailer 5x8; 2 tendering wagons, wooden, 1-14', 1-12'; iron roller; gas tank (500 litres); 6 round bale tarps; Overum plough, 3 rows; platform wagon, 17'; 2 set ring chains, 1-15'x30'; various little items too long to list.
Reason for sale: end of exploitation.
Canteen on the premises.
Welcome all!

For more information, contact

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035 For Rent

LENNOXVILLE
OXFORD RESIDENCE
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Secure • Near all services
94 Oxford St.
578-8488
103 Oxford St.
578-8589
08639

107 OXFORD. 4 1/2, 5 1/2, double spaced living room and walk-in. Available July and August. Call (819) 823-7096.

LENNOXVILLE - Renovated apartments, 3 1/2, 4 1/2, 5 1/2. Pool. Close to town and buses. Includes hot water. (819) 823-5336.

NORTH WARD - Available immediately. 7 1/2 rooms, heated, first floor, garage, solarium, no pets. Call (514) 861-6106 or (450) 672-1263.

OFFICE FOR RENT, 3 rooms + small kitchen, at 5 Conley St., Lennoxville. Call William Lyon at (819) 566-6577 for more information.

040 Wanted to Rent

LOOKING TO RENT an indoor storage area for 2 cars, for an indefinite period of time. Contact Gary at (819)837-2694.

Need to sell something?
(819) 569-9525
(450) 242-1188

SPECIAL ANTIQUE AUCTION

SUNDAY, AUGUST 3, 2003
at 11 a.m. at the Big Blue Barn,
7900 Laframboise Blvd., St-Hyacinthe
(Exit 130 N. aut. 20) (address changed because of municipality fusions)
TO BE SOLD: Superb furnishings of all styles; marble; bronze; porcelain; sterling; many paintings, etc.
Auction charge: 5%.
Visit: Saturday from 1 to 5 p.m.
ENCANS GELINEAU & FILS INC.
(450) 796-2888
www.encangelineau.com
Note: Special pine furniture auction, Wednesday, August 6 at 3 p.m. and everey following Wednesday.

050 Rest Homes

MANOIR ST-FRANCIS
Residence for retired autonomous people in the heart of Lennoxville.
Nursing Care
Help available with everyday routine
3-1/2 & rooms (credit of 23%)
125 Queen St., Lennoxville
562-0875
3687

050 Rest Homes

SEMI PRIVATE ROOM available now in Lennoxville. Family atmosphere, home cooking, doctor on call. Reasonable rates. Call (819) 563-8345.

055 Moving Sale

MOVING SALE
Dining room suite, mahogany, Duncan Phyfe, $1000. Queen size hide-a-bed, newly upholstered, $600. Call (819)842-2618.

100 Job Opportunities

ABSOLUTELY FREE info online. Work from home. $25.-$75./hour, pt/ft. Call 1-800-378-1549 or visit www.4lifeletssucceed.com.

100 Job Opportunities

HOMEWORKERS WANTED. $529.27 weekly. Process mail or assemble products at home. (416) 703-5655, 24 hour message. www.HomeJobSecrets.com or write: Consumer 599B Yonge St. #259-430, Toronto, ON., M4Y 1Z4.

LOOKING FOR bilingual office clerk for customer service & data processing. Please send your curriculum to C.P. 2270, Sherbrooke J1J 3Y3.

TRICAN WELL Services, Whitecourt, Alberta, is seeking equipment operators and class 1 & 3 drivers with clean licenses. Trican offers competitive salary, work bonuses, benefits package, RSP plan, days-off schedule. Fax 780-778-4878.

REMINDER

AUCTION SALE

For MR. & MRS. CARL DILLON
47 Randboro Rd., Sawyerville, Que.
SATURDAY, JULY 26, 2003
at 10:00 a.m. sharp
TO BE SOLD: Antiques, wood working machines and tools, hand and garden tools too numerous to mention.
Note: All to be sold without reserve as property sold.
ROSS & SOCTT BENNETT
Licensed Bilingual Auctioneers
Tel. (819) 889-2840 Cell: 572-5609
Scott: (819) 821-0143
Sawyerville, Que.

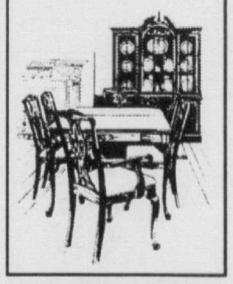
100 Job Opportunities

MANOIR HOVEY, a five star Auberge in North Hatley is now hiring - **Professional cooks**: full time positions to work with an award winning culinary team. Excellent salary and working conditions - **Housekeepers:** full-time positions to work in the housekeeping department. Must be available to work most weekends. Competitive salary. Position available immediately. E-mail, fax or send your resume to: Manoir Hovey, 575 Ch. Hovey, North Hatley, QC J0B 2C0. Phone (819)842-2702 ext. 208. e-mail: jason@manoirhovey.com - fax: (819)842-1601. www.manoirhovey.com

125 Work Wanted

SMALL DUMP TRUCK available and bush hogging. Call (819)572-4715.

Do you have furniture, appliances, machnery, etc. for sale?
Then place an ad in The Record classified section!



140 Professional Services

AIR CONDITIONERS
Exclusive distributor for Panasonic air conditioners, window or wall units for the Eastern Townships. Also distributor of Life Breath air exchangers and air purifiers. Whatever your needs may be - air conditioning, window or wall units, heat pumps, etc. - don't hesitate to call Ray Byrns for a free estimate. Service is our priority. Climatisation Idealé Ltée, 6627 boul. Bourque, Deauville (Sherbrooke), (819) 864-1771 or (819) 571-1774.

MAKING PROJECTS work! Project development & management, creative producing, marketing strategy, coordination, budgeting, & team leadership. Project experience in business and community organizations. Available on contract, onsite/offsite. Email: info@northern-crown.com or call Mike at (819)345-5772.

145 Miscellaneous Services

DAN'S SERVICE - Service on household appliances: washers, dryers, stoves, refrigerators, etc. Tel. (819) 822-0800.

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

LOOKING TO INCORPORATE? Save $$$. Incorporations starting at $450. Also available: minute book, GST/QST numbers, name searches. Easy and simple. Call IncorpDirect Inc. (450) 292-0550.

145 Miscellaneous Services

SELL, BUY, REPAIR 35 mm and digital cameras. Passport pictures, $10. taxes included. Atelier de Cameras Goulet, 297 Alexander, Sherbrooke, (819) 821-0153.

TONY THE PAINTER will do painting and handy work. Free estimate. Call (819) 846-1763.

147 Health

HEALTHY LIVING, nutritional products, weight management and athletic nutrition. Call Jennie at (819) 832-4643.

TRADITIONAL CHINESE medicine massage. Relieve neck & back pain, lumbago, relax muscles. Call (819)821-3582.

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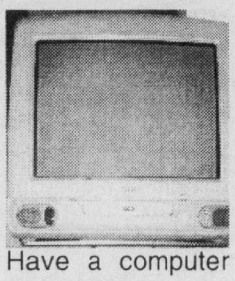
150 Computers



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155 Travel

FRANCONIA NOTCH Vacations welcomes Canadians to New Hampshire! Full range of vacation homes for rent in the beautiful White Mountains. Nightly and weekly rates. 1-800-247-5536. www.franconiares.com.

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190 Cars For Sale

MEGA PARK **YOUR FIRST CHOICE**

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CARS

2003

FOCUS SE, 4d, auto., air, green, 12,000 km.
FOCUS SE, S.W., tinted windows, white, 9,000 km.
CROWN VICTORIA LX, full, brown, 19,000 km.

2002

MUSTANG, convertible, 6 cyl., auto, fully equipped, green, 18,000 km.
FOCUS ZX3, standard, mags, Zetec, green, 17,000 km.
FOCUS SW SE, standard, blue, 32,000 km.
TAURUS SE, SW, full, 8 passengers, green, 20,000 km.

2001

FOCUS SE, auto., air, gold, 13,000 km.
COROLLA CE, 4door, 4 cyl., standard, beige, 60,000 km.
FOCUS SE SPORT, auto, full, blue, 44,000 km.
FOCUS SE, standard, air, grey, 44,000 km.
TAURUS SE, 3L, fully equipped, white, 47,000 km.
FOCUS SE, auto, air, green, 25,000 km.
TAURUS SE, 3L, fully equipped, silver, 49,000 km.

2000

FOCUS ZTS, auto., fully equipped, (Premium 72/120), gold, 59,000 km.
ESCORT ZX, auto., air, roof, spoiler, red, 63,000 km.
FOCUS SW SPORT, auto., fully equipped, grey, 70,000 km.
FOCUS ZTS, standard, fully equipped, Zetec, grey, 38,000 km.
FOCUS ZX3,standard, mags, (5-120 premiumcare), black, 64,000 km.
FOCUS ZX, auto., Zetec, mag, white, 28,000 km.
FOCUS LX, black, 45,000 km.
FOCUS SW, auto., air, green, 47,000 km.
FOCUS ZX3, Zetec, air, standard, mags, black, 54,000 km.

1999

MYSTIQUE LS SPORT, V6, auto, fully equipped, blue, 67,000 km.
TAURUS SE 24V, fully equipped, green, 121,000 km.
ESCORT SW, auto., air, beige, 100,000 km.

1997

PONTIAC GRAND AM GT, 3.4L, auto, 4 door, air, black, 104,000 km.

1995

GRAND MARQUIS LS, fully equipped, green, 85,000 km.

1994

PONTIAC BONNEVILLE, 3.8L, auto, 4 door, fully equipped, white, 98,000 km.

1989

PROBE, 4 cyl., standard, red, 135,000 km.

TRUCKS

2003

E150, V6, auto, air, tilt, white, 4,331 km.

2002

WINDSTAR LTD, leather, tv-vcr, green, 26,000 km.
EXPLORER, Sportrac, auto, 4x4, full, black, 20,000 km.
DODGE RAM 1500 SPORT, quad, 4x4, v8, auto., full, grey, 55,000 km.

2001

KIA SPORTAGE EX, 4x4, standard, fully equipped, Kia warranty, grey, 46,000 km.
F350 S-C, diesel, 4x4, Lariat, auto, white, 61,000 km.
ESCAPE XLT, V6, auto, 4x4, beige, 39,000 km.
F150 SC, 4x4, XLS, 5.4L, short box, green, 97,000 km.

2000

WINDSTAR LX, 4 captain seats, 1 air, fully equipped, blue, 49,000 km.
F350 CREW CAB LARIAT LE, 4x6, diesel, auto, black, 64,000 km.
WINDSTAR LX, fully equipped, gold, 128,000 km.
F150 XLT SC 4X4, auto., 5.4L, long box, white, 48,000 km.
DAKOTA SPORT, 4x4, SC, V8, auto, air, yellow, 59,000 km.

1999

E250, extended box, 5.4L, auto, blue, 52,000 km.

1998

WINDSTAR GL, 2 airs, 4 captain seats, mags, green, 108,000 km.
WINDSTAR GL, 2 air bags, 4 captains seats, fully equipped, green, 72,000 km.

1997

VOYAGER, v6, auto., air, red, 114,000 km.

1995

WINDSTAR GL, full, 2 air, beige, 121,000 km.

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CARS

2003 **CHRYSLER CONCORDE,** silver, 21,000 km., fully equipped, leather, **$23,995**
2002 **NEON,** auto., 34,000 km., a/c, blue, **$12,995**
2002 **CHRYSLER SEBRING,** v6, 24,000 km., full, **$16,995** or **$292/mo. (0$)**
2001 **CHRYSLER PT CRUISER,** 28,000 km., red, fully equipped, **$16,995**
2000 **CHRYSLER INTREPID,** V6, fully equipped, 45,000 km., **$13,995**
2000 **VOLKS JETTA GL,** 5 speed, air, mags, 68,000 km., **$15,695**
2000 **NEON LE,** blue, auto., 49,000 km., a/c, **$10,695.**
2000 **CHRYSLER INTREPID,** v6, 55,000 km., full, cinnamon, **$13,995**
1999 **CHRYSLEER CIRRUS,** auto., green, 77,000 km., **$10,995**

TRUCKS

2003 **RAM 2500,** quad cab, 4x4, full, leather, grey, 5.7 L. Hemi, 8,000 km., **$41,995** or **$644/mo. (0$)**
2002 **JEEP LIBERTY SPORT,** red, 26,000 km., fully equipped, **$24,995**
2000 **DODGE CARAVAN,** full, grey, 36,000 km., **$13,995.**
2000 **JEEP GR. CHEROKEE LAERDO** 4x4, 36,000 km., fully equipped, blue, **$21,995**
2000 **DODGE DAKOTA CLUB CAB,** 4x4, a/c, red, 26,000 km., **$21,495.**
2000 **DODGE GR. CARAVAN,** v6, full, green, **$14,895** (2 in stock).
2000 **DODGE CARAVAN,** 50,000 to 60,000 km., **$14,495,** (3 in stock) full.
2000 **GMC 1500,** reg. cab, 4x4, auto., a/c, 80,000 km., elect. windows, **$18,895**
1999 **JEEP GRAND CHEROKEE LAREDO,** full, **$19,995.**
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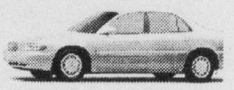

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Ville de Sherbrooke

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- The Rodolphe-Langis Building: 145, rue Wellington Nord, Sherbrooke
- Administrative offices, Hydro-Sherbrooke: 1800, rue Roy, Sherbrooke
- Borough of Brompton : 133, rue Laval, Bromptonville
- Borough of Fleurimont : 1735, chemin Galvin, Fleurimont
- Borough of Lennoxville : 150 Queen Street, Lennoxville
- Borough of Mont-Bellevue : 600, rue Thibault, Ascot
- Borough of Vallons-du-Lac : 1000, rue Haut-Bois, Rock Forest
- Borough of Jacques-Cartier : 2050, rue King Ouest, Sherbrooke
- Any financial institution on the territory of Ville de Sherbrooke

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.....

François Poulette, CGA, MA, treasurer

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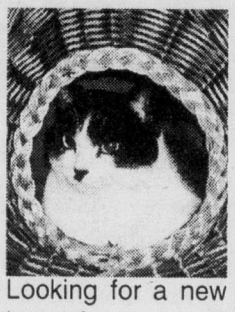

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350 Farmers' Market

LENNOXVILLE
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How this tart got its start

By Marialisa Calta

In the annals of cookbook writing, it might be hard to find anyone like Frank Mentesana, who admits in the introduction to his new book that, before he started a Manhattan-based bakery/cafe specializing in tarts, he thought of going into business as a manufacturer of condom key chains. Mentesana follows this statement with the confession that, before planning the bakery, he had made a grand total of one tart, and it had been a flop. So by the third or fourth paragraph it is no news to the reader that Mentesana is not a professionally trained baker. Neither is his French-born partner, Jerome Audureau, who persuaded Mentesana to forsake key chains for baked goods. "We're just two guys who like to cook and who like good food and who have, by necessity — we had customers to feed — learned how," Mentesana writes.

So the book, named after the partners' SoHo cafe, "Once Upon a Tart ..." (Alfred A. Knopf), is the kind that inspires culinary courage. If a guy like Mentesana can make a tart, why can't we? We can, of course, and the book shows how. It also gives recipes and instructions for making sandwiches, soups, scones, cookies and other goodies served by a cafe that, over the past decade, has become a local institution.

Tarts, of course, are very similar to open-faced pies. Like pies, tarts can have a lattice crust. Like pies, they can be filled with sweet or savory fillings. Tarts and pies have been around since at least first century Rome, where they did double-duty as both plate and food, and made utensils (rare at the time) unnecessary, as they were easily eaten out-of-hand. In Medieval England, folks enjoyed a fine "fissche tarrte" of fish, figs, raisins, prunes and ginger set in a pastry 18 inches deep, with the fish tail sticking out of the top.

The main difference between a pie and a tart, as far as I understand, is that pies are baked in round pans with sloping sides, and are served from the pan. Tarts, on the other hand, are baked in round or rectangular pans with straight (often fluted) sides, and are removed from the pan before serving. (The pans usually have removable bottoms, which makes it easy to get the tart out.)

My first foray into "Once Upon A Tart ..." territory bordered on disaster. I didn't have a proper pan, couldn't find semolina flour, and wound up with way too many sliced tomatoes. But, like Mentesana, I persevered, and in the end I had a beautiful and delicious tart, which I served with a fresh salad and some white wine for a light summer supper. My notes are included in the recipe below.

Start your tart-baking career with a simple, rustic tomato tart with cheese and herbs.

PHOTOGRAPH BY FRANK MENTESANA FOR "ONCE UPON A TART...."

GRANNY'S TOMATO TART

For the crust:

2-1/2 cups unbleached all-purpose flour
3 tablespoons semolina flour (see Note A)
1 teaspoon salt
12 tablespoons (1-1/2 sticks) cold, unsalted butter, cut into 1/4-inch cubes
3 tablespoons cold solid vegetable shortening
ice water

For the filling:

2 to 4 pounds plum tomatoes (see Note B)
1 to 2 tablespoons Dijon mustard, according to your taste
1 to 2 cups grated Gruyere cheese, according to your taste
2 to 3 teaspoons herbes de Provence (see Note C)

Make the crust: Put the flours and salt in the bowl of a food processor and pulse a couple of times to mix. Add the butter and shortening and pulse quite a few times, until the mixture forms little balls, like moist crumbs, and no chunks of butter or shortening remain. Remove the blade from the food processor and dump the flour mixture into a big bowl. Sprinkle 4 tablespoons of ice water, 1 tablespoon at a time, over the surface of the dough.

Use your hands or a wooden spoon to bring the dough together into a ball, adding

more water if needed, 1 tablespoon at a time. (The amount needed depends on temperature and humidity, among other variables. The crust I made took a total of 5 tablespoons of water.) The dough should be just past crumbly, but holding together. You don't want it to be so wet that it sticks together or turns white.

Wrap the dough in plastic wrap and flatten into a disk. Chill at least 30 minutes.

Center a rack in the middle of the oven and preheat the oven to 400 F. Unwrap and roll out the dough with a rolling pin to a 1/4-inch thickness and fit it into an 8-by-10-inch rectangular tart pan. (I did not have one, but used a 9-by-11-inch pan that came with my toaster oven; I served the tart from the pan. The recipe, I think, would also make two 8- or 9-inch tarts.) Prick the crust with the tines of a fork. Press a sheet of aluminum foil over the crust, then put in pie weights (about 2 cups of dried beans will work) to keep the crust from puffing up. Bake 10 to 15 minutes, then remove the pie weights and aluminum, and bake 15 to 20 minutes more, until just turning golden. Remove from the oven and cool.

Meanwhile, slice the tomatoes about a 1/4 inch thick and place the slices in a colander to drain away excess liquid.

Spread the mustard in a thin layer over the bottom of the crust. Sprinkle the cheese over the mustard. Arrange the tomatoes in one layer in overlapping rows, like fallen dominoes, on top of the cheese. Sprinkle with herbs and bake in the preheated 400 F oven until the tomatoes begin to shrivel and the cheese melts, at least 10 minutes (Baking time depends in part on the ripeness of the tomatoes. My tart took 22 minutes for the tomatoes to begin to shrivel.) Serve warm or at room temperature.

Note A: Semolina flour is used in making pasta, and will give the crust some crunch. It can be purchased in many supermarkets, health food and specialty stores, and baking catalogues (try: "The Bakers' Catalog," 800-827-6836 or www.kingarthurflour.com). If you can't find semolina, substitute corn meal.

Note B: The recipe, as published, calls for 4 pounds of plum tomatoes, but try as I might, I could only fit about 2-1/4 pounds into the tart.

Note C: Herbes de Provence is a combination of herbs commonly used in the south of France, and includes basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory and thyme. You can buy them already mixed in some supermarkets and specialty stores, or you can substitute a mixture of the most prominent herbs: thyme, rosemary, marjoram and basil.

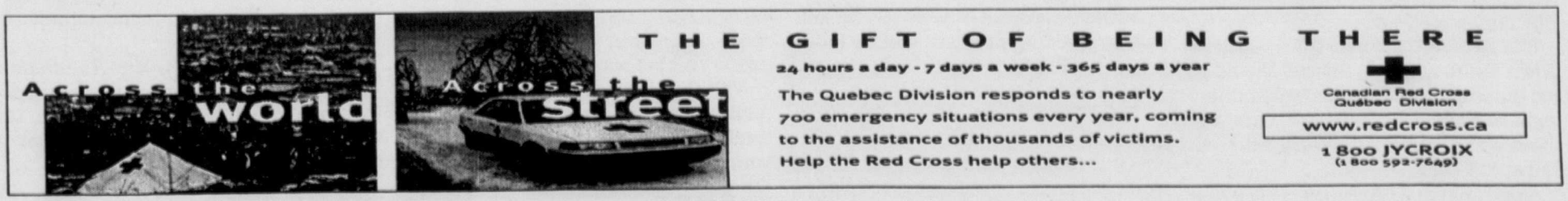
Yield: 6 to 8 servings

Recipe from "Once Upon A Tart..." by Frank Mentesana and Jerome Audureau (Alfred A. Knopf, 2003)

FRANKS' TOMATO TART:

1 recipe Granny's Tomato Tart (above), made with the following substitutions:
2 tablespoons basil pesto for mustard
1 to 2 cups shredded mozzarella for Gruyere
1 tablespoon chopped fresh basil or parsley for herbes de Provence
Yield: 6 to 8 servings

Recipe from "Once Upon A Tart..." by Frank Mentesana and Jerome Audureau (Alfred A. Knopf, 2003)



Waiting for him to snap out of it is unrealistic

Annie's Mailbox

Dear Annie: For the past two years, my 17-year-old son, "Jeff," has been acting very odd. I thought it was adolescence and that he was finding himself. Last week, things seemed worse, and he admitted that he has been using LSD since he was 14.

Jeff sees things that are not there and is constantly talking to himself. He has some obsession with the sky blinking. I do not want to seek medical help for him, because I'm afraid the doctors will take him away and commit him to an institution.

I am trying to convince myself that Jeff will snap out of it and become my boy again, but I'm not so sure anymore. He seems psychotic. Please, if you have any advice, I need a lot of it. — Afraid in California

Dear Afraid: Jeff needs help now. Waiting for him to "snap out of it" is unrealistic and could prevent him from getting better. He won't be hospitalized without your permission. There are many organizations that will provide you with information and support, along with lists of treatment centers and self-help groups.

Please contact Gateway Foundation, 819 S. Wabash Ave., Suite 300, Chicago, IL 60605 (gatewayfoundation.org); the Substance Abuse and Mental Health Services Administration at 1-800-662-HELP (1-800-662-4357) (samhsa.gov); and Families Anonymous at P.O. Box 3475, Culver City, CA 90231-3475 (familiesanonymous.org). They will provide you with the answers you need.

Dear Annie: Our adopted daughter is being married in a couple of months. She has met both her birth parents, and they, with their respective families, will be attending the wedding.

My husband and I will be wearing flowers. When we are ordering for the bridal party, should we order flowers for her birth parents? They will not be playing an active role in the wedding. — Want To Do the Right Thing

Dear Right Thing: What a charming and gracious idea. Please order flowers for them. It will make their day to be "included" in the occasion.

Dear Annie: I'd like to offer a tip to "St. Lazare, Quebec," who is quite proud of her level of weight lifting but still cannot open sealed containers.

She should hold the unopened bottle upside down, and then with the other hand, smack the bottom of the bottle with her palm. She will hear a popping sound, which is the vacuum seal releasing under the cap. She can then remove the lid. I was taught this at the age of 12. I was not a weight lifter then, or now. — El Paso, Texas

Dear El Paso: We were inundated with letters from readers trying to help, and many offered similar suggestions. Here's the condensed version:

From West Virginia: The trick to getting lids off is to start twisting with extremely slight pressure and slowly increase the strength of the twist. It's a matter of technique. Wrenching on it with all your might will not get it open as easily as twisting slowly with increasing pressure.

On the Internet: Wrap rubber bands over the lid. The rubber bands get heated when they are lengthened, and the heat expands the lid so that it is easier to open. This is something I have been doing for over 20 years.

Staatsburg, N.Y.: After asking my husband once again to open a jar for me, he showed me this simple trick: Take a spoon or bottle opener, and lightly pry under the lid until you hear the vacuum seal release. The depressed center of the top will pop up, indicating the seal has been broken. Now I can open all the jars myself, but I still need my husband to handle spiders.

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

Your Birthday

Friday, July 25, 2003

It could pay to be a joiner in the year ahead. Your options will multiply by involving yourself with large clubs or organizations.

LEO (July 23-Aug. 22) — Lady Luck will be operating in several areas of your life. Spend your day concentrating on those things that are important to you so she can play a part in them.

VIRGO (Aug. 23-Sept. 22) — Several meaningful goals can be attained today. Things will go your way and you'll be able to accomplish all that you want.

LIBRA (Sept. 23-Oct. 23) — If you're making plans with friends, depart from your usual patterns and go someplace different. Fun things could happen in new settings.

SCORPIO (Oct. 24-Nov. 22) — Collective endeavors are quite fortunate for you. You can be part of a winning team if you and the other parties are prepared to lend your talents to the same objective.

SAGITTARIUS (Nov. 23-Dec. 21) — Even though your own ideas are quite good, they can be improved upon by an intelligent and creative associate. Keep an open mind and be willing to listen.

CAPRICORN (Dec. 22-Jan. 19) — You could be exceptionally lucky today and gain from what another already has under way. This person may invite you to participate in the action.

AQUARIUS (Jan. 20-Feb. 19) — If you've been wanting to meet someone new with whom you can connect romantically, this just may be your day. Bernice4u.com (www.bernice4u.com) addresses many of your romantic needs.

PISCES (Feb. 20-March 20) — All negativism you may have harbored should go out the window today when good things begin to happen for you. Hang onto your hopes and dreams. All should work out well at this time.

ARIES (March 21-April 19) — No one is better at knowing how to relax and enjoy life than you. This marvelous attitude will have a positive effect on all who share your day.

TAURUS (April 20-May 20) — You're in a pretty lucky financial cycle, so don't waste time on other interests. Be alert for opportunities that can increase your earnings or add to your resources.

GEMINI (May 21-June 20) — You are what actors refer to as a quick study. You'll instinctively understand and be able to expand upon the bright ideas of others in ways quite fortunate for you.

CANCER (June 21-July 22) — The unselfishness you display is a beautiful quality that'll be greatly admired today. Let your heart rule and it'll bring you much happiness.

Saturday, July 26, 2003

The endeavors under your direct control will prove to be the most successful for you in the year ahead. You'll be able to make substantial progress in areas pertinent to your personal ambitions.

LEO (July 23-Aug. 22) — Something that would worry most people turns out as you anticipated. You know the hard work needed to make it possible.

VIRGO (Aug. 23-Sept. 22) — Companions could have a strong influence on your outlook today. Hang around with those who are both responsible and optimistic. The pessimists will only put a chill on things.

LIBRA (Sept. 23-Oct. 23) — Although you may have to work for it, an important objective can be achieved today. You'll take great pride in this accomplishment because you've earned it.

SCORPIO (Oct. 24-Nov. 22) — The solution to a vexing problem will be found today. It will put your mind at ease and give you ample reason to celebrate.

SAGITTARIUS (Nov. 23-Dec. 21) — Your greatest accomplishments will come about through a joint endeavor. Success won't be handed to you on a silver platter; you'll have to pull your own weight, but you're up to it.

CAPRICORN (Dec. 22-Jan. 19) — Someone you didn't take too seriously will come through for you on a promise he or she made. It will come as a welcome surprise.

AQUARIUS (Jan. 20-Feb. 19) — The compensation you receive will come be in proportion to your efforts. Do a good job and deliver as promised.

PISCES (Feb. 20-March 20) — You'll be well liked by everybody today. Your popularity might have you mingling with many different types.

ARIES (March 21-April 19) — Your staying power and tenacity help you hang in there when the going gets tough, before the laurels are yours.

TAURUS (April 20-May 20) — Some good news will come by way of an old and trusted friend. This person might have been responsible for making your desire a reality.

GEMINI (May 21-June 20) — Something you've worked hard for could happen today. Put your shoulder to the wheel and keep on plugging until it's yours.

CANCER (June 21-July 22) — You know how to balance serious things with lightheartedness. Your sobriety transforms into warmth without any trouble.

Sunday, July 27, 2003

Projects you manage in the year ahead will have good chances of succeeding. You won't have to make a big splash about it — you'll make progress slowly but surely.

LEO (July 23-Aug. 22) — A period for fulfilling your secret ambition is upon you. Recognize it for what it is and make your move today, but try to keep it under wraps a bit longer.

VIRGO (Aug. 23-Sept. 22) — Any new acquaintance you make during the next week will have a favorable influence on your social life. Don't turn down any invitations.

LIBRA (Sept. 23-Oct. 23) — Some powerful motivating forces are now encouraging you to raise your sights in regard to your goals and ambitions. Don't ignore them.

SCORPIO (Oct. 24-Nov. 22) — Any knowledge you've acquired in the past year will be put to good use. You'll be glad for the lessons you've learned — even the painful ones.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen to anyone with a good track record who comes to you with an investment proposal. Study it well, because it might be something you'll want to get involved in.

CAPRICORN (Dec. 22-Jan. 19) — An endeavor can be launched by contacting someone with the capabilities to do so. This person is looking for something new.

AQUARIUS (Jan. 20-Feb. 19) — If you've been hankering to start a diet or exercise program, get going on it now. Anything begun today has an excellent chance for success.

PISCES (Feb. 20-March 20) — You will gain greater control over a matter that has been dominated by another. Make your moves now and you'll get stronger management of the situation.

ARIES (March 21-April 19) — Starting today, conditions that affect your affairs indicate an improvement. Something may occur that will bring about greater security and happiness for all.

TAURUS (April 20-May 20) — Start making plans for what you'd like in the weeks ahead. Anything formulated today has an excellent chance of being accomplished.

GEMINI (May 21-June 20) — Greater financial security can be found, provided you take the time to search things out. There are ways out there for you to cash in.

CANCER (June 21-July 22) — The chance to disengage yourself from an unproductive project will be presented to you. Let go of it without looking back and get a fresh start on life.

CROSSWORDS

ACROSS

1 Divers' acronym
6 Mountain lion
10 Holy cow!
13 Panelist's veggies?
17 Actress's oboes?
18 Rock from side to side
19 Slice of history
20 Sticky stuff
21 Ms. Massey
23 Pompous fools
24 Lhasa __
28 Cat tail?
30 Writer's advance?
38 Factual
39 Ancient Greek coins
40 FDR's dog
41 Entrepreneur's bouquet?
44 Former queen of Spain
45 Cinders
46 Confute
50 Pipsqueak
54 Oodles
55 Spanish gold
56 Liner
60 Golfer's clubs?
65 Comic's closeouts?
66 Tie-breaker periods: abbr.
67 Guillemots' kin
68 Take by force

DOWN

1 Lays turf
2 Sing like a rooster
3 Annapolis inst.
4 Skinny
5 Santa __, CA
6 Song of praise
7 Sturm __ Drang
8 Writer's writings: abbr.
9 Shortened bk.
10 Highlanders
11 Provide with a trait
12 Slalom curves
14 Composer Jacques
15 One Saarinen
16 Med. readings
21 Pc. of land
22 Leg joint
23 LAPD call
24 Marking on a condo door, perhaps
25 Persian fairy
26 Tarsus man
27 City on the Oka
29 Warning words
31 "__ to Be Wild"
32 WWII menace
33 Romaine
34 Sci-fi ships
35 Check alternative
36 "Revolutions of the Viaducts" painter
37 Get smart with
42 To date
43 Strike sharply
46 Dustin in "Midnight Cowboy"
47 "The Waste Land" poet
48 Fake
49 Sch. on the Rio Grande
51 Sheeps' fleeces
52 "Das Lied von der __"
53 Singer Diana
56 Ride thermals
57 Target on the green
58 Caesar's date
59 Sibilant signal
61 Scandinavian rug
62 W. Coast sch. in Pullman
63 Mighty hardwood
64 Compass dir.

Thursday's Puzzle Solved

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

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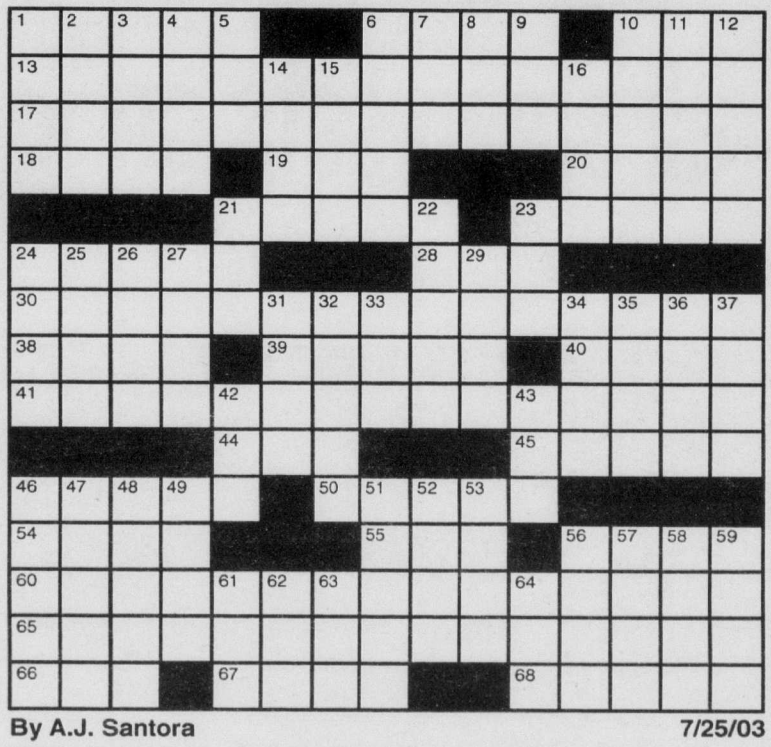

By A.J. Santora 7/25/03

ACROSS

1 Pivots
8 Business concerns
15 Balcony railing
16 Jack Webb's crime series
17 Operatic soprano Patti
18 Illinois city
19 PC jargon
21 Drop heavily
25 Whelp
26 Original
27 Shower, of a sort
30 Big top
33 Always
34 Pascal's first name
37 Slayer of Medusa
38 Leave no escape
39 Closing seams
40 "Rebel Without a Cause" co-star
41 Corned-beef dish
42 On the whole
43 That ship
45 "A Nightmare on __ Street"
46 Raines of old films
47 Old-time shirt accessories
53 Gold imitations
54 Taper off
59 Roadwork situation
60 Wildly angry
61 Formalists
62 Enough foolish talk!

DOWN

1 Rejuvenation center
2 Roll of currency
3 Intense anger
4 Kilmer of "The Doors"
5 Sweeping saga
6 Late-night Jay
7 Notary publics, at times
8 Make sense
9 Worry
10 Stand up to
11 Lab medium
12 On purpose
13 Make less garbage, perhaps
14 Scatter about
20 Immaculate
21 Makes ready, briefly
22 Flood protection
23 Engulfed
24 Cyrus II's empire
28 Grace closings
29 Irish lake
30 Short-term investment, for short
31 Oily resin
32 "Burger's Daughter" novelist Gordimer
35 Nifty!
36 First name of a plane
38 Of the Mishnah and Gemara
40 Shaker filler
43 Ice cream unit
44 Lena or Marilyn
45 Serpentine trails
48 "Damn Yankees" vamp
49 Fed's Greenspan
50 Pip-squeak
51 Pebbles Flintstone's pet
52 Sewing line
55 "__ You Being Served?"
56 Pallid
57 Gone by
58 Evergreen tree

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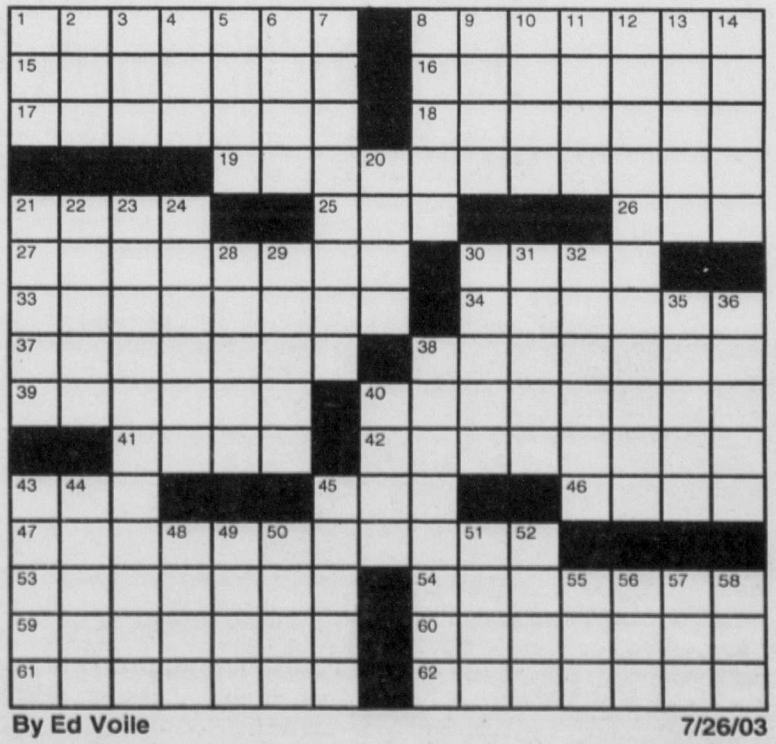
Friday's Puzzle Solved

O	T	S	■	A	U	K	S	■	■	W	R	E	S	T
S	O	U	P	Y	S	A	L	E	S	S	A	L	E	S
T	I	G	E	R	W	O	O	D	S	W	O	O	D	S
A	L	O	T	■	O	R	O	■	■	■	S	H	I	P
R	E	B	U	T	■	T	W	E	R	P	■	■	■	■
S	E	H	S	A	■	■	■	A	N	E	■	■	■	■
B	I	L	L	Y	R	O	S	E	S	R	O	S	E	S
T	R	U	E	■	O	B	O	L	I	■	F	A	L	A
P	E	A	R	L	B	U	C	K	S	B	U	C	K	S
A	P	S	O	S	■	■	■	N	A	P	■	■	■	■
■	■	■	■	I	L	O	N	A	■	A	S	S	E	S
S	W	A	Y	■	E	R	A	■	■	■	G	L	U	E
D	O	N	A	R	E	E	D	S	R	E	E	D	E	S
O	R	S	O	N	B	E	A	N	S	B	E	A	N	S
S	C	U	B	A	■	■	P	U	M	A	■	G	E	E

Friday's Puzzle Solved



By Ed Voile 7/26/03

This Friday and Saturday all sleep sets on SALE

except Sears More Value items & Special Purchases

save $200-600

SEARS-O-PEDIC® Wellness series 2773SL Chiropractic® sleep set

Available in Twin-King sizes. Regular-top, pillow-top and no-flip. Sears reg. 999.98-2299.97. Set **799.98-1699.97**

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50

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