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WEDNESDAY, AUGUST 14, 2013

McLaughlin will be missed, say city councillors

Gordon Lambie
Special to The Record

Members of Sherbrooke's city council recognized the contributions of departing Borough Councillor Mark McLaughlin at Monday night's meeting with kind words and a sense of regret. McLaughlin, whose position as councillor for the Fairview district was made officially vacant as of Monday night's vote, announced his decision to resign in late June.

David Price, Lennoxville's Borough president and, thus, close co-worker of McLaughlin's proposed the motion to make the position officially vacant, taking the time to highlight the former councillor's dedication to his work and to his community.

Both Councillors Nathalie Goguen and Marc Denault, representatives of the city's Jacques Cartier Borough, expressed their appreciation of the work done by McLaughlin on a number of fronts, from his role in advocating budgetary matters to his leadership in spearheading the production of The Lantern, Lennoxville's quarterly newsletter.

Price, Goguen and Denault all expressed that McLaughlin would be missed.

Owing to the short time between McLaughlin's resignation and the municipal elections in November, the council opted not to hold a by-election for the

CONT'D ON PAGE 3

MMA has its Canadian licence suspended



PERRY BEATON

A Montreal, Maine & Atlantic Railway engine presently parked in the Sherbrooke railyards.

By Andy Blatchford
The Canadian Press

The railway at the centre of the Lac-Mégantic train disaster will have its operating licence suspended in Canada, a severe blow to an already crippled company. The Canadian Trans-

portation Agency announced Tuesday that it's revoking the certificates of fitness for the Montreal, Maine & Atlantic Railway Ltd. and its Canadian subsidiary, Montreal, Maine & Atlantic Canada Co.

The arm's length federal regulator says it made the decision after review-

ing the railway's third-party liability insurance following the fiery July 6 derailment that killed 47 people and wiped out part of downtown Lac-Mégantic.

"We have concluded that (the coverage) is not adequate, thereby we have

CONT'D ON PAGE 5

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Weather



TODAY:
SHOWERS
HIGH OF 16
LOW OF 13



THURSDAY:
CLOUDY
HIGH OF 20
LOW OF 8



FRIDAY:
MIX OF SUN
AND CLOUD
HIGH OF 23
LOW OF 10



SATURDAY:
SUNNY
HIGH OF 24
LOW OF 8



SUNDAY:
SUNNY
HIGH OF 26
LOW OF 9

Keeping in Touch



CREDIT: TOWNSHIPERS' ASSOCIATION

D-Days participants talk with local business owner Guylaine Simard, of Ti-Coeur et Moi.

D-Day Weekend

Good things always come to an end, just like another great Discovery Weekend. In keeping with the projects brain-drain counter mission, Jenny Ménard, Make Way for YOUTH Desjardins Migration Agent, travelled across the Haut-Saint-François and the Granit MRC's with a group of young participants in hopes of encouraging them to make the move here in the future.

The weekend kicked off with supper at the Mondo in Sherbrooke for a meet-and-greet, then after a grocery store pit stop for snacks, the group headed off to La Patrie, where a cozy home with 210 acres awaited them, perfect for stargazing.

Saturday morning breakfast was concocted by Guylaine Simard, owner of Ti-Coeur et Moi, who explained in detail the start-up of her natural health products boutique in Cookshire. The gang was then greeted by friendly barn cats, dogs and goats at the farm Caitya du Caprice Caprin, where they learned the details of making cheese and running a small business. They were then able to savour different types of seasoning being made with the goat cheese at the farm!

The group refuelled at the popular Sawyerville restaurant Resto Sawyer before the long scenic drive to Piopolis for the Haltes des Zouaves for a trail walk and works created by local artists. Then back to home base, which was a two minute walk from the municipal beach, to savour a delicious home-made BBQ with a fireside dessert marshmallows

and smores.

Sunday morning the gang enjoyed brunch served by the Restaurant le Voilier accompanied by the scenery of Lake Megantic, then headed off to the Pavillon de la Faune to meet the indigenous animal kingdom, including our wildlife neighbours bears, lynx and cougars!

Another weekend full of exploration surprises is planned for September, and will include one of the largest annual events held for the English-speaking community of Quebec's Eastern Townships, Townshippers' Day! A promising networking opportunity for the event is currently being formed, a perfect opportunity for those who wish to make connections with our English community. There are only a few spots up for grabs so don't miss it!

When it comes to choosing where to settle and begin your career, contact the Make Way for YOUTH migration agent to see if you are a Townshipper at heart and have what it takes to call the Estrie YOUR home! Contact Jenny Ménard for more information at 819-566-5717 or 1-866-566-5717 mwfyt@townshippers.qc.ca

For more information on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in The Record and visit us on Twitter @Townshippers, Facebook and our website www.townshippers.qc.ca.

Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717 or Lac-Brome at 3-584 Knowlton Rd. 450-242-4421, toll free: 1-877-242-4421.



Lennoxville Street Festival

Townshippers' Association is excited to announce that the 4th Annual Lennoxville Street Festival will be held Saturday, Aug. 24 from 10 a.m. till 3 p.m. The music at the Townshippers' stage is coordinated once again this year by Eric Akbar Manolson, the Association's intergenerational projects coordinator.

We are excited to welcome new acts to the stage as well as favourites from previous years. The event is a cooperative effort led by the Lennoxville Merchants Association and the borough of Lennoxville.

To volunteer or for further information contact Eric Akbar Manolson at 819-566-5717 or 1-866-566-5717, eam@townshippers.qc.ca

Ben by Daniel Shelton



LRA graffiti squad on daily watch

Gordon Lambie
Special to The Record

While the debate over the place for graffiti in the City of Sherbrooke continues at the city council level, the Lennoxville Residents' Association has taken matters into their own hands. Members of the citizens' advocacy group have formed a response team dedicated to painting over unpleasant tags and graffiti in the Borough in an effort to maintain the "curb appeal" Lennoxville has been working to improve for some time.

"Every day we check it out," said Borough President David Price, "I did all the back walls of Pizzaville myself."

Price talked about the side-wall of the Familiprix pharmacy and the various boxes along the side of the rail lines that run through Lennoxville as being problem spots that have been repainted with permission from their respective owners.

"We really want to keep a lid on (tagging) during the holidays," Price continued, making a distinction between tagging, "people who don't really know what they are doing," and graffiti. Price pointed to the spray painting on the back of the Mc-



GORDON LAMBIE

Despite having set aside specific places for graffiti artists to paint, the City of Sherbrooke is still divided over whether or not the resulting works can be considered art, and where they should be allowed in the city.

Donalds building in town as being closer to graffiti art, and lauded the franchise owner for his willingness to offer up the wall as a space for graffiti artists to express themselves.

"We're not looking for tags, graffiti is what we're talking about," the Borough President said, adding that the Lennoxville plan with regard to tagging is to wait the taggers

out, repainting whenever necessary. On that note he expressed appreciation to the local businesses who are providing the paint in the name of keeping the town clean.

At Monday night's city council meeting it was clear that perspectives on graffiti within the greater city of Sherbrooke are distinctly varied.

Councillor Louisda Brochu,

President of the Fleurimont Borough, expressed a concern that the opening up of the Frontenac underpass to Graffiti artists makes the gateway to the downtown sector seem like "the Bronx."

Brochu spoke with concern about the image graffiti art presents for visitors to the city, criticizing the city's graffiti committee for giving too much

leeway and suggesting that the choice of the underside of the Grandes-Fourches Bridge as a location for artists to paint might have been a poor one.

In response to this position, Chantal L'Esperance, President of the Jacques Cartier Borough and member of the city's graffiti committee pointed out that the Grandes-Fourches Bridge is currently covered by more graffiti than is usually allowable because of a fully authorized street festival.

According to L'Esperance, the section of wall generally given to graffiti artists only covers the section over top of sidewalks, for the artists' own protection. For the festival in question, the road was closed to allow a greater number of artists access to a broader canvas.

L'Esperance added that there had been great positive feedback, and that despite the fact that the space is supposed to be devoted to temporary works, there has been some talk of preserving some of the more impressive works until next year's festival.

"If nothing else, it's better that they do it all in one place, than all over the place," L'Esperance added.

City rejects daycare in the name of street safety

Gordon Lambie
Special to The Record

Sherbrooke City Council voted Monday night to reject a proposal that would see a 60-spot day care catering to underprivileged children open in the Mont-Bellevue Borough out of concerns over potential traffic problems.

The proposed daycare, a project of residents Abdeljalil Azzane and Lalla Loubada Drissi, was to be converted from a one storey house located at 2145 For-

est Street in Mont Bellevue, just north of the University of Sherbrooke, in an area commonly used as rental student housing.

"Our project aims, exclusively, to help children from underprivileged backgrounds," Azzane said, clarifying that the daycare was to have reserved spots for children with handicaps and children of families that have recently immigrated to Canada. "We want to develop studies and analyses to improve access to daycare services for newly immigrated families," he

added.

Ultimately, the decision was made based on matters of parking and road circulation. Based on studies by the city, even with the proposed transformation of the front yard into parking space, the drop-off and pick up needs of a daycare of sixty children would overwhelm the space and allowances of the street as currently arranged.

Given the local status as a rental neighbourhood, the city had already put a limitation street parking to avoid clogging

the road with cars. The house also falls into a school zone, meaning that the added morning and afternoon traffic would pose a risk to local children making their way to or from school.

The Mont Bellevue Borough is one of the settlement points for many newly immigrated families and Pierre Boisvert, Councillor for the Croix-Lumineuse district in the borough spoke out against the decision to reject the proposal.

"To me it is impossible to

think that the families who will not have access to this service will be less affected by this decision than a dozen drivers," Boisvert said.

Though no one other than Boisvert spoke against the decision, several city councillors expressed recognition of the significance and importance of such a daycare. Rather than oppose the proposal, however, they encouraged Azzane to find a space where the conflicts involving traffic flow and parking would not be as great.

Young killer to get new psychiatric evaluation

Record Staff
SHERBROOKE

The young man convicted of murdering Réjeanne Pelletier-Charette has been ordered to undergo another psychiatric evaluation after returning to a Sherbrooke courthouse Monday facing new charges for assaulting two employees at the Val du-Lac centre on Aug. 4.

A medical assessment report presented to the court concluded that the young man was able to appear and that he showed no depressive, manic, or psychotic symptoms. He is being held in the Department of Psychiatry at the CHUS - Hôtel-Dieu since his arrest, but the report also states that there is no need to continue hospitalization.

Defense attorney, Guy

Plourde, however, argued that the young man would not receive sufficient supervision in prison. He also asked for a psychiatric assessment of 30 days to be carried out, this time to determine the psychological state of the accused at the time of the facts alleged against him.

Based on the young man's history, the court ordered that a second evaluation be submitted to the court.

While awaiting the

report, the accused will remain detained at the CHUS - Hôtel-Dieu. The report should be ready before September 9, when he will be sentenced for Pelletier-Charette's murder.

Mason Sinclair
back in court Monday

Mason Sinclair, who faces nine charges in connection with a fatal accident on Highway 610 last month, will return to court Monday for his prelim-

inary hearing.

Sinclair faces nine charges, including one count of impaired driving causing the death of Gabriel Tailleux, as well as injury to David Boisvert and Pascal Monty.

He is also charged with driving a vehicle with a blood alcohol level exceeding the legal limit and the use of a vehicle in an unsafe manner and driving a car without the owner's consent.

McLaughlin

CONT'D FROM PAGE 1

open position. McLaughlin's resignation took effect as of July 23. He has left the region to focus on a position at Simon Fraser Uni-

versity in British Columbia that has seen him splitting his time between Lennoxville and Vancouver.

CORRECTION

In regards to the Aug. 13 article in The Record regarding the upcoming Antique Machinery Show please note that the Show is open on both Sat-

urday and Sunday, 9 to 5 p.m. There is a car show on Sunday and admission for visitors is \$5, not \$15, and \$10 for a family.

Bingo - A popular addition to Potton's Multicultural Festival

By Mable Hastings
Record Correspondent
POTTON

Organizers of Potton's Annual Multicultural Festival added Friday night Bingo to the list of activities for adults held as part of the fun. On Friday, August 9th from 7:00pm to 9:00pm under the big tent located in the middle of the park in the center of Mansonville, Norma Clifford volunteered in the role of bingo caller for the evening.

Over 70 people gathered with cards available for \$2.00 each and a jackpot of \$200.00.

Bingo prizes included: gift certificates and gifts donated by local merchants, businesses and artisans. The event was a real treat for those who enjoy a good game of bingo who were happy to have it being held so close to home.

"I was really pleased with the turnout," said volunteer bingo caller Norma Clifford. "The organizers asked me if I would do it again next year and I happily agreed."

The two hour bingo session was followed at 9:00pm by a rock n' roll concert featuring Keith's Zombies with dancing and fun for all.



MABLE HASTINGS

Jacques Marcoux (Mayor), Diane Rypinski (organizing committee and member of Potton town council) and Norma Clifford who volunteered to call the bingo for the evening.

City of Sherbrooke, Séminaire partner for new Cultural Centre

Record Staff
SHERBROOKE

The City of Sherbrooke and the Séminaire Salésien have entered into an ambitious agreement that will see the construction of a cultural centre at the private school that would house the Sherbrooke Symphony Orchestra (OSS).

City Council agreed Monday to grant \$450,000 over 10 years in support of the project and a commitment to rent a minimum of 300 hours of services. In exchange, the OSS will be able to move its administration, and space requirements to a suitable central location. Currently, the Orchestra is housed at Domaine Howard, at the expense of the City of Sherbrooke.

The OSS will become an organization in residence of the future Cultural Centre, which will better meet the needs of the orchestra in terms of office, rehearsal, and storage space.

Under this agreement, the OSS will have to pay nothing for 15 years for its administrative activities, in addition to having access to the multi-purpose hall and storage for instruments for the next 10 years.

In addition to providing a new home for Sherbrooke's orchestra, the agreement will provide a new practice room for other major ensembles in Sherbrooke, while developing a new service in partnership with the community.

"Sherbrooke is a city of music that also has the good fortune to host one of the oldest and most prestigious orchestras in Quebec. It is a great source of pride for the City of Sherbrooke to be able to provide a stable and natural base for the OSS, while continuing to contribute to the development of music in our community," said Sherbrooke Mayor Bernard Sevigny.

Brompton celebrates back to school

This Sunday, Aug. 18, the Borough of Brompton is throwing the 20th edition of its annual Homecoming party at Nault Park, at the corner of Saint-Jean-Baptiste and Beaudoin streets.

The event kicks off at 10:45 a.m. with, a short ceremony before moving on to the traditional Communion.

Thereafter, until 4 p.m., numerous family activities will be available, including inflatable games, a workshop for young scientists, musical entertainment, and a demonstration of Zumba.

For the 20th anniversary, an electric train will be onsite for rides. Families can enjoy the pool, browse booths, or grab a bite to eat.

The event will take place rain or shine under the big tent and everyone is welcome.

Fish for Memphremagog

The 4 Loups Fish and Game Club recently participated in a trout seeding operation on Lake Memphremagog releasing some 3,500 brown trout into the waters.

The fish, between eight and ten inches long, were released July 23 from Bryant Landing in a joint operation with the Quebec Ministry of Natural Resources and Wildlife and the Lac des Écorces nursery, which provided the fish.



COURTESY

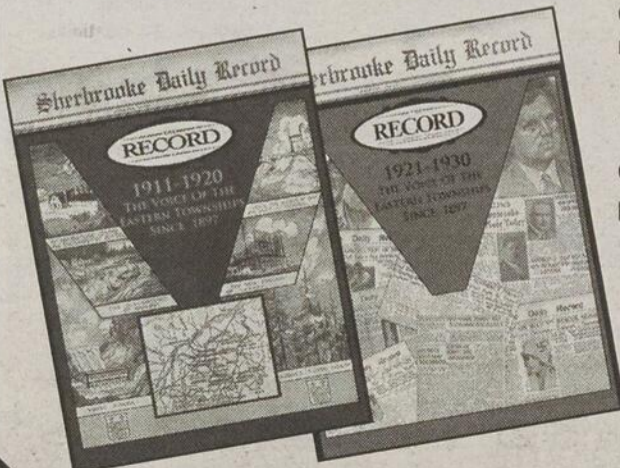
Among the participants in the 4 Loups operation were (L to R) Ministry technician René Houle, 4 Loups director and operation organizer Éric Courtemanche, Daniel Forger, in charge of transportation, and 4 Loups president André Pouliot.

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Another new project near Cité du Parc

Record Staff
SHERBROOKE

The development of the King-Jacques Cartier sector in Sherbrooke continues unabated as the municipal council has given the green

light to an ambitious residential project that would create 350 new high-end residential units in a wooded area near the Magog River.

Promoters Matthieu Cardinal and Christian St-James are proposing two multi-story towers of 176 and 173 units

respectively just below the Jardins Haute-rive residential complex.

The project also includes several single family residences as well as underground parking, and a communal area with a swimming pool and a gym. It will also require the extension of some

streets.

The project will preserve some of the area's woods, including a 25-metre stretch above the rail tracks.

A public consultation meeting will be held soon to respond to concerns.

MMA

CONT'D FROM PAGE 1

no choice but to suspend their certificate of fitness," agency spokeswoman Jacqueline Bannister said in an interview.

"We have given them until Aug. 20 to conclude their railway activities in Canada."

Even before the suspension announcement, MMA's survival seemed like a longshot.

Since the derailment, several lawsuits have been filed, a criminal investigation is underway, railroad standards have been tightened, and the provincial government has demanded money from MMA for the massive cleanup efforts.

Last week, the railway was granted creditor protection in Canada and bankruptcy protection in the United States after it stated it did not have enough assets and insurance to cover the mounting costs of the disaster.

The federal agency said Tuesday that it had advised the railway that it must maintain at least the same amount of third-party liability coverage it had before the derailment.

But it said MMA's insurance broker indicated the aggregate coverage had been cut in half since the derailment. The agency added that the railway

failed to provide evidence it had additional insurance to make up the difference.

"The agency is also of the opinion that the company no longer has the financial capacity for its self-insured portion," Bannister said.

The agency said that over the last decade, no claims by a federally regulated railway have exceeded the limits of its third-party liability insurance.

In the wake of the disaster, the regulator has also announced it is planning to review the insurance coverage of federally regulated railways this fall, given the ongoing increase in shipments of crude oil and other hazardous materials.

The MMA train that slammed into Lac-Mégantic was pulling tanker cars carrying crude oil.

The president of Maine-based MMA, which has resumed some of its Canadian operations since the derailment, said Tuesday that he hadn't seen documentation about the licence suspension.

"I know nothing about it ... so I can't make any comment," said Robert Grindrod, who was then asked whether he would be available to discuss the matter later in the day, once he had

read the documents.

"Unlikely. OK, thanks. Good-bye," he said before hanging up the phone.

An official in the office of MMA chairman Ed Burkhardt, contacted Tuesday, said he wasn't yet aware of the licence suspension.

The local business community hopes the problem will be resolved soon, particularly in a region with an already tough economy and where some businesses have had no rail service since the derailment blocked a crucial section of tracks in downtown Lac-Mégantic.

The industrial commissioner for the region around Lac-Mégantic said local companies such as Tafisa, a particle-board manufacturer that employs a few hundred people, have had to spend more money by transporting their goods by truck.

"I hope that the government will operate (the railway) or that they will have different operators that can either buy or be the operator ... until a permanent solution will be found," said Michele Tardif.

"They can probably find someone to be the operator, manage the line. Someone that is more reliable than MMA."

New Canac opens in Rock Forest

SHERBROOKE

The city of Sherbrooke has another big box hardware and garden centre with the opening of a new Canac outlet in the borough of Rock Forest Tuesday.

Located on the site of the former Gaston Côté store, the chain purchased in 2010. The new outlet represents an investment of \$8 million and created 78 new jobs as well as retaining 24 former Côté employees.

The new outlet has a surface area of 128,000 sq. ft., including a sales area of 28,000 sq. ft. as well as warehouses. Like others in the chain, the store presents a wide range of hardware, plumbing, and electricity supplies, tools, paint, flooring, finishes, building materials, doors and windows, accessories decorations, seasonal products and a garden centre.

"We serve both the general public and entrepreneurs in the region with a specialized service and an outdoor wood yard of



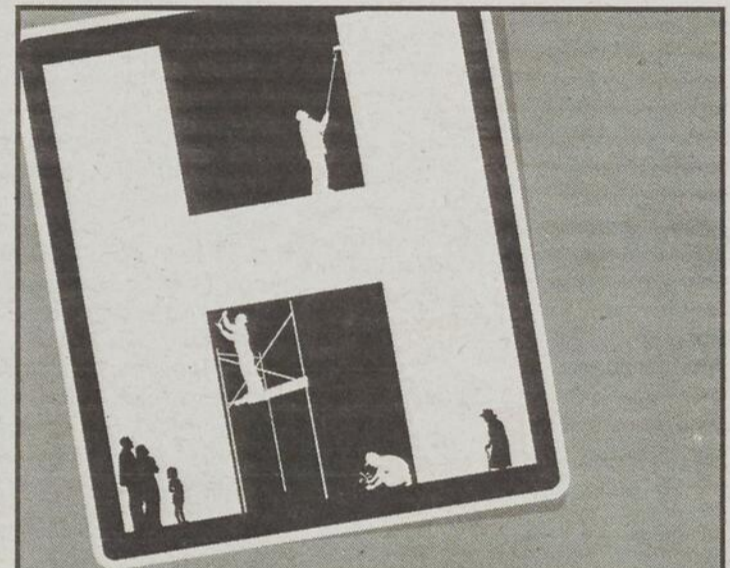
COURTESY

Sherbrooke Mayor Bernard Sevigny (L to R) joins Rock Forest store manager Alain Bedard, Canac CEO Jean Laberge, and Alain Robert, representing federal Member of Parliament for Compton-Stanstead Jean Rourreau as they cut the ribbon at the opening of the new Canac outlet in Rock Forest.

250,000 sq. ft. Our customers will be well served and will appreciate a wide range of materials at prices only Canac is able to offer," says Canac President Jean Laberge.

Canac's Rock Forest branch

also offers a delivery service to customers and businesses in the greater Sherbrooke area and surroundings. The warehouse will also supply the Canac branches in Sherbrooke, Drummondville and Cowansville.



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September 6, 2013



EDITORIAL

Nobody wants the government controlling public information, but on the other hand, the concentration of news information into a few monstrous corporate hands is no less threatening.

Ici la Radio Canadienne



Mike McDevitt

Last Thursday the Canadian Radio-television and Telecommunications Commission denied the desperate application of Quebecor's Sun News television network for "mandatory carriage." This request, if accepted, would have required all cable television providers to include the unconventional news outlet in their basic offerings. Sun claimed that without it, the right-wing broadcaster faced certain financial ruin.

Sun News, a made-in-Canada incarnation of the aggressive right wing phenomenon that is Fox News, has failed to have the impact of its southern model and has yet to poison the Canadian political conversation to the same degree, although not for lack of trying. It has failed to garner a significant audience and hence, the advertising revenue necessary for its maintenance and so, following a vicious and hypocritical assault on the CBC, had gone running to the federal regulator to force Canadians to pay regardless of whether they want to.

In spite of the irony of an ultra-conservative mouthpiece begging for rescue from a government agency, Sun News' whine is not without its basis. Nor is it without its supporters. The CTV and CBC News networks both enjoyed the benefit of mandatory carriage when they started out and some marginal networks still enjoy its benefits.

In the media discussion of this application, much has been said of both the ideological conservatism of Sun's posture, as well as its Fox-like style, and not really enough about the fundamental policy issues at its base. What is the role of Canadian media and Canadian media regulation, at the beginning of the 21st

century?

The CRTC is the current incarnation of a series of regulatory bodies that emerged with the development of commercial radio in the early part of the last century. As radio was broadcast over public airwaves, some regulation was required merely to prevent a free-for-all in radio frequency competition and deadly competition over the "airwaves," which were seen as a public good. Regulation expanded to cover advertising, language, content, industry re-investment, and other areas that have greatly shaped the collective Canadian identity. As the airwaves over which all broadcasting was achieved were public property, their management by a public agency — independent of government — was and is generally accepted.

The CBC, however, has always been an uncomfortable thorn in this system's side. Subject to considerable regulation itself, the CBC is this country's national news media, modeling itself after the iconic BBC. It has become over the nearly 80 years of its existence perhaps the most "Canadian" of all Canadian institutions. One can always tell a Canadian from an American by whether he knows who the Friendly Giant is, or whether she ever thought Mr. Dress-up was kind of creepy. For many, watching Hockey Night in Canada on a winter Saturday night is their defining national memory. Nevertheless, with its huge government subsidy, its preferential treatment, and its perceived ideological bias, it serves as a considerable annoyance to its commercial competitors.

In the digital universe, traditional media producers and distributors face a whole new ball game while still being governed by rules that no longer even remotely reflect the real world and although it came away without the guaranteed funding it asked for, Sun News did achieve one very important outcome from its highly vocal appeal. The CRTC has agreed to review the entire process involved in news information distribution. This, of course, involves us all.

Canadians, like the rest of the world, have access to innumerable sources of wildly diverse forms of entertainment, much of it freely available through wireless connections on computers, laptops, tablets, and phones. The ability of gov-

ernment, so far, to limit this consumption is marginal at best. Tech aware individuals can entertain themselves with content of their choice at the time of their choosing and are not subject to censorship, commercial pandering, or other limitations on their taste, interests, or desires. That's pretty tough competition, and the major corporations that have spent the billions of dollars building infrastructure, launching satellites and producing content are having a difficult time managing the commercial aspect in a manner they deem satisfactory. Some sort of regulation is necessary, at least from a corporate perspective.

In the case of news, the issue becomes even more intense. Never have so many had so much access to so much information and although the major players still tend to dominate the scenery, they are doing so at great expense and face constant opposition, competition, and criticism from upstart "Young Turks" and amateurs. Moreover, as huge corporations continue their consolidation of media companies, traditional news sources are seeing unprecedented pressure from corporate bosses with wildly divergent interests, and their credibility and independence are under increasing criticism.

A fundamental assumption of our theory of democracy is that a well-informed public will exercise its franchise in a manner consistent with its interests

and its beliefs. An informed public is also a justifying principle of "free market" economics. Modern political reality is intensely complex, however, and most important national issues require considerable, accurate information from which to inform an opinion. Most people have neither the training nor the time to delve through it all in order to become meaningfully informed and of necessity rely on the opinions of experts, trained and paid, to master these issues. Often these experts achieve consensus but far more often they do not, confusing, rather than enlightening, the interested consumer.

Today, however, even the objectivity and disinterest of the experts has come under justifiable question, as more and more prominent "pundits" come across as predictable salesman for a particular industry, policy, or political agenda.

Nobody wants the government controlling public information, but on the other hand, the concentration of news information into a few monstrous corporate hands is no less threatening. An Internet jam-packed with confused, contradictory, misleading, incomplete, and otherwise un-vetted material is no more promising.

It will be the unenviable task of the CRTC to wade into some of these issues, but it is unlikely to follow any investigations into which it is not prodded. The CBC, Quebecor, and Bell Canada will have their voices heard. Will you?

All change on the internet

By Gwynne Dyer

Edward Snowden is safe from American "justice" for the moment, and he will certainly go down as the most effective whistleblower in history. His revelations are going to cause a wholesale restructuring of the world's most important communications system, the internet. And that, rather than his whereabouts and fate, is now the real story.

On August 8, Lavabit, a US-based email service provider that promised to keep its clients' communications private, closed down. The US National Security Agency approached it about six weeks ago demanding the same access to its customers' emails that it has already extorted from big American internet companies like Google, Facebook, Yahoo, Amazon and Microsoft.

The company's owner, Ladar Levison, wrote to his clients: "I have been forced to make a difficult decision: to become complicit in crimes against the American people, or walk away from nearly ten years of hard work by shutting down Lavabit. I would strongly recommend against anyone trusting their private data to a company with physical ties to the United States."

Snowden's revelations so far have told us about two major NSA surveillance programmes, both probably illegal even under American law. The first collects the mobile phone records of over 200 million Americans. "This is just metadata, there is no content involved," said Senator Dianne Feinstein, chair of the Senate Intelligence Committee, and it's true. The NSA isn't actually listening to your calls. But that is not the point.

Machines can quickly use the call logs (metadata) to identify everybody you ever talked to, and everybody they ever talked to, and so on

CONT'D ON PAGE 7

THE RECORD

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Remember what it was like to PLAY?

Who doesn't love scavenger hunts?!



DISHPAN HANDS
SHEILA QUINN

Well, a three-time Guinness World Record breaking scavenger hunt, hosted by actor Misha Collins (who plays angel Castiel on the smash-hit television show Supernatural), G.I.S.H.W.H.E.S. HAS BEGUN! That stands for the Greatest International Scavenger Hunt the World Has Ever Seen.

This global community is quickly growing, with 14,580 participants last year (breaking the Guinness World Record for Largest Scavenger Hunt), and many more in the 2013 edition, that began officially on August 11, lasting a week.

These international G.I.S.H.W.H.E.S. teams meet and correspond throughout the week to "create art the likes of

which the world has never seen."

To give you an idea of the tasks at hand for this year's participants, who acquire points for their teams for each item achieved (largely videos and photos proving the task they were performing), items on the list include "attend a ballet class or spinning cycling class wearing full scuba gear," "retrofit a wheelchair and its owner to look like a superhero in a Gishmobile," or being documented dressing as a pirate in a line-up at the department of motor vehicles, among a list that is currently at 156 items. Each item is worth a specific number of points.

The grand prize for the winning team is an all-expense paid trip to Vancouver, where the team will join Misha Collins on a chartered seaplane to a "majestic island for fish stew, a séance, and a Viking surprise."

Many items on the official G.I.S.H.W.H.E.S. list involve acts of kindness, recognizing devoted community volunteers, or bringing cheer to individuals in difficulty. Last year's edition led to the breaking of an additional Guinness World Record, that of the most pledges of Acts of Kindness (93,376), in partnership with their non-profit Random Acts (www.therandomact.org).

While this whole concept may seem a little trivial, what with many other supposedly more pressing engagements, social issues, work, and serious business

to attend to, well, we've been doing a lot of that lately. These are intense times - with many mashed into a media machine, pushed to rush around consuming, the G.I.S.H.W.H.E.S. initiative is a breath of fresh, fun, thought-provoking air, even if some of the items on the list are pretty silly.

Remember what it was like to PLAY?

Now, this is not at all G.I.S.H.W.H.E.S. related, but I'd like to issue a little challenge to readers of The Record. Go out, and buy YOURSELF a toy designed for children. Go somewhere where interesting toys are, such as Sherbrooke's Biblairie GGC, somewhere that offers up toys that are well engineered. At the very least make it something that isn't flimsy - you can troll through a second hand store such as Estrie Aide as well if you prefer. You could pick up a toy belonging to a small person in your family, or among your loved ones, but I'd rather you actually tried to find a toy that you like. Keep it simple. A car, a doll, a teddy bear. Something you can manipulate. It can be a game too, if you prefer, or something crafty. The part of you that once loved to play, that craved play, still exists inside you.

Now, once you have that item in hand, play with it.

If it's a Hot Wheels car, roll it around. If it's a doll, sit it in view. Pick it up, hold it. See what it does for your brain, because it will do something. Maybe it's a

kite. Maybe it's one of those bouncy rubber balls that are striped red, white and blue. Release yourself to that playful part of you - it's just been kept quiet for quite some time, and it's nothing to be ashamed of.

Play is so good for you. It doesn't matter what your age is, what your so-called station in life is, you also have permission to play.

G.I.S.H.W.H.E.S. is just that - a few steps ahead in the way of personal permissions, to form a team and face challenges together, in the spirit of fun.

I'll leave it to G.I.S.H.W.H.E.S. themselves to have the last word:

"Gishwhes believes that 'normalcy' is overrated and that true 'living' can be found hidden under the rocks of community artistic creation and in acts of artistic sublime public performances. More importantly, we are all artists and have gifts for society no matter what our capabilities or talents. And most importantly, cheese is not a good sewing material."

Hooray for play - congratulations to Misha Collins and the G.I.S.H.W.H.E.S. for bravely exploring far beyond the box.

DON'T MISS DH RADIO tonight from 9-11 p.m. on CJMQ 88.9 FM when Sheila Q. and Stéphane Bessette devote a second show to the upcoming Eastern Townships Film Festival coming Aug. 15-18 in Lac Brome, Sutton and Waterloo!

Gwynne Dyer

CONT'D FROM PAGE 6

out to the fourth or fifth generation. If one of those thousands of people ever spoke to somebody abroad with a Muslim name (or somebody who works for Siemens, or Samsung, or some other industrial competitor of the United States), the NSA may take an interest in you.

It may then apply to access the content of your calls and emails under the Prism programme. The Foreign Intelligence Surveillance Court, which reviews such applications, has refused precisely

ten of them (out of 20,919) since 2001. And if you're not American, or an American resident who once spoke to somebody abroad by phone, then you're in a free-fire zone.

If you are American, you may not care about that, because you are mesmerized by the guff about a huge terrorist threat that the security barons use to justify the endless expansion of their empire (now almost a million employees). But if you belong to the great majority of internet users who are not

American, are not in a panic about "terrorism," and have no protection under American law from the NSA's spying, then you will want ways to avoid it.

The demand will be there, and the market will provide. All that's needed is a big investment in internet switching capacity in countries where the spies are not completely out of control. Then non-Americans can just join one of the many servers that will spring up to meet an exploding demand for secure internet services.

As Jennifer Granick, director of civil liberties at the Stanford Law School's Center for Internet and Society, put it recently: "America invented the Internet, and our Internet companies are dominant around the world. But the U.S. government, in its rush to spy on everybody, may end up killing our most productive industry."

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

Wish an athlete good luck during the Canada Games in August



The Record would like to help you send along good wishes to YOUR athlete at the Canada Summer Games from August 2-17. Your wishes will be placed on a "Good Wish Board" daily in The Record throughout the games.

Just send: Name of athlete, week athlete will be participating, message you want to send, your contact info, logo of your school, business or town, and credit card information.

The cost is only \$25. plus taxes.

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Stores make it simple to make good food choices

According to a survey* conducted by CROP for Loblaw, 90 per cent of Quebecers say they want to make healthier food choices, and 80 per cent say they could use some help to achieve this goal. To support Quebecers in making better choices Provigo, Loblaws and Provigo Le Marché banner stores in the province have launched the Guiding Stars program – a simple, user-friendly tool that assists consumers in quickly identifying nutritious foods throughout the grocery store.

Guiding Stars is an impartial rating

system that uses stars to help identify nutritious foods at a glance. It rates foods based on their nutrient density using a patented algorithm.

Foods are rated based on a balance of credits and debits. Foods are credited for vitamins, minerals, dietary fibre, whole grains, and Omega-3 fatty acids, and debited for saturated fats, trans fats, added sodium and added sugar. They are then given a rating of 1, 2 or 3 stars (with 3 stars being the highest rating an item can receive). The food rating algorithm uses the product's nutrition profile as

outlined on nutrition labels or, in the case of fresh meat, seafood and produce, in Health Canada's national nutrient database.

"One in two Quebecers shop at a Loblaw banner store each week and we work really hard to ensure we meet their priorities, including helping them make informed decisions about healthier food choices," said Pierre Dandoy, Senior Vice-President, Operations, Provigo, Provigo Le Marché and Loblaws, Québec. "Consumers' food choices have an impact on their health and that of their families



COURTESY

Dietitian/nutritionist Nathalie Regimbal presents the Guiding Stars Program, now available at all Provigo, Loblaws and Provigo Le Marché banner stores in Quebec.

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and Loblaw is committed to supporting Quebecers in their efforts to adopt a healthier lifestyle. The Guiding Stars program is part of this commitment."

"Our recent survey revealed that nine out of ten Quebecers regularly or occasionally look at nutrition facts tables when making food choices and that 30 per cent of those who look at the nutrition facts tables say that they find them confusing. This ratio increases to close to 40 per cent among those aged 55 and older," says Nathalie Regimbal, dietitian/nutritionist and consultant for Loblaw. "As a complement to existing nutritional data, the simple to understand Guiding Stars program can help make selecting nutritious food options easier."

Loblaws, Provigo and Provigo Le Marché banner stores also offer a number of healthier food options, namely through the PC Blue Menu line of products. PC Blue Menu packaging makes it easy to quickly identify the nutritional benefits of a product, indicated by plus (+) and minus (-) symbols.

Loblaw is also expanding its President's Choice Organics product line, and reducing sodium, and increasing the fibre, vitamins and other healthier elements in its private label products.

To learn more about the Guiding Stars program, visit the Provigo, Loblaws or Provigo Le Marché banner store nearest you, or go to www.guidingstars.ca

Since 2006, Guiding Stars has been helping consumers make nutritious food choices and has received patents in both the U.S. and Canada for its nutrition rating algorithm. The Guiding Stars nutrition guidance program is a simple, easy-to-understand tool for making good nutrition choices and is designed to make a positive and lasting impact on public health.

Guiding Stars is currently found in more than 1,800 supermarkets. Guiding Stars has also expanded into public schools, colleges and hospitals and appears on the Shopper mobile iPhone application. Additional information can be found at www.guidingstars.com.

* Survey conducted by CROP. Data collection was conducted online from July 30 to August 4, 2013, via a Web panel. A total of 1,027 questionnaires were completed by Quebec based adults who are responsible in whole or in part for food purchases for their household.

The results were weighted to reflect the distribution of the Quebec adult population responsible for food purchases by sex, age and area of residence.

Note that given the non-probabilistic sample, the calculation of the margin of error does not apply.

Source: Pamela Blouin.

AUGUST 2 TO 17 2013

LIVE IT



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CANADA GAMES ATHLETICS

Qualifiers place Quebec on starting line for final heats

By Josh Quirion
Record Correspondent

Athletics represents the most broadly sub-categorized discipline of the Canada Games. Combining approximately 50 individual and relay events, it is responsible for augmenting number of total cross-discipline competitors by more than 500; making it the most significantly represented discipline in the Games.

Tuesday, 19 diversified disciplines saw action as one of the most revered and anticipated components of Olympic competition began its preliminary phase offering onlookers impressive displays of athleticism, speed, and strength.

Immediately, the qualifying heats and groups seeded out the weaker, less experienced competitors and by early afternoon, the final pool of athletes was being gathered for prime podium prospects.

Quebec's athletes imposed their presence by qualifying for various individual

finals.

In the female 200-metre, Marie St-Pierre (24.70) and Sophie Arsenault (24.58) convincingly clinched metal contention positions as they presented two of the day's top three results.

Two hundred-metre male representatives Francis Molango (21.83) and Brandon Smith-Drouin (21.89) finished in second place of their personal heats, guaranteeing them a place on the starting line on Friday's final heat.

In the female 200-metre special athlete event, Jessica Clement (32.40) and Audrey Vincent (31.03) earned places in the final heat and are scheduled to race in the medal heat on Friday.

In the male 200-metre wheelchair event, Jean Philippe Maranda (27.45) and Francis Hebert (29.29) posted the two top times of their respective heats. Now they prepare for a podium opportunity of Friday.

In the men's long jump, Stevens Dorcelus (6.99 metres) and Scott Han-

cock (6.59 metres) hopped into the final pool with relative ease as they presented the day's two best jump results.

Male shot putters Simon Beaulieu (14.51 metres) and Marc-Antoine Lafrenaye-Dugas (14.42 metres) fielded their group's finest results and guaranteed themselves a place in the final stages of competition. Lafrenaye-Dugas also obtained a prime result in the discus throw (14.42 metres) while his partner Alexandre Gagne also impressed with a 45.86-metre performance.

Decathlon competitor Njambamba Axel Mbongo remains a contender for athletics' ultimate combine event, comprised of: 100-metre, 400-metre, 1,500-metre, 110 hurdles, long jump, high jump, discus, pole vault, and javelin - the decathletes often forfeit their weaker disciplines to maintain efficiency during their strongest events.

Right, Decathlete Njambamba Axel Mbongo performing in the discus throw event.

PHOTO BY JOSH QUIRION



Nova Scotian Tate looks to beat his personal best in track

By Olivia Ranger-Enns
Record Correspondent

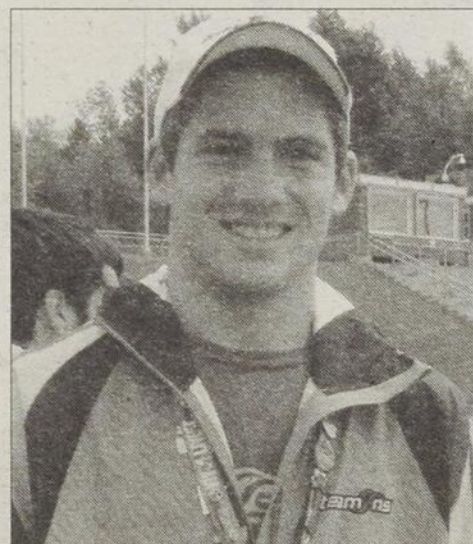
Meet Bryden Tate, a Nova Scotia athlete for track and field. Getting ready for the 5,000-metre race on Friday, Tate was already at the Université de Sherbrooke stadium to cheer on his fellow mates on Tuesday.

"I am really enjoying my stay at Bishop's. The food is actually much better than what I was expecting," said Tate as his colleagues zoomed by for the 400-metre races.

"I started track and field in Grade 6, at a St. Francis Xavier University meet. I came in second at the first track and field competition and so I've loved it ever since."

Tate, whose best score is 15:14 for the 5,000-metre, is hoping to break his

CONT'D ON PAGE 12



OLIVIA RANGER-ENNS

Nova Scotia native track and fielder Bryden Tate.

Quebec's Emmanuel Boisvert is ready for the Games

By Olivia Ranger-Enns
Record Correspondent

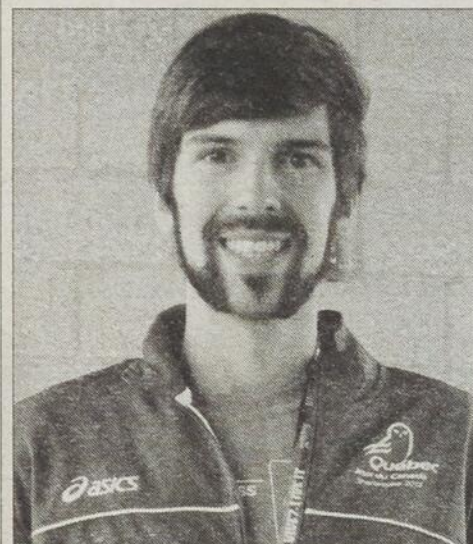
Emmanuel Boisvert, the Quebecer ready for the 5,000-metre races, is supporting his team all the way.

"It's motivating to be here, to listen to the crowds going wild and cheering us on," said Boisvert at the Université de Sherbrooke stadium. "I love long distance runs, such as 10-kilometre cross-country competitions. What with 50-odd athletes in our team, I feel confident, especially with our coach, Felix-Antoine Lapointe."

Boisvert studies accounting and administration at the University of Laval.

"I don't know whether I want to pursue accounting or athletics as a career, but so far I am juggling both. I have just finished an internship with an

CONT'D ON PAGE 12



OLIVIA RANGER-ENNS

Track and fielder and Quebec citizen Emmanuel Boisvert.

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CANADA GAMES TRIATHLON

Quebec sees unexpected gold medal winner

By Verity Stevenson
Record Correspondent

Alexis Lepage, winner of the 2013 Canadian Junior Triathlon Championship in Toronto, did not win the Canada Games individual men's triathlon at Merry Point in Magog Tuesday morning like he was expected to. His teammate Xavier Grenier-Talavera did.



PHOTOS BY VERITY STEVENSON

Xavier Grenier-Talavera crosses the finish line. He was able to get ahead of his strong teammates Alexis Lapointe and Francis Lefebvre because of their incidents along the way.

"I haven't had a victory in a while. To have it here is amazing," said Grenier-Talavera.

The 17-year old was hip-to-hip with Francis Lefebvre until Lefebvre got a penalty in the last two kilometres of the 5-kilometre running course. Lefebvre hadn't put his helmet in the corresponding bin when he was making the transfer from the bike race to the running course.

"The 15 seconds that he had to spend in the penalty box set him back from first to third and then it was hard to catch up," said the Team Québec triathlon coach Mariane Julien.

"All three of them are really strong. They all had the possibility of standing on that podium," added Julien.

"In my head, it completely unblocked.

I told myself, 'wow, I have the opportunity to win so I'm going to push it,'" said Grenier-Talavera.

Shortly after the Québec triathlete's arrival, Tyler Mislawchuk from Manitoba arrived in second and Conor Gillespie-Friesen



Xavier Grenier-Talavera at the front on the second lap of the cycle portion of the triathlon.



Emy Legault crosses the finish line.

from Nova Scotia, in third.

Two hours earlier, Québec's Emy Legault placed second as she followed Albertan Emily Wagner very closely during the race. Gabrielle Edwards, from Nova Scotia, received the bronze medal.

Both Legault and Grenier-Talavera collapsed after the race and had to be attended to by medical staff, but were quick to recover within five minutes.

"It's a huge effort that the athletes are giving — they give their all and that's re-

ally what they did," said Julien.

The two other Québec female triathletes — Karol-Ann Roy and Élisabeth Boutin — that came in 10th and 11th place, respectively, said they were hoping to do better.

Roy and Boutin had been in the top three, but fell behind during the cycling portion of the race.

"It's really frustrating because we couldn't get past the group in front and that's just what happens," said Boutin.

CANADA GAMES BEACH VOLLEYBALL

Quebec doesn't rest at the beach

Combined record of 4-1 for men and women

By Josh Quirion
Record Correspondent

After two days of serving, bumping, setting, and spiking, the Quebec duo composed of Rosalie Coderre and Sarah Robichaud have volleyed their way to a perfect 2-0 record. The pair overwhelmed the Prince-Edward-Island two-some of Sydney Fox and Taylor Walsh Tuesday with a dominant showing of skill and practiced expertise by defeating them in two consecutive sets of 21-12 and 21-9.

The men conceded their first defeat in two sets against British Columbia's undefeated pair. Samuel Duplessis' crushing net play and Daniel Moreau's defensive abilities were not sufficient to win the game. The British Columbians demonstrated a tactical game plan and maintained their composure to seize the victory despite the Quebecers' unrelenting effort.

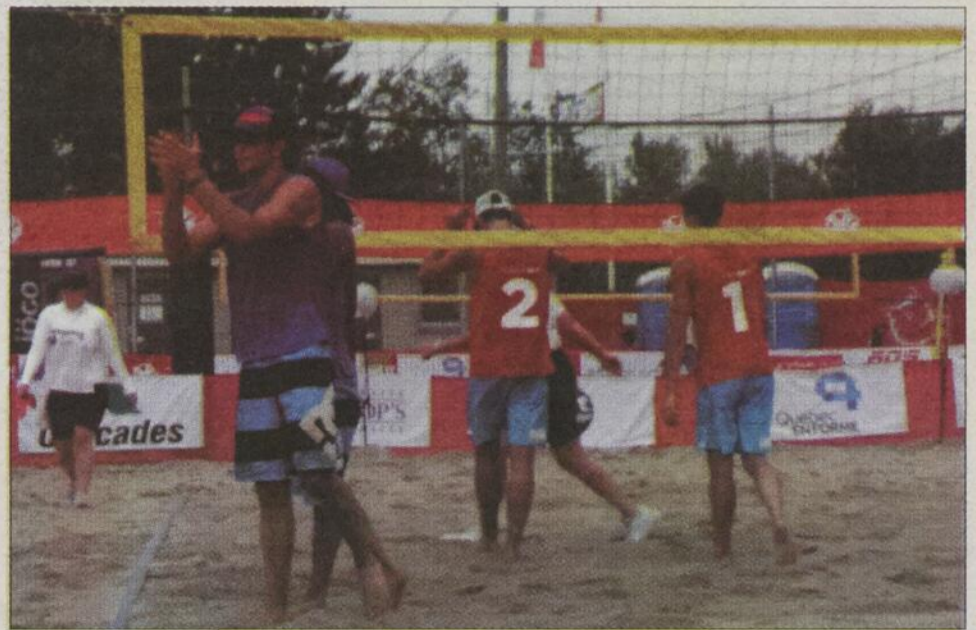
"We had a game plan and we stuck to

it, when Quebec readjusted we did too. We played around their big blocker, put forth a less aggressive approach and that won the game for us," explained British Columbia's Ben Caverly and his partner Ben Chow.

The Quebec team displayed tremendous respect for their opponents and their spectators. After their loss, the duo kept their heads held high and applauded the crowd for their enthusiastic support and optimism.

"The crowd helps us tremendously, they drive us. Tomorrow we play two games and we are determined to win both to grant us an easier matchup in the quarterfinals. All there is to do now is rest, eat well, and play well!" combined Duplessis and Moreau.

Wednesday, Quebec faces Newfoundland at 8 a.m. and Alberta at noon. Both games will be instrumental in ensuring that Quebec's podium aspirations remain tangible.

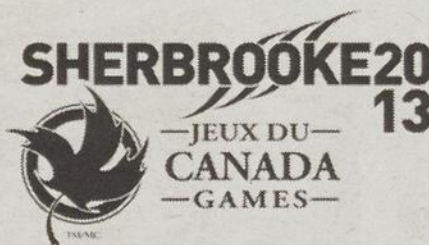


Quebec's Samuel Duplessis and Daniel Moreau clapping thanks to the enthusiastic hundreds at Atto-Beaver Park.

JOSH QUIRION

AUGUST 2 TO 17 2013

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Sarah-Ève Fontaine: Going the whole nine yards

Canada Games volunteer battles degenerative disease

By Olivia Ranger-Enns
Record Correspondent

Even with health problems, Sarah-Ève Fontaine, a volunteer for the Games, is going the whole nine yards.

Having to deal with cystic fibrosis, a degenerative disease which attacks the lungs, Fontaine is working hard for the Games.

"When I saw that the committee needed more volunteers, I decided to go for it. I work in VIP rooms, typing in results of diverse games into Excel sheets that will then be sent to other people who publish the results. I am here every day," Fontaine said, indicating the VIP room at Bishop's sports center.

"Having cystic fibrosis is, of course, no fun. It becomes hard to breathe, to do anything. Although I was born with the disease, lately my problems have been getting more and more difficult for me to handle. I am always using medication, pills, a respirator, antibiotics, you name it," said Fontaine, who was not self-pitying in the least.

Cystic fibrosis patients usually have to deal with difficulty breathing, severe lung infections, failure to gain weight or grow and having extreme pain in digesting food.

The young lady who lives in Windsor is a CEGEP student studying specialized education.

"I want to work with people who need help, whether it is because of intellec-

tual or physical handicaps, or just plain attention deficit disorders," she said.

Having been able to watch some basketball and soccer games, Fontaine is happy to be working with the Games.

"I like soccer because my sister plays the sport, but my heart is really set on hip-hop dancing, which I had to give up because of my disease," posited Fontaine.

Fontaine believes having the Games in Sherbrooke will help Quebec out in the long run. "The fact that the athletes are at home makes it easier for them, I think. They should be more confident."

Volunteer Sarah-Ève Fontaine is struggling with cystic fibrosis but still volunteering for the Games.



PHOTO BY OLIVIA RANGER-ENNS

Sherbrooke rower qualifies for final

By Verity Stevenson
Record Correspondent

It was a short day of rowing for Sherbrooke's Jasmine Blais on Lac Magog Tuesday morning as she qualified for the quad scull finals in her first race of the day without needing to move on to repechage.



Jasmine Blais hugging her teammate at the 2012 CSSRA regatta in St. Catharines, Ont. where she was recruited by the University of Central Florida.

"We started off strong, but wanted to keep some energy — we didn't give it our all because our goal was to be in the top two and once we saw that we were, we kept that position," said Blais.

Originally a swimmer, Blais — a Sherbrooke native — started rowing at Dawson College since they didn't have a swim team.

"I didn't really feel like I could go further in swimming, I had sort of hit a plateau and that I felt like I had more potential in rowing," said Blais.

She was recruited at Canadian Secondary Schools Rowing Association (CSSRA) regatta and then at the Royal Canadian Henley — both of which she won gold for the quad scull — by the University of Central Florida in Orlando, to which she'll be headed on August 19, right after the Canada Games.

"I already have all of my bags packed!" said Blais.

British Columbia came in first and New Brunswick third while Ontario came in first in the second division of qualifying rounds. Alberta, for whom Blais said might be giving more of an effort at the finals, came in second with Saskatchewan in third.

"It's hard to tell who is strongest because teams don't necessarily give their best effort [during qualifying rounds]," said Blais.

Quebec's men's quad scull didn't do as well Tuesday, only coming in third during repechage after having come in fourth in the first qualifying round of the day.

Blais will race in the finals on Friday at 11 a.m. on Lac Magog with her team.

Patrik and the Prodigious play for the Games

By Olivia Ranger-Enns
Record Correspondent

Patrik and the Prodigious is a combination of uprising rapper known as Patrick Kabango and a group consisting of James Bernard, Guillaume Richards and Emile Fortier.

Toronto native Patrik "PK" Kabango and his musical band will polish off their songs for the athletes during week two of the Games.

With Guillaume Richards on guitar, James Bernard on vocals and keyboard, Émile Fortier on drums and Patrik Kabango on vocals (he happens to also write the lyrics for his songs), the concert promises to be infused with energy and pumped-up rhythms.

"We will do songs like John Lennon's 'Come Together,' we really like the Beatles, so we will be doing some of that," said keyboard player Bernard, who studies at Bishop's University. "All the songs will be in English, and we will really go for a party feel, with a fusion of jazz, funk and blues and some rap undertones. We will adapt some Beatles songs to new genres, for example," added Bernard.

"We have good potential, I think," stated Bernard. "The best part of the performance will probably be Kabango rapping over our recordings, so we will get digital and other genres mixed into the concert. We want to evolve. I hope the athletes will enjoy it."

Patrik and the Prodigious will play on August 17 between 10 a.m. and 1 p.m. at the Gait at Bishop's.

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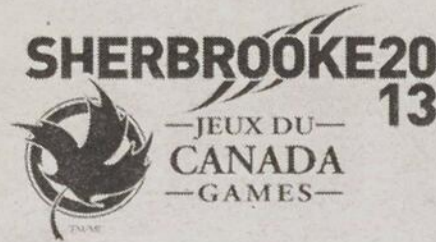
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Medal standings

(As of Tuesday, 9 p.m.)

	Gold	Silver	Bronze	Total
Ontario	64	33	27	124
Quebec	26	31	29	86
Alberta	21	29	22	72
British Columbia	22	19	27	68
Nova Scotia	7	12	15	34
Saskatchewan	4	11	12	27
Manitoba	1	8	12	21
New Brunswick	2	0	2	4
Prince Edward Island	0	2	0	2
NL and Labrador	0	1	0	1
Nunavut	0	0	0	0
Northwest Territories	0	0	0	0
Yukon	0	0	0	0

Don't sing for your dinner, cycle for your smoothie

By Olivia Ranger-Enns
Record Correspondent

In front of the Université de Sherbrooke's track and field circuit, Félix-Antoine Huard and Marilyne Proulx have a new challenge for you: come and cycle for your smoothie.

As interns for CSSS IUGS (Le Centre de santé et de services sociaux - Institut universitaire de gériatrie de Sherbrooke), Huard and Proulx set up a tent and have been inciting passers-by to cycle on a stationary bike, whereby they create their own smoothie perched on the top end of the bike.

"It's a great way of drawing awareness



to the importance of moving and staying active, while eating well. A smoothie is the best representation of eating well, in my opinion," explained Huard as he handed a smoothie to a grinning young man who had done his cycling.

"We also work with Alliance Sherbrooke Pour des Jeunes en Santé and with Fondation Vitae, where we help out families, people dealing with aging problems, young kids, families, etc. Setting up a tent here and getting people to move and eat well is just a mandate for us, something we firmly believe in. We don't have a product to sell, so in the end this is quite fun," added Huard, who estimates he has been making between 30 and 40 smoothies a day.

"We combined our two missions in one by setting up a tent here to remind people to stay active and to eat well," put in Proulx.

A young man tries out his luck while cycling, and is rewarded with a smoothie.
OLIVIA RANGER-ENNS

Boisvert

CONT'D FROM PAGE 9

accounting firm, and I informed them about my love of track and field, and there was no problem," said Boisvert.

Boisvert is enjoying his stay at Bishop's University. "There are a lot of cultural activities we get to do. They streamed The Hobbit, they had a guided visit on the first day, we had Sundaes on Sundays where we could request our favourite music, we got to exchange pins. Actually, come to think of it, I think the exchange of pins is the

best part," mused Boisvert.

Although Boisvert started off with soccer, the track and field is now in love with athletics. "I started in high school, and with school competitions I realized that track and field was more my thing than soccer was, so I focused on track and field. Things went so well that I was able to go to the Quebec Games in 2007, which was a great experience," added Boisvert.

Boisvert will be competing in the 5,000-metre race on Friday, August 16.

Tate

CONT'D FROM PAGE 9

personal record on Friday, August 16.

"I love the 5,000-metre race because I am more of an endurance runner than a speed runner. That's why I am confident with this kind of thing," added Tate, indicating the plethora of events happening at the stadium of the Université de Sherbrooke.

At the Université de Sherbrooke, it seemed like hundreds of events were taking place simultaneously, including 100-metre and 200-metre races, hurdles, steeplechases, wheelchair races, Paralympic races, 4x100-metre relays, triple jumps, pole vaults, shot put, discus throws, and javelin and hammer throws.

Wednesday Schedule — August 14

Rowing — Lac Magog

Heats (Women, Men)
8:30 a.m. — LW2x - W1x
9:10 a.m. — M2x - M4-
10:30 a.m. — W4 - W2x
11:10 a.m. — M8+
Repechage (Women, Men)
2 p.m. — LW2x - W1x
2:40 p.m. — M2x - M4-
4 p.m. — W4 - W2x
4:40 p.m. — M8+

Women's Basketball

Round of 8
1 p.m. — Bishop's University
3:25 p.m. — Bishop's University
Quarterfinal
6 p.m. — Sports Palace
8:15 p.m. — Sports Palace

Canoe-Kayak — Lac des Nations

Heats
9 a.m. — K-4 200-metre (Women)
9:10 a.m. — IC-4 200-metre (Men)
10 a.m. — K-4 200-metre (Women)
10:10 a.m. — IC-4 200-metre (Men)
1 p.m. — K-1, C-1 5,000-metre (Women)
2 p.m. — K-1, C-1 5,000-metre (Men)
3 p.m. — K-2, C-2 5,000-metre (Women)
4 p.m. — K-2, C-2 5,000-metre (Men)
5 p.m. — Medal Ceremony

Road Cycling

10 a.m. — Women — Axe de la St. Francois, Sherbrooke
1 p.m. — Medal Ceremony — Axe de la St. Francois, Sherbrooke
1:45 p.m. — Men — Axe de la St. Francois, Sherbrooke
5:30 p.m. — Medal Ceremony — Axe de la St. Francois, Sherbrooke

Fencing — Sherbrooke CEGEP

Individual Epée — Men
8 a.m. — First Round of Pools

9:30 a.m. — Second Round of Pools
11 a.m. — Eighth Final
11:45 a.m. — Quarterfinal
1 p.m. — Semifinal
Individual Foil — Women
1 p.m. — First Round of Pools
2:30 p.m. — Second Round of Pools
4 p.m. — Eighth Final
4:30 p.m. — Quarterfinal
5 p.m. — Semifinal

Golf — Milby Golf Club

7:30 a.m. — First Round (Women, Men)

Men's Soccer

10:30 a.m. — Ont vs. NB — Bishop's University
11:05 a.m. — Que vs. BC — Parc Sylvie Daigle
2:30 p.m. — Alta vs. NL — Parc Sylvie Daigle
2:30 p.m. — NS vs. PEI — Bishop's University

Men's Beach Volleyball — Atto Beaver Park

8 a.m. — Que vs. NL
9 a.m. — BC vs. NB
10 a.m. — Ont vs. PEI
11 a.m. — Man vs. NS
Noon — Que vs. Alta
1 p.m. — BC vs. NWT
3 p.m. — Man vs. PEI
4 p.m. — Alta vs. NL

Women's Beach Volleyball — Atto Beaver Park

8 a.m. — Alta vs. NL
9 a.m. — Ont vs. NB
10 a.m. — BC vs. Que
11 a.m. — Man vs. Sask
Noon — Alta vs. NS
1 p.m. — Ont vs. NWT
3 p.m. — Que vs. Man
4 p.m. — NS vs. NL

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THE PET CONNECTION

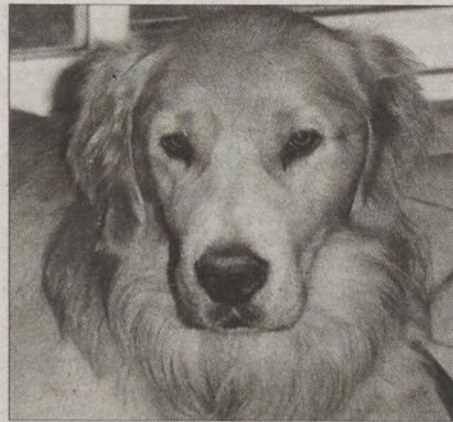


Jen Young

Asland update:

Everyone has been waiting and asking about our miracle retriever, so I figured a quick update would be appreciated.

Asland had his last big operation at the beginning of the month. Since we found him, more than seven months ago — after being shot twice and eating a porcupine to survive — he had a few operations to stop internal bleeding, but he continued to be sick every few days. One of his bullets was removed, the other remains in his back but is doing him no harm. His last big operation was to help stop him being sick every six or seven days. He survived the ordeal and has recovered nicely. The bad news is, he is still sick every six or seven days (vomiting and diarrhea). But the good news is, it definitely helped



him since he is finally putting weight on and leaving it on. We've done all we can do medically for him and his sickness every few days must be due to internal damage from the quills that hopefully time will erase. He continues to be a big suck and loves to be at work with me, which is where he will stay until I am sure his sickness every few days is something that he will just have to live with. In the meantime, he will continue to be The Pet Connection's mascot and remind people how important it is to take good care of your pets. See what can happen to them if they take off on you? Asland ran off from his home, was gone for almost a month; in that time was shot twice and ate a porcupine to survive. Keep a close eye on

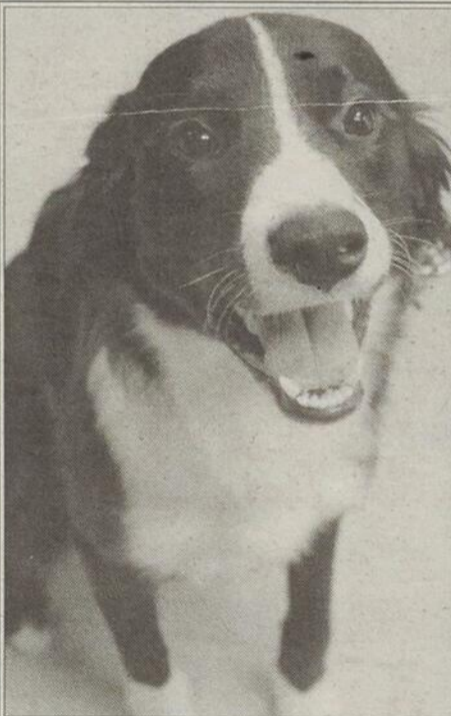
your pet as you would your children.

Sparrow update:

Meet Sparrow. He is eight weeks old and was facing death because of his obvious ailment. His brothers and sisters were sold to a Sherbrooke pet store, but because Sparrow was not in the best of health, he was passed over and facing certain death. He came to me through the recommendation of my vets (Hopital Veterinaire de L'Estrie) on Saturday and we visited the doctors on Monday. Sparrow has been given a clean bill of health, other than the obvious. He has been given some medication to help release some pressure in his eye while his shots have a chance to start to work. He has not only glaucoma, but also a very large ulcer in his eye, which I was correct in assuming, must be removed. He also has double paws with far too many claws that are not attached to any bones making them useless and difficult for him to walk, which also will need to be removed. He is scheduled for all of his procedures at once (always better to do one operation that a few smaller ones) in a week-and-a-half. He already has a few families who have expressed an interest in adopting him, but we will discuss that more once he is all fixed up and right as rain. Aside from those things, he is in excellent health and so friendly and smart. A real little purr ball. Thankfully, he is going



to be just fine now and the person who brought him to me assured me that his mother will now be fixed and they will not be letting her have babies anymore to sell to pet stores. I think we are the only place that people think we are a pet store, but really we save the lives of the poor little ones facing death because of pet stores. In the end, I believe Sparrow will end up being the luckiest one of all of his brothers and sisters. Lord knows what will happen to them, but we know Sparrow, for sure, he will be just fine and loved. Sparrow would like to say thank you to the individuals who have come in to visit him and left a donation to help him get everything he needs until he finds his second chance at love.



Elvis is a 10-month-old Border collie. He is full of energy and kisses. Very affectionate. Good with other dogs and cats but does have some anxiety issues typical of a Border collie.



Duster is an 11-month-old mastiff and shepherd mix. He is full of energy and loves to play. He can be bossy with dogs of his same gender but great with everyone else.



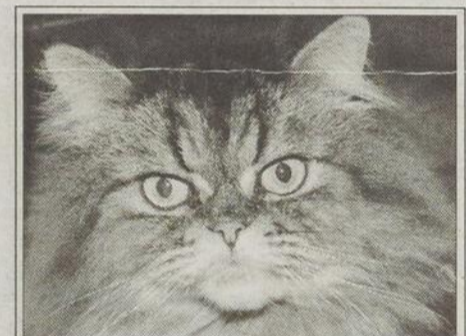
Butters is a two-year-old shih-tzu. He is quiet and calm and loves to cuddle. Good with other dogs and cats.



Maya is a three-year-old Yorkshire. Very affectionate and good with cats and other dogs. Would be great for a family with children.



Charlie is a year-and-a-half old. She is the most affectionate cat we have at The Pet Connection right now. Cleaning her litter is almost impossible, as she is always on your lap, or shoulder. She will make an excellent pet, especially for a family with a dog, since she also likes them.



Moka is a four-year-old declawed Persian. Very friendly and loves to talk. Good with other cats and dogs.



Momma K was living as a stray and struggling to raise her three kittens. She was saved and now deserves to know what life is with a loving master to take care of her. She is about a year-and-a-half old and very affectionate.

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.



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Local Sports

The league says results from an autopsy on the cause of death are expected later this week.

'Gentle large boy' who died at hockey tryouts grieved at school: principal

The Canadian Press
BATHURST, N.B.

A school principal says a junior hockey player who died suddenly at a training camp Monday was a large but gentle boy with a big smile who impressed teachers with the academic progress he made.

Paul Kitchen, the head of school at Rothesay Netherwood in New Brunswick, says staff and students at the

270-student prep school have been hit hard by the death of Jordan Boyd.

Boyd died after collapsing during a skating drill at tryouts for the Acadie-Bathurst Titan of the Quebec Major Junior Hockey League.

A spokesman for the league says a physical therapist provided CPR after Boyd fell, lost consciousness and stopped breathing.

The league says results from an autopsy on the cause of death are expected

later this week.

Kitchen says the school in Rothesay is doing all it can to support Boyd's parents, who had been thrilled by their son's academic progress at the private school.

He says during the 2012-13 academic year, the Grade 10 student's hockey skills blossomed as the team took the silver medal at the World Sport School Championships in Calgary.



Sherbrooke Phoenix training camp underway

By John Edwards
Special to The Record

Don't let the warm weather fool you, hockey season is here. The Sherbrooke Phoenix started training camp on Monday at the Thibault GM Complex, in preparation for their second season in the Quebec Major Junior Hockey League. With the Sports Palace still in use for the Canada Games, the Phoenix will conduct their first week of camp at the west-end complex.

This week will give Phoenix fans their first look at Nicolas Roy, who was Sherbrooke's first selection, fourth overall, in the 2013 QMJHL draft. Also among the approximately 50 players who hit the ice on Monday is Tim Wieser, the Swiss forward who was the Phoenix' 2013 CHL import draft selection, and Chase Harwell, the 16-year-old American who was Sherbrooke's fourth-round pick. Harwell, a five-foot-ten, 175-pound forward who had previously verbally committed to Quinnipiac of the ECAC, reportedly signed with the Phoenix on Tuesday morning.

After a round of cuts earlier in the day, the team will hold a Blue-White intrasquad game on Wednesday at 5 p.m. Admission to the intrasquad game and all practices is free.

Sherbrooke finished their inaugural season with a 21-38-9 record, 15th overall in the league, and were swept in the first round of the playoffs by the Baie-Comeau Drakkar.

The Phoenix are set to play eight exhibition games this season, starting on Friday night in Drummondville. The Phoenix return to Sherbrooke on Saturday at 4 p.m., as they host Drummondville at the Thibault GM Complex, and conclude their opening week on Sunday at 4 p.m. in Shawinigan against the Cataractes. Tickets for the preseason games are on sale now at the Phoenix offices in the Sports Palace.

The second week of training camp will be highlighted by a benefit exhibition game at the Mégantic Sports Centre on Saturday, August 24 at 7:30 p.m. The proceeds from this game will benefit the Maison de fin de vie Granit and the Fonds Avenir Lac-Mégantic.

The Phoenix close out their preseason schedule with a return to the friendly confines of the Sports Palace on September 6 against the Blainville-Boisbriand Armada and September 7 against Shawinigan. All proceeds from the September 6 contest will benefit the Fonds Avenir Lac-Mégantic.

Sherbrooke opens the regular season on Friday, September 13 in Blainville against the Armada.



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Head Coach Judes Vallée leads his team through practice.

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*Maximum of 2 season tickets. The draw will be held on September 3, 2013 among all 2013-14 season ticket holders.

ARE YOU READY?

HOCKEYPHOENIX.CA

Card of Thanks



Evelyn Bryant Beaudoin, who celebrated her 90th birthday August 3, wishes to thank her family and friends for their gifts, cards and good wishes.

Datebook

Today is the 226th day of 2013 and the 55th day of summer.

TODAY'S HISTORY: In 1935, President Franklin D. Roosevelt signed the Social Security Act, guaranteeing income for retirees and the unemployed.

In 1945, President Harry Truman announced Japan's unconditional surrender and the end to World War II.

In 2003, 50 million people in the northeastern United States and Canada lost power in one of the largest blackouts in U.S. history.

TODAY'S BIRTHDAYS: Doc Holliday (1851-1887), gambler; Steve Martin (1945-), comedian/actor/writer; Danielle Steel (1947-), novelist; Gary Larson (1950-), cartoonist; James Horner (1953-), composer; Rusty Wallace (1956-), race car driver; Earvin "Magic" Johnson (1959-), basketball player/businessman; Halle Berry (1966-), actress; Mila Kunis (1983-), actress; Tim Tebow (1987-), football player.

TODAY'S FACT: The New York Times reported in 1945 that an estimated 2 million people flooded New York City's Times Square following the announcement of Japanese surrender in World War II.

TODAY'S SPORTS: In 2007, Braves manager Bobby Cox was ejected from his 132nd major league game, passing the record previously set by John McGraw. Cox retired in 2010 with 158 regular season and three post-season ejections in his career.

TODAY'S QUOTE: "I like a woman with a head on her shoulders. I hate necks." — Steve Martin

Death



Dorothy (Dot) ADDIS-SULLIVAN

It is with great sadness that we announce the death of Dorothy Addis-Sullivan.

Peacefully at her home on the 12th of August 2013 in her 74th year, wife of the late Edward Sullivan, beloved mother of Mary-Anne (Scott), Douglas (Barbara), Patricia (Tom), Christina (Serge), Jennifer (Dany) and four grandchildren, Michael, Stephanie, Lynzey and Kody. At her request, cremation will be held followed by a Graveside Service for friends and family at the Pearceon Cemetery, Stanbridge East, on the 17th of August at 1 p.m. with Rev. James Potter officiating.

Arrangements entrusted to the Cass Funeral Homes Inc.

CASS FUNERAL HOMES
3006, College
Sherbrooke, QC, J1M 1T9
PHONE: 819-564-1750
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Death



Marjorie HORNER (nee Minnis)

Passed away peacefully on a beautiful sunny day at Ian Anderson House, Oakville after a courageous battle with cancer on Friday, August 9, 2013 at the age of 70. Marjorie leaves to mourn her beloved husband of 51 years, Roland, and her children Steven (Tamara), Kenneth and Blair (Jennifer). Cherished and devoted Nana of Ryan, Tyler, Erin, Cameron and Drew. Marjorie is survived by her brothers, Jack (Agnes) and Malcolm (Donna) Minnis. Lovingly remembered by her extended family and friends. Marjorie's greatest gift was her love and support she gave her family.

Family and friends will be received at Ward Funeral Home, Oakville Chapel, 109 Reynolds Street, Oakville on Tuesday from 7 to 9 p.m. A memorial service will be held at Knox Presbyterian Church, 89 Dunn Street, Oakville on Wednesday, August 14, 2013 at 11:00 a.m. followed by a reception. Cremation has taken place. A committal service will be held on Friday, August 16, at 4:00 p.m. at Riverside Cemetery in East Farnham. Special thanks to the nurses and staff of Ian Anderson House for their compassion and care. In lieu of flowers, donations in Marjorie's name may be made to Ian Anderson House. Please visit the Book of Memories at www.wardfuneralhome.com.

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Frugal living

by Sara Noel

Hair care on a budget

Salon visits and hair care products can help you look and feel your best. But when you're on a tight budget, this is one area that can be sacrificed. Whether it's coloring your hair at home, having a style that requires less frequent maintenance, cutting your hair yourself or trying less expensive products, you can still achieve the look you want on the cheap.

The first two tips share a couple of ideas:

Hair care: I use a tablespoon of baking soda mixed with a cup of water in one spray bottle and a tablespoon of white vinegar (you can use cider vinegar) with a cup of water in a separate spray bottle for an acid to balance my hair's pH. Rinse as usual. I only need to use this once or twice every two weeks, and I use yogurt and almond oil (with a few drops of lavender and rosemary essential oil) if

my hair needs to be moisturized. My hair has never looked and felt healthier, and it's dirt cheap. Also, if my hair starts to feel a bit oily between washes, I rub a little corn starch around my scalp. — Billie, Pennsylvania

Hair color at home: I thought I'd try highlights at home. I bought L'Oreal La Petite Frost. It's made for people who don't need a lot of highlighter mix, those with short hair or those who just want to do a little hair, like framing the face. I never liked those little caps you pull the hairs through, so I tossed the cap and used an old (cleaned up) mascara wand to paint the color on instead. It worked great! — Cheryl, Ohio

Summer salad:

4 ears corn, cooked and scraped
off cob
1 small avocado, diced

2 cups cherry tomatoes, halved
(I use orange and red for a little color)
2 cups cucumber, chopped
1/3 cup crumbled feta cheese
1/4 cup red onion, finely diced

Cilantro Vinaigrette (6 servings)
1 tablespoon rice wine vinegar
1 tablespoon white wine vinegar
1/2 teaspoon salt
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/4 cup cilantro, chopped
6 tablespoons extra-virgin olive oil

Toss all salad ingredients in a big bowl. For the vinaigrette, combine the first five ingredients, then add the cilantro and the olive oil. Shake it up. When ready to serve, add the dressing and stir to combine. — Bridge, Indiana

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Several times a week, a group of us go through the supermarket dumpster at night ...

WEDNESDAY, AUGUST 14, 2013

Annie's Mailbox

Dear Annie: I've found a new way to get free food: dumpster diving. Several times a week, a group of us go through the supermarket dumpster at night to see what they've thrown away. Sometimes there's nothing, but other times, there's great stuff.

One night, I found nine ears of corn. Another time, it was 23 packs of chicken. I've found honeydew melons, cherries, grapes, peppers, tomatoes, potatoes and all sorts of other goodies. I thoroughly boil the meat and poultry before eating it, and I wash the fruit and pour boiling water over it. It loses some color, but still tastes sweet. I cook all vegetables.

The problem is, there's a stigma to this. People give us dirty looks. We're very careful not to make a mess. We leave everything spotless. But the store manager hates us. And if my mother knew about this, she'd throw a fit.

I can't figure out why this is so despised. Why should I have to pay all that money for food when I can get it for nothing? — New York

Dear New York: Most people aren't willing to go through someone else's garbage in order to find edible food that isn't contaminated, rotten, partially eaten or long past the expiration date. And while we know some folks do this for economic reasons or as a protest against

the "system," most people find it distasteful and demeaning. We think the owners of groceries and restaurants are entitled to earn a living, too, and we would hope that still-edible food is donated to food pantries whenever possible.

Dear Annie: I don't know how to get rid of my pest of a neighbor. I moved to this community three years ago, after my divorce. I befriended "Joyce," a woman in her 70s who lives two doors down.

Joyce won't leave me alone. When I entertain my fiancé or friends, she is sure to walk over uninvited and interrupt us. On several occasions, I've given her my business card and asked her to call first to make sure I'm not busy. It hasn't worked. She also drinks my wine, and even though she has an extensive wine collection, she never offers to replace the bottle she consumed at my place.

At times, I've had to shut my curtains and hide in my bedroom until she is gone. Help. — Prisoner in My Own Home in Southern California

Dear Prisoner: Joyce is lonely and either clueless or deliberately obtuse. It is a kindness to include her when you can, but you also are entitled to entertain without

her. So you will need to be a bit more assertive and willing to upset her. The next time Joyce comes over unannounced and unwanted, stop her at the door and say, "Joyce, I have company. You will have to come back another time." If she gets teary, outraged, pushy or anything else, simply repeat that she will have to come back another time. Don't let her walk beyond the threshold.

Dear Annie: This is in response to "Need To Know in Saskatoon," the woman who disliked her dentist referring to her as "dear."

I am a busy ob-gyn. I often call my patients by some such all-purpose term of endearment when I blank out and cannot remember their given name. It only means that I am busy and forgetful and have a lot on my mind. But at the same time, I want the patient to feel closer to me than she would if I did not address her at all. Your dentist only wants you to feel relaxed and comfortable. — Little Doctor

Dear Doctor: That won't work if the patient finds it offensive and condescending. Some people don't mind the endearment. Those who do need to inform the doctor, and the doctor needs to take the objection seriously.

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

Understanding tricky food labels

Consumer Reports - The package says "heart healthy," "reduces cholesterol" or "maintains digestive health." So you toss it in your cart thinking that you're doing something good for yourself. But are you really?

Food makers have tried to sneak in unsubstantiated claims, notes ShopSmart, the shopping magazine from the publisher of Consumer Reports. Dannon used to say that its DanActive yogurt drinks help prevent colds and flu and that eating one serving of Activia yogurt daily could help with slow intestinal transit time." The Federal Trade Commission scolded Dannon for using deceptive advertising, so the company stopped.

ShopSmart supplies the truth behind seven popular food health claims.

— **The Claim:** Heart healthy. Examples: Campbell's Chunky chicken noodle soup and Mueller's Pasta whole-grain penne sport the American Heart Association (AHA) Heart-Check Mark.

The Truth: Eating packaged foods such as chicken noodle soup isn't the best way to heart health. To legally be able to claim a reduced heart disease risk, Campbell's soup simply has to be low in total fat, saturated fat and cholesterol. To win the AHA seal, it has to be low in fats, plus have no more than 480 milligrams of sodium and 20 mg of cholesterol and have 10 percent or more of the recommended daily value of one of six specified nutrients. So, yes, it's a healthier choice than, say, a cheeseburger, but that doesn't make it ideal for your heart.

— **The Claim:** Supports immunity and digestive health. Example: La Yogurt Probiotic contains Bifidobacterium BB-12, a type of bacteria called a probiotic, which "works with the rest of your body to help maintain balanced microflora (the bacterial ecosystem in your gut), support immunity, and support digestive health," according to the product's website.

The Truth: The Food and Drug Administration has not approved food packaging claims that probiotics can do anything to improve digestion, such as prevent constipation; boost immunity; or improve general health, such as ward off colds or flu. Research behind those kinds of claims is mixed and

limited.

— **The Claim:** Blocks or lowers cholesterol. Example: Minute Maid's website claims that eating a daily total of 2 grams of plant sterols as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

The Truth: Research shows that plant sterols — natural substances found in nuts and legumes, for example — may reduce LDL (bad) cholesterol levels, and the FDA says they may help reduce your risk of heart disease. But plant sterols seem to be more effective when eaten at least twice a day. As stated on the orange juice label, you need to drink two 8-ounce glasses to help reduce cholesterol, but that's a lot of sugar.

— **The Claim:** A lower glycemic index. Example: Dreamfields Pasta Healthy Carb Living claims a 65 percent lower glycemic index (GI) compared with regular pasta, or 13 vs. 38 on the GI scorecard. (Foods are ranked on a scale of 0 to 100.)

The Truth: Most healthy people don't need to worry about GI scores, which measure how quickly blood sugar levels rise after eating a particular food. Foods with a lower GI (under 55 is considered low; over 70 is high) may claim to increase blood sugar more slowly. Still, notes ShopSmart, there are usually too many other factors involved in blood sugar increasing or decreasing, including what else you eat at that meal.

— **The Claim:** Antioxidants! Examples: Cherry 7UP and Raisinets almost sound like health foods with the word "antioxidant" slapped on the front labels.

The Truth: Most people associate antioxidants with building a stronger immune system, which is what the manufacturers are banking on. "But whether it will boost your immune response depends on how much you are already consuming from your diet," says Dr. Jeffrey Blumberg, director of the Antioxidants Research Laboratory at Tufts University. "Certainly there's not enough in a single food product to make much of a difference," he adds.

SUDOKU

Difficulty: 4 (of 5)

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

8-14-13

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PREVIOUS SOLUTION

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

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

Solidarity

I BELIEVE. I GIVE.



1 888 234-8533 www.devpo.org

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.

" MXYBVBZJ JHDIBIZ ... FAH NXIZ X
KBZ, X LAGGZLKBAG KNXK ZOBJKJ
VAGS XMKZD CZXKN, KNDHASN YXGF
VBMZKBYZJ." — RZJJBLX VXGSZ

Previous Solution: "As you age naturally, your family shows more and more on your face. If you deny that, you deny your heritage." — Frances Conroy

TODAY'S CLUE: 3 spenb 7

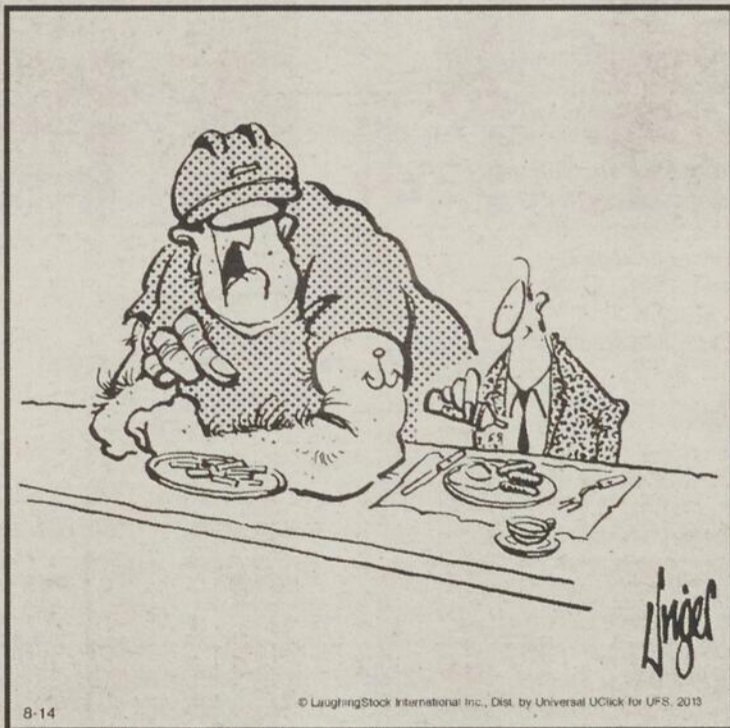
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KIT N' CARLYLE



8-14
Laura Wright
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HERMAN



"Pass the ketchup and one of your sausages."

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ALLEY OOP

ALLEY OOP AND DOC WONMUG ARE TRAVELING THROUGH TIME, HEADED FOR 1816 SWITZERLAND, WHERE THERE IS NO RELIEF FROM THE RAINS OF THE YEAR WITHOUT SUMMER!

8-14

MEANWHILE, FOUR FRIENDS VACATION AT THE VILLA DIODATI IN COLOGNY, SWITZERLAND...



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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DRIVERS WANTED: AZ, DZ, 5, 3 or 1 with airbrakes. Guaranteed 40 hour work week + overtime, paid travel, lodging, meal allowance, 4 weeks vacation/excellent benefits package. Must be able to have extended stays away from home, up to 6 months. Experience needed: valid AZ, DZ, 5, 3 or 1 with airbrakes; commercial driving experience. Apply online at www.sperryrail.com under careers. FastTRACK application.

Marine Engineering Officers are required for various civilian positions with the Department of National Defence in Victoria and Nanose Bay BC. Online applications only through the Public Service Commission of Canada website, Reference # DND13J-008697-000069, Selection Process# 13-DND-EA-ESQ-375697, Canadian Forces Auxiliary Fleet (CFAV). Applicants must meet all essential qualifications listed and complete the application

100 Job Opportunities

within the prescribed timelines. **http://jobs-emplois.gc.ca/index-eng.htm Le ministère de la Défense nationale cherche des Officiers du génie des systèmes de marine pour remplir divers postes de civils à Victoria et Nanose Bay en Colombie-Britannique. Les candidates et candidats peuvent postuler en ligne seulement, au site Internet de la Commission de la fonction publique du Canada, numéro de référence DND13J-008697-000069, numéro du processus de sélection 13-DND-EA-ESQ-375697, Vaisseaux auxiliaires des forces armées canadiennes. Les postulants doivent posséder toutes les compétences requises énumérées et soumettre leur demande selon l'échéance prescrit. **http://jobs-emplois.gc.ca/index-fra.htm

140 Professional Services

CONSTRUCTION Construction M. Salter, Licensed General Contractor. New homes, repairs, remodeling, roofs and renovations. RBQ license # 8315-2520-27. Call (819) 564-6823.

145 Miscellaneous Services

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

190 Cars For Sale

CLASSIFIEDS ONLINE!
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290 Articles For Sale

COMPUTER DESK, ASKING \$40. Nemeis Infinity bike, 6000 series aluminum, 21 speed. Asking price \$250 (negotiable). Call: 819-446-0643.

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294 Events

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330 Pets



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PET SUPPLIES ONLINE. 1000's of products to choose from. Take 15% off your order with coupon code: SALE 15. Sale runs until the end of August. www.petland.ca 1-855-839-0555.

330 Pets

PROFESSIONAL GROOMERS on site. Grooming for dogs and cats. Call today for an appointment. **Blue Seal,** The Animal Nutrition Centre, 1730 Wellington St. South, Sherbrooke. 819-348-1888.

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430 Personal

MATURE GENTLEMAN SEEKS female companion 55-65, clean, driver's licence. One who enjoys dining out, movies and sight-seeing. Is also willing to do light housekeeping. Please include a picture of self and description of likes and interests. Must be a non-smoker. Also include telephone number or address. Reply to: Box #1, c/o The Record, 1195 Galt E., Sherbrooke, QC, J1G 1Y7.

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440 Miscellaneous

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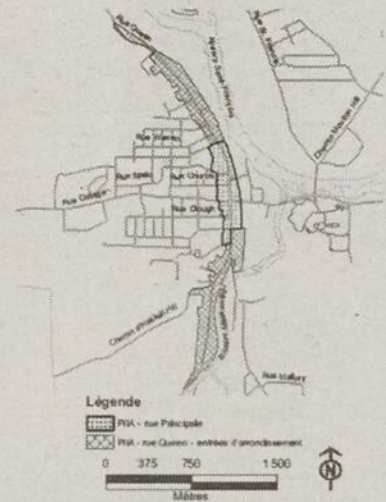
PUBLIC NOTICE
CITY OF SHERBROOKE

PUBLIC CONSULTATION MEETING
DRAFT BY-LAW NO. 838 AMENDING BY-LAW NO. 713-2000,
RELATING TO THE FORMER TOWN OF LENNOXVILLE'S SITE
PLANNING AND ARCHITECTURAL INTEGRATION PROGRAMMES

BOROUGH OF LENNOXVILLE

TO ALL INDIVIDUALS AND ORGANIZATIONS INTERESTED IN DRAFT BY-LAW NO. 838 AMENDING BY-LAW NO. 713-2000, RELATING TO THE FORMER TOWN OF LENNOXVILLE'S SITE PLANNING AND ARCHITECTURAL INTEGRATION PROGRAMMES

THAT the draft by-law applies to the site planning and architectural integration programmes, which is illustrated on the diagram below:



NOTICE is hereby given by the undersigned:

THAT following the adoption by resolution at the City of Sherbrooke municipal council meeting held on July 2, 2013, of a draft by-law bearing number 838, regarding the amendment of By-law No. 713-2000, relating to the former Town of Lennoxville's site planning and architectural integration programmes, a public consultation meeting will be held in accordance with the Act respecting land use planning and development (RSQ, chapter A-19.1) on August 26, 2013, at 4:30 p.m. at the Borough of Lennoxville office located at ;

GOAL OF THE DRAFT BY-LAW NO. 865

THAT the goal of the draft by-law is to make the issuance of a permit for the construction, installation, or modification of an outdoor commercial terrace subject to the approval of By-law No. 713-2000, relating to the site planning and architectural integration program (PIIA), and more specifically, for the commercial area of "Main Street" and the commercial areas of "Queen Street - borough entrances", and establish the evaluation criteria associated with this type of request;

SITE PLANNING AND ARCHITECTURAL INTEGRATION PROGRAMMES AREAS CONCERNED:

THAT during this public meeting, the meeting chair will explain the draft by-law and the consequences of its adoption, and will hear from individuals and representatives of organizations who wish to speak on this topic;

THAT the provision of this draft by-law is not subject to approval by way of referendum;

THAT this draft by-law is available for consultation at the clerk's office located at 191 Du Palais, Sherbrooke or at the Borough of Lennoxville office located at 150 Queen, Sherbrooke, during regular office hours.

GIVEN IN SHERBROOKE, this 14th day of August 2013.

Line Chabot
Assistant Clerk



Your Birthday

WEDNESDAY, AUGUST 14, 2013

Hash over any problems that are still standing between you and your happiness and begin to make the necessary changes that will lead you past them in the year ahead. Don't hesitate to make a major relocation or change in your personal and professional situation.

LEO (July 23-Aug. 22) — Think before you speak. Problems will develop between you and someone you care about if you aren't diplomatic. Listen carefully, and strive to find a workable solution.

VIRGO (Aug. 23-Sept. 22) — Share your talents, offer your services and, most of all, you should enjoy interacting with the people you encounter along the way. New friendships will lead to interesting and unusual opportunities.

LIBRA (Sept. 23-Oct. 23) — Devote time and effort to getting ahead. Whether you work for yourself or someone else, the extra attention to detail will pay off as long as you don't bite off more than you can chew.

SCORPIO (Oct. 24-Nov. 22) — Let your emotions lead the way. You can expand your awareness as well as your interests if you follow your heart. Connecting with people from different backgrounds will lead to valuable opportunities.

SAGITTARIUS (Nov. 23-Dec. 21) — Express your ideas and plans in clear, concise language. Listen to the suggestions of others. Success can be yours as long as you are realistic regarding your capabilities.

CAPRICORN (Dec. 22-Jan. 19) — Stick to what you know and steer clear of impulsive or erratic people. You can achieve stellar results if you have the facts and figures to back your actions.

AQUARIUS (Jan. 20-Feb. 19) — Limitations are likely, but they mustn't be allowed to get in the way of your goals. If you look for ways to overcome obstacles, you will impress onlookers with your resourcefulness.

PISCES (Feb. 20-March 20) — There is money to be made if you have a mind to it. An old idea can be recycled to suit the current consumer climate. Love is looking positive, and time should be set aside for romance.

ARIES (March 21-April 19) — Don't share too much information with others until you are sure that your plan will work. Refrain from being impulsive or taking on more than you can handle.

TAURUS (April 20-May 20) — Problems with partners, children or money will surface if you haven't budgeted wisely. Get your priorities straight and do what's necessary.

GEMINI (May 21-June 20) — Offer suggestions but don't do the work that someone else is responsible for. Focus on home and how you can make your surroundings more complementary to your changing lifestyle.

CANCER (June 21-July 22) — A vacation that encourages thought, inspiration and motivation would pay for itself. Talk to people who can shed light on an idea or situation for enhanced insight.

WEDNESDAY, AUGUST 14, 2013

Be ready to tack in a sudden squall

by Phillip Alder

Don Hewitt, best known for creating "60 Minutes," said, "Let's give the conventions back to the politicians. If we think there's any news, we can tack it on afterward as commentary. But the conventions should be their show, not ours."

Let's give the bidding conventions back to the experts. Let's concentrate on the card play, winning the necessary number of tricks. Whatever conventions are used, often the same final contract will be reached.

In today's deal, South is in six no-trump. West leads the spade 10. Declarer wins with dummy's king, then calls for a low club, getting ready to claim. But when East discards a heart, how should South react?

South opened with a strong and artificial two clubs. North responded three clubs to show five-plus clubs and eight-plus points. Then North's four-diamond rebid was a modern convention, Redwood — Roman Key Card Blackwood in clubs. South's reply showed four key cards (three aces and the club king, or four aces). North put his partner into six no-trump, a wise choice given the bad club break.

Declarer has only 11 top winners: three spades, four hearts, two diamonds and two clubs. If he gives West the club

North 08-14-13			
♠ K J 3			
♥ K 5			
♦ K 4			
♣ Q 7 6 4 3 2			
West		East	
♠ 10 9 8 6		♠ 7 5 4 2	
♥ 7 2		♥ 10 8 6 4 3	
♦ ? 8 5		♦ ? 7 6 2	
♣ K 10 9 8		♣ --	
South			
♠ A Q			
♥ A Q J 9			
♦ A J 10 3			
♣ A J 5			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2 ♣	Pass	3 ♣	Pass
3 NT	Pass	4 ♦	Pass
4 ♠	Pass	6 NT	All pass
Opening lead: ♠ 10			

king now, South will be forced to find the diamond queen. Instead, he should win with his club ace, then lead the club five. West must duck; otherwise, South claims. Then, after winning the trick with dummy's queen, declarer plays a spade to his ace and runs the diamond jack through West. Even if the finesse loses, South has three spades, four hearts, three diamonds and two clubs for his contract.

CROSSWORD

Across

- 1 Scratcher at a post
- 4 Spun some LPs
- 8 Kid's proud retort
- 13 Fancy ride
- 14 Wee bit
- 15 Saves, as a coupon
- 16 "I think somebody needs ___!"
- 17 It used to store information
- 19 Make sparkle, in a way
- 21 Satisfy, as thirst
- 22 It used to send information
- 25 Acad., e.g.
- 27 Kaffiyeh wearer
- 28 Meadow mama
- 29 Twinkie relative
- 30 It used to duplicate information
- 34 Open, as classified records
- 38 Actress Milano
- 39 It's used to duplicate information

Down

- 43 Eye problem
- 44 Brass band bass note?
- 45 Surrounding glow
- 49 Paper or plastic offer
- 50 It's used to send information
- 54 Gridiron gripper
- 56 73, on many golf courses
- 57 It's used to store information
- 60 ___ colada
- 61 Hearty enjoyment
- 62 A bullet often precedes one
- 63 Brings to a close
- 64 Dual pronoun
- 65 Shampoo ad buzzword
- 66 Teachers' org.
- 1 Movie house
- 2 Key with three sharps
- 3 Capital north of Tulsa
- 4 Cuts into cubes
- 5 More cheerful
- 6 Greek letter between zeta and theta
- 7 ___-night doubleheader
- 8 Hold 'em declaration
- 9 Actress Jessica
- 10 Wimps
- 11 Graduation Day lineup
- 12 Sunrise direction, to a German
- 13 Short dogs?
- 18 Fed. inspection agency
- 20 Internet video tool
- 23 President before BHO
- 24 Prefix with classic
- 26 Circle dance
- 29 Filly's dinner
- 31 In the style of
- 32 Bert Bobbsey's twin
- 33 Tickle pink
- 34 25-Across WNW of

L.A.

- 35 "I'm stumped"
- 36 Pirate's telescope
- 37 Part of a storm
- 40 Watergate prosecutor Archibald
- 41 Sexy
- 42 "That really touched me"
- 46 England's Justin Rose won it in 2013
- 47 Steep-sided landform
- 48 Chair's list
- 50 Lake near Stateline, Nevada
- 51 Sea-Tac approx.
- 52 Ibsen's "An ___ of the People"
- 53 Stats that are better when they're low

55 O.T. queen

- 57 E followers
- 58 Barbecue serving
- 59 Simpson judge

A	D	F	E	E		B	E	D		S	U	V	S	
B	A	L	E	D		A	T	E		C	A	N	A	L
U	R	U	G	U	A	Y	A	N		D	I	S	C	O
T	E	X			C	O	G		S	E	N	T	U	P
			Q	U	E	U	E	U	P		T	R	U	E
	S	E	U	S		R	N	A		S	E	M		
M	C	V	I	E		S	E	A	T		S	T	Y	
P	R	E	T	R	I	P		R	E	I	S	S	U	E
S	U	R			M	A	R	M		T	A	E	B	O
	P	G	A		D	I	A		B	S	I	D	E	
L	U	L	L		U	N	U	S	U	A	L			
E	L	A	P	S	E		C	O	O		C	B	S	
T	O	D	I	E		Y	O	U	Y	O	U	Y	O	U
B	U	E	N	A		E	U	R		C	R	A	Z	E
E	S	S	E		A	S	S		A	N	N	O	Y	

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

