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WEDNESDAY, OCTOBER 29, 2008



Keep a sharp eye out for these sneaky tricksters. They'll do anything for those sweet pumpkin seeds.

By Elsie Linholm



Junior Pipers garner a win
PAGE 9

HE SAYS,
SHE SAYS...

"The cost of human injury and death is getting out of control."

- Andre Gagne

(THE RECORD, OCTOBER 28TH)

Putting pressure on Charest government

By Rita Legault
SHERBROOKE

It's up to Premier Jean Charest to put an end to the saga surrounding the exclusion of parkland from Mount Orford provincial park, says the coalition SOS Park Orford.

The coalition, which held its annual general meeting this past weekend, is still fighting to have some 459 hectares of parkland, including the ski hill and the golf course, reintegrated into the park.

The Coalition SOS Park Orford, which regroups hundreds of individuals as well as environmental and community groups, was set up in the spring of 2006 to protect the integrity of the park following the Liberal government announcement that it intended to sell that land to the highest bidder and allow the construction of condominiums inside the park.

Following public pressure, the government finally backed down on the sale promising not to sell the land which had been withdrawn from the park. While the government guaranteed the land would remain in the public domain, it is still excluded from Mount Orford park.

About 80 members who took part in the general assembly this weekend at Manoir des Sables agreed on a strategy to put pressure on the Charest government, said coalition spokeswoman Gisèle Lacasse-Benoit.

For the first time since the saga began in the spring of 2006, the coalition will make a direct appeal to Premier Jean Charest, she said.

SEE ORFORD PAGE 4

Possible bomb scare closes King



PERRY BEATON

A suspicious package, located behind the building at 3040 King West, corner of Don Bosco, caused traffic chaos Tuesday afternoon as Sherbrooke police cordoned off a large part of the neighborhood. The suspicious package, which police would not describe, caused them to call in the bomb squad immediately, said Sherbrooke police spokesman Martin Carrier. Starting around 3 p.m., Sherbrooke cops closed King Street and began evacuating buildings, including Sûreté du Québec headquarters, situated just beside the parking lot where the package was found. Traffic was jammed well into the evening as police closed King Street between the 410 exit and Lionel Groulx. All businesses and buildings in the vicinity, including the Rotisserie St-Hubert and McDonald restaurants and the Les Tourelles shopping center, were evacuated.

Bishop's and U de S receive high marks in Globe and Mail report card

By Rita Legault
SHERBROOKE

Students at Bishop's University gave the school high marks in the Globe's 2009 Canadian University Report, released last week.

The rankings show the Lennoxville campus getting As for 'most satisfied students' and the quality of education and teaching; the interaction between student and faculty; the library; and extracurricular activities.

The University of Sherbrooke also received top grades for quality of education and teaching and

student satisfaction as well.

The annual survey of undergraduate students gauges their opinions on various aspects of their university experience from quality of teaching, course availability and academic reputation to campus pubs and bars, food services, and facilities. The report reflects ratings on 19 different topics, provided by 43,000 students from 55 Canadian universities.

"The Canadian University Report is a primer for any university-bound high school student and their parents," said Simon Beck, Editor of the Canadian University Report.

SEE REPORT PAGE 5



Changes... They can make all the difference!

Alain Gilbert Team

Alain Gilbert, B.B.A.
Vice President, Investment Advisor
(819) 573-6021

Denise Duclos
Associate Investment Advisor
(819) 573-6010

Annie Benoit
Investment Advisor Assistant

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The Inaugural Intergenerational Trails Council

Eric Akbar Manolson

Have you ever sat wide-eyed in a circle of fascinating people whose ages spanned from eleven to ninety-seven? Listened together quietly to the sound of the wooden flute and Native American drum? Organized into smaller groups to learn about the hopes, dreams, hobbies, and inspirations of each person in the group?

These experiences and more are ex-

actly what took place last week as the first Intergenerational Trails Council was held at the Salle Amedée-Beaudoin in Lennoxville. An intergenerational event by definition brings together people of different generations to interact in ways that are mutually beneficial to all involved. Of the twenty people who participated in the Trails Council, one person was eleven years old, another was eighteen, and then there were people in their 20s, 30s, 40s, 50s, 60s, 70s, 80s, and 90s! ...an intergenerational event by any definition!

Among comments from participants:

"At the end of an exercise, I realized that over the years, some things never change. I think it is moments like these that we live for, to share, learn and experience together. The Intergenerational Trails is simply a beautiful concept in itself."

"It's silly but we are always with people of the same age. Here there are so many different kinds of people. It's important to acquaint ourselves with other generations."

We co-exist anyways so we may as well learn from and appreciate each other."

The purpose of the Intergenerational Trails Council is to create an environment where people of diverse origins and many ages can meet and exchange in an atmosphere of great respect and friendship. It is also a generator of actions and activities that arise out of the expressed interests and shared vision of participants.

Action ideas that have come out of the first Council include: Share a meal. Work on a community project. Make art. Blaze trails in nature during the different seasons, Tell stories. Share skills, Paddle down (nearly) unspoiled rivers. Make all kinds of music.

The Intergenerational Trails Council is an ongoing activity - the Council now meets monthly. The Next Intergenerational Trails Council will take place on or around the twentieth of November. The Intergenerational Trails Council is an initiative of Townshippers' Association's Trails: From Past to Present project and is supported in part by the Québec government's Du Coeur à l'action pour les aînés program. For more information, contact Eric Akbar Manolson at the Lennoxville office or email hal@townshippers.qc.ca.



COURTESY OF CORRINA POLE

All smiles and music at the Intergenerational Trails Council.

WEATHER WARNING

Snow warning in effect

Through to tonight at Midnight, for higher elevations and places normally prone to upslope snow events.

Snow accumulations of 5 to 15 cm. with locally higher amounts along the western slopes of the Appalachians (Sutton, Owls Head, Orford, Hereford etc.) are expected by tonight.

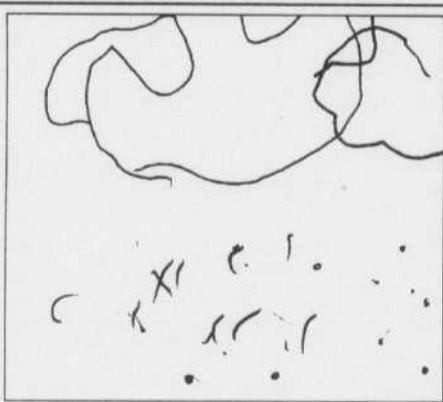
Yesterday's rain has changed to snow and will continue until midnight tonight.

A winter weather advisory for snow means that periods of snow will primarily cause travel problems. Be prepared for snow covered roads and limited visibility, and use caution while driving.

It will be windy through Wednesday night.

Clearing and more fall-like weather expected for Thursday and Friday.

- SUBMITTED BY:
ANDREW RETCHLESS



Four-year-old Anthony Green has given The Record his masterpieces depicting your weather forecast.

Weather

Today: Snow. Local amount 5 cm. Wind west 30 km/h gusting to 50. Temperature steady near zero.

Thursday: Cloudy with 60 percent chance of flurries. Low minus 1. High plus 3.

Friday: Cloudy with 30 percent chance of showers. Low minus 3. High 10.

Saturday: Sunny. Low minus 3. High plus 1.

KEEPING IN TOUCH TOWNSHIPERS' ASSOCIATION

Shannon Keenan

Statistics indicate that one in three adults 65 and older fall each year. Of those who fall, 20 per cent to 30 per cent suffer moderate to severe injuries that make it hard for them to get around or live independently. Older adults are also hospitalized for fall-related injuries five times more often than they are for injuries from other causes.

If you would like to find out more about preventing falls and making your home safer, a live and interactive telehealth video conference will be presented on November 3rd at Massey-Vanier High School in Cowansville, the Eaton Valley Community Learning Center at the Pope Memorial School in Bury and the Thetford Mines Hospital. The presentation is from 1:30 to 3:30 p.m. but people should plan to arrive by 1.

The presenter, Dr. Nancy Mayo, is a McGill Professor in the Department of Medicine and the School of Physical and Occupational Therapy. Dr. Mayo's research has focused mainly on stroke and the elderly and has included activities such as surveillance, health services optimization, and clinical trials of rehabilitation.

Come and increase your understanding of falls and fall prevention. For more information, call George Courville in the Cowansville office, Shannon Keenan in the Lennoxville office or Nancy Beattie at 819-570-7255, and Peter Whitcomb in Thetford Mines at 418-332-3851.

Townshippers' Association is a non-partisan, non-profit community organization serving the Eastern Townships English-speaking community. Contact www.townshippers.qc.ca; ta@townshippers.qc.ca; 257 Queen, Lennoxville (819-566-5717; 1-866-566-5717) or 203 Principale, Cowansville (450-263-4422; 1-866-263-4422).

Ben by Daniel Shelton



Mine president hopeful on United Nations listing of Asbestos

By Stephen McDougall
RECORD CORRESPONDENT
ASBESTOS

The head of the Jeffrey open pit asbestos mine is hopeful the fireproof fiber he produces will not be added to a United Nations list for dangerous and toxic materials.

"There is a lot of pressure from anti-asbestos advocates to put our fiber on that list, but the decision has to be made by consensus, not by majority vote, so we still have a chance," said Bernard Coulombe on Tuesday just before heading to Asia on business.

"If our fiber were put on that list, then it would be more difficult for us to produce and sell our fiber outside of Canada."

The list, known as the Rotterdam Convention, attempts to control the international transportation of chemicals and other materials considered dangerous and toxic for human health. Representatives from 126 countries are meeting in Rome, Italy, this week to revise the list and consider adding Chrysotile asbestos to it. If they do, asbestos producers in Canada, Russia, China, Brazil and Kazakhstan would have to advise any country they export their fiber to about possible health dangers and seek formal permission from said country before an export can be made.

Presently, the list includes five other types of asbestos, known collectively as Amphiboles that Canada banned from use in the late 1970s.

The amphibolic types were banned because they were linked to extensive cancer and lung illnesses. Canada permits the use of Chrysotile asbestos as long as it is handled safely. The fiber is used as a durable, fireproof reinforcement and insulator in construction materials, safety equipment and some military weapons. It has been the main fireproof insulator in American space rockets since their inception in the late 1950s.

Since the 1990s, the bulk of the fiber from the Eastern Townships has been exported to Asia.

But a large number of unionists, environmentalists, lawyers and health specialists in North America and Europe have been actively trying to ban all forms of the fiber, claiming none of the types, including Chrysotile, can be used safely.

Coulombe said adding Chrysotile fiber to the Rotterdam list would not mean the end of his mine, but could force him to drastically cut back on the number of workers he has.

"This year, we had up to 285 people working at the mine for a few months

and we produced 34,000 tons of fiber," he said.

"That, and the four to five hundred jobs in Thetford Mines would be at risk if we are put on that list.

"It would also make it difficult for me to get financing from interested groups in Asia for the mine's expansion. Many countries in Asia want our fiber for their infrastructure projects and would be discouraged by the UN restriction."

This is the second time Coulombe and other producers have had to cross their fingers and hope their fiber is excluded from the list. The last time was in 2004 when the convention was adopted by 73 of the 126 countries involved in its formation.

Coulombe argued the convention is being manipulated by anti-asbestos activists who know little about the fiber or the countries it is exported to.

"They use ancient statistics when the amphibolic fibers were still in circulation," he argued.

"They convinced Chile to ban imports and the result was the loss of 500 jobs. Then, when India stated its support for

the use of the fiber, European activists called the country ignorant and not developed enough."

He said activists tried to convince convention administrators to change the rules so that the list could be modified by a majority of the countries instead of by all of them.

"Fortunately, organizers from the United States backed the consensus rule and it remains in place," said Coulombe.

"The activists know a majority vote would be in their favour."

Clement Godbout, head of the government- and industry-funded Chrysotile Institute, argued attempts to ban asbestos worldwide only help advanced countries such as the U.S. and Belgium that sell artificial fiber substitutes to developing countries at higher prices.

"We have spent millions of dollars over the years teaching the countries we export to how to handle this fiber safely and decrease any health risks to workers and the general population," he said.

"But the anti-asbestos camp claims

the importing countries are too backward to take the precautions and then claimd substitutes are safer when no scientific studies have been made about their possible health risks."

Coulombe argued the artificial fiber substitutes are sold at up to 10 times the price of his fiber and could mean less infrastructure projects in developing countries that use fiber-reinforced cement and pavement.

"We presently sell an average metric ton of fiber for \$400," he said. "Developing countries like that price. They don't like the higher-priced substitutes that could force them into more debt."

NEWS IN BRIEF

Sevigny seeks mayor's job

Sherbrooke - University professor Bernard Sevigny became the first to declare that he is actively seeking the mayoralty of Sherbrooke and will, if selected as party leader, carry the banner for the Parti Renouveau sherbrookoise in the 2009 municipal election. Sevigny first announced his intention to run at the founding of the party several months ago. Current mayor Jean Perrault decided last week not to seek re-election.

Another potential candidate, former Fleurimont mayor and current Sherbrooke city councilor Francis Gagnon, is currently evaluating his options and has not yet declared himself and suggests that he sees no rush to do so. "It won't happen this autumn," he says.

Negligence may have caused accident

Sherbrooke - A dangerous maneuver undertaken by employees may have been the cause of the accident that took the life of a worker at Sher-Wood last Friday. According to CSST spokesman Lisanne Côté, the victim, a 57-year-old man with 41 years on the job, was crushed while balancing on a forklift along with a co-worker, trying to ensure that a load being lifted by another lift stayed balanced. "It's too early to lay blame," said Côté, "but if the inquiry finds that there was negligence, there could very well be a notice of infraction issued against the employer. This was the second fatal accident involving a forklift at Sher-Wood, where in 1995 another worker was killed by a load.

Protection near and far



COREY BELLAM

(In no order) Derek Loach, Andre Ladouceur, Gabriel Dietrich, Marcel Charpentier, Marc Quevillon, Pat Herring, Louis Laroche, Vickie Herring, Marcel St. Francois, Craig McBurney, Yves Bachand, Sebastien Lessard, Bertrand Ruel, Yvon Laroche, Mike Herring are some of the 50 Cookshire-Eaton firefighters and first responders from the Sawyerville, Cookshire and Johnville departments that hosted different events to raise funds for the CHUS Radiothon. In all, the dedicated departments rased a whopping \$5,000 for the CHUS Foundation.



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Historic Knowlton site to undergo major renovations



PHOTO JESSICA BROWN

By Jessica Brown
RECORD CORRESPONDENT
KNOWLTON

Mill Pond has always been an integral part of the village of Knowlton. The view of the current Blackwood dam with the United Church steeple in the background is what most Township-

pers recognize immediately. Although the view is picturesque, if you look closer you will see an aging structure in desperate need of repairs.

In 1836 Colonel Paul Holland Knowlton and Captain James Ball built the grist mill that allowed people to populate the area. The availability of a mill to grind wheat, corn and buckwheat was a boon to the town and eventually the mill generated electricity for Knowlton as well. But the dam was a rustic creation of timber, rocks and clay and more than once it washed away, one time taking out all the bridges in the village.

The current structure was built in 1951. The new dam blocked the pond and controlled the water flow downstream. Repairs were done to the dam in 1975, but nothing has been done since and the structure is considered out-of-date and dangerous for those who need to manoeuvre the guillotines to manage the water flow.

The dam was supposed to be redone this fall, but discussions are still underway with the environment ministry. There is also a Blackwood Dam committee which is giving input to the town. Jean Bouret of the Town of Brome Lake says the esti-

mates for redoing the dam come in at one million dollars, but there is little option at this point. "There are fissures in the concrete. Water spills over from each side of the barrier, even when they are closed. It is no longer adequate for us to simply repair it. That will only delay the inevitable."

There is also the question of security.

"It is all a manual system," says Bouret. "As a result it is very dangerous. Last year someone fell into the pond trying to open in."

The opening and closing of the dams is with chains and brute force. The new system will be automated.

At the same time as the town is studying the dam renovations, there have been discussions regarding making Mill Pond a navigable water way. That would mean dredging the swampy pond. Bouret says the move would have many benefits for the town.

"First, it would take away the smell that occurs every summer when the water gets low. Second, it would be a tourist attraction for the town where people could do pleasure boating, not to mention it is part of the lake action plan to assess the accumulation of sediment in the waterways that head to the lake."

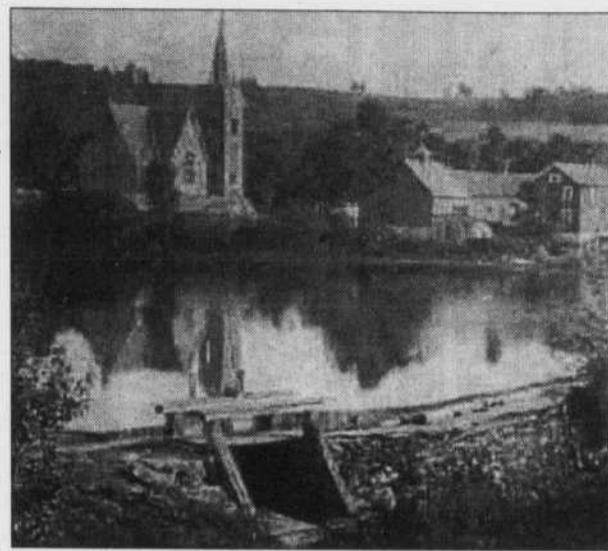
The final plans could include a walking path around the pond making it even more visually appealing.

The dredging of the pond would be another million dollars, which could be paid for in the form of a government loan.

Bouret says: "Yes it's a lot of money, but we can either stay stagnant or continue to make improvements for everyone."

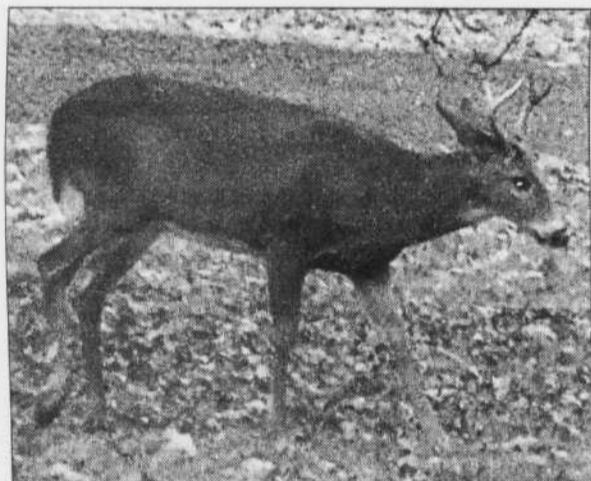
That part of the plan is still only a possibility. Many different aspects must still be discussed, including what to do with the sediment. Samples have already been sent to the lab. If there is no problems with the sediment, the truckloads of sludge can be towed away and used as landfill elsewhere.

The dam reconstruction must be done and it is expected to be finished by December, 2009.



As it once looked.

The buck stopped here?



For 5 years I have been trying to get a picture of a buck on our (Lennoxville, Riverview Road) property. Finally this afternoon (yesterday) I got one. I have plenty of pictures of does and fawns, but I have only seen a buck twice. I have shot a lot of deer since arriving in the Townships of Quebec except with a camera, never with a gun. A hunter I am not.

Submitted by Raymond Taylor

ORFORD:

"We never called directly upon the premier to respond to our demands," said Lacasse-Benoit, noting the coalition has always dealt with Liberal Environment Ministers Claude Béchar, who first announced the sale, and his successor Line Beauchamp, who cancelled it after the Liberals were reduced to a minority government in the last provincial election.

"We are now going to ask him directly to reintegrate the land," said Lacasse-Benoit, noting that there is nothing standing in his way.

"The land was excluded from the park in order to allow construction," she explained, noting the Comité de par-rainage de la MRC Memphrémagog, which was mandated to come up with a regional recommendation for the future of the park, has ruled out any construction on the public land.

"Nothing is preventing the reintegration of the parkland except the political will to do so," said Lacasse-Benoit.

The coalition is also planning to send a letter signed by 459 community leaders asking the government to reintegrate the 459 hectares of parkland. They will also be pressuring Liberal MNAs to encourage their government to act.

Lacasse-Benoit remarked the opposition Action démocratique du Québec and Parti Québécois are ready to present a bill seeking to reintegrate the parkland. She notes the bill was prepared by a team of legal experts working with the coalition.

"It's the same bill we presented to the Environment Minister a year ago when she claimed the land could not be returned to the park," she commented.

When the coalition met a few days ago, rumours of an imminent election were not as strong. But if Charest calls an election he will gain support if he reintegrates the land, she said, noting that polls have demonstrated 75 per cent of Quebecers want the government to return the land and protect the integrity of the park.

"He can only win votes by ending the Mount Orford saga once and for all," she said, promising that if an election is called the coalition will ensure that reintegration of the parkland becomes a campaign issue.

"We won't stop until the land is returned to the park."

FRIDAY, NOVEMBER 7, 2008

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REPORT:

"The best way to understand the university experience is to hear about it directly from the students that are currently attending."

This seventh annual survey, realized in association with The Strategic

Counsel and the Educational Policy Institute, also compares universities across Canada based on size. Large ones like Concordia, McGill and Laval with enrolments of over 22,000; medium-sized institutions like the University of Sherbrooke with student bodies between 12,000 and 22,000; small universities with enrolments of 4,000 to 12,000; and very small ones like Bishop's with enrollment of under 4,000 students.

In general, the very small ones showed the highest student satisfaction rates.

"Canada's undergraduate university students have made their voices heard and given the country's smallest universities higher ratings than the large institutions for overall satisfaction and quality of education," notes the Globe in a press release.

Students in Quebec universities gave good marks to their schools and Sherbrooke area universities came out on top. Bishops and the University of Sherbrooke

received an overall rating of A.

By comparison, McGill students gave their institution, which has the best academic reputation of Canadian universities, an A-, while Concordia and Laval University both rate a B+. The University of Montreal and the University of Quebec both rated a B.

Among the very small universities, Bishop's came out tops in three categories including the all important interaction between student and faculty. It also rated best for extracurricular activities and best campus pubs or bars.

Bishop's rated third most satisfied, for the quality of teaching and for student services, and sixth for the quality of education and/or recreation and athletics. But the university won't be bragging about its cafeteria. It got a D for food services.

Food services remain an area of common dissatisfaction, noted the Globe. Most universities received C or D grades for their food services.

The newspaper noted that Bishop's in an "Anglophone island in Quebec" but that the "Small-town 'bubble' can be stifling" It also notes that there is a lack of diversity on campus and notes Bishop's has a party-school reputation.

"The quality of education is quite high; we might be able to drink you under the table, but we can write better essays than you while we do it," writes one student in the "Students Sound Off" section of the

survey.

"We don't have many TAs (teaching assistants) because we don't need them," writes another in the anonymous comments section. "Professors grade and aid students in almost every program."

But students note that the course selection is small because of the size of the institution.

"Because the faculty is much smaller than at other universities, there is a limited number of courses to choose from. Sometimes courses are not offered during certain semesters."

Adds another, "There are few teachers in each department, therefore if there is a teacher with whom you do not get along or have trouble learning from, you will most likely spend several classes with this teacher."

Another student remarks there are few links with the working world.

"Not a lot of opportunity to interface with the real world. We don't take classroom theory and apply it to the real world."

On a more positive note, students brag about the country atmosphere close to the city and the lasting school spirit.

"We aren't totally isolated from the world," said one stu-

dent. "Downtown Sherbrooke is really only a five minute drive down the road. It only feels like the country out here."

"The school spirit is fantastic," remarks one student. "At a sports game you would never know that we're just a school of 2,000 students."

"Alumni stay involved many years after graduating," notes another.

Among the medium-sized institutions, the University of Sherbrooke rated tops for student faculty interaction, for career preparation and for recreation and athletics.

Most universities rate a B or a C for their efforts in preparing students for the workforce. Bishop's got a B-

The University of Sherbrooke ranked third for its academic reputation and got good marks for student services, its library and access to technology on campus. The UdeS also got a D for food services and for campus bars and pubs.

Reid claims Bonsant 'inactive' on barriers

Sherbrooke (Staff)—Orford MNA Pierre Reid, has asked the Canada Border Services Agency to postpone the installation of barriers at the border in Stanstead.

Even if it's a federal matter, Reid said he decided to get involved due to the inaction of his federal counterpart, MP France Bonsant.

In a press release, Reid said his government had asked Customs Canada for a new meeting with municipal representatives to discuss objections over the installation of "anti-port-runner" equipment on Main Street in Stanstead.

The request comes from a desire expressed by various social and economic players in the border area.

The Canada Border Services Agency began the groundwork for new infrastructures at more than a dozen border crossings in the Estrie and Montérégie areas.

What the...?

And they say government intervention is a bad thing. The government of Vietnam is considering introducing a slew of new regulations for motorbike riders that may leave millions failing to measure up.

The Ministry of Health has recommended that people whose chests measure less than 27 inches (72 cm.) would be prohibited from driving motorbikes, as would those who are too short or too thin. It's not clear how these suggestions were arrived at but they are part of major attempt by the government to make sure its drivers are in good health. Why smaller people might make bad drivers is also unclear.

Vietnam is not noted for the gigantism of its people. The average Vietnamese male is 5'4" and weighs 121 pounds. Females are even smaller with the average being 5'1" and 103 pounds.

Needless to say, these suggestions are facing considerable opposition, not to say mockery, from the nation's population. "A lot of people in my home village are small," said motorbike taxi driver Nguyen Van Tai. "Many in my generation were poor and suffered from malnutrition. Now the Ministry of Health wants to stop us from driving to work."

Many observers, however, are taking the threatened regulations with good humour. "I'm not heavy enough," moans Le Thu Huong, "what am I going to do? Most (small-chested people) are too poor to afford breast implants."

Bo Cu Hung, a Hanoi blogger, expressed what appears to be the common attitude, envisioning thousands of traffic police with tape measures eagerly checking the headlights of female drivers. "From now on padded bras will be bestsellers," he wrote.


(McD)

Meet your Eaton-Corner neighbour



PHOTO AND TEXT BY COREY BELLAM

Evelyn Macey (A.K.A 'Grammie Macey'), 91 years young, lives in her apartment in Sawyerville with the excellent care of our CLSC in Cookshire. It takes very little to please Grammie; a smile, a wave, The Record, mail, or a good visit and her day is complete.



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Community Forum

COLUMN

WHAT IS TO BE DONE?

Economic and financial disorder and debt make headlines in the media these days. Like John McCain I admit that economics are not my strong suit. McCain confessed just a few months ago that "economics is not something I've understood as well as I should."



TOM CAVANAGH

and he is campaigning for the presidency of the U.S. You can be sure he's regretting that statement now. Shortly after McCain spoke, his chief economic advisor/guru went

on television to describe Americans as a bunch of "whiners." For certain that did not help McCain's campaign. Another of his top spokespersons would put it this way: "Yep, you betcha (wink, wink), that darn comment didn't help us one bit."

Well I'm not running for anything. I have dipped into and read a few books on economics over the years and came away with serious doubts about this profession whose experts are so often divided about what to do in times of crisis. About five years ago I wrote a critical piece about a guest lecture given at Bishop's University by a Canadian economist. His message to the business economic and students, and the rest of us, was simple and straightforward. "Globalization is good. Nothing to worry about. The rich get rich, the poor get poorer, and that's the way it is. Everything is good." To the students' lasting credit some challenged this self-serving message.

The one economist I always admired was John Galbraith, a real maverick. He made a lot of sense but he has passed away. Today the one I most admire is Paul Krugman a weekly columnist for the New York Times who has warned for years that the U.S. was heading for a recession and a depression. His sophisticated informed views coincide and coalesce perfectly with my simplistic ones. Governments are heading for big trouble if they run up astronomical debts for years and years and years - just like you and me. And guess what, Krugman was right.

I learned one very simple and effective

rule early on from my mother about managing money responsibly. It was short and simple: live within your means and avoid debt. You may not become wealthy but that doesn't matter, making money is not what we're put here on earth for. I first got the message around the time I reached the age of reason, and the advice or philosophy was drilled in over decades.

My parents lived through the Great Depression and they never let us (the kids) forget it. My mother never really got over it. My father did and was a risk taking entrepreneur. I don't have many memories of the earliest times but there are a few. Men often appeared looking for work, like washing the car. I think my father paid a dime when he could afford it. Men came by for sandwiches too and mom had them. And I

remember a mechanic fixing our car one day and not wanting payment. I still recall his words: "I didn't come out here looking for money." What a different time that was. I remember too making up answers for a dreaded question in elementary school: What did you have for breakfast this morning? The easy and honest answer was porridge, but dishonest little tyke that I was I made up something very different. Toast and jam, eggs, cereal, orange juice. Maybe even pancakes. My brother and sister thought I'd gone insane.

Like religion those lessons learned in childhood never disappear and are never forgotten. The downside was the element of confusion and fear infused into your life. Sad to say, my mother was afraid most of her life. The Depression left deep scars. She frequently expressed fears about the poor house. "We're all going to end up in the poor house." Probably there was no poor house in Peterborough Ontario, but no matter, the fear was real. Would they come and take us away in a truck? Or would we have to walk with whatever we could carry? Not pleasant thoughts I remember, after night prayers. Another frequent but chilling phrase was: "What will ever become of us?" Meanwhile my father was wheeling and dealing, buying houses, farms, businesses, and often selling. He was probably driving my mom almost crazy - but love was always there.

My story about what we ate for breakfast brings out the complexity of

money and its role in our lives. For many years I believed that I was a singular individual with unique feelings and insecurities. Now I realize that my doubts and uncertainties were not at all unprecedented, then or now. Money relates to security and is very important in our lives; the feelings run deep, and always will. How we spend? Over-spend? Where we spend? How much we have? Workaholic? (My personal Achilles heel.) How much we hoard? How much for helping others? It keeps coming back to values we live by - or try to. I don't have the answers but I picked up early on those related issues of guilt, shame, pride, obsession, and stress. They are with us in good times, and even more in bad when the economy takes a nose dive. "Sauve qui peut."

Our present economic problems have been compared to a perfect storm - a meltdown. There are no easy answers. No magic bullets. The economists are already at the table, but direction and final decisions must come from government leaders. They try to cover all the bases, but differences exist and are easy to discern. Support the one that cares most about the welfare of those most in need. Choices have to be made and can be. In the nineteen fifties Frank Underhill, a University of Toronto history professor, proposed the following question to evaluate and identify the good country, good society, and the good political party: "What will they do for those in our midst who are most in need?"

Remember when?



Ahhhhh... Aren't they adorable. Who are these cute kids? When was it taken? If you know who is smiling for the camera in this remember when, or where, let us know by emailing newsroom@sherbrookerecord.com.

THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E., Sherbrooke J1G 1Y7
 FAX: 819-569-3945

E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

KENNETH WELLS PUBLISHER (819) 569-9511
 JEN YOUNG EDITOR (819) 569-6345
 JOE STRIZZI CORRESP. EDITOR (819) 569-6345
 RICHARD LESSARD PROD. MGR. (819) 569-9931
 SERGE GAGNON CHIEF PRESSMAN (819) 569-9931
 FRANCINE THIBAUT PROD. SUPERV. (819) 569-4856

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

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The Costume: Turning Kids Into Clowns Since 1975



Pictured is Yours Truly, sporting the Clown Costume for her first Hallowe'en, 1975, handcrafted by Linda Quinn of Richmond.

shop. This year I will make the rounds with Eric Carle's "The Very Hungry Caterpillar" and the resulting Butterfly, a book we have read a zillion times, give or take - enough to go through two copies. I must say, I always find the original costume requests the most fun to try my needle at.

And so it was, that 33 years ago, mum got the old Singer revved right up and made me the clown costume. I can still feel what it was like to wear those funny socks, like comfortable flippers, the roomy Harlequin look of the opposing patterns, the ruffy collar. A few years later it was worn by my brother Chad, and when it was our little brother's turn to wear it, he opted to trick-or-treat in his jammies. (Darren, I think that may qualify as cheating, but you looked awfully cute in your jams, so we let it go). Over the years it has been worn just about every year, by some cousin or friend. It made the trip to BC with relatives, and was sent back when the three wee men in that household outgrew it. Five out of six grandchildren in our family have worn it, and the sixth, Mr. Hallowe'en himself, my son Leander, will wear it this year for his Hallowe'en party at daycare.

Some have teased me about the fact that one day my boys will decide who or what they want to be for Hallowe'en, but the truth is that I can't wait until they do! If they share my enthusiasm for what is my favourite celebration of the year, I will be overjoyed. If they want me to make their costumes, great! Let's rock this time of year with all the creepy and cool things over the ages - Wolfman Jack, the "Monster Mash", Tim Burton's "The Nightmare Before Christ-



DISHPAN HANDS WITH SHEILA QUINN

mas", Linus and the elusive "Great Pumpkin", roasted pumpkin seeds, impossibly chewy toffee, UNICEF, Michael Jackson's "Thriller", anything involving Vincent Price or Bela Lugosi, Ichabod Crane (particularly when played by Johnny Depp - HELLO NURSE!), and my biggest candy weakness - ROCKETS. Now get your thinking cap on and get creative - dress up! Carve a pumpkin! Thanks Mum, for quite the heirloom. You really should dust the old Singer off - you did good, kid.

Dishpan Hands Update: Submissions are coming in for the writing contest featured last week - it's not too late to submit - the deadline is THIS FRIDAY - HALLOWE'EN! Submit on The Trunk's group page on www.facebook.com, where you can read stories, or send your submission to me at newsroom@sherbrookerecord.com, please put The Trunk in the subject line. Remember that submissions are to be between 500 and 1000 words, and are to tell the story of a metal trunk from World War II, which has the name B.M. Bamford painted on its lid. Now, get writing! There is a cash prize to be won, courtesy of the Royal Canadian Legion Branch #15 in Richmond, and the winner will be published in The Record!

Dishpan Hands News: The First Annual RRHS Pumpkin Carving Contest is underway - students are carving madly at noon hour, in the company of art teacher Julia Barrowman. Judging will occur on Thursday, winners announced on Friday, and all jack-o-lanterns will adorn the formidable doorstep at Andrea Barrie's gift shop, Boutique Trillium, located at 236 Principale in Richmond.

Hallowe'en 1975: Ball Street, Richmond: I don't recall seeing my Mum at the sewing machine very often, but the results of such an effort have proven to be a thing of heirloom status in our family, both close and extended. That was the year my mother made the clown costume.

Red and white striped panels were pitted against white with black polka dotted panels, a huge ruffled collar trimmed with dingo balls, a large pointed hat of the same materials sported oversized pompoms, a few of which were also stitched to the front of the costume. This combination made for an adorable and practical pint-size disguise. For footwear, a pair of very 70's-esque puffy white socks with red vinyl soles that always reminded me of Ronald McDonald, worn perfectly over smaller feet in shoes or an extra layer of socks or slippers.

The creation of Hallowe'en costumes can vary from the classics of vampires, witches, clowns, cats and superheroes to the realms of the unique and obsessed Hallowe'en fanatics' must-haves for the season. Falling into the latter category, for his first Hallowe'en I outfitted our eldest son with his very own Angus Young (of the rock band AC/DC) costume, in honour of his name - quite the get-up for a 10 month old. The next year he was very convincing as Frodo Baggins (which terrified my brother for some reason). In 2005 we anticipated the arrival of our second child just before Hallowe'en, but I was determined to create costumes again. Le Petit Prince it was for Angus, and the fox from the same story for baby-to-be. Trick-or-Treating wasn't to be for us that year, as Mr. Leander made his appearance two hours and fifteen minutes before Hallowe'en. Three weeks later we got them into the costumes I had obsessed over for many an hour, and the ensuing photoshoot was absolutely worth it. Angus was a dashing Petit Prince, and Leander was as cute as a bug, dressed as the fox. The following year my boys were the animated John Lennon and George Harrison from The Beatles' Yellow Submarine, and last year, door-to-door I went, with Max and my favourite Wild Thing from Where the Wild Things Are by Maurice Sendak.

The list of costumes created over the years includes many others, as I've sewn up beloved characters and original creations for friends both little and big. This year my nephews will be "Speed Racer", and the green "Power Ranger". For the first time in a few years, one of my little twin nieces needs help with her costume...or rather, my sister-in-law does, perplexed by her little girl's answer when asked what she wanted to be for Hallowe'en. Please note that "a mushroom" is not commonly found in department stores and pattern bins at the local fabric

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Faithful Friends...

Do animals really know their size?

After Portia (poodle/terrier mix) joined my home, little Nephia (Chihuahua) began showing greater confidence. As the new puppy grew, Nephia believed herself to be the same size. One thing that might have contributed to this unrealistic evaluation of her size and strength was that when they played tug of war it was easy for the tiny, but strong Chihuahua to pull a small puppy around. Later as Portia grew, she was so considerate of her little companion she'd avoid pulling as hard as she could, letting the deception go on.

Watching them interact as they played or cuddled in the dog bed was heart warming as it became clear who was the alpha dog. The confusion with size was not only one way, as Portia grew, she never stopped wanting to sit on our laps, it was clear that in her eyes she could do everything a toy dog could do and at 60 lbs this did present a few challenges.

Seeing she could not always be held, she'd feel left out when Nephia could sit on our laps and take part in what was going on while she had to remain on the floor. One day she was begging to be picked up when I had an idea, would she sit on a kitchen chair while we played cards? She not only learned to sit on a kitchen chair she would stay there till instructed to get down. This little 'trick' made her a welcome houseguest whenever we all went visiting, while making her a part of what was going on. In her eyes she was always a lap dog.

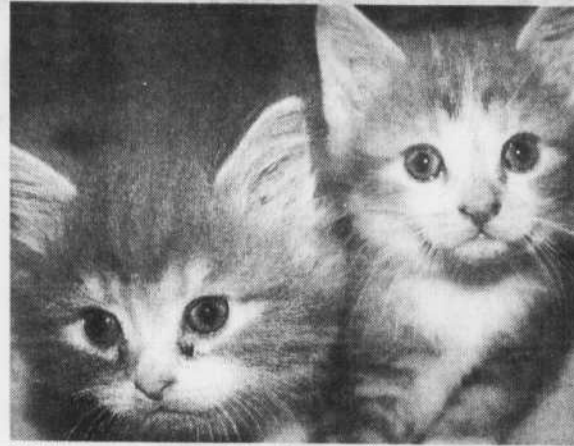


ANNA MAY KINNEY

By Anna May Kinney

The Record welcomes photos, and a tid-bit of information about your prized pooch or fancy feline. Alpacas and canaries are pets too. Email your pet pieces to jyoung@sherbrokerekord.com. New pets will be featured each Wednesday. This section is proudly sponsored by Blue Seal-The Animal Nutrition Centre.

Looking for a home



We're cute and cuddly, but there just isn't enough room in our home for two more cats. So, we need a good home. If you would like to be my new owner email j.young@sherbrokerekord.com.

Izzy



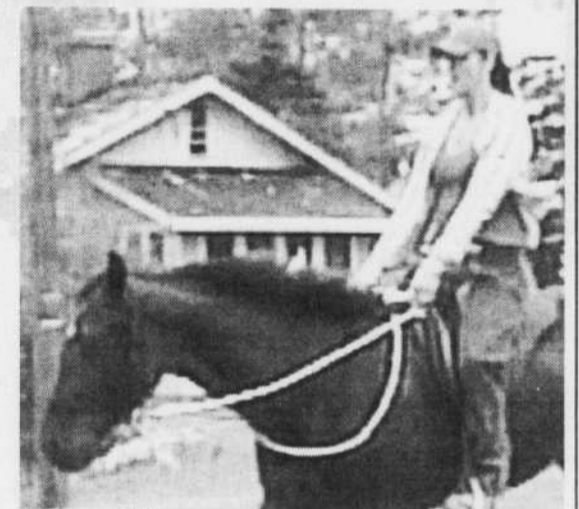
My name is Izzy and I like to hide in Mom's flower pot. Do you think anyone can see me?

No Name



My name is No Name and I am a 6-year-old male Border Collie. I have my C.D.X T.D.X and I also do Fly Ball. I am also a very good watchdog, I love kids cats and most people. -Dick Cummins-Windsor.

Sky



Cathy and Sky are great recreation for each other.

Cheyenne and Brandi



My name is Cheyenne and my golden lab pal is Brandi. We love to sleep on Ma and Pa's bed, but they don't mind. -Owned by Keith and Wendy Luce.

Gypsey



My name is Gypsey and I'm 24 years old. Why does everyone take a picture on a 'bad hair day'?

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THE RECORD Sports

INSIDE

Boys high school soccer champs crowned

... see Page 10

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WEDNESDAY, OCTOBER 29, 2008 page 9

Galt Juniors end season with a powerful win



Jen Young
LENNOXVILLE

After a full season of trials and tribulations, the Junior Alexander Galt Piper football team came out victorious on Saturday, and while the young team's 41 - 20 win won't garner them any playoff action, coach Ian Breck said the game 'taught them how to win'.

"It was a long year for this young team," said Breck following the 3 p.m. Saturday start against DuPhare at Sherbrooke's Plateau Sylvie Daigle. "They maintained their commitment, they worked hard, came together, and this result is what they earned."

It was a tight start for both young teams, heading into the locker rooms at half time all tied up at 14, but Breck said the second half of the game was 'fantastic'.

"We pulled away in the second half," he recalled. "I believe the key

play of the game was the first play in the fourth. It was quite windy out there and we were deep in our end and deep in the wind. We ran out the clock in the third and had a fourth and two on the ten-yard line. We switched ends and we were thinking about punting. Ryan (Lowry) decided to run. He got the first down. We drove it the length of the field to a touchdown. That was a TSN turning point, as they would call it. I asked (Lowry) why he made that decision and he said he knew we needed the down. It was a gutsy decision and he made it work."

Lowry, the team's kicker, hit six of seven PATs, while teammates Will Camber crossed the goal line three times, Derek Gugre twice, and Ryan Hartwell and Mat Monvoisin each pulled in one touchdown leading the one and seven squad to victory.

"For a season that is one for seven, this one is an awfully big one. The guys needed to learn how to

win and I can't even tell you how proud I am of them. They did it. The smiles on their faces were all worth it. Everything was a learning process and they learned well. It's hard to keep the faith, but they did and they got better each week. We saw a tremendous amount of learning from this team. It was like light bulbs were going off. It was fantastic to see."

The team won't see any playoff action this year, but Breck says there's always next year and the Juniors will be football free until Spring conditioning in January.

Galt bantam boys fall to Seminaire

Zachary-Cy Vanasse
LENNOXVILLE

Alexander Galt's bantam boys played the Seminaire de Sherbrooke on Saturday, falling 23-8. The Seminaire jumped out to an 8-0 lead in the first quarter and would lead 17-0 at the half.

In the second half the Pipers offence got into motion, with Travis Thompson carrying the pigskin to the house for the Pipers' first score on the day. Down 17-6 the Pipers decided to try and find all the extra points they could, opting to go for the two-point conversion, which they executed successfully on a Robert Burrows conversion to bring the Pipers to within nine.

Unfortunately for the Pipers though, that would be the last of their offence on the day. Seminaire would add another second half touchdown and close out the game with a 23-8 victory.



PHOTOS COURTESY OF ALEXANDER GALT

The Junior Pipers had a tough year, but finished the season on a high note.

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Boys high school soccer champions crowned

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Zacahry-Cy Vanassé
LENNOXVILLE

The banners have all been handed out and the champions have been crowned on another season of ETIAC soccer. In boys action at Alexander Galt, Massey Vanier made their run to the bantam title with a semi-final win over Alexander Galt 4-2 with Wyatt Laflamme leading the way for the Vikings with a pair of goals.

In the Richmond versus BCS semi-final, extra-time was needed to find a winner, and that winner came when Ricardo Galvan found the back of the net for the second time in the game for the Bears giving BCS the 2-1 win.

BCS had overtime on the menu once again in the final against the Vikings. After two hard fought halves the score was netted at 1-1, but in overtime it was Massey Vanier who managed to find the back of the net first and claimed the 2008 championship.

In junior boys soccer Stanstead College was led by Pietro Antonelli who scored both Spartans' goals while the Stanstead defence kept Massey Vanier off the score sheet to win their semi-final game 2-0.

BCS also won by a 2-0 count against their semi-final opponent, beating Richmond 2-0 thanks to a pair of goals from striker Andres Simon Tamborrel.

The BCS win set up a BCS versus Stanstead College final that had Tamborrel scoring a hat-trick to bring his playoff tally to five goals and lead the Bears to a 4-1 championship win over the Spartans, whose lone final goal coming from Swann Boisvert.

In senior action BCS's First Team faced off against the Pipers in their semi-final. BCS keeper Brandon Wickens held off the Pipers' strikers while Eloy Borgio scored two for the First Team and JJ Park added a goal of his own in a 3-0 BCS win.

In the second of the senior semi-finals Stanstead College bested Massey Vanier to set up a hard fought senior final. Garritt Donnelly scored first for Stanstead College to take a 1-0 lead in the first half in which they controlled most of the speed and action.

In the beginning of the second half BCS started to grab some momentum back their way, but an Olivier Charette penalty kick gave the Spartans the 2-0 lead that shifted momentum back to Stanstead College who would add a third goal by Marc-Olivier Sauriol that

sealed the 2008 senior boys championship for Stanstead College.

With girls action going at BCS, it was a clean sweep of championships for Alexander Galt, taking banners at the bantam, junior and senior level.

The Galt "Pipers" team started their Saturday off with a 4-0 win over their intra-school adversaries "Galt" thanks to Elaine Wubbolts supplying a pair in leading all Pipers scorers.

Across the street Massey Vanier was doing battle with BCS with Stephanie Dubois and Azziza Goyette scoring for Massey Vanier to edge out BCS 2-1 with the lone BCS goal coming from Isabella Betancourt.

The bantam final was a hard fought affair that took overtime before a champion could be named. Azziza Goyette and Cassandra Bouchard each notched a pair during regulation to knot things at two goals apiece, but Bouchard would be the hero of the day when she found the net for the third time, completing the hat-trick and sealing the Pipers championship.

Alyssa Fortin-Poassi scored a hat-trick while Sherri Stratton scored a pair and Jessica Messier-Dorey added one as the Pipers held the Bears scoreless in a 6-0 semi-final win.

Massey Vanier edged out Stanstead College 1-0 on a Brooke Foster goal to advance to the final versus the Pipers.

Sabrina Rowland-Cote and Kim Longpre scored for the Pipers sending Galt to the 2008 junior championship with a 2-0 win.

Shelby Evans got her playoff scoring rolling in a BCS versus Galt semi-final that saw Evans count two, while Courtney Broadhurst, Erika Porter and Shannon Roy also found the back of the First Team's net for a 5-0 win and a berth in the final.

Catherine Leblanc, Anchi Numfor and Juliet Numfor led the way for Stanstead College in their semi-final match-up with Massey Vanier leading to a 3-0 Stanstead College win and setting up a finals meeting with the Pipers.

Shelby Evans scored the finals first goal for the Pipers who controlled much of the first half action until a Stanstead College penalty kick by Gabrielle Fleming evened things up 1-1.

Evans would score her fourth goal of the playoffs before the first half expired to put Galt back up by a goal, a lead they would hold until time expired sealing the Pipers undefeated season and giving them the 2008 championship.

Massey Vanier crowned x-country champs



Massey Vanier high school shows off championship banner.

COURTESY OF MASSEY VANIER

Deaths



AULIS, Selina (nee Goobie) (1919 - 2008) - Passed away peacefully with her daughter by her side, on October 28, 2008, at the Wales Home in Richmond, Selina Aulis at the age of 89. Selina was the widow of Gilbert Aulis, to whom she was joyfully married for twenty-five years, and continued to love for the remainder of her life. She was the loving and cherished mother of Barbara. Selina will be greatly missed and sadly mourned by her daughter Barbara (Bob Gifford). She was a devoted and caring grandmother to Christine (Michael Schumacher), Mark (Catherine Dougherty), Paul (Melany Boucher) and Danny. Loving great-grandmother to Rachel and Lauren Schumacher, and Alyssa Gifford. Pre-deceased by her brothers Charles (Stella), William 'Joe' (Florence) and Cecil (Faye). Selina also leaves to mourn, many nieces, nephews, relatives and friends. At Selina's request, cremation and a private graveside service will take place. The family would like to extend a heartfelt thanks to the staff of the Wales Home for their compassionate and excellent care, support and kindness, and request that donations be made to the Wales Home Foundation, 506 Rte 243N., Richmond, QC JOB 2H0, or to the charity of your choice. Arrangements entrusted to the Cass Funeral Home 819-826-2502

DOUGLAS, Alexander (Dougy) - Passed away at the C.H.U.S. Fleurimont on Sunday, October 26, 2008, at the age of 75. Beloved husband of Betty Lou Flanders and cherished father of: Alexander the third (Nicole), Gordon (Laura), and James (Jean); loving grandfather of Robert and Bradley. Dougy will also be sadly missed by his sisters: Doris, Mary (Rolfe) and Sheila (Robert), along with nieces, nephews, other relatives and many friends. Honoring his wishes, there will be no visitation or service. As a tribute to his memory, donations made to the Apple Grove Cemetery Association, 9025 Cedarville Rd., Ogden, QC. JOB 3E3 or a charity of your choice would be greatly appreciated by the family. Arrangements entrusted to the Cass Funeral Home, 545 Dufferin, Stanstead, QC. 819-876-5213/ www.casshomes.ca

Death

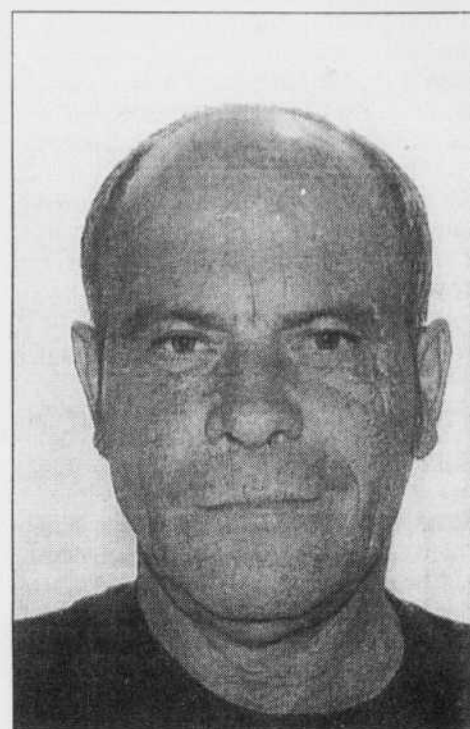


KYLE, Marie France (nee Beaudoin) - She died as she lived, with great dignity at home on Sunday, October 26, 2008. Marie was born in Lac Mégantic, QC, on June 7, 1948 to Grégoire and Marie Beaudoin (Audet). Amongst her early favourite memories were helping her father, on snowshoes, at his sugarbush each Spring as they led the horses on their rounds filling the huge sap collection vat. She came to Sherbrooke in the mid 1960s to continue her higher education which culminated later in life with a Bishop's University Honours B.A. and Golden Key membership. On July 4, 1970, she married her best friend and soulmate, Brian Kyle. They were blessed with two children, Christopher (Jennifer) of Peterborough, ON, and Kathryn of Ottawa, ON. She welcomed two grandchildren, the lights of her life, Nicholas and Brynne, who loved their "Grandmaman". Marie is also survived

by her devoted brother, Richard (Christiane) Sherbrooke, QC, dearly loved sister, Nicole (John) of North Vancouver, B.C., and the twins, Leliann and Fabiann of Sherbrooke, QC, brother-in-law Deane (Penny) of St. Catherines, ON, and sister-in-law, Aveleigh of Kingston, ON, as well as several nephews. Marie had special gifts. She loved painting, hand-sewing teddy bears, crocheting and many other crafts that still warm the homes of friends and family. She adored being at the ocean with her fifth wheel and having long, heartfelt chats with friends. Visitation will be held at the Cass Funeral Home, 3006 College, Sherbrooke (Lennoxville), QC 819-564-1750 / www.casshomes.ca on Thursday, October 30, 2008, from 2 to 4 p.m. and 7 to 9 p.m. A Celebration of her life led by the Reverend Heather Thomson will be held at St. Mark's Chapel at Bishop's University on Friday, October 31, 2008, beginning at 11 a.m., followed by a reception in the Cleghorn Hall. Although Marie enjoyed receiving flowers during her lifetime, we would appreciate donations instead, in her honour, to the C.H.U.S. Foundation, 580 Bowen St. south, Sherbrooke, QC, J1G 2E8, specified to Dr. Paul Bessette's research and the 7th Floor Chemotherapy unit. They facilitated, above and beyond the call of duty, Marie's quality of life since 2004 (Thank you, Dr. Bessette and your devoted staff for your incredible support and compassion). Heartfelt thanks to Dr. Raymonde Vaillancourt and Mrs. Danielle Raymond and her excellent staff.

Rest in peace, Fighter!

Death



THOMPSON, Roger (1952-2008) - October 23, 2008 at BMP Hospital at the age of 56 amongst his loved ones, passed away. Roger Thompson was the devoted and loving husband of Jane Gauthier Thompson. He leaves to mourn his sons Jeffery (Mary), Roger (Jennifer) and his daughters Joanne (Greg), Mary (Johnny), Jennifer (Peter), Amy, Mia and his grandchildren Roger, Katie, Peter, Krista, Danny, Alex, Karen, Rodney, Cassandra, Justin and one grandchild not yet born along with his brothers, sisters, nieces, nephews, other relatives and many dear friends. Roger was a very loving, generous man who treated everyone with love and respect. He was a man of strength, warmth, pride and dignity. He was a man of his word, who wouldn't turn his back on anyone. He was someone you could depend on and always had a helping hand to lend never expecting anything in return. He welcomed all including strangers into his heart and home. He was a man of many talents, a jack of all trades. He is admired and respected. Roger is gone but will never be forgotten. He is irreplaceable and will live in our hearts forever. As per his request the funeral service and burial were held in private amongst his closest loved ones.

In Memoriam

BELL, Barbara Ross - In loving memory of a dear wife and mother who left us on October 29, 2005.

*No longer in our life to share,
But in our hearts you're always there.*

- ARNOLD (husband)
- ANDREW (son)
- HEATHER (daughter)
- WENDY & JOHN MUSSELMAN (daughter)
- P.J. (grandson)

Brieflet

DANVILLE

Royal Canadian is holding an Armistice Supper starting at 6:00 p.m. on November 1. There are a few tickets still available. Supper and Dance \$15. Please call 819-839-2581 or 819-434-1005. A Dance will follow at 8 p.m. Music by Buck Shot. Dance only \$6.00.

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She sounds bitterly jealous of you

Dear Annie: I have been married for 10 years and have one son. He's now at an age when he is starting to notice how much my husband's sister hates me. I have no idea why. What do I say when he asks, "Why does Aunt Jane look at you with a mean face? Why does she laugh at you?"

So far, I have ignored her outrageous gossip and slander. The rest of the family doesn't seem to care how she treats me, or they prefer to ignore it. I am a well-educated, accomplished woman and am tired of defending my reputation after Jane is through trashing it.

At what point can I sue her for slander and shut her up once and for all? What should I tell my son? — Rising from the Ashes

Dear Ashes: You can tell your son that you don't know why Aunt Jane behaves this way. She sounds bitterly jealous of you. However, suing her requires that you can prove her comments are causing you monetary loss, and that doesn't seem to be the case. Why isn't your husband standing up for you? He should tell Jane to knock it off, and the rest of his family should insist she behave in your presence. That everyone tolerates this cruelty indicates they are afraid of Jane or they dislike you. Tell your husband, calmly and with concern, that it is best if you and your son no longer have contact with Jane because her attitude is so poisonous. If he wishes to see his sister, he can do so on his own.

Dear Annie: Our school's PTA president and part-time employee, "Pat," arrives at work late every day and parks her car in the one handicapped spot in the teacher's lot. She is not disabled, nor does she have the

proper license plate or placard to park there. She has told others she has the "right" to use the spot because she is so involved in our school.

Several teachers have informally elected me to do something about this because my father is a disabled vet. What can I do? This lady has power at my school and a sense of entitlement beyond belief. We are afraid to talk to the principal or the police. — Torrance, Calif.

Dear Torrance: If you are too afraid to speak up, Pat will go on abusing her parking privileges. There is safety in numbers. All of the teachers should go to the principal, together, and explain that Pat's car is parked illegally and the school administration could get into serious trouble if it knowingly permits her to continue.

Dear Annie: I'm a bit alarmed to see the vast number of letters from men who aren't getting enough sex. I wonder if they bother to use any other organ.

I've been married to the same man for 30 years. Two years ago, I was diagnosed with extreme high blood pressure. Unfortunately, the medications to control it also inhibit the sex drive. I asked my doctor whether there was anything I could do to increase my libido, but the answer was no. I've let my husband know I'm happy to have sex with him, but that's not good enough. He wants me to be full of desire or pretend to be.

After reading your mail, I see where I've gone wrong. Instead of raising the children,

Annie's Mailbox

cooking, cleaning, doing laundry, working three jobs to help

make ends meet, putting up with his unlovable family and keeping myself fit, I should just have been having lots of sex with him and then conveniently died of a stroke.

Women run to their doctors to see if they can raise their sexual desire. Have men ever thought to see if they could be given something to lower their libido? I'll bet not. — I Should Be Dead in the Midwest

Dear Midwest: A lot of women have asked us the same question. We're sure some men have tried to lower their libido, but we doubt it's common practice.

Dear Annie: This is in response to the letter from "A Brokenhearted Mother," whose son injures himself repeatedly. You said he might be suffering from Munchausen syndrome.

The medically correct diagnostic terminology is "factitious disorder." First, this patient needs a referral to a psychiatrist and psychologist. As this patient is potentially a danger to himself due to the psychiatric condition, a court order may require him to see a therapist as well. All these mental health specialists will work in concert with a single primary care physician. That physician should be the only point of contact for this patient. Every doctor, surgeon or medical caregiver needs to be informed of this

man's severe illness. It is life threatening.

Next, if the patient is hospitalized, it should be authorized through his primary care physician and followed by psychiatric care — either a psychosomatic medicine consult (also known as consulate liaison services) or preferably by the psychiatrist and other mental health care providers. If he is admitted again, it should be through the same physician and hospital team.

Lastly, direct confrontation with a patient with this disorder will often result in the patient switching doctors, which is bad, as the new physician will not have the patient's history and will presume there is an underlying medical issue — which means the primary physician, psychiatrist and clinical psychologist should all be involved, and an "escape" statement for the patient needs to be in place to indirectly deal with the hospital admission, so as to not lose the patient to follow-up care.

By the way, accidental death is a significant risk, but more importantly, so is death due to multiple unneeded medical procedures. — Shane B. Russell-Jenkins, M.D. Psychiatry, Yuma, Ariz.

Dear Dr. Russell-Jenkins: Thank you for your expertise. We certainly hope his family can help him get the appropriate care.

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

Kinnear's Mills U.C.W.

The Kinnear's Mills United Church Women held their October meeting at the MCDC Community Resource Center (United Church Manse), Mooney St., Thetford Mines. We were welcomed by Suzanne Aubre, Executive Director, and Hélène Doré, Volunteer and Liaison Coordinator.

Ruth Beattie, president, thanked all for coming and welcomed Heather Aulis, president of Thetford Mines UCW. The Purpose was repeated.

Devotions were led by Sheila Allan with the Theme being "Thanksgiving." She read Scripture passages. Prayer and Reflection on the Theme. The Roll Call was answered by 6 members and guest giving Bible verses or Motto.

The minutes of the last meeting were read by the secretary and approved. Flora MacNaul will get pictures of the two Church Banners to be sent with article to The Observer. Vegetables, flowers and other items will be taken to the church to decorate for our Thanksgiving service. Rev. Carla Van Delen and Flora MacNaul will place these. Joy Nugent gave the Treasurer's report in the absence of Audrey Allan. Ruth Beattie will send a report of the Eastern Region Day Event to Happenings. Plans were made for the Pot Luck Lunch to follow the combined United, - Presbyterian, - Anglican Memorial service to be held on Nov. 23rd. Each family is to bring a main course or dessert. The Community Hall to be clean and made ready on the Wednesday before.

Thank you cards were read from Heather Reid for a gift and Lawrence and Audrey Allan for the photo Album given for their 50th Wedding Anniversary. Joy Nugent voiced thanks for the gift of an Hydrangea tree and special card with notes written by each member for quilting on the Dresden Plate quilt. Sheila Allan had presented Judy Melanson with a similar card and gift of money to purchase a lilac tree for all the work she had done on the quilt.

Ruth Beattie gave a report on the Eastern Region Event held on Sept. 24, at the local Retreat Centre, "Versant le Noel." This had been a very enjoyable day which 15 people attended. All the ac-

tivities were very interesting with a pleasant setting, good meals and a tour of the Interdenominational Church. Three came from outside this area, Ann Clarke of Richmond, Presbyterian President, Joan Shea and friend from Quebec City.

Pauline Nutbrown and Ruth Beattie had attended Townspeople's Day in Sutton and took charge of our UCW table. The baked goods sold well and crafts were admired but few items sold. Thanks was given to them.

MCDC will be holding a Silent Auction on the evening of their "Dinner and Show," Oct. 18, at the Golf and Curling Club. We have been asked to contribute an article towards this. Sheila Allan suggested we donate an afghan and all agreed.

Rev. Carla Van Delen is having a Craft Time for children in the afternoon before the Memorial service in November and asked for help towards this. A donation will be given for expenses.

A report was given on the C.I.B.C. Walk for Breast Cancer held in Quebec City. 18 persons attended from this area who all walked 5 km., also a few men and dogs walked along also.

Hélène Doré, Captain of the MCDC Women's Tea, was told that 5,500 walked in Quebec and total amount raised was \$335,000.

The meeting closed with prayer.

Suzanne Aubre, was introduced by Ruth Beattie. She spoke about the Community work they do which is to give help and entertainment to our English speaking citizens in many ways. They are really glad to have a self-contained house, a very pleasant place. There is a wonderful library of donated books, albums of historical pictures, recent magazines, flyers on health issues. They offer transportation services to hospital and doctor appointments, seminars on health issues and send out pamphlets on community news. Their purpose is to help the community in all kinds of services which are kept confidential. Suzanne gave each a nice pen. Hélène Doré served tea, coffee and cookies which was much appreciated.

Joy Nugent, secretary

Engagement



James and Charleen Abbott of Ile Perrot (nee Smith, formerly of Bulwer) are pleased to announce the engagement of their daughter, Sara Kathryn Abbott to Stavros Ivan Mitchell, son of Angeliki and John Mitchell of Ile Perrot. The bride-to-be is the granddaughter of Roberta Smith of Lennoxville, Thomas and Thomasina Abbott of Ile Perrot. The future bridegroom is the grandson of Eleonora Haritos of Ile Perrot/Kefalonia, Greece.

Both of their families are extremely happy for the two of them, and wish them nothing but love and happiness as they start the next chapter of their lives together. A June 2010 wedding is being planned.

CELEBRITY CIPHER
by Luis Campos

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

Today's clue: L equals U

"ZB CGT BPTTYUF UB HITTDG ZH
CRATS RNRK CGTS YLFO RSY
HZXTSC NT FRK OT XTY, XZAT HGTTI
CU CGT HXRLMGCTP." - MTUPMT
NRHGZSMCUS

PREVIOUS SOLUTION — "The chief duty of government is to keep the peace and stand out of the sunshine of the people." - James A. Garfield

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KIT N' CARLYLE

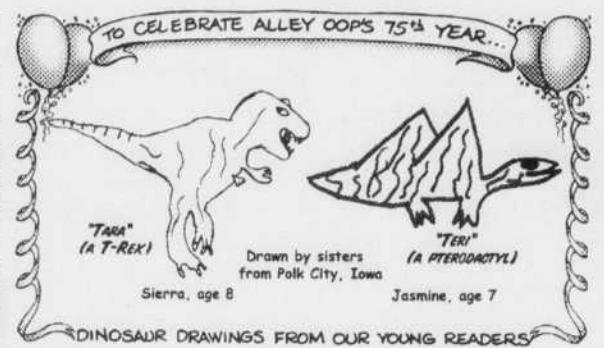


HERMAN



"He'd just spent \$600 having his tooth capped."

ALLEY OOP



ARIO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



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WORKWEST (R) AND leading Western Canada employers are bringing their Career Caravan to the International Centre in Mississauga/Toronto on November 7th and 8th. Bring your resume and talk directly and in-person with recruiters from companies and organizations including: Calgary Transit, Flint Energy, Diversified Transportation, Ensign Energy Services, Schlumberger Canada, Municipality of Wood Buffalo (Fort McMurray), Saskatoon Health Region, Canadian Forces. Apply for positions ranging from: administration, drivers, skill trades, nursing, heavy equipment, health care, firefighters, millrights, engineers, human resources, oil & gas personnel, general labour, mechanics and many, many more! Event times - Friday - 10 a.m. to 7 p.m. and Saturday - 9 a.m. to 6 p.m. in Hall # 4A at the International Centre, 6900 Airport Road in Mississauga (Across from Pearson Airport). Visit www.workwest.ca for more info!

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VW PASSAT GLX Wagon, 2001, 4 WD, V6, blue, 140,000 km., sunroof, mags, fully equipped, excellent condition. Bargain at \$6,950. Call 819-566-0446.

190 Cars For Sale



2000 VW PASSAT GLX, 73,000 km., V6 2.8L, 4 motion (all wheel drive), auto. tiptronic, black sedan, grey leather, 16" mags, winter wheels and tires, tinted windows, fully equipped, sunroof, 190 h.p. Excellent condition. \$6,999. negotiable. Call 819-566-0446.

4X4 TRACKER SPORT LXT, 2003, standard, 5 doors, A-1, one owner, 96,000 km. \$8,300. Call 819-846-4373.

195 Trucks For Sale

2003 DODGE RAM LARAMIE 1500, crew cab, 4x4, 89,000 km., guarantee good until April 2010. \$13,800. Call 819-822-8815.

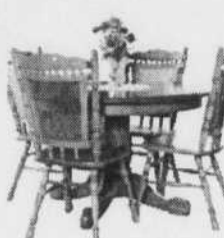
230 Tires

BF GOODRICH WINTER SLALOM, 215-65-15, like new, 9/32nd", when new 11/32nd" and \$125. each, selling for \$300. Perfect for mini vans, Dodge Intrepid, GrandAm, etc. Call 819-566-0446.

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294 Events

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440 Miscellaneous

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Your Birthday

Wednesday, Oct. 29, 2008

In the year ahead, you will be able to utilize acquired experience and knowledge in ways that will accelerate your rise to the top. Once on a roll, your progress will be rapid.

SCORPIO (Oct. 24-Nov. 22) — Small frustrations with which you might have to contend from time to time shouldn't put a damper on all the good things that will happen to you at this time.

SAGITTARIUS (Nov. 23-Dec. 21) — Your material prospects are much brighter than usual, although they might derive from some unexpected sources. Explore hidden, seldom-tapped moneymaking channels.

CAPRICORN (Dec. 22-Jan. 19) — The best course of action will be the one that you establish for yourself, for which you can assume a leadership role and not be dependent on anyone else.

AQUARIUS (Jan. 20-Feb. 19) — If you allow Lady Luck to run your day and don't try to alter conditions to suit what you think is best, you will have a greater chance of events working out to your liking.

PISCES (Feb. 20-March 20) — Lady Luck will be attentive to your involvements, especially those that are group-oriented. If you look like a winner and act like one, you will find that you are one.

ARIES (March 21-April 19) — There should be no excuses as to why you can't

do anything you want. The aspects allow for just about any activity you wish to pursue; it'll satisfy your needs.

TAURUS (April 20-May 20) — Almost any relationship you want to improve can become more harmonious and meaningful with a little effort on your part. Don't sit back and wait for life to happen.

GEMINI (May 21-June 20) — Your talents and abilities should be used to the fullest on things that could have a good effect upon your material circumstances. You have what it takes to derive returns from more than one source.

CANCER (June 21-July 22) — You could be extremely fortunate not only for yourself but for those with whom you share your day. Lady Luck has singled you out for special attention, so put her generosity to good use.

LEO (July 23-Aug. 22) — A personal matter looks as if it's going to work out for you in ways that will meet your highest expectations. Keep the faith, and keep plugging ahead.

VIRGO (Aug. 23-Sept. 22) — Although you are likely to be well received by most everyone, it could be members of the opposite sex who'll find you the most appealing. If you're looking, be sure to get out and mingle.

LIBRA (Sept. 23-Oct. 23) — If you've recently acquired a bit of a financial surplus, don't let it burn a hole in your pocket. It's OK to spend a little for fun, but put most of it in places where it won't be wasted.

Wednesday, Oct. 29, 2008

Use the shape to place the cards

By Phillip Alder

Look at the North-South diamond holdings in today's diagram. If you were South, having played a diamond toward the king-jack, would you call for the jack or for the king?

Who knows? But often the bidding can supply a clue.

West opened two spades, a weak two-bid usually promising a six-card suit. With seven, one would normally open three spades. North correctly doubled for takeout. (Yes, his point-count was low, but after a pre-empt, the player short in the opponent's suit should strain to enter the auction.) True, this might have resulted in a heart contract in a 4-3 fit, but it would have been worse to overcall three clubs with such an anemic suit. Now South jumped to four hearts. With a six-card major, two aces and one king, he was right to go for game.

West led the spade queen. Declarer won with his ace and took dummy's two top hearts, getting the bad news. South played dummy's second spade, East discarding the diamond two. Declarer won with his king and ruffed his last spade on the board, East overruffing and shift-

North 10-29-08			
♠ 6 5			
♥ A K J			
♦ K J 7			
♣ J 9 6 5 3			
West		East	
♠ Q J 9 8 4 3 2		♠ 7	
♥ 5		♥ Q 10 3	
♦ ? 9 4		♦ ? 10 6 3 2	
♣ 7 2		♣ K Q 10 8	
South			
♠ A K 10			
♥ 9 8 7 6 4 2			
♦ 8 5			
♣ A 4			
Dealer: West Vulnerable: Both			
South	West	North	East
4 ♥	2 ♠ Pass	Dbl. Pass	Pass Pass
Opening lead: ♠ Q			

ing to the club king. South won with his ace and returned a club to dummy's nine, but East won with his 10 and continued with the club queen. Declarer ruffed and led a diamond, West ducking smoothly. Should South have called for dummy's jack or for the king? The clue was West's opening bid. With seven decent spades and the diamond ace, he would have opened three spades. But with only the diamond queen, two spades was comprehensible. So declarer called for the diamond jack and made his contract.

CROSSWORD

ACROSS

- 1 O'Neal of basketball
- 5 Dana of "Baretta"
- 10 Martial arts school
- 14 Home to Honolulu
- 15 Slight coloration
- 16 Vitamin bottle figs.
- 17 Peru's capital
- 18 Gradually declined
- 19 Cuts down
- 20 Oscillators
- 23 Showing tenderness
- 24 Zodiac lion
- 25 Oscillators
- 32 Tedious task
- 33 British noble
- 34 Joker

- 35 Like Cheerios
- 36 Between, in poetry
- 38 Dryer residue
- 39 Tussaud's title
- 40 Dancer Verdon
- 41 "Lola" band
- 42 Oscillators
- 46 Bad, in Limousin
- 47 Ubangi feeder
- 48 This puzzle's theme song
- 55 Albert or Throneberry
- 56 Sign up: var
- 57 Microwave option
- 58 Jai _
- 59 Rework to make work
- 60 New Age music superstar
- 61 Crooner Jerry

- 28 Period of stability
- 29 "Dallas" family name
- 30 Official positions
- 31 Some NCOs
- 32 Honey holder
- 36 Midnight
- 37 Place to surf
- 38 Bookkeeping entry
- 40 Elated
- 41 Highlander's skirt
- 43 No Oscar contender

- 44 Icy satellite of Jupiter
- 45 Riches
- 48 Merry party
- 49 Face-to-face exam
- 50 500-mi. race
- 51 Grain husk
- 52 It can't be!
- 53 Contrary votes
- 54 Police jacket letters
- 55 Dallas hoopster

Tuesday's Puzzle Solved

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

DOWN

- 1 Shoe base
- 2 Salute
- 3 Alas!
- 4 Charlatan's doings
- 5 Without end, in poetry
- 6 Lustful desire
- 7 Investor's channel
- 8 Teen follower?
- 9 Crisis period
- 10 Leader of the Medicine Show
- 11 German border river
- 12 Benchley novel
- 13 CIA predecessor
- 21 Lose will
- 22 Gusto
- 25 Whale star
- 26 Tribal symbol
- 27 Flower of Paris?

1	2	3	4		5	6	7	8	9		10	11	12	13	
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Chelation not a cure-all

DEAR DR. GOTT: I was happy with your answer to the person who wrote to you about chelation.

My father had it done because the doctor convinced him his body was full of lead and that his heart was like concrete inside. My mother also got hooked by this guy. Both were also told they had to buy special vitamins because the chelation would leach iron and other nutrients from their bodies.

My father was 80 when all this was going on and refused to let me take him to a cardiologist. I even went so far as to get various pamphlets from the American Heart Association about how dangerous chelation can be.

My father never experienced improvement from the procedure and, after several treatments, passed away. Following this, I immediately took my mother off the treatment and got her to the doctor. By the time I got her there, she had already done irreversible damage to her body.

I know that some holistic medicine is good, but it is important to beware. Older people are especially taken in by these "practitioners" and advertisements. My mother was especially eager to cure herself and avoid "real" doctors. She would read an article or see a commercial and immediately go out to get that product because she thought she had symptoms that matched and she

needed it.

While cleaning out her house shortly after my dad's death, I discovered she had approximately 100 different bottles of pills, oils and herbs that she had ordered out of holistic books for ailments she only thought she had.

Please remind your readers that self-treatment can be more dangerous than no treatment at all. Adult children should also closely monitor what their elderly parents are taking, especially if they were like mine and frivolously ordered "stuff" to cure things that weren't even wrong.

DEAR READER: This problem is widespread and doesn't only include herbal and other holistic medicine. Many people dislike doctors and self-treat with over-the-counter medications, herbs and, in some cases, illegally purchased prescriptions.

The primary problem with self-treatment is that there are many conditions that can cause similar symptoms, and, unless one has the proper training, it is difficult to diagnose correctly. For example, the average person is not properly equipped to differentiate between the symptoms of pneumonia (fatigue, cough, shortness of breath, wheezing and others) and those caused by lung cancer (fatigue, cough, weight loss,



PETER H. GOTT, M.D.

shortness of breath and more). Many of these symptoms can also be caused by several other conditions, such as bronchitis and congestive heart failure.

This is not to say that self-diagnosis and treatment is always bad. Most people know when they have a common cold or simple sprain and how to treat it. In most instances,

doctors would prefer that the person self-treat rather than clog up the doctor's office or emergency room. If symptoms were to persist for more than a few days, however, this should be cause for concern and would warrant a doctor's visit.

I would also like to take this opportunity to discuss chelation therapy. To my knowledge, there is no scientific proof that this valid medical procedure can cure or even improve heart conditions. Chelation is used to remove heavy metals from the body and is reserved for patients who have been poisoned or otherwise exposed. In nearly all instances, people who require this therapy are seriously ill and are already in a hospital setting.

Become informed consumers and be wary of people or products claiming to be cure-alls.

DEAR DR. GOTT: Shortly after my doctor prescribed a statin drug for me, I saw

an item in my local newspaper written by a pharmacist warning that Coenzyme Q10 was depleted by the use of statins.

I discussed this with my doctor, who had no objection to my taking the supplement, so I started taking 100 milligrams twice a day (morning and night). For whatever reason, I have had absolutely no side effects from the statin medication, which has brought my cholesterol back to normal limits.

I am a retired registered nurse and an avid reader of your column, especially of what may concern me!

DEAR READER: Unless you were experiencing side effects that were relieved by the Co-Q10, there is no evidence that this supplement was beneficial to you. You may simply be one of the vast majority of individuals who don't experience side effects from statin therapy.

That being said, while I have no personal experience with coenzyme Q10 eliminating statin side effects, I have received a few letters from people who claim that it relieved their aching muscles.

I am unaware of any reports that show a relation between statin use and depletion of co-Q10, but the supplement is harmless and may be of benefit to some. If you feel you have avoided side effects from your cholesterol-lowering therapy by using it, then continue to do so.



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