

Frosh week safety plan on track at Bishop's

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TUESDAY, SEPTEMBER 4, 2012

Memories buried in time in Richmond

By Gordon Alexander
RICHMOND

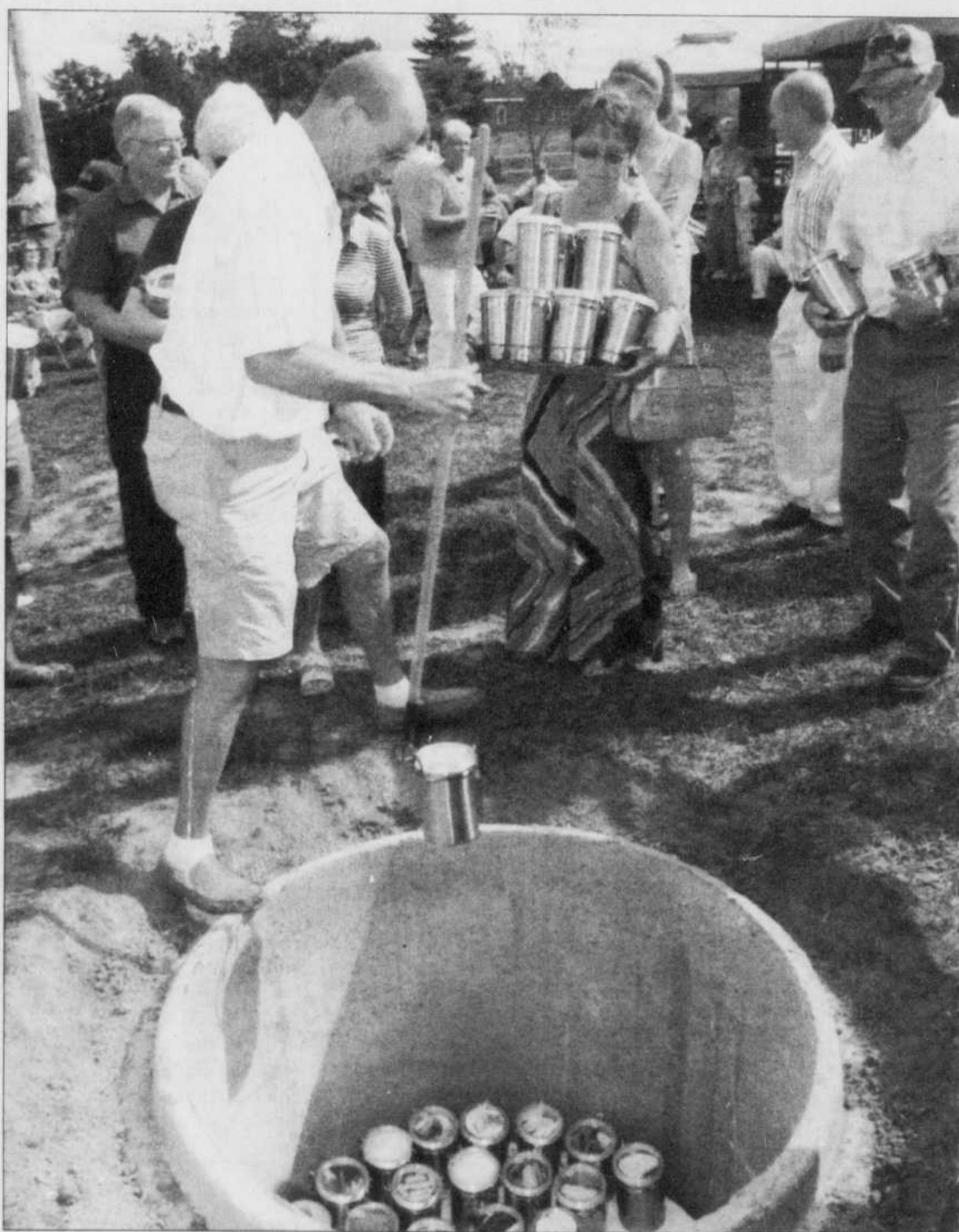
The sun was shining and the weather comfortably warm on the Farmers Market grounds as a group of over 120 people gathered behind the Melbourne Town Hall in Richmond Sunday to witness the burial of 116 stainless steel 58 oz size hermetically sealed canisters into a circular concrete vault to be opened 50 years from now.

The vault bearing three layers of canisters containing memories, in the form of photos, notes, predictions, memorabilia, wishes and names of some 116 area families, their friends and relatives, to be opened August 2 in the year of 2062. The vault will be covered by a 2,000 lb sculpted metallic tree bearing leaves with the names of some of the local towns that have disappeared from the Townships over the years.

The tree, mounted on slate, is the work of metallic sculpture artist Jean Marc Tetro. The project was the brain child of the Richmond Country Region Historical Society months ago. The canisters were sold for \$50 each to any person or family that wished to reach ahead in time to their family members and friends, who would be interested in finding out more about the times their ancestors lived in 50 years ago.

The canisters were numbered and certificates were given with a corresponding number to each owner which will identify the canisters 50 years from now.

Music to set the mood was provided by Francine Beaubien at the piano accompanying Isabella Gosselin on the violin. Preceding the burial of the canisters, there were short speeches by Beverly Taber Smith, president of the Richmond County Historical Society, Nick Fonda, past president, Jim Johnson, Mayor of the Township of Melbourne, and by treasurer Simon Langeveld, who lowered the canisters into the vault.



GORDON ALEXANDER

Simon Langeveld lowered the canisters into the vault on Sunday in Richmond behind the Melbourne Town Hall.

Gaiters lose to Concordia

Mike Hickey - Page 10



September 6-7-8-9, 2012

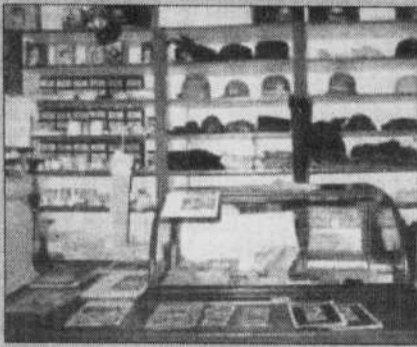
128 Route 143, Cleveland
819 826-2764
richmondfair@hotmail.com



See you at the fair!

Invitation

The President of the Missisquoi Historical Society, Mr. Michel Barrette, and the members of the Board of Directors are pleased to invite you to a Revival Celebration on Sunday, September 9 at 2 p.m. at the Hodge General Store, 20 River Street in Stanbridge East.



The event will highlight the addition of multi-media elements and the upgrade of the exhibit presented in this heritage building that is reminiscent of early 20th century village commerce. Be among the first to visit the renewed Hodge General Store.

Please confirm your presence with the Missisquoi Museum, Head office of the Missisquoi Historical Society, by calling 450 248-3153.

Weather



TODAY:
SHOWERS
HIGH OF 23
LOW OF 15



WEDNESDAY:
SHOWERS
HIGH OF 20
LOW OF 16



THURSDAY:
SHOWERS
HIGH OF 25
LOW OF 16



FRIDAY:
CLOUDY
HIGH OF 23
LOW OF 13



SATURDAY:
SHOWERS
HIGH OF 19
LOW OF 11

The Indivisible at the Foreman Art Gallery

Opening reception of the group exhibition of Canadian artists

Wednesday, September 12 from 5 p.m. until 7 p.m. at the Foreman Art Gallery of Bishop's University with exhibition dates: September 5 to December 12.

How are identities performed today?

This is a central question posed by the new exhibition at the Foreman Art Gallery of Bishop's University which addresses the medium of portraiture from a contemporary standpoint. Matilda Aslizadeh (Vancouver, British Columbia), Pascal Grandmaison (Montreal), Krisjanis Kaktins-Gorsline (Winnipeg, Manitoba), the collective Soft Turns (Toronto, Ontario) and Tanya St-Pierre (Sherbrooke) use innovative and contemporary methods in their approaches to the human figure and face. The works on view were created between 2004 and 2012 and visitors to the gallery will be able to experience several mediums of art, from paintings, photography, stop-motion animation and installation work.

Through their artworks, the artists raise questions about visual narrative, the social and political implications of subjectivity and the construction of the individual in postmodern societies. The artworks on view expose ambiguities, tensions and different possibilities that problematize individual identities — how these are formed and revealed within social contexts and constructs, and specifically what roles they play in more intimate and private narratives. The Indivisible is curated by the Foreman Art Gallery's Director/Curator, Vicky Chainey Gagnon

Artists

Based and born in Winnipeg Manitoba, Krisjanis Kaktins-Gorsline uses printing processes and digital manipulation in conjunction with traditional painting techniques in order to transform conventional spaces of escapism into ambivalent ones in which the personal meets spectacle. He is represented by Katharine Mulherin Contemporary Art Project, Toronto and Battat Contemporary, Montreal.

Vancouver based artist Matilda Aslizadeh works primarily in the mediums of video and photography. Her work focuses on the image: the blurry facade, the telling close-up, the beautiful por-



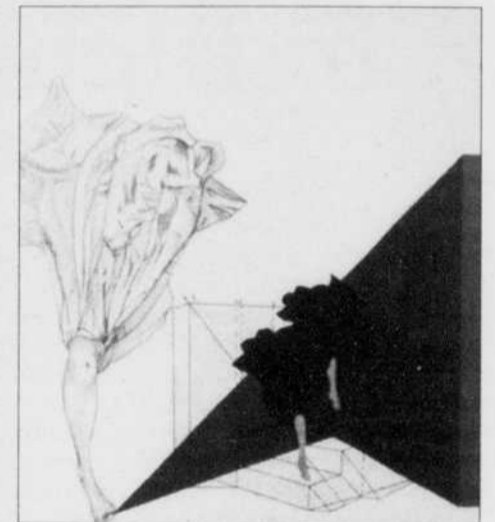
Pascal Grandmaison Verres

trays and the perturbing truths that wait to be revealed. For the past twelve years, Aslizadeh has been part of group exhibitions across Canada, in Tokyo, Berlin, Los Angeles, Taipei and Shanghai. She is represented by Pari Nadimi Gallery, Toronto.

Montreal native Pascal Grandmaison has been an active presence on the contemporary art front at home and abroad since the latter part of the 1990's. His work uses the mediums of photography and film, often capturing the complexities of the mind through a minimal and emotionally unembellished approach. Since 1997, his work has been exhibited in group shows across Canada, France, Belgium and the United States. He is represented by Galerie Rene Blouin, Montreal; Jessica Bradley Art + Projects, Toronto; and Jack Shainman, New York.

Soft Turns is the collaborative effort of artists Sarah Jane Gorlitz and Wojciech Olejnik. Currently based in Toronto, the artists have been collaborating on video installation and stop-motion animation since 2007. In their work, the two consider the relationships between the imagined and real, the soft figure and bleak form. Between 2009 and 2012, they have participated in group exhibitions in Germany, Brazil, Poland, Portugal, Norway, the United States, and France.

Sherbrooke-based artist Tanya St-Pierre explores the body as a site of reflection that concerns historical and human conditions relating to various



PHOTOS COURTESY

Tanya St-Pierre Codes

cultural histories of the human body in institutional structures. As a member of the performance duo NOIZEFER CWU, St-Pierre has participated in various collective events throughout Quebec. Since 2000, St-Pierre's installations, illustrations and digital prints have been presented in solo and group shows at venues such as the Musee des beaux-arts de Sherbrooke, Action Art Actuel in Saint-Jean-Sur-Richelieu, Qc and L'Ecart, lieu d'art actuel in Rouyn-Noranda.

For more information or to schedule an interview, please contact: Vicky Chainey Gagnon, Director/Curator. T-819.822.9600 ext. 2687 or vicky.chainey-gagnon@ubishops.ca.

Ben by Daniel Shelton



LOCAL NEWS

Major reassures the community that "the student safety will be there."

Frosh week student safety plan doing ok so far

By Gib McInnis

This Saturday marked the beginning of Frosh Week at Bishop's University, and according to Daniel Major, Director of Security, everything is going well because of the student safety plan in place. The student safety plan is executed under the direction of the Student Representation Council along with Bishop's Security, and the plan is performed by Student Safety Patrollers.

The Director of Security at Bishop's University says about these patrollers, "They are paid students. We train them on emergency procedures. They have our walkie-talkie radios, so they are on our channel and are instantly in contact with the main security office; they are all first aiders. So they can call us on their radios and ask for police, ambulance, or firefighters. They are essentially part of our student safety network. And they are on duty every night during Frosh Week."

The Bishop's University campus is not the only concern for security this year, according to Major. "We also have our student patrollers who patrol on the streets and on campus as well. And of this group, we sometimes use them as marshals. They will be responsible to access to the bar, for interventions in the bar, as our first eyes and ears, and if something happens, they call security. Major states that there is a plan in motion to insure the safety of the students and the community of Lennoxville at large. "In the past couple of years we have been concentrating on bringing back the students to the campus to have their parties and their get-togethers because it is a safer environment."

Bishop's Frosh Week festivities include the Hollerado, an open-air concert in the evening at the Quad. Major expects to have 500 to 600 students under the tent. "The tent is to absorb a lot of the sound, keeping the noise down to a minimum. They all get identification



Reginald "Reggie" Lapointe of the Bishop's University Security.

GIB MCINNIS

bracelets, so it has been verified that they are of drinking age. There are student safety marshals at each entrance. The security officers are there backing the marshals up." Major reassures the community that "the student safety will be there, along with the marshals, and I myself, acting as the Director of Security, will be there as well."

When asked about a possible scenario of what would happen to a student who has had too much to drink and wanders out of the tent, or is expelled from the event, Major says, "They would probably bump into a student patroller and that is where the student patroller would take charge of that person. They would escort the student back to campus to a room called 'safe haven', and in safe-haven, there are student

safety people as well. They will monitor the student to make sure the student sleeps off the alcohol, and should that student's situation deteriorate into alcohol poisoning, then the security will be notified and coordinate an ambulance to come and get that student."

Bishop's University has added an academic element to Frosh Week in hopes of providing an alternative to drinking and partying. "The other thing we have done is to start our school academic year early in Frosh Week. So starting Tuesday the Frosh are already being directed into vari-

ous clubs, which are organized by professors of different departments. So it used to be a whole week of activities, nothing academic, so there was a lot of drinking off campus, as well as on campus, and now we are bringing them back onto the campus, to still have their fun, but also to introduce them to non-drinking activities."

Toddler drowns in Magog

Magog - (MCD)

A young boy became another victim of the water, this weekend, as he wandered into a nearby swimming pool and drowned.

At 6:28 p.m. Saturday, officers from the Memphremagog police received a call concerning a missing 3-year old boy who had disappeared while visiting Magog on a family holiday. A search by local residents lasted for over half an hour. Before police arrived on the scene, a second call came asking for assistance for a child found unconscious in a swimming pool, right next to where the disappearance had been reported. Upon arrival, patrol officers practiced resuscitation until the ambulance arrived. Sadly, the toddler was pronounced dead at 7:55 p.m. at the CSSS de Magog.

An investigation is currently underway to clarify the exact circumstances of the death. For now, it is likely that the boy slipped under the fence to gain access to the pool.

Police would not disclose the identity of the victim until given permission by the coroner and all family members have been notified.

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Cracking the myth about coconut oil



ANNA MAY KINNEY

NATURE'S WAY

It's kind of misleading how our food industry and monitoring boards first approved of fats we should never have eaten such as hydrogenated fat/transfats. Then when they admit how bad these fats are for us, they still allow them into our processed foods as long as they are labelled. But are they really labelled, with such deceiving labelling practices that allow percentages per cracker listed on the label, showing that because ONE cracker has a small amount it's transfat free, when in fact no one ever eats just one cracker and five crackers would amount to a high enough percentage that it would warrant changing the label.

The next big mistake is putting all saturated fat in the same category, saying they are all bad for us, and doing the opposite with vegetable oils saying they are all good for us. Coconut oil has been targeted as a bad solid, saturated fat, when the fact is that in its natural state it was always a heart and body healthy fat, that is until the food industry found it and started processing it into hydrogenated fat. Their reasoning was simple, this processed fat had a long shelf life, could be stored and transported in either hot or cold weather, good for the food industry, bad for the consumer. The funny thing is because coconut oil is full of antioxidants it naturally has a long shelf life. Too bad they did not know this back then.

So for decades coconut oil was considered an unhealthy fat, until researchers took the time to separate processed, unhealthy coconut oil from organic, low temperature extracted coconut oil. The results are not only shocking, but new uses for this amazing oil are turning up every couple of months.

My Story

As many of you know, a few years ago, after battling weight problems for many years I lost over 80lb. Never being a big eater there were times I did not consume over 500 calories a day, and like many other people, I did not understand why the weight would not come off. You hear how bad "FAT" is for the body, and see the food industry manufacturing one product after another labelled low fat, but what few people know is the taste is compensated in these products by increasing the sugar content. While they have little to no fat, the sugar/carbohydrate numbers increase, yet they still call this diet food. The biggest lesson I've learned in dietary nutrition is that fat is a friend not a foe for both losing weight and achieving good health, at least as far as my health was concerned.

On the other hand, grains, which are loaded with carbohydrates were my biggest enemies, my body just could not burn even a low amount of carbohydrates each day, though the healthy fat filled me up and was easily digested. The most important thing here is learning what makes a healthy fat, and eliminating the unhealthy fats. Understanding what makes a healthy fat is kind of complex, even though the food industry tries to simplify it for us, I often wonder if they really understand themselves.

There are fats that are higher in Omega six and few that are higher in Omega three, and many people consuming various vegetable oils wind up

consuming large amounts of Omega six and not enough Omega three. Then there are short, long and medium chain fats, which all work different in our system, yes, the study of fat is a complex world. Wish it ended there, but going a step further getting the product you think you are buying makes our choices even harder. Worse yet if that fat has been on the store shelf, exposed to light and heat for too long of a period it becomes rancid fat, which is one of the worse things you can ever put into your body. The really bad part is that most times there is no sign that something like olive oil has gone rancid, or is not really olive oil and some other cheaper oil substitute, it may even be a nut oil. (which could be deadly to a person with tree nut allergies).

In 2005 I drastically changed my meager diet, in fact started to eat about double the calories as before, eliminated almost all the grains, and got my limited carbohydrates from loads of fresh green vegetables. I ate more meat, cheese and healthy fat. In my salads I switched to hemp oil the best Omega 3, 6 balance around, and it was about that time I found organic coconut oil. Being limited on exercise, I was told it would be hard for me to lose weight. Knowing how hard I worked around the house, I did not believe this. Isn't gardening, putting up one's harvest and living more like they did in the 1800's a lot of hard work? Keeping to this new diet, and keeping as active as possible I reached my goal in three years without ever being hungry.

It is not really hunger that pulls people off a good diet program; it's HABIT. We have been trained since childhood to reach for that slice of toast, glass of juice or even a "healthy" whole grain muffin for a quick fix to our hunger. All of which are metabolized quickly into our blood stream and give us almost instant satisfaction, whereby eating a large

bowl of salad with mixed greens, a little tomato, cucumber and healthy oil and vinegar would not give us that quick fix, but would slowly bring us to the same place without surging our insulin. It's these sudden, almost constant surges of insulin throughout the day that are our real enemy.

As time goes by

We all know the secret is not losing weight, but keeping it off and there is no time harder than periods of inactivity. These last four years an old childhood injury flaired up, and I found myself less active and concerned that the weight would return. By sticking to my low carbohydrate routine, and using coconut oil for cooking, I've found that the coconut oil satisfies my hunger and nutritional needs better than anything I've ever used for cooking. I still use hemp oil for my salads, but have switched to using coconut oil for my baking as well as pan frying.

For an example of how healthy coconut oil is for people you just have to look at the inhabitants of the South Pacific Islands before and after World War II. Before the war they were a fairly slim, energy rich society where most had good health, diabetes was unheard of. After the war it became the opposite situation the islands were flooded with our processed store bought fats, and our over indulgence of carbohydrates. Before the war they got most of their needs met by the coconut palm tree. Even their cooking oil was made the traditional slow process of extracting oil from coconut milk. Their diet was rich in coconut milk, meat and oil and they were healthy. Along comes the modern diet filled with hydrogenated fats, trans fats and preservatives and you have a diabetic, obese society.

Next time: Part II Other uses for coconut oil

Hard work pays off—in cash—for Sherbrooke student

SHERBROOKE

For local student Leah Davidson, it might feel like her lucky day, but luck had nothing to do with her \$6,000 scholarship award recognizing her academic excellent and community participation. Leah will apply the windfall to her tuition for post-secondary studies in Economics at the University of Pennsylvania's Wharton School. Leah's award, the Guruparan Scholarship Award, is from C.S.T. Consultants, Inc. (CSTC), the sole distributors of Canadian Scholarship Trust Plans.

Leah, who was adopted from China at the age of 9 months, says she "began life with very little chance of attending school." Now a Sunday school leader, nursery worker, and a Girls Club leader, Leah also attended the Students on Ice Antarctic Expedition, and was a volunteer English teacher at a language immersion camp in Salamanca, Spain.

"I was excited to go to Spain, but I didn't want to just go as a tourist," explains Leah. "I wanted to make a differ-

ence and really immerse myself in the culture in Salamanca. Teaching teenagers there gave me that rewarding experience."

Leah enjoys biology, swimming, playing with children, and filmmaking but her passions lie in business, international relations, and creative writing. She would like to establish a socially responsible service company, publish a best-selling novel, and volunteer at a Chinese orphanage.

"Before heading to school, I was worried about education funding," Leah admits. "The Guruparan Scholarship Award means I won't have to work during school, so I can focus entirely on my academic and community initiatives. I was impressed by CST as an organization, and their efforts to make post-secondary education affordable for Canadian families."

"The more education Canadians have, on average, the more they earn, the more they vote, and the more they volunteer and participate in their communities," said Sherry MacDonald, CEO

of C.S.T. Consultants Inc. "We're proud to award Leah with this scholarship toward her post-secondary studies, because she has accomplished so much already, and has a very bright future ahead of her."

This is the inaugural year for the Guruparan Scholarship Award from CST, who this year also launched the Winsor Scholarship, which was won by Montreal student Daniel Kang. These scholarships join ten others distributed every year since 1984 by the CST Foundation. Since those awards were founded, 247 students have shared nearly \$1.5 million in scholarship money to apply to their post-secondary education.

The Canadian Scholarship Trust Foundation is a non-profit organization that has been helping families save for post-secondary education for over fifty years. As a wholly-owned subsidiary of the Foundation, C.S.T. Consultants Inc. (CSTC) is the distributor and manager of the Canadian Scholarship Trust Plans.

Sherbrooke roadwork

The Quebec Ministry of Transport wishes to inform the public that repairs to the bridge on Route 143 (rue des Grandes-Fourches) over Frontenac Street in Sherbrooke, will be undertaken from Sept. 4 to November 5, 2012.

This work will close the ramp at Frontenac Street for drivers coming from King Street. A detour via King Street West and Wellington Street North is suggested.

Ditch cleaning will also be performed on Route 220 (Chemin St-Élie), between Chemin Laliberté and Circé Boulevard, until Sept. 14. The work will result in lane closures, Monday to Friday, from 7 h 30 to 4:30 p.m. Traffic will be alternately directed using traffic lights.

In Estrie, over \$142 million is being invested by the MTQ and its partners to continue, start or end more than 90 projects. Hence the importance of respecting the message: "When orange, use double caution."

The public is invited to plan their trips safely by visiting www.quebec511 before leaving.

Close to 5 million electors are invited to the polls

Mr. Jacques Drouin, Chief Electoral Officer, invites close to 5 million electors to exercise their right to vote today, election day. They are electors who have not already voted at the advance polling from August 24 to 30. From 9:30 a.m. to 8 p.m., 19,680 polling stations will be open and 90,000 election officers will be on hand to administer the election. A total of 892 candidates are hoping to win the favour of the electorate.

"Participating in a general election keeps our democracy alive by choosing our representatives at the National Assembly emphasized Mr. Drouin. That's why it is important to exercise this precious right, namely the right to vote."

The Chief Electoral Officer wishes to point out that the efforts made over the last month to hire election officers have borne fruit and that everything is now in place to welcome electors all across Québec.

Welcoming electors and exercise of the right to vote

Electors can use their reminder card received at their domicile to find out where their polling station is located. They can also consult the website of the Chief Electoral Officer at the following address: www.monvote.qc.ca or contact the Information Centre at the following telephone number: 1 888 ÉLECTION (1 888 353-2846).

Incidentally, employers must make sure that employees benefit from four consecutive hours to exercise their right to vote. In addition, the Election Act stipulates that educational institutions are required to give time off to students who are electors. Québec's school boards will also have to give all students attending their schools the day off for the election.

To exercise their right to vote, electors must have their names on the list of electors. They must establish their identity after having stated their name and address to the deputy returning officer. For this purpose, they can show any one of the following documents: their health insurance card, driver's li-

cence, Canadian passport, Certificate of Indian Status or Canadian Forces Identification Card. This formality will make it possible to confirm the identity of electors.

The compilation of the lists of electors after the revision reveals that the final number of electors registered for today's election is 5,919,778. Of that number, 3,271 are electors outside Québec and 2,870 are inmates. More than 139,041 changes were made to the list of electors during the revision and special revision, namely 76,073 registrations, 56,049 strikings and 6,919 corrections.

Source: Directeur general des elections

Voting eligibility add to back to school pressures

By Gib McInnis

Today millions of people in Quebec will be casting their ballots at the polls, but many, including students will be left out. The fact that Jean Charest marked Sept. 4 as the day for a provincial election does not sit very well with some students.

Caroline Bossier, from Montreal, is a student at Bishop's University, and today she is busy working on the campus for the ceremonial Frosh Week. But having a voting date on Sept. 4 makes it very difficult for her to get out and vote, if voting at all. "I haven't had the time. We are working on Frosh Week this year, so it did not work out for me, being too busy. And it sucks too because they took me off the registration list at home so I couldn't vote at home because I am living here, this is my primary residence, so I kind of get no luck over there too because I couldn't go to the early (advance) election either."

But when asked whether she received any notice in the mail to go out and register, Bossier claimed that, "Here, I think we got one in the mail this morning, but it is kind of a last minute thing to get onto the voting list, to be able to vote." Considering her activities of choosing her courses, buying her course materials, and organizing her personal affairs, Bossier does not see voting as a priority today. "Yes, there is a lot going on this week, and unfortunately, it is not one of the things that is at the top of my list to do. I know it sucks because I would love to vote."

Bossier's friend, Cassandra Wood, is also from Montreal, but, unlike Bossier, Wood will have an opportunity to get out and vote. "I had a very different experience. I voted in the previous election, so I was already on the registration card. It came to my home in Montreal.



Caroline Bossier (on right) and Cassandra Wood (on Left) both from Montreal.

GIB MCINNIS

And my parents and me went to the pre-election date together, so it was easier for me and I just did it." The voting process worked for Wood because she says, "My parents take it very seriously, so it was kind of like, 'we want you to vote before you go back to school.'"

Brendan Flynn is a third year English and History double major at Bishop's University. He stated too he had a difficult time trying to get back to his home riding for the advance poll, but with no luck. "I have not voted. I should have voted in the advance poll because, today, I am not able to get back (to Montreal) this week because of Frosh. I am a Frosh leader and I have to be here."

Responding to Jean Charest's decision to call an election when students are in the process of returning, Flynn said "It is kind of a cheesy tactic. It would have been a lot easier if he (Charest) would

have called it in late Sept. instead of the first week of school." When asked whether the Sept. 4 date is an issue from preventing students from voting, Flynn responded with, "Yes, I think it is a pretty wise move on his part because in the past he has had a tough time with students. So, yes, his decision is preventing me from voting."

Geoff Meugens is originally from British Columbia but has been living in Quebec now for over a year. He is starting his second year at Bishop's as an English major. "I have no idea of whether I can vote." "Charest has prevented some of the students from voting because he chose to have the voting date on Sept. 4," and "deciding not to have the voting centres at universities, or just by having the election happen on the day before school starts shows me that he is playing a little dirty..."

Selma Alvarez-Barkham is from Gatineau, and like many other students in Quebec, did not vote in the advance polls, nor can she vote in today's election. "Well, I think I forgot my paper (in Gatineau). I am not sure about the process of how to get registered here, and I don't think I am registered as a resident here because I am subletting."

Like many of the other students, Barkham feels that Jean Charest has played a dirty political trick on many students when he chose the Sept. 4 election date. "He most likely did think about that because it is very difficult for us to get our voices heard. I don't like sitting out of an election and I wanted to go to the pre-poll but it was difficult because I had to move a friend on that day and also I was working so it was not the perfect time to vote, to get my voice heard."

CAB honours Joe and Bev

Camp d'action biblique (CAB) gathered to thank Joe Kelly and Beverly Taber Smith, as well as all those who have been collecting bottles for CAB in April, May and June. Thanks to their efforts for four years, a total of more than \$4,700 has been raised to help camper sponsorships and camp upkeep.

CAB is a Christian summer camp located in

Richmond. This 62-acre camp has been in operation since 1947 and continues to offer children and youth a wide variety of outdoor activities such as interactive games, swimming, canoeing, fishing, and archery in a family-like setting.

For more information about CAB, please call 819-826-5400 or , off season 450-826-4599 or visit www.cabqc.ca.

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EDITORIAL

A "known unknown," in the case of the Arctic Ocean, is how long it will be before the entire sea is ice-free at the end of each summer.

Arctic sea ice and climate: The 'Unknown Unknown'

By Gwynne Dyer

It's no surprise that we will have a record minimum of ice cover in the Arctic Ocean at the end of this summer's melt season. It's already down to around 4 million square kilometres, with a least another week of melting to go, but this is what you might call a "known unknown." Scientists knew we were losing the ice-cover; they just didn't know how fast.

I'm no fan of Don Rumsfeld, President George W. Bush's first defence secretary, but I never had a problem with the distinction he made between "known unknowns" and "unknown unknowns." He was brutally mocked in the media for using such jargon, but there really is a difference.

A "known unknown," in the case of the Arctic Ocean, is how long it will be before the entire sea is ice-free at the end of each summer. The last report of the Intergovernmental Panel on Climate Change, published in 2007, talked about some time in the second half of this century, but it couldn't be more specific. It was a "known unknown," in other words. Now we know that it will probably happen before the 2030s, and possibly in this decade.

The impact that an ice-free Arctic Ocean might have on climates elsewhere, however, was an "unknown unknown." Big things might happen to the complex atmospheric system of the planet when a major chunk of it suddenly changes, but nobody knew what.

We are starting to find out. The polar jet stream, an air current that circles the globe in the higher northern latitudes and separates cold, wet weather to the north from warmer, drier weather to the south, is changing its behaviour.

In a paper in Geophysical Letters last March, Jennifer Francis of Rutgers Uni-

versity and Stephen Vavrus of the University of Wisconsin pointed out that a warmer Arctic reduces the temperature gradient between the temperate and polar zones. That, in turn, slows the wind speeds in the zone between the two and increases the "wave amplitude" of the jet stream.

The jet stream flows around the planet in great swooping curves, like a river crossing a flat plain, and those curves - Rossby waves, in scientific language - are getting bigger and slower. This is a recipe for extreme weather.

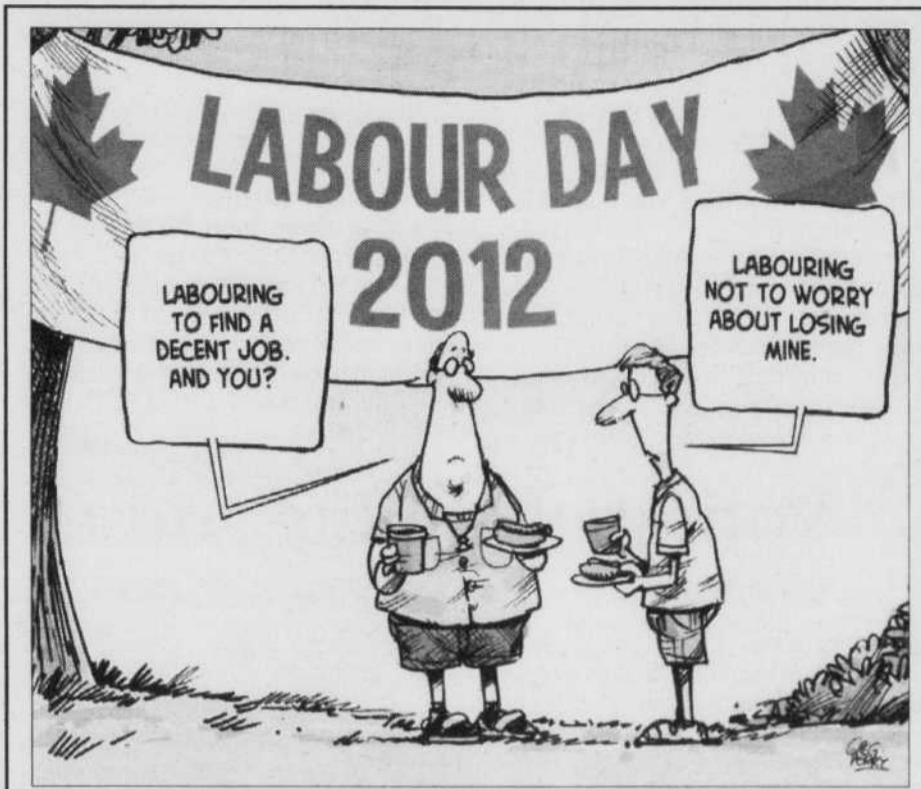
In the old days the Rossby waves went past fast, bringing the succession of rainy and sunny weather that characterised the mid-latitude climate. Now they hang around much longer and generate more extreme weather events: droughts and heat-waves, or prolonged rain and flooding, or blizzards and long, hard freezes.

The temperate zone has been seeing a lot more of that sort of thing in the past couple of years. It's cutting deeply into food production in the major breadbaskets of the planet, which is why food prices are going up so fast. And this was an "unknown unknown": nobody saw it coming.

All the scenarios that the military of various countries were working with assumed that climate change would hit food production hard in the tropical and sub-tropical parts of the world, and that is still true. But the scenarios also assumed that the temperate regions of the planet would still be able to feed themselves well (and even have a surplus left over to export) for many decades to come.

If Francis and Vavrus are right, that may not be the case.

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



Brome Lake Duck Festival gets jazzy

TOWN OF BROME LAKE (MCD) of Brome Lake Ducks, Dominicano Forte.

Autumn will once again see the duck and all its edible friends celebrated in the streets of Knowlton with the 17th annual Brome Lake Duck Festival. Organized by a group of local merchants, the festival will highlight and promote the great variety of different gourmet products produced in the Eastern Townships.



2012 poster by Marie Andrée Leblond

Recognized as one of Quebec's "most beautiful villages", Knowlton is the destination of choice for a week-end or week-long get-away, particularly in autumn when the leaves reveal their glorious fall colours.

Through a partnership between two very popular events in the region - Sutton Jazz Festival and Duck Festival - visitors can stroll through the streets of Knowlton to jazz.

The town is also blessed with many inns and B & B's that know how to pamper their visitors.

Not only will they be on the streets led by jazz musicians, but also by mimes Mr. and Mrs. soup and magician Mr. Distinguished, to the delight of children. Also, face painting, cookie decorating shaped duck, making necklaces with candy, photography behind the silhouette of a duck and circus workshops are all fun activities that will help spend quality family time on the site.

Brome Lake Duck, celebrating its 100th anniversary, will be joined by producers of everything from Sea Buckthorn to maple-flavoured delights, and artisanal beers and regional wines on the minds and menus come September 22-23 and 29-30 as the streets of downtown Knowlton celebrate the agricultural and gastronomic talents of the region.

All the restaurants in the village, as well as those in Brome Lake and Sutton, are participating in the festival by offering new and different ways to use local and regional products while focusing on duck and regional wines.

The street festival will see agricultural producers showing and selling their wares along the sidewalks of Knowlton and Lakeside Roads. The centre point of the Festival will be Coldbrook Park where visitors can enjoy culinary demonstrations given by many renowned regional chefs, including the Executive Chef

The hours for the festivities are 10 a.m. to 5 p.m. For more information call 450-242-6886 or e-mail info@ca-nardenfete.ca

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	6 MONTHS	63.00	3.15	6.28	\$72.43
	3 MONTHS	32.00	1.60	3.19	\$36.79

ON-LINE SUBSCRIPTIONS					
		GST	PST	TOTAL	
QUEBEC:	1 YEAR	55.00	2.75	5.49	\$63.24
	1 MONTH	4.99	0.25	0.50	\$5.74

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Le Rendez-Vous Howard should not to be missed...



PHOTO BY SYLVIA BULLARD

Senator Howard played by Eric Langlois will be featured in a parade that takes place Saturday at 11:30 a.m. departing from the Mitchell school, ending at Domaine Howard.

By Sylvia Bullard
SHERBROOKE

Domaine Howard located at 1300 Portland Blvd. Sherbrooke is inviting everyone, whether Francophone or Anglophone to make an appointment to join together to celebrate Le Rendez-Vous Howard on the 7, 8 and 9 of September. There are a multitude of events and activities planned that are sure to delight all members of the family. One who has never taken the opportunity in the last eleven years to join in the activities has truly missed out on an event that informs people about the rich history of the English, French, Scottish, Irish and Native cultures of our area. Most of the activities are free or at a very small charge.

The event initially originated for the bi-centennial and this year marks its 11th anniversary. This year's theme for the event is 'Proud of this Heritage' also marking the 50th anniversary of when the well-liked Senator Howard who was born on September 27, 1885 donated his land to the city of Sherbrooke in January 1962, just two years before his death on March 26, 1964.

A rich businessman, industrialist and lumber merchant of the time, Howard was a Member of Parliament representing the riding of Sherbrooke and sat in the Commons in Parliament in Ottawa. He was appointed senator and also be-

came 49th mayor of the Town of Sherbrooke on March 28, 1950. He was the last Anglophone mayor in the history of Sherbrooke. "It was his dream that all of the people would enjoy his estate," says Louise Gavin, a long time member of the planning committee, adding, "This occasion is also to convey the importance of the Senator, because many people who have enjoyed the beautiful park and gardens year round may yet have been wondering just what the story is to it all. It is all kind of mysterious to many people and this is the only time of the year people can visit inside the mansions." Tours of the mansions that historically had been at one time places of political meetings, business and high society, are offered on Saturday afternoon with one in English at 4 p.m.

The official opening is at 2 p.m. Friday afternoon when members of the whole family can fish for trout in the pond at the very low cost of \$3 with no licence needed for those three days. Fishing rods can be rented for only \$1. A special Scottish meal by reservation will be served in Pavillon 1 on the estate at 5:30 p.m. at a cost of \$75 per person or \$270 for a table of four people. Scottish dishes can be discovered while enjoying four different samples of Scotch. At 8 p.m. rockabilly music featuring 'Bob is not from the 60's' will be presented.

The estate is quite widespread and stages set for Celtic, Classical and Jazz.

Musical presentations will be bringing out a lot of young musicians, creating an ambiance of a bygone time throughout the whole event as drinks and refreshments can also be enjoyed. In and around the beautiful gardens, vintage cars will be seen, or if you prefer to go even further back in time, a ride can be taken in the horse and buggy available on the estate.

A parade led by Senator Howard will take place Saturday at 11:30 a.m. departing from the Mitchell school, ending at Domaine Howard. Anyone who would like to dress up in period clothing and join in the parade can give their name to Melanie at 829-574-1033. English Tea with tasty sweets will be served Saturday at 1 p.m. and 3 p.m. for only \$5 and there will be a beer and scotch tasting at 4 p.m.

A petting zoo and the works of local artists, as well as shows from magician André Rancourt to be held at 1 p.m. and 3 p.m. are all not to be missed. The event has grown a great deal as more space now is being taken up with activities that are spread throughout the grounds, such as archery by Les Archers de la St-Francois. A medieval supper will be held on the grounds at 5:30 p.m. Saturday at the lost cost of \$35.

When local actor, singer, performer Eric Langlois who has been playing Charles Benjamin Howard speaks about the late Senator, it is unmistakably evi-

dent that the character he has been playing for the past seven years is held very near and dear to his heart. Langlois says, "I have done extensive research on the family, but even though I have a wealth of knowledge on the subject I always welcome speaking with anyone who may know a little something more about their history, perhaps even having had a relative working for the family. I am eager to learn anything more they could share with me."

Be sure to make reservations before September 7 for any one of the bus tours Langlois can take you on beginning on Friday at 3 p.m., then Saturday and Sunday at 9 a.m. and 2 p.m. The tour begins behind the municipal greenhouses continuing on to Jacques-Cartier over to the Old North neighbourhood, ending at Elmwood Cemetery where the Senator is buried. You are guaranteed to come away knowing a great deal more about Sherbrooke's history. Cost is only \$20 for the two-hour tours.

Last year there were about 6,000 in attendance, but this year as many as 8,000 to 10,000 are expected over the course of the special weekend. For further details consult www.rendezvoushoward.com or for reservations to any of the events call 819-821-1919

sylvia.recordlink@yahoo.ca

Loreena McKennitt coming to Sherbrooke

By Sylvia Bullard

Loreena McKennitt a world class performer is coming to Sherbrooke Monday, December 11 to the Centre Culturel Université de Sherbrooke, following performances at forty-four concerts and festivals in Europe during the last spring and summer.

Her seven-date tour begins in Ottawa on December 1, and will continue to six major cities in Quebec. With the exception of an appearance in 2009 at Quebec City's Festival d'Été it will be her first performances in the region since 2007.

Trois Rivières, Quebec City, Montreal, Drummondville, Saguenay are all also on the schedule. Tickets for the Sherbrooke show went on sale August 25.

McKennitt a Canadian singer, composer, harpist, accordionist and pianist writes, records and performs world music with Celtic and Middle Eastern themes and is known for her refined, clear soprano vocals.

She has sold more than 14 million records worldwide and has won numerous prizes and awards, including membership in the Order of Canada. She has sold 14 million records, written film and

television scores, and has created three concert DVDs.

McKennitt will be accompanied by four of her long-time colleagues, violinist Hugh Marsh, guitarist Brian Hughes, cellist Caroline Lavelle and hurdy-gurdy player and percussionist Ben Grossman. Her program will consist of music from across her 'eclectic Celtic' catalogue, including songs from her most recent lesser-known seasonal carols.

In a recent press release McKennitt reveals, "I'm very much looking forward to sharing some of the more intimate material. I love playing with the larger

band on songs like 'The Mummer's Dance.' That song reached #3 in Adult Top 40, #17 on the Hot Modern Rock Tracks chart and #18 on The Billboard Hot 100.

The artist will share some of the stories behind her songs, inspired by her quest of the history of the Celts and her travels to places such as Ireland, Brittany, Mongolia, Turkey, Russia, and China. For more information visit her website, www.loreenamckennitt.com.

sylvia.recordlink@yahoo.ca

Memphremagog Community Learning Centre just keeps getting better...

Sylvia Bullard

The nights are getting colder and the leaves will soon start to turn and yes it is that time of year to think about registering at the Memphremagog Community Learning Centre (CLC) to learn a new skill, art or maybe even a new language. Many changes have evolved since the introduction of the community learning school which now is in its seventh year. As always the purpose of the centre is to promote lifelong learning and instill a sense of community belonging.

"It is great to know that no matter where you live in the Eastern Townships you can take advantage of the school," says Pervana Mladenof, Coordinator of Memphremagog CLC. "It is there to bring the community together, but it needs community support to keep it going. We are pleased to say we now have students coming from all over, as far away as Dixville, Racine, and Vermont."

The list offering a variety of new courses just keeps getting longer widening the scope of course selection. One of the many changes this season has seen is that CLC is happy to say they have formed a partnership with a centre at Bishops called the Eastern Townships Resource Centre/ Experiential Learning.

Planning is well underway and fifteen six week evening courses are now confirmed but more may be added in the next few days. Just to name a few; 'Car Repairs for Dummies', 'Dog obedience 101', 'Creative Thinking/Writing course', 'Planning for Home Renova-



COURTESY

On the final night last year's Improvement Class was led by a past student from Princess Elizabeth.

tions', 'Computer Spreadsheets' and French English and Spanish language courses are on tap.

Depending on interest, some of the language and Yoga classes may even extend beyond the six weeks. There will be a charge for those to pay the instructor for those courses, but otherwise it is still only \$15 for the entire six week session of the courses.

Mladenof relates, "On the final night

we invite other organizations to set up a kiosk to share what resources are available in English. CSSS, CEDEC, Women's Centre, for example. "We also have a celebration where the students give a little presentation of what they have learned. Some classes learned songs in the other language and had us all singing along. It was beautiful."

The CLC is located in the Princess Elizabeth Elementary School at 120

Bellevue, Magog. Drop-in Registration is on Wednesday September 19 at 6:30 till 8 p.m. Classes are held every Wednesday night from September 26 through October 31 from 6:30 to 8 p.m. with coffee, tea, cookies and conversation to follow.

Telephone 819-238-1285 or email at mladenof@etsb.qc.ca for more information.

sylvia.recordlink@yahoo.ca

Walking for Parkinson's

SHERBROOKE

The 2012 Parkinson Estrie Super Walk, an annual event dedicated to raising funds for research into the debilitating disease, invites the public to walk with people suffering from Parkinson's disease and their families, Saturday, September 8, 2012 at 2 p.m. at the promenade around Lac des Nations in Sherbrooke.

This year, Mr. Claude Métras has agreed to be the Honorary President of

the 10th edition of the Parkinson Super Walk Estrie. Mr. Métras is a consultant in real estate and a public relations officer for Raymond Chabot Grant Thornton. He has been involved in various sectors of the Sherbrooke community.

Over the years, Métras has received many honours for his contributions to the community, including Grand Estrien, 2002 from the Sherbrooke Chamber of Commerce, Officer of the Cross, Sherbrooke Fusiliers, 54th regiment (2012) and finally Citizen Emeritus of

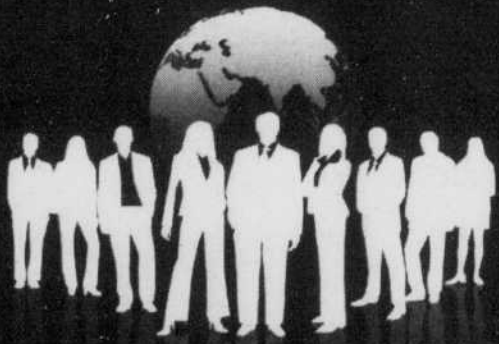
Sherbrooke by the Canada Day Committee.

Parkinson's disease affects not only patients but also family members and caregivers. More than 100,000 Canadians are afflicted with Parkinson's disease. Considering caregivers, more than half a million people must deal daily with the realities of the disease.

For this great family walk, participants demonstrate their solidarity with regard to people with dementia and their caregivers and help raise aware-

ness of this neurodegenerative disease for which there is no cure and as yet no effective treatment.

During the month of September, over 90 Super Walks are to be held across Canada including 12 in Quebec and Parkinson Estrie is proud to participate in this action from the heart. The goal is to raise \$3,000,000. In the Townships, the collection raised \$33,668 in 2011 and this year's goal is \$37,000. Donations can be made at the following website: www.granderandonnee.ca



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Haddrall had an excellent game as he hauled in 10 passes for 159 yards, including touchdown receptions of four, 16 and 24 yards.

BISHOP'S UNIVERSITY FOOTBALL

Concordia outlasts Gaiters 42-36

By Mike Hickey
Special to the Record

"Too many penalties, too many turnovers," was the simple explanation offered by Bishop's head coach Kevin Mackay after the Gaiters dropped their regular season opener to the Concordia Stingers, 42-36 Saturday afternoon.

For the record, the Gaiters committed five turnovers and were assessed 15 penalties for 137 yards. The miscues spoiled a strong offensive performance in which Bishop's amassed 592 yards in total offence.

The contest was really two games in one as the Stingers dominated the first half as they jumped out to a 31-10 half-time lead. The second half belonged to the visiting Gaiters as they nearly pulled off an amazing come-from-behind victory.

Bishop's cut the lead to 31-29 with just under nine minutes remaining in

the game when Jordan Heather connected with David Haddrall on a 24-yard touchdown pass.

However, the Stingers responded with a four-play 73-yard drive capped off by Mike Donnelly's 20-yard TD run that made the score 38-31. The Stingers added a single point before the Gaiters reached the end zone once more, this time on a 16-yard TD reception by Haddrall that cut the deficit to 39-36 at the 2:34 mark.

After a two-and-out by the Stingers, the Gaiters got the ball back and looked to take their first lead of the game. However, Heather was intercepted for the fourth time, which allowed Concordia to kick a field goal in the final minute to make the final score 42-36.

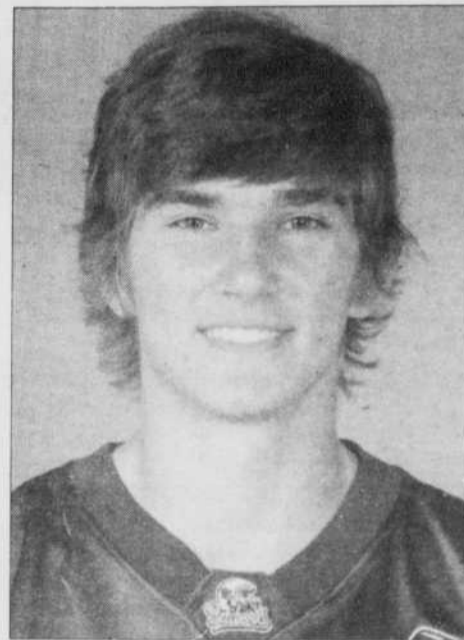
Heather completed 29 of 54 passes for 387 yards and four touchdowns, but three of his four interceptions came in the fourth quarter. Haddrall had an excellent game as he hauled in 10 passes for 159 yards, including touchdown re-

ceptions of four, 16 and 24 yards. Nathan Heather scored on a nine-yard touchdown pass in the fourth quarter while Mathieu Paquette booted a 25-yard field goal. The Gaiters rounded out their scoring with a two safeties and a rouge.

The Bishop's running back trio of Ron Lee King-Fileen, Matthew Burke and Ryon McCalla all rushed for over 60 yards.

The Stingers were led by receiver Kris Bastien, who caught six passes for 242 yards and two touchdowns including a 103-yard pass and catch play in the second quarter. Donnelly was the game's top rusher with 13 carries for 71 yards and two touchdowns.

Things will not get any easier for the Gaiters who will now face the defending Quebec champions, the Laval Rouge et Or, Saturday at 1 p.m. at Coulter Field. Laval defeated McGill last Sunday 33-15 while the Montreal Carabins easily defeated the Sherbrooke Vert & Or 38-14.



RECORD ARCHIVES

Gaiters quarterback Jordan Heather.

COLUMN

Dope and tell book by Lance Armstrong's teammate shows whole era was putrid

By John Leicester
THE ASSOCIATED PRESS

It surely would be more useful for his sport, cycling, if Tyler Hamilton hadn't waited until this week to spill the beans and tell us what he knows about doping in the Lance Armstrong era.

But, on the other hand, better late than never. Because Hamilton, a former Tour de France teammate and later rival of Armstrong's, knows more than most.

His dope-and-tell book set for release on Wednesday is important not so much because of what Hamilton tells us about Armstrong's own alleged doping but because — like ex-doper David Millar's biography last year — it smashes the code of silence that cyclists of their era lived by and which kept their rampant drug-taking largely hidden from public view for far too long.

Both Hamilton and Millar's books should sober up those opinion-makers who have developed a ho-hum attitude to doping in sport, and especially those who argue that since it cannot be eradicated, perhaps it should be accepted and even legalized. Why continue to spend taxpayers' money trying to catch dopers and unmask people like Armstrong? If athletes want to pour poison into their veins, let them. Why should we care?

How ridiculous. Criminal even. Anyone in their right mind should conclude that anti-doping efforts must be redoubled, not abandoned, compromised or sniffed at, after reading Millar and now Hamilton explain in their own words the horrors they experienced.

Not merely the injections. Those, after all, are simply the mundane practicalities of doping. No, most shocking in both their accounts is how they concluded separately that they had no choice but to dope, that cycling was so rife with drug-taking that the only way for them to continue and to succeed in the sport was to become rotten, too.

That is what the legalizers and the shoulder-shruggers don't get. If doping was permitted or largely ignored, in other words if we all didn't care, then all athletes with an ounce of ambition would have to do it. Giving them freedom to dope or looking the other way

would, in effect, mean they have no freedom at all. Spending millions on anti-doping is worthwhile not only to catch some if not all dopers but, perhaps more importantly, so that the majority of other athletes can feel that they don't necessarily have to dope to win. It's protection money.

In "The Secret Race," Hamilton recounts that it took him about 1,000 days of riding clean as a rookie professional to reach the opposite conclusion, to cave in and take drugs to keep up with the other riders who were doping. He started by swallowing a capsule of testosterone — "a tiny red egg" — and later graduated to injecting the hormone EPO and storing and transfusing bags of his own blood to boost his endurance, performance and recovery.

"Yes or no. In or out. Everybody has their thousand days; everybody has their choice," Hamilton says.

Millar, too, resisted for a while, riding clean in this same era of cycling with two speeds, where those who doped overpowered holdouts who, for whatever reason, didn't.

In "Racing Through The Dark," Millar says that by 2001 he, too, "accepted that it was easier to dope than not to dope."

Jonathan Vaughters, another former teammate of Armstrong's, says he doped because it was either that or renounce his dream of riding the Tour de France in this era when cycling's rules against doping were dead letters, largely unenforced or unenforceable because a test for EPO wasn't validated until 2000 and because then, as now, there was no single test to spot self-transfusions.

"When I was racing in the 1990s and early 2000s, the rules were easily circumvented by any and all and if you wanted to be competitive, you first had to keep up," Vaughters wrote this August in The New York Times. "This environment is what we must continuously work to prevent from ever surfacing again. It de-



RECORD ARCHIVES

Lance Armstrong

stroys dreams. It destroys people. It destroys our finest athletes."

Hamilton's accounts of doping with Armstrong when they rode together for the US Postal team are the headline-generators for his book. Armstrong points to hundreds of drug tests he says he passed in arguing that he won his record seven Tour titles legitimately. Readers can make up their own minds who to believe.

The gruesome details of Hamilton's doping also make his book a page-turner. Hamilton recounts, for instance, how he urinated blood at the 2004 Tour after poisoning himself with a transfusion of blood that had been improperly stored and gone bad.

And, for both Millar and Hamilton, success while doping seems to have brought little or zero satisfaction.

"While you smiled on the surface, underneath you squirmed," Hamilton writes.

"The more I doped, the more I hated cycling," says Millar. "I may have been able to win bigger races but I'd never felt less joy in doing so."

How sad.

Cycling's governing body, the UCI, must now decide whether to endorse the decision by the US Anti-Doping Agency to strip Armstrong of his seven Tour victories and all his other race results since Aug. 1, 1998, following its assertions that he doped and conspired with others to conceal it. Hamilton was among those USADA interviewed.

Whether the UCI has the stomach to put the boot into Armstrong remains to be seen. But, ultimately, whether it accepts USADA's findings or not seems less important than the bigger picture that Millar, Vaughters, disgraced 2006 Tour winner Floyd Landis and now Hamilton have belatedly revealed to us — that the sport was putrid.

That era is worthless.

It would have been better if Hamilton had told us the truth at the time.

But at least we know now.

John Leicester is an international sports columnist for The Associated Press.

Death



"Mickie" POVEY
nee Lillie Adeline Allison

It is with great sadness that we must announce the passing of "Mickie" Povey, nee Lillie Adeline Allison, born on May 22, 1916 in Bury, Quebec. She was the eldest daughter of Chauncy Allison and Alice Vintinner, granddaughter of George Allison and Elmeda Sherman, Alfred Vintinner and Lydia Booth.

She departed peacefully on Friday, August 31 at the Wales Home in Richmond, at the age of 96. Many thanks to the staff of The Wales Home, a truly wonderful place. Mickie was predeceased by her only infant son in 1952

and her three younger sisters Nellie (Oldfield) in 1975, Irene (Cook) in 2007, and Gwendolyn (Silvester) in 2008.

She will be lovingly remembered by her eight nieces and nephews and their families, many relations including first cousins Lorna Bennett of Bishopton, Eileen Lowe of Lennoxville, Beulah Turnbull of Lennoxville and Keith Vintinner of East Angus and a myriad of friends and acquaintances in the Eastern Townships. These friends were accumulated via a lifetime dedicated to her career of good cheer at Southern Canada Power in Lennoxville and her hospital visits, home visits to the shut-in and volunteering for friends and strangers alike.

How many hundreds of people had their pictures taken with her ever-present camera, all dutifully recorded as to names and dates and places on the back? How many thousands of greeting cards for every occasion did she send, each one with a personal message of optimism? How many did she feed with meals and goodies from her heavy pockets and purses and how many prizes and donations did she give, all done with warmth, smiles, hugs and of course her infectious laughter? And of course, how many community dances did she brighten by her presence?

Our Auntie Lill's remains will be buried privately with her parents in Bury. Please come to St. George's Anglican Church Hall (84 Queen St.) on Sunday, September 9 at 2 p.m. with your stories about Mickie, to celebrate her life with all her friends and family. Everyone is welcome.

In memory of her spirit, she would have appreciated a donation to any cause or charity of your choice, or The Wales Home, or perhaps just visit someone feeling poorly or alone. This lady's life is an inspiration to us all.

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PHONE: 819-564-1750
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Death



V. Olive WALKER
1930-2012

Passed away peacefully at the Ottawa General Hospital on Wednesday August 29, 2012 at the age of 81.

Daughter of the late J. Royal Walker and the late E. Gertrude Ewing. Loving sister of Ila (late Donald Witty), the late Adelaide (Carl Banfill), the late Floyd (the late Lorna Watt), the late Enid (late Robert Searle), the late Lawrence (the late Ethel Picken), and John (Laurie Fraser). Olive also leaves to mourn, many nieces, nephews, relatives and dear friends.

Visitation will be held at the Cass funeral home, 295 Principale St., Richmond, where friends may visit on Friday September 7th from 2 to 4 p.m., followed by the funeral service at 4:00 p.m. with Rev. Wanda Dillabough officiating. Interment in St. James Cemetery, South Durham. Donations to the charity of your choice would be greatly appreciated by the family.

CASS FUNERAL HOMES
295 Principale St., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Death

Brian MACKEY

Passed away peacefully at the Valleyfield Hospital on Sunday August 26, 2012 at the age of 77.

Brian was the beloved husband of the late Rosaleen Armitage (Lisnaskea, Ireland). He leaves to mourn, his 3 brother's-in-law from Ireland; Barry (Marie), Jim (Joan) and Brian (Dympna), along with many cousins and his life long friends in Hudson QC.

A memorial service was held at St. Mary's Anglican Church, Hudson QC, on Saturday September 1 at 11:00 a.m. and will be followed by a graveside service at the Westbury Cemetery, East Angus QC, on Saturday September 8 at 1:00p.m. with Rev. Wanda Dillabough officiating.

Memorial donations may be made to NOVA Hudson, 465 Main Rd., Hudson QC J0P 1H0 or to St. Mary's Anglican Church, 261 Main Rd., Hudson QC J0P 1H0. Arrangements entrusted to Cass Funeral Homes, Sherbrooke (Lennoxville) 819-564-1750

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

In Memoriam

BEATTIE - In loving memory of two very special people, Ruth (1987) and Wes (1986), our Guardian Angels! Married 64 years, September 4. Sadly missed but always lovingly remembered by friends and family, especially:

BRAD, MARILYN,
DAN, CRISTAL BEATTIE
HEATHER, MICHAEL,
KEVIN, SEAN MURPHY
LLOYD JAMIESON (brother)

RAYMOND, Wellington (Wink) - In loving memory of dear husband, father, grandfather and great-grandfather who passed away September 4, 1988.

*Those whom we love go out of sight,
But never out of mind;
They are cherished in the hearts
Of those they left behind.*

Sadly missed by
GERTIE (wife)
and FAMILY

Card of Thanks

PYE, James - The family of the late James Stevens Pye wish to express their sincere thanks to all the friends, neighbours and family who sent flowers, cards, brought food and made donations to the charity of their choice in James' name. Thank you to those who called at St. Augustine's Anglican Church giving us moral support at this difficult time. A special thank you to those who visited and brought food while James was struggling with cancer. Also, thank you to Dr. Michael Daniel, José Lacourse and the staff of the Asbestos Hospital for their care, kindness and encouragement. Thank you to Rev. Andrew O'Donnell for conducting the service, John Millen for playing the organ and to Rev. Wanda Dillabough for her loving support. Thank you to Jacques Laberge at Cass Funeral Home for his help and guidance and the women of St. Augustine's Anglican Church for the delicious lunch.

JOAN, GLENDON, STEVEN
AND FAMILIES

Graveside Service

MOTYER, Janet Speid - A Graveside Service will be held on September 4 at 2 p.m. at Malvern Cemetery, Lennoxville.

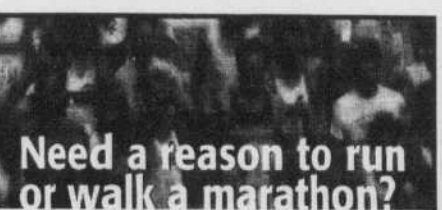


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BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$25.00 (\$28.74 taxes included) **WITH PHOTO:** \$35.00 (\$40.24 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@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.

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TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

LENNOXVILLE

Annual Quilt Show and Sale at St. George's Church Hall, 84 Queen St., Lennoxville on Friday, September 7, 10 a.m. to 5 p.m., and Saturday, September 8, 10 a.m. to 4 p.m. Admission includes entrance to show, special exhibits, viewer's choice, door prizes, refreshments by St. George's Parish Guild & ACW.

LENNOXVILLE

The Ladies' Auxiliary of the A.N.A.F. Unit 318 will hold a Flea Market on Saturday, September 8 from 10 a.m. to 3 p.m. at the Hut, 300 St. Francis, Lennoxville. To rent a table, call Emily at 819-562-8683.

LENNOXVILLE

The A.N.A.F. Ladies' Auxiliary Unit 318 will

be meeting on Monday, September 10 at the A.N.A.F. Hut, 300 St. Francis, Lennoxville. Executive meeting at 6:30 p.m. General meeting at 7 p.m. Please come and support your unit.

NORTH HATLEY

The Piggery Theatre presents Comedian, storyteller Lorne Elliott, www.lorne-elliott.com. Fast, foolish, great jokes and an endearing way with stories. Lots of laughs! Friday, September 7 at 8 p.m. Reservations/Information 819-842-2431 or piggerymedia@gmail.com. Buffet dinners available by reservation.

LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesdays, September 11 and October 9, at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesdays, September 25 and October 23, at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

NORTH HATLEY

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Fridays, September 7 and October 5, at the Library, 165 Main St. North, from 10 a.m. to 11:30 a.m.

SAWYERVILLE

The annual Roast Turkey Supper will be held on THURSDAY, September 6 at the Notre Dame du Ste. Rosaire Catholic Church, Sawyerville from 4 p.m. on. Menu: roast turkey with all the trimmings, vegetables, homemade rolls and pies, tea, coffee and juice. Sales table and Sunday School sales table. All are most welcome. Sponsored by the Sawyerville United Church Women and the Church congregation.

LENNOXVILLE

Mental Health Estrie - Benefit Night at the Piggery on Friday, September 7 at 8 p.m. Come to laugh and have your spirits lifted by Lorne Elliott - a one man comedy-music show (formerly of "Madly Off in All Directions", CBC radio). Tickets can be reserved by calling the Piggery and asking for "benefit tickets" 819-842-2431; or call Mental Health Estrie 819-565-3777.

WARDEN

500 card parties will be held at the I.O.O.F. Hall in Warden on Wednesdays, September 5, 12, 19 and 26, at 7:30 p.m. All welcome.

AYER'S CLIFF

Sunday Brunch on Sunday, September 16 at Beulah United Church, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a delicious meal of bacon, sausage, ham,

scrambled eggs, pancakes, real maple syrup, homemade baked beans, toast, jam, fruit salad, coffee, tea and juice. All are welcome!

STANSTEAD

Fall Leaf Fair on Saturday, September 8 at Christ Church, 548 Dufferin St., Stanstead from 9 a.m. to noon. Sales tables, attic treasures, crafts, home bake table, etc. Drawing for a "Bag of Groceries." Come, join us for a cup of tea or coffee, bring along a friend.

...

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

My mother-in-law is well aware of the values we teach, but if I say anything, she says I'm judging her and being disrespectful

Annie's Mailbox

Dear Annie: My husband and I are trying to raise our three children in a traditional, conservative environment, but my in-laws undermine our values.

We recently went on a cruise with them, along with my husband's brother and niece and her live-in boyfriend. At one point, my oldest daughter didn't feel well, so I took her back to the cabin for a couple of hours. When we found the rest of the family, they were having a drinkfest right in front of our 14-year-old daughter and 12-year-old son. Not only that, but they were buying alcohol for the niece and her boyfriend, both of whom are under 21.

From the looks of the empties on the table, this had been going on for the entire two hours. Most of them were drunk. Mind you, my husband was taking part, as well, which infuriated me. But I was even angrier with my mother-in-law, because I feel that women should be protectors of their children and grandchildren, instead of enablers.

My mother-in-law even made a point to tell our daughters that the niece had been living with her boyfriend for more than a year, which seemed to put her stamp of approval on the arrangement. My kids didn't know this, nor did they need to. They don't live near their cousin. My mother-in-law is well aware of the values we teach, but if I say anything, she says I'm judging her and being disrespectful.

We spent very little time with the family for the rest of the trip because they wanted to party and we wanted a more wholesome environment. How do we handle this type of situation when it comes up again? — Kids First

Dear Kids: Please understand that you cannot control what other people do, only how you respond. You also cannot control every environment, so use these situations as learning experiences. Talk to your kids calmly about what's going on and how you feel about it. Don't vilify your in-laws, but be prepared for their continued inappropriate behavior. Your kids undoubtedly will encounter other such situations when you are not around, and the hope is that they will remember the good judgment and values you have taught them. And please stop blaming your mother-in-law. Your husband should have been the protector of his own children.

Dear Annie: My wife's uncle had a laryngectomy a few years ago. He now breathes through the stoma in his throat and also discharges phlegm through it.

He doesn't cover the opening with mesh.

I hate to sound uncaring, but he constantly coughs into a tissue that he then lays on our countertops, dining room table or wherever else. This is not only unsanitary, but gross. When he leaves, we have to use antibacterial wipes on everything he touched.

If we were to say anything to him about this, he would be upset and probably not speak to us again. We are running out of excuses to avoid his visits and hope he reads your column and makes the connection. — Germ Concerned

Dear Germ: Someone who uses a tissue to expel anything should not leave it around, especially on a surface where food is served or where others have to dispose of it. This is simple courtesy. The next time your uncle visits, discreetly place a small wastebasket near him "for his convenience."

Dear Annie: This is in response to "Disappointed in Ohio," whose girls' group was resentful when one of the women began to bring along her new husband.

I once belonged to such a group of retired women, which we named the "Silver Belles." The time came when the husbands also retired, and sometimes, one of us would ask to bring our husband along. Instead of resenting it, we welcomed them and began to call our group the "Silver Belles and Beaus." — Chatsworth, Calif

Dear Annie: My husband and I have been married for 30 years. We each have adult children from previous marriages. One, "Luella," only wants a relationship when it suits her. We don't hear from her on Father's Day, but if you miss something for her, she's "hurt." She's a taker, not a giver.

A year ago, Luella had a baby. We asked about visiting, but Luella simply didn't respond. We offered to help when the baby came home from the hospital, but were told they wanted to "bond as a family," and we respected that. Finally, in desperation, I put the ball in her court. She didn't like it one bit, but after a particularly vitriolic email, she finally gave us a date to come visit.

Luella lives across the country, and it's not easy to get there, financially and physically. We would be

willing to go if we felt we were welcome. So should we go or wait until she is more eager to see us? We don't want to be labeled as disinterested grandparents, nor do we want to be resented. The joy of meeting our new granddaughter has been diminished by Luella's attitude. What would you do? — The Undoubtedly Wicked Stepmother

Dear Stepmother: Go. Luella will never be "more eager." Yes, her hand was forced, but you arranged that, so take advantage. Don't make this about Luella. It's about seeing your grandchild. Stay in a hotel if you can manage it. Bring a house gift for the parents, as well as a gift for the baby. Be sweet and pleasant. Some children are simply difficult, and you must deal with them as they are in order to stay in their lives.

Dear Annie: I have been married for 25 years. My husband is a wonderful father and provider. The problem is, he never compliments me or shows affection in public, such as a kiss on the cheek or an arm around my shoulder. I can count on one hand the number of times he has told me I look nice, yet he will say that other women are gorgeous. This hurts my feelings and makes me feel insecure. Other people have told me that I am attractive, but apparently not enough for my husband.

He has a lot of interests that keep him busy, so we don't spend much time together. I hate feeling like a nag by asking him to cut back on his hobbies, even though I have mentioned to him that I would appreciate it. Am I being too sensitive? — Feeling Insecure and Unappreciated

Dear Insecure: Your sensitivity is perfectly understandable, but after 25 years, you need to decide what you can tolerate. Your husband is never going to be Mr. Romance. You might get him to spend more time with you if you schedule activities that interest him. The fact that he comments on other women doesn't mean he finds you less attractive, only that it's easier to express these things about strangers than about someone he is close to. If his other qualities make up for these deficiencies, please accept his limitations. Otherwise, consider counseling.

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

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.

" W JCT'L BSTL XHCXMH LC PTCB BYSL
W'Z SDLKSMMN MWP.H. WL'G TCL RCCJ
OCV ST SDLCV." — ASDP TWDYCMGCT

Previous Solution: "Sing with passion. Work with laughter. Love with heart. 'Cause that's all that matters in the end." — Kris Kristofferson

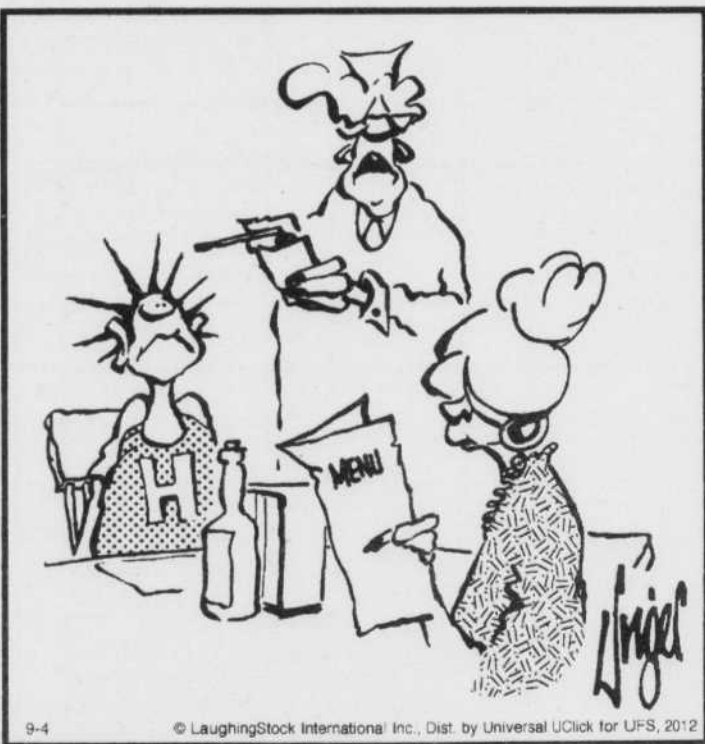
TODAY'S CLUE: n srenbe x

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KIT N' CARLYLE



HERMAN



"OK, a cheeseburger for you.
What about the punk?"

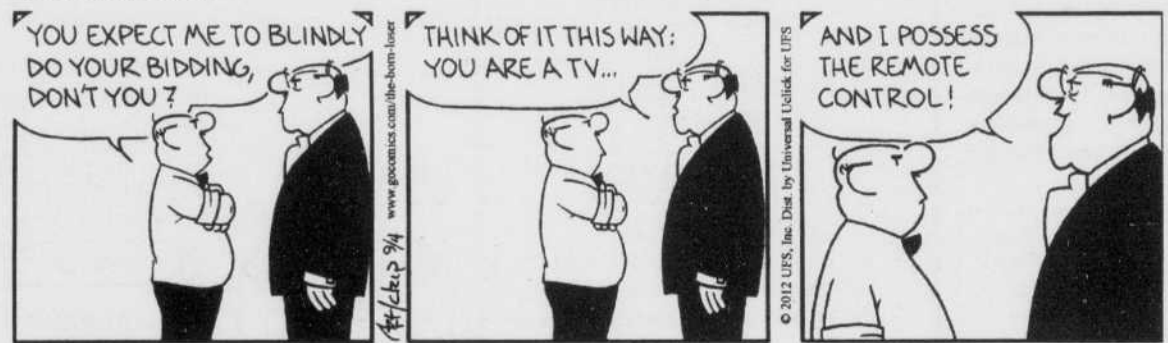
ALLEY OOP



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It pays to advertise in the classifieds

SUDOKU

Difficulty: 2 (of 5)

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

9-3-12

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PREVIOUS SOLUTION

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

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

SUDOKU

Difficulty: 3 (of 5)

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

9-4-12

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PREVIOUS SOLUTION

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

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Your Birthday

TUESDAY, SEPTEMBER 4, 2012

Friends and associates are likely to play constructive roles in important affairs in the year ahead, especially in areas that you think need some improvement. With everybody pitching in to help, it's inevitable that you'll succeed.

VIRGO (Aug. 23-Sept. 22) — The social sphere in which you'll be operating is likely to be charged with an air of expectancy. You'll love it, because it tends to make everything seem more exciting.

LIBRA (Sept. 23-Oct. 23) — Because you're prepared to work for what you get, you'll be in an extremely favorable financial cycle. You won't expect any free rides, and the rewards will seem bigger because of this.

SCORPIO (Oct. 24-Nov. 22) — A friend in whom you place considerable confidence will have several constructive suggestions for you. Give his or her ideas a shot — they are likely to help you resolve a problem.

SAGITTARIUS (Nov. 23-Dec. 21) — Conditions look to be favorable, but your greatest breaks are likely to come in the financial or commercial realms, even though you may not be looking them in those quarters.

CAPRICORN (Dec. 22-Jan. 19) — You're presently in an extremely favorable cycle in terms of popularity. Before the period is over, you could pick up scads of new friends and admirers.

AQUARIUS (Jan. 20-Feb. 19) — Instinc-

tively, you will know how to make some pretty smart moves in order to give your family certain things they desire. Just do what comes naturally, and you'll come out ahead.

PISCES (Feb. 20-March 20) — You always seem to have an abundance of ideas that are extremely satisfying and feasible, and they'll be better than usual at present. Share your thinking with those who'll appreciate it.

ARIES (March 21-April 19) — Your chances for getting something that you really want are better than usual at this time. If you have enough motivation, you won't hesitate to go after the big fish.

TAURUS (April 20-May 20) — It shouldn't be too difficult for you to recognize that someone else's idea is valuable. What you do with it, however, will make it either better or useless.

GEMINI (May 21-June 20) — Being one of those days when you're extremely resourceful, you should easily be able to put your talents to work, especially in matters that pertain to your career.

CANCER (June 21-July 22) — Any suggestion you make is likely to be a good one, especially if it's work-related. Don't hesitate to express what's on your mind.

LEO (July 23-Aug. 22) — Don't be intimidated by challenging developments, because you are likely to perform exceptionally well when your mettle is tested. The secret is to believe in your abilities.

In pair events, play for the max

by Phillip Alder

Paul Lynde, an actor and comedian who died in 1982, said, "My table seats eight, so that's my maximum. Having a small number of guests is the only way to generate good conversation. Besides, my house doesn't get wrecked that way."

When you play in a pair event scored by matchpoints, you should play for the maximum number of tricks, assuming the probability is in your favor. Do not take crazy chances; just play sensibly.

This deal was played four times in a duplicate. The contracts were four spades, five spades and six spades (twice). One declarer in six spades went down two, the two in game won 11 tricks, and one South in slam got home.

How should South play in spades after West starts with the heart king and another heart?

North has an awkward opening bid. It is strong enough for two clubs, but the likely start of two clubs - two diamonds - three diamonds risks consuming too much space. And if that had happened, what would South have bid next? In theory, three spades would show at least a five-card suit.

So North opens one diamond, hoping to get past this round. Then, when South responds one spade, North has another problem. But since he has only three

North 09-04-12			
♠ K Q 10 8			
♥ 9			
♦ A K Q 9 2			
♣ A K 5			
West		East	
♠ 6 5		♠ 7 4 3	
♥ K Q 5 4 3		♥ A 10 8 2	
♦ 10 5 3		♦ J 8 7 4	
♣ Q 10 4		♣ 9 7	
South			
♠ A J 9 2			
♥ J 7 6			
♦ 6			
♣ J 8 6 3 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
Pass	Pass	1♦	Pass
1♠	Pass	4NT	Pass
5♦	Pass	6♣	All pass
Opening lead: ♥K			

losers, it is hard to criticize his use of Blackwood.

To find the right road to 12 tricks, count winners. Here, South must take three spades, four diamonds, two clubs, two heart ruffs on the board and a diamond ruff in hand. Declarer ruffs at trick two, cashes the diamond ace, ruffs a diamond, ruffs a heart, draws trumps, and claims.

CROSSWORD

- Across**
- 1 Banned chem. contaminant
 - 4 Confess
 - 9 Pie-in-the-face sound
 - 14 ___ Na Na
 - 15 "One of ___ days ..."
 - 16 Break down over time
 - 17 '60s-'80s Bosox star
 - 18 Talk big
 - 19 Cattle breed named for an English county
 - 20 Socioeconomic tension
 - 23 Get well
 - 24 Dawdler who prefers to remain horizontal
 - 27 Skinny guy's nickname
 - 32 Modern recording device
 - 33 Take exception
 - 34 Toast starter
 - 35 Spot for a peel
 - 38 Wages sans overtime
 - 41 Grammy-winning Dr.

- 42 Big name in trading cards
- 44 YouTube shorts
- 46 Dalmatian's dinner, perhaps
- 47 Informative stroll through the forest
- 52 Auto racing safety device
- 54 Pulitzer-winning author James
- 55 "Same here," and what might be said about the start of 20-, 27-, 38- or 47-Across
- 60 Stimulate
- 62 Bonkers
- 63 Colony member
- 64 Like intense pain
- 65 Change one's pants?
- 66 Cardinals' home: Abbr.
- 67 Young cardinal's call
- 68 Warehouse supply
- 69 Digit with a ring, maybe

- Down**
- 1 Intimidates, with "out"
 - 2 Swiss Alps abode
 - 3 Mideast market
 - 4 Wagering venues, briefly
 - 5 "___ Afraid of Virginia Woolf?"
 - 6 Uncluttered
 - 7 Pre-1991 atlas abbr.
 - 8 "Downtown" singer Clark
 - 9 Swamp plant
 - 10 Church dignitary
 - 11 One of an amorous pair
 - 12 Big fuss
 - 13 Decimal base
 - 21 Tried to avoid a tag
 - 22 Martini liquor
 - 25 Always
 - 26 Two capsules, say
 - 28 Cardinals' beaks
 - 29 Show for early risers, briefly
 - 30 Urban transport
 - 31 Build

- 34 Overblown publicity
- 35 Symbol on Texas's flag
- 36 Golfer's shirt
- 37 Sewn-on ornamentation
- 39 Not sing.
- 40 Hair dryer?
- 43 Contaminate
- 45 Do in, as a fly
- 47 "Stillmatic" rapper
- 48 Big game venues
- 49 Horrified
- 50 Simple shelter
- 51 Stovetop pot

- 53 Censor's sound
- 56 Religious sect
- 57 Film director Preminger
- 58 Fraction of a min.
- 59 Geeky sort
- 60 NCAA's ___-12 conference
- 61 "___ bin ein Berliner"

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

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

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