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**February 27, 1995**

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**WEATHER**  
 Page 2

## Hydroponic weed making its way south CIA says Canadian pot is a growing concern

CALGARY (CP) — Illegal production of marijuana in Canada has caught the eye of the Central Intelligence Agency.

"It's an important issue to the U.S. government," CIA spokesman Mark Mansfield said from the United States spy body's headquarters in Arlington, Va. The CIA's 1994 *World Fact*

Book lists Canada as an "illicit producer of cannabis for the domestic drug market," and notes that "hydroponic technology permits growers to plant large quantities of high-quality marijuana indoors."

Hydroponics is a method of plant cultivation without soil. The book also says the CIA

sees Canada as having "a growing role as a transit point for heroin and cocaine entering the U.S. market."

Produced yearly by the CIA, the book gives summaries on subjects such as economics, politics, demographics, and the history of every country in the world.

Information comes mostly from public sources, Mansfield said. Some of the information gathered may influence U.S. foreign policy, but Mansfield would not elaborate.

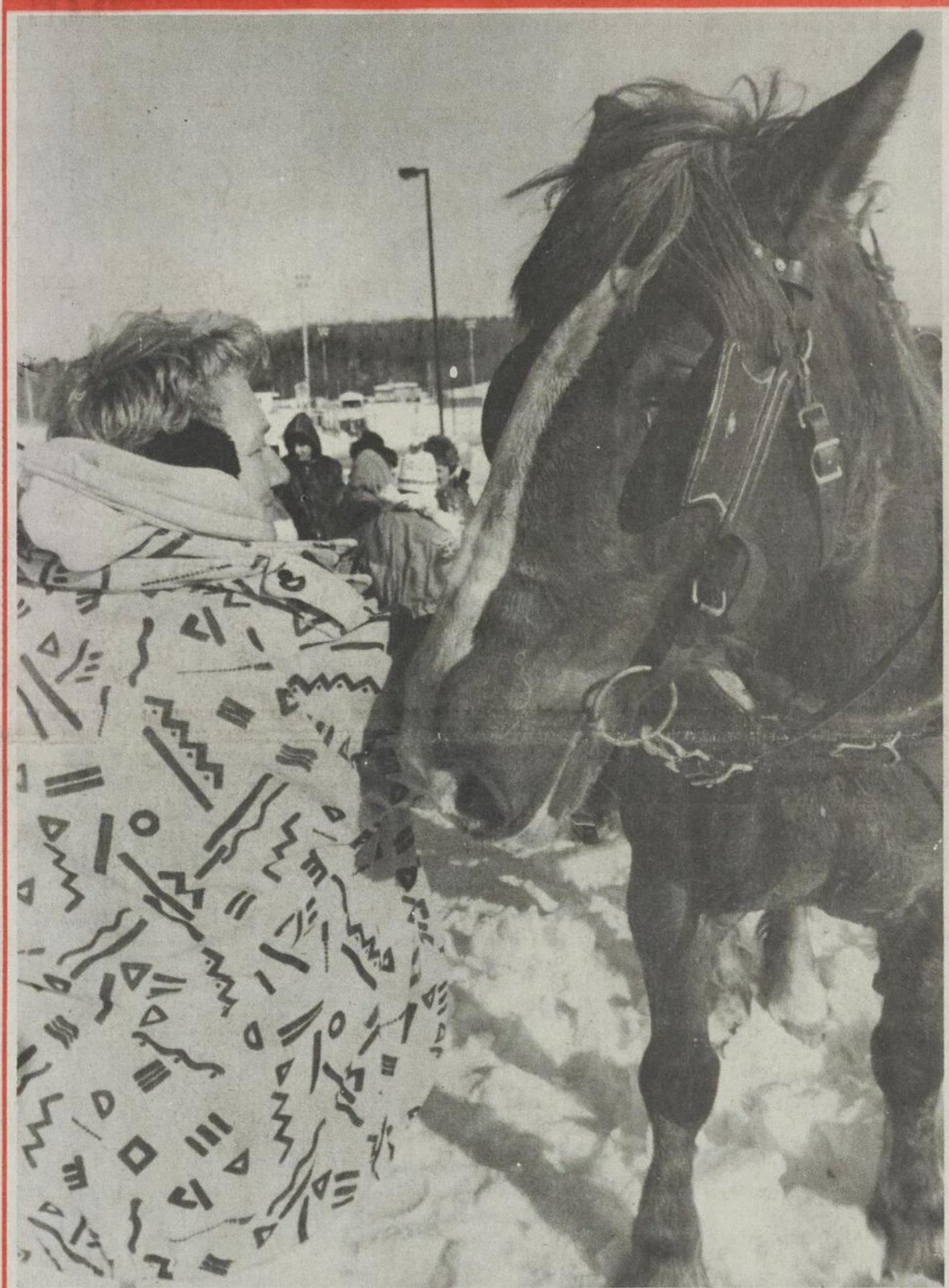
RCMP Sgt. Tom Clements, head of Mounties' drug section in Calgary, wasn't surprised by the entry.

"(Canada) is exporting a lot of hydroponic pot down to the U.S.," he said. "The problem is not subsidizing. If anything, it is increasing."

Alberta is second only to British Columbia in the per capita rates of reported incidents of ille-

See CIA: Page 2

## A new friend



Handicapped adults from the Dixville and other homes around the Townships enjoyed Saturday's fine winter weather in Fleurimont outside the Julien Ducharme sports centre, where some thoughtful volunteer had remembered to bring along his amusing equestrian companion. For more, please turn the page.

RECORD: PERRY BEATON

## 'A sheer racist vote' Bourgault blasts poll, calls English Quebecers racist

By André Bellemare  
 By The Canadian Press

A former adviser to Premier Jacques Parizeau lashed out at Quebec anglophones on Sunday, accusing them of being racist for overwhelmingly rejecting independence.

Pierre Bourgault referred to a recent poll that suggested 97 per cent of the province's English-speaking community would have voted No in a sovereignty referendum.

"I think 60 or 65 per cent represents a democratic vote, 80 per cent is a xenophobic vote and 97 per cent . . . is a sheer racist vote," Bourgault said to loud cheers during a speech at a Bloc Québécois meeting in Quebec City.

Quebec anglophones have traditionally rejected independence and their federalist vote means that an overwhelming majority of francophones must endorse the Yes side in a referendum if Quebec is to become sovereign.

Bourgault, a longtime nationalist, was fired last month as a special communications adviser to Parizeau when he warned in an interview that anglophones could create a "dangerous situation" if they tipped the balance in favor of the No side in the referendum.

Speaking to reporters after the Bloc meeting on Sunday, Bourgault said Quebec's anglophones have never shown any interest in independence.

"And when one of them says he's a sovereigntist, he is flooded with insults and sarcasm and is treated as a traitor."

"Such a concentrated vote, you see that only in totalitarian countries."

Bourgault blamed the situation on English-speaking media who continue to lead a "completely odious propaganda" campaign against sovereignty, portraying it as anarchistic and monstrous.

The fluently bilingual Bourgault has written columns for various Quebec media, including the *Montreal Gazette*, the province's largest English-speaking daily.

Meanwhile, Bloc MP Philippe Paré told one of the province's roving sovereignty commissions on Sunday that Quebec's ethnic

communities should butt out of the referendum and allow "old-stock Quebecers" to settle their own future.

"Just for once, couldn't you let the next referendum be decided by old-stock Quebecers?" Paré said at the Quebec City hearings being held in St-Augustin de

Desmaures.

Outside the commission, Paré expanded on his thoughts.

"What I'm trying to say is that it's never Quebecers' turn to settle their own identity problems."

Paré called on the province's ethnic communities to stop their "navel-gazing" and said that if they do not want to espouse sovereignty, they should at least refrain from voting No at the referendum.

Quebec Justice Minister Paul Bégin, who was attending the commission, rushed into the press room after the hearings to counter Paré's remarks.

## Health, education face cuts Parizeau looking at budget streamlining

By Paul Mooney

MONTREAL (CP) — While the Parti Québécois government exerts a great deal of energy on independence, it is also quietly starting to make some difficult decisions facing all governments: politically risky spending cuts.

Premier Jacques Parizeau is determined to streamline health care and education which together gobble up nearly half of Quebec's \$42-billion budget.

Two strong, albeit very different ministers have been given the task.

Health Minister Jean Rochon is former dean of medicine at Laval University and has served as director of the World Health Organization.

Education Minister Jean

Garon, an outspoken populist with boundless energy, will tackle education reform. The portly university professor established himself as a "candor" minister when he held the agriculture portfolio in former PQ cabinets.

Rochon headed the commission which studied Quebec health care for the former Liberal government, reporting in 1988 that the system was "so complex, regulated, bogged down and riven by conflict that it is . . . ungovernable."

Since his appointment, the soft-spoken Rochon has merged three major Montreal teaching hospitals in order to slash unnecessary spending. He did the

See PARIZEAU: Page 2

## String of events reported to senior officials

# Paper trail on Airborne problems leading to top feds

TORONTO (CP) — Problems involving aggressive behavior by the Canadian Airborne Regiment began shortly after the regiment's arrival in Somalia and were reported to senior officials in Ottawa, internal documents show.

The Two Commando unit was involved in a string of incidents that ended in death and injury to Somalis. Reports on the incidents were sent to the defence minister's chief of staff starting soon after the soldiers arrived in Somalia in December 1992, the *Toronto Star* reported Sunday.

The incidents climaxed in the March 17, 1993 torture and beating death of 16-year-old Shidane Arone.

Even prior to his death, which later became a factor in Ottawa's decision to disband the regiment, National Defence headquarters had been informed of a number of incidents.

Among them that Maj. Anthony Seward, one of several soldiers later charged in the Arone affair, had been reprimanded for allowing soldiers to be "over-aggressive" toward Somali civilians during a patrol on Jan. 7.

Seward remained as leader of Two Commando unit after the Jan. 17 reprimand which said "Despite repeated direction . . . Maj. Seward continued to permit his commando to act aggressively toward the population."

Seward was subsequently

convicted by a court martial of negligent performance duty for issuing an order to abuse prisoners. He is appealing.

Other incidents reported to senior officials included:

- Jan. 3, a Somali was shot and

- injured at an Airborne guard post.
- Feb. 10, troops accidentally fired a cannon into a village and injured one Somali.
- Feb. 16, two men were shot, one fatally, by soldiers during a

Longer routes, slower travel

## Bosnians getting tough on peacekeepers

SARAJEVO, Bosnia-Herzegovina (Reuter-CP) — Bosnia's Muslim-led government is taking a tougher stance toward the United Nations mission on its territory, restricting movements of peacekeepers in order to assert

its authority, UN officers said Sunday.

"They are certainly much bolder than they were before," said UN spokesman Lt.-Col. Gary Coward. "They apparently wish to change their relationship with

the UN."

The government army has imposed restrictions on UN troops across the country, preventing patrols near front lines in northeast Bosnia and insisting on inspections of UN vehicles.

without an autopsy despite a surgeon's report stating he'd been shot in the back three times.

Alarm bells should have started ringing with the report to Seward's reprimand, say military observers.

See PEACEKEEPERS: Page 2

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'Where, when and how did you get the land?'

# Mohawks back on the trail against sovereignty

Special to the Record  
By David McLaughlin

**KAHNAWAKE** — One of the major hurdles sovereigntists face on the road to the coming referendum is what to do about Quebec's aboriginal people and their own ambitions for sovereignty.

Aboriginal people already believe in their historic sovereignty. They're convinced the Oka Crisis and the closing of the Great Whale project, for example, justify that belief. On the road to provincial sovereignty, they will provide the Parti Québécois with considerable opposition.

This week the hearings on the future of Quebec go north to hear from the Inuit. Next month the Cree of James Bay have promised to hold sovereignty hearings of their own.

Friction between Quebec City and the aboriginal people seems inevitable.

The Mohawk community of Kahnawake lies across the St. Lawrence River from Montreal — across the Mercier Bridge. In the summer of 1990, when the Mohawks of Kanesatake were engaged in a 78-day standoff with police and the army, the Kahnawake people closed the big highway bridge as an act of solidarity. Day-to-day activities were paralyzed along much of the South Shore near Montreal.

Chief Joe Norton says most of Quebec's 60,000 aboriginal people remember that confrontation, and they intend to challenge Quebec's assumptions about sovereignty.

"You want to be independent, you want to be a nation, you want to be sovereign, then you better be able to prove that lands belongs to you," Norton warned in an interview. "Where, when and how did you get the land? Let's challenge them on that."

"Did they defeat all the rations in Quebec?" No. "Do they have treaties with all the first nations of Quebec?" No.

Kenneth Deer, editor and publisher of the *Eastern Door* Mohawk community newspaper, says everyone in Kahnawake remembers the summer of 1990, and they're eager to form a common aboriginal front opposing sovereignty.

"Certainly I think there's a lot

of solidarity among native people," Deer said in an interview. "And we would, I know the Mohawks would support the Cree people who want to stay part of Canada, and they would support the Mohawks in whatever direction they wanted to go in."

"If you look at a separate Quebec," Deer added, "if the same kind of situation happens again, that we felt that a serious injustice was being done and we physically resisted, would there be more bloodshed than last time. It's a very real concern."

"If Quebec separates from Canada, it's a moot point whether we recognize it or not. There is no treaty for a Mohawk land base. There's no settlement for our land. We own the land. This is Mohawk territory."

"If Quebec separates, they'll inherit the problem of dealing with us," Deer said.

"Independence is what you can assert. How can Quebec assert its sovereignty in the north? If the native people do not want to go along with an independent Quebec, how can they assert sovereignty over them?"

"That's going to be a problem for Quebec."

Looking back to 1990, Deer expects a backlash against Quebec's aboriginal people for opposing sovereignty.

"1990 just reconfirmed the attitude they would have. The native people felt there was a serious injustice, and they physically resisted. The premier of Quebec had no qualms about bringing in the army. The premier of Quebec, (Robert) Bourassa at the time, was not even a separatist. You can imagine what a separatist would have done."

Chief Norton expects the Inuit will oppose sovereignty. And the

Cree of James Bay have already said in the event of a Yes vote, they'll split from Quebec and stay in Canada.

He points to Cree opposition to the huge Great Whale hydro project in the far north.

That protest worked. Five months ago Premier Jacques Parizeau announced the project would not proceed.

Norton predicts aboriginal people will be a major problem for the Quebec sovereigntists.

"We could be a very disruptive force, as the James Bay Cree have already been, on the international scene. We, meaning the Mohawk nation, have had much more experience than Quebec has had, promoting our rights."

What happens of the sovereigntists win? "I don't give a damn if it's a Yes vote," said the chief. "As a matter of fact, we may even welcome a Yes vote in terms of raising the stakes, rais-

ing the ante."

If they say they're going to separate," Norton added, "we'll use their arguments for sovereignty to advance our position internationally, among our friends and sympathizers. The same places Quebec can go, we can argue for international recognition of the Mohawk people."

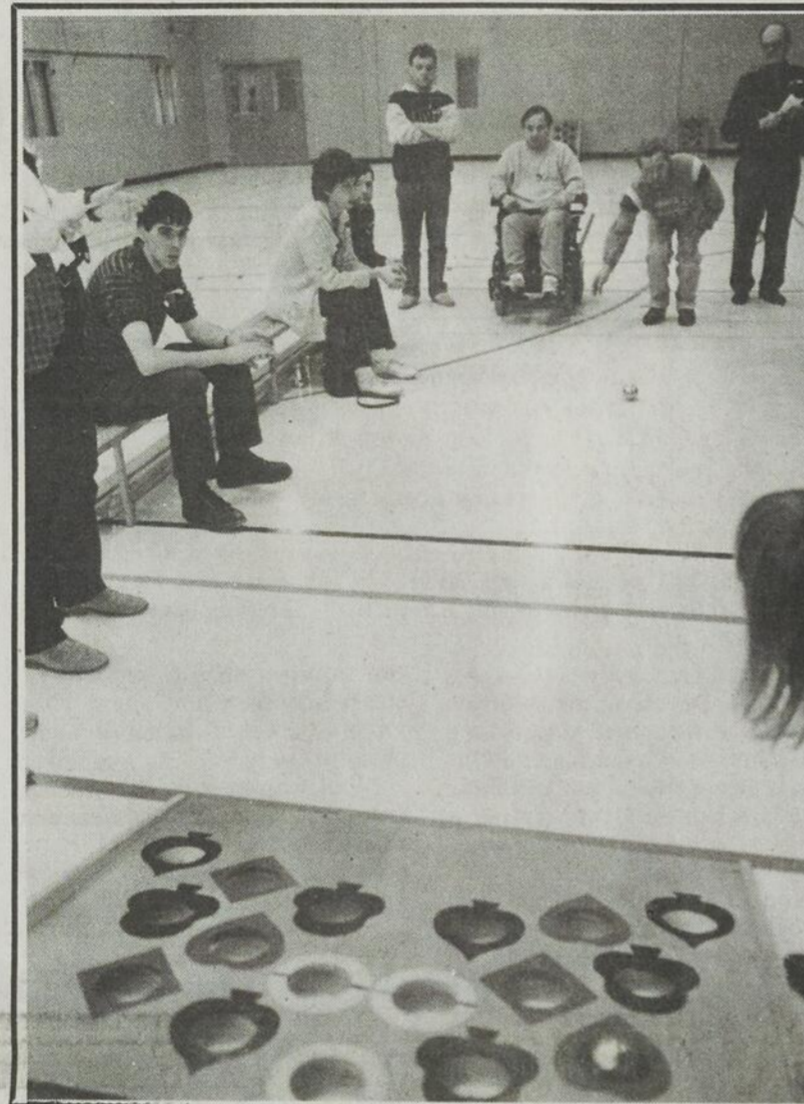
"They've already got their ass kicked, so to speak," says Norton. "Look at the James Bay issue. The Cree of James Bay won the public relations battle in North America as well as internationally."

"They have more support and more recognition than Quebec. So if Quebec gets a Yes vote, I'm not looking at it as a detriment, I'm looking at it as a unique opportunity to take that Yes vote and use it to our advantage."

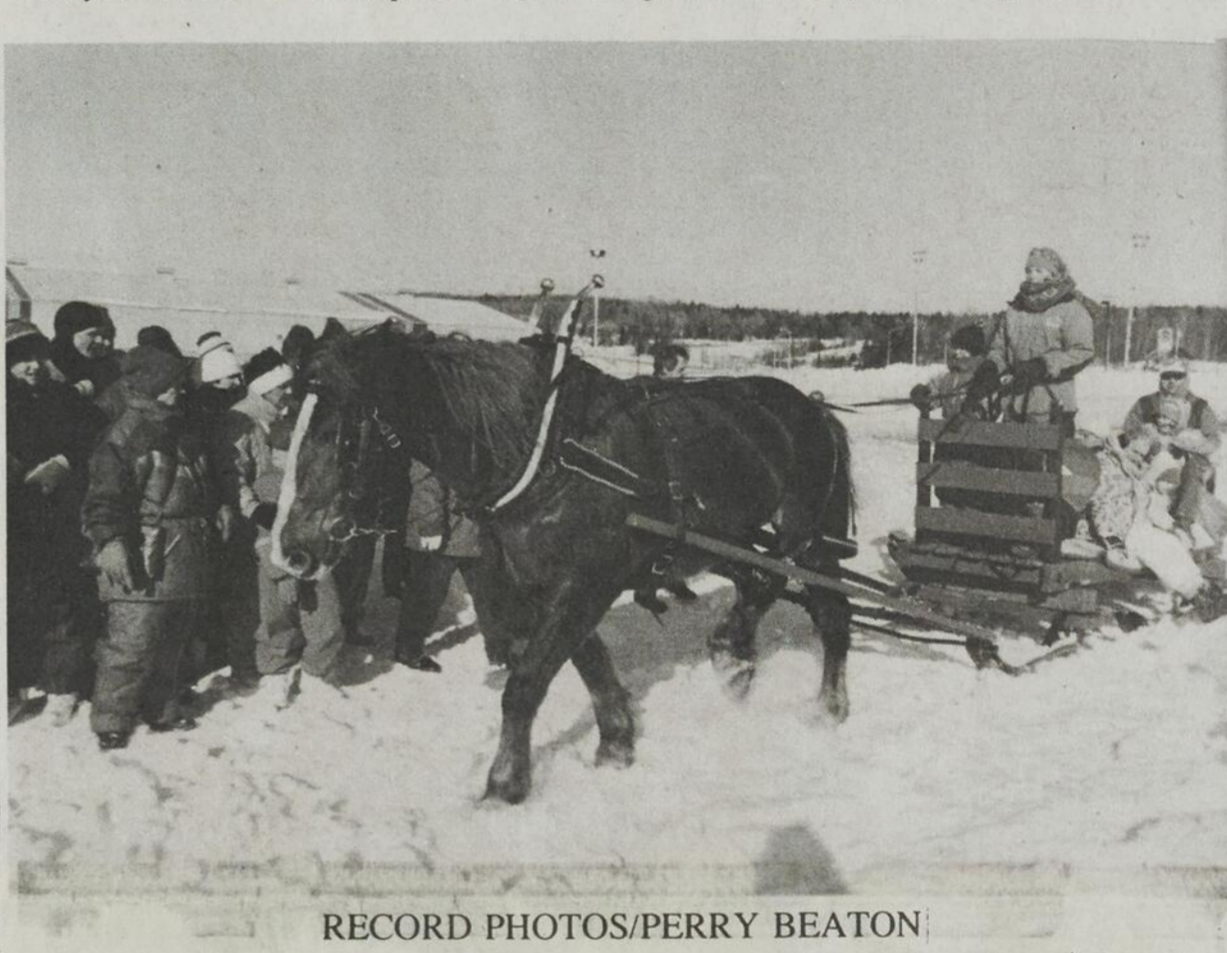
"We're well known out there. If they want to challenge us out there, fine. Let's go."



Kenneth Deer... 'We own the land. This is Mohawk territory.'



**Fresh air and fun:** Handicapped adults from around the Townships got to enjoy transportation from another era and enjoy the sunshine Saturday in Fleurimont with a sleigh ride at the Julien Ducharme sports centre. Later in the day the popular outdoor game of petanques was brought inside and modified, letting everyone test their skill. Participants also got to take part in a variety of athletic competitions.



RECORD PHOTOS/PERRY BEATON

# Poacher patrol turns tragic when chopper crashes

**MARGAREE FORKS, N.S. (CP)** — Myles LeBlanc didn't pay much attention to the coast guard helicopter as it patrolled Saturday along Cape Breton's Margaree River.

But as he continued to work outside his home, he heard the chopper's engine begin to falter.

"It was like it was sputtering or missing," LeBlanc said.

As he watched in horror, the chopper fell from the sky and slammed on to the ice-covered river, throwing three passengers

clear and disintegrating into pieces.

"One of the RCMP officers told me if you'd put a bomb into it, it wouldn't look worse," said LeBlanc. "There were pieces everywhere. It was scattered all over."

The helicopter's pilot, Stephen Hemphill, 45, of Dartmouth, N.S., died in the crash.

Three others were injured — federal fisheries officers Wes Barrington of Margaree, N.S., Adrian Touesnard of Cheticamp,

N.S., and Hemphill's 18-year-old daughter, Lindsay.

Barrington, Touesnard and Hemphill were listed in fair condition in a Halifax hospital Sunday with non-life-threatening injuries.

LeBlanc was the first to arrive at the crash site. Although he knew Barrington, the person he

saw lying on the ice could have been a stranger.

"He was so full of blood I didn't know who he was. He was all soaked with diesel fuel and his hair was matted."

LeBlanc then went to the pilot, who was face-down on the ice. "I took his pulse... nothing," he said. "I figured there was

nothing I could do for him."

LeBlanc heard screaming from a larger piece of wreckage and found the pilot's daughter.

"I had to look around, she was all tangled up in pieces of metal and fibreglass," he said. "I got out my pocketknife, cut all the seatbelts off her, and she began to

climb out on her own."

He couldn't believe she survived.

"I was sure she had hurt her back really bad. She was all bent up in there. She probably had diesel in her eyes, too. It was all over the place. It covered everything."

## CIA:

Continued from page one

gal marijuana cultivation, according to the most recent figures from the Canadian Centre for Justice Statistics.

In Calgary city police seized 15,109 hydroponically grown pot plants last year, up from 12,820 in 1993. The latest bust took

place Thursday when police seized 312 plants from a city home.

Police say a number of factors make hydroponic cultivation attractive: importing pot is too risky, hydroponic pot is usually higher quality and crops turn over faster than marijuana grown outdoors.

## PARIZEAU:

Continued from page one

same with three teaching hospitals in Quebec City.

Rochon favors earlier patient release from hospital coupled with more home care. He also favors more emphasis on prevention.

He has set himself the target of cutting about \$450 million from the \$10-billion health care budget. Montreal hospitals and community health clinics have been warned to expect \$145 mil-

lion less in funding in the 1995-96 fiscal year.

The average visit to a doctor in Quebec costs \$25. While that isn't expensive, the cumulative bill is a major burden on the system and the number of unnecessary consultations must be reduced, experts agree.

Garon isn't waiting for the major education review the government plans. Less than a week after his appointment, he sat down in shirtsleeves to

probe concerns of Laval University undergraduates over a beer in the student lounge.

He has since blasted some universities for being too centralized and slowed by bureaucracy.

He has criticized low graduation rates in some faculties and taken aim at professors who concentrate on research and publishing when they should be teaching. He's suggested creating more specialization on

smaller campuses.

Like health-care, education has undergone a series of budget cuts in recent years and Garon has acknowledged that some universities are well managed.

But his shoot-from-the-hip approach has earned him the wrath of many — along with charges that he just wants a small campus in his riding of Levis, across the St. Lawrence River from Quebec City.

## PEACEKEEPERS:

Continued from page one

harassment from the Muslims.

Lt.-Cmdr. Jeff Agnew, Canadian spokesman in Zagreb said government forces decided to block a road preventing movement at one particular spot in the Canadian area of responsibility "but nobody's restricted. We can still go to our own troops and resupply them. It just means we have to go a longer route."

Bosnian Muslims also blockaded British peacekeepers at their base in central Bosnia for a third day Sunday in a dispute over the presence of Serb liaison officers who arrived there last month under the current ceasefire accord.

The harassment has been accompanied by hostile coverage of the United Nations in the local media and calls by a government

representative to renegotiate the financial terms of the UN mission in Bosnia, which at present only pays for utilities and not for its accommodations.

Until recently, it was always Bosnian Serb forces the United Nations blamed for harassing peacekeepers.

With the four-month ceasefire set to expire May 1, the Serbs and the Bosnian army have been using the truce to regroup and

rearm for an expected resumption of fighting.

Big powers also fear a new war between rebel Serbs in Croatia and the Zagreb government once UN peacekeepers leave the country after March 31.

Croatian President Franjo Tudjman ordered the eviction of UN troops, claiming they were only freezing the Serb hold over one-third of Croatia.

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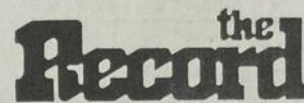
## WEATHER Doonesbury

Clouding over this morning with snow beginning in the afternoon. High of -6. Tuesday will see the snow taper off, with a total of 10-15 cm. High of -3.



BY GARRY TRUDEAU

# The Townships



## Anglo gets rough ride at Cowansville commission hearing Canada needs a new constitution, Grafftey insists



Heward Grafftey... 'We need a modern constitution.'

By Sharon McCully  
COWANSVILLE — Canada's current constitution has accumulated too much mileage and should be trashed, former Conservative MP Heward Grafftey told sovereignty commissioners in Cowansville Friday.

"We need a modern constitution for modern times," Grafftey said. "Even though Canadians and Quebecers are tired of talking about the constitution, it has to be done."

The longtime Tory representative warned that negotiating separation with the rest of Canada would not be easy in the aftermath of a Yes vote in a referendum.

"There is no such thing as a friendly divorce," he said. "You can't get a divorce then come back for sex on Wednesdays."

But under questioning from commissioners, Grafftey admitted

it would be easier to negotiate greater autonomy for Quebec following a Yes vote.

Grafftey said later he intends to vote No in the upcoming referendum.

"But in no way do I want my No vote to be interpreted as approval for the status quo," he said.

### TEACHERS NEUTRAL

Fifteen groups and individuals appeared before the Cowansville, less than half of them speaking in favor of sovereignty, and several others like the Haute Yamaska teacher's union remaining neutral.

Commissioners appeared dashed to discover not all Quebec teachers' unions support sovereignty in spite of the endorsement of the *Centrale Enseignement du Québec*.

Speaking on behalf of the *Syndicat des enseignants de la Haute Yamaska*, Michel Girard told

commissioners the teacher's union would remain neutral.

"How can it be that the CEQ has pronounced itself in favor of sovereignty and you claim to be neutral," asked a surprised Bloc MP Maurice Bernier.

Representatives of the Quebec Manufacturers Association suggested Quebec get its house in order and present a complete business plan before declaring sovereignty.

Noting that 60 per cent of the manufacturers in this region are small and medium sized businesses providing jobs for 16,776, the association stressed the importance of more regional control of economic development programs and investment capital.

### LOYAL FEDERALISTS

The commission also heard from academics Richard Crichton and

G. von Kapp-herr, two retired immigrants who spoke of their deep loyalty to Canada.

The two painted a picture of political chaos, and raised the possibility of armed resistance.

"The Canadian government would have no option but to take absolute control of the province of Quebec, by ordering in the military as it did during the October crisis," Crichton warned.

Dr. Adalbert Lallier, a professor of economics and international affairs at Concordia University, asked commissioners and those in the audience to explain the wisdom of throwing away their children's legacy to the rest of Canada.

Brandishing a map of Canada drawn on a sheet of cardboard, Lallier asked the audience if it made sense to tear away a portion of Canada when all of it

belonged to them.

Also making a presentation before the commission was Knowlton businessman Chris Severs who got a rough ride from the commission chairman André Langevin after one member of the audience complained loudly about being unable to understand English presentations — even though a translator was made available.

Severs was told to keep his presentation short to allow time for translation, then was asked if he were prepared to respond to questions from commissioners in French.

No questions were asked.

On Friday evening about 100 people crammed the meeting room for a public forum, and an opportunity to state their views on the sovereignty option. Most pledged support for sovereignty — some of them returning to the microphone several times.

## New equipment puts pressure on cash-strapped rural departments

# Fire-retardant foam saves water, limits damage

BURY (DW) — As chief of the local fire department, D'Arcy Eryou is accustomed to making the most of scarce resources.

So it's fitting that the training Eryou organized for volunteer firefighters Saturday may end up saving water as well as property the next time firetrucks are called to an emergency.

Between 40 and 50 firefighters from several Eastern

Townships communities paid \$10 a piece to follow a day-long course on the proper use of fire-retardant foams, now considered to be the best weapon in the battle against many household blazes.

The course, held at the Bury fire hall, is the latest offering of the Eastern Townships Fire Training School.

"This course is very impor-

tant," Eryou said. "Up until today, I was the only one who had it."

Although foams and foam-related equipment are now common to the firefighting arsenals of major urban centres, some rural communities are just beginning to introduce them. The protein-based foam, created by adding a lathering solution to water, is sprayed onto flames. It

envelopes and suppresses flames while reducing water damage.

"You get a lot more effect out of it and use less water," said Eryou, who added that insurance companies are putting pressure even on smaller fire departments to switch to foam.

"In a lot of fires, water damage exceeds fire damage." Volunteer firefighters from Bury, Stanstead, Scotstown, Eaton and Lennoxville listened. Indiana firefighter and instructor Larry Linton, then spent a cold afternoon outdoors extinguishing small demonstration fires.

Linton showed firefighters how best to hold the nozzles

when applying the substance, and showed them how to layer foam 'blankets' over smouldering surfaces to reduce the chances of a fire rekindling.

A small river of white lather eventually flowed sluggishly in the parking lot of Bury's town hall, like a spill in a shaving-cream plant.

Bury's fire department captain Russell Perkins remarked that the foam may also reduce rural firefighters' dependency on water tankers.

"A lot of times we get way out of town, and we're lacking water," Perkins said.

Switching to foam won't be

cheap. New nozzles and other hardware is recommended, although some fire departments have had luck pumping foam through their old hoses.

Quebec's work-safety commission has already put pressure on budgets by making the two-piece 'bunker' suits mandatory within three years for all firefighters in the province. At \$800 to \$1000 apiece, the new suits push the total average cost of outfitting a single firefighter to around \$1150, according to Eryou.

"Our town uses us well," Eryou said, "but in firefighting, there's no question, money's tight."



Larry Linton of Indiana shows Craig Passmore of the Lennoxville Fire Department how to best deliver fire-retardant foam during an emergency.



Philip Boynton of the Bury Fire Department controls the business end of a fire hose during exercises to perfect layering the fire-retardant foam.

## Seeking their birth parents...

# Adopted children form help group

SHERBROOKE — Ginette Lessard has this advice for adopted children trying to locate their birth parents: Be ready for anything, including disappointment.

"A lot of mental preparation is required before the actual meeting," says Lessard, an author and founder of the Eastern Townships chapter of *Mouvement retrouvailles*, a support group for adopted children who want to meet their biological mothers and/or fathers.

"You might find that your mother was a prostitute, or an alcoholic," Lessard says. "But you must be ready for that eventually, be ready for anything."

According to Lessard, one in six lives in Quebec is touched by adoption. There are 200,000

Quebecers who grew up as adopted children, and 400,000 parents who gave their children up for adoption.

Every year hundreds of these people set out to meet their birth parents, often after years of separation. Some are successful, others end their search in frustration and disappointment.

### POWERFUL TOOL

For Lessard, meeting others who share the same sense of longing for some knowledge of their biological parents is a powerful tool. That's why she brought *Mouvement retrouvailles* to the region.

"The goal is to talk to other people who've been through it," explains Lessard, who wrote a book on the pitfalls of reuniting with one's birth parents after

she herself was finally able to track down her mother.

Over the years, the government has recognized the social and psychological need for adopted children to satisfy a basic curiosity about their biological origins. But Quebec's privacy laws make it impossible for such people ever to know anything about each other — unless the parent consents.

Parents can't get in touch with the children they have given away unless the child consents.

As it is now, adoptees or parents may request information on their birth parents or children from the Ministry of Health and Social Services. A representative from the ministry then contacts the other party to seek permission. If they refuse, however, there is no further

recourse.

When they do occur, reunions are often difficult for both parties, Lessard says.

Adopted children who are in the process of locating their birth parents could benefit from understanding how such parents feel suddenly being asked to confront all over again what was probably a traumatic experience, she adds.

That's why the support group is inviting a Sherbrooke area mother who gave her child up for adoption and was later reunited with her child to speak about her experiences at the group's March 1 meeting.

The meeting is scheduled to begin at 7 p.m. at the SOC-CLSC community clinic, 50 Camirand St., Sherbrooke.

## Asbestos to Sherbrooke: Bell plans to eliminate long-distance charges

SHERBROOKE — Bell Canada plans to eliminate long-distance rates for telephone calls placed between Asbestos and Sherbrooke, beginning this summer.

A few weeks ago Bell sent a questionnaire to 4278 residential and business customers in Asbestos, asking if they would support the plan.

Seventy-seven per cent of those who responded said they favored the idea.

Bell also announced Friday that it plans to invest \$1.15 million to modernize Asbestos's

switching centre, making it possible to offer a range of new telecommunications services to customers here. Only those customers in the 879 exchange will be affected by the changes.

Bell's Asbestos clients will also have to fork over more money each month for the privilege of keeping a telephone, however. The flat monthly rate for a single line in a residence jumps from \$7.10 to \$9.15 next summer, the company said. Business clients in Asbestos will pay \$32.10 per month instead of \$22.

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## Another round of navel-gazing

A survey conducted last week for the *Toronto Globe and Mail* and the *Journal de Montréal* showed that 60 per cent of those polled had little or no interest in the Quebec sovereignty hearings criss-crossing the province.

Here at home, some Record readers have complained about the saturation of media coverage of the travelling commissions.

Given the choice, Quebecers would rather watch the O. J. Simpson trial on TV than suffer another round of navel-gazing Quebecers spitting out the words Meech and Charlottetown like cherry pits, and having them batted back in their faces with the Maple Leaf.

But those who participated in the hearings either as presenters or as observers, deserve praise just for showing up. Whether they were helping to construct a new country or save an existing one, they took the time to draft a brief and present their views before a sometimes hostile crowd and patronizing commissioners.

Although the proceedings could hardly be characterized as riveting, they were at times revealing, and at other times, alarming.

Revealing because even committed sovereigntists fell short of giving a blanket endorsement to a project with so few guarantees. And alarming because of the blind acquiescence of others who displayed not even the foggiest notion of what sovereignty would entail.

Most astonishing however, was an apparent lack of knowledge or interest on the part of some commissioners of how things work in the big world outside Quebec. The banality of commissioners' questions, and the complete dismissal of views expressed by those with superior knowledge and experience, was absolutely staggering.

Commissioners gave their undivided attention to pro-sovereignty speakers, gushing praise and asking superficial questions. But when it came to addressing the tough questions, or accepting divergent views, commissioners climbed on their soap boxes provided by Mr. Parizeau, and held forth on drivel.

Maybe 60 per cent of those polled knew it would be this way.

SHARON McCULLY

## Martin needs to be reminded

Finance Minister Paul Martin should fight the deficit but keep his hands off Canadians' RRSP money, says an editorial in the monthly *Nova Scotia Business Journal*, published in Halifax:

Due in large part to the dramatic shifts taking place within both the private and public sector — which have almost wiped out the idea of job security — people are no longer confident in relying on employer-sponsored or government-funded pension plans.

Instead they've taken a more proactive stance, accepting responsibility for their own retirement funds.

By all accounts the federal government should be happy. Here, finally, is an example of its policies actually producing the desired effect. Ironically, the success of its policies is exactly why it's thinking of changing them. The money being invested in RRSPs is staggering, setting government mouths watering about the potential tax revenues.

Industry experts warn the entire RRSP market could collapse if the government were to significantly change taxation rules.

It would seem Martin needs to be reminded of the tale of the goose who laid the golden egg. Perhaps he should turn his attention to changing the nature of MP pension programs.

From *What Canada Thinks*, a regular feature of *The Canadian Press*

## Today in History

By The Canadian Press

Keith Richards of the Rolling Stones was arrested at a Toronto hotel on heroin possession charges 18 years ago today — in 1977. He was eventually convicted. In lieu of a jail sentence for Richards, the Rolling Stones played two benefit concerts in Oshawa, east of Toronto, in April 1979.

Also on this day in:

1807 — Henry Wadsworth Longfellow, American poet, was born in Portland, Me.

1909 — Ontario received its official coat of arms by a proclamation issued on behalf of King Edward VII.

1988 — Elizabeth Manley won the silver medal in women's figure skating at the Calgary Olympics.

## Letter to the Editor

### Eliminate winter and monetary conflicts

Having received the articles of the separation of Quebec from Canada, I would personally add another article.

Calling it No. 18, it makes winter illegal in the Republic of Quebec.

How do we go about this? First we obviously separate from Canada. We then form an alliance with Haiti!

Having joined with Haiti, the Quebec Air Force would fly our Quebecers to Haiti and bring back an equivalent number of Haitians to Quebec so as to let them have the pleasure of shovelling snow.

From March 21 to September 20 Mr. Parizeau could rule from the Elizette in Quebec City and Mr. Aristide could rule from the Presi-

dential Palace in Port Au Prince from March 22 to September 21, or jointly.

We could exchange police forces, health and medical services, social programs, etc. etc. Why not? The population is about the same! Those who play golf could always spend some time in the Dominican Republic.

Forget about the Canadian dollar, we would then use whatever they use in Haiti and make it our whatever Quebec monetary policy.

This basic expose, would in my opinion, satisfy the aspirations of most separatists: Eliminate winter and monetary conflicts.

Yours truly,  
FERNAND CORBEIL  
Montreal

## It boggles the mind

Dear Editor:

Some anthropologists now believe that hunting and gathering societies only spent 30 hours a week to provide for their needs. Not a bad work week; and no taxes. Just think what they could have done with all our time and labor saving devices. It boggles the mind.

Of course they lacked any concept of work or leisure. They could only indulge in the drudgery of activity-based freedom. And not having the forethought of linear thinking they were totally ignorant of the fact that tomorrow can be better.

Thus they were condemned to live in the present. And still no taxes.

Yours truly  
JASON KRPAN  
Georgeville



## Bill would put cork in drunk defence

By Jim Bronskill

OTTAWA (CP) — People accused of assault will no longer be able to defend themselves in court with the claim they were too drunk or high on drugs to know better.

Justice Minister Allan Rock introduced amendments to the Criminal Code last week in response to public outrage over a controversial Supreme Court of Canada ruling last September.

The court decision allowed a man to use extreme drunkenness as a defence against the charge of sexually assaulting a disabled 65-year-old woman.

The bill would outlaw the use of intoxication as a defence in crimes such as sexual or domestic assault.

"People cannot be permitted to hide behind drunkenness or other forms of intoxication to escape responsibility for their criminal conduct," said Rock.

The legislation proposes a "standard of care" that would be breached by anyone who becomes extremely intoxicated and harms another person.

Anyone departing from the standard of care would be unable to use

the defence of extreme intoxication. An exception would involve a person who committed such a crime after being secretly drugged.

The bill features a preamble expressing Parliament's grave concern about violence in society, particularly against women and children.

"I think it's a significant victory for the women of Canada," said Susan Bazilli of the Toronto-based Metro Action Committee on Public Violence Against Women and Children.

Women's groups have expressed concern that last fall's Supreme

Court ruling has discouraged some victims from pursuing action against abusive men in cases involving alcohol.

The high court had expected the intoxication defence would be used in only the "rarest of cases."

Since the ruling, however, at least three men have successfully used the defence. Others have tried.

Prior to the ruling, even severe drunkenness was not a defence in most violent crimes.

Exceptions include offences such as murder, theft and robbery — crimes deemed to require a special

purpose in addition to the basic intent to do the act.

The bill would not outlaw use of the intoxication defence against these offences.

Rock said he's confident the legislation will withstand an expected constitutional challenge.

But he hasn't ruled out asking the Supreme Court to review the amendments before they come into force.

Despite the bill, women's groups plan to proceed with a national day of action today against the court decision — encouraging everything from church sermons to supper-table discussions on the subject.

## Bill reflects concerns of people

OTTAWA (CP) — Justice Minister Allan Rock's bill to curb the so-called drunkenness defence includes a preamble to set out Parliament's intentions in amending the Criminal Code. Among the reasons:

— Grave concern about violence in society.

— The negative effect of violence on the equal participation of women and children in society, and on their right to security of the person and equal protection of the law as guaranteed by the Charter of Rights.

— The close association between violence and intoxi-

cation and the concern that intoxication may be used socially and legally to excuse violence, particularly violence against women and children.

— The moral view of Canadians that people who assault others while intoxicated should be held criminally accountable for their actions.

— The need to legislate a standard of care.

— The well-known potential effects of alcohol and certain drugs on human behavior, and scientific evidence that many intoxicants, including alcohol, may not cause a person to act involuntarily.

## BC voters win right to dump bad politicians

VICTORIA (CP) — British Columbians have become the only Canadians who can pull the plug on provincial politicians who aren't doing a good job.

The recall and initiative law proclaimed Friday makes British Columbia "the nation's leader in grassroots democracy," Attorney General Colin Gabelmann said.

Under the law, a recall action can only be launched after an MLA has been in office for 18 months.

If 40 per cent of eligible voters sign a recall petition within a 60-day period, the MLA loses his or her seat.

The recall law sets spending limits of \$25,000 each on the recall proponent and the targeted MLA.

The only two MLAs exempt from the threat of recall are both Liberals.

Leader Gordon Campbell and Mike de Jong have not yet been members for 18 months.

Campbell and other opposition members branded the legislation as bogus.

'A SHAM

"I think every MLA that is currently in the House can survive this process and any MLA that has ever

been in this House could survive this particular process," said Campbell. "That's why it's a sham."

"It's not workable. It's a continuation of their pattern of deception, of trying to pretend they are doing something when they're not. I think it's just another act of a desperate government."

The leader of the Reform party also denounced it.

"It's one more obstacle put up by the government to frustrate the wishes of British Columbians," said Jack Weisgerber. "It's a total farce."

The right to recall politicians was

approved by 74 per cent of British Columbians who voted in a 1991 referendum.

The bill also allows British Columbians to place any proposed law before the government if it receives the support of at least 10 per cent of voters in each of the province's 75 electoral ridings.

If the government fails to introduce the proposed legislation, it would be put to a provincial referendum. The government would be forced to introduce the bill if more than 50 per cent of registered voters approve it.

## Buying New Brunswick history costly

By Judy Monchuk

SAINT JOHN, N.B. (CP) — Lloyd Lake looked at the glass cheese shaker with the sterling silver lid he had just purchased for \$200 from the estate of the late Lady Beaverbrook.

"Frankly, I'm a bit embarrassed," the white-haired minister confided. "I should have studied the program better, I thought they said a grater."

But antique dealers at the auction Saturday said Lake paid a reasonable price for the cheese shaker, which he intends to use for parmesan on the dinner table — and a historical conversation piece.

Like Lake, many people came to this auction to buy a connection

with New Brunswick history. Lady Beaverbrook, born Maria Christofides, had married two of New Brunswick's best-known industrialists: Sir James Dunn and Max Aitken, newspaper magnate Lord Beaverbrook.

For the successful ones, it was a pricey purchase, with many things selling for three or four times what dealers felt was fair cost.

Saturday's auction rang up sales of more than \$200,000.

MEMENTOS

For Anne Dunn, though, the sale was a more personal quest. She came looking for some memories of her childhood and her father — who left her money when he died, but no mementos.

"There are certain things I remember from the old camp in Bathurst which I considered my home," said Dunn, 65, an artist who now lives in France.

She sat quietly in the front row, nervously chewing gum and studying the estate catalogue. But her jaw set a little when an oil painting of Dunn's Camp came on the block and she held up her bidding card. Sold for \$400.

Saturday was the first of five auction days that have been set aside to sell the contents of Dayspring, Lady Beaverbrook's residence near the resort community of St. Andrews, N.B.

More than 1,500 people jammed into a room at the Saint John Trade Centre to see and bid on the perso-

nal memorabilia, which took some of the top prices.

A large photo album celebrating Lord Beaverbrook's 85th birthday at a dinner given by Lord Thomson of Fleet went for \$2,800, while invitations to Lord and Lady Dunn for Queen Elizabeth's coronation sold for \$2,000.

Both went to anonymous New Brunswick buyers, although there was widespread speculation that the Beaverbrook Art Gallery in Fredericton or the University of New Brunswick were the likely purchasers.

A signed Salvadore Dali print sold for \$10,000, while a Dali sketch inscribed "For Lady Dunn" went for \$8,000.

# Farm and Business



## New study says Women locked out of corporate power

By Frederic Tremblay

MONTREAL (PC) — Despite a slight improvement in their numbers, women remain largely locked out of the boardrooms of corporate Canada, says a new study.

And the bigger the company, the less there's a chance it has a woman among its top management, says Leo-Paul Lauzon, an accounting professor at the University of Quebec in Montreal.

Lauzon studied the 1992 annual reports of 776 Canadian companies, including giants like Power Corp., Metro-Richelieu, Teleglobe, Noranda, Great-West Insurance, Chrysler Canada, Thompson Corp., and the Oshawa Group.

None of these powerhouses had a woman at the top — neither on the board of directors nor among the 12 top management positions.

For all the companies Lauzon looked at, women made up only 5.5 per cent of board members, and 7.5 per cent of officers.

Lauzon, who's done three similar studies previously, notes an improvement compared with 1990.

At that time, women made up 4.7 per cent of directors and 6.7 per cent of officers.

Despite this slight improvement, Lauzon concludes, the study shows that "the place of women in corporate leadership is far from being representative of their place in the labor market or among the university and general populations."

"Indeed, the improvement only partially corrects a highly deplorable situation."

## Sprint racing Bell for first

TORONTO (CP) — Sprint Canada is making a bid to run past embattled Unitel as Bell Canada's No. 1 long-distance competitor, year-end numbers suggest.

Call-Net Enterprises Inc., the sole parent of Sprint Canada Inc., on Friday reported whopping increases in minutes billed and revenue.

Perhaps most important, while posting a \$55.4 million loss in 1994 due to "ramping up" into the long-distance wars, Sprint's red ink is far less than Unitel's \$239-million loss.

While pleased with the numbers, Sprint chairman Juri Koor said competitors still need regulatory changes from Ottawa to help them against the market giant, Bell.

"We continue to be concerned that certain predatory business practices of our major monopoly competitors remain unchecked" by the regulator, Koor said in a statement.

"However, we expect to see a satisfactory resolution of some of these major issues during the course of the year. . . . Meanwhile, the company continues to enjoy a very strong financial position."

For the year, Call-Net reported revenues of \$176.3 million, up 32 per cent. Unitel revenue totalled \$592 million.

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## Montreal firm develops new product Car security beamed from satellite

By John Davidson

MONTREAL (CP) — Most cars don't come outfitted with a space-satellite tracking system or a panic button.

However, a Montreal company has begun to sell a product called SatSting which will link your automobile up to 24 space satellites and can offer you a white button to push if you're lost or in physical danger.

"SatSting isn't for everybody because of its cost, but if you want total security for your car its one of the most advanced products on the market," says Ken Perry, president of S2RK Advanced Technologies Inc.

The device puts auto security into outer space by taking advantage of what's called the Global Positioning Satellite System. GPS uses 24 space satellites to scan almost every inch of the earth twice a day from an altitude of 10,900 nautical miles.

The system was first developed by NATO and the American military in the mid-1980s. Their objective was, in effect, to spy on the world.

GPS's most spectacular use was the precise bombing infor-

mation given American troops during the 1991 Persian Gulf War. Using computer-generated photographs, planes were able to drop a bomb down the chimney of an Iraqi munitions factory — and the results were seen on world television.

SatSting isn't quite as dramatic as a Gulf-War bombing raid. It's a black box about the size of a TV converter with a radio antenna on the top.

If a car is started without the use of its regular ignition key, the system kicks into action and the antenna begins sending silent messages to the satellites. They then transmit the data back to earth, where it can be translated into a location map with an accuracy of 10 metres.

A stolen car or a driver in danger can be tracked in seconds. The police think it's great.

"This device holds great promise for police, car rental companies and delivery services," says Douglas Hurley, a detective with Montreal's auto theft unit.

"There are over 150,000 cars stolen in Canada every year and almost 2 million a year in the United States. If we can track

these vehicles with space technology, can you imagine how many we'll get back."

The giant Hertz rent-a-car company agrees.

"We're taking a close look at this system," says Hertz's Quebec director Philippe Chatelain.

**PANIC BUTTON**  
"If we could offer customers a panic button in our cars to locate them if they're in danger, it would really promote business."

The main hitch for the average consumer at this point is SatSting's cost.

Retail price is around \$1,500 for the black boxes. In addition, the satellite monitoring company, Chubb Security Systems, will charge another \$600 a year for its services.

"In the beginning, we're aiming at an up-scale market,"

admits Perry who used to be an executive with Spar Aerospace.

"Later on, when we start producing more units, we'll try to get the price down for the average user."

There's another catch. The black box operates on a battery system that can be put out of commission by robbers who know how to unhook the power source.

"The secret is to install the box in a place where the robbers will never find it," says Renato Giordana, S2RK's vice-president of technology.

Like where?  
"Do you think we're crazy," laughs Giordana.

"If I tell the media, everyone will know. Sorry, that's a secret known only to us and our satellites up in space."

## Genetically altered tomato gets approval

TORONTO (CP) — Health Canada has approved the sale of a genetically engineered tomato, but it won't be in supermarkets until at least next winter.

It's now being test marketed in the Chicago area under the brand name McGregor, says a spokesperson for Calgene Inc., the California company that created the tomato.

The tomato is being touted as

tasting better than others transported over long distances.

Health Canada was satisfied it didn't promote any health risks, said Paul Mayers, head of Health Canada's protection branch office of biotechnology.

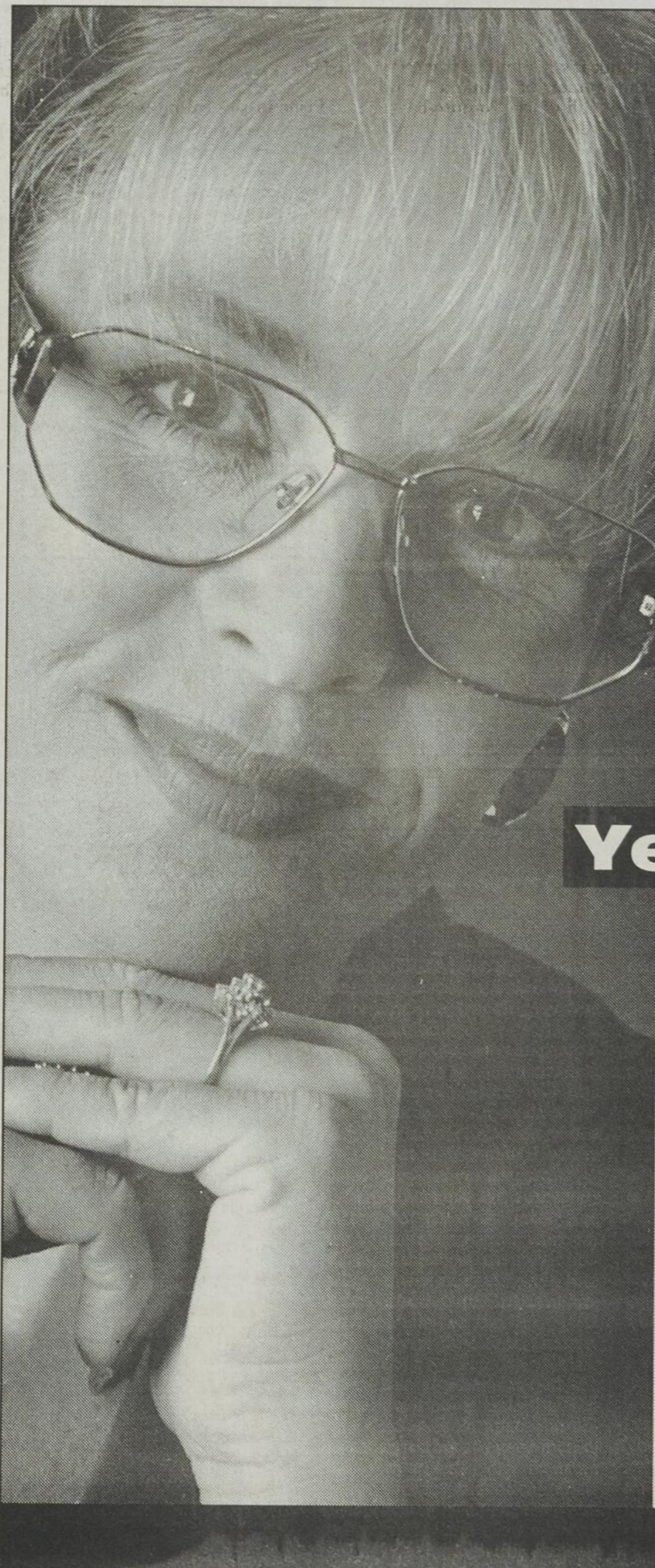
Calgene intends to keep the tomato on the vine longer and let its flavor improve while it ripens.

**James**  
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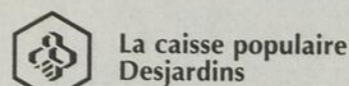
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## Social notes

### 40th anniversary of Danville Curling Club and still going strong

DANVILLE (EB) — The 1994-95 curling season marks the 40th year that the Danville Curling Club has been in existence. The fact that the club is still "going strong" is proof that in the Danville-Asbestos community the spirit of cooperation and voluntary giving of time and effort is not lost.

Excavation for the Danville Curling Club started in May of 1954 with all construction being done voluntarily, mainly in the evening and on weekends. The official opening was held on November 13, 1954. The clubhouse and the two sheets of ice are maintained by interested members up to the present day. All of the original directors have passed away, but the club

continues to operate with second and third generations of the original members. Over the years rinks from Danville have taken part in many events, going so far as to represent Quebec at the Dominion Senior Men's Bonsel in Winnipeg in 1965. The Quebec Challenge Cup which originated in 1874, has been played for on four different occasions, the latest being in 1990-91 when it was successfully defended.

Many successful bonsel events have been held at home also, in the three sections — Men's, Ladies' and Business Girls' groups. An Invitational Bonsel held recently brought in 36 rinks. Playing in the finals against Danville, the first event was won by a Sutton rink and the 2nd event by a team from Celanese Drummondville. At the end of the finals of this bonsel a dance was held as one event in the celebration of the 40th anniversary. Original members who live in the local area were invited to attend. Brian Gillim, President, welcomed everyone and a photo was taken of the "old timers". Three of these are

still active curlers — Claude and Huguette Thibault and Blanche Brown. Best wishes to the continued success of this friendly club! The "old timers". Three of these are still active curlers — Claude and Huguette Thibault and Blanche Brown. Best wishes to the continued success of this friendly club!

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Danville "Oldtimers" — Back row left to right: E. Besmargian, Brian Gillim (Club President), K. Arsenau, G. Clapp, C. Thibault. Front row left to right: C. Cleveland, H. Thibault, B. Brown.

### Happy birthday wishes

Therese St-Martin of Place Victoria, Magog, celebrates a birthday on March 2nd. Have a great day and many more birthdays to come from your many friends.

### E.T. Women's Canadian Club meet March 6

SHERBROOKE — On Monday, March 6, the Women's Canadian Club of the Eastern Townships will host the well known and personable, Don Sullivan, a Canadian Justice Advocate. His topic is "Why People Don't Get the Government They Vote For."

Don Sullivan knows government. Maybe better than anybody else in Canada. He knows how it works, who runs it, and what makes it tick. But the circuitous route he took to becoming a government expert is extremely rare.

In 1980, his eldest daughter Pamela was murdered by an offender who had been released from a federal penitentiary just one week earlier. A former police officer, Sullivan soon became a leading advocate for victims of crime and co-founded Victims of Violence which grew into a nation-wide, self-help group and lobbying organization. Since then, he has done over 1,000 media interviews and addressed more than 500 gatherings including national and international law congresses. His testimony before the Govern-

ment of Canada's Justice Committee was instrumental in six amendments made to the Criminal Code.

He was born and educated in Toronto. At 17 years of age, he joined the Royal Canadian Navy and served in the North Atlantic Treaty Fleet and on board the H.M.C.S. Haida during the Korean War. Decorated by the United Nations and the Canadian Government, he left the Navy after five years for a career in law enforcement.

In ten years with the Metropolitan Toronto Police Department, his leadership skills were evident. He was a founding member of the Metropolitan Toronto Police Association. In 1961, he became the force's most highly decorated officer for his part in the arrest of a hired killer. He later spent seven years with the Etobicoke Fire Department and, most recently, was Second in Command of the Port of Toronto Police and Security Department.

The meeting will be held at Motel La Reserve at 6:30 p.m. on Monday, March 6. Members are

surely looking forward to hearing Don Sullivan and will have a better insight into the "whys" and possibly get the answers to some of the complex issues facing mankind today.



### More on the evils of tobacco

Dear Ann Landers: Please tell me what the tobacco industry is trying to do. I keep seeing big, expensive ads by Philip Morris and the Tobacco Institute beating the drum for "People's Rights." They really are slick. They talk about "freedom to choose." And the appealing pictures of Joe the Camel are clearly directed at young people. It is a cleverly crafted advertising campaign to make smoking attractive.

The truth is that more than 419,000 Americans die every year from lung cancer and cigarette-related problems. Will you please explain how the tobacco industry gets away with this? -- GERALDINE IN HAGERSTOWN, MD.

DEAR GERALDINE: The next letter will give you a far better explanation than I can. Here it is:

Dear Ann Landers: I am a former lobbyist for the Tobacco Institute, which is the propaganda arm of the tobacco industry. I am also a former smoker. I am now a throat cancer patient. My life expectancy, I am told, is limited.

I worked for four to six years for the Tobacco Institute to stop legislative efforts to restrict smoking in public places. My technique was to do whatever it took to win. And I did. I know now that in my effort to help the tobacco industry, I hurt some innocent people. Profits are the sole

motivation of the tobacco industry. It is not interested in public health. All I can do now is try to make amends.



Ann Landers

The industry's current national "Smokers' Rights" and "Accommodation" campaigns are smoke screens, pure and simple. These messages come from the same people who still maintain that nicotine is not addictive. People who choose to smoke should be permitted to do so. But there is no constitutional "right" to force non-smokers to inhale

secondhand smoke. The tobacco industry keeps saying secondhand smoke is not dangerous. Yet scores of worldwide health agencies say it can cause lung cancer.

I pray that your readers will remember this when they see their next tobacco industry billboard or newspaper ad or hear a radio or television commercial. I wish I had. -- VICTOR CRAWFORD, ROCKVILLE, MD.

DEAR VICTOR FROM ROCKVILLE: I hope your letter goes up on thousands of office, school and factory bulletin boards. You've done your good deed for the day. Here's some good news:

A Miami judge ruled last December that airline flight attendants could sue leading tobacco companies for smoking-related problems. Judge Robert P. Kaye of the Circuit Court for Dade County ruled that a so-called passive-smoking suit filed in 1991 by 25 non-smoking former flight attendants of several airlines against Philip Morris and other cigarette manufacturers could go forward as a class action. The flight attendants' attorney said they would seek damages of more than \$1 billion and that 60,000 current and former flight attendants could be part of the lawsuit.

Stanley M. Rosenblatt, a Miami trial lawyer, was happy with the judge's decision. He said America's tobacco companies have been lying to the public for the past 40 years about the effects of smoking and getting away with it. And I, Ann Landers, say, "Hooray." It's about time somebody nailed 'em.

Dear Ann Landers: After all the discussion about children at weddings, you have not printed the solution -- provide a nursery. Many churches already have a nursery. Hire two or three staff members to look after or entertain the babies and small children. Nobody feels left out, and the ceremony is not interrupted. That is the way it is done here. -- A LOYAL READER IN HATTIESBURG, MISS.

DEAR HATTIE: What a splendid idea. Thanks for sending it on.

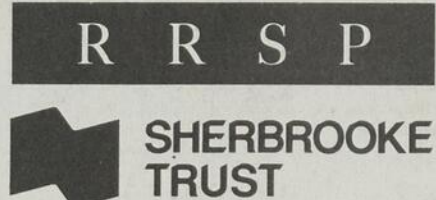


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## Quebec-Sherbrooke Presbyterial UCW Enrichment Day held at Lennoxville United

St. Francis Region met at Lennoxville United Church on Wednesday, February 15 with registration at 9:00 a.m. by Sherbrooke UCW. Thelma Philbrick and coffee was served by Lennoxville UCW. At 9:30 a.m. Gwen Badger (President) welcomed everyone.

Esther Bassett, local President and Rev. Potter on behalf of his congregation welcomed us. Opening with singing of hymns taken from "Songs for a Gospel People" lead by Leta Dustin and Mary Scholes at the piano.

Morning worship followed, lead by Christina Blake, Richmond area Vice-President. Prayer, "I look to you O One that Sees". A litany followed, "Dreams and visions are not limited to the elite". During this Ecumenical decade of the churches in Solidarity with Women and Ten Days for World Development worship service, we are asked to reaffirm our commitments to the purposes of the decade and offer signs of concrete ways we have been practicing this. Let us before God offer our pledge, etc. Christina continued with a Prayer of Commitment — closing with the hymn "The Servant Song".

The offering was taken by Lucy Taylor and Elaine Chamberlin, Richmond-Melbourne UCW to be forwarded to M. and S. for Ten Days for World Development.

The President, Gwen Badger introduced the guest speaker and leader for the day, Rev. Patricia Lisson of Richmond-Melbourne Pastoral charge.

Patricia began by telling us a bit about her own background experiences in different parts of Canada which was very interesting. How people are coping in many areas to keep their church in operation because of dwindling congregations, etc.

She spoke about work among people of all walks of life, about language barriers that have to be dealt with — Spanish, Greek, Italian, Dutch, German and many others spoken in large cities of Canada.

Many are living on a "Shoestring" — economics, culture, power differences — all play an im-

portant part in this vast country of ours. She spoke of the "understanding of theology", by using the story of "Hagar and Sarah", Genesis 16 and 21: verses 8 to 21.

Patricia had prepared a chart of questions which were used to follow through this story, then went on to ask "What has this got to do with economics and women?" Coming back to the statement of "Living on a Shoestring", two short stories were read to compare two young women, Cathy from Canada, and Selina from Zambia in Africa.

Cathy, a young middle-class North American housewife, how she spends her day preparing food, serving it, doing all the things that have to be done for the children in the house — (the list is too long to state here). Cathy has to face the fact that she fills her time in a totally unproductive manner. She too, is economically inactive, and economists record her as unoccupied.

The second story — Selina, a young woman in rural Zambia wakes up at 5:00 a.m. After preparing breakfast for her family, she walks thirty minutes to the field with a baby on her back. There, under the hot sun, she spends nine and a half hours ploughing, planting and hoeing in order to grow food for her family. All the while she stops to feed and care for her baby. She then spends an hour collecting increasingly scarce firewood and carries it home.

After making a fire and preparing a meal for her family and feeding them, she has to do all the chores that have to be done between then and bedtime. Selina is considered unproductive, unoccupied and economically inactive.

If she sells any of her crop — her work in the fields may be considered productive. Otherwise, all of the food processing, handicrafts, water carrying, fuel collection and housework are not considered to be of economic value — Discussions followed.

Both of these stories are from "If Women Counted" by Marilyn Waring.

Brief reports from Mary Scholes, Stewardship convenor; literature

convenor Ruth Statton, who had a great display of books and church articles for sale.

Announcements — Quebec-Sherbrooke Presbyterial annual meeting, Thursday, April 6 at Sutton United Church; M&O Conference/UCW annual meeting, May 10 and 11, Pakenham, Ont.; Quebec-Sherbrooke Presbyterial next executive meeting, June 8, Melbourne Ridge United Church at 9:00 a.m.

Lunch of hot soup and beverages was served by Lennoxville UCW at noon.

After browsing through the book display, we resumed our program with Rev. Lisson following a short period of singing.

Patricia spoke about spirituality taken from the hymn "Spirit of Gentleness". Division of Labour — In Africa women do 3/4 of all the work in agriculture in addition to their domestic responsibilities. Many statistics were shown.

We studied more questions on Selina's story in Africa — such questions as "Why do you think they are considered non-productive?" Do you think Selina and Cathy work? etc.

In part two — we found Selina's unpaid work increased. A map was introduced showing "The journey of the Blouse", a global assembly line. This shows that about half of all goods produced today — journey to more than one country before they become finished products. Many questions were introduced here and discussions followed.

Registration, given by Thelma Philbrick, reported twenty-eight ladies present.

Courtesies were given by Bernice Beattie, first thanking Rev. Patricia Lisson for a most inspiring leadership day and to all others who helped make the day a success.

The closing worship taken by Mary Scholes, Scotstown area Vice-President, Hymn "Trouble and Beauty" and "Prayers of the People" with all present responding. President Gwen Badger thanked everyone for coming and wished us all a safe journey home.

Submitted by  
Bernice Beattie  
Past President

## Annual meeting of the Old North Church Cemetery Association is held

By Phyllis Emery Skeats

**NORTH HATLEY** — The annual meeting of the Old North Church Cemetery Association was held in the St. Barnabas Church Hall, North Hatley, on Sunday, February 12.

The evening began with approximately 25 members and friends enjoying a pot luck supper. The annual meeting followed, chaired by the president, Phyllis Emery Skeats.

The minutes of the last annual meeting were read by the secretary, Janet Little McLellan. In the absence of the treasurer, Ruth Taylor, Terry Skeats presented her report for the past year. The Membership re-

port showed some outstanding dues, and all who have not renewed their memberships, or anyone wishing to become a member, were asked to contact Gwen McKnight in North Hatley.

The Restoration and Maintenance report was given by Janet, which included another busy year of upkeep and restoration, including renewal of part of the cemetery fence. A vote of thanks went to all those who had undertaken this task, with special thanks to Garth Morrisette and Rudy McLellan. Lester Drew was also congratulated on his good work on maintaining the grounds.

Terry Skeats gave the Research, Library, and Publications report. The number of family genealogies

completed, and those almost completed, is now close to 60 per cent. This research involves the tracing of all those families with members buried in the old cemetery back to New England and Europe. Terry also reported that the Association's newsletter "Epitaphs" will soon publish its fourth issues, and described several new useful genealogies, vital statistics, and other research items which were purchased during 1994. After the adoption of the reports, Rev. Canon Curtis Patterson thanked the Committee for their efforts and dedication.

The fifth annual picnic was held on July 31 and well attended, with visitors from Ontario, New England and New Brunswick. Milton Thwaites of Ottawa was the guest speaker, joining in a discussion on the founding of the church, and the personalities involved in this venture in 1818. This was followed by Garth Morrisette doing historical storytelling.

The Flanders family was honored at the picnic, with several Flanders descendants gathering at the gravesite of David Flanders, an early pioneer. Throughout the afternoon people browsed through the display of genealogical materials and photographs dealing with the Old North Cemetery.

The date for the sixth annual picnic was tentatively set for August 5, at the site of the Cemetery.

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The "S.E. Woodchuck" certainly saw his shadow on Groundhog Day. Winter came back in time for our Carnival.

Patrick Sugere and Karen Wightman's baby boy was baptized by Rev. John Lee at the St. James Anglican Church. Nicolas Peter Sugere is our new resident... Welcome!

Correction — Brett Anningson, the United Church Pastor will be ordained (not inducted) in St. John,

N.B. this July.

Three of our youngsters played hockey for the Bedford team which went to Kensington, P.E.I. in the Cultural Exchange Games. Kristofer Gendreau, Martin Lemieux and Jessica Piette participated. Bedford lost by one point but they'll get another chance when Kensington comes to Bedford on March 17.

Sharon Neil spent a pleasant week with relatives in the Cayman Islands.

### Birth

**MOLINER-DRIVER** — Lisa and Michael have got a baby girl. Rosa Ruth was born Sunday, February 5. Beautiful granddaughter for Ouida and Enrique Moliner and Hilton and Carole Driver; great-granddaughter for Lucy d'Abreu, Jeanne Ewing and Leonard Driver. Special thanks to the neighbours on Melbourne Ridge on that snow bound night.

### Deaths

**DAVIES, Mary** — Peacefully at the Sherbrooke Hospital on February 25, 1995. Beloved wife of Charles Davies. Dear mother of Michael (Karen), Steven (Jane) and Susan (Danny Booth). Loving grandmother of Steven, Christopher, Ashley, Jessica, Amanda, Stephanie and Katie. Also survived by her brother James Hancock (California) and sister Madeleine of Ottawa, Ont. Resting at the Cass Funeral Home, 900 Clough St., Ayer's Cliff, Que., where friends may call on Sunday from 7 to 9 p.m. and on Monday from 2 to 4 p.m. and 7 to 9 p.m. The funeral service will be held in Beulah United Church on Tuesday, February 28, 1995 at 11 a.m.

**GOODSELL, Yvonne** — At the CHUS Hospital in Sherbrooke on Friday, February 24, 1995. Yvonne Michaud in her 81st year. Wife of the late James Goodsell. Loving mother of Raymond (Alice Martin) of Rock Island, Pauline (Léopold Lacroix) of Stanstead and Rita (Tom Richer) of Rock Island. Dear sister of Gerald Michaud of Rock Island, Ernest Michaud of St. Catharines, Ont., Jeanne Roy of Rock Island and Diana Michaud of Montreal. Also survived by 9 grandchildren, 13 great-grandchildren, sisters and brothers-in-law, nieces, nephews, other relatives and many friends. Visitation from the Cass Funeral Home, 39 Dufferin, Stanstead, Ken Morris, Funeral Director — 876-5213. Visiting hours on Saturday from 7 to 9 p.m. and Sunday from 2 to 4 and 7 to 9 p.m. Funeral service from the Sacred Heart Catholic Church, Main St., Stanstead on Monday, February 27, 1995 at 11 a.m. Please note: The Funeral Home will be open on Monday from 9:30 a.m. Interment in the Mont Ste-Marie Catholic Cemetery, Stanstead, in the Spring. Donations to the CHUS Foundation, 3001-12th Avenue North, Fleurimont, Que., J1H 5N4 and or the Diabetic Foundation, 636 Quebec St., Sherbrooke, Que., J1H 3M2, would be gratefully appreciated and acknowledged by the family.

**GIBSON, Howard** — Suddenly in Rock Island on Saturday, February 25, 1995. Howard Gibson in his 83rd year. Beloved husband of Eleanor Martin of Rock Island. Loving father of Beverley (Ronald) of Rock Island and predeceased by his son Barrie. Cherished grandfather of Barry, Nancy, Shelly, Julie, Jerry, Jeffrey, Jody and great-granddaughter Jessica-Lynn. Also survived by other relatives and many friends. Visitation from the Cass Funeral Home, 39 Dufferin, Stanstead, Ken Morris, Funeral Director — 876-5213. Visiting hours on Tuesday from noon until 2 p.m. Funeral service from the Chapel on Tuesday, February 28, 1995 at 2 p.m., the Rev. Christine MacLeod officiating. Interment in the Massawippi Cemetery in the Spring. Donations sent to the Massawippi Cemetery Foundation would be appreciated and acknowledged by the family.

### Deaths

**HOYE, Elanor** — At the Queen Elizabeth Hospital on February 22, 1995. Eilnor Armstrong, wife of the late Richard Hoye. Dear mother of Patricia, Elissa and Richard (Valerie). Grandmother of Jacob and Jade. A private funeral service was held. Burial will take place in Sherbrooke, Que. Arrangements by Kane & Fetterly.

**MACLEOD, DONALD** — At the Cornwall General Hospital on Saturday, February 25, 1995. Donald Eddie MacLeod of Cornwall, formerly of Ottawa. Beloved husband of Margaret Sheedy and by a previous marriage the late Jean Nicholson. Dear father of Jim MacLeod (Nancy Anderson) of Ancaster, Ont., Barry MacLeod (Janet MacEwan) of Orleans, Ont., Rick MacLeod (Judy Hansen) of Kanata, Ont. and Kathy (Mrs. Kevin Brule) of Bells Corners, Ont. Cherished "grampy" to Kelly, Jennifer, Morgan and Kendall MacLeod, Shelley, Zachary and Eric Brulé and Chad Guimond. Dear son of the late Angus MacLeod and the late Mary Anne MacLvor. Dear brother of Mrs. Katherine Siano of Longmeadow, Mass. and Isobel (Mrs. Vic Chelmick) of St. Catharines, Ont. Predeceased by three brothers Colin, Murdo and Freddie MacLeod and one sister Mrs. Irene Kent. Resting at the Cornwall Funeral Homes, West Branch, 20 Seventh Street West from 2 p.m. Monday. Funeral on Tuesday, February 27, 1995 for "Liturgy of the Word" in St. Columban's Church, Cornwall at 11 a.m., followed by "Graveside Service" in Pinecrest Cemetery, Ottawa at 3:30 p.m. The family will be in attendance from 2 to 5 p.m. and 7 to 10 p.m. Monday and from 9 a.m. until time of funeral on Tuesday. As expressions of sympathy, memorial donations to the Children's Aid Society of S.D.&G. would be appreciated by the family.

**MATHESON, Gordon H.** — At the CHUS on Sunday, February 26, 1995. Gordon H. Matheson in his 76th year. Beloved husband of Lois Hamilton. Dear father of Wendy, Robin and Jimmy. Brother of Allan (Irene), the late John and the late Harold. Survived by his dear nieces and nephews. At his request, he was cremated. A private family service will be held at Cass Funeral Home, 6 Belvidere St., Lennoxville, Que. on Tuesday, February 28, 1995, Mr. Robert Sandford officiating. Interment of ashes in Malvern Cemetery at a later date. The family will be at the Funeral Home on Monday, February 27 from 7 to 9 p.m. to receive relatives and friends. As memorial tributes, donations to Parkinson Foundation of Canada (Research) Manulife Centre, Suite 230, 55 Bloor St. W., Toronto, Ont., M4W 1A5 or CHUS Foundation, 3001-12th Avenue N., Sherbrooke, Que., J1H 5N4, would be appreciated by the family.

### Card of Thanks

**LIVINGSTONE** — Douglas and Barbara would like to thank everyone for cards, telephone calls and offers of help over the six months of Shirley's hospital stay and after her death. Special thanks to the doctors, nurses and staff at the CHUS and Asbestos Hospital, and especially to the staff at the Youville Hospital for being so good to Shirley. May God bless you all.

DOUGLAS, BARBARA  
AND FAMILY

### In Memoriam

**McCOMB, William James** — In loving memory of our dear son who was taken away from us accidentally two years ago on February 27, 1993.

This time has come again with sad regret  
It brings back a day we will never forget.

We miss you Billy more than anyone knows  
As each day passes the loneliness grows.

For those of you who have children  
Treasure them with care,

You will never know the sorrow  
To need them and they are no longer there.

Sadly missed and lovingly remembered by

DAD AND MOM  
(Bill and Sylvia)

### Inverness

Melanie Pomerleau has returned to her teaching and study duties after enjoying a week in Florida with friends.

Pte. Neil Robinson is now stationed at Camp Gagetown, N.B., following Christmas vacation at his parental home here.

Holland Centre's "Do Drop In" at Thetford Mines was well attended on January 23. Rev. Linda Robinson, Margaret Dempsey and Maxine McCrea were present from Inverness.



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## The latest philosophy on gallstones and treatment

The gallbladder was first accurately described nearly 2,400 years ago by Aristotle, the great philosopher and scientist who systematized the knowledge of his time. However, not even he understood how the gallbladder worked or where gallstones came from.

In the Renaissance, a distinguished physician, Jean Fernel of Amiens, described the agonies of patients with obstruction of the gallbladder, detailing symptoms including abdominal swelling, chills and fever, tremendous discomfort and even death.

Today, an estimated 25 million Americans have gallstone disease and approximately one million new cases are diagnosed each year. The disease is three to four times more common in women than in men. Older people are most prone to the disease; the incidence of gallstone disease in the general U.S. population is 10 percent (that's one out of every ten people), rising sharply to 20 percent in people over age 40, and to 30 percent in those over age 60.

Surgical removal of the gallbladder (or cholecystectomy) is the second most frequently performed surgery in this country; more than 500,000 are performed annually, with 6,000-8,000 deaths occurring due to complications from surgery.

Now, for many people, there is an oral alternative to surgery, Actigall™ (urso-diol), an oral medication, safely and effectively dissolves cholesterol gallstones and offers an important treatment option for many patients, including patients at high risk for surgery, such as senior citizens and people with chronic illnesses such as heart, lung or kidney disease.

Dissolution therapy with Actigall is a welcome alternative for people who wish to avoid surgery and its associated risks. This therapy is extremely well tolerated, with rare cases of mild, transient diarrhea reported.

Even though many things have changed since Aristotle's time, most of us still do not know much about the gallbladder and how it works. To learn more about the gallbladder, gallstones and related issues, take this short quiz and see how much you know.

1. The primary function of the gallbladder is to:

- A. concentrate bile,
- B. break down food particles,
- C. absorb nutrients,
- D. the gallbladder has no function.

1-A. The primary function of the gallbladder is to store and concentrate bile, a fluid produced by the liver that carries excess cholesterol into the intestine and, ultimately, out of the body.

2. The gallbladder is connected to the:

- A. liver and intestine,
- B. bladder,
- C. pancreas.

2-A. The gallbladder is a small, pear-shaped organ that is connected to the liver and intestine by small tubes called bile ducts.

3. True or False: Gallstones are lumps of solid material that form in the gallbladder.

\* 3-True. Gallstones can be as small as tiny specks or, in extreme cases, as large as the gallbladder. Most (80 percent) are small, less than 20mm.

4. The vast majority of gallstones are made of:

- A. cholesterol,
- B. iron,
- C. potassium,
- D. phosphorous.

4-A. Cholesterol is the major component of approximately 80 percent of all gallstones.

5. Which are common risk factors for developing gallstone disease?

- A. rapid weight loss,
- B. being overweight,
- C. pregnancy,
- D. a history of taking birth control or hormone replacement pills,
- E. all of the above.

5-E. Rapid weight loss, being overweight, pregnancies, diets rich in animal fats, birth control pills and hormone replacement pills increase the risk of developing gallstones.

6. True or False: Gallstones only form in the gallbladder.

6-False. Although most gallstones form in the gallbladder, a small percentage form in the bile ducts.

7. Which of the following may be a symptom of gallstone disease?

- A. chest pain,
- B. intestinal gas,
- C. indigestion,
- D. belching,
- E. all of the above.

7-E. Symptoms including chest pain, indigestion, nausea, vomiting, gas and severe abdominal pain are most frequently experienced by people who have gallstones.

8. True or False: Surgical removal of the gallbladder is the only way of treating gallstones.

8-False. Until recently, surgery was the most common treatment for gallstone disease. Now, a new oral medication that dissolves small-to-medium cholesterol gallstones has recently become available in the U.S. and is considered a safe and effective alternative to surgery, for those at high risk for surgery and those who refuse surgery.

9. True or False: Women are more likely to develop gallstones than men.

9-True. Women between the ages of 20 and 60 are three times more likely to develop gallstones than men. Women who are considered at highest risk are those who are overweight, who have been pregnant, have used oral contraceptives or estrogen replacement pills, who have recently lost weight quickly, or who are of American Indian ancestry.

Since so many medical advances have been made since Aristotle's time, it's a good idea to learn about health care options as part of taking responsibility for your own health.



**The Quebec Association for the Defence of the Rights of the Retired and Pre-Retired (AQDR section Memphremagog) through the Medic-Action Project, sponsored by Health Canada under the Seniors Independence Program, in cooperation with The Record wish to share with you the following health tips:**

In order to use medication wisely, here are some pitfalls to avoid:

**AVOID...**

- being too shy to ask questions. You must never leave the office of the doctor or pharmacist **before knowing exactly why, how and when to take your medication.**
- sharing, lending or borrowing medication from another person. A given drug can help one individual but turn out to be very dangerous for another.
- discontinuing medication before the end of the prescription without talking to your physician, even if you are feeling better.
- mixing alcohol and drugs unless you have been informed by the doctor or pharmacist of possible adverse effects.

For more information, please call the AQDR (section Memphremagog) at 868-2342.

Source: Rogers R. *Information for senior-wise use of drugs. Community mobilization project, Alberta, AADAC, 1987 and Les médicaments, ou... non... mais!* Direction de la Santé Publique de l'Outaouais, adapted for Project Medic-Action - AQDR Memphremagog - 1994

In order to take your medication wisely, here are some tips on how to prepare your meeting with your doctor:

**You have the right...**

- to ask the physician to use words that you clearly understand
- to get answers concerning your health problems or the state of your health
- to be informed about the risks and benefits related to the proposed treatment and its alternatives
- to ask for a consultation with another physician, if necessary
- to come up with your own decisions related to the proposed treatment
- to refuse certain medical treatments related.

**You have the responsibility...**

- to describe precisely symptoms or problems that you are experiencing
- to ask questions about what you do not understand (test results, treatments, drug side effects). It is wise to write down questions before the consultation.
- to ask your physician if there are alternatives to the medication proposed or some way to complement it.
- to follow the treatment as prescribed.
- to inform the doctor's office ahead of time if you cannot keep an appointment.

For more information, please call the AQDR (section Memphremagog) at 868-2342.

Source: *Les médicaments, ou... non... mais!* Direction de la Santé Publique de l'Outaouais, adapted for Project Medic-Action - AQDR Memphremagog - 1994

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# Senior Scene



## If given the proper care, a healthy smile can stay beautiful for a lifetime

By the year 2020, an estimated one-fourth of the nation—more than 50 million Americans—will be at least 65.

Advances in every area of health care—including dentistry—have enabled Americans to live longer and be healthier than ever before.

In an effort to increase awareness of the importance of oral health in later years, the American Dental Association has designated May 14 through 20 as National Senior Smile Week.

With the theme "A Healthy Smile Can Last a Lifetime," the dental profession seeks to combat the myths and false assumptions that have kept older Americans from seeking needed dental care.

Tooth loss is not inevitable. People lose their teeth to disease, injury and neglect. Teeth are meant to last a lifetime and, with proper oral hygiene and regular dental visits, they can.

One of the major oral health problems today is the range of periodontal diseases that afflict the gums and other structures that support the teeth.

Periodontal diseases are responsible for about 70 percent of all adult tooth loss. Affecting at least three out of four people over the age of 35, these diseases often progress slowly and painlessly over a long period of time. So seniors are definitely at risk.

Periodontal diseases are caused by plaque, a sticky, colorless film that forms constantly on the teeth.

The bacteria in plaque produce acids that can irritate the gums and, over a period of time, seriously damage the structures that support the teeth.

There are several warning signs that may indicate presence of periodontal diseases:

- Gums that bleed easily;
- Red, swollen or tender gums;
- Gums that have pulled away from the teeth.

the teeth;

- Pus exuding between the teeth and gums when the gums are pressed;
- Persistent bad breath or bad taste;
- Permanent teeth that are loose or separating;
- Changes in the way your teeth fit together when you bite;
- Changes in the fit of dentures or other dental appliances.

If you have any of these symptoms, see your dentist immediately. The sooner periodontal diseases are diagnosed, the better the chance for successful treatment.

Tooth decay affects people of all ages—including seniors. The nature of the problem, however, changes in later years.

Most children's cavities occur on the biting surfaces of the back teeth, where food and bacteria easily collect. But, for people over 50, two out of every three cavities occur around the edges of old fillings.

Root caries are another type of tooth decay common in older adults. As gums recede, tooth roots become exposed and susceptible to decay. About 70 percent of people over age 60 have root caries, which should be treated by a dentist.

Xerostomia, or dry mouth, a condition of reduced saliva production and severe oral dryness, often contributes to tooth decay in older adults.

Saliva lubricates the mouth, washes food away from the teeth and neutralizes acids that can cause decay.

Xerostomia is a side effect of more than 200 frequently prescribed drugs. If you think you may have xerostomia, consult your dentist, who may recommend use of artificial saliva and a fluoride mouthrinse.

What should seniors do to maintain oral health? It's not difficult. There are

just a few steps to take:

- Brush thoroughly at least once a day, after meals whenever possible.
- Floss thoroughly once a day.
- Eat a balanced diet and limit snacks between meals, especially sticky foods that cling to the teeth.
- At least once a day, use a fluoride toothpaste approved by the American Dental Association.

Fluoride toothpaste is recommended for all ages, not just children. Adults should also use fluoride toothpaste routinely to help reduce both tooth root and tooth crown decay.

- Visit your dentist regularly.

Millions of Americans wear dentures, but their need for dental care does not stop. The mouth is a living, constantly changing organ, so dentures that fit well at first may need professional adjustment later.

Only a dentist can assure the proper fit of dentures and the continuing health of mouth tissues.

During National Senior Smile Week, state and local dental societies will hold a variety of special community programs and activities geared toward older adults.

The programs, including oral health screenings and health fairs, complement established dental access programs and emphasize dentistry's commitment to prevention.

To find out more about activities in your area, call your local dental society. Society names and addresses can be found in most local telephone directories.

## Advice on helping a friend in mourning

By NINA HERRMANN DONNELLY

It's amazing how productive we can be while postponing doing something we don't want to do. I've cleaned dresser drawers, baked cookies, run errands, called my parents and even washed floors, all to put off calling friends who were mourning a tragic loss.

I've discovered over the years that I'm far from alone in this behavior. It's very difficult for many people to work up the courage to call or visit a friend who's

mourning the death of a loved one.

"Will it be a bad time?" "Will I say the wrong thing?" These are valid questions asked by countless people who want to help, but who are haunted by the age-old complaint, "I never know what to say."

Communication can be maintained in a number of ways: In person, by telephone, by "thinking of you" notes, with flowers or food, or by helping with cleaning, child care or other chores or errands.


Often it isn't necessary to "know what to say"—only to be there. Your friend

may need you only to listen—which is actively giving to another—to take a hand in silent sympathy.

Above all, don't worry if you "never know what to say." The good that friends can do in trying to comfort mourners almost always outweighs any well-meant misstep made during the process.

*Editor's Note: Nina Herrmann Donnelly is the author of I Never Know What To Say: How To Help Your Family and Friends Cope With Tragedy (Ballantine/Epiphany).*






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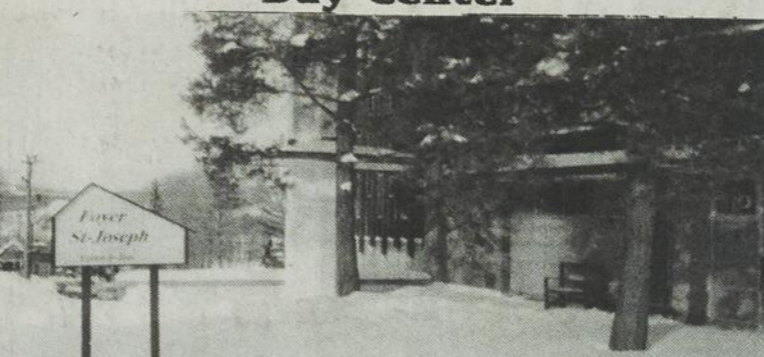
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## Annual vestry meeting of St. Paul's Anglican

**BURY (NR)**—The annual vestry meeting of St. Paul's Church took place in the Parish Hall on Sunday afternoon, February 12, conducted by the Rev. Blair Ross who opened it with prayer. There was an attendance of 18.

In reference to old business a night light has been placed over the front door of the church, paid from the former choir fund, two building lots have been sold to Durwood Dougherty. It was brought to our attention that Christ Church, Canterbury is in need of repair, (foundation and paint). Nothing has really changed re birth and death certificates from the Civil Status Dept. Rev. Ross noted that the one-day clinic for the English should be starting soon at Grandview Manor. It was mentioned the need of a signalling system in case of fire in the church.

Thanks was expressed to Robert Harrison and his helper, Doug McConnell for the work they had done on the rear exit.

Reports of the various committees were read and explained; i.e., Church treasurer, Victoria Parish treasurer, St. Paul's Guild and Sunday School.

Our incumbent's report showed that St. Paul's Parish has 97 households, 226 members on the roll, 205 confirmed members, 50 identifiable givers, 93 communicants at Easter and an average attendance of 35 including the Sunday School. In 1994, there were 6 baptisms, 5 marriages and 10 funerals, 146 services of Holy Communion and 36 other services.

Serena Wintle voiced her thanks to our rector and all members of the congregation for working together, and a vote of thanks to Mary Sylvester for her work with the Sunday School. Serena also presented the slate of officers for the coming year as follows: - which had not changed, Rector's Warden, Serena Wintle, assistant, Charles Bown, People's Warden - Orvil Anderson, assistant, Robert Harrison, Treasurer - Sandra Morrison, Vestry Clerk - Audrey Dougherty, Sexton - Tom Bown. Delegates to Synod - Bill Lyon and Charles Bown, with Gilbert and Serena Wintle as alternates.

The Canada Day Strawberry shortcake project will be held at

Mrs. Buchanan's again this year and from the Church hall instead of the Municipal garage.

Due to the pigeon problem, the belfry had to be cleaned and enclosed with mesh, thanks again to Doug McConnell and his friend, Chris. More of this work is needed to be done beside the chimney and in the small high windows.

The meeting closed in prayer. Faithful departed members for 1994 were: James Marshall, Doris Mayhew Parsons, Douglas Barter, Dustin McNab, Dorothy

Wooten Wright, Newton George Bennett, James Berwick, Dan Pehleman, Donald Saunders and baby Goodin. \* \* \*

Guests of George Court at Grandview Manor, on the occasion of his birthday, were Ben and Helen Hodge of Cookshire and Stuart and Audrey Dougherty. The afternoon was spent playing cards and visiting. Light refreshments, consisting of scones and tea and a lovely birthday cake, decorated with an airplane on top, were served.

## Kicking the sleeping habit

By Peter H. Gott, M.D.

**DEAR DR. GOTT:** I'm an avid reader of your column and need advice. I've been Taking Halcion for sleep for about eight years now — one a night. I know I should break the habit but am not sure how to go about doing it.

**DEAR READER:** Halcion, like other sleeping pills, can be habit forming. Also, it can cause some memory loss. For these reasons, most physicians prefer to prescribe such drugs for limited periods. I encourage you to taper the dose before discontinuing the medicine. Here's a suggestion that you can verify with your doctor.

Start with half a pill at night for two weeks. Then try a half a pill with four 25 milligram Benadryl capsules on alternate nights for another two weeks. Finally, switch over entirely to Benadryl, which is a safe antihistamine that acts as a sleep aid. Eventually, you should be able to use Benadryl only on occasion.

To give you more information, I am sending you a free copy of my Health Report "Sleep/Wake Disorders." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2433, New York, NY 10163. Be sure to mention the title.

**DEAR DR. GOTT:** As a retired mechanic, I don't know why the knee joint can't be resurfaced and reconditioned. A complete prosthesis replacement sounds too radical to me. Are there hospitals experimenting with bone repair that leaves the patella intact with most of the knee? There must be space-age materials available to accomplish this type of procedure.

**DEAR READER:** I agree with you. You'd think that, given the wonders of modern plastics and metallurgy, someone would have dreamed up a way — using Teflon, perhaps — to resurface a joint. But no one has, yet.

You raise an interesting point. Although I've written before about the similarities between doctors and auto mechanics, we're still decades behind you guys. For a malfunctioning car computer, you can slip in a new one. Hoses and belts are easily replaced. Tires can be changed. Body work is kid stuff.

In short, you can repair or replace any automotive component, leaving a satisfied customer with a functioning vehicle.

We can't. Sure, we can put in a pacemaker, transplant a kidney, check the oil (cholesterol), monitor coolant pressure (hypertension), smooth out a few rough spots on the old hood (plastic surgery), but we aren't able to keep the heap running indefinitely.

I envy you. As I get older, I'd certainly like to have my brain cleaned, my joints reconditioned, my heart and lungs rebuilt — I won't bore you with some of the other stuff. As a retiree, you know what I mean. Thanks for writing.

**DEAR DR. GOTT:** My sister had a ruptured brain aneurysm recently. Is it likely she could have another one, or that I'm at risk as a family member?

**DEAR READER:** Aneurysms (weakened portions of arterial walls)

can occur anywhere in the body, most commonly in the abdomen and the brain.

As time passes, an aneurysm usually enlarges. Eventually, blood may leak through the thinned wall of the blood vessel — or the aneurysm may rupture. When this occurs in the brain, it causes a hemorrhagic stroke that may be serious and lead to profound disability, even death.

No one knows why some people develop aneurysms and others do not. The tendency is not inherited. However, uncontrolled high blood pressure is often associated with aneurysms. If a hypertensive patient suffers a hemorrhagic stroke, doctors most aggressively treat the hypertension with drugs to avoid a similar episode in the future.

Also, some people appear to have a tendency to form aneurysms; this places them at added risk.

Once a cerebral aneurysm has ruptured, doctors frequently perform certain tests — such as MRA scanning — to see if other aneurysms are present. If your sister had such testing, she would know if she is at risk for another stroke. Otherwise, a repeat hemorrhage is impossible to predict.

I do not believe that you and other family members are necessarily at risk.

The important consideration is that your sister have physical therapy to help return her to normal and treatment for any predisposing condition, such as the hypertension I mentioned.

To give you more information, I am sending you a free copy of my Health Report "Stroke." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2433, New York, NY 10163. Be sure to mention the title.

**DEAR DR. GOTT:** As a child, I developed pityriasis rosea and now, in my 30s, have been diagnosed with it again. My doctor offers no treatment and tells me it will just pass — even though I've had it for many years. Please describe this disorder and tell me why nothing can help aside from moisturizing lotion to relieve the itching.

**DEAR READER:** Pityriasis rosea is a harmless, common and mild skin disorder, marked by the appearance of scaly blotches that may itch. The condition needs no treatment and ordinarily vanishes within two months. The cause is unknown and recurrences are rare.

A chronic skin disorder, such as the one you describe, may not be pityriasis. Other treatable skin diseases (notably tinea and psoriasis) must be considered. Therefore, I suggest that you request a referral to a dermatologist.

**DR. GOTT**



PETER GOTT, M.D.

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Notice is hereby given, following the death of Mr. Oscar Reeves, during his lifetime domiciled at Beebe, Quebec, which occurred on January 20th, 1995, an inventory of the deceased's property was made by the liquidator of the succession, Mrs. Knetha Harriet Hand, on February 8th, 1995, before Mtre Pierre H. Dussault, notary, in accordance with the law. This inventory may be consulted by the interested parties, at the office of Mtre Pierre H. Dussault, notary, located at 333, St-Patrice West St., Magog, Quebec, J1X 1W5. Given this twenty-first day of February 1995.

Pierre H. Dussault,  
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Monday, Feb. 27, 1995

**Your Birthday**

Two of your favorite people from the past might play new roles in your life in the year ahead. Everyone will enjoy getting together again.

**PISCES (Feb. 20-March 20)** This could be a productive day for you, provided no one is looking over your shoulder giving you instructions. You will find dictators irritating, not inspiring. Major changes are ahead for Pisces in the coming year. Send for your Astro-Graph predictions today. Mail \$2 to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

**ARIES (March 21-April 19)** You may feel very determined to do things your way today. Your ideas will have merit, but pay attention to other people's ideas as well.

**TAURUS (April 20-May 20)** Give top priority today to matters that effect your material security. Do not let insignificant issues switch you to an unproductive track.

**GEMINI (May 21-June 20)** Today you may deal with persons who aren't as broad-minded or creative as you'd hoped. Discussing expansive plans and programs with small thinkers may prove frustrating.

**CANCER (June 21-July 22)** Today it

may be difficult to distinguish between persons trying to take advantage of you and those who really need you. **LEO (July 23-Aug. 22)** Friends who stood by their word in the past are apt to do so again in arrangements at this time. However, someone who didn't still can't be relied upon.

**VIRGO (Aug. 23-Sept. 22)** Although you think you're heading in the right direction, that doesn't mean your objective will be achieved today. Allow time for adjustments that may be required.

**LIBRA (Sept. 23-Oct. 23)** Be patient with your long range plans today. If you try to accelerate the process before its time, it could set you back instead of moving you forward.

**SCORPIO (Oct. 24-Nov. 22)** New people who deal with you today will go away thinking you're a pretty nifty person. However, your family members may get a different impression.

**SAGITTARIUS (Nov. 23-Dec. 21)** Associates will strive to help you today if you're not pushy or demanding. Instead of dictating terms, use diplomacy and gratitude.

**CAPRICORN (Dec. 22-Jan. 19)** In a collaborative effort today, don't take any action without the consent of everyone involved. You will be held accountable for what you initiate.

**AQUARIUS (Jan. 20-Feb. 19)** Friends will only back you up if they feel you're supportive of them. If you compete against them today, it could be every man for himself.

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**On the edge of destruction**

By Phillip Alder

Once, when standing on the bow of a small boat in Kakadu National Park in the Northern Territory of Australia, I was filming a crocodile lying on the sunny riverbank. As I was only four or five feet from the impressive creature, if he had wanted me for breakfast, I think he could have had his wish. (I assumed the boatman thought I was safe.)

The declarer on today's deal was in similar peril, but managed to sidestep defeat.

How should South play in three no-trump after West has led the heart five to East's king?

Assuming diamonds aren't 5-0, this is a sure-trick problem. South should win the first trick, play a spade to dummy's king and lead a diamond to his nine. Even if West wins with the jack, South has nine tricks: two spades, one heart, five diamonds and one club.

However, South decided to go for overtricks by assuming the diamonds would run. Yet he took a small precaution. After winning the first trick with the heart ace, South played a diamond to dummy's ace and a diamond to his king. When West discarded a club, South ran the club queen successfully. He continued with a club to dummy's ace, the diamond queen (South threw a club and West a heart), the spade king and a spade to his ace. Finally, South exited with a club.

South's luck was in. West could cash two clubs and a heart, but then he had to lead around to the heart jack, South's ninth trick — whew!

**Crossword**

- ACROSS**
- 1 Author Waugh
  - 5 Sri —
  - 10 Blind as —
  - 14 Ms. Falana
  - 15 Advantage
  - 16 Char
  - 17 Replete
  - 18 Mrs. Trump
  - 19 Booty
  - 20 NFL team
  - 23 Vane point
  - 24 Be vanquished
  - 25 Actress Jessica —

- 28 A religion
- 31 Baseball family name
- 32 "— Welby, M.D."
- 34 Stand — (hold firm)
- 37 "For — majesty..."
- 40 Drs. gp.
- 41 Blake of "Gunsmoke"
- 42 Actress Olin
- 43 Unemotional
- 44 — statesman
- 45 Only
- 47 Hairdo
- 49 "Origin of Species" author
- 55 Temporary gift
- 56 Yearned
- 57 Gratis
- 59 Any — in a storm
- 60 Fissile rock
- 61 Actor Sharif
- 62 Fashionable resorts
- 63 Planted
- 64 Steak house specification

- DOWN**
- 1 TV alien
  - 2 Clamorous
  - 3 Ms. Fitzgerald
  - 4 Phoned
  - 5 Fernando or Lorenzo
  - 6 Whoa, sailor!
  - 7 Drug cop
  - 8 Unit of weight
  - 9 "L. —" (TV show)

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		

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02/27/95

**Saturday's Puzzle solved:**

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

02/27/95

**THIS IS CALLED A LEASH...**

**WHEN THE MASTER AND HIS DOG GO FOR A WALK, THE LEASH IS ATTACHED TO THE DOG'S COLLAR...**

**OKAY, LET'S REVIEW WHAT WE HAVE JUST LEARNED...**

**WHAT IS THIS CALLED AND HOW IS IT USED?**

**I DON'T HAVE THE SLIGHTEST IDEA...**



**ALLEY OOP® by Dave Graue and Jack Bender**

**DID YOU SUGGEST WE MOUNT A RESCUE OPERATION??**

**YEP! THAT'S WHAT I SAID!**

**ARE YOU SAYING WE SHOULD ENTER THE NIGHTLINGS' DOMAINE?**

**UH HUH!**

**(BUT THAT WOULD BE SHEER SUICIDE, ALLEY OOP!)**

**MEBBE NOT, LEFFER BEN!**



**ARLO & JANIS® by Jimmy Johnson**

**THINK I NEED TO SHAVE, DAD?**

**NO, NOT YET—WON'T BE LONG, I GUESS.**

**WOW!**


**BELIEVE ME, IT'S NOT ALL IT'S CRACKED UP TO BE.**



**EEK & MEEK® by Howie Schneider**

**THIS BUDGET CUTTING IS GETTING SERIOUS...**

**CONGRESS IS TALKING ABOUT ELIMINATING THE FBI WITNESS PROTECTION PROGRAM**



**FRANK & ERNEST® by Bob Thaves**

**EYEGGLASSES**

**THEY DON'T HAVE TO BE EXPENSIVE—I ALREADY KNOW WHAT MOST THINGS LOOK LIKE.**



**THE BORN LOSER® by Art and Chip Sansom**

**WHY CAN'T MORNING START AFTER LUNCH?**



**BIG NATE® by Lincoln Peirce**

**BUT WHY DO I HAVE TO WEAR A STUPID TIE FOR A CHESS MEET?**

**IT'S TEAM POLICY. STOP TUGGING AT IT!**

**TRY TO FOCUS, NATE! YOUR MATCH STARTS IN TWO MINUTES! THINK ABOUT YOUR OPPONENT! CONCENTRATE ON HIM!**

**...OR HER.**

**IS MY TIE ON STRAIGHT?**



**GRIZZWELLS® by Bill Schorr**

**FORGET THIS ONE, GUYS... HE'S BEYOND THE EXPIRATION DATE...**




**KIT 'N' CARLYLE® by Larry Wright**

**SO FAR I DON'T REALLY GET THE POINT OF WALKING ON A LEASH.**

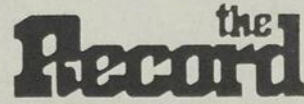


**BEATTIE BLVD.® by Bruce Beattie**

**"I know you're trying to be romantic...but I'd rather not get married down in the subway station where we met."**



# Sports



## NHL roundup

# Nilan red-hot for oldtimer Canadiens

MONTREAL (CP) — It took retirement for Chris (Knuckles) Nilan to become a goal scorer.

Nilan scored four goals, including one from his knees into an empty net, Sunday to lead the Canadiens' oldtimers in a 5-3 victory over the Nordiques' oldtimers before 10,236 Forum spectators.

"I'm in pretty good shape," said Nilan, 37, who was more noted for his fists than his offensive prowess during a 13-year National Hockey League career.

"I haven't developed the fat hockey player's syndrome — yet. In my career I had some good games. I had my share of goals and fights."

Nilan, Guy Lafleur and Henri Richard received the loudest pregame ovations, while Canadiens general manager Serge Savard was booed each time he touched the puck during the game.

Savard, whose team was defeated 7-0 by the Philadelphia Flyers at the Forum on Saturday night, was visibly upset after the oldtimers' game.

"I've got a public job and I'm judged publicly," said Savard, a star Canadiens defenceman in the late 1960s and 1970s.

"If the prime minister is elected with 40 per cent of the popular vote, it means he has to deal with 60 per cent of unhappy people off the bat."

Savard acknowledged that the fans' reaction was directly linked to the Flyers game, in which John LeClair, traded by Savard to Philadelphia earlier this month, scored three goals.

Sunday's game was the third time the oldtimers, bitter provincial rivals more than a decade ago, have met in the last 11 months. The Canadiens, playing at home for the first time in the series, captured their first victory.

Steve Shutt, now an assistant coach with the Canadiens, scored Montreal's other goal. The Canadiens rebounded from a 3-1 second-period deficit.

Wally Weir, Réal Cloutier and Jean-François Sauvé replied for Quebec.

"Our game plan was to stop Guy Lafleur," Nordiques coach Michel Bergeron said. "Chris scored four. I'm in shock."

"It was a good show with good speed — even if the guys aren't in great shape. Both teams wanted to win."

### Capitals 1 Lightning 1

LANDOVER, Md. (AP) — Dave Poulin's goal early in the third period earned the Washington Capitals a 1-1 tie with the Tampa Bay Lightning on Sunday in a matchup of teams playing their third game in four days.

Poulin's goal, with 19:28 left in regulation, was Washington's only shot on goal in the period. The Capitals managed only one shot in overtime en route to their third straight tie.

Enrico Ciccone scored in the second for the Lightning. Tampa Bay, which only had 17 shots on goal, had been 7-0-0 when taking a lead into the third.

Daren Puppa stopped 22 shots for the Lightning, including a close-in attempt by Peter Bondra with 2:13 remaining in overtime.

Rick Tabaracci had 16 saves for the Capitals, 0-7-1 when trailing after two periods.

The Lightning managed only four shots in the second, but one was Ciccone's second goal of the season. With both teams four skaters aside, Ciccone fired a shot from high above the left circle that glanced off Tabaracci's glove and into the net at 16:50.

### Canucks 5 Sharks 1

SAN JOSE, Calif. (AP) — As special as it might have been for San Jose, none of the pre-game pomp surrounding Gaetan Duchesne's 1,000th NHL game translated into ice magic for the Sharks.

"For them, I'm sure it was special because of Duchesne, but it was just another game for us," said Vancouver's Pavel Bure, one of five Canucks to score in a 5-1 victory over the slumping Sharks on Sunday.

With Geoff Courtnall scoring 51 seconds into the game, the Canucks just kept firing. It was already 3-0 before 11 minutes had elapsed.

"We were ready right off the bat," said goalie Kirk McLean, who made 26 saves. "That takes a little gas out of their tank."

San Jose just never found its way back into the game. That did not surprise Sharks coach Kevin Constantine at all.

"The story of this team over the last two years is we're a better team when we play with the lead," Constantine said. "We've never really been a catch-up team."

"We tried our darndest to get back into the game," said Todd Elik, who scored San Jose's goal.

The Sharks have lost five straight and are 2-7-2 since a promising 5-1 start.

"We've got a problem here," Elik said. "We've got to stop the bleeding now."

"I don't know what we're doing," said defenceman Jeff Norton. "Thank God early on we got some points, or else we'd be in real trouble. It's not time to panic just yet. We can redeem ourselves."

The Canucks won their second straight road game and are 3-1-2

in their last seven overall.

Bure added two assists, while Sergio Momesso, Josef Beranek and Gary Leeman also scored.

### Flames 5 Ducks 3

ANAHEIM, Calif. (AP) — Sheldon Kennedy scored his first two goals with the Calgary Flames, including the go-ahead goal with 7:46 remaining in a 5-3 victory over the Mighty Ducks on Sunday.

Kennedy and Kevin Dahl scored their first goals of the season as the Flames overcame a two-goal deficit with four consecutive goals and beat the Ducks for the fifth straight time.

Dahl got the Pacific Division leaders even 2½ minutes into the third period with his third goal in 106 NHL games, beating Guy Hebert to the glove side from in close after taking a pass from Joel Otto and sneaking behind defenceman Robert Dirk.

### Rangers 4 Sabres 2

BUFFALO, N.Y. (AP) — Mark Messier scored a shorthanded goal with 1:47 remaining after beating Buffalo goaltender Dominik Hasek to a loose puck as the New York Rangers beat the Sabres 4-2 Sunday night.

The game was tied 2-2 when New York's Sergei Zubov cleared a loose puck over Buffalo defenceman Mark Astley. Hasek attempted to beat Messier to the puck near the blue line, but the Rangers' forward picked up the puck and sent a wrist shot into the empty net.

Zubov scored two goals for the Rangers, his second going into an empty net with 6.6 seconds left from the other end of the ice. New York goaltender Glenn Healy stopped 22 shots.

# Manitoba wins Hearts tournament

CALGARY (CP) — Manitoba's Connie Laliberte, showing poise and patience, took advantage of some Alberta errors to defeat Cathy Borst 6-5 and win the Scott Tournament of Hearts Sunday.

Laliberte won her third Canadian women's curling championship with a takeout on her final stone in the 10th to score a point. The normally sedate and passive Laliberte pumped her fist and gave a huge grin.

Manitoba will now represent Canada in the world curling championship April 8-16 at Brandon, Man.

"It feels great," grinned Laliberte, as she fingered the championship medal hanging around her neck and thought about her previous titles.

"This is good, if not even better."

She admitted a few tense moments near the game's end. Her final stone was dangerously close to sliding out of the house.

"It rolled a long way but hung in there," Laliberte said.

After the win she lifted a crying Karen Purdy over the boards and onto the ice. Purdy — who was Laliberte's third when she won the Manitoba provincial title — broke her ankle and watched the tournament from the stands.

Laliberte, the 1984 world champion and 1992 Heart tour-

namment winner, laughed about her unexpected emotional outburst.

"I guess it's been building up all week," she said blushing.

Borst, who rode an emotional roller-coaster skipping her rink to a 8-3 record at her first Heart appearance, was drained after the game.

"I don't know how I feel," she said.

"There's always disappointment when you lose but we have to be proud of ourselves. We curled well all week. They are a great team. Maybe with our team having this experience behind them we can come back and do it again another time."

In the third end, Borst had a chance for two but rolled out of the house on a takeout to tie the game 1-1.

In the sixth, she rolled out again on a takeout allowing Laliberte to score two for a 4-3 lead.

In the ninth, trailing by one, Borst wanted to blank the end and keep last-rock advantage but instead stuck in the house on a takeout for a 5-5 tie.

The sellout crowd of 2,300 at the Max Bell Arena was mostly Alberta blue, including Borst's husband and two of her three children. A scattering of Manitoba faithful did their best to try and outcheer the Borst supporters.

# Pipers take home silver medal from Centennial

GREENFIELD PARK (RM) — The Alexander Galt senior boys' hockey team turned up another silver lining at the Centennial Chargers Hockey Tournament this past week.

The Pipers took home the silver medals after a 3-2 loss to the host team in the finals. It was Galt's fifth second-place finish in five tournaments this season.

Marc Brousseau and Gilles Comeau scored first-period goals in Saturday's final to give Centennial a 2-0 advantage. Comeau made it 3-0 scoring a goal into an empty net with 50 seconds remaining.

Joel Barter scored Galt's first goal 15 seconds later and Ryan Frappied added the next one with only two seconds remaining. The loss in the final was Galt's second to the Chargers during the two-day tournament.

The Pipers finished second in the three-team Maroon Division after a 3-2 win against MacDonald Cartier and a 3-2 loss to Centennial in Friday's round robin.

Galt beat Loyola High School, the first-place finishers in the Gold Division, in Saturday's semifinal. The Pipers

won the game 5-3, thanks to a hat trick by Ryan Frappied. David Beaulieu and Marc Mills scored Galt's other goals.

Ryan Frappied also scored two goals in the Pipers' first game of the tournament. Robert Frappied scored the winning goal with 2:30 left in the game against MacDonald Cartier.

Ryan Frappied scored another goal in Galt's 3-2 loss to Centennial on Friday. Ben Price had the Pipers' second goal. Josh McIntyre, who was named the tournament's MVP, netted the winner with eight seconds to go.

Defenceman Robert Frappied and centre Ryan Frappied were both selected as tournament all-stars.

The Pipers also learned that they have been seeded third for this year's provincial championships, March 10-11 at Cynthia Coull Arena in Greenfield Park. Galt will open the tournament against Howard S. Billings.

Massey-Vanier will qualify for the provincials if the Vikings can beat Beaconsfield on Tuesday, Feb. 28. The game will be at 3:15 in Cowansville.

## A pair of wins for Halifax team

# Mooseheads let loose on Faucons

SHERBROOKE (RM) — The Sherbrooke Faucons would probably like to forget their weekend in Halifax after the Mooseheads picked up a surprise pair of wins against their Quebec Major Junior Hockey League division rivals.

Halifax beat the Faucons 6-5 in front of a large crowd on Friday night. The Mooseheads, 23-35-6, then picked up a 4-3 victory at the expense of Sherbrooke, 35-23-4, on Saturday.

Friday's first period was scoreless, but both teams exploded for four goals each in the second period. Nicolas Maheux and Rocco Anioia gave Halifax a 2-0 lead.

Mathieu Dandaneault and Stéphane Julien responded for the Faucons.

David Carson restored Halifax's lead midway through the period, but Vitali Kozel tied it at 3-3. Eric Houde scored his 18th goal of the year to make it 4-3, but Radoslav Suchy evened the score again.

Sherbrooke took its first lead of the game when Pascal Bernier scored eight minutes into the third period. Houde tied the game two minutes later and Jody Shelley got the game-winning goal at the 15:12 mark.

Houde had a goal and an assist on Saturday as the Moose-

heads dominated the sweep in front of 5943 spectators at the Metro Centre. Anioia, Mario Dumoulin and Chris Angione had the other Halifax goals. Angione scored the winner at the 2:04 mark of the third period.

Julien had a goal and an assist for Sherbrooke. Alex Richard and Eric Lecompte scored the other goals. The Faucons return home to host Shawinigan on Tuesday night. The Cataractes trail Sherbrooke by two points in the standings.

Stéphane Julien... Two goals and an assist in Halifax.

QMJHL	
QUEBEC MAJOR JUNIOR HOCKEY LEAGUE	
Robert-Label Division	
G	W L T F A P
Laval	64 40 22 2 264 214 82
Hull	64 37 26 1 309 250 75
Sh-Kean	62 32 24 5 242 247 71
Granby	65 28 32 5 291 264 61
SHYac	63 22 38 3 216 285 47
Val-d'Or	64 19 43 2 208 309 40
Frank-Dillo Division	
Beau	63 36 19 8 261 178 80
SHERBROOKE	
G	W L T F A P
Shaw	64 34 28 4 289 244 72
Chic	63 32 27 4 253 228 68
Drum	63 27 33 3 231 260 57
Halifax	64 23 35 6 231 275 52
Vict	63 21 39 3 242 330 45

NHL	
All Times EST	
EASTERN CONFERENCE	
Northeast Division	
G	W L T F A P
Pittsburgh	18 13 3 2 74 53 28
Quebec	18 13 3 2 67 41 28
Boston	17 9 6 2 48 42 20
MONTREAL	
G	W L T F A P
Buffalo	16 7 6 3 43 34 17
Hartford	16 6 9 3 44 45 15
Ottawa	15 2 10 3 33 51 7
Atlantic Division	
G	W L T F A P
NYRang	18 8 8 2 47 45 18
Tampa	19 8 9 2 52 52 18
Winnipeg	18 7 8 3 46 54 17
Florida	17 7 8 2 50 50 16
Niagara	17 6 7 4 38 39 16
Washington	17 9 11 1 48 55 15
Washington	17 9 11 1 48 55 15
WESTERN CONFERENCE	
Central Division	
G	W L T F A P
Detroit	18 12 5 1 68 38 25
St. Louis	17 11 5 1 66 49 23
Chicago	18 10 5 1 61 36 21
Toronto	20 9 8 3 57 57 21
Winnipeg	18 9 9 3 55 64 15
Dallas	16 4 9 3 42 48 11
Pacific Division	
G	W L T F A P
Calgary	18 9 6 3 58 43 21
San Jose	17 7 8 2 37 50 16
Edmonton	18 7 9 2 46 59 16
Vancouver	16 4 6 6 49 56 14
Sunday Results	
Calgary 5 Anaheim 3	Washington 1 Tampa Bay 1
San Jose 1 San Jose N	NY Rangers at Buffalo N
Tonight's Games	
Boston at Ottawa, 7:30 p.m.	Pittsburgh at Quebec, 7:30 p.m.
Montreal at New Jersey, 7:30 p.m.	Toronto at St. Louis, 8:30 p.m.

IHL	
EASTERN CONFERENCE	
Northern Division	
G	W L S O L F A P
Kalamazoo	61 34 15 12 229 182 80
Detroit	60 36 19 5 233 205 77
Chicago	61 24 13 197 234 61
Cleveland	58 24 25 9 218 242 57
Midwest Division	
G	W L S O L F A P
Peoria	61 44 13 4 249 180 92
Cin	62 36 18 8 224 206 80
FWayne	60 23 28 7 203 249 53
Indianapolis	58 23 30 5 188 227 51
WESTERN CONFERENCE	
Central Division	
G	W L S O L F A P
Milwaukee	60 34 18 8 251 227 76
Kansas	63 30 30 3 219 226 63
Houston	60 28 27 5 201 217 61
Akron	59 28 28 3 199 214 59
Minn	58 23 25 1 192 237 56
Southwest Division	
G	W L S O L F A P
Denver	61 42 15 4 251 181 88
Phoenix	65 32 22 10 260 251 74
L Vegas	60 32 24 4 247 206 68
San Diego	63 29 28 6 212 253 64
San Antonio	57 11 14 2 37 89 4
NOTE: Two points are awarded for a victory and one for a shootout loss.	
Sunday Games	
Fort Wayne at Chicago (afn)	

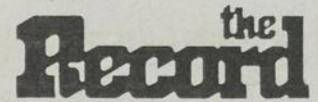
SCORING LEADERS	
Unofficial NHL scoring leaders after Saturday games:	
G	A P
Jagr, Pgh	14 16 30
Salic, Que	8 19 27
Selanne, Wpg	10 14 24
Zharnov, Wpg	8 16 24

WORLD CUP SUPER GIANT SLALOM SKI RACE	
WHISTLER, B.C. (CP) Top 30 finishers and Canadian racers in the men's World Cup super giant slalom ski race Sunday at Whistler Mountain:	
1. Peter Ranggaldier, Italy, 1:35:84; 2. A. J. Kir, U.S., 1:35:87; 3. Christian Genet, Austria, 1:36:82; 4. Ed Podivinsky, London, Ont., 1:36:88; 5. Guenther Mader, Austria, 1:36:70; 6. Pietro Villani, Italy, 1:36:83; 7. Lasse Kjus, Norway, 1:36:97; 8. Marco Girardelli, Luxembourg, 1:37:13; 9. Hannes Trinkl, Austria, 1:37:15; 10. Fredrik Nyberg, Sweden, 1:37:22; 11. Kjell Andre Aamodt, Norway, 1:37:30; 12. Daniel Maher, Switzerland, 1:37:32; 13. Luc Alphand, France, 1:37:41; 14. Franco Cavignoli, Switzerland, 1:37:45; 15. Aile Skardal, Norway, 1:37:50; 16. Jean Piccard, France, 1:37:50; 17. Laine Leskinen, Finland, 1:37:51; 18. Patrik Jaerym, Sweden, 1:37:63; 19. Kristian Ghedina, Italy, 1:37:68; 20. Bruno Kernen, Switzerland, 1:37:76.	

CHAMPIONSHIP	
Jana Novotna, (1), Czech Republic, def. Barbara Rittner, Germany, 6-7 (5-7), 6-3, 6-4.	
UROCARD OPEN TENNIS TOURNAMENT	
STUTTGART (AP) — Results Sunday at the \$2.25-million US Eurocard open tennis tournament (seedings in parentheses):	
SINGLES Championship	
Richard Krajicek, Netherlands, def. Michael Stich (5), Germany, 7-6 (7-4), 6-3, 6-7 (6-8), 1-6, 6-3.	
World Cup Super-G standings	
1. Ranggaldier, 216 points; 2. Mader, 169; 3. Tommy Moe, 109; 4. Orlick, 107; 5. Alphand, 96; 6. Assinger, 94; 7. Kilt, 85; 8. Skardal, 80; 9. Werner Perathoner, Italy, 77; 10. Nyberg, 76; 11. Luigi Colini, Italy, 71; 12. Villani, 65; 13. Maher, 62; 14. Greber, 60; 15. Girardelli, 58; 16. Alessandro Falloni, Italy, 57; 17. Richard Fogdö, Sweden, 269; 20. Urs Kaelin, Switzerland, 268.	
World Cup general standings	
1. Alberto Tomba, Italy, 1,050 points; 2. Jure Kosir, Slovenia, 700; 3. Marco Girardelli, Luxembourg, 646; 4. Kjell Andre Aamodt, Norway, 593; 5. Guenther Mader, Austria, 572; 6. Lasse Kjus, Norway, 569; 7. Mario Reiter, Austria, 515; 8. Michael Von Grentgen, Switzerland, 512; 9. Luc Alphand, France, 509; 10. Harald Christian Stand Nilsen, Norway, 497; 11. Michael Tschusch, Austria, 477; 12. Armin Assinger, Austria, 432; 13. Patrick Orlick, Austria, 428; 14. Kristian Ghedina, Italy, 383; 15. Ole Christian Furuseth, Norway, 366; 16. Peter Ranggaldier, Italy, 287; 17. Tommy Moe, U.S., 284; 18. Werner Perathoner, Italy, 274; 19. Thomas Fogdö, Sweden, 269; 20. Urs Kaelin, Switzerland, 268.	

GOLF	
MISSOURI OPEN	
LOS ANGELES (AP) — Leaders after the final round Sunday in the \$1.2 million Nissam Open, played on the 6,946-yard, par-71 Riviera Country Club:	
C. Pavin, \$218,000	67-66-68-67-268
J.D. Blake, \$105,600	69-67-68-69-271
K. Perry, \$105,600	70-62-68-71-271
S. Simpson, \$52,800	70-66-68-68-272
C. Stadler, \$52,800	67-68-67-70-272
J. Madd, \$43,200	66-71-69-67-273
J. Haas, \$38,700	69-70-68-67-274
J. Ludvigsson, \$38,700	67-72-68-69-274
B. Kamm, \$30,000	67-74-67-68-276
M. Reid, \$30,000	69-69-69-69-276
R. Black, \$30,000	72-68-69-70-276
M. Hubert, \$30,000	71-66-68-71-276
J. Furr, \$30,000	67-74-65-70-276
G. Boros, \$20,400	70-70-65-69-277
J. Williams, \$20,400	67-72-69-69-277
S. Lowery, \$20,400	68-72-68-69-277
S. Lowery, \$20,400	69-70-68-70-277
B. Estes, \$20,400	68-66-70-73-277
B. McCullister, \$15,600	70-66-68-68-278
B. Tway, \$15,600	70-72-69-67-278
D. Feherty, \$15,600	69-68-72-69-278
F. Couples, \$15,600	69-68-68-72-278
ALFRED DUNHILL CHALLENGE	
JOHANNESBURG (AP) — Final Sunday at the Alfred Dunhill Challenge between South Africa and Australasia on the 7,077	

# Sports



## Université de Sherbrooke athletes have strong championship Bishop's wins four medals at provincial track meet

By David M. Martin

SHERBROOKE — It was fast-paced action at this year's Quebec University Indoor Track and Field Championships with both the Bishop's and Sherbrooke University team setting and breaking new standards.

The Bishop's team had their best showing yet, highlighted by second-place finishes for two members of the women's team and a third-place finish by the men's relay team.

In the overall aggregate the five-member women's side of the B.U. team scored 16 overall

points to that of the men's seven.

Although not qualifying for the Canadian Interuniversity Athletics Union Championships, Tricia Stevenson managed to take a silver medal in the 3000-metre race. She finished with a time of 10:55.51, despite a back injury that had been bothering her for several weeks.

"Trish came out and gave it the best she could considering her back problem," said B.U. head coach Kim Chapdelaine. "I'm really proud of what she did considering her condition."

Stevenson was sixth in Cana-

da at last year's CIAU championships and was hoping to repeat the performance.

### PERSONAL BEST

Also getting a medal for the women was Angela Locke, who took a silver medal in the shot put. Locke threw the shot 10.31m for a personal best, narrowly missing first place by 10 centimetres.

"I'm thrilled with Angela's performance, she came out with the goal of placing and did it," Chapdelaine said.

The final medal won by the Bishop's team was by the men's 4x200m relay team, which placed third overall. The men broke the CIAU standard with a time of 1:32.4.

"I expected them to place a little higher, but we achieved the goal we set out to achieve," Chapdelaine said.

The Sherbrooke University team also ran in the same heat and not only won the race but set a new Quebec university record, finishing with a time of 1:26.3.

### WONT GO

Although the Bishop's men made standard and qualified for the nationals, only the winner of an event gets a fully-paid trip to the Canadian finals in Winnipeg. So the Bishop's team will not be going to the nationals.

Chapdelaine said that although the team worked hard it doesn't make sense to only send a relay team to the national finals. She added that if one or two other main-event athletes had qualified it would have been more justifiable to send the relay

squad.

Sandra Konok added another medal to Bishop's haul, she won the bronze medal in the women's 3000m with a time of 11:19.79.

Chapdelaine was very happy with the team's performance.

"The team showed a lot of tenacity, and really proved that we have a place here and proved what we were made of by showing commitment to the sport," Chapdelaine said.

"I'm proud of the team and what they've done and I am glad I spent the time that I did with these athletes, they're just a great bunch of kids," Chapdelaine added.

### VERT ET OR

The University of Sherbrooke had an impressive weekend at the meet highlighted by two provincial records by its men's relay teams.

The Sherbrooke 4x400 relay team clocked a time of 3:17.64 to break the old record of 3:17.70.

In the men's 60m sprint Sherbrooke took all three medals and six runners in the top eight finalists.

Sonia Paquette overcame a hamstring injury to take the gold in the 60m event, but didn't compete in her specialty the 60m hurdles.

### GENEST-LAHAYE

In the men's 60m hurdles, Michel Genest-Lahaye took top honors in a time of 8.24 seconds, teammate Assane Niang was second in the race. Niang also took a silver in the men's triple jump.

Gabrielle Nadeau shocked the crowd by giving Canadian

champ Lynda Thyer, from McGill, a run for her money in the women's 1000m event. Nadeau finished second with a time of 3:06.66.

The men's pole vault team took the top three positions at the meet with Drine Mejdji leading the way with a jump of 4.90m.

McGill University won the aggregate title in both the men's and women's overall competitions. The Redmen finished with 161, Sherbrooke was second with 113 points. Bishop's was fifth with only seven. The Mar-

tlets won the women's competition with 132 points, Sherbrooke was third with 36 points.

In the civilian competition a new Canadian junior record was set by Andrew Lissade in the boys 60m hurdles. His time of 7.94 seconds beat the old record of 8.01.

Several Quebec civilian records were also broken during the weekend, including Benitto Labelle who broke the boys' juvenile 60m sprint record in both of his heats and then again topped it with a time of seven seconds in the final.



Bishop's coach Kim Chapdelaine cheered Tricia Stevenson to a second-place finish in the 3000-metre race. RECORD PHOTOS: PERRY BEATON



Good exchanges helped the Université de Sherbrooke 4x400m relay team set a provincial record.

## Gaiters manage to hang on against a determined Laval

By Robert Matheson

STE—FOY — The Bishop's men's basketball team got a little more than it bargained for against Laval University on Saturday night.

The playoff-bound Gaiters held on for a 71-68 win against a determined Laval team. Ryan Thorne, Kris Ruiter and Greg Southward combined to sink

Laval's chances in the dying minutes of Saturday's game.

Bishop's led by as many as 14 points during the second half, but Akli Ibrahim's jumper gave Laval a 67-66 lead with 1:05 left to play in the game. Martin Vaillancourt added a foul shot to put the Rouge et Or ahead by two points with 33.7-seconds left.

Thorne erased Laval's lead on

an open jumper, the shot was good and Thorne was fouled in the process. He sunk the free throw to put Bishop's in front 69-68.

Ruiter then made an important steal that cost Laval some precious time before regaining possession. Southward completed Bishop's victory with a pair of foul shots.

Despite winning a fourth straight game against Laval, Bishop's head coach Eddie Pomykala was not happy with his team's effort.

"I really don't know how to feel after a game like that. We had 26 turnovers and 23 fouls. That's just too many errors," he said.

The Gaiters had the game under control when they exten-

ded a 38-32 halftime lead into a 58-44 margin with less than 10 minutes remaining in the game. The Rouge et Or scrambled back and tied the game 63-63 on Francis-Olivier Laplante's long three-pointer with 4:24 left in the match.

"I thought we established a pretty good lead to start the second half, but we didn't put

them away," Pomykala remarked. "We needed the five guys on the floor asking 'what needs to be done to put this team away', but we didn't ask that question, so we didn't answer it."

Instead it was Laval that responded and looked on the verge of winning its first regular season game. Despite Laval's gutsy performance, Pomykala placed most of the blame squarely on his team's shoulders.

"We're making too many errors because we don't concentrate on what needs to be done," he said. "Five guys need to be focusing on exploiting the advantages."

"All my guys tried hard, but that's not the important thing," he added. "Trying hard to do the right thing, that's the key. Make the best choice possible and do it with tremendous effort."

Pomykala said he hopes things are different next Friday, March 3 when the Gaiters play in the league semifinal at McGill University. Bishop's will also be getting Stewart Clark, the team's second-leading scorer, back after a bout with the flu.

Ruiter led Bishop's with 17 points in the game.

## Women Gaiters give Laval rough ride to finals

By Robert Matheson

STE—FOY — The season ended on good note, if not a winning one for the Bishop's women's basketball team at Laval University on Saturday night.

The Gaiters led the nationally-ranked Rouge et Or for most of the game only to see Laval pull out a 38-34 victory.

"It was a positive way to end the season," said head coach Rod Gilpin. "It would have been nice to win it, but we played well and we led for the first 36 minutes."

Bishop's jumped out to an early 8-0 lead. Melissa Frankovitch scored the first six before Yolaine Masse got Laval's first points nine minutes into the opening half.

The fourth-year forward proved to be the Gaiters worst enemy, Masse hit several key free throws near the end of the game to ensure Laval would not be upset heading into the playoffs.

The free-throw line was the difference in the game. Bishop's took only two foul shots during the entire game, while the Rouge et Or attempted 25. Laval also grabbed 13 offensive rebounds to the Gaiters four.

### 15-FOR-46

"We only shot 15-for-46 — which wasn't great — but today it might have been enough if we could have gotten to the line," Gilpin said.

"If you get to the offensive boards you'll get fouled and go to the line," he explained after the game Saturday. "That didn't happen today."

Bishop's certainly didn't shoot

the lights out, but the Gaiters played strong defensively and limited the Rouge et Or's chances to score.

"We played great defensively," Gilpin said. "We did a good job of clogging up the middle, deflecting passes and rebounding in the defensive end."

The Gaiters forced Laval to make 20 turnovers, a rarity with the experienced Rouge et Or backcourt. Bishop's also grabbed 25 defensive rebounds in the game, centre Kim Van Vliet had 10 of them.

### CAUGHT UP

The Gaiters led 19-15 at halftime and were able to keep

ahead until Laval finally tied the game 32-32 with six minutes left in the game. First-year guard Joanne Delong hit a short jumper to give Bishop's a two-point lead with four minutes to go.

Laval scored the final six points to win the game.

Marie-Hélène Bélanger tied the game at the 3:40 mark and Masse gave the Rouge et Or a one-point lead, hitting a foul shot with 2:30 left to play.

Josée St-Onge put Laval in front by three points with a 1:30 left to play. Fourth-year centre Jackie Frost narrowly missed tying the game with just 18.4 seconds remaining. Frost's first

three-point attempt of the season hit the rim and rolled off. Masse hit another free throw to seal the victory.

"We had a lot of costly turnovers in the offensive end that cost us down the stretch," Gilpin said. "A big part of our problem down the stretch was that nobody stepped up their game, nobody wanted the ball."

Now that the season has ended Gilpin will concentrate on trying to find those kind of players for next year's team. He said a number of impact players have expressed interest in coming to Bishop's.

Two of Bishop's younger

players had strong games on Saturday. Van Vliet finished with eight points and 11 rebounds. Delong also had eight points and hit two-of-three three-point shots. Frankovitch scored eight points in her final university basketball game.

Masse led Laval with 16 points, Tanya Comeau had seven and St-Onge scored six.

Laval will host the Quebec University Basketball League semifinal on Wednesday, March 1. They will play against the Concordia Stingers, who beat McGill 70-62 on Friday night. The semifinal winner faces the Martlets in the March 4 final.

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Sorry —  
wrong number

In the Friday, February 24 story "Bishop's to host St. Patrick's Day Boxing Classic" the wrong number for ticket information was given. To order tickets for the March 17 boxing event call Jacques Chapdelaine at 822-9666. The Record regrets the error.

# Polenta stirs renewed interest

By Marialisa Calta

I remember a day in the early 1980s when my aunt, a native of Northern Italy, returned from lunch in Manhattan with a stricken look on her face. "They're charging \$15 a plate," she gasped. "For POLENTA!"

We shared her astonishment. Because polenta, as most people have probably figured out by now, is just plain old corn meal mush. It was really never meant to be cutting-edge cuisine. Polenta is just comfort food, Italian-style.

But, along with all sorts of northern Italian goodies — like risotto, biscotti and

grapa — polenta made quite a hit among the culinary cognoscenti. And like risotto, polenta acquired the reputation of being hard to make, and people seemed to think it required hours of constant stirring.

Polenta madness seems to have subsided. But even if it is only corn meal mush, polenta is yummy, especially when served as the counterpoint to some of the recipes below. (When my sister and I were kids, we ate it with milk, like oatmeal.) My mother's recipe requires very little stirring, and is easy and VERY inexpensive.

Growing up, I identified one pan in our house — a copper-bottomed Revereware pot — as the polenta pot. After empty-

ing the polenta into a bowl to serve, my mother would raise the heat under the pot, and the polenta clinging to the insides would get brown and crispy. My sister and I would chip it off, and scarf it down. We called it "candy." I've tried to do this many times for my own kids, but the "candy" always burns. Maybe it's because I don't have the right pot. But I think the real reason is that I don't have my mother's patience, or her natural instincts for taking care of her children. I try my best, though, and when I serve my children their plates of steaming polenta, and watch them happily gobbling it up, I think I may be doing OK.

## United Church Women meet

**BIRCHTON** — The UCW met at the home of Basil and Muriel Prescott on February 14 with seven members present.

The meeting, chaired by Heather Turchyn, opened by repeating the UCW Purpose and devotions led by Eleanor Taylor. She opened with a prayer, after which Heather read Psalm 30 and Eleanor read explanation for each verse. A prayer and the hymn "Spirit of the Living God" were used in closing.

Correspondence consisted of thank-you letters and some generous donations. The Youth Forum information letter was received to which we are responding with money for the registration of one youth. Heather reported verbally on the condition of Jimmie Waterhouse who suffered a heart attack several weeks ago and is still in the Sherbrooke Hospital waiting for tests at the CHU. Cards will be sent to him.

Muriel Prescott, treasurer, reported no change since January. Hazel Rogers, Stewardship, reported on a letter from Liz Muir, Stewardship Development Officer, in which she praised us for the gifts which have helped to keep the M&S Fund in good standing. She read a story by Rev. DeBoo who told of the very little they had when he was a boy in Holland in 1944, yet were able to give of the little they had. He suggested that we in our affluent society in Canada are in a perfect situation to help our fellow human beings. Muriel Prescott, Church in Society, told about two small churches in Manitoba that helped the Habitat For Humani-

ty by serving lunches to a working crew building houses. They learned that it takes a lot of little contributions like theirs to make Habitat and other outreach ministries work. Mildred Judge, Work Committee, reported two knitted articles brought in and priced. Rena Hallsall, Community, Friendship, and Service reported on cards sent and for Welfare, nothing new.

Hazel Rogers gave an interesting report on the Presbyterian UCW executive meeting she attended in Sherbrooke and announced that the annual meeting will be held in Sutton on April 6. The deadline for Happenings will be March 8. Our group will help the Bulwer group with the World Day of Prayer which will be held in Johnville Roman Catholic Church on March 3rd. Eleanor Taylor read an article on Single Mothers and offered to have the March 14th meeting at her home.

The President closed the meeting by reading a poem on Valentine's and then entertained us with story and pictures of the Caribbean Cruise she and her husband had taken in January. Heather had won the Cruise for Achievement in her work at the Bank of Commerce in Lennoxville. Her description and enthusiasm made us all want to heed her advice when she said, "If you ever get a chance to go on a Caribbean Cruise, take it."

The hostess, assisted by Heather, served refreshments afterwards.

**POLENTA**  
For 4 servings:

1-½ slightly heaping cups cornmeal  
1 quart cold water  
1 teaspoon salt

For 6 servings:

2 slightly heaping cups cornmeal  
1-½ quarts cold water  
2 teaspoons salt

For 8 servings:

2-½ slightly heaping cups cornmeal  
2 quarts cold water  
1 tablespoon salt

Put cornmeal, water and salt in a heavy-bottomed pot. Bring slowly to a boil, stirring constantly until mixture thickens, 5 to 10 minutes. Cover pot, reduce heat to a simmer, and allow polenta to cook 45 minutes to 1 hour, stirring occasionally (larger batches may take slightly longer to cook). If the polenta seems too liquidy, put the pot lid ajar (or "squeegy the lid," as my mother says), allowing steam to escape, and cook a bit longer. Let it sit, covered and off the heat, for about 10 minutes before serving. Serve hot, as a side dish. As you finish the meal, offer your guests some blue cheese or Gorgonzola, which they can stick in the polenta to melt, and enjoy with the last little gulp of red wine. If you have leftovers, chill them overnight in a greased pan, slice into slabs, and fry in oil and serve as a side dish at supper as a breakfast dish with maple syrup or honey.

— Recipe from: My mother, Diana Calta, Tenafly, N.J.

**RABBIT IN WINE SAUCE**  
For marinade:

2 cups red wine  
2 cups water  
1 bay leaf  
½ teaspoon dried sage  
¼ teaspoon freshly ground black pepper  
¼ teaspoon dried thyme  
1 small onion, peeled  
1 clove garlic, peeled and pressed  
1 stalk celery, cut into large

pieces  
teaspoon salt

For rabbit:

3-pound rabbit, quartered  
cup flour, seasoned with salt and pepper  
strips bacon  
onion, coarsely chopped  
tablespoons chopped parsley  
tomato, chopped  
cloves garlic, peeled and minced  
bay leaf  
green pepper, seeded and chopped  
cup white wine

In a large pot, combine all the ingredients for the marinade. Bring to a boil over medium-high heat and continue boiling for 10 minutes. Allow to cool. Strain and discard solids. Place the rabbit in a deep, nonreactive pan or dish and pour in the liquid. Cover and refrigerate for 24 hours. Discard marinade. Dredge rabbit in the seasoned flour.

In a large saute pan, cook the bacon. Drain — reserving fat — and allow bacon to cool. Cut into pieces and set aside.

Meanwhile, measure about ¼ cup of the bacon fat and return it to saute pan and heat. Add the rabbit and cook over medium heat until golden brown, about 10 minutes on each side. Drain off fat. Add remaining ingredients, including reserved bacon. Simmer, covered for 1-½ hours. Serve with polenta.

Yield: 4 to 6 servings.

— Recipe from: My mother, Diana Calta.

**CHICKEN CACCIATORE**

4 pounds chicken thighs or combination thighs and legs, skinned  
cup flour seasoned with salt and pepper  
cup olive oil  
tablespoons chopped shallots  
cloves garlic, peeled and minced  
cup tomato paste  
cup dry white wine  
cup defatted chicken stock  
bay leaf  
teaspoon thyme  
teaspoon basil  
teaspoon marjoram  
cup sliced fresh mushrooms  
tablespoons brandy or cognac  
Salt and freshly ground black pepper, to taste

Dredge the chicken in the seasoned flour.

In a large, nonstick skillet or heavy-bottomed saucepan large enough to hold all ingredients, heat oil. Brown the chicken on all sides. Add the shallots, garlic, tomato paste, wine, stock, bay leaf, thyme, basil, marjoram, mushrooms and 2 tablespoons of cognac. Cover and simmer 1 hour. Taste and season with salt and pepper, if needed. Add additional cognac, if de-

sired, and cook 15 more minutes. Serve with polenta.

Yield: 6 servings.

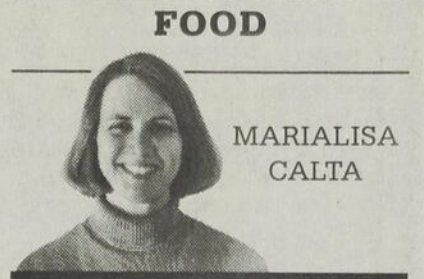
— Recipe adapted from "The Joy of Cooking," by Irma S. Rombauer and Miriam Rombauer Becker (Bobbs-Merrill, 1981).

**VEAL AND PEPPERS**

1-½ pounds boneless veal  
2 tablespoons olive oil  
2 green peppers, seeded and cut into wide strips  
2 red peppers, seeded and cut into wide strips  
3 ounces canned sliced mushrooms (optional)  
Pinch of red pepper flakes  
ounces tomato sauce  
Salt and pepper to taste.

Cut meat into bite-size pieces. Heat oil in a large skillet and brown meat on all sides. Add peppers, cover, reduce heat and simmer 10 minutes. Add mushrooms (if using) and their liquid, pepper flakes and sauce. Cover and simmer for 30 minutes. Season to taste. Serve with polenta.

Yield: 4 servings.



MARIALISA CALTA

## Is breast lump linked to estrogen?

By Peter H. Gott, M.D.

**DEAR DR. GOTT:** Due to bulimia and excessive exercise, my 24-year-old daughter stopped menstruating at the age of 16. Almost a year ago, her gynecologist began her on estrogen therapy and she successfully resumed menstruation. However, about six months ago, she discovered a breast lump. Her doctor feels it is a result of the estrogen therapy. Do you agree or should a biopsy be performed?

**DEAR READER:** Strenuous athletic endeavor often stops menstruation because of an abnormal suppression of pituitary hormones that stimulate the ovaries. Most authorities agree that women athletes who cease menstruating should modify their training, rather than take hormones.

Athletic females may also suffer osteoporosis (from lack of estrogen) and eating disorders (in an unhealthy attempt to reduce body fat). These "complications" also need to be addressed by modifying the training schedule and using counseling, nutritional guidance and calcium supplements.

Even in a non-athlete, estrogen therapy may cause breast lumps. These can be a source of concern and worry to female athletes and their families.

Your daughter's doctor is probably correct; the breast lesion is likely to be benign. To test his theory, your daughter should forego hormone therapy for a month. If the lump is due to estrogen, it will disappear. If not, you'll have to make a decision about biopsy.

Obviously, I'm talking about a statistical risk here. The chances that the lump reflects a dangerous condition are very slight in a 24-year-old woman. Nonetheless, the situation needs to be closely monitored. Your daughter should follow her gynecologist's advice.

It seems to me that the most appropriate, most healthful and least expensive option is for your daughter to obtain counseling for her eating disorder, reduce her strenuous activity, and allow her own hormone balance to be re-established. The appearance of a regular menstrual pattern will indicate that the situation has returned to normal.

**DEAR DR. GOTT:** Huntington's chorea runs in my family. What is the proper medication for control of this affliction?

**DEAR READER:** Huntington's disease (or chorea, which means shaking) is a progressive, inherited neurological affliction that causes psychiatric disturbances (personality changes, apathy and inappropriate behavior), coupled with muscular disorders (such as grimacing and lack of coordination).

Regrettably, there is no treatment. Patients eventually lose the ability to care for themselves; they become demented and completely dependent on others for even the most basic everyday functions. Institutionalization is usually necessary, as the disease advances.

Therapy is designed to control the behavior of Huntington's patients. Major tranquilizers, such as Haldol and Mellaril, are used for this purpose.

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### DR. GOTT



PETER GOTT, M.D.

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