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MONDAY, AUGUST 4, 2008

*Fancy Dancin'*



FERRY BEATON

Baladi dancer Sophia M'saffer is one of several performers who will be part of the upcoming 11th edition of the Festival des traditions du monde du Sherbrooke.

**Liberal youth convention raises eyebrows**

700 delegates gathered in Sherbrooke

By Joe Strizzi  
SHERBROOKE

**M**ore than 700 young people congregated at l'Université de Sherbrooke over the weekend as part of the 26th edition of the Liberals Youth Convention of Quebec.

Youth delegates from around the province discussed and debated issues important to them, passing some resolutions that raised eyebrows.

The first resolution, which passed by a large margin, was to double, and in some cases, triple university tuition fees, increasing them to the Canadian average of \$6,000 a year.

"The membership felt that something needed to be done to deal with the under-financing of Quebec's university system," said Pierre-Olivier Lussier.

PLEASE SEE YOUTH ON PAGE 5



Lifeguards go on strike  
PAGE 3



Premier Charest meets youth  
PAGE 5

**Dehumidifier sales skyrocket**

*Where there's moisture, there's mold*

By Jen Young  
SHERBROOKE

**T**his summer's climate has shaped up to be wet and humid, sending local dehumidifier sales skyrocketing. But the dreary damp can also lead to fungus.

"We've sold four times more dehumidifiers this year than we usually do," said Matériaux de Construction Letourneau's Daniel Beaulieu. "We constantly have them in stock and I'm expecting more today."

He believes the sales (the store is based in Sherbrooke) are due to the continuous dampness.

The weather also makes for excellent spore and fungi growth.

Sherbrooke's health and environment medical

PLEASE SEE MOULD ON PAGE 4

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# Jacques cycles on towards Cabot Trail

## Week Sixteen

By Murielle Parkes  
RECORD CORRESPONDENT  
MANSONVILLE

After 111 days cycling up and down the highways and byways of the USA, Jacques Marcoux, Mansonville's crazy-guy-on-a-bike, is now in Nova Scotia. The 63-year-old cyclist has been touring the eastern and midwestern US, and he is now headed in the direction of Cape Breton to cycle the Cabot Trail.

The Canadian kickoff has included a few glitches, evoking both delays and delights.

Ten days ago, Marcoux was in Falmouth, Maine, where he lost both his wallet and a day's cycling. He was forced to stay overnight to settle his banking woes, and arrange for a new debit card to be sent to Yarmouth for pick-up Tuesday afternoon when he arrived. The card arrived Thursday morning.

It meant another day and a half delay. Still, it gave Marcoux a few pluses. He was staying with Carla Allen "a hostess with couchsurfers" who greeted Marcoux "in a very warm manner... she took time to show me around Yarmouth, which I greatly appreciated."

Included was an invitation to a "Communities in Bloom" activity held at city hall that provided a free lunch. "Could it be that Carla, a local reporter (who writes a syndicated garden column for a weekly newspaper), has a fair bit of influence?" wrote Marcoux in his journal.

He also got to take two early-morning cycling trips "around the town" with Allen and Bob Viens, another cyclist staying with Allen. Viens, who is 46, pedalled from Brattleboro, Vermont and is intent on visiting Nova Scotia. He had a story to tell.

The cyclist had previously been hit with a double-whammy. In one week he lost two jobs, including one that paid his bills. The other was a "dream job" as a volunteer photography instructor to teens for a non-profit photo project. He was advised by a "dear friend to listen to the universe and travel." So he hopped on his bike and headed for Canada.

In mid-June, Viens was in the Amherst library, "getting updated on (his) blog, email, banking and reading the local papers and planning (his) route," when misfortune struck again.

The cyclist's bicycle and belongings (including camping gear, clothes, a radio and other techno gadgets) disappeared. No matter that he had secured his bike to a tree on the lawn outside city hall. "I am however fortunate that Amherst, Nova Scotia was the place for my misfortune," he wrote in his blog.

It took 136 lines to list his missing items, but only 27 to list what wasn't taken. Included in the latter was his "optimism and faith in good people." He refers to the incident as "a little misfortune."

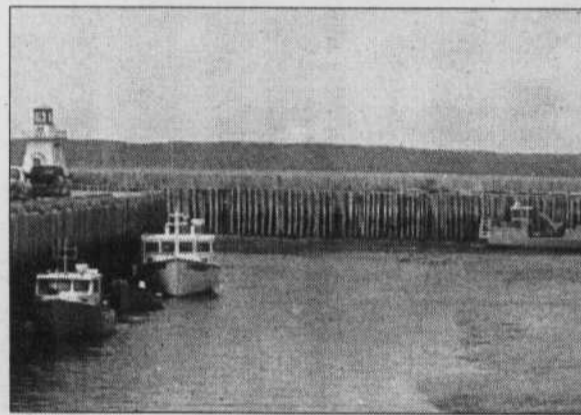
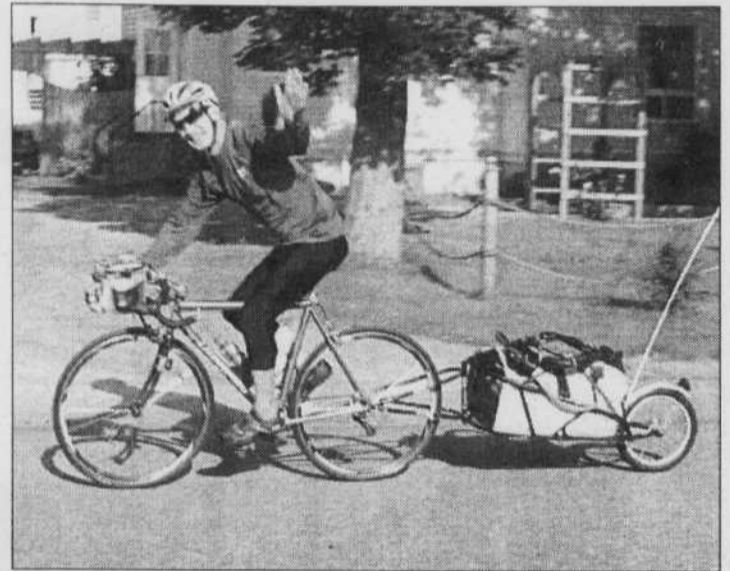
"I refuse to be defeated by this... I

rode here to see Nova Scotia, and see it I shall."

In the meantime, residents of Amherst have "showered (him) with assistance," including hotel accommodations, free meals, a shopping spree at Walmart, gift certificates and a large sum of money from folks who wanted to help get the cyclist back on track. "I couldn't have picked a better place to get stranded," he wrote. He's now staying with Allen, introduced to her by another couchsurfer. In fact, Viens is thinking of immigrating to Yarmouth. He's even asked blog readers for their opinion.

Already Mansonville's crazy guy has replied. "...I think Canada would gain if you were to decide to stay here... I know you have multiple talents that would be useful to this country. In addition, you would be living in a much more liberal and relaxed environment, thus increasing your life expectancy. Your decision has to focus on your bien-être. Choose wisely, my friend."

By week's end, Marcoux had pedalled another 467 km for a total of 9,154 km. His travels had taken him from Wiscasset to Northport and Bar Harbor, Maine, where he visited Acadia State Park and climbed Cadillac Mountain. On Tuesday, he took the ferry at Bar Harbor for Yarmouth, where he couchsurfing for two nights. By Thursday, Marcoux was headed in the direction of Digby on the Evangeline Trail, a road that parallels the Bay of Fundy's coastline from Annapolis Royal to Wolfville to just outside



metro Halifax. That night he stayed in a campground in Smith's Cove. Friday, he had passed through Annapolis Royal and travelled onto Middleton.

As of Friday, Marcoux had posted 1,782 pictures on his website at jmarcoux1googlepages.com and received 63,711 hits. For those interested in counting calories, he had also consumed 222,652 riding his bike.

The crazy guy expects to begin his travels on the Cabot Trail in a few days. "I'm going to be in 'black' places," he warns. Marcoux anticipates several days when he'll be without Internet access.

<b>LOTO QUÉBEC</b> <b>649</b> 02 09 26 34 44 47 49 Bonus		Draw results: 2008-08-02 <b>Quebec 49</b> 02 04 06 45 09 10 48 Bonus	
WINNERS 6/6 0 \$35,793,351.00 5/6+B 6 \$140,935.00 5/6 379 \$1,843.10 4/6 19,406 \$68.20 3/6 364,701 \$10.00 2/6+B 241,586 \$5.00 Total sales: \$41,619,584 Next grand prize (approx.): \$43,000,000	PRIZES 6/6 0 \$2,000,000.00 5/6+B 2 \$75,000.00 5/6 31 \$750.00 4/6 1,712 \$75.00 3/6 25,656 \$10.00 2/6+B 13,474 \$5.00 Total sales: \$1,166,307.00	<b>Extra</b> 9617782	
<b>LOTTO SUPER 7</b> 01 14 24 13 26 31 36 45 Bonus		Draw results: 2008-08-01 WINNERS PRIZES 7/7 0 \$5,000,000.00 6/7+B 1 \$146,564.50 6/7 97 \$1,510.90 5/7 4,809 \$103.60 4/7 102,006 \$10.00 3/7+B 96,031 \$10.00 3/7 856,538 Free play Total Sales: \$12,627,876 Next grand prize (approx.): \$10,000,000	
<b>TRIO LOTOS</b> \$ 88 888 IN BONUS PRIZE FRIDAY 08-08-08.			

## Weather

**Today:** 60 percent chance of showers throughout the day. High 23, Low 19.

**Tuesday:** Sun and clouds. High 24, Low 13.

**Wednesday:** Showers. High 18, Low 15.

**Thursday:** Showers. High 21, Low 13.

## Ben by Daniel Shelton



# Taking it out of pools and onto the streets

## Lifeguard strike continues

By Nikki Johnston  
KNOWLTON

Cowansville's lifeguards are continuing to make a splash - out of the water. The 22 lifeguards who have been on strike since July 23, plan to intensify their tactics over the next few days for a pay raise.

"There are lots of people who use the pools during the summer, especially when there are day camps" said Audreanne Simard, a lifeguard at the indoor pool for a year. "People like to spend a day in the sun."

The Town of Cowansville agreed to apply the federal Pay Equity Act to the union, but no agreement has been reached on a pay raise for lifeguards.

Picketing will continue and pool services at the municipal beach, the outdoor pool in Davignon Park, and the indoor pool at the aquatic centre near Massey Vanier High School, will continue to be suspended until a satisfactory agreement is reached, said the Confederation des Syndicats Nationaux (CSN), in a press release Friday.

The group will continue picketing in front of town hall, making noise on the streets, and handing out information pamphlets in parking lots to get the

word out to the public, said Charles Brault-Perrault, president of the Cowansville's union of pool and water works employees (CSN).

"The public needs to know the issues in these negotiations since they are most affected by them," said Brault-Perrault in the press release. "They need to know that if the town doesn't give us a decent wage, we will not be going back to work," he said. "In the meantime, there is also a shortage of lifeguards. The people of Cowansville need to make the town understand that they (the public) have a right to these services, and that this conflict must end," he continued.

Brault-Perrault argues that there is a lot of training and responsibility that goes into being a lifeguard, and that this must have commensurate remuneration.

At the indoor pool, Simard said she and her colleagues receive \$10.96 an hour, and they are asking that their wage be comparable to those in Bromont and Granby, which is close to \$16.50.

Simard said that lifeguards are paid on a part-time basis by the union for the first two weeks of the strike, but after that they will receive \$215 per week



COURTESY PIERRE-LUC BILODEAU/CSN

Cowansville lifeguards on strike. From left to right, Marie-Eve Pelletier, Catherine Pelletier and Marie-Pierre Tremblay.

from CSN for those who participate in picketing and other activities.

Simard said she currently holds another part-time job, so she is less concerned about her paycheque, but others who previously worked 40 hours a week are not so lucky.

Three out of the 22 lifeguards are high school students, and the rest are all Cégep and university students, which means many leave after the sum-

mer to return to school, explained Simard.

The last meeting between parties took place a week ago, and no others have been arranged as of Friday.

The CSN produced a short video of the lifeguards' strike, and can be viewed on YouTube by typing in "piscines Cowansville".

### BRIEFS

#### Tainted mushrooms and contaminated cheese

The Canadian Food Inspection Agency (CFIA) and Ontario's Continental Mushroom Corporation Ltd. are warning the public not to consume various sliced mushroom products, because they may be contaminated with *Listeria monocytogenes*.

The products to watch for are: Fresh Obsessions pre-washed sliced white mushrooms (069200 00902 2 UPC code); and the Fresh Obsessions sliced Crimini (Italian Brown) Mushrooms (069200 00502 4 code). Sold in Quebec and Ontario, the mushrooms come in 227 gram packaging, and bear a lot code beginning with 200 to 214 inclusively.

Santa Maria brand Queijo de Cabra (fresh goat cheese), manufactured by Ontario's Portuguese

Cheese Co., sold in 350 gram packages with a best before date of 08AU02 and a 68168 00073 7 UPC, is being recalled.

As of last Friday, the CFIA reported no illnesses have been associated with consumption of any of these products, but it urges consumers to return or discard the contaminated goods immediately. Food contaminated with *Listeria monocytogenes* may not look or smell spoiled, but may cause a food-borne illness called listeriosis, which causes high fever, severe headache, neck stiffness and nausea. Pregnant women, the elderly and people with weakened immune systems are particularly at risk.

#### Milk protein in chocolate warning

If you suffer from allergies to milk protein, do not consume Rene Rey Sun, Moon, Stars

Dark Chocolate, and Rene Rey Sun, Moon, Stars Dark Chocolate Mint. The products, manufactured by North Vancouver's Rene Rey Swiss Chocolates Ltd., are voluntarily being recalled for not listing milk proteins on the packaging. Consumption of these products may cause a serious or life-threatening reaction in persons with the allergy. The products have been distributed in British Columbia, Alberta, Quebec, and New Brunswick.

The CFIA is monitoring the effectiveness of these recalls. For more information, consumers can contact the CFIA between 8 a.m. and 8 p.m., Monday through Friday, at 1-800-442-2342, or visit [www.inspection.gc.ca](http://www.inspection.gc.ca).

### ROAD BRIEFS

#### Roadwork and warnings

Transport Quebec announced paving work, priced at \$597,896, will start today on Route 147 in Waterville.

Work will affect three kilometres of the road from the Route 143 intersection, and is expected to last until mid-August. One lane will be closed to traffic from Monday to Friday, starting at 6:20 a.m., and the ministry states the construction zone will not be monitored outside of working hours.

#### McDermott Bridge open

The ministry announced that the McDermott Street Bridge over the North Eaton River in Cookshire-Eaton is open to traffic, but restricted to vehicles weighing less than 5 tonnes.

#### Route 216 down to one lane

Four kilometres along Route 216, between Wotton and Saint-Adrien, is receiving \$293,397

worth of road work. One lane will be closed to traffic from Monday to Friday until Aug. 17, when work is expected to be finished.

#### Route 257 in Weedon and Saint-Joseph-de-Ham

Road work, priced at \$377,600, begins today on Route 257 between Weedon and Saint-Joseph-de-Ham, leaving traffic without one lane until the work is completed by mid-August.

The ministry urges travellers to use caution when driving through construction zones.

#### Route 108 almost complete

For motorists dealing with the road work on Route 108, between Dolbec and MacDonald Street in Cookshire-Eaton, the Ministry of Transport announced the paving is expected to be complete as of Wednesday.

For more information on roadwork visit [www.inforoutiere.qc.ca](http://www.inforoutiere.qc.ca).

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# Townships mentioned on KKK website

## No revival here

By Jen Young  
SHERBROOKE

A posting appeared last week on the Knights of the Fiery Cross foreign branches blog that made mention of Township's branches of the Ku Klux Klan, and made a prediction of revival, but according to local police, no such violent gatherings transpire, and if they did, they wouldn't be tolerated.

The site reads: "Meanwhile, the Sherbrooke faction hit the streets. Vachon's Klan grew bolder by July, 1991, launching membership drives in the Eastern Townships of Bury, Compton, Sawyerville, and Johnville."

The contributor identifies himself solely as KoTFC, a member of the European Division. The entry goes on to give

the details of the Canadian Branch's slow demise, but ends with: "Lacking a written Bill of Rights, as we have in the USA, the Canadian Ku Klux Klan (as well as other foreign Klans) will be hard pressed to revive itself. It may exist in a minor way as a private club, White people's fraternal order, or self help group, but gone are the days when the Canadian KKK would ever be able to command the numbers and political power it once had. But, will there still be attempts to revive the Canadian Ku Klux Klan? You bet there will be. Will they succeed to any extent at all? That all depends on who will be leading the revival."

Veterans of the Confederate Army in the US first founded the Klan in 1865 to restore, what they believed to be in danger, white supremacy in the aftermath

of the American Civil War. The Klan resisted Reconstruction by intimidating "carpetbaggers", "scalawags" and "freedmen." Carpetbaggers was the term southerners gave to northerners who moved to the South between 1865 and 1877. They formed a coalition with freedmen (freed slaves), and scalawags (southern whites who supported Reconstruction). The KKK quickly adopted violent methods, but the increase in murders finally resulted in a backlash among southern elites who viewed the Klan as an excuse for federal troops to continue occupation. The organization declined from 1868 to 1870, and was destroyed by President Ulysses S. Grant's prosecution and enforcement under the Civil Rights Act of 1871.

Canada adopted no such act, howev-

er, it did follow the American ways of socially disregarding and frowning upon such gatherings.

While the blogger anticipates some sort of a revival, local police, who investigate alleged hate crimes, say no mention nor rumour has been heard in decades.

"If there is any kind of hate group like this (police) have not heard about it," says Sherbrooke police spokesman Martin Carrier. "They are known for their violent and criminal activity, so if there was even a mention of such an order we would be on top of it."

He added not just white supremacy movements, but any gathering of individuals with a mission of hate and a potential for violence is never tolerated.

## MOULD:

CONT'D FROM PAGE 1

advisor Louise Galarneau said a mould infestation, or even a minor growth spurt, has much to do with climate.

"A humid and damp climate causes fungus to grow. This can happen in an old or new house. People should own a hydro-meter (a device that measures humidity in the air) and a dehumidifier. A safe humidity level is between 40 and 55 per cent."

The machine's filters should be regularly cleaned to keep it functioning prop-

erly.

Mould can grow in spots on walls and furniture - it should be removed with warm water and bleach.

But for humans breathing in the spores, the effects can be numerous.

Galarneau said moulds can cause respiratory problems, a runny nose, leaky eyes, coughing, and has been suspected of leading to sinusitis and ear infections, particularly in children.

For more information on public health issues, visit [www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca), or call Info-Santé at 819-569-1625.

# Richmond hosts provincial horse breeding event

Canadians popular  
By Claudia Villemaire  
RECORD CORRESPONDENT  
RICHMOND

With long flowing manes and tails, the lustrous black, red bay and chestnut coats polished to a subdued sheen, unclipped fetlocks, (the tuft of hair behind the horse's ankle), the Canadian horse breed was well represented at the provincial horse breeding event on the weekend.

The event including competitions, seminars and clinics, began early Saturday at the Richmond Fairgrounds with over fifty horses and colts getting their turn to strut their stuff in front of judges, veterinarians

and specialists and a few folks out to see what all the excitement was about.

"There was a time when the numbers of Canadian horses had dwindled dangerously low," said provincial president Luc Dubé during the lunch break at the show Saturday. "But when this breed, unique in Quebec and Canada was officially classified as "heritage" by the Quebec government in 1999, and later by both the House of Commons and the Senate at the federal level as the "national" horse breed, interest flared into a bright flame and now we have over 700 horses in Quebec alone."

Saturday activities were scheduled in the arena for saddle and halter classes while harness classes hopefully would get

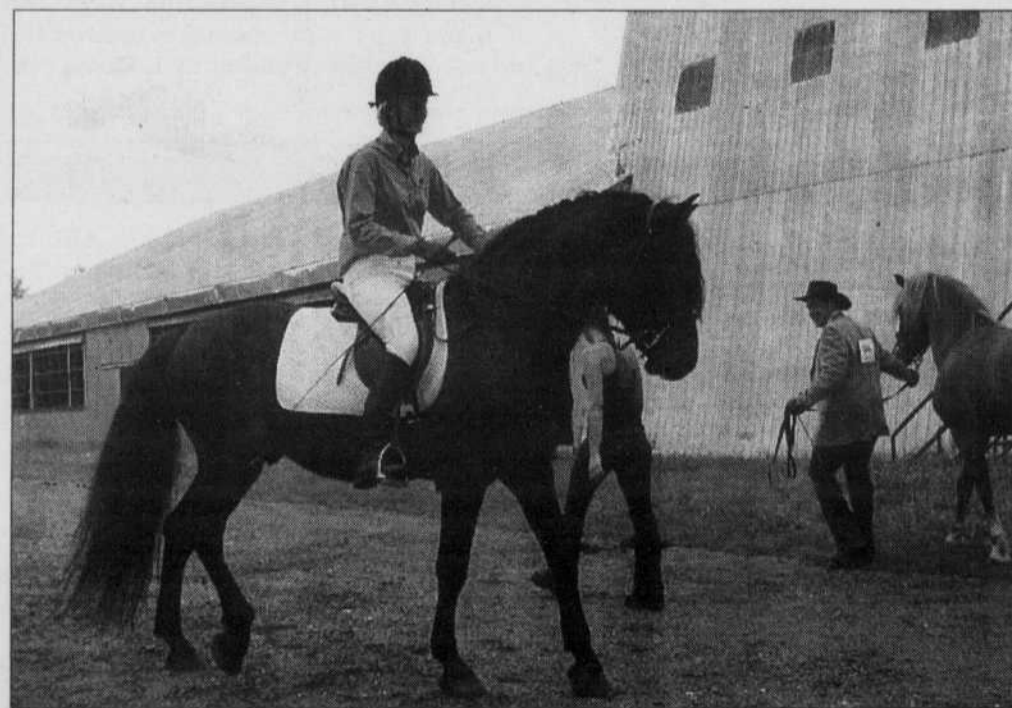
sandwiched in between rain showers in the outside ring.

"We are well pleased with this site," said president Dubé. "Each year, this annual event has traditionally been held in a different locale across the province. Sometimes there are no permanent facilities such as this one and often, participants must use their horse trailer as a stall and make all their preparations outside, rain or shine. As you can imagine, this often discourages some participants who would come out if facilities were better."

Dubé was impressed with the Richmond Agriculture Society's (RAS) facilities, and "you can be sure we'll be back here another year. The welcome by the RAS was great too and all in all, it

means a great deal. These animals are valuable and we always hope accommodations will be adequate - not always the case," he added.

Participants travelled from every corner of the province to take part in this annual tradition. "Some people left home two days before the show," said Dubé.



PHOTOS CLAUDIA VILLEMAIRE

One of several Canadian horses and its rider at the Richmond Fairgrounds.


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# YOUTH:

CONT'D FROM PAGE 1

spokesman for the Liberal party's youth commission. "The proposal states that students will only have to repay their additional debt burden in the form of a five per cent charge on top of their income taxes when they enter the labour market."

Premier Jean Charest, who addressed the media following the close out of the festivities of the congress, would only say, "We'll talk about it."

Vocal protests from some delegates argued the party was betraying its Liberal principles, describing it as a shift further to the right.

David Paradis, president of the university student federation of Quebec, claiming 145,000 members, said the approach will create two types of students; a well-off elite able to pay the higher fees, and less well-off students who will go deeper in debt.

"If you are poor, you will be taxed," Paradis said. "It is a step backward."

The student federation's leader also quoted a Quebec education department study, which determined that, at the level of tuition proposed, between 32,000 and 50,000 fewer students would enrol in Quebec's universities.

Paradis said that when the University

of Western Ontario raised tuition for medical students, in three years, the percentage of students from families with incomes below \$60,000 fell from 35 per cent to 15.

Charest should instead ask the federal government to restore cuts in higher-education transfers, pumping more money into higher education, he said.

In addition to the student fee resolution, protestors demonstrating outside the convention also opposed a resolution to allow union members to ask for union due refunds.

Mariper Isabelle, a member of Quebec City's Jean-Lesage riding, who presented the resolution on unions, said the idea was to empower union members.

"If he feels free, he will be more productive," Isabelle said.

Another resolution calling for immersion programs in Grade 6, sending francophones to English schools, and anglophones to French schools for a half a school year to master their second language, was adopted with some dissent.

Delegates suggested the province might have trouble finding enough English teachers for the program.

All resolutions voted on and passed at the youth congress will serve as the youth commission's priorities for the upcoming year, and the Liberal party will be lobbied to consider them as poli-



PERRY BEATON

Premier Jean Charest addressed youth delegates at the convention in Sherbrooke.

cy. "The Liberal Youth Convention carries a great deal of weight in influencing policy," said François Beaudry, president of the Liberal youth commission. "A number of resolutions presented to the Liberal Party of Quebec for examination have been passed over the years, and some of the ideas voted on over the weekend should have a major

impact on policy as well."

Premier Charest said he was pleased with the outcome of the convention.

"We are very pleased with the number of young people that participated this weekend, demonstrating that they can think outside of the box," he said.

-With files from Canwest News Service.

# It's a family tradition

## Piggery garden tour

By Jen Young  
SHERBROOKE

The Bells, residing in North Hatley in the summer, and in Ottawa for the remainder of the year, are longtime volunteers of The Piggery Theatre Home and Garden Tour. And Lynda says the "worthwhile cause" is an annual family tradition.

"We started six years ago," Lynda said, referring to her and her husband Al's dedication to tour, this year held on July 17.

"Before we started volunteering we actually took the tour ourselves. We signed up because we feel it is a worthwhile cause and we want to see that (The Piggery Theatre) continues to exist."

This year's tour took place under sunny skies and saw 300 or more visitors, either touring or volunteering.

"It's a really fun day for volunteers as well. It was excellent. The weather cooperated, and the people were so interested. We get to take the tour too. I've always been partial to people's (scenic) views."

She added people from as far away as New Hampshire and Vermont attended the 15th annual fundraiser that the local theatre counts on for regular upkeep and maintenance.

In total, six historical homes and two gardens pruned to perfection on Lake Massawippi were part of the day's agenda.

While Lynda said the boxed lunch provided by the theatre was "lovely," her post still demanded a great deal of responsibility.

"We are taking care of these people's homes for them. We need to make sure that the visitors respect the rules and demands of the homeowners."

Despite the responsibility, Lynda has already planned for next year's tour.

"I can already say yes," Lynda said. "A group of us do it and look forward to it every year. I call it a really nice lady's event, even though there are lots of men that attend also."

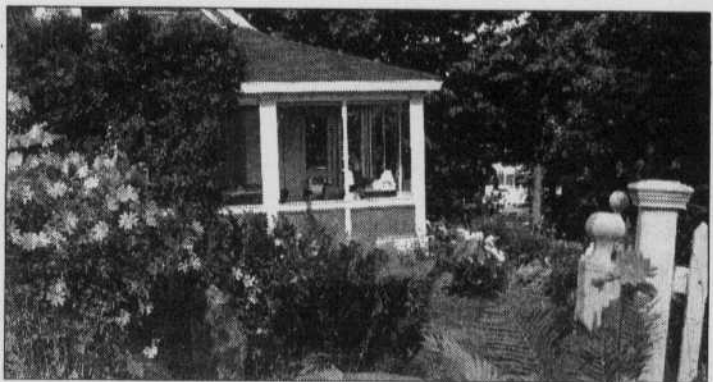
"My dad volunteers with the bus transportation, and my husband helps with the parking. We all do it."

While the Bells are busy getting

ready to return in the fall to their Ontario home, they are also looking forward to yet another day of responsibility and history.

"We volunteer for another tour of duty in Ottawa in September," Lynda said.

"It is done as a benefit to help stroke survivors."



PERRY BEATON

One of the homes on Lake Massawippi on the garden tour.

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# Community Forum

## The duty to protect Canadian citizens

Harper won't bother

ime after time, the prime minister of Canada makes it very clear that he pays allegiance to the ideology shared with George W. Bush, not to his own country.

That is the same ideology that launched the invasion of a foreign country. Saddam Hussein was a ruthless dictator, but he was not about to launch an attack on U.S. soil. Nor did he bear any responsibility for the 9/11 tragedy, where more than 3,000 died.

Today, the deaths of innocent Iraqi civilians are said to top one million. Over 3,000 U.S. troops have also lost their lives.

Stephen Harper expressed no surprise or dissent when Bush told French president Jacques Chirac that God had told him to do it.

Jean Chrétien, the sitting prime minister at the time, knew that the invasion was nefarious in nature, and resisted American pressure to join the venture. It has been recorded as the most popular decision that Chrétien ever made.

Today, Canadians continue to be grateful that this country narrowly escaped the cauldron that Iraq has become.

Stephen Harper was an exception. Leader of the opposition, he took the time to express his protest in a letter in the U.S. World Today. In contrast to his fellow countrymen, he lamented Canada's failure to stand shoulder to shoulder with its allies. For a prime minister to make an error of such magnitude casts any other decisions he might make in serious doubt.

When Canadian citizen Maher Arrar was arrested in New York and sent off to Syria to be imprisoned and tortured, Harper minions rose in Parliament to berate the Paul Martin government for being less than rigorous in supporting the U.S. position. Once again, Harper's initial position was to support the



U.S. rendition program, not the Canadian citizen.

A Canadian peacekeeper serving with the United Nations, Major Paeta Derek Hess-von Kruedener, was one of four killed in an unarmed U.N. post in the Israeli-Lebanese conflict. UN Secretary-General Kofi Annan said he was "deeply distressed by the apparent deliberate targeting by the Israeli Defence Forces." Irish authorities, home to one of the four victims, claimed that Israeli forces had been warned no less than six times of the U.N. presence and location before the deadly bombardment. Chinese and Austrian authorities, home to the remaining two, also objected to the indiscriminate bombing.

### VIEWPOINT

IVY WEIR

Stephen Harper, true to his own and the Bush pro-Israeli policy, directed his concern only at the U.N. for having a manned post during the conflict, not for the loss of an honourable Canadian soldier under questionable circumstances. Ultimately, a report acknowledged that the Israeli forces possessed flawed maps that accounted for their targeting of the post.

Another Canadian, Omar Khadr, remains impris-

oned at the infamous Guantanamo Bay gulag. All other western countries, from England to Germany, from Australia to France, have repatriated their citizens to access their guilt or innocence at home.

Only Stephen Harper, deaf to Canadian values but in accord with Bush policy, allows the young man to languish in the globally condemned arena.

Canadian citizen Abousfian Abdelrazil is being held in the Sudan where he was visiting his ailing mother. Heavily redacted classified documents, recently unearthed, show that the Canadian government is keen to placate the Bush administration irrespective of the man's guilt or innocence. Abdelrazil is on the U.S. no-fly list on a charge of Islamic extremism, the same that listed Maher Arrar.

Abdelrazil has been given temporary safe haven in the Canadian Embassy in Khartoum.

The primary duty of any prime minister is to safeguard and protect Canadian citizens. In light of verifiable evidence, Stephen Harper has brought dishonour to the role.

IVY WEIR LIVES IN SHERBROOKE.

## THE RECORD

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# Being prepared for an emergency

## Who picks up Rover?

The weather that we have seen these last couple of years, especially the constant showers, thunderstorms and torrential rain, is the current water cooler topic. When you think of it, Quebec has been a great, safe place to live – that is, up till now.

Yes, there are those winter blizzards, a once-in-a-century ice storm that we will never forget, but on the average the only things we have to fear are heavy snow falls, regional spring flooding and, when the temperatures are too dry during the summer, forest fires in the north. But on the whole, we've seldom seen tornados, only the fringes of leftover hurricanes, one mild earthquake during the '80s, and relatively little summer storm damage.

Just recently I watched pictures of 100 houses just over the border from me in New Hampshire, some of which were reduced to a pile of lumber, looking more like matchsticks than the large home that was there a few minutes earlier. Speaking from the experience of one who spent part of her childhood in Michigan, huddled down in the basement with mother and dog while watching golf-ball-size hail fall to earth, never did I expect to have to retreat to my Quebec basement when warnings were issued for severe thunderstorms, but that's the story of my last two summers.

In August 2006 we had an F-1 tornado pass through my woods, taking out four sections of soft and hard wood, then bouncing over the house.

There were no weather warnings at all issued, and so nothing expected. We were sitting in the living room when the walls expanded in and out, like the house was taking a big breath. Almost a year later, on July 19, 2007 – no weather warning again, not even the clap of thunder to be heard – there came from the same exact direction over the woods a huge white (because it had not yet touched down it was still clean) funnel cloud.

Running like crazy, we each grabbed a dog, the third followed as we scrambled to get down into the basement, where we stayed a half hour. This funnel was well above the tree line and did not touch down on my property, but it well could of.

I was so thankful that I created an emergency plan of what to do....

The Plan  
We all know a disaster can

strike quickly and with little to no warning. You may have to evacuate your home and neighbourhood, or you might wind up confined in your home for a few days with no services. No matter which scenario, you need to have figured out what your personal needs will be during those first critical 72 hours. Gather things that will make you self-reliant until emergency workers and supplies arrive or you are moved to a safer place.

No matter how well your local first responders have prepared, there are circumstances that can quickly overwhelm them. And as important as is getting the supplies you will need to survive 72 hours on your own, it's more important to start with a well-made plan.

It is vital to schedule a once a year meeting with family or those you share a home with to design or update a plan that will outline everyone's responsibilities. (When you have small children

you might want to have little refresher courses every six months or sooner. While most adults should be able to retain stressful kinds of information, children and special needs adults may have trouble.)

Take the time to discuss every

person's fears and explain that by making a plan you will be minimizing negative affects.

Draw a floor plan of your home that shows the locations of windows and exits. Mark with a red X where each utility cutoff is located – like the valve that turns off the gas; the breaker that shuts off the electric power. Try to organize extra clothing, first aid kits, tools and other emergency supplies into one closet or area for fast retrieval. (The kits themselves will be discussed in a future column.)

And make copies of this floor plan for each person, and tape one to the back of the door of every room.

Discuss alternate reunion locations and strategies if a disaster strikes when most or all of you are not home. Review disaster plans for your children's school, and your or your housemate's workplace. Update a list of key addresses and phone numbers, passing out copies to each family member. If you have friends in the area you might want to exchange information so let them know where they will be able to find you.

Then there are specific situations.

- Which parent works closest to the daycare centre? Do they have an emergency plan and what is it? Does one parent need to retrieve the children?

- Many of us have senior parents living with us. Who returns home

to pick up grandma, grandpa or the family pet?

These things must be all figured out ahead of time, and alternative autoroutes mapped out in case of road closures.

During emergencies it's best to stay off both land lines and cell phones to allow emergency calls to get through to the fire department, medical personnel and police. Those who have to contact the utility company or their child's school will be grateful to find the lines not tied up by those making personal calls.

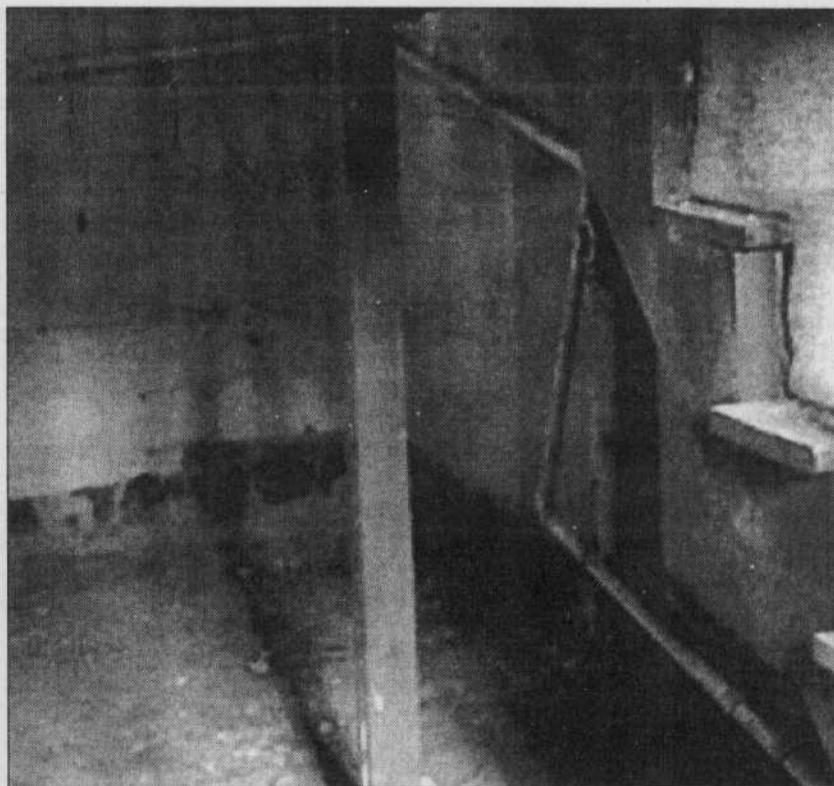
Once you have your plan, it's time to start looking at filling your family's survival kits with what is needed for three days on your own.

Next week: Emergency Kits



ANNA MAY KINNEY

*Schedule a family meeting once a year, to go over procedures*



A safe area in a basement.

COURTESY ANNA MAY KINNEY

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- 18 holes

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# Man on wire

From Paris to New York

It all begins in Paris where a teenage boy with a toothache is thumbing through a magazine in a dentist's waiting room. He encounters an article with sketches and drawings of the tallest-planned pair of buildings in the world - the Twin Towers in New York City. Carried away with a sudden unlikely idea, he tears the page from the magazine, forgets his aching tooth, and storms out of the waiting room. The Twin Towers are 200 feet apart. Close enough. The boy has found his goal and his dream. Someday he will climb to the top and cross from one tower to the other on a wire.

The boy is different. Eccentric. He is a juggler, acrobat, magician, street performer, artist - and a tightrope walker. Some will speak of him as a con man and an egomaniac. Whatever else we can say he is a rebel; a daredevil whose determination, charm, and fearlessness will make him an idol and hero for millions.

His name is Philippe Petit, and today he is a fit-looking 50-year-old. His notoriety and fame came early when, with a few supporters, he connected the two dominant steeples of Notre Dame Cathedral in Paris with a wire and walked across. Below, inside the church, a group of priests-to-be are receiving Holy Orders, totally unaware that high above them a man is balancing, walking and juggling on a wire.

Outside, an amazed and disbelieving crowd quickly gathers to watch the strangest sight of their lives. Soon thereafter, the police arrive to arrest him the moment he steps off the wire.

Some time later, he gives another performance (as always unannounced) crossing on a wire high above the traffic on the Sydney Harbor Bridge in Australia. Cars stop and pull over as people pile out to get a better view of this incredible performance.

As always, the police show up to capture the illegal showman, and they do, but only after the show comes to an end.

The crowning achievement of his career was the Twin Towers escapade on Aug. 7, 1974. It was six years in the planning and has been made into a documentary which in many ways is like a classic heist movie. Anyone who enjoyed Riffifi, The Lady Killers, Topkapi, or more recently, The Bank Job, will love Man On Wire. It is a tale of a small talented crew of amateurs who sign-on for a risky and dangerous criminal performance. Over many months they somehow managed to get a ton of equipment through security and up to the roof of the Twin Towers. They used disguises and various deceptions, and are aided by an American who works in the building; the inside man.

But with all their planning and assistance it was a dangerous and death-defying feat.

For his first New York visit, Petit posed as a French journalist researching a piece on the Towers. It promised good publicity and he received instant and easy access. But you can't spend years on one article. At another time, he injured his foot and required crutches. "A new disguise!" Guards, strangers, and security men help and assist him. "That's okay, sir. I'll hold the door. Just take your time." The inside contact man

helps with advice and passes. Philippe also notices that many Americans carry pens in shirt pockets, so he adds these to his disguise. Why not? They're amateurs, but they are smart.

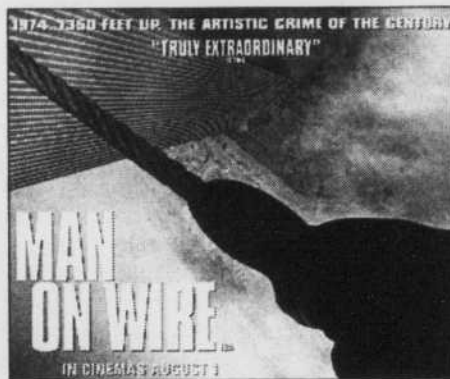
People I talk to about the Man On Wire

film almost always ask how he got the long heavy metal wire across the 200 feet from one tower to the other. Over the years they considered numerous possibilities, including throwing something, using some kind of a gun, or a bat and baseball, or a tennis racquet and ball. I cannot give away their solution, but see the documentary when the chance comes.



TOM CAVANAGH

The film fascinates and fixates viewers from beginning to end. With all the guards, police, and security there are major periods of fear and tension, but it is amazing what you can accomplish if you're, bold, bright, daring and lucky. Their weak English skills were an additional complication. Fortunately Petit filmed much of the preparatory work. In a few instances film clips using actors were inserted smoothly into the documentary. (Like the boy in the dentist office.) But the end product is perfect. A seamless whole.



The cover of The New Yorker magazine on the fifth anniversary of the September 11, 2001 attacks.

Petit's preparatory training was intense and his ability to focus incredible. For example, in fields in France on a rigged up tight rope, his friends would do all they could to shake him off. They hung on it, bounced up and down on it and did all in their power to dislodge him. They never did, but had a lot of fun in the process. It was a wise exercise given the terrifying wind factor encountered when exposed to the elements at the 110th floor 1,350 feet above the pavement. There was also the complication of the towers' swaying that required additional adaptation.

The climax of the film comes with Philippe on the wire. Crowds on the street below are astonished, transfixed, and thrilled. To some extent so were the police. The police captain interviewed at the time said they expected to arrest him after the first crossing but he turned around and started walking back the other way. "Well, I'm sure not going to follow after him!" In all there were

eight crossings over a period of 45 minutes as Philippe danced, bowed, walked, waved, knelt, saluted, and even laid down. His girlfriend on the street was emotionally overwhelmed, as were others.

A kind of installation art decades ahead of its time. Many viewed his performance as art, including the same policeman who felt privileged to experience something that had never been seen before and would never be seen again. A poignant observation when one thinks about it.

All of Petit's companions (co-conspirators, colleagues, friends, crew) are alive and their remembrances and reflections lift us onto an emotional ferris wheel. Not fast, but so high and so deeply moving. Some in the audience were dabbing their eyes as they left the theatre. It is hard to explain, and you probably must see the film to understand. I don't know when I last heard a cinema audience spontaneously break into applause at the end of a movie. After all it is just a film and the players are not there. But it was our way, our only way, to say thank you to the Man On Wire.

He was arrested handcuffed and faced charges of trespassing and public nuisance.

Petit was furious. You don't ask why after a triumph. You don't ask why of something so spectacular. He defined himself on the wire. His artwork will last. As the policeman said, "He wasn't walking, he was dancing." Sir Edmund Hillary answered that he climbed Everest because it was there. As good an answer as any.

The charges were dropped.

## To spank or not to spank?

That's still the question

In Canada, it is normally an offence for one individual to use force against another without that person's consent. One exception is made, however, in the case of children: spanking by a parent, teacher, or person acting in the place of a parent is justified if it is used to correct a child's behavior.

There are other rules: the child must be between 2 and 12 years old, is not hit in the face, and is not spanked with instruments such as rulers or belts. Even with this more than a century old law in effect (under the "Protection of Persons in Authority" in the Criminal Code), the popularity of spanking has dramatically declined in recent decades and opposition to parents spanking their children has been growing considerably, world wide.

Nevertheless, when Canadian anti-spanking advocates carried their cause to the Supreme Court of Canada in 2003, arguing that corporal punishment is a violation of children's securi-

ty and makes them second-class citizens, they met with opposition from the judges and the federal government. In early 2004, the Supreme Court of Canada decided that Section 43 is indeed constitutional and "reflects a fair balance between the interests of children, parents and society, as long as the use of force is part of a genuine effort to educate the child, poses no reasonable risk or harm that is more than transitory and trifling, and is reasonable under the circumstances".

Since then, the spanking issue has sunk more or less into oblivion, until suddenly, a few weeks ago, an anti-spanking bill passed third reading in the Senate, and is currently heading to the House of Commons.

If accepted, any form of spanking by a parent would become a criminal act.

Today, most experts agree that spanking is abusive and thus not a desirable form of discipline. It is argued that spanking teaches children that

physical aggression is how you get what you want and how the larger and stronger person gets his or her way, which may lead them to feel justified in bullying smaller children themselves.

Although children may be spanked by their elders into obedience and compliance on the short term, they are also more likely to feel resentful and angry towards them, or harbour feelings of fear and mistrust on the long term.

At best, children will try to avoid being caught and punished the next time around, rather than avoiding the undesired behavior itself. Many studies have shown that regular spanking may not only have a host of negative effects on the child - aggressiveness, cheating, lying, not feeling sorry after misbehaving, or disobeying at school - but can also contribute to serious adult dysfunctions later on. Things like difficulties in interpersonal relationships, mental health



LIES OUWERKERK

PLEASE SEE SPANKING ON PAGE 9



# THE RECORD Sports

**INSIDE**  
Results  
are in for  
La Traversée  
swim  
... see Page 11

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NEWSROOM@SHERBROOKERECORD.COM

## Lennoxville's MacAuley joins coaching staff

### Former standout returns home

By Mike Hickey

SPECIAL TO THE RECORD

Former Alexander Galt Regional High School standout Jen MacAuley has taken another step towards reaching her goal to be a head coach at the university level, and in the process, has shown that you can return home given the proper circumstances.

In this case, home is the University of Vermont, a school where the Eastern Townships received her bachelor degree and was a standout basketball player for the highly touted Catamounts.

UVH head coach Sharon Dawley announced earlier this summer that the former point guard was joining the Vermont coaching staff.

"We are excited to add Jen to our staff," said Dawley. "She has gained a valuable amount of experience in her short career as a coach at several different levels. Jen brings a lot of enthusiasm for the sport of basketball and for her alma mater. She also has a great work ethic and I believe she will have an immediate positive impact on our program."

The good feeling was certainly mutual.

"I am thrilled to be returning to

UVM," said MacAuley. "I want to thank Coach Dawley and the administration for giving me the opportunity to return to Vermont. This university is a special place, and I am looking forward to returning to the program and working with the staff and the players. It feels great to be back at UVM, and I am just excited to be part of the program again and work with the staff and our players."

MacAuley began her coaching in Ottawa where she spent three years at Carleton University working with both the Raven's women's programme and also coaching an elite club team. She spent the past two seasons as a graduate assistant on the women's basketball staff at the University of New Hampshire.

From August of 2003 to September of 2006, MacAuley filled several roles at Carleton. She served as an assistant women's basketball coach under former teammate Christie Lauzon for two seasons, and was also the director of intramurals and sports camps at the school.

A 2002 graduate of Vermont, MacAuley won two America East Regular Season titles and went to both the NCAA and WNIT Postseason Tournaments during her career. She served as a co-captain as a junior in 2000-'01 and finished her career ranked among the UVM's all-time leaders in three-pointers and assists.

In the classroom, MacAuley, a business administration major, was a Dean's List student and earned a spot on the America East Academic Honor all four years. She earned her master's degree in sports studies from New Hampshire in May of 2008.

Now for the first time she will be a full-time assistant with numerous tasks.

"In regards to my responsibilities, I will be working with our perimeter players in practice, organizing film exchanges (with other universities), be involved in recruiting on and off campus, managing our alumni, handling academic support for our players, contributing to summer camps, practice and game preparation (i.e. scouting), and then, whatever else comes up," MacAuley said.

The Catamounts finished second in the competitive America East conference last season and MacAuley feels that have the talent to challenge for a league title.

"We have the core of our team returning," MacAuley said. "After finishing second in the conference last season and making it to the second round of the WNIT, I expect us to be very competitive again. We are bringing in four freshmen who have the opportunity to contribute however like I mentioned, the core of our team is back.

The former recipient of the Ella Hoy

Trophy presented annually to the female Galt athlete who excelled in athletics, academics and sportsmanship, was quick to credit New Hampshire in helping her develop as a coach and a person.

"UNH was a great learning experience for me," she said. "I was able to work within a Division I programme for two years while at the same time complete my master's degree. UNH has a lot of the same qualities that UVM has to offer; I met a lot of great people there and enjoyed working with the players."

MacAuley added that she would like to make a living in the coaching profession and make a positive impact on the players under her tutelage.

"My ultimate career goal is to feel that I am making a difference in players' lives on and off the court, whatever level I am coaching at. It is hard for me to say right now if I want to continue coaching at the Division I level, all I know now is, this is what I want to be doing right now, I enjoy it and am happy going to work everyday."

MacAuley, who was interviewed for the vacant Bishop's women's coaching position this past spring, has not ruled out a return to coach in her native country.

"I feel returning to Canada is definitely a possibility," she said. Right now though I want to gain more experience as an assistant in the States as I feel that I have a lot left to learn."

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## The Reminiscent Store

Every once in awhile I like to take a trip where down to the old antique store as often before I have many a fond memory of this sold fashioned place every time I'd go in there I'd see many a familiar face.

Often wonder what it was like back in days of yore with kerosene lamps and all kinds of buggies and wheels rollin' just a rockin' & rollin' everywhere, now I often saw a pleasant smile as I'd pass through the welcoming door.

The atmosphere was pleasant there as people would sit in an old rockin' chair just sittin' and chattin' and yes I oft' got a feelin' of home and humbleness thinkin' back when Mom used to sit and knit before a warm fire on chilly evenings.

Now many women used to embroider or tat while others would crochet and mend and things like that, yes and I think when yellow lights gistened and flickered in the windows many a person played cards around the kitchen table and snickering.

The men would often sit about and smoke there favorite tobac' some smoked "sail" while others chose a pack of "pic-o-pac" what person would not be satisfied with aroamic smells like that the lights oft' flickered with candles or old fashioned lamps.

I can remember a showy lady who always did her best and sat in her chair writing letters on snowy winter night under starlit lamps as happy as she could be while meeting all her company; as they came by she had a jovial smile on her face as everyone in our town could see.

Written by  
Eloise Modge

### Sawyerville

On June 25th, Maurice Hodge came from Hamilton for a visit with his parents, Edythe and Raymond Hodge. While here, several of his family spent time at the house chatting and catching up with news. He returned home on July 5th. On the evening of July 31st, June and Wayne Sutor and sons Bryson and Ryder had supper with Edythe and Raymond.

## The Whispering Silver Maple

As I set here tonight and gaze at the stars

And listen to the wind blow through the trees

I remember of days gone by and it brings tears to my eyes

As that old silver maple whispers goodbye.

The littlered school house is gone  
Where I use to live and the whispering maple is no more

Often in my dreams I hear it often in my dreams

It seems to whisper for me to come out the door

That old maple tree would whisper to me

And say things you would never understand

Its branches would reach down and touch my arm

And I would hear it say little girl take my hand

Now the old tree is gone and the little red schoolhouse

But as I set alone and close my eyes I can still hear that old whisper now I know what it is saying

Little girl we will meet again in another world

Clarissa

Ma Davis

## Travel

With love you can go a long way's  
With truth and honesty

You can go further  
And with Jesus at your side

You can go anywhere.

Bill Gauvin

## Lost Love

You don't love me anymore  
You pushed me out the door

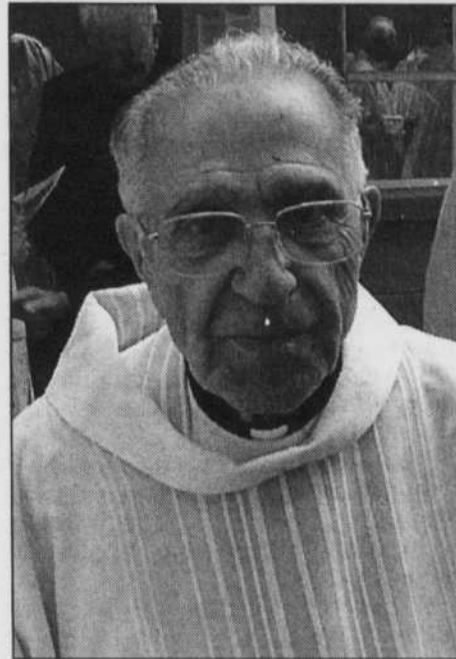
Right out in the rain  
There would be no use to come back  
You would do the same again

So I will start travelling  
Even if it is in the rain  
Maybe I'll be lucky  
And find someone that  
Will love me again

Bill Gauvin

### Death

### Deaths



**AVALLONE, Rev. Paul Salesian** of Don Bosco - Father Paul P. Avallone, S.D.B. died at St. Vincent's Nursing Home in Cedar Grove, N.J., USA, on the morning of July 31. He was 86 years old. Fr. Paul was born in the Bronx on December 26, 1921, to Antonio and Carmella de Poto Avallone. He became a Salesian of Don Bosco on September 8, 1940, and was ordained a priest in Turin, Italy, on July 2, 1950. Among Fr. Avallone's numerous accomplishments in his 65 years as a Salesian are pioneering St. Patrick's High School in Sherbrooke, QC, (1955-1960) and Marrero, LA (1962-1968), as their director-principal, and authoring two highly regarded books on St. John Bosco's educational method. He will be remembered as a kind man and a zealous priest. His Salesian superior, the Rev. James Heuser, characterized Fr. Paul as "a beloved educator, pastor and author in the style of Don Bosco" with a "deep faith and pastoral zeal." The Mass of Christian Burial will be celebrated at St. Anthony's Church in Paterson, N.J. on Monday, August 4. Burial will be in the Salesian Cemetery in Goshen, N.Y. Many alumni of St. Patrick's High School in Sherbrooke remember him with much affection. Please pray for the repose of his soul.

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**DAVIDSON, Frank James** CMA (Retired Controller, Johns Manville /Manson . Long time member and treasurer, St. Barnabas Anglican Church, Peterborough.) - Frank, beloved husband of Barbara (nee Leet) for 51 years. Dear father of Russell (wife Sandy) of Cannington, Marilyn Bonnar (husband Wayne) of Fenelon Falls, Douglas of Thunder Bay, David (wife Doris) of Shelburne, and the late Angela Joy Thirgood (husband David). Loving 'Grampie' of Brandon, Krystal, Justin, Sonya, Brad, Jessica, and Kyle. Loving great-grandfather of Hallie and Chyanne. Dear brother of Evelyn, Ross, Donald, Barbara Ann and the late Joyce Mace and John. Frank will also be missed by many other relatives and friends. Visiting will be held at the Comstock Funeral Home & Cremation Centre, 356 Rubidge Street, Peterborough, Ontario on Tuesday August 5, from 2-4 and 7-9 p.m. Visiting will continue at St. Barnabas Anglican Church, 1040 Hilliard St., Peterborough, Ontario on Wednesday August 6, from 10 a.m. until the funeral service time of 11 a.m. Reverend Eugene Burlenbach officiating. In lieu of flowers, donations to St. Barnabas Anglican Church or the Canadian Cancer Society would be gratefully acknowledged. Online condolences may be made at [www.mem.com](http://www.mem.com).

**SHAUGHNESSY, Gordon Marshall** - Peacefully on July 31, 2008 at Henderson Hospital in his 94th year. Predeceased by his first wife Alice (Wark) in 1979, and his second wife Jessie (Dewhurst) in 2003. Dear father of Sylvia (Ken) Moyle, Terry (Sue), Joyce (Mike) Schumacher, and Wendy (Ron) Clarence. Loving grandfather to Alison, Kyle, Mara, Brad (Dinah), Jennifer, Cameron and Stewart. Will be sadly missed by his sisters Pearl Smith, Bernice Johnson, Edith Hyatt and his brothers Lloyd (Elsie) and Ernie. The Shaughnessy Family would like to extend their sincere appreciation to the doctors and nurses of Henderson Hospital (4F) and staff of Macassa Lodge for their excellent care and support. Friends and family may call at the Dodsworth & Brown Funeral Home Robinson Chapel (King St. East and Wellington) 905-522-2496, Hamilton, Ontario on Tuesday, August 5, 2008 from 11 a.m. until the time of service at 12 p.m. in the funeral home chapel. Interment to follow at White Chapel Memorial Gardens. In lieu of flowers, donations to the Canadian Cancer Society or charity of your choice would be appreciated.

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

### BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

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### DEADLINES FOR DEATH NOTICES:

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

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

fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The

Record cannot guarantee publication if another Record number is called.

# You need to talk about this openly with your husband

**Dear Annie:** My husband and I have been married for seven years. We hit a rough patch during the last two, and it led to my having an emotional affair with a co-worker (no sex involved). My husband found out the day before I took my maternity leave. He forgave me and we seem to be doing OK.

However, my maternity leave is coming to an end and I'm supposed to go back to work. That means I will be in the same office as that co-worker I was so attracted to. I have a very, very good job and quitting is out of the question. I'm worried my husband will feel uncomfortable knowing I'm with this guy all day.

How can I prove I'm over the attraction and repair the trust? — Not Inter-

## Birthday Wishes

Happy 91st Birthday, August 6, 2008, to Evelyn Macey, 7 Main North, Sawyerville, QC JOB 3A0.

*Love, The Family*

ested in Him Any-more

**Dear Not Interested:** You need to talk about this openly with your husband. Tell him you know returning to work may cause him some anxiety and you want to allay his fears. Reassure him that you are over your infatuation. Ask what you need to do to make him comfortable with the situation, and promise to put his requirements first. If you find yourself being drawn to this co-worker again, we urge you to consider quitting your job. No matter how good it is, it's not worth your marriage.

**Dear Annie:** I am a young professional woman, engaged to a wonderful man. We plan to move in together soon in preparation for beginning our lives together.

OK, cut to the chase. Here is my dilemma: We are getting married in a few months, but my mom insists we need to have a small civil marriage at the courthouse before he moves in to make it legal before our actual wedding. She doesn't want us to live together before marriage.

## Annie's Mailbox

I know Mom sees it this way for religious reasons. However, my fiance and I have discussed it and don't want a quickie civil ceremony before our formal one just to please her. How do I assuage my meddling mom and pacify my anxious new fiance? — Passing Through Scylla and Charybdis

**Dear Scylla:** Although you should be respectful of your mother's feelings, this is not her decision to make. Is there a reason your fiance has to live with you now? If he can wait until after the wedding, that would take care of the problem. If not, do what you need to do, apologize sincerely to your mother for any offense, and then don't discuss it with her further. She will get over it once the arrangement is legal.

**Dear Annie:** I am writing in response to "Texas Tea," who disparaged the insensitivity of a school district having a separate prom for students with special needs. I agree it would be sad if these students were specifically segregated. However, I would like to provide the writer with another explanation.

I am a life skills support teacher. When prom time rolled around, most of

our students were very interested in going, but the prom was 50 miles away and the cost was \$75 per student, not to mention flowers, dresses, tuxedos, etc. None of my students had the resources to go. My co-teacher and I had the idea of holding a prom just for our students, to give them that cherished experience.

We invited parents, administrators and teachers, and the students invited whomever they wanted, disabled or not. The prom was in town at a beautiful facility and cost \$7 per person. The feedback was immediate from everyone involved that this was an excellent alternative to the regular prom, and that it should be held annually.

We understand that individuals with special needs are treated differently, but this is an example of an accommodation that is meant to bring them a typical prom experience, not take anything away. — Pennsylvania Special Education Teacher

**Dear Teacher:** What a lovely idea. Thanks for sharing.

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

## Lemée - Ticehurst



Mr. and Mrs. Serge Lemée together with Mr. and Mrs. Alden Ticehurst are pleased to announce the engagement of their children Marie-Hélène and Kyle. The wedding will take place at St. Paul's Anglican Church, Knowlton, Quebec, on Saturday, September 27, 2008.

## Chronic headaches caused by head trauma?

**DEAR DR. GOTT:** I am a 40-year-old woman and suffer from headaches. I have seen several doctors, who diagnosed me with migraines or stress headaches. I have seen my general physician several times over the years, but he has not ordered any testing. He told me I have migraines and gave me a narcotic medication to take as needed.

Is there a possibility that the headaches are caused by head trauma? During a previous marriage, my husband was abusive and beat my head against concrete. I was also in a car accident a few years later, and my head went through the windshield. I was never tested with an MRI or CT scan following these injuries. I don't recall if the headaches started after one of the events, but I do know that they have been increasing in severity over time.

I am so tired of being in pain because of my headaches. Do you have any suggestions?

**DEAR READER:** Chronic headaches can be very difficult to treat. Nearly everyone experiences headaches at some point in their lifetimes, often because of stress. Some people, however, have headaches regularly for a variety of reasons, or no reason at all. Migraine sufferers know all too well what it is like to feel perfectly fine and then all of a sudden have the beginnings of a headache that can escalate to a rapidly debilitating state.

There are several types of headaches, including tension (caused by stress), cluster (caused by blood-vessel abnormalities) and migraine (caused by abnormal levels of serotonin and blood-vessel abnormalities). Migraines can cause blurred vision, stiff neck, lightheadedness, sensitivity to light or noise and more. Tension headaches can cause neck and shoulder stiffness or soreness and head pain. Cluster headaches generally cause only head pain but occur in clusters over several days, weeks or even months. Because you do not say what symptoms you have other than pain, I cannot be sure what type of headache you have. However, you have been diagnosed repeatedly with migraines by several different doctors, so I must as-



PETER H. GOTT, M.D.

sume that the doctors are correct.

You should see a neurologist, who can order thorough testing of your brain to determine whether your head trauma has caused permanent brain damage. The neurologist will also be up to date on the latest treatment options, or, if he or she believes the headaches are not coming from your brain, can refer to you an appropriate specialist.

In the meantime, take steps to prevent the headaches as much as possible by reducing daily stress and relaxing whenever possible. Let me know what happens.

To give you related information, I am sending you a copy of my Health Report "Headaches." Other readers who would like a copy should send a self-addressed, stamped No. 10 envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092.

**DEAR DR. GOTT:** Should we be concerned about the reports of lead in things made in China, such as dishes, cups and quilts? I have many dishes and am afraid to use them.

**DEAR READER:** To begin with, people used to call dishes "china." While many dishes certainly came from China and were named appropriately, the connotation stuck. Now a plate or bowl, no matter where it is manufactured, is referred to as china. The media recently covered a news item that some serving dishes manufactured and glazed in Mexico were found to contain lead. People who were in possession of such pieces were urged to test the products for lead content.

If you have any doubt about what you own, I suggest you purchase a home-use kit that can detect lead in plastic and metal toys, painted surfaces, fine china, ceramicware and jewelry. There are numerous companies available online, such as [www.leadinspector.com](http://www.leadinspector.com), that sell kits. Spend the money, get the peace of mind, or do without those much-loved dishes.

Now, on to the quilt issue. I can't imagine in my wildest dreams how a quilt could contain lead unless it is made from a metallic component. Let's put this one out to the readers for their input.

CELEBRITY CIPHER

by Luis Campos

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

Today's clue: P equals W

"YRYBO UBYNK SNKKYB PXBLI XW
KZY KZYXBO KZNK KZY GMKVZYB MI
JXBY NDBNMH XD ZMJ KZNV ZY MI
XD KZY GMKVZYB." - KO VXSS

PREVIOUS SOLUTION - "What I have crossed out I didn't like. What I haven't crossed out I'm dissatisfied with." - Cecil B. DeMille

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KIT N' CARLYLE



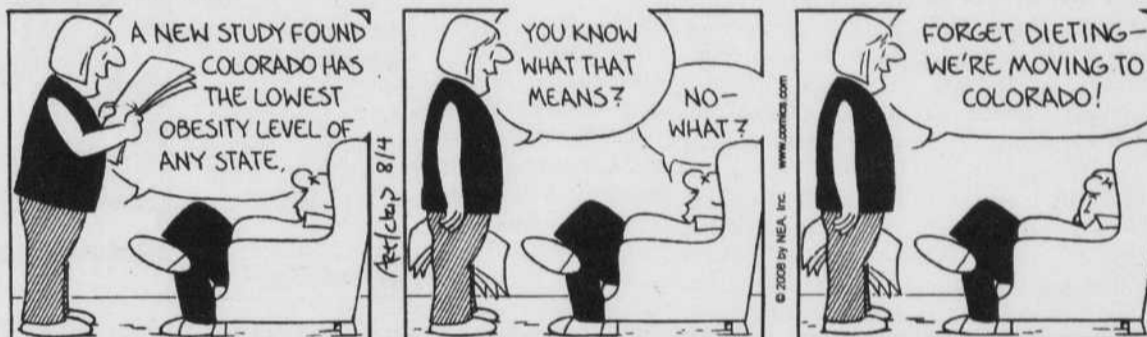
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



HERMAN



"He's got my tuna fish sandwiches again!"

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100 Job Opportunities

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145 Miscellaneous Services

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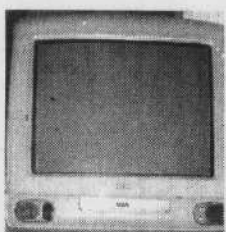
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100 Job Opportunities

145 Miscellaneous Services

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150 Computers



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290 Articles For Sale

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294 Events

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405 Found

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440 Miscellaneous

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440 Miscellaneous

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445 Legal Notices

NOTICE IS HEREBY served of the closure of inventory for the Estate of the Late Stanley Perkins of the City of Cowansville who died on October 9th, 2007. The inventory is located at: Gina Perkins, 1100 Goulet, suite 201, St. Laurent, QC H4R 2C6

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# Your Birthday

Monday, Aug. 4, 2008

Several new people could enter your life in the year ahead, and you might not think they are anything special. However, one (or more) might end up playing a remarkable and beneficial role in your personal affairs.

**LEO** (July 23-Aug. 22) — A matter of some significance that is giving you trouble and much concern can be worked out at this time. You'll figure things out if you'll doggedly stay with it.

**VIRGO** (Aug. 23-Sept. 22) — Take advantage of all opportunities to do what you can for people who have gone out of their way to help you in the past. Reciprocation will provide much gratification.

**LIBRA** (Sept. 23-Oct. 23) — Although it may not look as if you'll fulfill your ambitious aspirations at first, because of your past kindnesses to others, things will turn out to favor you in ways that will make it possible.

**SCORPIO** (Oct. 24-Nov. 22) — If you can, take the time to focus your efforts on matters that could be meaningful to you materially. Financial trends are moving in your favor, and you won't want to miss out.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Be diplomatic in all your dealings, but don't be afraid to assert yourself if a situation warrants it. This is especially true if you're striving to improve something at the workplace.

**CAPRICORN** (Dec. 22-Jan. 19) — Al-

though you may prefer to work independently, you will discover you can get much further faster by working in conjunction with others. Do the smart thing, not what is most comfortable.

**AQUARIUS** (Jan. 20-Feb. 19) — If you need a special favor, you will be much better off going to an old standby rather than requesting it from a mere acquaintance whom you think is in a position to help.

**PISCES** (Feb. 20-March 20) — As the day wears on, your inner workings could enlighten you in a manner that helps rectify a troublesome relationship. Don't be afraid to use your insights.

**ARIES** (March 21-April 19) — Try a new approach to a seemingly unsolvable problem, and the solution will be found. The answer you're seeking is right in front of you, but it can only be seen with a fresh eye.

**TAURUS** (April 20-May 20) — What your logic isn't equipped to handle, your imagination can supply when your problem is one of an artistic nature. What you dream up will be more pleasing to the eye and, consequently, more durable.

**GEMINI** (May 21-June 20) — Be more pleasant to a friend who seems to be a bit aloof lately. This person needs to know that you think well of him or her, so go out of your way to be friendly. It can make a difference.

**CANCER** (June 21-July 22) — Your ideas for enhancing your financial picture have much merit, but you may need to talk them over with someone who can help you translate them into reality.

Monday, Aug. 4, 2008

# The area that gets short shrift

By Phillip Alder

Novelist Holly Lisle wrote, "If you don't accept responsibility for your own actions, then you are forever chained to a position of defense."

If you never take positive actions in the auction, then you are forever chained to a position of defense.

We defend twice as often as we declare, but books and newspaper columns spend many more miles of print on declarer play than on defense because it is much easier. This week, let's stop being cowardly and look defense squarely in the face.

West leads the heart ace against four spades. How should the defense proceed?

South opened with three spades, showing a decent seven-card suit and 5-10 high-card points. West made a take-out double, indicating short spades and length in the other three suits. North raised to four spades, hoping there weren't four fast red-suit losers. And East was dissuaded from sacrificing by the unfavorable vulnerability.

It ought to be clear to West that his side needs to take two hearts and two diamonds. But who has the diamond king? If it is East, West should cash his

North 08-04-08			
♠ K Q 7			
♥ 6 4			
♦ 8 3			
♣ A K Q 10 5 2			
West			East
♠ 4 3			♠ 6
♥ A K 9 5			♥ Q 10 7 2
♦ A Q 10 9			♦ J 7 6 5 2
♣ J 7 3			♣ 9 8 4
South			
♠ A J 10 9 8 5 2			
♥ J 8 3			
♦ K 4			
♣ 6			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
3 ♠	Dbl.	4 ♠	All pass
Opening lead: ♥ A			

top hearts, then shift to diamonds. If it is South, West must hope his partner has the heart queen.

He is guided by East's card at trick one. Here, East signals enthusiastically with his 10, an equal-honor signal showing the queen, the honor touching the two promised by West's ace-lead. Now West continues with a low heart, putting his partner on lead for the lethal diamond switch.

If, though, East had dropped his lowest heart at trick one, West would have cashed his heart king and diamond ace before playing a second diamond.

# CROSSWORD

ACROSS

- 1 Group of zealots
- 5 Blemishes
- 10 Bloke
- 14 Paducah's river
- 15 "Rosemary's Baby" author
- 16 Great review
- 17 Classic Chevy model
- 18 Wed
- 19 Emerald Isle
- 20 Contradictory testimony
- 23 Outward pose, slangily
- 24 Boring routine
- 25 \_\_\_ on the side of caution
- 28 Old towel, perhaps
- 31 Outdoes
- 35 Snookums
- 37 Spanish couple?

- 39 Dessert menu choice
- 40 Competitor's realistic expectation
- 44 Cartridge filling
- 45 Springsteen's birthplace?
- 46 Word on a poster
- 47 Cozy homes
- 50 Bro, for one
- 52 Actress Spacek
- 53 Owns
- 55 Help out
- 57 Interrogation ploy
- 63 Oz man
- 64 Be of use
- 65 Attract a cab
- 67 Designer Schiaparelli
- 68 Relative rank
- 69 Sicilian peak

- 27 Puts in order
- 29 Dwight's election rival
- 30 Glop
- 32 Catches sight of
- 33 Multiplication word
- 34 Dilapidated
- 36 Long-legged bird
- 38 Vane reading
- 41 Curvy letter
- 42 Slackened off
- 43 Tattle-tales
- 48 Skeptical disciple

- 49 Blue
- 51 Bundles of joy
- 54 Head skin
- 56 Dances
- 57 Wind storm
- 58 Expel
- 59 Done with
- 60 Cover with macadam
- 61 Swear word
- 62 Yearn (for)
- 63 Implore
- 66 Stripling

Saturday's Puzzle Solved

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

DOWN

- 1 Cell mate
- 2 This looks bad
- 3 In-person
- 4 Speakers before drinks
- 5 Flowing
- 6 Bank, at times
- 7 No. 2 in rentals
- 8 Including
- 9 Villain's expression
- 10 Make up
- 11 Mata of spydom
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By Norma Steinberg  
San Francisco, CA

8/4/08

## Nothing fishy about these cakes

By Marialisa Calta

The idea of eating a codfish cake strikes many diners as old-fashioned and odd — akin to the idea of darning socks. Yet folks go crazy for crab cakes, which have an irresistible appeal on restaurant menus. Perhaps we have an atavistic yearning for the fritters, patties, croquettes and the like that are no longer part of the home cook's repertoire. Perhaps it's because, for folks who don't absolutely love fish, crab cakes are a way to enjoy fish in a way that — with its mixture of spices and coating of breadcrumbs — doesn't taste fishy. Salmon cakes are making a comeback, and some credible versions made with wild salmon can be found in the frozen-fish section of the supermarket. Cod cakes, made with salt cod, are equally delicious. They just haven't made it back onto most restaurant menus.

Fish cakes have a long history, probably because our forefathers (and foremothers) were no fools: For survival and economy, they learned how to stretch a small amount of protein in a tasty way. It's likely that fish cakes were brought to the New World by the English colonists, and we know from food historians that that they have long been incorporated into American cuisine. Fish cakes, or "fish balls," were a staple of New England cooking in the 1800s and were considered to be a standard dish for breakfast or supper. (At the time, cod was so plentiful that it was synonymous with "fish." So no one talked about "cod cakes" back then.) Nineteenth-century cookbooks offer recipes for "crab patties" or "crab croquettes," but the term "crab cakes," says food historian John Mariani, was not coined until the 1930s, when they first appeared in writing as "Baltimore crab cakes" in honor of that city's famous supply of crabs.

The recipe for crab cakes, below, is from Kate Heyhoe's "Great Bar Food at Home" (Wiley, 2007), which was nominated for the prestigious James Beard Award. The cod-cake recipe was given to me during a trip to Prince Edward Island, in the Canadian Maritimes. And if you think it's not worth the effort to make your own tartar sauce, think again. The recipe here is from my friend Jimmy Kennedy of River Run, a restaurant in Plainfield, Vt., and would make a hockey puck taste good.

### 21 CLUB'S CRAB CAKES

1/4 cup olive oil plus 2 tablespoons olive oil  
1 tablespoon minced fresh jalapeno  
1/2 cup minced red bell pepper  
1/2 cup minced onion  
1/8 teaspoon sea salt, or to taste  
1/8 teaspoon freshly ground white pepper, or to taste  
2 large egg yolks  
2 tablespoons lime juice  
1 tablespoon Tabasco sauce  
5 tablespoons mayonnaise  
2 tablespoons Dijon mustard  
1 tablespoon chopped chives  
2 teaspoons finely chopped cilantro  
1-1/2 teaspoons finely chopped flat-leaf parsley  
pinch cayenne pepper  
8 ounces cooked crabmeat  
1/2 cup soft breadcrumbs (see Cook's



Rich and crunchy crab cakes are hot items on today's menus, but they harken back to our colonial past.

PHOTO BY ALEXANDRA GRABLEWSKI

### note)

1/4 cup Panko breadcrumbs, plus 1 cup for breading (see Cook's note)  
3 sprigs lemon thyme or regular thyme  
1 tablespoon unsalted butter

Cook's note: Make soft breadcrumbs by pulsing a piece of white bread in a food processor. Panko are Japanese breadcrumbs now sold in many supermarkets. If you can't find them, substitute crushed, unsalted cracker crumbs.

Warm 2 tablespoons of the olive oil in an ovenproof skillet over medium-low heat. Add the jalapeno, bell pepper, onion, salt and white pepper. Cook the vegetables (do not brown them), stirring occasionally, until translucent, about 5 minutes. Remove from the heat, and let the vegetables cool.

In a mixing bowl, combine the yolks, lime juice and Tabasco, and mix well. Add the mayonnaise, mustard, chives, cilantro, parsley and cayenne, and whisk well. Stir in the crabmeat and the cooked vegetables. Add the soft bread-

crumbs and 1/4 cup Panko crumbs. Mix well.

Set out four 3-1/2-inch ramekins. For each ramekin, line with plastic wrap, and layer 2 tablespoons Panko crumbs in the bottom and then layer 1/4 of the crab mixture and another 2 tablespoons Panko. Pat the mixture down and seal tightly with the plastic wrap. Refrigerate about 45 minutes until chilled, so the cakes keep their shape. Shake off any loose Panko before dropping the cakes into the skillet.

Preheat the oven to 375 F. Warm the remaining 1/4 cup olive oil in an ovenproof skillet over medium heat, until semi-hot (a few crumbs gently sizzle). Carefully add the crab cakes to the pan, cook slowly for about 3-1/2 minutes, then turn them over. (Be gentle when you flip them. Their chunkiness makes them a tad fragile.) Add the thyme sprigs and butter to the pan, place in the oven, and cook for approximately 3-1/2 minutes, or until golden brown. Remove from the pan. Serve immediately.

Yield: 4 crab cakes

Recipe from "Great Bar Food at Home" by Kate Heyhoe (Wiley, 2007)

### CODFISH CAKES

1-1/4 pounds potatoes, peeled and cut into 2-inch chunks  
1 medium onion, peeled and finely chopped  
1 pound dried, boneless salt cod, or salt cod pieces, prepared for cooking according to package directions  
1/2 teaspoon black pepper  
1 egg, lightly beaten  
3/4 cup unseasoned breadcrumbs  
several tablespoons bacon grease, or vegetable oil, or a combination of oil and butter, for cooking  
lemon wedges, for serving

Line a baking sheet with waxed paper. Put the potatoes and onion in a steamer basket set over several inches of boiling water. Cover and steam until potatoes are tender, about 15 minutes. Remove the steamer basket, wipe out the pot, return the vegetables to the pot, and mash them with a potato masher. Flake the salt cod, and mash it with the potatoes. Add the pepper and egg, and stir to combine.

Scoop the mixture by the 1/4-cup, and flatten into a patty about 3 inches in diameter. Dredge each side of the fish cake lightly in breadcrumbs. Set on the prepared baking sheet. Repeat with the remaining mixture. Cover and refrigerate for at least 30 minutes and up to 24 hours.

Preheat the oven to 200 F. Line a baking sheet with paper towels.

Heat about 2 tablespoons of the bacon grease, oil or butter in a large skillet set over medium heat. Working in batches (don't crowd the pan), cook the fish cakes until the bottoms are beginning to brown (about 4 minutes). Turn and cook on the other side. Transfer to the lined baking sheet, and keep warm in the oven until ready to serve.

Repeat with remaining fish cakes, adding more grease, oil or butter as needed. Serve with lemon wedges.

Yield: 12 fish cakes

### TARTAR SAUCE

1-1/2 cups mayonnaise  
1/4 onion, peeled and minced  
1/4 cup minced dill pickle, or sweet-pickle relish  
2 tablespoons lemon juice  
2 tablespoons minced fresh parsley  
1 tablespoon Dijon or other prepared yellow mustard  
1/2 teaspoon Old Bay seasoning  
1/2 teaspoon white pepper  
1/4 teaspoon cayenne pepper  
salt, to taste  
freshly ground black pepper, to taste

Mix everything together in a bowl or jar. Cover and refrigerate until ready to use, up to three or four days.

Yield: about 2 cups

Recipe from "River Run Cookbook: Southern Comfort from Vermont" by Jimmy and Maya Kennedy and Marialisa Calta (HarperCollins, 2001)