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MONDAY, APRIL 28, 2008

Fast Balls



JEN YOUNG

Jesse Nichols took the plate on Sunday as the Senior League brushed off those cobwebs and began a brand new season with the Wilson Street softball league, which fields eight teams across the Townships. Officials are always looking for volunteers. For more information on the Junior league (ages 7 to 12 for boys and 7 to 13 for girls), contact Jeff Sylvester at 819-823-8761. For more on the Seniors (13 to 17 for girls and 12 to 17 for boys), call John Laberee at 819-822-1934.

Compost queries

No seafood or gravel allowed

By Jen Young
SHERBROOKE

While City of Sherbrooke officials claim residents are becoming more and more recycling and compost savvy, there are still things that some don't know, and it's hurting recuperation attempts.

"Dried grass is okay (to compost)," said spokeswoman Carole Laforest. "But not the small stones and residue used to get rid of snow and ice throughout the winter."

All gravel should be brought to an ecocentre.

Laforest said that as residents continue to spend their days outdoors cleaning up the lawn, those who sort and treat compost are seeing more and unacceptable materials in the brown bins.

Seafood is not compostable, according to Odile Goulet, who is the composting department's residential material section chief.

"Seafood is too hard and too thick and it can't be put in the brown bins," said Goulet. "In the composting process it can take up to a year for some materials to break down, but usually it happens within three to four months. Seafood takes longer than a year and ends up being left (as garbage)."

Because the composting project is still new for the city, the restrictions may change in the future.

At the moment Sherbrooke is using a temporary compost platform. Until officials find a permanent location, the city can only accept the bare minimum in compostable materials.

Laforest said that when unacceptable materials make their way into the composting chain, perfectly good compost is contaminated and must be

PLEASE SEE COMPOST ON PAGE 4



Quick work
A fire in Waterloo was quickly tamed
PAGE 3



On the road
The Silverbacks beat the Impact
PAGE 10

Deadly jobs

11 deaths in mining

By Jen Young
SHERBROOKE

Today is dedicated around the world to those who have been killed or injured at work, and two dozen people died on the job here last year.

"In the Townships region in 2007 there were 24 workers killed and 4,785 others injured," said Lianne Cote, spokeswoman for the provincial workers' safety board, the CSST. "Of the 24 deaths 11 were workers in

the mining industry."

The local CSST opened three inquiries into work-related deaths last year that are still under investigation. The owner of Transport Yergeau was pulled into his own recycling truck in Danville in June. An Arboculture de Beauce elevator engineer died in October in Coaticook, and a young worker helping demolish the old Magog Olymel plant was crushed to death in November.

Statistics gathered through the \$2.5 million worth of death claims filed in Quebec show

PLEASE SEE DEATHS ON PAGE 4

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'Tell the kids it's really important'

Crazy-guy wants the answers!

By Murielle Parkes
RECORD CORRESPONDENT
MANSONVILLE

In New York State, Mansonville's "crazy-guy-on-a-bike" found horses doing it! Cows doing it! And, even a herd of deer doing it! Now, Jacques Marcoux has rescued a snapping turtle in Pennsylvania that's doing it.

If you're wondering what's going on, join the growing numbers of crazy Guy watchers who are clicking onto Marcoux's journal at jmarcoux1.googlepages.com. Along with a summary of each day's highlights, Marcoux credits farm animals (and now a snapping turtle) with linguistic capabilities.

Much has changed since week one, when cold weather and fierce headwinds were unwelcome companions as Marcoux (and a friend made on the way) bikes around the US to raise funds for two Mansonville groups. Now the days are sunny and warm. Even hot. And the canine attacks that occurred in the early days are no more. On day nine, Marcoux photographed an especially gentle dog. "The owner of this one told me that if I were a robber, the dog would hold the flashlight for me!" he wrote.



"Now that we're in a less rural area, we're not even seeing dogs," said Marcoux on a phone call made through his computer.

Marcoux's journal — a blend of information, photos and humour — includes the kilometres travelled, plus the status of upwinds, headwinds ("Today Charlie says: When is this damned headwind going to stop?") and tailwinds. It also provides challenges for youth and others.

Marcoux wants it to be an educational tool. Especially for the students of Mansonville Elementary, École le Baluchon and Troy School, whom he visited before he left. Students are starting to email him on a regular basis, either individually at home or together in class. "Tell the kids, it's really important they find the answers to my questions."

Each day, Marcoux asks one or more

alerts ("I need to tell you that Mentor/Painesville Ohio has 'Major' road construction on US 20 & SR 283...") to hospitality offers (Jacques, should you need lodging in Palmyra, NY, feel free to contact me...) and wishing the two cyclists more "wind at their back." Some even urge Charlie to wear his helmet, after seeing him pictured without.

A friend teases, "Charlie, Very nice picture of you and your helmet, Now The STRAPS Charlie OK you can do this... around your CHIN!!!!"

By the end of the second week, the two had reached Napoleon, Ohio, having passed through Batavia, Hamburg and Westfield in New York, Erie County in Pennsylvania, and Conneault, Mentor, Vermilion, Fremont and Napoleon in Ohio. Total kilometres travelled: 1,383. They had still not pedaled in rain.

This weekly feature appears Mondays.



LOTO QUÉBEC 649 01 02 18 30 38 42 45 Bonus		Draw results: 2008-04-26 49 01 07 09 11 16 25 39 Bonus	
WINNERS 6/6 1 \$14,225,826.00 5/6+B 5 \$82,062.20 5/6 128 \$2,648.00 4/6 7,831 \$82.00 3/6 153,489 \$10.00 2/6+B 106,764 \$5.00 Total sales \$19,584,160 Next grand prize (approx.) \$3,500,000	PRIZES 6/6 0 \$2,000,000.00 5/6+B 1 \$75,000.00 5/6 26 \$750.00 4/6 1,139 \$75.00 3/6 18,993 \$10.00 2/6+B 14,268 \$5.00 Total sales \$840,780.00 Extra 1651361		
LOTO SUPER 7 05 15 23 06 28 31 33 42 Bonus		Draw results: 2008-04-25 WINNERS 7/7 0 \$17,000,000.00 6/7+B 4 \$67,418.60 6/7 158 \$1,706.80 5/7 9,107 \$100.70 4/7 193,321 \$10.00 3/7+B 179,955 \$10.00 3/7 1,609,866 Free play Total Sales \$23,500,286 Next grand prize \$20,000,000	
Extra 3639616 \$ 500,000 GRAND PRIZE!		In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.	



Weather

Today: Cloudy. Rain beginning late in the morning. Wind 30 km/h gusting to 60 in the afternoon. Low 8. High 10.

Tuesday: Rain. Low 7. High 10.

Wednesday: Cloudy with 70 per cent chance of flurries. Low minus 2. High 7.

Thursday: Periods of rain. Low minus 2. High 7.

Ben by Daniel Shelton



From Practice To The Real Thing



DAVID ANDERSON

Waterloo volunteer firefighters were giving a training course to another fire department early Saturday morning when a real alarm sounded around 8 a.m. for a house fire on Foster Street. Within minutes the firefighters were on the scene and had the small blaze under control; the home suffered only minor damage. Traffic on Highway 112 (Foster Street) was diverted for about 45 minutes.

Hurdle jumped

410 extension hearings no longer needed

Staff
SHERBROOKE

Quebec's farmland protection board has canceled a public meeting to discuss the extension of Route 410 because the owners of Sherbrooke's Ferme Sainte-Catherine are resigned to losing their orchard and a track of cultivated land to make way for the new highway.

A spokeswoman from the Commission de protection du territoire agricole du Québec (CPTAQ) confirmed no public hearing will be needed.

Agnieszka Jarnuszkiewicz said that when owners of the farm — which would be intersected by the proposed route for the continuation of the 410 — called for more information, that automatically meant a public meeting would be scheduled.

But Jarnuszkiewicz said the Forget family did not want a public hearing, and their questions could be dealt with by telephone.

The preliminary findings of the farmland board were favorable to the route proposed by Transport Quebec, conditional to affected farmers being adequately compensated, including with new land of similar agricultural quality.

As well as crossing the orchard and fields of the Ferme Sainte-Catherine, located next to the Université de Sherbrooke, the proposed new route also intersects Fairview Farm in Lennoxville.

The compromise solution, proposed by Transport Quebec, includes the replacement of expropriated land, the relocation of crops, as well as some financial compensation.

Approval by the provincial farmland protection board is the last step before the Quebec Environment Ministry makes a final recommendation to cabinet, which has the final say in the matter.

Jarnuszkiewicz could not say when commissioners would hand down their final decision. She said the board has no deadline and that commissioners have a lot of files on their agenda.

Extending Route 410 beyond the corner of University Boulevard aims to create a beltway around the borough of Lennoxville to cut down on heavy traffic from crossing through the centre of the downtown and improve safety. Transport Quebec had hoped to begin construction last September and to complete work by 2013.

Tuning Show canceled

Organizers of the Wellington Tuning Show in Sherbrooke have had to cancel this year's event due to shortage of volunteers and grants. Annually, the show attracts up to 40,000 visitors with its variety of old and new car displays.

Event president Steven Maysenhoelder said he hopes to put together a solid organizing committee to bring the event back to Sherbrooke in 2009.

from the autopsy, and there was no further information available.

The SQ are also consulting their missing persons data to see if the victim matches anyone on file.

U de S moves into Bromont

Developing Technopark

Staff
SHERBROOKE

The town of Bromont and the Université de Sherbrooke have joined together to develop the Technoparc Bromont. On Friday, the town and university signed an agreement to cooperate to develop certain niches of excellence including microelectronics, new materials, and renewable energies.

"Through Bromont, it's all of Quebec, Canada and America that positions themselves as leaders in these state of the art industries thanks to the meshing of our municipal, industrial and university strengths," said university rector Bruno-Marie Béchard, noting the partnership will contribute to Bromont's potential for investments and job creation.

As part of the agreement, the university will increase its industrial research activities by providing opportunities for workers to complete masters degrees and doctorates and work on projects that are pertinent to industry without leaving their jobs.

The formula is being adapted from the university's cooperative program, that allows students to alternate between work and study. It's also an opportunity for the university to consolidate its links with industry and respond to the growing development needs.

Body by Richmond highway

Staff
SHERBROOKE

Sûreté du Québec officers are investigating a body found along the side of the highway in the Eastern Townships last Thursday evening.

A trucker stopped along Route 116 at Richmond made the gruesome discovery just after 5 p.m. in a wooded area bordering the road. The body was wrapped in a tarp.

Police had few details on the discovery while an autopsy was being conducted at the Laboratoire de sciences judiciaires et de médecine légale in Montreal.

"What we know for now is that the victim is probably a man," said SQ spokesman Marc Butz. "An autopsy is underway and investigators are on the scene."

An autopsy will hopefully determine the identity of the victim and a cause of death. As of Sunday, however, the SQ still had not received any details

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THE RECORD



PERRY BEATON

If the compost is contaminated, it all gets thrown away.

COMPOST:

CONT'D FROM PAGE 1

tossed into the garbage.

A common question making its way to officials is what to do with doggie doo. "Animal excrement and litter is not accepted in Sherbrooke," said Laforest. "In litter there are often chemical products (for clumping and odor protection) and to ensure quality compost we are not accepting it. The same is true for dog excrement. There could be pathogens, viruses, and there is the question of odor."

Laforest said Sherbrooke residents are getting better at sorting their stuff. "The employees who work in the sorting chain have noticed that people are becoming better recyclers," she said. "But, there are still things that people need to remember."

Compostable, biodegradable, and regular plastic bags are very different and each needs to be put in its proper place.

"Regular plastic bags can be recycled, but they have to be placed in a ball and all together. When they are loose they can get caught in the sorting machines. If these bags end up in the landfill it takes 5- to 600 years to break down. Biodegradable plastic, which looks like a regular plastic bag, only take 60 years. It's not as long, but it still takes time. The compostable bags are not recyclable."

Local SAQ liquor stores use biodegradable plastic. They break down as quickly as leaves, but are banned from recycling and from composting bins.

"When a compostable bag ends up in the recycling chain it contaminates the

whole chain. They are compostable, but the city is not accepting them in the bins for right now. The only bag permitted in the compost is paper. This can be confusing for residents, which is why we are continuing to try and inform the public."

Hear is a list of items that periodically show up in composting bins that shouldn't be.

- Dead animals: Bury or contact Récupération Maillé at 819-847-4907

- Wood, and branches longer than 60 centimeters, paint, household cleaners, and sod: take to Ecocentre

- Hay or cedar clippings in large amounts: contact Distilla-Cédres at 819-346-3013, or Récupérateur at 819-875-3027

- Bottle corks: recyclable
- Cardboard ice cream containers, cigars, cigarette butts, hair, wax, Q-tips, chewing gum, wax paper, and diapers: garbage.

Laforest said that when residents are unsure their best bet is to visit a local ecocentre and inform themselves.

"We have been seeing plastic and metal toys in the recycling pick up. Some may think that because they are made of a material that is recyclable that it is acceptable, but it is not. Items like that need to be brought to an ecocentre where they will decide whether to give it to an organization or properly dispose of it."

Sherbrooke is home to two ecocentres. Ecocentre Michel-Ledoux is located at 1000 Léon-Trépanier, and Ecocentre Rose-Cohen is at 365 Pépin Street. Using the ecocentre service is free with a proof of residency, and there's a fee of \$10 for businesses.

The centers do not accept:

Rocks hits windshield

Police say a man will survive after his truck windshield — and then his head — were hit with a rock while he sped down Autoroute 20 by Notre-Dame-du-Bon-Conseil.

The Sûreté du Québec say the rock, the size of a fist, may well have been thrown on purpose from an overpass last Tuesday.

Fifty-one-year-old Romain Castonguay was in a coma in a Trois Rivières hospital for a part of the week.

He is employed by a Bas-Saint-Laurent trucking company.

High school in September?

Are you going into high school come September? Or is your child going into high school come September?

The Eastern Townships School Board's Healthy Schools' Organizing Committee will hold an information session for parents this week "that will respond to your questions and concerns regarding your child's transition to high school," according to a release.

It's for parents of children in grade 6 attending Princess Elizabeth Elementary, Ayer's Cliff Elementary, Sunnyside Elementary, Mansonville Elementary or North Hatley Elementary.

Parents needs to register by today by calling 819-843-4847.

The evening is in Magog at 6:30 p.m. on Wednesday, April 30 at Princess Elizabeth Elementary. Daycare for children 6 and older is available.

Missing man

Granby police are looking for a miss-

ing man last seen April 21 leaving his Granby residence.

Julien Lemieux, a 41-year-old with an intellectual disability, was last seen on Mountain Bridge around 9:30 p.m.



Lemieux is described as white, brown-haired, blue-eyed, 5-foot-4 in height and 160 pounds (he's pictured). Police say he is French-speaking but functions mentally as a child of between seven and eight years of age.

Granby police are asking residents to keep an eye out for Lemieux. Contact police at 450-776-3333.

CONSTRUCTION BRIEFS

Ste-Edwidge-de-Clifton

A bridge on the Chemin Tremblay at Sainte-Edwidge-de-Clifton is under construction starting today and through to June 8.

The bridge spans the Rivière aux Saumons.

The work will take place from Monday to Friday between 7 a.m. and 5:30 p.m., according to a Transport Quebec release. Traffic will alternate directions with the help of lights, but two-way traffic will be possible outside of construction hours.

The work is worth \$102,000 and has been contracted to Stellaire Construction inc.

Plateau Sylvie-Daigle

The City of Sherbrooke has sent out another notice about construction on the Plateau Sylvie-Daigle, between Terrill and rue du Cégep.

The work will begin today and last for about two weeks.

Maple Road in Sutton

A part of Maple Road in Sutton will be under construction starting today and lasting for about 10 weeks, in phases, between Pleasant street and rue du Domaine-Mon-Louis.

The first part will close Pleasant through to Highland street (take Pleasant and Academy for the detour).

The second half of the work will allow for alternating through traffic, although vehicles will be controlled by signal lights.

The work has been contracted to Construction Choinière, according to a release from Transport Quebec.

McKenzie Bridge in Richmond

Work will be done on Richmond's McKenzie bridge on Tuesday, which will close down the bridge to traffic.

The work will be done between 8 a.m. and 4 p.m., according to a Transport Quebec release.

The suggested detour involves the bridge a kilometre away on Route 116.

DEATHS:

CONT'D FROM PAGE 1

that seven of the Townships mortalities were caused by accidents and 17 were due to an illness.

Cote said that 14 per cent, or 684 workers, of the 4,785 injured locally were under 24 years of age, with those most affected in the medical, social services, and commercial sectors. One quarter of the injuries were sustained to the back and 18 per cent to hands and fingers.

This day of remembrance was formalized in 1990.

Cote says that since then, many improvements have been made to laws concerning health and safety at work. There were fewer deaths on the job in the Townships last year than in previous years.

- ammunition and explosives (call the Sûreté du Québec)
- carpeting and linoleum (garbage)
- furniture (if reusable a charity, if not the landfill)
- commercial or industrial waste (Onyx Industries 819-822-1820)
- contaminated soil (GSI Environment 819-829-0101)
- pool covers, vinyl, PVC, and ABS (landfill).

For more information on collection schedules visit www.ville.sherbrooke.qc.ca.

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Pontiac/Buick/GMC Dealers' Association of Quebec recommends consumers read the following information. Limited-time retail offers apply to the following new 2008 models: Wave 5-door (2T048R7A), Wave Sedan (2T069R7A), G6 SE (2Z068R7B), Torrent (2L268R7A), and Montana SV6 (2L11416R7F). Models shown may include optional equipment available at extra cost. Subject to GMAC credit approval. Registration fees associated with purchase of the vehicle, property taxes, and sales tax are extra and payable on delivery. 1. 0% purchase financing available on a 72-month term for the Wave, the G6 and the Torrent, on approved GMAC credit for terms up to 48 months. Only on the following 2008 models: Montana SV6, with extended wheelbase and Torrent. 3. The price adjustment is a delivery credit offered to the dealer by the manufacturer. Available on the model 2008 Montana SV6 with regular wheelbase. 4. With lease, monthly payments based on a 60-month term for the Wave and a 48-month term for the G6 and the Torrent and freight included with purchase. License, insurance and taxes not included. Fee of 15¢ per kilometre after 100,000 km for the Wave and 80,000 km for the G6, Torrent and Montana SV6. First monthly payment required upon delivery. No security deposit required. 5. With purchase, monthly payments based on a 72-month term for the Wave and the G6. PDI and freight included with purchase. License, insurance and taxes not included. 6. Fuel consumption as published in EmerGuide by Natural Resources Canada for the Wave with 1.6L engine and 5-speed manual transmission, G6 with 2.4L engine and 4-speed automatic transmission, Torrent with 3.4L engine and 5-speed automatic transmission and Montana SV6 with 3.9L engine and 4-speed automatic transmission. 7. Including one-year free subscription to the Sale & Sound Plan. Service contract required. Call 1-888-4ONSTAR (1-888-466-7827), ask your dealer or visit onstar.ca for system limitations and details. 8. With purchase, preparation included. Freight, registration, insurance and sales tax not included. 9. 5-star safety rating for the 2008 G6 5-seater safety rating for the driver and front passenger during frontal crash tests and for front and rear passengers during side impact tests for the 2008 Torrent and sales tax not included. 10. Highest possible U.S. government safety rating. Tests conducted by the National Highway Traffic Safety Administration (NHTSA). *GM dealers will provide the dealer with a credit adjustment to the value of a sunroof plus applicable taxes. Offer applies only to 2008 new or demonstrator models of Wave SE (2AL371SBCF5), G6 SE (2AL371SBCF5), G5 GT (2AN371SACF5), G5 GT (2AN371SACF5), G6 SE (2Z068R7B), Torrent GXP (2L268R7A), and Montana SV6 (2L11416R7F). Other applies only to qualified retail customers in Canada. See your local Pontiac dealer for conditions and details. *Visit your local dealer or gmstudentbonus.ca for more details. These exclusive offers cannot be combined with any other purchase/lease incentive offer except GM Card, GM Student Bonus (gmstudentbonus.ca) and GM Mobility programs. Dealer may lease or sell for less. Dealer trade may be required. See dealer for details. For the latest information, drop by your local dealer, call 1-800-GM-DRIVE or visit gm.ca.

Community Forum

LETTERS TO THE EDITOR

Smell test

DEAR EDITOR

David Marler ("Only Marler said no", April 23) rides quite a high horse. He claims that what the Conservative party did during the 2006 election "certainly was not an honest maneuver. It was done to deceive.... I'm just proud of the fact that I stood up and said no."

That sounds like a man very concerned that a practice thought to conform with official interpretation of election law, and applicable to all parties, lacks transparency. However, when he was first seeking the Tory nomination in this riding (Brome-Missisquoi), Mr. Marler granted an interview to *The Record* in which he said the Conservatives had long been out of power and it would take time before they become as scandal-ridden as the Liberals (or words to that effect - I have the clipping somewhere). This rather cynical attitude "didn't smell right to me", to borrow his words.

For that reason, I was hoping someone else would seek the nomination, but as it turned out, Mr. Marler became the 2006 candidate and certainly worked hard.

Oddly enough, the man I originally hoped to see as candidate was Mark Quinlan, whom I had met during the 2004 election campaign. To judge by the impressive turnout nominating him as the current Conservative candidate, I expect the electors of Brome-Missisquoi will give Mr. Quinlan serious consideration as our next Member of Parliament.

LIONEL ALBERT
Knowlton

DEAR EDITOR

Thank you for your interesting and informative coverage of the investigation into Conservative spending during the

last election campaign ("Only Marler said no", April 23 *Record*, and "Caldwell revised his expenses", April 24). The articles have reminded me of a question I had concerning Conservative spending outside of an election campaign, and I wondered if one of your reporters or perhaps an informed reader would be able to provide an answer to this query.

Several months ago the Conservative government ran attack ads on television, stating that Liberal Stéphane Dion is not a leader. I wondered how the Conservatives could broadcast this outside the parameters of an election campaign? Is there a political science professor in our midst, who can explain if this sort of outrageous expense is legal in our country?

Is it legal to broadcast slurs and innuendo outside of an official election campaign? And if it is legal, the cost of the commercials should certainly be included in overall campaign expenses for the coming election because they obviously impact public opinion. Are the costs of these commercials included in Tory campaign expenses for the coming election?

Limits on spending are enshrined for a reason - democracy is only possible if some sort of balance is maintained between ordinary citizens and the rich and powerful. Advertising exerts a huge influence on today's society, and without rules that limit spending, the one with the deepest pockets is bound to win nearly every contest.

If we want to protect the shreds of democracy that are left to us, we must safeguard the limits set on election campaign spending. This is an issue that deserves attention. Thank you to *The Record* for keeping an eye open and for reporting on the findings.

BRENDA HARTWELL
Baldwin's Mills



Doctors are responsible for the deaths

Too many antibiotics

New super bugs are reportedly gaining ground in the battle to maintain a healthy environment for hospitalized patients. Nowhere has the danger been more evident than in our own province. Thanks to Dr. Jacques Pepin, who launched a study at the Centre hospitalier universitaire de Sherbrooke, 2,000 deaths were documented over a six-year period as a result of contracting a nasocomiale - a treatment induced - infection.

Adding to the toll from the C-Difficile bacteria, cases of MRSA (methicilline resistant staphylococcus aureus) are raising flags across Canada and elsewhere. The root cause of the pathogens that have run amok is the indiscriminate use of antibiotics.

Only doctors can prescribe. All prescriptions are recorded in a patient's chart and cannot be denied. It was determined following the CHUS study that doctors in Quebec were prescribing more antibiotics than in other provinces, accounting for the higher death toll.

Antibiotics are of no use for viral infections. But to satisfy patients, doctors succumb.

A patient heading for a holiday falsely believes that a prescription will guarantee an illness-free trip. The doctor knows better, but doesn't take the time or have the inclination to explain.

Antibiotics were not meant to be prescribed as a preventive measure, only as a treatment.

The intestinal tract is home to a

host of bacteria. Left to their own devices, they maintain a balance that sustains a healthy state for humans. Antibiotics are intended to destroy problematic bacteria, but can also destroy the siblings that contribute to health. Once those that would keep C Difficile in check are destroyed, then C Difficile proliferates, causing the relentless diarrhea that can result in death.

From the first antibiotic, it was known and taught in the classroom that a resistance to the drugs would be inevitable. Confidence that another new drug would become available has proved to be illusory. Antibiotics used judiciously can certainly be life saving. Used indiscriminately, they can cause death.

Over a period of time, the bacteria attacked by antibiotics mutate and adapt in order to survive. Having survived for the thousands of years that preceded man, they are better at it than we are. When the mutation fails to be destroyed by the antibiotic, the antibiotic is changed, then changed again. In the long run, there ceases to be a new antibiotic to turn to. A super bug such as MRSA can then develop unchecked.

We hear a lot about handwashing. Exercising proper hygiene has always been a mainstay of health care. Where surgeons have mastered the art of hand scrubbing, other doctors have proven to be less scrupulous. With a hidden camera collecting the evidence and with administrative permission, a documentary shown on CBC found only 20 per cent of doctors washed their hands between seeing and examining patients.

Faith in drugs to correct sloppy habits is undeniably costing lives. Let's get up the courage to jog their memories.

IVY WEIR LIVES IN SHERBROOKE.

VIEWPOINT

IVY WEIR

THE RECORD

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Getting ready to die

Prepare for the lecture

This not the most upbeat of topics but it was the subject of Dr. Randy Pausch's final lecture to students, faculty, friends and family. Pausch is 47, tall, handsome and fit, but has only a few months to live. He wished to leave something for his three young children – Dylan 6; Logan 4; Chloe 2, and could not have provided a better gift than this talk by which he will be remembered by his family – and others.

He never anticipated that it would sweep onto and through the Internet as it has in a wave of interest and sympathy.

Pausch is a professor of computer sciences at Carnegie Mellon University and is dying of pancreatic cancer, which kills usually within a matter of months. Pausch's acceptance is remarkable and admirable in the positive, happy, and determined commitment he has made to live fully and enthusiastically during the short time left to him. Hence the lecture.

There is a tradition at Carnegie Mellon that departing professors give a last lecture on whatever topic they choose. It may relate to their professional work and interests, personal aspirations, or maybe what they wished they had said at some time before. Whatever they want. It's up to them.

In his last lecture Doctor Pausch talks about his life and career and delivers a masterful humane performance with wit, insight, advice, and information about himself. The advice is specifically for his children, but is there too for all.

He talks about his childhood dreams, both fulfilled and not achieved. For example he has experienced zero gravity, but never reached his dream to play in the NFL. Despite his failure to become a great football star he talks about important related benefits.

In football he learned lessons about cooperation, concentration, determination and acceptance of criticism.

This can come across as worn clichés, but remember this is a rather unique way to evaluate an experience that some would describe as a failure. Not so. Professor Pausch observes that in football practices and games, silence is not good. If your performance leads to harassment and harsh criticism it's because they believe in you. If nothing is said they've probably given up on you. A lesson for life.

Pausch's reflections about experience are memorable. He defines it as what we get when we don't get what we want; he also observes that our most valuable experience-based learnings come indirectly while we're thinking and focusing on something else.

The professor has an interesting reaction to obstacles that encountered in life. The brick walls certainly are barriers and discouraging but Pausch sees their primary purpose as that of blocking others. For you and I the wall is there to enable us to demonstrate our motivation and how much we want the prize. Never give up.

Helping and enabling others was a goal he pursued successfully throughout his career. He has fun with fellow academics. Once in an interview he spoke proudly of his upcoming sabbatical and was asked: "What's a sabbati-

cal?" How quickly one forgets when working eight or nine months a year for nine or 10 hours a week.

At another point he speaks of his discomfort as a professor since he comes from a long line of people who worked for a living. Once when asked what he can do, he talked about his degrees in computers. His questioner's reply: "I didn't ask about your degrees. What can you do?"

I enjoyed the 70-minute talk from beginning to end. His energy and enthusiasm carried both him and his audience along.

Some of the advice has been heard before but not in the way Pausch presents it. His children will hear it for the first time and it was for them that he gave the last lecture.

Advice to have fun in your work is hackneyed in a way, but I wish I'd heard more of that early in my career. I spent too much time in serious worried moods and I wish I had those days to live over.

A few final thoughts. Loyalty was touched on and you don't hear enough about that. It's important and I once refused a job because I didn't like the chairperson. It's hard to be loyal to a cabbage head. Perhaps impossible. Don't accept the job.

Pausch talks too about the importance of feedback and readiness to show gratitude. When things go wrong he recommends we work harder. He underlines the importance of integrity and of course telling the truth. Be ready to apologize.

I was once told I apologize too much. I'll welcome that criticism.

Pausch was asked for his favourite moment as a teacher. He replied there were many but especially those when the class



TOM CAVANAGH

stood close to one another and him on their projects. "When you're standing close the world is good."

My favourite segment was his reference to patience and faith in those around him. Wait, he said. Be patient. People are good. Give them long enough and they'll impress you. Just give them enough time. Take it slowly. I wish I'd thought more about that in the past. Well, there is still time.

I drew a lot from Pausch's talk, as have others. In this short piece I have mentioned his passion, extrovert qualities, eagerness, humanity, and devotion. His modesty also deserves attention.

He has had offers to make a docu-

mentary and even a movie, but he hasn't the time now for these things. Of course he could have done a private home video too, but as he says it is for his little children and he wants them to see him as he was in action in front of an audience – his students.

Family is touched on at various times and there is a poignant moment near the end when we see his wife in the crowd. The talk takes place on the day of her birthday. Even a tough hard-bitten old wrangler like myself felt a bit of a tug at the heartstrings when they sang 'Happy Birthday'. We all owe something to Randy Pausch. We can all be grateful.

The talk is available at www.cmu.edu.

Career



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PART TIME FIREMEN

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The Service Sécurité Incendie de la Région de Richmond is looking for candidates to create a bank of names to fill part time firemen positions.

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Under the authority of the officers of Service de Sécurité Incendie, the firemen must accomplish activities related to prevention, public education, extinguishing fires, protecting and saving lives and property. Will participate in the inspection and maintenance of the Fire hall and equipments used during an emergency call.

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Inscription :
All people interested in this challenge must send their curriculum vitae before the 10th of June 2008, to the following address:

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Richmond, Qc J0B 2H0

Only person's selected for an interview will be contacted. Your application will be treated confidentially and equally
* Firemen = both genders.

The solar cooker project

This might be one of the warmest and most welcome springs that we have ever seen here in Quebec. Reaching 80 F in May is a real treat, but absolutely unbelievable when you have two weeks straight with sunny skies and warm temperatures in April. But even while we bask in the sun, there remain unwanted piles of snow lingering on the north side of most buildings.

Last fall I wrote about how a non-profit group in Vietnam was manufacturing solar cookers, which look much like satellite dishes. This type is only one of quite a few different styles that are working for people around the world. I mentioned that we had plans of constructing our own, and after looking for the materials needed to build a solar cooker – and not wanting to use a cardboard box lined with aluminum foil – I opted for a big black enamel canning pot.

Last week, after lining it, I took this old pot and found a heavy piece of glass for a cover. Sitting the pot partly on a large flat stone and the front touching the ground, created a tilt, which allowed the sun to heat the inside of the pot that much faster. Then taking a heavy pot, also with a glass lid, I mixed some cooked rice, ground meat, broccoli, tomato sauce and lots of cooked split peas and lentils. I set the small pot inside

the big pot and left it outside about 9 a.m.

Between 9 a.m. and 2 p.m. the outside temperature went from 70 to 76 F, but inside the large pot it was over 160 F, about 75 C. At 2 p.m. lunch was hot and ready to enjoy. Pretty good for a warm day, and I expect it could actually cook food on a hot day. The first thing I am going to attempt to cook are hard boiled eggs, then maybe fry an egg and cook a pot of rice.

While it is much easier to just turn on the electric stove, learning that you can find another way to prepare a meal if there was an emergency is fun. If I had children or grandchildren, this would be a great weekend project. In much of the Third World, it's all part of growing up. Not only is food cooked in this manner, but also their water is often sterilized this way to prevent illness.




ANNA MAY KINNEY



COURTESY

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Our School's Page

ASBESTOS-DANVILLE-SHIPTON ELEMENTARY

At A.D.S. we had a good basketball season. We played against La Tourelle twice, St. Francis twice, and Drummondville once. Now that the basketball season is finished, we are playing volleyball. We will soon be starting track and field.

At A.D.S. we have many different sport programs. The grade one, two, three, and four students have Quebec En Forme. They do many different activities, such as Planet (you have to put hula hoops in a circle form and knock them down), hockey, and soccer.

They have this on Tuesday, Thursday, and Friday. The grade five and six students have a wellness program (Shane Kydd). They play sports like soccer, basketball, and volleyball. Thank you to our coach Shane Kydd!

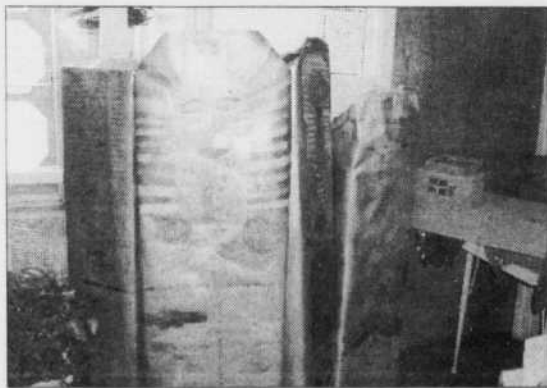
Alison Kydd (Grade 6)



CURLING DAY

All of the students at A.D.S. had the chance to go to the Danville Curling Club on March 20. They all had fun learning how to curl. Each class had their own time to play. Thank you to the volunteers, teachers and the Danville Curling Club.

Andrew Kydd and Felix Tremblay (Grade 3)



SUGAR BUSH

On April 3rd, students in pre-kindergarten, kindergarten, and grade one and two went to the Perron's sugar bush. We collected sap. We learned how to make delicious maple syrup. We took a bumpy ride on the tractor and tasted yummy taffy on snow! It was really exciting. Thank you to the Perron family. 2, 4, 6, 8 Who do we appreciate? The Perrons!!

Grade 1 & 2



A.D.S BOOK FAIR

On May 8 and 9 A.D.S will have a book fair with lots of scholastic books.

Open to all public, from noon to 1 p.m. and 3 to 6 in the main entrance.

All the profits go to A.D.S for books for classes, libraries and end of year, books for students. See you there!

Bryanna Bilodeau (Grade 5)



ALL ABOUT KAT USHER

This week we had a very interesting and good time, because a special guest, Kat Usher, came. She taught us all the beautiful things in nature. She has been coming and sharing for 12 years straight. She taught us about trees, and she reminded us of the bullet proof spider webs, and Velcro, all inspired by natural things. A lot of students enjoyed it! The school thinks that Kat Usher is a very good example of learning about nature and respecting it. Every student at A.D.S. would like to thank her for the wonderful lesson.

Cloe Allard (Grade 5)

THE VISITING TEACHER

At A.D.S. we have a new teacher coming in grade 3/4 and grade 1/2 from Switzerland. She's coming on April 28 for three weeks. She's coming with her daughter. Her name is Jolanda and her daughter is Smilla. She's coming to get an International Teacher Certificate. Her daughter will be in the grade 1/2 class while she is here.



Ly-Anne Bourque (Grade 4)

INSECT PROJECT

Everyone in grade 1/2 is working on an insect project. We are learning about grasshoppers, butterflies,

ladybugs, fireflies, and dragonflies. It is a lot of fun.

Allisha Hampton Pettigrew and Brittany Pelerin (Grade 2)

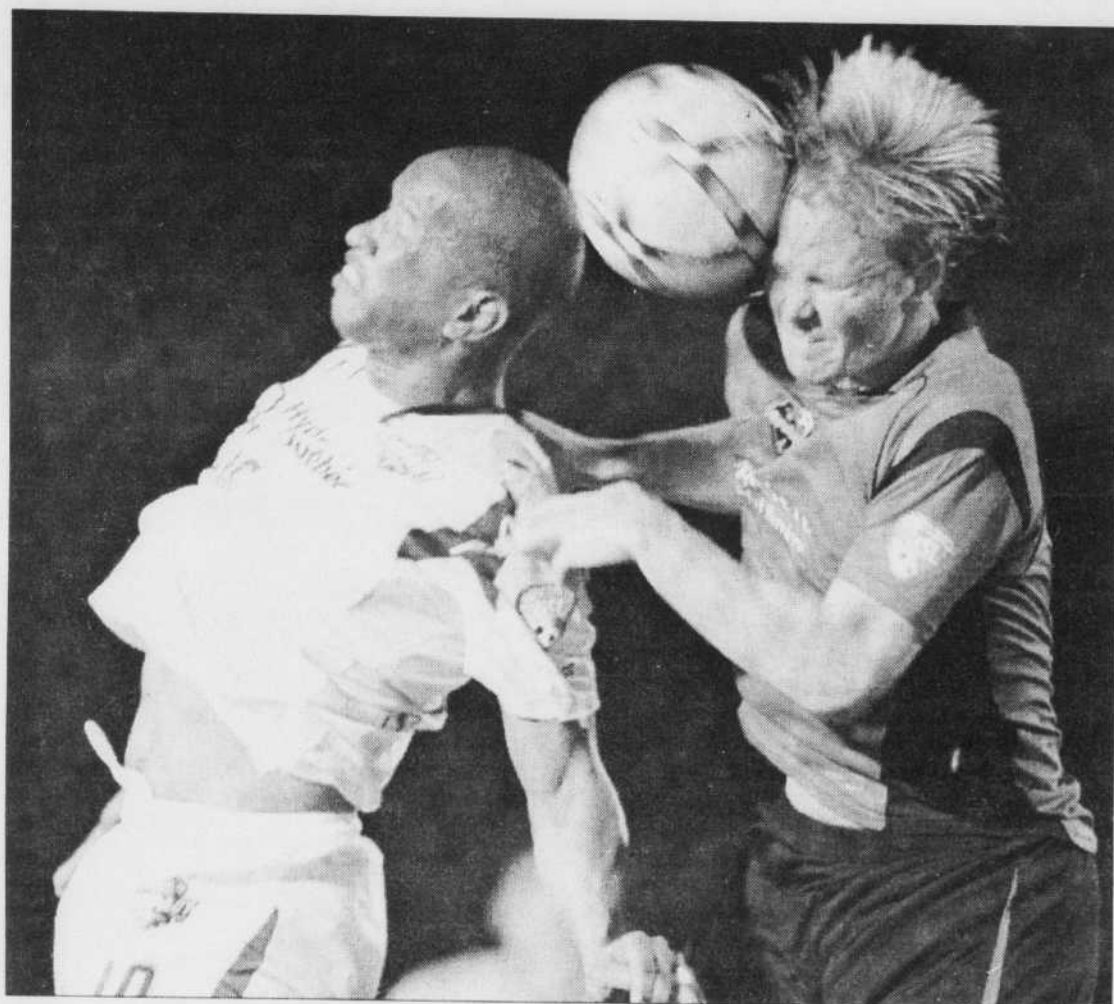
This month we have been doing an Ancient Egyptian project about jobs, dressing, houses, writing, amulets and sarcophaguses. Egypt jobs are super cool, we learned that pharaohs are the most important of all. Egypt dressing is not very special but beautiful. Houses are made of mudbrick. Mudbricks are bricks that are made of dried mud. Inside, the walls are painted with nature patterns or geometry patterns. Egypt writing is not like ours, it's like drawing. An ancient Egypt amulet is for power or force, if you chose the lion it will protect you from being hurt or killed. Sarcophagus is another word for coffin. They put people in it just like we do but they mummify the body first with Natron.

Jessy Martineau
A.D.S Elementary School
Gr.3/4 class

THE RECORD Sports

page 10 MONDAY, APRIL 28, 2008

NEWSROOM@SHERBROOKERECORD.COM



COURTESY IMPACT

The Silverbacks beat the Impact 3 to 2.

Impact drop second road game

Montreal in midst of six-game road trip

By Mike Hickey
SPECIAL TO THE RECORD

The Montreal Impact continued to struggle on the road as the United Soccer League Division O club lost its second game of the season 3-2 on Friday, against the Atlanta Silverbacks. Midfielder Patrick Leduc, with his 10th career goal in the 32nd minute, and Charles Gbeke, from Leduc, in the 84th minute, scored for the Impact.

"We definitely have to correct the situation defensively," said Leduc. "We are not pointing at one particular player for this loss because the three goals came the same way. Maybe we are not conscious enough of the danger and we get caught when the team is vulnerable. It's been three games that we allow the first goal so we will have to fix that and fast."

The Silverbacks goals were scored by forward Macoumba Kandji in the 19th minute, defender David Hayes in the 52th minute and

midfielder Jason McLaughlin in the 70th minute.

Impact head coach Nick De Santis began the game with the same starting lineup as the last match in Miami, except goalkeeper Matt Jordan, who missed the game due to low back spasms. Impact goalkeeper Andrew Weber was playing his first game of the season.

"It's always disappointing when you lose," said De Santis. "The first half was very good for us because we had very good scoring chances and the confidence was high. But the second goal cut our legs early in the second half. We played with desperation to score a second goal, but we can't give goals that easily, especially when we come back in the game 1-1 and think that we will win the game."

Impact defender Nevio Pizzolitto quit the game in the 37th minute following a shoulder injury.

The Impact will play the fourth of six straight games on the road on Friday May 2, against the Puerto Rico Islanders. The club will play its home opener Monday, May 19, against the Vancouver Whitecaps.

Champlain post 1-2 record at Fred Page Cup

Cougars finish with win over Pembroke

By Mike Hickey
SPECIAL TO THE RECORD

There was no storybook ending for the Champlain College Cougars this week as the men's hockey team failed to advance to the medal round of the Fred Page Cup.

Champlain did salvage the final game of round robin play Friday night when they registered a 2-1 win over the previously undefeated Pembroke Lumber Kings. The Cougars, who entered the Eastern Canadian Junior Tier II Championships as the Quebec representative after upsetting the Granby Inouks and Joliette Action to win the Quebec Junior AAA Hockey League title, were eliminated after losing their first two games.

They opened the four-team tourney Wednesday afternoon with a 7-4 defeat at the hands of the Yarmouth Mariners and then dropped a 6-2 decision to the host Pictou County Weeks Crushers.

Their victory over Pembroke gave Champlain a 1-2 record, good for a third place tie with Yarmouth but the Mariners advanced to the semi-finals by virtue of their win over the Cougars in the opening game of the round robin.

In both losses, third period defensive lapses proved to be costly to the Quebec champions. Champlain entered the tournament as the top defensive team in Quebec but they allowed 13 goals in their two losses, including four each in the final period.

In Thursday night's game loss to Pictou County, the host team broke a 2-2 tie when they exploded for four unanswered goals in the third period. Crushers Player of the Game Jason Rinzler recorded a hat trick to lead the home team's attack.

Pictou County took advantage of some undisciplined play by Champlain to score two power play goals in less than a minute

in the opening period. Rinzler scored his first goal of the game while his team was enjoying a 5-on-3 power play and then 42 seconds later he scored again, this time while the Crushers had a man advantage. The Cougars battled back with a goal by Patrick Belzile later in the period and then Belzile scored a second period power play to tie the game at 2-2 after 40 minutes of play. The host team dominated the final period from the opening face-off. Rinzler broke the deadlock with his third goal of the game when he roofed a shot past Alexandre Dubois just 12 seconds into the period. The locals kept the pressure on and were rewarded with goals by Andrew Joudrey and Geoff Hum, both goals coming on rebounds after Dubois initial stops on shots from the point. Andrew Paquet rounded out the scoring when he broke in alone late in the third period and beat Dubois with a rising slap shot. Crusher goalie Alexandre Quessy made some key saves, especially with the score 4-2 and the Cougars desperately trying to close the gap.

The difference in the game was on the power play where Pictou County converted three power play goals while the Cougars scored once in four tries.

The Cougars got back to their defensive style in Thursday's victory over Pembroke in a game that did not have any bearing on the final standings. After a scoreless first period, the Cougars took their first lead of the tournament when Patrick Belzile scored at the 5:10 mark of the second period with an assist going to Phillippe Bolduc. The Lumber Kings tied the game 49 seconds later when Brendon Richardson scored a power play goal but Champlain responded with a power play by Louis-Alexandre Nadeau late in the period. Nadeau's tally proved to be the game winner as neither team scored in the final period of play. Dubois picked up his first win of the tournament with a 22-save performance.

Cards of Thanks

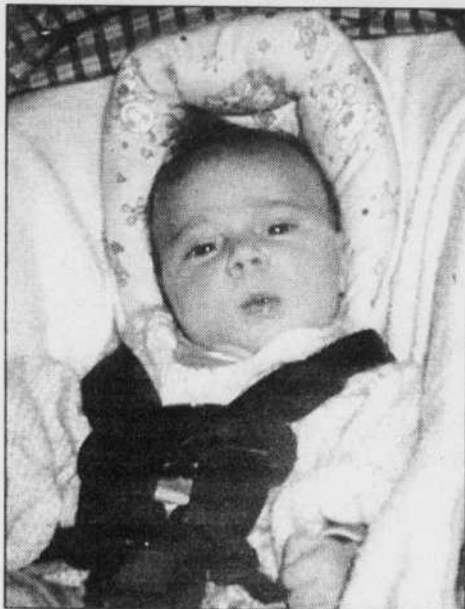
WOODS - Sincere thanks to everyone, family and friends, who made my 80th birthday celebration so wonderful! The flowers, gifts, visits and cards made for a memorable time. Your kindness is greatly appreciated.

Love,
ELSIE

THE CORPORATION OF THE PARISH OF BROME would like to thank everyone for their generous support and help in putting on their Sugar-on-Snow Fundraiser. Special thanks go out to Bob and Pat Derby for letting us invade their place for the day. Thanks go out to birthday boy Charlie Derby (39 and still counting by the way) and his wife Sheila for keeping up a head of steam up in the sugar house along with enough doughnuts and coffee to keep hands warm respectively. Thanks also go to David and Gayle Evans and the Evans Acres Percherons for providing the sleigh rides. The horses earned their oats that day. We also want to thank Ross and Shelley Clarkson for bringing their menagerie of critters for the kids to pet, it was a fun addition and added to the family atmosphere of the day. Lastly a big thank you to Sarah Biggs for coming and entertaining us throughout the afternoon. We would be terribly remiss if we did not offer a big thank you to the Ladies Guilds of the Parish for going above and beyond the call providing the sandwiches, squares and drinks that were served. We can also not forget to thank the rest of the people who donated something or helped out to make the day such a wonderful success. Please consider this as a personal thank you. Hope to see you next year.

DOUG HALL & VALERIE COOK
Organizers

Birth



AUBUT-SMITH: Zachary would like to introduce his little sister, Chloé, born March 20, 2008. Proud parents are Karine Aubut and Reggie Smith. Grandparents Pierrette and Valere Aubut and Judy and Clifford Jones. Great-grandparents are Jean Reid Page and Alex Owens and Doreen and Hollis Page.

In Memoriam

LABRECQUE, Joseph Alfred (1930-2005).
*You have been gone 3 years
And we think of you everyday.*
Sadly missed by
his son MYLES
the late DIANA (PHIL FERRIS)
HELEN FITZRANDOLPH
and NGAIRE

Deaths

BADGER, Garth - Passed away at the CHUS Fleurimont in Sherbrooke, on Friday, April 25, 2008, Mr. Garth Badger at the age of 84. Husband of the late Arlene Fleming, and father of Donald (Norma Harris), Dale (Thelma Murphy), Gary, Linda (Irvin Lefebvre) and Janet (George Wilkins). Dear grandfather of Danny, Penny, Kelly, Jason, Peggy, Craig, Chad, Tracey, Rebecca and Nicholas. Garth also leaves to mourn his great-grandchildren: Austin, Bailey, Morgan, Sammy, Tyla, Dakota, Tyler, Kayla, Dustin, Gage and Nova, along with his sisters Harriet Whittingstall and Kathleen Taylor, his brother Merlin Badger and his sisters-in-law Juliette and Marion. Garth was predeceased by his sister Lorna and his brothers Roy, James and Adam. Resting at the Cass Funeral Home, 295 Principale S., Richmond, 819-826-2502 / www.casshomes.ca where friends may visit on Monday, April 28, 2008 from 2 to 4 and 7 to 9 p.m., and on Tuesday, April 29 from 2 to 3 p.m. A funeral service will be held in the funeral home on Tuesday, April 27 at 3:00 p.m. with Rev. Reginald Jennings officiating. Interment in St-John's Cemetery, Gallup Hill.

Death



MORRILL, Elsie Lillian (nee Kezar) - At home on Melbourne Ridge, April 26, 2008, age 81, after a long and courageous battle with cancer. Daughter of the late Albert Kezar and the late Exzilda Stebbins. Predeceased by her husband, Neil Charles Morrill, her brother Percy (Edythe), and her sisters Ellen (Robert Little), Ella (Lewis Johnson) and Pearl (Wallace Swallow). Sadly missed by her six children, Linda (Alan MacDonald), Nancy (Garry Goodwin), Barbara (Gerald Achilles), Eric (Maryse Nadeau), Bruce (Heather Blowers) and David (Linda Sonenburg), 15 grandchildren, Robert, Alison, Shannon, Bobbie Jo, Toni, Cheryl, Anita, Kevin, Steve, Philippe, William, Jessica, Katelyn, Sheri Ann, and Travis, and 7 great-grandchildren, Devon, Madison, Hailey, Kelsi, Hunter, Clayton and Chenelle, and also by many other relatives, former students and friends. A funeral service will be held at St-Anne's Anglican Church on Tuesday, April 29 at 2:00 p.m. with the Rev. Andrew O'Donnell officiating. Visitation at the church starting at 12:30 p.m. Interment in the Danville Protestant Cemetery. Arrangements entrusted to Cass Funeral Home Inc. 819-826-2502 \ www.casshomes.ca



CARBONNEAU, Jean E. (1932-2008) - Peacefully with his family by his side at the Palliatifs care unit in Coaticook, Quebec on April 24, 2008. Beloved husband of Barbara Carbonneau (Buzzell). Loving father of Gina, (Marco), Christopher, (Valerie), and Ray. Cherished grandfather of Tanya, Stacey, Nicholas, William, and Olivia. Visitation will be held on May 17, 2008, in the parlor of the United Church, 460 Principale South, Waterville, Quebec JOB 3H0, from 1:00 - 3:00 p.m. followed by the service. In lieu of flowers, it is the family wishes to make donations to the (Reseau de soins palliatifs). La Fondation du Centre de Sante, de la MRC de Coaticook Inc., C.P. 293, Coaticook, Quebec, J1A 2T7.

Trinity Church Whist

Trinity Church was host to 9 tables of Whist players on April 10. It didn't take long for people to find their partners, and for the games to begin.

Mabel Emo and her team of Angele Fournier, Violet Realiffe and Ruby Sherer, won the first prize having 42 pts.

The second highest score went to table 4 with 39 pts. playing at this table were Marge Hewitt, Arnold Fletcher, Rita Duhamel and Doreen McPherson.

Low score went to table 6, with 14 pts. Captain Yvette McElravy, Doug Talbot, Amy Charby, and George Wilson won the prize here.

Door prizes were won by the following people: Ron Pagé, Helen Pagé, Jean

Royea, Arnold Fletcher, Angele Fournier, Marjorie Hewitt, George Wilson, Marcel Premont, Jean Riti, Heather Forster, Audrey Dean, Arthur Hall.

Consolation prizes went to Dorothy Premont and Bev Pagé.

Ronald Pagé was the winner of our grocery basket.

A delicious lunch was prepared and served by the ladies of the parish. Soon everyone was away home after an evening of good fun and tasty refreshments.

Our next Whist will be on May 8. See you then. Come and bring friends.

Mary LeChasseur

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.

Quebec Lung Association
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Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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

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

fax 819-569-1187 (please call to confirm transmission) or e-mail: produc-

tion@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.

A Day for Celebrating



Left to right: William and Marjorie Sutor, Roberta Little, Albert and Bev Cairns
Front row: Mildred Cairns

My husband is addicted to painkillers

Dear Annie: I recently discovered that my husband is addicted to painkillers. He buys them illegally from people (he calls them "friends") on the street.

I have noticed a marked change in his personality since he's been taking the drugs. I know this is common in drug abusers, but I need to clarify whether his behavior constitutes emotional abuse.

For example, we had a disagreement about his 21-year-old son who lives with us and also uses drugs. When I suggested his son pick up after himself, my husband became irate and very threatening in his demeanor. He said things like, "You better remember who supports you" and "If I'm not good enough for you, then leave."

I'm a bit afraid of him now because I don't know when he will explode. Drug rehab is out of the question since he has informed me that I have the problem, not him. I worry about him being arrested or the police coming to the house and sending my 16-year-old daughter to foster care. Since he absolutely refuses to get help and I absolutely cannot live like this, would you leave him if you were me? — Not Sure

Dear Not Sure: Normally, we would recommend counseling first, and it would still be a good idea to see someone, but you have a 16-year-old daughter who is surely affected by the behavior of her stepfather and stepbrother, and her welfare must come before anything else. Since you believe your husband is becoming erratic and threatening, it would be best to contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) before taking the next step. Also contact Nar-Anon (nar-anon.org) at 1-800-477-6291 or Al-Anon (al-anon.alateen.org) at 1-888-4-AL-ANON (1-888-425-2666) for family affected by drug addicts. Your entire family needs help.

Dear Annie: I work as a receptionist for my son and daughter-in-law. Each of their other assistants receives a \$100 employee birthday check. When my birthday comes around, however, I get nothing. My son says they already get me a gift since I am "Mom" and cannot justify giving me two.

Annie's Mailbox

I believe the employee check is a separate thing. Don't get me wrong. My son is a wonderful and generous gift giver, but he also has family members who do the same for him and his wife. I am in no way treated better than other employees because I am related. I am hurt over this. Am I being selfish? — Employee Mom

Dear Mom: If the practice can afford to give you the same bonus check as everyone else, you should receive one. Whatever personal birthday gift your son gets you is separate. Although you might keep in mind that if he begins giving you a check at work, your birthday gift may be substantially less generous. That, however, would be his choice.

Dear Annie: Three years ago, my son was in an auto accident that nearly killed him. He survived, but suffered severe facial trauma and sustained a traumatic brain injury. Because he was not expected to live or recover to the degree that he has, my husband and I have heard over and over how lucky we are that he is alive and how grateful we should be to have our son.

Although we do thank God he is still with us, we do not feel "lucky." As a result of the brain injury, our son is a completely different person who is often moody, compulsive and angry. The most heart-breaking part is that he is aware of the change and wants so badly to have his "old self" back but knows he cannot. Nothing is the same for any of us and there is no end.

The family of a person who suffers a brain injury sometimes grieves just as much as if their loved one has died. They need to be allowed to do so. — Heartbroken Mom

Dear Mom: Our hearts are breaking for you and your son. If you haven't yet contacted the Brain Injury Association of America (biausa.org), please do so. Their support could be very helpful. The number is 1-800-444-6443.

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

Saturday, April 19, 2008 was a perfect sunny day to be celebrating the 95th birthday of Mildred Cairns from Ives Hill.

The Ives Hill Community Hall was decorated with spring colors of balloons and streamers to honor our Mother, Grandmother, Aunt and Friend, who has shared her life with so many of us.

Mildred along with her 3 children, Albert, (Bev), Marjorie, (William), and Roberta, from Ontario, were at the hall to greet everyone who came to give their best wishes. At 2:45 p.m., Bruce Patton got everyone's attention on the piano and everyone rose and sang "Happy Birthday" to our birthday girl. Eugene Naylor then asked Roberta to the stage to read a beautiful poem that she had written for her mother. After a great applause, Eugene then asked Mildred to please come and start the lunch line that was now put out by her grandchildren and great-grandchildren.

Throughout the hall, for the next couple of hours, you could hear all the many laughs and stories being told by the 137 guests that came and went. It was a great time for Mildred and all her many family and friends.

Please accept this as a personal Thank You from Mildred and her family for coming and celebrating with us. Read on and enjoy the poem that was written by Roberta for her Mom.

95th Birthday Poem

April 19, 2008

Ninety-five years ago today
In a little white house down Capelton way
A cute little girl came to town
Mildred Eleanor Johnson is how she was known

A girl in the family was a real treasure
And her father showed her off with a great deal of pleasure
But unfortunately that didn't last very long
For there was a horrible accident and soon he was gone
We know it was so terribly sad
But that's why Mildred didn't know her dad.

At the age of five she was off to school
It was her grandmother who would teach her the golden rule
That first year she was a pretty good learner
In that little red schoolhouse on Capelton corner

Now I guess sometimes it was rather tough for Mildred and her brother
But pretty soon along came a new step-father
So off to his farm they all did come
And it was no surprise, there were lots of jobs to be done
Here Mildred could often be found doing many a chore
Like fetching cows, peddling milk and much, much more

Her teenage years were happy ones, we surmise
For she was earning money and I think that made her wise
Then one day a handsome young fellow she did meet
And we know that Stewart must have swept her right off her feet
Because she said "I do" and to a place called Ives Hill she gladly went
Where working together the next fifty-one years they happily spent

Mildred has lead a busy life
And not only as a wife
But always ready to lend a hand
Whether it be helping family or a friend
And she is also very proud of having the opportunity
To serve her favorite causes — like her church, the W.I. and of course the community

She has always been willing to try anything new
And there was a time when there really was quite a few
Who thought it more than just a little amusing
To see a grandmother who so very much enjoyed skidooring
She always loved to ride up the mountain a ways
Just to see the places she had often roamed in her childhood days

To just sit and relax is the last thing on her mind
She'd rather be doing a puzzle or a craft of some kind
Over the years Mildred has shown many skills
Many of which you all know quite well
She's made countless quilts, both big and small
And she is still knitting things, and she gives away all

Now in recent years sometimes getting around has been a pain
And a little mishap awhile ago slowed her down once again
But we're all so glad to see her well on the mend
So don't be surprised what she might be up to just around the bend

Mildred treasures her friends dearly, both old and young
And she's been Grammie Cairns to almost everyone
So make no mistake, whether related or not
She holds you all dear in her great big heart

By Roberta Little

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: Z equals V

"SLP APT GR EMS SLP 'JGYY SM JGE' - PZPBTCMIT LVR SLVS. GS GR SLP JGYY SM XBPXVBP SM JGE SLVS GR GDXMBSVES." - CMCCT AEGFLS

PREVIOUS SOLUTION - "He's so old that when he orders a three-minute egg, they ask for the money up front." - Milton Berle

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KIT N' CARLYLE

kitncarlyle@comcast.net

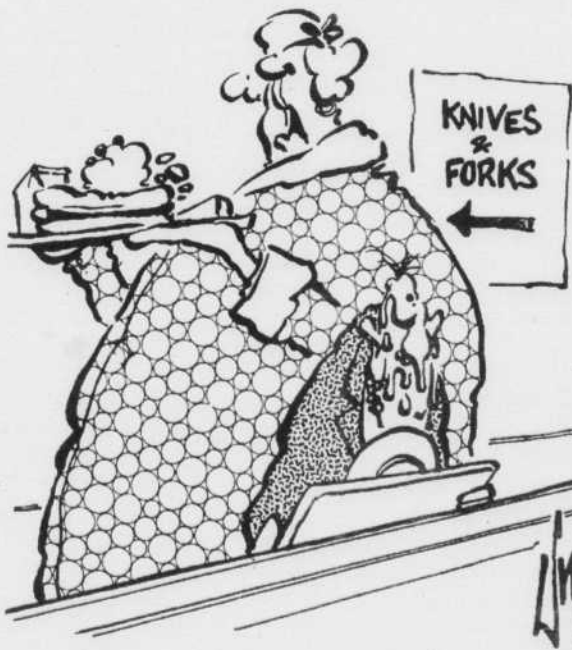
I LEARNED HOW TO DO THIS BY WATCHING "THIS OLD CATS HOUSE" ON THE ALL-CAT CABLE CHANNEL.



www.comics.com

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HERMAN



4-28

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"Excuse me ... you're blocking the aisle!"

ALLEY OOP



4-28

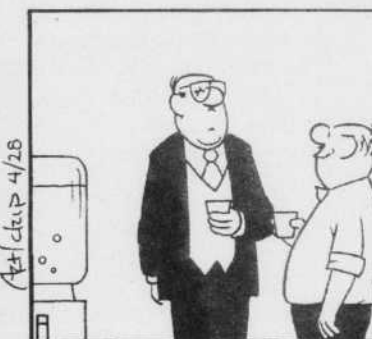
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ARLO & JANIS



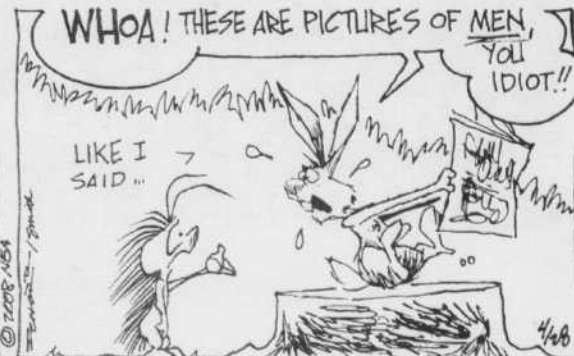
THE BORN LOSER



FOR BETTER OR FOR WORSE



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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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100 Job Opportunities

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140 Professional Services

GRAPHIC ARTIST Need help with your advertising? I do brochures, posters, logos, business cards, letterhead, CD/DVD covers. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@sympatico.ca

140 Professional Services

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145 Miscellaneous Services

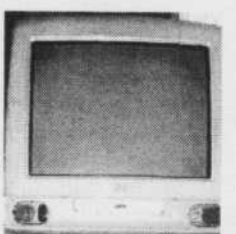
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190 Cars For Sale



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275 Antiques

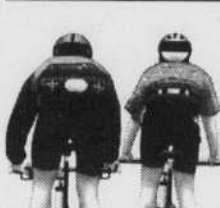
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290 Articles For Sale



WOMEN'S PEUGEOT BIKE for sale, 18 speed, road bike, good condition. Call 450-242-1937.

294 Events

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295 Articles Wanted

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440 Miscellaneous

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Your Birthday

Monday, April 28, 2008

The year ahead will be an exceptional period for developing those projects or subjects that can prepare you for the future. It's a better-than-usual time for working with certain in-depth subjects like law, science or math.

TAURUS (April 20-May 20) — Your desire for independence is admirable, but don't carry it to extremes and avoid other people. Make time for their needs instead of focusing only on yourself.

GEMINI (May 21-June 20) — It won't be your luck that is responsible for favorable occurrences, but the sharpness of your mind. Don't sweep anything under the rug that you can use brainpower to accomplish.

CANCER (June 21-July 22) — You could be fortunate to earn substantial returns by working with others on joint efforts, but your luck does have its limitations. Don't gamble on things about which you know little.

LEO (July 23-Aug. 22) — Try to be consistent in your efforts and plans, and you'll get far more accomplished than you ever dreamed possible. Once you start a project, stay with it until it is finished.

VIRGO (Aug. 23-Sept. 22) — If you are planning a physical activity in the sunshine and fresh air, don't overtax yourself to the point of exhaustion. Tomorrow, when those aching muscles act up, you'll regret it.

LIBRA (Sept. 23-Oct. 23) — Today's aspects will provide a feeling of optimism,

but make sure that any chances taken are backed up with sound reasoning as well. You won't go wrong if you follow well-thought-out plans.

SCORPIO (Oct. 24-Nov. 22) — Good things are in the offing when dealing with others, but it is important to maintain a delicate balance in your interactions or else friction could shove harmony right out the door.

SAGITTARIUS (Nov. 23-Dec. 21) — Your powers of concentration are awesome right now, so it's a good time to work on projects that could yield large returns. The only fly in the ointment is a lack of confidence in yourself.

CAPRICORN (Dec. 22-Jan. 19) — This could be an exceptional day for interacting with friends, so try to make some time for socializing if you can. One caveat: Don't go shopping with anyone. It could be costly.

AQUARIUS (Jan. 20-Feb. 19) — It's one of those times that you might prefer to work alone without any interruptions, and this is well and good because you will accomplish a lot. If you are disturbed, however, try to take it in stride.

PISCES (Feb. 20-March 20) — Making plans and devising organizational systems that take intellectual scripting is what you'll do best at this time, so work on projects or with people who can help you develop big undertakings.

ARIES (March 21-April 19) — You're fortunate to follow your own thinking, but you could incur some type of financial loss through a friend or group involvement that makes a commitment for you.

Monday, April 28, 2008

From last week to this week

By Phillip Alder

Last week, we studied declarer's playing the correct card from the board at trick one. For the first three days this week, we will look at other situations for you to store in your memory bank.

Sometimes, declarer must guess well. At other times, he can avoid a guess. In this deal, you are South, in three no-trump. West leads the club two. What would be your plan?

After this sequence, when West leads a minor-suit two, you can be confident that he is 3-3-3-4, 2-3-4-4, or 3-2-4-4 with two four-card minors. If West had a four-card major, he would have picked that suit in preference to the minor, since responder did not look for a major-suit fit.

You have only four top tricks: three spades and one club (given the lead). You can get four diamonds and two hearts, but might lose one heart, one diamond and three clubs.

What club would you play from the board at the first trick?

Suppose you play low, and East puts in the nine. You win with your queen and attack diamonds. West takes his ace and leads a second club. What would you do now? If West has the ace, you must put up dummy's king; but if West

North 04-28-08			
♠ A Q J			
♥ J 8 7			
♦ 10 9 6 5			
♣ K 10 4			
West		East	
♠ 7 6 2		♠ 10 5 4 3	
♥ 10 5 2		♥ A 9 6 4 3	
♦ A 4 3		♦ 8	
♣ ? 8 7 2		♣ ? 9 3	
South			
♠ K 9 8			
♥ K Q			
♦ K Q J 7 2			
♣ Q 6 5			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1 NT	Pass	3 NT	All pass
Opening lead: ♣ 2			

has the jack, you must finesse dummy's 10. You have a pure guess.

Now let's go back to trick one and play second hand middle, putting in dummy's 10. Suddenly you have no guess. If the 10 forces East's ace, you have two club tricks. Or, if East covers the 10 with the jack, you win with your queen. If West later regains the lead and plays another club, you put up dummy's king. Assuming West has at least one club honor, you get two tricks in the suit.

CROSSWORD

ACROSS

- 1 Second to none
- 5 Caspian feeder
- 9 Madden
- 14 Burn soother
- 15 One and only
- 16 Pack animal
- 17 Colorful marine mammal
- 19 Best players
- 20 Made of mud
- 21 Furrow
- 23 Psychic letters
- 24 That woman
- 25 Crisp crackers
- 27 "Seascape" playwright
- 30 Tom and Denis of golf
- 31 Tuesday in movies
- 32 Cozy room

- 33 In a can in England
- 36 Actress Gabor
- 37 Colorful ruminant
- 39 Exist
- 40 Become ill
- 42 Tavern
- 43 What we tan
- 44 Pressure unit
- 46 White-sale buy
- 47 Certain New Yorker
- 49 Aberdeen's river
- 50 College cheer
- 51 For each
- 52 Got on
- 56 Fruit of the mind
- 58 Colorful kodiak
- 60 One of the Astaires
- 61 Falls back

- 27 Fills with reverence
- 28 Dolly of "Hello, Dolly!"
- 29 Colorful farm animal
- 30 Married
- 32 Mean
- 34 Pennsylvania port
- 35 Fender mishap
- 37 Backslid
- 38 Corn serving
- 41 Caboodle's partner?
- 43 Icy dessert

- 45 North African nomad
- 46 Connery or Astin
- 47 Heap of Dickens
- 48 "Marty" writer Chayefsky
- 49 Use a divining rod
- 52 Moves up and down
- 53 Art __
- 54 Work for
- 55 Narcotic
- 57 Tavern order
- 59 Slugger's stat

Saturday's Puzzle Solved

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

- 62 Natural tone
- 63 Promoted to excess
- 64 Float up
- 65 Chinese secret society

DOWN

- 1 Mr. Ruth
- 2 Cinder ending?
- 3 Go bad, as milk
- 4 Grew molars
- 5 Lead to seats
- 6 Horse shade
- 7 Entirely
- 8 Ogle
- 9 Slaughterhouse
- 10 Almond or cashew
- 11 Colorful reptile
- 12 Rub out
- 13 Frolics
- 18 Shout of joy
- 22 Irish frieze overcoat
- 25 Harbor hazard
- 26 Wayside stopover

1	2	3	4		5	6	7	8		9	10	11	12	13	
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By Ed Voile
Gillette, WY

4/28/08

Dunham Women's Institute

The Dunham Women's Institute's meeting was held on April 8 at the home of Judy Jones with co-hostess, Jean Reid Page.

President Carol Phillips welcomed the members. It was a lovely sunny Spring Day.

The Mary Stewart Collect and the Salute to the Flag were repeated in unison.

Motto: The roots of education are bitter, but the fruits are sweet.

Roll Call: What did your mother always tell you that turned out to be right? This was answered by 10 members and many familiar "Mother Quotes" were reminisced.

The minutes of the March meeting were read by the Secretary/Treasurer, Noreen Craig, accepted as read and signed by the President.

Noreen also gave the Treasurer's report.

Correspondence: A thank you from Bryce Dougall for the donation made to the Trinity Church Food Bank, and a verbal thanks from Paula Schmidt for a Get Well card sent to her by our Sunshine Convenor, Edie Holliday, with one of Edie's Cheering notes.

It was decided to rent a Table at the West Brome Flea Market on June 28. Final plans will be made at the May meeting.

Carol Phillips and Edie Holliday made a surprise visit to Noreen Doherty and presented her with a throw. Noreen is an Honorary Member who is unable to attend our meetings.

Program: The Education and personal

Development Chairperson, Paula Shimidt, spoke on the Non-Christian Origins of Easter, developed mainly in Northern Europe such as the Symbolism of the Hare and how the 'Bunny' Rabbit and the Egg became symbols of Easter.

Surprise Surprise! The President, Carol Phillips, presented me with a Life Membership Pin. I first joined the Abercorn Branch in Brome County in 1954 later joining the Dunham Branch. After recovering, I thanked Carol and the Members for choosing me.

The Resolution for the Driver' Education Law and to have the age raised for obtaining a license will be signed and sent to the Q.W.I. President Elect. It will later be presented at the Provincial Annual Convention in May.

Joyce Martin was chosen to be the delegate for Dunham at the Q.W.I. Convention on May 24, 2008.

The Floating Prize was won by Judy Jones.

The May meeting will be held on May 7, 2008 at 1:00 p.m. at the home of Anne Lipowski. The co-hostesses will be Christine McLaughlin and Joyce Proctor Martin.

The meeting was adjourned and a lovely Afternoon Tea of Scones and Clotted Cream; cheese and crackers and assorted squares was served by the hostesses.

Correction: Missisquoi County Women's Institute's Annual Meeting (record March 31). Should read: Secretary - Verna Patterson and Treasurer - Shirley Vaughan. Sorry Girls.

Jean Reid Page, Publicity Chairperson

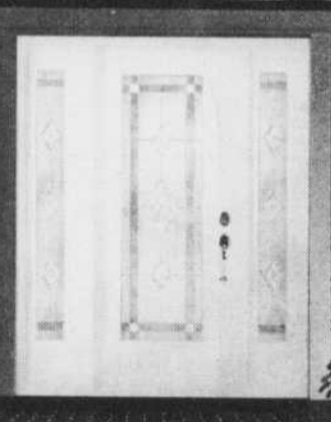
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