

Cloning claim turns world's attention to region

Raelians all over the news

By Tom Peacock

Several newspapers including the Dallas Morning Star and The Palm Beach Post contacted The Record this weekend for information on the Raelians. The calls came following the announcement Friday that a company known as Clonaid — affiliated with the cult — had successfully cloned a human being.

The Raelians own a large compound near Valcourt called UFOland. It is one of the most important centres for the Raelian sect, who count 55,000 members in 84 countries.

Last Friday, Raelian Brigitte Boisselier announced to a shocked press gallery in Florida that Clonaid had successfully cloned a human being.

Boisselier claimed a baby girl named Eve was born to an undisclosed couple in an undisclosed location.

The baby was allegedly cloned using the same technology that was used to clone Dolly the sheep. An egg — taken from a donor or from the woman herself — has its genetic material stripped out; this material is replaced by that

taken from a skin cell from the mother. The egg is re-implanted and the pregnancy allowed to continue normally.

Shock at the announcement quickly turned to skepticism, as scientists dismissed the claim, saying it is unlikely the cloning actually took place. It has proven very difficult to clone animals, and impossible thus far to clone a monkey.

It took more than 270 eggs to clone Dolly. Of the 29 embryos successfully created, only Dolly survived. It is highly unlikely, scientists claim, that Clonaid, which only started experimenting with cloning a year ago, could have successfully figured out a safe process for cloning humans. There is also the cost to consider, at least several million dollars according to one scientist's estimation.

Scientists also expressed concern this weekend over the health dangers associated with cloning. Since the process uses DNA from only one parent, the genetic material is older than that found in a regular newborn baby. Dolly has developed premature arthritis, and it is unknown how long a cloned human could be expected to survive.

Last Friday's press conference in Florida reignited debate surrounding the murky issue of cloning. Following



DAVID ANDERSON/PHOTO CORRESPONDENT

The Raelians own a large compound near Valcourt (pictured) called UFOland. The Raelian sect counts 55,000 members in 84 countries.

the announcement, George W. Bush denounced cloning and urged legislators to enforce bans on the practice.

SEE RAE LIANS, PAGE 3

Chair lift falls at Mont Orford, injures two

Mountain claims engineering not at fault in freak accident

By Tom Peacock
ORFORD TOWNSHIP

Two teenagers received minor injuries when the chair lift they were riding detached from the cable and fell into deep snow just above the loading area at Mont Or-

ford Friday morning.

Orford's Director of Skiing Pierre Bourdages said Friday's freak accident occurred when a piece broke off the chair lift after the arm of the chair came into contact with a catch cable.

The secondary cable is in place on the first tower to prevent the chair from falling should the main cable derail from the tracking wheels.

"There is no mechanical problem

with the chair lift" said Bourdages, adding that the chairs, like all lifts in Quebec, have to undergo rigorous inspections every year.

"If they do not conform, they close it. We have no choice. We have a law in Quebec called the Quebec Chair Lift Law — we have to respect it."

Prior to Friday's accident, the chair was swinging from side to side. The two teenagers on the lift fell less than 10 feet into the soft snow below the

first tower.

The chair is closed temporarily for inspections.

Seven years ago, Trevor MacDonald and James Roche were killed and nine other people were injured when a high speed chair lift ferrying skiers at Whistler Mountain Resort in British Columbia broke. Four chairs dropped on to bush and rocks three storeys below.

SEE LIFT, PAGE 3

HOLIDAY SCHEDULE

Monday, December 30th:
9:30 a.m. to 5:30 p.m.
Tuesday, December 31st:
9:30 a.m. to 5:00 p.m.



CARREFOUR DE L'ESTRIE

Wednesday, January 1st: CLOSED
Thursday, January 2nd: CLOSED

Friday, January 3rd: 9:30 a.m. to 9:00 p.m.
Saturday, January 4th: 9:00 a.m. to 5:00 p.m.
Sunday, January 5th: noon to 5 p.m.

Note: The Carrefour de l'Estrie will be closed January 1st & 2nd

CANADA AND THE WORLD IN BRIEF WEEKEND ROUND-UP

Michigan 'disgusted' by Toronto trash

DEXTER, MICHIGAN

A recent study that concludes Toronto has helped make Michigan the third-biggest waste importer in the United States stinks, Michigan residents say.

"In a word, disgusted," was the reaction from Jeff Surfus, who co-ordinates an environmental lobbying group called NO WASTE out of Dexter, Michigan.

Michigan received 3.6 million tonnes of out-of-state garbage in 2001, according to the 2002 Library of Congress report released earlier this month on interstate solid waste shipments. Only Pennsylvania and Virginia imported more trash, but when Toronto's Keele Valley landfill site closes next

Tuesday the increased volume of Toronto trash flowing into Michigan will likely push the state into the No. 2 spot.

UN receives list of scientists from Iraq

BAGHDAD

Iraq named 500 scientists over the weekend who have worked on its banned weapons programs, amid growing signs that United Nations efforts to interrogate them could be blunted by Iraqi resistance.

One Iraqi scientist already interviewed by weapons inspectors openly scolded the UN for suggesting that his work was linked to a clandestine nuclear program.

"I don't know anything about this," Kathim Mijbil, a metallurgist, told reporters. "I am not interested in the nuclear program and I don't know anything about that."

"I didn't sleep for two days because these things are not related to military, absolutely," Mijbil said. His statement forced the UN to retract its earlier claim.

States and Britain into a war against Iraq. And despite the terrorist attack in Bali that targeted vacationing Australians and the recent threat by Osama bin Laden that warned Canada would be punished for supporting the U.S.-led war on terror, Canadians are not unduly fearful about facing a terrorist strike at home anytime soon.

Public doesn't want military to take away from priorities

OTTAWA

Canadians say their beleaguered Armed Forces need more money, but not at the expense of health-care spending or alleviating child poverty.

Nor are they ready to blindly follow the United



SOUTHAM

Firefighters transport a mattress back into 824 Ste. Ursule Street in Trois Rivières for investigators. Two children died in an early morning fire Sunday. They were alone in the house.

Canada-U.S. snags threaten terror response: study

OTTAWA

Emergency communications between Canada and the United States are hampered by problems that could cause costly delays in responding to a terrorist attack on North America, an internal government study warns.

Difficulties ranging from technical snags to key government officials not keeping in touch are among the deficiencies that should be remedied, says the study obtained by Southam News.

It reveals that following the Sept. 11, 2001, terrorist assaults on New York and Washington, communications between the primary federal emergency organizations of the two countries "were not very successful."

A copy was released under the Access to Information Act, though some portions were deemed too sensitive to disclose.

LOTO QUÉBEC		Results	
TVA, the network of draws			
6/49	Draw 2002-12-28	WINNERS	PRIZES
12 14 15 27 28 39		6/6 1	\$5,000,000.00
		5/6+ 3	\$215,294.50
		5/6 266	\$1,942.50
		4/6 14,757	\$67.10
		3/6 278,688	\$10.00
Bonus: (34)	Total sales: \$15,761,712		
	Next grand prize (approx.): \$2,000,000		
Quebec 4/9	Draw 2002-12-28	WINNERS	PRIZES
17 25 37 40 42 45		6/6 1	\$1,000,000.00
		5/6+ 0	\$50,000.00
		5/6 23	\$500.00
		4/6 1,096	\$50.00
		3/6 18,487	\$5.00
Bonus: (44)	Total sales: \$621,128.00		
SUPER 7	Draw 2002-12-27	WINNERS	PRIZES
02 04 06 07 27 42 46		7/7 0	\$2,500,000.00
		6/7+ 3	\$61,925.50
		6/7 89	\$1,826.40
		5/7 4,451	\$130.40
Bonus: (11)	4/7 92,157	\$10.00	
Total sales: \$10,668,964	3/7+ 88,694	\$10.00	
Next grand prize: \$5,000,000	3/7 744,797	Free play	
Extra	Draw 2002-12-27	Extra	Draw 2002-12-28
NUMBER 842089	PRIZE \$100,000	NUMBER 272481	PRIZE \$100,000

Claims: See back of tickets. In the event of discrepancy between this list and the official winning list of L-Q, the latter shall prevail.

If you have a gambling problem... **MISE SUR TOI** 1 866 505-JEUX

Weather

Monday: Sunny. High near minus 9.

Tuesday: Snow. Low near minus 17. High near plus 1.

Wednesday: Snow. Low near minus 4. High near minus 2. Probability of precipitation 80 per cent.

Thursday: Variable cloudiness. Low near minus 16. High near minus 9.

Normals for the period: Low minus 16. High minus 5.

Ben by Daniel Shelton



Ski areas enjoying a busy holiday season

Mid-week holidays a bonus for local hills

By Tom Peacock

It was a busy weekend for Eastern Townships ski areas, with the sun shining and holiday makers turning out in droves.

Pierre Bourdages, director of skiing for Mont Orford, said this year's holiday season has been especially good so far since both Christmas and New Year's Eve have fallen in the middle of the week.

"Most people have taken time off before and after, and so those two weeks have been very good for us," he said, adding Orford received more than 6,500 skiers per day over the last few days.

Laurent Monange from Owl's Head in Mansonville also said consistently cold weather enabled ski areas in the Townships to make a lot of snow early this season.

"We have a lot more trails open than we did at the same time last year," he said.

Currently Owl's Head has 22 trails

and five lifts open.

Monange said despite sunny weather and decent snow conditions, lift lines at Owl's Head have been short over the holidays compared to other hills.

"Our waits are a maximum five minutes. I've talked to some other hills and they've told me waits are as long as 45 minutes," he said, adding Owl's Head would open more chairs if lines increased.

Mont Glen in West Bolton is almost fully operational with 28 out of 32

trails open. The hill's general manager Peter Stastny said the small resort had a good weekend, despite losing its main garage to a fire last Tuesday. Fortunately for the hill, grooming machines were out on the trails at the time of the fire, limiting losses to \$100,000 in building damages.

"Conditions are quite good," said Stastny. "We received about 10 centimetres of snow last night. We've got some sun, and the line-ups aren't out of control. We're doing basically what we've projected to do."



DAVID ANDERSON/PHOTO CORRESPONDENT

The Raelians' Valcourt compound has come under the world's eye following Friday's announcement that Clonaid, an affiliated group, had successfully cloned a human being.

RAELIANS:

CONT'D FROM PAGE 1

In Canada, the government is drafting new legislation, expected to take effect within the next year, that will ban human cloning. Yesterday, the United States Food and Drug Administration (USFDA) promised to investigate the cloning claim.

"We want to check and see first, whether the cloning did take place, and second if it violated any of our laws," Brad Stone, spokesman for the USFDA, told the London Daily Telegraph.

The Raelians dominated the front of Quebec newspapers earlier this year when they mounted a campaign outside the province's high schools denouncing the Catholic Church. Members of the cult visited schools in Sherbrooke, Quebec City, Montreal urging students to reject Christianity. One Montreal school board successfully mounted an injunction banning the Raelians from school property.

Claude Vorilhon, otherwise known as the prophet Rael, is from France, but the cult has strong roots in Quebec. The Raelians are a recognized religion in Canada with a strong membership, and they have plans to build an embassy for extraterrestrials somewhere in the province (Rael's followers believe that human beings were cloned by aliens).

Last July, *The Record* reported the Raelians' announcement that they had successfully constructed a human cloning machine, known as RMX 2010. The Raelians claimed at the time the machine could be ordered for only \$9,199 US over the Internet, but Clonaid is now claiming it will charge in excess of \$300,000 US for a cloning operation.

This past November, *The Record* also reported that the owner of a farm near UFOland drove his truck onto the Raelian compound and proceeded to wreak as much damage as possible, before returning to his own farm and setting fire to his house, barn and truck.

The man smashed into two chalets and a trailer, and knocked down some sheds and outbuildings. The Raelians blamed the media, claiming reports had tarnished their image and incited the attack.

Yesterday, a photographer from *The Record* visited the UFOland compound. A guard blocked his access to the compound, and told him that the Raelians in residence were resting and did not want to speak to the media.

The guard, seemingly oblivious to the media frenzy surrounding the sect, said there was nothing to see on the land in the winter, and that it was better to come back during the summer. He said dogs were roaming the grounds, and it was not a good idea to try to find another way in.



RECORD FILE PHOTO

Mont Orford has looked into replacing its older double chairs with newer quad chairs like the one pictured above, which was installed 15 years ago on Mont Giroux.

LIFTS:

CONT'D FROM PAGE 1

Settlements between the victims and the ski area and the lift company exceeded \$12 million. The lift company, American-based Lift Engineering & Construction Co., filed for bankruptcy following the accident.

Lift Engineering's "Yan" detachable ski lifts were involved in accidents that caused five fatalities and more than 70 injuries over the last 25 years

— the worst record of any ski-lift maker operating in North America. Whistler quickly replaced its two "Yan" lifts following the accident.

The lift which broke at Mont Orford is not a "Yan" ski lift. It is an older model double chair with

a fixed grip. Bourdages said he had no knowledge of any other chair lift accidents occurring in Quebec, and insisted chair lifts are generally very safe.

"We receive around 154 million transports by chair lift in Quebec each year. It's pretty secure — more secure than an airplane," he said.

Bourdages added the resort has looked into replacing its older chairs, including the double chair to the mid-station, which was installed in 1954.



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Canadians want health-care dollars spent wisely

By Mark Kennedy
SOUTHAM NEWS

Despite provincial claims that medicare is starved of cash, a clear majority of Canadians believe the health-care system's problems stem more from poor management and wasteful spending, according to a major new poll.

The nationwide survey suggests there will be little public tolerance for a multi-billion-dollar health-care deal likely to be negotiated in the coming weeks by the prime minister and premiers unless it includes measures to ensure the money is spent wisely.

That public consensus is reflective of the call by the Romanow royal commission on health care for greater "accountability" of medicare. Also it will likely give a bargaining edge to Prime Minister Jean Chretien, who is under pressure to unconditionally hand over billions more to the provinces but has indicated he'll only boost transfers if he receives assurances from premiers the money is well spent.

The new poll of 1,000 adult Canadians was conducted by The Strategic Counsel for Maclean's magazine, Global TV and Southam News. It found health care tops the list of Canadians' concerns this year. Fully one quarter (26 per cent) identify this as the issue which concerns them the most. Running a distant second at 14 per cent is concern about unemployment and the economy.

However, the pollster concluded while Canadians are clearly worried about the state of medicare, "they are not convinced that its problems can be fixed simply by spending more money."

Indeed, the survey asked Canadians if they thought the "problems that seem to exist within the health system today are because not enough money is being spent on the system, or that enough is being spent but that the health-care system is being poorly managed and significant amounts of the money are wasted."

Nationally, 70 per cent said the problems stem from poor management and

waste, while only 25 per cent said it was from inadequate funding. Five per cent didn't know.

Those findings appear to fly in the face of repeated assertions from the premiers — most recently, in a newspaper and TV ad campaign — that the system is in trouble primarily because of shortfalls in federal funding.

Michael Sullivan, a partner with Toronto-based Strategic Counsel, said in an interview the recent federal spending scandals — such as the gun registry boondoggle — have "reawakened for Canadians the whole issue of waste and abuse."

"Accountability is a tremendously important issue for Canadians," said Sullivan.

"There's no question the public thinks the system needs more money, but I think it's also a real concern about whether the money that is there is being wisely used. Should we invest more if we really aren't capable of managing that money well now? That becomes the issue from a public point of view."

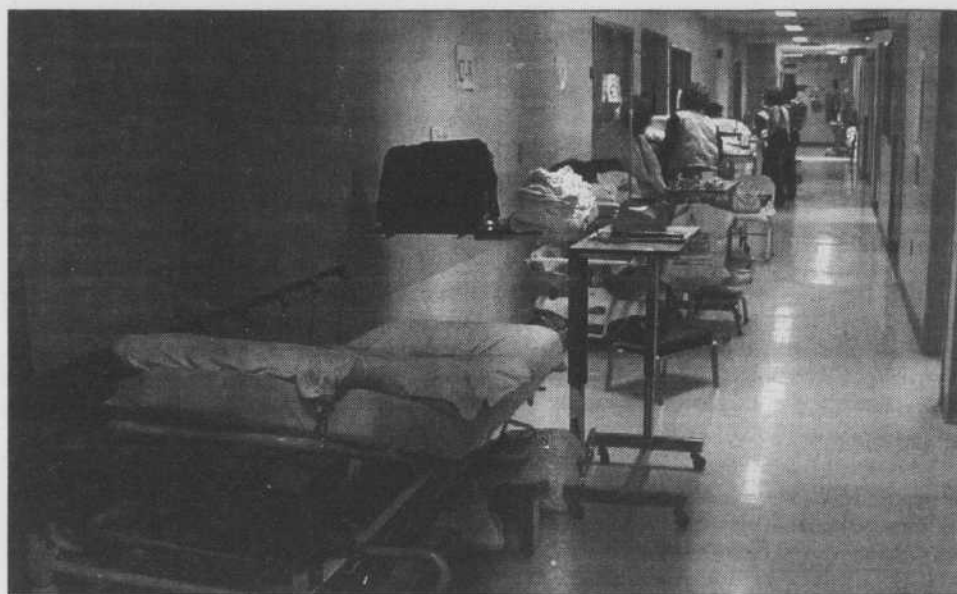
Earlier this month, a new report by the Canadian Institute for Health Information revealed the country's health bill has grown by 30 per cent since 1997, compared to an estimated 20-per-cent growth in the economy during the same period.

The overall tab grew from \$78.5 billion in 1997 to an anticipated \$112 billion in 2002.

Of that total this year, governments spent \$79.4 billion in health-care programs, while a further \$32.9 billion was spent in private costs, either directly out of pocket by patients or by their private insurers.

The Strategic Counsel survey found a strong majority of people in all regions felt wasteful spending is hurting medicare. The results in that regard are: B.C. (71 per cent); Alberta (71 per cent); Saskatchewan/Manitoba (70 per cent); Ontario (68 per cent); Quebec (72 per cent); Atlantic Canada (67 per cent).

The Strategic Counsel said this "sense of financial prudence" is reflected in an unwillingness among many Canadians to pay higher taxes to support medicare.



RECORD FILE PHOTO

A study reveals a clear majority of Canadians believe the health-care system's problems stem more from poor management and wasteful spending than from money woes.

The survey asked people if they'd be willing to shell out more in taxes if that was "required" to foot medicare's bills.

Nationally, 48 per cent said they were willing and 51 per cent were unwilling to pay higher taxes for medicare. The pollster, noted, however, there is a much higher degree of opposition to the idea than there is strong support. While just seven per cent said they were "very willing" to pay higher taxes, 29 per cent were "very unwilling".

Across the country, there were some notable regional variations. Willingness to pay higher taxes is highest in B.C. (59 per cent), and lowest in Quebec (32 per cent). Elsewhere, support for more taxes was as follows: Alberta (48 per cent); Saskatchewan/Manitoba (51 per cent); Ontario (51 per cent); Atlantic Canada (52 per cent).

The poll found strong support for maintaining medicare as a broad-based insurance scheme. Sixty per cent said medicare should "provide full coverage for almost

all an individual's health care needs and... people should not have to pay for anything out of their own pockets."

By comparison, 36 per cent said medicare should just "be there to provide a basic level of care" and anything beyond this should be paid by the patient either directly or their private insurance.

Sullivan said this shows Canadians have "decisively rejected" the notion that medicare should just offer a base level of care.

"Canadians have gotten use to a full-service system," he said, "They're not very comfortable with a two-tier system."

There is mixed support for expanding medicare — it seems, in part, because the public isn't sure if the money would be spent efficiently. Fifty-two per cent said it would be a "good idea" for medicare to insure prescription drugs and home care, but 42 per cent said it would be a "poor idea" because Canada can "barely afford the system we have now."

Public has 'Main Street' productivity vision

By Eric Beauchesne
SOUTHAM NEWS

Most Canadians have a Main Street vision of the benefits of higher productivity as leading to a better quality of life rather than the narrower Bay Street concept, which focuses on boosting living standards by raising incomes.

Those are among the findings of one of 14 newly-published studies into productivity which also argues the public is more informed about the complex issue than they are often given credit for.

Productivity, commonly measured as output per hour worked, is increasingly being accepted by the public, as well as economists, governments, and businesses, as the key to a better life for Canadians.

But most Canadians see a better life not merely as an increase in living standards, usually measured as income per capita, says the report by pollsters Frank Graves and Richard Jenkins, of Ekos Research Associates.

"For a majority, any approach to improving productivity must be aimed not just at economic efficiency and economic benefits but also at other social goods," it says. The report - The Review of Economic Performance and Social Progress - is co-published by the Montreal-based Institute for Research on Public Policy and the Ottawa-based Centre for the Study of Living Standards.

"Productivity for a higher standard of living might be characterized as a Bay Street model focussed primarily on tax cuts and minimal government," it says,

adding that concept is supported by about one in four Canadians, who also tend to be male, affluent and economically secure."

"The Bay Street model, however, does not resonate with most Canadians who want more of a Main Street productivity agenda," says the study based on a variety of surveys and studies that have been conducted into the issue in recent years.

And that means investing more in people, it says.

A public tool kit for boosting productivity would be loaded with investments in health care, skills training, incentives to steer students towards studies in science and technology, and investments in early childhood development, it says.

"All of these options address productivity by improving human capital."

That public tool kit, however, would be light on tax cuts, particularly corporate tax cuts, and on investments in infrastructure, such as bridges and roads, it also says.

"Corporate tax cuts as an option fares the worst, with personal income tax cuts and debt reduction faring better in the tradeoffs," it says. "The public appears to reject the idea that cutting corporate tax would lead to increased investments in new, innovative and more productive approaches."

The government, if it is to succeed in its pursuit of higher productivity and living standards through its Innovation Strategy, must pay attention to that view, the report warns.

Unexpected Christmas surprise for family

By Kerry Williamson
SOUTHAM NEWS

It was supposed to bring a bit of Christmas cheer, but instead it brought about shock and surprise.

Lynda Tomilin's family had just sat down for Christmas dinner, breaking open their Christmas crackers as they have for many years.

With each pop a trinket fell out; a puzzle, a soccer game, a tiny pen, a key-chain. Then, a Nazi panda toy, complete with swastika cap and paw raised in a Sieg Heil salute.

"We ripped the cracker open, looked at the toy, and thought 'oh my God, it's a swastika,'" said Tomilin.

"We couldn't believe it. The whole family took a look at it. The kids wanted to play with it, but we had to take it away."

At least six of the pandas, all with the swastika emblem on their caps and a medal pinned to their plastic chests, tumbled out of Christmas crackers around Alberta this festive season.

The issue was first raised Friday, when a Spirit River couple contacted the media after finding the offensive plastic trinket in their cracker.

The crackers were manufactured by Walpert Industries Inc. of Lachine, Que. The company's owner, Martin Walpert, could not be reached for comment Saturday, but told the Edmonton Journal Friday that the pandas were not distributed in his crackers. It appears the bears

were made in Germany.

Walpert has launched an investigation into the trinkets, suggesting a practical joker employed by Walpert may have put the Nazi bears into some crackers.

Tomilin bought her crackers at the McKenzie Towne IGA earlier this month. The manager of the store refused to comment when contacted, referring the Herald to management in Edmonton. They were also unavailable for comment.

Tomilin said she was shocked when she noticed the swastika emblem.

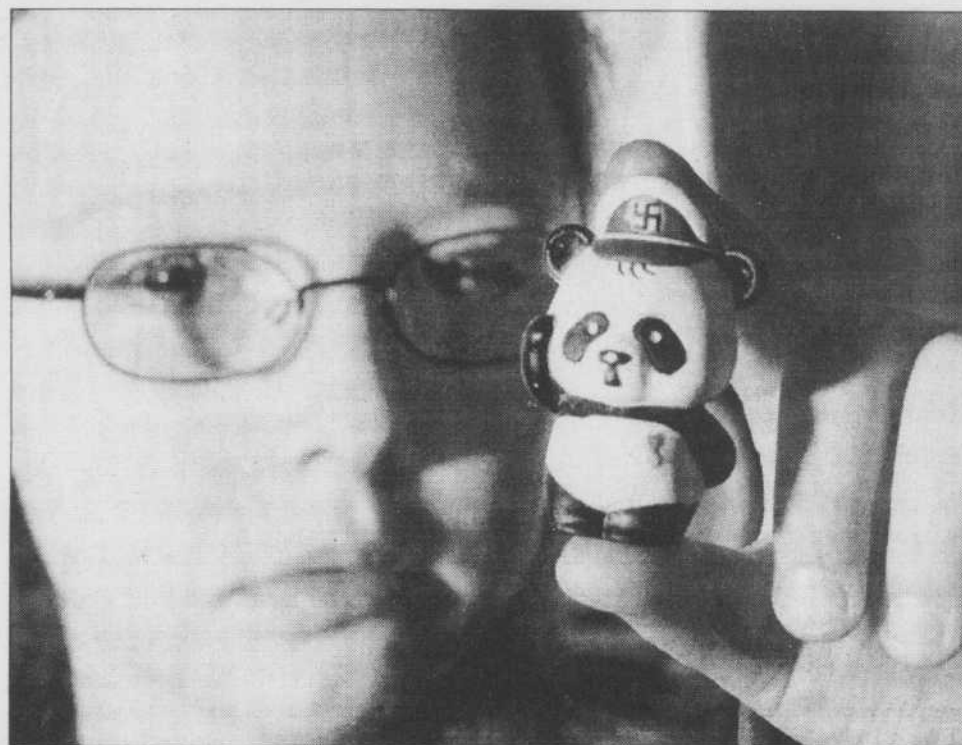
She was forced to confiscate it from her two daughters, Danielle, 9, and Kailey, 7, taking away a toy on Christmas Day.

"We weren't very happy. Just the fact that it's a kid's toy, the kids want to play with it, and we just can't let them. I couldn't imagine what would happen if they took it to school and someone saw them playing with it," she said.

"They don't know what the swastika means. And I'm not even going to let them know what it's about. To them it's just a cute teddy bear. But to us, it's offensive."

Alice Shewchuk also found a Nazi panda in her crackers. The Olds woman had just finished Christmas dinner with her extended family when she noticed the trinket.

"We were shocked when we saw that, we couldn't believe it," she said. "We



SOUTHAM

Kailey Tomilin, 7, holds a Nazi teddy bear her grandfather found in his Christmas cracker while at her parents house. The teddy bear has a swastika on his cap.

thought, 'for God's sakes, this has a swastika on it. We were horrified. We handed it around the table and nobody could believe it.

"We've had crackers for more than 50 years, and this is the first time we've ever found anything offensive. I can't believe, in this day and age, that anyone

would dare to have this kind of thing around."

Other pandas were found in Cold Lake and Devon, Alberta.

The packaging of Walpert crackers says festive crackers have been a tradition for 160 years for a long list of holidays, including Hanukkah.

Parliamentary scrutiny of Supreme Court nominees

By Cristin Schmitz
FOR SOUTHAM NEWS

For the first time a sitting judge on Canada's high court has suggested that parliamentary scrutiny of Supreme Court judges before their appointment could be worthwhile if it boosts public confidence.

Supreme Court Justice Jack Major said in a rare interview this week he would not oppose opening up the closed-door selection procedure for the top court if it did not diminish the calibre of judges appointed or damage the court's reputation.

"If it would improve the public perception of the institution it would be difficult to say you shouldn't do it," said the 71-year-old Albertan who recently marked his 10th anniversary on the court.

After Gerard La Forest stepped down from the Supreme Court in 1997, he became its only alumnus to endorse public vetting of nominees for the powerful nine-judge court.

Major does not go that far, but he is the first sitting member of the Supreme Court to concede there might be merit to reforming the secretive appointment process, a proposal made last October by Liberal leadership contender Paul Martin.

"I suppose it would be just foolish to say we have a system that's the best and you shouldn't entertain any suggestion of change," Major said in an interview with The Lawyers Weekly. "We have a system at the moment that some people complain about the lack of transparency. If there is a better system, if a parliamentary committee can improve it, then I think the most bull-headed person would say 'Yes, let's do it... the new way.'"

Martin's plan would require a lawyer or judge who was nominated to the Supreme Court by the prime minister to answer questions before a standing committee of the House of Commons. It would not be an American-style "confirmation" process because the prime minister would retain power to appoint the candidate, whatever the committee's recommendation.

Major said the former finance minister and other advocates of reform have yet to offer sufficient specifics about a parliamentary committee's mandate and procedures to satisfy him that vetting of Supreme Court nominees by politicians would not degenerate into a damaging partisan exercise aimed at

embarrassing the government rather than at informing Canadians.

"I guess there is not enough meat on the bones of this thing yet to really comment that 'yes I am in favour', or 'no I'm opposed'," he remarked. If "they can flesh it out to satisfy me that what we'd hope to be an improvement, would be an improvement, then I'd say 'go ahead and do it'."

Major said he is "skeptical" of the insistence by some Supreme Court justices that they would have turned down their posts had they been required to submit to advance screening by a parliamentary committee.

"I think most of the ones that I've heard take that position... would go before a committee if that was the proceeding... because I think most lawyers and judges think it's a substantial appointment and it's quite an honour to be picked, and are you going to be so touchy that you wouldn't go before a committee after you are picked?"

He added: "Would a useful (nomination) hearing have been a deterrent to me? The answer is 'no.'"

However, Major emphasized that in his mind it is still an open question whether it would be useful to the public

and to the justice system if politicians were to grill Supreme Court nominees.

"I don't know what kind of questions they could ask that the appointee could answer. They couldn't ask: 'How would you decide such and such a case?' because the stock answer, in the U.S. at least, is: 'Well, I have to wait and hear the facts.'"

Given the pressures of politics, Major suggested a parliamentary committee might understandably feel compelled to attract media attention by delving into the personal lives of Supreme Court nominees and their families, or by focussing on divisive topics, such as abortion.

Major acknowledged public hearings might combat the misconception that Supreme Court judges are "plucked out of the air at the whim of the prime minister."

Prime Minister Jean Chretien has firmly resisted any change to the 127-year-old tradition that allows him to exercise his exclusive prerogative to name Supreme Court justices without input from Parliament. The prime minister picks from a short list prepared by the justice minister after extensive, behind-the-scenes consultation with the legal community.

Community Forum

Can there be creation of life without God?



LETTERS TO THE EDITOR

Reading newspaper is an essential part of life

DEAR EDITOR,

The governments, both federal and provincial are "robbing" subscribers continually! Receiving a daily, weekly, or weekend newspaper should be considered a necessity of life for keeping people informed!

Taxes on necessities are unfair and discriminatory. They hamper business and prosperity, and make citizens slaves of the state.

With costs of publication rising (never going down), no doubt many

publishers will sooner or later be required to cease publication. Just consider \$17.19 (13.06 per cent to the nearest 00.01 per cent) of the total yearly cost of a subscription goes for taxes to government who do nothing but collect it. If that isn't an example of robbery, I miss my guess.

And it means that only \$114.40 or 86.74 per cent goes for publication. Preposterous.

My sympathy goes to *The Record* staff. God forbid that publication should cease.

WILLIAM V. FRENCH
(A continued subscriber thus far)

mine is not solely a theological question, but a practical one, as well: Are we humans really so smug and arrogant as to believe we can create a life where God does not wish one created?

Do we have it within our power to be the creators of life, or merely to be the technicians that provide a crucible in which God does the creating?

This, for me, is the key to the debate over whether cloning humans is moral or not. And I direct my question as much to the opponents of cloning as I do to cloning's supporters.

The crux of the opposition to cloning is that it amounts to humans playing God. If this is indeed what cloning humans amounts to, I am against it. But if cloning experiments lead to living, breathing human babies, are those lives the creation of the scientists and doctors performing the experiments? Or have the scientists and doctors merely developed a new method through which God can animate another soul?

If the answer is the latter, cloning would turn out to be a cause for celebration among pro-lifers, who, as a class, are at present repelled by the idea of cloning.

Clearly among the Raelians - the cultists who this week claimed to have birthed the first clone-baby, Eve - there is the delusion of god-status.

Claude Vorilhon, a former French race car driver and the founder of the Raelians, claims aliens abducted him near a dormant volcano in France in 1973 and told him the secret of life on Earth. Vorilhon claims the aliens claim to have started the whole thing 25,000 years ago by cloning themselves to form the first humans. As a result of this experience, Vorilhon changed his name to Rael, hence the name of his cult - the Raelians.

At any rate, in conjunction with Friday's announcement by Raelian spin-off venture, Clonaid, that the company had cloned Eve (get it, the first woman - Eve), Vorilhon/Rael boasted that "cloning a baby is just a step. I want to give human beings eternal life."

He wants to give us eternal life, something only a superior being can grant. Clearly there's more than a little bit of a god-complex in old Rael. Then, of course, he did found his own religion, name it after himself and (conveniently) establish that having sex with the founder was one of the highest duties of his female members.

But while we humans may devise and control technology, can we - fruit-

cake cultists aside - also claim to control creation? I believe we cannot. And therefore, if human life is cloned, it is because God has chosen to permit it to be created that way, just as He has chosen to permit it to be created through fertility drugs, in vitro fertilization, impregnating post-menopausal women and other boost-to-nature methods for conceiving and gestating a baby.

Giving human life is not the same as taking human life, in abortion or murder, for instance. We humans may take life - easily, too easily - but I doubt that we can truly give it. Just as our act of murder or abortion does not destroy a person's God-given soul, so too our cloning experiments cannot grant souls. Only God can do that.

So since a soul is essential for human life, and since only God can grant a soul, if cloning produces viable humans it is just possible that God is showing his approval of the method by bestowing souls upon the humans created through cloning.

But if it is permissible for humans to aid in life's creation, it is equally impermissible for humans to claim ownership of the resulting human life.

Rael wants human clones so he and his followers can transfer their "being" into new bodies when their existing bodies become too old to sustain them or their sex lives.

Okay, that's an extreme and weird example, but other scientists, legitimate ones, want to create clones so they can experiment on the embryos and fetuses, or create carbon-copy human from which to harvest organs for transplants.

This is unacceptable. Cloning humans, should it ever work (none of the more than 500 attempts so far to clone primates has resulted in a single pregnancy), so infertile couples might have children of their own would not be morally troubling. Whereas cloning humans for experimentation or organ-harvesting would be repugnant.

A soul is essential for human life, even cloned life, or it is not life. The soul is also the seat of being, the location of an individual's free will. Since the soul enters a person at the moment of conception, from that moment on, that person becomes a separate and distinct human being, possessed of all the same human rights as any other person.

It would be just as wrong to use a clone-created human for experimentation and organ-harvesting as would be to pluck someone off the street for the same purposes.

SOUTHAM NEWS

THE
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Perspectives

The political year in a nutshell

By Don Martin
SOUTHAM NEWS

National politics in 2002? List-less? Impossible. 'Tis the season when crafting lists becomes the pivotal, nay, only inspiration for soggy-livered columnists starved of news and drained of imagination while attempting to fill their designated gaping hole of white space. To which I plead guilty on all counts.

So, here's my entirely unscientific, arbitrary listings for the naughty, nice and newsworthy of a very crazy 2002, which could become an even-loomier 2003.

TOP 10 POLITICAL NEWS STORIES OF 2002

1. Paul Martin's resignation as finance minister: Whether he quit or was fired is irrelevant now, but everything fell apart for the Liberals after the June 2 unshackling of Martin's leadership ambitions. Prime Minister Jean Chrétien's forced retirement, the Liberal backbench revolt, Kyoto's fast-tracked ratification and the 18-month quest for a costly legacy all have their origins in the hate-on tussle between the now and the next prime minister.

2. Aug. 21. Chrétien quits. Eventually. Under the very real threat of losing the Liberal leadership review, Chrétien says he will not celebrate his 41st anniversary in politics, but will take his sweet time leaving. A nation celebrates the departure, but not the February 2004 timetable.

3. Afghanistan and the friendly fire incident: Some 800 Canadian troops were deployed in January for the nation's first combat assignment since Korea. Tragedy strikes on April 17 when an American pilot fires a missile

into a ground training exercise, killing four Canadian soldiers. A nation mourns.

4. The federal gun registry: The outrageous cost over-runs were always suspected, but the firearms registry didn't officially become a billion-dollar money pit until the auditor general confirmed the figure this month — and doubled the pain with an RCMP report warning the registry database was filled with errors.

5. Kyoto ratified: The federal battle against global warming shoved provincial relations back to the ice age. Before the treaty was ratified in mid-December, various Kyoto implementation plans were released, revised, rewritten and re-released to skeptical reaction from the hinterlands. It could take a decade to add up the eco-

nomic consequences. The West braces for the worst.

6. Stephen Harper's Canadian Alliance leadership victory: With Stockwell Day's defeat in March, chaos gave way to peace, order and good government opposition. Unfortunately, the public can't get its head around Harper as leader of a government-in-training.

7. Sponsorship mess: Reports were missing or photocopied and backed by outrageous charges for events which never happened. The RCMP are investigating the myriad of iffy sporting and cultural sponsorship contracts which, according to the auditor general, broke every rule in the book. All told, some \$6 million has been squandered on keeping the Maple Leaf flapping in the face of separatist sentiment. National unity never seemed so pathetically shallow.

8. The Kirby Report/Romanow Commission: A Senate committee on health care releases a radical blueprint for a Medicare overhaul and suggests funding it through a national insurance premium. One month later, former premier Roy Romanow releases his tamer pitch for health reform and cashes in imaginary future surpluses to cover the tab. Dusty shelves beckon.

9. Hay West: Ontario and Quebec farmers rally to send 17,000 tonnes of hay to drought-ravaged western cattle producers. The cost of transporting the feed didn't make financial sense, but proved there's still a poignant east-west Canada connection in a nation dominated by north-south trade.

10. Howard Wilson: He'll be the first and last ethics counsellor reporting only to the PM, but Chrétien's lapdog found his fangs this year and put a nasty bite on Defence Minister Art Eggleton and Solicitor General Lawrence MacAulay for ethical violations. Both were backbenched, cursing his name.

tien's lapdog found his fangs this year and put a nasty bite on Defence Minister Art Eggleton and Solicitor General Lawrence MacAulay for ethical violations. Both were backbenched, cursing his name.

TOP FIVE NON-NEWS STORIES OF 2002

1. G8 Summit: Two days, more than 2,000 journalists, \$300 million tax dollars and more Canadian soldiers keeping watch over Kananaskis than fighting in Afghanistan. Now, just try to recall anything newsworthy from the summit.

2. Three sleepy words: Democratic Representative Coalition. Five of the Alliance MPs who stormed out of their party in 2001 to sit with the Tories, giving generic conservatives a faint hope for reunification, limped back to original party in



SOUTHAM FILE PHOTO

Paul Martin's resignation and Chrétien quitting are 1-2 on top political news stories of 2002.

April. Thus endeth the DRC.

3. The Kyoto ratification debate: It took 33 hours of gas emissions for MPs to lament a fixed result, which only required the signature of the PM and four cabinet colleagues to formally ink the deal.

4. The election of parliamentary committee chairs: While the mutiny of Liberal backbenchers over-riding the prime minister's wishes against democracy was huge, the actual result was tighter Liberal control over the chair selection process.

5. Tory MP Scott Brison steps out of the closet in his bid to become the first Conservative leader who just happens to be gay. Nobody cares. Good for us.

FIVE MOST LIKELY DATES JEAN CHRÉTIEN WILL ACTUALLY QUIT

Nov. 14: Betting's heavy he'll formally step aside at the leadership convention in Toronto.

April 8: He up and fades away on the 40th anniversary of his 1963 election victory.

June 21: He surrenders power just in time for the summer recess, the better to focus on reducing his golf handicap.

Dec. 13: After a month-long chaotic transition to Martin's administration, Chrétien realizes there can be only one prime minister at a time — and he ain't it.

February 2004: He actually meant what he said and said what he meant. Chrétien sticks around to the bitter end. The press gallery celebrates.

QUOTES OF THE YEAR (ALL BY CHRÉTIEN)

Jan. 15: "I'm staying. I have the confidence of the party."

Ides of March: "I am not losing control."

Aug. 7 (barely one-third way through the term): "I'll make my decision as I did at each election — in the second part of my mandate."

Aug. 20: "My decision about my future will be based solely on my sense of duty and responsibility to the country I love."

Aug. 21: "Here is my conclusion. I will not run again."



SOUTHAM FILE PHOTO

Harper's CA victory ranks sixth in 2002.

Religious communities had full calender in 2002

By Elaine O'Connor
SOUTHAM NEWS

Alongside the traditional holy days and seasonal holidays marked on the world's religious calendar this year were a number of banner days — several marking visits by world religious leaders.

This year, 82-year-old Pope John Paul soldiered through World Youth Day celebrations in Toronto in June to the delight of 800,000 young Catholics from 169 countries.

The Dalai Lama, spiritual leader of Tibetan Buddhists, set out on a spring tour of the United States and Canada. Due to an intestinal infection that left him hospitalized, he cancelled his trip to Ottawa, but later travelled to Eastern Europe.

More than two million pilgrims made the long journey to Mecca, Saudi Arabia, this February in one of the safest pilgrimages in recent years — 35 Muslims died in a stampede last year; hundreds were crushed by crowds in 1994 and 1998; and more than 1,000 were killed in 1990. The only pilgrims who died this year died of natural causes.

There were high points: for Catholics, seeing Opus Dei founder Msgr. Josemaria Escriva elevated to sainthood by the Pope in Rome. And low points: watching Boston Archbishop Bernard Cardinal Law resign after sex-abuse allegations surfaced among the archdiocese's clergy.

And there was religion-based conflict the world over, taking countless lives in violence between Palestinians and Israelis, Islamic militants and Hindus in Kashmir, and Christians and Muslims in Nigeria, among others.

In Ottawa, religious leaders from diverse ethnic communities did their best to knit the world's faiths together.

This year, the city continued to embrace interfaith ceremonies, initiated swiftly after the Sept. 11 attacks of 2001 in the United States, in a show of understanding and solidarity.

Over the past year, any number of events, from Sept. 11 anniversary memorials to Golden Jubilee celebrations for Queen Elizabeth, have been tinged with a spirituality that is distinctly multicultural. Highlights of the year's faith celebrations in 2002 include:

- **Dec. 6:** Hanukkah, the eight-day Jewish festival of lights ends. The religious observance marks the triumph of Judah over the Syrian King Antiochus IV, who tried to force the Jews to give up their religion. The festival included a candle lighting ceremony held by Israel's ambassador to Canada, Haim Divon and a family Hanukkah celebration with Mayor Bob Chiarelli at Ben Franklin Place on Dec. 2.

- **Dec. 6:** More than 5,000 people attended a Muslim celebration of Eid al-Fitr, the end of Ramadan, at the Civic Centre, led by Imam Gamal Solaiman. The month-long period of fasting during daylight hours and intense worship began Nov. 6. Followers rose before dawn to pray and eat, then fasted and prayed through day-



SOUTHAM FILE PHOTO

Highlighting Canada's 2002 religious calender was Pope John Paul's six-day visit for World Youth Day celebrations in Toronto. More than 500,000 young Catholics trekked from across the world en route to the festivities, stopping in Sherbrooke on July 21.

light hours. Ramadan is when Muslims believe the Koran was sent from heaven.

- **Oct. 13:** The Queen and Prince Phillip worshipped at a multifait Thanksgiving service during their Golden Jubilee tour, attracting thousands to Parliament Hill. Representatives from the Anglican, Roman Catholic, Ukrainian Orthodox, Muslim, Jewish, Hindu, Sikh and aboriginal communities hosted a multifait service attended by at least 4,000 people.

- **Sept. 11:** An early morning remembrance ceremony at Ottawa City Hall for the victims of the Sept. 11 terrorist attacks was presided over by Rabbi Reuven Bulka, and attended by Archbishop Marcel Gervais, Imam Gamal Solaiman and a score of police officers, firefighters and city employees. Also that morning, the congregation at Christ Church Cathedral paused for silent prayers in a ceremony attended by Deputy Prime Minister John Manley. The dean of the Anglican cathedral, the Very Rev. Shane Parker, read out the victim's names. Later, Archbishop Gervais held a Catholic mass and memorial service at Notre Dame Basilica for hundreds of mourners.

- **Aug. 24:** More than 5,000 Christian youth from across Canada and the United States gather on Parliament Hill for a six-hour prayer session and attend a Christian rock concert in an Orleans church. The event, called Canada's Revived Youth,

capped World Youth Day celebrations in Toronto.

- **Aug. 14:** Hundreds of members of the Syriak-Orthodox faith attended mass led by Archbishop Aphrem Aboodi at Hull's St. Mary's Syriak-Orthodox Church to see Myrna Nazzour, a 38-year-old Syrian woman known around the world for hands that "weep" oil, a phenomenon believers say marks her as blessed and imbues her with the ability to heal.

- **July 30:** Pope John Paul leaves Toronto after a six-day visit for World Youth Day celebrations, which saw pilgrims from 150 countries descend on the city for a two-week festival of prayer.

- **July 29:** A massive Sunday mass delivered by the Pope drew 800,000 Catholics to a spectacle of music, dance and worship in Toronto.

- **July 28:** More than 500,000 young Catholics trekked several kilometres through Toronto and endured a night of rain and mud as part of a pilgrimage and all-night vigil traditionally associated with Christ's vigil before his crucifixion.

- **July 22:** Some 7,000 young Catholics from 36 countries celebrated mass with Archbishop Gervais at the Civic Centre before the pilgrims head off to join World Youth Day events in Toronto.

- **July 18:** World Youth Day events begin in Toronto.

- **July 16:** Lansdowne Park is turned into an international village as 4,300 pilgrims from around the globe are put up in buildings and tents on the grounds as they stopped over in Ottawa en route to World Youth Day in Toronto.

- **June, 24:** Chiarelli meets with 30 religious leaders from Ottawa's faith groups to develop an educational campaign to prevent attacks on minority groups and places of worship. Faith leaders nominated candidates for a steering committee to set up regular meetings with civic officials. The mayor launched the dialogue after Sept. 11, 2001, and suggested meetings between faith groups and civic officials take place several times a year.

- **May 24:** Ottawa police issue a warning to the city's Jewish community about possible attacks on a local synagogue in June after its Hate Crimes Unit and the RCMP investigated "credible" information. The warning followed seven arson attacks on Jewish synagogues and funeral chapels in Canada since September 2001, including one on an Ottawa funeral chapel. Anti-Semitic slogans were also spray-painted on one of the city's six synagogues, Ottawa's Temple Israel, in April.

- **April 28:** Ottawa missed hosting the Dalai Lama at the Corel Centre and at Ottawa's Anglican Cathedral. The cancellation of the engagement had nothing to do with the fact that the exiled Tibetan Buddhist leader was to share the stage with Alanis Morissette, but because of an intestinal infection he developed in January.

- **April 14:** Ottawa Sikhs confer the Siropa, a scarf of honour, on John Manley, honouring the deputy PM for his work on behalf of Canadians and Sikhs, as they celebrate Vaisakhi, their most important religious festival of the year. In January, Mr. Manley visited Amritsar, India, where the Golden Temple, Sikhism's most holy site, is located. He passed on to the Ottawa congregation a model of the temple that was presented to him in India. Vaisakhi commemorates the day, 303 years ago, when Sikhism's 10th guru, Gobind Singh, gave the faith its modern form.

- **Feb. 24:** Thousands of Muslims gather at the Ottawa Congress Centre for a prayer ceremony to mark the last day of Eid-ul-Adha. The three-day feast of sacrifice commemorates Abraham's willingness to obey God and sacrifice his son. The holiday typically follows the annual hajj, or pilgrimage to Mecca. About 1,780 Canadians were among the two million faithful who participated in the pilgrimage to the birthplace of the prophet Mohammed this year.

- **Jan. 20:** A multifait ceremony at City Hall marked the Ottawa's first celebration of World Religion Day. In front of a crowd of 100, Deputy Mayor Elisabeth Arnold declared Jan. 20 World Religion Day in Ottawa. Messages of peace were offered by Baha'i, Hindu, Sikh, Zoroastrian, Jewish, Christian, and Islamic faiths, as well as the Church of Jesus Christ of Latter-day Saints, the Unification Church, Quakers, and the Church of Scientology. World Religion Day is celebrated in 60 countries.

Townships Life

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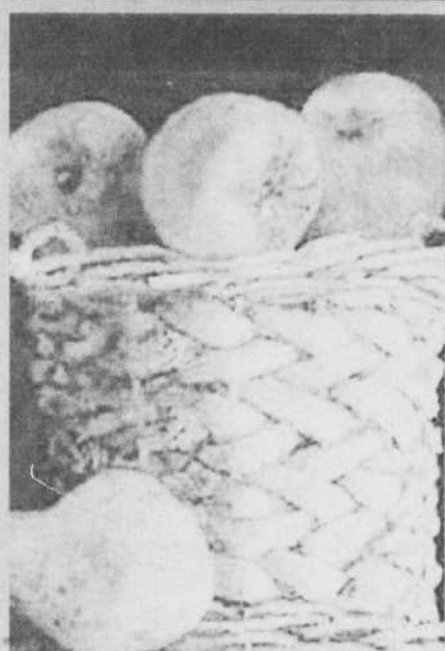


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WHAT'S INSIDE



Health Canada is proposing new regulations to extend the use of food irradiation.



Lies Ouwerkerk gives tips that may change their lives by helping them deal with procrastination.



Fixing North Hatley, one car at a time

Mechanic's honest reputation builds his business

By Jake Brennan
SPECIAL TO THE RECORD
NORTH HATLEY

It is 9 p.m. on a damp winter evening, but the fluorescent lights at Peter Fletcher's Auto Place garage in North Hatley are still on.

Christmas music emanates from an old one-speaker radio that, by the dust

FEATURE STORY

on it, hasn't been touched in months, maybe years. The tinny sound bounces

off the once-white cinder block walls, adorned with fan belts of graduated size and obviously new posters for Blizak tires and Valvoline motor oil.

Fletcher says he has wanted to paint these four-year-old walls, but hasn't had the time.

He could buy the time, and he knows it. He could put his rock-bottom labour rate of \$40/hour up and not scare off many of his loyal customers.

Like the walls, he's been meaning to get to that, too, he says. But you can tell that he just wouldn't feel right about it. Instead, he takes on more work.

"I try to say 'yes' to everybody," he says. "But it's hard. You've got to sleep sometimes. If I take too much on then I have to give someone less service."

Trying to balance quality with quantity is something Fletcher thinks about constantly while under the hood 12 hours a day, six days a week. He only has one other mechanic under him, but easily has enough work for three, he said.

The problem is space. He'd like to extend another 30 x 40' garage behind the present edifice, but municipal by-laws about building on the flood plain are preventing him.

As if to prove how busy he is, the phone rings while he's speaking about his newest qualification, which occupied him week-in, week-out for the past four years. Fletcher recently passed his



PERRY BEATOB/SPECIAL

Honesty, hard work and a superior devotion to customer service are part of North Hatley mechanic Peter Fletcher's (pictured) keys to success.

eighth and final exam to achieve his Master Technician degree from ASE, the Automotive Service of Excellence organization based out of Virginia.

There are 90,000 mechanics so qualified in the world, but he is the only one in the Eastern Townships, as far as he knows.

When the native of North Hatley returns from his lengthy phone call, he begins enthusiastically describing the ASE course. Attempting to list the eight components, he can only come up with seven off the top of his head. Not content to leave anything unfinished, he goes into the office to find out the eighth, revealing an attention to detail anyone would hope for from their car surgeon.

But master technician degree or not, people already seemed to want him. His wife is in the shop office daily from 9 a.m. to 3 p.m. fielding some of his many calls. He ends up talking to most of the callers anyway, because "everybody wants to talk to the boss."

He gets his best work done in the evening, when most would expect him to be home with his wife and two children. The job leaves him precious little family time, but he says "it's a commitment me and my wife made together. We said 'what do we do, go for it, or what?' We decided to go for it together."

What they went for was owning a garage instead of working for the man. Fletcher is proud to be where he is today, especially since he began his academic career in special education, up to Grade 8. Small in stature to boot, he says he had a lot to overcome.

"I just worked myself out of it. I just said enough. I'd had enough of hiding, I'd had enough of being teased. I started working out and made myself stronger, both my body and my mind. I went from a zero to a plus two."

After learning the rudiments in Alexander Galt's auto shop, he went to trade school, then worked in the field.

SEE REPUTATION, PAGE 10



Feature Story

Townshippers doing what they do best

Mechanic builds foundation on honesty

REPUTATION:

CONT'D FROM PAGE 9

After a series of jobs at local garages, customers started asking for him and he soon built up a loyal following as one of four mechanics at Adam Automobiles in Coaticook. The process snowballed, and demand was there to open his own garage, which he did under the Auto Place banner in 1998.

And it's been snowing ever since. Some may view Fletcher, with his hectic schedule, as a victim of his own success. But he says he wouldn't trade it for anything.

"I love it. I'm a workaholic, I know that, but I just eat it. It's troubleshooting, and that's what I love doing. Every car's a challenge. People come in off the tow-truck, and I'll just sit there thinking, 'Ah, I can't wait to get my hands in that one!'"

He breaks off in mid-sentence to answer the phone again. "It's always ringing," he says evenly, not one to complain about anything, especially his livelihood.

The people he turns down are new, un-referred customers who expect instant, almost drive-thru service. Fletcher says they may find something closer to what they're looking for at a larger garage connected to a dealer, but they won't be allowed on the shop floor. Not so with Fletcher.

"A lot of people want to see what's being done to their car, and I don't blame 'em. If they're paying \$30,000 or \$40,000 dollars for their car or truck, they want to see what the guy's doing.

"What's great about owning a small business," he continues, "it's not like going to the dealer - you're not a number. It's one on one - I'm doing the work, I'm talking to the customer, and I'm making the bill with the customer. They come in as a customer, they leave as a



PERRY BEATON/SPECIAL

North Hatley mechanic Peter Fletcher says he is always honest with clients, and is even willing to suggest cheaper options if that is what his clients need.

friend."

Fletcher didn't get this know-how in any business school, but simply by following the golden rule: Always courteous. He says thank you at the end of every phone call, no matter the outcome.

He also runs a second-hand tire service which connects sellers to buyers, earning himself personal credit with his loyal customers that far outvalues any service charge he might levy. A shrewd businessman, he aims to convenience his customers to ensure their return business.

When the customer has a choice of how much to spend on parts, Fletcher says "you lay the cards out to the cus-

tomers and let them decide."

Picking up on his straightforward nature, many will instinctively trust him and ask his advice.

"People just generally go with what would I do, and I just give my opinion depending on whether they're going to keep or sell the car," he said.

As for the nuts and bolts of bookkeeping, Fletcher has never sought any help.

"Anybody can add. If you have to start subtracting, well, you'd better close your doors," he joked.

Although he's off for a well-deserved holiday with his family, come New Year's it doesn't look like Fletcher will be closing any time soon.

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Organic consumers called to action in 2003

Canada first approved the irradiation of potatoes to inhibit sprouting in 1960. Since then, we have seen onions, spices, wheat and flour added to the list.

Most potatoes and onions are sold fresh locally, so at this time, the only irradiated food product consumers must watch out for on their grocery store shelves are spices.



ANNA MAY KINNEY

Careful consumers have learned how to find organic suppliers who do not irradiate, and who supply their products through organic food stores, co-operatives or by shipping directly to the consumer. Still, it's important to be guarded when considering health food store products — if they are not labelled, they may not be organic.

On Nov. 23, Health Canada released proposed new regulations to extend the use of food irradiation in Canada to include ground beef, poultry, shrimp, prawns and mangoes.

This is becoming a great concern to those of us who do not feel irradiated foods are safe. It will not be long before Canada joins the U.S. in irradiating almost all fruit, vegetables, meats and eggs.

Remember to look for the warning label, as government regulations require all foods processed by irradiation to be labeled with an international symbol for irradiation and the words "treated by irradiation", "treated with radiation" or "irradiated".

However, if those same items are used as ingredients, no label is required. That means any prepackaged or processed food containing more than one ingredient could be irradiated. And neither delicatessens nor restaurants are required to reveal whether their ingredients have been irradiated.

Today, there is no way to know exactly what you are taking into your body when you eat something cooked out of sight by a stranger, then delivered to you on a plate, in a can or a frozen package.

HOW SAFE IS IRRADIATION?

We are supposed to believe that irradiation is a safe process. Forty nations have approved the irradiation of 224 categories of food and agricultural products, ranging from spices to grains and from boned chicken meat to fruits

and vegetables. Thirty-two countries report having irradiation facilities actively producing irradiated foods.

In an interview with CBC's Marketplace, the University of Chicago's Dr. Samuel Epstein, said "...These chemicals are carcinogenic."

New research suggests eating irradiated food is unsafe. The research has found that a new class of chemicals, cyclobutanones, is created during irradiation. They are chemicals that have been shown to cause genetic and cellular damage in rats as well as people.

"We have solid evidence on the chemistry. Independent groups that have looked at the chemical data, have stated categorically that these chemicals are carcinogenic," Epstein told Marketplace.

Epstein and other scientists say the U.S. Food and Drug Administration (FDA) disregarded all research showing harmful effects of irradiation and based its approval of the process on studies provided by the companies pushing for irradiation.

It is no surprise that like the U.S., Health Canada has also rejected the findings of the research Epstein refers to.

"Our staff of toxicologists have examined those studies in detail and don't agree with the results that have been reached," said Health Canada representative Bruce Lauer.

HOW MUCH RADIATION IS USED?

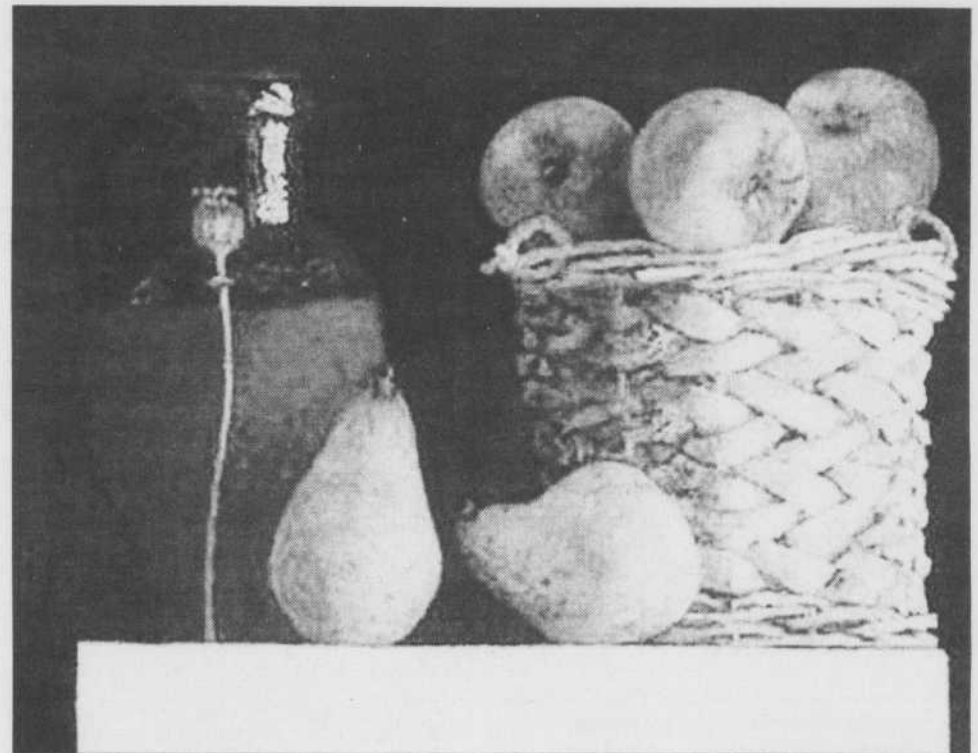
The process works like this: Packaged food arrives in cardboard boxes, is loaded onto a conveyor belt and winds its way through a tunnel to an enclosed area, where it's irradiated.

A powerful current is sent through an overhead gun. The box is shot with a beam, permeating the product inside and killing all living bacteria by breaking down its DNA. The irradiation process doesn't only kill bacteria. Studies have shown that it depletes Vitamins A, E and K, and can deposit carcinogens in their place.

Irradiation is a process by which foods are exposed to as much as 3,000,000 rads of radiation in order to kill insects and bacteria and extend shelf life. These doses are millions of times greater than that of an ordinary chest X-ray.

WHAT CAN YOU DO?

Besides purchasing only organic foods, you can let your voice be heard. Like the FDA, Health Canada bases its decision on "petitioners" — the companies and interest groups working for



RECORD FILE PHOTO

On Nov. 23, Health Canada released proposed new regulations to extend the use of food irradiation in Canada to include ground beef, poultry, shrimp, prawns and mangoes.

the approval of irradiation.

It is time that we the consumers petition the government, tell them we do not want our food supply irradiated.

The deadline for comments is Friday Feb. 21, 2003, which is 90 days after the Nov. 23 publication of the proposed regulations.

Send comments to: Ronald Burke, Director, Bureau of Food Regulatory, Department of Health, Rm. 2395, 07002C1, Health Protection Building, Tunney's Pasture, Ottawa, ON K1A 0L2 Tel: 613-957-1828 fax: 613-941-3537 e-mail: sche-ann@hc-sc.gc.ca.

The Health Canada contact in Ottawa is: Karen McIntyre, Acting Director, Bureau of Food Policy Integration, Health Canada tel: 613-946-4591

For more information, check out:

www.sierraclub.ca/national/action-alert/nuclear-energy/food-irradiation-alert.html

The Centre for Science in the Public Interest held a public forum on this issue last week in Washington. C-SPAN covered the event and you can watch the two-hour forum on your computer if you have Real Player.

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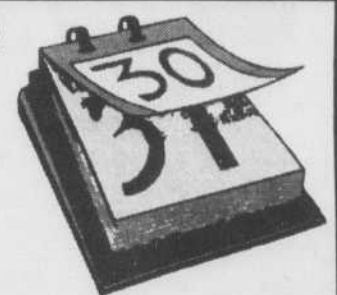
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Thank you
THE RECORD





Generation Today

Looking at the world through a new perspective

Procrastination may be symptom of bigger issues

"Procrastination is the thief of time"
(Edward Young, 1742)

Most people procrastinate at one time or another, whether it is filling out tax papers, cleaning up a messy cupboard, or writing that long overdue letter.

For some, procrastination only happens in some areas of their lives. Once in a while they may delay or escape from a difficult and unpleasant task in favour of more pressing or pleasurable pursuits, without feeling too stressed about it.

For others, it can be a persistent problem that invades every aspect of their lives and regularly causes feelings of anxiety, guilt, and failure. These people often hope that by ignoring a task it will simply go away, and they indeed manage to temporarily reduce their unpleasant feelings most of the time.

Or they come up with excuses such as "busying" themselves with other, less important tasks, or putting the blame on outside events to justify their avoidance behaviour. In the end, however, they are left with an increased amount of stress, more disorganization, and

heightened feelings of inadequacy, guilt, and panic.

At those moments they swear never to procrastinate again, only to repeat the process on other important tasks, as if it were a compulsion or addiction.

For those who would like to break their avoidance patterns, the following steps may be helpful:

- Know how you spend your time by recording your current behaviour patterns. This will alert you to many areas of inefficiency and lost time. Look at which activities give you the most trouble, and try to identify underlying causes.

- Become aware of your negative self talk such as "I'm not good enough" and "I will never be able to do this". Also, examine your "shoulds" and try to change them to "wants". Rather than saying "I should tackle that job," change it to: "I want to tackle that job." Chances are that you will move from resistance to commitment.

- Make a to-do list for each day/week/month and cross off items when they are done. This will give you a sense of achievement.

- Start the day with something easy, to get your motor started. Then move to the more difficult tasks.

- Break a big task down into smaller tasks. Write all the steps involved and see each step as a manageable job that can be done with little effort.

- Allot sufficient time for each step. Be reasonable and realistic in your expectations and keep some flexible time in your schedule.

- Monitor progress and reassess your schedule if necessary.

- Set priorities by ranking tasks in order of importance. Then focus on one job at the time.

- Make play/recreation/exercise an essential part of your schedule. Allow for guilt-free leisure time, which is needed to recharge your batteries.

- Keep a reminder schedule and a check list in a visible place.

- Give yourself deadlines and let others know about them.

- When you meet a deadline, reward yourself for a job well done. The reward should be appropriate to the task.

- Warn others you will not be available during certain times.

- Organize or modify your work area: Avoid noise and distractions, have a neat desk with all your materials in front of you, and ensure sufficient lighting and a good chair.

- Get as much information about the job as possible in order to get a better handle on it and feel less overwhelmed.

- Manage your stress. A number of techniques that have proven to be useful include: Deep breathing, tapes for progressive muscle relaxation, meditation, visualization, music, physical exercise.

- Read more on the issue of procrastination. Recommended books include: *Overcoming Procrastination* by Windy Dryden, *Do it Now!* By William Knaus, and *The Tomorrow Trap* by Karen Peterson.

The tips mentioned may be effective for many people, but it may also help to view procrastination as a symptom of underlying issues such as lack of confidence, irrational ideas, perfectionism, depression, or lack of commitment, rather than as a problem in itself.

Reasons for procrastinating are as varied as people are different. Therapy can be a good way to explore these deeper issues, or to find support in staying motivated and dealing with possible setbacks.

Even with more insight, however, a to-do list and a daily schedule will most likely be needed to change persisting procrastination tactics. There does not exist an all-or-nothing cure for changing an ingrained pattern.

Instead, change should be seen as a gradual process composed of many little steps. Even to the most committed, relapse is likely to happen at one point. But one can learn from these setbacks and try to stay on track, rather than feeling like a failure and falling back into former self-defeating patterns.

With positive thinking, productive action, concentration, and stamina, procrastination can definitely be overcome. But don't put it off and waste more time - start the process NOW!

LIES OUWERKERK, M.ED., MFT IS A LICENSED COUPLE AND FAMILY THERAPIST WITH A PRIVATE PRACTICE IN LENNOXVILLE. SHE ALSO WORKS AS A COUNSELLOR AND LECTURER AT BISHOP'S UNIVERSITY.



Technology & You

Exploring the information superhighway

Getting more out of your PC

By Peter Wilson
SOUTHAM NEWS

Microsoft Canada wants to be your partner. It wants to hold your hand while you venture into the new multimedia computing world.

The challenge, as Microsoft Canada sees it, is that the whopping 64 per cent of Canadians who have access to PCs (with 75 per cent of them online), haven't yet grasped just what they can do with their computers, especially with Windows XP.

So an exclusively Canuck initiative from Microsoft, Familywave.ca (www.familywave.ca), has taken to the Web with a mix of features on everything from how to set up a home office to how to create a tat-

too using Microsoft Word to why you should clean the back of your PC.

"Five years ago, you had to be tech savvy to get what you really wanted out of home computing," said Familywave.ca publisher and Microsoft Canada marketing manager, Sue Borden. "Now everyone can be a super-user because Windows XP has made it possible for things to be a lot simpler for all of us."

And what does Microsoft get out of all this? "We think that if we can do a better job of helping people utilize technology better at home then it will be a benefit to Microsoft over all," Borden said.

Of course, along with the articles (prepared over the last eight months by a 30-

35-member staff of both Microsoft employees and freelance writers) there will be a catalogue of Microsoft products on the site.

"If you want to look at Microsoft products, in terms of what consumer products are offered, they're there," said Borden.

"The purpose of the site is educational. It's about exploring possibilities.

"It's showing them what they can do with their PCs, helping them get more out of them. And that doesn't mean necessarily that they have go out and buy anything."

While the site itself certainly has the look and feel of a women's publication, it's meant for families, including Dad.

What you won't find there, however, is any techie jargon.

"We've tried to design the site and write articles in such a format that everybody can understand them," Borden said.

There are no plans at present to expand Familywave.ca outside Canada, but that could come later, as other countries get to Canada's level of high-speed Internet usage.

"We're very excited that this is something that's homegrown in Canada," Borden said. "It's something that Redmond [Microsoft headquarters in Washington state] sees as a great opportunity. We're opening up a dialogue with consumers we've never talked to in the past."

THE RECORD Sports

INSIDE
The Castors
are on a roll
after beating
Victoriaville and
Shawinigan
... see Page 14

JAMIE ZACHARY, CORRESPONDENTS' EDITOR

NEWSROOM@SHERBROOKERECORD.COM

MONDAY, DECEMBER 30, 2002 PAGE 13

Track and Field enthusiast receives Queen's Jubilee Medal

By Stephen McDougall
SPECIAL TO THE RECORD
MELBOURNE

A Townshipper who has dedicated 70 years of his life to the sport of track and field and to the young people who participate in it has been honoured with a Queen's Golden Jubilee Medal.

Ian Hume, now 88 and weakened by a series of strokes, was unable to attend a ceremony to receive the medal, so it was recently sent to his residence.

"He received it because of his service to the community and his work with hundreds of young people in athletics," said his wife Melita Fraser in a telephone interview Sunday. "He has so many awards for his work with local track and field teams at the schools, the universities and the clubs that I can only name a few."

Among his other awards, Hume became a member of the Order of Canada in 1981 and was inducted into the Canadian Amateur Sports Hall of Fame.

He has several awards as a veteran athlete from the International Amateur Athletics Federation and his picture and story grace the Canadian Track and Field Association's wall of honour in recognition of his 50 years of officiating at Canadian track and field events.

A graduate of Bishop's University, his picture also graces the B. U. sports wall of fame.

Every June, the University of Sherbrooke holds an Ian Hume track and field competition for local athletes.

In 1940, he was chosen to represent Canada at the Olympic Games in Helsinki, Finland in the high jump category. But the games were canceled that year when the Second World War broke out.

"By the time the games resumed in 1948, he was too old to compete," said Fraser.

Undeterred, Hume was involved in several Commonwealth games competitions, often as a coach for the Canadian teams. In 1966, he was the track and field coach for the Canadian team at the Commonwealth games in Jamaica. In 1970, he managed the Canadian team at the Commonwealth games in

Edinburgh, Scotland.

Hume is a native of West Bolton who became a high school teacher and guidance counselor at schools in Fitch Bay, Waterloo, Richmond and St-Lambert.

Fraser said her husband first got the track and field bug in 1929 when he won a medal at a meet at Stanstead College.

"His last track and field event was in 1999 at Stouffville, Ontario when he participated in a veteran throwers competition," she said. "He has several records as a veteran athlete that are still unbroken. But after Stouffville, he decided to hang up his track shoes."

The Jubilee medal was created this year in honour of Queen Elizabeth's 50 years on the throne of England. It has been issued to some 46,000 Canadians to honour

their achievements and their dedication to their communities as volunteers.

Some other notable Townshippers who have received the medal are:

- Cpl. Craig Passmore, a Canadian Armed Forces firefighter with the Air Force and former Lennoxville volunteer firefighter.

- Peter Treacy, founder and president of the Eastern Townships Disabled Skiers Foundation.

- Cederic Cormier, Ron Chaplin, Wes Nutbrown and Helen Vachon of the Army Navy and Airforce Veterans Association of Lennoxville.

- Dollena Warren-Giguere and Micheline Vachon, two members of the Canadian Cancer Society volunteers in the Eastern Townships.

Gaiters battle big Bisons

Staff

Christmas break ended early for the Bishop's Gaiters women's team as Rod Gilpin's squad returned to Lennoxville late last week to prepare for its opening game at the Concordia Invitational tournament.

Unfortunately, the Manitoba Bisons broke open a close game in the second half and cruised to a 76-61 win over the Bishop's Gaiters women's basketball team on Sunday.

The two teams were tied 43-43 with 15 minutes to play, but the Gaiters suffered an offensive breakdown, allowing the Bisons to advance in the tournament. Amelie Rousseau led the Gaiters with 19 points, while Jessica Khoury added 11 points and eight rebounds. The Gaiters play Wilfrid Laurier at 2 p.m. today in the consolation round.

The Gaiters will wrap up their exhibition schedule on Tuesday.

"Manitoba is ranked nationally and plays in the toughest conference in the CIS," Gilpin said. "This tournament will measure where we are coming out of the Christmas break."

Bishop's was without the services of team captain Catherine Charbonneau who will miss the tournament due to a death in her family.

"It is tough to play without Catherine because she not only does some things on the court for us but she also provides great leadership," Gilpin said prior to Friday's practice.

Gilpin will have point guard Christine Murphy back in the line-up after a two-month rehab stint. Murphy dislocated her shoulder in the Lady Gaiter Invitational Classic back on Oct. 21.

"The return of Christine is a big boost," Gilpin said. "She was playing the best basketball of her career when she got hurt and we are a much better team with her."

TIBS to crown champs today



PERRY BEATON/SPECIAL

Three champions will be crowned today at Sherbrooke's International Bantam Hockey Tournament (TIBS). The tournament features 56 teams divided into three divisions including AAA, BB and CC. The AAA final is scheduled for 6:30 p.m. at Eugene Lalonde Arena. Slovakia Nitra (pictured, in white) is the only European team in the AAA division. For results, visit www.tibs.qc.ca.

Castors learning to win as a team



PERRY BEATON/SPECIAL

Winger Jean-François Plourde scored the winning goal in the Castor's 5-4 win over the visiting Victoriaville Tigres. The Castors also edged Chicoutimi 2-1 over the weekend.

By Mike Hickey
SPECIAL TO THE RECORD
SHERBROOKE

When Normand Gosselin traded for Jean-François Plourde earlier in the season, it signaled that the normally conservative Castors were serious about a playoff run in the 2002-03 season.

At the time, Plourde was the league's leading goal scorer but he was also a 20-year-old that many considered to be a defensive liability.

But the offensively-challenged Sherbrooke club needed scoring power and Plourde has certainly provided that since joining the club in October.

He scored four goals this weekend as the Sherbrooke Castors returned to action from the Christmas break with a pair of victories in the Quebec Major Junior Hockey League.

The wins improved the Castors' season record to 19-14-5-3, good for third place overall in the Lebel Conference.

Alexandre Picard's unassisted overtime goal powered the Castors to a 6-5 win over the Victoriaville Tigres Friday night to the delight of more than 2,500 fans at the Palais des Sports. It was a come-from-behind win for the Castors as they battled back from 2-0 and 3-1 deficits in the opening period.

The Tigres took a 4-3 lead after 20 minutes of play. Sherbrooke got a pair of first period goals from Sébastien Courcelles and one from Plourde.

Plourde tied the game 4-4 in the second period with a power play tally but Benoit Fournier replied for the visitors to give the Tigres a 5-4 lead after two periods.

Plourde then came to the rescue with his third goal of the game and league-leading 32nd of the season that tied the game in the third period.

The crowd played a big part in the Sherbrooke win according to veteran goaltender Drew MacIntyre.

"The noise was so loud that you couldn't hear yourself think," MacIntyre said. "It was a great atmosphere

to play in, and they really gave us a big boost."

The following night, the result was the same although the Castors did not play nearly as well. Sherbrooke jumped out to a 2-0 first period lead against the struggling Shawinigan Cataractes, and then held on for a 2-1 road win. Nicolas Corbeil and Plourde provided the offence with first-period goals and MacIntyre picked up his second win in as many nights with a stellar 25-save performance.

"I don't know what the problem is but we don't play as well as we should against the bad teams, we always play to our opponent's level," MacIntyre said after the Shawinigan game. "We played well against the first-place team (Victoriaville) and then struggled against Shawinigan."

"The bottom line is that we still have to learn how to win as a team."

The Castors are back in action tonight when they travel to Drummondville to play the last-place Voltigeurs.

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From the Pens of E.T. Writers

The Newborn's Score

During the birth
of a future Egyptian pharaoh
among mid-wives, attendants,
and palatial comforts...
will also be born another child
to the solitary wife of a shepherd of the
desert;
amid camels and dunes of sand,
in child-birth, she hurts:
One child
will live well in a fertile land
of bounteous crops
and affluence...
The other child's home
will be a landscape of barren soil
and endless struggles
for its defense.

What hope do all newborns have to finish well a lifetime,
When each child must begin on a different starting line?
What has evolution done to even the newborn's score?
What has man learned from the waging of war after war?

Man - must you truly carry with you century after century,
The grudges and feuds that your ancestors vented in fury?
Will you not teach your children the power of peace for all,
And how the honest heart can put to rest every man's gall?

Do you not see the vain selfishness of your warrior ways,
While in the shadow of death an innocent newborn plays?
Must a newborn child be the object in a game of roulette...
One with royal rights, while the next pays a lifetime debt?

Each newborn needs to be member of a world of decency -
Not deprived by poverty nor spoiled by a type of regency
Maybe if man dropped firearms before dropping his pants -
The innocent newborn of the world would have a chance!

G. Lawrence Brown

Easy But Hard

To love God with
All of my heart and
All of my soul and mind
And to also love

My neighbour as myself
Is more than all
Whole burnt offerings
Said a man to Jesus

And when Jesus saw that
The man spoke discreetly
He said, 'not far from
The Kingdom are ye

For how many hours
Or minutes of each
Day or week do we
Even spend contemplating He

For the two greatest
Commandments seem so easy
While our hearts are
High on believing

Yet as years go by
Does our love for He
Take a backseat
To absorption in machines

And the concerns of man
And all the varied things

That all say 'pay attention to me'

For I must admit
That times I've
Been lost to He
Are times that I've

Felt most plagued
And incomplete
For a jealous God is He
Who'll take as much

Love as we're willing
To in turn receive
For much as a wife is He
Who feeling no love from we

Suspects and always sees
In what manner of mischief we've been
And so does close the door
On the sweetness of the love

That we at times knew before
For when we watch the
Nightly news we surely think
That God has so very much to do

Which may be true
But part of Him
Is still waiting for those
Precious times again with me and you

By Steve Lamb

In Memoriams

GILLANDER, Clarence - In loving memory of my husband, Clarence, who passed away December 30, 1978.

Quietly remembered with thoughts sincere,

As time unfolds another year

Remembered always by

EDNA (wife)

STURGEON, Evelyn - In loving memory of our dearest Mother who passed away December 30, 1993.

Time passes, but memories stay

Mother, you are remembered every day.

Sadly missed, forever loved by her children

LENA, LARRY, LAURA,
LENNY and LINDA

Notice

Come to the Lennoxville Rifle Club New Year's Eve party, Tuesday, December 31st. Pot-luck supper at 6:30 p.m. followed by dancing.

Half Good and Half Bad

How often have you heard someone say she's half good-half bad and it made you fighting mad or when you meet someone walking down the street when they ask how are you? your answer turns out to be today I'm half good and half bad.

The phone rings when you're downright busy or someone should knock on your door the questions rolls over in your mind "what to heck is this call for? or when you wake in the morning with snow on the ground you quickly hurry back to bed and sleep in very sound.

The date you had the night before left you with a body sore it hurts it seems like never before this morning you stretch muscle bound it seems like every muscle aches and when the dawn finally breaks you stretch and say well lordy, lordy guess this body feels like it's over forty.

Well - well what a night before you bathe and dress and head out the door once more heading down the street feeling once again half good-half bad then you meet someone you like and life begins for you once more.

Eloise Irwin-Hodge

Deaths

COOK, William - Passed away accidentally at his home on Friday, December 27th, 2002 in his 85th year. William F. Cook, beloved husband of Lillian Berwick and dear father of Wayne (Margaret Murdoch), Bruce (Marsha Andrews), the late Dorothy and the late Patricia (The late Galen Morrison), cherished grandfather of Wendy, Brent, Grant and Mark, great-grandfather of Karlie, Kevin, Marissa, Andrew and Matthew, brother of Lilly Swallow and Ivy McGuire, predeceased by Austin, James and Rose. Bill also leaves to mourn many other relatives and friends. Resting at the Cass Funeral Home, 554 Main St., Bury, Que., where family and friends may visit on Monday, December 30th, 2002 from 1:00 - 1:45 p.m., followed by the funeral service at St. Paul's Church at 2 p.m. Rev. Sister Mary Florence Lieu assisted by Rev. Blair Ross. Spring interment in the Bury Protestant Cemetery. As memorial tributes, donations to the St. Paul's rest home would be greatly appreciated by the family.

FULLER, George 1921-2002 - At his home in West Brome, Que., on Saturday, December 28th, 2002 in his 82nd year, George Fuller. Beloved son of the late Sylvanus G. and Mary Cady Fuller. He leaves to mourn his sister, Elizabeth Fuller, his two nieces; Mary Cook and Pricilla Potvin, three great-nieces; Roxanne Dymond (Kevin), Sarah and Cynthia, his cousin, Arlene Cottingham, he was also predeceased by his brother, Sylvanus (Edith) and his nephew, Cecil Fuller, as well as many other relatives and friends. Family and friends will be welcomed at the Desourdy Wilson Funeral Home, 104 Buzzell St., Cowansville, Que., J2K 2N5, tel.: (450) 263-1212, fax: (450) 263-9557, e-mail: dwilson@endirect.qc.ca, Dignity Memorial on Thursday, January 2nd, 2003 from 1 - 2 p.m. Funeral services from the chapel in Cowansville at 2 p.m., followed by interment at Scottmore Cemetery in West Brome. Donations to any charity of your choice would be appreciated by the family.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)

Discounts: 2 insertions - 15% off, 3 insertions - 30% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$23.01 taxes included) **DEADLINE:** 3 days before publication.

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\$19.50 (\$22.43 taxes included) **WITH PHOTO:** \$29.50 (\$33.94 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. 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) 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.

12-30-02			
North			
♠ Q J			
♥ 8 7 5 3			
♦ J 10 2			
♣ K Q 6 4			
West			
♠ A 10 8 4			
♥ K 4			
♦ K 6			
♣ A J 8 7 2			
East			
♠ 5			
♥ J 10 9			
♦ Q 9 8 7 4 3			
♣ 10 9 5			
South			
♠ K 9 7 6 3 2			
♥ A Q 6 2			
♦ A 5			
♣ 3			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1 ♠	1 NT	Dbl.	2 ♦
2 ♥	Pass	3 ♥	Pass
4 ♥	Pass	Pass	Pass
Opening lead: ??			

Monday, Dec. 30, 2002

Two opening leads from the netherworld

By Phillip Alder

To finish this year, I am going to show you two of the most unsuccessful opening leads, not just of 2002, but of all time. First, though, look at the declarer's diamond suit. In the dummy is J-10-2, and South holds A-5. Playing in four hearts, how did the declarer score three — yes, three — diamond tricks? (There were no penalty cards or revokes.)

The deal arose during the New Zealand National Congress last July.

What should West lead against the pushy four hearts? There is a case for the spade ace, hoping partner is short. The club ace is possible; perhaps seeing the dummy would help. The diamond king, high from a doubleton in partner's suit, is conceivable — and successful. But West chose the imaginative diamond six!

After declarer covered with dummy's jack, East played low, thinking South had the doubleton ace-king.

Best now is a heart to the ace and another heart (not that that makes the contract). However, South led a trump to his queen. West won with the king, cashed the spade ace, and gave his partner a spade ruff.

East "knew" his partner had led a singleton diamond. And after giving West his ruff, East wanted a second ruff. So, as a suit-preference signal for spades, East led the highest diamond he could find — the queen! Declarer's ace collected West's king, the heart ace drew trumps, a spade ruff got South into the dummy, and the club three disappeared on the diamond 10 — contract made!

What was the flaw in East's analysis? If West had led a singleton, he had overcalled one no-trump with 10 black-suit cards.

Insist that he put you first and show some backbone

Dear Annie: While on our honeymoon, my new husband, "Fred," insisted that we give his parents a key to our house so they could take care of our dog. I pleaded with Fred not to do this because I knew his parents would not respect our privacy. Fred insisted, however, and I backed down.

Our honeymoon was a disaster. Every day we called his parents to check in, and they were never in their own home. They were always at our house, no matter what time of day. When we returned, we discovered they had gone through our drawers and closets, and rearranged my clothing. They also threw away several personal items, including things from my deceased mother and other belongings that could never be replaced. I felt as if I'd been robbed.

To prevent an exchange of nasty words, I wrote a letter to my in-laws, saying although they undoubtedly thought they were doing us a favor, they violated our privacy and I hoped nothing like that would happen again. My mother-in-law fired back an insulting letter saying that she did nothing wrong. When she asked Fred about my letter, he lied and said he had no idea I had written it.

Now his entire family hates me, and I do not feel welcome around them. Two of my former sisters-in-law divorced their husbands because of my mother-

Annie's Mailbox

in-law's intrusiveness, but she won't accept the blame for any of their marital difficulties. Her sons say, "Let her do whatever she pleases." Are they right? — Greenville, Ohio

Dear Ohio: No. They are simply taking the easy road and avoiding a fight. The truth is, your mother-in-law's meddling will not break up your marriage, but your husband's lack of emotional support will. Insist that he put you first and show some backbone. And change your locks.

Dear Annie: This January, I will graduate summa cum laude, in the top five of my undergraduate class. Also, I am a member of three national and international honor societies. Six months ago, I began mailing resumes, eagerly awaiting the calls for interviews. So far, I have received nothing. In fact, three of my resumes have been mailed back to me. I could understand this lack of response if I were an inexperienced 21-year-old student. However, I am in my 30s and have spent most of the last 12 years raising my children.

I have had several family members review my resume, and they have assured me it sounds great. What is going on? — Jobless Scholar in Maine

Dear Scholar: There could be any number of things "going on." The econ-

omy is slumping, and few companies are hiring; your area of study may not be what businesses are looking for; you may be overqualified or underqualified for available positions; companies may prefer to hire a younger person.

Many college graduates are having difficulty finding jobs. Do some research, and tailor your resume to the needs of individual companies. Contact an employment agency. Look for employment in related fields. Meanwhile, take any kind of job to keep you in the work force. Sweeping floors is better than sitting on your behind.

Dear Annie: I work for a small business. One night, I stayed late with the attractive plant manager, and well, things happened. (He is married.) Now he has a hard time looking me in the eyes. I feel a little guilty, but I don't want this one night to ruin our friendly relationship. What can I do? — Still Attracted in Toronto

Dear Toronto: Get your head out of the clouds. This man is not available. If you don't want to quit, make sure you keep things strictly professional. Period.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to anniesmailbox@attbi.com, or write to: Annie's Mailbox, P.O. Box 118190, Chicago, IL 60611.

Meat preservative poses a risk

ON NUTRITION

By ED BLONZ, Ph.D.

Dear Dr. Blonz: I have a two-part question about nitrites and nitrates in food. First, I would like some information about what they do. Next, are you aware of any foods containing a nitrite that converts to nitric oxide, which might be useful to help reduce erectile dysfunction? — J.B., Chicago, Ill.

Dear J.B.: Nitrites and nitrates are primarily used as preservatives in cured and smoked meat products. Their main job is to help reduce the risk of botulism, an often-fatal form of food poisoning. The nitrites themselves, ironically, also represent a risk. This occurs when the nitrite reacts with the amine group found on the amino acids that make up protein; the reaction can result in the formation of a cancer-causing chemical known as nitrosamine. Obviously these are not ideal preservatives, but with the exception of freezing or high-temperature cooking, there's no other (relatively) safe way to protect against botulism in low-acid foods such as meat.

It helps to consider that the nitrites from cured and smoked meats represent only a small portion of our dietary intake. Nitrites and nitrates (which the body can convert to nitrites) are naturally present in several vegetables, including turnip greens, beets, celery, rhubarb, spinach, radish, parsley and lettuce. Nitrites are also found in beer and cheese.

Nitrosamines can form in the stomach if you eat a nitrate-rich vegetable and a protein-rich food in the same meal. This scenario is unlikely, however, because other nutrients such as vitamin C or vitamin E are often also present to help limit nitrosamine formation.

In contrast, cured and smoked meat products such as bacon or sausage represent a more ideal environment for nitrosamine formation. All the right ingredients are present at the same time; combined with high-temperature cooking, the nitrosamines can form before you take your first bite.

In weighing the relative risk from botulism against the presence of nitrosamine-causing agents, scientists decided that the use of nitrite and nitrate preservatives is acceptable in cured and smoked meats. But because risk is involved, such preservatives are not permitted in baby foods.

Although most cured and smoked meats contain sodium or potassium nitrite, you can find nitrite-free meat products either as locally produced, short-shelf-life products, or in your market's freezer case where the low temperature can effectively inhibit bacterial growth.

It is prudent to limit your intake of cured and smoked meats that contain nitrites. If you enjoy these foods, see if a nitrite-free brand is available. Another option is to look for a product that contains sodium ascorbate (a salt form of vitamin C),

sodium erythorbate or vitamin E; these antioxidants can help limit nitrosamine formation.

On to your second question. Nitric oxide works in the body as a signal to make blood vessels relax and widen. It is an integral process in many physiological functions. Nitroglycerin, one of the medications taken to relieve the intense chest pain known as angina pectoris, works via nitric oxide to relax the muscles that surround the cardiac blood vessels. Some medications taken for erectile dysfunction use a nitric oxide mechanism as well. The issue, however, is having the nitric oxide produced when and where you need it. Nitrites, as explained above, are used in foods to prevent the development of the bacteria responsible for botulism. There is no evidence or reason to believe that having more nitrite in your diet could have any positive effects on erectile dysfunction.

Dear Dr. Blonz: Some of the carbohydrates in beans and other legumes can be removed if the beans are placed in water, brought to a boil and then left to sit in the hot water (with the heat turned off) for perhaps half an hour. The water is then discarded. This is a favorite technique of Narsai David, an East Bay (San Francisco) gourmet maven and "foodie." — L.S., Alamo, Calif.

Dear L.S.: Thanks for passing this on. Narsai David is a personal friend and an amazing resource for all things edible.

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: K equals E

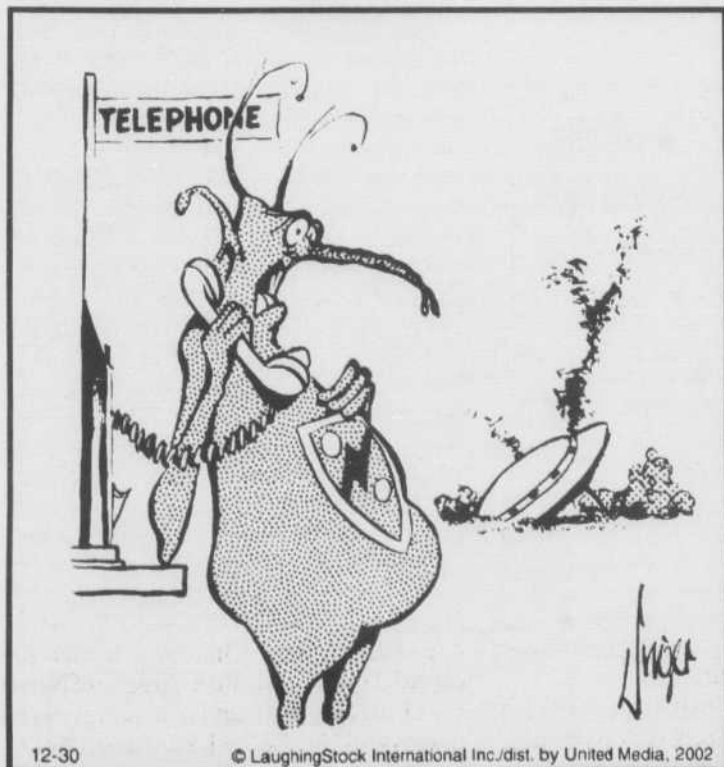
"YNNZSBRR XJA'Z B ONAZBOZ
JVNWZ, XZ'J B ONRRXJXNA
JVNWZ, EBAOXAU XJ B ONAZBOZ
JVNWZ." - HXAOK RNLSBWEX

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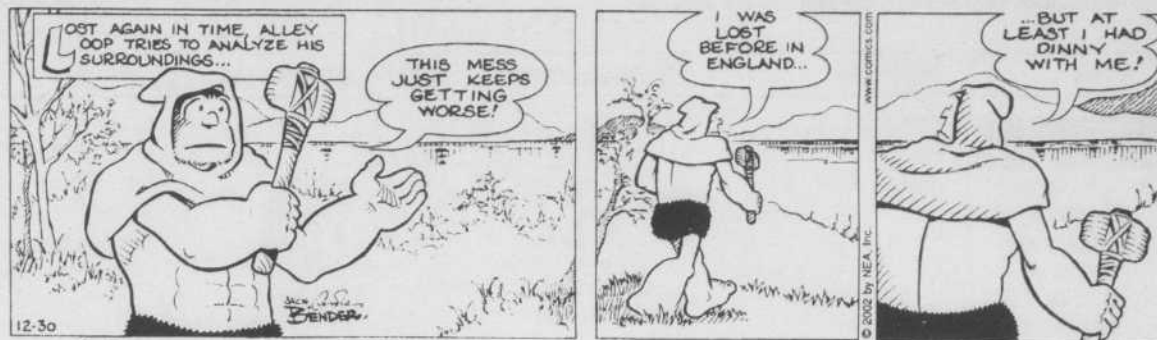


HERMAN



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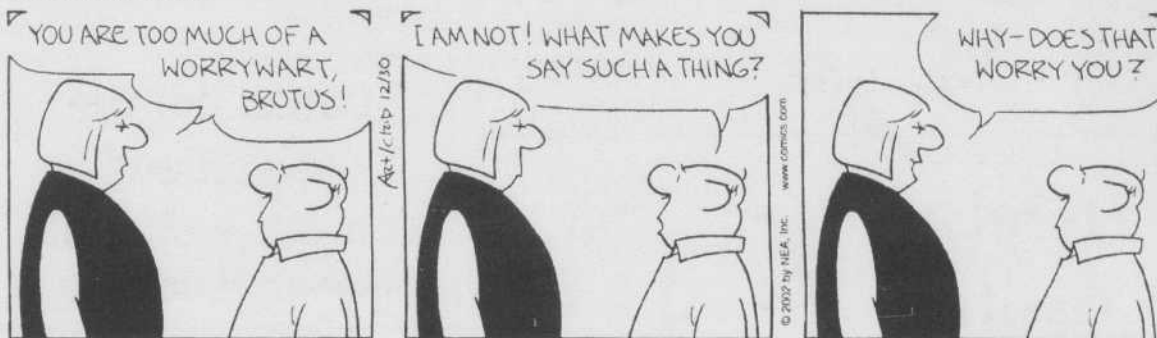
ALLEY OOP



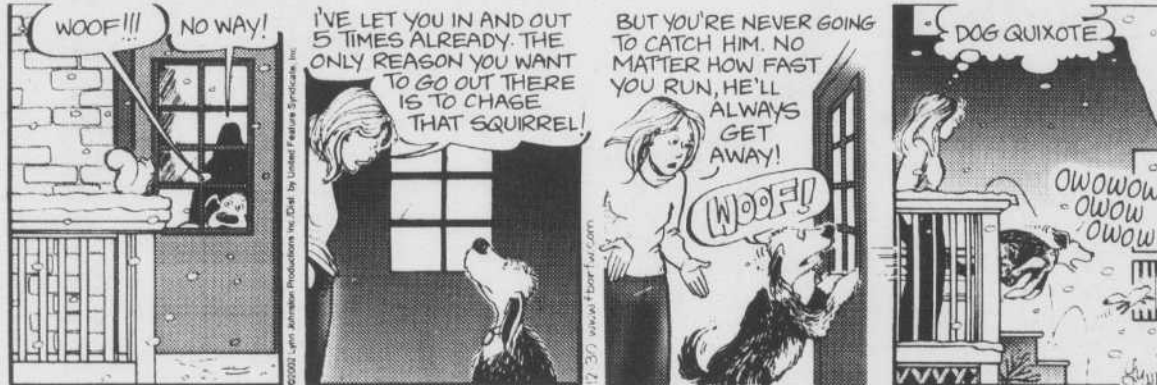
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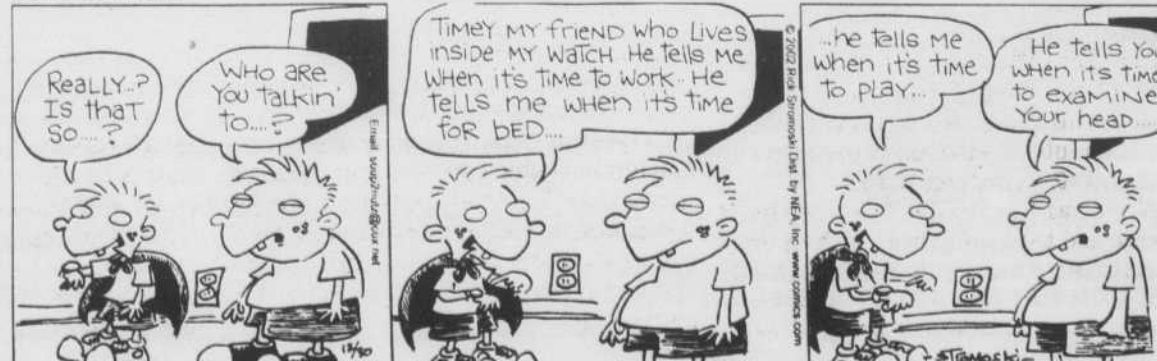
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Your Birthday

Monday, Dec. 30, 2002

In the year ahead you may choose to departmentalize various segments of your life, separating and selecting with whom you do what. You will categorize different sets of special jobs and people according to their importance.

CAPRICORN (Dec. 22-Jan. 19) — You may think the most important thing for you today is to achieve the approval from your associates of your ideas and concepts, but you'll be wrong. The only sanction you need is your own.

AQUARIUS (Jan. 20-Feb. 19) — The kindness you display today toward someone in need of help is commendable. It will be repaid 10 times over at a later date, although it may come from a totally different person.

PISCES (Feb. 20-March 20) — What makes you such an outstanding leader today is not only that you are very competent, but that you'll display respect for those in your charge. In return, they'll want to perform up to your stan-

Meal. (57 in all) Joyce Blakeslee was presented with a Life Pin by Pres. Thelma Rhicard. Barbara Gage took care of the gift exchange. A short meeting followed:

dards.

ARIES (March 21-April 19) — Should you feel restricted today and not be able to act like the blithe spirit you want to be, remember that tomorrow is another day. Do what you have to do and get it over with.

TAURUS (April 20-May 20) — If you get an opportunity to socialize a bit today, select close pals with whom you share common, compassionate concerns. People who are indifferent might make you feel uneasy.

GEMINI (May 21-June 20) — Carry out your objectives today in quiet, unobtrusive ways and your chances for success will be enhanced. If you appear too eager or aggressive, you could be tripped up.

CANCER (June 21-July 22) — Don't allow yourself to be pressured today into giving a report or making a decision before you're ready. If you believe you need time to dwell on things a bit longer, do so.

LEO (July 23-Aug. 22) — Business conditions may be a bit more pleasant

Jeane Corey who looked after the reservations at the Spa gave a devotional of a touching story: a little African boy brought a gift for his teacher of a beauti-

today than usual. People in general are in a more compassionate mood and will readily put themselves out for others.

VIRGO (Aug. 23-Sept. 22) — When dealing with others today, kindness and gentleness are more apt to forge stronger links than aggressive, pushy behavior. Keep this in mind if you want something from another.

LIBRA (Sept. 23-Oct. 23) — This could be a typical Monday with co-workers getting off to a slow start. Be patient with them and yourself if you experience limited drive and enthusiasm while on the job today.

SCORPIO (Oct. 24-Nov. 22) — Persons who already love you will be even more enamored today because of the obvious concern and consideration for their well-being and security that you so openly display.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't allow infringing developments to demand your attention today if your real priorities are centered on domestic matters. Place your emphasis where it needs to be.

ful sea shell, she recognized it as coming from a distant shore. Finding out that he had walked to and fro to 'get and give' she told him that she didn't want to accept it. "But" he exclaimed, the walk was part of my gift." Jean Cogswell had attended Advent Event in Montreal and gave us a splendid report.

Dec. 21st, the calendar winter has arrived and so did a White-throated Sparrow at our feeder. I'm hoping for a reprieve as I don't have all my fall seeds planted! Winter came awhile ago and unexpectedly stayed.

Craig and Ann Boomhower entertained parents, Bijoux and Ella Gendreau, Neil and I and his aunt and uncle, Lois and Stan Webster of Georgia Centre, Vt. It was a full Christmas Dinner (a special treat for mothers who put on the meal on the 25th). Once again, their tree stands two stories high about 10 feet wide...just gorgeous, the focal point being an ultra sound of their expected grandchild next April.

The Quebec Farmer's Assoc. met for their Annual Dinner Meeting at Henry Garrick's Sugar House. Clayton and Mary Harvey attended, an auction followed the meal with Peter Riordon doing the honours...folks were very generous in their bids, returns went to the Assoc.

CROSSWORD

ACROSS

- 1 Sao __, Brazil
- 6 Kinnear of "As Good as It Gets"
- 10 Charles Lamb's pen name
- 14 Off-the-cuff comment
- 15 Scintilla
- 16 Inmates
- 17 Strand
- 20 Traveler's stop
- 21 "Kidnapped" author's initials
- 22 Lilly or Wallach
- 23 Be penitent
- 24 Lon __ of Cambodia
- 25 Indoor footwear
- 27 Caution
- 31 Today's OSS
- 32 In __ of

- 33 Long and Peebles
- 35 Hang in loose folds
- 39 Classic sitcom
- 42 "The Age of Anxiety" poet
- 43 & others
- 44 Physical starter?
- 45 Grow older
- 47 Rubbed-out spots
- 49 One who comes back
- 53 __ not my job!
- 54 Cool down
- 55 Military asst.
- 56 Tempe sch.
- 57 Two pool lengths
- 60 Ruth Etting biopic
- 64 Nobelist Wiesel
- 65 Hand-cream additive

- 25 Smash
- 26 City near Paterson, NJ
- 27 Ms. Nazimova
- 28 Prie __
- 29 Honey drink
- 30 Web location
- 34 Emulate eagles
- 36 Asseverate
- 37 Ballplayer Rose
- 38 Historic times
- 40 Persistence of memory
- 41 M. Pascal
- 46 Make lovable

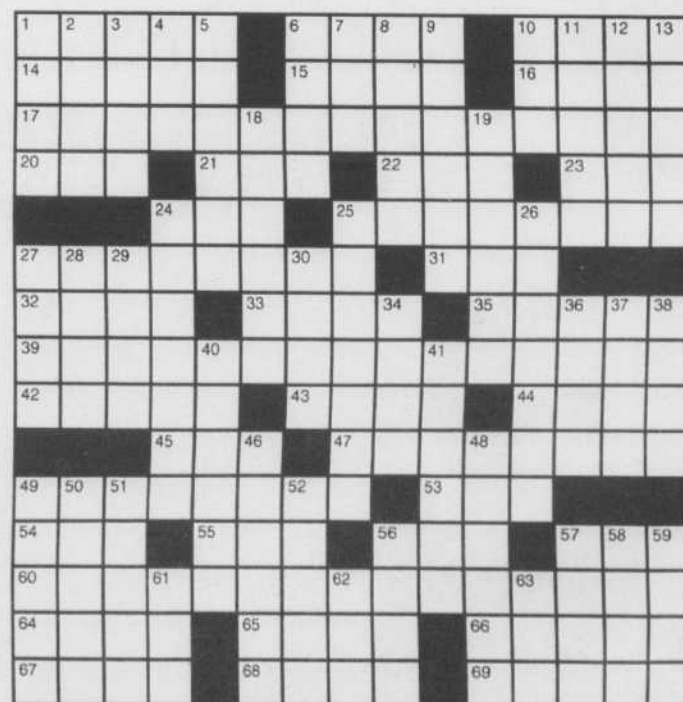
- 48 Artist of the dollar bill
- 49 Miffed
- 50 Parisian school
- 51 Author of "The Man Who Fell to Earth"
- 52 Pathogenic bacteria
- 56 Pub pours
- 57 Writer Primo
- 58 Prayer windup
- 59 Bouncy
- 61 Comic squeal
- 62 CD add-on?
- 63 By way of

Saturday's Puzzle Solved

H	E	S	I	T	A	T	E	D		C	L	O	N	E
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N	E	S	T	S				P	A	T	R	O	N	E

DOWN

- 1 Buddhist language
- 2 Port of Yemen
- 3 __-Ude, Russia
- 4 Actress Tyler
- 5 Titania's man
- 6 Cotton devices
- 7 Bilge water
- 8 Lucy's landlady
- 9 Scottish tongue
- 10 French coin
- 11 "Casablanca" co-star
- 12 Bring upon oneself
- 13 "Angela's __"
- 18 Champaign-Urbana players
- 19 Fatty compound
- 24 New: Fr.

By D.J. DeChristopher
Staten Island, NY

12/30/02

Premarital AIDS testing?

By Peter H. Gott, M.D.

DEAR DR. GOTT: In a recent column, you bemoaned the fact that HIV/AIDS blood tests are not required for marriage licenses. I'm an HIV/AIDS educator and offer the following rationale.

HIV blood tests will only tell if an individual is free of disease (negative) at the time the blood was drawn. It will not tell if the testing was performed too soon after exposure, before sero-conversion could take place. Such a test can be counted on only if the person has had total abstinence for six months or more and has had no intimate contact with body fluids.

DEAR READER: I have believed (and still believe) that AIDS testing should be part and parcel of premarital blood testing. While I am aware of the factors and time intervals that affect these blood tests, I think that they should be performed anyway. The only blood test required in most states is that for syphilis, a serious health problem,

but one that is relatively rare and easy to treat. In contrast, HIV/AIDS is far more common, unarguably more serious and essentially incurable.

So, I don't give a hoot about the timing of the blood test — after all, a person could get syphilis, too, after a negative blood analysis. All of your objections are purely political correctness. What we need to know — actually, not even “we,” rather, the

applicant — is does this man or woman have a serious sexually transmitted disease? No medical testing is infallible. But, it seems to me, HIV testing (along with syphilis) should be the minimal requirement for a marriage license, if for no other reason that the identification of HIV carriers would en-

able them to receive treatment and — perhaps — avoid infecting their partners.

I would also like to add a personal observation. In my practice, I am seeing more and more young couples who wish to be intimate but fear the consequences. They request HIV testing, as well as other examinations, to make sure that they are entering a relation in tip-top shape. I encourage this. Ninety-nine percent of the blood tests are normal. Isn't this justification

for insisting on premarital testing for AIDS in certain situations? There is no harm or danger, but state officials, who are often stodgy and conservative, seem to be uninterested in this serious problem.

To give you related information, I am sending you a copy of my Health Report “Blood Donations/Disor-

ders.” Other readers who would like a copy should send a self-addressed, stamped envelope and \$2 to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: Please provide information about injections of dexamethasone. My doctor gave me this for a pinched nerve in my back.

DEAR READER: Dexamethasone is a steroid, a high-powered cortisone. It reduces inflammation and swelling and is often injected to alleviate certain types of backache caused by inflamed, swollen and pinched spinal nerves.

The steroid is a useful drug, although it shares the side effects of cortisone — such as brittle bones, diabetes, cataracts and so forth — if used repeatedly and for long periods. Therefore, short-term therapy, such as limited injections, is more appropriate than continued use.

Your doctor appears to be following a reasonable and customary approach to your back problem.



PETER H. GOTT, M.D.

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