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FRIDAY, AUGUST 20, 2010

Grandmother was stabbed to death

By Corrinna Pole

Wednesday's An autopsy has revealed that Réjeanne Pelletier-Charette died from multiple injuries from 'an edged weapon' according to Sûreté du Québec Sergeant Guy Lapointe.

Thursday, the 16-year-old who faces multiple charges including kidnapping and forcible confinement of the 82-year-old Rock Forrest widow appeared briefly in Sherbrooke Youth Court to set the date for his next appearance.

The teenage pled not guilty Monday and is scheduled to return to court on August 23.

Although it appears the woman died a violent death, Lapointe said no other details of the autopsy would be revealed and there have been no new charges laid against the youth although that could change as evidence is analysed.

The Crown advised the court Tuesday it may seek to have the youth sentenced as an adult if he is found guilty of the four charges against him, which include theft and possession of stolen property.

Lapointe would not say if the weapon has been located but he informed The Record the investigation continues.

The teenager is still being held under tight security at the Val-du-Lac youth centre.

Fire destroys Cookshire barn



COREY BELLAM

An intense blaze destroyed a barn at the intersection of Rte 212 and Lower Rd in Cookshire Thursday afternoon, despite the best efforts of local firefighters. "That's old wood and it was full of hay," commented Cookshire-Eaton Fire Chief Mike Herring, who added that the investigation into the causes of the blaze will likely begin today. The barn was the property of Jean Gosselin.

Sherbrooke airport getting new pavement, possibly management,

Page 3

MANOIR
STFRANCIS

Independence AND security IN
AN ANGLOPHONE COMMUNITY

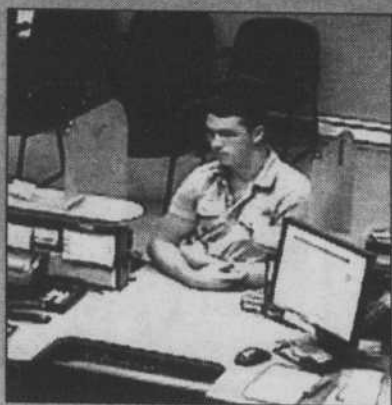
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Fraud artist sought



Sherbrooke Police are looking for a suspect in a fraud incident that took place last month. The suspect, a white male around 25-years-old, entered the Caisse Populaire Desjardins at 2370 Galt st. west on July 29 around noon. Using fraudulent ID cards, he made two withdrawals from a Desjardins customer's account and then left the scene in the passenger side of a grey van that had been parked on rue Gauvin. Police are looking for both the suspect and his accomplice(s) in the van. The suspect was wearing a white, short-sleeved shirt, jeans and dark shoes.

Anyone with information on this crime is asked to contact the Sherbrooke Police by calling (819) 821-5555 or (819) 821-5544 or by fax at (819) 822-6088 or (819) 821-5662.

Weather



TODAY:
VARIABLE
CLOUDINESS
HIGH OF 22
LOW OF 13



SATURDAY:
MAINLY
SUNNY
HIGH OF 24
LOW OF 11



SUNDAY:
CLOUDY W/
SHOWERS
HIGH OF 24
LOW OF 13



MONDAY:
CLOUDY W/
SHOWERS
HIGH OF 24
LOW OF 15



TUESDAY:
CLOUDY
PERIODS
HIGH OF 25
LOW OF 14

QCGN launches plan for seniors

By Corrinna Pole
SHERBROOKE

The face of the modern family has changed greatly so it should be no surprise that seniors have also changed and so have the issues they now face. As today's seniors venture out in uncharted territory, the Quebec Community Groups Network (QCGN) has outlined a trail to help English-speaking seniors in the province enjoy a "healthier and brighter future".

Through the collaborative efforts of the QCGN, community leaders and seniors throughout the province who formed a Seniors' Working Committee, the recently released "Blazing a Trail for Active and Healthy Aging - An Action Plan for Quebec's English-speaking Seniors", identifies three key priorities and makes nine recommendations for today's seniors to enjoy a better quality of life.

While many of the identified challenges, such as inadequate living conditions and a lack of access to health care, social services and community information and resources in English, are perhaps in the social consciousness, QCGN Director General Sylvia Martin-Laforge points out today's elderly population faces many new issues.

"There's an evolution around conceptually what we think about seniors and what their challenges are. The new senior is active but might need a job or worry about ageism in the workplace, they might not be as bilingual as the younger generation and wonder how to fix that," she explained. "There's a whole other think we need to give seniors now."

Many of the issues also transcend both language groups, but there are still unique challenges faced by English speaking seniors who are a growing majority in a minority group.

"There's different buckets of issues, some cross linguistic lines and some don't. In the English demographic there's a higher risk of isolation because the kids have moved away, there's also a limited access to English institutions because they have been replaced with French ones," said Martin-Laforge. "It's not just an issue of the lack of bilingualism for seniors either, in some homes there is a shortage of bilingual staff."

The Plan also offers a brief analysis of key federal and provincial priorities and calls upon the provincial government to provide more effective support to seniors and those around them so they can live at home as long as possible.

The non-profit organization also prompts the government to provide resources and coordinate existing services

to ensure seniors enjoy a better quality of life in nursing homes and institutional housing.

The QCGN noted several gaps between services that were offered and those that were needed but one "major organizational gap" stood out between the English-speaking Official Language Minority Communities in Quebec and their French counterparts throughout the country.

While the Fédération des aînées et aînés francophones du Canada was created to address needs, challenges and advocate for French-speaking seniors outside Quebec, Martin-Laforge points out there are no such networks for English-speaking seniors within the province.

CONT'D ON PAGE 5

The antithesis of pushy performers



STYLE FILES WITH TUESDAY'S CHILD

In sync with August's Perseid shooting stars, folkster Ian Kelly's star is on the rise. With three trips to Europe since spring of 2010, including performing in

France and Belgium, Kelly's sound is making its way around the planet he so loves and respects. A family man with an earth-friendly conscience, Ian Kelly's relaxed demeanour on-stage treats show-goers to a show that has a casual ring to it, close comfort, intimate, heartfelt perfor-

mances. Townshippers are in for a treat as Kelly makes his way back to our neck of the woods, with a show this Sunday at Le Vieux Clocher de Magog.

The antithesis of pushy performers, Kelly easily engages and communicates directly with his audience, with fans singing along with tracks like "Wiser Man" and "Complicated." Kelly exudes a refreshing realness - and speaks openly about the reflecting on how decisions we make impact the world around us, including contemplating a longer stay in Europe in the future, to avoid the unnecessary fuel burned by return trips.

Kelly's latest release, "Speak Your Mind" has done some impressive chart-climbing of late, nestling in on top request lists. Kelly's highly listenable, somehow familiar sound grows increasingly unmistakable with each spin.

With accompanying artists Jon Day on back-up vocals and keyboards and Mark Nelson on drums, Kelly is well supported by these gifted, generous artists. With any luck, Sunday evening's Vieux Clocher show will see Day performing a few tracks from his own album, entitled Exhibit B.

For more information about Sunday evening's show, contact Le Vieux Clocher de Magog at 819-847-0470 or at www.vieuxclocher.com.

To learn more about Ian Kelly, visit www.iankellymusic.com, for Jon Day visit www.jonday.ca.

lotoquebec.com/video


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Draw results: 2010-08-18

649

03 07 12
25 28 37

16

Bonus

WINNERS

PRIZES

6/6	1	\$6,690,186.60
5/6+B	5	\$44,437.50
5/6	189	\$971.10
4/6	8,841	\$39.30
3/6	141,536	\$10.00
2/6+B	87,227	\$5.00

Total sales: \$12,160,912

Next grand prize (approx.): \$4,000,000

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Quebec

26 27 30
35 38 48

31

Bonus

WINNERS

PRIZES

6/6	0	\$2,000,000.00
5/6+B	0	\$75,000.00
5/6	11	\$750.00
4/6	421	\$75.00
3/6	8,888	\$10.00
2/6+B	6,878	\$5.00

Total sales: \$672,994.00

Extra 6408407

In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.

Ben by Daniel Shelton



LOCAL NEWS

"While Aeropro had their license revoked for flying violations, the service they provide us is completely different."

New management for Sherbrooke Airport?

Doug McCooey
Sherbrooke

The Sherbrooke Airport could have new management by the end of August.

The airport's administrative council has been accepting tender offers from companies that wish to run its day-to-day operations. The submission deadline is August 25.

One company that is eagerly waiting to hear if its bid is successful is Aeropro - the much maligned Quebec-based air carrier that saw the Federal Court uphold the Transport Canada decision to revoke its flight permit earlier this week.

Lennoxville borough president David Price, who also serves as president of the airport's administrative council, said that Aeropro's recent troubles would not affect their bid.

"While Aeropro had their license revoked for flying violations, the service they provide us is completely different," he explained in an interview with The Record, noting that the company has provided sound service at the airport during its time at the helm. "They have nothing to do with the management of planes or things like that. Nothing to do with flying."

Transport Canada grounded Aeropro's flying operations after one of its aircrafts crashed on June 23 near Quebec City. Seven people were killed in the accident, including the pilot and co-pilot.

The company has been involved in four plane crashes since 2001 and the Transport Canada report listed over 115 safety infractions that it had committed over the last decade.

As quoted in a recent report, The Transport Canada



COURTESY

Tarmac repairs at the airport are progressing well, Price says.

inquiry that evaluated Aeropro operations throughout the province cited "significant shortcomings with respect to management and air operations and also with respect to training."

Among the causes of the accidents listed by the ministry were inadequate pilot training, a lack of experience, and a lack of respect for safety regulations.

Aeropro has contended that the Transport Canada decision is unjustified and that they were not given proper notice or a chance to correct the problems. Following Monday's Federal Court decision that ruled in favor of the Transport Canada cancellation, Aeropro president Aurèle Labbé said he was disappointed and that the effects on his company would be massive.

In a statement, Labbé said that as many as 100 employees will be laid off, leaving only about ten or so to continue providing the management services of a few

airports, including, potentially, the Sherbrooke Airport.

Established in 1988, Aeropro was a strictly regional carrier often used by Quebec politicians and local businessmen.

Labbé has said that they do not plan to take any further legal action.

Runway repairs on schedule

The repair work being done to the Sherbrooke Airport's battered runways is into its second week and should be completed right on schedule, says David Price.

"The hot weather has really helped us out," he said. "It makes the job easier for the workers."

While certain flight operations have been affected by the work, alternate arrangements have been made.

"This is the time of year when the Sûreté du Québec is checking out the marijuana grows in the area and they usually use our airport for landing and taking off. They are simply using other airports to get the job done."

Price added that helicopters are still able to land at the airport.

The \$2.5 million runway repair job - which is being subsidized by all three levels of government - became necessary after a May 2009 visual inspection by Transport Canada deemed cracks in the runway to be unsafe. While the airport could still host certain flights, the runway as it was could have been hazardous for larger planes.

If the repaving project continues to progress as planned, the runways should be set to go by the end of September.

dmccooey@sherbrookecord.com

More Coq talks

Doug McCooey
SHERBROOKE

The two sides implicated in the Roi du Coq Rôtisserie labour dispute will be back at the negotiating table for the first time in over a year.

Representatives from the CSN-Estrie - the union that represents the 48 workers who have been locked out since July 2008 - and the restaurant's ownership will meet in the presence of a conciliator on September 2.

Both sides contacted the conciliator following the Commission des relations du travail's (CRT) late-July ruling that the Coq Rôtisserie employers had every right to shut down their delivery service; with certain restrictions.

As Jean Lacharité explained in a recent report, the employer cannot layoff the delivery workers without allowing them to exercise their right to take over other positions based on their seniority.

"The delivery workers cannot supplant the roasters who have protection in this circumstance," he said in a recent La Tribune report. "However, the delivery workers could supplant, for example, the kitchen helpers or the cashiers."

At the beginning of August, the lengthy labour dispute entered its 25th month.



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IN BRIEF

Small fire contained at Triolet

Wednesday afternoon saw a team of Sherbrooke firefighters respond to a fire that started on a roof of a building on the Triolet High School campus.

According to reports, workers who were in the process of doing roof repairs started the fire accidentally. The blaze was easily kept under control, as the workers had put most of the flames out by the time the firefighters had arrived.

There was no significant damage to the building.

Algae not a public health threat

The Blue-Green algae blooms which have caused such concern - and the temporary closing of lakes in the region does not pose a significant threat to public safety according to the Institut national de santé publique (INSPQ). Although the INSPQ admits that algae exposure could conceivably pose a risk, the institute claims that incidences of illness caused by such exposure remain very rare in Quebec, and are, in fact, primarily anecdotal.

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National News

"When the government does that, it gives a certain legitimacy to providing the funds."

All options still on table for helping Pakistan

By Norma Greenaway
POSTMEDIA NEWS
OTTAWA

Canada offered no new money for Pakistani relief efforts at a special United Nations meeting Thursday designed in part to spur a more generous international response to the flooding of the stricken country.

Foreign Affairs Minister Lawrence Cannon made clear, however, Canada's current pledge to provide \$33 million in direct assistance will not be its last offer of help.

"Clearly, the humanitarian needs resulting from the floods require an immediate and a sustained international commitment. Canada will continue to be part of that response," Cannon told a special session of the UN General Assembly.

"Canadians have been shaken by the images of devastation and inspired by the resolve and determination of the people of Pakistan to overcome the tragedy."

Speaking earlier in a teleconference from New York, Cannon said that despite putting no new money on the table now,

the federal government is "not closing any options" on further assistance.

Cannon was among dozens of senior national representatives at the meeting where, among other things, delegates agreed to try to better co-ordinate relief efforts as they deal with the immediate crisis and gear up for what everyone expects will be a long and expensive recovery for the country.

The meeting was called against the backdrop of widespread concern about the slow pace of assistance efforts from the world community.

The UN estimates four million Pakistanis have been made homeless and the lives of as many as 20 million have been seriously disrupted by the three weeks of flooding.

By the time UN Secretary General Ban Ki-moon welcomed Cannon and others to the special meeting, however, the United States, Germany and Saudi Arabia and a handful of other countries had already announced substantial increases in their assistance packages. The total was still tens of millions of dollars short, however, of the \$460-million target set by Ban Ki-moon.

In Ottawa, officials were in the final stretch of developing a plan to have the

federal government match donations by individual Canadians to registered charities involved in the relief effort in Canada.

Cannon said one of the goals of the UN meeting was to shine a bigger light on the "gravity" of the situation in Pakistan.

He suggested the slow pace of donations was likely because the severity of the crisis was not immediately apparent. The slow-moving tragedy did not grab the attention of the world as quickly as the massive earthquake that struck Haiti earlier this year, killing 200,000 people in minutes.

Kathy Brock, a specialist in charitable giving at Queen's University in Kingston, Ont., also pointed to economic and political considerations.

Many deficit-ridden governments are already taking a harder look at how they spend their foreign aid budgets, Brock said in an interview. It also is happening at a time of year when families' discretionary income gets spent equipping the children with clothes, books and computers for school, she said.

Overhanging the picture are questions about the Pakistani leadership and whether the aid will end up helping the

right people, Brock said, making it more important for the Conservative government to show leadership and offer to match individual donations.

"When the government does that, it gives a certain legitimacy to providing the funds," she said. "It's saying to Canadians, 'We wouldn't be putting our dollars there if we had those concerns.'"

New Democrat MP John Rafferty accused Cannon and the Canadian government of failing the Pakistani people, and called for the immediate dispatch of the country's Disaster Assistance Response Team.

"Our foreign minister went all the way to New York to say that they wouldn't be committing more money. That is an outrage," Rafferty, the party's international aid critic, said in a statement.

"Being open to aid further down the road, as Minister Cannon today implied, is completely unacceptable. These people need help right now. They needed it weeks ago. The government's response has been nothing short of shameful."

Canadian officials say the Pakistan leadership has not asked for DART to be deployed.

Feds bring seal ban case to WTO

By Mike De Souza
POSTMEDIA NEWS
OTTAWA

Canada will challenge the European Union's ban on Canadian seal products by seeking a special panel review at the World Trade Organization, the Harper government announced Thursday.

Meanwhile, the European Court has put a temporary halt on the ban, due to come into effect today, on temporary hold until the outcome of a lawsuit filed by Inuit groups. "The government is very strongly in opposition to this decision of Europe," Prime Minister Stephen Harper said after making an unrelated announcement in New Brunswick. "This is flagrant discrimination against the Canadian seal industry - against Canadian sealers - an industry of modest means that employs people who work hard."

The European Union ban, which provides exemptions for some of the products from traditional Inuit hunts and other similar categories, comes into force Friday.

But Harper suggested that the sealers were no different than workers from other agricultural businesses that produce animal products.

"It is a disgrace that they are

treated this way in some countries, based on no rational facts or information whatsoever," he said. "So we strongly object to the decision. We will continue to defend our sealers. As you know, we've made appeals through international processes and we will continue to seek trade opportunities for our sealers in other parts of the world."

Government officials told reporters at a technical briefing in Ottawa that the dispute settlement panel process could take more than a year to resolve, leaving an impact on the industry for at least another year.

They explained that thousands of hunters used to actively get licences and participate in the hunt in the Atlantic region, but numbers have dwindled to the hundreds this year because of a variety of factors, including the recession and reduced ice flow cover from above average temperatures.

Total sales to Europe represent about \$2.5 million, according to the government, but as much as 90 per cent of that amount was en route to Russia, which would still be allowed to purchase the products in the future.

Although the challenge through the WTO could wind up costing more than the losses in exports from the ban, the government said it was protesting



WIKIMEDIA

Protests against the seal hunt lead to a ban of their products in Europe.

the ban in principle to avoid a precedent that could affect other Canadian products. Previous bans on beef with growth hormones and genetically modified products were also overturned following similar challenges by the Canadian government.

Federal Fisheries Minister Gail Shea said in March that the government is working with industry to diversify products resulting from the hunt, ranging from oil, meat and even a new research project on potential heart valves that could be transplanted in humans. The government was also in discussions to explore new markets such as China, she said.

Transgendered woman can make refugee claim

By Nicole Weisberg
POSTMEDIA NEWS
HALIFAX

After four years of red tape in Nova Scotia, a transgendered woman from Northern Ireland qualified Thursday to claim refugee status to remain in Canada.

Tanya Bloomfield now has 28 days to file a refugee claim after passing Thursday's eligibility interview and test. The 40-year-old transgendered woman, who says she would be persecuted if she returned home, would have been forced to leave Canada by the end of the month had she failed.

"I think you can only... feel enthusiastic," Bloomfield said. "I'm able to now remain in Canada when this process goes on," she added, stressing she could keep working in the meantime.

Bloomfield moved to Nova Scotia on a sponsorship with her partner. After they split up, however, Bloomfield applied for a temporary work and residence permit, but was denied with no further explanation. She said she was simply told she didn't meet the requirements.

After being asked to leave Canada, she spoke with immigration lawyer Lee Cohen and chose to file for refugee status on grounds she could be a target for hate crimes if she returned to Northern Ireland.

"Today is a huge day for Tanya because it allows her to proceed with the refugee claim and to make the argument she says needs to be made to give her protection... in her country of origin," Cohen said.

Despite Thursday's decision, Bloomfield still has a lot of work to do in order to remain in Canada on a more permanent basis.

She now has to prove she will be at risk if she returns to Northern Ireland, a process Cohen said could last more than a year.

"Once the refugee board receives our written submission, we will continue to have homework to do because we have to prepare our exhibits and the evidence that we want to use in our hearing to prove the claim," Cohen said.

Health Canada takes anti-drug message to Facebook

Corrinna Pole

Canadian teens flock Facebook to discuss everything from music to friends to fashion and school. This week the federal government signed on to the popular social networking website in order to tackle one big topic facing teens: the choice to be drug-free.

As part of the National Anti-Drug Strategy, Health Canada has launched its Not4Me youth drug prevention campaign Facebook Fanpage this week aimed at ages 13 to 15.

The page increases teen awareness of illicit drugs and their negative effects with information they can comment on with the agency and their peers. The page also includes an interactive quiz and tool that visually

recreates the damage drugs can have on the body over time called "The Drug-alizer."

In addition to the Fanpage, the agency's 'Drugs not4me' campaign uses the website www.not4me.ca, media-rich ads and a ringtone to reach out to youth about the dangerous and destructive effects of drugs.

Along with picking up tips on how to say no, teens are encouraged on the website to share their own stories such as one teenager from Western Canada who wrote:

"Drugs have wrecked my family and I am doing my best to let you all know who read this that no matter what you come from it doesn't mean that it makes you like that. Every single person on this earth makes choices and now it's your turn to make yours."

Hamm resigns as CLD president

Doug McCooey
SHERBROOKE

Magog mayor Vicki May Hamm has resigned from her position as the president of the CLD Memphrémagog to focus on her mayoral responsibilities.

In an official statement released on Thursday, Hamm said the move was necessary because of the amount of high priority dossiers that are ongoing with the City that needed her full attention.

"It was a decision that was not easy to make," reads the statement. "I thought about it a long time but I have to realize that (my position as mayor) requires a lot of my time."

With the economy in Magog struggling in recent months, Hamm felt she was spreading herself too thin with the CLD position. "Certain citizens criticized me by saying I spent a little too much time on regional affairs instead of focusing on the development of the city where I am the mayor. Those comments influenced my decision," she admitted.

In an interview with The Record, Hamm said that her dual position limited her ability to implement projects that would help re-launch Magog's economy.

"Because there's a lot of work to be done at both the CLD and the City of Magog, I had to focus

on my top priority," she said. "We're going to have to negotiate a new way of doing things with the CLD. I can't be the client and the employer at the same time."

Because of the amount of lost jobs throughout the MRC, Hamm said the CLD "will need a strong leader and a lot of help," but did not know who would be filling the position.

The current vice-president of the CLD is Pierre Bastien. The Orford Township mayor said that he would be more than willing to accept the presidency, but that the entire council, not just the executive committee, will have to make that decision.

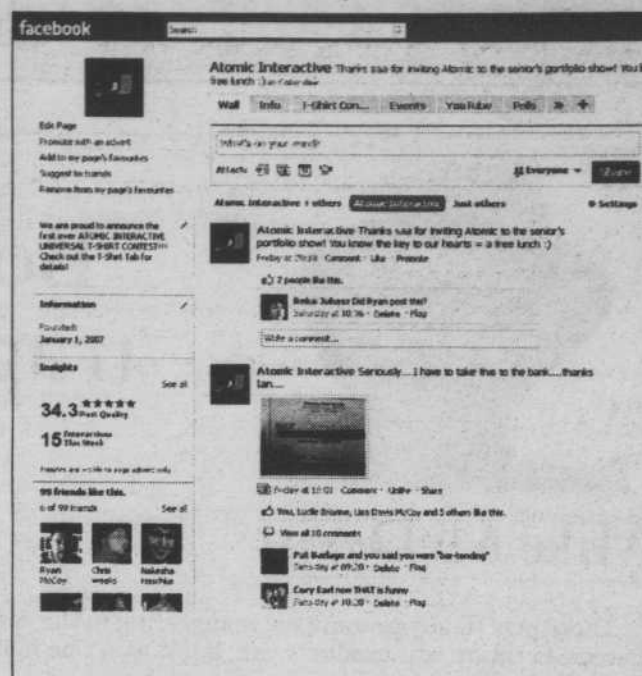
Bastien, who is currently on vacation in P.E.I., said he had not heard why Hamm decided to leave the CLD, but that he was sad to see her go.

"I do regret that she has decided to leave the council," he said in a phone interview with The Record. "I feel that the CLD is very important for the economic development of the region, hopefully it will only be for a short time."

Hamm would not reveal what types of restructuring plans or re-launch projects she had in store for Magog, but was adamant that her position as head of the CLD prevented her from initiating them.

"We have a recipe that we've been using for several years here in Magog. It's time for a new one," she said.

dmccooey@sherbrookecord.com



WIKIMEDIA

A typical Facebook Fanpage; Health Canada hopes social media will help spread its message about drugs to youth

Facebook is not the only social media tools the agency is using, they have already established Health-Canada accounts on Twitter and YouTube.

The National Anti-Drug Strategy has three action plans: drug use prevention, dependencies treatment and combating the production and distribution of illicit drugs.

The plans are carried out through a collaborative effort between the Department of Justice, Public Safety Canada and Health Canada.

For more information on the not4me campaign visit the Facebook Fanpage www.facebook.com/drugsnot4me or website www.not4me.ca. The parents campaign can be found at www.nationalantidrugstrategy.gc.ca under Youth Drug Prevention for Parents.

Seniors

CONT'D FROM PAGE 2

By developing the Plan, which also encourages the English speaking population participating in public programs concerning seniors, Martin-Laforge says those involved in the project are eager to put the recommendations to work.

"We're in a process and hopefully it will lead to an organization to tackle issues relating directly to seniors, something like Townshippers Association but specifically for seniors," said Martin-Laforge. "There are organizations working with seniors now but are we harmonizing our efforts throughout the province to be sure that our English speaking seniors are being represented to the various ministries and agencies and that their needs are being fought for and met?"

The Plan, which stems from a brief the QCGN presented in 2007 at a Ministère de la Famille et des Aînés public consultation to assess the living conditions of seniors, received funding from the New Horizons for Seniors program from Human Resources and Skills Canada.

Blazing a Trail for Active and Healthy Aging, An Action Plan for Quebec's English-speaking Seniors can be downloaded from the QCGN's website at www.qcgn.ca.

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Evening	August 25, 26, 30 & 31	4:00-6:00 pm	

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EDITORIAL

"The European ban made an exemption for Inuit hunters, but they argue it could destroy the market for their products and that it is unnecessary and vindictive..."



Mike McDevitt

Booby trappers

There may finally be some sense appearing in the continuing saga of the European Union seal products ban, but it won't be making Pamela Anderson happy.

The European General Court has temporarily suspended the ban, which was set to take effect today, until it can hear a suit brought about by Inuit groups and individuals from Canada and Greenland.

Seal hunting, of course, has been a part of Inuit culture from time immemorial and the rich meat is a staple of Inuit diet. The European ban made an exemption for Inuit hunters, but they argue it could destroy the market for their products and that it is unnecessary and vindictive and that the current hunt is both humane and environmentally beneficial, essentially denying the ban's legislative justification.

There are very few debates that have stirred as much controversy as the Canadian seal hunt, although Inuit hunters have not been the primary targets. These have been Atlantic fishermen from Newfoundland and Quebec, for whom the hunt has helped mitigate the poverty of their lives for centuries. Who can forget those early films of the clubbing of baby seals - so desired for their luxurious white pelts.

Nobody hunts the babies anymore, because they are awfully cute and served as a great fundraising tool for lunatic professional troublemakers making up groups like People for the Ethical Treatment of Animals, who get their chuckles by throwing blood on rich women with fur coats and encouraging all of us to start living on algae. The modern hunt is controlled, sustainable and may even be necessary for the recovery of the Atlantic cod fishery - the other source of income for Eastern fishermen.

Even our government has decided to go to battle for the hunters at the World Trade Organization, thus providing a two-pronged, if belated, counter-offensive.

It's been observed before, of course, that there have been no marches and fancy posters featuring naked starlets protesting the boiling alive of lobsters or the live consumption of oysters, but crustacean plush toys don't tend to sell quite as well and besides, shellfish is SO good.

Unnecessary cruelty to anything, of course, is not something that should be encouraged and there is ample legislation governing that aspect of our participation in the food chain, although enforcement tends to be sloppy and inconsistent. This should be rectified not only for the well-being of the animal, but for the moral integrity of human civilization as well.

Protest groups have targeted the seal hunt for another reason besides the cuteness of the prey. Its practitioners are poor, marginalized communities without wealth, status or the influential lobby groups necessary to fight back. The slaughterhouse that clobbered the steer that became last night's hamburgers is not so inhibited.

As a final note, there is a great irony to being harangued about how we treat living things by a creature with so much respect for them that she has, through the surgical injection of noxious chemicals, turned herself into an artificial mockery of basic sexual desire. Clean up your own house, Pam, then come talk to us.

TOO MANY HIDDEN
LAYERS AND
STARTING TO
SMELL BAD.



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Letters

"...the big bang theory can boast of no quantitative predictions that have subsequently been validated by observation."

EDITOR:

This letter is in response to Dr. Ginny Stroehrer's letter of August 13, where she took issue with another writer's questioning of evolution. I've heard the "Why do apes still exist today" question raised by evolution believers and doubters alike, probably because the majority of people in either camp have not taken the time and effort to look into the big questions on their own. I think we all should, whether we belong to the scientific community, the religious community, both or neither.

Genesis is a much contested book, to be sure. Dr. Stroehrer was probably referring to the documentary hypothesis concerning the writing of Genesis, but I don't think this is news nor is it in any way shocking to most people in the religious community. Those who believe in the book of Genesis most likely have no problem with believing God used people to write it. The logic that one should not take Genesis as the source of truth because its origins are contested is perhaps not the best tact to take. Scientists disagree with one another on every level of the evolutionary model, all the way back to the "Big Bang."

This is a quote from an "Open Letter to the Scientific Community" signed by 33 leading scientists and published on the internet and in New Scientist: "What is more, the big bang theory can boast of no quantitative predictions that have subsequently been validated by observation."

The successes claimed by the theory's supporters consist of its ability to retrospectively fit observations with a steadily increasing array of adjustable parameters, just as the old Earth-centred cosmology of Ptolemy needed layer upon layer of epicycles.

In the end, people have to choose between opposing world views, each requiring their fair share of faith and believing in things we cannot see and certainly cannot prove. Hopefully those choices are always well-informed, but often they are not.

ESTHER MACDONALD
Waterville

EDITOR:



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C COLUMNIST

"In the middle of conversations they would enter text-world and drift away into a chat the rest of us couldn't share."

Confessions of a techno-Neanderthal

By Steve Black

Today, I'm living in the communications Dark Ages and confess to a certain degree of techno-shame as a result. Our family has only one working telephone and it isn't even wireless. It has no display and I only pay for basic service. I don't want additional features like Call Waiting - a convenience that inconveniently interrupts conversations with intermittent sound burps. In order to avoid Call Answer, our one phone has an incorporated answering machine. Somewhere around the house I have an old Nokia cellphone. It has a convenient belt clip. I seldom carry or turn it on no matter how cool it looks hanging from my waist. I pay \$10 per month to keep my number active, a number only my wife has. I do have an old Dell and I love e-mail. It permits quick, free communication and I can review my mail and reply whenever I feel like it. It never interrupts conversations, meals or naps. I've used other internet-based communication facilities like Skype, MSN chat and also Teamspeak at times. I've blogged minimally. I hate Facebook, never Tweeted. I've only texted once or twice to people sitting less than ten feet away and don't have a clue what all those other things like Slashdot or Fark

are. I haven't bothered to activate my web cam. I've never owned a pager. Clearly I'm a techno-Neanderthal but in my defense you can still reach me via telephone at home or office. If I don't pick up, leave a message after the beep. I also have three e-mail addresses; select one of them and I will check them once in a while. Otherwise write me a letter or come and drop by the office or the house. I'm not that hard to reach, but I'm not able to respond immediately if you send a nudge my way.

For two weeks this summer I survived without phone, Internet, television or radio. One of the places we stayed is in a dead zone with no cellphone or Internet coverage. I can't say I missed it very much, but then as you can discern, I'm not one of those people who sleeps with my iPhone poised to let me know whenever someone adds a comment to Facebook. True, I was taking a calculated medical risk that my son would not be driven into a catatonic state with such a dramatic, cold turkey withdrawal from his Xbox, and the child protection authorities did visit a time or two to check on his welfare but they didn't seem to notice his thumb-twitching. He actually begrudgingly admitted to enjoying the three-handed euchre we taught him to fill time. And we all survived our expo-

sure to primitive conditions. Les Stroud would be proud.

This week I was cast into the technology deep end for a few days. My brother and sister were staying with us and all of them kept their cell phones nearby and ready to reply to every beep, buzz, ring or song. They seemed happy and not the least bit annoyed as they exchanged text messages with spouses and kids who were far away. In the middle of conversations they would enter text-world and drift away into a chat the rest of us couldn't share. Somewhat enviously I played with their phones, texted some short and meaningless messages to people sitting in my living room and came close to believing their claims that they could outfit their whole family with phones for around \$80 a month. Oh, I wanted so badly to believe while caressing their phones' smooth curves. I began fantasizing about future electronic liaisons perilously oblivious to the serpentine hiss whispering in my ears. Curiosity getting the better of me so I surreptitiously went to the Internet and checked the websites of various wireless providers. The cornucopia of phones, options and bundles only confused me. The choices and mystery drew me in. So with desire building I went to the Carrefour

with my son to talk to a real person about the possibilities, promising my wife I wouldn't buy anything without speaking with her first.

I had no idea what I was getting into. How many cellphone kiosks and wireless provider sales outlets does a mall need? My mind reeled trying to grasp. Which booth to choose? Whose advice to take? There is such a dizzying array of options, small print, penalties and new features and "apps" my little mind can't handle it. Why, with all our advances in communication is it so unclear? In the end, having spoken with two or three sales persons, it seems I can indeed equip my family with cell phones for less than \$100 per month over three years. But I suspect that soon I will be wanting to add Call Display or Call Answer and other services. Soon I will be paying around \$700 per year more, for the joy of text, my son eagerly whispering into my ears. There goes replacing some worn furniture, enjoying some vacation time, eating out or giving to a charity. Yelling, "Get thee behind me Satan" I fled to my car with disappointed teen in tow. I think I'll stay in my cave and watch the whole world run off ahead of me. If you want to chat just drop by and I will put on the kettle.

Chapter 2: College Capers



JONATHAN LAHUE

The following is to be read with unnatural amounts of passion and drama...

Dear readers and kindergarteners who may have at some point used my column for paper mâché.

By the time you see this article, it will be too late. I have much to say, but very little time to say it, as my days are now numbered. I do wish it weren't so, but alas, there is very little I can do, and the alternative is much worse, unbearable even. My ailment is a common one actually, affecting most of us at some point in our lives, though its not always welcome. I will be... moving.

It's officially been two years since this column's been running, and the list of people to thank keeps getting longer all the time, to the point that it's nearly, but not quite, a co-op. There's my grandmother, for letting my family have the

paper once she's done reading it. Then there's the people at The Record itself, for keeping me in line, preventing me from making too much of a fool of myself, and also for giving me a scholarship back in June that's really going to come in handy these next weeks! There's the people at Desjardins, who despite the fact that I don't even have an account with them and don't really plan on getting one in the future, gave me a scholarship for emceeding a golf tournament, and essentially paid for the laptop I'm using.

Then there's the probably thousands of people who just by being alive might have contributed to my column in some way, and then, there's the most important person of all... you! Give yourself a pat on the back! Or if you prefer, go out for ice-cream; you deserve it! If you're reading this right now (and chances are you are) you've got subscription style! You won't just settle for The Times or some other big name; you start the trends, not follow them. You pretty much control the paper, though you might not know it yet.

You guys have all been great, but as the saying goes, I won't forget to write! It's just a new chapter in the big and "yet to be titled" book of my articles, and honestly I can't wait to fill it! By next week, you can call me urbanized, but first, I really need to pack! See, I've never moved before, and I'm not sure what it involves really. I guarantee that I'll have a mile long list of things I'll need the first day there. Definitely.



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Bears and crocodiles among wild ways pot growers protect product

By Douglas Quan
Postmedia News

The recent discovery of several wild bears near a marijuana grow-operation in British Columbia is just one of many examples of the extraordinary lengths people will sometimes go to protect their pot, police across the country say.

While no one on Thursday could recall another instance involving bears, there was a case several years ago involving a crocodile. In 2003, drug officers raided a home in Scarborough, Ont., and found 164 plants growing around a concrete-lined oval pond in the basement.

It turned out a two-metre-long croc was swimming in the pond's murky water.

Police discovered tanks of fish and six cages of rats - apparently food for the

scaly reptile.

Pot-farm caretakers not inclined to use wild animals or armed guards have been known to devise elaborate booby traps designed to thwart police and ward off pot-plant thieves.

"Some of these setups are done to a professional level," said Sgt. Chan Dara, national coordinator of the RCMP's marijuana-enforcement program.

Investigators, he said, have come across trip wires rigged to fire rifles or shotguns, even door knobs designed to give intruders an electric jolt.

Det. Sgt. Mark Dennis of the Ontario Provincial Police drug-enforcement unit said some outdoor grow-operations are surrounded by fishing lines with sharp hooks designed to catch you in the face or wooden boards on the ground with nails protruding from them.

Just last year, an officer got caught in

a bear trap. While he wasn't seriously hurt, he had to be carried away by fellow officers, Dennis said.

Criminals will also go to great lengths to conceal their grow-ops.

Dennis said investigators once discovered a grow-op located underneath the detached garage of a residence. The entrance to the basement was concealed by a fake staircase that lifted up hydraulically with the flip of a toggle switch.

In Chilliwack, B.C., last year, RCMP discovered an underground bunker with more than 11,000 pot plants. A Quonset hut was built atop the bunker to give "the illusion of a legitimate out building on the property," police said.

The bunker was also equipped with booby traps rigged to shoot bear spray.

And in Surrey, B.C., last year, police discovered a residential basement grow-

op located behind an industrial-quality door. The door was hidden behind a bookshelf that opened partially on a hinge "much like one typically associated with an old English manor house," police said.

But none of these cases has garnered as much attention as the case of the pot-protecting bears.

RCMP announced this week that officers dismantling an outdoor grow-up in the Christina Lake area of B.C. were confronted by 10 docile black bears.

Police said it appeared to them that residents had fed the bears to encourage them to keep coming back to the property to essentially serve as guards for the plants.

"Absurd and surreal," RCMP Cpl. Dan Moskaluk said Thursday.

New director of firearms program will 'follow direction' from Parliament

By Laura Stone
Postmedia News

The Mountie who was replaced as the head of the Canadian Firearms Program - and was an outspoken defender of the long-gun registry - joins a growing list of public servants who have been removed because they were

critical of the government, the Liberals charged Thursday.

Liberal MP Martha Hall Findlay told a news conference that RCMP Chief Supt. Marty Cheliak is the latest victim of political ousting that also includes outspoken veterans affairs ombudsman Pat

Stogran, whose three-year contract has not been renewed.

"We have a situation of abuse of power, of control, of intimidation. We have a prime minister who clearly doesn't seem to like the facts if the facts don't necessarily fit with what he and his government want to do," said Findlay.

Meanwhile, the new head of the firearms program said he believes the program has contributed to "officer and public safety" but it's up to Parliament to decide its "specific parameters."

"The RCMP is running the program as currently mandated by Parliament and will respect and follow any future direction provided by Parliament," said Chief Supt. Pierre Perron in a statement.

Perron, who is to be promoted to assistant commissioner, takes over as director-general from Cheliak. A Conservative private member's bill to repeal the long-gun registry is before Parliament and is expected to be voted on this fall.

The Conservatives have taken a hit in recent days from opposition critics, who have accused the government of having had a direct hand in replacing Cheliak.

Prime Minister Stephen Harper has denied meddling in RCMP affairs, saying on Wednesday that the organization makes its own personnel decisions.

"This is not a political issue," said Harper.

Speaking Thursday at a media event to announce a new government pay centre in Miramichi, N.B. - which Harper said would add hundreds of jobs to the area even if the New Brunswick-based firearms centre is downsized - Harper reiterated his government's plan to repeal the long-gun registry.

"The government favours and continues to favour the abolition of the wasteful and ineffective long-gun registry," said Harper.

"We have legislation before Parliament now that has been supported to this point by a majority of MPs, including some MPs from the opposition, as you know. We will continue to fight until we get that changed."

The RCMP said Cheliak, who is on

leave, was replaced because he did not meet "the linguistic profile of the position" and the job required a person of higher rank.

"He will be pursuing (French) language training when he comes back to work," said RCMP Sgt. Pat Flood, a media relations officer. "It's actually a position designated at the level of assistant commissioner and he wasn't at that rank either."

Cheliak was set to present a report on the firearms program to a gathering of police chiefs in Edmonton next week.

News of Cheliak's departure has been all the buzz at this year's Canadian Association of Police Boards conference in Saint John, N.B., says the president of the Canadian Association of Police Boards, Greg Dionne.

Representatives from police boards across the country are meeting through the weekend to discuss such issues as First Nations policing, intelligence-led policing and harassment and discrimination in police agencies.

Though members haven't debated the issue at the conference, Cheliak's removal has been top-of-mind for the association, which publicly endorses the long-gun registry.

Dionne said members were upset to be hearing about Cheliak's reassignment from the media, and not from the RCMP or the government.

Ivan Court, Saint John's mayor and the vice-president of the police board association, said it was important to have a person who stood up for the registry, which many police forces count on for the safety of the public and of their officers.

"In Atlantic Canada as well as many of the prairie provinces, many of the crimes aren't committed with handguns, but most people own rifles," Court said, adding the registry gets more than three million hits a year to find out if people own long guns.

"It's a very valuable tool. We would hope the federal government would not get rid of the registry because it serves a major purpose for our police forces."

- With a file from April Cunningham, New Brunswick Telegraph-Journal



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Border guards' firearms trainer fired; union calls move 'vindictive'

By Chris Cobb
Postmedia News

The firearms expert chosen to supervise the weapons training of Canada's border guards has been dismissed by the Canadian Border Service Agency in what his lawyer says is "vindictive and unfair" treatment.

RCMP Sgt. Richard Groulx, one of Canada's leading firearms trainers, appears to have been unwittingly caught in a bitter dispute between the border guards' union and senior agency managers in Ottawa.

Groulx remains employed by the RCMP but is now fighting to continue the secondment to CBSA, which began almost four years ago when he was hand-picked to lead the firearms training of the country's 4,800 border guards.

The union-management dispute is over the arming of customs officers who are asked to take part in joint search operations with the RCMP and other police forces.

The union says trained guards should be allowed to carry their weapons when asked by other forces to take part in joint operations but CBSA hierarchy opposes the move, apparently for legal reasons.

When CBSA instigates its own

searches, guards are armed.

Lawyer James Cameron represented a Montreal border guard in a test case at the federal Occupational Health and Safety Tribunal earlier this year. The guard had refused to take part - unarmed - in an operation with Montreal police, claiming his life was at risk.

To help bolster the guard's case, Cameron subpoenaed Groulx, who testified that the weapons training given to border guards is likely superior to that of the RCMP.

Although Groulx had no choice but to respond to the subpoena, Cameron says that senior CBSA managers are punishing him for doing so.

Cameron is now representing Groulx and has filed a complaint to the Public Service Labour Relations Board accusing CBSA of violating the Canadian Labour Code.

Under the code, it is illegal for an employer to dismiss, suspend, lay off or demote an employee for testifying at such a hearing.

Groulx, who designed the border guards' training program, wants to keep his secondment until the work with CBSA is finished. If the Labour Relations Board rejects his complaint, he will be replaced at the end of this month.

"It's vindictive," lawyer Cameron said. "The only reason his secondment was terminated early was because he told the truth under subpoena from me. He had no choice but to appear and is being penalized for saying nothing more than these trained guards can handle themselves in any situation."

Groulx would not comment.

The CBSA would not discuss the Groulx case or explain why they had apparently asked for his removal but a spokesperson said the training agreement with the RCMP will end in less than two years.

"In February 2010 the CBSA announced to its staff that the use of the RCMP for firearms related training would begin to be phased out," the official said in an email.

"The CBSA will gradually phase out the use of the RCMP and end all RCMP related assignments by March 31, 2012. The CBSA is now in the stage of phasing in independent selection, certification and monitoring of its firearms and control and defensive tactics training."

However, according to the complaint filed with the Public Service Labour Relations Board, another RCMP officer has already been seconded to replace Groulx at the CBSA.

According to the written complaint filed at the Public Service Labour Relations Board, Groulx was told by his RCMP superiors that the CBSA hierarchy was "upset" when it heard he was going to appear as a witness in the hearing over joint operations.

No date is set for Groulx's labour relations board hearing but the federal Occupational Health and Safety Tribunal is expected to rule soon on the joint operations issue.

The Harper government passed legislation five years ago that allowed the arming of border guards.

The first were deployed in July 2007 in Surrey, B.C., and Fort Erie, Ont., and now, about 1,500 of the 4,800-border guard force is armed. All are expected to be trained and armed by 2016.

But their union president Ron Moran claims that senior CBSA bureaucrats were against the move and that their resistance to joint operation arming is their "last stand."

The guards say that once firearms have become an integral part of their training, they are risking their lives by going into dangerous joint operations without their weapons.

Common street drug could be 'magic' bullet for depression, say researchers

By Sharon Kirkey
Postmedia News

A new antidepressant being tested in Canada appears to do what no other drug can - increase connections between brain cells within hours to swiftly improve symptoms.

The finding by Yale University researchers may explain how one dose of ketamine can reduce symptoms of depression within 40 minutes among the hardest-to-treat cases, and could help spur development of quick-acting antidepressants.

About 17 per cent of the Canadian population will experience major depression at some point in their lives.

Prozac-like drugs and other antidepressants take at least two weeks to produce an effect, and sometimes months for a full effect. Even then, they work well in only about a third of patients. The risk of suicide increases during those dangerous weeks or months of lag time.

"They start taking the drug, they're still depressed, they start to get a bit more energy, but their mood doesn't increase," said Dr. James Kennedy, director of the neuroscience research department at the Centre for Addiction and Mental Health in Toronto. "The problem is keeping the patient on the medication and preventing them from using their new energy in a bad way to kill themselves."

"This finding might help to prevent what has been a major clinical problem."

Ketamine is a fast-acting liquid anesthetic used mainly by veterinarians; it's also used in human medicine, even in children, because it doesn't depress breathing.

It's also an illegal club drug, known as "special K," or "vitamin K." The street version is usually sold in a powder form that can be snorted or mixed into drinks, or dissolved into a liquid and injected. It acts like LSD, causing vivid hal-

lucinations in users and a sensation of floating outside their bodies.

Earlier studies involving patients with "treatment-resistant" depression have found that those given a single dose of ketamine experience rapid and significant improvement in symptoms. In a small study published earlier this month on patients with bipolar depression, 71 per cent of participants responded to ketamine versus six per cent who responded to placebo.

"It's like a magic drug - one dose can work rapidly and last for seven to 10 days," Ronald Duman, professor of psychiatry and neurobiology at Yale, said in a media statement.

"If someone is extremely ill, and in many cases maybe even suicidal, having a drug that works rapidly like this is just a tremendous resource to have," Duman said in an interview with Postmedia News.

In experiments on rats, Duman's team found that ketamine acts on a pathway in the brain that forms new synaptic connections between neurons. Synapses are like phone lines that allow neurons to talk to one another. The drug increased synaptic connections as quickly as two to four hours after treatment.

"The number of spines where the synapses occurs are increased by ketamine, in a very short time frame," Duman said.

"It's a pretty amazing effect when you think about it, that ketamine is able to produce this rapid increase in connectivity in the brain."

The drug also repaired connections between neurons damaged by chronic stress. Studies have shown that neurons can atrophy, or shrink, in response to chronic stress. Duman said ketamine may be able to reverse the effects of stress on the brain.

The goal now is to identify ketamine-like drugs that can have the same effect

on the brain that can be administered more easily and don't have the potential for abuse. The Yale team is now testing several compounds.

However, "ketamine could be, and probably will be used until something better is available," said Duman, whose work is published in the journal Science.



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Local Sports

"Perno has added depth and quality to the Bishop's roster with seven talented recruits."

Lady basketball Gaiters face Maine Friday night

Rare August contest for Bishop's

By Mike Hickey
Special to the Record

Bishop's Gaiters basketball will get an early start to the season as they host the University of Maine, an NCAA Division I school, in a pair of non-conference games. The women's game is set for Friday, August 20, while the men will play on Tuesday, August 24. Both games are 7 p.m. starts at the Mitchell Gym and admission is free to the public.

While playing before school starts is not an optimum situation, both head coaches of the Gaiters basketball team felt the opportunity of playing a qualified Division 1 school outweighed the minuses.

NCAA regulations mandate that basketball team cannot begin official practices until October 15 but can add nine practices before school starts if they play on a foreign trip. As a result, a number of high-profile US colleges have been making the trek north of the border over the last several years.

The women's team will not have a practice prior to Friday's game but the lack of preparation doesn't appear to bother Coach Alex Perno.

"We just finished two weeks of basketball camp on Thursday and haven't had an opportunity to practice but that is okay," Perno said Wednesday. "We will play the game and then start getting ready for the season."

The veteran coach is optimistic about the upcoming campaign and with good reason. He has nine returning players, including three starters, from last year's team that went 12-14 overall (6-10 QUBL). Leading the impressive list of veterans are co-players of the year Katy Germain and Mélanie Ouellet-Godcharles. Germain was fifth in the Quebec University Basketball League last season with an average of 12.1 points per game and was named a First Team All-Star for the second straight year. Ouellet-Godcharles was third in the province with 2.4 assists per game, and 12th in the league with 10.5 points per game. Germain, one of the top point guards in the country, has completely recovered from an injury that sidelined her at the end of last season. Other returnees include Annick Charles, Gabrielle Coté-Caouette, Elizabeth Coolen, Bethan Chalke, Tamara Grice, Jessy Roy, and Janelle Haddad.

Perno has added depth and quality to the Bishop's roster with seven talented recruits. Among the newcomers are Danna Janvier (College Montmorency Nomads), Bailey Trafford, one of the top high school players in New Brunswick last year, Riley Shkimba from Kingston, Ontario where she played for former Bishop's great Andrea Blackwell, Jen McDade a 5'10" shooting guard from Mississauga who played three years at IMG Academies in Bradenton, Florida, point

guard Claire Murphy from Kanata, Joannie Boucher from Champlain Cougars, Catherine Belanger-Paquet from CEGEP de Trois-Rivières, Gabrielle Chamberland and from CEGEP de Sherbrooke. Murphy is the younger sister of former BU star Christine Murphy.

"We are a young team that has a lot of potential," Perno said. "If we can put all the pieces together we may surprise some people at the end of the season."

Their opponents, the Maine Black Bears, were 8-21 overall last season, and finished tied for seventh in the nine-team America East conference with a 4-12 record. The game against the Gaiters will mark the second of four contests for the Bears, second of four games for Maine on their tour, as they start at UQAM on August 18 and head to UNB on August 21 and 22.

For Bishop's, the matchup against Maine opens up a 28-game schedule that will see the Gaiters travel to tournaments at Lakehead, Carleton and UQAM in non-conference play.

Laidler sees rugby action with Team Canada

Jacquie Laidler, a second-year prop/centre with the Bishop's Gaiters women's rugby team, made her second appearance for the Canadian Under-20 Women's National Team last week. Laidler was a substitute as Team Canada downed the Caribbean Selects 43-0 in

the opening game of the North American Caribbean Rugby Association championship in Nassau, Bahamas. She followed up that performance with a starting berth in Tuesday's 62-0 win over the Cayman Islands.

Laidler, who was the Bishop's University female Freshman Athlete of the Year for 2009-10, came on in the 40th minute, with Canada already ahead 22-0. She made her first appearance for Team Canada in February, when she played against Team USA. She followed up that performance with a starting berth in Tuesday's 62-0 win over the Cayman Islands.

"We are again very proud to have Jacquie representing both Bishop's and Canada," said Eryn Hessian, the Gaiters' head coach said. "We can't think of a better way to kick off our training camp than to welcome her back from the NACRA Championship."

The Canadians close out the tournament on Friday evening against the USA under-20 squad.

Bishop's Gaiters women's rugby will open their training camp on Monday, August 30. Their only home preseason game is Monday, September 6 at 11 a.m. against the UPEI Panthers, with the regular season opener set for Saturday, September 11 at the Laval Rouge et Or.

St-François training camp starts September 11

By Michael Innes

For those who were thinking that the St-François hockey team is not hard at work...you got it wrong. Team owners Raymond Lemay and Yves Desharnais, along with general manager Jean-François Grégoire have been keeping busy. The team was to hold a press conference to announce players' signatures but sent out a press release earlier this week to say that 20 players have come to an agreement with the team for the next season. The agreement is valid if the players make the team. The 20 players will jump onto the ice at the Sports Palace on Saturday, September 11, at 10 a.m.

Among the players who have come to an agreement with the team are last year's captain and Rock Forest native, Yannick Tremblay along with Maxime Daigneault, Louis Ménard, Philippe Bolduc and Alex Lord. Veteran players Mathieu Dumas, Denis Desmarais, Bobby Mazerolle, Éric Perricone, Yann Joseph, David Chicoine, Simon Robidans and François Pagé have also confirmed their return for the next season.

Other player who have come to an agreement are: Sylvain Deschâtelet, who played one game with the Saints

last season before being traded to Pont-Rouge will be back just like newcomers, Karl St-Pierre, Jonathan Gauthier, Nicolas Bachand, Marc-Antoine Boucher (speed skater Gaetan Boucher's son) and Maxime Pomerleau. Windsor native Samuel Grenache, who was the Saints second pick in last summer's draft, has confirmed to general manager Jean-François Grégoire that he will be present at training camp. Sylvain Deschâtelet, Jonathan Gauthier and Karl St-Pierre were picked up from the new franchise GCI Environnement of Sorel-Tracy earlier this summer.

"We have been very busy over the past weeks," said Grégoire who has signed a two-year deal with the organization a few weeks ago. "Wayne Veary, my assistant, and I have spoken to all the players and we are having discussions with some others to have them take part in the training camp. We won the season championship and we made it to the grand final for a third time in six years, we are going to do our best to put a good team on the ice again this year," he added.

Fans who would like to purchase their season tickets can do so by contacting team president, Raymond Lemay at 819-823-2825.

Cantonnières take a 2-0 win over Charles Lemoyne

By Michael Innes

The Cantonnières were on the road Wednesday night to face off against Charles-Lemoyne. After losing their first two preseason games and winning Sunday night in a shoot-out, the young players wanted to show head coach Martin Bernard that they deserve spot on this year's team before he reduces his player list again. The young players did well, taking a 2-0 win over Charles-Lemoyne.

Both teams worked hard in the first period. Charles-Lemoyne got a power play goal when a player from Magog was called for hooking. Charles-Lemoyne took a few shots without being able to score. With four minutes to go in the first period, the Cantonnières took advantage of a power play and scored at the last second; William Nadeau got the puck past the goaltender to give the Cantonnières a 1-0 lead.

The teams worked even harder in the second period but the Cantonnières came out on top when Alexandre Prevost scored the second of the game with help from Jérôme Verrier at 3:49. In the last period, tensions were high as the referee handed out seven penalties - four to the Cantonnières and three to Charles-Lemoyne - but the Cantonnières held on to take the win, their first win in regulation time.

Tyler Amey-Legault started the game in

goal for the Cantonnières facing eighteen shots in 29 minutes 55seconds of work before handing the net over to Alexandre Michaud who faced 22 shots. Bernard's troops shot 32 times at Marc-Olivier Daigle and Olivier-Marc Charest.

The Cantonnières will be on the road again this weekend starting Friday night as they visit Chateaugay at 7:30 p.m. before heading for Montreal to face off against Laval-Montreal, Sunday at 1:30 p.m. These two games will be, for some players, the last chance to show off their talent, as Coach Bernard will have to make some difficult choices and reduce his player list for Monday.

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Lopes-Schliep captures gold in Zurich

Postmedia News

Canada's Priscilla Lopes-Schliep won the gold medal on Thursday in the women's 100-metre hurdles at the Weltklasse Zurich event.

The Whitby, Ont., native set a meet record with a sprint of 12.53 seconds - beating Carolyn Nitra of Germany (12.69) and rival Lolo Jones of the United States (12.81).

Lopes-Schliep and Jones are tied with

14 points at the top of the inaugural Diamond Race Trophy series.

The 27-year-old Lopes-Schliep was behind Jones in the standings prior to last week's London Grand Prix, where Lopes-Schliep registered the fastest time of the year at 12.52.

Jones and Lopes-Schliep will settle their showdown next week in the International Association of Athletics Federations league final in Belgium.

Women's hockey? The ball's in the IIHF court

Column

By John MacKinnon
Postmedia News

It turns out that International Olympic Committee president Jacques Rogge's warning that women's hockey must improve, or risk being left out of the Olympic family, has been a catalyst for, if not major change, then certainly plenty of well-intentioned talk about change.

In July, at an international women's development camp in Vierumäki, Finland, a sort-of think-tank component was included, which produced a dozen recommendations to lift the level of play in many of the European countries and in Asia.

And some of the best minds in women's hockey will exchange thoughts at the World Hockey Summit in Toronto Aug. 23-26, as well.

The reality is that 30 years after the inaugural women's world hockey championship in Ottawa, the game has grown exponentially in Canada and the US, but is seemingly stuck in a time warp in many other countries.

The women's game continues to fight for acceptance as a legitimate sport, lacks leadership within the national federations and the International Ice Hockey Federation itself, and is held back by uneven levels of coaching and developmental infrastructure, once you get outside Canada and the U.S.

For longtime Canadian Olympic team coach Melody Davidson, who is now Hockey Canada's head scout for the women's program, the top priority has to be installing a dedicated executive in charge of women's hockey for the IIHF.

"The IIHF doesn't even have somebody specifically in charge of women's hockey," Davidson said. "How are we supposed to have visibility and day-to-day discussions about women's hockey if there's no one even at their level that is there for us?"

Filling just such a position is in the works, actually, and Davidson would consider applying for the job herself, provided she could be based in Canada. That seems a longshot, given the IIHF's headquarters is in Zurich, Switzerland.

Almost equally troubling is the fact that in most countries, outside Canada, the US and Finland, there is no female hockey executive inside the hockey federations.

"You know how much we've grown in Canada, just by having our voice in the office all the time," Davidson said. "That was definitely a recommendation (at Vierumäki) that the IIHF put someone in charge of women's hockey and then within a reasonable time frame the top 14 countries need to have someone at (national federation) level who is directly in charge of female hockey."

"Right now, there's nobody fighting the battles. You sit around a table at most NSO's for hockey and there's nobody sitting specifically for female (hockey)."

Even more basic is the need for attitude change about women's place in the game, strange as that may sound in 2010, after women's hockey has gone through four Olympic cycles.

Canadian superstar Hayley Wickenheiser recalls sit-

ting with Slava Fetisov at the 2010 Winter Olympics in Vancouver and being startled to hear him say: "You know, women don't want to play hockey in Russia."

"I just thought, OK, you're hosting the Olympics in four years in (Sochi) so, that's a pretty scary thing to hear one of their top leaders say."

So, although Wickenheiser agrees that Rogge's clarification call has been a prod to deepen the talent pool worldwide and lift the level of competition so the Olympic and world championship tournaments cease to be labelled two-team contests, the onus lies with the IIHF to take the lead.

"At IIHF level, until they have a designated female hockey director, I just think they're just spinning their tires trying to make improvements," Wickenheiser said.

Davidson said there is also much work to do changing attitudes, also.

"We have to continue to educate everybody, whether it's how hard and at what level an athlete can train, or whether it's an education of the X's and O's, or an education of working with the female athlete, or whatever it might be," Davidson said. "But the next step, once you get the leadership in place, is education."

Another key component to growing the female game is for superpowers Canada and the United States, in effect, to give aid and comfort to the enemy, to share coaching expertise, conduct exchange programs, so foreign athletes can get a taste of the development system over here, and share that information back in their own country.

So, for example, one suggested remedy to help players improve would be to have the IIHF waive the \$1,500 transfer fee that must be paid for an individual athlete to travel to Canada to play a season with one of the teams in the revamped Canadian Women's Hockey League, for example.

"If we want to keep the sport at the (highest) level, then we have to pull everybody up," Davidson said. "We can't settle for dropping down to everybody else's level, we have to pull people up to the level we expect."

To that end, there are plans afoot to hold an annual elite development camp to which the top 12 countries would send their best three or four players for an intensive training and competitive experience.

"I think it's totally realistic, if we get on it," Davidson said. "In our country, it wouldn't really be an option for the players we're going to send."

"For our leadership group, our coaches this would be part of what we do in our program."

"I think the other countries have got to do

Roger Clemens indicted for perjury: Report

Postmedia News

Former Major League Baseball all-star pitcher Roger Clemens will be indicted by federal authorities for making false statements to Congress regarding the use of performance-enhancing drugs, reports the New York Times.

The newspaper reports an official announcement is expected later Thursday.

Clemens and his former trainer, Brian McNamee, testified to the House Committee on Oversight and Government Reform more than two years ago regarding Clemens' use of banned substances. The pitcher and trainer's testimony contradicted each other.

McNamee first alleged that Clemens used the substances in late 2007. Two months later, in February 2008, both men appeared before the committee.

In 2006, former US senator George J. Mitchell was asked by MLB commis-



WIKIMEDIA

Roger Clemens

sioner Bud Selig to lead an investigation into the use of performance-enhancing drugs by players. McNamee first linked Clemens to the use of banned substances in that report.

After the report was released, Clemens insisted that McNamee fabricated the allegations.

the same thing."

Davidson also believes other countries have to centralize their national women's hockey team for up to a year in advance of the Winter Olympics, if they're serious about significant improvement. But that takes money.

"If you're going to fund a (women's) hockey program, that's got to come from somewhere, and it's going to come out of the male side of the sport," Davidson said. "To fund, say, one or two female pole vaulters or wrestlers, or whatever and to fund 26 prospective Olympic hockey players are two totally different things."

"Are people really (prepared) to put that money into it, or is it easier to (fund) those wrestlers and pole vaulters at minimal cost?"

In women's hockey, there is no shortage of possible solutions. Implementing them is another matter.

"I, myself, am waiting for action," Wickenheiser said. "We can sit and talk about it, but we need action."

"It's like a lot of good things, it comes down to dollars and cents, at the end of the day. And it comes down to a willingness of people to want to put women's hockey on their radar."



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Church Services

Anglican

LENNOXVILLE

St. George's Anglican Church, 84 Queen Street., the Ven. Dean Ross. 8 a.m. Traditional Holy Communion each Sunday. 10 a.m. - 1st, 3rd and 5th Sundays Holy Communion; 2nd and 4th Sundays Family Service. All welcome. Information: 819-346-5564.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Organist: Anthony Davidson. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6. Station CJMQ 88.9 FM or www.cjmq.fm. Sundays 8:30 a.m. Culte en français dimanche 17h. Pasteur Rev. G. Fantechi 819-566-5962.

United

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Worship on August 22 at 10:00 a.m. followed by refreshments. We welcome our friends from Plymouth-Trinity United Church. Rev. James Potter, 819-565-8449.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Montreal, 819-346-6373. During the month of August we will be worshipping at Lennoxville United Church where worship begins at 10 a.m. <http://plymouthtrinitychurch.org>

TRENHOLM

Tenholm United Church. Come and join us in worship and fellowship on Sunday, August 22 at 1 p.m. The service will be followed by our annual Steward's BBQ! Hot dogs, corn on the cob, pot-luck salads and desserts as well as refreshments will be provided. Just bring your lawn chair!

UNITED EATON VALLEY

Summer Services for United Eaton Valley Pastoral Charge are held at 10:30 a.m. at East Angus. Minister: Rev. Wendy Evans. Info: 819-889-2838.

WATERVILLE-NORTH HATLEY, HATLEY, MINTON

August 22: Waterville-North Hatley Church Service at 10:00 a.m., no church service in Hatley. There will be a Church Service with Communion held at the Minton United Church at 2 p.m. Rev. Mead Baldwin 819-837-1112.

Mennonite

EUSTIS

You are invited to a Worship Service at Christ Church Hall, Eustis on Sunday, August 22 at 2:30 p.m. Service held by the Wolcott Mennonite Church from Wolcott, Vermont. For information, call 1-802-888-5277 or 819-837-2510.

DR. GOTT

Treatment for high potassium level connected to cause

By Peter H. Gott, M.D.

DEAR DR. GOTT: Can you please address high potassium levels? My husband's level went from 4.6 in 2008 to 5.6 in 2009. Other than food that is high in potassium, what could cause the level to jump? Should he be on a restricted diet? Can exercise bring it down?

His physical this year did show his total cholesterol level rose, mainly his LDL to 143, HDL to 77 and triglycerides to 115. His blood pressure is normal.

We would welcome any advice, as this is all new to us. I did search the Internet but was unable to find an answer.

DEAR READER: Potassium is important for the function of nerve and muscle cells. Common causes of elevated levels (known as hyperkalemia) are acute or chronic kidney failure. A normal blood-potassium level is between 3.6 and 4.8 milliequivalents per liter, known as mEq/L. Levels above 6.0 can be the result of type 1 diabetes; Addison's disease; angiotensin-converting enzyme (ACE) inhibitors; alcoholism; heavy drug use;

severe injury, such as burns, that cause destruction of red blood cells; and potassium supplements.

As you have discovered, elevated potassium levels are commonly found when a physician orders lab testing. Let's pause briefly here. Does your husband have a specific problem his physician was attempting to confirm or rule out? Or is he on a medication (such as an ACE inhibitor) that might require monitoring? If so, the elevation might be medication-related and can be corrected with a substitute drug. My guess is that his physician would have checked him for diabetes, so we can likely rule that out. Addison's disease results from either partial or complete failure of the adrenal glands, which sit on top of each kidney and produce hormones that control many functions. Causes of Addison's include tumor, bleeding into the gland, infection and autoimmune diseases. Another possibility is a false positive, and a repeat test may reveal a normal level.

Elevated potassium levels can result in heart arrhythmias, weakness, fatigue, nausea and more. Treatment is commonly tied to the underlying cause, so your husband may need additional testing. At the very least, he should return to his physician for a thorough discussion of the situation and what can be done to correct it.

I would be surprised if your husband's diet were the cause of his hyperkalemia. Foods high in potassium include lima beans, bananas, cantaloupe, cooked spinach, winter squash, raisins, tomato products and more. If your husband consumes substantial amounts of the foods

mentioned, he might wish to make modifications. It will not harm him to follow a low-potassium diet.

In terms of his cholesterol levels, did he eat prior to the testing or did he fast? Cholesterol is fickle, and reports can be conflicting if food or drink has been ingested. You don't indicate what his total cholesterol level was, nor if he has any medical condition(s) that might not have been mentioned.

He should speak with his physician before starting an exercise program. If he is relatively sedentary and there are no restrictions, he might begin by walking or using a treadmill at home. He might speak also with a physical therapist at a local hospital or fitness center and join an abbreviated exercise program. Water aerobics are low-impact and often beneficial. The possibilities are limitless.

To provide related information, I am sending you copies of my Health Reports "Understanding Cholesterol" and "Vitamins and Minerals." Other readers who would like copies should send a self-addressed stamped No. 10 envelope and a \$2 check or money order for each report to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title(s) or print an order form off my website at www.AskDrGottMD.com.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

Death



Alice Corey HALL

(1915-2010)

Peacefully at the Foyer Sutton, on August 18, 2010, in her 96th year.

passed away Alice Hall. Predeceased by her husband Lloyd Corey, her son Paul and daughter Audrey she leaves to mourn her son David (Dawn Brock), her grandsons Mark Felder, Devin and Trevor Corey, her brother Arthur and sister Florence, her nieces, nephews other relatives and dear friends.

Friends may call at Désourdy inc.

104 Buzzell St., Cowansville, QC

Phone : 450-263-1212

Fax 450-263-9557

info@desourdy.ca

on Monday, August 23, from 2-4 p.m. and 7-9 p.m. The funeral service will be held from All Saints Anglican Church in Dunham on Tuesday August 24, at 11 a.m., Reverend Sinpoh Han officiating. In lieu of flowers, donations in her memory to the BMP Hospital Foundation or the Foyer Sutton would be appreciated. (forms available at the funeral home).

DÉSOURDY FUNERAL HOME
104 Buzzell St., Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca

Death

Raymond SCHOOLCRAFT

(1927-2010)

Deceased suddenly at his home on August 18th, 2010 at 83 years old. Predeceased by his son Allan, he leaves in mourning his wife, Catherine (Kay) Côté, Irena Hodorowski, Gary Hammond (Dolores), his many brothers and sisters-in-law, nieces, nephews, extended family, friends and acquaintances. Visitation on Monday, August 23rd, 2010 from 1pm to 2pm at Mansonville United Church, followed at 2pm by the funeral service, Rev. Ryk Allen officiating.

Arrangements entrusted to: Désourdy inc.
104 Buzzell St., Cowansville, QC
Phone : 450-263-1212
Fax 450-263-9557
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Donations may be made to the Mansonville First Responders. (Forms available at the church)

DÉSOURDY FUNERAL HOME
104 Buzzell St., Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca

In Memoriams

THOMPSON, Douglas Gordon: May 6, 1928 - August 23, 2006.

To My Darling Husband

August comes with great regret

A month we will never forget

You left us quietly, thoughts unknown.

But left a memory we are proud to own.

You did so many things for us

Your heart always kind and true

And when we needed someone most

We could always count on you.

The special years will not return

Like when we were all together

Forget you we never will

You left a place no one can fill.

I will love you always and never forget

you.

FERN

To Our Dear Dad and Papa

A beautiful memory, dearer than gold,

Of a father whose worth can never be told,

There's a place in our hearts no one can fill,

We miss you, Dad, and always will.

Sadly missed and lovingly remembered

by

YOUR CHILDREN
AND GRANDCHILDREN

more on page 13

Death

**Frances Ethel
HALSALL (NEE DOLLOFF)**

(August 31, 1919 - August 15, 2010)

Fran passed away Sunday, August 15. She was predeceased by her parents, Avon and Grace Dolloff, her brothers Ed (June) and Don (late Betty) and her loving husband Dick.

She is survived by her sister Sandra (Garnet) Morrison, her daughter Ann (Terry Cooke) and her son Art (Jennifer).

She also leaves to mourn her grandchildren Sam, Timm, Stephanie, Sandal, Joseph and Stephanie and great-grandchildren Cayden, Catronia, Hannah, Avery and Olivia.

A Memorial Service will be held Sunday, August 22 at 3 p.m. at St. John the Evangelist Anglican Church in Ladysmith, BC. Rev. Daniel Fournier presiding.

Fran's family extends its deepest gratitude to Cam and Lynn Scott who provided a warm, caring environment for Fran during her final two years.

Death

**Shirley
HARRISON**



Peacefully at the Hotel-Dieu Hospital, Sherbrooke, on Wednesday August 18, 2010 at the age of 64.

Shirley Weston beloved daughter of the late Clinton Weston and the late Olive Ross and wife of Robert Harrison. Dear mother of Dennis Jones (Caroline), David Jones (Nicole) and Donna Jones (David) and grandmother of Maxime, Cedric, Allison, Catherine, Melissa, Alex, Andy, Tammy, Nathan and Erika. She was predeceased by her sister Priscilla (Raymond Audit) and will be sadly missed by her sister-in-law Charlotte (Buddy Bullard), her nieces, nephews other relatives and friends.

Resting at the St-Paul's Anglican Church, 588 Main St., Bury, where friends may call on Saturday August 21, 2010 from 2 to 3 P.M. followed by the funeral service at 3 P.M. Rev. Wanda Dillabough officiating assisted by the Ven. Dean Ross. Interment in the Bury Cemetery. Donations to the Quebec Cancer Foundation, 3001, 12^e ave. Nord, Sherbrooke, QC, J1H

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

Death

**Betty
(Topp)
KAVANAGH**

(1923-2010)



Kavanagh Betty nee Topp, beloved wife of the late Douglas Kavanagh.

She passed away peacefully on Monday August 16 in the C.S.S.S. Memphremagog. Born in Granby in 1923 moved to Chapleau, Ontario and finally to Magog in 1974.

A memorial service will be held at a later date.

The family would like to offer their gratitude to Dr Latulippe and the staff at Magog Hospital along with their deepest appreciation to Doris Catchpaw who was Betty's long time friend and caregiver.

In lieu of flowers, donations can be made in Betty's name to charity of your choice.

Arrangement entrusted to Coopérative Funéraire de L'estrie, 485 24 Juin St., Sherbrooke (Québec) J1E 1H1, Tel. 819-565-7646 Fax: 819-565-7844

COOPÉRATIVE FUNÉRAIRE
DE L'ESTRIE
485 24 Juin St., Sherbrooke QC
PHONE: 819-565-7646
FAX: 819-565-7844
www.coopfuneraireestrie.com

Death

**Jean E. Cota
SHERMAN**

Passed away in peace, following a lingering illness. She was with us from November 29, 1927 to August 16, 2010.

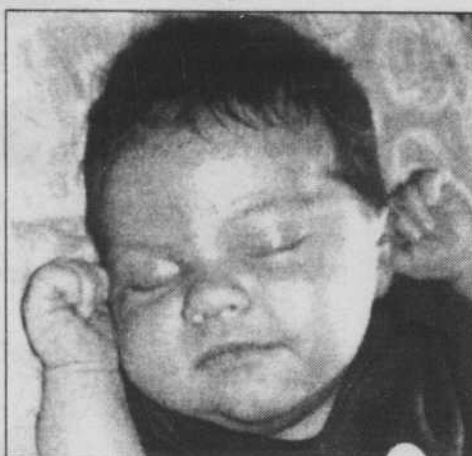
She will be missed by her sister June and her husband Frank Moller, and their family, her sister Shirley and her husband Bruce Croft and their family, and the family of her deceased brother Michael Sherman.

A graveside service will be held in the Gould Cemetery on Friday, August 20, 2010 at 3:00 p.m.

Arrangements entrusted to Cass Funeral Homes 819-564-1750 www.casshomes.ca

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

Birth



PASHER, Emma Shirley - Mark Pasher and Annie Chrysler are pleased to announce the arrival of their beautiful daughter. Emma was born on July 24, 2010 and weighed 8 pounds. Her big brother Caleb loves her more every day. Proud grandparents are Tom Chrysler (Betty Ann Lewis) and Nicole Veillette.

Card of Thanks

DIGBY - We wish to thank our friends and family for helping us celebrate our 50th Anniversary on July 16 with cards, telephone calls and gifts. A special thanks to Mark and Winnie for the lovely cake. Thanks to all our family for the great dinner. We will never forget you all.

Thanks and God bless,
EDWARD & HELEN

In Memoriam

NUTBROWN, Stuart: 1917 - 1984. Dear husband, father and grandfather.

Lovingly remembered and forever missed.
MERYL
AND FAMILY

Card of Thanks



WILSON - We can't thank you enough for giving our kids a "second home". You have become forever a part of our family and we are grateful for all you have done to keep them smiling! We will all miss seeing you everyday and hearing the kids ask, "Is it a Cella day?".

BRIAN, KAREN,
AIDEN & RYLEE WILSON

Graveside Service

BRITTON, Ruth Madeline (nee Dunsmore) - She passed away on February 1, 2009. She was the wife of the late Major Alfred Charles Britton. Mother of the late Wanda and surviving son James Tim. A graveside service will be held on Sunday, August 22 at St. Peter's Cemetery, Sherbrooke at 12:30 p.m., officiated by Rev. Dean Ross. Friends and family are welcome.

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

DEADLINES FOR DEATH NOTICES:

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

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

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Our 19-year-old son, "Todd," left home a year ago with only a backpack.

Dear Annie: Our 19-year-old son, "Todd," left home a year ago with only a backpack. He left a voicemail saying he was with a friend and not to look for him. My husband finally got a mailing address when he called Todd's cell phone and said perhaps insurance coverage was no longer needed if we didn't know where he was. We continued to forward mail to him and twice received e-mail — once to ask for money (which we sent) and another time to tell us his guitar had been stolen.

Six weeks ago, I found Todd on Facebook and "friended" him so we could keep better track of his status. He lives with friends a mile away and has been attending college nearby. Last month was his birthday, and I forwarded the card and check his grandmother sent and enclosed a check and card of our own. When the checks were not immediately deposited, we worried something might have happened to him and e-mailed. He informed us he had moved, but didn't say where.

Since then, we have received several e-mails from Todd, all asking if those checks came back in the mail or if we are sending replacements. Maybe my anger is clouding my judgment, but if he wants gifts, isn't it his responsibility to send us his address? If he doesn't want us to know where he lives, he forfeits his right to get a birthday check.

Should we take a stand on this and risk losing touch with him completely, or has he proved that he is only interested in a relationship with us if we pay? — Peeved Parents in Tennessee

Dear Parents: We think Todd has proved only that he's 19 and immature. The good news is, he is attending college

and managing to stay out of trouble. The bad news is, the only time he thinks to contact you is when he needs money. The check from Grandma belongs to Todd, so e-mail and say if he wants it, he has to send you his current address. After that, it's up to you. But we think it wouldn't hurt to remind Todd that you love and worry about him, and that it would be nice if he'd let you know he's OK once in a while. Then try to leave him alone as much as possible so he can learn to be a responsible adult. It will be good for all of you.

Dear Annie: My friend has a boyfriend who is emotionally abusive and recently choked her. She called the police but did not file a restraining order. She calls me every day, crying and asking for advice that she never follows.

I'm a wreck worrying about her and her child, waiting for the next awful phone call. I live a few hours away, and her family is no help. What can I do? — Pennsylvania

Dear Penn: There are myriad reasons why people stay in abusive relationships. You cannot "save" your friend. She must find the strength to get out on her own. You are, however, coming to her aid by listening and repeatedly encouraging her to get help. Please don't abandon her out of frustration. Contact the National Domestic Violence Hotline (ndvh.org) at 1-800-799-SAFE (1-800-799-7233), and ask for additional assistance.

Dear Annie: This is for "Help Needed," who has a fear of birds. I suffer from arachnophobia (fear of spiders) and have developed a coping mechanism that might work for her. Instead of screaming when startled by a spider, I yell at it. This

Annie's Mailbox

could work really well for birds, since they usually fly away when yelled at. — Ignoring My Fears

Dear Ignoring: Often, using anger can help make a person less afraid and in this particular case would probably scare away the birds, as well. Thanks.

Dear Annie: My husband and I have been married for 20 years. He was a drinker when I met him, but of course, I was young and naive and thought I could change him. When I couldn't, I decided to join him.

We had two children, and because of our drinking, the children were taken away from us for two months. If we wanted them back, one of the conditions was to go through an alcohol treatment program and attend AA. We both did this and were sober for three wonderful years, during which time we had a third child.

The problem is, my husband got a job in a different city and started drinking again. Things have gone downhill ever since. We tell him often that he drinks too much and needs to get help, but he doesn't see it. When he is drunk, he repeats himself over and over and causes drama with everyone around him. He yells at our adult children and is angry that he can no longer control their lives.

It seems he only cares about himself. He is not remorseful when he sobers up and instead sulks for days and stops speaking to everyone. I don't know how to help him. I know that I don't want to be with him anymore unless he changes. Any advice? — Confused in S.D.

Dear Confused: It's likely that your husband's work relocation uprooted the support system he had in place that helped him stay sober. Also, if he was a

drinker when you met him, there could be a genetic component to his alcohol problem. Please contact Al-Anon (al-anon.alateen.org) at 1-888-4AL-ANON (1-888-425-2666) and ask for help.

Dear Annie: I work at a nursing home. I love my job, and my co-workers are the best. However, some of the other employees bring their children to work with them. Aside from the inappropriateness of having children at a nursing home all day, it is unfair to the rest of us because these children bother us constantly with questions about what we are doing.

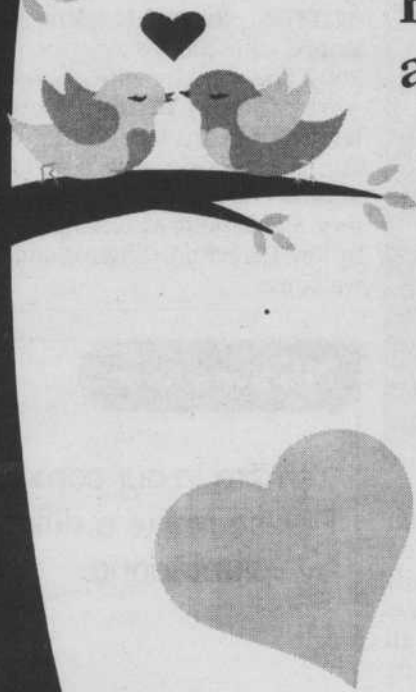
Some of these parents make decent money and should be able to afford day care or a babysitter. I know one woman has relatives her kids could stay with during the day, but she brings them anyway.

I like to have peace and quiet at work and don't want to have to worry about a child running around. Nursing homes are for the care of elderly people and are not day care centers for children. What can I do? — Concerned Employee at a Nursing Home

Dear Employee: While we sympathize with parents who have difficulty finding day care for their children, nursing homes are not an appropriate alternative. The staff dispenses medications and handles other items that could be dangerous to youngsters, not to mention the possibility of children tripping up the residents. Talk to human resources and find out what the policy is and ask that it be enforced.

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

Engagement announcement



Valerie and Ricky Bushey of Danville, QC are happy to announce the engagement of their daughter Amanda Bushey to Matthew Suitor, son of Jennifer and Bruce Suitor of Waterville, QC. A September 2011 wedding is planned.

Congratulations to the happy couple!

87th Birthday



Mrs. Audrey Tillotson celebrates her 87th birthday on Saturday, August 21.

Have a happy birthday Mum.

Love from her children Nellie, Dent, Audrey Ann, Gillian and Gwen also her grandchildren Tara, Brian, Sam, Max, Edward, Ashley and Lori.

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: B equals F

"SPOHO'N NTFOSPMRD
KMGOHISM RD IGTLS RTS
AHOSORUMRD. UIHO ST OFGIHHINN
JTLHNOKB., HMNX." - UHOV
GIHHJFTHO

PREVIOUS SOLUTION: "Never let your sense of morals get in the way of doing what's right." - Isaac Asimov

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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.

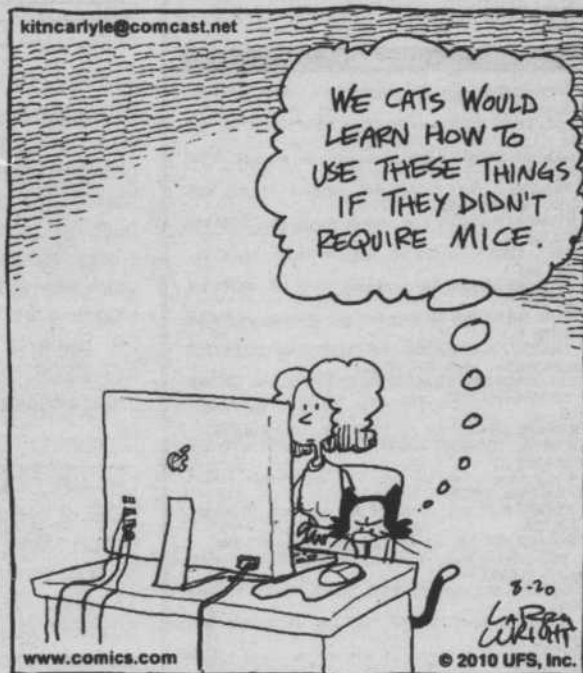
Today's clue: N equals K

"LMY WYS RHY? EL'D UIDL LMY AGC
RHY DLBN EW R KEBXASRZY AZYW
OAX OEOLYYW DYBAWCD." - URKYD
XRWCE

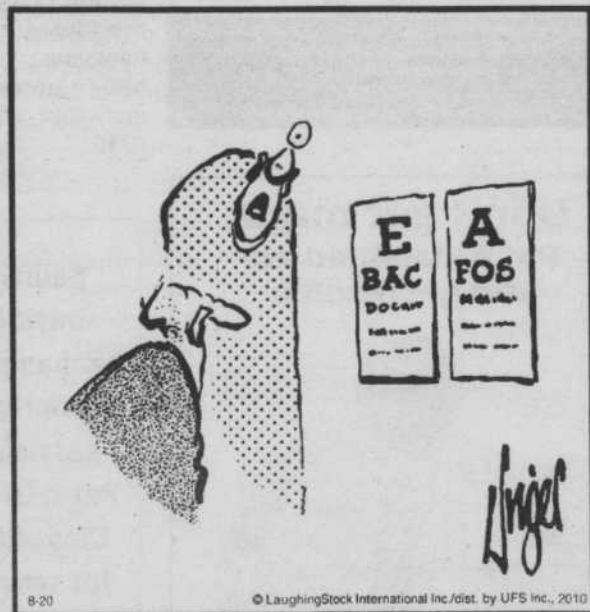
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PREVIOUS SOLUTION: "There's something liberating about not pretending. Dare to embarrass yourself. Risk." - Drew Barrymore

KIT N' CARLYLE



BERMAN



"You want to test both eyes, don't you?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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

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100 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

OPEN HOUSE, Sunday, August 22, 1 p.m. to 4 p.m., 229 Queen, Lennoxville. Duplex / bi-generational or commercial. Beautiful ancestral home, newly renovated with adjacent apartment on two stories. Info: 819-446-6176 or 819-574-5755.

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105 For Rent

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 or leave a message after hours
 or e-mail: accounting@videotron.ca

100 Job Opportunities

Municipality of Bolton-Est

EMPLOYMENT OFFER

Position: MUNICIPAL AND ROAD INSPECTOR

Under the authority of the Director General, the person will assume the following tasks:

Responsibilities

Perform tasks related to the function of municipal inspector;
 Be responsible for road works;
 Manage roads budgets;
 Assist the building inspector;
 Manage complaints of departments under his responsibility;
 Assist colleagues in various other tasks;
 Ensure maintenance of buildings.

Qualifications required

High school diploma (D.E.S.);
 Knowledge of road maintenance;
 Good knowledge of Microsoft Office software;
 Organized, versatile, dynamic and resourceful;
 Skills in drafting reports;
 Ability to perform clerical and physical labor;
 Good interpersonal and communication skills;
 French and English (spoken and written);
 Valid driver's license and a vehicle that can be used during the course of his work.

Type of job and wage conditions

Permanent position, 35 hours per week.
 This position requires working outside normal working hours.
 Salary will be commensurate with experience and competence.

Application Deadline

August 27, 2010

Responsible

Interested candidates should forward their curriculum vitae to the municipality of East Bolton at 858, Route Missisquoi, Bolton-Est, Qc J0E 1G0 or by email at info@boltonest.ca

We will communicate only with selected candidates. This position is open to men and women.

Pierre Gagné
 Director general adjoint

100 Job Opportunities

EXPERIENCED HOUSEHOLD HELP wanted. Regular schedule as well as occasional on call. Ogden area. References required. Call 819-876-5166.

LOOKING FOR SOMEONE to do office work in their home, approx. 6 hours per week. Must have computer skills, know Excel, do internet research and prepare files. Email: info@eco lawnapplicator.com

100 Job Opportunities

100 Job Opportunities

RECEPTIONIST:

The Ripplecove Inn in Ayer's Cliff has a permanent employment opportunity for a front desk receptionist. Must work flexible hours including evenings and weekends, knowledge of the area, excellent phone skills and ability to sell in french and in english are essentials. Competitive wages, incentives and benefits. To apply e-mail Valerie at innkeeper@ripplecove.com

REGISTERED NURSING ASSISTANT

required for Christian nursing home ministry in North Hatley, full time, including days, evenings, nights and weekends. English fluency required. For more information, call 819-569-0546 ext. 23 or by email massawippi3@videotron.ca

100 Job Opportunities

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145 Miscellaneous Services

CAR WASH, wax, shampoo, polish, interior. Work done by hand. Also residential carpet cleaning. Lennoxville. Call Antoine at 819-571-1265.

LENNOXVILLE PLUMBING.

Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

150 Computers



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170 Auctions

2 DAY AUCTION, August 27, 10 a.m. Construction equipment, excavators, dozers, loaders, trucks, skidsteers, tractors. **August 28, 10 a.m.** Boats, boat trailers, RV's, ATV's, PWC's, utility trailers. www.aeroauction.ca. Consignments welcome. 705-487-6249, Barrie, ON.

190 Cars For Sale

2003 TOYOTA RAV4, 4 WD. Great condition, 127,000 km., automatic transmission, fully loaded, air bags. Asking \$9,000., offers considered. Location: Knowlton. Call (450) 243-4413.

2005 TOYOTA ECHO, standard, 86,000 km. Asking \$5,950 neg. Also 2003 Hyundai Sonata, 97,000 km. Asking \$4,900 neg. Call 819-849-4278.

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 2009 FORD FOCUS SE, sedan, auto., full, 17,000 km., red. \$12,995
 2009 MAZDA 3 GT, sedan, standard, 2.3 l, mags, 17", sunroof, full, 71,901 km, white, \$14,995
 2009 LINCOLN MKZ, AWD, sunroof, sync, full, 21,896 km., grey. \$35,995
 2008 MAZDA GS, sedan, auto., full, sunroof, mags, 337,800 km., red. \$12,995
 2008 VOLVO XC 70, V6, auto., AWD, 4x4, station, full, leather, 44,327 km., taupe, \$33,995
 2007 LINCOLN MKZ, AWD, 4x4, auto., full, leather, sunroof, 54,874 km., grey, \$21,995
 2007 FUSION V6 SEL, FWD, 4x2, leather, sunroof, 48,127 km., grey, \$13,995
 2007 FORD FIVE-HUNDRED LTEE, AWD, 4x4, 47,262 km. \$17,995
 2007 FREESTYLE LTD, AWD, full, GPS, sunroof, leather, 72,454 km., red. \$18,995
 2007 FOCUS SEDAN SE, auto., air, 79,100 km., blue, \$8,495
 2007 FUSION SE, 4 cyl., 4x2, full, 79,652 km., red. \$11,995
 2007 FUSION V6, Sport FWD, 4x2, full, 83,260, black. \$13,995
 2007 FOCUS SE, sedan, standard, air, elec. group, extended warranty, 54,750 km., red. \$9,995
 2007 FOCUS ZX4 SES, 4 cyl., auto., full, spoiler, mags, 49,992 km., grey, \$9,995
 2007 FUSION V6, SEL, AWD, 65,628 km., grey. \$14,995
 2006 FUSION, SE, 4 cyl., auto., full, sunroof, mags, 98,000 km., black. \$11,995
 2006 FOCUS SE, sedan, auto, full, extended warranty, 51,527 km., grey. \$8,995
 2005 MAZDA 3 SPORT GS, 4 door, auto., full, mags, 86,432 km., black. \$9,995
 2004 FORD FOCUS STATIONWAGON SE, Sport, full, 86,925 km., blue. \$5,995
 2004 CHEVROLET IMPALA LS, V6, 3.8 l, auto, full, leather, 127,730 km, grey, \$7,995
 2003 SUBARU IMPREZA, AWD, TS, Sport-wagon, 74,246 km., grey. \$9,995

TRUCKS
 2010 F150 S-CREW, 4x4, auto., XLT, XTR, full hitch, 8,116 km., black. \$34,995
 2008 ESCAPE XLT, V6, auto., 4x4, full, hitch, 55,622 km., red. \$18,995
 2007 RANGER SPORT S-CAB, 4x4, auto., V6, air, bed, 45,348 km., red. \$14,995
 2007 RANGER SPORT S-CAB, 4x4, standard, V6, full, hitch, 51,600 km., blue. \$14,995
 2006 HYUNDAI TUCSON, 4 cyl., standard, 4x4, full, 60,948 km., grey. \$10,995
 2010 FORD E250, longbody, V8, auto., air cargo, 14,000 km., white. \$25,995
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 2007 ESCAPE XLT, V6, 4x4, full, 77,318 km., grey. \$16,995
 2007 PONTIAC TORRENT SPORT, 4x4, auto., full, 108,790 km., black. \$14,995
 2007 F150, s-crew, 4x4, v8, auto, FX4, full, leather, sunroof, 53,435 km, black, \$27,995
 2009 ESCAPE XLT, 4 cyl., standard, 4x2, full, hitch, 10,266 km., blue. \$18,995
 2007 ESCAPE XLT, V6, 4x4, full, 77,318 km., grey. \$16,995
 2006 GMC ENVOY SLE, V6, auto., full, sunroof, hitch, 98,389 km., green. \$13,995
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 2005 MAZDA TRIBUTE GS, 4x4, v6, auto, 96,727 km, grey. \$11,995
 2003 MAZDA, s-cab, dual-sport, v6, auto, 4x2, air, mags, 124,963 km, red. \$6,995
 2005 EXPLORER SPORT TRAC XLT, V6, auto., 4x4, full, 42,487 km., red. \$17,995
 2009 EXPLORER SPORT-TRAC LIMITED, V8, 4x4, 16,000 km., black. \$33,495
 2006 MAZDA, S-Cab, Dual-Sport, V6, auto., 4x2, air, mags, 41,000 km., white. \$12,995

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by Lynn Heath

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294 Events

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330 Pets

NEW - DOG BOARDING at Blue Seal. Weekends, holidays and day care. **Cageless.** Personalized care for your pet. **Blue Seal, the Animal Nutrition Centre,** 1730 Wellington South, Lennoxville, 819-348-1888.

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"POTTERY"
by Lynn Heath

330 Pets



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Where are the best looking in town? At the Eastern Townships SPA! Come and visit our adoption rooms! Many cats and dogs aged between 2 months and older are waiting to find new homes. They have all been spayed/neutered, vaccinated, dewormed and microchipped. If you have wisely chosen to adopt a pet, come and meet them Monday through Saturday between 9 a.m. and 4 p.m. Adoption fees are very reasonable. 1139 Queen Blvd. North, Sherbrooke. For additional information: (819) 821-4727.

340 Garage Sales

BEEBE
Garage Sale on Saturday, August 21 at 35 Canusa St., Beebe. Something for everyone. Proceed to benefit the Frontier Animal Society.

340 Garage Sales

BROME
259 Jackson Road, Saturday, August 21, 9 a.m. to 3 p.m. Books, chairs, dishes, topper for 2001 GMC truck and much more.

HUNTINGVILLE
Gigantic multi-family garage sale at 1330 Pleasant View on August 21 and 22 from 8 a.m. to 3 p.m. Kitchenware, furniture (including sofas, chairs, and a single bed with bureau), many LPs, toys and much more.

HUNTINGVILLE
Moving - must sell everything! Furniture, appliances, dishes, books, shelves. 3825 Glen-day, Saturday, August 21, 8 a.m. to 1 p.m. Indoor sale.

KNOWLTON
510 Knowlton Road, Saturday and Sunday, August 21 & 22, 7:30 a.m. Rain or shine. Huge garage sale (front of Ding's Garage). Antiques, household items, clothing, etc.

MELBOURNE
St. Andrew's Presbyterian Church, 1169 Route 243, Melbourne on Saturday, August 21 starting at 8:30 a.m. Numerous tables. Barbecue from 11:30 a.m. to 1 p.m.

STANBRIDGE EAST
Big In house, Porch & Yard Sale, 69 Ridge (off Route 202), August 21 and 22 (9-5). Antique dishes, trunks, tools, miscellaneous.

365 Landscaping

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340 Garage Sales

STANSTEAD
Moving Sale. Household items, tools, new stuff, old stuff, a few antiques. Saturday, August 21 & Sunday, August 22, 8 a.m. to 4 p.m., 204 Passenger Ave., Stanstead.

395 Home Improvement

TAPIS STEVE for all your floor covering needs. Store hours: Thursday & Friday 9 a.m. to 5 p.m. and Saturday 10 a.m. to 2 p.m. 11 Queen St., Lennoxville, 819-566-7974.

400 Lost

READING GLASSES lost in Knowlton, somewhere between IGA and Pharmacy (maybe parking lot?). Bifocals, metal rim. Reward. Call (450) 243-0094.

430 Personal

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440 Miscellaneous

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440 Miscellaneous

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Menopausal woman can't sleep

By Peter H. Gott, M.D.

DEAR DR. GOTT: I have been going through menopause for the past seven years and have made it through the difficult phase. However, I have a problem staying asleep. I fall asleep most of the time with no problem but will stay asleep for about two hours. Then I can't fall asleep again. Do you have a solution to this problem other than using estrogen?

DEAR READER: As you are aware, hormonal changes occur during menopause. Those changes can produce symptoms of insomnia that can range from transient and temporary to chronic and annoying. A woman actually goes through three phases: perimenopause, menopause and postmenopause. During the first stage, estrogen levels can decline, resulting in abnormal cycles, hot flashes and temporary insomnia. Menopause occurs when a woman has remained free of a cycle for 12 months. A woman may awaken during the night (or whenever she sleeps) leading to chronic insomnia. Postmenopause can lead to still more pronounced sleep disturbances such as sleep apnea and restless-legs syndrome. So yes, there is definitely a strong link.

Estrogen is produced in the ovaries and adrenal glands in females. In menopausal women, it is prescribed to reduce the unpleasant symptoms that can plague a woman. Some physicians might choose to prescribe hormone-replacement therapy (HRT) if symptoms of menopause are severe. I don't know that I would be one of them. That decision is best left for you to determine with your gynecologist, based on your full medical history. You might consider modifying your diet to include cucumbers, soy sprouts, garlic, green beans, yams, apples, corn, peas, olive oil, sunflower seeds and beets. During waking hours, consider adding yoga or another exercise program. Retire at about the same time each evening. Be sure your room is dark, quiet and free of distractions. Attempt to clear issues and coordinate activities before retiring so you don't awaken at 2 a.m. to problem solve. On particularly difficult evenings, consider melatonin, an over-the-counter sleep aid.

To provide related information, I am sending you copies of my Health Reports "Menopause" and "Sleep Wake Disorders." Other readers who would like copies should send a self-addressed stamped No. 10 envelope and a \$2 check or money order per report to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title(s) or print an order form off my website at www.AskDrGottMD.com.

DEAR DR. GOTT: I have an itchy scalp and body. It's not ringworm. I get small bumps on the skin when it itches. My doctor gave me pills that help on my body and lotion for my scalp, but these last only about 15 minutes.

DEAR READER: There are numerous causes of itchy skin, most of which are harmless. Then there's the itch from stress, anxiety, hyperthyroidism, polycythemia, an allergic reaction, sun exposure, dermatitis, psoriasis, eczema and liver or kidney disease.

There are logical steps you might consider, such as ruling out food allergies, reducing stress levels, using cold compresses, over-the-counter antihistamines and anti-itch creams. Beyond that, you might have appropriate blood or allergy testing to zero in on some of the possibilities I mention. If your physician is unable to prescribe something for control that is effective, request a referral to a dermatologist who can sort out the problem.

Dr. Peter H. Gott is a retired physician and the author of several books, including "Live Longer, Live Better," "Dr. Gott's No Flour, No Sugar Diet" and "Dr. Gott's No Flour, No Sugar Cookbook," which are available at most bookstores or online. His website is www.AskDrGottMD.com.



Peter H. Gott, M.D.

Friday, Aug. 20, 2010

You could guess, but there's no need

		North		08-20-10	
		♠ A 5 2			
		♥ 10 7 6 3 2			
		♦ 9 7 4			
		♣ K 5			
West				East	
♠ 9				♠ Q 10 6	
♥ K 8				♥ Q 9 4	
♦ Q 10 5 3 2				♦ A J 6	
♣ J 9 7 4 3				♣ Q 10 8 2	
		South			
		♠ K J 8 7 4 3			
		♥ A J 5			
		♦ K 8			
		♣ A 6			
		Dealer: South			
		Vulnerable: East-West			
South		West		North	
1 ♠		Pass		2 ♠	
4 ♠		Pass		Pass	

By Phillip Alder

Many bridge deals would be boring if all 52 cards were face up on the table. This is one of them. Declarer would know how to play the spades — finesse on the second round — and the hearts — lead a low heart out of his hand. But even with the defenders' hands hidden, good players can sometimes appear to be using transparent cards.

In today's deal, how would you play in four spades? West leads a diamond. East wins with his ace and returns the jack (higher of two remaining cards) to your king.

Your jump to game was aggressive, but it was justified with the good fit and those aces and kings.

Of course, if you finesse in spades, you will have no further worries. But if you start by taking the percentage play, cashing the ace and king, you will have to guess the hearts. Here, as mentioned, you would have to start by leading the five from your hand, playing West for honor-doubleton. If, though, East had that holding, you would have to play a low one from the dummy and put in your jack.

However, there is a guaranteed line (assuming spades are not 4-0). At trick three, cash your club ace. Then play a club to dummy's king, ruff the diamond nine in your hand, lead a spade to dummy's ace and return a spade to your jack.

Here, the finesse succeeds and you are home. But suppose West could win with the queen. What would he do next? If he leads a heart, you have only one loser in the suit. And if he returns a minor-suit card, you ruff in the dummy and sluff a heart from your hand.

Friday, Aug. 20, 2010

Chances of fulfilling your material objectives in the year ahead look better than they have for a long time. However, do not talk about your expectations to just anybody, because there are always those who are ready to horn in on someone else's gains.

LEO (July 23-Aug. 22) - Those with whom you're involved will expect you to do what was promised regardless of how you feel. Not feeling up to the task will be no excuse, so try to do the best you can.

VIRGO (Aug. 23-Sept. 22) - There is nothing wrong with your earning capacity, yet it could be a day of downs for you financially, when expenses get thrown at you from left and right. Bite the bullet and handle it.

LIBRA (Sept. 23-Oct. 23) - Spoiled youngsters could expect that all that you've done for them in the past should be standard procedure, and could make some unreasonable demands on you. Don't let them get away with such behavior.

SCORPIO (Oct. 24-Nov. 22) - You might be in for a big surprise when all that flattery you're using on someone doesn't work. Try again, but this time use honesty and humbleness.

SAGITTARIUS (Nov. 23-Dec. 21) - Although it might usually cost you a dollar for a dollar's worth of value, you might have to give more than you'll get in order to have something you want. Don't buy what you don't need.

CAPRICORN (Dec. 22-Jan. 19) - Get your priorities straightened out, or you could end up wasting all your time catering to someone who hardly ever notices you, while ignoring a good pal who has always been there for you.

AQUARIUS (Jan. 20-Feb. 19) - Don't allow yourself to get enthralled with someone who is already spoken for. Pursuing forbidden fruit will not only cause you to waste time on what you can never have, but also create major problems for you.

PISCES (Feb. 20-March 20) - Just because the person you choose to do business with happens to be a friend, it doesn't mean you don't have to get important clauses in writing. Each party could be expecting more than they should.

ARIES (March 21-April 19) - A number of people you've always thought of as being allies might be only partially in accord with your ideas and/or purposes. However, even that support could also erode if you're not careful.

TAURUS (April 20-May 20) - Unless those you've hired to do a certain job are given exact instructions, you aren't likely to be satisfied with their work. Remember, the fault will be yours, not theirs.

GEMINI (May 21-June 20) - There are indications that, when doing business, you will be tempted to go with someone new and untested because you think you can get a better deal. Unfortunately, it is likely to be a poor decision.

CANCER (June 21-July 22) - If you find your mate or partner has a case of the grumbles, it'll be a mistake to respond in kind. By being even more affectionate than usual, you can be the substance that sweetens the soul.

Your Birthday

Saturday, Aug. 21, 2010

Some significant social changes could be in the offing for you in the year ahead, which will make your life a lot more exciting. More involvements with new people and new interests are indicated, giving you greater exposure to opportunities for fun and enjoyment.

LEO (July 23-Aug. 22) - A social contact you make could turn out to be quite lucky for you, bringing about something that you've been hoping would happen for a long time.

VIRGO (Aug. 23-Sept. 22) - Although a problem might be suddenly dumped in your lap, you'll have to act and think with alacrity. Your readiness will determine your ability to take advantage of it.

LIBRA (Sept. 23-Oct. 23) - Any kind of joint involvement will have an excellent chance for success, whether you're in it for business reasons or simply for a social purpose. Actually, you might get involved in both.

SCORPIO (Oct. 24-Nov. 22) - Spend your energies on endeavors or efforts that could bring about profitable opportunities. You're especially lucky in things that pertain to making money or that can advance your financial interests.

SAGITTARIUS (Nov. 23-Dec. 21) - Your warmth and dynamic personality make such a favorable impression on others that persons who meet you for the first time will be extremely desirous of getting to know you better.

CAPRICORN (Dec. 22-Jan. 19) - Some kind of material situation that has been disturbing to you lately should work out to your liking at last. Hidden factors might bring this about in a favorable manner.

AQUARIUS (Jan. 20-Feb. 19) - Make certain that you're around friends who know where the action is, how to have a good time, and make sure that you're included in the plans. Fun people will make fun things happen.

PISCES (Feb. 20-March 20) - Your chart indicates that there are more possibilities around you than usual for acquiring material gains. Don't sit at home doing nothing; go where the action is so that you can cash in.

ARIES (March 21-April 19) - Regardless of how unique your ideas may be, getting the support of others is likely to be easier than you think, especially if you lay all your cards out on the table. People will like what they see.

TAURUS (April 20-May 20) - Financial trends that are presently taking place can have a greater positive effect on your security than you ever suspected. Gains could come to you from more than one source.

GEMINI (May 21-June 20) - Don't let some unexpected changes in your social plans upset you, because, in reality, they will end up working in your favor.

CANCER (June 21-July 22) - Developments that require a delicate touch can serve to awaken your resourcefulness, and will end up being a fortunate occurrence, so go with the flow. When the dust settles, you'll end up on top.

Sunday, Aug. 22, 2010

Before considering a career change in the year ahead, be sure you've done everything you can to become valuable in your present position. Find out if there is fertile soil where you are and if there is something you can do to generate opportunities.

LEO (July 23-Aug. 22) - When seeking direction for a personal situation, talk to those who will tell you the truth. Praising your past thinking on the issue might be nice, but it gets you nowhere.

VIRGO (Aug. 23-Sept. 22) - If you are a creature of habit, it may be time to make a change regarding the procedures and methods you've been using in your work. Fresh ideas can enhance your industriousness and productivity.

LIBRA (Sept. 23-Oct. 23) - One of your most effective assets is your ability to get along with people from all walks of life. You can use this to improve your dealings with a difficult person.

SCORPIO (Oct. 24-Nov. 22) - Larger-than-usual rewards can be generated through sheer determination and hard work. However, if you don't feel up to the job, don't begin anything that you don't intend to finish.

SAGITTARIUS (Nov. 23-Dec. 21) - Whether you realize it or not, every time you open your mouth, your words have a big impact on others. Guard against blurting anything out without thinking.

CAPRICORN (Dec. 22-Jan. 19) - If you're in the market for something special, this might be a good day to go exploring to see if it is out there. However, you may need to hit some out-of-the-way shops to find it.

AQUARIUS (Jan. 20-Feb. 19) - It's great to be helpful to friends and family alike, but don't get so immersed in their affairs that you forget about your own needs. The world is right when you're happy with your own life.

PISCES (Feb. 20-March 20) - Get together with a close friend if s/he is available, and let this person help you thrash out what's been bothering you. Anyone who likes you will be happy to help out.

ARIES (March 21-April 19) - Go digging in that scrap heap for a lost interest that can be resurrected. Conditions have changed for something you dumped a while back, and it now has wonderful potential for being quite useful.

TAURUS (April 20-May 20) - Fences can be mended if you desire, but you will have to be the one who extends the hand of friendship. Don't be stubborn or too proud to be the peacemaker whenever you can.

GEMINI (May 21-June 20) - The best way to assure success in a collective endeavor is to look out for the interests of everyone involved, not just your own. It's got to be "one for all and all for one."

CANCER (June 21-July 22) - Pay attention to every detail and aspect in your business dealings, and don't take anything for granted. You might be able to turn something that's been going wrong to your advantage.

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CROSSWORDS

Across

- 1 Dirty
5 Fictional Fort Baxter noncom
10 Bar assistant?
14 Like the northern Antilles Islands vis-à-vis the southern ones
15 Enjoyed home cooking
16 City named for a Tennyson heroine
17 Faithful caretaker of a religious residence?
20 Choose to reject, say?
21 Draw
22 Vancouver-to-Seattle dir.
23 Defunct Frontier Airlines competitor
24 Not quite NC-17
26 Stately home for debate team practice?
32 Mars, to the Greeks
33 Aglet's locale
34 Per person

- 37 Stitch
38 Spilled, with "out"
40 Dept. in a "Law & Order" spin-off
41 Vocophone
43 Feudal peasant
44 Like a pinto
45 Former European princess's elaborate dwelling?
48 Pokes fun at, in a way
50 Anger
51 It's used at Gallaudet U.
52 Umpire's call
54 Winter spikes
58 French castle built with misgivings?
61 Popular bar game
62 Hard to move
63 The duck in "Peter and the Wolf"
64 "Soldier of Love" singer, 2009
65 Delish
66 White underling

Down

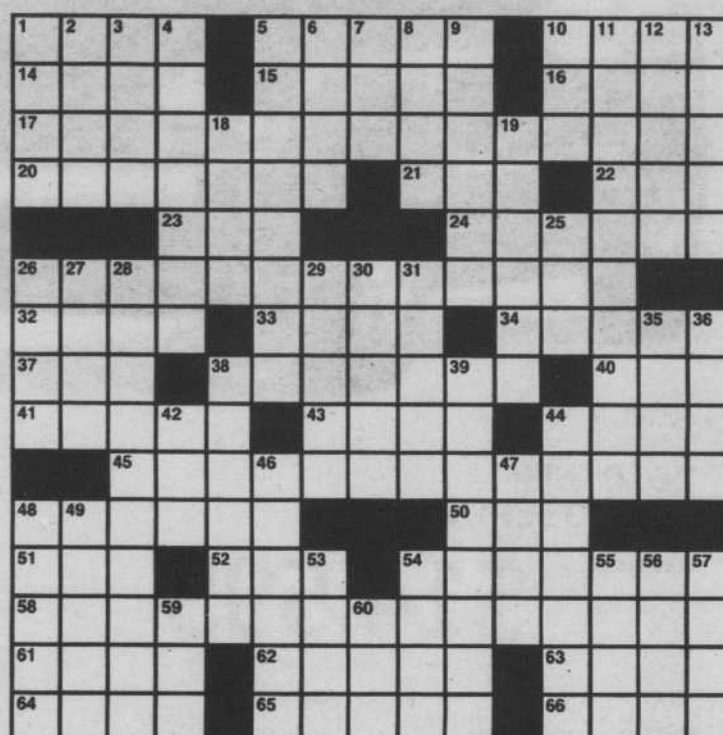
- 27 Field
28 Home of the flightless kakapo
29 Legendary soul seller
30 Cliffside litter
31 Chemical prefix?
35 "___ plaisir!"
36 Buddy
38 Hold in, with "up"
39 Productiveness
42 CIA's ancestor
44 Parboil
46 Equally simple
47 Power network
48 Sets up the balls
49 Actor Milo

- 53 1984 Nobel Peace Prize winner
54 "Correct me ___ wrong ..."
55 Auto mechanic's job
56 Black, poetically
57 Re-edit, in a way
59 Ring site
60 Half a tuba sound

MESS SPEC CAPP
ORALS PERU YMHA
BELOWBOARD RBIS
ICEBOATS JAILS
LTS ORO THING
UPINTHEMOUTH
CLASS RAMS OHO
LUCE BAITTS TUES
ILE PACT ESSES
OUTOFTHEPINK
YACHT INT SRI
BALKS UNCRATED
OREL OFFTHEBALL
ZANE SHOO EERIE
OBEY SASS DSCS

Down

- 1 Eastern priest
2 Pizazz
3 Hit the road
4 FireDome and Fireflite
5 Short nightie
6 Canoodling couple, maybe
7 Liszt's "___ Preludes"
8 "Santa Baby" singer
9 Lit
10 Louvre Pyramid architect
11 Operating room number?
12 Washer cycle
13 Put two and two together
18 U.S. dept. with a sun on its seal
19 Go over again
25 Bavarian beef?
26 Conceal



Across

- 1 "Banded" arid-area reptile
10 Hitting sound
15 Body fat compound
16 Bait
17 "I'll do it"
19 Joan of "The Last Emperor"
20 WWII soldier in Africa
21 Application datum
23 At least one
24 Chem class abbr.
27 Gave (out)
31 Half a laugh
34 Film with a lot of reports
36 Coast
38 Words of disbelief
40 Hall of Fame Vikings lineman Carl
41 Acted
42 Former British Poet Laureate Hughes

- 43 Fogg's creator
44 Computer unit
45 Telepathy term
47 Cone lead-in
49 Healthful desserts
55 "Let's call ___ evening"
58 Words after thanks
61 Early MTV staple
62 Fashionable partygoer?
63 Poet's superlative
64 1986 Blake Edwards comedy flop (aptly named, as it turned out)

Down

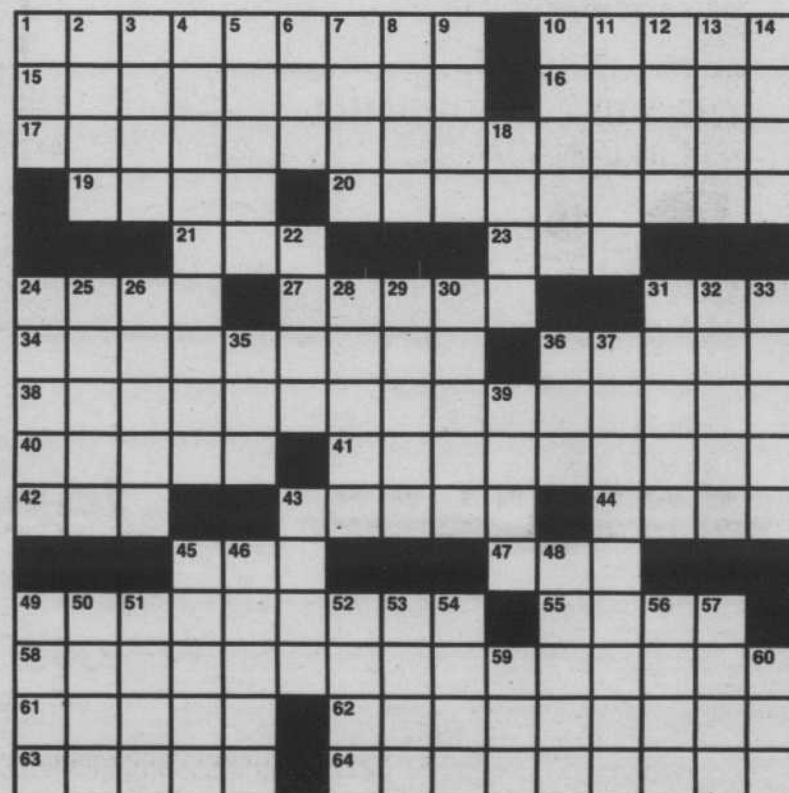
- 26 If only
28 Hardly be stoical
29 Oxford employee
30 Printing pioneer
31 Rot
32 Blow
33 "Demian" author
35 Dutch painter Gerard ___ Borch
36 H.S. VIPs
37 Crash and burn
39 Gets by, with "out"
43 Annual resolution target
45 Pepper picker

- 46 Lindsey's predecessor in the Senate
48 Caroline, to Bobby
49 With "and" and 59-Down, 4-Down
50 Noah's concern
51 Style with pins
52 2010 College World Series runner-up
53 "La Vie en Rose" singer
54 H.S. reasoning exam, formerly
56 "Alas!"
57 Nairn negatives
59 See 49-Down
60 Some corp. officers

IN KENT AUMY ADE S
BOB OIC ST ON K
TBOU OAD FAV H C
SLES ICIC LET SL A
RE IRE S STS RO
COVE OF TAV EST
DEID SERF O OZV K
U SV D LURTED BW S
D AHEAD LACE L S A
HCH ECH OFS FOR M
ATED RATED TED
ESS EIT IE M NO IN V
D NEND EST B ESN V
D INE NIN A E E L V
PARA KO BILK D W L

Down

- 1 Longest note?
2 Smart one?
3 2010 FIFA World Cup finalist
4 See 49-Down
5 View
6 "Forget it"
7 USMA part: Abbr.
8 Biblical grazers
9 Actor Byrnes and baseball Hall of Famer Roush
10 Hard
11 Narrow
12 Actor who was born a Leo, as it happens
13 Large landmass
14 Check
18 Chair, say
22 Cyclops and Beast, e.g.
24 So far
25 Oar fulcrum



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Jeep Compass Limited 4x4 shown**

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