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AUGUST 3-4-5-6, 2006

Cleaning up after the slobs... See Page 3

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MONDAY, JULY 31, 2006

The answer's not blowing in the wind

MRCs reluctant to embrace wind energy

By Joshua Bleser and Maurice Crossfield

Global warming and air, soil and water pollution are gaining increasing recognition, and although oil companies continue to post record profits and consumers continue to buy gas-guzzling cars, some are turning toward cleaner sources of energy to fuel cars, homes and businesses.

According to the Canadian Wind Energy Association (CanWEA), wind is the fastest growing source of electricity across the world. In Canada, however, though the association reports there is a capacity to source 20 per cent of our energy from wind (that could power 3.5 million homes), air gusts currently generate only one per cent of our electricity.

Quebec produces 212.25 megawatts of wind energy per year (with another 1,000 megawatts proposed), mostly at huge wind farms in Cap Chat, Murdochville, Mont Miller and Matane. Some of these projects — notably in Cap Chat — met in their early stages with vocal opposition from locals. Protests have recently halted the construction of a 134-turbine-strong farm in the Rivière-du-Loup regional municipal county (MRC).

Meanwhile, Hydro-Québec has issued

a call for tenders to produce 2,000 megawatts of wind energy — with a submission deadline of April 17, 2007 — and potential producers and MRCs across the Eastern Townships are closely watching developments at wind energy farms in the rest of the province.

Citing both aesthetic and environmental concerns, several Eastern Townships MRCs recently have passed by-laws controlling — and in some cases restricting, — the erection of wind turbines and wind energy parks on their territory.

The Record brings you a round-up of what elected representatives are doing about wind energy, and why they're doing it.

BROME-MISSISQUOI

The Brome-Missisquoi MRC has taken a firm stance on the windmill issue, going so far as to set limits on both industrial and smaller residential units.

In the spring the MRC restricted the erection of large windmills to areas east of Route 235 and North of Route 202. This flat territory, including the municipalities of Stanbridge Station, Pike River and Saint-Sébastien, is presently being studied for the construction of 30 to 40 giant turbines, capable of generating up to 100 megawatts of electricity.

At the time the concern was to avoid having the windmills, which can stand as high as 150 metres, scarring the landscape.

PLEASE SEE WIND ENERGY ON PAGE 4

Beat the heat



PERRY BEATON

Losing both feet to diabetes has not slowed the spirit of Rainville Dubois, once a goalie and an honoured hockey referee. Last week he was headed from downtown Sherbrooke to the Carrefour de L'Estrie in his air conditioned, battery powered trike.

Come and see why everyone is talking about



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Final respects



PERRY BEATON

Family and friends paid their last respects Saturday to 35-year-old mother of three and step-mother of three Faye Geraghty, who was found murdered in her home in Lennoxville July 23. The funeral was officiated by Rev. Michael Canning at St-George's Anglican Church in Lennoxville.

MNA arrest warrant lifted

An arrest warrant against Megantic-Compton MNA Daniel Bouchard has been lifted after his lawyer appeared at the Sherbrooke courthouse on Friday to explain why his client did not appear for a hearing on Thursday.

Bouchard, who was to be arraigned on two new charges of fraud, was not on hand for a scheduled appearance because it was not in his agenda, explained lawyer Walid Hijazi.

Hijazi explained his client was on vacation in the region and that he was not attempting to avoid his obligation to appear.

Last September, Bouchard plead guilty to a dozen charges of electoral fraud leveled at him by Quebec's chief electoral officer. The new charges laid last week stem from a Sûreté du Québec investigation into allegations that Bouchard attempted to defraud two insurance companies with false claims by producing counterfeit documents while he was the director general of the Société d'aide au développement de la collectivité du Haut-St-Francois (SADC).

After leaving the SADC, Bouchard became the Liberal MNA for the riding of Megantic-Compton, but the party dumped him when allegations of electoral fraud surfaced. Bouchard pleaded guilty last September of using the organization's funds to reimburse electoral contributions to the Liberal riding association in Megantic-Compton.

Bouchard continues to sit as an independent in the National Assembly.

Bouchard had to go to the Sherbrooke courthouse on Friday to sign a promise to appear for his court dates and to respect other conditions. He is due back in court on Sept. 29.

BRIEFS

Calling Grondins

The Grondin family association will hold a reunion in Maniwaki Aug. 19 and 20. Everyone with that name is invited to attend.

Check out associationgrondin.org on the Internet or call Gerry at 819-379-0372.

Construction in St-Malo

One of two lanes on Highway 253 (Breton road) in St-Malo will be closed for paving starting today.

The Quebec Ministry of Transportation said one lane will be closed from Monday to Friday from 6 a.m. to 6:30 p.m. Crews will direct traffic during work hours.

Area beaches are better?

Local beaches have performed well in the latest round of testing by the Quebec government.

Every summer from late June to mid-August public swimming areas are tested for bacteria content. The only required criteria is that the swimming areas be open to the public and meet safety requirements.

An A rating means the bacteria content in the water is low, and the water quality is excellent. B means good, C passable and D means the water is polluted.

Testing on July 24, showed Sherbrooke's Blanchard Beach got a B rating while the Deauville municipal beach got an A. The Livingston beach in Stanstead got a A as did the Camping Massawippi beach in Ayer's Cliff.

Beaches tested on July 25 got straight As including the Coop Prévert-de-Birchton beach, as well as the swimming areas at Camp Bel-Air in Stratford and O.T.J. in Lambton. The O.T.J. beach in Megantic received an A rating on July 26.

Rising temperatures can increase the bacteria count in shallow waters; check out the water quality of your favourite swimming hole before you go for a dip.

To do so, dial toll free 1-800-561-1616. Or go to www.mddep.gouv.qc.ca, click on the "Eau" link and then on "Environnement-Plage".

LOTTO QUÉBEC Draw Results: 2006-07-29 649 13 16 21 08 42 46 49 bonus		Quebec 49 24 25 26 14 33 38 42 bonus	
WINNERS PRIZES 6/6 0 \$8,191,033.00 5/6+ 4 \$83,794.40 5/6 129 \$2,146.40 4/6 6,934 \$75.60 3/6 131,997 \$10.00 2/6+ 105,228 \$5.00 Total sales \$16,330,394 Next grand prizes (approx.) \$14,000,000	WINNERS PRIZES 6/6 0 \$1,000,000.00 5/6+ 2 \$25,000.00 5/6 12 \$500.00 4/6 814 \$50.00 3/6 15,308 \$5.00 Ventes totales \$483,037.50	Extra 4334041 500 000 \$* *decomposable in both directions	
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Extra 8198939 500 000 \$* *decomposable in both directions NEW! \$ 500,000 GRAND PRIZE			

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

Weather

Today: Becoming cloudy. 40 percent chance of showers in the afternoon and evening. High 27.

Tuesday: Cloudy with 40 percent chance of showers. Low 21. High 31.

Wednesday: Cloudy with 60 percent chance of showers. Low 22. High 28.

Thursday: A mix of sun and cloud with 30 percent chance of showers. Low 14. High 23.

Ben by Daniel Shelton



They want you as a new recruit

Volunteers help clean up the tires and fridges

By Rita Legault
SHERBROOKE

Action St-François is seeking volunteers to pursue its mission of cleaning up the St-François watershed.

For more than a decade, the river cleanup group has organized some 300 work bees where hundreds of volunteers have pulled tonnes of garbage — including cars, tires and old refrigerators — from some 64 tributaries of the St-François River.

The watershed is made up of more than 1,000 streams, brooks and other waterways — many of which have their own hidden dumps adding to the deterioration of water quality throughout the watershed.

Last year the non-profit group held 27 cleanup operations on a half dozen creeks and streams. From spring to mid-fall, some 271 volunteers removed some 22 metric tonnes of garbage, of which 79 per cent was recycled.

As usual, volunteers found old cars, tires and refrigerators. But along with the car cadavers they also found a heap of dead, rotting pigs left behind by a local farmer.

Gendron said the pig dump was an unusual find that was reported to health authorities.

While undertaking their shoreline cleanups this summer, Gendron said the organization will also be compiling a list of areas that need revegetation. Once an inventory is completed, the group will begin planting shrubs along waterways next summer.

"We want to target the areas that need it the most," he said.

Cleaning bees take place every Saturday. Two days ago, volunteers headed to a stream located on Chemin Vaillancourt in Compton — the spot of a regional dumpsite which has been the scene of numerous cleaning bees.

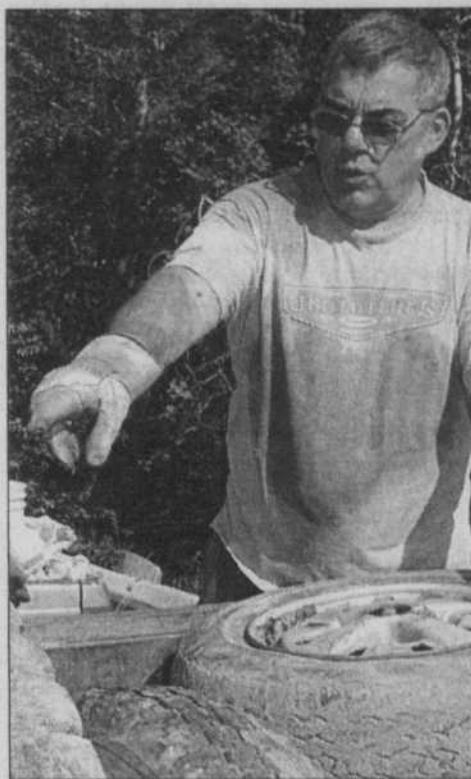
Gendron said last year, the groups removed some 17 tonnes of garbage from the site during 14 work bees. They have been back there a half dozen times already this summer.

Gendron said local birdwatchers

are planing to set up an observation site in the vicinity of the stream which is a tributary of the Coaticook River.

Weekly cleanup crew leave the Grenouillère parking lot (entrance on Frontenac Street) every Saturday morning at 7:45 a.m. Volunteers are carpooled to the site and returned to the downtown pickup around noon.

For more information on how to become a volunteer or a member of Action St-François, call (819) 563-5362 or visit the organization's bilingual website at www.asf-estrie.org.



PERRY BEATON

Volunteers gave up their Saturday morning to clean out the garbage dumped onto the St-François embankment.



PERRY BEATON

BRIEFS

Toxic fumes kill one

One man is dead, and another man and woman are in critical condition after being overcome by fumes in the machine shop at Knowlton Packaging Saturday morning.

At about 7 a.m., a worker in the machine shop was welding inside a large metal tank used for storing chemicals. He was overcome by fumes, and lost consciousness. A second employee entered the tank to try to rescue him and was also overcome. A third person, a Brome Lake First Responder who worked at the plant also attempted to get the other two out — and was overcome by the fumes as well.

Sûreté du Québec spokesman Const. Marc Butz said the three were taken to the Brome-Missisquoi Perkins Hospital, where one, a 30-year-old sub contractor from the Montreal region, was declared dead on arrival. The identity of the man who died will not be released until his family has been contacted.

The other two victims were transferred to the CHUS in Fleurimont, where they remain in critical condition.

Butz said it was not clear if the workers were overcome by the fumes from the welding itself, or from chemical residue in the tank. Butz did not say how long each was inside the tank.

Les Emballages Knowlton packages health and beauty products such as antiperspirant, shampoos, soaps and skin conditioners. As such, the company works with a wide assortment of chemicals used to mix and package the products.

The SQ, the workman's health and safety board (CSST) and a coroner will all be investigating.

Fire in Clarenceville

Fire destroyed a one-time general store in Clarenceville Friday morning.

Firefighters were called to the building at the corner of Route 202 and Front St. at about 4 a.m. Despite their efforts, the building could not be saved.

Sûreté du Québec spokeswoman Const. Chantal Mackels said no one was in the building and no one was injured in the fire. Route 202 was closed for several hours.

For the last few years the building had been empty.

The SQ is continuing its investigation.

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9:00 p.m. Concert: Les Respectables
SATURDAY, AUGUST 5TH
9:00 a.m. Holstein Judging
7:00 p.m. Modified Tractor Pull
SUNDAY, AUGUST 6TH
2:00 p.m. Modified Lawn Tractor Pull
7:00 p.m. Appreciation Evening
9:00 p.m. Lottery Draw

WIND ENERGY:

CONT'D FROM PAGE 1

The utility lines connecting them to the electric grid were also seen as a potential source of visual pollution.

In June, at the beckoning of Cowansville, the MRC took things a step further, limiting residential windmills to properties of more than one hectare (2.47 acres).

"It is the MRC that oversees land management issues," said Cowansville mayor and MRC Prefect Arthur Fautoux.

In order to have the restriction on its own territory, Cowansville had to get the regulation passed for the entire MRC. This effectively bans windmills from all urban areas in Brome-Missisquoi.

HAUTE-YAMASKA

In neighbouring Haute-Yamaska things have moved more slowly. There the council of mayors has placed a temporary ban on all windmills — industrial, agricultural or domestic — while it studies the issue.

"We are far from forbidding the development of wind energy, quite the opposite," said Haute-Yamaska Warden Paul Sarrazin. "This type of energy represents an important form of sustainable energy for some, and has negative sound and visual impacts for others."

Sarrazin said the issue is not a simple one, and while it is being studied the MRC doesn't want speculators rushing in to establish themselves before a regulation is passed.

He noted that some residential turbines can be purchased at hardware stores like Canadian Tire, tempting many to seek an alternative form of power.

A committee has been formed to study the issue, and its members will

visit a couple of wind farms in the Gaspé in August. Sarrazin said that will give the committee a true view of the advantages and disadvantages of large scale windmills.

"Before we make a regulation we want to look at all sides of the issue," he said.

Sarrazin said the MRC is making more of an effort to be responsive to the wishes of its citizens. The regulation will only be introduced after meeting with farmers, promoters and concerned citizens, and could take up to a year to be passed.

MEMPHREMAGOG

Memphremagog was the first Townships MRC to weigh in on the issue of wind energy — not surprising, given that it is home to some of the area's most beautiful landscapes and bustling tourist industries.

In November 2005 the MRC amended its land use plan to forbid commercial windmills on all of its "sensitive landscapes," which MRC Warden Roger Nicolet explains means "pretty much all landscapes visible from a distance."

The MRC's 17 mayors felt "windmills would have a negative effect on the attractiveness of the region and, indirectly, on real estate values," Nicolet said.

In other words, the mayors banned windmills because they find them ugly.

The amendment, approved by the provincial ministry of municipal and regional affairs in February of this year, was the subject of public hearings, at which no questions were raised, Nicolet affirmed.

As sweeping as it is, the Memphremagog amendment does not prohibit residential turbines "within the limits of normal tree heights," Nicolet said.

He added that to his knowledge virtually no MRC residents have installed turbines on their property, and that due to a lack of large scale marketing, those interested in doing so would have a hard time finding them.

Nicolet confirmed that no developers have approached the MRC with plans to build a wind farm, and that the amendment was "preventive, not reactive."

COATICOOK

The situation is similar in the rural MRC to the east of Memphremagog. Coaticook's by-law, also passed last winter, prohibits wind turbines within a radius of one kilometre from urban and industrial sectors, as well as resort areas, ecological parks, and recreation and conservation zones.

Turbines are also forbidden within 250 metres of provincial and municipal roads. Those hooked up to diesel generators are outlawed within 750 metres of homes, while those with non-diesel generators are not allowed within 350 metres of homes.

GRANIT

According to wind speed and volume tests conducted by Hydro-Québec, this eastern most Townships MRC is the most conducive to the development of wind farms, thanks to its vast expanses of uninhabited flat land, explains its warden, Maurice Bernier.

Although no project has been presented yet, TransCanada is conducting wind speed tests around the town of St-Robert-de-Bellarmin.

Because of the resulting economic opportunities, the MRC's administration remains open to welcoming wind farms on its territory. Nevertheless, it has passed a by-law clearly outlining the conditions anyone interested in cultivating wind energy must obey.

"What we [the mayors] wanted to convey is that we are not closed to the development of wind farms, but that we don't want it to occur any which way," Bernier said.

Due to noise concerns, Granit's by-law stipulates that windmills are forbidden within two kilometres of homes and within 500 metres of any building whatsoever. They are also verboten on public land, Domtar's land, and within two kilometres of tourist areas and land earmarked for protection in the MRC's land use plan.

Above all, companies interested in setting up shop on Granit's windswept territory must go through the MRC before going ahead with tests and further developments.

If and when a project is presented, the MRC will hold public hearings to find out what its residents want.

"We absolutely want to be consulted," Bernier said, noting that the motive behind this desire is threefold: to ensure that the project respects the by-law; to allow the MRC to decide if it is interested in being a business partner in a prospective wind farm; and to ensure that residents on whose land turbines would be put up don't hastily sign over rights of passage and regret it later.

VAL SAINT-FRANÇOIS

"It's not for us as an MRC to say we don't want [windmills] at all on our territory," said Cleveland Township Mayor and Val Saint-François Warden Gerald Badger. He said that some municipalities are considering by-laws to restrict the implantation of wind turbines, and that Ulverton has already banned them in residential areas "for a simple reason: they hum, and within close distances, it can be a nuisance to neighbours."

Badger said that in MRCs with more pristine landscapes and a more robust tourist industry, especially Memphremagog, it makes sense to place stricter conditions on wind energy development.

He maintains, however, that in Val Saint-François, "it's not for us to say to a municipality what they are and are not allowed to do. We just provide general guidelines."

HAUT SAINT-FRANÇOIS

Claude Brochu, Haut Saint-François' director general, does not think his MRC lends itself very well to wind energy. For that reason, he said, "We have not weighed in on the issue yet," although he adds that because individuals may begin to express interest in residential turbines, the MRC's council will have to discuss it and take a position soon.

For now, no developers have approached the MRC, and Brochu "[doesn't] think we're going to very far with it."

ASBESTOS

It was not possible to reach officials with the Asbestos MRC by press time.

BRIEFS

Roxton Falls blood drive

Héma-Québec will hold a blood drive today, July 31, at 2 p.m. at the Roxton Falls community centre (125 des Églises West).

For more information contact 1-888-666-4362, extension 185.

To make an appointment to give platelets, call 1-888-666-4362, extension 408.

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An odd love affair — with concrete

Sherbrooke anglo up for business award

By Joshua Bleser
SHERBROOKE

Call it a love affair with concrete. Zachary Gillman moulded his brainchild, Interstar, from a concrete pigment distributor in Montreal with a handful of employees into the only Canadian company that manufactures and distributes a complete range of its own lines of concrete pigments, admixtures, fibres, sealants, and automated pigment dispensers to markets across North and South America and the United Kingdom.

Interstar now boasts eight offices across North America and 90 employees — 65 of whom work out of its three-year-old corporate headquarters on Portland Boulevard in Sherbrooke — and Gillman has been rewarded for his business savvy and vision by being named a Quebec finalist for the Ernst & Young 2006 Entrepreneur of the Year award.

The Entrepreneur Of The Year awards honour businesspeople who have demonstrated entrepreneurial success and personal commitment to their communities.

"The wealth of great visionaries in Quebec continues to build our Quebec and Canadian economies, and in many cases grow the global marketplace as well," says François Dufresne, director of the Ernst & Young Entrepreneur Of The Year program in Quebec and partner at Ernst & Young.

"We're proud to recognize the exceptional contributions of these committed individuals to our communities."

Gillman was born in Sherbrooke and moved to New Brunswick after high



JOSHUA BLESER

Zachary Gillman's Sherbrooke plant is a zero-discharge facility: no pollution!

school to study to become a commercial pilot. After a couple of years of flying a corporate jet for the provincial government, Gillman — whose father was in the concrete industry — returned to his native Quebec to study geology at Concordia University and earn a business management certificate from McGill.

He founded Interstar in 1987 while studying at McGill at night.

"I saw the need for the kinds of products we manufacture," Gillman explains simply, adding that the focus of the company has always been customized products developed with the manufacturers and — increasingly, as the concrete industry becomes more so-

phisticated and aesthetics-minded — the architects, designers, and decorators who turn to Interstar.

In 1989 Gillman moved the company to St-Élie-d'Orford and kick started the transition from distributor to a vertically integrated outfit. In 1997 Interstar began marketing its own line of pigments and admixtures exclusively.

Since then Interstar has spawned a pharmaceutical research branch and grown by about 20 per cent per year across the board, from sales and profits to its workforce and physical space.

In 1998 the company opened an office and warehouse in Toronto and launched operations in Mexico under

the name Interox. In 1999, operations expanded into Syracuse, NY, and Calgary. Throughout the past few years, that growth pattern continued, culminating in the construction of the Portland Boulevard facility in Sherbrooke in 2003 and its 30,000-square-foot expansion this year.

Interstar's president matches his entrepreneurial prowess with a devotion to environmental stewardship.

The Sherbrooke plant is a zero-discharge facility, which means no manufacturing by-products are released into the atmosphere: dust is collected by a state-of-the-art filtration system; heat produced in the manufacturing facility is used as a primary heat source in winter; and all waste water is purified and re-used.

Gillman won a Business Development Bank of Canada award in 1999. In 2002, the Eastern Townships Chamber of Commerce bestowed upon Interstar its small business manufacturer of the year award, and last year the company was the recipient of the Government of Canada's Export Award in Research and Development.

The entrepreneur attributes his success to an emphasis on research and development at all levels of the company's organization.

Gillman will discover if that approach earns him another notch in his belt when the provincial Ernst & Young Entrepreneur of the Year 2006 awards are handed out Oct. 26.

The provincial winners go on to the Canadian finals Nov. 2. The national prizewinner will then compete against counterparts from 35 countries for the title of International Entrepreneur of the Year, to be announced in June 2007.

jbleser@sherbrookerecord.com

BRIEFS

Local schools win

The Order of St-Francis recently announced the 2006 winners of its youth environment contest.

A special mention was awarded to Sherbrooke's École de Carillon for its composting project. Students constructed a composting bin and used it to recycle the school's food waste.

The project also included peripheral activities designed to raise awareness among the students and their families. The Order will finance the construction of a second composting bin.

The third prize was awarded to Coaticook's École Gendreau for its Grades 3 through 6 students' composting project. In this case, the composted food was used to fertilize the

schoolyard.

Second prize went to École St-François-Xavier. All students and teachers from Kindergarten through Grade 6 participated in an awareness campaign about water consumption and raised money to build a well in India.

École secondaire du Tournesol garnered top honours for its ongoing and comprehensive series of environment-friendly actions.

Students at the Windsor high school, among other things, set up a composting program and used clothing exchange, made reusable bags, spruced up stuffed animals to donate them to various charities, recycled batteries and printer cartridges, and sent packages of school supplies to dis-

advantaged students in Haiti.

Ascot Corner traffic death

A 57-year-old man was killed instantly after a head-on collision with a truck in Ascot Corner Friday morning.

At about 4 a.m. the man was driving eastbound on Route 112 when he apparently tried to pass another car.

But when he pulled out he collided head-on with a westbound dump truck.

Sûreté du Québec spokeswoman Const. Chantal Mackels

said the man died on impact. The gravel truck driver was uninjured and did not want to go to hospital.

The man's identity has not been released.

Route 112 was closed for several hours.

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Community Forum



It's all about the canoe

By Deirdre McMurdy
CANWEST NEWS SERVICE

How are you spending your summer vacation? Lazing on the dock at the cottage, perhaps? Dozing in a backyard hammock with a spy novel? Maybe exploring Canada in an RV or catching up on some household chores? You loser.

If you were New Democratic Party Leader Jack Layton, you'd be spending your holidays doing something a little more constructive, like saving the Nahanni River or networking with a First Nations leader or two.

For the past week, Layton, his MP wife, Olivia Chow, and fellow NDP MP Dennis Bevington have been paddling about 40 km a day on the Nahanni while conducting satellite telephone interviews and transmitting daily podcasts to the NDP website.

Did he ever consider just slacking off and enjoying the view?

"No. There's so much interest among paddlers, environmentalists and NDP supporters in this region, we felt a direct report would be interesting for them," says Layton.

"This trip and everything we're learning here, the evidence of climate change, our meetings with Dehcho nation leaders, really underlines the importance, the urgency of environmental issues."

Even before he arrived in Fort Simpson, N.W.T., the point of departure for Nahanni expeditions — he was briefed by geologists and biologists. He's travelling with representatives from the World Wildlife Federation, the Canadian Parks and Wilderness Society and the environmental program director for the Ivey Foundation, as well as river guide and author, Neil Hartling.

Heightened environmental sensitivity doesn't come cheap, by the way. Nahanni River Adventures, which is owned by Hartling, charges \$3,700 for a one-week trip, and that doesn't include the requisite personal gear.

The NDP has already put forward a plan for the expansion — and rigorous protection — of the Nahanni National Park Reserve. Layton says his new appreciation of the risks facing the fragile ecosystem will be a key issue for the NDP in the fall sessions of Parliament.

"This government has really underestimated the resonance of environmental issues with Canadians. We hear they're now planning to label themselves as green, but they just don't get it," he states. "We're going to push very hard on this."

Layton has been wilderness canoeing — a particular enthusiasm of his wife — for about 21 years, but he's by no means alone in Canadian political circles.

Pierre Elliott Trudeau was passionate about canoeing (in 1944 he wrote an

essay, *Exhaustion and Fulfillment: The Ascetic in a Canoe*) and it was his 1970 trip down the Nahanni that led to the creation of the national park there — a preserve Layton is lobbying to expand.

Trudeau's annual paddling adventures often included political and Hill colleagues as well. Journalists Craig Oliver and Tim Kotcheff were core members of a group that grew to include Jean Chretien's chief adviser, Eddie Goldenberg, Senator Peter Stollery and Liberal MP and environment critic John Godfrey. (Godfrey wrote a chapter on Trudeau and canoeing in the book, *The Hidden Pierre Elliott Trudeau: The Faith Behind the Politics*.)

At Trudeau's funeral there was even a special section of the Basilica of Notre Dame reserved for his fellow canoe trippers.

"We're none of us as young as we were, and the original group has largely disbanded now," notes Goldenberg. "I've canoed since summer camp and it's a wonderful way to get away from everything. If I were Jack Layton, I'd just enjoy it fully — and do my advocacy afterwards."

That said, his paddling circle wasn't exactly apolitical.

"It was always a group with common interests and politics was certainly one of them," recalls Godfrey. "We all brought along our stories and experiences, but we were talking politics with a very different perspective on these trips."

He also concedes that strong bonds were forged among participants.

"You get a group of guys together in a situation like that and you revert to simpler times in your life," he says. "There are the running gags, the collective memories of companionship in beautiful places."

Godfrey notes that "the type As in the crowd were always the sternsmen and the guys like me were content to be in the bow. It's very much part of canoe culture, where you sit."

Few people are more acutely aware of the significance of seating plan than the Speaker of the House of Commons, Peter Milliken, who's also an avid paddler.

In addition to canoeing the Madawaska and Petawa rivers near Ottawa, he has also ventured into the Arctic.

John Turner shares that love of Arctic canoeing — he's paddled the Coppermine, Burnside, Thelon, and Hanbury rivers (he's a sternsman).

"I started canoeing when I was seven years old and I was sent to camp in Temagami," he says. "It's the most freedom you can have — to be alone in the most beautiful scenery in the world. You can go for days and days without seeing a soul." Or making a single satellite phone call.

Tell us what you're thinking!

The Record welcomes letters to the editor.

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LETTERS TO THE EDITOR

Not my complaint

DEAR EDITOR,
 Sorry this is late as I was away and had trouble getting hold of the paper with the letter of July 20 concerning my complaint about Town of Brome Lake's reluctance to mail me the English version of a document ("Who Hired this Guy?").

Letter writer Margaret Dunberry ("Where's Your Tact?") may be right that my letter could have been written more tactfully, but she in turn might have had the courtesy to read it. Although she puts the words "impersonal service" and "delay" in quotes, I never complained of either. Nor did I complain about, in her words, "some staff who didn't mail you the right form."

What I complained about was, after saying there had been a mistake, the receptionist told me to go to the Town Hall to collect the English version. I was told very clearly that it could not be mailed to me without specific permission.

Mayor Richard Wisdom telephoned me about this matter and said he agreed with Mrs. Dunberry. After some effort to get a word in edgewise, I finally got Mr. Wisdom to agree that refusing to mail me the English form without Mr. Roy's permission was also a "mistake".

LIONEL ALBERT
 Knowlton

**Knowlton
 word of mouth**

DEAR EDITOR,
 Currently playing at The Piggery (in North Hatley) is an unbelievable musical revue called The Time Machine.

To accurately describe the music and dancing of this trio is beyond words; it has to be viewed as one of the best shows to be ever presented at The Piggery.

The way the costumes portray the period during which the song was popular, to the way the trio interact with dancing and mannerisms appropriate to the era of the song has to be seen and heard to be believed. Even the flawless way in which one song leads to another is very tastefully done.

The crowning touch has to be the continual action on stage, it never hesitates even while one or two are offstage changing costumes.

The exuberance and vitality displayed and expressed by this very talented trio leaves the audience spellbound on several occasions. So much so that on the night I truly enjoyed the show they were given standing ovations, as their presentation is

comparable to that of a Broadway presentation.

Shows don't get better than this, so I would highly recommend readers take time to enjoy this Quebec talent, as show is a 10-plus!

Many thanks to The Piggery directors for allowing a show of this calibre to be shown.

GEORGE MATHESON
 Sherbrooke

**Sherbrooke
 disrespect**

DEAR EDITOR,
 How disrespectful can one person be ("Harper: Resign!" in Letters to the Editor, July 27). Calling a soldier that gets killed in action a fallen fool?

Men and women who join the Canadian Armed Forces have to swear an allegiance to Canada and its leaders.

Do you understand what that means? No matter where or when, when they are ordered to, they must put themselves in harm's way for their country.

I have a son in the army who, with 3,000 other military personal, will be going very soon to Afghanistan. How dare anybody call them fallen fools if one of them happens to be killed in action...

ROBERT McDONALD
 Sherbrooke

A life in Gould

DEAR EDITOR:
 The family of the late Donald Edward Watson wish to extend their deep appreciation to the kind relatives, friends and former neighbors who attended his interment in Lingwick Cemetary on July 10.

It was clear to us that some of the best moments of his life revolved around Gould and those who shared their time with him there. We are sure he would have been touched, as we were, that so many came to wish him peace.

GORDON G. WATSON
 Milo, Maine

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Townships Life

INSIDE
Anna May Kinney,
on what you can do
to prepare for an
urban emergency
... see Page 9



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Cool tips to beat the heat

Wear a hat, drink lots of water, take a dip and avoid hot, salty or heavy foods

By Gwen Preston

It's been very hot this summer across Canada, and more warm weather is forecast - but not to fret. There are lots of ways to keep cool. Some are well-known, common-sense tactics. Others are a bit more imaginative.

- Wear loose-fitting, light-coloured cotton clothing and a hat.

- Stay inside or in the shade when the sun is at its peak, between 11 a.m. and 3 p.m. Physical activity is still a good idea, but adjust your schedule to exercise in the morning or evening when it's cooler.

- Drink lots of fluids - and that doesn't mean Coronas on the patio. Beer,

coffee, tea and colas are diuretics, so they actually dehydrate you more. To keep hydrated in the heat, water is the best choice.

- Keep a bottle of moisturizer in the fridge. While it may seem a bit odd, cold lotion is a fantastic treat for hot tired feet. The same trick works well for cosmetics.

- Fill a spray bottle with water and keep it in the fridge for a quick spray to the face. It has all the cooling power of a Super Soaker without the mess.

- If a soccer tournament or camping trip keeps you outside all day, try soaking your hat in cold water. Just like a toque is key to staying warm when it's cold, a cold hat helps one keep cool in the heat.

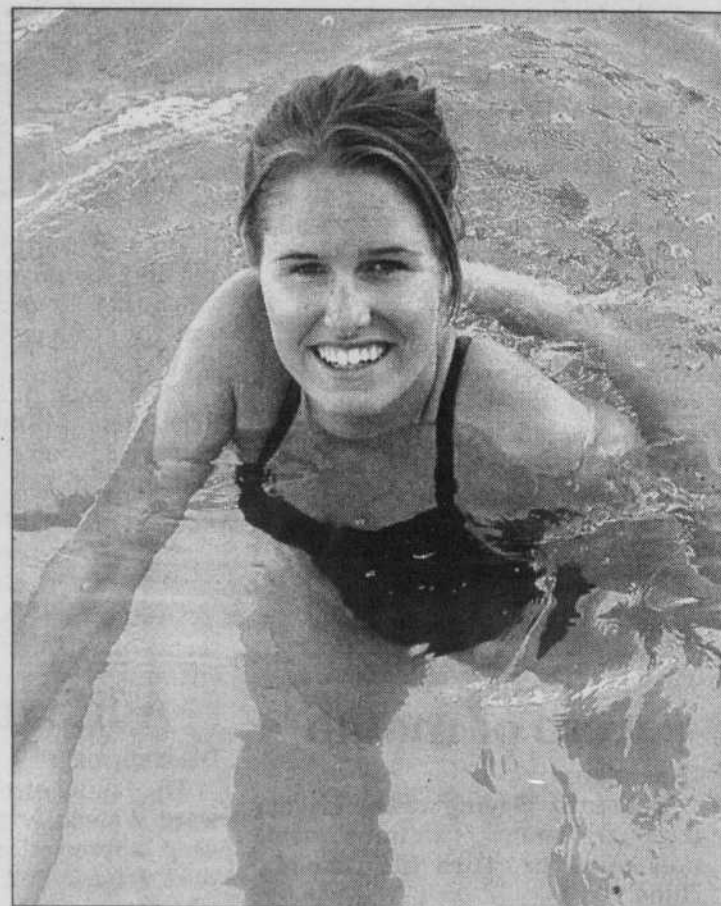
- Swimming or bathing in tepid water works wonders to lower body temperature. Head to the pool or lake and splash around. Or take a longer trip out to the water park, where the kids can

rip around while mom and dad float along gently in a tube.

- Avoid hot, salty or heavy foods. Try eating frequent small meals that include cold fruit or vegetables. Keeping away from the hot stove is an added benefit.

- There are ways to keep the house cool without an air conditioner. Close windows and drapes during the midday sun to keep the heat out. In the late afternoon, open all the windows and curtains to get a breeze moving through the house.

- Spend a few hours somewhere there is air conditioning. The mall is one option. If shopping doesn't appeal, galleries, museums and other indoor public venues all have air conditioning.



CANWEST NEWS

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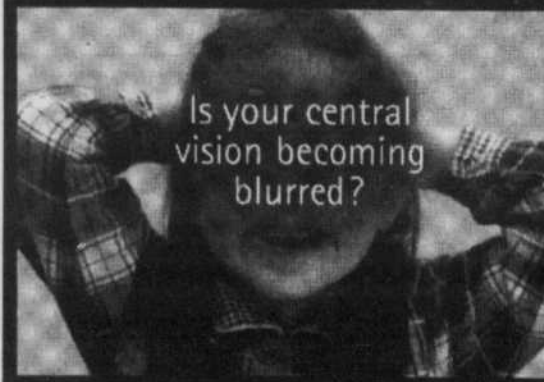
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Let's talk urban survival

Every bookstore and library offers a vast selection of survival manuals, and 98 per cent of these provide wonderful suggestions for how to live off the land, scrounging around for wild berries, roots and anything



ANNA MAY KINNEY

else that is edible, what poisonous plants to look out for and pictures to help you identify them. There's information on how to build a quick shelter and campfire, and most talk a lot about preventing hypothermia for those having to brave the outside elements. But — and this is a big but — few books deal with urban survival.

Even if you are one of the lucky ones who has access to a wild area where you can search for edible berries, plants and roots, the first thing you probably discovered is that everything is seasonal, and depending on the time of year, it is likely that there will be few if anything available for the picking.

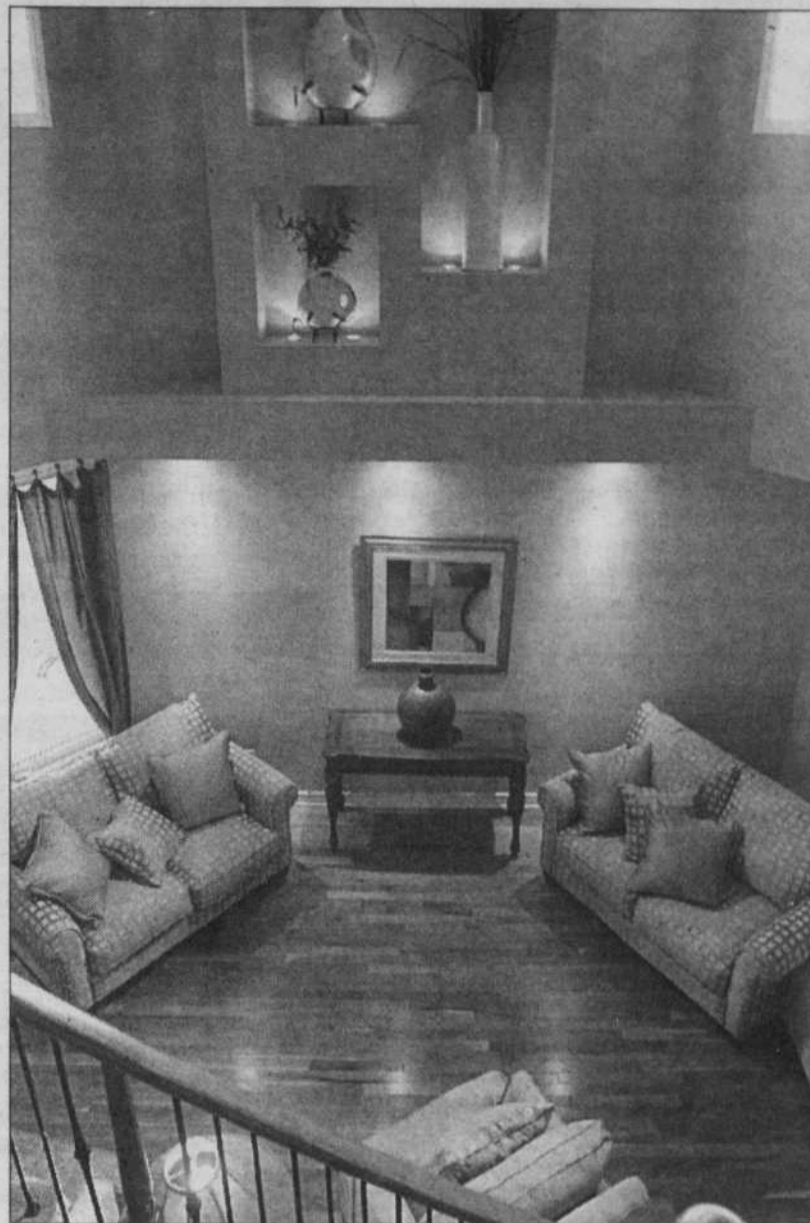
While there are berries like service berries (Saskatoon berries) that produce in the early springtime, chokecherries during the summer, and wild cranberries, elderberries and wild apples during late summer and early fall, unless you are in an area where these bushes are prolific, it is meager pickings at the best. Tasty, but nothing a person could live on.

Once the ground is snow-covered, the game is over. Foraging through knee-deep snow is not a way to survive. Whenever it takes more calories to find food than the food provides you with, you do not have a chance of maintaining body heat, and once body heat is depleted, so is a person's chance of surviving.

Knowing how to build a fire does a person living in a high-rise apartment little good when there's no place for them to build one. When the lights go off ten stories above the ground, elevators and other services quickly shut down. Do you leave the safety of your apartment? Can you find your way down ten flights of stairs? Where does a person go and whom do they call for help? These and other questions need to be addressed if our society is going to be prepared for such occurrences.

For the last six years I have been working on an urban survival manual. The idea came to me about ten years ago while I was hosting a group of young adults from Montreal. Over the years, I've had the opportunity to host other groups who were eager to camp, enjoy nature, and learn about survival.

Most are surprised when they begin taking notes and find that the lessons are not about which berries to eat and which are poisonous, but rather, where does one go to the bathroom when there's no water?



CANWEST NEWS

What can city-dwellers do when faced with the fact that the urban comforts they've become accustomed to may be no longer?

How to store basic emergency supplies in a water tight container and many things most people would never think of, like the many possible uses for a stack of old newspapers.

Surviving outdoors is relatively easy compared to surviving when things go wrong in an urban setting. Those trapped in a city can't be expected to walk twenty miles to forge for wild food or locate drinking water. This scenario is totally impossible.

We must learn that survival means using what is available in our area. It all boils down to the fact that if you do not prepare for the unexpected before it happens, you and your family might be totally on your own when the community services that you have

grown to depend upon suddenly disintegrate.

TRAPPED IN THE CITY?

Over the last twenty-five years, we have watched our cities become more overcrowded. Roadways going in and out are often not sufficient to handle a mass evacuation, leaving large populations trapped to the mercy of whatever disaster is headed their way.

As I write this, there is a massive heat wave affecting most of the United States, Great Britain and parts of Europe. Hundreds of people have already died from heat-related illnesses and many more will until society adjusts to our rapidly changing climate and learns what to do when weather extremes happen.

We have also seen larger-than-normal amounts of rainfall affect areas that have never had flooding before, many of them urban areas away from rivers and lakes. When something like this happens, the first acts of self-preservation are to know where to go and what to take with you. Flooding will often cause water filtration plants to become emerged, ceasing their operation and resulting in polluted water that is unfit to drink without boiling. This can affect a district or an entire city.

Not having enough drinking water can be bad enough at any time, but when there are record-breaking temperatures, it becomes even more deadly. This is why no matter where or how one lives, the first survival step we must take is to assess our living conditions and make sure that we have secured a five-day supply of water for ourselves, our families and pets.

The simplest way to achieve a supply of water is to purchase a few cases of bottled water. But if you live in a private home and have set up a place for emergency supplies, you might want to take ordinary tap or spring water, bottle it, add a preservative, such as a few drops of Lugol's iodine solution, or in an emergency, a couple of drops of chlorine bleach can be used per gallon (I personally prefer not to have chlorine in my body).

Water that has been preserved like this needs to be kept in a dark, cool and dry place and should be dumped out and redone every six months.

You don't have to be paranoid about this. Like I've said before, everyone has fire insurance and we don't sit around worrying about having a fire: it is there in the backs of our minds. The same needs to be true of our emergency supplies: once we have them, we don't need to worry about what might or might not happen; we know that whatever comes around, we'll be prepared.



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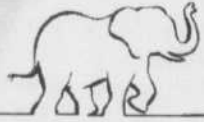
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Dressed to protect

Sun protective clothing is catching on in Canada, but styles and standards still require some work

By Kit Collins

Canadians have been slow to heed warnings about the dangers of too much sun.

We don't use enough sunscreen and we are badly informed about how effective our clothes are in protecting us from the sun. Men are often the worst offenders when it comes to taking the sun seriously.

But things are beginning to change. Special sun-protective clothing is a growing industry. Tess's hat, blouse and capris all come with a promise of ultraviolet protection, ranging from 30 to 50 UPF. And, although sun-protective wear is still mostly limited to adventure clothing and outdoor gear, that will change, say experts.

Dermatologists are advising people in North America to cover-up and protect themselves against the sun. But how?

Montreal dermatologist Dr. Lise Faucher says most people don't use enough sunscreen — one full ounce, or a shot glass, is required on each application — nor do they realize they can get burned through their clothes.

"Every day, I say it at the office."

Because of this, she says, special sun-resistant clothes that block out ultraviolet rays — mostly sold as outdoor or sportswear in Canada — are a practical and cost-effective way to protect against the sun.

Still, sun-protective clothing can be a tough sell with Canadians.

A cashier at Mountain Equipment Co-op in Ottawa, which carries sun-protective clothes, says he doesn't buy them because he's never been burned through his clothing. But dermatologists warn that skin can be damaged even through clothes.

Dr. Suzanne Connolly of the Mayo Clinic has treated a rancher who was burned through his cowboy shirt and has had several incidents of skin cancer.

"It was startling evidence," she says. The rancher's skin was white under the back yolk of the shirt that contained two layers of fabric, but was tanned below that point. "You don't often see it so clearly - so strikingly."

Connolly says all fabric provides some protection, but it may be less than people think. Some clothes are more effective than others and some fibres absorb UV rays better than others, she says.

"Polyester is a terrific UV absorber, but it's uncomfortable. Cotton, rayon and linen, in general, don't absorb UV rays as well as polyester, but if you wash them, there's increased UV ray protection because of the shrinkage."

Special sun-protective clothing can block the majority of ultraviolet rays from reaching the skin.

Connolly estimates that a regular white cotton T-shirt has a UPF value — the rating given to clothes for their ability to block out harmful rays — of about five. (SPF measures how much longer you can stay in the sun before your skin starts to burn. UPF measures the direct amount of UVA and UVB rays that pass through the fabric no matter how long you stay in the sun.)

Paul Nicholson of NoZone, a Canadian manufacturer of clothes whose prod-

ucts are sold at Mountain Equipment Co-op, among other stores, says its clothing keeps out the sun because of the "tightness of the knit." There's no chemical added to block the sun.

"We use a 100-per-cent polyester fabric from Australia and this mill has developed a process to knit the fabric so tightly that it blocks out virtually 100 per cent of both UVA and B rays." NoZone clothes carry a tag saying "tested UPF 50+."

If a Canadian fabric was used, they couldn't profess to meet a Canadian standard, because there isn't one. There are no testing requirements. Clothes come here with a tag saying they've been tested in Europe, or Australia, or the United States.

However, the Competition Bureau of Canada says fabric cannot bear a label saying it has an ultraviolet protection factor if it doesn't.

Sun-protective clothing in the U.S. is tested not only while wet, but also when it has been stressed to the equivalent of two-year's wear, to give an indication how well it will work over time. Australian sun-protective fabrics are not tested while wet.

The Mayo's Dr. Connolly believes there should be a global certification standard for sun-protective clothing, which she and the Canadian Dermatology Association say will inevitably become more than a niche product for explorers and adventurers.

"Wouldn't it be wonderful if we spoke the same language around the world?"

UPF clothes are now widely available on the Internet and there are some companies designing and manufacturing them in Canada, including the travel-

SEE SUN STYLE, PAGE 12



CANWEST NEWS

Hat from Outdoor Research, \$22, 100 per cent nylon, UPF 30+, available from orgear.com; top: Extra sport rash guard, UPF 40; Pants: Canoeing pant, UPF 30+, available from orgear.com;



CANWEST NEWS

Hat: Outdoor Research, \$29, UPF 30+, www.orgear.com; Shirt: white shade shirt Sierra Designs, UPF 40+, available from www.sierradesigns.com.

Not a guy thing: Why men don't take the sun seriously

You can't tell a man anything about sun protection. One close relative had a chunk taken out of his arm after a bout of skin cancer. Still, he forgets to put on his sun-protective shirt when he's hauling the dock into the water in the noon sun. Or even a hat.

And he's not alone. Men, in general, are less likely to take precautions against the sun, say experts. Why? One theory is that they are protected by women their entire lives, by mothers first and then by wives or sisters-in-law. Another theory is that it's not he-man enough to protect your skin against cancer.

Dr. Suzanne Marie Connolly, a leading expert in sun protection in North America at the Mayo Clinic in Arizona, concedes there's a big problem with men and sun; They don't take it seriously.

Women are starting to, she says. But, she thinks many men may have to learn the hard way — by seeing someone in their family with skin cancer — before they cotton on.

"It's like wearing a seatbelt, there are things we have to do," she says.

Montreal dermatologist Dr. Lise Faucher says even her husband will not listen to her advice about sun protection. "I tell him to wear a sun-proof shirt and he won't wear it."

Her son, she adds, is just like his father.

When she tells her son to wear his sun-protective top, he yells, "No, Mom. Not the doctor's shirt." It does look just like a doctor's shirt, the Montreal dermatologist concedes.

The problem is that sun-protective clothing is often not cool in either the hip or the temperature sense, says Faucher. The Australians and Ameri-

cans are designing them, for the most part. "What they need is a French designer so people will want to wear them," she says.

The man who watches the ozone layer for Environment Canada, Angus Ferguson, wears a hat with a broad rim. It's not a sun protection hat, it's "just a hat," says the senior meteorologist in the division of stratosphere, ozone and ultraviolet rays.

"Basically, what you need is to try to reduce the amount of skin exposed to the sun. And I wear sunglasses. But I still wear short pants and short-sleeved shirts."

Dr. Faucher says even those men and women who use sunscreen seldom use enough.

"A family of four should be going through a bottle in a few days ... and we're using it (one bottle) for the whole summer."

Inuit woman making pilgrimmage to discover her tragic roots

Hikwa, whose mother survived famine in the 1940s, is on a mission to make known a piece of history not being taught in schools

By Carol Sanders

Thousands of Inuit in Nunavut starved to death in a terrible famine in the 1940s.

And today, a descendent of one of the survivors is on a mission to honour the dead and share a piece of history that's not being taught in schools.

"This is a Canadian story that needs to be told," says Angie Hikwa.

Hikwa was born in Churchill, Man., in Winnipeg's northeast, to a woman named Rita, who was only five years old when starvation and disease wiped out her entire village, save for her brother, Luke, and herself.

Rita and Luke's story was told in Farley Mowat's book *No Man's River*.

Though Rita ended up dying in Churchill after a sad life of foster homes, residential school and loss, she bore six children, including Hikwa.

On Aug. 7, Hikwa will embark on a pilgrimage north to Churchill and Nunavut with a 181-kilogram monument to her birth mother, and to meet her uncle Luke — now an Inuit artist who once made the cover of *Life* — whom she hopes holds the key to her amazing past.

It was almost 20 years ago, as a university student in Saskatoon, that Hikwa started tracing her roots and found a half-sister, Norma-Jean, in Churchill. Norma-Jean told her about books by Arctic anthropologist Francis Harper and author Farley Mowat that chronicled their mother's saga.

Near the Kazan River in what is now

Nunavut, Kune (Rita) and Ano-teel-ik (Luke), aged five and 14, were rescued by trapper Charlie Schweder, Mowat wrote. Their whole clan had perished from disease and starvation when the caribou migration path shifted and their food source disappeared.

"The Eskimo boy, Ano-teel-ik, is about 13, a squat, compact youngster with an enormous grin and a pleasant, if flattened face... He smokes a stone pipe; is very amiable and willing; and worships the ground Charles walks upon.

"Ano-teel-ik's sister, Kune, or Rita, as Charles calls her, is five or six but looks younger — tiny as a midge and just as active. She has stringy black hair hanging all over her face which hides an engaging wink. She likes practical jokes and is deadly accurate with a sling-shot, particularly when the target is a white man's ass. She also smokes a stone pipe, but cigarettes, too. It is quite a sight to see this minute creature trotting over the hills with a huge pipe clenched between her jaws. If it goes out, she relights it by striking a match on her front teeth"

Hikwa, whose adoptive name is Maione, discovered the pipe-smoking "midge" was her mother and confirmed it in 1987 with adoption and medical records.

But it was too late for her to meet her birth mother.

Rita died in Churchill at 36 after a battle with the bottle and a series of re-

lationships that produced six children, five of whom survived. Hikwa has connected with her four siblings who live in Windsor, Ont., Victoria, B.C., and 10 minutes away from her home in Saskatoon.

She's also found her uncle, Luke Anowtalik, in Arviat, along with many, many cousins.

One of them, Sarah Anowtalik, was pregnant when she heard in 1998 that Hikwa was unable to bear children.

"She said, 'Meet me in Winnipeg,' " Hikwa recalled recently as she shared her story with the Winnipeg Free Press. Anowtalik ended up giving her baby boy to Hikwa and her spouse, Doug McKay, after the baby was delivered at Winnipeg's Health Sciences Centre. They named him Jerrick.

"It's almost unbelievable," says Hikwa, a native studies grad. "He was a gift from my family in Nunavut."

Hikwa's exploration of her roots stalled the following summer when she was diagnosed with cancer.

She battled the disease and in January 2001 went for a routine checkup and received more shocking news — not only was she in remission, she was pregnant.

Now, Hikwa, her son, husband and daughter Emily are making a pilgrimage to Churchill and north to Nunavut to meet Uncle Luke in Arviat and the huge extended family they've discov-

ered. They're taking with them a huge granite monument to Rita and the struggles she overcame. She is buried in Churchill, but her daughter wanted a monument to her mother in Nunavut, the land she loved.

Hikwa, who lives in Saskatoon, is in a hurry to meet her uncle, the only living person who can answer the questions that haunt her.

He has respiratory disease and isn't expected to live much longer.

"I want to ask him if he remembers. How did it feel sitting in camp with a tiny little sister wondering what is going to come next?" she asked.

News of the "starvation years" in Canada's North — 1946 to 47 — reached the rest of the world too late for many, said Bayat Inuit Gallery owner Jim McMillan, who lived in the North, knows Anowtalik and sells his work at his Winnipeg shop.

"Literally thousands starved," he said.

The tragedy was revealed by a photographer named Richard Harrington, who toured the North and took pictures of malnourished Inuit for magazines like *Time* and *Life*.

"That's when the government took action," said McMillan.

Harrington photographed Anowtalik and his wife, Mary, posing with their baby boy for the Feb. 27, 1956, cover with the caption "Stone Age Survivors: Eskimo Family."

Hikwa said she hopes Anowtalik will survive a while longer so she can record his story so that future generations of their family will know where they came from.

"When an Inuk person wants to know who you are, he or she asks you 'Nani nuna haq pete' which means 'Where do you have land?' By knowing what land your family belonged to, this would define who you were as a human being."

- Canwest News Service

'When an Inuk person wants to know who you are, he or she asks you 'Nani nuna haq pete' which means 'Where do you have land?' By knowing what land your family belonged to, this would define who you were as a human being.'

SUN STYLE:

CONT'D FROM PAGE 11

wear giant, Tilley.

Tilley sends clothes to the private International UV Testing Lab in Texas for a UPF rating. The fabric in Tilley's sun-protection line, after the U.S. standard's 40 washings and 100 hours of simulated sunshine, is rated 50+ UPF.

Connolly says the tightness of the weave, the amount of coverage and the style is what marks a good UPF product. If you use sun-protection fabric to make a tank top, for example, you are defeating the purpose, she says. Style is crucial.

Clothes that keep out the sun are available in more and more variety, but Faucher says they will have to be more attractive before people will buy them in a big way.

Teenagers won't have anything to do with the baggy cover up look of French foreign legion hats with flaps, or baggy shirts.

The Canadian Dermatology Association is hoping to lead the charge in Canada and develop a way of testing and a standard and then ask producers to have their garments tested at independent labs using that testing regimen so they can advertise the success of their fabric. The procedure would parallel the one it uses for sunscreens (see

www.dermatology.ca for some 90 screens that meet the association's requirement).

When 34-year-old Gillian Madden was growing up in Queensland, Australia, authorities there had already started to step-up public education campaigns. There were shaded areas of school yards. Outdoor recreologists were given sun-proof clothing, hats and sunscreen, and were careful to monitor how long children in their classes were outside.

Madden has been in Canada for four years and works at the outfitting shop Bushtukah in Ottawa.

"I spent all my time in the sun and on the ocean," she says. Now,

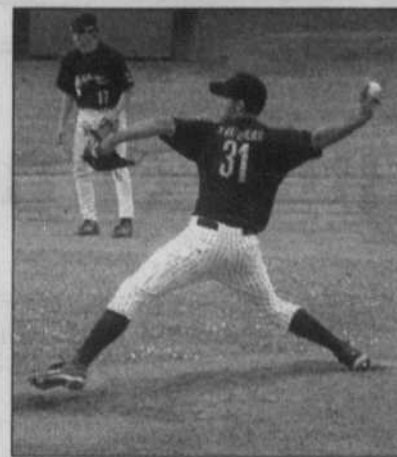
she's reluctant to stand in the sun unprotected for the length of time required to take a photograph.

She is the textbook case Australian authorities worry about. She is fair complexioned and has already had three incidents — a spot removed from her arm and two others — of skin cancer. Just last week, a fourth spot appeared. If it grows back, her dermatologist will do a biopsy. It's worrisome.

When she was growing up, she says, people didn't see the full effects of sun damage. Now, she wears 60 SPF sunscreen on her face and she's "not being silly with the sun."

- Canwest News Service

THE RECORD Sports



INSIDE

Athletiques sweep Saguenay in Quebec junior baseball action ... see Page 14

NEWSROOM@SHERBROOKERECORD.COM

MONDAY, JULY 31, 2006 PAGE 13

Sherbrooke-West Island in lacrosse finals

Shamrocks upset Windsor Eagles

By Mike Hickey
SPECIAL TO THE RECORD

The much expected final playoff series between the Sherbrooke Extreme and the Windsor Eagles was dashed when the West Island Shamrocks upset Windsor 2-0 in their best-of-three semi-final playoff series.

As a result the Shamrocks will meet the Extreme in the best-of-five final series with the winner moving on to the Canadian junior championships in Windsor later this month.

The series will open Friday night in either Windsor or East Angus of

Bromont with Sherbrooke as the home team.

The West Island triumph over Windsor was accomplished despite the fact that John Davis left the club's coaching ranks after their opening game win over the Eagles.

Davis stated that he didn't feel that he had enough impact on the players after joining the club late in the season although he insisted that he has nothing but good memories of his short tenure with the Shamrocks.

Other sources believed that the Hall-of-Fame legend was disappointed with the calibre of the league and left after discovering that he didn't have the desired impact on the players' work habits. Rather than stay on, he decided to leave last Tuesday in order to not neg-

atively impact on the club's chances against Windsor.

Obviously it didn't as West Island recorded back-to-back wins in less than 24 hours as they took Game 1 by a slim 11-10 score and then competed the sweep with a 11-9 victory Saturday.

Adam Basso paced Saturday's win with three goals while Marc André Couturier added two goals and two assists. Ross Vergil Bisailon and Brandon Bauersfeld had one goal and two assists apiece while Thomas Morse and Anthony McComber rounded out the Shamrocks' scoring with a goal and two assists each.

Vincent L. Dubreuil was the top scorer for the Eagles as he tallied three goals and two assists while teammate Olivier Nadeau chipped in with two goals and

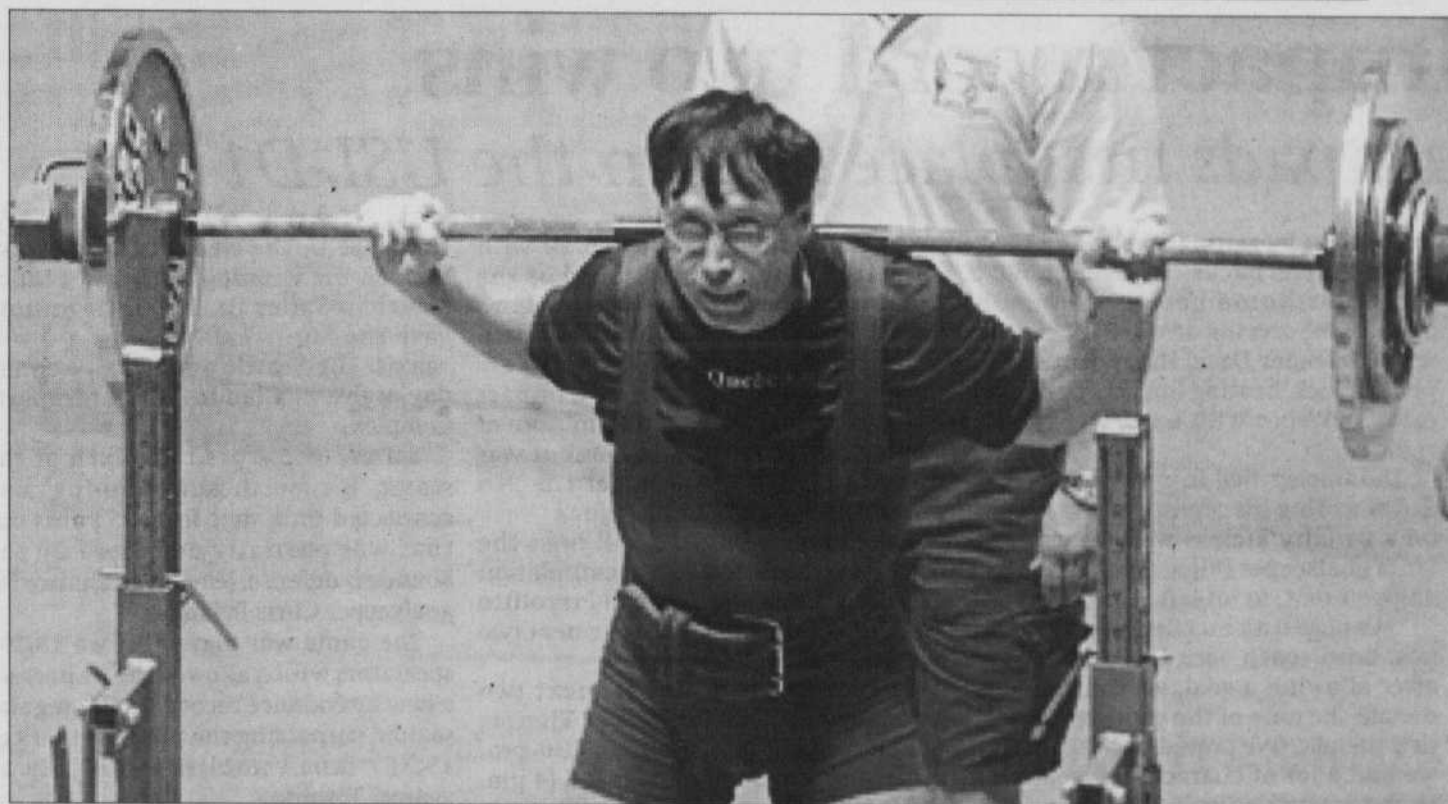
an assist. Sean Boerson added a goal and three helpers while Étienne Durand contributed a goal and an assist.

Sherbrooke experienced little trouble in their series with the Shawinigan Eclairs as they downed the Eclairs 18-6 and 15-5.

Guillaume Levasseur paced a well-balanced Sherbrooke attack in Saturday's clincher with three goals while Benjamin Désourdy, Maxime Rousseau and Merrick Carpentier had two goals apiece. Mitch Young and Jean Simon Demers rounded out the Sherbrooke goal scoring with a goal apiece.

Kevin Gélinas and Guillaume Blais led Shawinigan with two goals and an assist each while Jason Gélinas and Mathieu Boisvert had a goal apiece.

In the face of adversity



COURTESY OF SPECIAL OLYMPICS QUEBEC

Sherbrooke resident Louis Duval, 48, won four gold medals in power-lifting at the Special Olympics National Summer Games, which took place in Brandon, Manitoba between July 18 and 22. Among his numerous accomplishments during the games, Duval managed an impressive 107.5 kilogram lift in the squat portion of the competition. Duval has an intellectual disability.

IN BRIEF

Impact to hold public practice in Granby

Montreal Impact fans in the Eastern Townships can watch the soccer team practice today at the Jean-Yves Phaneuf Park in Granby. The entire team and coaching staff will be on site.

The practice will be followed by an exhibition match played against sports and entertainment celebrities.

All profits from the match will go to Opération Enfant Soleil, which raises funds to help sick children either with treatment or to improve their quality of life.

Doors open at 6 p.m. with the charity match beginning at 7 p.m.

Prize are available and the team will hold an autograph session.

Tickets are \$5.

Athletiques climb to fifth place in LBEQ

Sherbrooke moves up thanks to five game sweep

By Mike Hickey
SPECIAL TO THE RECORD

The Sherbrooke Athletiques ball club has moved to fifth place in the Quebec Junior Elite Baseball League thanks to a five-game sweep of the lowly Saguenay Paramedics.

Manager Steve Ager's team took all three games in Saguenay the weekend of July 22 and they took both ends of last Saturday's doubleheader at Amedee Roy Stadium to improve their season record to 21-18.

They now stand alone in fifth place in the 11-team circuit and trail the fourth-place Montreal Elite by two games.

The two squads will meet next Saturday when the Athletiques BRP host Montreal in an afternoon-night twinbill at Amedee Roy.

Sherbrooke actually trailed the Paramedics in both games Saturday but the home team rebounded from some sloppy defensive play to record 15-2 and 11-5 victories.

In the opener the Paramedics

jumped to a 2-0 first inning off Sherbrooke's starting pitcher Carl Tremblay before Sherbrooke exploded for six runs in the second inning and then added two in the fifth and nine in the sixth. Jean-Sebastien Gauthier drove in five

runs including a grand slam homer while Shawn Sweeney went 3-for-3 with two runs-batted-in and two runs scored. Jean-Francois Belisle and Simon-Pierre Bernier collected two hits apiece as Sherbrooke pounded out 13 hits against

a trio of Saguenay pitchers.

Tremblay went the distance and allowed just three hits, one earned run and three walks while striking out three.

In the nitecap the visitors jumped out to a quick lead as errors by Max Morin and Jean-Michel Salvas Rochon led to four unearned runs off starter Mario Catanzariti after three innings of play. Sherbrooke responded with a single run in the third, four in the fourth, five more in the fifth and another lone run in the sixth.

Francois Cholette paced a 12-hit Sherbrooke attack with three hits and three RBIs while Salvas-Rochon also drove in three runs with two hits including a triple. Gauthier and Guillaume Corriveau both had a pair of hits for the home club.

Catanzariti overcame his club's fielding problems to pitch 4 1/3 solid innings and he yielded six hits to raise his season average to 4-2.

The Athletiques took a five-game winning streak to Charlesbourg yesterday, where they were scheduled to play a doubleheader with the Alouettes. Sherbrooke was leading the first game 2-0 in the bottom of the second.

Sherbrooke is back home Saturday where Mark Warnholtz and Antoine Bernier are expected to get the starts against the Elite.



PERRY BEATON/SPECIAL

The Sherbrooke Athletiques had much to celebrate after completing a five-game sweep of the Saguenay Paramedics last Saturday.

Impact record two wins

Montreal pads first-place lead in the USL-D1

By Mike Hickey
SPECIAL TO THE RECORD

The Montreal Impact got their three-game road trip on to a great start when they defeated the Atlanta Silverbacks 2-1 in extra time last Friday.

Mauro Biello's goal in injury time proved to be the winner in a United Soccer League-Division 1 contest played at the RE/MAX Greater Atlanta Stadium.

Biello scored his second of the season and his 75th career goal in the USL on the final play of the match. Following a Leonardo Di Lorenzo corner kick, the ball was deflected by Nevio Pizzolitto in the box, and Biello jumped on it to give his team an 11th win this season.

"It's a big win for us," said Mauro Biello. "Our coach made some substitutions in the second half that changed the game. Our objective is to put as much distance as possible between us and the other teams, and that's what we

did tonight by getting three points."

The Silverbacks, who had a 6-0-2 record at home before the game, opened the scoring at the 55th minute when defender David Hayes converted a penalty kick, beating Impact goalkeeper Andrew Weber with a low shot, to his right.

The Impact tied it up with Mauricio Salles scoring his seventh of the season, on a penalty kick as well, beating Atlanta goalkeeper Felipe Quintero with a chipped shot, to his left.

"We played an excellent second half," said head coach Nick De Santis. "Even after allowing a goal, we continued to dictate the tone of the game by controlling the play. We proved once again that we had a lot of character by beating a team that had never lost at home. We'll take the three points, knowing that there are other important games to come where some of our starting players will not be available."

With the win, the Impact padded its

first place standings in the USL D1 with 38 points, seven points ahead of the Charleston Battery. The Battery have played one more game than the Impact.

Impact defender Gabriel Gervais entered the contest as the only Impact player who had played every minute of every game so far this season but was forced to leave the game at the 9th minute because of a groin injury.

Defender Adam Braz will miss the next game because of an accumulation of yellow cards while Nevio Pizzolitto and Zé Roberto will sit out the next two games.

The Impact will play its next two games against the Mariners in Virginia Beach on Friday August 4 (7:30 pm, CJAD 900) and Sunday August 6 (4 pm, CJAD 800). These two games will give Eastern Townships fans a preview of the upcoming Montreal-Virginia Beach game that will be played at the University of Sherbrooke Stadium on Sunday, August 27th.

Earlier in the week the Impact got back on the winning track as a goal by Mauricio Salles in the ninth minute gave the Montreal Impact a 1-0 win against the Seattle Sounders, Wednesday night, at Claude-Robillard Sports Complex.

Salles, who scored his sixth of the season, his fourth game-winning goal, connected on a shot from 25 yards out that was partially deflected by the Sounders defense, leaving no chance for goalkeeper Chris Eylander.

The game was played before 13,397 spectators which allowed the Impact set a new attendance record for the regular season, surpassing the previous mark of 13,367 fans established on July 11 against Toronto.

It was also the Impact's second largest crowd in club history. The all-time record came in the 2004 championship final which attracted 13,648 spectators.

Nostalgia

Something new had been added- new to A.D. H. S. that is. Under the able supervision of Professor R. Havard Grades IX, X and XI had been brought together to form a choir. Professor Harvard had a very hard task because the vast majority of the students knew NOTHING about music.

The first appearance of the choir was at the Christmas Concert. Some of the not - so- well known carols as well as many well known ones were sung by the choir. Professor Havard directed the group in spite of the fact that his doctor had told him that he was not well enough to act. His courage was greatly appreciated.

On Sunday, March 5, the choir sang at the morning service in Trinity United Church, Danville, and at the evening service of the Asbestos United church. Since March 5 was the first day of Education Week it was quite appropriate that the parents should hear all well as see the work that the children were doing.

The third and by all means the most important work of the choir was the presentation of the sacred cantata "Olivet to Calvary". Professor Havard worked patiently for many weeks in intensive preparation for this great event. The solo parts were ably handled by Mr. Elton Webb, tenor, Mr. G L. Rothney, baritone, and Mr. J.C. Murray, baritone. A quartet part was sung by four guest singers who were asked by Mr. Havard to assist the group. The presentation proved to be a great success which made Professor Harvard feel that he had been rewarded for all his good and hard work. It was hoped that the choir would improve for the next year. Asbestos-Danville Highschool had a choir to be proud of.

...

A Christmas Party was held in the Asbestos High School on Friday December 16, 1950. Mr. Rothney acted as chaperon. Shortly after eight o'clock dancing got under way. Refreshments were prepared by some of High School pupils. The highlight of the evening was an old time square dance. Mr. Morrill called the figure as the dancers revived the old-time spirit of farm dances. The party was very well attended considering that both Richmond and Drummondville High Schools held dances on the same evening.

Marlene Brown

Death

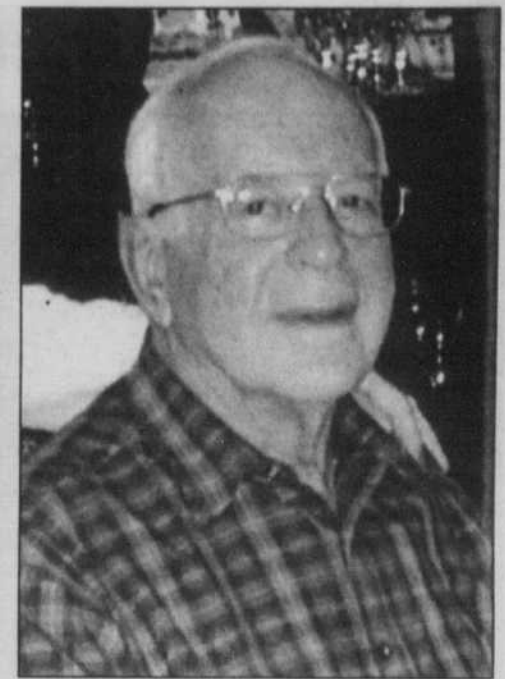
COOMBS (nee Webster) Nadyne - Passed away peacefully at the Extendicare / Medex, Ottawa, Ontario, on Friday, July 28, 2006 at the age of 88 years. Beloved wife of the late Earl Coombs, dear mother of Wally and the late Joan (Dale Cox), also loved by her grandchildren Samantha and Jordon. A graveside service will be held at Malvern Cemetery, Sherbrooke (formerly Lennoxville) on Wednesday, August 2, 2006 at 3 p.m. Rev. James Potter officiating. Our sincere appreciation to the doctors and staff of the Extendicare / Medex facility for their understanding, care and compassion. In lieu of flowers, memorial donations may be made to Elizabeth Bruyere Centre, 43 Bruyere St., Ottawa, ON, K1N 5C8. Arrangement entrusted to Cass Funeral Home, 3006 College St., Sherbrooke (formerly Lennoxville), QC, 819-564-1750 / www.casshomes.ca

Death



MALLALIEU, Clement Priestley - Peacefully at the CHUS Site Bowen on Friday, July 28, 2006 in his 87th year. Beloved husband of Nora Grey Wilson Black. Predeceased by his first wife Hannah Catherine MacVicar. Dear father of Judy (Brian Neal) and Bruce (Mary Ann), and devoted grandfather of seven. Loving stepfather of James Black and Susan (Derrick Garland). Clement will also be very sadly missed by other relatives and friends. The funeral service will be held in the Lennoxville United Church on Wednesday, August 2, 2006 at 1:00 p.m. with Reverend James Potter officiating. Interment will be in the Capital Memorial Gardens in Ottawa. As memorial tributes, donations to the Lennoxville United Church Memorial Fund, 6 Church St., Lennoxville, QC, J1M 1S9, would be greatly appreciated by the family.

Death



MIESS, Robert - Peacefully at his home, Lennoxville, QC, on Friday, July 28, 2006 at the age of 85 years. Robert Baltzly Miess, beloved husband for 59 years to Lorna Elaine Wall and dear father of Gary, Lorne (Irene) and the late Karen (David Moore). Cherished grandfather of Nicholas Moore, and Daniel and Samantha Miess. He is survived by his sisters and brother Ruth (George Thomson), Nashville, Tenn.; Marguerite (Joseph Fitzpatrick), Wakefield, QC; Douglas (late Florrie), Ottawa, ON; and was predeceased by his sister Jean (late Richard Mellinger). Bob attended Montreal West High School and during his life he worked for Jenkins Valves, Mtl., Ingersoll Rand, Paton Mills, and the American Biltrite, all of Sherbrooke, QC, and was formerly a Warden of St. George's Anglican Church, Lennoxville. A memorial service will be held at St. Mark's Chapel at a later date. The Venerable Heather Thomson officiating. Interment in the Malvern Cemetery. Arrangement entrusted to the Cass Funeral Home, 3006 College St., Sherbrooke, QC. (formerly 6 Belvidere, Lennoxville) Tel.: 819-564-1750; www.casshomes.ca The family would like to express their gratitude to all the caregivers who provided exceptional TLC given to Mr. Miess.

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Card of Thanks

KINNEAR'S MILLS - With sincere thanks to all those who helped; and to everyone who attended our annual Church Super on July 8th. All support was appreciated.

UNITED CHURCH WOMEN
KINNEAR'S MILLS

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Parish of Eaton-Dudswell-Victoria: Sunday Conference and Workshops Day

On Sunday, May 28, 2006, the Parish of Eaton-Dudswell-Victoria, encompassing ten churches and congregations, held their 'first ever' Sunday Conference and Workshops Day envisioned and organized by the Incumbent, the

Happy 1st Anniversary



Curtis and Rebekah Mullin
Happy Anniversary

Love Rebekah

Catalogue

I was just shocked and filled with dismay,
By what I received on the fifteenth of May.
We'd just shed our mittens, put parkas away,
So I was appalled when it came on that day.

I'm very reluctant to say words unkind,
But really! Are these people out of their mind?
If they did a survey, I'm sure they would find,
That the last thing we want is this kind of remind.

I like their books, and I shop, within reason;
But how can I look when they're way out of season?
How could they think that this gesture is pleasin',
To remind us of shovelling and coughing and sneezin'.

When I picked the book up I just started to shake,
What first came to mind was; "It's a mistake!"
I knew at first glance that the pictures were fake,
Two kids and their parent's having fun with a rake.

I hid it away, but I still know that it's there,
Its memory mocks me from its secret lair.
On these days of leisure it's really not fair,
To remind us of blizzards and frost in the air.

Our summers are short and springtime is sweet,
Then along comes this book that I once thought a treat,
And just with one glance it sends down in defeat,
The mood of this season of flowers and heat.

When I get their next offer, I think I'll decline,
And I'm gonna start doing my shopping on line,
Then I can escape for these months clear and fine,
And wash winter's miseries right out of my mind.

Wayne Robinson

Reverend Sister Mary Florence Liew. The day's theme, taken from Saint Mark's Gospel chapter 1 verse 17, was "Follow me and I will make you fish for people." To enhance the theme there was hung on one wall a cod-fishing net, received from the Incumbent's former parish A.C.W. of St. Anthony's in Western Newfoundland along with some literature about fishing. The event was held in the Bury Town Hall from 9:30 a.m. until 4:00 p.m. with a total of 31 participants, many of whom stayed for the complete day while others chose only to attend the morning or afternoon sessions. Although the parish was unable to secure any monetary assistance from the St. Francis Deanery Grant Committee to help defray the costs, the event was still able to be realized through the kindness of volunteers and special donations made to the parish in support of such a valuable undertaking. As participants arrived, they each received a name tag and a folder containing materials to be used during the day as well as a place to keep any hand-outs. The name tags helped identify for the participants which groups they would be in for the various workshops.

The morning session began at 9:30 a.m. with an abbreviated service of the Holy Eucharist, followed by the official introduction, welcome, and necessary 'house-keeping' information. Then a short game called "Catch a musical note" was played. Next the group was introduced to a few basic moves of Tai Chi by instructor, Pierre Robitaille, followed by an introduction to Yoga by instructor, Myrna MacDonald.

At 11:00 a.m., participants moved into groups for Workshop #1 led by parish Synod members, Ben Hodge, Jane Bishop, and Sheila Bellam, and volunteers, Helen Hodge, Lydia Judge, and Serena Wintle to help them discover the resources and assets, both material and human, within their own churches and church community. As the lists grew, people began to recognize the many treasures already existing in their midst. Workshop #2 was a time for these same groups to now discover ways to use these resources for the glory of God. For example, a driver with a car could provide transportation to church services or perhaps to a doctor's appointment, etc. for someone without a car.

A special Newfoundland
Grace:

*"Bless the food upon these dishes,
As Thou did'st bless the little fishes,
And like the sugar in our tea,
May we always be stirred by Thee.*

Amen."

was sung before the noon meal, a hot turkey dinner with all the trimmings, provided for all the participants. Those attending only the morning session ate before leaving and those coming for the afternoon session arrived in time to enjoy the meal and fellowship. Coffee and muffins were available throughout the day and even sandwiches were available at the end of the afternoon so



Ben and Helen Hodge leading group to discover treasures already existing within the churches but often not recognized as assets.

everyone should have gone home well sated.

In the afternoon Workshops #3 were led by Jane Bishop about using the CDs "No Organist! No Problem!" now available in the parish and by the Reverend Sister Mary Florence Liew on 'Doing different ways of praying to God.' These workshops were repeated back-to-back to allow for smaller groups and more participation.

We were fortunate to have two young people, Vanessa Lavers and Sandy Gauthier, involved in the day. The youth input was very important. They also performed two short dramas titled: What Does Love Mean? and Alice in Wonderland and the Cheshire Cat syndrome.

Bible Study was Workshop #4 where the smaller groups were led by parish Lay Readers, Sheila Bellam and Lydia Judge and volunteers, Ben and Helen Hodge.

During Workshop #5 the groups from Workshops #1 and #2 revisited their ideas of how the resources discovered could be used in the individual church or parish and then these ideas were shared with the other groups. Then Workshop #6 involved role-play of ideas from Workshop #5. Participants were paired in various scenarios for the opportunity to practice inviting and convincing a non-church goer to accompany them to a church service or event.

Lastly, to end the day the Incumbent gave a very thorough presentation on prayer and meditation. It was certainly a very full day of workshops from beginning to end with the objective of encouraging church members to "Put out into the deep and let down your nets for a catch." (St. Luke's Gospel 5:4) and have a fun day trying out new ideas.

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: I equals W

"E WTZ WY LSSX FZKSDO EP WRS
GSKW YO JYFXMPZ MPU FZ RYTKSK
EP WRS IYTKW YO JYFXMPZ."
- AYJLSZ MNSPW DSPPZ NYYUFMP

PREVIOUS SOLUTION - "I can face anything except the future, and certain parts of the past and present." - Ashley Brilliant

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KIT N' CARLYLE

kitncarlyle@comcast.net

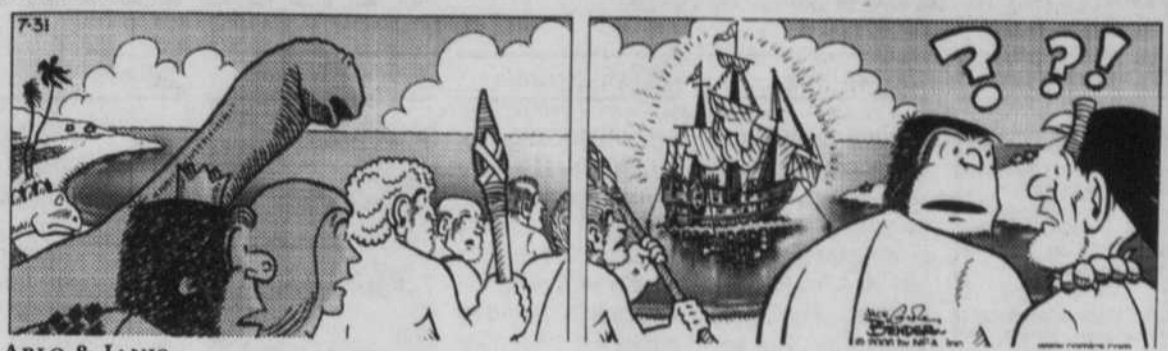


HERMAN



"Herman, I've never known a guy like you for hitting them in the lake."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



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Your Birthday

Monday, July 31, 2006

LEO (July 23-Aug. 22) — If you attend a gathering, be careful what subjects you make the topics of conversation. There's a possibility you could let something out of the bag or wrong an innocent person.

VIRGO (Aug. 23-Sept. 22) — Should your friends want to become involved in something you feel is far too rich for your wallet, don't hesitate to speak up and beg off. It's better to be bold than broke.

LIBRA (Sept. 23-Oct. 23) — Stop and think and evaluate the consequences of your words before speaking out on something that is disturbing you. Even if you're right, you may lose a friend proving your point.

SCORPIO (Oct. 24-Nov. 22) — This is not a good day to debate controversial issues because it isn't likely either you or your adversaries will resolve issues that some of the best minds you know aren't up to settling.

SAGITTARIUS (Nov. 23-Dec. 21) — Someone you do not know well might try to take advantage of your good nature and desire to accommodate by requesting something that could catch you off guard. Be ready to say no.

CAPRICORN (Dec. 22-Jan. 19) — Before you blindly accept the words of another as fact, it would be wise to analyze what this person says and try to determine the value

of the information. It may be worthless.

AQUARIUS (Jan. 20-Feb. 19) — You'll lose a new admirer, especially if you treat someone in a condescending manner because you don't think you need this person's approval. It'll be your loss, not this his/hers.

PISCES (Feb. 20-March 20) — That generosity you're so famous for is admirable, but think twice before loaning anything of value to someone about whom you know little. This person could be taking advantage of you.

ARIES (March 21-April 19) — Domestic harmony is likely to prevail when it comes to larger issues, but it will be those petty, trivial controversies that could cause a flare-up. Don't get bogged down with non-sense.

TAURUS (April 20-May 20) — If you tell tales about another based solely on hearsay information and not on personal knowledge, you may regret it later when it's too late to take back the damage. Don't gossip.

GEMINI (May 21-June 20) — Unless you're cognizant of how much you're spending, you could wipe out your spare cash in a hurry. It won't be anything big; it'll be all the little ways you waste money.

CANCER (June 21-July 22) — Know exactly what you want in explicit terms before issuing directives to your family or else you might tell them to do one thing but expect them to do something totally different.

Monday, July 31, 2006

North 07-31-06			
♠ 6 4 3			
♥ —			
♦ 10 9 8 5 4 2			
♣ 10 9 6 3			
West		East	
♠ —		♠ Q 10 8 7	
♥ K Q J 10 7 6 4 3 2		♥ A 9 8 5	
♦ Q J		♦ 7 6 3	
♣ K Q		♣ 8 4	
South			
♠ A K J 9 5 2			
♥ —			
♦ A K			
♣ A J 7 5 2			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2 ♠	4 ♥	Pass	Pass
4 ♠	5 ♥	5 ♠	Pass
6 ♠	Pass	Pass	Dbl.
Pass	Pass	Pass	
Opening lead: ♥ K			

plays in the game: an underruff. This layout comes from Jose le Dentu's book "Les Jeux du Figaro." The author, who died in 1996, wrote for the French newspaper Le Figaro for many years.

You reach six spades. How would you plan the play after West leads the heart king? You may look at all 52 cards.

In the book South began with an old-fashioned strong two-bid. (Nowadays, South would open two clubs.) The five-spade bid by North would not be everyone's choice, but he liked his heart void.

It is not often that one is offered a ruff-and-sluff at trick one, but given the preamble, you probably realized that it would be incorrect to take advantage of it. There is only one way to make six spades: Ruff with the spade three on the board and underruff with the two in your hand!

Next, you play a spade to your nine, cash the ace-king of diamonds and ace of clubs, and lead a club to West's remaining honor. West must concede another ruff-and-sluff, but again you must not take advantage. Ruff with dummy's spade six and underruff with your spade five. Then lead winning diamonds from the board. If East ever ruffs, overruff, draw his remaining trumps, and run the clubs. If instead East discards, then at trick 11 you will lead a card from the dummy and have your A-K-J of spades hovering over East's Q-10-8.

Ruffs, discards and underruffs

By Phillip Alder

Over the last three weeks, we have looked at ruffing, discarding and over-ruffing. It seems only fair that we feature a deal involving one of the rarest

CROSSWORD

ACROSS

- 1 Comic DeLuise
- 4 Asian expanse
- 10 Islamic scholar
- 14 Bard's before
- 15 Beer orders
- 16 Heroic tale
- 17 Display humility
- 20 Brilliant success
- 21 Bumps into
- 22 Clunky shoe
- 23 Talking sheep
- 26 Gemini count
- 29 Half a score
- 30 Ointment
- 31 Emerald Isle
- 32 ___ blanche
- 33 Discount

- 35 Display disdain
- 38 Has in common
- 39 Celebratory events
- 40 Unsullied
- 41 Tete topper
- 42 Make "all gone"
- 45 Contribute
- 46 Driving maneuvers
- 48 State with conviction
- 49 More cautious
- 51 Sardonic style
- 52 Display machismo
- 57 Invoice
- 58 Pacific destination
- 59 Industrial-size container
- 60 Gathering dust
- 61 Napped leathers
- 62 Slalom trail

- 25 Retaliating type
- 27 Telegram
- 28 Wee hour
- 30 Ditto
- 31 Slaughter in Cooperstown
- 32 Magic bullet
- 33 Archipelago members
- 34 No-see-um
- 35 Muffled sound
- 36 Forceful advertising
- 37 Bring in
- 38 Healthful getaway
- 41 Dresser

- 42 Develop
- 43 Virgil's hero
- 44 Lovers' assignations
- 46 Roswell, NM sighting
- 47 Big tops
- 48 Jump shot's path
- 50 Wheel shaft
- 51 Egyptian goddess
- 52 Hoover's purview
- 53 Hat, informally
- 54 That lady
- 55 Wife or week lead-in
- 56 Shoshone

Saturday's Puzzle Solved

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

DOWN

- 1 Shortcoming
- 2 Delphi sage
- 3 Pittsburgh philanthropist
- 4 One-armed bandit
- 5 Light brown
- 6 Braggart's problem
- 7 Functional quill
- 8 Baby born early
- 9 City on the Ruhr
- 10 "___ She Lovely"
- 11 Eminent conductors
- 12 I.D. info
- 13 Kettle and Barker
- 18 Act the straggler
- 19 Powder holder
- 23 Biting remarks
- 24 Palo __, CA

1	2	3		4	5	6	7	8	9		10	11	12	13
14				15							16			
17				18							19			
20									21					
22					23	24	25					26	27	28
29					30							31		
					32					33	34			
					35	36				37				
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40								41				42	43	44
45					46	47						48		
					49	50						51		
52	53							54	55	56				
57								58					59	
60								61						62

A parent who is too lax is just as ineffective as one who is too strict

Dear Annie: I am writing in response to your reply to "Worried Mom." I was a "good kid" in high school, but while I maintained excellent grades, my parents, to this day, don't know many of the things I did and lied about.

I consider myself lucky to have found common sense and a strong faith immediately after graduating. I believe if my parents had been more consistent in their disciplinary efforts rather than having "heartfelt talks," I would have fared better. Too many hugs and not enough action produce disrespect. — Awake in the West

Dear Awake: Heartfelt talks should not take the place of appropriate discipline, but neither should discipline be all there is. A parent who is too lax is just as ineffective as one who is too strict. Thanks for your perspective.

Dear Annie: How can you tell when someone is flirting with you? I find myself attracted to one of my co-workers. We joke and kid with each other, and sometimes have heated debates over different issues.

I've been married for three years, and I'm a little out of practice. I can't tell if his friendly demeanor and extra-long stares are just him being friendly or a sign of something else. Even before I was married, I could never tell when a guy was flirting with me. My friends would have to alert me when it was happening.

A Good Life

As the tentacles of time
Reach out, wear out this body of mind;
As pain migrates throughout
And it becomes torture to go out -
Thankful that I am still able to think,
I grab my pen and start spreading its ink.

Yes, I believe mine has been a good life;
Kind beliefs within, tested with strife.
Likely I could have done better for me,
But I often saw need in neighbours' misery -
I wish I could have helped more souls,
So many needing inner peace to attain goals.

On the other hand, I also came to realize
Never to judge from use of my eyes;
Always to respect the choices of fellow man,
And to allow my heart to listen and understand....
To allow the power of good give him a sense of love
Before we meet again, hopefully in heaven above.

G.L. Brown

Annie's Mailbox

So, what signs should I look for to tell if he's interested in me personally or just fascinated by my conversation? — Dazed and Confused

Dear Dazed: We wonder why you are looking at all. In an office where male and female co-workers converse frequently, flirting often comes with the territory, and it can be completely innocent. A married woman should treat it just as it appears — no more, no less. If your co-worker is looking for something else, you don't want to know about it. Stop playing with fire.

Dear Annie: My 8-year-old daughter takes a dance class. While she is no Paula Abdul, she has fun, and it really helps in terms of physical activity, developing friendships with other children, introduction to an art, etc.

A few weeks ago, the girls performed at their annual recital. It was a nerve-racking day of preparing French braids, stage makeup and costumes. My sister was supposed to baby-sit my 3-year-old son, but she became ill and had to cancel at the last minute. My husband was working, so I had no choice but to take my son with us.

While helping my daughter prepare, I had my son in the dressing room for about 40 minutes. After the performance, we walked back to the dressing room. I was stopped at the door by another mother and told I couldn't take my son inside. I laughed and said we'd already been in there. We walked in to get my daughter's belongings, and as we left, I overheard this same woman complaining about me.

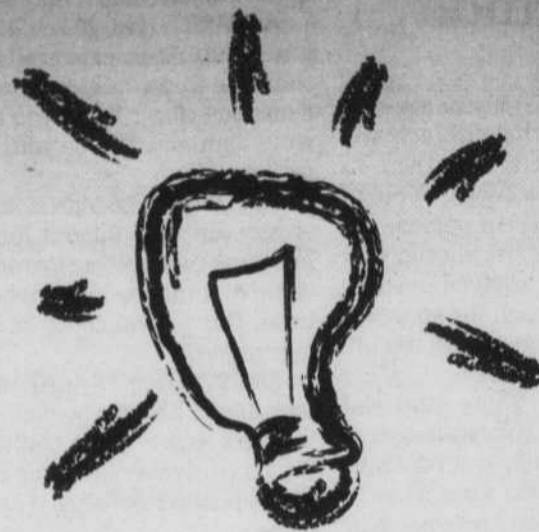
I went over to her and explained that I didn't have a sitter. She said too bad, I still shouldn't take him into the dressing room because the girls were completely naked and her 8-year-old daughter was offended. Annie, my son doesn't even know the difference between boys and girls, and he was certainly not watching them dress. He was more interested in being with his sister and playing with his toys.

I apologized to the woman for offending her daughter, but said, "He's only 3. Tell her to get over it." I couldn't just leave my son in the hallway. What do you say? — The Last Dance in Pennsylvania

Dear Last Dance: A 3-year-old is not sexually interested in girls, and since you had no other place to leave your son, it was fine to bring him into the dressing room. However, an 8-year-old girl can be embarrassed by any number of things, including being naked in front of a toddler, so please cut her some slack.

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

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