

Local 6-Day Forecast

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY	SUNDAY
Call a friend! 'Cause the 2nd Entrée is 1/2 price all day long!	Prime Rib Night! \$14 ⁹⁵ Gorgonzola Crusted or Cajun	Eat & Drink Advisory You must travel Your choice from our new line of Munchies and Mojitos \$10 ⁹⁵	Chef's Suggestions Incomparable Weekend	Sinful Sunday Brunch Everything from Turkey Fricassée, Fresh Fruit, Pizzas & Chocolate Eclairs + extraordinary stations of Bread favorites 7:30 a.m. - 1:00 p.m. \$10 ⁹⁵

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**Darkness
 shines**
 Less Light, more
 stars

The Link, page 8

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MONDAY, FEBRUARY 1, 2010

Pierre-Hugues Boisvenu appointed to Senate

"an enormous privilege," says victims rights advocat

By Doug McCoeye

After weeks of media speculation, an announcement on Friday by Prime Minister Stephen Harper confirmed victim's rights advocate Pierre-Hugues Boisvenu's appointment to the Senate.

President of the Murdered or Missing Persons' Families Association, which he founded after the murder of his daughter in Sherbrooke in 2002, Boisvenu was one of five people named to the Senate on Friday by the Prime Minister.

"It is an enormous privilege to be able to sit in the Senate under the colours of the Conservative Party, which I feel is the only party that is working in the interest of victims," said Boisvenu.

Boisvenu formed his organization in 2004 to help the families of violent crime victims across Quebec after his daughter, Julie Boisvenu, was brutally raped and murdered by Hugo Bernier. Bernier was sentenced to life in prison for his actions.

A staunch advocate for harsh punishments of violent criminals, Boisvenu's appointment is seen by many as a move to garner support for Harper's controversial anti-crime legislation.

"Our government is serious about getting tough on crime," said the Prime Minister in a statement on Friday. "Since we were first elected, we have made it one of our highest priorities.

CONT'D ON PAGE 4

Winter's dangerous roads



COREY BELLAM

Winter chill and blustery winds make for some dangerous driving conditions, as the driver of this vehicle discovered Saturday evening. The driver, a young male failed to stop at the junction of routes 210 and 108 and rolled over. The driver was taken to the CHUS Fleurimont to be treated for non life-threatening injuries.

Anna May Kinney takes on Genetically Modified Foods

page 5

Celebrating Robbie Burns in Kinnear's Mills

page 2

Police seek attacker



By Corrinna Pole

Sherbrooke police are seeking a suspect to sexual assault that took place in the first week of the New Year.

Around 5:50 p.m. on January 6, a man knocked on the door of a Sherbrooke east apartment claiming he had been involved in a car crash and needed to use the phone to call for a tow truck.

Once in the apartment the suspect sexually assaulted the tenant then left.

It is unknown whether the suspect had a vehicle or not.

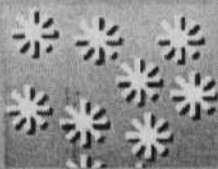
The suspect is described as a French speaking white male, over 40 years of age, with a slim build, weighing more than 154 pounds and standing over 5'7".

The suspect has a rosy complexion and a small bump on his nose. His hair colour is unknown as a toque covered it.

In addition to the hat the suspect was wearing black gloves, a waist length dark coat, forest green long sleeved shirt, black trousers and black and brown leather boots.

Anyone who can help identify the suspect or provide information concerning the crime is asked to contact the Criminal Investigations Division of the Sherbrooke Police at 819-821-5544.

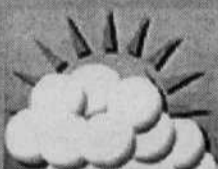
Weather



TODAY:
A FEW
FLURRIES
HIGH OF -10.
LOW OF -15



TUESDAY:
MAINLY
SUNNY
HIGH OF -14
LOW OF -24



WEDNESDAY:
VARIABLE
CLOUDINESS
HIGH OF -8
LOW OF -22



THURSDAY:
MAINLY
SUNNY
HIGH OF -10
LOW OF -18



FRIDAY:
CLOUDY
PERIODS
HIGH OF -5
LOW OF -19

Robbie Burns still resounds in Kinnear's Mills

By Stephen McDougall

KINNEAR'S MILLS - In 1796, a then little-known Scottish nationalist poet by the name of Robert Burns died, having left behind reams of rhymes and lyrics including *The Twa Dogs*, *Old Lang Syne* and *Ode to Haggis*.

Little did he know that over two centuries later, people the world over with just the weisest of Scottish blood in them would dance the night away and keep reciting his words as they plundered a heeping, hot dish of sheep intestines, suet and oatmeal.

That world-over included a Ceilidh (party) in the community center in the small, historic town of Kinnear's Mills last Saturday night.

There, over a hundred people gathered for non-stop fiddle music, square dancing and bagpipe recitals as they toasted the poet's Jan. 25th birthday for the tenth year in a row.

"This may be a small, out of the way town, but it is where you find the most genuine Scottish roots," said Erik Plourde, commander of the 78th Fraser Highlanders, Quebec city detachment.

"This is my first visit to this town's celebration and I can think of no better place to have it."

Plourde, who has no Scottish roots, became interested in the culture when he started learning to play the bagpipes. Soon after came the exposure to Scottish culture in Quebec city and his joining

the Fraser Highlander commemorative regiment and his purchase of a plot of land in Scotland.

"We have celebrated Robbie Burns day in Quebec city for a long time," he said.

"But in Kinnear's Mills, there is a strong feeling of Scottish roots that you cannot find elsewhere."

Plourde said there are many francophones involved in the Fraser Highlanders because many of the original soldiers that fought the French on the Plains of Abraham ended up retiring to Quebec and marrying French women.

"We meet a lot of Tates and Murrays and Rosses that do not speak any English," he said.

"But they are still Scottish." One of them is Marc Lestage, who came to the celebration to continue the Scottish culture of his late mother.

"She was a Ross and was descended from a soldier who fought on the English side on the Plains," he said.

"Even though he married into a francophone family, he was still considered an English protestant and when he died, they had to bury him in a special section separate from the others in the Catholic church cemetery in Rimouski."

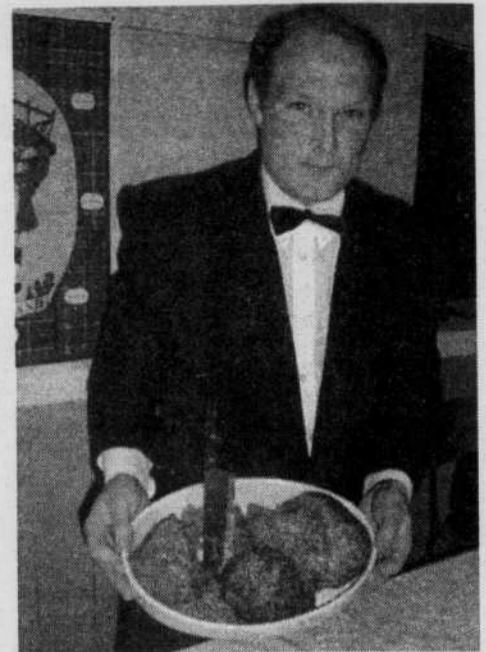
The only anglophone member of the Frasers present was Alan Stairs, the bagpiper for the celebration.

A cattle rancher in Tewkesbury, north of Quebec City, Stairs came in full Fraser Highland regalia, including a kilt and the Sgian Dubh, Gaelic for the ceremonial black knife, which is placed in the right long sock of a highland soldier.

"I learned to play the pipes when I was 12 at Bishops College School, but then stopped because I could not find anyone to play with," he said.

"Then I found a pipe band in Quebec city with the Fraser Highlanders in 2002 and I was able to perfect my skills."

At the celebration, Stairs played several favourites including *The Orange and the Blue*, *Piper Drummond*,



STEPHEN MCDUGALL

Organizer James Allan recites *Ode to Haggis* Patty Rafferty, Glasgow City Police and Bonny Dundee.

He said he came to the celebration at the behest of James Allan, the area's best known pianist, square dance caller and organizer of the Burns' festivity.

Also attending because of Allan was Diane Moreau from Vercheres, east of Montreal.

"He is my first Scottish friend," she said.

"We don't have people with Scottish roots in my hometown, nor any English speakers either. My celebrating Robbie Burns day here is a way to honour and preserve these traditions in Quebec."

"We need to do more than just celebrate on St. Jean Baptiste day."

But for Quebec city resident Monique Bedard, the only reason for driving an hour and a half to Kinnear's Mills was the music.

"I love the square dancing," she said.

"I have no Scottish roots and I don't know who Burns was, other than he was some sort of poet. I just want to move, hear the fiddle and stomp my feet."

For Eveline Gueppe, an immigrant from central France, her tartan skirt is festive, but she has no idea which Scottish clan it represents.

"I bought it at a second-hand fripperie and thought it might suit this celebration," she said.

"I love traditional dancing and I know this pattern on my skirt represents something, but I don't know what."

LOTO QUEBEC Draw results: 2010-01-30

649	02 31 32	05	Quebec 49	02 04 10	29
	34 40 49	Bonus		11 25 26	Bonus

WINNERS PRIZES

6/6	0	\$3,945,156.00
5/6+B	5	\$56,359.30
5/6	80	\$2,909.80
4/6	5,324	\$82.80
3/6	104,895	\$10.00
2/6+B	85,657	\$5.00

Total sales: \$13,570,318
Next grand prize (approx.): \$6,000,000

Extra 9942566

LOTO Draw results: 2010-01-29

NAX	WINNERS	PRIZES
7/7	0	\$20,000,000.00
6/7+B	2	\$139,371.80
6/7	45	\$6,194.30
5/7	2,796	\$124.60
4/7	60,235	\$20.00
3/7+B	56,124	\$20.00
3/7	538,693	Free play

Total Sales: \$22,059,655
Next grand prize (approx.): \$25,000,000

Extra 4312625

Mist Jeu BET ON HOCKEY! ASK FOR PROGRAM 1 OR 6.

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

Ben by Daniel Shelton



LOCAL NEWS

"...our innovative partnership with the City of Vancouver on the Olympic Line has provided an opportunity for Bombardier to showcase, during the Games, the first 100 per cent low-floor streetcar in North America."

Bombardier lauded for boosting sustainability of the 2010 Winter Games

By Corrinna Pole

Two projects related to the upcoming Vancouver Olympics which have demonstrated positive and measurable social, economic and environmental impacts, have earned global train and plane manufacturer Bombardier "Sustainability Stars".

The first star was awarded for the Olympic Torch that the company designed and assembled in Canada, due to its innovative design and a limited environmental footprint.

Ninety per cent of the materials used in producing the 2010 Olympic and Paralympic Torches are recyclable and the combustion system used in manufacturing minimizes greenhouse gas emissions.

Once the Torch Relay is complete, the aluminium from the cylinders and the remaining fuel will be recycled.

The second star was granted for the Olympic Line, a 60-day demonstration streetcar project that connects Granville Island and the Olympic and Paralympic Village in Vancouver. Bombardier provided two award-winning FLEXITY streetcars (on loan from the Brussels Transport Company Societe des Transports Intercommunaux de Bruxelles) that are now in service, for free, 18 hours a day, seven days a week, until March 21, 2010.

The 1.8-kilometer Olympic Line, created through a partnership with the City of Vancouver, allows commuters to experience modern streetcars as a sustainable public transportation option. The streetcars also helps to extent the regional transit network during the Winter Games while decreasing the number of other vehicles that may be used by athletes and visitors for travelling to and



COURTESY

from Granville Island. Replacing the additional traffic with the streetcars helps in reducing congestion and improving air quality.

"We are very proud to receive this honour, which highlights Bombardier's commitment to sustainability and our capacity to develop ingenious and sustainable products," said Pierre Beaudoin, President and CEO of Bombardier. "While the 2010 Olympic Torch has become a symbol of Canadian spirit leading up to the 2010 Winter Games, our innovative partnership with the City of Vancouver on the Olympic Line has provided an opportunity for Bombardier to showcase, during the Games, the first 100 per cent low-floor streetcar in North America."

Both "Sustainability Stars" were given to Bombardier by the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games.

cpole@sherbrookerecord.com

Trial date set for Magog coke suspects

By Doug McCooye

A court date for the two Magog residents who were arrested for importing cocaine last Wednesday has been set.

The two suspects, a man in his forties and a woman in her 20's, will appear before a judge on March 22. The perpetrators were scheduled to stand before a judge in a Sherbrooke courtroom on Thursday, but, according to Louis-Philippe Ruel of the SQ, their court appearance was postponed due to an "ongoing investigation in a complementary case."

The two spent most of the day on Thursday in a Sherbrooke courthouse cell before they were conditionally released.

The investigation was triggered early last week when a Customs Officer in Ontario pulled a package that contained

suspicious substances. The parcel, which reportedly originated in Costa Rica, was intended for an address in Magog.

The subsequent police investigation - which involved over 20 officers from the RCMP, the Sûreté du Québec (SQ), and the Régie de police de Memphrémagog - lasted a few days and led authorities to the suspects' residence on Wednesday afternoon. A police-led search resulted in the seizure of over a pound of cocaine.

Officers on site proceeded to arrest the man and the woman who were inside the home.

On March 22, the two Magog residents could face a number of charges, including importation, possession, and distribution of cocaine.

dmccooye@sherbrookerecord.com

\$4.6 million for city schools

By Doug McCooye

Sherbrooke's primary and secondary schools will benefit from over \$4.6 million in Quebec government investments in 2010.

Monique Gagnon-Tremblay, MNA for Saint-Francois and Minister responsible for the Estrie region, made the announcement on Friday. The money, \$4,685,000, will be going towards the renovation and maintenance of infrastructure of schools in the Commission scolaire de la Region-de-Sherbrooke (CSRS).

"The important investments that will be made in the different schools of the (CSRS) will allow, I am certain, for the improvement of our young people's scholastic environment," said Gagnon-Tremblay on Friday. "After all, (the investment) is for their well-being, as well as for the teachers who will all benefit from the numerous improvements."

Nineteen different Sherbrooke schools will benefit from 24 projects, all scheduled to be completed by the end of 2010. The work includes installation and insulation of doors and windows, as well as roof repairs. A number of schools will

have new air-conditioning systems installed, while others will benefit from new fire alarm systems.

Because most of the work cannot be done in the presence of the students, the challenge will be to find contractors who are available to work during the summer. To ensure that the work gets done this year, officials from the CSRS said they would be seeking out interested businesses soon.

The costs of the projects vary from as low as \$20,000 to as high as \$500,000. But for Gilles Normand, vice-president of the CSRS, the cost of the repairs is worth the money that will be saved in the long run. A recent online article cited the new windows at Le Triolet as an example. Three years ago the school invested \$1.2 million in properly insulated windows that has already allowed the CSRS to save \$300,000 a year in heating costs. "The amount saved is then reinvested directly in to the school board," explained Normand in the article.

CONT'D ON PAGE 4

CORRECTION

In an article published Jan. 29 on electric cars in Quebec and the technology to be used to tax its future owners, it was incorrectly reported that the technology was developed by the provincial utility Hydro-Quebec.

In fact, the technology in question - a five prong recharging plug - was developed by the Society of Automotive Engineers and is being used by Hydro Quebec in its field testing of electric cars.

The Record regrets the error.

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NATIONAL NEWS

“... according to Statistics Canada, suicide remains the second leading cause of death among people between the ages of 15 and 34.”

Talking about suicide is best prevention: experts

By Marianne White
Canwest News Service

QUEBEC - Suicide is something we'd often rather not talk about, but Jacinthe Mercier, whose daughter, Nelly Arcan, took her own life last fall, says talking about the unthinkable is the best way to help distressed people.

"I'm concerned about mental health. My daughter wrote about suicide and we had talked about it a few times in the past," Mercier told a news conference last week in Lac Megantic, in Quebec's Eastern Townships.

Her daughter, born Isabelle Fortier in 1973, was the author of the bestselling French-language books *Putain* and *Folie*. Although not well known in English Canada, Arcan was a striking figure in Quebec literature and won recognition in France as well. Arcan committed suicide last Sept. 24 just a few days after she finished writing a book about sui-

cide.

Almost 4,000 Canadians die every year by suicide and, according to Statistics Canada, suicide remains the second leading cause of death among people between the ages of 15 and 34.

Suicide-prevention experts say Mercier's message underlines the importance for relatives of those suffering from mental health problems to seek help and get involved.

"We are seeing a big increase in calls from people asking for help because they know someone who is distressed and might be considering suicide," said Sylvie Nadeau, director general of a suicide-prevention centre in Quebec City.

"They want to know what to do and how to help them," she added.

Nadeau said one of the first things to do when faced with a distressed love one is to ask the question point-blank: "Are you contemplating suicide?"

She noted that although it might seem uncomfortable to ask the question bluntly, this is the best way to get a clear answer.

"Usually, people who are distressed will see this as a nice gesture. They are relieved and touched that someone really cares about them," she said.

Louise Careau, a psychologist working at Laval University, noted there are three followup questions to ask if the person is considering suicide:

When do you plan to do it? Where? And how?

"This gives us a clear picture of the person's intentions and also a time frame. Do we have a few hours to intervene or a few days?" Careau stressed.

Like many other Canadian campuses, Laval University is devoting resources to help students and teachers deal with mental health disabilities.

Careau said the campus is training "sentinels" to detect suicidal people. The goal is to have trained people in each department that can spot those who are distressed, lend them a helping hand and direct them to a professional.

"I compare this to first-aid training but for mental illnesses," Careau said,

noting the program is very popular.

"We are not asking the sentinels to become psychologists but rather to be there as first responders that can refer people in crisis to the appropriate resources," she said.

Some of the warning signs that a person may be suicidal include repeating expressions of helplessness, signs of depression, social withdrawal, loss of interest in usual activities, behaviour that is out of character, giving away prized possessions and making remarks about taking a very long trip.

"The best advice we can give to anyone who fears someone might be suicidal is to talk about it clearly. Raising questions about suicide is not going to encourage the person to act on those thoughts, on the contrary," Careau said.

The university is organizing a series of conferences and workshops for the Quebec suicide prevention week from Jan. 31 to Feb. 6.



CELEBRATION OF LOVE

Special Section
in The Record on
THURSDAY, FEBRUARY 11

If you are engaged, planning to be married, celebrating a special anniversary or just want to show someone you care, you are invited to take part in The Record's special section on February 11 called "Celebration of Love".

Send us a picture of your engagement, wedding, anniversary or your favourite picture as a couple along with your names and up to 20 words, with a \$20. production fee, to be eligible to win one of our special gift packages.

Prizes:

- One lucky couple will win a wedding photography package
- Couples celebrating an anniversary will be eligible to win a combined 1 year subscription to The Record and Townships Outlet
- Couples celebrating their relationship will be entered into a special Valentine's Day gift.

Don't delay! Send your photos today!

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Please include a self-addressed, stamped envelope if you wish to have your photo returned.

Hurry! Deadline is February 3, 2010.



62803

Pierre-Hugues Boisvenu

CONT'D FROM PAGE 1

The opposition have abused their Senate majority by obstructing and eviscerating law and order measures that are urgently needed and strongly supported by Canadians."

The Senate appointments come a day after Justice Minister Rob Nicholson confirmed the plans of the Harper government to impose tougher sentencing for violent or repeat young offenders. Once Parliament resumes after the Vancouver Olympics, the Conservatives will attempt to pass legislation that would revise the Youth Criminal Justice Act to allow judges to apply adult sentencing and tougher bail conditions on juvenile offenders.

A tough-on-crime stance has not been popular with Quebec MP's in recent years. In a recent online article, the Bloc Quebecois' position on the amendments was characterized as something that "goes against the ideals of Quebec society."

Opposition leaders were united in their stance against the Conservative's tough-on-crime agenda during the last parliamentary session, allowing only two of the 17 proposed crime bills to be held up for more than six months.

These recent Senate appointments, which now give the Conservatives a plurality, appears to be a move to enable these harsh-penalty policies to get through the Senate.

One of the other appointees, Bob Runicman (Ontario), is another tough-on-crime leader.

Schools Funded

CONT'D FROM PAGE 3

The provincial government investment to the CSRS is part of the more than \$6 billion devoted to schools in the 2008-2013 Quebec Infrastructure Plan. "There has not been a lot of investment (in schools) over the last twenty years," admitted Gagnon-Tremblay in a recent radio interview, saying that was one of the reasons behind the Quebec Infrastructure Plan.

For the 2009-2010 school year alone, close to \$240 million in government aid for 1,224 different projects has been invested throughout the province.

dmccooye@sherbrookerecord.com

The invasion of unwanted GMO crops

Part I: Healthy Flax, not so healthy anymore



ANNA MAY KINNEY

It was about fourteen years ago that I read my first web page about Monsanto's work with Genetically Modified Organisms (GMO seeds). The first thing I noticed was how this new technology was not focusing on the improvement of crops as gene manipulation had been carried out by farmers for hundreds of years, by cross pollination within types of vegetables, or selecting and saving seed from only the best of your crop each year.

This new technology first applied to canola seeds was neither enhancing vegetables with finer, better qualities or reducing the amount of insecticide, herbicide and other chemicals used, but instead these seeds were being manipulated in order to be able to survive extremely large amounts of chemicals, in the case of canola, mostly herbicides, meaning you will get the added bonus of having more chemical residue within and on the GMO foods you buy.

Now here is where it gets crazy. After creating and before planting these crops, there was NO human testing of these GMO foods to see if eating them would create any problems. Even if they had started testing fourteen-twenty years ago at the first creation of such GMO crops, most researchers agree that this

would not have been enough time to detect any long-term affects that the body could have built up after eating these foods for an extended time. So, there's really no other way to say this, our eating these foods without choosing to eat them maybe be the biggest NON-voluntary food trial ever. The outcome of this could result not only in making many of us ill, but also shortening our lives.

Having studied human rights, the US and Canadian constitutions and being an organic gardener for over 40 years, the idea of any group, company, manufacturer or government allowing these GMO crops into our food supply without ample labeling infuriated me. Yet, those who live in the United Kingdom, Europe, Japan and other countries can go into their regular food stores and immediately know which foods are GMO. Everything must be labeled there, giving a person a choice to be or not to be a guinea pig.

From healthy to questionable

Eating flax seed is an easy way for most people to improve their health. These tiny seeds are rich in alpha linolenic acid (ALA), an omega-3 fat that is a precursor to the form of omega-3 found in fish oils called eicosapentaenoic acid or EPA. This Omega-3 is known to lower cholesterol. Besides being good for a person's heart, flax helps reduce inflammation and other health problems. Please do take the time to research this easy to add nutritional gem, which can be added to crackers, breads, cereals or just sprinkled on top of what you are eating. Some people buy whole flax seed and grind them in a coffee grinder for easier digestion. Some

people prefer to buy Flax seed oil, sold in most health food stores. Whichever a person chooses to use, health-conscious people who use flax to improve their health have a right to be able to buy these products without worrying that they have been contaminated with maverick GMO flax seeds.

The flax problem we are facing today began when a molecular geneticist, Alan McHughen developed Triffid, a genetically Modified Flax seed. Even while most flax growers objected to planting this type of flax seed, knowing that most of Canada's biggest buyers of flax seed wanted nothing to do with GMO foods, this project went through. And in 1998 Canadian regulators approved Triffid (GM flax FP967 has tolerance to soil residues of herbicides). A reversal took place when in 2001, the Flax Council of Canada enlightened the Canadian Food Inspection Agency to remove this variety's registration. Making it illegal to grow Triffid in Canada.

On September 17, 2009, the Manitoba Co-operator published an article "CDC Triffid Flax Scare Threatens Access To No. 1 EU Market", in which it claimed "that Alan McHughen deliberately spread his GM Triffid flax seeds by giving away packages to farmers to plant, at a time when the flax industry was trying to eradicate the GM threat from its crop."

Canada's dilemma

For a couple of weeks now, the buzzword is that Canada's \$320-million flax industry might be threatened, as prices keep dropping. While it's been illegal to grow GM Triffid flax seed in Canada for ten years now, traces of it are showing up

in diverse shipments to most countries that order from Canada. Japan is now testing every shipment of flax seed. And The European Union, which has a zero-tolerance regarding genetically modified organisms, and which imports 70% of Canada's flax has begun turning shipments away.

Not knowing exactly where the genetically modified flax is coming from, finding very small amounts mixed in with other good flax seeds leaves no hints where to begin looking and leaves only one option, having to test ALL flax and weed out the bad seeds now before the entire Canadian flax supply is ruined by GMO cross pollination.

Now here's something to think about. Experts are saying that organic corn farms are losing their organic accreditation because pollen from GMO corn is contaminating their crops, thus having to shut down one after another. Don't know how many of you remember the problems some years ago with Starlite corn, a GMO corn only approved for animal feed, getting into the human food chain and making some people in the U.S. ill. Considering that at least some, if not all of these GMO crops are a risk to humans, shouldn't they be grown in situations that guarantee that they can not cross pollinate other crops? Shouldn't there be safeguards? And shouldn't our Prime Minister, Parliament and Health Canada be out their fighting for our rights?

If you are on computer, please go to "Safe, GMO, additive free food for all" group and get active now.

Wind farms creating blackout zones for aviation

By David Pugliese
Canwest News Service

Wind turbines may be seen by governments across the land as a power source for the future, but a group of Canadian engineers could hold the key to ensuring that the clean energy system doesn't end up causing an aviation disaster.

As wind farms sprout up around the world, but aviation specialists are raising concerns that the giant turbines create blackout zones for air traffic control radars.

The spinning blades are being detected by the radars, presenting false images or generating so much clutter on radar screens that controllers are losing track of aircraft as they fly near the wind farms.

To deal with the problem, NATS, the organization which provides air traffic control services to planes flying in Britain, and over the eastern part of the North Atlantic, has turned to engineers at Raytheon Canada in Waterloo, Ont., to come up with a fix.

"When you put hundreds or thousands of (these turbines) together you can imagine what that does to the

radar picture," said Tony Ponsford, a senior engineer at Raytheon Canada.

The solution the company's engineers think will work involves increasing the processing power of the air traffic control radars and coming up software that will allow the systems to cut through the interference caused by the turbines.

The changes would allow the air traffic control radars to discriminate between the turbines and the aircraft, explained Brian Smith, Raytheon Canada's general manager.

Testing of Raytheon's proposal will take place in both England and the Netherlands as part of a \$6.5 million deal with NATS. The company expects to finish its evaluation and testing by February 2011.

The Raytheon project is being closely watched in Britain. The country is investing billions of dollars in offshore wind farms, designed to produce a quarter of that country's electric needs in the future so the number of such sites will greatly expand in the coming years.

Military leaders are also interested in the outcome. The Royal Air Force has also raised concerns that enemy aircraft could approach Britain unde-

tected as they hide behind the interference created on radar screens by the wind turbines.

Smith said Raytheon Canada sees a potential market for its radar improvement package as wind farms become more established in Canada and around the world.

The Ontario government, for one, is heavily investing in wind power. It has signed a \$7 billion agreement with a South Korean company to build four manufacturing facilities for wind and solar power equipment as well as the eventual establishment of wind-generation and solar farms.

Premier Dalton McGuinty has said the deal will instantly make Ontario a leader in production of renewable energy hardware - wind turbines, solar inverters and solar modules.

Some of the facilities are expected to be located near Windsor but it is not known whether any would eventually be based in Eastern Ontario.

"I don't think any final decisions have been made in that regard," McGuinty recently told reporters. "But it's about putting transmission capacity in place where there's good wind and solar potential."

Smith said concerns about wind tur-

bines interfering with air traffic control is particularly high in European countries, which have a smaller geographic area.

"In Canada there is the benefit of having larger distances between airports and wind farms," he added.

But Smith noted that NAV Canada, which provides air traffic control for the country, has been monitoring Raytheon's progress on the radar improvements. Smith also said that it is becoming more difficult for aircraft to avoid wind farms as some of the sites are getting to be very large. He pointed out that one near Stockton, Calif., has about 1,000 turbines. Raytheon used the site during its initial studies into the wind farm and radar issue.

The wind turbines can also interfere with weather radars. The rotating blades can show up on a radar as incoming weather, such as an area of precipitation.

To deal with that problem, the National Weather Service in the U.S. has been contacting energy companies involved in wind power to make them aware of the problem and recommend that such farms not be located near weather radar sites.

Ottawa Citizen

EDITORIAL

It is a Conservative theme that, despite declining crime rates, we are somehow in increasing danger from criminals.



Mike McDevitt

A dusty old attic

Stephen Harper did his best Prime Ministerial imitation the other day, somberly announcing the appointment of five new senators to Canada's Upper House, thereby giving him a two-seat lead over the Liberals and leaving him just two seats short of an absolute majority. With 51 out of the Senate's 105 seats, Harper now seems to expect us to believe that a major obstacle to his government has now been removed.

Appointing senators has long been one of our Prime Ministers' greatest perks and Harper has led a mouth-frothing tirade against it dating back to the days of the Reform party and, during elections, it is one of his all-time favourite targets. In fact, he even promised never to appoint a senator that hadn't been elected somehow. Well, that's a good rallying cry, because most Canadians are somewhat annoyed at these highly paid fonts of "sober second thought," given that most of us aren't even aware of what they do. Although the senate possesses equal power to the House of Commons, its lack of electoral legitimacy has allowed for a once-August body to be filled with party hacks, old friends and others that the Prime Minister may want to single out. While not all senators hold their seats because of the use they have been to political parties, enough of them do to render the entire body a suitable object of derision.

Harper is not wrong to want to reform the Senate, it has long become a source of embarrassment to everybody who doesn't sit on it, but of course, once again, his principles aren't as big as his appetites. The fact is that reforming the Senate, a laudable ideal, will be almost impossible for him, or anyone else, to carry out. Attempting to do so will not only require the permission, but the active involvement of all ten provinces, as well as the federal government and every province has a veto on changing fundamental political institutions. Given that the only time all ten provinces ever agree on anything is when they're ganging up on the feds, this doesn't seem like a boat that's likely to float. He hasn't even tried.

In this latest exercise, Harper is using his power to appoint five new people who have, more than likely, assured the PM that they will follow the party line and make sure that the wishes of the House of Commons are adhered to. Good for them.

Two of Mr. Harper's new appointments, including Pierre-H. Boisvenu from Sherbrooke, are known for their personal campaigns to protect victims rights and to toughen up our criminal code. It is a Conservative theme that, despite declining crime rates, we are somehow in increasing danger from criminals. Something must be done.

Interestingly, however, Harper's previous appointments have not done much to shore up his position. Mike Duffy, once a well-respected journalist, has morphed into nothing more than a party shill and the others have been true to form in terms of their qualifications. We'd like to congratulate Mr. Boisvenu on his appointment, but we wonder why he would want to taint his wonderful work for victims and their families by abandoning the non-partisanship essential to lobbying in favour of a chair in a dusty old attic.



Letters

"It is hypocritical that this ban is being done in the name of women's rights when the majority of oppression against women is ignored."

DEAR EDITOR:

It saddens me to read that France again is moving against Muslims who are choosing to wear the Niqab. It is hypocritical that this ban is being done in the name of women's rights when the majority of oppression against women is ignored. The accepted objectification of women in the media, popular culture, and through massive amounts of pornography on the internet is corrupting the female and male minds who are subjected to these ills. From this constant bombardment, the young female believes she is a sexual object, and the young male thinks it perfectly normal as well. Doesn't it make more sense for people to preserve themselves for meaningful relationships of marriage? Hijab and Niqab preserve women from the eyes and servitude of men, to God alone.

MUHAMMED HAMOU,
London, ON

might, or might not, have occurred.

Somewhere along life's long journey, a human started to understand that if he/she could instill fear of outside forces being the cause of suffering, he/she could control the others in the pack to follow the leader. So an imagined deity was created that would supposedly be good to the followers, IF ... and ONLY IF, the followers obeyed the commands of the leader of the pack that received messages, and re-laid the messages on behalf of the PERFECT deity.

That would have succeeded well for the instigator of the first scheme ... but others soon caught on to the idea, and created their own deities that also favored only them, and would allow an evil deity to burn the supposed sinners "outside of the group" in hell.

And today we have countless denominations within religions claiming truthful knowledge of the hereafter, and still defending their imagined deities as the one and only that is worthy of honor.

DEAR EDITOR:

JUNE VANDERMARK
McBride, BC

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WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-6345
SHARON McCULLY MANAGING EDITOR (819) 569-6345
MICHAEL McDEVITT ASSISTANT EDITOR (819) 569-6345
FRASER LOCKERBIE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931
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The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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THE LINK

Linking Lennoxville and the surrounding communities

A Better view for Bishop's Stargazers - page 8

Lennoxville Council News
Page 9

If you have any new or information for the LINK, please contact Jen Young at j.young3@sympatico.ca

Sawyerville mourns local grocery store

By Jen Young
Special To The Record

For decades, Sawyerville has been home to a small town grocery store but when owners Marcel Charpentier and Nathalie Delage announced the establishment's closure, which coincided with the grand opening of an IGA in Cookshire last week, the community spoke up.

"This is just a tragedy," says life long Sawyerville resident Dr. Curtis Lowry. "I was born in 1918 and I remember going into that store when I was six-years-old and we could buy a good many things there. This takes away from our independence. There are a few hills between here and Cookshire and in bad weather this is not ideal. We're in hard times and our small community is weakening all the time. This is not good."

According to Charpentier, who has owned and operated the business with Delage for the past 25 years, business is business.

"If you don't make money, this is what happens," he told The Record last week. "The company (Sobeys, which withdrew its contract with the store and signed on with the new IGA in Cookshire) is not the bad guy here. It's society. I could have signed a contract with someone else but business has been slowing down every year and I didn't want to go bankrupt in four years."

The owner says that he embraces the change. In fact, he has accepted a position at the Cookshire store.

"In the long run this is good, much less stress for me," says the Cookshire-Eaton fireman. "The new IGA in Cookshire is just incredible. It's a \$6.5 million store and people should support it. I'm from Sawyerville but Cookshire is part of my community too. It only makes sense to have a big grocery store there with the other services. Of the 19 employees we have here, 10 or 12 already have a new job, some with the Cookshire IGA. I will be there. I will have to work weekends. That's not perfect but it's all right with me since I worked here seven days a week. I'd rather be traveling only 10 minutes to work (like now) than 25, but that's life."

Cookshire-Eaton fire chief, Mike Herring, responds to concerns raised pertaining to not only Charpentier, but other employees of the store now working out of town in respect to the small town's fire service.

"The only person affected for the mo-

ment is Marcel," says Herring. "But we have lots of other people around and we are hiring a couple of new firefighters this week to help offset the eventual losses. Even being in Cookshire for work, Marcel is still available and will be responding to all the eventual calls we will be getting. The population can rest assured that we have everything taken care of and they will remain fully covered."

Resident Michael van Lierop questions his municipal council's motives in permitting such a large competitor to open in a neighbouring town.

"By giving its blessing to the new IGA in Cookshire, was the town council in effect complicit in the closing of the store in Sawyerville?" van Lierop asks. "It would surprise me that of all the people involved in such a major project, no one would have considered this as a very possible outcome. This is part of a trend that's been occurring for years, accelerated since the merger, and the council should have put up red flags on behalf of its citizenry in Sawyerville."

Cookshire-Eaton Mayor Normand Potvin says council has no say in such things.

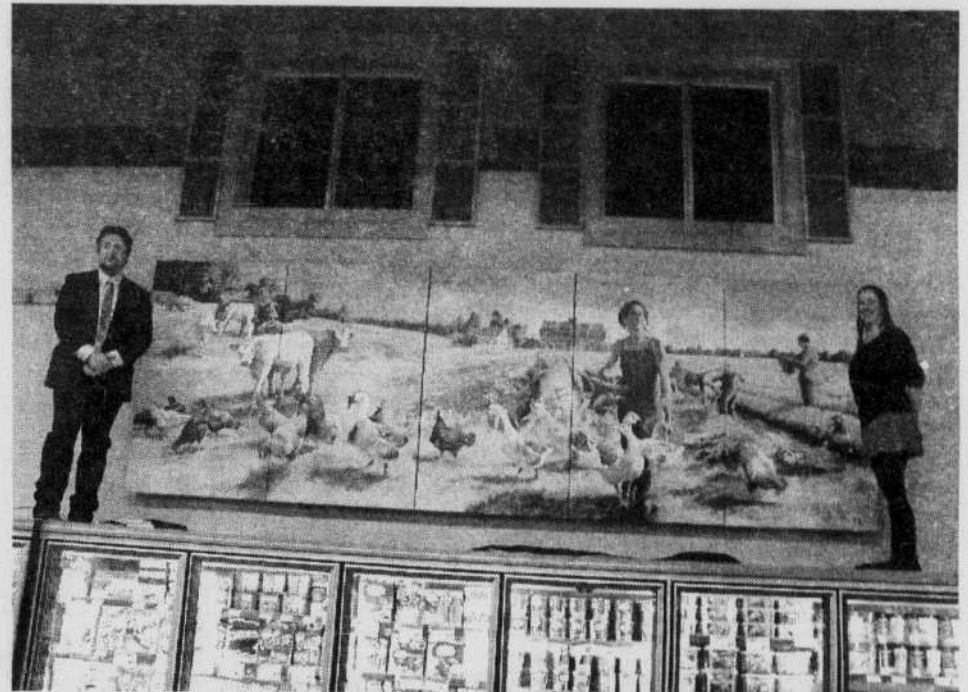
"This is a private enterprise (the Cookshire IGA is owned by Gilles Denis)," said Potvin last week. "Council has nothing to do with it. We have no right to say no. When a building permit is requested and all regulations are met, then the permit is granted. If someone asks to build, but a neighbour doesn't want them to build, we can't say no if that person has conformed to all regulations."

While Potvin says council's hands were tied in the matter, he does understand the "unfortunate" position this presents for the Sawyerville community.

"This is very unfortunate. It's difficult in small communities and it's happening everywhere. The real problem here is that people don't shop locally. Too many people work out of town and they do their shopping somewhere else. If the citizens don't shop locally, than small stores can't make it," the mayor said.

Chapentier confirms Potvin's statement.

"I can't stay in business for a handful of people that don't have cars," he said. "Too many people do their shopping in Sherbrooke or other towns and I hope that doesn't continue to happen. I hope people will support this new IGA or it will be gone too. Of all of this, I am going to miss my customers the most



COREY BELLAM

Co-owners Pierre Genest-Denis and Maude Genest-Denis flank the Denis Palmer mural that decorates the new Cookshire IGA. While the new supermarjket is a welcome addition for most, the loss of Sawyerville's local grocer has many residents upset.

but I'm hoping that the town will do something to help the people who can't get to Cookshire."

The Cookshire store offers a grocery delivery service but for those who wish to do their shopping independently, Charpentier will be making a suggestion to council soon.

"We already have a bus shuttle ser-

vice that runs only once in awhile. I think council should increase that service and I'm going to work my butt off to make sure that happens."

Potvin had yet to hear Chapentier's suggestion but told The Record that council would "definitely examine" the possibility.

Meet Your Neighbour



COREY BELLAM

Lynn Rothney

Not only is Birchtown resident Lynn Rothney actively involved with the Birchtown Ball Park but the 34-year-old family man is also a prominent business owner. Rothney, owner of Centre de l'auto Rothney Inc., has worked in mechanics all his life and started his Birchtown mechanic shop four years ago.

Turning down the lights, seeing stars better



JEN YOUNG

Professor Lorne Nelson says new stars have appeared in the night skies now that the Ministry of Transport has changed all light fixtures surrounding the university.

By Jen Young
Special to The Record

In order for stargazers and astronomers on Bishop's University's observation deck atop the Nichol building to see clearly at night, it must be as dark as possible and thanks to work conducted by the Ministry of Transport last week, reduced light pollution has introduced stars never seen before.

"Bishop's has embarked on a campaign to minimize light pollution," said BU professor and observatory director Lorne Nelson last week as the

Ministry of Transport replaced all lighting fixtures surrounding the institution. "We are approximately 60 per cent complete and we are also working to decrease energy consumed. We've been asking for the city's help and the ministry's in the vicinity of the university. Both have come through in a big way."

In accordance with the International Dark Sky Reserve project, which aims to reduce light pollution, Bishop's has replaced its campus light fixtures at a cost of \$100, according to Nelson, making the initiative an inexpensive and simple task.

The ministry replaced the entire St-Francis bridge and College Street Cobra light fixtures with full cut-off fixtures last week, which Nelson says concentrate light to the road as opposed to upwards to the sky as they have been for years.

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JEN YOUNG

New highway light fixtures outside Bishop's University have reduced the light pollution that interferes with astronomical observations. This has allowed previously hidden stars to become visible.

"We are very pleased. These new light fixtures will reduce the amount of light that strays everywhere. The city has pitched in too. There was a light in Centennial Park that was so powerful it was obstructing our observations from the dome. The university is trying to lead the way and the city and the ministry are really helping us."

According to Nelson, an astronomical difference has already been observed.

"We saw stars we hadn't seen before," Nelson said Friday morning after using the observation deck Thursday night once the ministry's work was concluded. "This is good. This is very good."

Since the BU Astronomical Observatory's opening three years ago, around 2,500 visitors have used the establishment to appreciate the night skies and Nelson says the public is welcome on the first Monday's of each month. To reserve your visit, go to:

<http://physics.ubishops.ca/observatory>

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Lennoxville Briefs

Habs Fan



COREY BELLAM

Three-year-old Kiana Morrison is a Habs fan. She spends her time at the Sawyerville skating rink practicing what will make her a true blue fan; skating. She's determined to get it before she's four.

Evaluation disputes

WATERVILLE - The municipality of Waterville is encouraging its population, and all residents of the Coaticook MRC, to contact the evaluation office in the case of evaluation disputes and not the municipal office. Before paying a \$60 charge to contest an evaluation increase, the municipality suggests a free appraisal by calling 819-849-7707.



JEN YOUNG

Winter Fun Day

LENNOXVILLE - Lennoxville's annual Winter Fun Day will take place this Saturday at the Old Lennoxville Golf Course. A day of activities are planned, indoors and out, free for the whole family.

The gift of life



COURTESY HEMA-QUEBEC

LENNOXVILLE - The annual winter Bishop's University Students' Representative Council blood drive, co-sponsored by Domino's Pizza, will be held from 10:30 a.m. to 7:30 p.m. in the lobby of Centennial Theatre, on the Bishop's University campus on Wednesday, Feb. 17. Donors must be aged 18 years or over and meet Héma-Québec's eligibility criteria. Potential donors can check whether they are el-

igible to give blood by calling Donor Customer Service at 1-800-847-2525 or by consulting the Donor Qualification section of the Héma-Québec web site at www.hema-quebec.qc.ca.

Pet registrations due Cats-my pic

Pet owners have until February 15 to renew their pet's registration, which are required under municipal law, through the SPA. Failure to comply to the registration deadline will result in fines and administration fees. All new felines and canines must be registered upon adoption. For more information or you have yet to receive your registration renewal contact 819-821-4727.

Scouting for bottles



LENNOXVILLE - The 1st Lennoxville Boy Scouts are helping residents clean out their empty bottles. The troupe is organizing a town wide bottle drive on February 20 between 9 and 11 a.m. with a drop off at the United Church, but early pickups can be arranged by calling 819-575-6739. Proceeds go to local scouting activities.

Valentine's Day Dinner and Dance

AUSTIN - Musicians are needed for an upcoming dance with music by Stan McKelvey and The Midnight Riders on February 14 from 1:30 to 6 p.m. The dance, to benefit the MS Branch 2000, will take place at the Austin Municipal Hall and consist of a jam session. Adults cost \$10 and children \$5. For information call 819-868-1837.

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Lennoxville council news

By Jen Young
Special to The Record

At this month's borough of Lennoxville council meeting, councillor Mark McLaughlin congratulated Dr. Derek Booth for receiving the "La Tribune Prize" from the Sherbrooke Historical Society. Booth, a Lennoxville resident, received the honour in recognition of his lifetime dedicated to the history of the Eastern Townships and his numerous articles written on the subject as well as local railroads. Booth is a professor at Bishop's University. McLaughlin asked that congratulations be sent to Booth on behalf of the Borough of Lennoxville.

-English typo to be corrected

After receiving a comment from Townshippers' Association concerning an error found on the cover of the English version of the City of Sherbrooke's 2010 calendar, which was sent to Sherbrooke households, council has forwarded a request to the City's communication department to correct the error in the future. On the English version of the calendar it is printed: "Composting all year round in ". The error, which omits the word Sherbrooke, was said to be due to a technical misprint and not a translation error.

-Highway 410 meeting this week

Borough council has been successful in arranging an information meeting with the Ministry of Transport for today. Seeing as the proposed 410 route has changed periodically, recently to a two-lane highway, council wishes to find out the latest plans and provide feedback before they become final. Council is hoping to inform the borough's population in the near future of the latest developments.

-Getting word out

Borough council is presently examining effective ways of better informing and communicating with the population on a regular basis. Councillor Mark McLaughlin, said that council has few ways of reaching each resident, in both languages, and believes the Sherbrooke publication, Info-Sherbrookeois, which is printed only a few times during the year, to be inadequate in that respect.

"It's hard to get everything that people should know about in something that only comes out a few times a year," he says. "There is a lot happening throughout our community and citizens need to find out in a timely way. We need a vehicle where we can regularly communicate with our entire borough and keep them informed of things that affect them."

The councillor says ideas, including Facebook and a bilingual monthly newsletter mailed to each borough residence, are being explored.

-College Street-crossing lights expected

The Ministry of Transport told The Record last week that the long-awaited lighting equipment necessary for the College Street crosswalk are still on back-order but are expected in mid-February.

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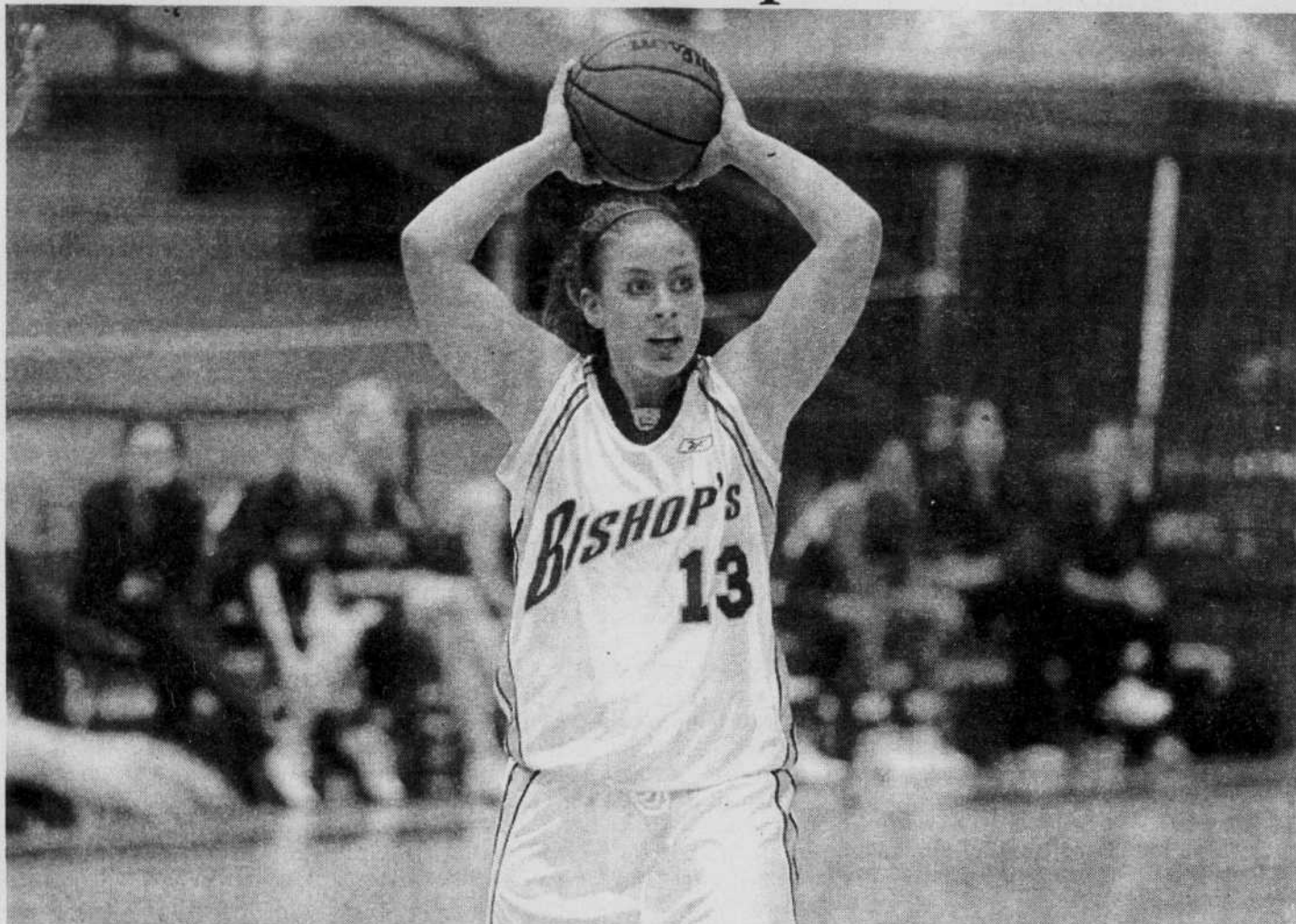


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Local Sports

The Lady Gaiters have a deep, talented squad, but for some reason they haven't been able to put it all together at the same time

Will the Real Lady Gaiters Please Stand Up?



COURTESY BISHOPS UNIVERSITY

Robyn Wilson and the Lady Gaiters two weekend losses illustrate BU's inconsistent play in the QUBL this season

By Jordan Winnet

The Bishop's women's basketball team took two steps backwards this past weekend, losing 57-51 at home at the hands of the McGill Martlets Friday evening in a close, defensive struggle. BU followed Friday's defeat by dropping Saturday's game on the road as well to the first place Laval Rouge et Or 73-61.

Unfortunately, the Lady Gaiters started slow out of the gates Friday night against McGill, connecting on only three field goals in each of the first two quarters and totalling a dismal 24% from the field in the half. Veteran point guard Natifa Weekes opened the scoring for the Martlets a mere nine seconds into the contest, and her squad would relinquish the lead late in the fourth quarter but never trailed.

Bishop's appeared to seize the momentum in the third quarter when fourth year guard Marie-Eve Lemoine spear headed the comeback, scoring seven in the quarter to cut the lead from thirteen to only four, 44-40, heading in to the final ten minutes. The Lady Gaiters managed to tie the score up 48-48 following four straight points from shooting guard Katy Germain, but BU was unable to capture the lead. The Lady Gaiters may have exerted too much energy digging themselves out of a big hole because the women were incapable of executing down the stretch. The

Martlets made their free throws late and escaped with their fourth win in the QUBL and second in as many games.

McGill's forward Annet Him-Lazarenko put her MVP-like skills on display in Mitchell Gymnasium, collecting a game high 16 points, 11 rebounds (6 offensive) and 3 steals in 31 minutes of action. Him-Lazarenko went into the game as the fifth leading scorer in the QUBL with 12.2 points per game as well as the league's third leading rebounder pulling down 8.5 a contest. In only her second year wearing the red and white for McGill, Him-Lazarenko has been a Gaiter killer, averaging 13.3 PPG and 7.9 REBS in seven match-ups so far in her young career.

Katy Germain paced the Lady Gaiters with 15 points including 3 three-pointers, while Marie-Eve Lemoine chipped in with 8 points, 4 rebounds and 4 assists in a team high 34 minutes played.

The number six ranked Laval Rouge et Or held off a second half push from BU Saturday to hand the Lady Gaiters their second loss in as many nights. Bishop's only trailed by four, 20-16, after one quarter of play, but a nine point second frame and 29.7% first half shooting from Bishop's allowed Laval to extend their lead to eleven, 36-25, after twenty minutes of action.

BU's shooting improved dramatically in the third quarter as they poured in 26 points in the frame, one more than their entire first half total. The women cut the Rouge et Or's lead to five, 40-35, thanks

to two deep balls from veteran sharp shooter Katy Germain, but that's as close as BU would come. The Lady Gaiters hung around in the fourth, but the first place Rouge et Or made the plays down the stretch to close out BU.

Laval had four payers reach double figure scoring, led by forward Marie-Pascale Nadeau's 15 points to go along with 5 blocks.

Marie-Eve Lemoine headed the Gaiter attack, finishing with 16 points and 3 assists, while Germain and Gabrielle Côté-Caouette added 13 and 11 respectively.

This year's version of the Lady Gaiters has been a bit of an enigma as solid performances are continually backed up with poor showings. The Lady Gaiters have a deep, talented squad, but for some reason they haven't been able to put it all together at the same time for steady stretches. BU fans are waiting for the night when all the offensive weapons will fire on point, not just one or two at a time. BU has been unable to string together consecutive victories in league action and unless the women can find some consistency, it may be yet another early playoff exit in 2010.

Bishop's will have a week to collect themselves as they enter their annual bye-weekend. The women will take their 4-6 league record back into action Friday, February 12th when they travel to UQAM. BU will be back at home the following night, Saturday, February 13th as they host the Laval Rouge et Or at 6pm at Mitchell Gymnasium.

McMorris wins slopestyle gold

By Sean Myers
Canwest NewsService

CALGARY- Justin Lamoureux looked on as 10 of the top snowboarders in the world took the halfpipe at Canada Olympic Park trying to beat his score.

Competitor No. 11 in the second run, French rider Arthur Longo, did it with a spectacular ride, knocking the Canadian down to the second step on the podium at the LG Snowboard World Cup on Saturday.

"I was watching up top. I knew the guys that had the run potential to knock me off the top step there," said Lamoureux, 33, a resident of Squamish, B.C. "He was one of the guys I was watching. He got his run and got me."

Longo won it with a score of 45.1 out of a possible 50 on his second try of the night. Lamoureux's score of 43.6 from his first run stuck for silver and Ben Kilner of Britain won bronze with a best score of 40.3.

It was Lamoureux's first podium finish since winning silver at the Canadian national championships last April.

He said Saturday's medal was well timed for his preparations for the 2010 Vancouver Winter Olympics.

"My whole plan was obviously peaking in February," he said. "I'm right where I want to be. New tricks are coming along so I'm stoked for a couple weeks from now."

In the women's competition, both Canadian competitors were knocked out in the semifinal.

Zhifeng Sun of China won with a best score of 43.4 and her teammate Xuetong Cai earned silver with 42.1. Australian rider Holly Crawford took bronze with 40.8.

Canadian competitors Sarah Conrad and Mercedes Nicoll, both headed to the Vancouver Games, say they used to Saturday's event a tune up for the Olympics.

Conrad competed at the X-Games in Aspen, Colo., on Thursday night and took a last-minute flight to Calgary when she missed making the final.

"I changed my ticket on the road and ended up here (on Friday)," said Conrad, 24, of Dartmouth, N.S. who placed ninth on Saturday. "I got dropped off (from the airport) at the top of the hill and made it for my first run (in the qualifying heats). I changed in the van."

Nicoll finished seventh, just outside the top six that went through to the final.

"I just used this as practice to try some runs out and see what the judges thought," said Nicoll, 26, who will return home for her Olympic appearance in Whistler, B.C.

Earlier in the day, the first ever World Cup slopestyle final held in Canada was completed with Mark McMorris of Regina winning gold in the men's competition with a score of 45.1. He was followed by Seppe Smits of Belgium at 42.9 and Nick Brown of New Zealand at 42.0.

In the women's competition, Sina Candrian of Switzerland won gold with a top score of 45.4, followed by Calgary's Brooke Voigt at 39.2 and Alex Duckworth of Kingsburg, N.S., at 34.5.

"This is a pretty high-class event," said McMorris, 16. "There's a lot of good riders here, so to land the run that I did ... I'm really happy."

Empty sella syndrome causes headaches



PETER H. GOTT, M.D.

DEAR DR. GOTT: My 45-year-old daughter has had a headache every day for the past six months and is now being treated for migraines. She recently had an MRI of her brain, which showed that her pituitary gland is empty. What

in the world does that mean? Please help me to understand.

DEAR READER: I believe your daughter is suffering from empty sella syndrome. This is a condition in which the pituitary gland shrinks or becomes flattened and does not show up on MRI scans.

The pituitary gland produces several important hormones that control other glands within the body. It is vital to the maintaining normal function of the ovaries, testicles, thyroid and adrenal glands. The ovaries produce the female hormone estrogen. The testicles produce the male hormone testosterone. The thyroid gland produces several hormones that aid metabolism. The adrenal glands also produce several life-sustaining hormones, such as cortisol, which aid stress responses and have many other functions.

There are two forms of empty sella syndrome: primary and secondary. Primary occurs when a hole develops in the pituitary gland covering. This allows fluid to get in and press on the gland. Secondary occurs when the gland has become damaged. This is often the result of radiation therapy, a tumor or surgery. It may also be the result of a condition known as pseudotumor cerebri, which causes intracranial pressure to increase, such as is seen with a tumor but without the actual tumor. This form is most commonly seen in obese women.

Primary empty sella syndrome often has no symptoms and doesn't cause a loss of pituitary function. If symptoms are present, they may include erectile dysfunction, low libido, irregular or absent menstruation and occasional symptoms owing to high prolactin levels. Prolactin is a hormone responsible for milk production and breast develop-

ment in women; there is no known function in men. High levels can cause impotence and enlarged breasts in men, and infertility, irregular menstrual periods and breast-milk production unrelated to childbirth in women.

Secondary sella syndrome may cause symptoms owing to partial or complete loss of pituitary-gland function (hypopituitarism). These symptoms vary depending on which hormones have been affected but may include fatigue, thirst, excess urination, low blood pressure, loss of appetite, constipation, muscle weakness, headaches, nausea, weight gain or loss, hoarseness, visual disturbances, a low tolerance for stress, abdominal discomfort, loss of pubic and underarm hair, sensitivity to cold/difficulty staying warm, facial puffiness, joint stiffness and more.

Primary has no specific treatment. If prolactin levels are high and interfering with the function of the ovaries or testes, medication may be prescribed to bring the levels back within range. Treatment of secondary empty sella syndrome involves replacing the hormones that are deficient and, if possible, treating the condition that caused the destruction of the gland.

If your daughter has been suffering from chronic headaches, it may be a sign that her pituitary gland has been damaged, leading to hypopituitarism. If this is the case, she should undergo testing to determine what caused the damage. She might benefit from hormone-replacement therapy. She should be under the care of an endocrinologist (gland specialist) who can order any necessary testing and provide appropriate treatment options.

To provide related information, I am sending you a copy of my Health Report "Medical Specialists." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

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

Deaths



BRULOTTE, Paul Wilfrid (1921-2010) - Mr. B. passed away peacefully at his home in Mansonville on January 29th, in his 89th year. Now reunited with his loving wife Hazel Cote. He leaves to mourn his children; Christine (Frank Ruiz), Paul (Stephanie Metrakos) and grandchildren Rick, Michael and Andrew, brother to Cecile (Leblanc) and Irene Coutu. Resting at the Désourdy Funeral Homes, Mansonville, on Sunday, January 31st, from 2pm to 4pm and 7pm to 9pm. and Monday, February 1st, from noon to 1:45pm followed by the Funeral Service at 2:00pm At St-Cajetan Catholic Church.

LAROCHE, Donald of Sawyerville passed away on Saturday January 30, 2010 in his 92nd year. Loving husband of the late Lilian Hover. Dear father of Harley (Gayle) of Campbellford Ontario and Bonnie (Alton) Fowler of Sawyerville. Grandfather of Dareth (Brenda) Fowler, Deanna (David) Parnell of Sawyerville, Troy (Barb) Laroche and Tina (Tom) Sykes of Georgetown, Ontario. Great-grandfather to Jacob, Emily, Abigail, Owen Laroche and Spencer Sykes of Georgetown, Kendra, Skylar, Zachary Parnell, Jake and Josh Henderson. Brother of Jean (Ken) Patrick, the late Rita Forgrave, late Wendell, late Fortis, late Hilda Laroche. Brother-in-law of Vera Hover. Resting at the Cass Funeral Home, 15 Station St, Sawyerville, Quebec 819-564-1750 / www.casshomes.ca, where friends may call on Tuesday, February 2, 2010 from 7 p.m. to 9 p.m. and on Wednesday February 3, from 1 p.m. to 2 p.m. followed by the funeral service at 2 p.m. Rev. Wendy Evans officiating. Spring interment in the Eaton Cemetery. As memorial tributes, donations to the Cancer Foundation of Quebec, 3001, 12th ave Sherbrooke, Quebec, J1H 5N4

In Memoriams

LITTLE, Harold - In loving memory of a dear father, grandfather and great-grandfather who passed away six years ago on February 1, 2004 .

Sadly missed and greatly loved.

Miss you Dad.

JOYCE & HAROLD (daughter)
KEVIN & SHERYL (grandson)
SHERRI & ROB (granddaughter)
SKYLAR (great-grandson)

MOSHER, Margaret - In loving memory of our mother who passed away February 1, 2000.

Treasured memories keep you near
As time unfolds now by 10 years.

Lovingly remembered,

BERYL

BREAKY, BETTY
WALLACE, LATE FREDA
BEVERLEY, GLEN
AND FAMILIES

WARD, Arianna, (April 17, 2001-February 1, 2002).

Day by day our thoughts do wander
To the grave not far away,
Where our dear daughter was buried
Eight years ago today.

Lovingly remembered,
ANGELA & ANDREW WARD

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

DEADLINES FOR DEATH NOTICES:

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

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

Menopause has devastated our intimacy

Dear Annie: I am happily married to an amazing lady who has been my best friend since the day we met 25 years ago. Our kids are all away at college, and we love our empty nest. We keep physically fit, are in great health, are financially stable and have a satisfying social life. The only problem is in the bedroom.

Menopause hit about five years ago, and it has devastated our intimacy. We both visit our doctors regularly and have been to a counselor twice. Our doctors say everything is normal, and the counselor tried to give us some helpful advice, which my wife followed. She does her best to "be there" for me physically, and I do everything I can to be a great husband for her.

My question has to do with what the counselor told me. She said I need to accept the fact that at our age (48), and after 24 years of marriage, an exciting and fulfilling sex life was an unrealistic expectation.

Annie, I am having a hard time accepting this. While we are still intimate, it's like making love to a mannequin. And after all these years of being faithful, it's getting harder and harder to brush off the continuous opportunities to stray.

My wife and I have discussed this in detail. She can't understand why I am not able to simply "turn off" my libido the way nature has turned off hers. Is the counselor right, or is there hope that our great marriage can become complete again? — Happy and Sad in Oklahoma

Dear Oklahoma: The counselor is wrong. Your sex life might not be what it once was, but there is no reason it cannot be fulfilling and satisfying and still include passion. We understand that menopause has taken a toll on your wife's libido, but she needs to make the effort to work on intimacy because she loves you and values her marriage. Please see a different counselor who will work with both of you to improve those things you can, instead of encouraging you to give up.

Dear Annie: Yesterday, I celebrated a

Annie's Mailbox

big birthday and received cards and well wishes from many friends. One in particular sent a nice card. However, I was a bit disappointed there wasn't more. Two years ago, when she celebrated the same big birthday, I wanted to make it special and sent a card with an enclosed gift certificate.

I was surprised she didn't reciprocate. I would have been happy if she had just sent a note saying, "I will take you out to lunch" or something similar. It hurts that she made no gesture at all. I considered us very close. Am I being foolish to feel this way? — Janet in Reno, Nev.

Dear Janet: Not foolish, but perhaps overly optimistic. It was kind of you to send a birthday gift to your friend, but it was unsolicited, and your thoughtfulness depreciates substantially when you think she "owes" you as a result. All she owes you is a thank-you note. She apparently isn't the type to exchange gifts. Now you know.

Dear Annie: This is in response to "Upset in Santa Cruz," whose stepdaughter-in-law accused her of abusing her son because there were bruises on him.

Unexplained bruises can be the result of a rare, heritable connective tissue disorder called Ehlers-Danlos syndrome. One sign of EDS is tissue fragility, which results in unexplained bruises. Unfortunately, these bruises often create the impression that the child has been abused.

Please inform your readers, especially teachers, parents and medical professionals, that easily bruised skin can be a symptom of EDS. Additional information can be found at Ehlers-Danlos Syndrome Network C.A.R.E.S., Inc., (ehlersdanlos-network.org) P.O. Box 66, Muskego, WI 53150. — J.R.

Dear J.R.: Thank you for educating our readers — and us — about this rare condition. Unfortunately, when there are bruises, there is often a less benign reason.

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

Danville UCW whist party

The UCW of Trinity United Church were happy to welcome thirteen tables of whist players on January 21, 2010.

After a welcome by Dorothy Evans the playing started. The end result provided first prize, with 28 flags to the table of Ghyslaine Redburn, Raymond Fortier, Wendy Ridley and Patsy Biggs. The lowest score of 16 flags went to the table of Ronald Evans, Harold Willey, Rachel Willey and Evelyn Horan.

Door prizes went to: Raymond Lancaster, Helen Knowles, Elizabeth Mastine, Pierrette Fortier, Patsy Biggs, Rachel Willey, Sue Coburn, Marjorie Lancaster, Muriel Webb, Raymond Mastine, Marion MacAllister, Ross Davidson, Joan Brotzman, Sherly Provis, Dot Gunter, Ghyslaine Redburn, Ian Smith, Raymond Fortier, Francis Saffin, George Horan, Hazel Pezzi, Evelyn Horan, Tina Weare,

Hugh Lancaster, Ronald Evans, Shirley Smith, Wendy Ridley, Eleanor Besmargian, Peter Boisvert, Evelyn Fraser, Mark Provis, Doris Weare, Micheline Handfield, Danielle Pilon, Fran Dewar, Blanche Mastine, Carol Boisvert, Tiny Weare, Bill Fraser, Joyce Mastine, Norma Morin, Grace Taylor, Donna Ham, Willey Leblond, Mildred Halliday, Harold Willey, Dorothy Evans, Willy Baker, Phyllis Patterson and Noel Gregoire. The lucky winner of the grocery bag was Joan Brotzman.

Many thanks go to all who attended, to those who supplied and prizes to Evelyn Horan who tended the kitchen and to Harold and Rachel Willey who organized the games.

Our next whist party is on February 18 - everyone welcome.

Eleanor Besmargian

The Sherbrooke Hospital Nurses' Alumni annual Dinner and Reunion weekend

The Sherbrooke Hospital Nurses' Alumni hosted a delicious turkey supper with all the trimmings at the Old Lennoxville Golf Club House on Friday, October 2, 2009 for all the alumni members, co-workers and friends. It was a particularly memorable evening as the classes of 1944, 1949, 1954, 1959, 1964 and 1969 were all celebrating reunions. There were over ninety ladies attending. Many had travelled from different parts of the country to be present. The hall was beautifully decorated in a fall theme. Flowers from several members' gardens were tastefully arranged. Each graduate of the Sherbrooke Hospital School of Nursing celebrating a reunion was presented with a corsage made up of baby carnations and tied with gold and purple ribbons - the Sherbrooke Hospital School of Nursing colors. A corsage was also presented to the most senior nursing school graduate, Eula Raycraft-Cathcart.

There was a social hour before the supper for meeting and greeting classmates and friends - some not seen in a long time! Appetizers and crudities were served during this time. By the sounds of chatting and laughter, a great time was had by all. Music was provided by a group from the University of Sherbrooke.

Following the social hour, the SHNA president, Heather Bowman, welcomed everyone and read a tribute to the late Joanna Smith. A prayer was said and the buffet, prepared by Mrs. Peggy Grapes and her team, was served. The menu was roast turkey, dressing, potatoes, gravy, squash, salad, pickles and cranberry

sauce, rolls and butter and trimmings. There was an assortment of yummy desserts, tea and coffee. No one could have possibly gone away hungry. The evening was concluded with more reminiscing and fun.

On Saturday morning, Heather Bowman conducted a tour of the Argyll Pavilion, the old Sherbrooke Hospital. In the afternoon several reunion groups visited the Compton County Historical Museum situated at Eaton Corner. Many items of memorabilia from the Sherbrooke Hospital School of Nursing are displayed there. It was a nostalgic visit. There are examples of the student nurses' uniforms, pictures, books, scrap books and medical items. It was amazing to see all your test marks for the three years of training. Many thanks to the Museum and the personnel for opening up the building for us. (The museum was closed for the winter). Saturday evening was spent socializing in individual groups.

Sunday there was a service at the Plymouth-Trinity Church attended by many SHNA members. A pot luck lunch was enjoyed and then it was time to say good bye - until the next SHNA annual dinner and reunion weekend.

A special thanks goes out to all the Alumni executive, members and volunteers for their contributions and time. All together they helped organize an enjoyable and memorable evening and weekend.

Respectfully submitted by
Eleanor Ford-Beaulieu,
Secretary, SHNA

Waterloo St. Luke's Church Women Meet

St. Luke's Church Women met on Wednesday, January 20 at Place Primevere at 2 p.m. Eight members were present.

The president, Doris Wilson, opened the meeting in the usual way with the Lord's Prayer said in unison. Doris showed the group a photo of the plant given to Mrs. Bienvenu for Christmas.

The minutes of the November meeting were read, approved and signed.

The treasurer, Louise Lowry, read the financial report. She moved that her report be adopted as read and Dot de Solla seconded the motion.

The president reported that she and Louise had gone to CIBC and opened an account there. They haven't closed the account at the National Bank yet but will soon go and transfer the money to CIBC and close it.

The date for the April card party has been changed to Tuesday, April 13. There will be another card party in the fall and possibly other card parties.

The World Day of Prayer service was mentioned. It will be organized by the United Church Ladies this year.

The ladies all signed a birthday card for Ethel Lawrence who will be 93 years old on her birthday.

Louise collected tea money and \$1 from each member for the Benevolent Centre.

The next meeting will be on February 17 at 2 p.m. at Primevere.

Dorothy Baranek adjourned the meeting the benediction was repeated together, and refreshments were served.

Jean Davidson

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM
Until there's a cure, there's us.

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.

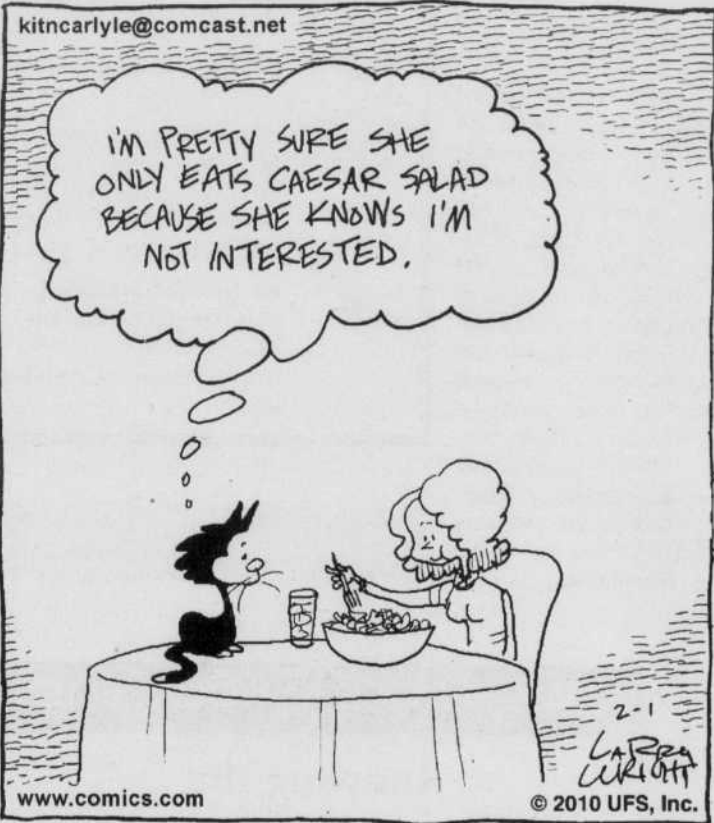
Today's clue: T equals L

'BTGBOY UHHK NHU KFZ GLSSZU.
KFBK GBO, OHC GHS'K IZ
XLYBVVHLSKZX." - VLKMFZU KCJ
WMJUBG

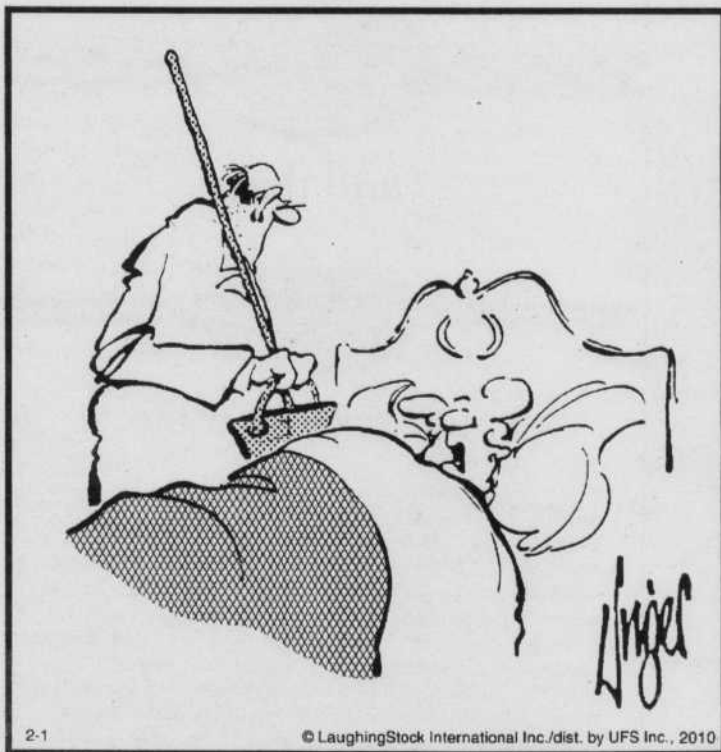
PREVIOUS SOLUTION: "If black boxes survive air crashes - why don't they make the whole plane out of the stuff?" - George Carlin

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KIT N' CARLYLE



HERMAN



"I'm perfectly capable of washing my face, Harold."

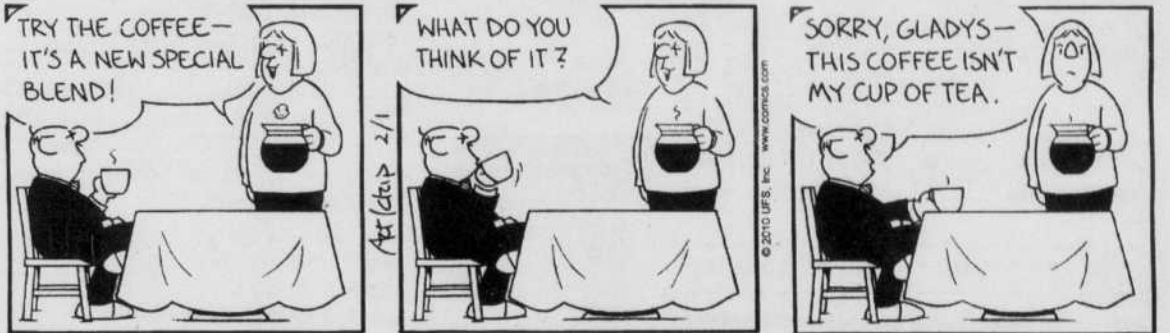
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



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CHANGE OF NAME for a person of full age. Please note that **Jamie Edward Thompson** of 2599 rue des Lilas, Sherbrooke, QC, J1R 0G9, will be submitting to the Registrar of Civil Status an application to change his name to **Jamie Evelyne Thompson**. Notice completed and signed in Sherbrooke on January 21, 2010 by Jamie Thompson.

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Your Birthday

Monday, Feb. 1, 2010

In the year ahead, there are strong indications that your influence over peers could increase substantially as the months unfold. The goals and standards you set for yourself will be the very ones others will want to follow.

AQUARIUS (Jan. 20-Feb. 19) — You may have a good game plan, but choosing the wrong person to team with could make success quite iffy, especially if you get involved with a past partner whose endeavors have failed.

PISCES (Feb. 20-March 20) — Subdue your assertiveness with others when involved in a joint arrangement. There are strong indications that your associates may be far better equipped to handle things than you are.

ARIES (March 21-April 19) — This could be a productive day, but only if you work with tested equipment and procedures. Any deviation or experimentation could set the entire game plan back a day or two.

TAURUS (April 20-May 20) — Doing something different might be appealing to you, but if you don't have a good time or things don't turn out as anticipated, it could be quite disappointing. Stay on familiar turf.

GEMINI (May 21-June 20) — Whether you like it or not, family matters will take priority over all other plans you might have. However, once you satisfactorily deal with things, you can focus on other

interests.

CANCER (June 21-July 22) — Because the day is likely to be filled with multiple activities, projects and events, you might not be able to partake in all of them and have to drop some. Don't look back and regret your choices.

LEO (July 23-Aug. 22) — Before doing something different and new, clean up your old act first. If you don't, there is an excellent chance you'll be adding a lot of new entries, frustrations and woes to your unfinished list.

VIRGO (Aug. 23-Sept. 22) — Unless you check things first, you could put someone in an awkward position of making a choice in an area unfamiliar to him or her. If the pick is a bad one, it'll be your fault.

LIBRA (Sept. 23-Oct. 23) — Before taking on new responsibilities, complete what you left standing from the past couple of days; otherwise, things will pile up in overwhelming ways.

SCORPIO (Oct. 24-Nov. 22) — It's always important not to single out one person from your group of friends for special attention. If you play favorites, you'll end up being a big loser.

SAGITTARIUS (Nov. 23-Dec. 21) — Ambitions that are solely focused on achieving material gains can be fulfilled. But if that's your only aim, it will leave you more emptied out than a fat bank account can cure.

CAPRICORN (Dec. 22-Jan. 19) — Be as good a listener as you are a talker. While you're telling others what you know, another might be trying to tell you something important you don't know.

Tuesday, Feb. 1, 2010

The world revolves around counting

By Phillip Alder

Willie Nelson said, "When I started counting my blessings, my whole life turned around."

When a bridge player counts his tricks, his whole success level will turn around. This week, let's look at a selection of counting deals. How would you plan the play in four spades after West leads the heart jack?

Whenever you are in a suit contract, first count your losers. Assuming you have more trumps than the dummy, look at your 13 cards and take dummy's honors into account. Here, you should see one loser in each suit: three aces and the third round of hearts.

Then count your winners. In this deal, you have nine: five spades, two hearts and two clubs.

Do you concede down one? Not yet! You cannot avoid losing tricks to the three aces, but you can discard dummy's heart loser on the third round of clubs. Then you can ruff your heart loser on the board, which will both eliminate that loser and gain an extra trump trick. Sounds simple, but you must be careful. Suppose you take the first trick in your hand and play a club. West will duck that trick, win the next club, and lead

North 02-01-10			
♠ 10 8 7 4			
♥ A 6 3			
♦ Q J 10 9			
♣ K 5			
West		East	
♠ 5 2		♠ A	
♥ J 10 9 8		♥ Q 5 2	
♦ A 8 6 3		♦ K 7 5 4	
♣ A 7 4		♣ 10 9 8 6 3	
South			
♠ K Q J 9 6 3			
♥ K 7 4			
♦ 2			
♣ Q J 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 ♠	Pass	3 ♠	Pass
4 ♠	Pass	Pass	Pass
Opening lead: ♥ J			

another heart. You will take that on the board and have no immediate entry to your hand to cash the winning club. Since you are establishing a club trick in your hand, keep an entry to your hand. Win the first trick on the board and call for the club king, the honor from the shorter side first. If West ducks, play another club. Win the second heart, discard dummy's last heart on the high club, and cruise home.

CROSSWORD

Across

- 1 Cribbage pieces
- 5 Shaving gel alternative
- 9 More than disliked
- 14 Power co. product
- 15 "Tickle me" doll
- 16 Texas mission to remember
- 17 Volcano feature
- 18 Equestrian's control
- 19 Organizes alphabetically, say
- 20 Broadway premiere
- 23 ___-card stud
- 24 Corp. honcho
- 25 Natural spring
- 28 Making lots of noise
- 33 Genealogist's chart
- 34 No-treat consequence?
- 35 Speech impediment
- 39 Arises (from)
- 42 Till bills
- 43 Like draft beer

- 45 1492 Atlantic crosser
- 47 Start of a wide-area police radio alert
- 53 Artist Yoko
- 54 By way of
- 55 Athletic shoe's turf grabber
- 57 Seating for extra guests, maybe
- 61 Yell
- 64 ___ club: singing group
- 65 Decisive victory
- 66 Lower in esteem
- 67 Name on many Irish coins
- 68 Far Eastern detective played by Lorre
- 69 Texas Hold 'em, e.g., and a hint to this puzzle's theme
- 70 Boys
- 71 British weapon of WWII

Down

- 1 ___ Bill: legendary cowboy
- 2 Romeo or Juliet, marriagewise
- 3 Swiss city on the Rhone
- 4 First part of an act
- 5 Plant with fronds
- 6 Designer Cassini
- 7 Ugandan dictator
- 8 Seles of tennis
- 9 Discuss thoroughly
- 10 Often
- 11 La Brea stuff
- 12 CPR giver, often
- 13 Hair styles
- 21 MIT, for one: Abbr.
- 22 Berlin's land: Abbr.
- 25 Porous organ
- 26 Brownish purple
- 27 Inquires
- 29 Tax-auditing org.
- 30 Keep after taxes
- 31 Davis who played Thelma
- 32 ___-Magnon
- 35 Bonkers

- 36 Words before instant or emergency
- 37 WWII invasion city
- 38 Good bud
- 40 Wire diameter measure
- 41 NBC weekend hit, briefly
- 44 One doing a pirouette, e.g.
- 46 Brokerage cust.
- 48 It's nothing
- 49 Thingamajig
- 50 Security devices
- 51 Start again, as after a computer sys-

- tem crash
- 52 Military greeting
- 56 Wyoming's ___ Range
- 57 Firecracker cord
- 58 Hip bones
- 59 Socially inept type
- 60 Thousands, in a heist
- 61 Maple syrup base
- 62 "True Blood" network
- 63 Acorn's destiny

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

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	38					39			40	41		42		
43								44			45			46		
47								48	49					50	51	52
53								54						55		56
														57		
														58	59	60
61	62	63						64						65		
66								67						68		
69								70						71		

Christmas at Waterville - North Hatley United Church

The Christmas season was joyous at our church situated on the main street in Waterville.

The first Sunday of Advent we joined Hatley United Church at Hatley for a service planned by the Worship Committee. With the help of both Sunday Schools we learned the meaning of the wreath, the star, the bell, the dove, the poinsettia, the rose, the heart and the angel. The service opened and closed with the hymn "Make A Joyful Noise" with the children joyfully ringing bells.

After the service we had a tasty lunch made by the Hatley people. Then we made wreaths with wooden circles made by Gary Drew and balsam boughs provided by the Williams family.

The rest of Advent we found Rev. Mead Baldwin had something special each Sunday. The children rang the

church bell calling us to service and they light the Peace Candle and the Advent Candle.

On White Gift Sunday we got so wrapped up in marching and following the light (a candle carried by a child) that we forgot to pick up the White Gifts. We did it later in the service. These gifts went to the Christmas Baskets at Galt.

Dec. 12 the church bell was rung at 3 p.m. for solidarity with the Climate Change Conference.

Dec. 20 was a jammed packed day. At the end of the morning service the Sunday School children, the majority of which are under seven years old, came back to sing "Away In A Manger" and "We Wish You A Merry Christmas". After the service we had a birthday cake and sang Happy Birthday to Jesus. Santa

came and gave each child a gift. There were gifts even for those who had come as guests during the fall session. Nancy Townsen and Sandra Rudd lead our Sunday School.

The traditional carol service formally held in North Hatley was held in the evening. The Lakeside Singers were our guests singing three anthems: "Carol of Christmas", "No Golden Carriage" and "This Peaceful Night". Rev. Baldwin read the Christmas story from the Gospels. As we had several French visitors, he read one passage of scripture in French and we sang, "Il Est Ne". Marg Williams told the story of Crazy Old Frank. A modern version of how St. Francis of Assisi started the tradition of the Christmas Crèche in 1229. The service was followed by a time of fellowship and refreshments.

We gathered again on Christmas Eve to hear again the Christmas story and sing the familiar carols. Rev. Baldwin asked where we were in the story: angels - bubbly and joyous, shepherds - quiet, listening, Mary - nurturing and pondering, Wise men - generous, traveler, there, then gone. Do we identify with any of these or maybe some of more than one? Rev. Carole Martignacco sang "O Holy Night". The service ended with each person lighting a candle and singing "Silent Night" by candlelight.

All our music was led joyfully by Patricia Hurley.

The church was decorated by the U.C.W. The outdoor tree was donated by John Nicols and decorated with lights donated by Barbara Carbonneau.

Submitted by Margaret Williams

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