



INSIDE

THE

RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

75 CENTS + TAXES

PM#0040007682

WEDNESDAY, JANUARY 30, 2008

Seniors slammed by Revenue Quebec

Tax man takes back home care credits?

By Maurice Crossfield
GRANBY

Shefford MNA François Bonnardel is sounding the alarm on a Revenu-Québec plan to recoup tax credits from some

12,000 elderly Quebecers.

"Rather than going after the real tax cheats, the Liberal government is going after the most vulnerable in our society, and that is unacceptable," Bonnardel said at a press conference Tuesday. "The revenue minister should stop this harassment immediately and apologize, on behalf of his

PLEASE SEE CARE ON PAGE 4

This baby was in a rush

Labour in the bathroom

Staff
SHERBROOKE

A group of emergency responders in Sherbrooke got a crash course in midwifery late Monday night as they

were called to the home of a woman in labour.

"We were called to help the woman who was very close to delivering," said Lt. Simon Gilbert, who said all fire trucks are equipped with a birthing supply kit.

The 911 call came in shortly after 11 p.m. and police, firefighters and an

PLEASE SEE BABY! ON PAGE 4

Worries With Mother's Milk



Professor Larissa Takser worries that some carpets, stuffed furniture — and mother's milk — are hurting babies and pregnant moms. See page 5.

PERRY BEATON

Bishop's U helps open the doors to employment

GAIT 2 JOBS

Looking for work? Interested in making the Eastern Townships your home? Get ready to participate in GAIT 2 JOBS 2008, the Bishop's University job and career fair on Thursday, Feb. 7, from 10 a.m. to 4 p.m. in the Marjorie Donald Building on the Sherbrooke campus.

Bishop's and Champlain Regional College students, as well as community youth aged 18 to 35 with post-secondary studies, are particularly encouraged to take advantage of the wide variety of employment and career-related information kiosks.

Dedicated to helping young people reach their fullest potential, two Townshippers' Association staff, Iseult Séguin Aubé and Michelle Lepitre, will be on-hand at the career fair.

Their task is to inform young or soon-to-be graduates of university, college or vocational training programs about exploratory weekends in the Townships and offer valuable tools on ways to explore career options and/or find employment.

These free weekends, part of the Make Way for YOUTH (MWFY) project, allow participants to discover (or re-discover) the beauty and the bounty found in the Townships, develop a network of contacts and meet local employers, elected officials and entrepreneurs.

"The Eastern Townships has so much to offer youths in terms of economic, cultural and social opportunities," said migration agent Séguin Aubé.

"These exploratory weekends are all about showcasing the region's dynamism."

Whether or not you take part in the exploratory weekends, MWFY/ Desjardins Migration Agent Séguin Aubé can offer assistance in finding employ-

ment, researching housing and/or childcare, starting a business and discovering other essential services in the Eastern Townships.

For more information about GAIT 2 JOBS 2008, email job-fair08@ubishops.ca. For more about the exploratory weekends or other job-relat-

ed information, contact Séguin Aubé at 819-566-5717 (1-866-566-5717) or mwfy@townshippers.qc.ca. Make Way for Youth is supported by Place aux Jeunes du Québec.

FAMILY JUSTICE PROJECT

Imagine participating in an adult

learning experience with qualified presenters, an opportunity to ask questions and interact with others while learning more about a particular health or social topic. Okay, you say, that's not so special.

But imagine that you and every other person involved in this free interactive videoconference lives in a remote part of the province, yet you participate simultaneously through the wonders of modern technology.

Started in 2005, to date about 30 Telehealth Tuesday sessions have involved more than 1,200 participants — all interested in taking action for their own wellbeing through these free live interactive adult learning experiences. For a full brochure outlining the Telehealth program and its upcoming schedule, visit www.chssn.org/En/TelehealthProgram.

The next two Telehealth videoconferences, to be held on Tuesdays on Feb. 5 and 19, are related to family justice issues. Both will take place in Room 300, 3rd floor, Hamilton Building, Bishop's University, 2600 College St. in the Lennoxville borough of Sherbrooke. Both are from 7 to 8:30 p.m. with an optional half-hour question period.

Those living outside the Sherbrooke area can participate in the videoconference in Room 507, Massey-Vanier High School, 224 Mercier St. in Cowansville.

Both sessions include panel presentations by lawyer Fatima Ahmad, lawyer Myriam Farag, Dominic D'Abate, Ph.D, and family mediator Aldo Morrone, with moderator Kelly Howarth, M.Ed.

On Feb. 5, the topic is The Decision To Separate. Panelists will discuss making the decision, marriage versus common-law unions, the impact of separation on children and co-parenting, parental authority, custody and access and reducing conflict through the use of mediation.

On Feb. 19, the subject is Filiation, Child Support and Family Economics. Topics up for discussion include the legal link between parents and children, the payment of child support and family economics, reconstituted families and the obligations of stepparents.

This project is funded by Justice Canada and offered through a partnership between the Community Health and Social Services Network (CHSSN, at

KEEPING IN TOUCH

TOWNSHIPERS' ASSOCIATION



COURTESY TOWNSHIPERS' ASSOCIATION

Iseult Séguin Aubé, Townshippers' Association's newest staff member, assumes the role of Make Way for YOUTH/Desjardins migration agent. A native of Quebec's Saguenay region, Séguin Aubé recently earned a graduate diploma from Concordia University in community economic development. She holds a bachelor's degree in political science, languages, the Third World and development from Université Laval.

PLEASE SEE IN TOUCH ON PAGE 7

CORRECTION

In Monday's "One leader, 2 leaders, 3 leaders, 4", the event was in fact organized by student Mark Lawson and student leadership development coordinator Diane Houde.

We have no further corrections about Cheryl Gosselin today.

Weather

Today: Rain ending in the afternoon then cloudy with sunny periods and 60 per cent chance of flurries. Wind 30 km/h gusting to 60 in the afternoon. High plus 4. Low minus 5.

Thursday: Sunny. Low minus 12. High minus 7.

Friday: Cloudy with 70 per cent chance of flurries. Low minus 13. High zero.

Saturday: Periods of snow. Low minus 6. High minus 1.

Ben by Daniel Shelton





MAURICE CROSSFIELD

After awhile a few cents here and there can really add up, says François Bonnardel.

Pennies to prevent suicide

Spare change can help

By Maurice Crossfield
GRANBY

To mark the upcoming Suicide Prevention Week, Shefford residents are being asked to give up their spare change to help battle the problem.

"We all know someone in need, a friend, a family member," said Shefford MNA François Bonnardel. "We have all been affected by suicide."

On Tuesday Bonnardel launched "Un sou pour la vie" (a penny for life), with drop boxes set up at a number of locations across the riding. The concept is simple: The spare change donated goes to the Centre de prévention du suicide de la Haute-Yamaska, an organization that offers help in the Granby area, as well to the surrounding region, across the Haute-Yamaska and Brome-Missisquoi.

Un sou pour la vie was brought to life last year in Deux Montagnes, where it collected 1,248,736 cents for the cause. Bonnardel said he's hoping for similar success in Shefford.

The local Un sou will continue through the 18th annual Suicide Prevention Week, which takes place from Monday, Feb. 3 to 9. At a number of locations, from Bonnardel's Granby office to Metro grocery stores to town halls and local Caisse Populaires, five-gallon water bottles have been set up to accept spare change. In all over a dozen businesses are taking part.

While in 80 per cent of cases suicidal people show some warning signs, they can be difficult to read. Usually they don't want an end to life, but an end to the psychological suffering they are experiencing.

It's an especially big problem in Quebec, which has one of the highest suicide rates on the planet, despite its high standard of living. Suicide claims more young lives than do car accidents, taking the lives of four Quebecers each day. Eight out of 10 suicides are men; many women attempt to take their own lives, but fail.

A news report Tuesday on a British-US study of 2 million people in 80 countries showed that depression, anxiety and general mental health reach their worst point in middle age, with things starting to improve once again when the person gets into their 50s.

Bonnardel said donating to Un sou pour la vie is a simple and direct way to help in the battle against suicide, raising both money and awareness.

"It is possible to prevent suicide: Be aware of this reality and then, try to help," he said. "Taking part in Un sou pour la vie is a first step in that direction."

If you or someone you know may be thinking of suicide as an option, social service workers encourage you to get help. Talk to someone. Call your local Info Santé line, the Haute-Yamaska centre de la prévention de la suicide at 1-866-APPELLE, or the CLSC de la Haute-Yamaska at 450-375-8000. In the event of an emergency, start by calling 9-1-1.

BU signs final contracts

Five months later

Months after ratifying contracts following a 40-day strike and lock-out, Bishop's University and its union have finally signed the last of four collective agreements. On Jan. 28, Bishop's full-time faculty and librarians signed their agreements, including an amendment to the Full-Time Employees' Pension Plan.

With those agreements now signed, an Expert Pension Committee can begin its work. Part of the new agreement between the university and the Association of Professors of Bishop's University included the creation of that committee to look at the viability of joint liability for the Bishop's pension plan.

There was also pressure from Quebec's Ministry of Education, Leisure and Sports (MELS) to see the agreements signed, so that the university and MELS could proceed with negotiations around Bishop's financial situation.

The university started the 2007-'08 academic year \$5 million in the red.

Agreements for non-academic staff (allowing for small increases) and contract faculty (zero salary increases) were signed in September and November, respectively. Full-time faculty and librarians will not receive any raises through their contracts, to June 2009.

"The Bishop's community is committed to building a university that will thrive; this signing will allow us to focus our collective energies on achieving success," said Jonathan Rittenhouse, interim principal at Bishop's.

BRIEF

U of S part-timers get 24% raise

Part-time, contract faculty at the Université de Sherbrooke recently voted in favour of a 24 per cent salary increase from now through to January 2010.

The last contract for the 2,120 members of the union (known as the SCCCUS) expired Dec. 31, 2007.

The deal took five meetings to pull together, according to a union press release.

Another urban legend scare

Go ahead and flash car lights, say police

By Jen Young
SHERBROOKE

Internet tricksters have been at it again with a mass email stating that Sûreté du Québec officers are investigating an urban legend that has become true.

The notice reads that police officer Lise Boutin from the SQ's Vaudreuil-Soulanges East detachment is warning the public about individuals in the Bloods gang who drive around on Friday and Saturdays nights with their lights off.

It goes on to state that if the driver of an oncoming vehicle flashes headlights at the gang members, they will pursue the flasher and run them off the road.

When *The Record* called the Montreal SQ office asking to speak with Boutin, the receptionist stated: "If this is concerning the email... destroy it. It is not real."

The email, according to Sherbrooke Police spokesman Martin Carrier, has been in circulation for some time.

Carrier said this is yet another case of "Internet trickery".

"I've heard mention of it," Carrier said. "The agent's name and phone

PLEASE SEE HOAX ON PAGE 4

Now with delivery to your dining room.

Announcing the new www.sherbrookerecord.com

THE RECORD

Spotty Townships to get high-speed Internet

CRTC sets ground rules

By Sarah Rogers
SHERBROOKE

Hundreds of Canadian municipalities that have long struggled with spotty Internet service have received notice from the CRTC that local providers must now supply them access to high-speed Internet.

The Canadian Radio-Television and Telecommunications Commission decision means that a dozen communities in the Eastern Townships will finally have access to high-speed Internet through their phone or cable provider, after years of inconsistent service and dial-up connections.

In Cookshire-Eaton, residents, particularly those in very rural areas, have struggled with dial-up connections for many years. More recently, areas of Sawyerville and Cookshire have received access to high speed, but much of the municipality has still been left without.

"It's a real disadvantage," said Cookshire-Eaton municipal councillor Jack Garneau. "It'll be a great thing when it happens."

But Garneau doesn't plan on celebrating the service until he sees it.

"The question is — how long is it going to take and how are they plan-

ning on doing it?" asked Garneau. "I think the lines as they are aren't up to scratch to be able to provide this."

High-speed Internet access or "broadband" allows users to access the Internet and Internet-related services at significantly higher speeds than those available through dial-up access.

The alternative for rural Internet users across the Townships is satellite service, which can be pricey when set-up fees are considered.

In areas around Waterloo and Knowlton, a company called iTeract offers more cost-effective high-speed Internet through its wireless, micro-wave transmission, although there is still a \$400 set-up cost on top of regular monthly fees.

Garneau said in Cookshire-Eaton, the municipality has requested the service through its phone providers before, but the town has never produced a large enough delegation of people to really push the issue.

In the case of the CRTC decision, the upgrades will be paid by a "deferral account" held by major service providers, such as Bell Canada in Quebec, which they are obligated to redistribute to their clients. The CRTC had to make the final call as to where those funds would go, and how they would be most effectively used.

Communities waiting with bated breath may still have some time to wait

neither is this. Don't be afraid to flash your car lights."

Also a no-no is forwarding emails to multiple individuals. Forwards contain email address and information about previous receivers. That leaves other address owners susceptible to Internet tricksters.

Carrier urged people to be careful about forwarding rumours. To avoid spreading unfounded fears, visit hoaxbusters.ciac.org or truthorfiction.com.

money owing.

"Instead of taking \$350 from a 70-year-old person there are many other places they could look to find people who aren't paying their taxes," he said.

Bonnardel, party whip for the Action Démocratique du Québec, said the responsibility ultimately lies with Revenue Minister Jean-Marc Fournier.

"The leadership of minister Fournier has been inadequate in this matter," Bonnardel said, "in letting this happen."

Like other ADQ MNAs, Bonnardel is calling on anyone who has been notified that their home care tax credits have been reassessed should call him. He said in his riding the names will be registered and he will take up the matter with the ministry, and is pledging to do everything possible to put an end to the problem.

Shefford residents who have received a review of their home care tax credit can contact Bonnardel's office at 450-372-9152. Waterloo residents can also call 450-539-0404.

yet — the CRTC could not give a definitive timeline for when that service would be required, suggesting it could be up to four years in some places.

"All broadband deployment is to be completed by the end of 2011," said Bell Canada spokesman Jacques Bouchard. "We are to file information about a proposed plan for the approved communities by March 17."

The CRTC estimates that over \$650 million had accumulated in the deferral accounts since they were created in 2002. Bell Canada, along with other major providers across the country, were required to put into those accounts an amount equal to the revenue reductions that would otherwise have resulted from CRTC price caps.

The deferral account will no longer accumulate funds following the broadband expansions, although there remains \$11 million targeted for improving telecommunications services for those living with disabilities.

Etienne Vezina, press attache for Compton-Stanstead Bloc Québécois MP France Bonsant, called the decision "good news."

In 2006, a group of businesspeople from the Stanstead area approached Bonsant's office with frustrations stemming from their inability to access high-speed Internet.

Bonsant in turn met with Bell Canada representatives that October, who told her it was a matter of critical mass and they couldn't provide the service — yet.

The state of infrastructure is always a battle for rural MPs, Vezina said.

So why have some Townshippers waited so long to catch up with technology?

Bell Canada's Bouchard said this decision forces certain funds to go to-

wards the expansion of broadband service to rural and remote areas where it would otherwise not be available — mostly due to the high cost of placing equipment to connect customers to the offices providing the service.

"Special equipment is required at the end (of) customer premises and in the service provider's offices to allow digital information to be transported at a high-speed..." Bouchard said, provided that all technological requirements are met.

How fast?

The "speed" in high speed refers to the time it takes to download something online, measured by kilobits or megabits per second.

Dial-up connection are generally only capable of download speeds of 56 kilobits per second (Kbps). In this particular decision, the CRTC determined that the affected communities should be offered download speeds of at least one megabit per second.

Where?

Here's a list of impacted communities. Note that high-speed Internet may already be currently available in some areas of these communities.

Ayer's Cliff
Bishopton
Bury
Compton
Cookshire
Dunham
Knowlton
Sutton
Weedon
East Broughton
Mansonville
Rock Island.

HOAX

CONT'D FROM PAGE 3

number was added to scare people even more," he added. "This is similar to the hoax a while ago stating that people were placing needles in theatre chairs. Once the person would sit down and get picked there was a note that said 'welcome to the world of AIDS.' That scared a lot of people and it wasn't true and

CARE:

CONT'D FROM PAGE 1

government, for any harm caused to these honest citizens."

The provincial tax man is asking some 12,000 Quebecers to reimburse the lion's share of the tax credit they claimed for home care services. The program allows those over 70 to claim up to \$1,500 a year for services such as getting their driveways plowed or housecleaning services.

In all, some 120,000 Quebecers are entitled to the tax credits, including roughly 200 people in Bonnardel's riding. The Member of the National Assembly said confusion reigns at Revenu-Québec concerning what services are in fact admissible for the tax credit, adding to the mess.

Bonnardel said in many cases seniors are seeing the \$55 a month they claimed reviewed and reduced to \$17 a month. They are then sent a bill for

BABY!

CONT'D FROM PAGE 1

ambulance were sent to a home on Laviolette Street in the west-end of the city.

Those who were first to arrive found the woman in the bathroom in the final stages of labour, said Gilbert. The father was still on the phone with the 911 operator.

Firemen, whose job it is to stabilize patients not transport them, began to assist the mom and her baby, whose head began to crown as the ambulance arrived.

"It was real team work," Gilbert said, noting his men then handed matters over to ambulance drivers Serge Lemay and Alexandre Groleau who took over the birthing.

Ambulance de l'Estrie spokesman Mario Gagnon said Lemay, who is a father or four, had seen it all before. The mother, who gave birth to her second child, also had some experience.

"It was not her first time, but it must have been different giving birth surrounded by firefighters, cops and ambulance drivers," Gagnon said, noting the baby girl, who weighed in at 7

pounds, will be named Estelle.

The mom's doctor, who was also called by the father, arrived shortly after 11:30. By then, baby Estelle was already born.

The mom and her baby are both at the Centre Hospitalier universitaire de Sherbrooke-Fleurimont and doing well, Gagnon reported.

Gagnon said ambulance drivers transport a lot of expectant mothers to hospital, but rarely have to assist in birthing.

Gilbert said firefighters from his station (No. 4 on Lavigerie) are often called to support mothers in contractions, but this is the first time they've taken part in an actual birth. As far as he knows, that has happened fewer than a dozen times since firefighters were first trained as emergency responders in 1998.

Sherbrooke firefighters, who are equipped with and trained to use defibrillators, oxygen, and other emergency care equipment, are also sent to help people suffering from cardiac and respiratory arrest.

"As soon as lives are in danger, we are called to the scene," Gilbert said, noting the fire department receives about 3,000 such calls a year. "It's pretty much a daily activity for us."

Is your sofa hurting your baby?

Researcher studies common pollutant

By Rita Legault
SHERBROOKE

A researcher is looking into the impact of a new pollutant, found in a wide variety of consumer products, on pregnant women and children.

"Being exposed to these new persistent pollutants constitutes an alarming public health risk," said professor Larissa Takser, who is affiliated with the Ob-Gyn department of the faculty of medicine and health sciences at the University of Sherbrooke.

Current regulations do not take into account the impact of these toxins on fragile fetuses, she said. "The goal of my research is to have these substances regulated before they invade us," Takser said, noting some PBDEs are already heavily regulated in Europe.

PBDEs, or polybrominated diphenyl ethers, are commercially produced substances used as flame retardants. The chemical is added to polyurethane foam and various plastics, which in turn is often used for furniture stuffing, carpet backings, non-clothing textiles, electrical insulation, and computer and television casings.

Takser, a specialist in environmental toxicology, said the presence of the persistent pollutant, that accumulates in nature, could affect the development of fetuses and cause complications for pregnant mothers.

Takser said the levels of PBDE in maternal milk are increasing exponentially. Her new study notes levels are doubling every five years.

Takser said the problem is one of environmental pollution that individuals have no control over. "You can choose not to smoke, but you cannot avoid the environment you live in," she said.

Takser compares the risks associated with polybrominated diphenyl ethers to polychlorinated biphenyls, better known as PCBs.

Now banned, that toxic group of man-made chemicals, once widely used in electrical equipment and industrial processes, are linked to cancer and a number of other health hazards — especially for pregnant moms and their babies.

While PBDEs are not manufactured in Canada, they are found here and all over the world. They can be released into the environment during the production, use and disposal of consumer goods.

Health Canada reports that PBDEs have been detected at low levels in food, human breast milk, outdoor air, indoor air and water in Canada. Data from other countries show levels of PBDEs in household dust, human blood and human fat tissue.

According to Environment Canada, "PBDEs are ubiquitous, global environmental pollutants that are present in all parts of the environment, and can be found in samples taken virtually anywhere. They are harmful to the environment, build up in living organisms, and last a long time in the environment."

While information about PBDE levels in the environment is somewhat limited, available data indicates the main sources of exposure are through food, human breast milk and dust. PBDEs enter the food chain because they are stored in the fat of animals.

Health Canada's assessment determined that there is no cause for immediate concern for human health because the estimated human exposure was well below the level that caused effects in animals.

Health officials note there have not been any studies conclusively linking PBDE levels in humans to any health conditions.

Takser hopes her study will help regulators better understand the risks associated with PBDEs.

Takser said that animals exposed to high levels of PBDEs develop behavioural problems such as hyperactivity as well as hormonal problems with the liver and

thyroid glands.

Scientists including Takser have studied the impact of low levels of the toxic chemicals on pregnant rats and lambs. Even at low levels, the toxin can be found in their offspring, she said.

Baby rats whose moms were exposed to low levels of the chemical are hyperactive, have thyroid problems and show a significant increase in weight, Takser said. Furthermore, she said their offspring

show hyperactivity, thyroid problems as well as significant increases in weight. Scientists have also observed change in hormones that are responsible for reactions to stress such as increased heartbeats and a rise in blood pressure. Endocrinologists have discovered the gland responsible for producing those hormones was atrophied.

Takser's study, "Grossesse enfant en santé, étude sur la thyroïde et l'environnement", or simply GESTE, will attempt to determine if the same effects can be detected in humans.

Takser and a number of other scientists are following dozens of pregnant mothers and their babies at the Centre hospitalier universitaire de Sherbrooke (CHUS).

Various studies consist of evaluating blood tests taken on pregnant mothers and their newborn babies, before and after birth, to measure levels of PBDEs and other contaminants, she said. About 500 mothers will be tested for PBDEs and about 1,000 will be tested for a larger series of toxic contaminants including heavy metals.



PERRY BEATON

Larissa Takser says levels of PBDEs in mother's milk are increasing.

BRIEF

Fake \$50s

Sherbrooke police are warning the public that counterfeit \$50 bills are currently in circulation in the area.

The phony bills could carry the following serial numbers: BVR 452 7831 or DBX 516 5223.

If you or someone you know is in possession of a counterfeit bill, you can contact Sherbrooke police at 819-821-5555.

No need to shovel for miles to get your favourite daily. Just one quick call (or fill in the coupon below) and you can have The Record delivered to your door.

You even save on the newsstand price!

SUBSCRIPTION

RATES

\$36¹²
for 3 months
\$71¹¹
for 6 months
\$135⁴⁵
for 1 year

or \$11.30/month
Pre-Authorized Payment Plan
(just send a "VOID" cheque)
(these prices include GST & PST, Quebec rate)



Name: _____
Address: _____
Postal Code: _____
Tel. No.: _____
Please mail with payment to:

THE RECORD
P.O. Box 1200

Sherbrooke, QC J1H 5L6

819-569-9528 • 450-242-1188 • 1-800-463-9525

Community Forum

Ottawa, Alberta on a collision course

Emission cuts

Back off Alberta. That's the official word from high in the federal Environment Ministry as two Conservative governments square off over the degree and speed greenhouse gases must be cut over the next 40 years to avert global warming, a tough concept to sell as a negative during the current Prairie deep freeze.

An industrial hue and cry is expected to erupt next month when the federal government releases long-awaited regulations to reduce the 'intensity' of greenhouse gas emissions by the heftiest carbon-belchers in the country.

And nowhere will the hit be harder than on Alberta and the frantic expansion of its energy sector.

Oilsands extractors and coal-devouring power plant operators will take one look at the federal numbers and declare their preference for Alberta's pale green scheme, a kinder, gentler series of targets announced last week that won't impose actual reductions for another dozen years.

But a top federal official called me to eliminate any doubt: When hard federal regulations conflict with soft Alberta targets, Ottawa's numbers rule.

That hammering and grinding sound you hear are the weapons of war being fashioned for another classic showdown between Alberta, which claims constitutional control over its resources, and the feds, which exerts undisputed mastery over the environment.

Yessir, the cozy connection between Alberta Premier Ed Stelmach and Prime Minister Stephen Harper seems headed for the constitutional rocks.

Yet top officials, who spoke candidly but anonymously, insist the last thing federal Conservatives owning all 28 seats in Alberta want to do is jeopardize the most recession-proof economy in the country.

To whack Alberta's robust oilpatch just as Ontario's manufacturing sector spirals into the giant sucking sound of a U.S. economy heading down the drain is in nobody's best interest.

At least Alberta has produced a greenprint to cut its carbon discharge, they say, trying to be optimistic. Many holier-than-thou premiers who were preaching the gospel of green at their gabfest in Vancouver this week have yet to implement anything beyond rhetoric.

Still, it's increasingly hard to see how intergov-



ernmental conflict can be averted between the forces of national environmental and Alberta economic protection.

Environment Minister John Baird tells me the answer is negotiating something called 'equivalency agreements' with the provinces to merge the goals into a single set of numbers.

That may have worked the first and only time such an agreement has ever been negotiated, specifically a deal to control toxic substances signed with Alberta in 1994.

But there isn't an easy-to-see compromise between a federal promise to cut greenhouse gases 20 per cent by 2020 en route to a 60 per cent slash by 2050 and an Alberta government which sees 2020 as the year its emissions peak before slowly dropping to 14 per cent below current levels in 2050.

Stelmach's handling of this hot potato file is a headscratcher so far.

He had proudly announced Alberta would lead the way on climate change, yet has produced a much-derided soft-target scheme. He defiantly told the feds to back off any environmental interference, but declined to participate in climate change

discussions with his fellow premiers this week.

Going chicken is a tactical error, by the way. Albertans are never prouder than when their premiers defend provincial interests vigorously beyond their borders. To turn and run away instead putting up his political dukes to fight Alberta's case for special treatment is a seriously lousy optic for a premier on the verge of an election call.

And special consideration may be warranted. It's easy for other premiers to pooh-pooh the nasty carbon footprint caused by extracting oil from tar when their province overflows with hydro-generating clean-energy waterfalls.

But if the feds decide to tangle instead of tango by over-riding provincial targets with deeper federal cuts to gas emissions, it's worth recalling the golden rule of Alberta politics.

Whenever Alberta premiers are in electoral trouble — and Stelmach will be the first vulnerable Conservative leader in 15 years — a real or phony war against Ottawa is the surest campaign strategy for victory.

DON MARTIN WRITES FOR CANWEST NEWS SERVICE.

VIEWPOINT

DON MARTIN

THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E., Sherbrooke J1G 1Y7
 FAX: 819-569-3945 E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

KENNETH WELLS PUBLISHER (819) 569-9511
 ELEANOR BROWN EDITOR (819) 569-6345
 RICHARD LESSARD PROD. MGR. (819) 569-9931
 SERGE GAGNON CHIEF PRESSMAN ... (819) 569-9931
 FRANCINE THIBAUT PROD. SUPERV. (819) 569-4856

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

KNOWLTON OFFICE
 88-A LAKESIDE, KNOWLTON, QUEBEC, J0E 1V0
 TEL: (450) 242-1188 FAX: (450) 243-5155

MAIL SUBSCRIPTIONS

		GST	PST	TOTAL
CANADA: 1 YEAR	120.00	6.00	9.45	\$135.45
6 MONTHS	63.00	3.15	4.96	\$71.11
3 MONTHS	32.00	1.60	2.52	\$36.12

Out of Quebec residents do not include PST. Rates for other services available on request.

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

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
 ABC, CARD, CNA, QCNA

Tell us what you're thinking!

The Record welcomes letters to the editor.

By e-mail: newsroom@sherbrookerecord.com
 By fax: 819-569-3945 or 450-243-5155
 By post: 1195 Galt E., Sherbrooke, J1G 1Y7

Zaap! The lightning bolt split the night sky over Granby. The candles around my typewriter dipped and guttered.

I was defying the wrath of Mother Nature, bound and determined to finish my story on the previous afternoon's coroner's inquest, and get it to the *The Granby Leader-Mail* office in time to fill the hole reserved for me on the front page.

This is what I wrote, December 21, 1939.

...

A coroner's jury late yesterday afternoon returned a verdict holding Clarence Hebert criminally responsible for the death by strangulation of his wife, Phyllis Upton, whose body was found buried in a shallow grave on the farm of Honorat Lussier, December 1st.

This announcement came as the climax of the inquest, after approximately two and a half hours of evidence as presented by the Crown in order to definitely identify the skeleton and clothing as those of Phyllis Upton. The proceedings were highlighted by frequent clashes of opposing counsel, especially over the introduction as evidence of a written confession signed by Hebert.

It was a hearing fraught with dramatic suspense and surprises. Numerous witnesses were produced, including a medico-legal expert, the dentist who worked on Phyllis Upton's teeth in Guelph, the parents of the deceased, and the landlady at whose house Mr. and Mrs. Hebert stayed in Granby.

Dismal weather prevailed outside the Granby City Hall courtroom, but that had not discouraged a large crowd of the curious from gathering on the steps of the municipal building as early as one-thirty. By two o'clock this wet mass of humanity extended to the Main street sidewalk, huddled under multi-coloured umbrellas, with coat-collars up.

Hebert, accompanied by a smartly-uniformed constable of the Provincial Police, entered the Recorder's court, where the inquest was held, around two-thirty. The inquest immediately got under way.

Coroner Dr. P.A. Leduc was on the bench. Seated at the long table directly below the coroner, and facing the courtroom, was the jury composed of Leonard Tetrault, A.H. Smith, Homer T. Cabana, Lionel Gemme, and Rene Marion.

Opposite them at the table were Pat Delaney, K.C., counsel for Hebert; Paul Provost, K.C., the Crown Prosecutor; Dr. Jean-Marie Roussel, medico-legal expert; Henri Pinard, Inspector of the Provincial Police, Gustave Massue, Sub-Inspector, and the court stenographer.

Hebert sat to one side and behind Mr. Delaney at the corner of the table farthest from the press box, with the constable posted directly behind him.

Hebert looked to be about 27 years old; clean-cut and boyish. His chief characteristics are a finely chiselled Roman nose, a good mouth, and a pleasant chin. A high, healthy colour dyes his entire visage.

Wearing a blue suit that fitted his slender form to perfection, he appeared more like an earnest college student at

Murder, I wrote

Coroner's jury held husband responsible

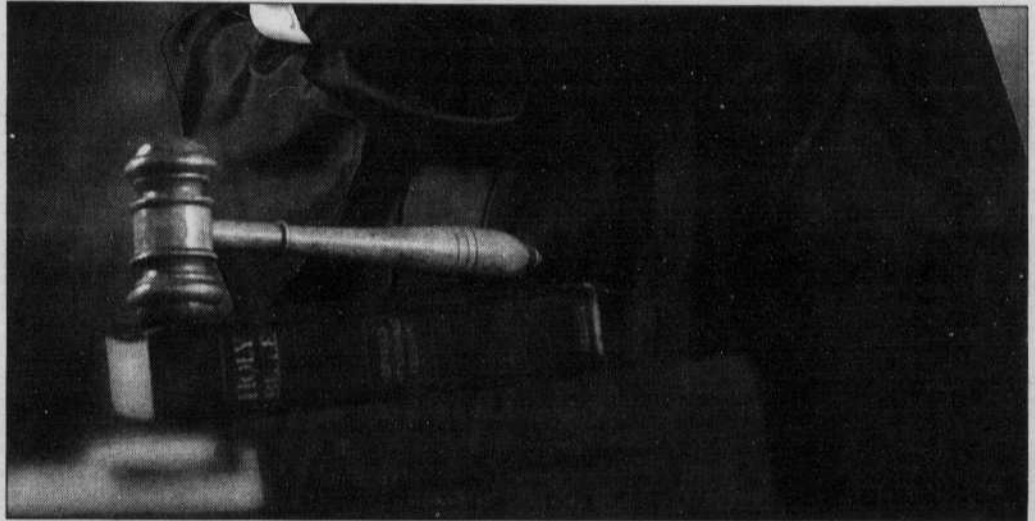
a lecture, rather than a material witness — and the accused criminal — at a hearing into the causes of his wife's mystery-enshrouded death.

Mr. Delaney rose and requested permission to represent Hebert, so as to protect his client's interests in event of compromising questions being put to him.

Mr. Provost, embarking on his first criminal case since being re-appointed Crown Prosecutor, remarked that this was an unusual request seeing that it was an inquest and not a trial, but that he would not object to Mr. Delaney's participating in the proceedings if this was agreeable to the coroner. Dr. Leduc then consented to grant Mr. Delaney's petition for status at the hearing.

The doors were opened and a part of the noisy, dripping crowd outside streamed in. When all the chairs were taken, the doors were again closed, and a policeman posted there to see that nobody forced his way through. A youngster, eager to enter but denied this privilege, clambered up on a radiator and peered through the transom.

The first witness called by the Crown was Alberic Gousy, whose farm is located on the 4th range on the Granby-Montreal highway. Mr. Gousy is short and thin. All his evidence was given with an air, as if he feared what he had to say



would be contradicted; evidently a man more at home behind a plow than in front of a coroner's jury.

Mr. Gousy testified that on the 1st of December, a Friday, he was hunting in the woods of Honorat Lussier, unaccompanied save for his dog. About four o'clock in the afternoon, the dog led him to the spot where he found a partially buried skeleton at the foot of an evergreen tree.

Without touching or disarranging the bones, he left the place to return shortly afterwards with Joseph Fontaine, a neighbour. Following this, they notified the police of their gruesome discovery.

Sub-Inspector Gustave Massue, who gave his age as 41, was next to testify. He was, he said in decisively clipped tones,

a member of the Sûreté Provinciale with his office in Granby. Obviously well-versed in court procedure, Mr. Massue replied to all the questions posed by Crown Prosecutor Provost laconically and confidently.

He stated that he had viewed the mysterious skeleton for the first time at nine o'clock, the night of December 1st. He returned at eleven-thirty with Coroner Dr. Leduc and Detective Louis-Phillippe Jasmoin. They decided to place what remained of the body, and the various articles of clothing and ornaments also found there, in a box to be taken with them.

To be continued next Wednesday.

QUESTIONS AND COMMENTS TO: GCMCD@ROGERS.COM.

MEMOIRS

G. CAMPBELL
MCDONALD

IN TOUCH:

CONT'D FROM PAGE 2

www.chssn.org/En/TelehealthProgram/index.html), ÉDUCALOI (at www.educaloi.qc.ca) and Consensus Mediation (at www.consensusmediation.org/en). Both sessions are from 7 to 8:30 p.m. with an optional half-hour question period.

All Telehealth videoconferences are free and everyone is welcome. For more information, contact Townshippers' Association staff, Shannon Keenan in Sherbrooke 819-566-5717 (1-866-566-5717) or George Courville in Cowansville 450-263-4422 (1-866-263-4422).

BROME-MISSISQUOI ARTISTS' ALERT

The MRC and CLD Brome-Missisquoi will provide grants of between \$500 and \$2,000 (the total budget is \$20,000), to help foster the growth or expansion of a number of cultural projects in that region through monies set aside and created for this purpose.

Applications must include the words <Fonds culturel> on the envelope and be delivered before 4 p.m. on Friday, Feb. 29, at the CLD de Brome-Missisquoi, 749, rue Principale, Cowansville, J2K 1J8. Grant recipients will be announced on March 18, the date of the next MRC meeting.

Priority will be given to projects proposed by existing cultural groups made up of artists or artisans. Projects must meet the following objectives: restore and protect heritage; encourage a dialogue and/or exchange between the two linguistic communities (English/French); encourage the creation and/or security of jobs in the cultural sector; facilitate access to the arts; raise awareness about arts and heritage among primary and secondary school students, and among the population-at-large; maximize and diversify ways of increasing its commercialization; and, encourage coopera-

tion between culture, tourism and other local businesses.

The grant applied for must not represent more than 50 per cent of the project's total budget. For more information, visit www.brome-missisquoi.ca. To obtain an application, contact Johanne Alix at 450-266-4900 ext. 221 or jalix@mrcbm.qc.ca. For other information, contact development agent Lucie Hébert at 450-266-4928 ext. 282 or lhebert@cldbm.qc.ca.

ENGLISH LANGUAGE ARTS NETWORK

Growing in leaps and bounds, the English Language Arts Network's (ELAN) site at www.quebec-elan.org/ features a showcase of members' work, an arts calendar and an arts services kit with information on funding and services for artists in Quebec. And joining is free — for now.

Members receive: the monthly ELANews; a listing in the members' directory; an online events calendar; showcasing of professional members' work; the arts services kit; networking opportunities at membership events; professional development workshops and lobbying and advocacy reports.

The organization is also working to develop over the coming year, artists' talks, a mentorship program, discounts on tickets, books, CDs, etc., an online job board and an annual arts event.

TOWNSHIPERS' ASSOCIATION IS A NON-PARTISAN, NON-PROFIT COMMUNITY ORGANIZATION SERVING THE ENGLISH-SPEAKING COMMUNITY OF QUEBEC'S EASTERN TOWNSHIPS. CONTACT: 100-257 QUEEN, SHERBROOKE (819-566-5717, 1-866-566-5717) OR 203 PRINCIPALE, COWANSVILLE (450-263-4422, 1-866-263-4422), TA@TOWNSHIPERS.QC.CA; WWW.TOWNSHIPERS.QC.CA. INFO SERVICE: (819-566-2182, 1-877-566-2182), CONFIDENTIAL GENERAL INFORMATION: INFO@TOWNSHIPERS.QC.CA, AND LEGAL SERVICES: BLIC@TOWNSHIPERS.QC.CA

Education Page

LENNOXVILLE VOCATIONAL TRAINING CENTRE



COURTESY

Shown here in the Machining shop are students from the Eastern Townships Learning Centre along with their teacher, Christopher McNab.

VOLET III

Volet III is a program which takes place at the centre which involves students from Alexander Galt Regional High School and New Horizons Adult Ed Centre. This is the perfect opportunity for these students to explore the programs that the centre offers. They choose between Administration (Secretarial/Accounting/Professional Sales), Health (Health Assistance and Nursing Care, Home Care, Assistance to Patients), Welding and Machining.

The program runs every Wednesday from Jan. 16 until April 16, from 3:45 to 5:45. The students receive a general knowledge of the programs and participate in different projects that the respective teachers assign. Forty-eight students are enrolled in this program.

STUDENT OF THE MONTH

Matthew Suitor, a student enrolled in our Professional Sales program, is our Student of the Month for January. The criteria for receiving this award were professionalism, participation and results. Matthew is from Waterville and his future professional goals are to work in the agricultural sales area, possibly selling farm machinery. Congratulations Matthew!

CENTRE VISIT

On Friday, Jan. 18, seven Alexander Galt Regional High School students from Ms. Emily Grey's Level I class visited our centre so that they can learn



COURTESY

Left to right: Natacha Courchesne, teacher; Matthew Suitor, Student of the Month January; Michael Hickey, teacher; Camille McLaughlin, Centre Director.

what our centre has to offer upon completion of secondary school. The students were attentive and very interested in the various programs and presentations.

LEARNING CENTRE PROJECT

Sixteen students from the Eastern

Townships Learning Centre have been spending one day a week in our centre since November. The students are in the program for 120 hours and spend half their time in Welding and half in Machining. Their teacher, Mr. Chris McNab, is showing them the tasks related to a Computer Numerical Control

(CNC) operator and they also learn basic use of conventional machines. In Welding they are shown how to use torches, welding and metal forming equipment. Three of these students are looking forward to enrolling as full time students next year. Mr. McNab is assisted by a former student, Mr. Mario Tardif.

Labour Dispute



PERRY BEATON

The unionized employees of the Canton de Hatley's Construction DJL said at a Tuesday press conference that they are prepared to fight to safeguard their working conditions. Since about 30 employees of the stone quarry and roadwork outfit unionized in 2007, they say they have unsuccessfully tried to negotiate their first collective agreement. They have now voted in favour of using pressure tactics — but not a strike. Talks (the staff are a local of the Conseil central des syndicats nationaux de l'Estrie) are meant to continue later this week.

National school homophobia survey underway

But ETSB must 'review' it first

The University of Winnipeg and Egale Canada have launched Canada's first major national student survey of homophobia in school — but whether the Eastern Townships School Board will participate is another matter.

"If we are approached and receive information we will definitely take a look at it," said ETSB spokeswoman Sharon Priest. "We would have to review the survey before recommending it to our students."

And, said Priest, no one has yet contacted the school board — which operates three high schools — on behalf of the researchers.

Nonetheless, University of Winnipeg education professor Catherine Taylor is heading a research team that hopes to hear from 10,000 Canadian high school students by June.

"It's a huge issue in education. People have been dragging their heels, because it's a hot-button issue," Taylor said. "We're trying to get a really good snapshot of the environment in schools right now."

Egale Canada — an Ottawa-based social justice organization promoting the rights of gay, lesbian, bisexual and trans-identified people — has wanted to tackle homophobia in schools for years. However, its tiny budget was overwhelmed by the campaign to legalize same-sex marriage, said the group's Karen Busby, a University of Manitoba law professor.

"It's something the (Egale) education committee has been wanting us to do for a decade," Busby said. "Everyone recognized that the next big area is anti-homophobia education in schools. The objective is to have really solid information, to move to the next step of figuring out appropriate responses."

Homophobia is still a huge issue that much of the public education system ignores, said Karleen Jimenez Pendleton, a professor of education at Trent University in Ontario and co-author of newly published *Unleashing the Unpopular: Talking About Sexual Orientation and Gender Diversity in Education*.

Pendleton said far too few Canadian teachers seek out and use the extensive anti-homophobia resources available.

Pendleton said students too often casually toss around "gay" or "fag" as insults in everyday conversation, and too few teachers or fellow students challenge them.

"There's a lot of change in this country for adults, but not really for kids — they're on the front lines," she said.

- with files from CanWest News

SPORTS:

CONT'D FROM PAGE 10

Bishop's College School. Alex Steingruber recorded a hat trick to spark the Massey-Vanier attack while Erik Longtin and Colton De La Mare scored single goals in the win over Heritage. Steingruber had another hat trick against BCS while Crellar chipped in with a pair of goals while Gerald Lafond, Jeremy Longtin and Colton Patenaude added a goal apiece. The Spartans got single goals from Frank Riddle, Alex Gagnon-Skoropad, Jean-Philippe Vinet and Ryan Bedard in a 4-3 win over Bridgton Academy. Stanstead also defeated BCS, 9-0, as Olivier Charette recorded a hat trick while William Aston-Reese, Ryan Bedard, Alex Gagnon-Skoropad, Julian Perrotta, Charles Vaillancourt and Jean-Francois Lefort chipped in with single goals.

The Stanstead senior girls' hockey played one of their better games of the season in a 2-1 loss to a strong Vermont Selects team consisting of the best 13-year-olds from across the state of Ver-

mont. Vermont scored two quick goals to take an early lead and it wasn't until the second period when the Tyler Cote scored the Spartans first goal. Teammate Olivia Demerchant had a great chance to score the equalizer with just 10 seconds remaining in the game but was robbed by the Vermont goaltender. The Spartans rebounded Wednesday with a 5-2 win over Centennial High School. Cote gave Stanstead a 1-0 lead but Centennial rallied for two goals, the last coming with just 13 seconds remaining in the first period to take a 2-1 lead. Stanstead dominated the second period scoring three unanswered goals.

Cote tied the contest with her second goal of the game. Monika Cormier followed that up with a nice individual effort to put the Spartans back in the lead 3-2. Three minutes later, Hailey Nadeau made a beautiful cross-ice pass to Cormier who hit a one-timer that was stopped but the rebound was jammed home by Abigail VanLuvender. Cormier rounded out the scoring with a third-period tally.

Last Saturday the BCS swimmers took to the Université de Sherbrooke

pool for the fourth Sport Scolaire meet of the 2007-'08 season and once again came away with impressive results. The five swimmers won a total of 16 gold and silver out of 17 races.

Ryan Harding in the bantam boys' category won a gold medal in the 100-metre individual medley.

Aaron Morrow captured four gold medals in the junior boys Class 50-metre back, 50-metre freestyle, 50-metre fly and 100-metre free.

Senior boys Jason Mastilar took home gold medals in 200-metre individual medley, 100-metre freestyle, 200-metre freestyle and 100-metre backstroke.

Laura Logan-Chesney in the Senior Girls Category won three gold medals. Logan-Chesney won the 50-metre and 100-metre breaststroke, 100-metre individual medley and came in second in the 200-metre individual medley.

Jennifer Harding in the Junior Girls Category won four gold medals in the 200-metre individual medley, 100-metre backstroke, 100-metre freestyle and the 50-metre backstroke.

BRIEF

New schools president

The Quebec English School Boards Association (QESBA) elected a new president at its annual general meeting over the weekend.

Debbie Horrocks, of the Riverside School Board, will replace outgoing president Martin Tabachnick for a two-year term. Tabachnick had served the maximum of two mandates.

Horrocks is the vice-chair of the Saint-Lambert board and served as QESBA vice-president in the last administration. She is also a director of the Canadian School Boards Association and has been actively involved in public education since 1990.

Close to 100 commissioners from across the province's nine English boards attended the AGM, including Eastern Townships School Board representatives Douglas Sullivan and Frank MacGregor.

THE RECORD Sports

page 10 WEDNESDAY, JANUARY 30, 2008

NEWSROOM@SHERBROOKERECORD.COM

Massey-Vanier cagers victorious

Pipers capture consolation championships in Montreal

By Mike Hickey

SPECIAL TO THE RECORD

The Massey-Vanier High School junior girls basketball squad upended the Stanstead College Spartans 41-28 as Sarah Magnone scored a game-high 12 points while Jennifer Legault added 10 points to the winning cause. The junior boys downed the Spartans 46-38 as Dylan Shedrick and Robert McGovern scored 12 and 10 points respectively.

The Massey-Vanier senior boys' basketball team captured the consolation championship at the prestigious Loyola Invitational tournament. The Vikings lost their opening game, 58-42 to West Island College, and then rebounded with a pair of wins.

Massey-Vanier downed Westmount High 58-44 in their second game of the tourney as Chris Lacroix scored 12 points while Alex Blumenfeld was named player of the game.

In the consolation championship game the Vikings knocked off the host Loyola Warriors behind the 16-point



performance of Benoit Boyer. Chris Lacroix added 11 points to the Viking cause and was named the player of the game.

Villa Maria captured the Bishop's College School junior girls' invitational

basketball tournament this past weekend as they defeated Lower Canada College 42-23 in the title game. The host Crusaders defeated Richmond 20-5, and lost to Lower Canada College, St. George's and Seminaire Salesian. Alexander Galt Regional downed St. George's and Sacred Heart before losing to Villa Maria and Miss Edgar's and Miss Cramp's. The College of Mont Notre Dame upended Trafalgar School and Sacred Heart before losing to Seminaire Salesian and Villa Maria.

Salesian defeated The Study but was beaten by LCC. Villa Maria's Shayna Michel was named the tournament Most Valuable Player while the all-star team consisted of LCC's Leah Humes, Laurence Badilbanga-Gagnon of Seminaire Salesian, The Study's Brooke Levy, BCS's Angie Sammel, Katie Blackburn of St. George's, Sacred Heart's Taylor Wright-Connors, Sherry Stratton of Alexander Galt, Villa Maria's Shareena Forte-Jones, Emmanuelle Couture of College Mont Notre Dame, Trafalgar's Jenna Omasi and ECS's Maddie LeRossignol.

On the boys side Lower Canada College beat Seminaire Salesian in the championship game. Salesian advanced to the title match by defeating Westwood, Richmond Regional and St. George's. The Alexander Galt Pipers lost to LCC 31-29 as the Lions hit two fouls shots in the dying seconds of the game to pull out the victory. Galt then won its next two games over Richmond and Westwood to claim the consolation championship. The host Crusaders downed Richmond and lost two close games to St. George's and Westwood. LCC's Ryan Lehman was named the MVP

while the all-star team included St. George's Robert Hazelhurst, Marc-Antoine Pinard from Seminaire Salesian I, Westwood's Rakesh Nair, Peter Wang from BCS, Seminaire Salesian II's Gabriel Gregoire, LCC's Eric Silva and Brody Cartnel from Galt.

CONSOLATION

The Galt Pipers captured the consolation championship in the Loyola hockey tournament by posting a 2-1 record. They lost their opening game 1-0 to the eventual champion LCC Lions. Piper netminder Ian Fontaine made 26 saves and was named the game Most Valuable Player in this game. In Galt's second game, the Pipers scored four power play goals en route to a 6-0 shellacking of the Centennial Chargers. Defencemen Max Gosselin and Jason Hartwell notched two goals and two assists each on the way to the victory. Marc Thibodeau and Francis Desrosiers scored the other Piper goals. Jason Hartwell was named the MVP for this game.

In the Consolation Final against the St Thomas Knights, the Pipers jumped out to an early 2-0 lead on power play goals from Gosselin and Hartwell and hung on for a hard fought 3-2 victory. Fred Pruneau scored the winner midway through the third period. Fontaine was once again outstanding in nets as he faced 45 shots — 20 in the third period alone. Gosselin was named the team MVP for that game and Jason Hartwell was named to the tourney all-star team.

The St. Thomas victory was the 700th in Alexander Galt's school history and during the program's 39-year tenure the school has had just three coaches: Robbie Fisk, Brian Heath and Rod McKell.

STANSTEAD BOYS

The Stanstead senior boys' hockey team remained undefeated in league play as they beat Massey-Vanier 9-2. Jesse Halik sparked the Spartan attack with a pair of goals while Julian Perrotta, Chad Bombardier, Charles Vaillancourt, Anthony Fyfe-Miller, Jean-Philippe Vinet, Olivier Charrette and Jean-Francois Lefort scored a goal apiece. Erik Longtin and Casey Crellar accounted for the Viking scoring with a goal apiece. The Vikings bounced back with a 5-4 exhibition win over Heritage High School and an 8-1 league win over

PLEASE SEE SPORTS ON PAGE 9

SKI CONDITIONS SPONSORED BY



Stop by jay-p.ca to tell us who you are and we'll tell you how to ski and ride Jay Peak for less.

Move up. jaypeakresort.com

JAY PEAK
VERMONT

JAY PEAK (VERMONT)

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 30
Open trails: 76/76

MONT BELLEVUE

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 11
Open trails: 6/6 (evenings)

THE BALSAMS (N.H.)

Snow, last 24 hrs (in): 0
Snow, last 7 days (in): n/a
Open trails: 15/16

MONT ORFORD

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 30
Open trails: 52/55

MONTJOYE

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 8
Open trails: 27/31

OWL'S HEAD

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 35
Open trails: 37/44

BURKE (VERMONT)

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 6
Open trails: 40/45

SKI BROMONT

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 10
Open trails: 62/129

SUTTON

Snow, last 24 hrs (cm): 0
Snow, last 7 days (cm): 25
Open trails: 50/53

Not a bright morning when you're still tired

DEAR DR. GOTT: In recent years, I have been experiencing quite severe fatigue in the morning. It happens almost every day shortly after showering. I have occasionally thought it may be the shower water is too warm, but I don't take hot showers. During the warmer months, I take lukewarm to cool showers. Still, shortly afterward, I am overcome with the same almost overwhelming fatigue, to the degree that I feel I could lie down and sleep for several hours.



PETER H. GOTT, M.D.

I'm 61 years old, retired six years and in fairly good health. My blood pressure is very good, usually in the 120 to 135 over 70 to 80 range. I have no heart problems whatsoever. I've never had any problems with my internal organs, no cancers and no allergies (except to horse dander, so we don't have one). I have a mild hiatal hernia and take medication for it. I have prostatitis that comes and goes. I take Ditropan when it acts up. I seem to be immune to colds and the flu. It has been about five years since my last cold. I am a light smoker. It makes me slightly drowsy, so I smoke only when I want to nap and before bedtime. I drink two glasses of wine a day. I am 5 feet 9 inches tall and weigh 160 pounds. I am not a diabetic. I am an above-knee amputee.

My cholesterol is normal. My wife and I eat a healthful diet of lean meats and lots of vegetables. We have fish two to three times per week on average, year 'round. Being Atlantic Canadians, we love fish. We don't go to fast-food places and don't eat or keep junk food in our house.

As for symptoms of my fatigue, I generally get a good night's sleep. At times, I do have a problem falling asleep, but not very often.

My family doctor thought my fatigue could be due to sleep apnea, and I wore a monitor for one night. It was negative. Because my general health is probably better than the average senior citizen he sees daily, he didn't seem too concerned or suggest anything further.

This daily fatigue usually lasts about an hour; however, some days it can last several hours. It doesn't seem normal to me. I'm becoming more and more concerned that something is amiss. What should I do?

DEAR READER: Periods of unexplained exhaustion can be caused by many illnesses, so before advising you regarding invasive studies, I suggest that you have a thorough exam by your doctor, followed by a full panel of blood tests, including a complete blood count, metabolic profile, thyroid study and cardiogram. This is a good first step and sets up a basic start point for future tests.

DEAR DR. GOTT: Please advise me about having lymph nodes excised.

DEAR READER: My answer depends on the location of the lymph nodes. Those confined to a superficial area can be removed easily. In contrast, deep lymph nodes, such as those in the lungs or abdomen, require a more invasive technique. Perhaps a needle biopsy would be appropriate. It might save you from having to undergo a more complex procedure. Ask your doctor about how best to proceed.

Ladies Auxiliary Br. 15 Military Whist Party

On January 24, 2008 despite the cold we still had 17 tables at our party. Everyone was welcomed and play was underway. All too soon it was time for lunch and prizes.

First with 27 points went to Hughie, George, Franklin Lancaster and Raymond Mastine.

Second with 26 points went to Ron and Bev Jones, Bill and Evelyn Fraser.

Low with 15 points went to Gilbert and Mary Verhoef, Marcel and Suzanne Tremblay.

Door prizes: Kathy Arnott, Marjorie Abercrombie, Donna Ham, Gordon Redburn, Claude Letourneau, Jessica McMorine, Shirley Letourneau, Raymond Mastine, Helen Knowles, Allan Banfill, Nicole Clark, Peter Boisvert, Tina Weare, George Lancaster, Jackie Ross, Patsy Biggs, Franklin Lancaster, Joyce Mastine, Bill Fraser, Marcel Tremblay, Guy Boutin, Jeanne D'Arc Jutras, Doris Stevens, Evelyn Fraser, Rose Oakley, Matty Banfill, Alison Watson, Ghyslaine Redburn, Bob Dunn, Gilbert Verhoef, Paul Rioux, Fran Cunningham, John Sharmon, and Daisy McGee.

Grocery boxes were taken home by Patsy Millar and Jessica McMorine.

Many thanks to all who brought in gifts. Much appreciated. Please keep in mind and next party on February 28.

Respectfully submitted Mildred E. Holliday

Ladies Auxiliary Br. 15 January meeting

Meeting called to order at 7:01 p.m. Colors marched on by Cdes. Helen Knowles, Helen Jones, and Kathy Arnott, under the directions of Sgt-at-Arms. Cde Patsy Biggs Attendance of 18 plus one arriving a little late making 19.

New members Cde. Debbie Knowles was initiated by Cde. Pres. Bev Jones. Welcome.

Minutes by Cde. Lucie were read and accepted and treasurer's report by Cde. Ann Nixon was also accepted.

Pres. Cde Bev welcomed all and expressed her thanks to everyone that helped with the C.N. dinner, services for the late Sharon Sham, Auke Devries and Lorne Armstrong.

Bills presented and paid.

Reports of Committees - Sick & Welfare - a number of cards had been sent out. Kitchen - general clean up. Membership - One application received. Publicity - all up to date.

Pres. reported on the chicken pie supper Jan. 12. Very successful and could have sold more tickets. Meals on Wneels are in need of drivers. The Auxiliary has been asked if they could supply one driver a week. Cde. Pres. John Hill has offered to make a "Hall Storage Bench" for us. This will be our drawing to be drawn at our usual Flea Market and Bake Sale in April. Thank you John. Also thank you to the 4H Club for their donation to our Flea Market and to Marge Hill for all her decorating.

No further business meeting adjourned, closing ceremonies and Colors retired.

Half and half was won by Cde. Ann Nixon. Congratulations.

In Commandership Cde. Mildred E. Holliday, P.P.

In Memoriams

ANNESLEY - In loving memory of Timothy (Tim) who left us so suddenly on January 30, 1995.

*Wonderful memories of one so dear,
Treasured still with a love sincere,
In our hearts he is living yet,
We loved him too dearly to forget.*

THE ANNESLEY FAMILY

DOHLER, Robert and Elisabeth (Betty) -

In loving memory of our dear parents and grandparents who passed on December 28, 2003 and January 30, 2000. *Cherished memories of parents so dear,
Each day we wish that you were still here,*

But in our hearts those memories will stay,

For us to treasure each passing day.

Forever remembered and sadly missed,
DORIS AND BOB
AND FAMILIES

GOYETTE, Dawn (Murns) - In loving memory of Dawn (Murns) Goyette who passed away January 30, 2003.

Always loved and missed.

NORMAN (BUD)

(husband)

JUDY & DENNIS

AND FAMILY

(daughter)

MARK & CLAIR

AND FAMILY

(son)

GRACE (friend)

Breathe through a straw

for 60 seconds.

That's what breathing is like with cystic fibrosis.

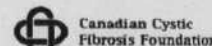
No wonder so many people with CF stop breathing in their early 30s.

Please help us.



1-800-363-7711

www.aqfk.qc.ca



1-800-378-CCFF

www.cysticfibrosis.ca

The CCFA is a provincial association of the CCF.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$22.79 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.22 taxes included) **WITH PHOTO:** \$29.50 (\$33.62 taxes included)

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.

Hatley 4-H active again

My Chicken Report:

This year I got all sorts or varieties of chickens. They were really hard to take care of but I came through with it. I got many varieties like the Rhode Island and a whole lot more. I will hopefully get more next year and show them at the fairs. Most of the time the chickens keep me company. I wonder if any more people other than me will get chickens? To me chickens are the best animal in the world! My chickens are just as fun to play with as my friends.

By Wyatt Johnston

Rally 2007:

Rally 2007 was a very great and fun experience for us both, we just loved being able to hang out with friends we know from other clubs and the friends we have in our club.

We had a great experience showing, judging and the banquet. We think the best part of rally was being able to go and compete against people we don't know and having a new judge who has a different say on what you do. We love to just go out there and be able to do what we love and we don't always win, but you know it's not always about "winning". We loved rally this year and we are planning on going to participate again and have even more fun.

By Harley Telgan

4-H Banquet 2007:

On Saturday, December 8, 2007, the Hatley 4-H banquet was held at the Hatley United Church at 11:00 a.m. for a lunch meal. The food was served at around 11:30, there was a big variety and great food to choose from. The desserts were served right after. Once everyone was just about finished eating, the trophies were handed out. Then, all the 4-H members received an envelope and a membership paper to become a member next year. In the envelope most people received money according to the amount of points you got, there was also a certificate given from the 4-H. All 4-H members were then asked to join into the church for three group photos, one serious picture, one silly one, and one with a # 1. After everyone called Santa, he finally came. The gift exchange was done and members went up to get their present on Santa's lap. We had a great time and it went well. Everyone looked happy!

By Rosemary Mackinnon

Submitted by
Cole Schoolcraft

My husband is lazy

Annie's Mailbox

Dear Annie: A year ago, I had an affair that lasted nearly 12 months. I confessed the whole thing to my husband, answered all his questions and endured the subsequent hurt, anger and doubt. I have done everything I can to prove that I am trustworthy, and we are more connected to each other now than we have ever been.

I also wrote a letter of apology to the wife of the man with whom I had the affair. She didn't respond and I didn't expect her to, but it made me feel better to come clean. Several months after the affair ended, her husband called my cell phone, but I didn't pick up. I told my husband about the call and made sure his wife was also informed. I'd hoped to prove I was not having any contact with him, and to make it clear to him that I would not tolerate any more phone calls.

Here is my problem: I've been on a competitive sports team for nearly 10 years. Before the affair, the wife was on my team. When the affair ended, I voluntarily joined a different league. But I miss my old friends and would like to rejoin the old team. It is likely the wife will not appreciate this. Although I have no idea how she will react, I feel ready to face it.

In view of the hurt and violation I have caused this woman and the likelihood that I may reopen old wounds by rejoining the team, am I obliged to stay away forever? Do I have a right to go back? — Want to Play

Dear Want to Play: You may be ready to "face it," but we highly doubt the wife feels

the same. We commend you for ending the affair and being totally aboveboard. However, there are still consequences, and one of them is when you encounter the wronged spouse, YOU are the one who must retreat. This league is hers now. Unless she decides to quit, please stay where you are. Otherwise, it will look as if you are throwing the affair in her face and we don't believe that is the impression you wish to give.

Dear Annie: I am a freshman in high school and I like wearing black and neon colors. But people stereotype me because of that and think I'm a deadbeat.

I'm in honors classes and am very involved in school. I usually don't care what people say about me, but someone started a rumor that I use marijuana. My religion is against all drugs and I find such rumors extremely offensive. I also am concerned that I may get into legal trouble if someone believes it. How can I get people to stop starting rumors about me without changing how I appear? — No Druggie

Dear No Druggie: You aren't going to be arrested on the flimsy basis of innuendo. It's a shame people judge you on the basis of your appearance, but that is always going to be a fact of life and you'd best learn to deal with it. This kind of rumor can be quashed by holding your head up and showing others who you truly are. Also, ask your friends to help spread the word that the pot-smoking is a lie. If it gets out of hand, discuss it with your parents and the principal.

Dear Annie: This is in response to "Missing My Little Brother," who kept receiving mail addressed to her late sibling. The same thing happened to me when my son died.

I wrote to the three main credit bureaus asking that his credit report be marked "Deceased." I included his social security number and a copy of the death certificate. After that, I stopped receiving mail addressed to him. — Roanoke, Va.

Dear Roanoke: A great suggestion. Readers can contact Equifax (equifax.com) at P.O. Box 740241, Atlanta, GA 30374; TransUnion (transunion.com) at P.O. Box 505, Woodlyn, PA 19094; and Experian (experian.com) at 901 West Bond, Lincoln, NE 68521, Attn: Consumer Services Department.

Dear Annie: I am due to give birth to my first child any day and am seriously thinking about asking my husband to move out after I do. "Tom" is lazy, underemployed and self-involved. We've had occasional fights about his lack of participation, but

mostly I was content. I was willing to take care of our finances and do nearly all the house and yardwork. But not anymore.

Tom wanted us to have children, but after I got pregnant, I started noticing how little he contributed to our relationship. I've seen how other men treat their pregnant partners, but Tom still spends the vast majority of his paycheck on himself and pursues all his own interests, only pitching in at home when I get very upset.

The final straw came when I was put on bed rest for the remainder of my pregnancy. If I don't get up and do some dishes or laundry, nothing gets done. I realize now that if Tom can't sacrifice some of his personal time to help me when I really need it, he isn't likely to be a good father to our child, and he certainly won't be a good example of how a husband should behave.

As much as I'd hate to kick Tom out of my life, I don't think I can handle taking care of a baby and a husband while working full time. I might as well go it alone and at least remove the burden of Tom's care from my plate. Honestly, he's been so uninterested in me and my pregnancy, I'd be amazed if he asked for visitation rights.

Counseling probably won't work, as Tom only attended two of our four Lamaze classes before he got bored and stopped going. Any advice? — Better Off Alone in Des Moines

Dear Des Moines: No one has bothered to teach Tom how to be a responsible, hard-working husband and father — including you. By taking on all the household duties, you have given Tom the impression that his participation is not necessary. Please give him a chance to shape up before you throw him out. Explain how you feel, and insist that he go with you for counseling and, if necessary, parenting classes, as a condition of continuing in the marriage. If he isn't interested, we agree that he's more burden than help.

Dear Annie: Please correct me if I am wrong. When referring to a certain form of dementia, why do the media and others pronounce it "Altimers"? According to Webster's dictionary, the correct pronunciation includes another "s" and is supposed to sound like "Alts'hi'merz." — Irene in Roanoke, Va.

Dear Irene: You are correct. The disease is named for Alois Alzheimer, the German neurologist and physician who first identified the disease, and in German, the "z" is pronounced "ts." We suspect those who mispronounce it mistakenly believe the disease is named for the people most likely to have it — "Old Timers."

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

Timmy Weare Happy 8th Birthday



Have lots of fun

Love
Auntie, Uncle Ricky
Mike, Jamie, Tony, Tina



20 years. 10,000 wishes. 100% Canadian.

"Only 2 more
needles 'til
my wish!"



20 years 10,000 wishes

1-800-267-WISH www.childrenswish.ca The Children's Wish Foundation of Canada

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: B equals P

" WTGCIW KYWH T WTPXCW IR RIC
CGHC STI KYW; XCIYMH KYWH T
WTPXCW IR RIC CGHC STI HCC."
- TPWKMP HSKRBCIKTMCP

PREVIOUS SOLUTION - "Time you enjoy wasting is not wasted." - John Lennon
" So get a few laughs and do the best you can." - Will Rogers

(c) 2008 by NEA, Inc. 1-30

KIT N' CARLYLE

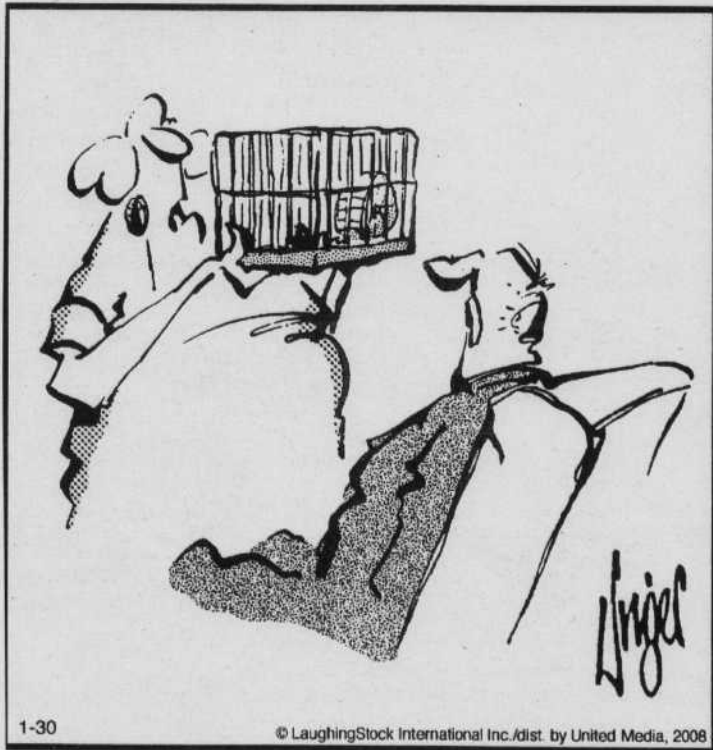
kitncarlyle@comcast.net



www.comics.com

© 2008 by NEA, Inc.

HERMAN



1-30

© LaughingStock International Inc./Dist. by United Media, 2008

"This is my oldest hamster, Marvin, from my first marriage."

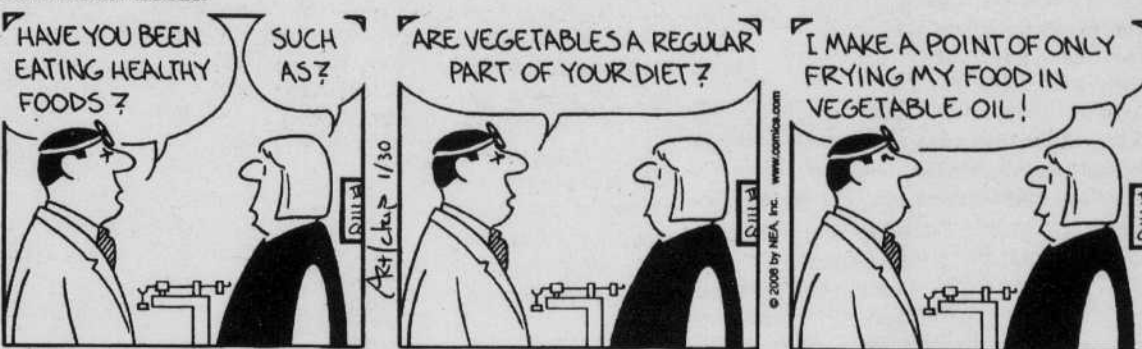
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



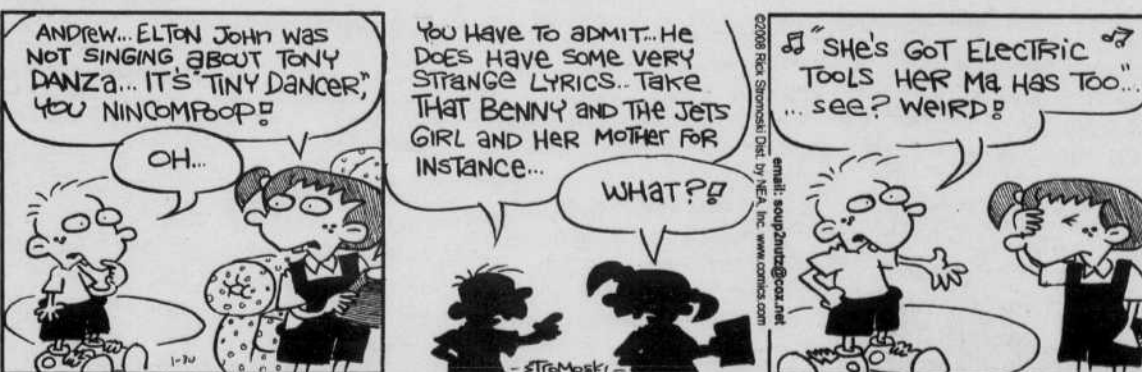
FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.

Check for Health Check™

11:16 PM The paramedics arrive. MedicAlert SPEAKS FOR YOU 1-800-668-1507 www.medicalert.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

001 Property for Sale

BEAUTIFUL RE-BUILT 26x48 bungalow in Lennoxville. 3 bedrooms, 2 bathrooms, wooden floors and ceramic, carport, 2 sheds, 12x12 deck. Everything is new: windows, doors, roof, plumbing, electricity. 3 Elmwood Street. 819-563-3860.

035 For Rent

CLASSIFIEDS NOW ONLINE!

www.sherbrookerecord.com

KNOWLTON - 3 1/2 apartment for rent. Heat, electricity, hot water and cable included. \$750. per month. Furnished or unfurnished. No pets. Call (450) 295-1202.

LENNOXVILLE - 3 1/2, 4 1/2, 5 1/2 room apartments. Close to town and buses. Includes hot water. 819-823-5336.

050 Rest Homes

LONDON RESIDENCE - Private room available. 24 hour care, call bell, nurse and doctor, family atmosphere. Member of A.R.C.P.Q. 301 London St., Sherbrooke. Call (819) 564-8415.

PRIVATE ROOMS available for seniors in family home, 5 minutes from Lennoxville. Home cooking, doctor on call. For more information call 819-563-1388.

THE WHITE HOUSE in Stanstead has 1 spacious room available with bathroom, suitable for a couple. Also 1 small room available at a reduced rate. Call 819-876-2013.

100 Job Opportunities

A JOB AT HOME. Mail work, assemble products or computer work. For free details write to CHR Jobs: 372 Rideau Street, #916, A22, Ottawa, ON, K1N 1G7 or visit www.TopJobCanada.com

100 Job Opportunities

AUTO BODY REPAIR Tech. High production auto body shop requires an apprentice or certified Repair Tech for full time employment. Wages are negotiable. Fax resume to 250-785-2822.

PLAN YOUR FUTURE out West!!! Go to www.workwest.ca to see great job opportunities in Western Canada. It's not too late!

THE WHITE HOUSE is looking for a Caregiver for all shifts. Call 819-876-2013.

140 Professional Services

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

ROOF SNOW REMOVAL

New Roofs, Reroof and Repairs. Also gutter repairs, cleaning & rerouting down pipes. Call Ian Perkins at 819-578-1910.

145 Miscellaneous Services

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

147 Health

CLASSICAL HATHA YOGA begins Wednesday, February 6 at noon at 110 Queen St., Lennoxville; also begins February 6 at 6:30 p.m. at 242 Ontario St., Sherbrooke. Information: 819-875-5393 or lowmac@abacom.com

150 Computers

NEW LOADED COMPUTER only .99¢ a day! Everyone's approved* Get an MDG computer right to your doorstep from only .99¢ a day. Includes everything you need: 2 GB Ram, 500 GB HD, 19" LCD flat panel, Windows Vista and 6 Microsoft Software Titles (*Call for conditions). 1-800-791-1174.

160 Music

SARAH BIGGS' second CD, **Rising Sign**, is now on sale at Brome Lake Books in Knowlton, the Livre d'Or in Sutton, Attractions Music in Cowansville and at the Cowansville and Sherbrooke offices of the Townshippers' Association. Get yours now! www.sarahbiggs.ca

190 Cars For Sale

1992 ACURA INTEGRA, automatic, good winter car, many new parts. \$1,200. Call 819-563-4059.



2000 VW PASSAT GLX, 73,000 km., V6 2.8L, 4 motion (all wheel drive), auto. tiptronic, black sedan, grey leather, 16" mags, winter wheels and tires, tinted windows, fully equipped, sunroof, 190 h.p. Excellent condition. \$10,900. negotiable. Call 819-566-0446.

CLASSIFIEDS NOW ONLINE! www.sherbrookerecord.com

290 Articles For Sale

THULE ROOF RACK base adaptor for Wagons/SUVs, with factory roof rails, like new. Half price \$130. Call 819-566-0446.

290 Articles For Sale



Have something to sell? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525.

SKI EQUIPMENT: Rossignol 9S over-size 158 cm carving performance skis with power 120 bindings and plate, like new, worth \$1,100., for \$400. Call (819) 566-0446.



SKIS FOR SALE - Atomic Beta Ride 10-20, 170 cm, Titanium, with bindings, in good condition, \$250. Call 450-242-1937.

To sell or buy, consult our Classified ads.

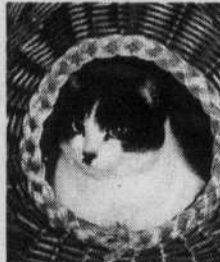
294 Events

CLASSIFIEDS NOW ONLINE! www.sherbrookerecord.com

330 Pets

DOG TRAINING with Jean-Guy Lalonde (next course starts mid-February). Sign up for the **Maternal Course** for puppies. **Dog Day Care and Grooming**. For more information call **Blue Seal**, the animal nutrition centre, 819-348-1888 or 819-821-2152.

330 Pets



Looking for a new home for your pet? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525.

430 Personal

BELIEVE! Exceptional Psychics! Love * Money * Life. \$3.09/min. 1-900-783-3800, 18+ , 1-877-478-4410 Visa / MC / Amex. / Direct Deposit. www.mysticalconnections.ca

PHYSIC READINGS BY Tracy. Help in all problems of life, reunites loved one. Call for a free sample reading. (702) 493-1071.

READINGS BY VALERIE. Past, present and future. Reunites loved ones, help in all problems of life. Call for a free sample reading. (408) 835-1439.

440 Miscellaneous

CRIMINAL RECORD? Don't let your past limit your future. A criminal record can affect your life. To remove your criminal record, call 1-8-NOW-PARDON (1-866-972-7366). www.pardonservicescanada.com

YOU CAN BE ARRESTED, Jailed or Deported if you enter the United States with a criminal record. A waiver clears you for entry. Call now, toll free: 1-8-NOW-PARDON (1-866-972-7366).www.PardonServicesCanada.com

To learn more about cystic fibrosis, put one of these in your mouth and breathe.

Now that you know more about cystic fibrosis, won't you please help?

1-800-363-7711
www.aqfk.qc.ca

The C.C.F.A. is a provincial association of the Canadian Cystic Fibrosis Foundation.

PUBLIC SERVICE ANNOUNCEMENT

Knowing the difference between this

and this

could save your life.

If you are considering a MedicAlert membership there's something you need to know.

Some stores are selling bracelets that look very similar to MedicAlert. These imitation bracelets may not contain medically accurate information about you and they cannot connect an emergency physician with your medical record.

In an emergency, only MedicAlert provides instant information on critical medical conditions or allergies and gives the emergency team immediate access to your medical record through the MedicAlert 24-hour Emergency Hotline.

MedicAlert is not sold in stores. You can obtain a registration form through your family physician, by calling 1-800-668-1507 or online at www.medicalert.ca

Canadian MedicAlert Foundation is a national registered charity dedicated to protecting and saving lives.

MedicAlert
Lets You Live Life.
www.medicalert.ca

Your Birthday

Wednesday, Jan. 30, 2008

Just when things look as if they are grinding down and coming to a halt, those situations could turn around and allow you to make your greatest gains. Stay the course and never give up — regardless of outward appearances.

AQUARIUS (Jan. 20-Feb. 19) — Although you may not think so, your career and financial position can become your most fortunate area right now. It'll take your ingenuity and resourcefulness to advance your interests, so use them both.

PISCES (Feb. 20-March 20) — Even if your techniques for handling your interests are unusual, place your faith in them, because a "different" strategy will work out best and be to your advantage.

ARIES (March 21-April 19) — There is a strong possibility you will find yourself involved in a commercial arrangement at this time, which won't be conducted along conventional lines. Its uniqueness makes it such a success.

TAURUS (April 20-May 20) — Some unusual and unexpected benefits will be derived from a partnership you didn't seek. Even though this venture might be with someone you'd normally never align yourself with, you'll be glad you did.

GEMINI (May 21-June 20) — If you are stymied by mistakes and/or delays, discard your present procedures and try to implement fresh approaches. You'll find that your cleverness and resourcefulness will help circumvent those roadblocks.

CANCER (June 21-July 22) — A spur-of-the-

moment invitation is apt to be extended, which could turn out to be something rather interesting. If you have a previous engagement, consider postponing it, if possible.

LEO (July 23-Aug. 22) — Unexpected changes are possible and would help finalize a situation that has been extremely hard to tie down. Even if it inconveniences another, don't let that stop you from taking advantage.

VIRGO (Aug. 23-Sept. 22) — Your mind will be in far better working order than your muscles, so if possible, limit your involvements to those of a mental nature rather than physical ones. Save the latter for another day.

LIBRA (Sept. 23-Oct. 23) — Your financial trends look more encouraging than they have for some time, but they are apt to be short-lived. Take advantage of what transpires immediately, because this opportunity may not present itself again.

SCORPIO (Oct. 24-Nov. 22) — A pleasant surprise could be in the offing that involves a social event or situation of some kind. It's a once-in-a-lifetime opportunity that might not present itself again, so try to take advantage.

SAGITTARIUS (Nov. 23-Dec. 21) — The best ideas will come when you're off in some quiet place, all alone and free from distractions or outside influences. If you're seeking a fresh thought, try this technique.

CAPRICORN (Dec. 22-Jan. 19) — Adopt an optimistic outlook if things appear to be stuck in a rut or temporarily out of reach. You'll be surprised as to how positive thinking can turn things around in such a sudden manner.

Wednesday, Jan. 30, 2008

Keep communication with your winners

By Phillip Alder

George Eliot wrote, "Sympathetic people often don't communicate well."

North		01-30-08	
♠ 7 2			
♥ K Q 6 5 3			
♦ Q J 10 9			
♣ J 5			
West	East		
♠ Q 10 9	♠ 8 6 3		
♥ 4 2	♥ A 10 9 7		
♦ 7 5 2	♦ 8 6 4 3		
♣ 10 9 8 7 4	♣ 6 3		
South			
♠ A K J 5 4			
♥ J 8			
♦ A K			
♣ A K Q 2			
Dealer: South Vulnerable: Both			
South	West	North	East
2 ♣	Pass	2 ♥	Pass
2 ♠	Pass	3 ♦	Pass
4 NT	Pass	5 ♣	Pass
6 NT	Pass	Pass	Pass
Opening lead: ♣ 10			

they back reflected images which hide their own depths."

At the bridge table, poor players don't communicate well. They do not signal correctly when on defense, and they do not maintain communications between their hand and dummy during the play.

In this deal, South must bring home 12 tricks in no-trump after West has led a club. How can he do it?

South opens two clubs, announcing a hand of power and quality. If his hand is balanced, he will have at least 23 high-card points. If he is unbalanced, he will have nine or more winners opposite a 4-3-3-3 Yarborough.

North's two-heart response shows eight-plus points and at least five decent hearts. (In a perfect world, he would, as here, have two of the top three honors, but especially with a six-bagger, the suit might be a tad weaker.)

After two more natural bids, South uses Blackwood and settles into six no-trump opposite a no-ace reply.

There are 12 tricks once the heart ace has been dislodged: two spades, two hearts, four diamonds and four clubs. But with the diamond blockage, it is important to retain a dummy entry and to time the play correctly. South must win the first trick in his hand. Then he unblocks the ace-king of diamonds and continues with the heart jack. If East ducks that trick, declarer plays a second heart. The club jack is the dummy entry to the diamond winners.

CROSSWORD

ACROSS

- 1 Dog food brand
- 5 Spurious imitation
- 9 Gawk
- 14 So-so
- 15 Sharpen
- 16 Piano adjuster
- 17 Pot starter
- 18 First sub-topic
- 19 Publicized Cuban refugee
- 20 Rodent pest
- 21 Place for bandleader Les?
- 23 Man the helm
- 25 Recondite
- 26 Glowing coal
- 28 Dutch genre painter
- 30 Thanksgiving vegetable

- 33 Grieves
- 35 Martial
- 36 Corrida chant
- 37 Cross letters
- 38 Anabaptist sect
- 40 Havana's place
- 41 Relay race segment
- 42 Rug type
- 43 ERA word
- 45 Numerical ending
- 46 Louise and Turner
- 48 Money earned
- 49 1944 physics Nobel
- 50 Verses
- 52 Place for singer Anita?
- 56 Mahal
- 59 Negotiator

- 12 Genuine
- 13 Sea eagle
- 21 Swiss capital
- 22 Be in turmoil
- 24 Actress Garr
- 26 Writer Zola
- 27 "Rouen Cathedral" painter
- 29 Subarctic forest
- 30 Place for pitcher Cy?
- 31 "Seascape" playwright
- 32 Alcoholic honey beverages
- 34 Indian colonialists
- 39 Apparent

- 40 Study intensively
- 42 Beginner
- 44 Dumbfounded
- 47 Gives one's address?
- 49 French income
- 51 Earthenware crocks
- 52 Crimson Tide, to fans
- 53 Turkish titles
- 54 Etta of the comics
- 55 Nastase of tennis
- 57 Singer Guthrie
- 58 Witticism
- 61 choy (Chinese vegetable)

Tuesday's Puzzle Solved

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

- 60 Israel's airline
- 61 Threaten to cause yawns?
- 62 Photo finish
- 63 Japanese deer
- 64 Nocturnal birds
- 65 Daisy relative
- 66 Polanski film
- 67 Shoelace tie

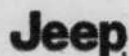
DOWN

- 1 At great distance
- 2 Actress Turner
- 3 Place for actor Brad?
- 4 Valuable vein
- 5 Singer Dinah
- 6 Pays tribute to
- 7 From scratch
- 8 Snakes
- 9 Cat or Ray
- 10 Dutch flower
- 11 Indigo plant

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		

By Philip J. Anderson
Portland, OR

1/30/08



**Newly-Adjusted Canadian Pricing
that allows you to take advantage
of the strong Canadian dollar**

PLUS

**We pay the freight
up to**

\$1,350[†]

FOR

**A total allowance
of up to**

\$8,050^{††}

THE CHRYSLER, JEEP AND DODGE DIFFERENCE
COME AND SEE WHY WE HAVE ACHIEVED 17 CONSECUTIVE MONTHS OF INCREASED SALES

**THE ALL-NEW
2008 DODGE GRAND CARAVAN**

Canada Value Package

- 3.3-L V6 Flex-Fuel engine • Automatic transmission • Air conditioning • Antilock brakes with 4-wheel disc brakes
- Electronic Stability Program with brake assist • Advanced multistage front and supplemental side curtain airbags

LEASE AT
\$299* PER MONTH
27-MONTH LEASE
\$1,699 DOWN PAYMENT

**WE PAY THE
FREIGHT**

**Total Canadian Delivery
Allowance of \$2,850 included**
(Includes "We pay the freight" Allowance)^{††}



Fuel consumption[‡]
City: 12.6 L/100 km (22 mpg)
Highway: 8.4 L/100 km (34 mpg)

★★★★★
NHTSA 5 Star Front Impact[†]

**2008 DODGE RAM 1500
QUAD CAB[®] SXT 4X4**

- 5.7-L Hemi 345-hp V8 engine with MDS • 5-speed automatic transmission
- Anti-spin differential rear axle • Air conditioning • Trailer tow group
- 4-wheel disc brakes with rear antilock • Advanced multistage front airbags

LEASE AT
\$319* PER MONTH
24-MONTH LEASE
\$2,895 DOWN PAYMENT

**WE PAY THE
FREIGHT**

**Total Canadian Delivery
Allowance of \$7,350 included**
(Includes "We pay the freight" Allowance)^{††}



★★★★★
NHTSA 5 Star Front Impact[†]

**2008 JEEP GRAND CHEROKEE
DIESEL 4X4**

- Mercedes-Benz built 3.0-liter V6 turbo diesel engine • Best fuel economy in its segment^{*}
 - 30% better fuel economy and 20% CO2 reduction compared to gas powered engine
 - Maximum towing capacity of 3,266 kg (7,200 lb) • Sirius satellite radio
- See Jeep.ca for details. DRIVE MORE THAN 700 KM WITHOUT STOPPING FOR FUEL^{*}

LEASE AT
\$479* PER MONTH
24-MONTH LEASE
\$3,662 DOWN PAYMENT



**WE PAY THE
FREIGHT**

**Total Canadian Delivery
Allowance of \$8,050 included**
(Includes "We pay the freight" Allowance)^{††}



Fuel consumption[‡]
City: 12 L/100 km (24 mpg)
Highway: 9 L/100 km (31 mpg)

Visit your Chrysler • Jeep[®] • Dodge retailer or getchryslerjeepdodge.ca/quebec today.



ASK ABOUT OUR NO CHARGE 12-MONTH SIRIUS RADIO SUBSCRIPTION.

FINANCING PROVIDED BY
Chrysler Financial

* Taxes on air conditioning (when applicable), licence, insurance, duties on new tires, dealer administration charges and taxes extra. These limited-time offers are exclusive, and cannot be combined with any other offer except the physically challenged assistance program, and apply to retail deliveries for personal purposes only on selected new in-stock 2008 models. Factory-to-retailer allowances referred to above (including freight allowance) are included in the sale price and lease offers. Offers subject to change without notice. Retailer may have to trade a vehicle. Pricing and/or freight may have changed since publication deadlines, please see your local Chrysler • Jeep • Dodge retailer for current pricing. See retailer for specific pricing details and conditions. Vehicles are for illustration purposes only. † Subject to approval by Chrysler Financial. Based on 2008 Dodge Grand Caravan (24F), on 2008 Jeep Grand Cherokee (22X + GWA + A3 + AH0) and on 2008 Dodge Ram (26B + AHC + DSA + K17 + NFJ). Security deposit is \$0 for a limited time only, and may change without notice. RRPMR registration charge of \$60, including register fee, is extra. Lease for personal use only. Buy-back not required. Lessee responsible for mileage exceeding 40,800 km for 24 months (45,900 km for 27 months) at a rate of 15¢ per kilometer. See your retailer for details and conditions. †† "We pay the freight" (up to \$1,350) and other allowances apply to select new and unused in-stock 2008 vehicles. "We pay the freight" offer only applies to vehicles purchased/leased through Chrysler Financial. Total allowance (including freight allowance) will be deducted from the negotiated price after application of freight charges but before taxes. Maximum \$8,050 allowance applies to Jeep Grand Cherokee. Offers end January 31, and are subject to change without notice. See participating retailer or chryslercanada.ca for complete details. ‡ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system. † Data based on the Fuel Consumption Guide from Natural Resources Canada (NRCAN). Your fuel consumption may vary. • Based on 2006 Automotive News Lower Mid-Range Sport Utility Segment. Actual fuel mileage may vary with driving conditions. © Jeep is a registered trademark of Chrysler Canada Inc., used under license. © 2007 SIRIUS Satellite Radio Inc. "SIRIUS", the SIRIUS dog logo, channel names and logos are trademarks of SIRIUS Satellite Radio Inc.



Quebec Chrysler • Jeep • Dodge Dealers Advertising Coop