

WEEKEND EDITION

95 CENTS + TAXES

PM#0040007682

FRIDAY, MARCH 27, 2015

Rehab walk/run
returns to
Ayer's CliffBy Gordon Lambie
SHERBROOKE

The foundation of the Eastern Townships rehabilitation center, known as the CRE, launched the second edition of its "Defi adapte ta course" (Adapt Your Run Challenge) half-marathon fundraiser earlier this week. The event, which organizers hope will raise enough money for the purchase of two adapted bicycles by the downtown Sherbrooke facility, will take place on Sept. 20 in Ayer's Cliff.

"We chose adapted bicycle this year because it is an activity that, once you have the equipment, it's very accessible for everyone," explained physiotherapist Emie Gagnon. "It is an activity that is very normalizing for our users."

Julie Joseph, head of the Traumatology program at the CRE, explained that the two bikes that the centre hopes to acquire average around \$2,000 each, and will become a part of a lending program.

"What we want is for users to be able to try these bicycles out," Joseph said. "They will remain at the CRE but be available on short-term loan for all the users"

The plan is to acquire one more sport-focused bicycle and one for more casual riding to give users opportunities to try out different kinds of hand-pedaled bikes. If enough money is raised, she added that the centre will also try to get some form of adapted equipment for winter sports that will operate in a similar "try before you buy" style.

Karine Martin, chairman of the CRE foundation board, praised the fundraiser as unique in its style in the region, given the fact that walkers, people in wheelchairs, both amateur

CONT'D ON PAGE 7

Quebec tables balanced budget as it
aims to slice its massive debt

THE CANADIAN PRESS/MATHIEU BELANGER-POOL

Quebec Finance Minister Carlos Leitao gives the thumbs up as he presents a provincial budget, Thursday at the legislature in Quebec City.

By Donald Mckenzie
The Canadian Press

Quebec will post a balanced budget this year and tightly control government spending as the province aims to slice its massive debt

over the next decade, says Finance Minister Carlos Leitao.

With a gross debt of \$197.1 billion as of March 31, 2014, Quebec was by far the most indebted province in the country.

Leitao's 2015-16 budget, tabled in

the national assembly Thursday, contains no new taxes and ends a string of six consecutive deficits that added \$16 billion to the debt.

"The return to a balanced budget is not the end," he told the legislature.

CONT'D ON PAGE 4

Young AT HEART!

Rooms and one bedroom
apartments now availableMANOIR
ST-FRANCIS

Call 819.562.0875



The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of The Sherbrooke Record as well as special editions and archives.

Renew or take a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$82.21.

Record subscription rates (includes Quebec taxes)

- 1 year print: \$155.91
- 6 month print: \$81.85
- 3 month print: \$41.57
- 12 month web only: \$82.21
- 1 month web only: \$7.46

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3; go to: www.sherbrookrecord.com Click e-edition. Complete form and wait for an email activating your online subscription.

Weather



TODAY:
60% CHANCE OF SNOW
HIGH 0
SUNRISE: 6:38
SUNSET: 7:09



SATURDAY:
SUNNY

HIGH -3
LOW -11



SUNDAY:
SUNNY

HIGH 4
LOW -16



MONDAY:
60% CHANCE OF FLURRIES
HIGH 1
LOW -4



TUESDAY:
60% CHANCE OF SNOW OR RAIN
HIGH 3
LOW -3

Beatrix Potter's rabbits are still being naughty

Offer a lollipop of wrapped broccoli flower on a stick for April Fool's



GOOD READS

ELEANOR BROWN

Once upon a time there were four little Rabbits, and their names were -

Flopsy,
Mopsy,
Cotton-tail,
and Peter.

Come Wednesday you may end up putting salt in your morning cuppa instead of sugar. Or perhaps some whippersnapper will wrap the toilet seat in cling wrap.

What an odd tradition. As a British magazine correspondent asked in 1708, "Whence proceeds the custom of making April Fools?"

In fact there's no clear answer. But wouldn't life be a bit dull without the trickster?

"Beatrix Potter was born in London in 1866, and like all upper-class Victorian

children, she was expected to be a model of good behaviour," notes the introduction of *A Very Naughty Rabbit: Tales Of Mayhem And Mischief* (published in 2002 and filed in the Lennoxville Library at C-138): "Children should be seen and not heard," was a favourite maxim of those days, and Beatrix was an obedient and well-behaved daughter. But she could still create the fun of being naughty in her imagination... She also kept pets of her own in the schoolroom of her house and recognized that dogs, rabbits and mice had much more leeway than she did to indulge in mischief."

More than 100 years later, Potter's stories "still remain a constant inspiration to the rebellious spirit."

Nonetheless, Potter's stories always end with the bad being punished. Crime never pays in the 11 rather bloodthirsty tales collected up in this anthology... Little Peter Rabbit's mother warns him not to go into Mr. McGregor's garden: "Your Father had an accident there; he was put in a pie by Mrs. McGregor."

And Peter's pal Benjamin Bunny is whipped by his father when he too, sneaks into the McGregor garden for fun and lettuce.

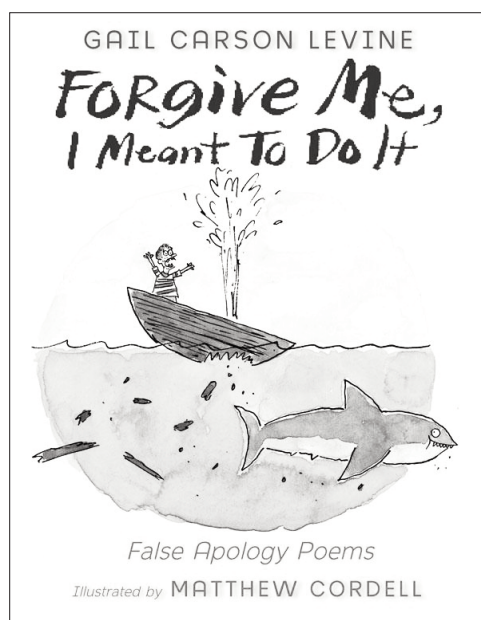
The short stories in this book (the first of which was written in 1902) are full of tricksters, who then suffer horribly for their rule-breaking. Yet Peter goes right back into that garden...

Or consider that most popular of tricksters, the vampire, who chomps down on human blood, but hides in the shadows. *The Society Of S*, by Susan Hubbard (2007, filed in Adult Fiction), introduces us to an intensely sheltered 13-year-old girl.

Her father looks like "a gothic prince"; he is a biochemist who works in a secret lab in the basement. And there must be something wrong with her camera, because dad's not in the photo she just took, only the chair in which he sat.

The teen is trying to understand who she is, while her father fears who - or what - she may become. This is a very readable yet literary book, filled with passages from Edgar Allen Poe and Jack Kerouac. Our youngster goes on the road to find her mother.

Author Tamora Pierce understands the double-edged sword that is the trickster. A fantasy writer, her Alanna quartet of books for young people tracks a young woman secretly training to be a



knight; it's not a proper profession for a female, and she'll be in deep trouble if caught.

A few years on, Pierce followed up on the next generation with *Trickster's Choice* (2003, filed in Young Adult, along with the sequel, *Trickster's Queen*, and many other Pierce novels). But here it's not the main character who adopts the trickster's pose. Aly is 16 and daughter of Alanna The Lioness. Her mother is now a famous knight who's always off fighting wars, and her father is a glamorous spymaster. Aly, on the other hand, is bored.

She finds adventure when she's kidnapped and sold as a slave. Somehow, her life is being shaped by a trickster god, Kyprioth. And even though Aly knows a trickster is as often enchanted by good as by evil, she has little choice but to trust Kyprioth when help is offered.

Gail Carson Levine is the perfect read for All Fools' Day. Her book is titled *Forgive Me, I Meant To Do It: False Apology Poems* (2012, filed in C-150), and plays on the nursery rhymes and fairy tales we hear as children. But here, a rival for Jill's affections tosses a banana peel at Jack's feet, and is now dating the girl. And no, the litterer is not sorry at all.

"For those of you who lack an ounce of mean and are reading this book only for research into unpleasant people, you can write a real apology poem," Levine helpfully suggests.

CONT'D ON PAGE 8



Ben by Daniel Shelton



LOCAL NEWS

"Sherbrooke is blessed with an abundance of entrepreneurial spirit, a long history of successful businesses, and people who can make things happen"

Sherbrooke business incubator heats up

By Gordon Lambie
SHERBROOKE

The former Sherbrooke Police station, located at 400 Marquette Street, has once again become a hub of activity with the official opening of the Espace-INC entrepreneurial accelerator/incubator project.

Designed as a creative/collaborative space for new local businesses to kick-start their ideas through networking and mentorship opportunities, Espace-INC opened its doors to businesses in January and, as of Wednesday's official launch, has twelve different projects underway within its walls, with space for more to come.

Chloé Legris, CEO of the new incubator, explained that the whole point of the new undertaking is to allow entrepreneurs to overcome professional isolation and maximize their potential by means of shared office space and an array of activities focused on support and networking with peers. Espace-INC, calling itself both an "entrepreneurial ecosystem" and a "living space" attempts to remove the focus on the "where" of new businesses so they can devote greater energy to the "what" of their new ideas.

According to Legris, the accelerator and incubator offers three different support programs: cowork, pre-acceleration, and acceleration.

Depending on the state of development an applicant is at. The cowork profile offers just the space and the equipment therein, offering businesses access to the community at Espace-INC, but none of its mentoring or acceleration services. Pre-acceleration adds support from the peers and partners of the incubator, and full acceleration builds in what the new enterprise is calling a "tactical team" which offers as much as 150 hours of coaching and expert advice catered to the needs of the start-up. The admission criteria are different for each program.

"Espace-INC has been created based on the 'lean startup' approach, and we encourage our entrepreneurs to follow

the same philosophy. According to this method, startups should validate an initial version of their product or offer, with the goal of making it better and codeveloping it with customers. In our case, the customers are the startups," said Legris.

"This is our pilot year, and we want to use it to refine our offer and make sure that it meets the real needs of users in the field and that it yields the expected results."

"Espace-INC has, in only a few months, allowed me to grow as an entrepreneur by accompanying in the achievement of my goals," said Marie Fortier of Mes Cours Prenateaux, one of the companies getting support from the new incubator. "I want to thank all those involved in the incubator project and applaud its birth."

Many seasoned businesspeople from Sherbrooke and the surrounding area have made commitments to act as ambassadors and mentors for the project. Among them is Blair McIntosh, President and CEO of Motrec International.

"When Chloé and her colleague Alain-Olivier Desbois contacted me to discuss the new business incubator project here in Sherbrooke, it struck me with particular interest because I have believed for a long time that this is the kind of initiative that will harness the energy and passion of up and coming entrepreneurs and existing entrepreneurs with products of substance and great potential," McIntosh said.

"Sherbrooke is blessed with an abundance of entrepreneurial spirit, a long history of successful businesses, and people who can make things happen in a competitive global market. I encourage everyone to support Espace-INC's team to ensure that we harness the energy and potential that exists in our business community today."

The Motrec president said that the incubator's interest in harnessing the advantages of the bilingual community in the region was particularly appealing to him.

"We have to practice our entrepreneurs to pitch, sell, and deal in English,"



GORDON LAMBIE

Sabine Le Nevannau, CEO of Concept GeeBee inc.; Marie Fortier of Mes Cours Prenateaux; Blair McIntosh, president and CEO of Motrec; Chloé Legris, CEO of Espace-INC (behind); Charles Beaupré, president of SE2; and Peter Cassar, CEO of SherWeb at the launch of Espace-INC, a business incubator in downtown Sherbrooke.

Legris added. "It's part of the reality of our economy."

The creation of an open and inclusive environment for business development has caught the eye of several local businesses, inspiring financial and service partnerships.

SherWeb President Peter Cassar was present at Wednesday's launch to commend the organizers of the new program for their initiative and to announce that his company would be contributing \$200,000 every year to technological services for the incubator's

businesses. Other business partners include Deloitte, Raymond Chabot Grant Thornton and Enerkem, among others.

Over the course of its first year, the incubator intends to welcome roughly thirty new entrepreneurs, with about 10 in each program.

Currently focused on the building's third floor, office space will expand downwards while the former garage is transformed into what Legris called "a mechanical prototype manufacturing and maker-space" for those businesses requiring such a space.

High-speed driving costs young driver

Record Staff
SHERBROOKE

A young driver from Sherbrooke was stopped late Wednesday afternoon after SQ patrol officers caught him traveling at over 165 kilometres per hour on Highway 10 in Austin.

The offense earned the 17-year old

driver a \$133 fine. (The fine is that low because the Criminal Procedure Code, set the maximum penalty issued to a minor at \$100 plus costs.) If he had been of age, the fine would have been \$1,103.

In addition, the driver's license has been suspended for seven days and 14 demerit points have been added to his record.

Cracked windshield prompts unscheduled stop in Burlington, Vt.

The Associated Press
BURLINGTON, VT.

A cracked windshield forced a US Airways jet flying from Philadelphia to Montreal to make an unscheduled landing in Burlington, Vt.

WCAX television reported that the flight's pilot noticed the crack developing midair and landed at Burlington In-

ternational Airport on Thursday morning.

Airport operations foreman Doug Wood says the crack was growing larger and the pilots opted to land and have it inspected rather than risk losing the windshield.

The airline scheduled a bus to transport the approximately 50 passengers onboard from the airport to Montreal.

Correction

An article on Page 3 of Thursday's Record, entitled "Bishop's 'Up for Debate' a great success" misidentified the winners of the student debate tournament.

The winning team from Bishop's University was actually made up of Duncan Stewart and Tyler Kolody.

The Record apologizes for the misidentification.

DART TOURNAMENT
FOR THE BENEFIT OF THE
BREAST CANCER SOCIETY
SATURDAY, APRIL 11
at the
OLD LENNOXVILLE GOLF COURSE

8th annual event

STARTS AT 1 P.M.
Mixed doubles/
bring your own partner
7 games 301 \$5./player

FOR INFORMATION
MARY DEZAN
819-823-1392

Everyone welcome!

Children's pottery exhibition to be held at the Pettes Memorial Library in Knowlton



THE SCOOP
MABLE HASTINGS

Each year during March break, the "Down to Earth" pottery studio located at 67 Bailey Road in West Bolton holds a pottery making camp for kids on-site where young people are encouraged to let their creative juices flow.

With a limited amount of spaces available, the youth who take part in the camp each year are able to use their own potter's wheel while receiving up

close and personal instruction in throwing (a technique on the pottery wheel) from artist/potter Robin Badger. She owns and operates the studio alongside her artist husband, Robert Chartier, who teaches the kids sculpture and hand-building with clay. All the kids participate in both workshops each day of the camp.

This year, the one week March camp was attended by the following young "potters-to-be," Sam Mead-Williams of Waterloo, Laetitia Beaubien of Knowlton, Naxca-Tlali Fernandez of Granby, and Sidonie Auclair of Gatineau.

The registration in the camp included the students taking home all of the beautiful items that they created throughout their time at the camp.

Robin Badger and Robert Chartier have been operating their own pottery studio, which is situated on a 100-acre family

farm in the mountains of the Eastern Townships, since 1995. While Robin is renowned for her blue porcelain line, her husband Robert is a clay artist with an abundance of talent for functional art that pushes the limits in creative and unique pieces.

"We get so much out of our time with the children who attend our camp in the spring and summer," explained Badger. "When the children see their pieces on display, there is no greater feeling than witnessing their own pride in their accomplishments and creativity."

The children's pottery exhibit is being held at the Pettes Memorial Library located at 276 Knowlton Road in Knowlton will run through to April 19.

This is the perfect opportunity, if you have a creative youngster at home, to stop by the exhibit. The next camp will be held in the summer from July 27-31 and again, with the



Young potters Laetitia Beaubien (foreground) and Sam Mead-Williams work on their creations.

limited amount of spaces, it is best to sign up early.

If you would like more information about the exhibition or

"Down to Earth" pottery, call 450-242-2836 or visit either www.robinbadger.com or www.robertchartier.ca.

Provincial budget

CONT'D FROM PAGE 1

"Quite the opposite, in fact, it is a point of departure and

gives new momentum to Quebec."

The ratio of Quebec's debt to gross domestic product last year was a

crippling 54.3 per cent, the highest in the country.

In comparison, Ontario followed at 45 per cent, while Alberta had the best ratio _ seven per cent.

In tabling the budget, Leitaio was looking as far ahead as 2026 when, he hopes, Quebec's ratio will have dropped to 45 per cent.

More immediately, Leitaio stressed the importance of keeping the lid on government spending if the province wants to achieve its goals.

Quebec also came out with its 2015-16 spending estimates Thursday, making it clear that previously announced cost-cutting measures are only the beginning of a long-term strategy to downsize government.

Various agencies will be merged, the number of government employees will be reduced and those who remain will be offered salary increases that "respect taxpayers' ability to pay."

"Government spending must be contained," said Treasury Board president Martin Coiteux. "We can no longer spend more than the revenues we receive."

A Quebec budget wouldn't be complete without a plea for more money from the federal government _ and Thursday's was no exception.

Leitaio, who before entering politics to run in the 2014 election was ranked as the world's second-best economist by Bloomberg News, called on Ottawa to boost transfers in health, social and equalization payments and to invest more in

infrastructure in the province.

"The federal government must further commit to sharing the provinces' financial pressures in regard to social programs and infrastructure, in a context where federal surpluses are on the horizon," he said.

Budget Highlights:

Deficit: Balanced budget on own-source revenue of \$80.7 billion

2014-15 deficit: \$2.35 billion, as projected last year

Federal transfers: \$19.4 billion

Taxes: No new ones

Economic growth: Two per cent

Gross debt: \$197.1 billion as of March 2014; estimated to be \$210.5 billion in March 2016

Health tax: Will be eliminated gradually as of 2017 for 2.1 million Quebecers; it will be fully eliminated for 4.5 million taxpayers by 2019

Corporate tax: Gradual reduction in general income tax rate to 11.5 per cent in January 2020 from 11.9 per cent, beginning in January 2017

Workforce: Employees 63 and over will receive a new tax credit of up to \$602 in 2017 and \$902 in 2018; for those 65 and over, the amount in 2018 will be \$1,504.

-Canadian Press

Quebec expects overall revenue of \$100.2 billion in 2015-16, with \$19.4 billion of that coming from Ottawa.

Leitaio also confirmed the deficit for 2014-15, which ends this coming March 31, will be \$2.35 billion, as was projected in last June's budget.

He announced that as of Jan. 1, 2017, the general corporate income tax rate will be cut by one-tenth of a percentage point a year until January 2020, when the rate will be 11.5 per cent.

The government estimates the measures, once fully implemented, will represent a \$120-million decrease in the tax load on businesses every year.

And in a bid to keep older Quebecers from retiring, Leitaio said an improved tax credit will help save a 63-year-old worker \$902 a year by 2018, while the amount will climb to \$1,504 for a worker aged 65.

"Quebec will be confronted with a major challenge in regard to manpower in the coming years and we want to create conditions that will encourage more experienced workers to pursue their career for longer," he said.

Parti Quebecois finance critic Nicolas Marceau accused the Liberals of taking shortcuts that compromise economic growth.

"It's easy, very easy, to table a zero-deficit budget when you don't care about the consequences on economic growth, on employment, on investment, on Quebecers' standard of living and on services to the population," he said.

Career



Communications & Marketing Manager

Founded in 1836, Bishop's College School is one of Canada's preeminent co-educational independent boarding schools. The school is set on a spacious riverfront campus of 240 acres, and consistently attracts promising students from across Canada and around the world. The school is recognized for preparing students for university and life as responsible global citizens.

Commencing immediately and reporting to the Director of Admissions, the Communications & Marketing Manager will develop, implement and oversee strategies that engage target audiences and support the mission and vision of the school. More specifically, the Manager will review and produce promotional materials, oversee internal and external communications, establish effective public and community relations and support the greater school community with communication strategies. Working closely with the Admissions department, this position provides the candidate with the opportunity to demonstrate their full potential.

The successful candidate will have completed an undergraduate degree in a related field with three years' experience in a communications role - preferably in an educational setting. Excellent oral, written and interpersonal skills and the ability to work both independently and as a team player are essential. Bilingualism (English/French) would be an important asset.

A resume and letter of interest should be received by April 10, 2015 at:

Human Resources
Bishop's College School
80 Moulton Hill
Sherbrooke, QC
J1M 1Z8
wjohnson@bishopscollegeschool.com
www.bishopscollegeschool.com

**Only candidates selected for an interview will be contacted.

Sherbrooke Chamber supports entrepreneurs

By Gordon Lambie
SHERBROOKE

The Sherbrooke Chamber of Commerce announced the recipients of the second round of their "Pret a Entrepreneur" (Ready to begin) startup-support loans program on Wednesday morning. The SCC celebrated round 2 as the realization of \$335,000 in support to new local businesses over the last 18 months.

The recipients in the Eastern Townships and Central Quebec regions are Immune Biosolutions, Imeka, Novom Networks, Lumed, Bri-o, Alexandre dit Sandy, and Pic & Pac Solutions.

Applicants, who were required to be within the first five years of their business, were eligible for up to \$30,000 in interest-free, unsecured loans to support

start-up costs. Those selected by the inter-regional committee will also be given access to a comprehensive accompaniment plan in the form of individually tailored mentoring and support.

It is an honor to be able to present these talented new businesspeople with the opportunity to participate in this initiative," said David Quirion, chairman of the inter-regional selection committee.

"Financial support and access to a network of experts are precious supports, particularly when we are starting out with an entrepreneurial dream."

Frédéric Leduc of Immune Biosolutions praised the program as significantly more accessible than other types of financial aid.

"Some processes can be so complex that actually cost you money," Leduc

shared, explaining that he and his two business partners entered the business world as science students with very little financial know-how. "This program was easy to apply for and understand, and gave us 6-8 months more time to get on our feet."

Éric Allard of Novom Networks echoed the notion that it is not easy for new businesses to find money.

"We operate on the three f's," Allard said, "fun, faith, and financing. That third F is the hardest to get, but in some ways it is also the most important."

The "Pret à Entrepreneur" program, he said, adds a fourth f, "fluid," in that it makes things run very smoothly.

Annie Lessard, president of the Sherbrooke Chamber of Commerce, hailed the support initiative as unique in the country.

"As always, our Chamber of Commerce has the vocation of encouraging and promoting entrepreneurship and free expression in the region," Lessard said.

"Through this program a vast network is being made available to give service to our new entrepreneurs. This support of the whole business community represents an added commitment to the success of our young start-ups."

The "Pret à Entrepreneur" program is set to take place over five years with up to 300 entrepreneurs of all ages being supported across all regions of Quebec.

More information on the program and application process is available on the "Pret à Entrepreneur" website, www.pretaentreprendre.com. A third round of applications for businesses closes on Monday.

CBC slashing 144 positions from local services, Radio Canada cuts 100

By Cassandra Szklarski
The Canadian Press
TORONTO

CBC is slashing 244 jobs from local news services across the country as it plans to shift some of its limited resources to its digital operations.

The cuts include 144 positions from English-language services and 100 jobs on the French side, which include 20 vacant positions and retirements.

Meanwhile, the public broadcaster is adding 80 new digital jobs as it works towards offering a continuous news stream for mobile users.

Jennifer McGuire, Editor-in-Chief of CBC News, announced the English layoffs in a note to staff, which stressed that no stations would close and all local radio programming would be maintained.

The job losses include 37 positions in Alberta, 30 in Ontario and 25 in British Columbia.

McGuire admitted that "local services will be smaller overall" but said the rel-

ative size of each region would remain the same.

"It hits just about everything, it hits technical, it hits editorial, it hits management and administration," McGuire said in an interview.

"We're also looking at efficiencies where we find them and we're looking at how we work differently."

Most of the cuts are related to previously announced plans to shorten local supper-hour newscasts to 30 or 60 minutes. McGuire said the shortened newscasts will be introduced in October, as will a plan to broadcast Radio One morning shows on TV.

Shows in Vancouver, Winnipeg, Toronto, Ottawa, Halifax, Charlottetown, St. John's, N.L., and the North will be trimmed to 60 minutes, while programs in Calgary, Edmonton, Regina, Windsor, Montreal and Fredericton will be chopped to 30 minutes.

But that doesn't mean less local coverage, McGuire insisted.

"It depends how you define it. We actually see it as being more, but we're

looking at it holistically," she said, pointing to plans to add one-minute news updates to the TV schedule and boost CBC's presence in Fort McMurray, Alta., and Sherbrooke.

The cuts are part of a five-year strategy announced last June by CEO Hubert Lacroix in a bid to increase digital offerings by 2020.

The strategy included plans to cut up to 1,500 jobs, with roughly 500 positions eliminated over the following 12 to 15 months.

Spokesman Chuck Thompson said almost half of the 1,500 cuts have now been made or are in the process of being implemented.

McGuire said some of the 144 positions being cut will be through attrition and retirements, and some staff some could be assigned to the digital side. The moves are expected to shave \$15 million from operating costs.

Union leader Marc-Philippe Laurin questioned a plan that he feared would cripple the broadcaster's ability to serve smaller communities.

"According to their 2020 strategic plan, their intention is to move heavily into the digital world but they're effectively dismantling other areas of the company," said Laurin, president of the Canadian Media Guild's CBC branch.

McGuire said the CBC still has more than 1,100 people providing English-language coverage in 29 stations across the country, plus CBC's service in the North. The French service will still boast about 500 people, said Radio-Canada spokesman Marc Pichette.

"The commitment to local is there," she said. "Are we going to do it differently? Yup, we're going to prioritize digital in a way that we haven't traditionally, because that's where audiences are going."

Spring heavy vehicle road restrictions begin next week

Record Staff
SHERBROOKE

The Quebec transportation ministry is advising large truck operators and shippers that the reduced load limit period is about to begin. With the spring thaw, the road network's ability to bear weight is reduced.

Restrictions will begin on Monday in Zone 1, which covers the Eastern Townships and the rest of southern Quebec.

Restrictions in Zones 2 and 3 start on April 6.

As in past years, the dates for the beginning and end of the period depend on the general weather in each zone. These dates cover not only the thaw itself but also the period during which the road regains its capacity to bear heavy loads.

It is important to note that the load restriction period may be extended, suspended, or delayed depending on chang-

ing weather conditions.

During this period of additional load restrictions, highway control officers will intensify their weighing of the entire heavy vehicle fleet, both at the checkpoints and on the roads.

For more information about the standards for vehicle loads and dimensions, visit the ministry website at www.mtq.gouv.qc.ca or call 511 (in Quebec) or 1-888-355-0511 (elsewhere in North America).

Champlain to host international studies symposium

Record Staff
LENNOXVILLE

Champlain College will be hosting its annual symposium, titled "The Hidden Side of Current Events," on Tuesday, March 31 in the Centennial Theatre lobby, on the campus of Bishop's University in Lennoxville.

The Symposium is free and open to the public. There will be various activities organized throughout the day beginning at 8:30 a.m. and ending at 3:30 p.m.

The public is invited to come to learn

and discuss current international and social justice issues. This year's symposium has a particular focus on how knowledge about international issues (armed conflicts, inequalities or climate change) is framed, studied and addressed by a variety of actors such as scientists, politicians, corporations, journalists, and social movements.

A panel discussion will be held entitled *Debunking Religious Fundamentalism* with Bishop's University faculty members David Webster, Osire Glacier, and Christina Reimer.

There will be discussions on topics

such as Understanding Global Warming from the Arctic and Mass Media, War Journalism and Terrorism led by University of Sherbrooke professors Alexandre Langlois and Marie-Ève Carignan, respectively. Paul Clarke from Action Refugies Montreal will also lead a talk entitled *The Reality Behind Canada's Syrian Refugee Sponsorships*.

For a complete program of the day or for further information, please contact Nicolas Lecomte, the co-ordinator of Champlain's international studies program at:

internationalstudies@crc-lennox.qc.ca.

THE
RECORD

and



reconnu par le Club Canin Canadien

have 6 pairs of tickets to give away for the 2015 Dog Show, Championships in Conformation and Obedience, April 11 & 12, 2015

**Centre J.A. Lemay
250 Georges-Guilbault
Windsor**

Drawing will take place April 3, 2015 at 11:00 a.m.

Name: _____

Address: _____

Telephone: _____

Mail to: **Dog Show Contest
The Record
1195 Galt Street East
Sherbrooke, QC
J1G 1Y7**

EDITORIAL

Adopting a national energy policy that would prioritize energy efficiency and the use of renewable sources would contribute in reducing our dependency on oil.

When science strikes back



FRANÇOIS TANGUAY

Stephen Harper has made it very clear that the science behind climate change is, as far as his administration is concerned, a secondary issue... at best. The Conservatives have shut down project after project, taken away funding for research wherever they could and, to add insult to injury, forced our best minds on climate change into silence.

It seems that these days are coming to an end. Behind the impulse and determination of Catherine Potvin, a McGill University professor of biology, the science community is silenced no more. Sixty top of the line scientists, proof-read by a panel of 10 experts, have taken a strong stance on climate and made it clear they intend to make it a central issue of the fall election.

Reminding us, on the eve of the Paris climate meeting at the end of the year, that we are running short on excuses not to act, their document takes a solution oriented approach and proposes ten strategic orientations for the short and medium term.

Topping the list is a Harper favourite: putting a price on carbon! The scientists insist, carbon has dire consequences and ignoring the opportunities we are missing by pushing aside this urgency is doing a lot of damage, not only to the environment, but to our economy so in need of a carbon-less future.

Establishing greenhouse gas reduction targets equal to those in the US would be a good start. Even this feeble goal has been put aside by the Conservatives. Remember that the Conservatives, as they got us out of the Kyoto Protocol in the wake of the Copenhagen climate meeting, were saying, "we will do as the Americans do, since our

economies are so integrated."

The Canadian climate policy under the various Harper governments has been nothing less short of a socio-political disaster, even by North American standards.

To ensure a smooth transition to a low-carbon economy, it is proposed by the experts that Canada pursue a vigorous path towards a low in carbon production of electricity.

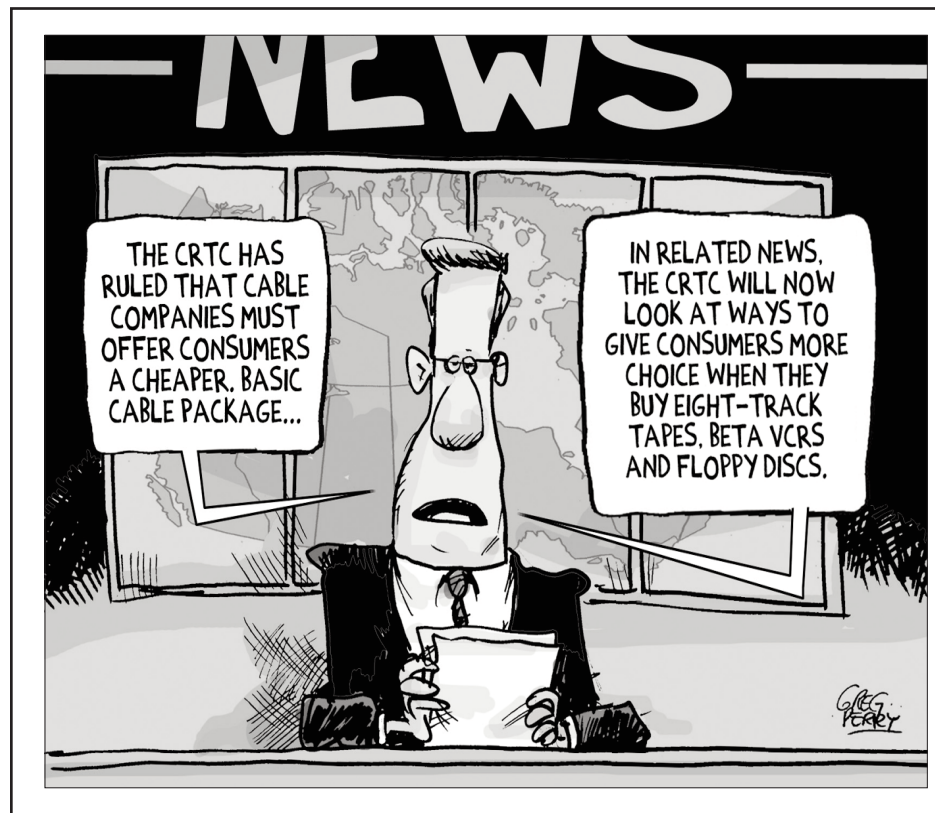
Among their proposals is one that makes tons of sense: joining the provinces east to west with a national electricity grid that would interconnect the nation and contribute to use more hydro, wind and solar power to light up our houses and less coal and oil.

British-Columbia, Manitoba and Quebec are all hydropower-intense and could easily export surplus production in such a scheme. Alberta and Saskatchewan, who are both highly dependent on fossil fuels for their electricity, could benefit from a national electricity grid, say the scientists.

Adopting a national energy policy that would prioritize energy efficiency and the use of renewable sources would contribute in reducing our dependency on oil.

In fact more jobs are created in renewables every day while more and more job losses are giving a bloody nose to the oil sector. Alberta, among others, has been pleading for a national energy policy, but with something quite different in mind, more western oil going east, an end to the pipeline debate opening the way to world markets. A slightly different agenda.

The report also points to issues that are too often ignored when energy is discussed: an integrated transport strategy,



city densification, landscape management and a much-needed stronger building code.

All issues even the Conservatives will have trouble ignoring. The full report is a good read, and in an accessible form. It should be mandatory reading for all political leaders. Even more, it should

help all parties define their national energy policies.

Let's wait and see, who knows, science may be taken seriously come October.

The document can be downloaded for free at this site: www.sustainablecanadialogues.ca.

Letters

DEAR EDITOR:

I came across something odd on Revenue Canada's home page while checking my taxes. It says in multiple places not the "Government of Canada" but "The Harper Government." I came across this before while doing my 2013 taxes.

I don't know. Is this legal, or does

it violate some regulation? Has any former Prime Minister or any current or former Premier taken this step and replaced "Government of _____" with "The _____ Government"? Not just on the government website but any public document that names the Government of _____."

BARRY AULIS
COOKSHIRE

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7
FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
JOHN EDWARDS NEWS EDITOR (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

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

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	135.60	6.78	13.53	\$155.91
6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and 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 9, 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

You Can Achieve Symptom-Free Asthma. We Can Help!

www.Asthma.ca
1-866-787-4050

Asthma.ca
Asthma Society of Canada

COLUMNIST

One thing I have learned. Life is not like a textbook with the right answers at the back of the book.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

The word of the week is: Wisdom

By Revs. Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle and
Carole Martignacco

1) Is it true that wisdom comes with age?

Now that I have passed the half-century mark, I suppose I can give a personal perspective. Certainly I have experience on my side, but does that make me wise? The older I get the less certain I am about a lot of things. Can I comfort myself that this is a sign of wisdom?

I used to take things at face value. I would judge people by the words they used and the way they said them. I never suspected hidden agendas and defense mechanisms that complicate human communication.

One thing I have learned. Life is not like a textbook with the right answers at the back of the book. Each of us has to judge for ourselves the right thing to do and say at any given moment. Each of us has a different perspective.

Perhaps that has been my greatest learning. To speak one's truth, all the while knowing that we do not have the corner on absolute truth, is the beginning of wisdom. It starts with humility.

~~~~

**2**) The wisdom of the elders, the wisdom that comes with experience, the wisdom of old age; for some reason we seem to associate wisdom with the length of years that we have lived on this planet. As I ponder this word a different image comes to mind.

I told a children's story once where I asked the kids what they were getting their moms for "Mother's Day." Some seemed puzzled by the question, others said breakfast in bed, still others mentioned a card. I suggested that perhaps the best gift they could offer was a warm hug.

We said a prayer together and they trundled off to Sunday School. Kaleb, who was 5 at the time, paused, looked

back, and then ran toward me to give me a huge hug. There was silence in the church. Kaleb had demonstrated deep empathy and wisdom in that action. He knew instinctively how to show love. I remember saying "I guess I don't have to preach a sermon today."

In my work I spend a great deal of time with children, at camp, in the community, and at church. In a previous incarnation I coached minor hockey, little league baseball, and junior girls basketball. I can remember many times when the children on my teams had more wisdom than the adults in the stands.

Jesus said once to his followers, "If you want to experience the kingdom of God become a little child." I think he was on to something.

~~~~

3) After a lifetime of associating wisdom with age, I recently was jolted into awareness by a most unlikely guru. I'd just told a story in our Sunday Time For All Ages — a silly story chosen for its simple heart truth — then asked if there were any questions. After studying my face solemnly a few minutes, one small child in the circle asked straight out of the blue, "So just how old are you?"

I'll spare you the numerical data, but it was an awakening. I had to agree that according to the numbers, I was now officially "old."

But where, oh where is wisdom? Have I missed it like a turn in the road, rushed by the directional signs, stepped right over or around it like a stone or ravine on my path? Apparently not a given, there's no grand equation: old = wise.

For collective wisdom of the ages, I turn to all the good books I can find, from all cultures, especially storytellers and poets who help me blend both mind and spirit. At appropriate moments I might recall words of wisdom gleaned from parents, mentors or teachers - or those memorized from the ever-elders we deem officially wise. More lately wisdom comes from the very per-

son sitting in front of me, and I gratefully take it to heart. All borrowed wisdom, you could say.

Yet every now and then it's as if a few long taproots of others' wisdom have transplanted themselves in me. Words of comfort or challenge, affirmation or insight arise - in time to even be helpful - from a source I cannot imagine. If wisdom comes, it's by surprise or ambush, from above, beyond or outside of what I know. All I need do is listen for it.

~~~~

**4**) Wisdom is a difficult word to approach directly. Who am I to be wise, or to lay any claim to that word? All we can do, usually, is to recognize wisdom in others.

The words of mentors will sometimes pop into my head at just the right time. "Why do you keep going to the wells that are dry?"

The internalized interject of my first therapist will say to me when I am seeking approval or kindness in a place where there is none. "You can't love them better!" I hear a former clinical supervisor warn, from somewhere deep in my psyche, when I am in danger of losing my boundaries out of a desire to rescue someone from their problems. "It is better that you know how to do it than it is to know what it is called," I hear another teacher say, in a reassuring voice, when I am frustrated at my loss of therapy.

Probably I am occasionally wise myself. If I am, it is with gratitude for the wise and kind teachers who took time to listen and be with me when I was young and didn't know much. Thank you.

And may God bless you whether you are looking for wisdom, or sharing it with others. It is a precious gift.

One word, four voices - now add your own: What is wisdom? How do you experience it in your life?

~~~~

The Reverends Mead Baldwin, W. Lynn Dillabough, Lee Ann Hogle, and Carole Martignacco are interfaith clergy colleagues in the Eastern Townships.

**Retreat deadline fast approaching!
All are invited!**

Don't forget to register for the first-ever Opening to the Spirit Retreat, April 9-11 (Thursday evening to Saturday evening), at The Round Hearth Conference Centre in Eastman.

Join us for a refreshing spa for the spirit, with time for exploring the themes of our weekly columns. For more information, or for registration materials, contact Rev. Lynn Dillabough at lynn@dillabough@gmail.com or Rev. Carole Martignacco at revcarole@uestrie.ca.

NOMINATION

The **Funeral Cooperative of Coaticook and Cass Funeral Homes of Ayer's Cliff and Stanstead** are proud to inform the public that **Mary Brus** is joining the two establishments as **Director of Finance**.

Mary is advantageously known in the region. She served for 23 years as Director General for the Municipality of Dixville and, most recently, she worked at the Municipality of the Village of Ayer's Cliff as well as the Régie incendie Massawippi. She remains involved in the Foundation Dixville Home.



Mary will also assist the Director General of the Funeral Cooperative of Coaticook, Michel Belzil, and will assume the same role with the Directors of Cass Funeral Homes, Leslie and Janie Webster. The arrival of Mary will facilitate the association between the Funeral Cooperative of Coaticook and Cass Funeral Homes of Ayer's Cliff and Stanstead.

We welcome Mary to our organization and look forward to a sincere collaboration.

CRE fundraiser

CONT'D FROM PAGE 1

and experienced runners, and children are all welcome to take part. The annual fundraiser allows the foundation of the CRE to raise funds destined for the purchase of equipment facilitating the rehabilitation and rehabilitation of its users.

"Our first year was a big success," Martin said, explaining that the \$11,000 raised by 628 participants went toward the purchase of an assistive stander that now benefits multiple sclerosis patients. Martin said that the

organizers were happy to bring the event back to Ayer's Cliff given the warm welcome they received from the community in the first year.

The race itself will appeal to beginners as well as experienced trainers with routes of 1, 5, 10, and 21 kilometres, as well as a race for children. The race itself will be co-ordinated by the Courir en Estrie organization. Those interested in signing up to participate can sign up at courirenestrie.com. Details for making a donation are available from the CRE foundation at 819-346-8411, extension 43115.



**Ayer's Cliff
Stanstead**
819-564-1750
1-800-567-6031
www.casshomes.ca

Good Reads

CONT'D FROM PAGE 2

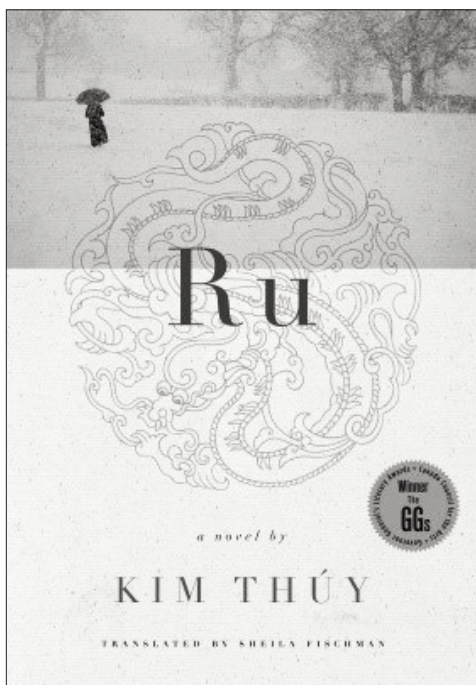
“However, even this will not be possible if you are too angelic to have anything to apologize for.”

All these short verses have the same title: This Is Just To Say.

*I already knew
the pea
was under
the mattresses
which
helped immeasurably
in faking
the true princess test
Forgive me
I am a true
evil
enchantress.*

Ru in Granby

An Eastern Townships author has won Canada Reads! Kim Thúy's poetic book *Ru* (originally written in French and translated into English by Sheila Fischman) won this year's CBC Canada Reads: One Book To Break Barriers. The



novel “traces a young woman's journey from to her home in Saigon during the Vietnam War, to a crowded Malaysian

refugee camp and then to Quebec, where she struggles to fit in.”

The book has certain true-life elements – Kim Thúy is an immigrant whose family settled in Granby when she was 10 years old. From a recent CBC profile: “She and her fellow Vietnamese refugees hadn't been able to wash properly for months. They had skin infections and lice in their hair. But the people of Granby rushed to embrace them. “There was not one moment of hesitation to say, ‘Who are these people?’ or ‘Should we touch them or not?’,” said Kim Thúy, as she has come to be known in her adopted homeland.

“And their eyes, the way they looked at us. I had never been that beautiful in my life. And I have never been as beautiful again.”

Kim Thúy now lives in Montreal.

Book Ends

Every Saturday, children aged 5 to 11 are invited to a reading and crafts workshop. It's bilingual, free, and scheduled

from 10:30 a.m. to noon.

For adults, Books & Brown Bags will be held Wednesday, April 8 and 22, from noon to 1 p.m. Bring your lunch and a book to chat about. All are welcome.

The artworks of Mélissa Tardif are up on library walls until April 11.

Pick up a Lennoxville Library card! It's free for residents of Sherbrooke.

If you're housebound, we can bring books and audio books to you through Books on Wheels.

We have large-print books too, plus an Easy Reads section. There are sections for Young Adult novels and graphic novels, and children's non-fiction and fiction. Inter-library loans and ebook rentals are now available.

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail bibliolenn@gmail.com or phone 819-562-4949.

The website is at www.bibliolennoxvillelibrary.ca.

Older book reviews and reading suggestions are on our blog at bibliolennlibrary.wordpress.com/.

Record Staff
LENNOXVILLE

Prom Fairies fundraiser Sunday

serve to celebrate looking like kings and queens. They also know that the costs related to this can be far more than some families can afford.

They accept all donations of gowns, suits, jewellery, shoes, other accessories, and vouchers for nails and hair. The only thing we ask of the girls is that they return the dresses so they can be used again in the future. Anything given to

the girls is theirs to keep. The young men are fitted for a suit of their choice paid for by the Prom Fairies.

They must return it to the rental store themselves. Appointments with hairdressers are also supplied to them if they wish.

The Prom Fairies are seeking sponsorship for an event that will be taking place on Sunday, March 29. A fundraiser

bingo at the Hut will be held to help cover the expenses of at least four students so far for help this year.

They are asking for support from individuals, businesses and organizations in our community, either through a monetary donation or a tangible prize.

If you wish to support the Prom Fairies, please contact Nancy Grey 819-569-7963 or Wanda Evans 819-565-7099.



SGT thanks its employees...
SGT has recently celebrated different milestones with its employees, milestones such as 10, 20 or 25 years with the company, or drivers having reached the elite “Million Miles Club”.

10 YEARS:
Mr. Jason Guevremont, Mr. John Denobrega, Mr. Manuel Levesque, Mr. Peter Donos, Mr. Ronald Andrews. Mr. Peter Landry, as well as Mrs. Line Rousselle.

20 YEARS:
Mr. Francois Palamara

25 YEARS:
M. Daniel Campbell

Million Miles Club:
For the benefit of its experts of the road, the company has created an elite club, the Million Miles Club for those who reach significant milestones: 1 million, 2 million and even, this year, 3 million miles travelled for the company.

This year's recipients are, for 1 million miles: Mr. Davis Lester, Mr. Eric Dubuc, Mr. Jay Gibson and Mr. Manuel Levesque. For our 2 million miles, we have Mr. Fernand Alarie and Mr. Henri Plourde.

Our president is proud to announce that one of its drivers has reached the unprecedented milestone of 3 million miles in 2014! The persevering driver is none other than Mr. Bruce Roberts.

It gives me great pleasure to have such wonderful people at the heart of our great SGT family and keep up the great work!

Denis Coderre




354, chemin Yamaska, St-Germain

www.sgt.ca

Local Sports

Champlain basketball teams in medal hunt this weekend

By Mike Hickey
Special to the Record

The Champlain College men's and women's basketball teams are headed to Trois-Rivières and Quebec City respectively this weekend in the first step towards winning provincial championships.

The two squads are coming off undefeated seasons in the provincial Division 2 Northeast Conference, Central Division and have earned top seeds in the regionals play downs.

The regionals will feature the top four teams from the Quebec and Central Quebec divisions with the top four teams then advancing to the provincial

championship that will be held in Montreal from April 10-12th.

The Sherbrooke Volontaires men's and women's teams will also be competing in the regional tournaments. Both Volontaires squads are seeded third in the Centre section, after the women went 12-4 and the men were 9-5.

Champlain's top-seeded men used a balanced offensive attack and the division's best defence to post perfect 14-0 mark in the regular season. Head coach Mathieu Beaudoin's club, provincial bronze medallists in 2014, has held opponents to just 55 points a game while five Cougars are averaging in double figures.

Moreldo Downey leads the way with

20.5 points per game while Ashton Slawter is scoring at a 14.3 clip. The team's other double figure scorers are Alexandre Boisse (10.4), James Murray (10.1) and Shivase Reddick (10.0).

The men made be headed for a showdown with the Thetford Filons, who finished in first place in the Quebec section with an identical 14-0 record. The Cougars open up Friday evening against Jonquiere. In the other first-round contests, Sherbrooke meets Ste-Foy, FX Garneau of Quebec City takes on Drummondville and Thetford plays Trois-Rivières.

For the second consecutive year, the women have gone undefeated in regular season play. Head coach Steve Cassivi's

team was clicking all season long as they finished the campaign with a 16-0 record while outscoring their opponents by an average of 39 points per game. They are led by veterans Cynthia Dupont-Letourneau (17.7 ppg) and Taylor Dennis (14.1 ppg).

While Champlain was hardly tested during the regular season, Cassivi and his squad know that the opposition will be tougher this weekend beginning with Friday's first-round game against the host Ste-Foy Dynamiques. The ther first round games Friday night include Sherbrooke taking on Champlain-St-Lawrence, Granby facing FX Garneau and Merici of Quebec City playing Trois-Rivieres.

Phoenix looking for first-ever playoff win

By John Edwards
SHERBROOKE

The Sherbrooke Phoenix are not totally new to the Quebec Major Junior Hockey League playoffs, but they might as well be.

The Phoenix have made the playoffs for the second time in their three-year franchise history, but their first appearance was a cameo at best, as they were easily swept away in four games by Baie Comeau in 2013.

This time, the odds of the Phoenix getting their first win in the playoffs, or even their first series win, are much better.

Sherbrooke, who finished eighth in the QMJHL standings with a 36-26-6 record, finished just three points ahead of ninth-seeded Charlottetown, who were 35-28-5.

After a February swoon that saw the Phoenix fall from the league's upper echelon, Sherbrooke seems to have righted the ship at a good time, as they come in to Friday's Game 1 having won four of their last five games.

Charlottetown, however, is also hot, riding a three-game winning streak and a 7-2-1 record in their last 10.

With the series having a 2-3-2 format, wins on Friday and Saturday are vital for the Phoenix. If the Islanders manage a split, they would return to P.E.I. with a chance to end the series on home ice.

The teams split their two meetings this year, with the road team winning both times. With the teams only two goals apart in goals for and goals against, expect a close, and long, series.

Our prediction: Sherbrooke in 7.

Poulin named Canada's captain for women's world hockey championship

The Canadian Press
Malmo, Sweden

Marie-Philip Poulin has been named captain of the Canadian women's hockey team for the world championship starting Saturday.

The 23-year-old from Beauceville, Que., scored the equalizer with less than a minute remaining and the overtime winner for Canada in last year's Olympic gold-medal game against the United States.

Poulin was just 19 when she scored both of Canada's goals in a 2-0 win over the Americans in the 2010 Olympic final. She was captain of the Boston University Terriers in her senior year this past season.

Canada opens the 2015 world championship against the defending champion U.S. on Saturday in Malmo,

Sweden. The Canadians meet Russia on Sunday.

Head coach Doug Derraugh of Arnprior, Ont., chose Brianne Jenner of Oakville, Ont., Rebecca Johnston of Sudbury, Ont., Toronto's Natalie Spooner and Lauriane Rougeau of Beaconsfield, Que., as Poulin's alternate captains.

Spooner scored twice for Canada in their final pre-tournament game Thursday in Lund, Sweden. The women defeated Skanes, a local team of 16-year-old males, by a score of 2-1. Jessica Campbell of Melville, Sask., and Montreal's Caroline Ouellette each had an assist.

The women were outshot 42-29, but Genevieve Lacasse of Kingston, Ont., and Emerance Maschmeyer of Bruderheim, Alta., combined for the win in net

Canada has won 10 of the 15 women's world championships, but the Americans have won five of the last seven.

QMJHL playoff schedule

	WEDNESDAY, APR. 1 Sherbrooke at Charlottetown, 6 p.m.
	FRIDAY, APR. 3 x-Sherbrooke at Charlottetown, 6 p.m.
All Times Eastern First Round Sherbrooke vs. Charlottetown	MONDAY, APR. 6 x-Charlottetown at Sherbrooke, 7 p.m.
FRIDAY, MAR. 27 Charlottetown at Sherbrooke, 7 p.m.	TUESDAY, APR. 7 x-Charlottetown at Sherbrooke, 7 p.m.
SATURDAY, MAR. 28 Charlottetown at Sherbrooke, 4 p.m.	
MONDAY, MAR. 30 Sherbrooke at Charlottetown, 6 p.m.	x - if necessary.

GET YOUR TICKETS NOW!
FIRST ROUND OF THE 2015 PLAYOFFS

CHARLOTTETOWN ISLANDERS VS SHERBROOKE PHOENIX

**FRIDAY
MAR. 27TH AT 7 P.M.**

**&
SATURDAY
MAR. 28TH AT 4 P.M.**

ACHIEVING 100% COMPETITIVE OUR AMBITIONS

HOCKEYPHOENIX Tel. 819.560.8842

Add strength training for well-rounded exercise regimen



ASK DOCTOR K
by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I'd like to start strength training, but I have lots of questions. What should I know before I begin?

DEAR READER: Strength-training exercises are those that force your muscles to strain against an opposing force, like a dumbbell or elasticized band. There's a lot you need to know before you begin. I'll answer several common questions to help get you on your way. (I've put several more strength-training tips on my website, AskDoctorK.com.)

— What are "reps" and "sets"? Most

strength-training routines call for lifting and lowering a weight eight to 12 times. These repetitions are called "reps" for short. One exercise repeated eight to 12 times is called one set. A complete workout includes two to four sets of eight to 12 exercises that, combined, exercise all the major muscle groups.

— How often should I strength-train? Try to perform a complete strength-training routine two to three times a week.

— How much rest do my muscles need? Allow at least 48 hours for muscles to recover between strength-training workouts. So, if you work out on Monday, wait until Wednesday for another session.

— What is good form? Good form means aligning your body correctly and moving smoothly through an exercise. Focus on slow, smooth lifts and controlled descents.

— How much weight or resistance should I use? Choose a weight that allows you to do only eight to 12 repetitions. The last one or two reps should be difficult. When you can comfortably perform 12 reps, increase the amount of weight.

— How long should I rest between sets? Rest for about one minute between sets.

— Should I warm up and cool down? Warm up for five to 10 minutes before you exercise, and cool down for five to 10 minutes at the end. Marching in place and gently swinging your arms, or

using a treadmill or exercise bike, are excellent ways to warm up. To cool down, walk slowly until your heart rate and breathing are close to normal. Then do some stretching.

Remember, a well-rounded exercise program includes aerobic, balance and flexibility exercises, in addition to strength training.

I've done aerobic exercises at least five days a week, at least 30 minutes each day, for most of my adult life. I was a skeptic about adding strength training to my exercise program. In part, I was worried that the time I spent with strength training would reduce the amount of time I had to do aerobic exercises.

Several colleagues here at Harvard who are exercise experts convinced me otherwise. They pointed out that I was going to start losing muscle mass, particularly in my upper body, if I didn't do strength training. And that substituting strength training for aerobic exercises did not reduce the cardiovascular benefits of aerobic exercise.

About 10 years ago, I began an every-other-day routine: strength training one day, aerobic exercise the next. I know my upper-body muscle mass has benefited, and I'm convinced I haven't sacrificed any cardiovascular benefits.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

Church Services

Anglican

LENNOXVILLE

On Palm Sunday March 29, Saint George's Anglican Church, Lennoxville, at 84 Queen St. celebrates Holy Communion at 8 a.m., Morning Prayer with Sunday School at 10 a.m. and Evensong Service at 4 p.m. 819-346-5564

SHERBROOKE

Sunday, March 29 at 11:00 a.m., Church of the Advent 473 Bowen St. S., Sherbrooke, welcomes you to a service of Holy Communion with the Ven. Dean E. Ross officiating.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Sundays: 10:30 a.m. Worship and Sunday School. Easter Services: April 2, 7:30 p.m. Maundy Thursday Service; April 3, 10:30 a.m. Good Friday Service at Lennoxville United; April 3, 8 p.m. Good Friday Evening, Tenebrae Service; April 5, 10:30 a.m. Easter Sunday morning service. All welcome. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

United

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you: Palm Sunday Worship & Sunday School on March 29 at 10:00 a.m. followed by refreshments. Rev. James Potter, 819-565-8449; website lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V, Dansokho, minister; Leslie Young, organist. Sunday, March 29. Sunday worship is at 10:30 a.m. Following worship will be our monthly Mission and Service luncheon, celebrating those with birthdays and anniversaries while donating to our Mission and Service Fund. Guest speaker, Megan Buchkowski from Bishops University will be presenting her research on one of our members, Lois Ogilvie Blanchette, and her influence on Sherbrooke's music culture. There are activities for children during worship. Everyone welcome.

WATERVILLE/NORTH HATLEY

March 29: Hatley United (no service) and Waterville/North Hatley Joint Service 11:00 a.m. with Sunday School. Rev. Mead Baldwin 819-837-1112.



SUDOKU

Difficulty: 5 (of 5)

5			6			1		
					3			
7			5	1				
5	7			4				
		9					8	
	8	1				2	7	
			4					5
					8	7		
9		4			2			3

©2015 JFS/KF Dist. BY UNIVERSAL UCLICK FOR UFS

PREVIOUS SOLUTION

2	8	9	1	6	3	4	7	5
4	7	1	2	9	5	3	6	8
3	5	6	8	4	7	9	2	1
5	4	8	3	2	1	6	9	7
1	6	3	9	7	8	2	5	4
7	9	2	4	5	6	1	8	3
9	2	5	7	1	4	8	3	6
6	3	4	5	8	9	7	1	2
8	1	7	6	3	2	5	4	9

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

8	3	6	2	7	5	4	1	9
1	4	7	8	6	3	5	2	9
5	2	9	6	1	4	7	3	8
4	8	1	6	3	5	2	7	9
3	6	9	1	2	7	8	5	4
5	7	2	8	4	9	3	1	6
7	9	8	2	5	1	4	6	3
1	4	6	7	8	3	5	9	2
2	5	3	9	6	4	1	8	7

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PREVIOUS SOLUTION

©2015 JFS/KF Dist. BY UNIVERSAL UCLICK FOR UFS

4	3		9		5	7		
			4	8		2		
	9				1			
				4		8	5	
	5		8			6		
		3					7	
7					1	2		3
			8					2
	4							9

Difficulty: 4 (of 5)

SUDOKU

O.E.S. The Highland Express

Worthy Grand Matron Heather MacDonald and Worthy Grand Patron William Miller sent their greetings to the various chapters and spoke of their visits to them and how much they had enjoyed themselves.

Chapter News

Maple Leaf #2 was happy to welcome W.G.M. Heather to their December and January meetings. Two Grand Representatives were appointed, Sisters Patricia Koch to Nevada and Norma Rhicard P.M. to Kentucky. W.G.M. Heather also had the honour of presenting Brother Raymond Wescott P.P. with his 45 year pin. At their February meeting they shared a cake celebrating their 106th Birthday. A date will be chosen for a celebration at "Wongs" Restaurant in Granby. On April 18, they will hold a Chicken and Biscuit Supper for the general population. They still have a few cook books to sell.

Fidelity Chapter #55 - The members mourn the passing of Sister Myrtle Crutchfield P.G.M. and a dedicated chapter member. Memorial and Eastern Star Services will be held for her on July 2. Worthy Matron Patricia Green Milberg brought back a cake, made and decorated by her daughter for the chapter, from her recent visit to Scotland. They found it, not only delicious but beautifully decorated and had not suffered from its long journey.

Friendship Chapter #15 welcomed two new members, Yolanda Garcia and Christophe Deschamps to the Order. The members were happy that Brother Barry Yaxley G.S. did the Obligation in French, the first time that the French translation has been used and he did a wonderful job. They wish the very best for their member, W.G.M. Heather MacDonald, and hope that all the chapters will give her their support.

Owl's head #35 - Four of the Grand Officers for 2015 come from their chapter, Sisters Janet Patch, Grand Marshall, Victoria Davis, Grand Adah, Elaine Young P.M., Grand Martha and Brother Francis, Young Grand Warder. For Christmas, the members got together to package up cookies along with Christmas cards for their members and friends who were not able to get to meetings. Best Wishes is extended to Sister Sandra Morrison for a speedy recovery. The members were saddened by the death of Sister Reba Holloway, who had received her 70 year pin in October 2014 and that

Sister Eileen Eldridge's older sister had passed away.

Cowansville Chapter #17 January meeting was "Fuzzy Slipper" night. Visitors from Maple Leaf and Owl's Head Chapters were present. W.M. Donna Mitchell presented homemade cookies in the shapes of our fun symbols, the porcupine and the turtle. Brother Norman Cook W.P. was home, recuperating from eye surgery, and wished well. A letter was received from a local school for the snowsuits, winter boots, hats and mitts, which they had received. Many planned to attend the School of Instruction.

Lake St. Louis Chapter # 45 - At the January meeting, an "Out of Time" Installation took place when Brother Barry Yaxley G.S. was installed as Worthy Patron of the chapter by W.G.M. Heather MacDonald and Brother Ralph Hall P.G.P. The Worthy Grands will make their official visit to the chapter on March 5.

Events: March 7 - Curling at Cowansville Curling Club; March 7 - Irish Night at Fidelity Chapter, Harmony Hall; March 1 - Bowl-a Thon at Champlain Lanes, Greenfield Park.

February Milestones: Birthdays - Sisters Mary Lou Burns (2), Udo Schereff (3), Ruth Atto (12), Sandra Morrison (15), Shirley Billings and Brothers Neil Burns (9), Garnet Morrison (9), Neil Albers (13) all from Chapter # 35 and Sister Joyce Corey (18) Chapter #2. Anniversaries - Sisters Ruth Atto (1952), Sheila Bellam (1976) from Chapter #35.

With the winter that we are having, one needs a chuckle to get through it. "As a man was working in his yard, he was startled by a late model car that came crashing through his hedge. He rushed to help an elderly lady get out of her car and sat her down in one of the lawn chairs. "You appear quite elderly to be driving a car" he said. "Well yes I am. I will be 97 next month and I am now old enough that I don't need a driver's license." she said "The last time I went to the doctor's, he examined me and asked if I had a driver's license and of course I said yes and handed it to him. After he took it, he took scissors out of his drawer, cut it up and threw it away, saying, "You won't need this anymore, so I thanked him and left".

*Until next time,
Star Love,
Evelyn Beban Lewis (Publicity)*

In Memoriam



HUDSON - In loving memory of Herbert Joseph Hudson who died March 31, 2011. *Dearly loved and always remembered.*

NELLIE AND FAMILY

Death



Edward DAVIDSON

Passed away peacefully at his home with his family by his side, on March 25, 2015 at the age of 59.

Beloved husband of Patricia Robinson and dear son of Jean and Ross Davidson. Cherished father of Ann-Marie Davidson (Clint Roberts), Jason Davidson (Emily Boutin), Kayla Coulombe (James Bolduc) and Julie Sullivan (Rémi Lessard). Edward leaves to mourn his sister Darleen Boccarossa (Mario Boccarossa), brother Eric Davidson (Heather Davidson), his grandchildren Faith Roberts, Hailey Roberts, Lexie Bolduc, Holden Bolduc and Rylie Davidson, along with his nieces and nephews, Tina, Marty, Micheal, Christine and family.

Resting at the Cass Funeral Home, 295 Principale S., Richmond, Qc, on Saturday, March 28, 2015 from 12 to 4 p.m. A graveside service will be held at the St-Anne's Cemetery at a later date. Donations to the Canadian Cancer Society, 3330 King West, bureau 130, Sherbrooke, QC J1L 1C9 would be greatly appreciated by the family.

CASS FUNERAL HOMES
295 Principale St., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Memorial Service

CORBEIL, Pierre - A Memorial Service for Pierre Corbeil (the Barber) will be held on Saturday, March 28 from 2 p.m. to 6 p.m. at the Depanneur Rouge, 483 chemin Knowlton, Knowlton.

Datebook

FRIDAY, MARCH 27, 2015

Today is the 86th day of 2015 and the eighth day of spring.

TODAY'S HISTORY: In 1794, the U.S. Congress passed the Act to Provide Naval Armament, establishing the force that would become the U.S. Navy.

In 1886, Apache leader Geronimo surrendered to U.S. forces at Skeleton Canyon in Arizona.

In 1964, the largest recorded earthquake in U.S. history (magnitude 9.2) struck Alaska, killing more than 120 people.

In 1998, the Food and Drug Administration approved Viagra, a medication to combat impotence.

TODAY'S BIRTHDAYS: Wilhelm Roentgen (1845-1923), scientist/inventor; Henry Royce (1863-1933), founder of Rolls-Royce Limited; Ludwig Mies van der Rohe (1886-1969), architect; Gloria Swanson (1899-1983), actress; Sarah Vaughan (1924-1990), singer; Quentin

Tarantino (1963-), filmmaker; Mariah Carey (1970-), singer; Nathan Fillion (1971-), actor; Fergie (1975-), singer-songwriter; Buster Posey (1987-), baseball player.

TODAY'S FACT: Wilhelm Roentgen, the Nobel Prize-winning discoverer of X-rays, took the first medical X-ray of his wife's hand.

TODAY'S SPORTS: In 1939, Oregon defeated Ohio State 46-33 to win the first NCAA men's basketball tournament.

TODAY'S QUOTE: "When I sing, trouble can sit right on my shoulder and I don't even notice." — Sarah Vaughan

TODAY'S NUMBER: 2 — actors who have turned down the Academy Award for best actor. George C. Scott declined his Oscar in 1971 for his work in "Patton." Marlon Brando boycotted the ceremony on this day in 1972, refusing his award for "The Godfather."

TODAY'S MOON: First quarter moon (March 27).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 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: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 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: clas-sad@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. Rates: Please call for costs.

He is an alcoholic and is unemployed, with no interest in getting a job

FRIDAY, MARCH 27, 2015

Annie's Mailbox

Dear Annie: My youngest son is 34 years old and lives with my wife and me. He is an alcoholic and is unemployed, with no interest in getting a job. He helps at home by doing the cooking. He is a great cook by trade. He was laid off as head cook at a restaurant and can't get over it.

My son is a good person, and I love him very much. He claims he was blackballed. He has had 10 good jobs over the past 15 years, but has had at least five DUIs and has been in jail three times.

Could this be true? Is there any way I could get him out of the house and into a work program? My wife will not back me up when I tell him he has to get a job. — Beside Myself

Dear Beside: Employers routinely refuse to hire those who have a drug or alcohol problem and have been arrested multiple times. It has nothing to do with being "blackballed." Regardless of his cooking skills, your son is not a reliable employee. Before you check out a work program, please see if he will go to an AA meeting (aa.org). You and your wife could also benefit from understanding how you may be enabling your son's drinking, which undermines his efforts to find employment. For you, we recommend Al-Anon (al-anon.alateen.org). Your son can still turn his life around, but he needs to get off the booze first.

Dear Annie: I could have written the letter from "Tired of Sharing," the woman in her 50s who was dating a man who always had a group of women around him. It brought back vivid memories of a crazy time in my own life. I, too, met a man who seemed witty and funny. I fell hard, ignoring all the signs of a lousy relationship blooming on the horizon.

My guy had a harem of women, too. They were only "friends" whom he talked about all the time. They knew no boundaries and would call him at any hour for anything. If they wanted help, he'd drop whatever he was doing, leaving me to handle stuff at home by myself. How stupid of me not to know that the relationship could only go downhill.

My life was a living hell for a long time, culminating in a nervous breakdown. I finally had enough and moved out, and it was the best thing I ever did. He ended up marrying one of his "friends." I dodged a big bullet.

There is life after such a horrendous mistake if you

get out in time. I always thought I had to have a man in my life in order to be happy. But after years of dating and being in unhappy relationships, I gave it all up, and I've never been happier or more free. It's exhilarating to know you can do for yourself and be truly content with life. I would never go back to that crazy lifestyle. Tell that woman to run away as fast as she can. She'll be glad she did. — Older and Wiser

Dear Older: No one should remain in a relationship where you don't feel valued, where you think you have to put up with constant mistreatment and disregard because otherwise you would be on your own. There are worse things than being alone, as you have learned.

Dear Annie: I read the letter from "Richard," who was named for a hero of World War II, but whose nickname ("Dick") elicits snickers. My name is Richard, and my friends call me Dick. I'm 79 and 6-foot-4. I was football captain in high school, played at university, and spent four years as a military police paratrooper, so I have a few advantages working for me.

But I have never understood why anyone would worry about hurting the feelings of some nitwit who failed to show the respect that any person deserves. A few times over the years I've suggested to the speaker that he stuff that comment where it belongs and said I'd be glad to assist if he needed any help, although none of them seemed to need help. They didn't bother me again, nor did they attempt to socialize with me at all, but it was their loss, not mine. Richard sounds like he's capable of the same approach but chooses not to use it. Perhaps he should. — Another Richard

Dear Richard: We were surprised at the number of men named Richard who wrote to us about their names and nicknames. Read on for a sampling:

From Florida: I am 75 years young and have used Dick my entire adult life, in both business and personal relationships. Occasionally, I run into someone who makes a stupid comment. I stare at them and respond, "What would you have said if my name was John?"

Boston: My idea of the best response would be: "I was named for a war hero. How about you?"

New York: My father was also a WWII veteran whose nickname was Dick. I suggest "Richard's" re-

sponse simply be: "Dick may be my name, but at least I don't act like one."

Orange Park, Fla.: I was named after my father, Richard Sr., who was called Dick. I was given the nickname "Buddy" so that I would not be referred to as "little Dick." I'm now 66 and am still called "Buddy" by my siblings, but I'm known to my friends as Richard.

Fort Dodge, Iowa: An acquaintance named "Dick" has a good line he uses when he anticipates an unflattering remark might be on its way during introductions. He says, "My given name is Richard, but my friends call me 'Big Dick.'" This is especially amusing because he is rather short in stature.

Omaha: I have many Richards in my life, beginning with my father, who went by "Dick." My brother is also Richard, and he uses his full name. My husband is Richard, but he goes by "Rich" most of the time. My son, Richard, goes by "Rick" at family gatherings but sticks with his full name at work. My father-in-law is also named Richard and goes by "Dick." If you are getting dizzy, take comfort that none of "my" Richards has ever had an issue with the name. I am hoping for a grandson I can call "Richie"!

Salem, Ore.: My name is Richard, too. I pursued a career in theater early on and thought that referring to myself as "Dick" might be less cumbersome on my resume. I was fortunate enough to land a major role in a Broadway musical about to embark on a national tour. But when we arrived at the first theater, I discovered that the producer's office had Freudishly changed my first name to "Peter." After that, I reverted to Richard.

Indiana: My dad's sister and her husband had a son they named Dick right after the war. A few years later, his brother had a son and also named him Dick. A few times a year we all got together at Grandma's house. To avoid any confusion, we would just call them Big Dick and Little Dick, and I never thought anything about it until I read your column.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. To find out more about Annie's Mailbox and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

Bulwer Golden Age Club met recently

March 24 - President Keith welcomed in all 72 members in attendance at the Community Center, on a beautiful Spring day to play 500, Skip Bo, Cribbage and Carpet Bowling. We still have quite a few people out sick and hope they all feel better soon.

7 tables of 500 were played, 1 table of Skip Bo with Violet Lister and Holly Dawson being the winners. 2 tables of Cribbage being played, table 1 of Ed and Keith playing against each other with Ed winning by 46 points, table 2 of Ann and Beulah getting beat by Gail and Doreen by a close 3 points. The carpet bowlers played 2 very close games the first game consisting of Mary Lou,

Helen, Serena and Stan for the black team winning with a score of 7 to 6. The second game against the red team consisting of Yolande, Warren, Ella and Colleen was a tie against the black team.

The President announced that at quarter to four the games were to stop in order to have the Easter Bonnet Parade. The judges being Irene Humphrey, Pat Decoteau and Marion Annesley. The parade started and as they were promenading, the judges did their selection with Verna Westgate winning, with the most original bonnet. Helen Matthews received first place and Mary Lou Burns second place. The gentleman that won

for the men was Norman Wightman. The judges had a very easy time to select a winner as he was all alone for the men.

Welcome back Isabel Nelson, we sure missed you.

The tables were brought out and the Easter centerpieces and chocolates were done by Lynn Gordon (thank you). Chairs were placed and everyone sat down for a meal of roast pork tenderloin, potatoes, carrots au gratin, tossed salad, pickles, hot cross buns, tea and coffee, mandarin orange cake. Thank you Peggy and helpers as the meal was superb. Grace was said by Warren Heath.

Door prizes were won by Teryl Painter (TP), Isabel Nelson, Gail MacDonald, Winnona Kirby, Jessica Phaneuf and Glenna Huff. Peggy's goodies were won by Mary Lou Burns, Diane Learned, Fern Lapointe, Ella Bell, Keith Bennett, Frances O'Hara and Jessica Phaneuf. Tables were cleared and dishes washed, floors swept.

The Purple Prose Supper is on May 12 for the Compton County Museum.

We hope all had a safe trip home and God bless all. Thank you Margaret for all your help collecting the info for me.

Our next meeting will be April 6 at 2 p.m.

Submitted by Al Doherty

E-mail your social news to classad@sherbrookerecord.com

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.

"S ILLV GLHZJ AZJJN PN AFZ AEPAF
SULPA YAN FZEL; UPA S USV GLHZJ
AZJJN PN AFZ AEPAF SULPA YAN
SPAFLE." — I.O. XFZNAZEALG

Previous Solution: "When 'Weird Al' wants to go parody, it's not meant to make them look bad ... it's meant to be a tribute." — Al Yankovic

TODAY'S CLUE: A s i n b e H

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.

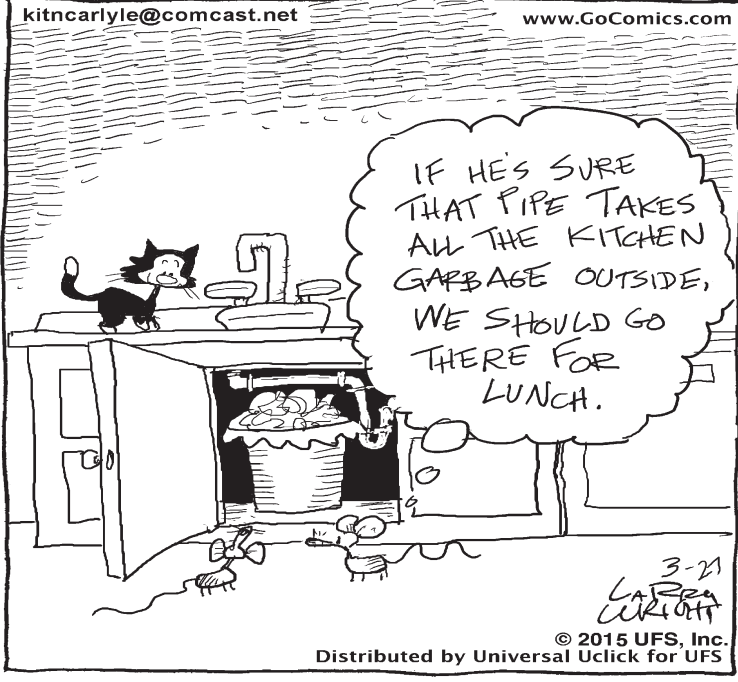
"C VLCZRVF DCPKZF ZKDL HLWOKHLM
DHLWOLSR OML ND RVHLL TVHCMLM:
'PCF K?, RVCSA FNO, CSE K' P
MNHFF.'" — TNTL DHCSGKM

R equals T : U E : S A D O L

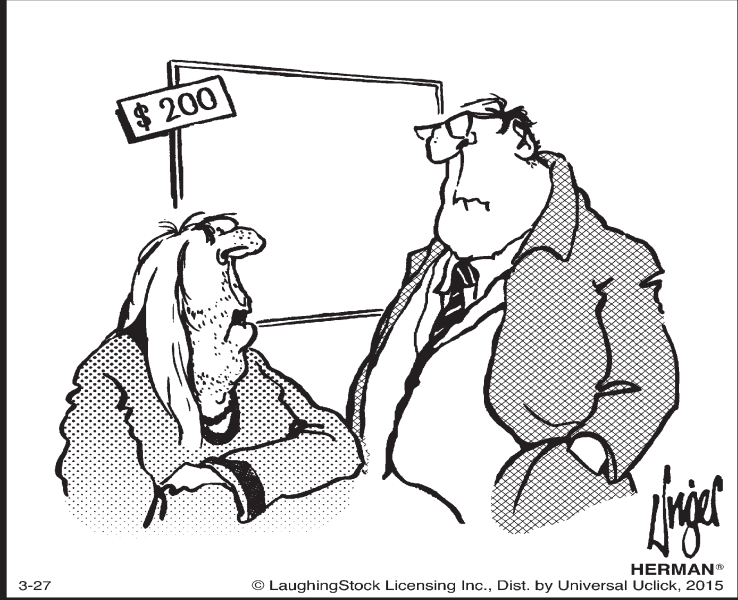
novel tells us the truth about its author." — G.K. Chesterton

Previous Solution: "A good novel tells us the truth about its hero; but a bad

KIT N' CARLYLE

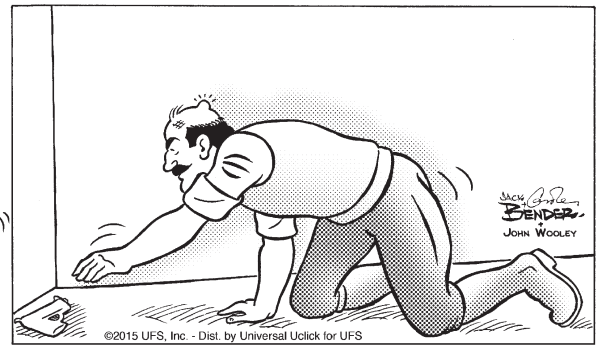
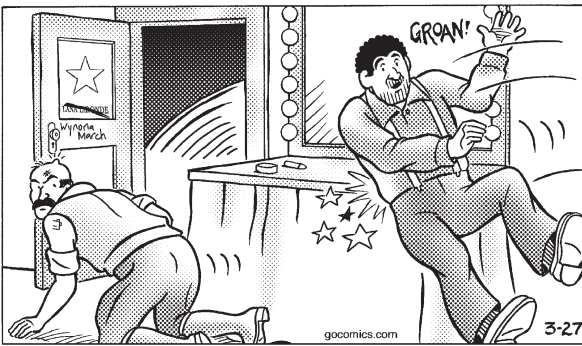


HERMAN

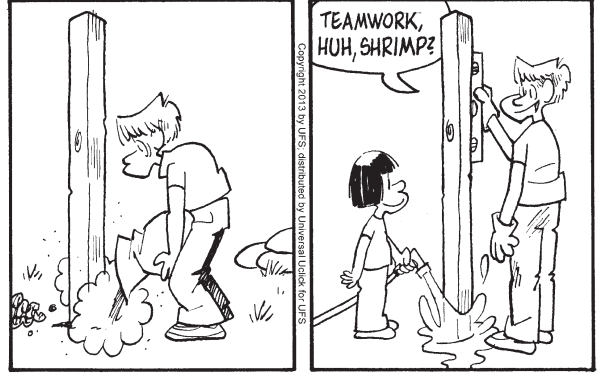
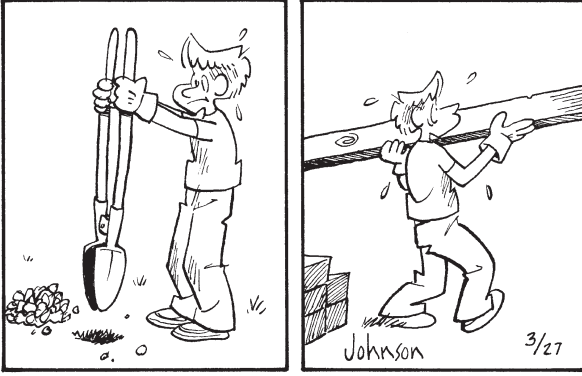


"Sure, you can have it for 10 bucks, but wouldn't you rather own a \$200 painting?"

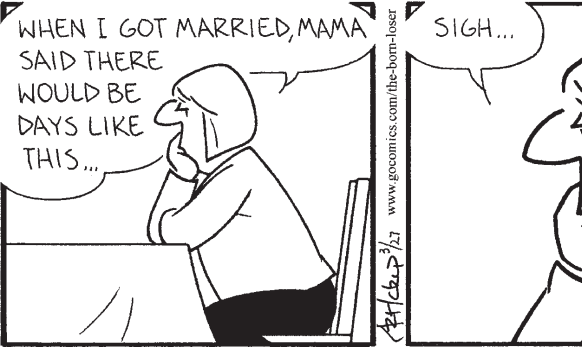
ALLEY OOP



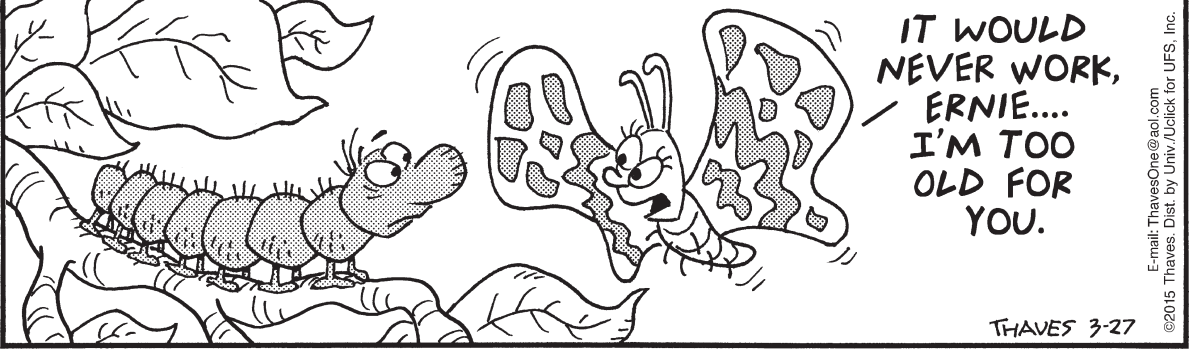
ARLO & JANIS



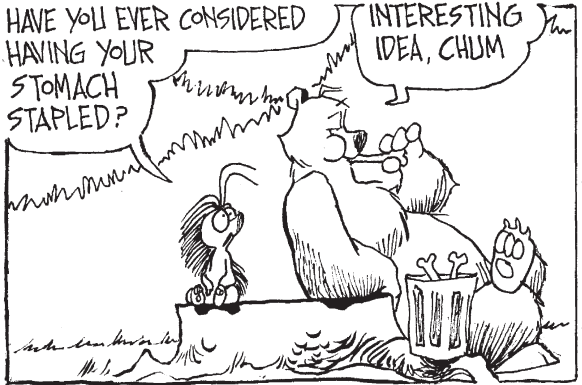
THE BORN LOSER



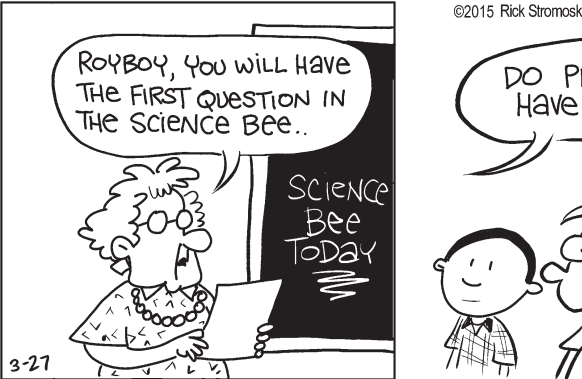
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



Diabetes The New EPIDEMIC



Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

REACT NOW!

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.

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

CLASSIFIED

001 Property for Sale

CANCEL YOUR TIMESHARE. No risk program. Stop mortgage and maintenance payments today. 100% money back guarantee. Free consultation. Call us now. We can help! 1-888-356-5248.



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

035 For Rent

LENNOXVILLE OXFORD RESIDENCE

Pool
Private park
Secure
Near all services
Ideal location
for seniors

**103 Oxford St.
819-578-8588**

035 For Rent

1 MONTH FREE! Lennoxville - 3070 College Street. 4 1/2, balcony, renovated. \$515. per month. Available now. Near bus and university. No dogs. No smoking. Call 819-575-1824.

CLASSIFIEDS ONLINE!

www.sherbrookerecord.com

COMMERCIAL OFFICE SPACE for rent in downtown Knowlton with ample parking. Very reasonable rent with immediate occupancy. Info: 450-521-5851

Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds! (819) 569-9525 or (450) 242-1188

050 Rest Homes

WARBURTON RESIDENCE has 1 private room in a family home near Lennoxville, personalized care, home cooking, doctor on call. References available. Very reasonable rates. **Now certified.** For a visit call 819-563-1388.

095 Career Training

INTERIOR HEAVY EQUIPMENT Operator School. No simulators. In-the-seat training. Real world tasks. Weekly start dates. Job board! Funding options. Sign up online! ihe-school.com, 1-866-399-3853.

100 Job Opportunities

LA TRIBUNE IS looking for a person to **DELIVER NEWSPAPERS, BY CAR, in the NORTH HATLEY, WATERVILLE AREA.** Please call 819-564-5465.

125 Work Wanted

JACK OF ALL TRADES. 48 years of experience in construction. Call Joseph 819-612-1717.

100 For Rent

140 Professional Services

FARRIER Farrier Service offered. Contact Michael at 819-574-5059.

TRANSLATION AND WRITING

Translation to French and writing services. Technical and creative writing. Business letters, newsletters, blog posts, social media content, advertising, newspaper and magazine articles, etc. University student. Affordable rates per word. gen-eebee.dot@gmail.com or (450) 522-0838.

145 Miscellaneous Services

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

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

100 For Rent

150 Computers



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

190 Cars For Sale

2005 CHEVROLET EQUINOX, 127,000 km. Asking \$4,800. Will accept exchange. Call 819-822-8815.

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com



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

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles For Sale

FREE CATALOGUE FROM HALFORD'S! Over 4000 products: butcher supplies, leather + craft supplies, traps and animal control products. 1-800-353-7864, email order@halfordhide.com. Visit www.halfordsmailorder.com

290 Articles For Sale



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

STEEL BUILDINGS / Metal Buildings. Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

295 Articles Wanted

Looking to buy Maple Syrup

for

Les Industries Bernard & Fils

St-Victor, Quebec

Please contact **Stanley Holmes**

2523 Holmes Ayer's Cliff

819-838-4845

Fax: **819-838-5666**

440 Miscellaneous

CRIMINAL RECORD? Canadian Record Suspension (Criminal Pardon) seals record. American waiver allows legal entry. Why risk employment, business, travel, licensing, deportation, peace of mind? Free consultation: 1-800-347-2540.

CRIMINAL RECORD? Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-nov-pardon (1-866-972-7366). www.RemoveYourRecord.com

EMAIL YOUR CLASSIFIED TO US!
Fast and convenient!
classad@sherbrookerecord.com

295 Articles Wanted

NOTICE OF CLOSURE OF INVENTORY (C.c.Q., Art. 795)

Notice is hereby given that **Roch Bissonnette** domiciled at 4 ch. McTavish, Georgeville, QC, J0B 1T0 in his lifetime, died at 1:00 p.m. on June 24, 2014.

An inventory of the deceased's property has been made in accordance with the law and can be consulted by interested parties at 4 ch. McTavish, Georgeville. Given on this day March 27, 2015.

Richard Bissonnette and Michael Bissonnette, Liquidators & Heirs.

Do you have

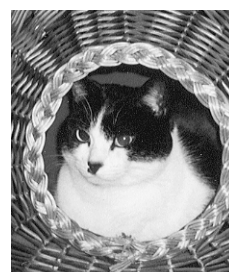
CASH

in your attic?

Turn those unwanted items into cash. **Sell them in the Classifieds!** They may be just the thing someone else is looking for.

THE RECORD 819-569-9525
450-242-1188
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1857

330 Pets



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

440 Miscellaneous

LARGE FUND, borrowers wanted. Start saving hundreds of dollars today! We can easily approve you by phone. 1st, 2nd or 3rd mortgage money is available right now. Rates start at prime. Equity counts. We don't rely on credit, age or income. Call anytime 1-800-814-2578 or 905-361-1153. Apply online www.capital-direct.ca

Looking for a companion? Place an ad in the classifieds. (819) 569-9525 (450) 242-1188

Call before 12:30 p.m. to make sure your ad appears the next day.

URGENT



is looking for a carrier in **Sawyerville** for the following streets

- Bedard,
- Church,
- Clifton,
- Cookshire,
- de la Station,
- High Forest,
- J.A. Lowry,
- Lisée,
- Principale,
- Randboro,
- St-Germain (36)

If interested in this route, please call



819-569-9528

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

Take matters into your own hands

1 877 369-7845 (514) 369-7845
www.osteoporose.qc.ca



RUSTICK

BRASSERIE & AUBERGE

PROMOS 7/7

PRIVATE ROOM. BAR. GIANT SCREENS.

MONDAY

1/2 RACK OF RIBS

\$10

TUESDAY

FLANK STEAK

\$10

WEDNESDAY

BEEF BURGER

\$10

THURSDAY

SHRIMPS PLATTER

\$10

FRIDAY & SATURDAY

FREE BOTTLE OF WINE
WITH THE PURCHASE OF
4 TABLE D'HÔTES

SUNDAY

CHICKEN
BROCHETTE

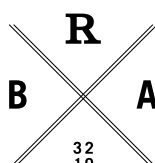
\$10



1 800-401-2444

3219, RUE PRINCIPALE OUEST
MAGOG (QUÉBEC) J1X 0J6

www.rustick.co



[FACEBOOK.COM/RUSTICK.CO](https://www.facebook.com/rustick.co)