

75 CENTS + TAXES

PM#0040007682

MONDAY, MAY 26, 2014

**SPA  
brings down  
puppy mill**



PHOTO COURTESY SPA

Record Staff

**O**n Friday, the SPA Estrie and the Quebec Ministry of Agriculture, Fisheries, and Food (MAPAQ), with help from the International Humane Society and the Sûreté du Québec, seized 12 cats and 220 dogs, including several pregnant females, from a large scale 'puppy mill' situated in the region of Bonsecours. All these animals were housed in a barn.

"We sent ten of our staff, namely inspectors, patrol workers, veterinarians, as well as animal health technicians," said SPA Estrie Communications Director Cathy Bergeron. "This intervention was conducted after a routine visit effected by our inspectors and is primarily due to reasons of general negligence and non-compliance with standards of care provided for in the regulations respecting the safety and well-being of cats and dogs."

The worst-off animals were immediately examined by veterinarians and animal health technicians. Due to the large number of rescued animals, dogs were immediately transported to the emergency MAPAQ shelter, while cats were directed to the SPA de l'Estrie.

"No matter where these animals are kept, they will all be examined by a team of veterinarians and receive the attention which their state of health requires," Bergeron says. "We plan to place these animals in new families eventually, by the time they get back on their feet and legal procedures are completed." People interested in adopting can leave their name, phone number and email address to the SPA de l'Estrie at 819 821-4727, ext 129.

**'Groundbreaking news'**  
The Sunshine House in Potton is under construction



MABLE HASTINGS

Pierre Reid, MP-Orford and Allison Leonard who is one of the future residents of the Sunshine House.

By Mable Hastings  
Record Correspondent

**O**n Friday, May 23, the official launch ceremony in celebration of the Sunshine House located in Mansonville (Potton) was held as invited guests, board members, families and friends gathered at the site.

Master of Ceremonies, Christine Meunier (Community Organizer for the CSSS Memphremagog) welcomed those in attendance and then proceeded to introduce the special guests who came to address the group: Pierre Reid, Member of Parliament-Orford, Louis Veillon,

Mayor of Potton, Stanley Lake president of the Sunshine House board of directors, Philippe Siebes, Director General of Le Support - a foundation helping persons with intellectual deficiencies, Jocelyn Jussaume, Director of the CLD (social economy and special projects) and Gaetan Giguere, Board member of the Caisse Desjardins du Lac-Memphremagog.

"It is with great emotion that we are gathered today to celebrate the construction of the Sunshine House; a housing complex in the township of Potton for persons with intellectual and physical disabilities," said Potton Mayor,

Louis Veillon. "This project has involved the efforts of the last three Municipal Councils and we are happy that it is in the final stages of being built," he added.

"We are very proud of the collaborative effort made in the realization of this project," said Pierre Reid-Liberal MP Orford. "Thanks to all who contributed, the future residents of the Sunshine House will have a special place in their community where they can remain in the place where they feel most at home and this is a wonderful thing."

CONT'D ON PAGE 4



**Music Fest**  
Ayer's Cliff Fair Grounds  
May 31 & June 1, 2014

www.themusicfest.org Info: 819-823-2009



Come meet our local 2014 wish child!

**Fun for the whole family!**

Lots of children's activities,  
silent auction, canteen, raffle, etc.

RECORD

**All weekend long: Bluegrass, Folk, Country, Country Rock and Old Time Rock & Roll!**

Admission: \$10/day p., \$15 weekend pass pp, \$50 family weekend pass, children 12 & under free. \$10/night for camping

**Rain or  
shine!**

# 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 \$71.50.

### Record subscription rates

- 1 year print: \$135.60
  - 6 month print: \$71.19
  - 3 month print: \$36.16
  - 12 month web only: \$71.50
  - 1 month web only: \$6.49
- Applicable taxes are added to above amounts.

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

Subscribing is as easy as 1,2,3 when you go to [www.awsom.ca](http://www.awsom.ca) Click Subscribe. Choose newspaper.

Complete form and wait for an email activating your online subscription.

## Weather



TODAY:  
SHOWERS

HIGH OF 19  
LOW OF 13



TUESDAY:  
PERIODS OF  
RAIN

HIGH OF 18  
LOW OF 9



WEDNESDAY:  
CLOUDY

HIGH OF 17  
LOW OF 7



THURSDAY:  
CLOUDY

HIGH OF 18  
LOW OF 6



FRIDAY:  
CLOUDY,  
SHOWERS

HIGH OF 18  
LOW OF 7

# Duke of Edinburgh ceremony at BCS



PHOTO COURTESY OF BCS

Bishop's College School student Marcel Martin receiving his Duke of Edinburgh Award program Gold Medal from the Honourable Pierre Duchesne, Lieutenant Governor of Quebec.

### SHERBROOKE

Bishop's College School student and Sherbrooke resident Marcel Martin received his Duke of Edinburgh Award program Gold Medal from the Honourable Pierre Duchesne, Lieutenant Governor of Quebec on Friday.

Martin is one of the youngest BCS students to have received a gold award,

which recognizes service to the community, skills development, adventure, physical activity and participation in residential projects.

Evelyne Turrin, Vianney Gomezgil Yaspik and Romy Zeitlinger were also awarded Golds at the ceremony held in St. Martin's Chapel at BCS.

In total, 96 BCS students received Gold, Silver and Bronze awards this year.

Youth in more than 130 countries around the world participate in the Duke of Ed program.

Founded in 1956 by HRH The Prince Philip, Duke of Edinburgh, the program encourages young people to make a difference in the lives of others; set and achieve goals; get fit; try new things; and have fun. For more, visit [www.dukeofed.org](http://www.dukeofed.org).

## Optimist Blitz – 26th Edition Optimists put out call for new birthing equipment

### COWANSVILLE

Members of the Optimist Clubs of Cowansville, Farnham, Town of Brome Lake and the Yamaska Valley will once again be working the phones in the coming days as their 26th Annual Telephone Blitz targets support for the Birthing Pavilion of the Brome-Missisquoi Perkins Hospital.

Proceeds from this year's canvas will help provide the Pavilion with a new re-animation table... key equipment when rapid intervention is needed. This equipment helps maintain a controlled body temperature, controlled ventilation and provides critical access to oxygen and



COURTESY

compressed air. It also enables the proper monitoring of vital signs including blood pressure, cardiac rhythm and

oxygen saturation.

Optimist Club members will be calling in the coming days, inviting fellow residents to help meet this need. Anyone interested in contributing can also call the BMP Foundation Office at 450-266-5548, or can give online via [www.bmpfoundation.ca](http://www.bmpfoundation.ca).

The BMP Foundation and all Optimist Club members join in thanking everyone in advance for their support of this activity. Each and every dollar received is an important investment in the health and the future of our children. Please give generously.

Source: Anne-Louise Brault.

## Ben by Daniel Shelton



# LOCAL NEWS

Robbie Hinds, Cathy Watson, Catherine Brunet, Geneviève Brunet and Serge Bêliveau all surpassed their fundraising goals to raise a total over \$8,400 for team ETSB.

## ETSB loses locks for Leucan

SHERBROOKE

On Sunday, over 190 people participated in the 14th edition of the Leucan Head Shave Challenge at the Carrefour de l'Estrie in Sherbrooke, including a team of five from the Eastern Townships School Board.

Robbie Hinds, Cathy Watson, Catherine Brunet, Geneviève Brunet and Serge Bêliveau, seen in the before and after pictures, all surpassed their fundraising goals to raise a total over \$8,400 for team ETSB.

The total amount raised by this year's head shave challenge was \$162,312.12

It was an emotional day for the participants, all of whom had their own reasons for shaving their heads.

The Brunet sisters wanted to

pay tribute to the strength of their older sister, a cancer survivor. "She was diagnosed at 40. She's 51 now," they said proudly.

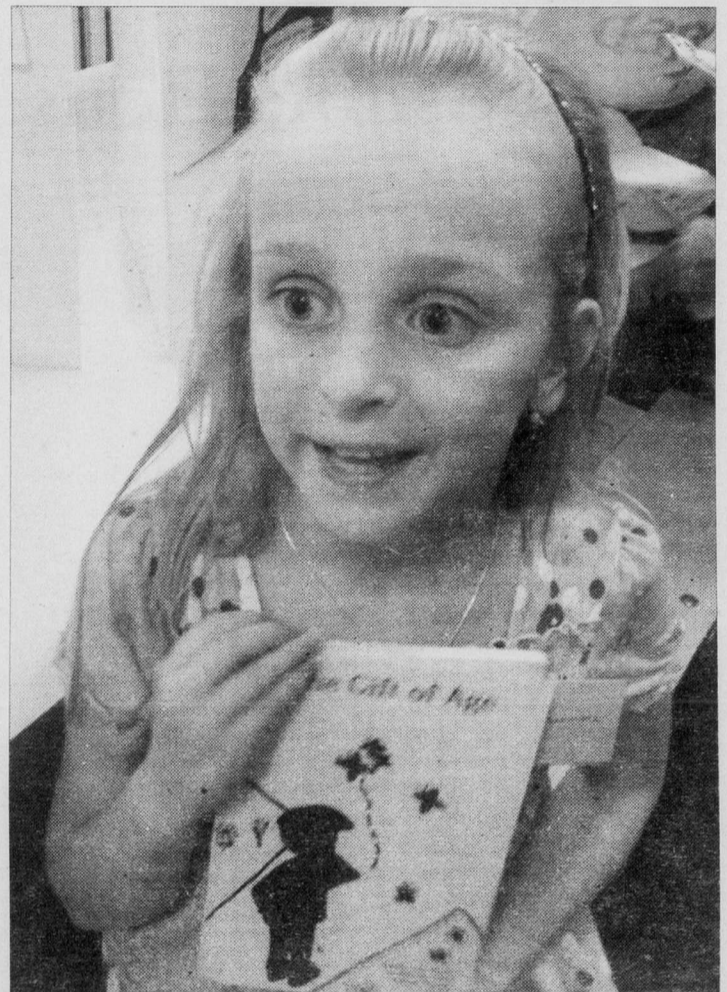
Cathy Watson joined the team in memory of a lost loved one. "They haven't all survived, but having seen them with no hair, and maintaining a positive attitude. That's what inspired me," she said.

Robbie Hinds had not cut his hair since his daughter Maya had received a cancer diagnosis three years ago. With the ordeal now behind them, the family wanted to contribute to the Leucan Foundation, which had been extremely supportive in their time of need. Robbie's daughter Maya, and younger daughter Ella, stood by their dad as he gave up the hair they had seen him with for as long as they could remember.

One team, which had been participating for five years, wanted to come up with a creative way to raise money for the organization. They held a 24 hour hockey tournament, where 20 adult teams and six youth teams played throughout the day and night. They were proud to present their cheque totaling \$16,000, raised with the tournament.

The day was an emotional one for many. One family took the stage early in the day. When their 9-year-old daughter agreed to part with her extremely long, beautiful hair, there was not a dry eye in the house, according to on-lookers. After a few tears, though, the show of solidarity and the donation of her hair for a wig for someone in need proved a worthy cause.

## LES book launch: 'The Gift of Age'



MATTHEW MCCULLY

Taylor Passmore attended the book launch.

By Matthew McCully  
Special to The Record  
LENNOXVILLE

For most of the young authors, it is their second book. A previous LES publication tackled the issue of residential schools.

On Thursday evening, the MAC class, Grades 4-6 at Lennoxville Elementary School, held a launch for their new book, *The Gift of Age*.

The students started corresponding at the beginning of the year with seniors from La Maison des Grand-Parents in Sherbrooke.

The bilingual publication is a collection of letters written between the students and their pen pals at the seniors residence, discussing the students' perceptions of aging, and debunking stereotypes about older people.

The students invited a number of their own grandparents to visit their class to talk about the misconceptions people have about older people.

During Thursday's book launch, the students performed skits about aging, as well as a video presentation of interviews with grandparents, which took place in the classroom throughout the year.

Following the formal presentation, the students autographed copies of their book in the school cafeteria.



PHOTOS BY MATTHEW MCCULLY

Robbie Hinds, Cathy Watson, Catherine Brunet, Geneviève Brunet and Serge Bêliveau, seen in the before and after pictures, all surpassed their fundraising goals to raise a total over \$8,400 for team ETSB.

Serving the entire Eastern Townships  
with three publications  
**Jo-Ann Hovey**  
Advertising Consultant

RECORD Townships Outlet Brome County  
NEWS

One number  
819 569-9525  
jhovey@sherbrookerecord.com

# Grandes-Fourches bike paths improving

SHERBROOKE

Recent mild weather has allowed the following sections of the Grandes-Fourches cycling network to open for use:

- The Massawippi axis between the bike-step on Massawippi street in Lennoxville and the village of North Hat-

ley;

- The portion of the du Sommet axis between the base de plein-air André Nadeau and Ch. Sainte-Catherine. This area was supposed to be inaccessible until the end of June, but temporary repairs have helped secure this section allowing it to open for cyclists.

Areas that remain inaccessible are:

- The western part of the Magog axis between Rue des Villas to the Montagnard network in Magog.

The northern part of the Saint-François axis from Kruger Park in Brompton to Windsor along the 55.

The decision to open closed trails is based on the quality of the surface and the situation is evaluated daily.

Until May 29, work will be carried out causing temporary closures on the Saint-François axis. This work will begin in Jeffrey Gingras park near the access to highway 610 and end at Mena'sen park near Levesque Street.

To learn more about work in progress, see <http://infotravaux.destinationsherbrooke.com>.

# The Sunshine House in Potton

CONT'D FROM PAGE 1

The Sunshine House Mansonville is a non-profit organization that is responsible for creating a permanent residence for four intellectually/physically disabled adult community members from Potton, assuring them a stable living environment, respect and quality of life.

The project has been overseen by a board of directors made up of the following members: Nancy Poirier (who replaced Micheline Cardinal), Almut Ellinghaus, Colin Field, Lucette Field, Kenneth Jersey, Stanley Lake, Wanda Leonard and Ellen Riker.

This project reflects a movement all over Quebec, in which families are creating proactive solutions for the future of their children with physical and intellectual challenges. At Sunshine House the residents be assured a stable, supervised living environment in which they will be able to remain for as long as the environment suits their needs. They will thus be able to remain in the community.

The SHQ (Societe d'habitation du Quebec), a government agency that supports public and social housing projects, has given Sunshine House its fundamental support. The project has received grants from the township of Potton, Le Support, the Centre Local de Developpement of the MRC Memphremagog as well as the Caisse Desjardins du Lac Memphremagog.

"The response from the community has been overwhelming: Complete



MABLE HASTINGS

The entire group gathered for the ceremony in celebration of the new "Sunshine House" in Mansonville.

strangers have sent us cheques and notes wishing us the well," said Stanley Lake, President of the Sunshine House Board of Directors and parent of one of the future occupants of the Sunshine House. "The objective is to have the house com-

pleted this summer and the progress on the construction site thus far is amazing."

The first four residents are the adult children and/or sibling of the families who have been working on this project

for over seven years. The project will provide a long-term residence into the future and will be able to help new clients from the municipality and surrounding communities as space becomes available.

"This project reflects the desire of families in our community actively working to provide the best living environment and quality of life for their children," explained Lake.

It is important to note that all the tenants of the Sunshine House are eligible to benefit from a rental supplement program that enables them to pay rent that corresponds to 25 per cent of their revenue. This additional financial assistance of some \$86,000 over five years will be 90 per cent assumed by the SHQ and 10 per cent by the municipality.

Stanley Lake noted the contribution and determination of all of the parents who have devoted their efforts to this project. He also thanked the community and the numerous individuals, businesses and groups who helped in a variety of ways. This is truly a community project and one that all of Potton should be proud of.

Sunshine House is now actively looking for a live-in caregiver starting in September. With a decent salary and a separate two bedroom apartment upstairs, the caregiver is expected to live with the clients, help and direct them in their personal and household activities.

## Read all about it - Two decades of headlines compiled into 2 books

The Record has scanned and digitized original copies of the front pages of our newspaper from the turn of the century.

Read about the efforts and sacrifices of two World Wars, the Depression, fires, floods, crime and punishment. More than that, the pages are a testament to the builders and leaders whose names grace our street signs and institutions.

The Record was a driving force behind the formation of boards of trade, a watchdog over town councils, a lead advocate for the extension of the railway to local communities and a vigilant protector of the region's natural resources.



Our goal today is to print volumes in-segments highlighting the most important stories of each decade.

- Volume 1 is from 1911-1920
- Volume 2 is from 1921-1930.

Only a limited number of the bound 10" x 13" editions have been printed and are for sale for only \$25. each plus taxes (\$28.75).

Drop by our office at  
1195 Galt St. East, Sherbrooke and pick them up.

For more information call 819-569-9528  
or email us at  
[billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

## Kidney Foundation Walk exceeds goal



COURTESY

Maurice Bernier, (left to right) prefect of the MRC du Granit and dialysis patient, joins organ donor Monika Robert, Estrie Kidney Foundation president and transplant recipient Josée Parenteau, and Quebec Kidney Foundation treasurer Guy Langevin, and friends in the fight against kidney disease.

Record Staff  
SHERBROOKE

Up to 110 walkers gathered Sunday morning at Sherbrooke's Blanchard Park to Walk for the Kidney Foundation to fundraise in support of those with kidney disease and the promotion of organ donation. In the Estrie region, the Walk raised \$8,285, well above the target goal of \$7,000.

The event was held simultaneously in 15 cities across Quebec bringing together more than 2,400 walkers to raise a total of \$360,000 for research and the improvement of living conditions for people with kidney disease.

Maurice Bernier, Prefect of the MRC du Granit joined this year's Walk with his family. "I am currently going through a difficult period and I am being closely followed by the formidable team at the Prévoir clinic and the CHUS nephrology centre," he confided.

"While I am on dialysis, advanced research allows me to hope for a type of home dialysis - peritoneal dialysis. I can make

the most of life despite the disease. It therefore seems quite natural to be here today to raise awareness of kidney disease and to support research."

Since its inception, The Kidney Foundation of Canada has allocated over \$110 million for research into kidney disease and has enabled thousands of Quebecers to see their quality of life improve significantly. "Since 1964, the involvement of thousands of volunteers has enabled the Foundation to develop a number of programs in the areas of short-term financial assistance, scholarships, the preparation of scientific information documents about kidney disease, the specialized managerial training in the field of kidney research, the creation of a summer camp for children on dialysis, and a website on nutrition for renal insufficiency" said Guy Langevin, secretary of the Quebec division of the Foundation.

"We need financial support from the community to continue our outreach activities and to contribute to the advancement of

research on kidney health," said Josée Parenteau, President of the Estrie section of the Foundation.

"The CHUS Nephrology Centre is the only place outside of Montreal and Quebec City where renal transplantation is done. We are fortunate to have researchers, doctors and committed professionals who have the health of their patients at heart but also their living conditions and quality of life. We must ensure that optimal conditions are met to continue their work and it is mostly through research that we contribute most."

As of December 31, 2013, 1,047 people in Quebec were on the waiting list for an organ transplant, of which 78 per cent were awaiting a kidney. In some cases, the waiting period can be more than three years. A living donation is also a source of hope for many patients. "Giving an organ to a person I love and allowing him a new life is the most beautiful experience of my life," said Monika Robert, who donated a kidney to her uncle by marriage in July of last year.

## Major haul from Lawrenceville bust

SHERBROOKE

Last Wednesday's raid in Lawrenceville in the Val-St-François by the Eastern Townships Regional Investigations led to the arrest of eight people and the seizure of a large quantity of drugs.

Police seized about 4,400 cannabis plants in various stages of production, over 12 kg of cannabis in bulk, a large portion

of which was trimmed and ready for sale, and about four pounds of hashish. Over \$8,000 in cash was also seized.

Frédéric Larose, 32, James Hardy, 64, Pierre Dupuis, 66, Martine Archambault, 53, and Stéphane April, 37, were charged in Granby Wednesday. Three women, were also arrested, but were released on promises to appear.

The sophisticated grow-up was

supplied with power by a diversion of electricity and the greenhouses had to be dismantled with the help of electricians, Hydro-Québec investigators, and a refrigeration technician to conduct the operation safely. The equipment used in the production of cannabis plants was also seized by police.

The investigation is continuing and police will not rule out further arrests.

## La Pommeraie signs 'social contract' for seniors

Record Staff

The CSSS La Pommeraie and its users committee have announced the signing of a social contract for the elderly. Inspired by an initiative of the Quebec Golden-Age Federation (FADOQ), the CSSS has signed up for a Quebec-wide community mobilization effort. "The signing of this social contract for the elderly follows our strategic vision that includes the community as a key partner in our actions," said La Pommeraie Chair Michel Lafrance.

These principles challenge the users committee and its responsibilities in relation to the collective movement.

The committee is responsible for:

- Informing users and their parents about their rights and obligations;
- Promoting the improvement of users' quality of life;
- Assessing the degree of user satisfaction;
- Defending the rights and interests of users;
- Advocating for the needs and expectations of users with management.

The committee is able to perform its functions

through its close collaboration with organizations, CSSS volunteers, and members of the community in keeping with its mission.

Beginning this fall a training tour will be undertaken by the committee in collaboration with the CSSS La Pommeraie. A team consisting of a volunteer from the Quebec Coalition of users committees (RPCU) and a CSSS worker will move into the community to meet with volunteers and those frequently in contact with seniors, such as municipal employees hairdressers, Meals on Wheels volunteers and adapted transport drivers. The team will train citizens and provide knowledge

on two fundamental aspects:

- 1 The ability to detect cases of abuse and lead seniors to the appropriate resources;
- 2 A knowledge of the services available for seniors from both community organizations and municipalities, and the CSSS.

"Through this social contract, we are committed to have a positive influence on all public policies and services offered on our territory," said users committee chair Pauline Mercier.

## Career



### Hockey Program Coordinator

Reporting to the Director of Athletics, the Hockey Program Coordinator will oversee both our First Team and Second Team hockey programs. These teams are recognized as elite prep school hockey programs in Quebec, Ontario and New England. The teams follow consistently challenging schedules, with extensive travel, including tournaments in Ontario, Nova Scotia, and New England. The successful candidate is expected to meet high expectations regarding the continuing success of this program.

Coaching responsibilities include practice preparation and overall supervision of student-athletes in practice, game and travel situations, which will often require extended hours on weekdays and weekends. The coordinator will work closely with Admissions by helping to recruit potential student-athletes; he/she will also help guide the athletes in their decisions for post-secondary opportunities. Bilingualism and experience in a boarding school would be considered assets.

This position offers a competitive salary and benefit package. Please consult our web for further information <http://www.bishopscollegeschool.com/careers>. A resume and letter of interest should be sent by **May 30, 2014** to:

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

Only candidates selected for an interview will be contacted.

# EDITORIAL

Those without confidence say things like "I'm not good enough." "I don't know enough."

## Gender, confidence and competence



TOM CAVANAGH

I have written about gender before and will again especially given the ongoing feminist studies on the subject: Anne Marie Slaughter with "Why Women Still Can't Have It All," Sheryl Sandberg and "Lean In: Women Work and the Will to Lead," and more recently Katty Kay and Clare Shipman with "The Confidence Code: The Science and Art of Self-Assurance."

I find feminist writing generally tantalizing and more particularly where insights, allusions, comparisons, and commentaries touch on males. Like me. Furthermore, changes in women's roles and status are important and deserve high ranking on our agendas. In my own case with a wife, three daughters and four grand daughters it is quite significant. Of course I don't write off males. We too are a serious and relevant part of the story.

My comments are mostly based on the work of the authors, Kay and Shipman in "The Confidence Code." But I begin with a quote from Anne Marie Slaughter. One can get off track about what it means to have it all. Slaughter agrees we have to be careful, but her career could serve as a definition. Huge salary; prestige; important work; respect; challenges; recognition; happy family; - and an overwhelming never ending schedule. Finally she simply walked away. This is how she explains:

"Deep down I wanted to go home. I wanted to spend time with my children in the last few years they are likely to live at home, crucial years for their development into responsible, happy, and caring adults. . . irreplaceable years for me. . ."

I agree totally. Many do not.

"The Confidence Code" authors address the topic from a different perspective than Slaughter's. They ask how women get those good jobs in the first place? The prestige, salary, and benefits are great, but why are so few females walking the corridors of power? Why is it so much harder for women to get aboard that 'gravy train'? I acknowledge women's recent progress. But there is not enough, and the questions remain.

Kay and Shipman offer answers and there are many factors at play. The writers emphasize the issue of women's confidence - and the lack thereof. In fact they see failing confidence as crucial. They have done their homework and make a convincing case. There is ample evidence and the thoughtful reader will find it convincing. In fact I found myself on the verge of quoting Shakespeare's famous line: "Aye, there's the rub." Confidence!

Initially I was not so positive. Is it solely lack of confidence that stifles careers and holds women back? Seemed unlikely. Many men also lack confidence. I'm one. But there are differences. With women it is a wider issue with far more detrimental results. And this is not a matter of opinion. The research covers years and involves thousands of participants male and female. I can hold an opposite opinion if I wish. But that's all it is - an opinion. (I think I'm quoting from a Dirty Harry movie here, but no matter, it's true.) Get your facts together.

Perfectionism is harmful for many women and is tied in with confidence. They say there is no such thing as a happy perfectionist. Amen to that. I am a born perfectionist so I know of what I speak. Indeed I have a certain neighbourhood notoriety based on my fixation with clipping the long hedge in front of our house. It's obsessive and senseless, but that's the way it is with perfectionists. Things get out of hand.

With writing things get worse. It's finicky and potentially endless. Change a word here, an adjective there, delete a sentence, move a paragraph, revise, alter, find a better metaphor. Computers are a curse. They make it easier to



change things and that's what I do. A thousand word essay can take forever. The perfectionist is in a bottomless pit. But here's the weird thing. We love it. Years ago it would be impossible. Now the perfectionist is in a bottomless pit. Faffing around. The Cambridge dictionary describes faffing as spending time on things that don't matter. Good definition. Guilty as charged. Men and women both do it but it is worse with women apparently. And it destroys confidence.

Kay and Shipman provide fascinating material on how confidence is sapped away from girls. They seek and receive more praise in elementary school, and they avoid fighting at recess, and do not shout yell and run up and down halls. They also handle criticism less effectively than boys.

Girls are generally quieter more polite and better behaved. These are good qualities to develop and polish. But when it comes to a high-powered business setting, assertiveness, aggressiveness, and a willingness to speak out can get you further up the ladder of success. If you are male you can be sure none of your buddies are going to speak of you behind your back as a noisy bitch. In some ways the universe women dwell in is different from men.

Possibly increased female participation in school sports may lead to a more equitable gender balance in the world of work. Maybe.

Just how then are women to build up their confidence? With caution. The authors warn about pretence in striving to promote one's self-assurance. Be careful. The world is good at separating the genuine article from the phony. It requires much more than "Hail fellow well met" and smiles.

There are few simple black and white

answers to the female issues Kay and Shipman address. They state that at times confidence is more important than competence. Probably it is. But not always. Rightly the authors hedge their bets.

The authors do provide explanations, directions, suggestions, and warnings about building confidence. It appears you cannot fake it, but there are ways to proceed. Kay and Shipman praise the ideas of a Psychology Professor at Ohio State University who says that finally it comes down to action versus inaction. Confidence and action are linked closely together. So do something. Write the letter, make the call, run for office, join the choir, send the application, say yes. Do something.

Those without confidence say things like "I'm not good enough." "I don't know enough." I was skilled in those phrases and carried them around for years, like Catholic litanies. But finally, with few qualifications, I applied to work in Africa. A year later I'm in Ghana and thereafter everything changed for the better.

You don't have to go to Africa but "DO SOMETHING." It rebuilds broken or undeveloped potential. It brings confidence. Life is harder when confidence is absent, and interestingly it is almost always twinned with inaction. Low confidence and inaction go together. They are intertwined like love and marriage, Butch and Sundance, Beavis and Butt-Head, Cowboys and Guitars. They come together. One researcher says the natural result of low confidence is inaction. He's right ladies and girls. If you want confidence there is hope. Take action. Do something.

For further information see The Atlantic magazine, May, 2014.

**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  
DANIEL COULOMBE 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, JOE 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

# RACHEL WRITES

"It's really time the food industry caught up to what we know now about the impact that food has on our health."

Le Cartier Restaurant

## An extravagant menu marries decadence to healthy



RACHEL GARBER

**S**paghetti vivant. Poutine l'extravagance. Filet mignon au bleu.

That's living spaghetti, by the way, as in squash, cherry tomatoes, tomato sauce, green salsa and white sauce. And the little icons in the menu say it is gluten free, has no milk products, is hypotoxic, and is living food. Or alive food, as you like it - food that's sprouted, and not cooked.

The extravagant poutine comes with confit of duck, goat cheese, pepper sauce, pearl onions, mushrooms and cognac. And no, it's not gluten free or any of those other healthy stuff. It's poutine, after all.

The filet mignon, on the other hand, has two little healthy icons - gluten-free and no milk products. It's marinated Grade AAA beef, with grated blue cheese, fried onions, five-pepper sauce, potatoes and vegetables.

These, plus some 60 other dishes are all on one extravagant menu. Not counting an array of desserts, coffees, smoothies, cold drinks and alcohol. This heavenly menu, where decadence and wholesomeness lie cheek by jowl, is at Le Cartier in Sherbrooke.

Veronica Kaczmarowski has been the genius behind the menu of Le Cartier for almost a year now, and you can taste the difference. She's given the iconic restaurant in Sherbrooke a new incarnation. It still has its unique ambiance, there on the western edge of the Jacques-Cartier Park. Its varied rooms and terraces are sunny and gracious - café, bistro, pub, or private dining, as you like it.

And the people who work there seem happy. You feel welcome. It's a new generation of fine food that celebrates diversity.

"We get a lot of office parties," she said. "If just one person is vegetarian or gluten free, everybody can come here and get the kind of food they want."

Veronica is Le Cartier's new co-owner, along with François Masson. Any way you slice it, it's an ideal partnership. His background is as a barman, hers is as a chef. They're an innovative team. But the real marriage, says their menu, is between "saveur et santé, beauté et bien-être." That's flavour and health, beauty and well-being. It has a nicer ring in French, but it tastes just as good in English, especially in a lively Australian accent. Veronica is from down under.

She specialized in international cuisine when she trained as a chef. She began working in vegetarian restau-



RA GARBER

In the foreground is the Thai green curry, and to the left are Crêpes with salsa verde and almond 'yogurt.' Both dishes are vegetarian, nay, vegan. And behind the food are Michèle Campbell and her friend, the genius behind Le Cartier's new menu, Veronica Kaczmarowski.

rants, and started one of her own in Brisbane, Australia. Then she worked in England - a large hotel in Surrey and a small French restaurant. She came to Quebec 18 years ago, and studied languages at Laval University and had children.

She had a son who was ill with allergies and intolerances. Looking for causes and cures led her to get a diploma in Applied Nutrition from the American Academy of Nutrition, and another in naturopathy with the Institut international de Naturopathie in Montreal. She also studied health kinesiology. Her burning question was the interaction between food and allergies and intolerances. "Food really plays a major role in all of this," she said. "Environment, too. But food is a major factor, so I thought I'd work on what I can work on."

For the past decade and a half, Veronica's been leading community kitchens, catering, and giving workshops and courses all over the Eastern Townships and in Montreal. Many were at Sherbrooke's natural food store La Grande Ruche. She specializes in Dr. Jean Seignalet's anti-inflammatory protocol. He's a researcher in France who has developed a diet that avoids gluten and dairy products. It calls for cooking food at less than 110 degrees Celsius. That conserves nutrition and aids digestion,

say reports on his work. The diet is also called ancestral or hypotoxic. It's become popular in the last few years, but Veronica was there way ahead of the pack.

She also coaches people with allergies. "I work with them to eliminate certain foods, and we'd get amazing results," she said.

And she caters for people with special dietary needs. "I specialize in food that's gluten free, non-dairy, and without major allergens," she said. "But I really specialize in having wonderful food where people would not have any drop in flavour or look."

All that is deftly spelled out on her website, [www.artdelanutrition.com](http://www.artdelanutrition.com).

But back to Le Cartier. What Veronica doesn't need to say is that everything on the menu is made with quality ingredients. You can taste it. It's simply delicious. That's the only thing I've ever heard her clients say, and that's been my experience on the five or ten occasions I've tasted her handiwork.

"We've actually seen a real increase in raw food," she said. "It's now the third best-selling category on our menu," she said. The second big-selling category is the lunch-time menu, a list of eight interesting specials with soup or salad, dessert and coffee.

The best-seller is Le Cartier's burgers. "We do burgers with no fillers," she said. "Just fresh herbs or some spices, no fillers, nothing else. So it's really just good quality ground meat."

Veronica is setting her sights on more than just a restaurant. "I really have a goal of a lifestyle education centre," she said. "We have beautiful rooms here. I'd love to have Tai Chi, running in the park, lectures on food and the impact it has on your long-term health."

"It's really time the food industry caught up to what we know now about the impact that food has on our health," she said. "I think people want something better."

And she's doing her part. "It's a real passion, and we really believe in it. We love making food that people really love."

Le Cartier is a gem for adventurous palettes and comfort-food palettes alike. And don't be afraid. Living food does not wiggle on the plate. You'll probably love it.

Restaurant Le Cartier Pub Saint-Malo is at 255 Jacques-Cartier South. Its parking lot is beside the restaurant. Phone 819-821-3311 for reservations. It's open 11 a.m. to about 2 a.m. on weekdays, and 9 a.m. to about 3 a.m. on weekends, but the full menu closes at 10 p.m.

# RACHEL WRITES

And then came the friends. A whole crew of nine people with four chainsaws.

## The aftermath of ice

By Rachel Garber

"Day 1 starts in the pre-dawn with a clack and a clatter. It is Sunday December 22. The sound is not of reindeer hooves on the roof, but of the power supply flickering off, on, off, on and off again. The ice storm has arrived.

"The silence is great. Then we hear cracks and great sighs from outdoors - the sound of trees splitting and branches plummeting to the ground. Outside is sheathed in ice. Two major birch limbs are down across our driveway. The birches bow down, heads to the ground, under the weight."

That's what I wrote in The Record last December, soon after the power came back on. When spring finally came, our place still looked as if it was bombed. Broken branches littered the lawn. Several tree trunks were almost completely stripped bare.

Yes, we had muscled the birch branches off the driveway. But our little electric chainsaw was just no match for the scale of the ice storm aftermath.

And then came the friends. A whole crew of nine people with four chainsaws. They came on a Friday afternoon and they worked really hard. They gathered up a mountain of broken branches and

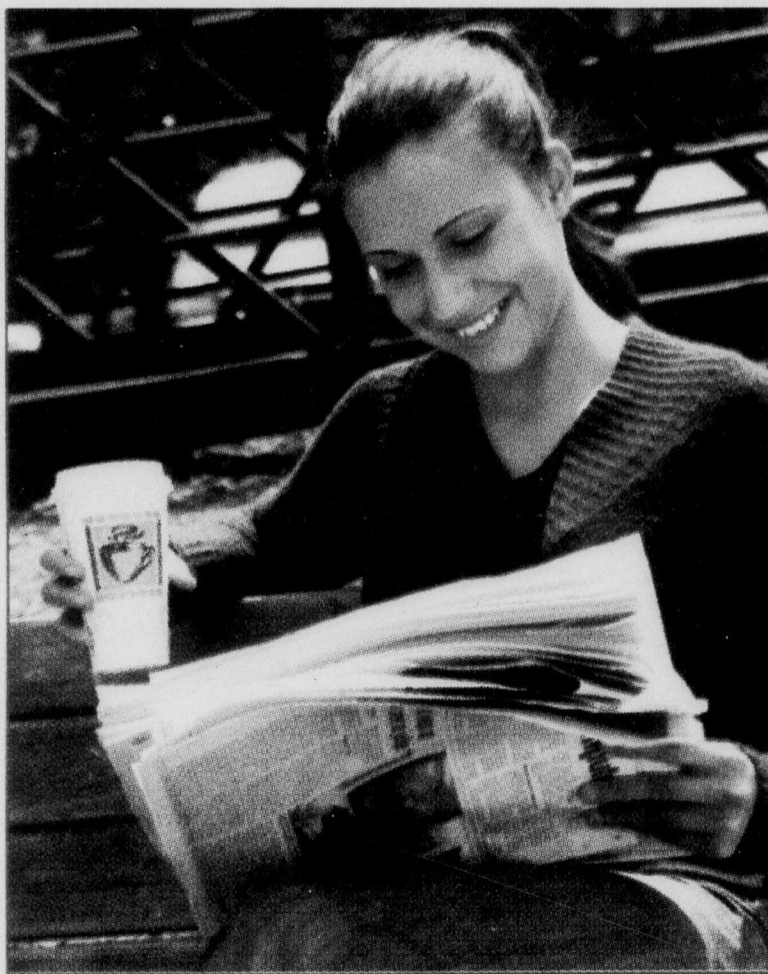


DEBRA FOUGÈRE

Jackie Hyman and Rachel Garber, kneedeep in the aftermath of the icestorm. They're amid what was once an apple tree.

**enhancing minds all across town.**

**Reading =**



The more you read, the more you'll know. Keep up to date with

**THE RECORD**

Subscribe today for our print or online paper!

**THE RECORD**

**819-569-9528**

billing@sherbrookerecord.com

carted them away. They raked. They sawed and stacked two cords of firewood.

Then we had supper together. It all happened in good old Mennonite barn-raising style, except the scale was a bit smaller. Thank goodness! My Mennonite Community Cookbook recommends the following food for a barn raising: 115 lemon pies, 500 fat cakes (doughnuts), and 15 large cakes; Three gallons each of applesauce, rice pudding, and cornstarch pudding; 16 chickens, three hams, and 50 pounds of roast beef. And then on to gargantuan measures of breads, pickles, and potatoes.

That would be enough food for 175 men, the book says. Our own nine angels of mercy were content with a slightly more modest supper of chili and rice and trimmings.

So this is a note of sincere thanks to Debra, Rémi, Robert, Lyne, Denis, Judy, Jackie, Ken and Rachele.

May that mountain of branches behind the workshop shelter many wild friends, and enrich the soil as it rots into the earth. What better ice storm aftermath could there be?

Ra.writes@gmail.com

**EMAIL YOUR CLASSIFIED**

**TO US!**

**Fast and convenient!**

classad@sherbrookerecord.com

# Lennoxville



# Directory

**CiCi Coiffure Canine**  
 Tuesday to Saturday 10 a.m. to 4 p.m.  
 2887 College St.  
 (behind Clark & Sons)  
 Lennoxville  
 819-349-6852  
 cici.coiffurecanine@gmail.com  
 Nail Clipping \$5.00

**DOG GROOMING**  
 of all sizes  
 and breeds,  
 in a calm  
 and friendly  
 atmosphere

Find us on Facebook

**HOUSE OF THE WEEK**  
**OPEN HOUSE**  
 32 Deacon, Lennoxville  
 Sunday, June 1, 2-4 p.m. (via Academy)

Come see this lovely 3 bedroom home, finished basement, 2 bathrooms, hardwood floors, fireplace.

**Helen Labrecque**  
 Real Estate Broker  
 Cell: 819-572-1070  
 hlabrecque@sutton.com

Sutton Groupe Sutton-Immobilier Estrie

**HOUSE OF THE WEEK**  
**OPEN HOUSE**  
 32 Deacon, Lennoxville  
 Sunday, June 1, 2-4 p.m. (via Academy)

Come see this lovely 3 bedroom home, finished basement, 2 bathrooms, hardwood floors, fireplace.

**Mélanie Bérubé**  
 Real Estate Broker  
 Cell: 819-820-5893  
 berubem@sutton.com

Sutton Groupe Sutton-Immobilier Estrie

**Travel ... Escape ... Fantasy**  
 New group brochures have arrived!

Agence de VOYAGES LENNOXVILLE

Welcome to our friend Sue Buzzell Spaulding who is joining our team!

**François Jutras**  
 Operations Coordinator - Owner  
 francois@voyageslennoxville.com  
 819-791-7507  
 1285 Bowen St. S.  
 Sherbrooke (QC) J1G 2H2  
 www.voyageslennoxville.com

**TAXI**

819 821-0823  
 819 823-6191

• TRANSPORT OF PARCELS AND SMALL OBJECTS

Local • Long distance • Airport

BILINGUAL SERVICE  
 24/24 • 7/7

**Orotava Designs**

Gina and Sharon  
 819-565-0513  
 819-238-1227  
 info@orotavadesigns.com

**Interior & Exterior**

Our dynamic team will transform your backyard into an oasis with gorgeous gardens and inviting outdoor living areas • Organize and declutter your rooms to create beautiful comfy interiors • Recycle, restore and renew your furnishings

www.orotavadesigns.com

**DAVIDSON PAINTING**  
 HOUSE PAINTING, roof painting, barn painting & more  
**ICE, WIND, SNOW, COLD**  
 The winter was very hard on your roof.  
 Call now for a free estimate!

Restore your roof with **Techno-Seal**  
 Good for asphalt shingles and tin roofs

QUALITY WORK • 30 years experience

**Frank Davidson 819-620-2511**

**INSPIRATIONS ENCORE**

Simply Divine!  
 104 QUEEN, SUITE #2  
 SHERBROOKE, QC  
 J1M 1J6  
 819-562-8989  
 www.inspirationsencore.com

**MAJOR INVENTORY REDUCTION SALE!**  
 BUY 1, GET 1 FREE on EVERYTHING in stock!  
 75% off all CHRISTMAS STOCK

Inspirational Gifts, Bibles, Books, Music & Cards  
 Wedding Invitations and Accessories

Tim Goddard

**“Coaching Solid Pension Strategies for our Clients”**  
 We focus on the decisions you require in accumulating wealth to transition smoothly through life’s stages with the peace of mind you deserve.

**GLOBAL**  
 MAXFIN INVESTMENTS INC.  
 151 Queen Street SHERBROOKE  
 819-569-5666

**Clinique Optométrique**

Dr. Meggie Faust - Dr. Alain Côté, Optometrists  
 160 Queen Street, Sherbrooke 819-563-2333

**It takes you to start the trend!**

**ArboExcellence**  
 Stephen Goddard, prop.  
 ISA Certified Arborist QU-0103A

**Professional Tree Service**

- Pruning
- Tree removal
- Stump grinding
- Chipping
- Cabling & bracing
- Hedge trimming
- Planting
- Lot clearing
- Forestry
- Consulting

Over 25 years experience  
 Fully insured  
 Free estimate

www.arboexcellence.ca  
 Cell: 819-821-0425 Tel./Fax: 819-562-1642

- Eat locally
- Spend locally
- Grow locally

**Support the local businesses, services and professionals who serve our area where you live, work and play!**

# Local Sports

"We want the public to be fascinated by the event, we want to wow people."

## Atkins and Bessette shine at Sutton XTRAIL - C3FIT



### Record Staff

The 6th edition of the Mount Sutton XTRAIL - C3FIT took place Saturday, with over 1,300 runners participating in the day's four events.

In the 22 km mountain run, over 250 runners competed with victory coming to Ryan Atkins in the men's section with a time of 2:00:15 sec. in the cold, wind and rain that marked much of the course. Second place went to Benoit Simard with a time of 2:01:37, ahead of well-known Townships runner Alistair Gardner who finished third with a time of 2:03:00.

On the women's side, Sutton's, Lyne Bessette timed in at 2:40:21 for the win ahead of Annie Brongel (2:42:06) and Évelyne Blouin (2:45:06).

In the second race, over 450 competitors vied over 11.8 kilometres with Olivier Babineau winning for the men with a time of 1:04:04 over Martin Ladouceur (1:11:37) in second and Francis Labrecque in third. For the women, Sarah Bergeron-



Over 1,300 runners of all ages took part in the four races in the Mont Sutton XTRAIL - C3FIT event this weekend.

COURTESY PHOTOS

Larouche came in first with a time of 1:10:02 over Joelle Hudon (1:23:03) in second and Isabelle Lambert (1:29:53), third.

In the 6.5 km third race, Nicolas Beaulieu emerged with the victory with a very fast time of 32:32 over Antoine Hébert, second at 33:22 and Jean-Christophe Barrette (33:25). For

the women, Virginie Gauthier took first with a time of 37:28 while Sarah Harvey and Gabrielle Sarthou tied for second place with a time of 39:49.

Finally, the 1 km 'sprint' involved almost 200 children aged 4 to 12, accompanied by their parents or alone and saw Alexandre Palfreeman, 9, come

in first with a time of 4:49, ahead of Laurent Couture, 8, (5:02) and Émile Turgeon, 8 (5:03). For the girls, Adèle Drapeau, 10, came in first with a time of 5:06 over Éliane Dugal, 7, at 5:09, and Audrey Anne Tremblay, 12, who came in at 5:18.

The second event of the 2014

XTrail C3Fit circuit season - the XMan Race - takes place this coming weekend, Saturday, May 31 and Sunday June 1 again at Mt. Sutton with more than 3,500 expected to compete for two days over the 35 obstacle course designed by the dynamic team of developer Nicolas Taillefer.

## Big 3rd inning lifts ProGym over Voltigeurs

### SHERBROOKE

A strong third inning propelled the Sherbrooke ProGym Junior AA to a 6-3 victory over the St. Thérèse Voltigeurs Saturday at Sherbrooke's Amédée-Roy stadium. Sherbrooke is now 2-2 for the young season. Matthieu Roy got the win to bring his record to 2-0, while Voltigeurs pitcher

Bryan Petrie (1-1) took the loss.

The ProGym opened the scoring in the third inning after Gilles Côté followed a single with a stolen second base. Pascal Martineau followed with a double into right-centre field driving Côté home. Two batters later, Michael Therrien hit a solid single scoring two more runs for Sherbrooke. Alexis Cotnoir ended the run with a line-

drive to bring the Sherbrooke total to 4 runs on 5 hits and three errors for the inning to make it 4-0 after three.

In the 4th, St-Thérèse closed the gap to three. With runners at first and second, Jean-Sébastien Audy hit a grounder directly to pitcher William Roy, who threw wildly in his attempt to catch the runner at third, allowing the runner to score.

St. Thérèse threatened again in the 5th, with bases loaded and no outs. Pascal Martineau, called in to relieve Roy, retired the next two hitters handily, but a single from Jean-Sébastien Audy, drove in two before centre fielder Mathieu Roy made a superb diving catch to end the inning and preserve a 5-3 lead.

The Sherbrooke squad was able to hold the Voltigeurs to

three runs while adding one of their own to finish with a 6-3 win. Roy, who pitched four innings, got the win, allowing three runs, two earned, on three hits and striking out two. The loss went to Bryan Petrie (1-1), who allowed 5 runs, 4 earned, on 9 hits. Pascal Martineau got his first save of the season with 3 solid innings in relief.

**Deaths**



**Marjorie ALLEN (LAVERICK)**

Passed peacefully on May 24, MARJORIE ALLEN, (Laverick) at the age of 91 at Bella Senior Care Center in Niagara Falls, Ontario, after a series of strokes.

She is pre-deceased by her beloved husband, Robert Allen, in 2003 and her son Robert Allen jr., in 2006. She is survived by her daughters, Vivienne and Jean, as well as six grandchildren: Amanda, Cary, Laura, Matthew, Kyle and Patrick.

She should be remembered for her kindness, generosity of spirit and quiet strength in the time of great loss. She prevailed through the Depression and served in the British Armed Forces in World War II.

She will be missed, not only by her family, but by a legion of friends.

**In Memoriam**

**ROBINSON** - In memory of a dear grandson, nephew and cousin, Michael Robinson, May 25, 2000.

*Look around your garden Lord,  
For an angel with a smile,  
It won't be hard to find him,  
For he must stand out a mile.  
Call his name out softly,  
And when he looks your way  
Tell him that we love him and  
Miss him every day.*

Lovingly remembered by  
**GRAMMIE ARLENE  
AND FAMILY**

**It takes 11 muscles to read this ad.**

Don't take your muscles for granted. Over 50,000 Canadians with muscular dystrophy take them very seriously.

Learn more at [muscle.ca](http://muscle.ca)

**Muscular Dystrophy Canada**  
let's make muscles move

**Datebook**

Today is the 146th day of 2014 and the 68th day of spring.

**TODAY'S HISTORY:** In 1865, the last Confederate forces fighting the Civil War surrendered in Galveston, Texas.

In 1868, the Senate failed for the second time by only one vote to convict President Andrew Johnson in his impeachment trial, resulting in his acquittal.

In 1923, the first 24 Hours of Le Mans sports car race began near the town of Le Mans, France.

In 1972, President Richard Nixon and Soviet leader Leonid Brezhnev signed the Anti-Ballistic Missile Treaty.

In 1994, President Bill Clinton renewed China's Most Favored Nation trade status.

**TODAY'S BIRTHDAYS:** Al Jolson (1886-1950), singer/actor; Dorothea Lange (1895-1965), photographer; John Wayne (1907-1979), actor; Peggy Lee (1920-2002), singer-songwriter/actor; Miles Davis (1926-1991), jazz musician; Stevie Nicks (1948- ), singer-songwriter; Sally Ride (1951-2012), astronaut; Lenny Kravitz

(1964- ), singer-songwriter; Helena Bonham Carter (1966- ), actress; Matt Stone (1971- ), screenwriter/TV producer.

**TODAY'S FACT:** Only two U.S. presidents in history went on to serve in Congress after holding the nation's highest office: John Quincy Adams and Andrew Johnson.

**TODAY'S SPORTS:** In 1959, Pittsburgh Pirates pitcher Harvey Haddix pitched the longest perfect game in history — 12 innings — only to lose 1-0 in the 13th.

**TODAY'S QUOTE:** "The camera is an instrument that teaches people how to see without a camera." — Dorothea Lange

**TODAY'S NUMBER:** 28,231 — parole passes given to Confederate soldiers by Gen. Ulysses S. Grant after their 1865 surrender at Appomattox Court House in Virginia.

**TODAY'S MOON:** Between last quarter moon (May 21) and new moon (May 28).

**Getting more from your store**

**FROM CONSUMER REPORTS®**

by the editors of Consumer Reports

When it comes to supermarkets, biggest isn't always best. Consumer Reports' recent survey of 27,208 readers reveals that Wal-Mart, America's largest grocer, is at the bottom of the food chain. The mega-store finished last among 55 supermarkets, earning subpar scores for checkout speed, employee courtesy and meat and produce quality.

Store choice matters because Americans are heavily invested in their supermarkets, averaging 88 trips per year and spending approximately \$6,000, according to the Food Marketing Institute, a trade group. Consumer Reports offers this advice on the best ways to save:

- Compare unit prices. They're on shelf tags beneath the products, and they're the only way to know for sure which package size is the best deal per quart, ounce or sheet. Bigger is usually cheaper, but not always. At a local A&P, Consumer Reports spotted side-by-side packages of Hampton Farms peanuts, one 8 ounces and the other 24 ounces. The unit price tags revealed that the smaller bag cost \$2 per pound; the larger, \$2.66.

- Try store brands. They account for about a quarter of all supermarket prod-

ucts and sell for 22 percent less, on average, than national brands. Seventy-eight percent of respondents who bought store brands said they were just as good, and Consumer Reports' own tests have shown that's often true.

- Consider warehouse clubs. They have everyday low prices, so you don't have to wait for a sale. But consider whether it makes sense for you to pay the membership and to buy in bulk — 20 pounds of flour or 500 feet of aluminum foil, for example. Other drawbacks to club shopping: minimal service, a limited selection and long checkout lines, according to the survey.

- Don't pay for convenience. Prepped and pre-cut commodities from watermelon to garlic can cost extra. At a Price Chopper, portobello mushrooms were \$12.79 per pound sliced and \$4.99 per pound whole. But sometimes it works the other way; packaged products are cheaper. Consumer Reports saw russet baking potatoes for \$1.29 per pound sold individually but \$2.99 for a 5-pound sack.

- Capitalize on coupons. In 2013, consumers saved \$3.5 billion by using coupons for packaged goods. Manufacturers distributed more than 300 billion coupons that year but redeemed "only" 2.8 billion, according to Charles K. Brown, vice president of marketing for

NCH Marketing Services, a coupon processing firm. Don't leave money on the table: Savings per purchase averaged \$1.62, Brown says. For all the chatter about paperless coupons that are downloaded to smartphones, 91 percent of all coupons reached shoppers through newspaper inserts.

- Shop early in the sales cycle. Eleven percent of readers complained about stores being out of advertised specials. The problem was worst at Pick 'n Save, Pathmark, Meijer and Tops. Consumer Reports has had the best luck finding the type of bargains prominent in circulars at the beginning of the cycle (usually Friday or Saturday).

- Be loyal. Many chains reserve their best deals for customers who enroll in loyalty- or bonus-card programs. And some have a fuel reward component; the typical discount is 10 cents a gallon at participating gas stations for each \$50 spent at the store. Other possible perks: rebates based on purchases (usually \$5 for every \$500), coupon doubling and buy-one-get-one-free specials, coupons toward future purchases and the ability for those 60 and older to get extra savings on certain days. More than half of Consumer Reports' survey respondents belonged to bonus-card programs, and 84 percent were satisfied with the savings.



**Is your car dying?  
It could save lives!**

**Donate it to  
The Kidney Foundation of Canada!**

Towing is free and we'll send you an income tax receipt.

www.kidneyquebec.ca  
1 888 228-8673



**WETLANDS ARE DISAPPEARING**  
Protect them. Become a member today.

[www.ducks.ca](http://www.ducks.ca)  
**1-866-384-DUCK**

Ducks Unlimited Canada  
CANADA'S CONSERVATION COMPANY

**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](mailto: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](mailto: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.

# They had left Seattle and moved to Florida without a word of goodbye

MONDAY, MAY 26, 2014

## Annie's Mailbox

**Dear Readers:** Many of you will be enjoying your Memorial Day weekend with barbecues and picnics, but we hope you will also remember the purpose behind the observance: a day to remember those servicemen and women who died serving their country. Please consider taking the time to visit a veterans hospital or military cemetery and pay your respects. And if you have a flag, it is appropriate to display it at half-staff until noon.

"Last Monday in May"

by John T. Bird of Birmingham, Ala.

We pause to remember those who died  
with so much courage  
so much pride.  
They'll never come back  
but memories endure  
to remind us of freedom: fragile, pure.  
We're worthy of their sacrifice  
if we pause each day  
not just on the last Monday in May.

**Dear Annie:** About five or six years ago, you printed a column about why we hand out poppies on Memorial Day. It had something to do with a poem from the first World War. At the time, I wasn't that interested (sorry), but now that I have grandchildren old enough to understand history, I want them to have this information. Would you reprint it? — Not a History Teacher in Texas

**Dear Not:** Happy to do it. This poem is quite famous and used to be well known in the classroom, but we don't know whether it is still being taught as often as

it once was. If not, we think it deserves to be resuscitated.

"In Flanders Field" was written in 1915 by Lt. Col. John McCrae, M.D., a Canadian who served as a surgeon in the Great War. He wrote it after witnessing the death of a friend at Ypres, Belgium. McCrae died in France in 1918, at the age of 46, from pneumonia, an all-too-common battlefield ailment.

"In Flanders Fields"

In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow.

Inspired by McCrae's poem, an American woman, Moina Michael, wore poppies to honor the war dead. She also began selling poppies to raise money for the disabled veterans of the Great War. This idea spread to France and England and then to Canada and the U.S., where it is still a tradition on Memorial Day.

**Dear Annie:** For the past 30 years, my wife and I

have enjoyed a friendship with another couple who are childless. They had no family nearby, so they were fixtures at our table for all of the major holidays. We genuinely liked their company. We vacationed together on several occasions, and we came to treat them like family.

We hadn't heard from them in a while, so I decided to phone. Imagine my shock when they casually mentioned that they had left Seattle and moved to Florida without a word of goodbye. Their coolness on the phone made it clear that they no longer have any interest in being in our lives.

I am deeply hurt by their behavior and am at a loss to understand what on Earth we could have done to deserve this callous treatment. I will not attempt to rekindle this relationship, but I still find it distressing and unfathomable. What is your take on this? — Upset in Seattle

**Dear Seattle:** We agree that this behavior is both surprising and unkind, but consider yourself well rid of a couple who obviously did not value the friendship as much as you did. Moving away without informing you means you are not very high up on the list of people they care about. Sorry.

**Dear Annie:** I hope this may be of some help to senior citizens.

My brother's wife died last year, and he has been lost ever since. He started calling me to ask what the date is. I came up with the idea of giving him an extra cellphone and charger that I didn't need. I showed him how to plug it in to charge every Sunday night.

Now when he can't remember the date, all he has to do is open the phone. It also helps in case of emergency, because the phone allows him to call 911. He can't make any other calls on it, but he feels much more secure, and the phone does not need to be activated. — Cadyville

**Dear Cadyville:** Some readers may ask how this is different from a calendar and a landline, but we think it's a great idea because your brother can take the phone with him wherever he goes. (When calling 911 from a deactivated phone, however, the operator will not be able to determine your location without your giving it.)

**Dear Annie:** I would like to commend "Newbury Park, Calif.," on his success in turning his life around by taking responsibility for his health and making the necessary changes for his weight loss.

Having been an operating room nurse since 1979, I have seen the results of our obesity epidemic. The health problems caused by obesity and smoking are debilitating to the person and extremely sad to see. Kidney disease, vascular insufficiency and cardiac disease are serious health problems that lead to myriad treatments with varying degrees of success.

The best thing a person can do for themselves is exactly what Newbury Park and his wife did, which is take responsibility for their own health. I can only imagine how difficult it was for them to lose so much weight and change their eating and exercise habits, but the results speak for themselves.

If more people were willing to take charge of their own health and help reverse the large amount of money spent dealing with these preventable diseases, we might help bridge the regrettable divide in our country caused in part by the issue of health care. — RN, CNOR, CRNEA

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

## SUDOKU

Difficulty: 5 (of 5)

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

5-23-14

©2014 JFS/KF DIST. BY UNIVERSAL UCLICK FOR UFS

### PREVIOUS SOLUTION

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

#### HOW TO PLAY:

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

## SUDOKU

Difficulty: 4 (of 5)

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

5-24-14

©2014 JFS/KF DIST. BY UNIVERSAL UCLICK FOR UFS

### PREVIOUS SOLUTION

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

#### HOW TO PLAY:

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

### 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.

"RFTPZDRSH FLHC GUSUP CGT OPRJT  
FTS RSY NUFTS NGU MRJT CGTZP  
XZJTH BUP CGT IPUCTDCZUS UB CGZH  
SRCZUS." — YRS XZIZSHAZ

Previous Solution: "No one is more cherished in this world than someone who lightens the burden of another." — Joseph Addison

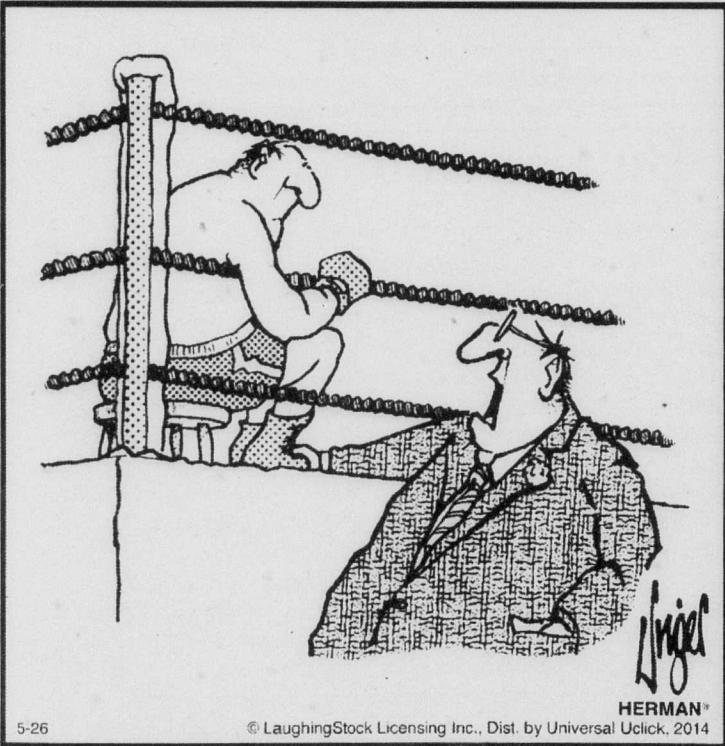
TODAY'S CLUE: X sianba v

© 2014 by NEA, Inc., dist. by Universal Uclick 5-26

### KIT N' CARLYLE



### HERMAN



"Just give it your best shot. I've got a team of doctors standing by."

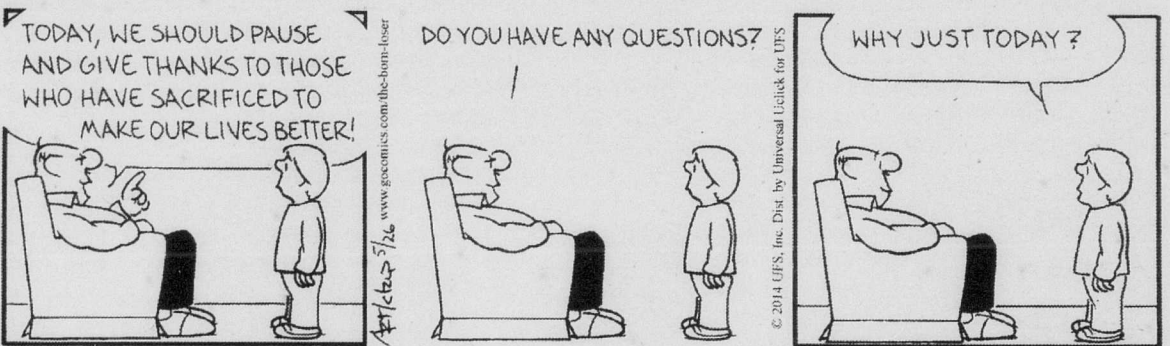
### ALLEY OOP



### 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!

**Go grocery shopping with dietitians.**

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

www.healthcheck.org

Check for Health Check™

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

# CLASSIFIED

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

**001 Property for Sale**

**9 ACRE ESTATE,** complete with 1500 sq.ft. log home with walkout basement, attached double heated garage, 2 water supplies (town and well). Excellent for horses. Lots of room for outdoor fun. 65 miles north of Medicine Hat, Alberta. Priced well below replacement cost at \$475,000. Must see! Call for info 403-866-1417.

**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.

**It pays to advertise in the classifieds**

**001 Property for Sale**

**OILMEN? CAR COLLECTOR?** This home is perfect for you! 3300 sq.ft., 6 year old two story, on 50 acre estate. Complete with attached 50x50x20 heated shop with 200 amp service. Dirt bike track. Seeded to grass. Fenced and cross fenced with rail fencing. Paved road all the way to door. \$2100 per month in surface revenue. Located just west of Medicine Hat, Alberta. \$845,000. For sale by owner. 403-548-1985.

**RIVER LOTS! THESE** are one of two river lots available to build on. Purchase both for a total of 100 ft. frontage on the river. Lets build your dream home on the river. Can purchase 50x285 single lot, or both properties for a total of 100' of frontage. Perfectly situated in the prestigious heart of Medicine Hat, Alberta. This is a rare opportunity on the South Saskatchewan River valley with a spectacular view! Featuring many mature trees and is situated within walking distance to shops, restaurants, library, esplanade and parks. Lets make your dream a reality! Last chance to buy river lots together, huge reduction! 100x285 SW Hill River lot. Buy separate at \$379,900 or \$349,900. MLS MH0032982 or MH0032975. Call Ron Simon Royal Lepage Community Realty, 403-502-9000, www.ronsimon.ca

**001 Property for Sale**

**ed in the prestigious heart of Medicine Hat, Alberta. This is a rare opportunity on the South Saskatchewan River valley with a spectacular view! Featuring many mature trees and is situated within walking distance to shops, restaurants, library, esplanade and parks. Lets make your dream a reality! Last chance to buy river lots together, huge reduction! 100x285 SW Hill River lot. Buy separate at \$379,900 or \$349,900. MLS MH0032982 or MH0032975. Call Ron Simon Royal Lepage Community Realty, 403-502-9000, www.ronsimon.ca**

**035 For Rent**  
**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**100 Job Opportunities**

**JOB FOR STUDENT,** 1 position available, for 16 yrs +, evenings, Sunday to Thursday, 5 days per week, 18 hours/week, minimum wage. Call: 819-569-9931 or email c.v. to: The Record, 1195 Galt E., Sherbrooke, QC J1G 1Y7.

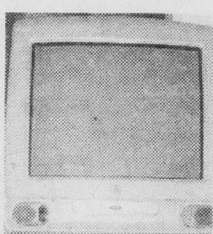
**STUDENT POSITION TO be filled.** We are looking for people interested in working in the field of tourism. Available for various shifts. Qualifications required: bilingualism, outstanding team spirit, developed sense of responsibility and organization, and dynamism. Send resume to highwater@xplornet.com or fax 450-248-4331.

**145 Miscellaneous Services**

**#1 HIGH SPEED internet** \$32.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 11Mbps download and 800Kbps upload. Order today at www.acanac.ca or call toll-free at 1-866-281-3538.

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

**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**

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**275 Antiques**

**ABRACADABRA** turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072.

**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**

**BELARUS 420 TRACTOR;** Fransgard 4000 winch; 1 scraper; 1300 new bricks, colour sand. Call 819-843-5804.

**HOT TUB (SPA)** covers. Best price, best quality. All shapes & colours available. Call 1-866-652-6837 www.thecoverguy.com/news-paper

**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**

**20th Anniversary, Music Fest 2014,** to benefit the **Children's Wish Foundation,** will be held May 31 & June 1 at the Ayer's Cliff Fairgrounds, Ayer's Cliff. Music from many bands; silent auction, raffle, children's activities. Canteen. Family fun, rain or shine. Camping \$10.00 per night. Admission: \$10.00 per day, \$15.00 for weekend pass per person, children 12 and under free. Info: (819) 823-2009. www.themusicfest.org

**430 Personal**

**TRUE PSYCHICS!** For answers call now, 24/7, toll free 1-877-342-3032, mobile #4486, www.truepsychics.ca.

## Lennoxville Golden Age Club

April 29, 2014 - Members met at the regular meeting place. Five tables of 500 cards and two tables of bridge. Later on more members came for supper.

Sixty-three members joined in for supper. Grace was said by Joan. Menu:

roast pork, gravy, mashed potatoes, peas and carrots, pickles, green salad and rolls. Tea, coffee and apple crisp. Thanks Anita and Robert. Very tasty.

Prize winners were Stan Brown, Eugene Naylor, Bob Westbrook, Ada Hicks, Norma Carrier, Bev Nutbrown, Jean Naylor and Bill Hyman.

Card winners: Ladies High, Margaret Cheal 5760; Ladies Low, Monika Mosberger 2560; Men's High, George Peasley 4800; Men's Low, Caroline Marion 1400 (as a gentleman).

Welcome back, Robert and Monica.

Table setters were Beverly Nutbrown and Bill Heyman. Goodnight, drive safely. God bless all and take care.

Submitted by Margaret V.

\*\*\*

May 13, 2014 - Fairly good day for Bingo. Thirty-eight members enjoyed a great afternoon. Many prize winners. Thanks, George Martel for doing the Bingo for us.

Welcome back Doris Coates, Floyd Kerr, Joyce Berwick. Ben Smith has had a bad fall.

Menu: chicken and biscuits, mashed potatoes, green salad, pickled beets. Tea, coffee and pineapple upside down cake for dessert. Grace was said by Joan. Thanks, Anita, Robert and helpers. Very nice. Tablesetting by Stan and Pat. Thanks.

Door prizes: Bev Nutbrown, Mary Simons, Kay Hartwell and Margaret V. Extra prizes: Norma Carrier, Claudette Cyr, Jean Naylor, Shirley Patton, Elsie Mills and Ada Hicks. Last meeting for the season will be May 20 and return September 2.

Meeting over, all said goodnight and left for home. Drive carefully, God bless and take care.

Submitted by Margaret V.

## Bulwer Golden Age

May 6, 2014 - A nice, bright day but still cold and windy. Members arrived to an afternoon of miscellaneous games. Military whist was on board for the afternoon. Nine tables played. Prize winners: 26 pts 1st: Irene H, Gordon H., Arthur C., Margaret C. 26 pts Tied: Trudy, Joyce, Ann A., Roberta S.; 25 pts. 2nd: Louise P., George P., Ron, Gail McDonald; 15 pts 3rd: Alberta E., Isabel N., Helen N., Winnona; 15 Tied: Helen T., Mayota T., Grant T., Francis O'Hara.

Skip Bo - 3 players were present.

One table of Crib. Sue and Cheryl 791, Al and Ed 816.

Eight bowlers - Blk Team 8, Red Team 17.

Waiting for supper, Keith read birthdays and anniversaries for May. He told a story. Welcome back to our guests Robert Wollerton, Arthur and Margaret Cheal and Rita Nugent. Welcome back Len Swallow.

Supper menu: potatoes, roast beef, gravy, corn tossed salad with mandarin poppyseed dressing. Assorted pickles and rolls. Coffee and blueberry cheesecake. Thanks, Peggy. Thanks also to your helpers and volunteers, who help with cleanup after supper. Door prizes: Beth Cairns, Grayce Betts, Colleen Heath, Arthur Cheal, Teryl Painter and Margaret V. Peggy's goodies: Diane Learned, Betty Moore, Alberta Everette and Francis O'Hara.

Great day, everybody happy, left for home. Drive carefully and God bless all.

Submitted by Margaret V.

# SUDOKU

Difficulty: 2 (of 5)

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

5-26-14

©2014 JFS/KF Dist. BY UNIVERSAL UCLICK FOR UFS

### PREVIOUS SOLUTION

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

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

# Your Birthday

MONDAY, MAY 26, 2014

Surround yourself with supportive people and aim to be happy this year. Negative thinking and attitudes will only slow you down, so avoid them at all costs. With so many opportunities coming your way, an enthusiastic outlook will make a difference.

**GEMINI** (May 21-June 20) — Someone may be trying to pin the blame on you for something you didn't do. Avoid stress by remaining calm and taking care of your responsibilities, and you will stay ahead of the competition.

**CANCER** (June 21-July 22) — No one else truly understands what you are going through. Stop beating around the bush. Let the important people in your life know how you feel and what you want.

**LEO** (July 23-Aug. 22) — You have plenty to deal with, but if you do a good job, you will be given credit for it. Gauge your time so that you can live up to your responsibilities.

**VIRGO** (Aug. 23-Sept. 22) — You may be feeling introspective. Try to find out more about your family history. If relatives are not available, try using the library or the Internet for research.

**LIBRA** (Sept. 23-Oct. 23) — Family matters will take top priority. Make your voice heard in any conversations regarding elderly or ailing relatives. Don't count on your memory to keep track of details. Make sure all information is recorded.

**SCORPIO** (Oct. 24-Nov. 22) — A new acquaintance is likely to lead to an interesting proposition. Make sure all of your bases are covered to ensure the best results possible.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Put aside less important activities and take care of pressing responsibilities. A helpful associate will slow you down if you're not careful.

**CAPRICORN** (Dec. 22-Jan. 19) — Your love life is heating up. You can gain something valuable if you plan a recreational activity geared toward forming a closer bond with someone you cherish.

**AQUARIUS** (Jan. 20-Feb. 19) — People close to you aren't likely to see things your way. You'll avoid complaints and confrontations if you take care of your responsibilities without being asked.

**PISCES** (Feb. 20-March 20) — You will be the center of attention today. You'll make many new contacts, and your charisma will entice people to give you what you ask for.

**ARIES** (March 21-April 19) — Preparation and attention to detail will lead to monetary gains. There is no room for error. Be ready to answer any questions that arise. Your thoroughness will lead to victory.

**TAURUS** (April 20-May 20) — Ignore criticism, and don't get stressed out by the number of items on your to-do list. If you take one step at a time, you'll get it all done.

MONDAY, MAY 26, 2014

## A defensive finesse that is often right

by Phillip Alder

It is surprising that so many of the adages of bridge are wrong more often than they are right.

This week we will look at: Do not finesse against your partner.

What is a finesse against partner? It occurs when a defender leads a low card in a suit, promising at least one honor in it, dummy plays low, and third hand does not play his highest card.

In this deal, South is in three no-trump. West leads his fourth-highest spade. How should East plan the defense?

When you open one or two no-trump, do not worry about unstopped suits. There are not enough words in bridge bidding to permit hands to be described down to the last atom.

South will need to drive out the club ace to establish sufficient tricks for his contract. If he also loses at least four spade tricks, he will go down. However, an East who was born and raised on third hand high will put up his spade king at trick one and the contract will cruise home.

East needs to realize that if he does play the spade king, South will get two spade tricks. Also, if West's fourth-high-

North 05-26-14			
♠ A J 5			
♥ 7 4 2			
♦ 7 6 3 2			
♣ J 9 4			
West			East
♠ Q 8 6 3 2			♥ K 10 7
♥ Q 9			♦ J 10 8 6
♦ J 8 5 4			♣ 10 9
♣ A 7			♠ 8 5 3 2
South			
♠ 9 4			
♥ A K 5 3			
♦ A K Q			
♣ K Q 10 6			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2 NT	Pass	3 NT	All pass
Opening lead: ♠ 3			

est lead promises an honor in the suit, he must have the queen. So East can play his 10, finessing against partner, and take the trick. Then he can continue with his spade king and his third spade. West will win the next trick with his club ace and cash two spade tricks to defeat the contract.

What if South has the spade queen? It will lose only a tempo for East to withhold his king. Here, finessing against partner is clearly correct.

## CROSSWORD

**Across**

- 1 Bandage often signed by friends
- 5 Top NFL player
- 11 Piercing spot
- 14 Bjorn Borg's org.
- 15 Like tall wedding cakes
- 16 Reason for overtime
- 17 AABBA, in limericks
- 19 TV buying channel
- 20 Crude from a well, slangily
- 21 Coat with a precious metal
- 22 Baton Rouge sch.
- 23 Love stories
- 27 Butter and cream cheese, e.g.
- 31 Type size
- 32 Like jackhammers
- 33 Evening TV viewing period
- 38 Alley in comics
- 39 Rice—
- 40 Neighbor of Arg.

41 Pass-the-buck accusations

- 44 Little League precursor
- 46 "Son of \_\_\_!"
- 47 Resort with trails
- 49 Becomes foolishly passionate (over)
- 53 Hosp. personnel
- 54 Isn't feeling up to snuff
- 55 Parent in the wings
- 60 Winter bug
- 61 Words on a banner for returning soldiers
- 64 Nourished
- 65 Fly
- 66 Newsy bit
- 67 Lyrical "before"
- 68 Shrill barker
- 69 "If you want to leave a message, please wait for the \_\_\_"

**Down**

- 1 Rudely abrupt
- 2 1975 Wimbledon winner Arthur
- 3 River of Hades
- 4 Cantina fare
- 5 Ready to sire, as a retired racehorse
- 6 Scalp parasites
- 7 "The Merry Widow" composer Franz
- 8 Lead-in for school or season
- 9 Sleep phase initials
- 10 "\_\_\_ on a Grecian Urn"
- 11 Value system
- 12 Theater divider
- 13 Tears apart
- 18 Writing assignment
- 21 Itty-bitty biter
- 24 Speaks one's mind
- 25 Actress Rogers
- 26 Unreturnable serve
- 27 Snooty sort

28 "No lifeguard on duty" site, perhaps

- 29 TV host Kelly
- 30 Leapt
- 34 CD—
- 35 Letter-shaped beam
- 36 Lawn burrower
- 37 Jazzy Fitzgerald
- 39 Water, to Juan
- 42 Sunday rite
- 43 One may be sunnyside up
- 44 Hint of color
- 45 Batter's success
- 48 "Seinfeld" character who dreams up a coffee table book about coffee tables

49 Social blunder

- 50 Crude carrier
- 51 Slip away from
- 52 Music licensing fee-collecting org.
- 56 Handy bag
- 57 Fictional sleuth Mr. \_\_\_
- 58 Broken mirror, to some
- 59 Kid's response to "Who wants some?" ... and a hint to what's hidden in 17-, 33-, 41- and 61-Across
- 61 Method
- 62 Anticipatory night
- 63 "\_\_\_ Abner"

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

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15						16			
17				18						19			
20									21				
			22			23	24	25	26				
27	28	29				30		31					
32						33	34			35	36	37	
38						39					40		
41				42	43					44	45		
				46				47	48				
49	50	51					52		53				
54							55	56			57	58	59
60						61	62	63					
64						65					66		
67						68					69		

