

THE  
**RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

75 CENTS + TAXES

PM#0040007682

TUESDAY, JANUARY 15, 2008

## He writes the songs

*And he's  
getting  
the attention*

By Jen Young  
SHERBROOKE

**S**herbrooke's Michel Rivet has always fancied the likes of superstars Merle Haggard and Buck Owens — but now he may well be on the way to joining them in the hearts of country fans.

The 58-year-old St. Elie d'Orford country music songwriter was told his song 'Pass me By' is one of 10 chosen from around the world to be performed on a label's limited edition CD, titled To Catch A Rising Star.

His song will soon be in the hands of big-name artists, publishers and radio stations.

"I don't know how it feels," said Rivet. "I just write songs. That's what I do."

PLEASE SEE MUSIC ON PAGE 4

## Cleaning up the Pike River

*Millions for sewage,  
drinkable water*

By Maurice Crossfield  
FRELIGHSBURG

**L**ife along the Pike River is going to get a little cleaner following the announcement Monday of sewage and water upgrades in

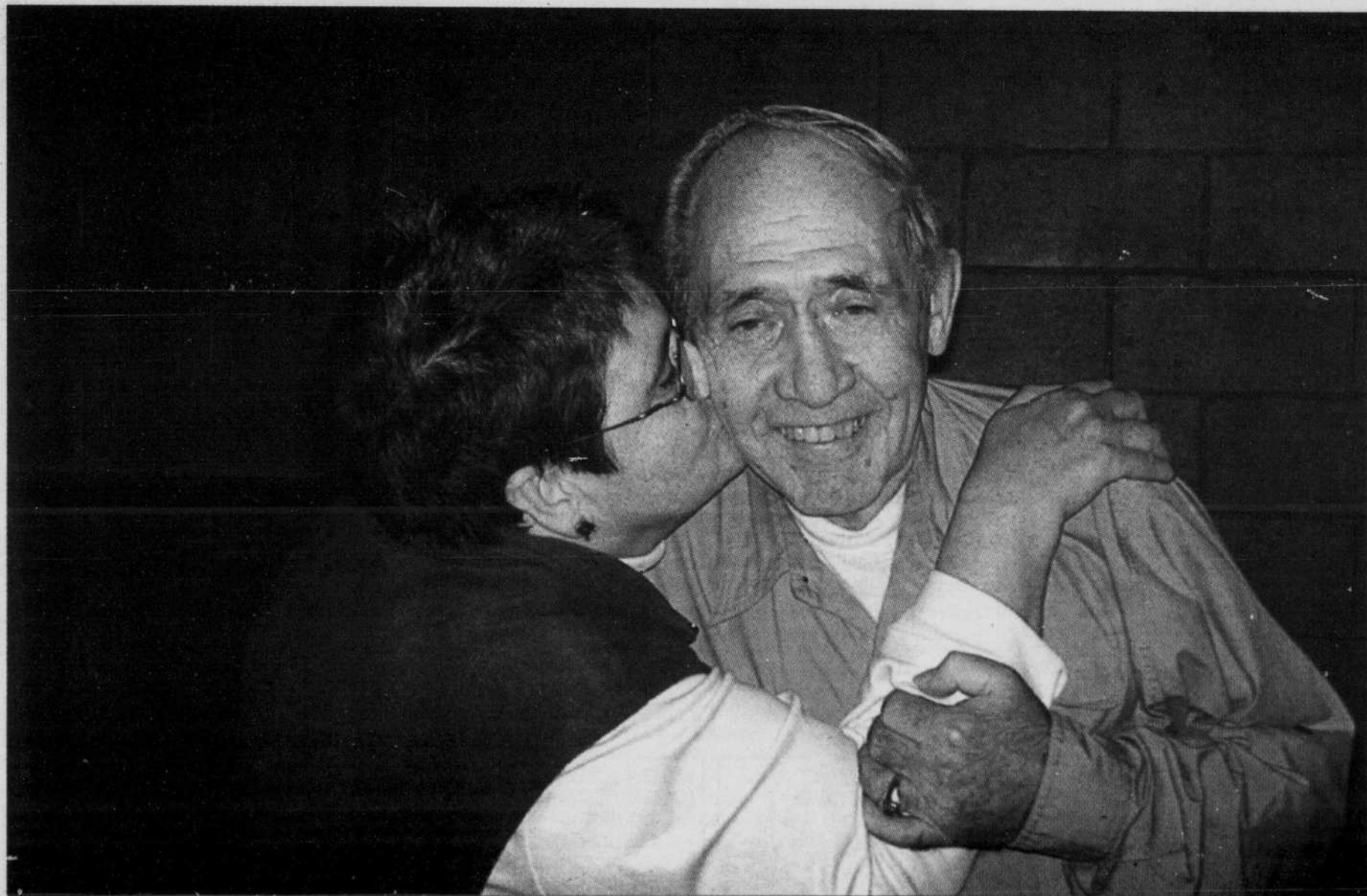
Frelighsburg, Stanbridge East and Notre-Dame-de-Stanbridge.

"This file is one of our most important files for the quality of the Pike River and Missisquoi Bay," said Brome-Missisquoi Liberal MNA Pierre Paradis at a press conference in Frelighsburg.

"It affects the quality of life of thou-

PLEASE SEE CLEAN ON PAGE 8

## Aw Shucks!



Lee Aulis gives Cedric Cormier a thank you kiss; find out why on page 11.

COURTESY

**VOLUNTEER BANK**

**Income Tax Clinic**

**T**ownshippers' Association, in collaboration with Revenue Canada and Revenue Quebec, will offer again this year an income tax service for low-income families. We are presently seeking volunteers for the Income Tax clinic.

Location: Training will take place at the association's Lennoxville office.

Dates: Feb. 11 from 8:30 a.m. to 4 p.m. and Feb. 14 from 9 a.m. to 4 p.m. Volunteers must attend both dates.

Skills: Some knowledge of income tax preparation is preferable, but not essential.

Note: Clients using the service are required to drop off their income tax papers at the Lennoxville office. Volunteers can then pick up and complete them at home; and then return the completed forms to the office.

For more information or to participate in the volunteer workshop, contact Evelina Smith, Townshippers' Association's Volunteer Bank coordinator at 819-566-2182 (toll free 1-877-566-2182) or info@townshippers.qc.ca.

**ON VOLUNTEERING**

"Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer."

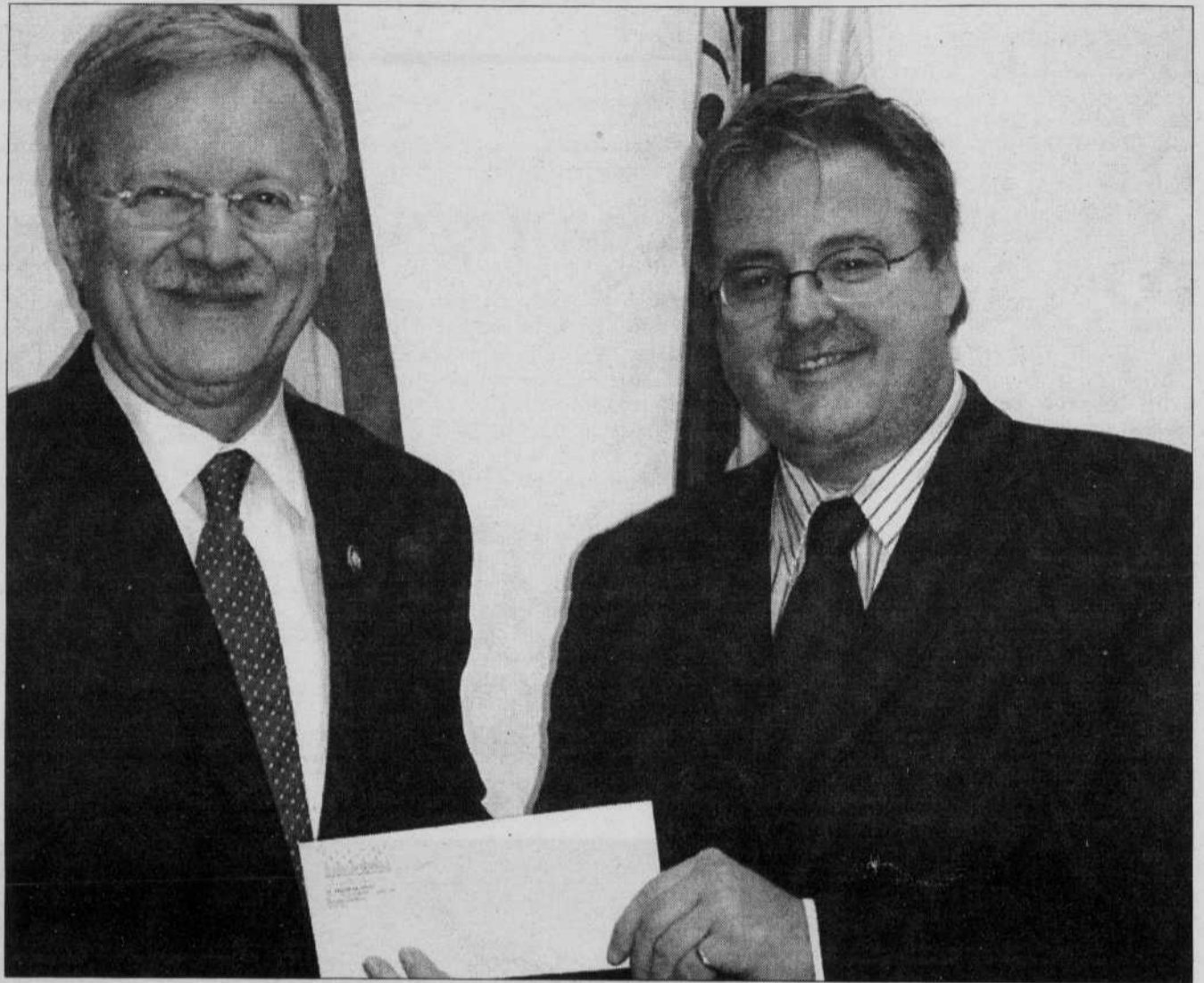
— Jimmy Carter

**ABOUT THE VOLUNTEER BANK**

The Volunteer Bank is an initiative of Townshippers' Association and was created as a result of a need expressed by English speakers to become more involved in their community, as well as to provide English-speaking volunteer support to community groups and organizations.

DO YOU HAVE A SPECIAL TALENT, SKILL, OR SERVICE YOU WOULD LIKE TO PROVIDE ON A VOLUNTEER BASIS? IS YOUR GROUP OR ORGANIZATION LOOKING FOR A FEW GOOD VOLUNTEERS? IF SO, CONTACT EVELINA SMITH, COORDINATOR OF TOWNSHIPERS' ASSOCIATION'S VOLUNTEER BANK AT 566-2182 (TOLL FREE 1-877-566-2182), INFO@TOWNSHIPERS.QC.CA, OR GEORGE COURVILLE, COORDINATOR OF PARTNERS FOR HEALTH & SOCIAL SERVICES - TOWNSHIPS-MONTÉRÉGIE NETWORK AT 263-4422 (TOLL FREE 1-866-263-4422), GC@TOWNSHIPERS.QC.CA.

**North Hatley Cash**



Orford Liberal MNA Pierre Reid handed over a cheque for \$97,740 to North Hatley Mayor Stephan Doré Monday, to be used for infrastructure expenses. The money is a mix of federal and provincial money.

COURTESY

**BRIEFS**

**Hospice thanks volunteers**

The Maison Aube Lumière thanked some 200 of its employees and volunteers last Thursday. And 98 received a special pin to mark their two years of work, five years, or even 10 years at the cancer hospice.

In addition, Jean Grégoire gave over a cheque for \$138,000, raised during the pre-Christmas poinsettia sale. Volunteers delivered, and consumers purchased, some 6,940 plants.

**Jacques-Cartier aquaduct break**

Sherbrooke's Jacques-Cartier North Boulevard was under construction Monday to fix a broken water main, according to a city press release.

The break was between Portland Boulevard and Albert Skinner Street.

**Salmon River gets some help**

Orford Liberal MNA Pierre Reid announced a \$1,250 grant Monday for the Société de la conservation du corridor naturel de la rivière au Saumon.

The money will be used to buy a 1.22 hectare property, according to a release, near the Bran de Scie and Simoneau lakes in Orford.

The spot is filled with a swamp frog population that's considered "vulnerable" in Quebec, and also features a small forest.

**Weather**

**Today:** Cloudy with 60 per cent chance of flurries. High minus 7.

**Wednesday:** Sunny. Low minus 17. High minus 9.

**Thursday:** Sunny. Low minus 17. High minus 3.

**Friday:** Snow. Low minus 6. High zero.

**Ben by Daniel Shelton**



# Arrest in second bank robbery

*Found in Granby*

Staff  
SHERBROOKE

A 41-year-old man was arrested over the weekend in connection with the bank robbery at the Royal Bank of Canada in Lennoxville last week.

Police in Granby arrested Magid Ghazzaoui, who appeared at the Sherbrooke courthouse Monday afternoon on charges of robbery.

Ghazzaoui is being kept in custody.

The theft happened Jan. 9. At about 1:10 p.m. that afternoon, a man walked into the Royal Bank at 131 Queen St., demanded a sum of money, then fled on foot.

No weapon was reported to have been used and none of the bank's staff members were injured.

Only weeks before, the Canadian Imperial Bank of Commerce in Lennoxville was visited by two thieves who held up the branch at gunpoint Dec. 20. Police have so far made four arrests in that case, although at least one more arrest is expected.

Sherbrooke police say there is no link between the two robberies.

## Where Are We, Again?



GORDON ALEXANDER

Passing was a little iffy Monday, especially on Route 55 near Richmond around 2 p.m., where one car passed the other in a blinding swirl of snow. The thaw is over and it's back to January weather as usual...

# Is phoning spouse from work long-distance?

*It may become a local call*

By Sarah Rogers  
SHERBROOKE

If the results of a local impact study are well-received, residents in the greater Sherbrooke area could see the end of long-distance telephone fees when calling each other as soon as fall 2008.

"If the project is accepted, there will no be further charges for long-distance," said Bell Canada spokesman Serge Audet, following an initial special three-year billing. "But at this time, I can't tell you what will be the amount charged."

The Canadian Radio-television and Telecommunications Commission (CRTC) recently gave Bell Canada the go-ahead to conduct a study which will determine the overall cost of widening the local call zone around Sherbrooke.

The city requested the expansion in 2004.

The study will offer a short-term cost

estimate to participating municipalities — a monthly fee that will be charged to phone users over three years. Municipalities can then decide to join, or opt out.

Audet pointed to other regions where similar long-distance plan expansions have been studied and implemented. In Gatineau, for example, participating municipalities paid an additional \$0.50 per phone bill per month over three years. In the area around Hamilton, Ont., phone users paid \$0.58.

Currently, a phone call from Magog to Bromptonville will cost you long-distance fees, depending on the time of day and user plan. But with the proposed expansion, an area bordered by Windsor, Wotton, Dudswell, Bromptonville and Magog could all enjoy local calling.

Areas left out of the expansion were excluded for technological reasons, due to the way the telephone network is set up, Audet explained.

The study will require collaboration with other phone service providers such as Telus, Cogeco, Videotron and Coop-

Tel. It should take until March 2008 to complete, at which point municipalities will be approached to participate.

In Windsor, Mayor Malcolm Wheeler said he has spoken with Bell Canada representatives regarding the expansion and believes it will help a lot of transactions across the region.

"As a town council, we're very much in favour of participating," Wheeler said. "It's going to be a positive thing for the entire community and for (communication) across the Eastern Townships."

Giving an example of a long-distance nuisance, Wheeler points to communication between Windsor and the Eastern Townships School Board, which is headquartered in Magog. He also said people who work at the paper mill in Windsor often live outside the com-

munity and shouldn't have to pay long-distance rates to call home from work.

Whatever the initial fee charged, Wheeler doesn't believe it will be extravagant enough to dissuade local support.

In recent years, there have been as many as 70 demands for expanded local calling zones across Ontario and Quebec, Bell's Audet said, which are being dealt with on a first-come, first-served basis. The next areas to be considered will be focused in the Saguenay and around Quebec City.



THE RECORD  
**Yves Robert**

Advertising Consultant

Sherbrooke - Magog - Stanstead

Tel.: 819-569-9525 • 800-463-9525

email: production@sherbrookerecord.com

## MUSIC:

CONT'D FROM PAGE 1

He'd been performing country songs, with his wife, for decades.

"I've played music in Florida, Nashville, Ontario, and all over Quebec," he said. "But I started writing my own songs over a year ago. I wrote songs that I thought Johnny Cash, George Jones, and others like them should be singing. They are all up in their 80s now and they are slowing down [or have passed away]."

Rivet, equipped with his computer and the Internet, says his songwriting career took off with the help of a little luck — and a camp ground.

"I was playing one of my songs that I wrote and there was a band from Nashville beside us. (A member of the band) came over and asked me if that was my own song because he liked it. He said, 'It's Quebec right?' and I said yes and he offered to do the song with more of a Nashville style."

After that, Rivet began regularly sending his lyrics to Nashville's Paramount Group.

"I write the lyrics and I send them to Paramount. They decide if they like them and if they do then they build that song by adding instruments they think the song will sound best with. They have never told me that they don't like a song that I send. They recorded over 1 million songs last year for songwriters. Some of those songs have been sung by Garth Brooks and other popular country singers. Each year they listen to all the songs that they have recorded and pick 10 to create a limited edition CD that they send to all the radio stations, publishers, and labels throughout the United States."

Essentially the Tennessee company records professional demos after adding music and a voice, while giving each song a Nashville style. And it's radio ready, and may well be played on country stations this next year.

This could be Rivet's big break in the country music industry, but he said some of the 200-some songs he has already written and recorded — including 'Shove your love where the sun don't shine' and 'We love to live in the country' — have already been playing over American airways over the past year.

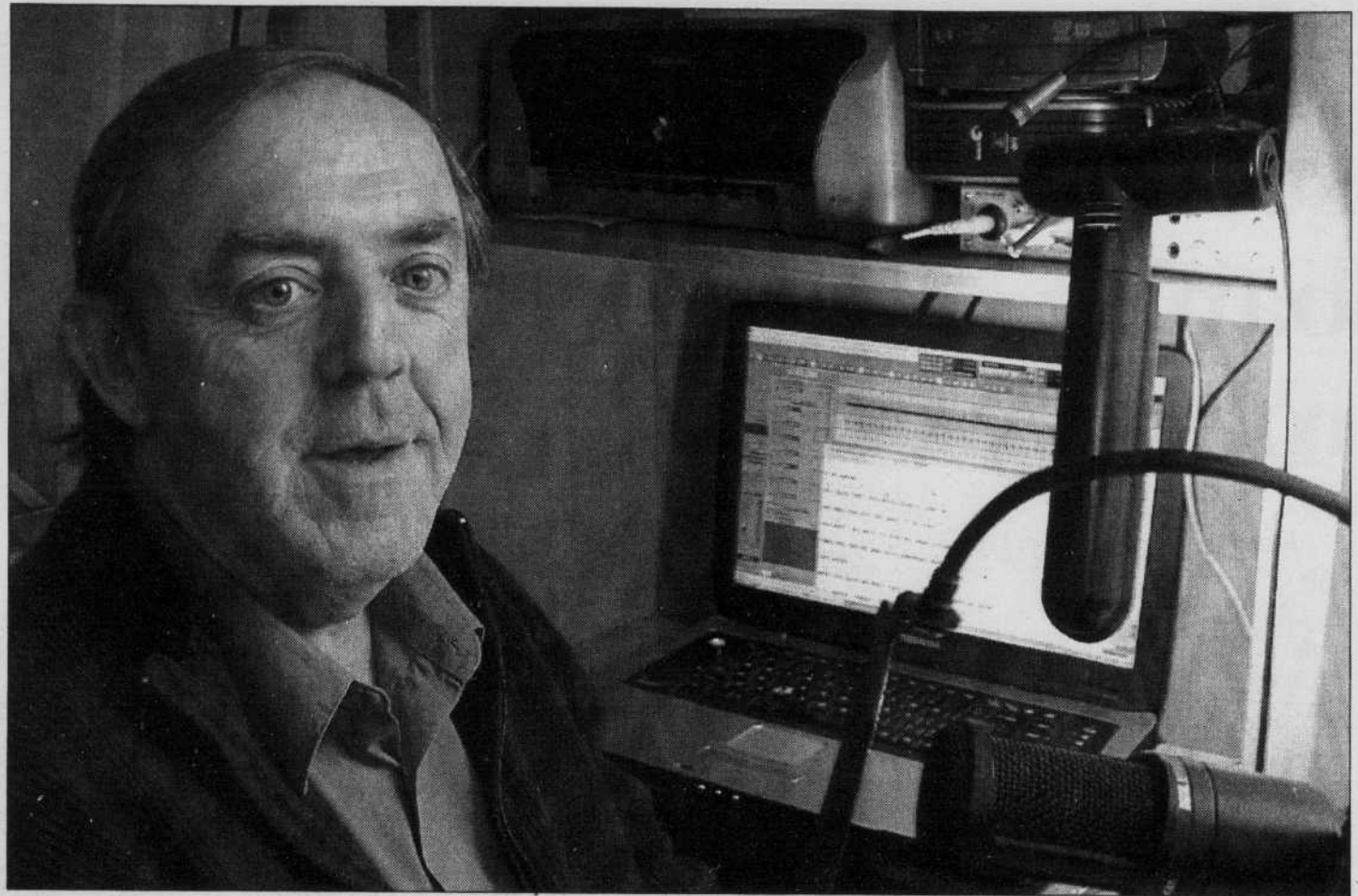
"Songwriters send their songs into Songramp (an Internet critique site). A couple weeks after I sent some of my songs in for criticism I got a call from Dixie Vornbrock. She liked my songs and she asked me if she could play them and I said 'of course'."

Vornbrock, an independent promoter, is a DJ and founder of Triplestrand Productions, who dedicates her time to getting radio stations world wide to play songs written or sung by her clients. She is also the founder of TSPradio.com, that plays strictly independent music, where Rivet's songs get airplay.

Rivet is francophone; he said the hardest part about English country songs is actually penning the lyrics without flaws.

"It took me 15 minutes to think of the words and three days to write them out without making mistakes. That is what's hardest for me because I am French."

In total, Rivet has had 11 of his songs



PERRY BEATON

Michel Rivet writes country tunes that are getting recorded.

recorded professionally in Nashville and is in the midst of releasing his first CD, *My Dream*, expected to be available this March. Due to his heavy accent the songwriter says that he is always looking for singers.

"Right now I have Steve Aulis (a long time local country musician) singing some of my songs. I'm always looking for singers. I spend about two months in Nashville, two months in Ontario, and six months in Florida a year and last year I went to over 1,000 karaoke bars looking for voices I wanted on my songs and I didn't like anything I heard. Then I found Steve. He sounds and looks country. He has that style that I wanted my songs to be."

Aulis is not the only singer vocalizing Rivet's words. In fact, Kentucky's Jodie Sutherland, whose country album sold 300,000 copies, has requested one, but Rivet said he doesn't let just anyone sing his songs.

"I have had a few calls from England singers wanting to sing some of my songs and I refused to let them," he said. "I don't like the accent and I don't think it makes a good sound. If you have good lyrics but the sound is bad you might as well just throw that song in the garbage. I can't sing because I have an accent. Not just anybody can make a song sound good. You have to be picky because the sound is what sells the song."

Rivet says he will continue to follow his passion and love for country music to wherever it leads him. But he hopes to hear the likes of George Strait singing one of his songs one day.

## Two thirds of seniors fret scamsters will strike

By Don Butler  
CANWEST NEWS SERVICE

**T**wo-thirds of seniors say they're worried about becoming victims of fraud, according to a survey done for Justice Canada last year that provides a rare insight into seniors' views on the subject.

The Ekos survey of 1,505 people age 55 and older found that just more than one third express a high degree of concern about fraud, and another third are somewhat concerned. A summary of the survey, dated December 2007, was posted recently on a government website.

Fraud worries seniors even more than crime in general. Just over one in four say they have a high degree of concern about being a victim of crime in general, with about a third saying they are somewhat concerned. Six in 10 seniors say they have refused an offer for fear it might be fraudulent.

In the 12 months preceding the survey, done last May and June, one in 20 seniors said they had been defrauded, while a further six per cent said they had been a victim of property theft. Younger seniors and those with more education appear more likely to be victimized, the survey suggests.

Those between 55 and 64 were twice as likely as those 75 and older to say they had been victims of fraud. And eight per cent of university-educated seniors say they were defrauded in the previous 12 months, compared to just three per cent of those with high school education.

Of those who said they had been defrauded in the previous year, just over half said it was the first time they had

been victimized.

But 18 per cent said it has happened twice, and a surprising 28 per cent said they have been victimized three times or more. Credit card and bank fraud is most common, cited by 34 per cent of senior fraud victims. Just over one quarter say the fraud involved merchandise that was misrepresented or never delivered.

Another quarter cited services not performed properly or not provided at all. One in seven were victims of fraudulent activity involving investments.

The survey was done because information on mass marketing fraud and victimization is lacking in Canada, says the survey's executive summary, though statistics from Phonebusters suggest that seniors make up a large proportion. The Ekos survey found that about one third of senior fraud victims report losing \$1,000 or more, 29 per cent say they lost less than \$1,000 and 35 per cent say no money was lost.

Just over one third of seniors reported the fraud to police.

Of those who didn't report the loss, 53 per cent say they dealt with it in another way. Slightly fewer say they thought police wouldn't do much to help. Face-to-face contact is the most common method of solicitation used by fraudsters, cited by nearly four in 10 senior victims.

One in five say they were solicited by phone, nearly one in 10 by mail and eight per cent by e-mail or the Internet. One third of victims paid for their fraudulent items or services by credit card. Direct debit from a bank account was used in 17 per cent of cases, with cheques and cash each used 14 per cent of the time.

# Teens hardest hit by injuries

*Training needed on ATVs, says expert, who blames government*

By Jen Young  
SHERBROOKE

The loss of a child is a hard pill to swallow. Especially one as young as nine-year-old Terry Wilkins of Danville, who died Saturday after being crushed by an ATV on his family's land.

However, ATV experts say these types of death can be avoided with proper training and laws — and Quebec needs to act.

"It can happen to anyone, but it doesn't have to," said George Smith, the national coordinator of ATV programs at the Canada Safety Council. "It's tragic, a terrible loss that is unacceptable under any circumstance. I face this everyday across Canada, but when it happens close to you it hurts more. The only answer is training and awareness."

According to statistics, ATV sales tripled in 2001, at which time 2.5 million Canadians were riding them and 850,000 owned one. With the increase in sales came an inevitable increase in injuries. Accidents involving ATVs are now the third most common cause of severe injury when it comes to recreation and sport, next to cycling and snowmobiling. And the majority of victims are aged 15 to 19.

Smith said all-terrain vehicles, which first appeared in Canada in the 1970s, are regularly used by farming families as another crucial piece of equipment needed to carry out daily tasks.

"Families learn from each other how to drive them. For many it is a way of life," he said. "This isn't only in Quebec, this is across the country. It's mostly boys aged 9 to 15 that use the vehicles since they see their dads or big brothers using them often. But, I've also seen three-, five-, and seven-year-olds injured or die because of them."

Last weekend's ATV death is at least the second this winter involving youths in the Townships area. Eighteen-year-old Alex Ross lost his life on Dec. 9.

According to Smith, awareness and education about ATVs — which now include bigger, more powerful vehicles like the six-wheeled Gator — is the only way to battle the steadily rising fatalities. He said an accident can happen just a quickly, or just as unpredictably, as any other type of incident, but if training wasn't so difficult to get, lives could be saved.

"The law says that you must be 16

years old to operate an ATV. It also says that you have to wear a helmet and have the proper license and insurance," he said. "The catch-22 is that those laws were created for use of ATVs on public roads and are not enforced on private land. You get into a tricky situation with that. Do you make laws mandatory on private land? If you do then you have to contend with individuals who own the land and are these landowners going to allow police to give tickets for not wearing a helmet or just to stop and check permits or age?"

Of course, even proper training won't stop all fatalities: Weather conditions, even the driver's weight, all play a role.

"If a driver is going up a slope and their weight is not enough to keep the vehicle stable it will roll over. It is not recommended that anyone under 12 years old drive a vehicle with more than 70 ccs. Nowadays there are ATVs of 800 ccs. It would take an adult who weighs around 150 pounds to keep that vehicle under control."

Last year alone the Safety Council helped train 14,000 people to operate ATVs.

"The people we train are people who ask for it. Training is not mandatory in Quebec and the rules and laws that surround their use is a mixed bag of legislation. The only legislation that exists states that a person must be 16 years old to operate the vehicle, anyone under that age cannot be trained. This law neglects the whole population of individuals, of any age, who use the ATVs at their private homes. It doesn't make any sense.

"A person has to be 16 to operate a car on the road, and now people even have to take a course to operate a boat, but a person could go to any age without any instruction on an ATV and drive them all their lives. Why? It is a motorized vehicle just like anything else.

"Some provinces say 12 years old; some say 16, and some don't have any age at all... I believe everyone who is going to operate the machines should be trained, no matter how old."

Smith said safety and awareness does not come solely from the government. He regularly visits schools in Ontario: "Whatever we can do to stop death and injury will help."

After Massey-Vanier High School student Alex Ross's death, the principal said the institution might look into offering some ATV workshops.

Smith suggests the FQCQ — the Fédération Québécoise des Clubs Quads.

"The instructor cannot give any formal training unless the students are over 16 years old, but they will be able to give safety tips and inform young people of the dangers. The schools could use it as an activity afternoon."

Terry Wilkins was a student at Asbestos-Danville-Shipton Elementary School, and a team of psychologists greeted students and staff Monday morning to offer a listening ear.

This makes for the second accidental death for the school in the past two years, as teacher Valerie Castonguay died in a car accident in October of 2006. Eastern Townships School Board spokeswoman Sharon Priest said principal Kirk Robinson was reserving the day, and probably most of the week, to

focus on his school community, as well as the victim's family, and was unavailable for comment.

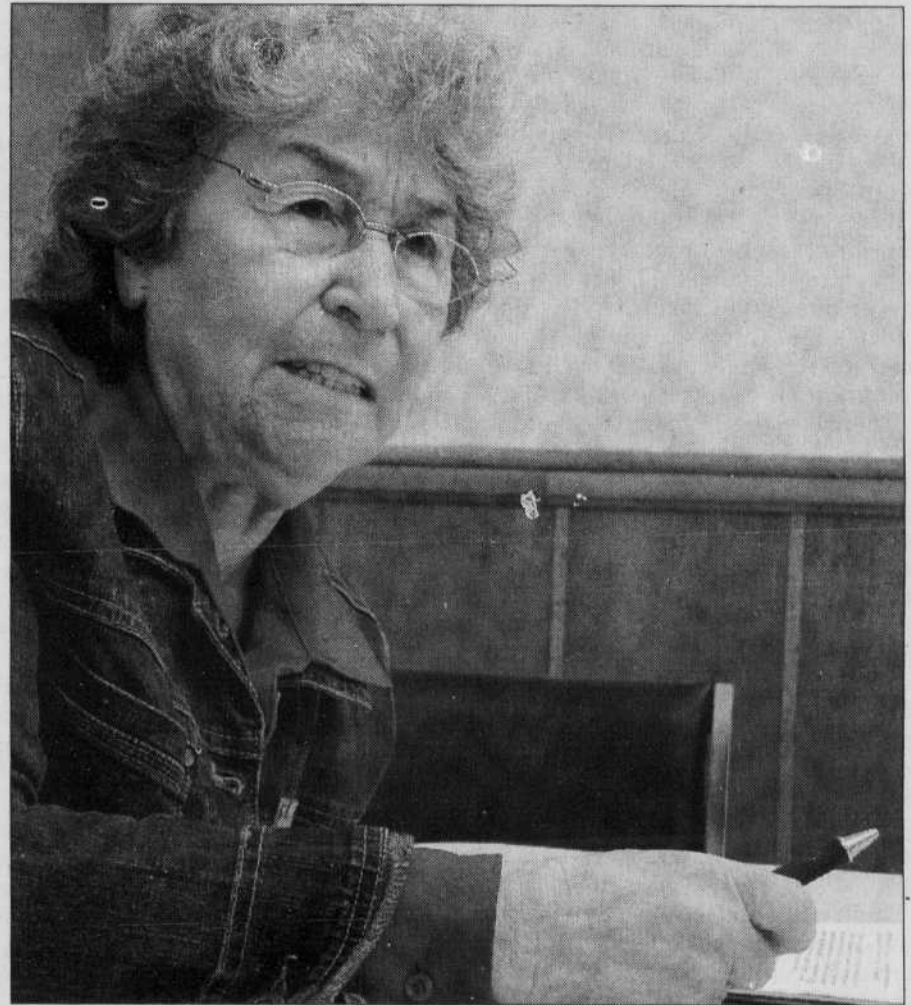
"As a school board our main concern is always student safety," she stated.

ADS teacher Jessica Young, who is presently off on maternity leave, said the loss will touch everyone.

"He was such a friendly, happy, pleasant little guy," said the Grade 5/6 teacher. "He wasn't even in my class, but I knew him and looked forward to seeing him everyday because he was always saying, 'Good morning Miss Young' with a great big, happy smile. He didn't just make my mornings brighter; he made everyone's lives blessed just by knowing him. My thoughts and prayers are with his family."

Anyone interested in ATV workshops can call Club Quad at 514-252-3050, or the Canada Safety Council at 613-739-1535.

## Poverty



PERRY BEATON

Yvonne Bergeron invited one and all to a Wednesday, Jan. 23 event beginning with a rally at 5:15 at the Cégep de Sherbrooke cafeteria, followed by supper and a meeting to chat (en français) about ending poverty. Tickets are \$12 and can be purchased (before the 20th) at 819-828-3822, through the Table d'action contre l'appauvrissement de l'Estrie.

**Now with delivery  
to your dining room.**

Announcing the new  
[www.sherbrookerecord.com](http://www.sherbrookerecord.com)

THE  
**RECORD**

# Community Forum

## The war on cancer

### Fight the cause first

**T**he real war is not the purported war on cancer but the one designed to keep that war secret. So-called attempts to defeat the disease were conducted by the heads of industries hell-bent on producing the very agents that cause cancer.

Those same industries also profited handsomely from the drugs and technologies designed to detect and treat the disease. As a result, the cancer industry is a corporate success story. Defeating cancer is not!

Efforts to actually prevent the disease are consistently denigrated and discredited with all the same ammunition that a powerful corporate world used to defend and promote the use of tobacco.

The agents known for well over a decade to cause cancer were left not only untouched, but in many cases, the news suppressed. The real culprits are tobacco, the workplace, radiation, polluting industries, the global environment and much of what all those entities generate.

Dr. Devra Davis, a professor of epidemiology at the University of Pittsburgh, delivers the brutal facts in her new book *The Secret History of the War on Cancer*.

Newsweek magazine named her book a must-read in October: "[T]he cancer war has been fighting the wrong battles, with the wrong weapons against the wrong enemy."

Forty billion U.S. dollars of taxpayers' money has focused far too much on treatment and not nearly enough on prevention, Davis says. In the meantime, cancer rates skyrocket. Interviewed at length on CBC Radio's *The Current*, the picture drawn by Davis emerged strikingly parallel to the Wendy Mesley documentary on cancer shown on CBC TV months ago.

There is plenty of blame to go around, Davis claims, and she serves it up to the scientific community, the government and even to cancer advocacy groups. Three years after the surgeon general announced that smoking caused cancer, the US government spent \$30 million attempting to produce a safer cigarette. The failed effort succeeded in giving tobacco companies cover as smokers were wrongly told that a safer cigarette would soon appear on the shelves.

Davis argues that time after time, from tobacco to benzene to asbestos, the profit motive has trumped concerns over public health. In a stunning admission, Davis reveals that one of the foremost epidemiologists of the 20th century was discovered after his death to have been on the take to Monsanto to the tune of \$1,500 a day.

In an ultimate betrayal, Davis reports: "Some of the early leaders of the American Cancer Society and National Cancer Institute left their posts to work directly for the tobacco industry, where they funded major academic research programs throughout the world to foment uncertainty about the dangers of their prod-

uct right up to the 1990s. While people may think of the American Cancer Society as a foremost supporter of research, in 2005 it reported spending less than 10 per cent of its nearly \$1 billion budget on independent scientific studies.

And there is much more. No one should drink diet sodas sweetened with aspartame and children shouldn't use cell phones. And think twice, Davis says, before having a CAT scan, except for a bona fide emergency. One scan, she says, emits the rays equivalent to hundreds of X-rays.

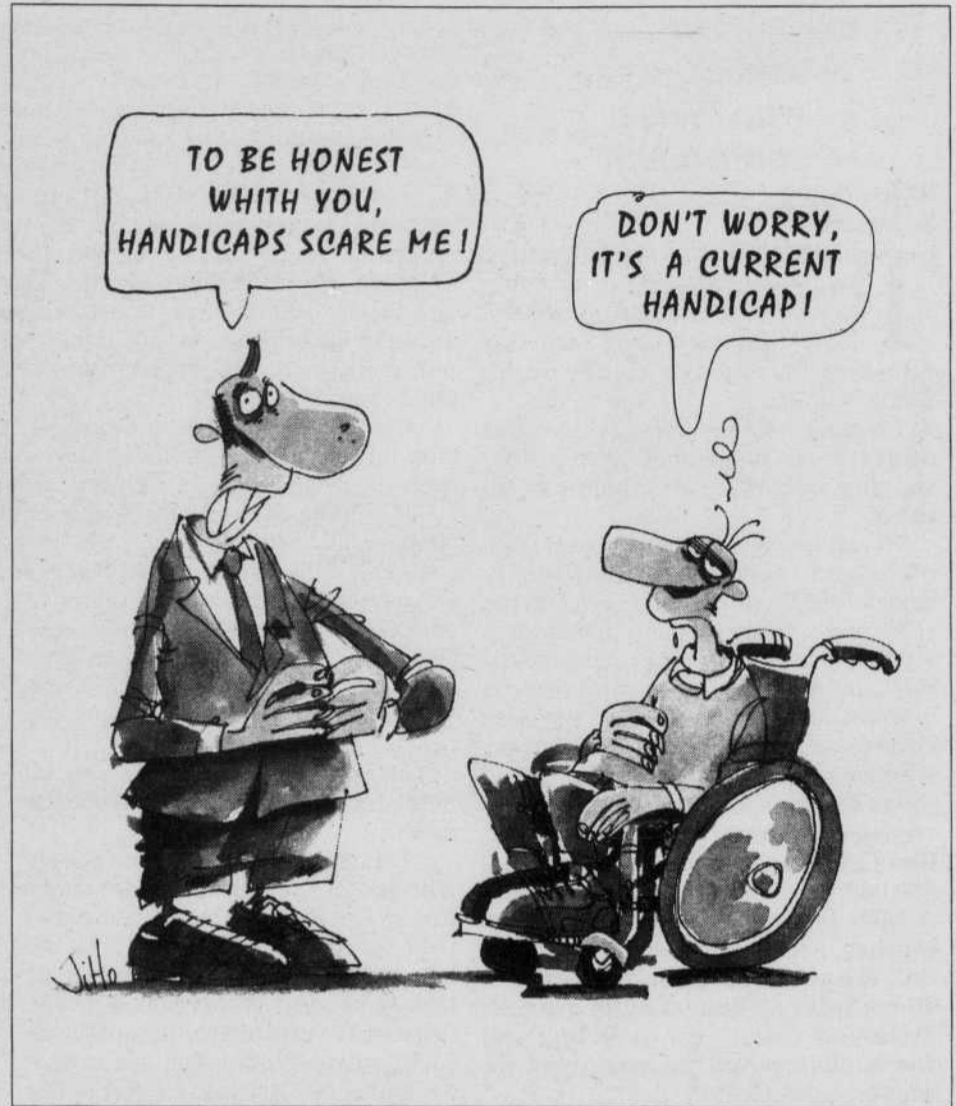
The Davis revelations will come as no surprise to Queen's University professor Samantha King, who also wrote in her book, *Pink Ribbons*, that treatment was promoted at the expense of prevention. King claimed that the marketing-savvy large foundations have mastered the art of linking themselves to breast cancer as a hot cause. They have succeeded in transforming how we think about breast cancer by stressing survival and the idea of a cure when none exists. The culture of be-stoic-and-remain-cheerful prevails. A woman's risk factor for breast cancer was one in 22 in the 1940s. It grew to one in 7 in 2004. Yet we still hear women claim there is improvement. Surviving cancer can certainly be wonderful news, but not getting it at all, is even better.

The best news that has emerged in cancer in years was the stopping in 2002 of prescriptions for hormone replacement therapy (HRT) that made pharmaceutical conglomerates wealthy and kept doctors in demand. When I declined a prescription for estrogen-laced HRT recommended by my family doctor, she persisted. I pointed out that menopause wasn't a disease and thus didn't need to be treated. Finally she suggested in so many words that maybe I didn't need a doctor since I felt no obligation to take her advice. We parted company permanently.

I did not contact her when such estrogen treatment was discontinued following a sharp increase in deaths from cancer and stroke among those who had taken their doctor's advice.

### VIEWPOINT

IVY WEIR



Doctors mumbled something about the shortage of doctors. The media, instead of asking why doctors were increasing the incidence of cancer with their treatments, were asking what women were going to do for hot flashes.

It becomes patently clear that the economy that has mushroomed around the cancer industry is nurtured by our own tax dollars along with the millions raised from all of us in campaigns, falsely believing we are fighting the disease. As Davis explains, we have been duped big time. Quebec's minister of health, Phillippe Couillard, just recently gave an \$8-million grant to the medical community to improve cancer treatment. Until the dollars raised are earmarked specifically for prevention, those same dollars will continue to stoke the cancer industry at the expense of an increased toll in mortality rates.

The predictable campaign to vilify and discredit Davis, a shining example of the best the medical world can offer, has already begun. Davis has paid steadfast homage to the motto, "First do no harm." Readers will likely remember the similar harassment of one-time executive Jeffrey Wigand, the anti-tobacco activist who exposed the perfidy of the industry and paid dearly for his fidelity to a higher order. His life story was told in the critically acclaimed Hollywood movie *The Insider*.

Many of us bear witness to the story Davis tells. Both of her parents died of cancer. While more and more of our own family members and acquaintances fall victim to the disease, masses of money continue to be solicited, supposedly to vanquish the enemy. The Canadian Cancer Society predicts a steady rise in mortality rates in this country without any suggestions on how to reverse the trend.

Thanks to Davis, *The Secret History of the War on Cancer* is no longer a secret. Stoicism and remaining cheerful doesn't cut it. It seems that an honest war on cancer at its source is long overdue.

IVY WEIR LIVES IN SHERBROOKE.

**THE RECORD**

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

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

**DEPARTMENTS**

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

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

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

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

The Record is published daily Monday to Friday. Back copies of The Record are available.

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

PM#0040007682

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

Member  
ABC, CARD, CNA, QCNA

# A question that, as yet, has no answer?

*She relearned to eat with a fork*

Whatever happened to Beverly Slater? I feel like I know her and care about her after having read her book last week.

There are hundreds of books in this house, from many sources — sales of used books at community events, boxes of books at auctions, my favourite second-hand book store.... A day or two after New Year's, I sorted through part of my collection of not-yet-read books, getting a sense of what was there and prioritizing them.

About a week later, I fumbled through the books at the top of the "read next" pile, rejecting for the moment a couple of Dick Francis books, another called Road to the Isles and a hardcover, The Best of Modern Humor edited by Mordecai Richler.

Sometimes a book just seems to call out, "Pick me!" It could be the title, the jacket design or the description on the back cover. In this case, it was none of the above. There seemed to be no explanation for the spell Stranger in My Bed was casting over me. The title echoed Harlequin but the content was nonfiction. Described on the cover as "a courageous woman's battle with amnesia," "a true story" and "a remarkable tale laced with love... and courage," this proved to be an intriguing read.

On her way to school to teach medical and dental assistants, Beverly was struck by a car. Her head injuries resulted in an amazing loss of memory. She at first could only talk gibberish and recognized no one — not her husband, her two grown children, her parents nor her friends, and had lost all recollection of life as she had previously known it.

She remembered nothing before the time she regained consciousness — her childhood, her married life, being a mother, nor her professional experiences. She had no grasp of what objects were or what they were for. Everything — faces, places, names, and concepts, from snow to squirrels,

from mirrors to manners — appeared to be unknown to her. She had no comprehension of affection, no feelings of friendship, no grasp of the term "home." She had completely lost her senses of taste and smell.

Ever so slowly, there were signs of change. Beverly started to speak in a comprehensible manner after 10 or 12 days, although she was often impatient, angry and verbally abusive. Her behaviour and reactions were more childlike than adult. Family and friends remained supportive, patient and helpful.

The new Bev became curious, bold and very different from her previous persona. She insisted on having her hair vibrant red, wearing bright colours, and often talking to strangers. She spent hours pouring over the books from her former life, with reference books close at hand. Miraculously; although she had to learn to eat with a fork all over

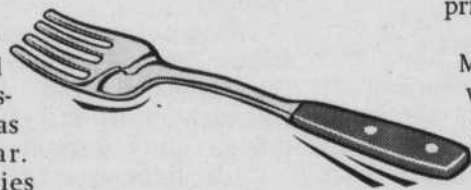
again and at first required help to get dressed, she had retained the ability to read and write. She studied and studied, relearning general information rapidly. Eventually she got herself a job investigating consumer complaints. Later she worked teaching medical secretaries and office assistants. Then she took on the mission of getting her story told in print.

Stranger in My Bed was written 24 years ago by Beverly Slater and Frances Spatz Leighton.

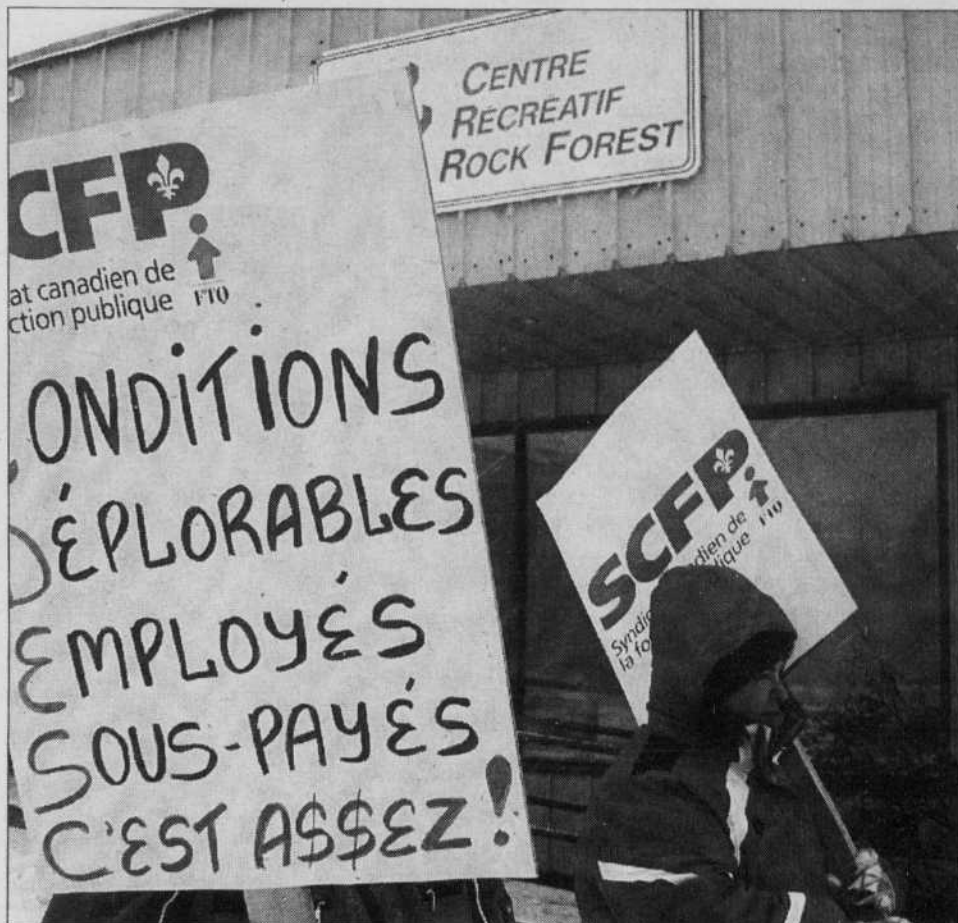
Beverly later co-authored two other books with other people: A Positive Approach to Head Injury in 1987 and Coping with Head Injury in 1988. She also wrote a children's book, Angel Rivals, published in 2005. But I long to know — how has she been? Did she ever get her pre-accident memory back? Her doctors had no idea whether she ever would or how that would shape her life should it happen. What's happened to her husband Harold and to their children, Joanie and Stuart? There does not seem to be a sequel to this story. Too bad.



SUSAN MASTINE



## Labour Troubles



PERRY BEATON

Employees at the Centre récréatif de Rock Forest aren't on strike, and so waited until 3:30's end-of-shift to picket Monday to protest their salaries. The 15 employees say they want parity with municipality of Sherbrooke employees who do similar work. The centre is run by a non-profit; staff get \$8 to \$12 an hour. Stéphane Grenier of the Syndicat Canadien de la fonction publique said a Zamboni operator at the Rock Forest centre gets \$12 an hour; a Sherbrooke employee doing the same job gets \$19 an hour.



PERRY BEATON

Meanwhile the 100 or so employees at Sherbrooke's Grafikom — seen here on Dec. 20 as they held a demonstration to exert pressure on management — will begin their first negotiating session on Friday. The printing company (which imprints credit cards and vinyl) was sold two years ago to a collection of Toronto-based companies. CSN union spokesman Claude Dallaire said he doesn't know who the majority owner is — the government business tracking website doesn't list such numbers. The employees are trying for their first union contract. The CSN does have one local out on strike — those are the employees at the Audi garage in Sherbrooke, who walked out Dec. 6.



MAURICE CROSSFIELD

Frelighsburg mayor Gilles Chabot (centre) with Brome-Missisquoi MNA Pierre Paradis and Jacques Gourde, MP for Lotbiniere-Chutes-de-la-Chaudiere and Parliamentary Secretary for the federal economic development ministry.

## CLEAN:

CONT'D FROM PAGE 1

sands and thousands of people."

Joined by member of Parliament Jacques Gourde, Paradis held separate press conferences in each of the three affected towns. In all over \$9.7 million worth of infrastructure work will be done over the next couple of years, providing the three villages with proper municipal sewage systems for the first time.

In Frelighsburg a total of \$4.4 million will be spent on both sewage and on providing the village with potable H<sub>2</sub>O. The town has been under a drinking water advisory ever since its well was declared contaminated in the summer of 2006.

Some \$400,000 has been earmarked to cover the costs of finding a source and connecting it to the existing municipal system. Much of that work has already been done, and testing is now underway to ensure the new source has enough capacity to supply 95 residences (and their 275 residents) and about a dozen businesses in the village.

"Here we had no proper drinking water in the prettiest village in all of Quebec," Paradis noted.

Frelighsburg Mayor Gilles Chabot said the sewage project was first put on the table a couple of years ago. In the meantime the water problem cropped up, so the town made a single request to cover both projects.

The sewage system project will likely take a little longer to complete. Chabot said the municipality is still considering which system to use. A location for the treatment facility hasn't been established either.

"It's a balance of finding the most ecological system for the best price," he said.

Chabot said the location will be determined by the fact that the village is in a valley, and that some spots are in flood zones.

The projects will see the federal and provincial governments put in \$1,561,667 each, with the municipality adding another \$1,276,666 to the pot. Chabot noted that's a lot of money for a small village, an average of \$4,642 per person. Work on the sewage system is expected to be completed by March 31,

2009.

The project may also see some outlying residents who won't be connected to the system having to upgrade their septic systems.

### STANBRIDGE EAST

Downstream in Stanbridge East another \$1.7 million will be spent to establish a sewage system. Through the Municipal Rural Infrastructure Fund, Quebec and Canada will each put up \$664,917, while another \$420,166 will be contributed by Stanbridge East.

The system will gather and collect sewage along 1,445 metres in the heart of the village. A pumping station will get it to the treatment facility, where an ultraviolet light system will be used to remove phosphates and disinfect the sewage. In all some 195 people will be on the system.

### NOTRE-DAME-DE-STANBRIDGE

A few kilometres further down the Pike River, Notre-Dame-de-Stanbridge will have just over \$3.6 million worth of work done so that the village will become more environmentally friendly. In all some 3,140 metres of sewage lines

will be installed, connecting some 402 residents to a new sewage system. The system itself will include pumping stations and an aerated pond treatment system.

The municipality will itself contribute \$922,544 to the project, while the federal and provincial governments will each put up \$1,352,083 under the infrastructure program.

"It is an important day for the population of Brome-Missisquoi," Paradis said. "It is also important for our neighbours in Vermont and New York."

Paradis noted that a number of efforts have been made to clean up the water going into Lake Champlain's Missisquoi Bay in recent years, from new farming practices to better municipal sewage systems to the creation of an ecological reserve in St-Armand and the removal of part of the Alburg-Swanton causeway, which improves water flow. The result: While many Quebec lakes were plagued by blue-green algae, Missisquoi Bay remained relatively algae-free.

"When you add up all of these actions, you get results," Paradis said.

# Lennoxville Link

SERVING THE GREATER  
LENNOXVILLE AREA



ALSO SEE:

May Fly  
brings  
bluegrass  
to town  
... see Page 11

NEWSROOM@SHERBROOKERECORD.COM

TUESDAY, JANUARY 15, 2008 Page 9

## Pilates is mind over muscles

... and bikini over  
one piece?

By Jen Young  
RECORD CORRESPONDENT

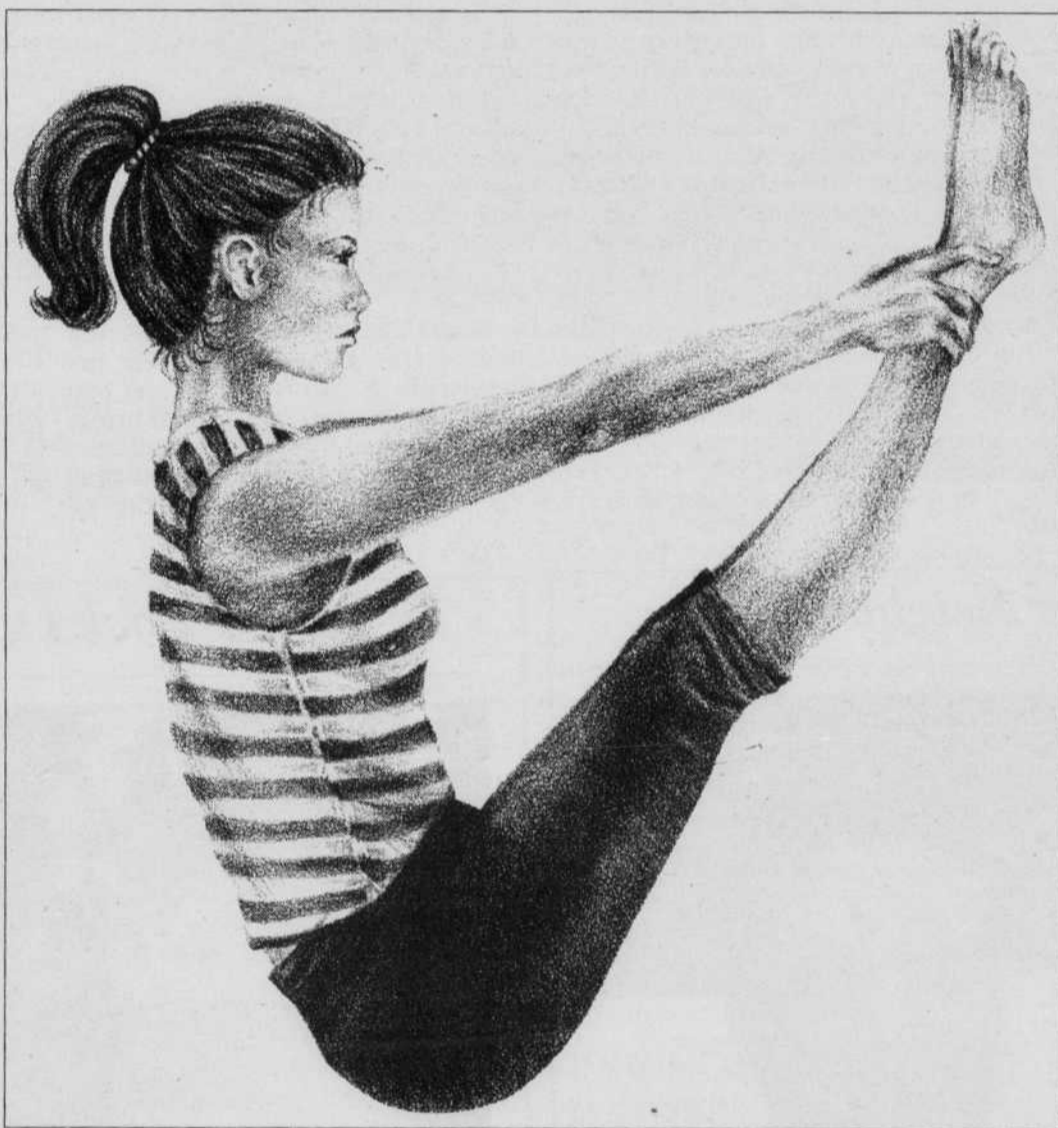
What is this phenomenon they call pilates, and does it really work? Sutton resident and certified pilates instructor Cathy Hamilton swears by it and goes as far as to say that individuals who practice the "controlled" exercises not only lose weight and become stronger, but they are also easy to spot in a crowd.

"As your posture strengthens your shoulders naturally roll back, making you look longer and leaner. Pilates is very popular with celebrities and the proof that it works is in the way they look," said the health guru, who will offer a course in Lennoxville come spring.

She was introduced to the exercise while working as a publicist for the Alberta Ballet. "The ballerinas would use pilates, much like many other athletes, to strengthen their muscles. Prima ballerinas actually lengthen their careers by using pilates to strengthen their back muscles. Once I was introduced to them I knew this was something that would complement my lifestyle. I'm doing what my lifestyle is and teaching it to others."

Hamilton, a health-conscious single mother, has spent her life practicing and studying healthy eating and living, and says the form she teaches is designed specifically for weight loss and strength-building.

"What makes us look older, more than anything else, is losing muscle and gaining body fat as we age, but by practicing pilates you can reverse two decades of a typical person's muscle loss," says Hamilton. "In return your muscle burns fat. They say we are required to exercise 60 minutes a day to have a lengthy healthy life, but women don't have time to exercise that much. Sixty minutes of exercise is equivalent to 10,000 steps and on average a typical person will take 5,000 steps just by walking to get a coffee at the office or carrying out a regular day. With pilates you get the additional steps needed and you gain endurance, flexibility, and



Now do this on a horse...!

strength."

The fitness system was developed in the early 20th century by Joseph Pilates. He called it Contrology, because he believed his method uses the mind to control the muscles. The program focuses on the core posture muscles (the torso, including the abs, from your upper back to your pelvis), which help keep the body balanced and are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles, which are important to help alleviate and prevent back pain.

"Muscles have memory but if the muscle has never been used it takes 500 repetitions in order to establish a con-

nection between the brain and that localized muscle," Hamilton says, adding that pilates demands concentration.

"Pilates demonstrates proper breathing, which many people do not know how to do, and proper posture. Over time an individual will lose the natural curve in their neck and lower back, leaving a hunched over state.

"I don't care who it is; if it is easy to them they are not doing it right. If people are exercising incorrectly then they are spending twice as much effort into something they could have gotten faster with twice as much of a result had it been done properly. I always tell my students that I would rather see them only do two exercises properly than 20 wrong."

Though some strive for that perfect six-pack, Hamilton warns of over exercising.

"Your abs need at least 48 hours between workouts to recover. Exercise causes tiny tears in muscle fibers, and rest is crucial for rebuilding them. As muscles rebuild, they get stronger. Hit the mat day after day and your abs won't be at max strength. As a result, other body parts, like your back, will have to pitch in to help them, which can cause pain and strain."

Hamilton, who is teaching five pilates classes in Mansonville, and will begin soon at the Lennoxville women's centre, has adapted her courses into one hour sessions that add cardio.

"Cardio is one of the only ways to burn off the flab that covers up those middle muscles and Pilates for Weight Loss includes walking for the first 20 minutes, which provides stronger hip muscles, which protect your knees from injury and let you execute squats and lunges more effectively. Which adds up to one perky, firm excuse to lie bum side up at the beach on your next winter getaway," she laughs. "And the rest of the session is used to exercise pilates. Pilates can be executed by sitting in an arm chair, which is great for people with limited mobility or people working at the office."

With upcoming courses, which last 12 weeks each, including pilates for kids starting this month, Hamilton has still found the time to adapt a new form of pilates, called equilates, designed specifically for horseback riders, which can be practiced while sitting on the animal.

"I grew up around horses and I love horseback riding. The Townships is flooded with horsemen and the equilates will help them strengthen the muscles they use the most and keep them fit."

For more information on Hamilton's classes call 450-538-1869, or to sign up for her Pilates for Weight loss class at the Lennoxville and District Women's Centre call 819-564-6626.

# A man who doesn't believe in angels

... becomes obsessed

"...it's a story with wings... They're hard to catch."

- Thomas Wharton, *Icefields*

For the annual CBC Radio program Canada Reads, five people choose five books by Canadian authors that they feel everyone should read. This year, one of the books on the list is Thomas Wharton's novel, *Icefields* (1995), which takes place in Jasper, Alberta in the early 1900s and through the First World War.

In 1898 Dr. Edward Byrne goes to Jasper on a geographical expedition. He is traversing the Arcturus glacier when he slips and falls approximately 60 feet and hangs — thanks to his backpack — upside-down in a crevasse. The rest of his life will be shaped by this event, for while he is down there he believes he sees a shape embedded in the ice: "[A] pale human figure, with wings."

He is rescued and taken to a nearby cabin where an unusual woman named Sara tends to him as he awaits transport to Edmonton. She tells him stories about this place which only serve to heighten the mysteries surrounding the glaciers and icefields. Eventually Byrne returns to London, England to resume his life but finds he is consumed by Jasper, the ice, and his memories of that angel. He has to go back to find out

what really happened.

The glacier is receding. Sooner or later the angel — if it was really there — will show itself at the glacier's terminus. Byrne builds a shelter on the glacier and spends his summers there studying its movement.

### GOOD READS

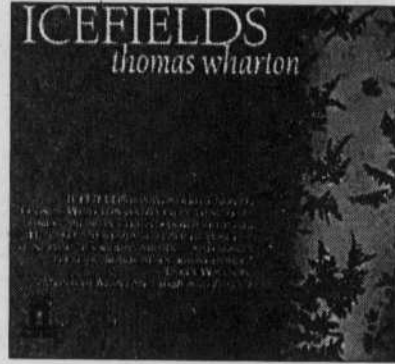
LENNOXVILLE LIBRARY

Wharton never overdoes the "angel" theme. He manages to weave just enough spirituality into the environment to convince the reader of

the possibility of angels. At one point Byrne watches as "the glacier groans, cracks, thunders, and rears up a cathedral," which fills with light when the sun breaks through the clouds. As well, we learn of an earlier explorer in the region, Lord Sexsmith, who was convinced that the holy grail lay in the shining icefields. "That light... that's the place I've been seeking." But his guide, a young woman named Athabasca who hails from the Snakes, says, "It's a spirit place. Not for the living."

The trouble is, Byrne is not the angel type. He is a no-nonsense scientist with a glacial personality, slow to warm to others and unable to confide in anyone about such an experience. This, too, adds to its believability. But this is only one part of the story.

At the same time we learn about the



man who saved Byrne in the crevasse, Frank Trask. He is an entrepreneur who quickly sees the future of tourism in the Jasper region. He

builds a chalet, leads walking tours on the glacier, and is "the man of progress". A cast of interesting characters peopled Trask's chalet, including Elspeth, who keeps a glass house full of unlikely flowers, Freya, a travel writer and brash adventurer, and Hal, a poet who tends the horses.

It is with Trask that things begin to take on an ominous tone. He wants to take tourists right up to the Arcturus glacier, but he must cut down trees in order to do it. This makes Byrne angry, but as Trask explains, "[I]n this world the trees and rocks have to move, not the men."

Incredibly, this was Wharton's first novel. *Icefields* won many awards, and deservedly so. This is a rich novel told from several points of view that brings alive place and history and makes the world, as Michael Ondaatje once wrote, "As if everything in the world is the his-

tory of ice." Its relevance regarding global warming and over-eager developers is only too clear. Plus, it's a great read.

You can find *Icefields* at the library. The radio discussions and voting will take place during the week of Feb. 25th. For more information about Canada Reads, go to [www.cbc.ca/canadareads](http://www.cbc.ca/canadareads).

### BOOK ENDS

• The library will host its own annual evening, Lennoxville Reads, on Feb. 26. Everyone is welcome to join us. Details to come....

• The next meeting of the Books and Brown Bag Lunches reading club will be on Wednesday, Jan. 23, from noon to 1 p.m. Bring a book you have enjoyed, as well as your lunch. Everyone is welcome.

• The next children's activity is on Saturday, Jan. 26, from 1:30 to 3 p.m. The theme will be "on the farm." All children are welcome.

• The library's annual general meeting will take place on Tuesday, Jan. 29 at 7 p.m., at the library.

For information on all library events, call us at 819-562-4949 or visit our website, [www.lennoxvillelibrary.ca](http://www.lennoxvillelibrary.ca) You can also reach us by e-mail at [bibliolen@netrevolution.com](mailto:bibliolen@netrevolution.com).

- by Michelle Barker

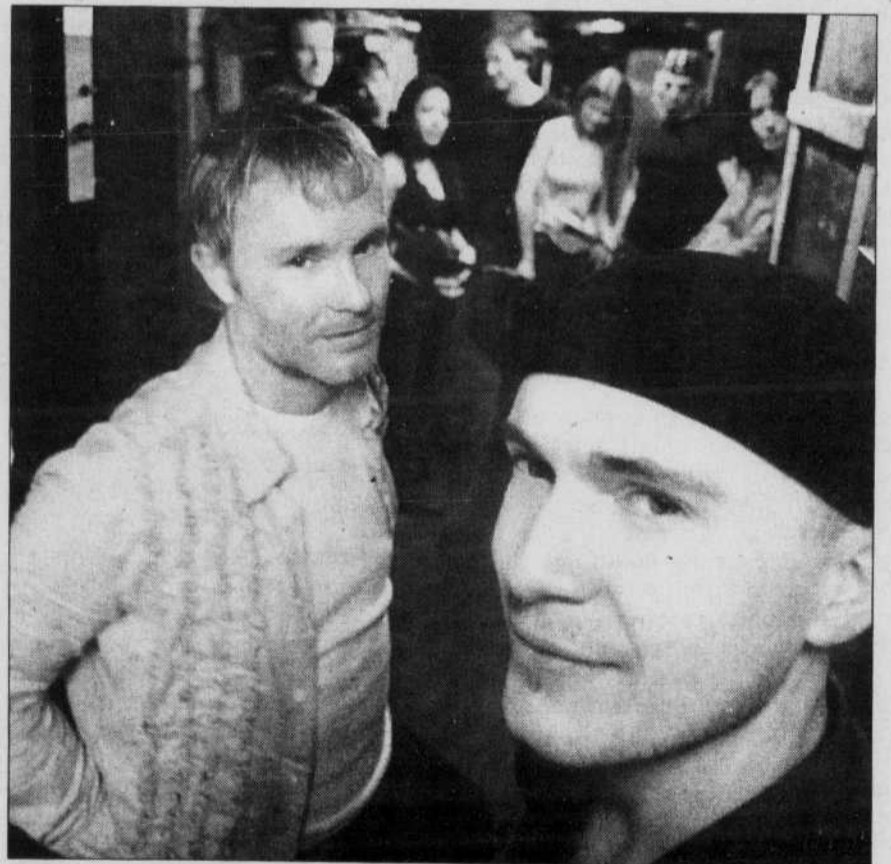
## Meet Your Neighbour

COURTESY

He's been a student, a business owner, a teacher, a coach, and now he's the Bishop's University dean of student affairs. And you can also add true Townshipper to the list describing Bruce Stevenson. "I've met all kinds of interesting people," says the dean of eight years. "I love the Townships. It's the way of life here. It's been a great place to raise my children and this is where my roots are." After Stevenson graduated from Bishop's University as a young adult he taught and coached senior basketball at Alexander Galt Regional High School. Then he tried his hand as a local business owner. "I owned a Mike's Sub in Sherbrooke," said the Sherbrooke native. "Then I was co-owner of Lennoxville Printing. While I was there we did a lot of jobs for Bishop's so when I saw the director of alumni and public relations position posted I was very interested in it." The father of two children (both still live in the Townships) says he sold off his businesses and worked with alumni for 10 years before accepting the student affairs title on the same campus. It's a position he calls constantly challenging and enlightening and he says he has no intentions of ever leaving the job, nor the hundreds of students he meets each scholastic year. "I see myself retiring in a few years, but I definitely see myself finishing my career here."



## Rock Opera



COURTESY

The East-Village Opera Company comes to Centennial Theatre Thursday. They're a 10-member rock band that will perform opera's greatest hits (*Rigoletto's 'La Donna è Mobile'*, *'Habanera' from Carmen*, and *'Nessun Dorma' from Turandot*) — full length and in the original language. Show time is 8 p.m. and tickets are \$40, \$30 for seniors and \$20 for students. Call 819-822-9692.



PERRY BEATON

Players raised cash while having some fun.



# Arrows bring in over a thousand

*'Tears just flowed'*

By Jen Young  
RECORD CORRESPONDENT

Dozens played darts and made donations during last Saturday's annual Cedric Cormier dart tournament held at the Elmwood Hotel and according to Lee Aulis, who founded the group to which tourney proceeds were donated, the support is "overwhelming".

"What a day," said Aulis, who is a multiple sclerosis sufferer herself and founded the non-profit Rock Forest-based MS Branch 2000 in 1999. "There are no words to describe the love I felt. I can't put into words the inspiration I feel. How do you say thank you to people who have helped us so much. I gave Cedric a big ole kiss on the cheek and I can tell that he knows just how much we appreciate this."

Aulis, who is continuously fundraising to help local MS sufferers purchase medication and equipment, said the day's outcome exceeded her wildest dreams.

"I thought perhaps the tournament would raise around \$300, which we were so thankful for," said the MS activist. "I never imagined that it would raise \$1,310. I broke down and cried. I couldn't hold back my emotions. I tried to hide it but the tears just flowed. I am still in awe."

Cormier, who is the league presi-

dent, was feeling under the weather on Saturday afternoon, but still made an appearance at the Queen Street venue, which was a gesture that Aulis appreciated.

"These are truly loving, caring people that will help you when you fall. This means so much to me, and so many others," she said. "We are setting sail. Two thousand and eight is going to be the best year ever. I can feel it, and it's because of people that care about others."

Aulis, whose organization depends solely on fundraising and donations, says this tournament has helped her set the slate for 2008.

"My focus this year is to open everyone's eyes to MS and the branch. The Multiple Sclerosis Society (a separate entity to Aulis' group) needs to focus on administration and finding a cure. You're damn right we need a cure, but there are people

that need help until a cure is found. It is a far-fetched hope for MSers suffering right now. People need medication, they need to pay for therapy, and they just need a friendly face when they are sitting in the hospital praying for that cure. MSers can't wait six months on a waiting list for therapy. That's what we do. We offer hope and help right now, but to do that we need help too."

To be able to get out to English-speaking patients throughout the

Townships still demands a home base, or office, to work out of and Aulis says thanks to Cormier's tourney her office is "wonderfully stabilizing", enabling her to reach more people who have learned to live with multiple sclerosis and not let the disease, that affects thousands of Canadians and hundreds of Townshippers, rule them.

For more information on the Branch call 819-823-7167.

# Twirling to May Fly

*Bluegrass and contra dancing*

By Jen Young  
RECORD CORRESPONDENT

Contra dances are starting the new year off with a bluegrass bang. This month's contra dance will feature New England duet May Fly, and it is guaranteed to tickle your dancing fancy.

May Fly features the harmonies of two Burlington, Vermont women who use their voices, plus a mandolin, fiddle and steel pan, to make sounds similar to those on the Oh Brother, Where Art Thou movie soundtrack.

Katie Trautz is on fiddle, vocals, guitar and steelpan with Julia Wayne accompanying on mandolin, vocals, guitar, bala laika, and foot percussions.

Their compositions are influenced by southern Appalachian old-time blues, ballads and soul music, which dance organizer Jackie Hall believes will get visi-

tors do-si-do-ing like the pros. Hall says that contra dancing has a style of its own. It's a bit like square dancing, but does not demand a partner.

May Fly will take the stage at the Lennoxville United Church (on the corner of Queen and Church streets), on Saturday, Jan. 19 at 7:30 p.m. The cost is \$10, \$5 for students. Before heading back to the States for their Skinny Pancake gig



COURTESY

The first contra dance of the new year will feature New England folk-bluegrass duet May Fly.

in Burlington, Vermont they will make another Townships appearance on Sunday, Jan. 20 at 10 a.m. for a Son & Brioche house concert in Ways Mills. A suggested donation of \$10 is set for the Ways Mills event. For more information on the dances call 819-838-5007.



PERRY BEATON/FILE

## Helping seniors stay fit

*Free use of BU complex*

By Jen Young  
RECORD CORRESPONDENT

**L**ennoxville seniors can get a lifetime membership at the Bishops University sports centre for a low one-time fee. And according to athletic director Tony Addona quite a few seniors take advantage of the deal.

"It's a \$25 one-time charge," says Addona, who's been on the job for five years. "Bishop's has been offering this for longer than I have been here. It's something we extended to our retirees to help them stay fit and use the centre."

The membership includes the use of all the facilities – the pool, fitness room, and gymnasiums – during certain hours. Hours are from 6:30 to 8:30 a.m. and 11 a.m. to midnight from Monday to Thursday; from 11 a.m. to 10 p.m. on Fridays; Saturday from 9 a.m. to 5 p.m.; and from 11 a.m. to 5 p.m. on Sundays. For more information contact 819-822-9600.

Sometimes the body needs a bit more than just a walk....

# Lennoxville Directory

**Helen Labrecque**  
Aff. Real Estate Agent  
562-8024 • 823-7474  
e-mail: hlabrecque@sutton.com

**Sutton**  
Groupe Sutton de l'Estrie  
Courtier immobilier agréé

Call anytime!  
**Unlock Your Dream Home**

My over 20 years of Real Estate experience provides you with friendly, honest, quality service.

PROFESSIONAL & COURTEOUS REAL ESTATE SERVICE

**Cards and gifts for all occasions ... and lots more!**

**Lennoxville Tri-U's**  
3003 College St., Sherbrooke • Tel.: 819-822-2632

See us for all your printing needs

**BLANCHARD LITHO**  
*Impression*

Andrew Blanchard

3 Conley St.  
Sherbrooke, Qc  
J1M 1L8

Tél.: 819.562.0266  
Fax: 819.562.1233

**30% OFF BEST SELLERS EVERY DAY**

stationery • supplies • gifts

**Sherbrooke's English Language Bookstore**

**BISHOP'S UNIVERSITY BOOKSTORE**  
2600 College St. • Sherbrooke, Q.C. J1M 0C8  
Ph: 819/822-9600 ext 2241

Open Monday-Friday, 8:30am-5pm  
Saturday, 10am-4pm

\*Selected Best Sellers.

[www.bishops.bkstr.com](http://www.bishops.bkstr.com)

**Alain Cloutier** **Tim Goddard** **Cynthia Decary**

**"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**  
Opto RÉSEAU

160 Queen St.,  
Lennoxville  
563-2333

Dr. Alain Côté, Optometrist

THE EXPRESSION OF YOUR STYLE

**COIFFURE**

*Ginette Lemieux*

4290 Bruchési Street  
Sherbrooke  
819 569-9147  
new address

**Maggie George**  
Affiliated Real Estate Agent  
Accredited Staging® Professional

**dmis**  
Le Capitale

Staging® increases your home equity. Ask me how!

819-572-1481 • [www.MaggieGeorge.com](http://www.MaggieGeorge.com)

**MOORE TEL**

Quick & Courteous Service

**(THE alternative to BELL!)**

- Telephones
- Installation / Repair
- Jacks - Telephone
- Verification of wiring
- Computer

**Commercial & Residential** **David Moore**

**(819) 564-2303**

Call me first & SAVE!

# THE RECORD Sports

**INSIDE**  
Inouks  
beat  
Cougars,  
solidify  
second place  
... see Page 14

NEWSROOM@SHERBROOKERECORD.COM

TUESDAY, JANUARY 15, 2008 page 13

## McGill rallies in fourth quarter for win

By Mike Hickey  
SPECIAL TO THE RECORD

The Bishop's men's basketball team suffered another heart-breaking loss Sunday night when the McGill Redmen edged the Gaiters 55-52 in a Quebec University Basketball League game played in Montreal.

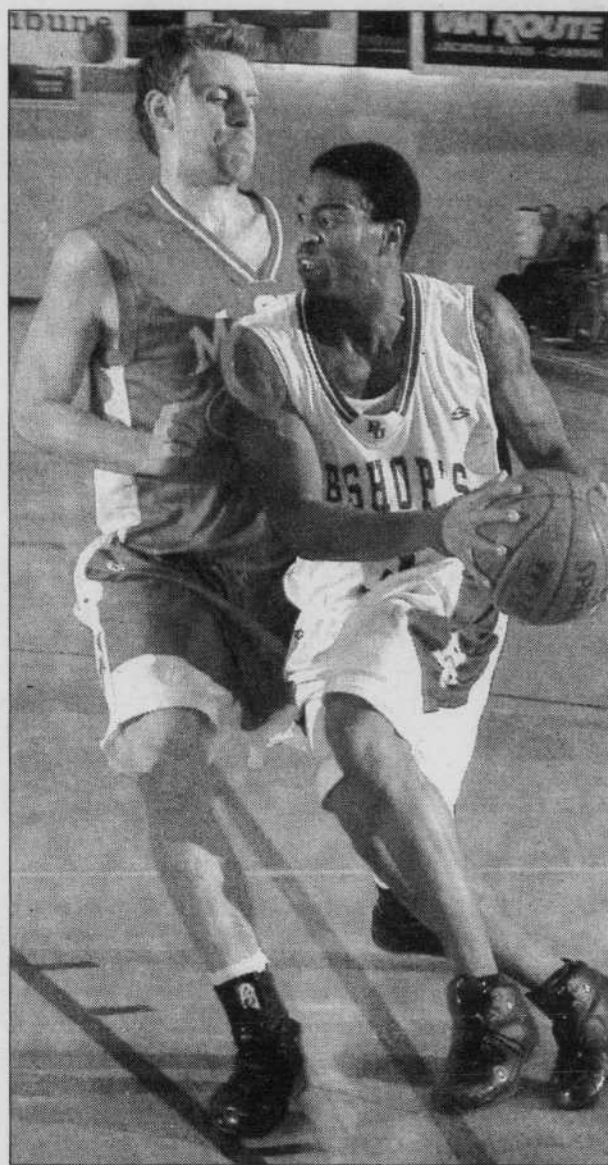
For the second time this season the Gaiters allowed a second-half lead to slip through their fingers as the Redmen rallied in the fourth quarter, outscoring Bishop's 17-8 in the final 10 minutes of play.

"We had a 10-point lead that we couldn't hold down the stretch," a disappointed head coach Eddie Pomykala said yesterday morning. "This is no doubt that this team works really hard but we had to play a lot smarter. We played strong defensively but we didn't score on the last three minutes of the game," Pomykala said. Neither team shot the ball well from the charity stripe although McGill had more than twice as many attempts as did the visiting Gaiters. Pomykala added that his team needs to do a better job on the glass.

"It is tough to take to be out-rebounded 46-30, tough to take to go to the line only 11 times as opposed to McGill's 24 and that's our fault for settling for too many jump shots," Pomykala said. "This game could have been won if we made better decisions and did a better job on the boards. We need to win a game by playing smarter."

The Gaiter scoring was led by the guard combination of Andy Wright and Junior Nicolas who accounted for nearly half their team's points. Wright had a game-high 13 points while Nicolas added 12 to the Gaiter cause.

Pawel Herra led the Redmen with 12



PERRY BEATON/FILE

The Gaiters could not keep up.

points while Sean Anthony and Michael White chipped in with 10 points apiece. Anthony led both teams with 12 rebounds while Doug McCooey grabbed seven boards and had eight points before fouling out. He picked up his fourth foul on a McGill drive to the basket and then received his fifth foul on the same play as he was assessed a technical foul when he started jawing with an opposing player.

"That was a big play because we needed Doug's experience at the end of the game," said Pomykala.

The Gaiters will try and snap their losing streak this Friday at 8 p.m. when they meet the UQAM Citadins at Mitchell Gymnasium. The Citadins will provide a strong test for Bishop's; they're a talented team that is coming off their first win of the season last week when they routed the Redmen on the road. The game is the first of two weekends for Bishop's, who will travel to Quebec City to play the first-place Laval Rouge et Or Saturday night.

## Women shoot dismally

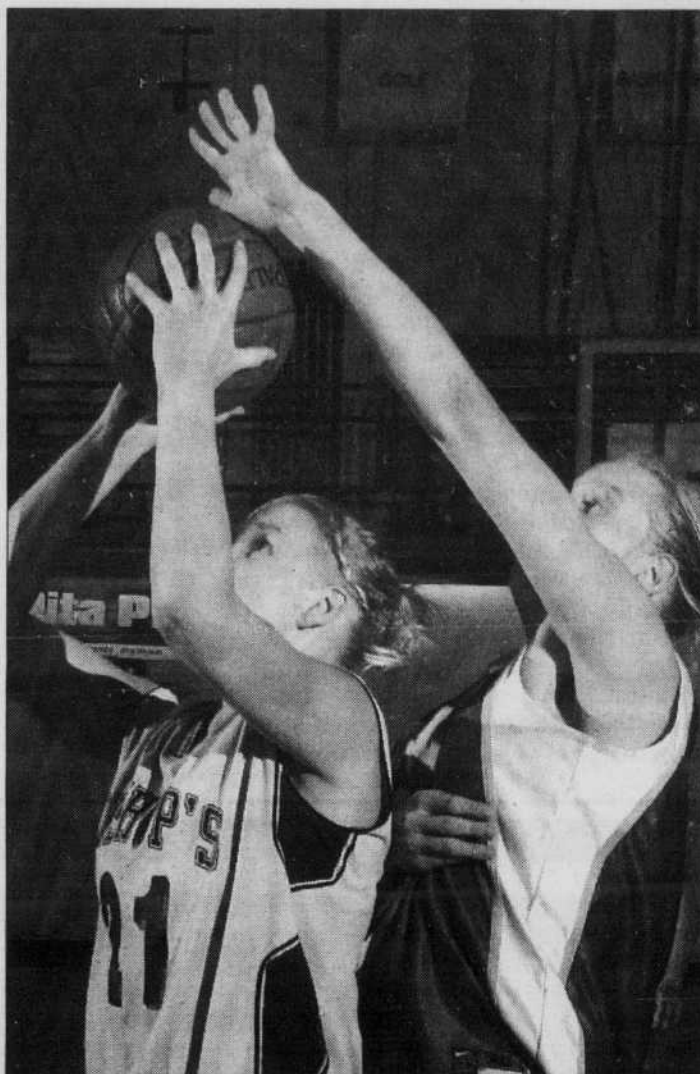
Low scoring game

By Mike Hickey  
SPECIAL TO THE RECORD

A lack of offensive production proved costly for the Bishop's Gaiter women's basketball team as they dropped a 49-35 decision to the McGill Martlets in Montreal Sunday night. The 35-point output represents one of the lowest scoring games in the history of Bishop's basketball since the introduction of the shot clock during the 1976-'77 season.

The Gaiters shot a dismal 21 per cent from the floor for the game and just 8 per cent from the three-point line as they managed to score just one point in the second half as the Martlets took a 29-9 halftime lead.

"I don't think we were mentally prepared for the game," head coach Rod Gilpin said. "You can't win games in this league by scoring eight points in the first quarter and PLEASE SEE CAGERS ON PAGE 14



PERRY BEATON/FILE

The players managed just eight per cent from the three-point line.

### 25th Anniversary

of the

### CHARLES SAYERS MEMORIAL DART TOURNAMENT

SATURDAY, JANUARY 19, 2008

at the A.N.A.F. Unit 318 (The Hut)  
300 St. Francis, Lennoxville

Registration: 12:30 p.m. to 1:30 p.m.

Starts at 2:00 p.m. sharp

Open mixed doubles. \$5./person

Prize money and trophies.

EVERYONE WELCOME!

# The race tightens up for first place

## Two points separate Champlain and Granby

By Mike Hickey  
SPECIAL TO THE RECORD

The second-place Granby Inouks moved to within two points of first place in the Quebec Junior AAA Hockey League Sunday night when they registered a 3-2 overtime win over the Champlain College Cougars at Sherbrooke's Eugene Lalonde Arena.

The first-place Cougars did manage to pick up a single point with the overtime loss and now boasts a 25-10-1-3 record good for 54 points, two better than the Inouks, who have a game in hand.

It was fitting that the top two teams in the Sherwood Division would need overtime to decide the game's outcome, although the Inouks appeared to have control of the game in the early going.

Champlain struck first on a power play goal by Alexandre Gagnon at the 3:14 mark of the first period but the visitors responded with a pair of goals to take a 2-1 lead after a period of play. Granby's Philippe Beaulieu tied the game with his 22nd goal of the season and then teammate Pierre-Luc Lacombe notched his 20th of the campaign to give the Inouks a 2-1 advantage.

Defence came to the forefront in the second period as the two opposing goaltenders, Champlain's Alexandre Dubois and Roger Kennedy of Granby, combined for 41 saves in the final two periods.

The Cougars finally tied the game with less than four minutes remaining in regulation time when Charles Bergeron scored his second goal of the game



PERRY BEATON/FILE

The Cougars play the next two games on the road.

to send the match to overtime. Both teams continued to employ a close-checking, defensive style of play in the extra stanza but with just 51 seconds left in the overtime Beaulieu scored his second goal of the contest to give the Inouks a 3-2 win.

For Kennedy the victory marked his

first win in the QJAAAHL circuit, while Dubois's record fell to 25-10-1-3 despite a 31-save performance. Kennedy, who came up with 31 saves, was named Granby's Player of the Game while Philippe Bolduc took the honours for Champlain.

The Cougars'

next two games are on the road; they play the Valleyfield Braves Thursday night and College Français of Longueuil Friday before returning to the Eugene Lalonde Arena Sunday night for a rematch with Valleyfield.

### SKI CONDITIONS SPONSORED BY



Stop by [jay-p.ca](http://jay-p.ca) to tell us who you are and we'll tell you how to ski and ride Jay Peak for less.

Move up. [jaypeakresort.com](http://jaypeakresort.com)



#### JAY PEAK (VERMONT)

Snow, last 24 hrs (cm): 10  
Snow, last 7 days (cm): 0  
Open trails: 39/76

#### MONT BELLEVUE

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

#### THE BALSAMS (N.H.)

Snow, last 24 hrs (in): 3  
Snow, last 7 days (in): n/a  
Open trails: 7/16

#### MONT ORFORD

Snow, last 24 hrs (cm): 2  
Snow, last 7 days (cm): 7  
Open trails: 28/55

#### MONTJOYE

Snow, last 24 hrs (cm): 0  
Snow, last 7 days (cm): 5  
Open trails: 13/31

#### OWL'S HEAD

Snow, last 24 hrs (cm): 0  
Snow, last 7 days (cm): 3  
Open trails: 25/44

#### BURKE (VERMONT)

Snow, last 24 hrs (cm): 3  
Snow, last 7 days (cm): 0  
Open trails: 16/45

#### SKI BROMONT

Snow, last 24 hrs (cm): 0  
Snow, last 7 days (cm): 10  
Open trails: 35/129

#### SUTTON

Snow, last 24 hrs (cm): 0  
Snow, last 7 days (cm): 0  
Open trails: 21/53

## CAGERS

CONT'D FROM PAGE 13

one point in the second quarter."

Bishop's picked it up in the third quarter as they outscored McGill 11-4 to cut the deficit to 33-20 but that was as close as they would get. Emilie Ruel scored eight points and grabbed a game-high 12 rebounds as McGill held a 49-36 edge in rebounding.

The McGill victory ended a five-game losing streak for the Martlets and avenged a 60-46 loss at Bishop's in November.

The one lone bright spot for Gilpin's team was the play of Amanda Piribauer, who tallied a game high 15 points. Katy Germain and Robyn Wilson chipped in with seven points apiece for Bishop's, playing without the services of sophomore sensation Melanie Ouellet-Godcharles who was suffering from an injury.

With the loss the Gaiters fall to an uncharacteristic 2-4 in league play, good for third place in the Quebec University Basketball League, a full game ahead of the 2-6 Martlets. They will try and snap a two-game losing streak this weekend when they host the second-place Université du Québec à Montréal Citadins. That's at 6 p.m. on Friday, Jan. 18 at the Mitchell Gym.

For last Sunday's game, Catherine Parent led the McGill women in scoring with 10 points, shooting just 2-for-8 from the field but 6-for-6 from the foul line.

Former Massey-Vanier High star Rikki Bowles of East Farnham also had a solid performance with nine points.

**TOWNSHIPS' CRIER**

**RICHMOND**

A Legion Brunch is being held on Sunday, January 20, 2008 from 9 a.m. to 12 p.m., at the Royal Canadian Legion, Br. #15 in Richmond. Everyone is welcome.

**LENNOXVILLE**

Are you a caregiver? Interested in learning 5 steps to reduce your stress? Lennoxville and District Community Aid is offering a 7 week support group for caregivers; sessions begin on Monday, January 21, 2008. Meetings will be held at the Masonic Hall, 3002 College St., borough of Lennoxville from 1:30 p.m. to 3 p.m. To obtain more information and/or to register, call 819-821-4779 and ask to speak with Tiffany Blinn.

**LENNOXVILLE**

Military Whist (Renovation) at the ANAF Hut, 300 St. Francis St., Lennoxville on Friday, January 18 at 2 p.m. Call Helen 819-569-3598 or Emily 819-562-8683 to reserve a table or if you need players to complete your table. Prizes and lunch. Everyone welcome.

**HATLEY**

Luncheon at St. James Church Hall, Hatley on Wednesday, January 16 starting at 11:30 a.m. Benefit of the A.C.W. Everyone welcome.

**LENNOXVILLE**

Ham and Turkey Bingo at ANAF Unit 318, 300 St. Francis Street, Borough of Lennoxville on Wednesday, January 16, 2008 starting at 7:30 pm. Everyone is welcome!

**DANVILLE**

A Brunch is being held at the Royal Canadian Legion Branch #41 on January 27 from 9:30 a.m. to 12:30 p.m. Admission charged. Everyone welcome.

**This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.**

Help your children learn about their community by reading

**THE RECORD**

To subscribe, call  
819-569-9528  
or 450-242-1188  
1-800-463-9525

**Birth**



**FLUET-HARRISON:** Roxanne and Jody are happy to announce the safe arrival of a bouncing baby boy named Zackary Robert, weighing 8 lbs. 11 oz., born in Grande Prairie, Alberta on December 29, 2007. He is the first grandchild of Robert and Jean Harrison, Waterville, Quebec and the late Gilles Fluet and Chantel Poulin.

**Death**



**DAVIS, Charles Henry** - Passed away at the C.S.S.S. Memphremagog after a lengthy illness on Thursday, January 10, 2008, at the age of 86. Beloved husband of Doris Vaillancourt and cherished father of: Larry (Andree), Roger (Sandy), Michael (Brenda) and Steven (Joanne); Charles will also be sadly missed by his eight grandchildren and one great-granddaughter, his brothers and sisters-in-law: Yvette (John), Jeannine (Raymond) and Claude (Annette); along with many nieces, nephews, other relatives and friends. He was predeceased by his brothers and sisters Doris, Helene, Jimmy, and Bruce as well as his brother-in-law Roland (the late Marie Paule). There will be visitation in the presence of the ashes at the Cass Funeral Home, 545 Dufferin, Stanstead 819-876-5213/www.casshomes on Thursday, January 17, 2008 from 7:00 to 9:00 p.m. with a Legion service at 7:30. The funeral will be held in the Sacred Heart Church on Friday at 2:00 p.m. with Father Yvon Malouin officiating. As memorial tributes, donations to the Royal Canadian Legion Brach 5, 15 Maple, Stanstead, QC. JOB 3E0 or the C.A.B. Rediker Center, 112 Main, Stanstead, Qc. JOB 3E5 would be greatly appreciated by the family.

**Death**

**LeBARON, Leslie Wilhelmina Hampton** (July 20, 1912 - January 12, 2008) - Billy died in North Hatley after a short illness. She lived a long and interesting life. She was born in Victoria, became a nurse in Vancouver and served with the RAMC in Italy during WWII. Billy met her husband, Roger LeBaron, in Holland and they married in England shortly after the war. She lived in North Hatley for the rest of her life. Billy lived a busy life filled with many loves: her five children and five grandchildren, her sister and brother, garage sales, auctions, travel, reading, braiding rugs, making marmalade and working in the fruit and vegetable department at Josephine's store, retiring reluctantly but proudly at 93. For many years, Billy organized and ran a summer art show to support the N H Library, helped with the Piggery house tour and was always an enthusiastic (and sharp-eyed) worker at the Village Improvement Society rummage sale. Billy is survived by her children, Deborah, Hugh, Josephine, Naisi and Brant and her grandchildren, Alexander, Sarah, Jonathan, Elliott and Griffin. We will all miss her terribly. At her request, there will be no funeral. In remembrance, donations may be made to the Old Brewery Mission, the N H Library or a charity of your choice. Arrangement entrusted to the Cass Funeral Home, 5006 College St., Sherbrooke, QC, Tel.: 819-564-1750 / www.casshomes.ca

**Waterloo  
Judy Dalton  
450-539-2040**

Mr. and Mrs. Graham Payne and daughter Mia of Ottawa spent the weekend with Fred Stechl and Joanne Arnott. Other guests were Barbara, Sebastian, Joshua and Kira of Magog, Chris, Donald, Elizah and Jade Stechl of South Bolton, Amy Bec, Shaun Elston and son Caleb of St. Joachim.

Jerry and Julie Dickmann and little son Kenny of Eureka Mo. spent the holidays visiting family members here.

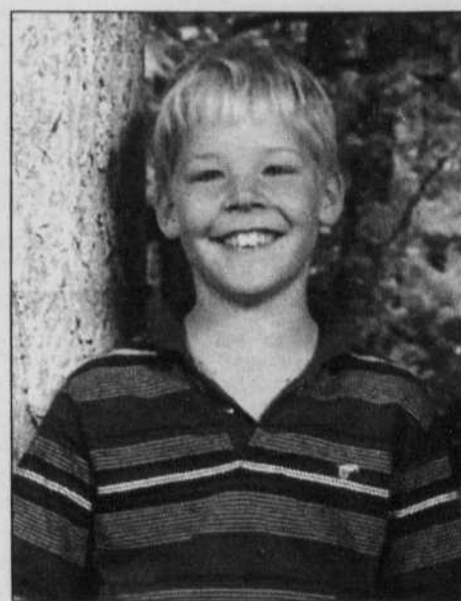
Katy Weaver and friend Dave of Montreal spent a couple of days here. Katy was a school friend of Julie's while they were both attending John Abbot C.G.E.P. in St. Anne de Belleview so they had a lot of news to catch up on. They also got together with other old friends including Cindy Pelletier for breakfast at Le Grande Heron restaurant.

Christmas guests of ours were Ann and Brock Dunsby and daughter Briar of Waterdown, Ontario and Erin Dalton of Aurora, Ontario.

Mrs. Irene Robitaille of Waterloo is presently a patient at the BMP Hospital. Best wishes for a speedy recovery go out to her.

Diana Cook and sons Dominic and Gabriel Clark of Ontario of Ontario spent Christmas with Gladys Cook and visited other relatives in the area.

**Death**



**WILKINS, Terry Douglas** - Accidentally at his home on Saturday January 12, 2008, Terry Wilkins at the age of 9. Loving son to Douglas Wilkins and Sandra Armstrong, and dear brother of Amelia and Jennifer. Beloved grandson of Mary Armstrong and of the late Eric Armstrong, the late Reginald Wilkins, and the late Jessie Wilkins. Terry also leaves to mourn his special Nanny and Papa, Beverley and Lloyd Findlay, his aunts and uncles, Debbie (Ron), Patricia (Richard), Marion, Dale (Brian Wilkins), Jackie (Howard) and Leslie (Susan) Armstrong, George (Janet), Betty, Barry, Gordon (Linda), and Brian (Dale Armstrong) Wilkins, along with many cousins and friends. Resting at the Cass Funeral Home, 295 Principale S., Richmond (819) 826-2502 / www.casshomes.ca where friends may visit on Wednesday January 16 from 2 to 4 and 7 to 9 p.m. A funeral service will be held at the Danville - Asbestos Trinity United Church on Thursday, January 17 at 2:00 p.m. with the Rev. Andrew O'Donnell officiating. Please note: the family will be at the church 1 hour prior to the service to receive condolences. Interment will take place in the Holy Trinity Cemetery, Denison's Mills.

**Card of Thanks**

**BEAULIEU** - Thank you for my 90th Birthday. Many thanks to my son George and wife Eleanor, my son Gary and wife Marguerite who flew in from Iqaluit, NT; to my two grandsons Leslie Jr. and wife Pattie and David and wife Dana for all the help to decorate and showing pictures. To Jan Graham and Eileen Drew for the lovely music. My sister Kay Baldwin at 95 years came from Consecon, ON with her family. All of you who came to wish me well, the gifts, currency and over 100 beautiful cards. To all my friends at the St. Francis Manor. To the Ladies Auxiliary at the A.N.A.F. (Hut) for the lovely lunch. God bless you all. Many thanks.

MADELEINE BEAULIEU

## SSSC Visit Jerusalem



Early in the book of Genesis God said 'Go ye forth and multiply' He assuredly knew what He was doing! And it's happening!

Wow! It is just hard to believe - In fact I do not know whether to believe my eyes and ears. The Media keep telling me, and my good sense agrees that the English-speaking population is decreasing as a percentage of the population, here in our Townships. Yet, on at least two separate occasions recently I have read, and seen, suggestions that we need not give up hope. First Bishop's University published a list of graduates; much too long for my attention span, but I did see at least some Sherbrooke Snow shoe Club members attending the graduation of their offspring. A quick glance through these colourful pages and I saw members Karl Hunting and Steve Moore, with their buttons popping and with ear-to-ear smiles, as they proudly beamed on their young people taking a first major step into the future. Hoorah! Last week 'The Record' published pages of '2007 Babies'. There were Spauldings, Armstrongs, McCullys, Haseltines, Bowns, Eastmans, and on and on. Wow! Our future is well assured, and there are often pages of family parties, including this scribe, showing expanding families. 'Be of good hope!'

Most of our members, reported last year as being under the weather, are

now re-energised and up and around. Russell Nutbrown is relaxing at The Argyle, Garland Morrisette if ever sick is now seen at most outings, Meredith Barter appears hale and hearty, Stew Deacon and Bruce Patton are reported well and Past Pres Deane is back. So - That is the making of a happy New Year and returns some to our Head Table. Hoorah!

Now you will want to know what happened at our last meeting on Jan 09, 'Snow Walkers Night'. This turned out to be the rollicking, colourful, noisy, energetic, and enthusiastic, meeting that SSSC members have come to expect. An example of the energy displayed was when member Nick Golanis, like his famous countryman Odeysseus, reached out to spear a mouth-watering chunk of meat, and broke a solid steel knife. Wow! Of course the food was pork Souvlaki on rice! Pres Mel, who loves to get everyone involved, introduced new kitchen crew members Joel Gendron and Nancy Lacroix. Harry Brown pronounced the Blessing, We stood to sing our National Anthem and watched with amazement as both old and new White Knights served us with the speed and alacrity usually only demonstrated by 'Two Year' members. Wow! Guests were introduced: Louis Houle and Richard Carriere. Pres Mel promptly recruited them as New members. Roger got out his famous banjo and, before you knew it we were heartily singing:- Red River Valley, My Wild Irish Rose and others. We stood to both settle down our diners and to give recognition to our Lord by singing "When The Saints Go Marching In". Bravo guys! Brian Heath happily

accepted the proceeds of some drawing. Burton McConnell reported that 18 were out snowshoeing., Don Loughheed advised that snow had been removed from the roof,(that's why the hall walls were dry) and new Secretary Ken Dezan read the minutes. Louis Houle and Richard Carriere left the room while we agreed that they would make excellent new members. We cheered Robert Woollerton for his donation of lights, Ron Smith handed out English programs from the visit of David Monte. Doug Beattie asked for examples of possible fund raising. Burton advised that the sale of pies by various kitchen members had produced \$600 from the sale of 160 pies. Doug demonstrated how money raising is easy by becoming an auctioneer and auctioning-off a bottle of honey. He only got \$45, last year I paid \$82, Bah!; then some Knicky-Knocky maple syrup brought \$60. Other suggestions were:- Steve Moore took on A Yard Sale, An Auction was mentioned. A repeat 50s Dance did not seem attractive.

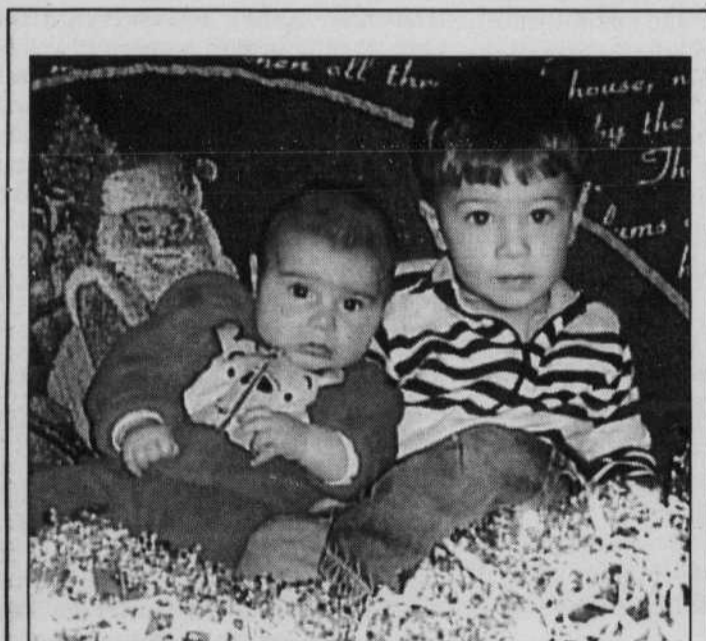
We retired to the large hall where Mark Strout was introduced by Don Loughheed. Mark is the Director of the 'Bethel-Word of Life Institute on Woodward Street. There, English speaking potential missionaries are immersed in the French language while studying the Bible in preparation for a future in Foreign Lands. Mark brought to us a slide show from his recent trip to Jerusalem. His most-interesting presentation brought to us a panorama of Jerusalem; ancient and modern; Biblical and laic, Theological, anthropological and historical. No one the least interested in history, prophecy, ancient anthropology; the



richness and capability of this most ancient city's inhabitants; or just plain curious could have been other than enthralled as we travelled underground water passages, saw depictions of Siloam's pool and its origin, or just wandered this ancient city whose origins go back before Abraham. Known as Salem, the City of David, and the major center for three world wide religions, I am sure that most of us were both fascinated and enthralled. We were all sorry to have Mark finish his presentation. Thank you very much Mark, from all of us.

Next week, Wednesday Jan 16, is Parson's Night, a Ladies Night and all are encouraged to come out and fellowship with our religious leaders. See you there! Please remember to be nice to your children; Remember that they may be the ones to choose your Nursing Home!

Respectfully submitted,  
Cec Blenkhorn, SSSC



Madryk thinks his baby sister, Lexis Storm, is definitely the "baby of the year". She was born on July 31st, 2007. She lives in Sawyerville with parents Michael Coleman and Jennifer McMullen, and big brother.

Proud grandparents are Penny Dutton and Brian Armstrong, Robert Coleman, John McMullen, and Karen and Bob Wilson. Great-grandmas are Inez Dutton, Hulda McMullen and Arlene Gallant.

## She is a mess

### Annie's Mailbox

**Dear Annie:** When I first met my wife, her sister, "Vicki," was married with three children. Vicki then cheated on her husband and they divorced. Reluctantly, we let her new beau into our lives. Now, two kids into this marriage, Vicki was again caught cheating with a married man and is moving in with him and his three kids.

In the past seven years, Vicki has had five children with three different fathers. She lies constantly and never seems to think anything is wrong with her behavior. I told my wife I want nothing to do with Vicki's newest boyfriend or his kids, and I don't want our children exposed to their aunt's behavior. My wife's family acts as if nothing has happened. My wife thinks I'm being closed-minded. What do you say? — Storm Brewing in D.C.

**Dear Storm Brewing:** We agree that Vicki is a mess and we can understand why you don't want to form a relationship with a married man who cheated on his wife. But your wife wishes to see her sister, and that apparently includes subscribing to Boyfriend of the Month. You can teach your children that such irresponsible behavior is wrong without cutting her off entirely. For major family gatherings, you should make an effort to be polite and serve as an example of stability to Vicki's children. Otherwise, tell your wife she can see Vicki on her own.

**Dear Annie:** My daughter, "Gaia," attends a small private school and is on one of the school

sports teams where the parents are the coaches.

Gaia became friends with "Marisa," the daughter of the coach. When Gaia had a party three weeks ago, she invited her entire class, and even included Marisa's younger sister. During the party, we discovered Marisa is allergic to our cats, and although she had to take medicine, she was not otherwise affected.

Last week, Marisa had a party and everyone was invited except my daughter. To my knowledge, the girls haven't had a falling out. I understand she can invite whomever she chooses to a party. However, I don't understand how you can allow your child to exclude another, especially one who is a friend and teammate. Do you think it was about her allergy? How should I handle this? — Wondering

**Dear Wondering:** There is no excuse for parents to deliberately exclude one child out of an entire class. If it was the allergy, the parents should have explained that to you. It's also possible Gaia's invitation was lost in the mail, or if hand-delivered, Gaia may have misplaced it and felt too guilty to let on. The best thing you can do now is not make too much of this and show your daughter how to take the high road. Every unpleasantness is also a learning experience. However, if such exclusion continues, you should discuss it with the school principal.

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

CELEBRITY CIPHER

by Luis Campos

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

Today's clue: U equals V

"GX'W MSX D NSSY GYLD XS ZHX PSHT VGEL GMXS D MSULO; MSX PSHT ODXLWX VGEL DMPVDP." - MSTIDM IDGOLT

PREVIOUS SOLUTION - "Discipline is not a dirty word." - Pat Riley "Without self-discipline, success is impossible, period." - Lou Holtz

(c) 2007 by NEA, Inc. 1-15

KIT N' CARLYLE



1-15 LARRY WRIGHT © 2008 by NEA, Inc.

www.comics.com

HERMAN



1-15 © LaughingStock International Inc./dist. by United Media, 2008

"Want me to get you a wig for your birthday?"

ALLEY OOP



1-15 www.comics.com



© 2008 by NEA, Inc.

ARLO & JANIS



Johnson 1/15



© 2008 by NEA, Inc.

THE BORN LOSER



www.comics.com © 2008 by NEA, Inc.

FOR BETTER OR FOR WORSE



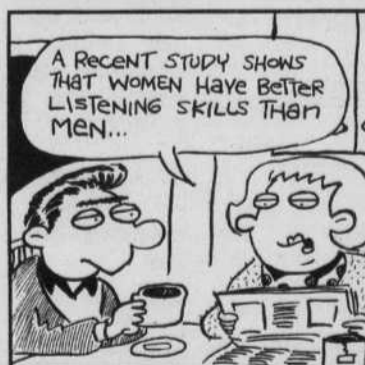
© 2008 Lynn Johnston Productions Inc. www.fourpanel.com

GRIZWELLS



1/15

SOUP TO NUTS



Email: soupnuts@com.net

© 2008 Rick Stromboli Dist. by NEA, Inc. www.comics.com



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™

11:16 PM The paramedics arrive.

MedicAlert SPEAKS FOR YOU 1-800-668-1507 www.medicalert.ca

CLASSIFIED

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, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

001 Property for Sale

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



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

035 For Rent

CLASSIFIEDS NOW ONLINE!  
www.sherbrookerecord.com

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

LENOXVILLE - 3070 College Street. 3 1/2 (\$460.), 4 1/2 (\$475.), balcony, parking, laundry room, near bus. Call 819-823-1953.

035 For Rent

ROOM MATE WANTED. Female student seeks room mate, preferably female. \$370. per month, all utilities included. Walking distance to Bishop's University campus. 819-845-7394, email: susan\_cook@sympatico.ca

035 For Rent

LENOXVILLE - 2 BEDROOM apartment (duplex), large living room with hardwood floor and kitchenette; fridge, stove, washer and dryer in basement; hydro, hot water and parking provided. Heating not included. In quiet area close to downtown. Suitable for profes-

100 Job Opportunities

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

START 2008 OFF right with a new career! Make the Big Move out to booming Western Canada. Find the perfect job at www.workwest.ca now!

140 Professional Services

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

ROOF SNOW REMOVAL

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

145 Miscellaneous Services

HAVING TROUBLE finding a mover... are you down-sizing? Need help organizing, decorating? Let us help. We offer a full range of services. Reliable and bilingual. Special rates for seniors. References available. Linda 819-838-1052, Sonny 819-876-7371.

155 Travel

#1 TIMESHARE RE-SALES. Sell, buy, rent. World's largest timeshare resale broker. Stroman Realty - since 1979. World wide selection of resort properties. Call today toll free 1-800-201-0864.

ALL INCLUSIVE PACKAGES - Book online at www.canadatravels.com and save more on your vacations. Use code NCA74327 for discount or call us toll free at 1-800-563-5722.

160 Music

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

190 Cars For Sale



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

2002 PT CRUISER, standard, 130,000 km., new brakes front and back, 4 new summer tires, winter tires with rims. \$3,000. Call (450) 292-3504.

CLASSIFIEDS NOW ONLINE!  
www.sherbrookerecord.com

210 Motorcycles-bicycles

DUCATI - LAVERDA WANTED. Looking for Ducati or Laverda motorcycle, complete or parts, any year, cash buyer. Mike (450) 294-2051, leave message.

290 Articles For Sale

AFFORDABLE Phone Reconnection. Bad credit - no problem! Call Tembo Telecom and ask about our new customer special. Sign up online and save \$20. 1-877-266-6398; www.tembo.ca.

ALL STEEL BUILDINGS. US steel shipment just arrived. Save up to 30%! 25'x 40', 30'x50', 32'x50', 40'x60', 50'x100'. Many others. Call now! Pioneer 1-800-504-7749. Since 1980, www.pioneerbuildings.com.

CHEAP PHONE RECONNECT! Ring in the new year! Only \$39.95 and low connection fee! Get free voice mail! Phone Factory Reconnect. 1-877-336-2274; www.phonefactory.ca

HOT TUB (SPA) Covers. Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-666-6666 - 652-6837. www.thecoverguy.ca.

NEW LOADED COMPUTER only .99 cents/day! Everyone's approved\*. Get an MDG Computer right to your doorstep from only .99 cents/day. Includes everything you need: 2 GB RAM, 500GB HD, 19" LCD flat panel, Windows Vista & 6 Microsoft titles. (\*call for conditions). 1-800-236-2504.

SAWMILLS from only \$3,495.00. Convert your logs to valuable lumber with your own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.ca/400t. Free Information 1-800-566-6899 ext. 400 OT.

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

290 Articles For Sale



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

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

294 Events

CLASSIFIEDS NOW ONLINE!  
www.sherbrookerecord.com

425 Bus. Opportunities

AMAZING NEW PRODUCT \$ Ener-giser Vending \$ Toonies only = highest profits! Huge income potential! Protected territories! For free brochure & samples call 1-800-661-1832. www.energiser vending.com.

425 Bus. Opportunities

\$ ROUTE \$  
All Cash P/T Business  
No Experience Needed  
www.VENDGOURMET.com

430 Personal

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

GET YOUR 2008 predications now!! Karonanna - One of the best Psychics in the world! 99% accurate. I can tell you your past, present and future. 1-900-451-9602, \$3.99 per min. For Visa/MC only call 1-866-752-7779, 18+, 24/7. www.karonannazanmort.com

440 Miscellaneous

CLEAR YOUR CRIMINAL RECORD. A record affects employment, traveling and other necessities. We guarantee your pardon. Apply online www.canadianpardons.ca or call Alex toll free 1-800-298-5520.

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

THE RECORD

OFFICE CLERK

THE RECORD, the only English Daily newspaper in the Eastern Townships, is looking for an office clerk, 34.5 hours per week.

REQUIREMENTS

- Must be bilingual
- Must have organizational skills
- Knowledgeable of computers
- Experience in customer service
- Work under pressure to meet deadlines
- Be flexible
- Own a car with valid driver's license

Should you be interested, send your C.V. before January 25, 2008 by mail to:

THE RECORD  
1195 GALT EAST  
SHERBROOKE, QC  
J1G 1Y7

by fax to 819-821-3179 or by e-mail to accounting@videotron.ca

Only applicants to be interviewed will be contacted.

50980

Business Directory

Butcher

Boucherie Clément Jacques



Here you can talk to your butcher

FRESH TROUT FILLETS

\$1.59 /100 g

Place Jacques-Cartier Terrasses 777  
50 Jacques-Cartier N. 777 King St. East  
819-563-3840 819-823-0803  
www.lesboucheriesclementjacques.com

035 For Rent

sional individual or couple, non-smokers, no pets. \$600. Call 819-563-9414 weekends, or after 5 p.m. week days.

050 Rest Homes

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

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

150 Computers

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



# Do you have a hearing problem?



## Do you know someone who does?

### Did you know that:

- 1 person in 10 suffers from hearing loss?
- 1 person in 3, 65 years and older, suffers from hearing loss?
- 1 person in 2, 75 years and older, suffers from hearing loss?
- Only 1 person in 100 consults!

**FREE CONSULTATIONS AND EXAMINATIONS**  
**FREE\* HEARING AID**



## I can hear but... I don't understand!

Do any of these sound familiar to you?

- | YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | My ears ring or hum.   |
| <input type="checkbox"/> | <input type="checkbox"/> | People must speak louder to me.  |
| <input type="checkbox"/> | <input type="checkbox"/> | When several people talk at once, I have difficulty understanding.               |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't go to the theater or the movies or shows because I can't hear well.      |
| <input type="checkbox"/> | <input type="checkbox"/> | I must turn the volume up on the television and the radio to clearly understand. |

If you have answered yes to one or more of the above, you should consult a professional.

- We consult an **eye** specialist regularly.
- We consult a specialist for our **teeth** yearly.
- So why not consult a professional for our **ears**?

### Take your hearing health in hand.

### New 100% digital technology

- Reduces background noises
- Maximizes voices
- No volume to control



We offer

**4 YEAR GUARANTEE**

**AT NO CHARGE ON ALL NEW HEARING AIDS\***

Including :

- Examinations • Annual visits
- Cleanings • Modifications
- Electro-acoustic exams
- Adjustments • Repairs done at the office



Finally hear and understand!

# LaPlante & Associés

AUDIOPROTHÉSISTES

**SHERBROOKE**  
CENTRE PROFESSIONNEL BELVÉDÈRE  
300 Belvedere St. North, Suite 104  
**819-821-4435**

**GRANBY**  
707 Leclerc Blvd-West, (Corner Moreau)  
**450-372-2984**

ALSO IN  
**DRUMMONDVILLE, THETFORD MINES**  
AND **VICTORIAVILLE**  
TOLL FREE **1 888 821-4435**

\* Hearing aid illustrated not covered by R.A.M.G. Some conditions apply. \* Excluding hearing aids covered by the government. Some conditions apply.