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ETSB chooses schools for laptop pilot project

Sherbrooke, Butler, Cookshire and Galt to participate

By Kate Shingler
MAGOG

It was an emotional Tuesday night for many Eastern Townships School Board commissioners who gathered in Magog for the regular monthly meeting where the board announced the four lead schools that will participate in the three-month pilot phase of its new laptop initiative.

Ten proposals were received in all, with Sherbrooke Elementary School, Butler Elementary School, Cookshire Elementary School and Alexander Galt Regional High School getting the go-ahead.

ETSB Director Ron Canuel said the board decided to add a fourth school, Cookshire, because it is a smaller institution that better represents the board's rural communities.

"The proposals ranged from excellent to outstanding," he added.

In the presence of the late Dennis McCullogh's family members, Canuel also took the opportunity to publicly credit the former commissioner with the idea for the school board's new laptop program, now aptly renamed 'The Dennis McCullough Enhanced Learning Strategy'.

"Dennis saw this Strategy as the most important contribution that one could make to the children and staff of the Eastern Townships School Board," said Canuel.

SEE ETSB, PAGE 4

Shutdown means area is poor again: Vallières

By Stephen McDougall
SPECIAL TO THE RECORD
ASBESTOS

Faced with the double whammy of having the Jeffrey Mine in trouble and the shutdown of the Magnola magnesium plant, the Quebec government can no longer consider the Asbestos area to be well-off and undeserving of financial help, according to Liberal Member of the Quebec Assembly Yvon Vallières.

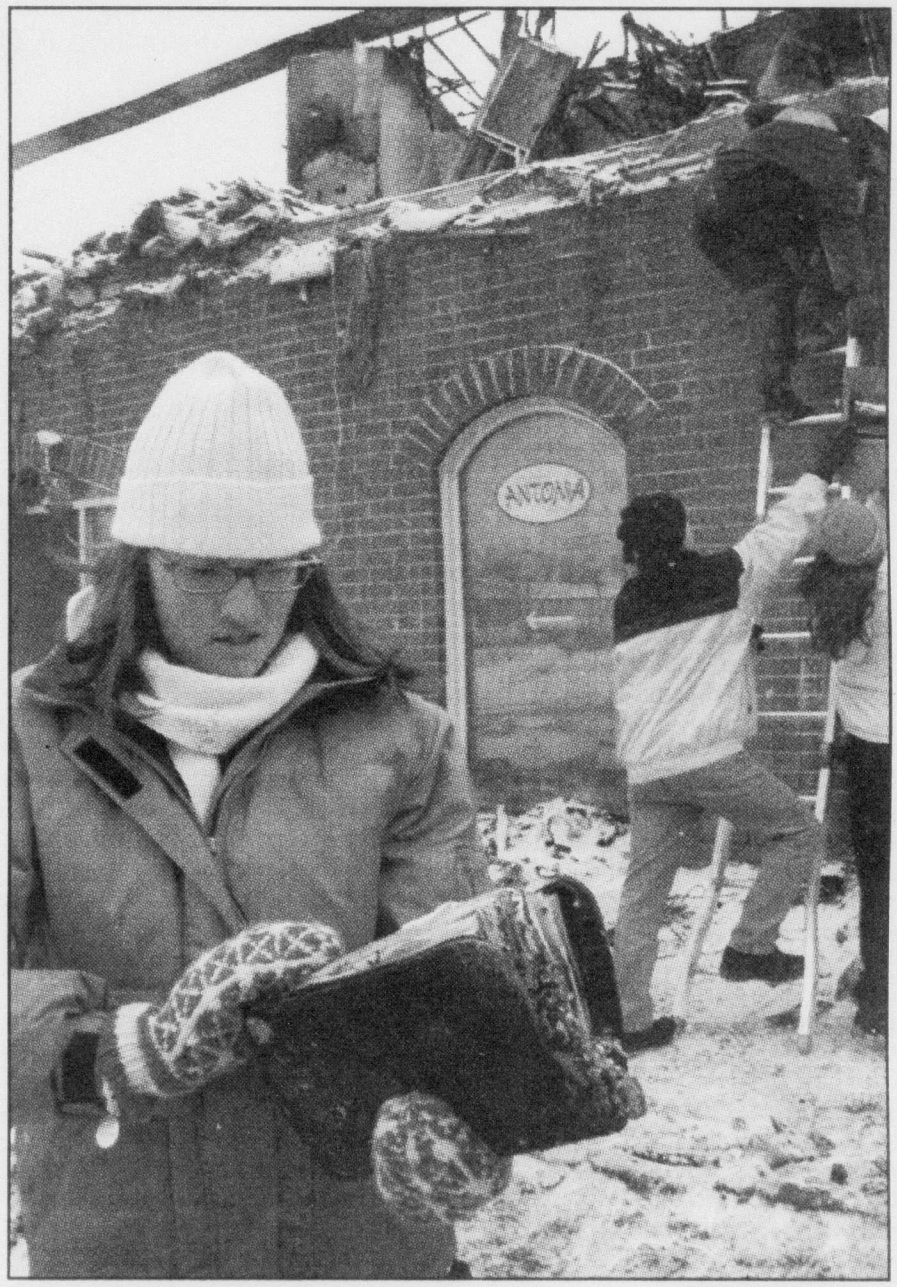
"They have to wake up and realize we are in trouble here," he said after learning the news of Magnola's shutdown.

"The mine shutdown last October and laid off 360 people, and now 380 full-time jobs are gone. If they think they can consider us well-off, we have a message for them."

The Jeffrey Mine was shut down in early October after the Quebec government chose for the second time in 2002 not to lend it temporary operating funds. The mine is presently active with 250 employees who are expected to work until April in order to fill a special contract by an American company that provides equipment for the U.S. space program.

SEE MAGNOLA, PAGE 9

Torched memories



PERRY BEATON/SPECIAL

Bishop's University student Jennifer Waslen sifts through a CD booklet that she managed to salvage from Sunday morning's fire that levelled her Lennoxville residence. On Wednesday, students had their first opportunity to rescue what was left from the blaze. See Page 5 for more.

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CHUS has dual vocation

NEWS FROM THE CHUS



LYNNE BEATTIE

This week I would like to tell you a little about the CHUS to help familiarize you with this establishment.

The CHUS is a leading-edge public facility that offers health care, teaching, research and evaluation. It provides a full range of care and services in its two facilities.

There are 682 beds including 20 neonatal incubators between the two facilities.

The CHUS has a double vocation. As the fourth largest hospital in Quebec the CHUS is the only institution of its kind to assume the double roles of a university teaching hospital and regional hospital. It also plays an important supra regional role as a reference centre for ultraspecialized services. The territory served is vast and involves about half a million people.

The staff employed at the CHUS is around 4,550 plus about 500 doctors, dentists and pharmacists.

The CHUS has many values, one being that the patient comes first.

The Anglophone community is part of the vast population being served, and the CHUS is committed to continually improving its services in English.

My being here is a prime example.

DID YOU KNOW?

The CHUS has only one phone number for both hospitals, 819-346-1110.

Extensions at Fleurimont begin with the digit 1 and those at Hotel Dieu begin with 2.

You will be answered by an automated system in French, but please be patient and follow the instructions to obtain help in English. You will be told to dial 7 and the pound sign to receive instructions in English. If your call is urgent or you do not know the extension number you need or if you are looking for a patient dial 0. Someone will help you.

If you know which hospital the patient is in then tell the operator when he/she comes on the line. This will help them to locate the patient.

If you have the room number and you know at which hospital the patient is located then you can dial the number yourself. You would call the main number 346-1110, and if the patient is at Fleurimont then you add the digit 5 to the beginning of your room number. if Hotel Dieu you add the number 2. For example: room number 5301 and patient is at Fleurimont once you dial the main number you then enter 5-5301, and if at Hotel Dieu it would be 2-5301.

There are special numbers for other departments but not many. Also if you listen to the instructions in English they will tell you how to reach different departments. Please do not get discouraged if you call and the line is busy as there are many calls coming in everyday, just keep trying.

FYI: Acceuil/Admission: means Admissions or reception in English

Say you read it in *The Record*

MIKE PINGREE'S
THROUGH THE LOOKING GLASS



WHILE YOU'RE HERE, WALK ALONG THIS LINE: A copy machine repairman who had been drinking was sent to do a job at a municipal building in Raritan Township, N.J., but accidentally went to the police station next door. Before he could leave, alert cops noticed his condition and arrested him for drunken driving.

THAT SHOULD KEEP ARGUMENTS DOWN: A 26-year-old porn movie actress, running for a seat in Chile's parliament, promises that, if elected, she will bare her very large breasts every time any fellow lawmaker quarrels with her about legislation.

AND WE'RE NOT TOO CRAZY ABOUT 'SLOTH': Le Journal du Dimanche newspaper reports that a group of French chefs will ask Pope John Paul II to remove gluttony from the list of the seven deadly sins. Bad for business.

REVENGE OF THE MAGICAL LIONS: A group of lions have killed nine villagers in Malawi in several attacks. Because the animals have disappeared without a trace each time they strike, the local populace suspects witchcraft may be involved.

DID YA' GET A GOOD LOOK, BUSTER? Rejecting arguments that people have a reasonable expectation of privacy under their clothing, Washington state's Supreme Court ruled that it is not illegal to take pictures up a woman's skirt in public without her knowledge. Lawmakers have sprung into action to close the loophole in the state's voyeurism law.

YOU CAN'T HURRY LOVE: Anxious to marry his next wife as soon as possible, a 40-year-old Pennsylvania man filed papers that falsely claimed he was divorced from his last wife. He was charged with forgery and false swearing.

YOU BUSY NOW, DOC? Responding to a notice that he was appear for jury duty, a North Carolina doctor wrote back that he was too busy. He was sentenced to 10 days in jail for contempt.

SCOUT'S HONOR? A Betheleham, Pa., couple dressed their seven-year-old son in a Cub Scout uniform and then took him door-to-door to solicit money for a Scout troop that doesn't exist. They scammed almost $700 before they were caught.

DADDY GO BYE-BYE: A six-year-old brought his father's marijuana to show-and-tell at his elementary school in Yucca Valley, Calif. The father was arrested.

NOW WE HAVE A CLAIM TO FILE: An insurance saleswoman swindled an elderly couple in Tokyo by selling them a policy, then cancelling it and pocketing the three million yen they paid her. After her victims found out about it, she set fire to their home in hopes of killing them to keep from being found out. But the husband woke up and put out the fire.

LET'S DISCUSS THIS CALMLY, THWAK! Enraged that his wife was tripping the light fantastic with another man, a husband went to confront them at the boyfriend's Sacramento, Calif., mobile home where they were trysting. Police said the other man responded by hitting the husband in the head with an ax. He was arrested.

OK, WHAT DID I DO THIS TIME? After being convicted of driving without a license for the third time, a man left the courthouse in Hamburg, Germany, got into his car and drove off, followed in short order by the police officer who had just testified against him. The cop caught up with him and took away his car keys.

HOLD ON, OFFICER, I HAVE A CALL: Police saw a man rob a woman of her cell phone at gunpoint in East London, South Africa, and chased him down, but he told them he didn't have it. So one of the cops called the number. They heard the phone ring in his underpants.

READ A SECOND LOOKING GLASS COLUMN ON THE INTERNET AT WWW.PINGREESLOOKINGGLASS.COM. E-MAIL: MPINGREE@BOSTONHERALD.COM.

Weather

Thursday: Sunny. High near minus 5.
Friday: Sunny. Low near minus 15. High near minus 4.
Saturday: Variable cloudiness. Low near minus 14. High near minus 5.
Sunday: Snow showers. Low near minus 11. High near minus 5. Probability of precipitation 60 per cent.
Normals for the period: Low minus 18. High minus 5.

Ben by Daniel Shelton



Forestry industry has learned from ice storm

By Rita Legault
SHERBROOKE

With a week of nearly non-stop freezing rain, the January 1998 ice storm damaged almost 2 million hectares of forest in southwestern Quebec, including dozens of sugar maple stands.

While much of the region's forests have recovered from the devastation, there were a lot of important lessons learned that will help if such a spectacular event were ever to recur.

Forestry and wildlife specialists have gathered at Sherbrooke's Delta Hotel this week for a three-day conference to discuss the ice storm and its aftermath.

Organized by the Centre de recherche, de développement et de transfert technologique acéricole (Centre ACER) together with Natural Resources Canada and Quebec's Natural Resources Ministry, the aim of the conference was to discuss the results of scientific research on the impact of the ice storm on Quebec's forest.

It also evaluated various assistance program created following what has been described as one of the century's worst natural disasters.

Centre ACER spokesman Gaston Allard said the impact of the ice storm on the maple industry was not as disastrous as was first anticipated. Maple syrup production in Quebec was not affected overall, but the ice storm was disastrous for some farmers who maple bushes and lives crumbled under the impact of the storm.

"Overall there was little or no impact, for some individuals the economic and human drama was incredible," said Allard. "They lived through two years of incredible stress. There were suicides and divorces. Some lost everything they had."

Immediately after the ice storm, maple bush and forestry specialists had no idea what long term impact would have on maple sugar bushes.

"We believed that 40 to 50 per cent of trees would be permanently damaged and that would have measurable impacts on production capacities," Allard said. "That's how we calculated the damages."

But after the clean-up, many maple producers actually replaced their old equipment with newer and better technology and, in some cases, production actually soared, he said.

Of course, changes varied widely from one producer to another. Some who were already well-equiped registered a decrease in production. Others, who modernized after the storm, saw huge increases despite lost and damaged trees.

Allard said Quebec maple producers and forestry workers had learned little from an earlier ice storm in Lanaudière. He said he hopes that scientific research and publication of data will ensure the latest ice storm remains in the collective memory to help deal with any future such disasters.

"We are vulnerable to ice storms," he said. "We've had some and we will have some more, but not of the same magnitude."

Allard added the advantage of the 1998 ice storm is that many maple producers learned that proper forestry management can help a stand of trees better survive.

Forestry specialist Pierre DesRochers of Natural Resources Canada said much of that knowledge was available before. "We knew a lot of what the ice storm showed us, we just didn't apply what we knew."

DesRochers, who studied the impact of the ice storm on mature forests, said in areas that received fewer than 40 millimeters of freezing rain, the trees are recovering well. But in zones that received 40 millimeters or more of ice, half of the trees are damaged, dying or dead.

In the Townships some areas received 40 to 60 millimeters of rain, DesRochers said. Other regions of southwestern Quebec received 100 millimetrers.

There are only two such recorded events since meteorologists began keeping records, he said.

"We know we can't prevent ice storms, but we can make forests hardier by ensuring that trees are healthy," he insisted.

The most important thing is for wood lot managers to do regular thinning, cutting three to five per cent of saplings. He said trees with defects on their trunks are the most likely to be damaged in storms.

"Not only will they be the first to break, they will also damage other trees when they fall," he said, adding that the first to go should be trees with cankers, signs of decay and open wounds.

He said thinning forests will also give trees more room and light to grow faster and healthier.

DesRochers said forestry management is occurring among maple sugar producers and some private wood lot owners, but that it needs to become standard practice.

DesRochers said research has also indicated which trees have a better chance of surviving an ice storm with a downpour of more than 40 millimeters of freezing rain. He said the hardiest tress are red oaks. Also sturdy are red and white spruce, sugar maples, yellow birch, American beech and ironwood trees.

He said balsam firs are resilient in ice storms of less than 40 millimeters of freezing rain.

Wildlife specialist Jean-Pierre Savard said that trees were not the only victims of the ice storm. He said birds also fell prey to the freezing rain.

Savard noted that when the ice storm hit, scientists did not check to find dead birds. But a comparison of bird populations before and after the ice storm showed there were a huge impact on eight of 10 species studied.

Savard said birds are vulnerable to freezing rain for two reasons. First the rain gets their feather's wet, preventing them from isolating themselves against the cold. The freezing rain also raps their food under a blanket of ice making it impossible for them to feed themselves.

"They can't survive more than two or three days without food," he said.

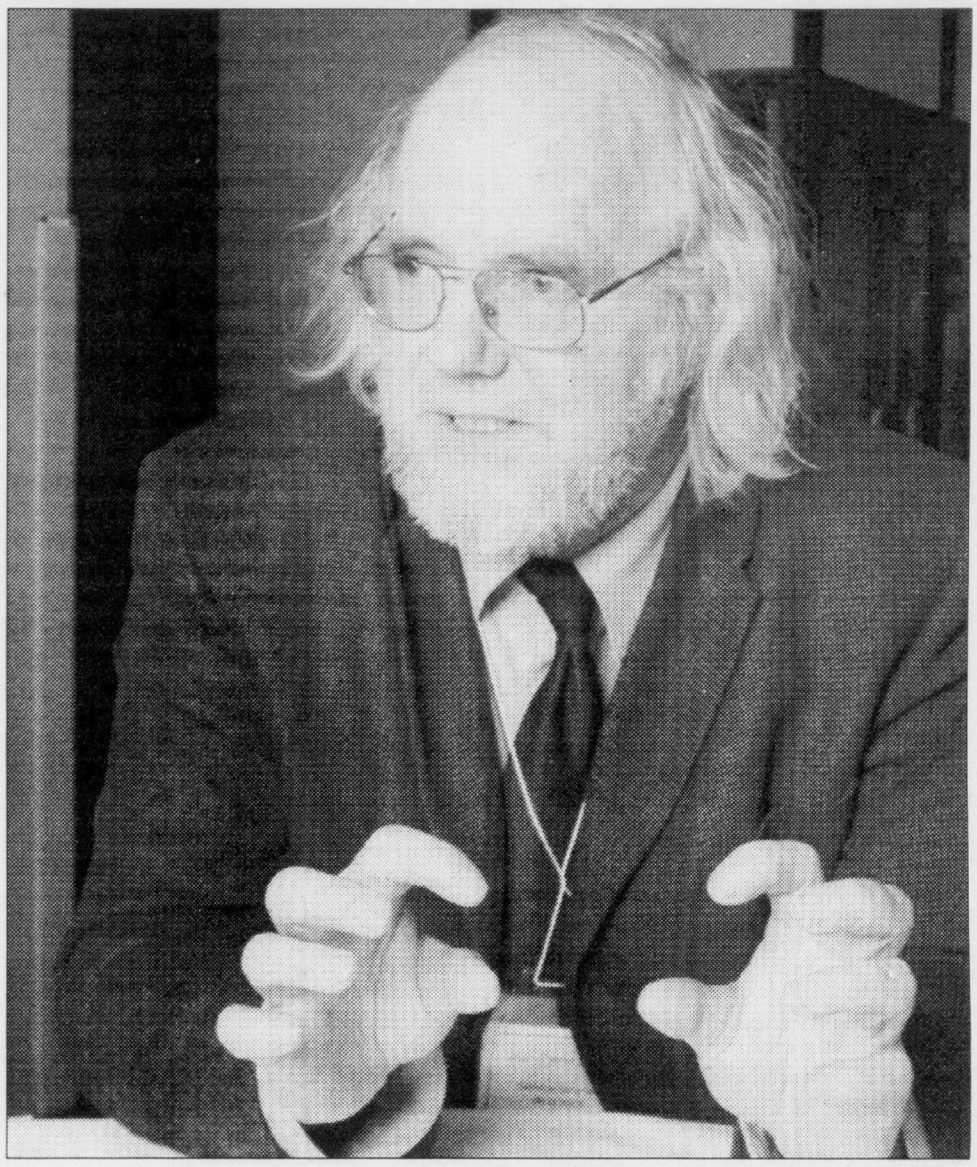
Savard said that the annual Christmas bird counts before the ice storm made it possible for them to get fairly accurate statistics on the numbers of birds throughout southwestern Quebec.

He said the percentage in counts following the natural disaster showed a significant decrease in the population of six species including blue jays (43 per cent), the brown creeper (37), hairy woodpeckers (35) and the downy woodpecker (19).

Savard said bird feeders were set up in a dozen sites in affected and non-affected areas. The food was gone in areas hard hit by the ice storm. In other areas, it was business as usual.

Savard said in the event of another serious ice storm, wildlife officials would encourage people to set out bird feeders to help them through the freeze.

He said it would also be interesting to verify if birds in more dense, more mature forest fared better than those in forest harder hit by the storm.



PERRY BEATON/SPECIAL

Wildlife specialist Jean-Pierre Savard said that birds also fell prey to the freezing rain during the 1998 ice storm.

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Good music for a good cause.

DNA confirms Lingwick canine was a wolf

By Maurice Crossfield

Genetic tests have confirmed the animal trapped near St-Marguerite-de-Lingwick last year is in fact a pure bred wolf.

"It is a smaller wolf which we call an eastern wolf, found in southern Quebec and Ontario," said Maurice Carrier, spokesman for the Société de la faune et des parcs..

In January 2002, trapper Laurent Clouthier had been snaring coyotes in a wooded area near Lingwick, north of Scotstown. One day he found in a snare an animal that was much larger than usual: While a typical coyote weighs in at around 35 pounds, this animal weighed in at 65 pounds.

Clouthier reported the strange find, and government biologist Hélène Jolicoeur examined the animal. While it showed all of the characteristics of a wolf, DNA testing would be required to confirm if it was a wolf, a very large coyote, a wild dog, or some kind of a mix.

Samples from the animal were sent to DNA specialist Dr. Paul Wilson. The tests are long and complicated, and recently Watson confirmed that there were wolf genes in the animal. But it was still not clear if this was a pure bred wolf, or some kind of cross with a coyote.

On Tuesday, Wilson confirmed the pedigree of the "Townships Wolf," and provincial wildlife officials announced it in a press release Wednesday.

Seen in earlier centuries by framers as a menace, wolves were hunted to extinction in Quebec and New England. This is the first confirmed case of a wolf in Quebec south of the St. Lawrence River in over 100 years.

ORIGINS STILL UNKNOWN

But just how this wolf got here will probably never be known for sure. And just because one wolf has been confirmed doesn't mean there are others, Jolicoeur said. Capable of travelling great distances, the Lingwick wolf could have come from the central U.S., Ontario or another region of Quebec. It could even have been brought to the region illegally.

Carrier said that since the discovery several other wolf sightings have been reported, but for the most part they were later confirmed as large coyotes. But a couple of weeks ago, another trapper caught a 52-pound animal in the region between the Townships and the Beauce, about 60 km from where the Lingwick wolf was caught.

"It will also be completely evaluated, including DNA analysis," Carrier said. "It is important to document this subject to draw clear conclusions."

Each new discovery will help determine how these animals came to the Townships, and if the wolf is in fact re-establishing itself in the region.

Jolicoeur said if the Lingwick wolf was living alone, it would probably survive much as a coyote does, feeding on small animals like rabbits and smaller deer. In order to hunt large animals like deer and moose effectively, it would have to be a part of a pack. So far nothing indicates the presence of a wolf pack in the region.

The biologist said the effect of wolves on the region's ecosystem is a matter for some debate.

On one hand it would be the return of a once-native predator, increasing the region's biodiversity. But it also means more competition for hunters.

NO NEED TO WORRY

Carrier noted that there have been no reports of domestic or wild animals killed by wolves in the region so far. Wolf attacks on humans are almost unheard of, with the animals preferring to keep their distance.

To date, all that is known is this one animal was a wolf. Is this the first chapter in the return of wolves to the Townships landscape, or an isolated incident?

The Société de la faune et des parcs will continue to study the situation closely.

"We are asking for the co-operation of trappers in the Estrie, Montérégie and Chaudière-Appalaches regions, asking them to inform us about questionable canines they find," Carrier said.

Those carcasses should be preserved intact so that biologists can examine them and learn more about the presence of wolves south of the St. Lawrence river.

Wildlife officials can be reached to report snared wolves by calling 819-820-3882 (Estrie), 418-832-7222 (Chaudière-Appalaches), 450-928-7607 (Montérégie, Montreal, Laval).

ETSB:

CONT'D FROM PAGE 1

"He described it as the singular most important mandate that all educators in our system must embark upon, that is, placing the needs of our students first and always foremost, without compromise. It was Dennis' dream to be there to give out the laptops. He's here in spirit."

The board took the occasion to donate two Apple iBooks to McCullough's twin grandsons as a gesture of the "critical role he played in the process," noted Canuel.

Teachers at the lead schools are expected to receive their portable computers next month. If the applications are any indication, the student bodies at the three elementary schools and lone high school seem anxious to get their hands on an iBook.

The project, however, is still being met with apprehension. Canuel addressed concerns expressed by parents and teachers in his report Tuesday, systematically responding to questions about class size, teachers and school repairs to name a few.

"Academic results emanating from schools that are much newer and in better condition are no different than what we witness within our school system," he said.

"Having personally witnessed and worked in inner city schools, I can assure you that we have done a commendable job in maintaining a satisfactory level of operations. Could they be even better? No doubt, but the issue of priority becomes a major factor."

Canuel added his principle mandate is to ensure students achieve their potential. He believes the laptop project will provide students with the necessary tools that hiring new teachers or reducing class sizes might not.

"Extensive research and field experience also demonstrate that the reduction must also be directly attached to the quality and competency of the teacher," said Canuel.

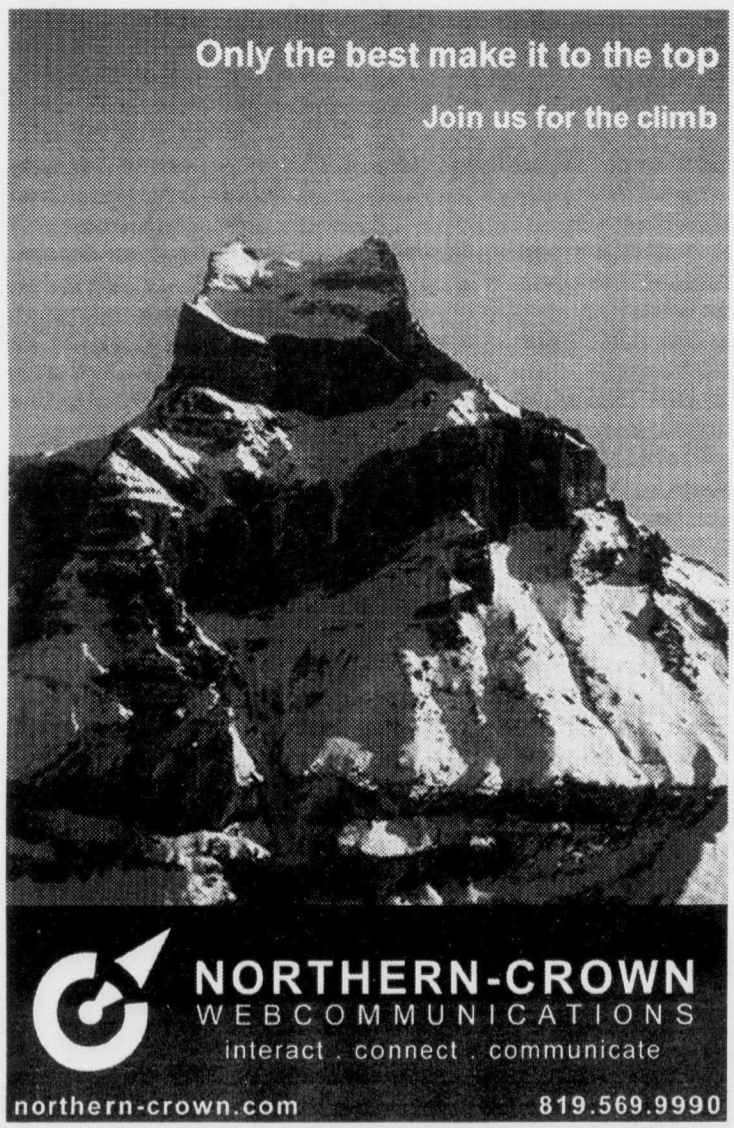
"Creating more classes and not having the qualified or competent personnel available to fill these posts is a recipe for very negative outcomes."

The problem is compounded because recruitment remains a challenge for the rural board, he added.

Other issues relating to the Strategy surfaced in the new business portion of Tuesday's meeting, including a new enrollment criteria for the upcoming academic year.

The board anticipates an increase in enrollment, and has since passed a resolution to re-examine the current criteria for accepting new students. The new criteria must be submitted to the Ministry of Education by early next month.

The new educational foundation, which the board hopes will be able to raise some of the funds for the laptop initiative, has already held several steering committee meetings.



URGENT!

Carrier wanted in Lennoxville

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If interested, please call

THE RECORD

at (819) 569-9528 between 8:00 a.m.-5:00 p.m. or leave a message.

Bishop's fund to help fire victims tops $10,000

Students get first look inside former residence

By Kate Shingler
LENNOXVILLE

The community continues to rally around the 37 Bishop's students left homeless after Sunday morning's fire at the three-storey downtown Lennoxville building at 160-164 Queen St., according to Bishop's University Dean of Student Affairs Bruce Stevenson.

"The donations are flowing in," he said late yesterday afternoon, adding that recent graduates are being particularly generous. "The fund has grown to over $10,000."



PHOTOS BY PERRY BEATON/SPECIAL

Despite losing their homes to a Sunday morning fire, the 37 Bishop's students affected remain in good spirits following strong community support.



Student Chloé Merineau goes through a photo album that survived Sunday's fire.

The support is "typical of Bishop's," noted Stevenson. "When something goes wrong, everyone gets involved. It's a small community."

Roughly a dozen of the students living in the top two floors of the Queen Street building left gutted by the blaze have opted to move into campus housing, while the rest will move to apartments near the University.

"By Friday morning students should all have a new permanent location," he said.

The cause of the fire is still not known, but Sherbrooke firefighters spent Wednesday interviewing students about their whereabouts Sunday morning.

"I was told by the fire department Tuesday that it is looking more and more like a structural fire," noted Stevenson.

The Queen Street building also housed several local businesses, including a CBC radio studio, medical clinic and Famili-Prix pharmacy.

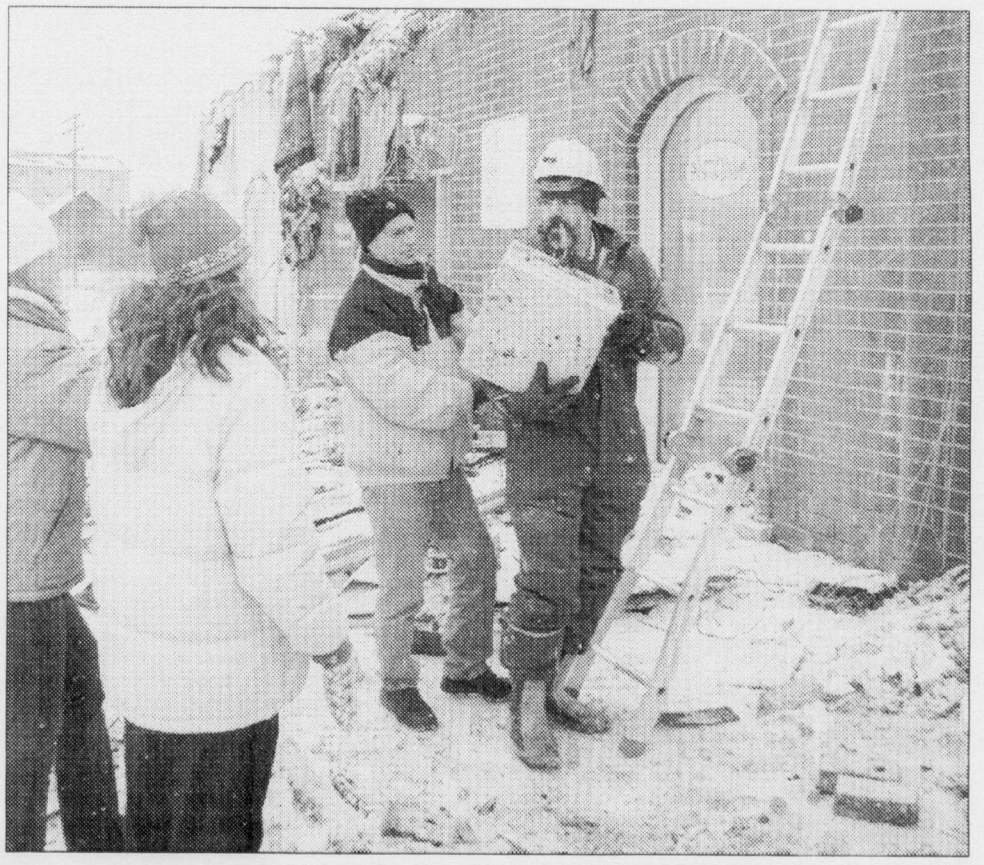
Famili-Prix owner Roxanne Fournier moved her operation to Rona L'express earlier this week, where she estimates she'll remain for the next four to six months.

"We didn't have time to think about anything," she said. "The fire happened so fast and there was so much to be done to get the business up and running.

"Things are pretty much back to normal."



Rona Express manager Bob McDonald has split his store in two to accommodate a temporary location for Roxanne Fournier's Famili-Prix.



Workers recover a computer hard drive from the Queen Street residence Wednesday. So far, the reaction has been overwhelming, with more than $10,000 donated to a support fund.

Community Forum

LETTERS TO THE EDITOR

Condemned for using analogy

DEAR EDITOR,

Something is wrong with this picture...

I am referring to the trial, ecclesiastical to be sure, of the Bishop versus one of his flock. I figure I'd better get my two cents worth in before *The Record* invokes closure on yet another divisive issue involving Bishop Bruce!

I can not for the life of me understand what kind of logic can possibly maintain that the Reverend Mr. Perry-Gore compared the Bishop to Hitler. He never stated that the Bishop was like Hitler. Nor did he compare the priests to Hitler youth. He simply referred to a relationship. He used a very common device: analogy.

I would challenge anyone to come up with an analogy for the relationship of an authority figure to whom that person's underlings had sworn obedience, canonical or not, which is 'nice'. What comes to mind? A company president? Not to my mind. A parent? I hope not. The military? Getting close! An extreme military? Very close.

But, let's search for a gentler analogy. How about a queen bee to her workers? That might not be a bad analogy.

In fact, let's say for arguments sake that this is a reasonable analogy. Would it imply that in every respect the Bishop is behaving like a queen bee? Would it mean that in every respect the priests are behaving like workers? "No" to both queries. That is not what an analogy is about.

The Oxford Dictionary employs the following definition for 'analogy' as used in Natural History (i.e. bees): 'resemblance of form or function between organs essentially different'. The operative word here is 'different'. The same dictionary further defines 'analogy' as used in logic, i.e. The Rev. Perry-Gore's logical use of the device, as 'process of reasoning from parallel cases'. The operative word here is 'parallel', which is quite different from 'same'.

This is all a tempest in a teapot (note the analogy) – century-ago fodder for Gilbert and Sullivan or Lewis Carol! The whole process smacks of Victorian insensibility, or perhaps just Victorian incense. I suggest a tea party for all concerned. It might be the most civil way to end such foolishness.

Finally, it would appear that name-calling comes rather easily, Mr. Blair. To wit I refer to your parting salvo to Mr. Perry-Gore in which you refer to him as a 'pathetic and irrelevant old man'. This is as rude a castigation of a priest as I have heretofore seen in public. No one is irrelevant. Perhaps you meant 'irreverent'; that might at least have been apropos!

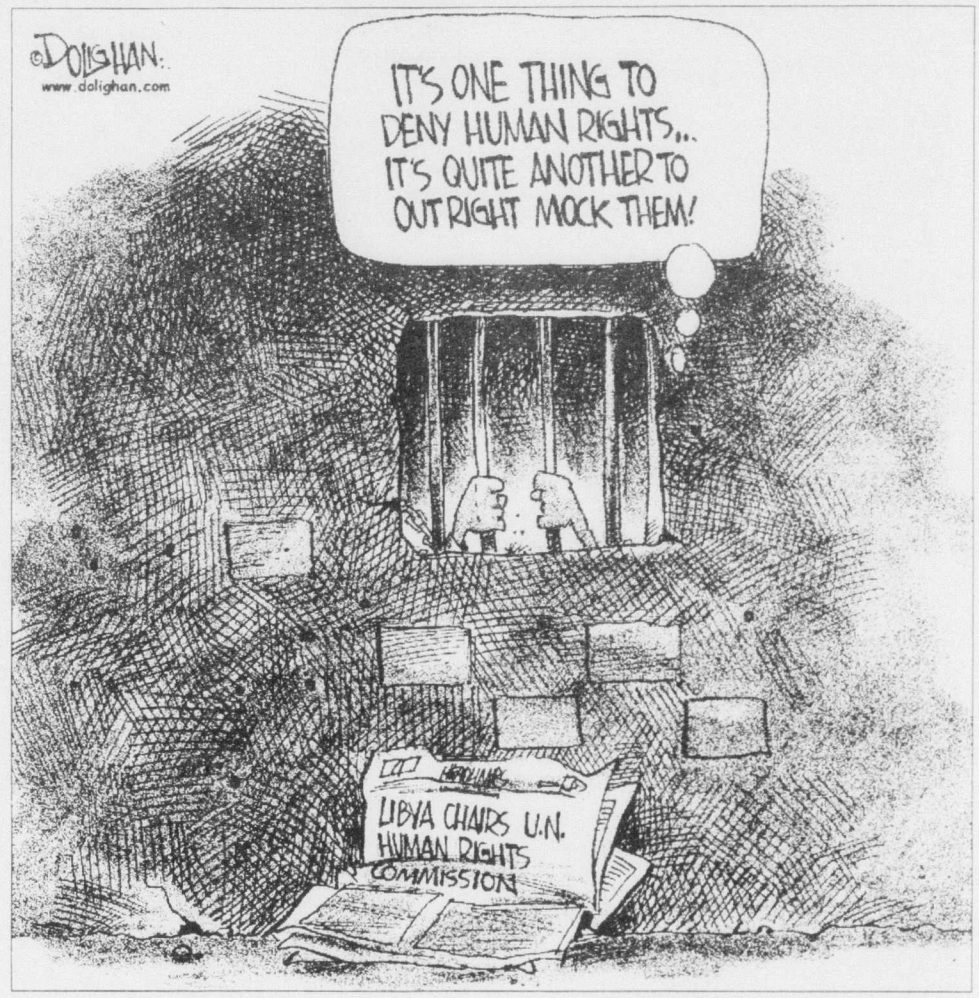
The fact that you may deem him 'old', and therefore attempt to bolster your dismissal of him as irrelevant, does disservice to a large percentage of our aging population and possibly half of our clergy. I doubt he is pathetic, even though you say he is.

As for his being 'poor', as you so referred to him earlier, what has this to do with anything? Perhaps it is simply a case of the pot calling the kettle black, to use an analogy.

Such name calling only diminishes the forcefulness of your remarks, and your argument for 'fair process'. It also smells of vengeance.

Try, try, try, as you will, there is no inflammation in Mr. Perry-Gore's remarks, and THAT'S what's wrong with this picture.

DONALD PATRIQUIN,
Eastman



Bury could benefit from public library

DEAR EDITOR,

It has been brought to our attention that there is a possibility of opening a public library in Bury. The members of our Board found this a very exciting prospect.

A library can but enrich a community by offering services to adults, children, seniors and families alike. This in itself offers a unique gathering place, as many community activities and spaces have become very age specific.

A library brings the world of wonder and imagination to a community. When the closest library is at least a half-hour drive from home, many families that might share time together over books find it impossible to make that journey either due to lack of transport, expense of travel, lack of time or various other reasons.

The same is true of the elderly. Having access to books, story times, activities and possibly computers welcomes a culture of learning not only into the surrounding region, but into the homes of community members.

I understand there has been great debate over the opening of a library, and wish to express how important Literacy In Action feels this initiative is. We operated a home-visit Family Literacy Program in Bury over the past year, and the families involved were truly thrilled to have children's books being brought into the home. These books were usually supplied from the Lennoxville Library and from our own supplies at the office. How helpful it would have been to be able to introduce these families to their own public library so they could choose and borrow books themselves. Once the program was completed last summer, these families no longer had a convenient access to books.

Thus Literacy in Action fullheartedly supports the presence of a library in the Town of Bury, and trusts the Bury Town Council will see the many benefits of such an initiative.

JACKIE HALL
Executive Director
Literacy in Action

Dr. Barakett has made a difference

DEAR EDITOR,

I normally refrain from putting my thoughts to paper but I was compelled to express my happiness with the recent announcement of Dr. William Barakett's appointment to the Order of Canada.

Many among us know this humble man as a person of integrity, dedication and empathy. His years of commitment to providing us with the best care possible have benefited all our community. The numerous lives he has saved from the perils of addiction and illness are testament to this man's gift.

This recognition has been long overdue, and I congratulate those who worked hard to have this man's efforts acknowledged.

I congratulate his wife and children for supporting him as his desire to make our lives better does come with sacrifice.

Finally to Dr. William Barakett, I applaud you and thank you for truly making a difference.

REG GAUTHIER
Knowlton

THE RECORD
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Perspectives

War against Iraq is a necessary evil

VIEWPOINT

CHRIS SEVERS

After writing my last viewpoint on regime change in Iraq I've been feeling like a war monger. Every time I hear of another group or individual coming out against the American invasion I have a moment of uncertainty.

I berate myself, thinking how can I support a course of action guaranteed to bring death. Nonetheless, I just can't get onside with the peace movement despite its obvious appeal.

I am an activist. I believe good things happen when good people have the strength of their convictions. I believe that (imperialism and ethnocentricity aside) people lucky enough to be living in free societies have an obligation to help those who don't.

The irony of the Americans, who have been responsible for propping up more dictatorships than they have taken down, is apparent. Yet who else, regardless of their motivation, can do the job that so obviously needs to be done. Somebody needs to take out the garbage.

Unfortunately right now the major players in support or opposition to the WAR have engaged in an exercise of public relations. The debate has largely become "wag the dog" propaganda with both sides totally capable of waging disinformation campaigns.

Although the Americans have not made the case well, I can't imagine a less credible advocate of regime change than George Bush, I still believe what the U.S. is doing will be historically judged the right thing.

When the Americans were fighting a wrong war against communism in the Far East their policies were rightly opposed. This situation is different. A cruel megalomaniacal despot like Saddam Hussein needs to be deposed for the good of the people of Iraq as well as everyone else.

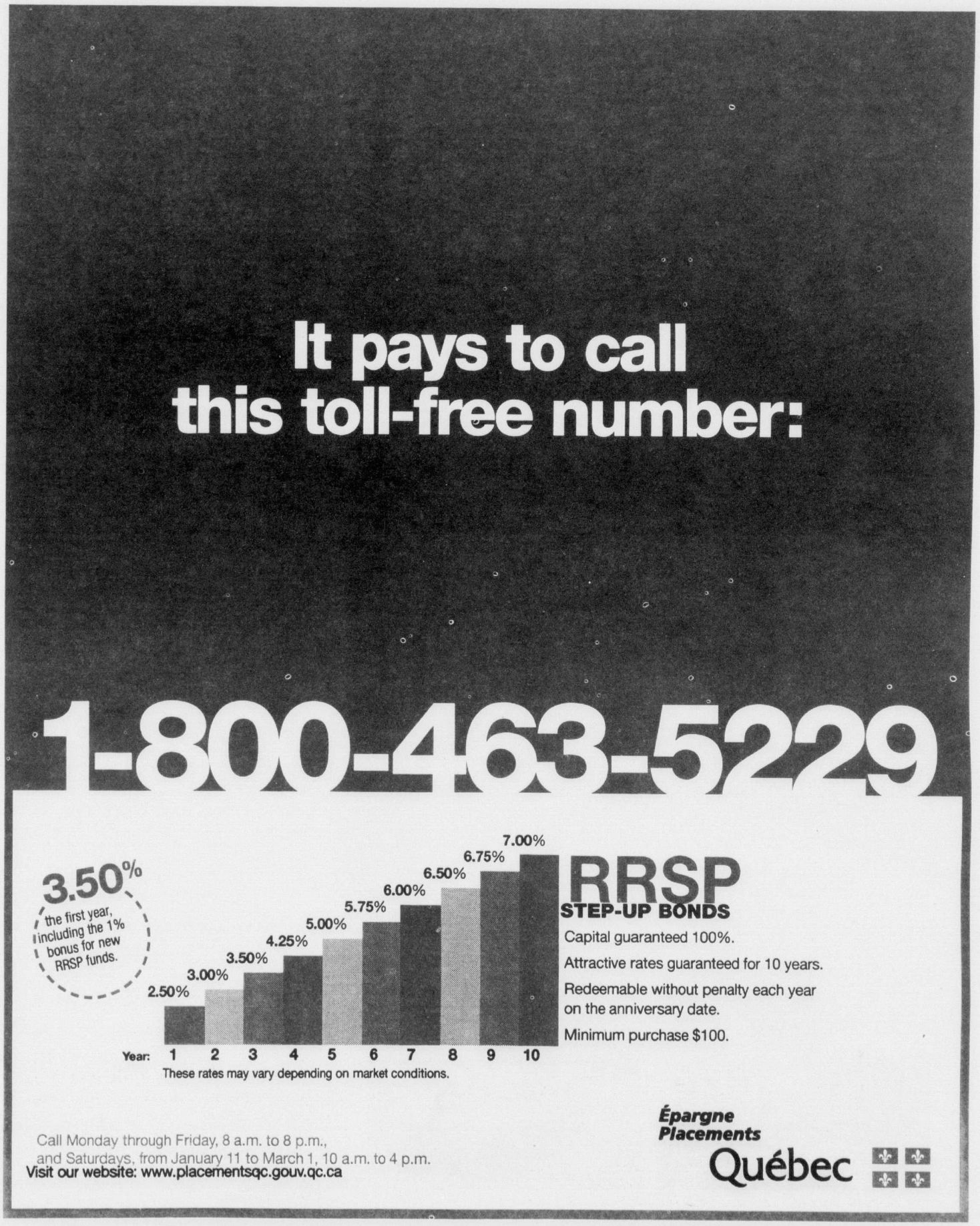
Many of the non-democratic states that the western democracies have supported in the Middle East since the discovery of oil have come back to haunt them. The short term expediency of cooperating with various dictatorships to keep the oil flowing is proving to be a long term folly. Sometimes, short term sacrifices are required for the best long term solution.

Something has to happen to bring democracy and freedom to the Middle East. If world opinion were entirely against Saddam, he would be more likely to resign. Do we want to encourage Saddam to fight?

To those who oppose the use of violence against Saddam's regime; what's your alternative? I fear that all the sensible peace-loving people will be so disgusted with an American invasion that they will disengage from the issue precisely when their leadership and opinion is needed most.

If we are thinking further ahead than next week we should start to consider what our position is going to be once Saddam has been deposed. How are we going to help Iraq's people emerge from this devastating period of their history? How can we encourage a process that restores freedom to Iraq? Freedom in the end analysis, is the best long term proposition for all humanity. I am extremely uncomfortable as a war monger. I am waiting to be convinced the sword is not the answer here.

I pray Saddam resigns and war is avoided, if he doesn't, I fear war is a necessary evil.



Our School's Page

NORTH HATLEY ELEMENTARY

Unfortunately, the list of prizes donated for our Christmas Raffle was cut off on our December School Page due to the length of our article. We are very sorry about this inconvenience. Thank you to all donors.

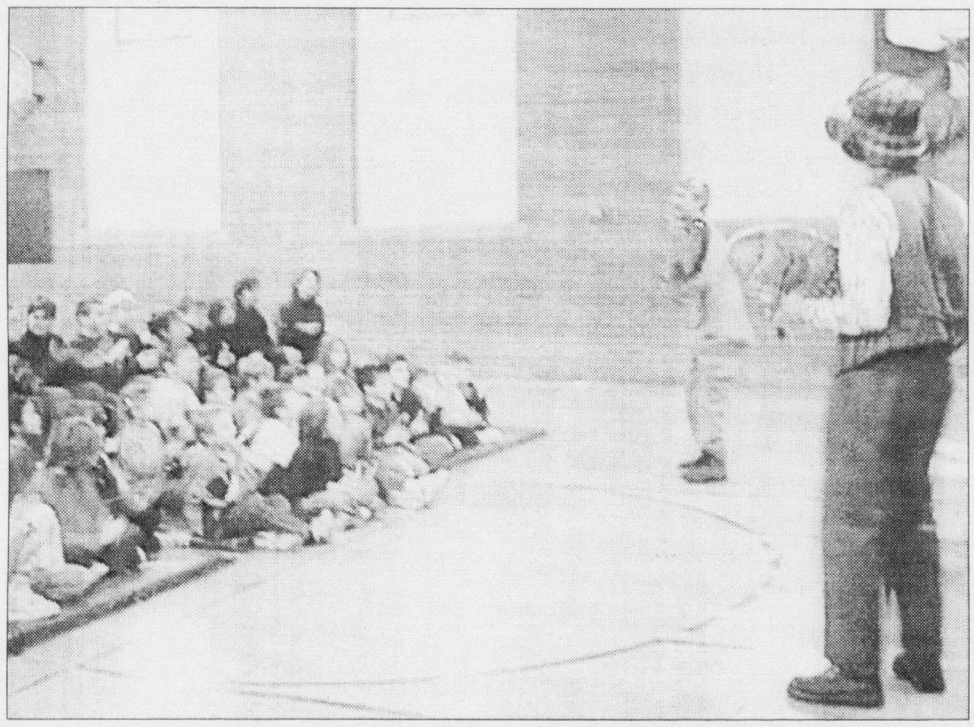
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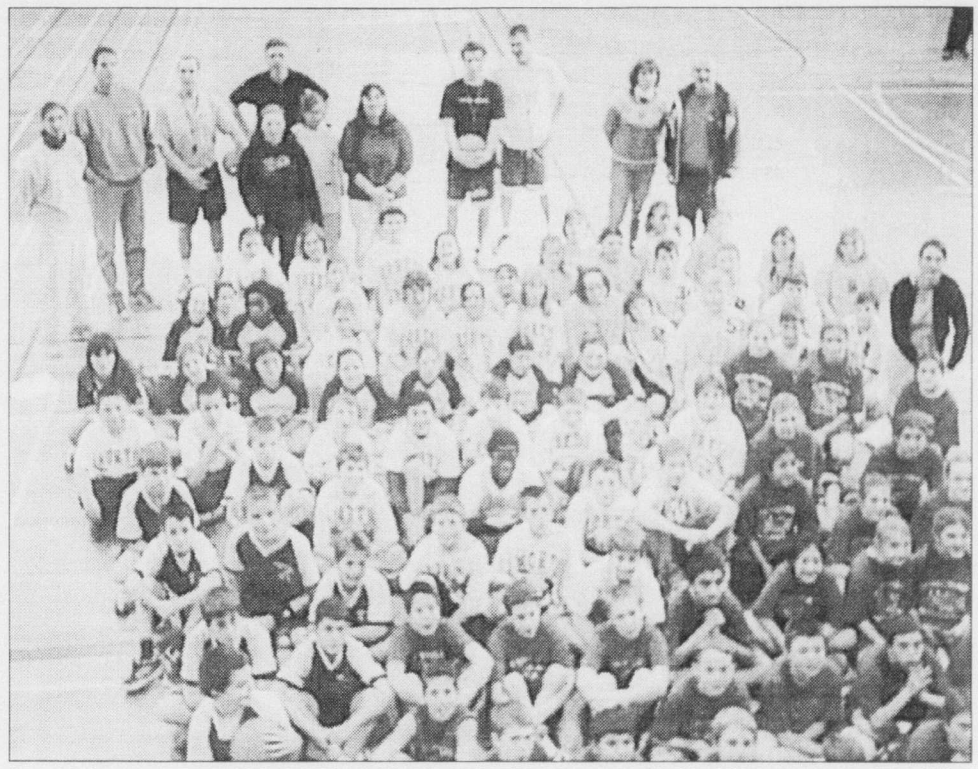
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- Wiltshire Knives and Block: North Hatley True Value Hardware, North Hatley
- Homemade Soap and Dish: Kathleen Howard
- Candle Holders and Candles: LeBarons, North Hatley
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- Decorative Hanging Plate: Clarke & Fils, Lennoxville
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- Jenga Game: Carol Digman Fournier
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- Xmas Wooden Wall Hanging: The Emporium, North Hatley
- Decorative Clock: North Hatley Elementary School
- Golf Shirt: ETFS, Lennoxville
- Model John Deere Tractor: Equipment Veilleux, Lennoxville
- Gift Item: De Mere en Fille, North Hatley
- Basket of Homemade Dog Biscuits: Warm Hearts Wet Noses Kennel, North Hatley
- Snowman Candy Cane Holder: Tina Chute
- Cash Donation: Depanneur North Hatley

BASKETBALL

On Monday, Jan. 20 the boys and girls of NHES enjoyed a basketball tournament at Sherbrooke Elementary. The girls and boys teams that got the most points went to the finals at Alexander Galt.

The North Hatley Elementary girls won all three games and the boys won two. That's the first time in years that we won something!





PHOTOS COURTESY NORTH HATLEY ELEMENTARY SCHOOL

Each team had a great coach and assistant coach who most graciously donated their time to help the North Hatley basketball teams in their triumphant victories. The boys coach was John Haller, a former teacher at Alexander Galt Regional High School. The girls coach was Gail Bowen, a former skipping champion. The assistant coach was Nicole Grégoire, a teacher at North Hatley Elementary School.

DRAMA

This year, North Hatley Elementary School has taken their time to organize a drama club for some of the students at lunchtime on Monday.

There were so many students that were interested that Mrs. Harrison found six excellent plays from different countries around the world, including China, Mexico, Ireland and Romania.

VOLUNTEERS

Over the Christmas holidays volunteers came to help paint and fix up the school. Many thanks go out to at least 22 people who helped improve the school. The students of NHES really appreciated all the work and time that the volunteers gave.

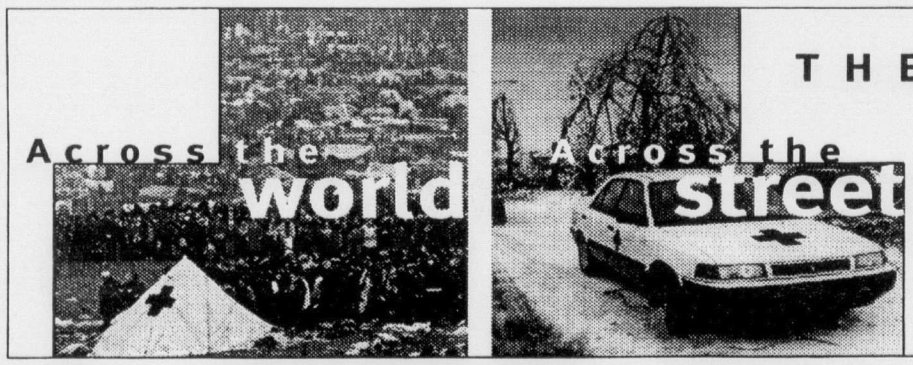
— Casey and David

JACKIE ET SES AMIS

Mercredi, le 15 janvier 2003, Jackie Hall et ses amis sont venus à notre école pour parler d'alphabétisation. Tous les enfants ont beaucoup aimé cette présentation de musique et d'art dramatique. Ils nous ont montré comment c'est important de savoir lire et écrire.

Jackie et ses amis ont parlé d'un marathon à raquettes d'un kilomètre qui aura lieu le 8 février prochain à un club de golf à Lennoxville. Le marathon est une levée de fonds pour leur festival en juillet. Le musicien et le clown étaient fantastiques! Le musicien nous a joué de ses instuments qu'il a construit lui-même! Il a joué du didgeridoo, des os et du ventre de croco.

— Gabriel E.S. Etienne R. Mitchell B.



Vallières says province needs to provide aid

MAGNOLA:

CONT'D FROM PAGE 1

On Tuesday, Noranda Inc. said it intended to pull the plug on the Magnola magnesium plant that it owns 80 per cent of. The other 20 per cent ownership is held by the Quebec crown corporation Société General de Financement (SGF).

Noranda officials argued the shutdown was needed because the world price for magnesium was as low as 60 cents US per pound, way below their minimum price requirement of $1.30 U.S. per pound.

Because the loss of jobs will mean less income for residents and lower housing prices, Vallières argued the government can no longer restrict infrastructure grants to local municipalities or pressure their councils to bump up municipal taxes to raise needed revenue.

He is also asking Quebec to consider other economic aid such as business loans so that other companies can be attracted to the area and take over job creation from Jeffrey and Magnola.

"We have resources here that have served us well, but many companies have found it hard to come out here and prosper. They need help from the government to start up and get going," Vallières said.

But he cautioned the government to be realistic and not be tempted to take over control of the Magnola plant just for the sake of saving local jobs.

"If the government opts to buy out Magnola through the SGF, they have to be ready to produce magnesium products that can sell," he said. "If Noranda can't make a go of it, how could the Quebec government do any better. They took over some of the asbestos mines 20 years ago in Thetford Mines, and ended up losing hundreds of millions of dollars."

Vallières agreed that SGF could choose to purchase more of the Magnola plant and keep parts of it in operation, but said the cost to do so could be as much as $100 million a year.

SGF officials have not commented on their options for Magnola.

A press release issued Tuesday said the government-run corporation "is currently examining its shareholder rights and options."

It added SGF is considering Noranda's proposal that the plant be used to specialize in magnesium alloys for other metals.

The press release issued by Sylvie Brousseau said SGF's mandate is to "carry out economic development projects in co-operation with partners in accordance with accepted requirements of profitability."

Another politician that represents the Asbestos area, federal PC MP André Bachand, has asked the feds for economic help as well as action against Chinese trade practices that allow them to sell magnesium below cost.

"The department of economic development for Quebec has assured me they will study ways to diversify the economy for Asbestos," said Bachand.

"International Commerce Minister Pierre Pettigrew told me he is lobbying the World Trade Organization to accept China as a member. If that happens, then China will be subject to anti-dumping rules that will present such trade practices in the future."

Cider on the menu

Staff

Three of Quebec's top restaurants, including the Auberge Hatley, are now serving Frelighsburg's Pinnacle Ice Cider on a special menu.

The special menu is known as the 15 diamonds, because the three restaurants are the only ones in Quebec to have five diamond ratings from the Canadian Automobile Association and its U.S. counterpart the AAA.

By comparison, California, which has four times Quebec's population, has only four five-diamond restaurants.

The five-course menu includes sauteed foie gras, served with Ice Cider. The offer is limited, with the special menu ending today at Auberge Hatley. The menu then goes to Nuances at the Montreal Casino next week and Le Baccarat at the Gatineau Casino the week after.

"The best chefs in Quebec have chosen to serve Pinnacle Ice Cider," said Domaine Pinnacle owner and president Charles Crawford.

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OPEN SUNDAY FEBRUARY 2nd

Bill collectors are not allowed to badger you

By Rita Legault
SHERBROOKE

When a Bromont man moved in the fall of 2002, he switched to cell phone service and no longer had an account with Bell.

He still owed more than $300 to Bell Canada, but apparently his file got lost. They never sent him any bills, but just before Christmas a collection agency located him at his new address.

A first collection agent called to remind him of his debt and he promised to look into it.

"Then another dude called me back and he was really rude," said the consumer who preferred to remain anonymous, adding the collection agent refused to tell him who he was dealing with. "The guy only gave me his first name, Albert."

The former Bell customer told *The Record* that Albert claimed his debt was almost double the amount the first collection agent had quoted, and informed him he had to pay it immediately through a banking machine.

The debtor, who had recently read a consumer report informing him that he could insist on having everything in writing, asked the collection agent to send him the details. The agent refused, informing the man that that's not how his agency operated.

"Then he started phoning me every day and was really rude and annoying," said the frustrated consumer who called the consumer protection agency to complain. He eventually called Bell Canada directly to pay off his debt.

The pesky collection agency based in Anjou is now one of about a dozen being investigated by Quebec's provincial consumer protection agency.

Collection agencies cannot badger you in order to collect a bad debt, according to Yves Leclairc, a spokesman for the Office de la protection du consommateur du Québec.

Leclairc said the consumer protection office is cracking down on collection agencies that are harassing consumers like the man in Bromont.

"Consumers are vulnerable because they don't know their rights," he said

Leclairc added his office is collecting complaints and checking to see if they are founded or not.

According to the rules governing collection agencies, agents cannot threaten, intimidate or harass debtors in any way.

In Quebec, collection agencies must have a permit to operate, and are subject to a number of legal restrictions enforced by the Office de Protection du consommateur.

Collection agents can't just pick up the phone and call anytime. Before phoning they must send a notice that includes their permit number and details regarding the debt and creditor's identity.

If, however, debtors fail to comply with a demand for payment, the collection agency can contact them directly unless they have notified the agents in writing they must contact their legal advisor.

Agents may also only call between 8 a.m. and 8 p.m., and not on Sundays or holidays.

Agents cannot call a spouse, family member, employer or anyone else unless they have signed as a guarantor. They are not allowed to ask for an address or disclose the debt in question to anyone.

Collection agents cannot threaten court action or imply that you will be sued if you don't pay.

Any and all other forms of intimidation are also unlawful. So is any kind of false representation, such as pretending to be a bailiff or an employee of a financial institution.

In 2001/02, Quebec's consumer protection office received 5,875 requests for information and complaints from consumers about collection agencies. It dispatched some 610 complaint forms to consumers, investigated 11 collection agencies and took legal action against a half dozen of them.

Leclairc said collection agencies who are the subject of one or more complaints are being warned that if they don't mend their ways, they may not get their license renewed.

In cases of repeated complaints, cases are much easier to prove.

"The more complaints we get, the better chance we have of prosecuting offenders," he said, noting the same collection agencies and same agents come up repeatedly in consumer complaints.

If you have questions or problems with a collection agent, call the Consumer Protection Office at 1 888 OPC-ALLO (1-888-672-2556) or go to www.opc.gouv.qc.ca.

FAMILI-PRIX

Following the fire on Sunday, January 26th, we are pleased to inform you that we have re-opened at

155 Queen Street, Lennoxville

(Rona)

As of Wednesday, January 29th, we are in full operation.

We sincerely appreciate the support and patience from all our valued customers, and kindness shown in our community.

Rémi Gosselin **565-5868** *Roxane Fournier*

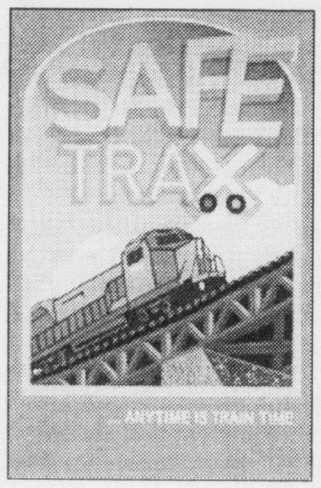
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Copps on board with youth for Web project

Staff

Minister of Canadian Heritage Sheila Copps launched the Virtual Museum of Canada's latest initiative: Safe Trax on Wednesday.

Safe Trax was designed for youths to reflect real-life situations that could arise from trespassing on railway property. It explores a series of options to consider in situations of potential danger, allowing students to learn from their mistakes through simulation.



"This interactive learning tool is designed for youth. While they learn about railway safety, they will also learn about an important part of their heritage," said Minister Copps. "Because this is an interactive activity, it will also be an enjoyable learning experience."

Safe Trax is another online initiative of the Virtual Museum of Canada and is the result of a joint effort between the Canadian Pacific Railway Police Service, The Canadian Railway Hall of Fame, Direction 2006, Exporail: Canadian Railway Museum at Delson/St-Constant, the Salem and Hillsborough Railway Museum, and Transport Canada (Railway Safety), in association with the Railway Association of Canada and the Canadian Heritage Information Network.

The new interactive challenge is also linked to a contest being held in cooperation with Sympatico and Via Rail Canada. Canadians of all ages can enjoy the challenge and are eligible to win one of four $500 travel vouchers from Via Rail Canada. For more details and to play the game, visit the Fun and Games section of the Virtual Museum of Canada at www.virtualmuseum.ca.

The contest ends Feb. 14.

February is heart and stroke month



PERRY BEATON/SPECIAL

February is once again heart and stroke month throughout Quebec, and the Estrie chapter of the Heart and Stroke Foundation of Quebec has a myriad of activities organized to mark the event. Activities get under way Feb. 3 when La Piazzetta restaurant in Magog holds a Generosa day. Proceeds from every Generosa pizza sold that day will be donated to the Foundation. On Feb. 14, the Foundation will host its annual heart breakfast simultaneously in three area restaurants: Chez Charlie on King West in Sherbrooke, Restaurant Plus in Granby and Magog's Restaurant Jessie. Nearly 83 cents from every dollar raised by the Foundation goes directly to the research and prevention of cardiovascular diseases. The Estrie chapter's goal this year is to raise about $360,000. This year's fundraising campaign president is Lennoxville Provigo owner Claude Riopel. For more information, call 819-843-2744

More than 230,000 Quebecers will benefit from a second increase in the minimum wage in less than six months.

The minimum wage is going up on February 1, 2003

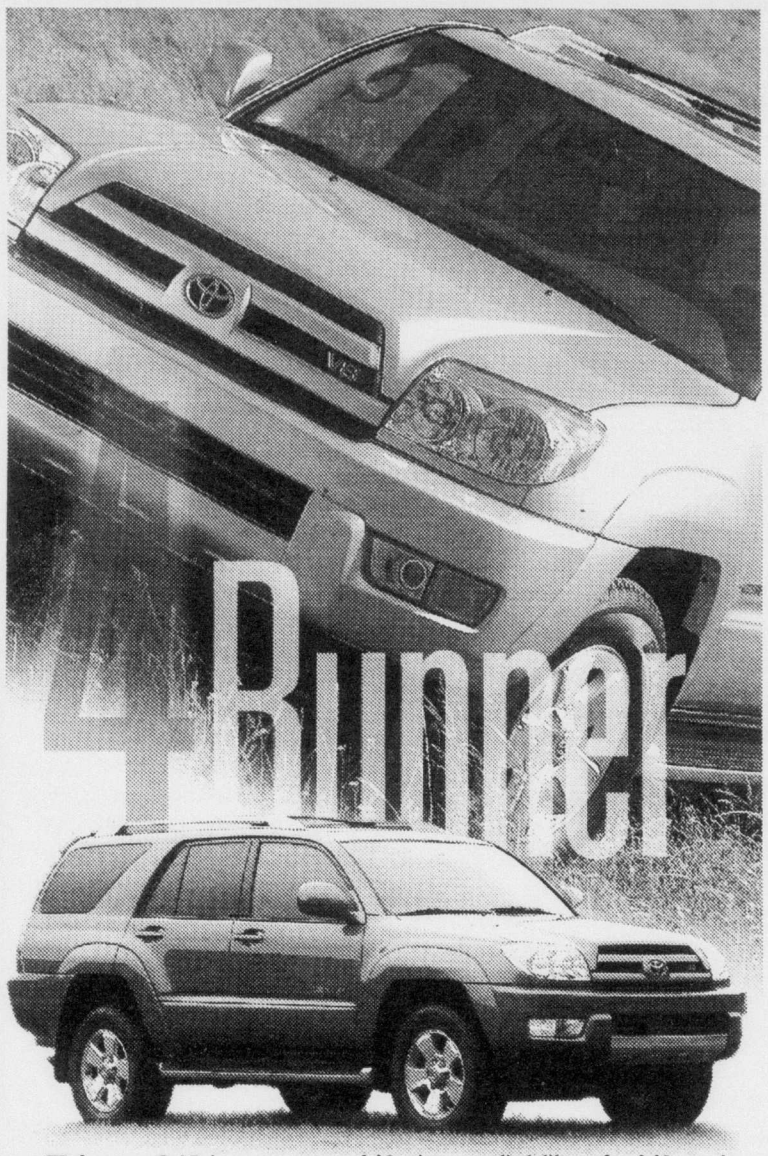


Minimum wage rates effective February 1, 2003

General rate	$7.30 an hour
Employees receiving tips	$6.55 an hour
Domestics residing with their employer	$292 a week

HAVE ANY QUESTIONS?
Contact the Commission des normes du travail toll free.
Montréal: **(514) 873-7061**
Elsewhere in Québec: **1 800 265-1414**
www.cnt.gouv.qc.ca

Commission des normes du travail
Québec



■ A new 245-horsepower V6, the availability of a V8 and a chassis that's based on a Lexus sport ute are all the reasons you need to climb behind the wheel of the **2003 4RUNNER**

By JASON STEIN
FOR WHEELBASE COMMUNICATIONS

Christopher Columbus might have driven the new 4Runner. Marco Polo could have cut a path to China using one. Maybe even Magellan would have rolled up to the Spice Islands driving one.

At least that's Toyota's claim. At the very least that's still the 4Runner's claim to fame.

"Engineered to follow in the footsteps of the world's greatest adventurers," Toyota says.

We'll settle for simplicity, steadiness and staying steadfast in an ever-changing environment of 'adventure' vehicles.

Somewhere between the mini sport-utility craze and the suddenly vogue car-like characteristics of all those hot 'crossovers,' the Toyota 4Runner stayed its simplistic self.

It rocked and rolled on just like it did back in the mid-1980s when it lumbered onto the automotive scene as an off-roader with legitimate off-road-worthy skills. Years later, when the other guys slimmed down, the 4Runner stayed the same. When the other guys shaped up, the 4Runner kept its shape.

Last revised in 1996, Toyota doesn't need the fourth time to be the charm, but its fourth-generation 4Runner is proof that at least one mid-size truck-based sport ute is still what it was always intended to be: A true offroader, a true adventurer.

Now it's just doing more of the same.

Completely re-engineered from top to bottom, the exterior is more rugged, the interior more spacious. The changes are hardly cosmetic.

This year the 4Runner is also loaded with an array of new performance enhancements, including a new base V6 engine and a first-time available i-FORCE V8, designed to help you acclimate to almost any environment.

Toyota says it's the most ambitious 4Runner ever created. And that's saying a lot.

Sharing its platform and its optional high-end drivetrain with the new Lexus GX470 (not available in Canada), the new 4Runner is no longer based on the Tacoma pickup but still rides on a ladder frame. This year there's even a new suspension and shock absorber system to help make those dips in the wild a little less daring.

And what's the best way to charge through the wilderness? Base 4Runners now come with a 245-horsepower 4.0-litre V6, replacing the 183-horsepower 3.4 litre six-cylinder that used to growl under the hood. The 4.0 is an all-new engine that incorporates some firsts for a Toyota truck. It's the company's first all-aluminum truck engine, the first to make use of Toyota's very intelligent Variable Valve Timing (VVT-i) and the first to incorporate a variable intake manifold.

Also new for the 4Runner is an optional 4.7-litre V8, a powerplant that debuted in the Tundra pickup in 2000, and one that provides slightly less peak horsepower but extra low-RPM grunt for towing. And the biggest news for those V8 buyers is the introduction of an all-new five-speed automatic transmission — another first for a Toyota truck — that features an overdrive gear for better highway mileage. All V6 models keep the four-speed automatic used on the previous models.

Building on its reputation as a capable off-road hauler, all four-wheel-drive 4Runners receive redesigned transfer cases, a standard Downhill Assist Control that integrates the brakes, throttle and wheel speed to maintain a slow, steady descent on steep trails, and there's a Hill-start Assist Control that uses the brakes to keep the vehicle from sliding backward on steep terrain.

Inside, things are much gentler. The longer wheelbase and increased width means a much more roomy interior and there are plenty of creature comforts available in whatever trim level you settle on — base SR5 or Limited, part-time four-wheel drive V6 or full-time all-wheel drive V8.

And don't think the 4Runner is all work and no play. Additional options for all models include a JBL sound system with 10 speakers, a DVD-based navigation system, a power sunroof and a V6 towing package.

Ten speakers and a towing package? Obviously Chris Columbus never had it so good. And the 4Runner might never have been better.

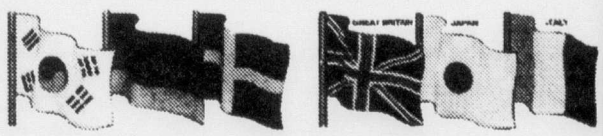
SPEC SHEET

2003 4Runner

- ★Four-door midsize sport-utility vehicle
- ★A new base 4.0-litre V6 with 245 horsepower is available along with an optional 4.7-litre V8 that makes 235 horsepower.
- ★Available in part-time four-wheel drive or full-time all-wheel drive with either a four- or five-speed automatic transmission.
- ★Toyota's fourth-generation 4Runner continues to roll on with rugged good looks and true off-road capability, retaining most of its truckish character while the rest of the world turns a little kinder, a little gentler.
- ★A new interior includes more room, more comfort and even some glitzy extras like big, easy-to-use controls and a high-tech finish that will make that trip into the wilderness less unwieldy.
- ★A new electronic throttle control, a new base engine and the introduction of an all-new five-speed automatic transmission in V8 models makes the new 4Runner a step ahead of its predecessors in terms of technology and safety.
- ★**L/100 km (city/highway):** 15.5/11.5 (4WD, V8)
- ★**Base price:** $ 39,100 (SR5)

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THE RECORD

What kind of driver are you?

By Jennifer Campbell
FOR SOUTHAM NEWS

You're on the highway on your way to work and a tractor-trailer cuts you off by merging into your lane only metres away.

Do you: a) brake, then stay behind the truck, even though the truck is going slower than the speed limit? b) curse, then pull into the next lane to get away from the slowpoke, only to cut someone else off? c) keep talking on your phone and pull into the next lane without checking your rear-view mirror, let alone your blind spot?

John LeFeuvre can anticipate your answer to that question after he's figured out your personality.

As president of Canadian Pro Drivers Inc., the retired teacher trains driving instructors. Part of his program is the True Colours personality test, which is a scaled-down version of the Myers-Briggs Type Indicator questionnaire.

Answer his questions and he'll tell you what kind of driver you are: Freedom and excitement seeker, traditional and responsible driver, knowledgeable motorist or social butterfly.

"The test shows everyone has innate qualities that lead them to do certain things and perceive things differently than other people," he explained, pointing to the classic illusion drawing that some see as a picture of an old lady and others, a young lady.

"It's two different initial perceptions, but they've seen the same picture. Our brain is what sees, not our eyes. If our brain interprets what we see, then whatever innate qualities we have affect that vision."

So which one are you?

Freedom and excitement types are big risk-takers. More interested in the moment, they act fast and don't consider the consequences. They whip in and out of lanes without thinking about the fallout.

Traditional types, meanwhile, drive forever in the same lane no matter what. These folks will blindly follow their travelling traditions.

"They'll drive according to the word of the law, not the meaning of the law," LeFeuvre said. "They'll drive the actual speed limit, which is good, but they may be causing other people, who don't have those traditional values, to weave and pass them."

Knowledgeable drivers are wise-guy geeks. They know the best route, speed, and best speed for mileage. They think they're smarter and often are because they've done the research. They'll take risks but only "smart risks," LeFeuvre said. "They wouldn't speed unless they could do it safely. They don't do anything trial by error."

The social group's members value people. These are the people who stop on highways to let pedestrians cross. You know you're travelling behind one if they're talking on the phone or to backseat passengers waving their hands around.

Rather than emphasizing often-heard stereotypes about bad drivers - women versus men, people of different cultures, Quebec versus Ontario drivers - LeFeuvre believes most drivers fall into one of the four categories.

"And as long as you recognize your personality, you can talk yourself down or out of situations," he said.

"Everything that happens to you is an event without emotion. People and perceptions make things emotional. So, if someone cuts you off, you can take it personally and react, or you can choose not to. You can say to yourself `Maybe his wife's having a baby or maybe he's having a bad day.' You have choices."

Each type of driver comes with his or her own element of danger. But how we react to them plays a big part too, says LeFeuvre. He advises that the next time you see a social person, tell yourself that's just what they do, then give them lots of room.

Hunt is on for secret of long-lived Nova Scotians

Pockets of province have world's highest rates of centenarians

By David Stonehouse
FOR SOUTHAM NEWS

Perhaps it is the tranquil life by the seaside, or maybe the fresh ocean breezes. It could be the steady diet of seafood. Or maybe it's just in their genes.

Whatever it is, researchers are trying to find it — this elusive elixir behind the long, long lives of Nova Scotians.

Quite by accident, researchers have discovered that some pockets of the province have the highest rates of centenarians in the world. Now they are trying to explain why so many are living 100 years or more.

"It's still really unclear to me why that is," says Dr. Thomas Perls, a researcher at the Boston Medical Center who is working with professors at Dalhousie University to try to uncover the secret. "It's a real phenomenon."

Data compiled by the researchers reveal startling numbers.

As a whole, Nova Scotia has 21 centenarians for every 100,000 people — seven times the prevalence worldwide, and above the 18 per 100,000 in the United States.

Closer examination shows that two areas on the southeast coast have even far greater rates of folks more than 100 years old: Lunenburg and Yarmouth have about 35 per 100,000.

It is even more surprising given that Nova Scotians live relatively unhealthy lives compared to other Canadians, says Dr. Chris MacKnight, director of geriatric medicine at Dalhousie.

"Nova Scotia has one of the least healthy populations in the country. We have high rates of obesity, high rates of physical inactivity, high rates of smoking. We have one of the lowest life expectancies in the country. We have one of the highest cancer rates, one of the highest rates of heart disease," he says. "So it seems if you can make it through all that, nothing is going to stop you."

He and his colleagues are seeking research money so they can do detailed interviews of Nova Scotia's centenarians and probe their health histories and lifestyles, as well of those of their ancestors.

The researchers also hope to do DNA studies, believing they may find something common in the genes — a long-life gene, so to speak.

Perls' past research suggests this is possible. His work found you have a greater chance of living past 100 if your sibling has already done so — brothers have a 17 times greater chance, while sisters' odds are eight times greater.

He has even helped found a company dedicated to uncovering genetic clues to long life — Centagenetix, of Cambridge, Mass. He believes it may be possible to produce a drug that would help prolong life.

"I don't think it'll get people to 150 or anything like that. The average bunch of us should be able to get up into our late 80s if we maintain healthy lifestyles," he says. "Maybe this could add a few years on top of that."

MacKnight is not so sure that is possible, though he does believe part of the explanation to the phenomenon is genetic. He points to previous studies that have demonstrated a tendency toward long life in Germans and notes that Germans settled Lunenburg in the mid-1700s.

The ancestry of Yarmouth, a port town of 8,500 people, is Acadian and that leads Dr. MacKnight to wonder if there is anything in the genes of Acadians that would grant a long life.

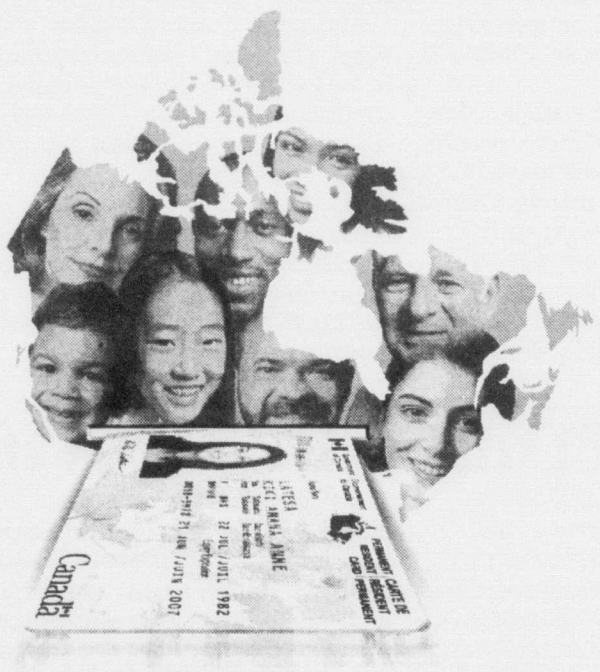
Laurence Mawhinney, a Presbyterian minister who has been mayor of Lunenburg for the last 24 years, surmises that the serenity of the picturesque coastal community of 2,000 helps foster a long life.

"It is a simpler way of life devoid of many of the pressures that one finds in larger towns and cities — the pressures of the commute, the pressures and stress of getting children to point A to point B for this activity or that activity. Almost all the people in the community are within walking distance of what it is they would do," he says.

"I have known, personally, quite a number of people that have lived past 100 years of age. Almost all of these people have lived here almost all of their lives. They have not travelled far away from home. I think there is a sense of security there."

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- **Who needs the new PR Card:** Permanent residents (landed immigrants) who travel internationally by commercial carrier will need a PR Card to return to Canada as of December 31, 2003. Canadian Citizens do not need a PR Card.

- **Where you need to show your PR Card:** If you are a permanent resident (landed immigrant) returning to Canada on a commercial carrier, you must show your PR Card to carrier personnel when boarding an airplane, boat, train or bus.

If you are a permanent resident travelling abroad without a valid PR Card as of December 31, 2003, you may not be permitted to board an airplane, boat, train or bus back to Canada. You may be referred to the closest Canadian embassy or consulate to obtain a limited use travel document. This may result in travel delays and extra costs for you.

- **Becoming Canadian:** Many permanent residents who can become Canadian citizens are encouraged to apply for their citizenship.

- **How to get your PR Card:** Application kits are available through Citizenship and Immigration Canada's web site (www.cic.gc.ca) or by calling the PR Card Call Centre (1 800 255-4541).

Applications are being processed based on your year of landing. Check the chart to see in which month you should apply, and apply early. For example, if your year of landing was 1998, you should submit your application on May 1, 2003.

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2000 - 2002	January to April 2003
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1973 - 1979	September 2003
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THE RECORD

'Portion distortion' affects home-cooked food, too: study

By Tom Spears
SOUTHAM NEWS

Americans really are super-sizing their meals more as years go by — not only in fast-food restaurants, but in their own kitchens, the first long-term study of meal size shows.

In a trend Canadian experts see as well, our demand for bigger meals and heftier snacks has expanded from the fast-food restaurants to larger portions at every meal, every day.

This is what disturbs obesity researchers most, because home is still the place North Americans eat most of their food. And this is where people are supposed to be using discipline, because we — not some guy in the burger joint's kitchen — are making all the choices.

Bad choices, folks.

Between 1977 and 1996, the average size of a salty snack (potato chips, popcorn, etc.) rose by 93 calories, says Samara Nielsen of the University of North Carolina, co-author of the study.

Homemade burgers jumped from an average of 160 grams to 235 g in the 20-year period, packing on an extra 97 calories. Fast-food chains' burgers grew to 204 g from 172 g.

Soft drinks nearly doubled in serving size and took on 49 extra calories; average french fry servings added 68 calories, an increase of 16 per cent.

Researchers call it "portion distortion" — the belief that too much food is normal.

Nielsen used surveys conducted by the U.S. Department of Agriculture, which sends interviewers to people's homes to ask details on what they've eaten in the past 24 hours.

And the figures hide one ugly truth, Nielsen adds.

People have started lying about their food intake. Embarrassed by their growing obesity and their eating binges, today's survey respondents aren't admitting all the facts about their diet.

This means increases in meal sizes are almost certainly bigger than the surveys report. The combination of bad food and too much food is blamed for a range of health problems: Heart disease, diabetes, stroke and hypertension, among others. At the same time, society has become less physically active, so we burn off less fat.

Meal sizes in Canada are getting just as pumped up, says Sharon Zeiler, a nutrition specialist with the Canadian Diabetes Association.

"I suspect it's because people are eating out more, and their eyes are becoming accustomed to the larger-size servings they see. When they're home they think they have to have the same kind of serving."

Zeiler was at a workshop last week with dietitians and nutrition experts from all kinds of medical research fields.

"We were all saying the same thing," she says. "It's absolutely happening here."

Her advice: Use smaller dinner plates; big plates encourage you to cover them with food. And leave serving dishes in the kitchen so you won't take seconds unless you're still hungry.

"Portion sizes are also increasing in people's homes," says Zeller. "That's what I think was most interesting about this study."

And while burgers and fry orders are bigger, she doesn't believe bigger servings from the fast-food industry should get all the blame. "The possibility is that at one sitting people are eating two or three hamburgers," she says.

People in all age groups eat more restaurant food, bigger meals, and more high-fat snacks than a generation ago, the North Carolina study found.

"Clearly the problem is that Americans are eating too much food."

Cells replace cigarettes

By Joanne Laucius
SOUTHAM NEWS

Mobile phones have not replaced teenage smoking – at least in Finland.

Last fall, epidemiologist Anne Charlton and Clive Bates, the director of Action on Smoking and Health, pointed out in the British Medical Journal that the sharp decline in teenage smoking in Britain appears to be connected to cellphone ownership.

"We argue that the mobile phone is an effective competitor to cigarettes in the market for products that offer teenagers adult style, individuality, sociability, rebellion, peer group bonding and aspiration," they said in a letter in the medical journal.

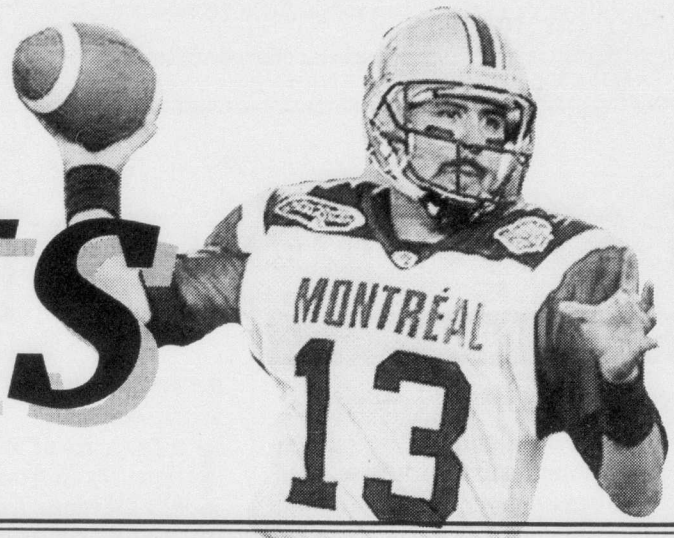
So two Finnish researchers put the hypothesis to the test by surveying more than 6,500 teens. They found that cellphones have not replaced smoking.

In fact, the more a teen uses a cellphone, the more likely he or she was to smoke at least once a day, they found.

Even taking into account the amount of spending money did not change the link between cellphones and smoking.

A high proportion of Finnish teens use cellphones. But cellphone use is associated with health-endangering lifestyles indicated by smoking, say the researchers.

THE RECORD
Sports



INSIDE

Free agent QB Calvillo and Als are miles away on multi-year deal

. . . see Page 16

Gavura teaching a new generaton to snowboard

Knowlton native is carving a niche as a local pioneer

By Mike Hickey
SPECIAL TO THE RECORD

Trevor Gavura, known as an Eastern Townships snowboard pioneer, has just returned from Switzerland where he represented Canada at the International Snowboard Congress.

Snowboarding has been Gavura's passion for 17 years, and his love of the sport has led him to become one of the world's top instructors.

At the tender age of 22, he became Canada's youngest Level IV instructor, and now at 27 he continues to be a key player in the development of the country's top snowboarders and snowboard instructors.

This past year Gavura's impressive technical abilities and teaching credentials earned him a spot on the five-person Canadian Snowboard Team for Interski 2003.

Interski is an international conference, held once every four years, that brings together countries that have structured "snow sliding" organizations.

The 17th edition of the Interski Congress was held over a seven-day period, and was televised throughout the world. The athletes and coaches representing each country paraded through the resort village of Crans-Montana in Switzerland to officially open the conference ceremony. Participants later demonstrated their countries' ski and snowboard techniques on slopes throughout the week.

The conference also hosted a number of lectures and seminars in which Canadian snowboarding played a major role.

The eight-person Canadian contingent included three administrators and a five-person exhibition team. Gavura had the rare privilege of giving two seminars at the event, and admitted they are more stressful than actual competitions.

"When you are competing you just go out and have fun and do your best," he said from Golden, British Columbia yesterday. "But when you are presenting a technique or idea and all these people are listening to every word, you don't want to make a single mistake. You are representing your country and you want to be perfect.

"It is also very stressful because of Canada's high level of recognition in the snowboard scene. If you are in a competition and make a mistake or fall, you just don't win. In this type of situation, to do the same, means blemishing your country's international reputation for the next four years. People come to Canada from all over the world to attend our courses and obtain our highly respected certifications."

This is actually Gavura's second time on the team. "Because it is held only once every four years, and our sport evolves so quickly, most people can only hope to attend once," Gavura said.

"It's a great honour and opportunity to represent my country, along with my colleagues."

Gavura first learned to ski at Glen Mountain when he was two years old. Later, he was one of the original snowboarders on the hill at the age of 10.

Gavura now shares his time between his hometown of Knowlton, wwhere he wakeboards and mountain bikes in the summer, and Golden where he spends most of his days on the snow and is head of the International Snowboard program at Kicking Horse Mountain Resort.

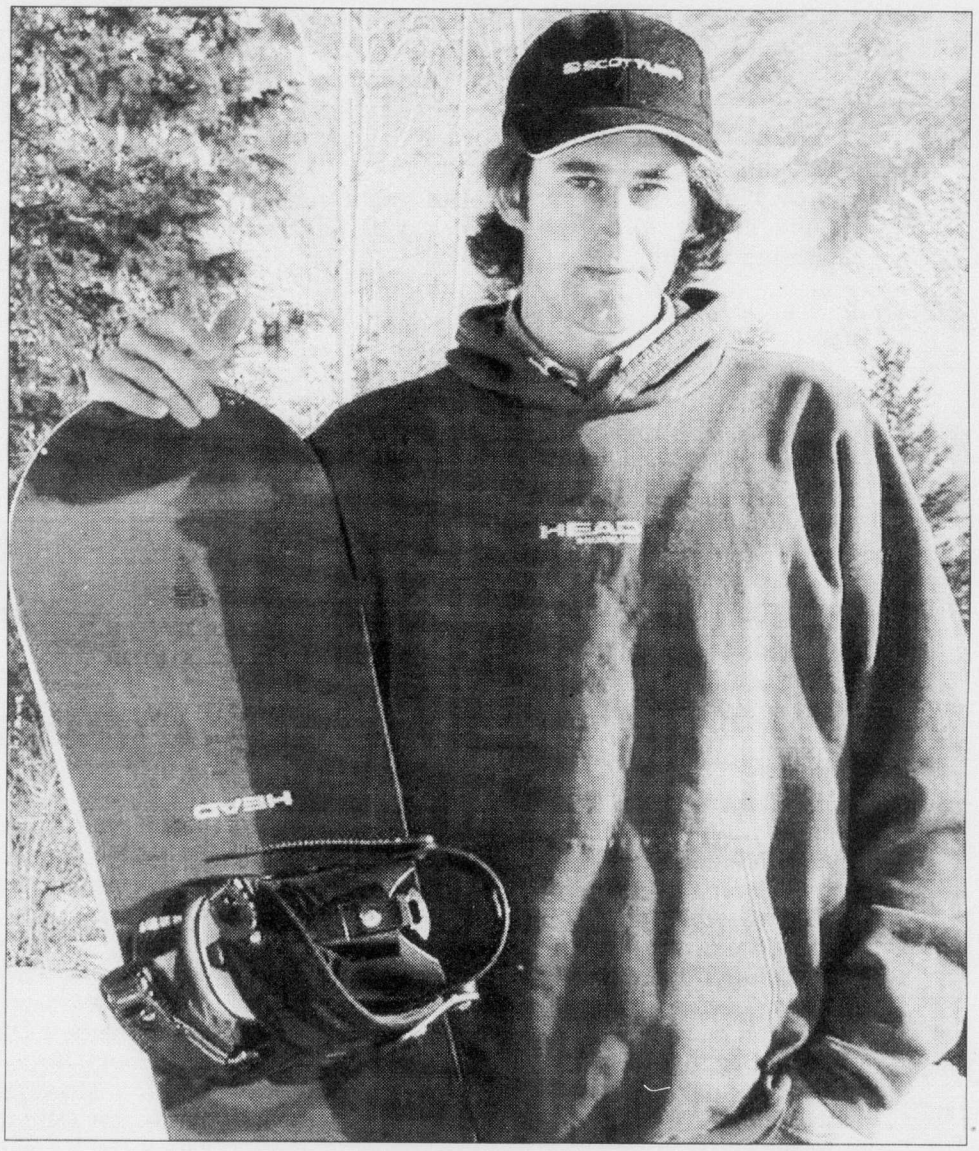
He is sponsored by Scott USA and Head Snowboards, where he is involved in research and development as a product tester.

"I cannot believe that I have managed to make a career out of snowboarding," he admitted. "And to think that it all started at Glen Mountain is just wild. Of all the places I have ever been to, from Europe to Chile to Alaska, that little hidden secret is still one of the best."

Gavura is also surprised that snowboarding is still considered a second class sport by those who believe that ski hills are for skiing only.

"It is amazing that so many resorts have been kept alive by snowboarders. The sport is not given its due in many places."

That attitude is rapidly changing however, due mainly to people like Gavura who launched an international career 25 years ago on the Glen.



COURTESY DAVE GAVURA

Sponsored by major American firms such as Scott USA and Head Snowboards, Knowlton native Trevor Gavura is making a living doing what he loves best.

Fun with Glen patrollers

Staff

It will be a great day for ski and food enthusiasts Feb. 8 when they get the opportunity to spend some time with Glen Mountain ski patrollers in an effort to raise fund for the Canadian Ski Patrol System of Glen Mountain Park.

On the menu: chicken brochettes on barbeque charcoal, served with salad and fries, soup and dessert for only $10 for adults and $8 for children under 12 years.

Patrollers will be also organizing a special torchlight parade at 7:30 p.m. A disco will conclude the evening.

Tickets for the evening are on sale at Glen Mountain Park.

THE RECORD
SPORTS

SPORTS NOTEBOOK

Calvillo tries out with Steelers

Anthony Calvillo's contract demands are "ridiculous" and the Montreal Alouettes may not have their star quarterback return next season, general manager Jim Popp said Wednesday.

Calvillo, who led the Alouettes to their first Grey Cup in 25 years in November, was at a tryout Wednesday with the Pittsburgh Steelers. If he is not signed by Pittsburgh, he may also test the free agent market in the CFL. Calvillo, 30, can become an unrestricted free agent on Feb. 16. Popp, in a telephone interview from CFL meetings in Edmonton, would not say how much money Calvillo has asked for, but didn't dispute reports that he wants $400,000 or more.

There has been speculation that Calvillo may want to follow former Als offensive co-ordinator Jim Barker, who was named head coach of the Calgary Stampeders this week.

If they lose Calvillo, the Alouettes will search for a replacement, although Popp said he has two promising backups.

On TV

THURSDAY

GOLF: 3 p.m., PGA Bob Hope Classic, Round 2, TSN. **NHL: 7 p.m.**, Montreal Canadiens at New York Islanders, RDS. **7:30 p.m.**, Toronto Maple Leafs at Atlanta Thrashers, TSN. **10:30 p.m.**, Ottawa Senators at Los Angeles Kings, Sportsnet.

Around Town

To submit your sporting event, fax it to 819-569-3945, email newsroom@sherbrookerecord.com or contact Jamie Zachary, Correspondents' Editor, or Mike Hickey at 819-569-6345.

UPCOMING

- **CEGEP AA WOMEN'S BASKETBALL: Friday,** Trois-Rivières at Champlain Cougars, 7 p.m.
- **BADMINTON: Saturday,** Estrie qualifying for Quebec Games, Séminaire de Sherbrooke, 8:30 a.m. to 5 p.m.
- **CURLING: Friday and Saturday,** Estrie qualifying for Quebec Games, Windsor Curling Club, 9 a.m. to 5 p.m.
- **SPEEDSKATING: Saturday,** Estrie qualifying for Quebec Games, Eugene-Lalonde arena, Sherbrooke, 8 a.m. to 2 p.m.
- **BIATHLON: Saturday,** Estrie qualifying for Quebec Games, Baie-des-Sables in Lac-Mégantic, 1 to 3 p.m.
- **UNIVERSITY BASKETBALL: Saturday,** McGill at Bishop's Gaiters, Mitchell Gymnasium, 6 p.m. (women), 8 p.m. (men).

NATIONAL HOCKEY LEAGUE

Day has arrived for blueliner

Ed Willes
SOUTHAM NEWS

In February of '83, a seven-year-old Brendan Morrison sat in front of the family television set in Pitt Meadows fully intent on watching his hero, Wayne Gretzky, play in the NHL All-Star Game.

Towards the end of the second period, he was informed by parental authorities he had to vacate his station to attend an indoor soccer practice. Much whining, presumably, ensued before the young Morrison was dispatched to the practice.

When he returned, he learned Gretzky had perforated Pelle Lindbergh for four third-period goals in a performance which is still among the most memorable in the game's forgettable history.

"I don't know why but I still remember that," Morrison said after relating the story. "It's the one All-Star Game I've always remembered."

That, however, might change beginning today.

Morrison, the understated Canucks' centre, is quietly enjoying the sort of season on the sort of team which should earn the attention of NHL director of hockey ops Colin Campbell when the dream team roster is filled out today. Morrison centres the highest-scoring line in the NHL.

His production — 44 points after 50 games — is right there with perennial All-Star habitus Joe Sakic and Sergei Fedorov. Beyond the gaudy numbers, moreover, there is another layer which substantiates Morrison's credentials. At over 21 minutes a game, he leads all Canucks' forwards in ice time and ranks with the top handful of forwards in the league.

And while some would argue the presence of linemates Markus Naslund, the league's second-leading scorer, and Todd Bertuzzi, No.-5, make his job easier, teammate Trent Klatt has a different take on the matter.

"Both of them want the puck, they want it at the same time and you can't cut it in half," said Klatt with a laugh. "There's a lot of times he can go left or right and if he goes left, he's wrong and if he goes right, he's wrong."

Maybe its understandable the rest of the NHL is slow to identify the kid from Pitt Meadows as one of its burgeoning stars, because Morrison still has trouble thinking of himself along those lines.

Night-in, night-out he goes up against the opposition's best defensive players and his performance is vital to the first-place Canucks' success.

"When you're a kid you dream about getting to the NHL and, maybe, scoring a goal," Morrison said. "To be in that company (in an All-Star game) would be unbelievable. Honestly."

"It reinforces a lot of things. When I first came in the league I was in awe of these guys. But you learn pretty quickly if you're watching, you're not going to be around very long."

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MONT BELLEVUE
Snow, last 24hrs (Cm): 5
Snow, last 7 days (Cm): 5
Open Trails: 8/8

MONT GLEN
Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 15
Open Trails: 29/32
Lift Hours: N/A

MONT ORFORD
Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 21
Open Trails: 47/52
Lift Hours: 9 a.m. - 3:45 p.m.

MONTJOYE
Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 25
Open Trails: 20/20
Lift Hours: N/A

OWL'S HEAD
Snow, last 24hrs (Cm): 1
Snow, last 7 days (Cm): 16
Open Trails: 41/41
Lift Hours: N/A

SKI BROMONT
Snow, last 24hrs (Cm): 3
Snow, last 7 days (Cm): 28
Open Trails: 45/45
Lift Hours: 8 a.m. - 10 p.m.

SUTTON
Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 20
Open Trails: 53/53
Lift Hours: 9 a.m. - 4 p.m.

JAY PEAK (VERMONT)
Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): N/A
Open Trails: 75/75
Lift Hours: 9 a.m. - 4 p.m.

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EASTERN TOWNSHIPS SKIING

Good value and great views at Owl's Head

The January cold snap that closed so many Quebec ski hills for a couple of days didn't have the same effect at Owl's Head.

"We stayed open," says publicist David Wadsworth. "We scaled down to two lifts, but since we had a lot of guests, we didn't shut down completely."



KING OF THE HILL

ALAN JOHNSON

Like other hills, Owl's Head also took advantage of January's minus-41 C wind chills to make some snow.

"Some years, we make snow until the middle of February," says Wadsworth. "But this year, after a cold January, there's plenty of snow in place. So it looks like we're all done."

He says the resort's 23 condos are booked right through until the middle of March after opening for the season on Dec. 7. That means they'll be pretty-much filled up with overnight guests well into the peak skiing season, which gets underway Feb. 15.

But if you're looking for a convenient March Break getaway, there's still a glimmer of hope at Owl's Head. That's because there are a few rooms available at the hill's 20-room Auberge that week. (this year's Quebec March Break runs from March 2 to 9)

Besides eager skiers right here in the Townships, another reason for the hill's popularity lies with the Ontario market.

"We hit the Toronto ski show, and we have a couple of clubs from there and another one from Gananoque, Ont.," says Wadsworth. "The people up there (Ontario residents) see it as a good value."

And compared to prices in the Laurentians and Quebec City regions, it is. A family of four can rent a two-bedroom condo at Owl's Head for $580 per weekend. That price includes lift tickets giving each family member access to all 42 trails for the entire weekend.

It's also a good choice because of the terrain and the breathtaking view of the lake from most trails. And waiting for chairlifts was no problem on our last visit.

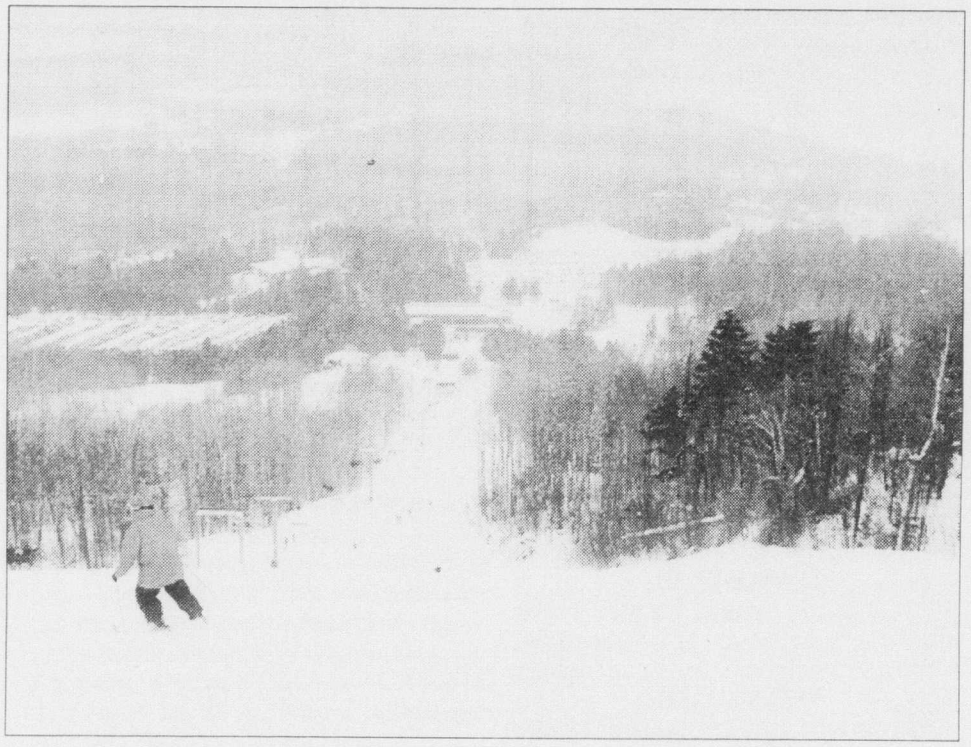
Owl's Head has eight lifts. The newest is the fixed quad. But there are also two high-speed detachable quads, with plans to install a third one this fall. Once it opens, the hill's hourly lift capacity will top out at around 14,000 people. That number includes the five double chairlifts that are already in place. So it's easy to see why line-ups aren't a big issue.

If you haven't been out to Owl's Head yet this year, you'll notice ongoing improvements on the 'Standard' run, which begins where you enter the 'Centennial' trail at the top of the hill.

"The Standard has been widened and we're doing away with what has come to be called the 'Zamboni Pitch,'" says Wadsworth.

One Ontario couple we spoke with had nothing but positive things to say.

They told us "it's a good value. We don't have the long line-ups found in other parts of Quebec. And we don't have to worry about an exchange-rate hassle. We've been coming here for the past few winters and expect to keep coming back in the future."



MARC PROULX/PHOTO CORRESPONDENT

Skiers from all over Quebec, the United States and Ontario are impressed with Owl's Head's prices and scenery. Recent work done on a few trails has improved the overall experience.

MINOR HOCKEY

Pee Wee 'A' Border Jets take the prize, again



COURTESY MIKE CROOK

Back row: Left to right, Guy Ouellet (Head coach), Mike Bossy, Tom Coulter (Assistant coach), Ryan Coulter, Rebecca Crook and Mike Crook (Assistant coach). Front row: Left to right, Joey Shakeshaft, Maude Blain, Brent Royea, Taylor Pecue, Logan Vanasse, Garrett Donnelly, Marc-André Blain, Nicholas Ouellet and Tyler Perkins

Staff

Stanstead's Border Jets Pee Wee 'A' team recently returned from the Robert Lebel Arena in Chambly with a second consecutive tournament title.

In the team's closest game of the event, the Jets defeated the La Tuque Loups 4-2 for the tournament championship.

The Jets, who also took top honours at a Coaticook tournament, defeated the Ste-Foy Gouverneurs 7-0 in their opening game. Ryan Coulter and Nicholas Ouellet ignited the Jets' offence with four and two goals respectively, while Taylor Pecue added a single.

Goalie Logan Vanasse registered his second of three shutouts during the weekend the following day when the Jets defeated the Quebec Boucs by an identical 7-0 score. Once again Coulter lead the Jets offence with two goals. Ouellet also added a pair while Maude Blain, Pecue and Joey Shakeshaft added singles.

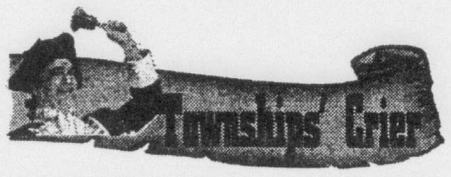
The Jets completed the preliminary round with a 5-1 win over Acier Canam of St-Gédéon. Once again, Ouellet and Coulter paced the attack with two goals apiece. Pecue scored the other Jets goal.

Vanasse's third shutout of the tournament, a 5-0 semifinal win over the hometown favourites Chambly Remparts, propelled the Jets to their second consecutive tournament title game.

The team's coaching staff was pleased with the players' efforts all throughout the tournament, especially with their ability to move the puck and their work at both ends of the ice.

The kids also experienced a special treat when they were visited by retired National Hockey League and former Islanders forward Mike Bossy.

Bossy visited the players in the dressing room before the game to sign autographs and wish the kids luck. He stayed to watch the game, then presented the banners and trophies. He also presented players with medals on the ice. To top it off, Bossy took a team picture with the Jets and then proceeded to go back to the dressing room to sign the banner as well as some more autographs for the kids (big and small).



WATERVILLE-HATLEY-NORTH HATLEY

The Waterville-Hatley-North Hatley United Church Pastoral Charge Worship services on February 2: Waterville, 9:30 a.m.; Hatley, 11 a.m.; North Hatley, 11 a.m..

SAWYERVILLE

The Sawyerville Women's Institute will hold a Card Party on Monday, February 3 at 2 p.m. in the Sawyerville Community Center. Lunch, prizes, door prizes. All are most welcome.

DUNHAM

Valentine Soup and Dessert Luncheon, All Saints Anglican Church, Thursday, Feb. 6, at noon. Homemade candies, etc. will be available. Donation. Cards to be played immediately following lunch. Reservations: (450)295-3341 or 295-2349.

LENNOXVILLE

500 Card Party, benefit for Men's 50th Anniversary, February 1, 2003 at ANAF at 2 p.m. All welcome. Lunch and prizes.

SHERBROOKE

Quebec-Sherbrooke Presbyterial United Church Women Executive meeting at Plymouth-Trinity United Church on Monday, February 3, 9:30 a.m. to 1 p.m. Bag lunch, soup and beverage provided. Please send a delegate from your UCW to plan for 2003.

LENNOXVILLE

At St. George's Church, Sunday, February 2 at 7 p.m. "Word of Grace" evening sponsored by St.Andrew's church featuring the life and music of George Beverly Shea. Fellowship hour to follow. Everyone welcome.

LENNOXVILLE

Benefit spaghetti dinner for Galt Girl's Hockey, Sunday, February 2nd, noon to 4 p.m. at Lennoxville Town Hall.

WARDEN

500 Card Party at the I.O.O.F. Hall on Wednesday, February 5 at 7:45 p.m. All welcome.

LENNOXVILLE

Brunch, Sunday February 2 from 10:30 a.m. to 12:30 p.m. at the ANAF. Everyone welcome.

LENNOXVILLE

Advance notice of 2003 events for St. George's Church Groups: Valentine tea: February 15; Shrove Tuesday pancake supper: March 4; Soup and sandwich luncheon: April 24; Rummage sales: May 2 & 3 and October 24 & 25; Military Whists: May 16 and October 3; Quilt show: September 5 & 6; Hot & cold buffet supper: September 25; Quebec bus trip: November 13; Pioneer Christmas Bazaar: November 29.

LENNOXVILLE

Benefit for Burma, live music, images and information, Friday, January 31, 8 p.m., Foyer of Centennial Theater, Bishop's University Campus.

LENNOXVILLE

Valentine tea & mini food & craft sale, Saturday, February 15, 2 to 5 p.m. at St. George's Church hall. Fun and prizes. Sponsored by the Parish Guild. Everyone welcome.

NORTH HATLEY

Sunday, February 2 at 10:30 a.m. at the Unitarian Universalist Church, Rev. Carole Martignacco will give a service entitled "Ministry is what we do together". All are welcome to stay for coffee and conversation after the service in Stoddard Hall.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a $6.00 fee, $9.00 for 2 insertions of same notice, $12.00 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.

Card of Thanks

HENDERSON - The family of the Late Arthur "Raymond" Henderson wish to express their sincere thanks to all those who helped us at the time of the passing of our dear Dad. Thank you to all our family and friends for the many messages of sympathy, flowers, cards and charitable donations to the Canadian Cancer Society and to all those who brought food to the house. Thanks also for the many phone calls and prayers. A special thank you to Rev. Wilbur Davidson for his comforting service, to our sister Laurie and brother Edward for their touching eulogies, to Estelle Blouin for the music. Many thanks to our aunts and their families for the delicious lunch served after the funeral. A special thank you to Dr. M. Blake for his one of a kind home care, visits, guidance and support given to our Dad during his illness. A special appreciation to Barry Evans at Cass Funeral Home for his support, guidance and care at this difficult time. The kindness and thoughtfulness will be remembered.

MELANIE (John), CHERYLL (John),
EDWARD (Sandra), LAURIE (Ralph),
COREY (Lisa), SARA (Pierre),
and EMILY (Jean-Philip), children

St. George's Parish Guild Lennoxville

LENNOXVILLE

St. George's Parish Guild held ten monthly meetings in 2002. In January the members had lunch at Sebby's following the regular meeting and then returned to the hall for the annual meeting when the new slate of officers for the year was accepted, together with reports from the executive and various committees.

The annual fundraisers were continued. These included the Valentine tea in February, rummage sales and military whist parties in spring and fall. With the Evening ACW we took responsibility for refreshments for the Quilt Show in September and of course shared the work of the Christmas tea and bazaar with all groups. Some of the members helped the Afternoon ACW with their pancake supper on Shrove Tuesday and the soup and sandwich lunch in April and also took their turn as hostesses following church services, the Deanery lunch and the Canadian Bible Society event. If asked to do so we catered to receptions at funeral services.

Continuing projects were voluntary contributions to the Jubilee model church, the contents going to the Rector's discretionary fund, the Christmas sock which helps towards buying needed items for the kitchen, the used stamp collection and foodless food sales in July and August.

Two members represented the Guild at the ACW biennial and some of us joined a bus trip for the 200th anniversary celebration of the Diocese of New Hampshire.

The successful fundraisers enabled us to help sponsor a Galt student on a trip to Europe and three children to Camp Quebec Lodge. Donations were made to a number of charities and, most importantly, to the corporation towards the financial needs of St. George's.

It has been a great pleasure to have the members of St. Andrews Church join us once again for supper at the Hut following the June meeting. In October we took refreshments to St. Francis Manor and enjoyed the presence of some of the residents and following the December meeting, the ladies of St. Andrews were invited to take tea with us.

Thanks to the organization of Kay Hartwell, we were able to repeat the bus trip to Quebec City to deliver the shoeboxes of gifts collected over the year to the Mission to Seafarers. This included coffee at the Maison du Marin, a visit to the Roman Catholic basilica, Communion at the Cathedral of the Holy Trinity. The afternoon was spent at a mall and the homeward journey was broken by a delicious buffet supper served by the ladies of St. Andrew's of Inverness.

It was sad for us to learn of the death of former members, Gladys Thompson and Lillian Weston. We remember them with gratitude and affection.

We must be grateful to President Kay Hartwell who has led us through another successful year so capably. Thanks are also due to the executive and to Carol Hobbs for sending cards and flowers where needed and providing us with such entertaining games after meetings, also Ruby Berry of the telephone and hostess committee. Those in charge of sales tables and convening various events have given much of their time and skills, as have all members. The ladies of St. Andrew's continue to give their help and support.

We would like to remind readers of events planned for this year:

February 15th, Valentine tea with prizes and sales tables.

March 4th, Shrove Tuesday pancake supper.

April 24th, ACW soup and sandwich lunch.

May 2nd and 3rd, Rummage sale.

May 16th, Military Whist.

September 5th and 6th, Quilt Show.

September, ACW full supper (date to be settled).

October 3rd, Military Whist.

October 24th and 25th, Rummage Sale.

November 29th, Christmas bazaar and tea.

Confirmation of dates and times will be publicized.

The staff of the Record and Stanstead Journal have served us so well over the years and deserve a special vote of thanks, together with our best wishes for the year 2003. Our friends and supporters are to be included also.

Pauline Draper, Secretary

Correction

In the recent Obituary for the late Irene Gaulin Quinn the name of one of the bearers, another neighbour, Robert Hodge was inadvertently omitted, and I absent mindedly typed Delmar Harrison instead of Delmar Fisher. I apologize for the any inconvenience it caused.

Nina Rowell, Bury

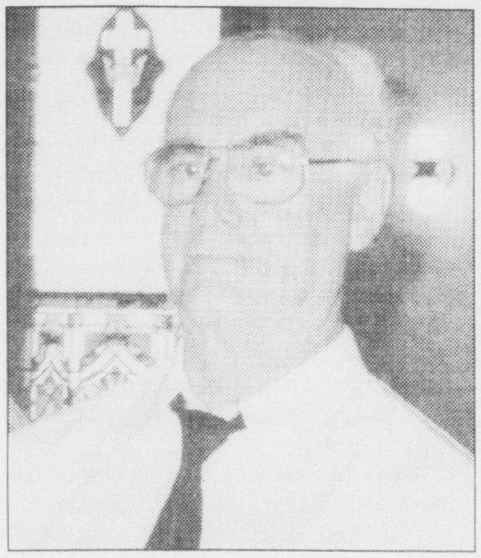
Stanbridge East Thelma Rhicard

Twenty-six members of the Sutton Weavers Guild met at their hall in West Brome for the annual monthly meeting, President Doreen Paige had returned for the first time since she broke her ankle in Nov. The ladies knitted while business was conducted; then had a gift exchange of exquisite handmade articles, followed by lunch and a social time.

I have joined the Brome Lake Garden Club and attended the first lecture on Gardening to Feed the Birds... Camille Defresne who has written for The Record, was the speaker. Among with showing great slides she had taken, gave an interesting and informative talk. Of the 326 species of birds in Quebec, 132 are in decline, 27 in a worrisome situation. Refreshments were served and the subject continued to be the main topic while we socialized. We're anxiously waiting for spring!

Wayne Gretsky turned 42 years old over the weekend and today, the 27th of Jan., it's -20 C again...which beings to my mind Pierre Trudeau's comment about Canada's greatest exports: "N.H.L. players and Cold Fronts."

Deaths



BENNETT, Maurice - At the Wales Home, Richmond, Que., on Tuesday, January 28, 2003 in his 69th year, Maurice Bennett, beloved husband of Audrey Billson and loving father of Nancy (Steve Bellam), Lennoxville, Que., and cherished grandfather of Kimberley and Ashley. Maurice is survived by his brothers; Fred (Bernie), Victoria, B.C., and Jim (Cecile), Sherbrooke, Que. He was predeceased by his brother, George (Therese), Sherbrooke, Que. In respect of his wishes, cremation was held at the Cass Windsor Crematorium, Windsor, Que. Visitation will be at Cass Funeral Home, 6 Belvidere St., Lennoxville, Que., on Saturday, February 1, 2003 from 1 - 2:30 p.m., followed by the funeral service at 2:30 p.m. Rev. James Potter officiating. Spring interment in Eaton Cemetery. As memorial tributes, donations to Lennoxville Elementary School Foundation, Enriched Resource Centre or Playground, Attn: Mrs. Beverly Ross, will be gratefully acknowledged by the family.

BILODEAU-LACROIX, Mrs. Rollande - Mrs. Bilodeau-Lacroix was residing in Richmond and passed away January 24th, 2003. Wife to Paul-André. The family will be at the church, Saturday, February 1st, 2003 at 1 p.m. The funeral service will be held at the Ste-Bibiane's Church in Richmond, Saturday, February 1st, 2003 at 2 p.m. Pauline Fecteau, dir. Centre Funéraire Yves Houle & Frère, 198 Adams St., Richmond.

In Memoriam

DOHLER, Elisabeth (Betty) - In loving memory of a dear wife, mother and grandmother who passed away three years ago on January 30, 2000.

With grace and wisdom
She touched our lives
And in our hearts she grew.
Although she left us for a better place
Her love and beauty still shine through.

With love always and forever,
BOB (husband)
DORIS and ROBERT (Christine)
GRANDCHILDREN

Death



GIFFORD, Marina (nee Sells) - At the Arthasbaska Hospital, Victoriaville, Que., on Sunday, January 26th, 2003. Mrs. Marina Gifford at the age of 67. Loving wife of 46 years to Alton Gifford and dear mother of Patricia (Alain Lemieux), Donald, Peter (Joseé), Melissa (Roger Breault), Virginia (Lionel Chandler), Julia (Terry Patterson) and Michael (Hélène). Cherished grandmother of Normand (Bonnie), Patrick (Melissa), Melanie, Martin, Mathieu, David, Jessica, Cynthia, Ashley, Cody, Leann and great-grandmother to Dylan. Marina also leaves to mourn her brother, Rev. Charles Hastings Sells, sister, Elsie Perkins, brothers-in-law, David (the late Ida) and Ray (Rachel), sisters-in-law: Doris (the late Lorne Kydd), Eva (the late William Converse), Polly (Arthur McClure) and Marion (Bruce Mastine). Predeceased by her brothers: Robert, Gordon, James and sisters: Annie and Doris. Marina will be sadly missed by her nieces, nephews, relatives and many friends. Resting at the Dupuis Funeral Home, 148 Daniel Johnson St., Danville, under the direction of Cass Funeral Homes Inc., (819) 564-1750, where friends may visit on Wednesday, January 29th, from 2 - 4 p.m., and 7 - 9 p.m., and on Thursday from 1:00 - 1:45 p.m. A funeral service will be held in St-Augustine's Anglican Church, Danville, with the Ven. Howard Hawes officiating. Interment in the Danville Protestant Cemetery in the spring. Donations to the Quebec Diabetic Association, 5635 Sherbrooke St., Montreal, Que., H1N 1A2, would be greatly appreciated by the family.

In Memoriam

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

Time goes on with many changes,
Joy and sorrow, smiles and tears,
But your memory we still cherish,
With the passing of the years.

THE ANNESLEY FAMILY

Deaths



HOWARD-INGALLS, Eric - At his home with his family at his side, on Sunday, January 26, 2003, following a long and courageous battle with cancer. Eric is in his 11th year and is the beloved son of Carmen Howard and Kenneth Ingalls. Dear brother and soccer partner of Victor and Roger and also brother of the late Adam, Arielle and Annabelle Ingalls. Eric joined his grandparents; Gilbert and Georgette Howard, Hibbard Ingalls and left behind Grammie Mildred, many aunts, uncles, cousins and friends. Resting at the Cass Funeral Home, 900 Clough St., Ayer's Cliff, Que., where family and friends may visit on Friday, from 7 to 9 p.m., and on Saturday from 10:30 a.m., to 12:00 p.m. A funeral service will be held at the Beulah United Church on Saturday, February 1st, 2003 at 2:00 p.m. Rev. Doreen Moffat officiating. Spring interment in McConnell Cemetery. Special thanks to the CLSC Homecare nurses and aids, personnel at the CHUS as well as Dr. David Fortin, Dr. Josee Brossard and our family Dr. Danielle Fisch and his aunt, Monique Lewter. In his memory, donations to Leucan Estrie or Children's Wish Foundation would be appreciated by the family.

MAILHOT, Mr. Germain - Husband to Mrs. Margaret Rodgers. Visitation at the funeral parlor on Thursday, January 30th, 2003, from 7 - 10 p.m., and on Friday, January 31st, 2003 from 12 p.m. The funeral service will be held at the Ste-Bibiane's Church on Friday, January 31st, 2003 at 2 p.m. Pauline Fecteau, dir. Centre Funéraire Yves Houle & Frère, 198 Adams St., Richmond.

Brieflet

The Annual General Meeting of the Bury Cemetery Company will be held Wednesday, February 5th, 2003, 7:30 p.m., at the Bury Town Hall. Anyone interested is welcome to attend.

V. MacLeod, Secretary-Treasurer.

Deaths



MIREAULT, Melda (née Murns) 1922-2003 - Peacefully at the Brome-Missisquoi Perkins Hospital in Cowansville on Sunday, January 26th, 2003. Mrs. Melda Mireault in her 81st year. Beloved wife of the late Mr. Gaetan Mireault. Mrs. Mireault leaves to mourn her children: Richard (Huguette), Gail (Jacques), Claude (Cathy), Robert (Mary) and Daniel (Diane), her 8 grandchildren and 7 great-grandchildren, her nieces and nephews, other relatives and many friends. The funeral service will be held on Saturday, February 1st, 2003 at 11 a.m., from St-Andre's Catholic Church in Sutton. Family will receive condolences at the church on Saturday from 10 a.m. Funeral arrangements entrustedd to the Desourdy Wilson Funeral Home, 31 Principale South, Sutton, Que., J0E 2K0, tel.: (450) 263-1212, fax: (450) 263-9557, e-mail: dwilson@endirect.qc.ca. Dignity Memorial. Donation in his memory to the Brome-Missisquoi Perkins Hospital Foundation, 950 Principale, Cowansville, Que., J2K 1K3, would be gratefully appreciated by the family. (Forms available at the church)

MURRAY, Beatrice (nee Perkins) - Of Derby Line, Vt., daughter of Fred and Sura Perkins, wife of J. Arnold Murray, passed away on January 26, 2003 at North Country Hospital in Newport at the age of 95. She was raised and resided in her family home all her life, loved cats and played music in the Murray Trio Band along with her husband. She is survived by her husband, Arnold Murray, her sister-in-law, Jacqueline Gauvin Murray, her niece, Christine Murray and her husband, Scott, her nephew, Michael Murray and his wife, Claudette, two great-nephews and two great-nieces, as well as several cousins. Any donations to the American or Canadian Lung Associations would be greatly appreciated.

	North	
	♠ A J 3	01-30-03
	♥ Q	
	♦ A K 6	
	♣ K Q J 9 8 5	
West		**East**
♠ Q 4		♠ 10 7 6 2
♥ A K 10 9 4		♥ J 8 7 3
♦ 10 5 3		♦ J 9 2
♣ 7 6 3		♣ 10 2
	South	
	♠ K 9 8 5	
	♥ 6 5 2	
	♦ Q 8 7 4	
	♣ A 4	

Dealer: East
Vulnerable: North-South

South	West	North	East
			Pass
Pass	1 ♥	Dbl.	3 ♥
3 ♠	Pass	4 ♥	Pass
5 ♣	Pass	6 ♣	Pass
6 ♦	Pass	6 ♠	All pass

Opening lead: ♥ A

Thursday, Jan. 30, 2003

Are you sitting comfortably?

By Phillip Alder

The de Goncourt brothers, Edmond and Jules, wrote, "... coups d'etat would go much better if there were seats, boxes, and stalls so that one could see what was happening and not miss anything."

For this deal, sit back comfortably so that you can watch a bridge coup in action.

North's four-heart cue-bid was an error — he should have bid four clubs. Then North-South might have reached the easy six-club contract instead of six spades.

West was Nick Krnjevic from Yugoslavia. (When asked how to pronounce his name, he answered, "Nick.") He led the heart ace, then continued with the heart king to tap the dummy — to force the dummy to ruff.

The declarer, Bernard Donde from South Africa, played a club to his ace, led a spade to dummy's jack, and cashed the spade ace, dropping West's queen. Back to hand with a diamond, Donde paused. Was the spade queen an honest card, or had West started with Q-10-4 of spades and had dropped the card he was known to hold?

Deciding that with three spades, West might not have tapped the dummy at trick two, Donde played on clubs. If East had ruffed in, declarer would have overruffed, drawn the last trump, and claimed because the dummy would have been high. However, when East discarded throughout, at trick 12 the lead was still in the dummy. By calling for the diamond ace, South had his king-nine of spades hovering over East's 10-7 for a classic trump coup.

Keep a written log of his inappropriate behavior

Annie's Mailbox

Dear Annie: I am a 20-year-old female and attend a small, local university. Since the term started, one of my professors has been overzealous in becoming acquainted with me. This man knew my name before I started class. He has asked fellow students about me, is helpful to a fault with my homework, and lately, he has started putting his hand on my shoulder when he comes up to me in the computer lab.

Nothing he has done so far would warrant any serious action, but the attention he shows me is a little unnerving. Is there a way I can tell him to back off without jeopardizing my grade? — Student in Distress in North Dakota

Dear Student: If this professor's actions are making you uncomfortable, his behavior is perilously close to sexual harassment. First, inform the professor, nicely, that you enjoy his class but would prefer to maintain a proper student-teacher distance so as not to compromise him or start tongues wagging. Then, keep a written log of his inappropriate behavior, and, if possible, find witnesses. If he continues to be overly familiar, you should not hesitate to register a complaint.

Dear Annie: My husband and I have been married for four years. We recently retired, but continue to fulfill his obligations of alimony and child support to his former wife. The problem is his oldest son, "Sam." Sam is 23 and a college drop-out. He is currently living with the mother of his baby, and they are planning an elaborate wedding. We gave what we thought was a generous amount toward the groom's expenses.

A few weeks ago, we received a phone call from Sam. He told us that he and his fiancee have decided to take a luxurious honeymoon trip to St. Croix, and asked how much we could contribute. We were shocked that this young couple, who can barely make ends meet, would even think of such an extravagance, let alone be calling family members to finance it.

Worse yet, 10 days after Sam called about the honeymoon, we found out he was being evicted from his apartment. I suspect the request for "honeymoon money" was really an attempt to solicit funds to pay their rent. They knew about the eviction three weeks before. Sam's mother is borrowing money to help him out of this latest jam.

We have loaned Sam money in the past, and he has never repaid a penny. Frankly, I have had it. I told my husband I'd be glad to take care of the baby until the parents get their act together, but I am not willing to give Sam any more money. My husband is torn. He doesn't see how we can refuse to help. Am I being too harsh? — Stepmother in Texas

Dear Stepmother: No. You are under no obligation to finance Sam's honeymoon. He and his fiancee must learn to live within their budget, and they will never do it if you keep bailing them out. However, since Sam is your stepson, you should let your husband make the final decision. He might suggest that Sam take some of the money from that "elaborate wedding" and put it toward their bills.

Dear Annie: You missed the obvious in your response to "Confused in Denver," whose husband was planning to build a new home with a man he met six months before. He wanted their two families to live together. Such closeness is not normal for two platonic male friends, but it is something two lovers would do. His wife should have no part of this weird arrangement. — Eyes Wide Open in Chicago

Dear Chicago: You were not the only reader to suggest that these two men were using the new house as an excuse for intimacy. It's certainly possible.

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

St. Paul's U.C.W.

WATERLOO

St. Paul's U.C.W. held their January meeting on the 9th at 10:30 a.m.

The president, Myrt Wilkinson, welcomed all and the Purpose was read in unison. Myrt then read, "If we looked at People's Virtues."

Joan Morris led the devotionals, "Birth of Jesus" and the "Advent Wreath," followed by prayer.

We received from our pen pals in Burin Bay Arms, Nfld., a Christmas card, a Christmas decoration made from a sea shell and book marks. Clara Boyd will write to them.

Fifteen members answered the roll call and one visitor was present.

Emily Norton read the secretary's for November. The treasurer, Peggy Stretch, gave the treasurer's report.

It was moved by Joyce Ossington, seconded by Betty Black, that we renew six copies of the "Upper Room."

Betty Black moved, seconded by Joan Norris that we give a donation to the United Theological College.

Mildred Irwin reported that throughout the year she had sent 43 get-well, 16 sympathy, 17 birthday to those over 80, and 28 Christmas cards. She also made many calls to women who had birthdays.

Ellen Heath reported that we had collected 30 labs. of plastic bread clips, 8 lbs. of pull tabs, 9 prs. reading glasses and cancelled postage stamps.

Seven thank you letters were read.

Calendar of events for 2003.
March 22 - Pancake Party
May 3 - Ham Supper
June 21 - Flea Market
Sept. 27 - Turkey Supper
Nov. 29 - Bazaar

Nominating Committee report:
President - Nancy Montgomery
Vice Pres. - Myrt Wilkinson
Secretary - Bobby Cochrane
Treasurer - Peggy Stretch
Corres. Secretary - Emily Norton.

It was moved by Doris McGovern, seconded by Peggy Stretch that these nominations be accepted.

Board Report: Membership Committee will contact parents to see if they are interested in coming to church if we have a babysitting service. Samaritan Cupboard - It was suggested that those attending church on the first Sunday of each month bring non-perishable items for the Benevole. There is a box at the back of the Church where articles will be accepted at any time. Induction of officers for Board and U.C.W. will be March 2. Annual meeting Feb. 23rd. Bowling Party, Feb. 2nd, at 2 p.m., returning to the church for coffee. If interested contact Doris McGovern.

Myrt Wilkinson then turned the meeting over to Nancy Montgomery.

Betty Black tendered a vote of thanks to Myrt Wilkinson for the excellent job she had done as our president.

Nancy read an article on "Wind Power."

The meeting closed with the repeating of the Mizpah Benediction.

After a delicious soup luncheon we played Whist.

It was proposed that we meet on the fourth Wed. of each month.

Our next meeting will be Feb. 26th, at 1:30 p.m.

Respectfully submitted,
Emily Norton, Corres. Secretary

Open House

Open house to be held on February 1st, to celebrate Kay Labonté's 90th birthday at the Grace Christian Home in Huntingville from 2-4 p.m.

Best Wishes Only.

Happy 90th Birthday

Birthday wishes go out to Kay Labonté on her 90th birthday and to her great-granddaughter Marissa Paz who also turns 7 on January 30, 2003.

Best wishes from all her family.

Happy 97th Birthday

Best wishes are extended to Marguerite Gunter who is celebrating her 97th birthday today.

Love from the family.

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: E equals B

"S OWKL SYMVYL, LRVY ABSL WYLST JBY DNJVK BPNWYC LN YVVCSYI ARBL S'MV SYMVYLVC."

— P. EWDHJSYKLVP XWTTVP

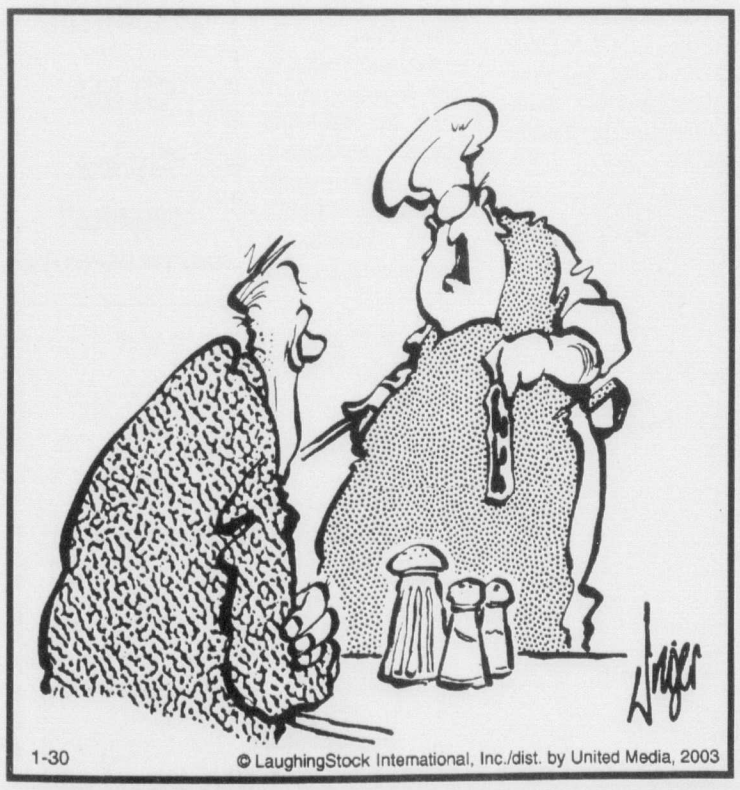
PREVIOUS SOLUTION — "Every age needs men who will redeem the time by living with a vision of things that are to be." — Adlai Stevenson

(c) 2003 by NEA, Inc. 1-30

KIT N' CARLYLE

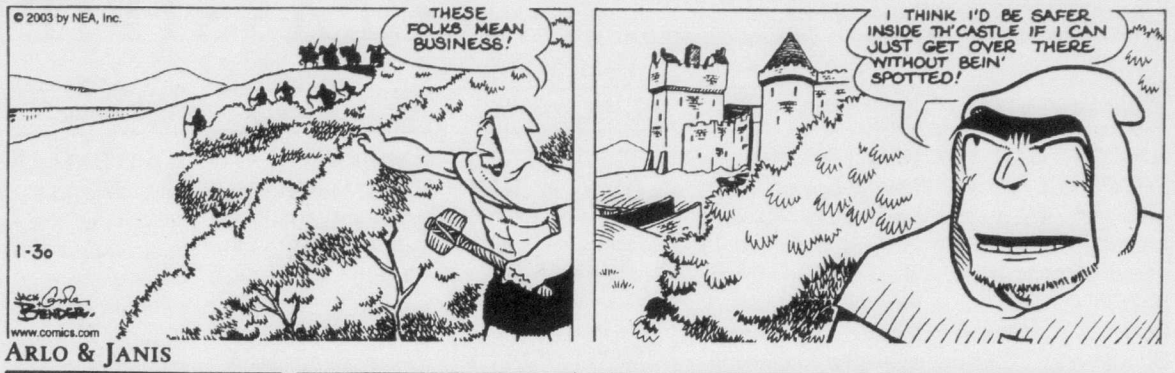


HERMAN



"This is a double celebration! I've been open six months and you're my sixth customer."

ALLEY OOP



ARLO & JANIS



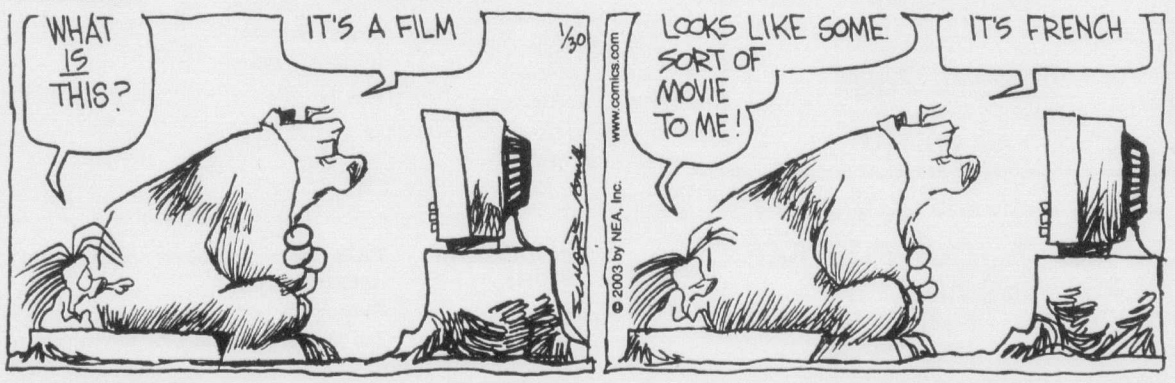
THE BORN LOSER



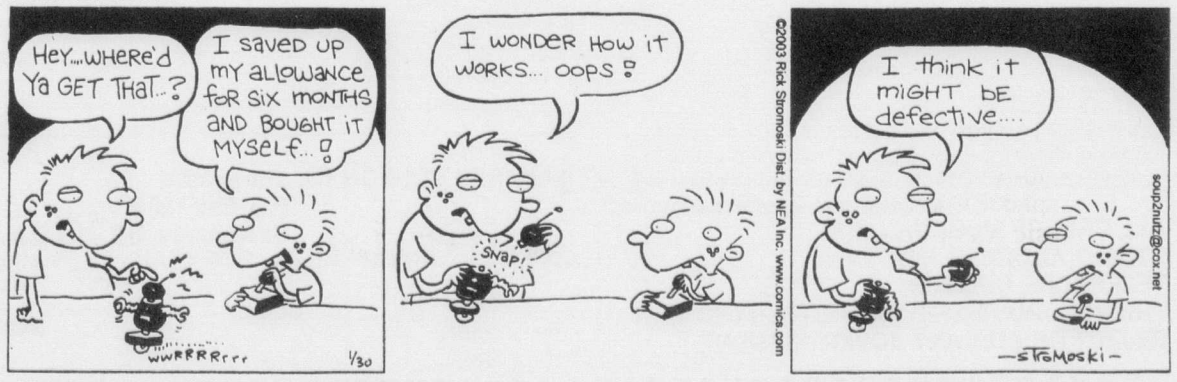
FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



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

SPECTACULAR PROPERTY, house, barn, on 195 acres, complete privacy, abutts Quebec borer, $325,000, 8 min. from Sutton. Sherwood Real Estate 802-848-3836, located in Pink Lady Antique Shop in Richford, VT.

035 For Rent

LARGE 3 1/2 in basement, very well lit, heated, furnished, in Richmond. 30 min. from Sherbrooke, 40 min. from Drummondville. $400/month. Available immediately. Call (819)826-5941 extension 221.

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

035 For Rent

NEW HOUSE in front of golf course in Melbourne. 30 min. from Sherbrooke, 40 min. from Drummondville. $800/month, not heated, available immediately. Call (819)826-5941 ext. 221.

050 Rest Homes

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

100 Job Opportunities

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1990 COUNTERTOP Poker machine - also one for spare parts. Call (819)820-2963.

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I BUY OLD pucks, magazines, photos, cards and other hockey, baseball and sports souvenirs. I'll be at the Sherbrooke sportscard show this Sunday (former Hotel Wellington) from 10 a.m. to 3 p.m. Why not turn your old stuff into cash. Or call (819)838-4454. Ask for Scott.

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A.N.A.F. Ladies' Auxiliary

LENNOXVILLE

The A.N.A.F. Ladies' Auxiliary held their January 8, 2003 meeting in the Wagon Room. President, Beth Anderson, welcomed Daniel Doyon, Ryan Cook, Marissa Kelso and Crystal Howe, who were recipients of the Auxiliary bursaries for 2002. Each one spoke about their present course of study and their future plans. They were presented with the second half of their bursary. Following their dismissal, President Beth opened the meeting with 17 members in attendance.

The December minutes were read by Mavis Robertson. These were accepted as read.

There was no financial report as the books are being audited.

Beth thanked those who had worked since the December meeting. She mentioned that the men had given the ladies a meat slicer as well as other kitchen gadgets for Christmas. All were very much appreciated and needed - especially the meat slicer. Beth made special mention of Helen Vachon who brought the poinsettia plants for shut-ins and made sure of their delivery.

Correspondance consisted of thank yous for poinsettia plants, a fruit basket, plant, phone calls, etc., and our donation to the Men's Unit.

Helen Vachon gave an update for the Benevolent.

Marie Letemplier and Sylvia Coates mentioned that the Ladies' Shuffleboard would be on Feb. 9th. Ladies are to bring a casserole towards a pot luck supper.

Other dates to remember are:

Feb. 1st: "500" card party (men's 50th Anniversary).

Feb. 2nd: Brunch.

March 8th: Rummage and Bake Sale.

April. 6th: Flea Market and Craft Sale.

April 12th: Pre-Easter Supper.

April 26th: Spring Bazaar and Salad Supper.

Nov. 1st: Fall Bazaar and Salad Supper.

Emily reminded everyone that there are still calendars for sale. A drawing will take place each month and in order to qualify - you must buy a calendar(s).

The meeting was adjourned with the next meeting being on Wed. Feb. 12th at 7:30 p.m.

B. Leonard

Your Birthday

Thursday, Jan. 30, 2003

You will have greater opportunities in the year ahead to operate with people who can take you to bigger and better places. Restrictions that have been hampering you will be eliminated or substantially reduced.

AQUARIUS (Jan. 20-Feb. 19) – You will be more sensitive to people than usual today, because you'll intuitively understand how they think and feel about issues. This gives you an edge when dealing with associates.

PISCES (Feb. 20-March 20) – There's a good chance you could identify with others today to the point where you may find yourself as concerned for them as you are for yourself. Sensing this, they'll do special things for you.

ARIES (March 21-April 19) – There is nothing more motivating for you today than to be working on a labor of love. Your chances for achieving your aims are excellent under these conditions.

TAURUS (April 20-May 20) – Reading a few self-help books or delving into philosophical subjects today will fulfill your personal needs of enlightenment and give you great feelings of satisfaction.

GEMINI (May 21-June 20) – Someone who likes you may today offer you a ride on his or her bandwagon that is going places. Even though you may be just a hitchhiker, you'll be offered a part of what is gained.

CANCER (June 21-July 22) – Because each will be appreciative of the other person's input, a partnership arrangement that you enter into today will work out exceptionally well.

LEO (July 23-Aug. 22) – If you want to be productive today, choose to work on something you truly enjoy doing. When you put your heart into things, what you produce will turn out particularly well.

VIRGO (Aug. 23-Sept. 22) – Because you'll continue to conduct yourself in a gracious and captivating manner, your prestige and image with your peer group is destined to soar today. Both sexes are likely to seek you out.

LIBRA (Sept. 23-Oct. 23) – Put your focus on an important matter you're anxious to finalize. Chances are you'll accomplish what you set out to do today because of the quiet, determined manner in which you'll handle things.

SCORPIO (Oct. 24-Nov. 22) – You have more going for you today than you may realize. People in general will go along with what you conceive, because they believe in you and your concepts.

SAGITTARIUS (Nov. 23-Dec. 21) – Your material prospects look brighter than usual today. Those you were kind to in the past will do what they can to help you pad your pockets in bigger ways that usual.

CAPRICORN (Dec. 22-Jan. 19) – That which you envision can become a reality today if you'll gamble on your own abilities. Those with whom you work will realize your aims are worthy and will help make things possible.

CROSSWORD

ACROSS

1 State capital meaning "wooded"
6 "Columbo" star Falk
11 One way to stand
14 Add
15 Band together
16 Raw mineral
17 #1 song from "Rocky"
19 Director Craven
20 City near Phoenix
21 Go-between
23 Gradual deterioration
27 Act as
29 Go-fer's task
30 Religion of zombies
31 Chatter away
32 Stingers
33 Craze
36 Slimy stuff
37 Commutes
38 Besides
39 Sample
40 Doomed one
41 Speak monotonously
42 Miss a step
44 Long-time Mets hurler
45 Torrid zone
47 Reindeer do?
48 Seraglio
49 Mexican water
50 Wrigley greenery
51 #1 song from "The Graduate"
58 Classical opener?
59 Like some kitchens
60 Roanne's river
61 Wildebeest
62 Prepare
63 Barn bedding

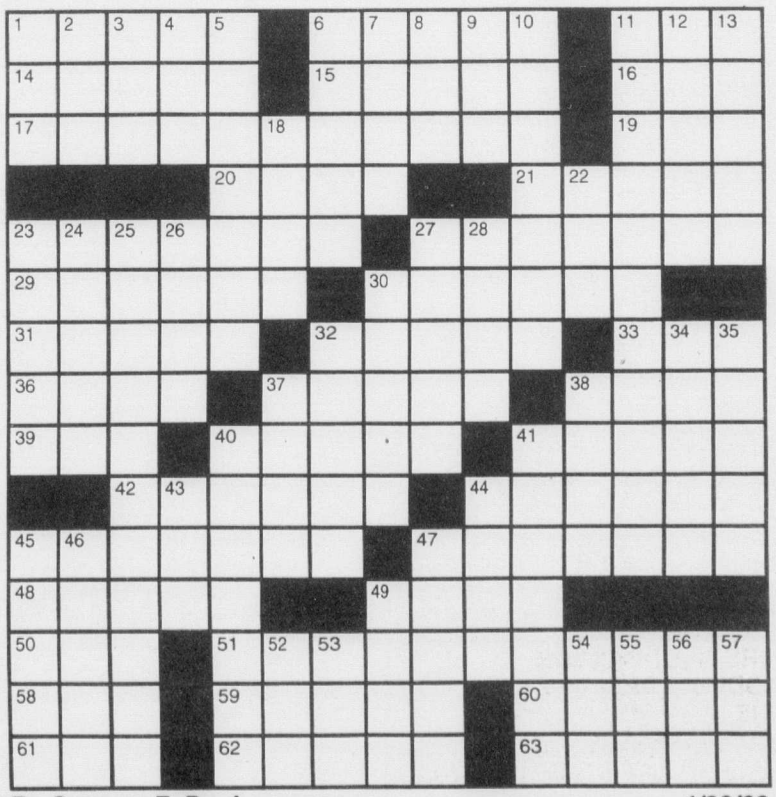
DOWN

1 Purse
2 Yoko __
3 "Holiday __"
4 Dignitary in DC
5 Scrutinize
6 Throb
7 "Only Time" singer
8 Soft metal
9 '40s arena
10 Satisfying returns
11 #1 song from "Back to the Future," with "The"
12 Wrestling site
13 Cantankerous
18 Make an effort to resist
22 Classic Pontiac letters
23 Railroad station
24 Blooper
25 #1 song from "Vision Quest"
26 Behind time
27 Baffling question
28 Blunderer's word
30 "Star Wars" villain
32 Port and hock
34 TV's Mr. Grant
35 Active folk
37 Campus military grp.
38 Asian sea
40 Inkling
41 Particulars
43 Lummox
44 Ignore with contempt
45 Object
46 Poe bird
47 Torment
49 Parched
52 "Norma __"
53 RR stop
54 Ready or __
55 Polite address
56 __ pro nobis
57 Innovative

Wednesday's Puzzle Solved

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

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By Gregory E. Paul 1/30/03

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