

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 189



Danville weekend for the birds

Page 5

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PM#0040007682

TUESDAY, OCTOBER 11, 2011

Revenu Québec stays put

Organization will not be moving due to zoning law

The city's controversial zoning regulation change seems to have backfired.

The Société Immobilière du Québec (SIQ) has cancelled its call to tenders, launched this past summer, to find a new building in Sherbrooke to house Revenu Québec. The change of plans is seemingly a direct response by the organization to a new zoning regulation quickly enacted by the Sherbrooke city council as a means of ensuring that the new building would be within the downtown core.

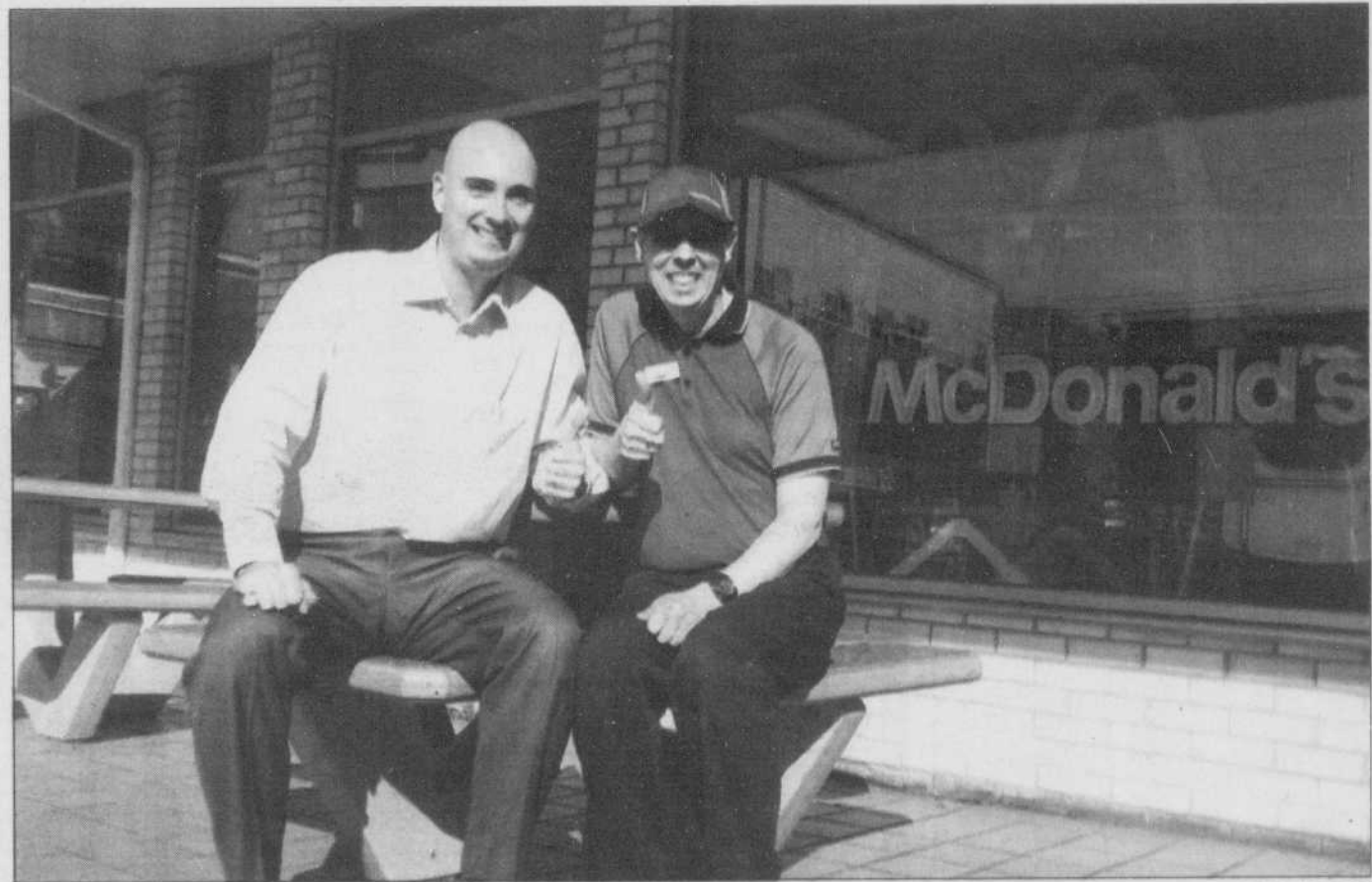
"I will not waste \$2 million because a mayor and his municipal councilors change the rules while en route," Québec's finance minister Raymond Bachand told La Tribune in an interview, referring to the amount separating the cheapest option from the cheapest option meeting the city's zoning regulation. "Every level of government is sovereign but I will not impose supplementary expenditures on Québec's taxpayers to conform to the desires of the elected officials of Sherbrooke."

The call to tenders launched during the summer on behalf of Revenu Québec included an area far larger than simply the downtown sector of the city.

Mayor Bernard Sévigny and multiple other members of the city council felt that the possibility of the agency moving to the peripheries of Sherbrooke went against their urbanism plans and their expressed desire to move government services downtown. Consequently,

CONT'D ON PAGE 3

'Super-duper-excellent' Philbrick



CORRINNA POLE

While celebrating differences and breaking stereotypes, McDonald's franchisee Mario Iannuzzi values the contributions and the example set by the restaurant's longest working employee Craig Philbrick.

By Corrinna Pole

Anyone whose stopped into the Lennoxville McDonald's has likely been welcomed with a beaming smile by one particular employee long before they've hit the counter and few people know they are being greeted by the best of the best.

Craig Philbrick has become as iconic

as the institution he works for, and that's from the lips of his boss, franchisee Mario Iannuzzi.

"Craig brings sunshine into everyone's day. Even on a rainy day he's beaming. He has become an inspiration and institution in himself. People come by just to see him and say hi," said Iannuzzi.

Philbrick, who has an intellectual

disability, has been taking care of the restaurant's lobby and its visitors for an impressive 37 years.

When he was 15 years old and being trained as a commercial cook at Alexander Galt Regional High School, Philbrick's teacher offered him an application for the soon to be opened McDonald's in Sherbrooke west.

CONT'D ON THE LINK, PAGE 7

The Scoop with Mable Hastings

Page 4



Wales Home financial campaign launch

Claudia Villemaire, page 4

Tomorrow in The Record



GORDON LAMBIE



DISHPAN HANDS



Mike McDevitt

Weather



TODAY:
MAINLY
SUNNY
HIGH OF 16
LOW OF 1



WEDNESDAY:
MIX OF SUN
AND CLOUD
HIGH OF 19
LOW OF 3



THURSDAY:
RAIN
HIGH OF 15
LOW OF 7



FRIDAY:
SHOWERS
HIGH OF 16
LOW OF 12



SATURDAY:
RAIN
HIGH OF 13
LOW OF 11

EASTERN TOWNSHIPS RESOURCE CENTRE ARCHIVES DEPARTMENT

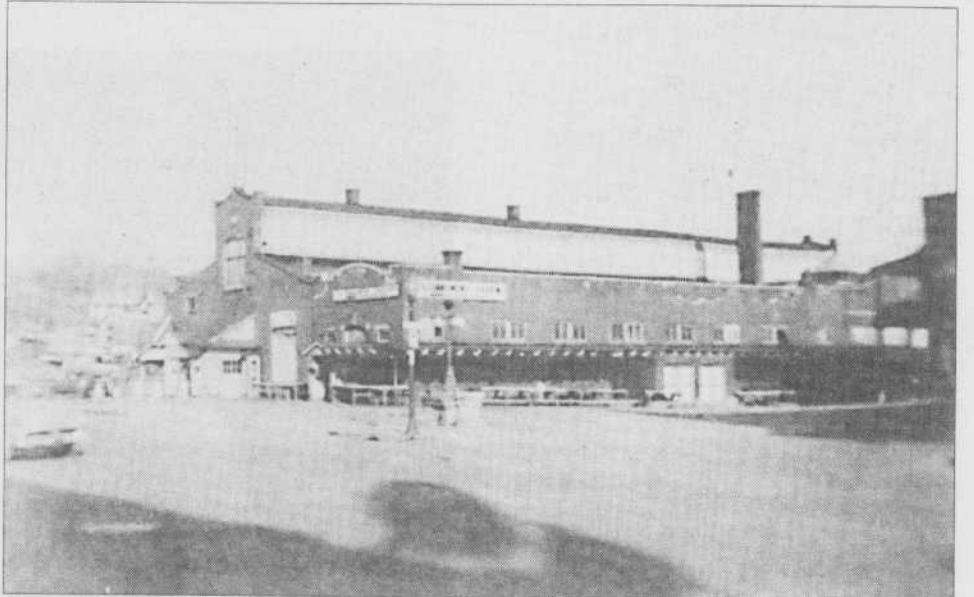
The popular Lansdowne Market

Bustling farmers markets are not an uncommon scene during this time of harvests and Thanksgiving. The first public market house in Sherbrooke was erected in 1838 and was the home of the Lansdowne market. The market grew extremely popular over the years and was a source of local pride for residents of the Townships. In fact, it was so successful that in 1920, representatives from both American and Canadian cities contacted Lansdowne's committee in order to learn how to reproduce a similarly successful market.

The Lansdowne market was well known for having plentiful amounts of high quality meats, dairy and maple products offered by local farmers at exceptionally low costs. The majority of the market was located in a heated interior and police officers were always on hand to keep an eye out for thieves and to enforce fair transactions and the anti-smoking and spitting by-laws.

Merchants were given guidance on how to display their wares in an attractive and appealing manner by the market's organizers who prided themselves on running a clean, efficient and successful market. With these high standards it is no wonder that it became such an important fixture in the community. The Lansdowne market was located on the corner of King Street East and Grandes Fourches-sud, which was known as Lansdowne Street at the time. Large public markets began to disappear around the 1950s with the influx of large grocery chains.

Please consider the ETRC as a location to donate your family's or organization's archives. Emily Potter, Archivist, 819-822-9600, ext. 2261. etrc2@ubishops.ca



PHOTOS COURTESY OF ETRC

Change for Haskell Opera show

QNEK Productions, International Theatre Company in Residence at the Haskell Opera House has moved the world premiere show Gorgons originally schedule for October 14, 15, 16 at the Haskell Opera House to the 2012 Season.

Any ticket holders may use those tickets for next season. For further information, please visit haskellopera.org, qnek.com or 802-334-2216.

649 07 13 14 32 16 22 48 Bonus		Draw results: 2011-10-08 649 07 10 35 42 39 41 45 Bonus	
Bonus Prize: 09 23 29 42 43 47 Next grand prize (approx.): \$8,000,000		Extra 9571632	
Draw results: 2011-10-07 MAX 12 13 24 25 26 41 43 BONUS (B) 07 Extra 0025224			
MAXMILLIONS 07 20 22 25 41 45 46 09 12 15 22 23 33 41 Next grand prize: \$12,000,000			
With every draw in October, Lotto 6/49 is offering a bonus prize of \$100,000 a year for life. The Jackpot for the next draw is 8 MILLION. (approx.)			

Ben by Daniel Shelton



LOCAL NEWS

AGEFLESH invited all of its members to take part in a day of picketing in solidarity last Friday.

Student orgs. supports SEESUS

By Evan LePage

Both the Université de Sherbrooke and its union of support staff SEESUS have been quiet about their labour conflict since they agreed on a new negotiating strategy last week. But while both parties agreed to stay tight lipped and let their representatives talk it out, a student organization has loudly voiced their support for the striking staff members.

A representative of the general association of students of the faculty and arts and sciences (AGEFLESH) at UdeS was on hand at the picket line last week to express their organization's support for SEESUS.

In a statement posted on the AGE-

FLESH Facebook page, the student organization's coordinator Etienne Bélanger-Caron wrote that the decision to support the strikers was taken during an administrative council meeting on Oct. 4.

"It was motivated primarily by the need to act and also by the mission itself of AGEFLESH, which aims to promote the values of solidarity and social justice, and this, to all workers," the statement reads. "Improved living and working conditions of employees in the university sector concerns us directly. The support of students is a positive symbolic act that we hope will accelerate the resolution of the conflict."

AGEFLESH invited all of its members to take part in a day of picketing in solidarity last Friday.

The support of this student group came less than a week after the larger student federation of Université de Sherbrooke (FEUS) expressed its own opinions on the conflict.

The FEUS expressed its support for the goals of the striking employees but focused on how students were being negatively affected by the conflict. Many UdeS students had been complaining of reduced lab times and reduced gym hours, among other services cut as a result of the labour conflict.

According to a statement posted on the organization's website last Friday, representatives of FEUS, as well as the school's association of masters and diploma students, met with the university administration who agreed to reim-

burse students for services not received during the conflict.

The statement also says that, according to a report filed by the deans and directors of programs, academic training will be adapted to the situation at hand and that the fall and winter sessions will not be compromised by the conflict.

The strike has compromised the university's open house however. The school announced last week that its open house day, originally scheduled for November 5, was cancelled because of "exceptional circumstances linked to the SEESUS strike."

Prospective students will only have the second open house day, February 11, 2012, to go visit the university.

Jean Rousseau, NDP oppose toll bridge

While many residents of Quebec and of the Eastern Townships were glad to hear of the construction of a new Champlain Bridge, Compton-Stanstead's member of parliament Jean Rousseau released a statement denouncing the decision to run the bridge on a toll system.

"For residents of the Eastern Townships, this bridge is the extension of Highway 10," the NDP MP said in a statement released last week. "A toll system will penalize our residents as much as the residents of

the South Shore. The Champlain Bridge should be equally accessible to every Canadian since we all benefit from it, whether it is directly or indirectly."

According to the statement, the NDP as a whole believes that it is unfair to place "the burden of its construction on those who use it to get to work" since the economic benefit of the bridge is shared across Canada.

The NDP did state their support for the construction of the bridge. But aside from the toll issue, the

statement also questioned the lack of a place for public transit in the bridge plans.

"Also disappointing is the fact that there is currently no plan to include public transit in the new infrastructure, even though this means of transport is essential for any modern society," the statement reads. "With a five billion dollar investment in a public infrastructure, one would expect greater seriousness, more concrete planning and less improvisation."



WIKIMEDIA

Compton-Stanstead's member of parliament Jean Rousseau

Manoir des Sables: Agreement in principle reached

The end may be in sight for the labour conflict at Orford's Manoir des Sables hotel, as the two parties involved reached an agreement in principle last weekend.

The steelworkers union representing the strikers and the hotel representatives were able to reach the agreement during negotiations Saturday night, the eve of a big picket day planned by the locked-out workers.

"We increased the pressure over the last few weeks. It proved fruitful," said union representative Guy Gaudette in a

statement released on Sunday, confirming that the agreement had been reached.

With the agreement in principles completed, the parties still have steps to take before this conflict is actually resolved.

"There is still a protocol for the return to work to conclude and the members need to decide (on the agreement) in a general assembly, Gaudette specified in the statement.

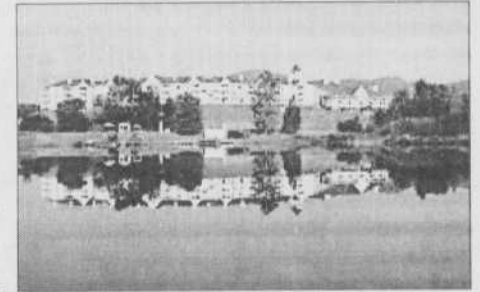
The union statement specifies that the general assembly will be held in the

next few days. No details about the agreement will be revealed until the employees vote on whether to support or oppose it.

The 120 or so unionized employees have been on lock-out from the hotel since Sept. 15. The lock-out was ordered by the employer following a one-day strike by those same employees Sept. 14.

The employees have been without a collective agreement since the fall of 2010.

The locked-out workers were initially planning a parade through the streets on Sunday, but following Saturday night's progress they opted instead for a barbecue in



WIKIMEDIA

Orford's Manoir des Sables hotel

front of the Orford city hall.

A representative from the Manoir des Sables could not be reached for comment on Monday.

Revenu Québec stays put

CONT'D FROM PAGE 1

in mid-August the council put forth a zoning regulation change that was to limit the construction of all buildings of 750 square metres or more to a specific area of Sherbrooke.

The plan quickly drew the ire of certain city councilors and property owners in Sherbrooke who did not agree with the tactic of forcing the agency's hand. The initial regulation was modified to exclude certain types of services and all private enterprises, but still did not receive unanimous support in council this past September.

Of the nine offers received to the call to tenders,

the cheapest offer that met the city's requirements came at a cost of over \$9.6 million, approximately \$2 million more than the cheapest total offer.

It is not for certain at this time whether Revenu Québec will launch a new call to tenders in time or how long they plan on remaining where they are, currently split among two buildings in the Place des congrès and at 2144 King Street Ouest.

No representative from the city or from Revenu Québec could be reached for comment on Thanksgiving Monday.

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Wales Home campaign off to a great start

By Claudia Villemaire
RICHMOND

The Foyer Wales Home annual financial campaign launch was off to a great start last Friday as dignitaries and the administration gathered to announce the campaign opening and boast a little bit about the golf tournament held just a week earlier when over \$60,000 was tallied at the end of a very successful event.

Gathered residents, friends and supporters were also introduced to new campaign president, Ralph Farley whose connection to this seniors' residence is part and parcel of the excellence of this independent facility. "With the memory of my mother's tenure as matron here for seventeen years, and my father's involvement as well, my respect and admiration for this place goes back many years," Farley said. "Known as one of the best and historically supported by the community, the Wales Home has succeeded in expanding and upgrading



CLAUDIA VILLEMAIRE

David 'Butch' Crack, administrator and golf tournament president, Brendalee Piironen, Director of Operations, Marc Andre Martel, president, Wales home Foundation and mayor of Richmond and Ralph Farley, president of the 2011-2012 Financial Campaign.

through the years. This past year has been a banner year with the successful campaign last year making many improvements to accommodations and facilities possible."

Brendalee Piironen, Director of Operations was proud to list many of the renovations completed in the last year. "We are especially proud to have won the AVIVA Community Fund out of a field of

1,700 competitors. We now have a wonderful therapeutic garden for our residents and patients, putting this foyer right up there with the best facilities of its kind across the country."

Marc Andre Martel, Mayor of Richmond and president of the Wales home foundation underlined the importance of community support and keeping the spirit of Wallace Wales first intention, to provide a final, comfortable and caring residence for folks who had no other options.

The campaign continues into February 2012 and organizers are aiming their efforts at raising another \$400,000 this time around.

"We thank all who have supported us in the past. The generosity we see every year that means so much towards the continued comfort and care of our residents is unbelievable and we have no doubt the community at large will rally around the spirit and determination that inspired Wallace Wales once again."

The 'Imagine Mansonville Revitalization Initiative'



THE SCOOP
MABLE HASTINGS

A revitalization plan is a vision for a community that provides a path to an improved quality of life for all community members. Depending on the needs and aspirations of the members, the revitalization plan may focus on the physical elements of the community (roads, buildings), on the economy and jobs, on environmental and cultural heritage, or some combination of these things. The revitalization planning process involves dialogue between community members and leaders, visioning, and plan-making. A revitalization plan

may be revised many times to ensure that all community members can support and embrace the contents of the plan. It is about generating a shared vision for the future that all residents and stakeholders share and uphold. The Township of Potton has identified the revitalization of Mansonville as a priority in their Strategic Plan in 2010.

The Five Urban Planning team members consists of Grant Fletcher, Don Elliott, Christina Peltier, Patrick Saunders and Lindsay Wiginton. They are a group of Master of Urban Planning Students from McGill University in the second and final year of studies. The group ranges in age from 22-32 years old and come from different regions of Canada and the U.S. They have diverse educational and experiential backgrounds. The Master's program is focused on group work in a studio setting where they collaborate with clients from across Quebec to generate plans and programs that meet the social, environmental and economic needs of various communities. These projects are mutually beneficial, as they help students to develop skills as planners, and the communities to enlist outside support in meeting their needs. In this project, they have been brought on board by the Mansonville Revitalization Advisory Committee to develop a community-based Revitalization Plan for the community of Mansonville. The project will last from September 2011 to January 2012.



COURTESY

Left to right, members of the "Five Urban Planning team," Grant Fletcher, Donald Elliot, Christina Peltier, Patrick Saunders and Lindsay Wiginton.

engage all citizens in visioning and brainstorming about issues, challenges, and potential solutions for revitalization. Feedback from the community will be used to inform and guide the planning process to ensure the final plan is embraced by all," she concluded.

The Five Urban Planning members cannot do this project without the input and ideas of Mansonville and Potton residents! Five Urban Planning has two exciting community outreach initiatives coming up. On the evening of Tuesday October 11, the group will be canvassing door-to-door, accompanied by volunteers from the Centre d'action bénévole, to talk with residents about their vision for the community. Then, on Monday, October 17 they will be holding a formal Community Ideas Fair from 3-7 p.m. at Potton Town Hall. The public can drop in anytime throughout the evening to take part in interactive activities and discussions.

You may see the group in Town over the next few weeks. In addition, they have an online blog and an email address where they can be reached with ideas and questions at any time. They will respond to emails or online comments as quickly as possible - imagine-mansonville@gmail.com. Check out their blog at imaginemansonville.blogspot.com

The "Imagine Mansonville" project is now underway! The group has conducted three visits to Mansonville to familiarize themselves with the community and the region, and to meet a number of citizens.

"We have been absolutely blown away by the beautiful scenery, welcoming residents and numerous exciting community initiatives already underway," said Lindsay Wiginton, a member of the group. "The next step is to actively en-



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Birdfest to remain free for public: organizers

By Stephen McDougall
DANVILLE

Despite its growing popularity, organizers of the annual Migrating Bird festival plan to keep admission free for the public.

"This is an event for everyone," said Angele Bessette.

"We need to keep it free so that people do not lose interest in birdwatching, especially in our town."

The annual event brings in thousands of tourists every thanksgiving weekend from all over the province. Last year, the estimated number of visitors topped 14,000.

The event is dedicated to the annual migration of some 200 different types of waterfowl from Northern Quebec to the Southern United States every fall.

One of their favourite rest stops is Danville's Burbank pond nature preserve, where they can stay for most of October and November if the weather is mild.

The weekend's event saw plus 20 Celsius weather, which brought out the dedicated birdwatchers and the curious in droves. Parked cars filled several streets near the pond for most of the weekend.

"People who come here appreciate that we do not exploit this event for profit," added Bessette.

"We want lots of people to come here often and we don't want to be selective. It is good chemistry for us to see lots of people here and know they are welcome."

For Emmanuel Langlois from nearby Val-Joli, near Windsor, the festival gives him a chance to find out more about the birds that come to the pond every fall.

The 15-year-old bird watcher has pursued his feathered friends since he was a young boy.

"You get to know the birds very well, where they go, where they live and how they behave in the wild," he said.

"We learn to track them all year round, but to do this, we have to be outside every day getting close to nature."

Bessette said more and more people have become dependent on seeing the birds every year in Danville.

"Our e.mail box is always full of people inquiring about the pond, not just in October, but all year round, even in the



Thousands of tourists flock to the Burbank pond every thanksgiving weekend just to get a glimpse of the ducks

winter," she said.

"We don't want to spoil that enthusiasm ever."

She admits the Burbank pond corporation rakes in little revenue from the festival, but added the town of Danville helps out with some money to keep them afloat.

"We are not rich, but we are managing."

But one sign posted by organizers over a wooden goose designed to take donations read: "Want to avoid paying admission to this festival? Please give what you can."

The festival was also a time to dedicate a bronze rooster weathervane on the town hall roof to former town businessman Alphonse Vallières.

The rooster was sculpted by Danville artist Lyne Montmeny, having been chosen from six roosters she made at the 2010 town art symposium dedicated to town "builders."

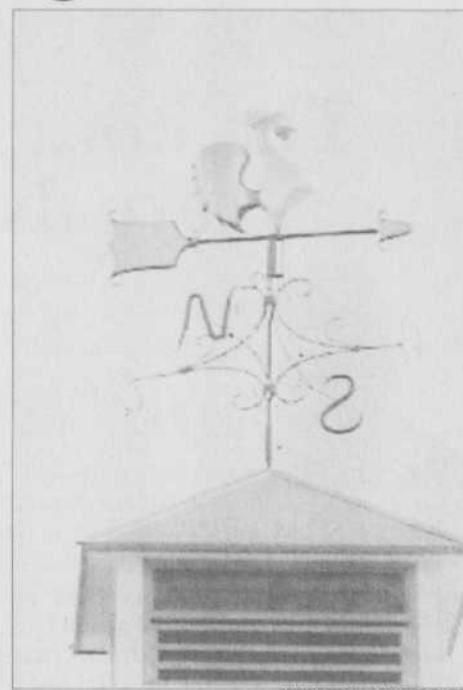
The Alphonse rooster was chosen by a popular vote of town residents at the symposium, which also recognized the town's 150th anniversary.

But Alphonse Vallières could not be at

the ceremony because his wife Therese had passed away the night before.

Yvon Vallieres, Alphonse's son and longtime member of the provincial assembly and present intergovernmental affairs minister, was present to witness the rooster being mounted on the town hall roof.

"This is an honour for my family," he said later.



The bronze weathervane Alphonse newly erected atop the Danville town hall.

"The Vallières family name is now forever etched into the fabric of this town." Vallieres said his father always encouraged him to get into politics.

"He was a butcher and grocery store owner who wanted better things for his children."

"It just shows you how democratic we are, that a son of a butcher can become a cabinet minister in Quebec city. I owe this all to my Dad."



Rooster sculptor Lyne Montmeny poses with Intergovernmental affairs minister Yvon Vallieres at the dedication of a bronze rooster to Vallieres' father Alphonse

DONALD LECTURE SERIES



Kevin O'Leary

Entrepreneur and Host of *Dragons' Den*,
author of:
Cold Hard Truth: On Business, Money & Life

Thursday, October 13

6:00 pm in Centennial Theatre, Bishop's University
Free Admission

Highly successful entrepreneur Kevin O'Leary is an outspoken host and investor on CBC's *Dragons' Den* and ABC's *Shark Tank*. He is Chairman of mutual fund company O'Leary Funds and co-anchors CBC Newsworld's *The Lang* and *O'Leary Exchange*. O'Leary will offer a rare glimpse into his own life as an entrepreneur and provide insight into what it takes to bring one's own ideas to fruition.



EDITORIAL

The transition from one season to another in itself affects mood and behaviour according to psychologists.

The hours of daylight are dwindling



SUSAN MASTINE

Energy levels within us seem to be falling like the leaves around us. A sense of lethargy and the temptation to hibernate are settling in. Why can't we do as the pioneers did – follow the schedule of the birds, getting up at sunrise and going to bed at sunset?

Eastern Standard Time should be returning now, rather than in another few weeks. That extra hour's sleep is something our bodies seem to be craving.

How did this biannual time change get started in the first place? The concept of switching to Daylight Saving Time in the spring was first put forward in 1784 by Benjamin Franklin, who had energy conservation in mind. His philosophy was: why waste those early morning hours of natural brightness during which most people were normally asleep?

The 1907 proposal by Englishman William Willett never came to see the light of day. He argued that the clock should be put ahead 20 minutes each of four consecutive Sundays in April, not only for Franklin's reasons, but also to improve health and happiness.

The powers-that-be didn't listen to either man. It wasn't until 1917 that time change was first implemented. The goal was to reduce the consumption of energy used to provide light. Forcing people to wake up an hour earlier in the spring – when daylight hours were lengthening and it was already light outside – would reduce the time they would be awake during the hours of darkness by 60 minutes. Then, when the days started getting shorter and the sun rose later, clocks would be turned back an hour to provide more morning light.

In 2007, the date on which Canadians shift to Daylight Saving Time was moved to the second Sunday in March (rather than the first Sunday in April) and back to Eastern Standard Time became the first Sunday

in November (rather than the last Sunday in October). The justification was that our time has to correspond with that of our neighbours to the south. Heaven forbid that our time pattern differ from that of the US of A.

The Americans made this move once again for energy savings reasons. A 2006 analysis by the US Department of Energy estimated that with this extra hour of natural daylight, consumption of electricity would drop by four-tenths of a per cent per day; the American Council for an Energy-Efficient Economy predicted this plan would reduce carbon emissions by 10.8 million tonnes. Whether this move has proven successful has yet to be confirmed.

The transition from one season to another in itself affects mood and behaviour according to psychologists. It also increases appetite and sleepiness levels. Advancing the time in spring and rolling it back in the fall has been scientifically shown to have its consequences too – more accidents immediately after the loss of an hour's sleep in the spring and fewer heart attacks right after the gain of an hour's extra slumber in the autumn.

Is that surprising? Hardly, since we tend to ignore our natural body rhythms. The availability of light whenever we want it means that we work and play both day and night, regardless of the pace that seems to be instinctive to us.

If the ultimate goal is to save energy, consideration should be given to shorter work hours in winter and longer hours in the summer when personal energy levels are higher and the hours of natural light are longer.

Instead of having one Earth Hour (8:30 to 9:30 p.m., the last Saturday of March) in darkness per year devoted to life without artificial light, we should step up the frequency of such an approach to energy savings.

We should be working during daylight hours only – with the exception of emergency personnel, of course.

Businesses should take individual preferences based on the person's biorhythms into account when determining employee schedules.

And efforts should be devoted to making the transition from Daylight Saving Time to Eastern Standard Time and vice versa much easier on the body.

Letters

DEAR EDITOR

We weren't sure about the best way to get this announcement out, so we thought maybe a letter to the editor would be suitable. We at Sunshine Theatre are seeking people who were involved in or remember various local stories that took place in Sutton Junction, Dunham, Knowlton, East Hill, Magog, Mansonville, Abbottsford, Farnham, Brome, Bolton.

We are presenting a collection of stories that include the "Party Line" murders (East Hill, 1951), the attempted murder of the stationmaster in Sutton Junction (1894), the Knowlton distributing home, counterfeiting in Dunham, King Dave (Farnham). We are also looking for other interesting local stories for future productions. Please call (450) 538-1055, or come to see the show "Ourstory" and chat with us afterward. Details of show times will appear in the paper.

Thanks

SUNSHINE THEATRE
LAURA TEASDALE

DEAR EDITOR

Office of the Prime Minister
Ottawa, ON

Re.: F-35 Fighter jets at the current "estimated" cost of 9 (nine) billion dollars

On the assumption that Canada is still a peace-loving and peace-keeping country, is the current Canadian government able to explain and rationalize an expenditure of 9 (nine) billion dollars on military equipment? Is the Canadian government getting the country ready for a major offensive somewhere, or are there other reasons for making a commitment of this magnitude of which the general public must not be made aware?

Is the Canadian government still operating according to democratic principles, which demand that the "people" have a voice in decisions such as the one under scrutiny? To pre-empt a lecture on the fact that the Canadian government cannot consult the plebs for everything it does, let me just point out that the expenditure of 9 (nine) billion dollars is not a bagatelle, which, without any doubt in the majority of the people's minds even in the United States of America, is only a fraction of the eventual total cost.

Is the Canadian government aware that there are ample projects within the boundaries of this beautiful country that are in need of funding for the benefit of its citizens? Or, is it that the Harper government deems economic issues to be more imperative than the wellbeing of its citizens?

To help you understand why I am sending such a disrespectful letter, let me explain to you that I was born in Germany in 1944. I have a swastika on my birth certificate; a symbol of murder and destruction. Therefore, you may potentially understand why I despise the abuse of perceived power, be it by an individual, a government or religious group. In the case of the matter at hand, you are quite safe in assuming that I regard the governing party to be outside the boundaries of its mandate and it should seriously and carefully consider and reconsider its decisions. Failing that, I can very easily see the heretofore docile, not to say apathetic Canadian public to rise up. It has happened in the Middle East, it is happening in the United States now and it will happen in Canada. A country where a hockey game can incite riots should also be able to rise up and fight for democracy and proper government.

I am looking forward to receiving your Executive Correspondence Officer's response to this communication.

D. TED LENDER
SHERBROOKE

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THE LINK

Linking Lennoxville and the surrounding communities

The men hope the small gesture of a community dinner will help defray some of the costs the family incurred.

Spaghetti supper support for Kwasny family

By Corrinna Pole

Thanksgiving focused on being thankful, now Robert Nutbrown and Robert Pinkston want Townshippers to shift to being generous in support of the family of Bishop's Gaiters Kevin Kwasny.

Platefuls of pasta will be served up for dinner Thursday evening in exchange for donations that will be sent to the family whose son suffered a brain hemorrhage during the university football game against the Concordia Stingers on September 10.

Through the Church at the Elm and BeU Christian Student Ministry, the Lennoxville residents want to help bridge the gap between the university and borough communities and show their united support for the 21-year-old student and his family who returned to their hometown of Winnipeg, Manitoba, late last month.

Motivated to follow their biblical instruction of "do unto others," Nutbrown and Pinkston, both fathers, have found themselves thinking often of Kwasny's parents Gregg and Geraldine and wanting to do something proactive.

"Myself being a father of three football players, it makes you think of how easily it could happen," said Nutbrown. "Really it could happen to any of us. We are all one slip and fall from something like that."

The men hope the small gesture of a community dinner will help defray some of the costs the family incurred.

"I'm a parent and I've tried to put myself in their place of not only having to help their son but to have the added expense of flying to Quebec then staying in a hotel, this will hopefully help to make that burden a little easier," said Pinkston.

In addition to helping the family, they hope the event will also remind the



WIKIMEDIA

Bishop's Gaiter Kevin Kwasny.

student population that BeU is there for them if needed.

The dinner will take place at the student church at 18a Conley Street. Informally known as the BCM house, the building is accustomed to feeding large groups. Every Tuesday evening, a free meal is served up to roughly 60 students.

Townshippers have a pretty good reputation for lending a helping hand when needed. Fellow event organizer Bill Ellis is confident that with the word getting out, the surrounding community won't disappoint.

"We're very optimistic that people will show up. Just talking to people around town and getting together to pray for the Kwasny's, people are very positive about wanting to help."

The spaghetti supper takes place at 18a Conley Street, across from Wards Garage, Lennoxville, from 5 to 7:30 p.m., Tuesday, October 11.

Those who would like to contribute but can't attend the supper are invited to drop off their donations at 18a Conley. Cheques can be made out to the Eglise Renaissance with amounts of \$20 and more to be given a tax receipt.

For more information contact Robert Pinkston at 819-569-2761.

Adam Gyorgy at Centennial Theatre

Pianist Adam Gyorgy makes his Quebec debut at Centennial Theatre on Saturday, October 22 at 8 p.m. In one of only 3 concerts in Canada on this current tour, Gyorgy's performance will coincide with the birthday of Hungarian virtuoso Franz Liszt who's music will be

the feature of the evening: Sonata in b minor, F. Liszt; Ballade in g minor (Op. 23), F. Chopin; Rigoletto Paraphrase, F. Liszt; La Campanella, F. Liszt; Hungarian Rhapsody No. 2, F. Liszt. Other Canadian performances are scheduled in Ontario and New Brunswick before Mr. Gyorgy

returns to Carnegie Hall by invitation in November.

Adam's extraordinary musical talents were realized at an early age. At merely 12 years old, he was accepted to the prestigious Bela Bartok Conservatory, where he flourished under the tutelage of

piano teacher Katalin Halmagyi, who continues to be his mentor and a key member of his creative team. At age 18, Adam won Hungary's Pianist 2000 Award and was accepted at the Franz Liszt Academy of Music in Budapest and

CONT'D ON PAGE 8

'Super-duper-excellent'

CONT'D FROM PAGE 1

By June, two weeks before his 16th birthday, he started working the weekend shift in Sherbrooke and stayed on for the next 18 years.

When the Lennoxville location was opened in 1992, the predominately English speaking Philbrick was asked if he would like to relocate. He jumped at the chance and for the next 20 years committed to work from Sherbrooke by bus.

In all that time Philbrick has found himself at home maintaining the restaurants lobby's and he's made it clear he wouldn't want to do anything else.

"Making people happy makes him happy. He likes being with the customers, opening doors, clearing their trays, he's very polite. I guess that comes from his parents and now he is transferring his values to others," said Iannuzzi.

With his infectious smile, Philbrick fondly recounted some of the many "fun" memories he's made over the years, like going to an exclusive employee only concert in Montreal featuring Glass Tiger and Sass Jordan.

"I have been employee of the year when I was in the west location and I've

been employee of the month, oh, many times," Philbrick rightly brags.

After proudly displaying a ring he says he was given for being named as the best employee in the Eastern Townships by the Dixville Home Foundation, Philbrick lists the other mementos he has at home, such as the clock he received for a decade of service, and the barometer given when he reached his 15 year mark.

The 52 year old could easily be referred to as an exceptional community treasure and for many he is.

Outside of his restaurant work, Philbrick volunteers to record the religious services of St. Andrew's Presbyterian Church for those who can't attend, he participates in prayer chains and lends a helping hand when needed. Iannuzzi recalled recently seeing Philbrick help an elderly woman onto a bench while waiting for the bus.

Compassionate and helpful, Philbrick never let his intellectual disability slow him down and Iannuzzi believes it is an advantage that makes him "hard working and reliable."

That reliability was seen last Thursday when The Record found Philbrick working his shift as usual even though his father had just passed away.

Manager Carole Gagné adds that Philbrick's disability has made him adaptable to change, strong and determined.

Gagné praised Philbrick for taking pride in offering customers "the most enjoyable experience" each day and checking in regularly to make sure he's done a good job and that everything is, in his words, "super-duper-excellent."

"Craig is well liked by his customers and co-workers, he is also well respected. He is always willing to help customers that need a hand," said Gagné. "The restaurant is like home to him, everyone loves him and that makes him feel good. Many regular customers ask where he is when he is not there."

Iannuzzi and Gagné both believe Philbrick's a valuable member of the team whose workplace contribution is a "very positive experience" for customers to see while making a noticeable difference to his fellow employees.

"Craig leads by example and that's what we ask for from our employees and I think that everyone asks that you're known to be a dependable person and reliable. It [also] teaches our younger employees how to work with people with an intellectual disability and shows them that, despite having a disability, they can contribute," said Iannuzzi. "By working in the community they are choosing to make a difference so why not let them and encourage them."

Philbrick is currently one of the longest working employee in the Iannuzzi's Sherbrooke restaurants.

With over 80,000 employees across the country, more than 13,000 of them in Quebec, and several recent retirements, McDonald's Canada was unable to confirm if Philbrick is currently one of the company's longest working staff members.

However Iannuzzi believes that, in addition to being in the top one per cent across the country, Philbrick is the oldest working employee with a handicap.

'Duck Pond' site acquired by the city

A pond in Lennoxville that was on the chopping block for over a year has been saved by the City of Sherbrooke.

The cost: approximately \$55,000 in tax dollars.

The pond, commonly known as Duck Pond by locals, was at risk of being turned into a housing development as reported in The Record in early August

of 2010.

As the pond, which is situated on College Street across from the Oxford apartments, is not a natural body of water the minister of sustainable development, the environment and parks was not willing to protect the site and authorized its destruction.

The news that a developer was interested in expanding Watson street at the

expense of the pond caused local residents and environmentalists to come forward asking the city to take action.

Those citizens will now be among those whose tax dollars will be put towards various fees associated with the preservation of the pond, including the transfer of an electrical wire that crosses the lot.

The city was able to acquire the area

on which the pond is located by giving the developer, Luc Elias, a different lot of the same size, around 6,200 square metres, in the same sector of Sherbrooke where he will be able to build the residential properties he had planned for.

As for the pond, it will now become a park though the details of that project are not yet nailed down.

Sherbrooke unemployment rate goes up slightly

Canadian Press

The national unemployment rate was 7.1 per cent in September. Statistics Canada also released seasonally adjusted, three-month moving average unemployment rates for major cities but cautions the figures may fluctuate widely because they are based on small statistical samples. (Previous month in brackets.)

St. John's, N.L. 6.7 (6.5)

Halifax 6.2 (6.3)

Moncton, N.B. 7.1 (7.1)

Saint John, N.B. 5.7 (5.8)

Saguenay, Que. 6.6 (7.1)

Quebec 4.4 (4.8)

Sherbrooke, Que. 7.1 (7.0)

Trois-Rivieres, Que. 8.7 (8.4)

Montreal 8.0 (8.4)

Gatineau, Que. 6.3 (6.3)

Ottawa 5.0 (4.9)

Kingston, Ont. 6.1 (6.7)

Peterborough, Ont. 10.9 (11.2)

Oshawa, Ont. 7.2 (7.6)

Toronto 7.9 (8.1)

Hamilton 6.7 (6.9)

St. Catharines-Niagara, Ont. 8.3 (8.4)

Kitchener, Ont. 6.7 (6.2)

Brantford, Ont. 9.1 (8.9)

Guelph, Ont. 4.3 (4.7)

London, Ont. 9.0 (8.9)

Windsor, Ont. 9.6 (8.1)

Barrie, Ont. 10.7 (9.6)

Sudbury, Ont. 6.3 (6.7)

Thunder Bay, Ont. 6.0 (6.2)

Winnipeg 6.0 (5.8)

Regina 4.4 (4.7)

Saskatoon 5.7 (5.1)

Calgary 5.9 (6.0)

Edmonton 5.3 (5.3)

Kelowna, B.C. 7.3 (7.3)

Abbotsford, B.C. 8.0 (8.2)


Vancouver 7.1 (7.3)

Victoria 6.3 (6.2)

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Adam Gyorgy

CONT'D FROM PAGE 7

studied under Professors Gyorgy Nador and Balazs Reti. He went on to win the Vienna Classics Prize in 2002 with his outstanding interpretation of Haydn's Sonata in G major (No. 54). In 2003 he won the Special Prize at the San Remo International Piano Competition and in 2004, all Prizes (First Prize, Grand Prize and Special Prize) at the First International Chopin Piano Competition in Budapest.

Adam graduated in 2006 and is currently doing his doctoral studies at the Liszt Academy. In 2005, Adam was invited to join the Steinway community, a single honour that places him in the company of the greatest pi-

anists of all time. This critical acclaim earned Adam his debut at New York's famed Carnegie Hall in 2008, where he played to a full house, and most recently, Singapore's Esplanade Concert Hall, also a sell-out crowd and a post-concert 90 minute autograph queue.

Adam continues to delight the world with an awe-inspiring program of classical works by Chopin and Liszt as well as his own improvisations of well-known melodies, unique in the classical music community. Regarded as one of the best Liszt players in the world and the Liszt ambassador in his home country of Hungary, Adam's

2011 concerts honour the 200th birthday of this genius composer as well as the beginning of the Hungarian Presidency of the European Union.

From prodigy to Liszt ambassador to philanthropist, Adam Gyorgy enchants audiences everywhere he performs. His virtuosity and his sensitive interpretations have won him critical acclaim and built him a fan base worldwide. Visit www.centennialtheatre.ca for audio and video excerpts of Gyorgy's performances.

Submitted by Sonia Pate-naude spatenau@ubishops.ca 819-822-9600 extension 2617

NDP tables bill to protect French language rights in Quebec

By Tobi Cohen
Postmedia News

Now the voice of Quebec in the House of Commons, the New Democratic Party has introduced legislation to preserve French language rights for federally regulated workers in the province.

The private member's bill introduced this week seeks to harmonize Canada's labour code with Bill 101, Quebec's French language charter which defines French as the province's only official language - the language of "work, instruction, communication, commerce and business."

As it stands, the law only applies to provincial workers - for instance, those who work at a caisse populaire, not employees of a chartered bank.

The bill seeks to protect the rights of employees

to carry out their activities in French and receive communications, job offers, collective agreements and other documents in French.

It also prohibits employers from dismissing or demoting staff who ask that these rights be respected.

"This legislation has received unanimous support from the NDP caucus which, as you know, is a pan-Canadian caucus," Trois-Rivieres MP Robert Aubin said Friday.

Outremont MP Thomas Mulcair said the bill is an element that's been missing since the French charter was adopted in 1977 and that this is the NDP's attempt to listen to the "hundreds of thousands of workers" in telecommunications and interprovincial trucking, among other jobs, who are stuck under the Canadian code.



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"We only allowed them to gain 39 yards in the first half, and that set the tone to the game right from the beginning."

Gaiters fall to Sherbrooke as Vert & Or take first place

By Jesse Feith

In a battle of crosstown rivals the Sherbrooke Vert & Or proved their dominance over the Bishop's Gaiters in Saturday's game, winning their fourth straight Mayor's Cup Game and improving their record to equal first place Laval.

The Sherbrooke squad won the game by a score of 38-11, being led once again by rookie standout quarterback Jérémi Doyon-Roch as he passed for two touchdowns and ran in a for another, helping his team along the way to another impressive victory.

The Vert & Or defence, however, stole the show on Saturday, as their presence was felt throughout the entire game, their stingy defensive line only allowing the Gaiters to gain a total of 122 yards.

Their defence being as impressive as it was didn't take away from Sherbrooke's offence, gaining 510 yards in the game and putting up a total of 38 points on the board in the contest.

Sherbrooke was first on the board,

taking the 10-0 lead within ten minutes as Alexandre Corriveau scored a touchdown and William Dion later followed it with a field goal.

Doyon-Roch then made his presence felt, bringing his team close to the Gaiters' end zone with a long pass to Ismaël Bamba, before running in the remaining three yards himself to give the Vert & Or a 17-0 lead.

The Gaiters would get their only first half score from Mathieu Paquette, who completed a 66 yard punt single, which was then followed by two consecutive safety touches by Sherbrooke to give them the commanding 21-1 halftime lead.

The Gaiters gave Sherbrooke a scare in the third quarter as they went off for 10 unanswered points. The small comeback began with quarterback Jordan Heather finding Luca Urbani for his first career touchdown on a 14-yard pass, bringing the Gaiters within 13 points.

An interception by Harrison Maloney then gave the Gaiters the ball on the 18-

yard line, but the Bishop's squad was unable to capitalize on the good positioning into anything more than a 22-yard field goal at the 1:04 mark of the fourth.

That 10-point stretch would be the highlight of the game for the Gaiters, as the Vert & Or took complete control throughout the fourth quarter, scoring 17 points and showing just exactly why they now find themselves ranked first in the RSEQ along with Laval University.

Bamba hauled in a 30-yard touchdown pass by Doyon-Roch and Beni Djock ran 59 yards in for a touchdown. Sherbrooke also added another safety and a single to finish off the game with the 38-11 win.

Sherbrooke Head Coach André Bolduc, who now finds himself at the helm of the number four-ranked team in the country, said after the game he was happy with his team's performance.

"We only allowed them to gain 39 yards in the first half, and that set the tone to the game right from the beginning. Our defence did a great job the en-

tire game stopping their ground game and even more impressively, neutralizing most of their past attempts. Bishop's is a very dangerous team when they are completing their passes, but we were ready," said Bolduc.

Besides Doyon-Roch, the Vert & Or also got great contributions by Bamba, who caught six passes for 118 yards gained and one touchdown, and Patrick Chandra, who had five tackles in the game.

For the Gaiters, the two Heather brothers were productive again, quarterback Jordan Heather went 19 for 25 on passes to gain 141 yards whereas Nathan Heather was Bishop's leading receiver with four catches, totalling 50 yards.

The Gaiters road doesn't get much easier from here, as their next game is now on the road against the number one ranked Laval Rouge et Or next Sunday, October 16, at 1 p.m.

Sherbrooke hosts the Concordia Stingers on October 15.

Leads Als over Argonauts 29-19

Calvillo sets all time passing mark

By Bill Beacon
The Canadian Press

Anthony Calvillo became pro football's all-time passing leader in spectacular fashion with a 50-yard TD pass to Jamel Richardson that cemented the Montreal Alouettes' 29-19 win over the Toronto Argonauts on Monday afternoon.

Calvillo went into the game needing 258 yards to break Damon Allen's all-time record of 72,381 yards. And it took until the final play of the third quarter for Calvillo to eclipse it when he found Richardson open over the middle for the touchdown.

The 39-year-old also had a 19-yard TD run while backup quarterback Adrian McPherson also scored for the Alouettes (9-5). Sean Whyte added two field goals as the two-time defending Grey Cup champions clinched a playoff spot for a 16th straight year and remained tied with Winnipeg atop the East Division.

Chad Owens scored on a punt return and Noel Prefontaine booted four field goals for the Argonauts (3-11), who were eliminated from playoff contention.

Play was stopped for about 10 minutes following Richardson's TD as taped scoreboard tributes were played from Allen, NFL great Dan Marino, former CFL and NFL star Warren Moon and ESPN broadcaster Chris Berman. Allen, who

played 23 seasons, attended the game with commissioner Mark Cohon.

Calvillo picked up 42 yards on the opening drive to set up Whyte's 28-yard field goal but it was a tough first half for both offences.

Steven Jyles' 46-yard toss to Spencer Watt allowed Prefontaine to tie it and, after Calvillo threw two incompletions, Owens twisted his way through for a 58-yard punt return TD, his first of the season, at 11:22.

On Montreal's next possession, Calvillo threw only his fifth interception of the season to Willie Pile.

The teams traded field goals again before the Alouettes finally mounted a TD drive capped by McPherson's five-yard run.

Prefontaine was good from 48 yards out on the final play of the first half to give Toronto a 16-13 lead.

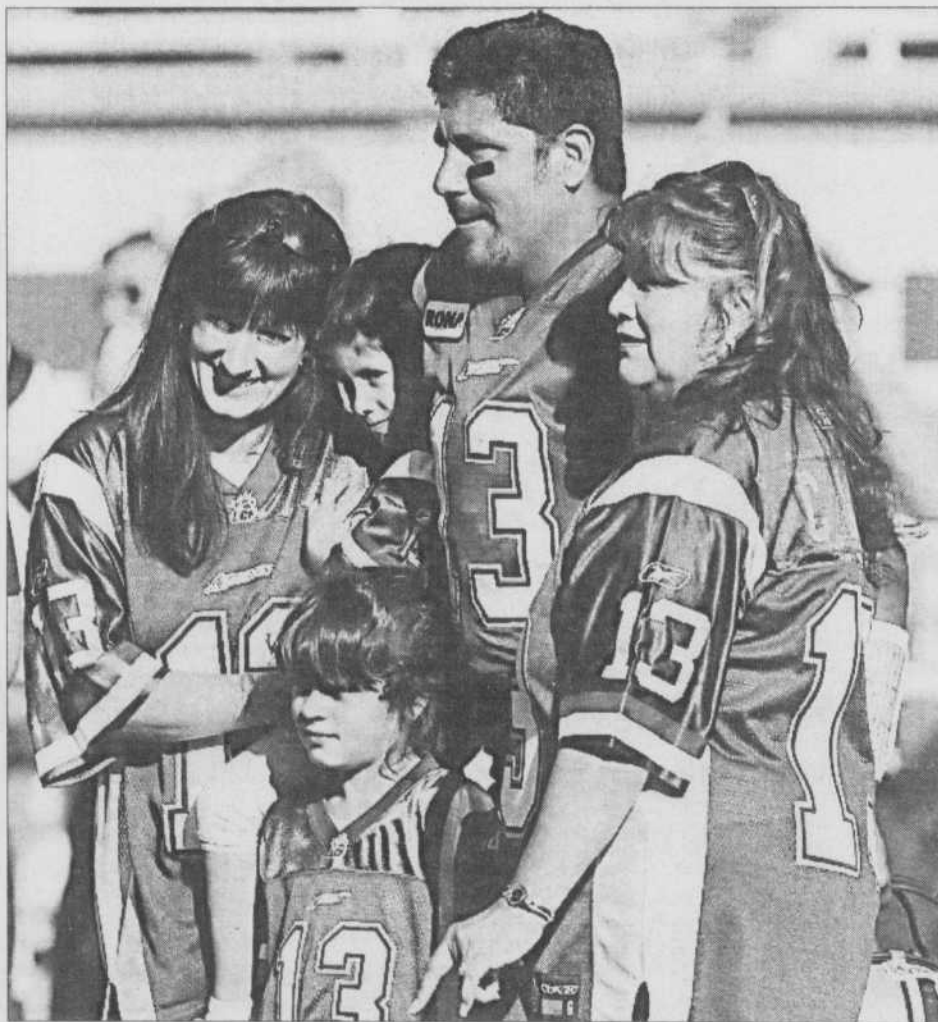
Anwar Stewart sacked Jyles for a safety to start the second half before Calvillo capped a seven-play scoring drive with a 19-yard TD run.

After a Prefontaine field goal, Calvillo hit Kerry Watkins with a 20-yard completion before a Brendan Whitaker run put the Alouettes on the Toronto 50-yard line.

That set up the record-setting toss by the 18-year veteran that brought the 23,960 spectators to their feet on a warm, sunny afternoon at Percival Molson Stadium.

During the tributes, Cohon urged Calvillo to "please keep playing, at least a few more years."

Calvillo, who has yet to decide whether to return next season, passed the 4,000-yard mark for the season and a 10th straight campaign. He completed 23 of 39 passes for 305 yards to bring his career total to 72,429.



THE CANADIAN PRESS/TOM BOLAND

Montreal Alouettes quarterback Anthony Calvillo celebrates with his family after completing a pass to become the CFL's all-time leading passer, completing a touchdown pass to Jamel Richardson during third quarter CFL football action against the Toronto Argonauts, Monday in Montreal.

On the record play, Richardson, the CFL's top receiver, recorded his sixth 100-yard game in the last seven games and also registered his league-leading 11th TD. Whitaker rushed 17 times for 126 yards.

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ASK DOCTOR K

Why am I tired all the time?

By Anthony L. Komaroff, M.D.

DEAR DR. K: Lately I find myself so tired all the time. I'm in my late 20s. I have a part-time job and go to school at night. I'm definitely busy and more than a little stressed. My doctor says I'm not anemic and my thyroid is fine. Should I be taking vitamins? Sleeping more? What else could the problem be?

DEAR READER: A lot of illnesses can drain energy from a person, including anemia and thyroid problems. But usually feeling tired all the time is not due to disease; it's due to life. I can easily understand why you might feel tired. You've got a lot on your plate. Several possibilities other than illness could be at play here.

Your hectic work and school schedule would cause anyone a lot of stress. Work and school both challenge you throughout the day and night, often dealing out nasty surprises like being asked to be in two places at the same time.

When you are faced with sudden and unexpected challenges, you're likely to experience what's called the fight-or-flight response. A sudden rush of stress hormones helps your body deliver a surge of energy to deal with challenges. But afterward you feel depleted. Repeatedly running on high-alert eats up your energy supply just as driving 80 mph guzzles your gas.

So how can you counter stress? When you feel stressed, try deep breathing (inhale as you silently count up to four, exhale as you count down to one) or another kind of relaxation. Practice meditation. Or consider behavior therapy, which helps you recognize — and defuse — your response to stress.

Depression and anxiety are two other common causes of feeling tired all the time. I ask my patients about certain "red flag" symptoms. Do you often feel sad, hopeless or worthless? Have you had problems with your appetite (too much or too little)? Are you having sleep problems or trouble concentrating or making decisions? If you have any of these, you could be suffering from depression.

The red flag symptoms for anxiety include many of the depression symptoms, plus restlessness, irritability and muscle tension. If you think you may be suffering from depression or anxiety, it's worth talking with your doctor. Frequent exercise, talk therapy and medication when needed can help ease these problems.

Too much sleep can leave you as tired as too little sleep. Aim for seven to eight hours of sleep at night; any more or any less have been associated with increased health problems.

What you eat and how active you are can have a huge effect on your energy. Regular exercise makes you sleep better, boosts your mood and helps melt stress. Small meals and snacks throughout the day maintain your energy level better than one or two large meals. That's true even if you get the same number of calories. Vitamin deficiency, particularly of vitamins B12 and D, can cause fatigue. Your doctor can test your blood for these deficiencies.

If you still feel worn out after trying some of these suggestions, call your doctor to schedule a more thorough exam.

But that probably won't be necessary: Making healthy changes now can energize you and ward off a full power outage.

DEAR DOCTOR K: I am starting to have trouble with my vision, especially when I'm reading. I just can't seem to focus on the words as well as I once did. But I've heard that wearing glasses to help me read will make my eyesight worse. Is that true?

DEAR READER: You can rest easy. Glasses won't make your eyesight worse. They will make it easier for you to enjoy reading, though.

Many people start having trouble reading in their mid-40s. That's because of a condition called presbyopia (prez-bee-OH-pee-ah), in which the lens of the eye has more trouble focusing on things. The closer the object, the more the lens has to flex so that you can see it clearly. With presbyopia, the lens slowly grows larger, thicker and less flexible.

I often tell patients to try this simple test. Hold a book about 6 inches in front of one eye (use a ruler). Odds are good that the print is blurry. That's because your lens can't flex enough.

You have several options for correcting presbyopia. The most common remedy is reading glasses. If you already wear glasses to see things in the distance more clearly, talk to an optometrist or ophthalmologist about bifocals, trifocals or progressive lenses. All of these types of glasses work for both distance vision and reading.

You can also get prescription contact lenses that correct the vision in one eye for reading and in the other for distance. This technique is called monovision. Multifocal contact lenses are another choice. Like bifocals, trifocals and progressive lenses, these contact lenses can improve both your distance vision and near vision.

Drugstores and many supermarkets now sell off-the-rack reading glasses at different magnifications. Some look quite jazzy, and they tend to be less expensive than prescription glasses. So my patients often ask me what's wrong with just buying them, instead of seeing an eye doctor. I tell them that sometimes the correction that seems to work in the drug store isn't really right, and that can strain your eyes.

There's an even more important reason to have regular eye exams. Eye conditions such as glaucoma can damage your eyes without your noticing — until it's too late to avoid permanent damage. Ask your doctor how often you should see an ophthalmologist or other eye care professional. The answer varies depending on your age, health, vision problems and family history.

Also, any person's vision is likely to change over time. Usually the changes are subtle, and you don't notice them at first. For example, I wear reading glasses, and last week I noticed that I wasn't seeing as clearly out of my right eye. The left was fine. And when my glasses were checked 18 months ago, my right eye was fine, too. But not anymore. I'm seeing the eye doctor next week. Maybe the lens in my right eye has gotten stiffer, or developed cataracts. The only way to know the problem, and fix it, is to get an eye exam.

DEAR DOCTOR K: At a recent medical visit for my heart condition, my doctor urged me again to quit smoking. At 70, I've quit repeatedly without lasting success. I've tried the patch. I've tried medicine. Neither has worked. Support

groups aren't for me. Being told over and over that I need to quit smoking just leaves me feeling depressed and weak. Can you offer me any hope?

DEAR READER: Yes, absolutely! The fact that you've tried so hard to quit smoking is a good sign: Wanting to quit is the necessary first step. I know you feel discouraged right now. I've had many patients in exactly your situation who have successfully become ex-smokers. That's why I'm going to encourage you to try again.

Nicotine is highly addictive. Willpower alone isn't enough when you're trying to quit. Fortunately, there are lots of tools to help you fight this addiction. Quit-smoking aids include nicotine-replacement patches, gum, lozenges, inhalers, sprays and medications. Toll-free "quitlines" can connect you to the help you need (find the quitline in your state at www.smokefree.gov).

None of these tools work miracles. Often they're more effective when combined. It's also true that one drug may work even if another one failed. So consider these options:

I know you tried the nicotine patch. Talk to your doctor about coupling the patch with a short-acting nicotine-replacement product such as nicotine gum, lozenge or inhaler. These products can help you to rapidly ease sudden cravings.

If the medicine prescribed for you didn't help, ask your doctor about trying a different drug. There are several drugs, and one may work even if another has not worked. And ask your doctor about combining medicine with a product that replaces nicotine.

You mentioned that support groups aren't for you. Did you know you don't need to join a group to be supported? While sitting comfortably at home with your slippers on, you can simply dial the national quit line at 1-800-QUIT-NOW. If you use the Internet, check the website at www.smokefree.gov. Smartphone apps designed to support quitting exist, too. All of these options have worked for other people — including people like you who have tried unsuccessfully in the past to quit.

There also are plenty of new treatments under development. For example, scientists are trying to create vaccines that cause a person's immune system to attack nicotine and keep it from reaching the brain. In theory, at least, this would deny you pleasurable feelings from smoking, thus helping you break the habit. There may be more useful tools to quit smoking coming down the road.

My advice? Please don't wait for exciting new treatments. Work with your doctor or a specialist in smoking cessation to tailor a plan that works for you. There are more ex-smokers in the U.S. today than smokers. And there are more effective treatments than ever before. So, please, try again. Your heart, lungs, family and friends will all thank you.

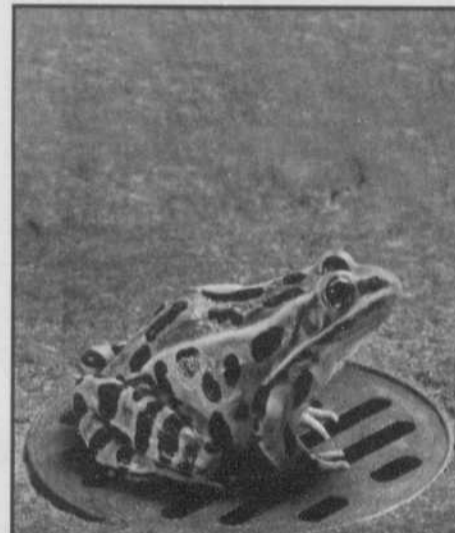
Dr. Komaroff is a physician and professor at Harvard Medical School. Go to his website to send questions and get additional information: www.AskDoctorK.com.

In Memoriam

LOWRY, Terry - On October 11, 2001, you left us so suddenly, we never had a chance to say goodbye or to say thank you for having been such a loving husband, father, brother, and son.

*Ten (10) years will have passed already
And we miss you,
But your memory will live on forever
In our hearts.*

**MAUREEN
and our children
ERIKA, NEIL, ADAM
as well as the extended
LOWRY FAMILY**



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LENNOXVILLE

Plenty of Fun at Sherbrooke Women's Connection, a part of Stonecroft Ministries Canada, on Thursday, October 13, 9:30 a.m., at the A.N.A.F. Hut, 300 St. Francis, Lennoxville. Fall Fair and Silent Auction. You may bring things such as preserves, baked goods, crafts and new or nearly new items. Please price your items. This event is to raise money for Christmas gifts for Village Missionaries across Canada. Plenty of joy - with a song in my heart! Speaker and soloist: Marcy Devers-Alves from Penacook, NH, recording artist, tells her story with humour and fun. Admission charged. RSVP before October 9/cancellations Shirley Bedard 819-843-7289 or sherbrookewc@yahoo.ca

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-877-790-2526, www.aa.org

LENNOXVILLE

500 cards starting on October 12. 500 cards will be played every Wednesday at 2 p.m. at the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville, and the last Wednesday of the month a Military Whist will be played. Come and have fun playing. Lunch and prizes. Everyone welcome.

LENNOXVILLE

The Ladies Auxiliary of the A.N.A.F. Unit 318 will hold their general meeting on October 12 starting at 7 p.m. The executive meeting will be held at 6:30 p.m. Members come and support your Unit.

LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, October 11 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, October 25 at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

SHERBROOKE

"Une vitrine pour les Artisans" Show and Sale on October 15 and 16 from 10 a.m. to 5 p.m. in the basement of the Immaculee Conception Church, corner of Larocque and McManamy, Sherbrooke. More than 45 artisans/producers.

AYER'S CLIFF

Fall Roast Beef Supper, with all of the trimmings, on Saturday, October 22 at Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Admission charged and everyone is welcome!

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, October 16 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham and much more. All welcome. Info: 819-346-9122.

LENNOXVILLE

The Hut's 11th annual Music Achievement Award will be held on Saturday, October 15 at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Live music from 3 p.m. to closing. All musicians welcome. Award presentation at 7 p.m. Canteen will be open. Admission charged. 18+. Info: 819-346-9122.

BULWER

Bulwer Q.F.A. will meet on Thursday, October 13 at 8:30 p.m. at the Community Centre. Pot luck lunch. All welcome.

AYER'S CLIFF

Ayer's Cliff QFA will be holding a meeting on Thursday Oct. 13 at 7:30 p.m. All welcome.

IVES HILL

Annual Family Bingo at Ives Hill Hall on Friday, October 14 at 7:30 p.m. Everyone welcome. Prizes for all ages. The annual Halloween Party will be held on Friday, October 28 at 7 p.m. For info contact: June Sutor at 819-837-2289 or Jennifer Sylvester at 819-835-1212.

SHERBROOKE

Financial Literacy is very important to all of us. CFUW Sherbrooke & District Club is devoting their October meeting to the topic of financial literacy for both members and the public. The presentation will feature small break-out groups after a short initial time of information. The date is Monday, October 17 and the venue is the Amedée Beaudoin Centre at 10 Samuel-Gratham St., Sherbrooke (Lennoxville). A short business meeting will take place at 7 p.m. followed by the financial literacy presentation at 7:45 p.m. The CFUW Sherbrooke & District Club welcomes men and women wishing to learn more about how to best manage their own financial situation. For further information, please contact 819-838-4312.

BURYILK

Annual Harvest & Hunters Supper will be held Saturday, October 15 at 5 p.m. at the Bury Armoury. Everyone welcome. Great meal! Organised by United Cultural Centre.

My attorneys have advised me to divorce, and my wife says they should be disbarred.

Dear Annie: My husband, our daughter and I made plans to visit my mother-in-law. Other family members will be in town, as well, including our older daughter (age 25) and her boyfriend. They live together.

My mother-in-law informed me that my daughter and her boyfriend would be sharing a bedroom. I can't control how my daughter lives, but I don't condone it. I emailed my mother-in-law, explaining that neither my husband nor I is comfortable with them sharing a room and didn't want to give our younger daughter the impression that this is OK.

I was shocked when my 80-year-old mother-in-law wrote back saying this was her home and she could do whatever she wanted. We've had issues in the past, and it is my belief that she is trying to infuriate me while also appearing "cool and hip" to my daughter. My husband and I are hurt that she cares nothing about our feelings.

What's worse is that in order to give my daughter and her boyfriend a bedroom, our younger daughter has been relegated to another relative's house. It would be so much easier if the two sisters shared the bedroom and the boyfriend slept on the sofa, especially since the girls rarely see each other.

We already bought the expensive plane tickets. Otherwise, we would cancel the trip. We considered staying in a motel, but the purpose of the visit is to

see the whole family, and we would miss out on any nighttime chats. Staying with our younger daughter is not possible. My husband and I are angry and don't know what to do. — Cool Grandma Doesn't Care

Dear Doesn't Care: Your mother-in-law can do as she pleases in her own home. She also doesn't particularly care about her son's feelings on the subject, not to mention yours. Stop trying to pressure her to see it your way. She has made her decision and prefers your daughter's boyfriend's company to yours. So be it. Your choice is to attend or not, and to stay there or not.

Since you are already going, we recommend you find other accommodations. Yes, you may miss out on some evening chats, but you should not be forced to endure a situation you find uncomfortable, and Mom should realize that you mean what you say.

Dear Annie: My mother-in-law passed away last week. My husband of three years notified my family members by email, and we received caring and thoughtful condolences from my siblings, but not one from my nieces and nephews.

I am hurt and upset that we received nothing from these young adults. An email response would have been fine, but they couldn't be bothered to take 10 seconds to press "reply" and say "sorry for your loss."

I feel quite differently about these relatives now and am worried that I will spend the rest of my life bitter over this disappointment. —

Annie's Mailbox

Canada

Dear Canada: It is not uncommon for young adults to be unaware of the need to respond to such an email. To them, it is a notification, and replying is awkward. Please don't let this fester. Send another email to those nieces and nephews. Say you hope the original email reached them, because you were disappointed and hurt that none of them expressed condolences.

Dear Annie: My wife and I have been married for 23 years. We recently separated due to our 18-year-old son's anger management issues and my wife's sick parents. She moved out nine months ago to take care of them.

Well, her parents died, and my son moved in with one of his friends. My wife's brothers are doing everything they can to cut her out of the estate and throw my son in jail (he has a felony on his record). Now my wife wants me back, but quite frankly, I do not want her back. I have moved on with my life and don't want the headaches that she and my son have brought me for the past three years.

My attorneys have advised me to divorce, and my wife says they should be disbarred. Any advice? — Mr. Soon-to-Be Ex

Dear Mr.: We realize your life has been difficult and unpleasant for three years, but still, you seem awfully eager to throw in the towel rather than explore what's left now that the major headaches have been mostly resolved. This is an opportunity to see if you and your wife still love each other and could make a good life together. Emotional exhaustion can interfere with your decision. Please get some counseling, with or without your wife. Make sure you are not tossing away the future good with the lousy past. A 23-year marriage deserves that much.

Dear Annie: Two years ago, my family

moved to the east coast. I am active in the community — volunteering at my children's elementary school and our church — and I also have a part-time job. My kids have made many friends and are doing well. The problem is their parents.

Both my husband's family and mine live in the Midwest, so making connections with people here is very important to us. We have had a couple of parties at our house in an effort to get to know people in our neighborhood. But no one ever invites us to their house or their parties. I meet lots of great people through my job, but only on a professional level. I've met parents through my kids' school and sports, but no real friendships have developed.

We recently joined a social group (I'm volunteering to help run it), and that has helped somewhat. But so far, only one family in our neighborhood has made any effort to get to know us better. The only parties I am invited to are the ones where I'm expected to buy something.

I like to think we are fun to be around since we have a lot of friends back home. Am I expecting too much, too soon? — Sad in the Suburbs

Dear Sad: We commend your efforts, but making new friends can be hard these days. Pick one couple in your neighborhood and invite them over. Do the same with a couple at school, church and perhaps one from work. See what you have in common, and try to build on that. You also could join a local club, choir, political organization, book club, community theater, art or photography group and see if that garners you some friends with shared interests. Several of our readers have suggested meetup.com, and you might give that a try as well. Good luck.

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

Florence Aldrich will be celebrating her 100th birthday on October 14.

There will be a party at Grace Christian Home in Huntingville on Thursday, October 13 from 2 p.m. to 4 p.m.

Everyone welcome.
Best wishes only.

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: P equals V

"IPIDNRYCN ZLTDLZ RN FBFLTFLFGS
LVIFD VIDYIZ. EYD BI, FL JTZ OVXOA
RIDDN TGC BXCCN JTLIDZ." - AIFLV
DFOVTD CZ

Previous Solution: "No pessimist ever discovered the secret of the stars or sailed to an uncharted land." - Helen Keller
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KIT N' CARLYLE



HERMAN



"I'm not interested in excuses, Mildew. You're four minutes late."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Richmond County W.I.

The semiannual meeting of the Richmond County W.I. was held on September 26 at the Valley View Hall. Hostesses Edna Smith, Edith Farrant and Jean Storry welcomed members to their decorated Hall. The anticipated event being a "Halloween Social Afternoon", Oct. 6 at 1:30 p.m. Great fun, great lunch and all welcome. The meeting was chaired by President Marge Lancaster. Estelle Blouin as secretary, and Ruth Mountain, Treasurer, unable to attend, sent in a favourable report. Some points of interest: Vera Hughes, convenor of Health, Community Living, Cindy Jackson, Agriculture, Patricia Keenan, Education and Personal Development and Eileen Perkins, Publicity, all gave reports. Highlights included the local Richmond Fair. All branches contribute to prizes and ideas to encourage participation, especially with the children. The Interbranch Competition - Make a "quillo" - was won by the Cleveland Branch, Peggy Healy, second ribbon went to Richmond Young Women, Joyce Mastine, third to Spooner Pond, Vera Hughes. President's Essays and our County's Bursaries were interesting news to the members. Also, Spooner Pond and Gore branches had "planted a tree". Recupex pick up, Sailor's boxes, and the bus trip in June, which included W.I. ladies from Lennoxville. It was reported a great celebration, our QWI 100th anniversary. Bravo! We do have a lot to celebrate and be thankful for.

Respectfully submitted by
Eileen Perkins, Publicity

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