

St-Armand:

Small town
does just
fine with
two languages

General Store:

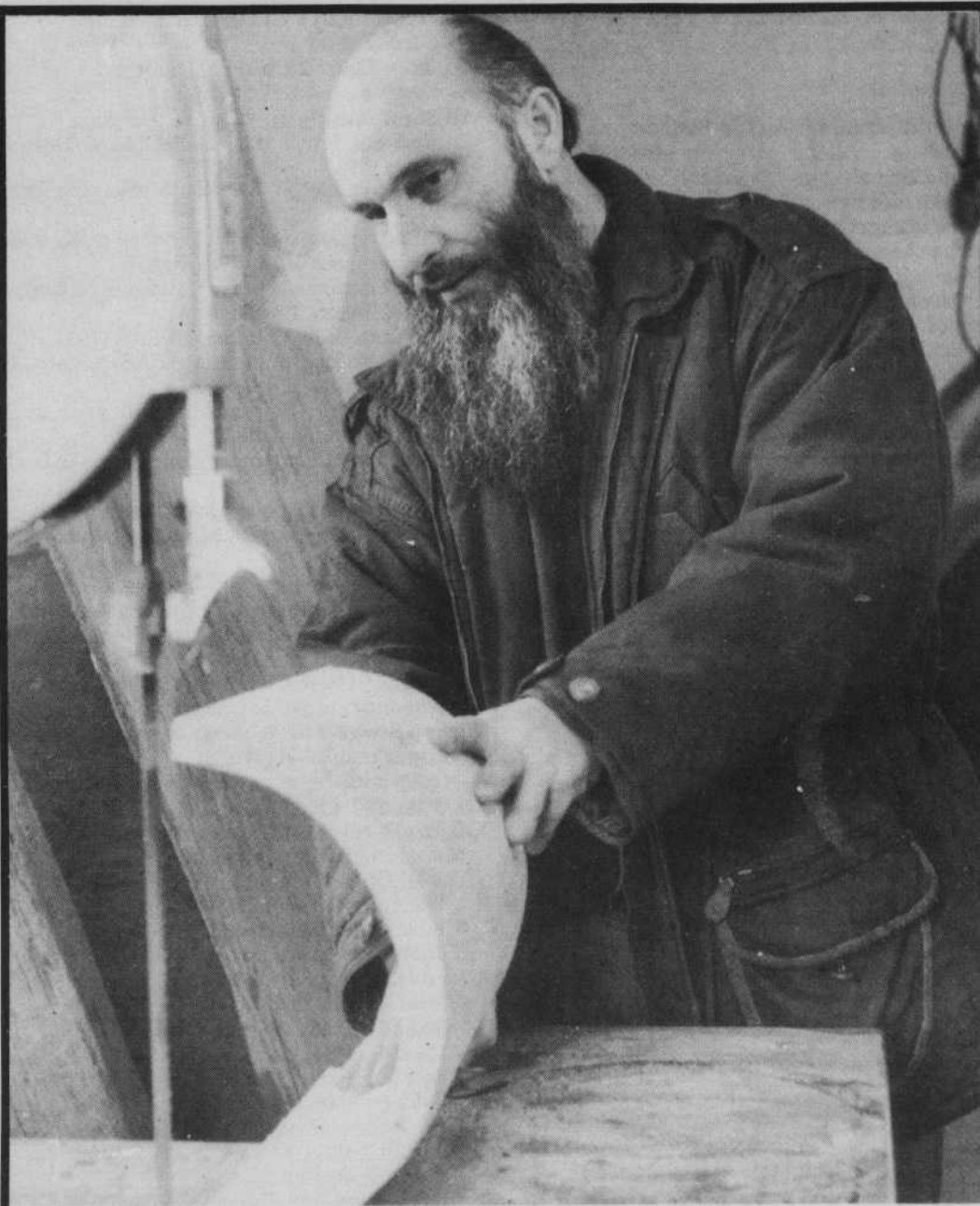
If it isn't
for sale
you probably
don't want it

Stop smoking:

Laser therapy
might work
if you really
want it to

Brome Closet:

McCully rings
in the New
Year with
a wish-list



Artist Handles Nature With Care

See page 5

PHOTO/CAROLINE KUTSCHKE

Auberge
**LOFT
ACRES**
Country Inn
★★★★

Plan your
**New Year's
Party**



RTE 139 WEST BROME P.O., 514-263-3294

BLUE
ARMOIRE
BLEUE

**THOSE REFINED GIFTS
& DISCOVERIES...**

*The Blue Box
with the Gold Dot*

30 LAKESIDE
KNOWLTON, QUEBEC

514-243-0130

Brome County Community Billboard

Community Calendar

Friday, January 3

Brome Lake Singles meet at 7:30 at 1080 Knowlton Road, West Brome. Program: Orientation for new members, planing of activities. Cost \$1.50 members, \$2.50 non members. For more info call 266-0583.

January 9 and 16

Kay and Bill Burton, respected instructors in round dancing, will be offering classes in Basic Round Dance steps. There will be an open house at which all interested dancers are invited to attend a free introduction to this enjoyable form of recreation and exercise. Classes will be held at the United Church Hall, 203 Principale, Cowansville at 8:00pm. Casual dress and soft-soled shoes are recommended. Further information may be obtained from Pat Potvin, 263-3809 or Jean de la Mare 263-1061.

Church Services

St. Edouard Church, Knowlton

— Saturday: 7 p.m. Eucharistic Celebration, French

— Sunday: 9 a.m. English, 10:30 a.m. French

St. Paul's Anglican Church, Knowlton.

— 8 a.m. Every Sunday: Holy communion book of common prayer.

— 10 a.m. 1st, 2nd and 4th Sunday of the month: Holy communion. 3rd Sunday: Morning prayer.

Parish of Brome Anglican

Fourth Sunday

— 9:30 a.m. Ascension, West Brome

— 2:30 p.m. St. Aiden, Sutton Junction

— 11 a.m. Holy Trinity, Iron Hill

— 11 a.m. St. John Evangelist, Brome

Grace Anglican Church, Principale Street in Sutton

— Sundays: 10:30 a.m. Holy Eucharist

— Christmas Eve service: 11 p.m.

Calvary United Church, Pleasant and Maple St. in Sutton

— Sunday: 11:30 a.m.

Olivet Baptist Church, Maple Street in Sutton

— Sunday: 11:30 a.m.

St-André de Sutton, Main Street North

— Saturday: 7 p.m.

— Sunday: 8 a.m. and 11 a.m.

All Saints Anglican Church, Abercorn

— Sunday: 9:15 a.m.

— Christmas Eve service: 9 p.m.

St-Simon d'Abercorn

— Sunday: 9:30 a.m.

Notre Dame des Graces, Glen Sutton

— Sunday: 8:30 a.m.

Dunham United Church, Dunham

— Regular service 9:30 a.m.

All Saints Anglican Church, Dunham

— first Sunday of the month: Choral Eucharist (BCP)

— third Sunday of the month: Morning Prayer (BCP)

— second, fourth, and fifth Sundays of the month: Choral Eucharist BAS (1962 Rite)

Note-Book of common prayer is used in all festivals.

Trinity Church, Cowansville

— 9:00 a.m. Holy Communion BAS (1962 Rite)

— 10:30 a.m. Holy Communion BAS (Modern Rite) and church school.

Christ Church, Cowansville, will meet at 330 Bruce Blvd, Cowansville

— 10 a.m. Holy Communion according to the Book of Common Prayer

(There will be only one service of worship each Sunday in the Cowansville-area United Church. All services are at 9:30.)

Cowansville area pastoral charge

— Sunday Worship in East Farnham at 9:30

— Emmanuel United in Cowansville, worship and Sunday school at 11 o'clock.

Emmanuel United Church, Cowansville

— Worship and Sunday school at 11.

Bishop Stewert Memorial Church of The Holy Trinity, Frelighsburg

— 9:00 a.m. Services and Church School Holy Communion-BAS

(Modern Rite) except fourth Sunday each month where morning prayer is said.

Granby United Church, 101 Principale Street

— Worship and Sunday School 11:00

— Bible Study Tuesday 12 noon-1 p.m.

St. James the Apostle, Stanbridge East.

(Monthly schedule of 10:30 a.m. services)

— First Sunday, Holy Communion (BCP).

— Second Sunday morning prayer (BCP).

— Third Sunday 1962 Eucharist (BAS).

— Fourth Sunday, Modern Eucharist (BAS).

— Fifth Sunday, Morning Prayer (BAS).

Bethel Pentecostal Church, South Bolton.

— Sunday School 10 a.m.

— morning worship 11 a.m.

— evening worship, 7 p.m.

— Wednesday Prayer service: 7 p.m.

St-Cajétan, Mansonville.

— Saturday: 7 p.m.; Sunday: 9 a.m.

— Tuesday: 7 p.m.; Thursday: 7 p.m.

St-Thomas Apôtre, South Bolton.

— Sunday: 11 a.m.

— Friday: 10 a.m.

Arts Calendar

Saturday, January 25

Visual Arts workshops for children ages 6-13 years, at 10:00am at the **Arts Sutton Gallery.** There will be an introduction to simple techniques in relief on linoleum under the guidance of Marcel Bellerive.

Arts Sutton Gallery, 7 Academy St., Sutton. Linocuts by: Denis Beaudin, Francine Beauvais, Bruno Joyal, Camille Leduc and Albert Wallot. Vernissage: Saturday, Jan. 4 from 2pm to 5pm. Open Thursday, Friday, Sunday from 1pm to 5pm. Saturday from 10am 12, 1pm to 5pm. The gallery also presents an ongoing exhibition entitled **Transparency.** The exhibit will include the works of 30 artists who explore the "see-through" possibilities of glass, plexiglass, acetate, paper, acrylic, watercolor and oils.

Community Notes

Mothers, fathers and caregivers are invited to come with their children, newborn to five-years old, for a morning of **socializing and play** at the sports and cultural centre, located at 20 Church Street in Bromont, every Tuesday and Thursday mornings from 9:30-11:30. It's free.

Flea market at 910 Main street, Cowansville, every Saturday, from 9-4. For information, call 263-0461.

Brome Community billboard is published as a free service to the community. If you have a notice you wish to have appear in the Billboard send it to: Brome County Community Billboard, c/o The Record, 88 Lakeside Road, Brome Lake, Quebec J0E 1V0; or 2850 Delorme, Sherbrooke, Quebec J1K 1A1. Or just drop by the Knowlton office. Material must be received by Monday noon the week of publication. Always be sure to include a phone number.

the Record

CIRCULATION DEPT. 819-569-9528 FAX: (819) 569-3945
KNOWLTON OFF.: 514-243-0088 FAX: 514-243-5155

Randy Kinnear, Publisher	569-9511
Charles Bury, Editor	569-6345
Lloyd G. Scheib, Advertising Manager	569-9525
Richard Lessard, Production Manager	569-9931
Mark Guillette, Press Superintendent	569-9931
Guy Renaud, Graphics	569-4856
Francine Thibault, Composition	569-9931

Subscriptions by Carrier:

weekly: \$1.80

Subscriptions by Mail:

Canada: 1 year- \$78.00

6 months- \$39.00

3 months- \$19.50

1 month- \$16.00

U.S. & Foreign: 1 year- \$159.00

6 months- \$97.00

3 months- \$65.00

1 month- \$34.00

These prices do not include GST.

Back copies of The Record are available at the following prices: Copies ordered within a month of publication: 60c per copy. Copies ordered more than a month after publication: \$1.10 per copy.

Established February 9, 1897, incorporating the Sherbrooke Gazette (est. 1837) and the Sherbrooke Examiner (est. 1879).

Published Monday to Friday by The Record Division, Groupe Quebecor Inc. Offices and plant located at 2850 Delorme Street, Sherbrooke, Quebec, J1K 1A1.

Publications Mail Registration No. 1064.



Member of Canadian Press
Member of the
Audit Bureau of Circulation

Best Wishes for
a Safe and Healthy
New Year
From Everyone at
The Record.

St-Armand beats the odds

By Sharon McCully

ST-ARMAND — Call it the eighth wonder of the world. This small village of 1000, which borders the United States along Lake Champlain, seems to have bucked the tide.

In spite of the perceived cultural and economic threat of living less than five kilometres from the American border this town, which is home to both farmers and internationally known French writers and artists, appears to have insulated itself from many of the economic and political woes facing small Quebec municipalities.

Common sense and neighborly respect remain the cornerstones of municipal politics.

You might say Brent Chamberlin, mayor of this bilingual town, is just carrying on a family tradition.

"My father was on town council either as a councillor or mayor for 17 years," the 40-year-old farmer, mechanic, horse breeder, and Canada Customs agent said in an interview this week.

WHAT LANGUAGE PROBLEM?

The fluently bilingual anglophone couldn't even say for sure in which language he conducts council meetings.

"Both, I guess," he said, after thinking about it for a moment. "Everyone is so bilingual here we go from French to English without even noticing we've changed languages. But mostly we speak French."

Chamberlin says the picturesque village has escaped the hook of developers because of its rich and fertile farmland. "All the land is zoned for farming so you couldn't build on it even if you wanted to," Chamberlin said.

The quiet and scenic farm community, which boasts the longest stretch of frontage along Lake Champlain, is recognized as one of Quebec's most fertile farmlands.

"It's one of the largest grain producing communities in North America, and we also have some of the better dairy cattle," said Chamberlin who farms some 1000 acres of land in the town himself.

SAVINGS ACCOUNT

But St-Armand has other claims to fame as well. Like its 32 cent mill rate for municipal taxes — plus money in the bank.

"When the tax money comes in I put it in term deposits," Chamberlin said. The town also claims the smallest covered bridge in Quebec, three active quarries, a general store that sells soup, nuts for your out-board motor, and a unique limestone vein.

And each fall, hundreds of thousands of snow geese make St-Armand their last stop to fat-

ten up on corn before heading south for the winter.

The town's lumber mill, which until recently employed 20, is now the latest victim of the recession.

In anticipation of some 70 kilometres of dirt road bequeathed to the municipality in the municipal reform package drafted by municipal affairs minister Claude Ryan, the town plans to purchase a new grader this year.

PAY CASH

"We'll pay cash for the grader," Chamberlin said proudly. "We'll shop around and maybe get a good second hand one that we'll have whether the reforms go through or not." And when the town completes planned renovations on its historic town hall this year, those bills will be paid from cash reserves as well.

The former railway station, converted into the town headquarters and community center, got some help from the unlikely partner, Hydro Quebec.

"Five or six years ago when Hydro wanted to construct installations in our town to sell power to the United States, they gave a percentage of the cost of the installation to the town for a

worthwhile project," explained Chamberlin. But not before one St-Armand farmer — and former UPA executive — took the utility to court to ensure the route chosen would not adversely affect farmland.

COURT CASE

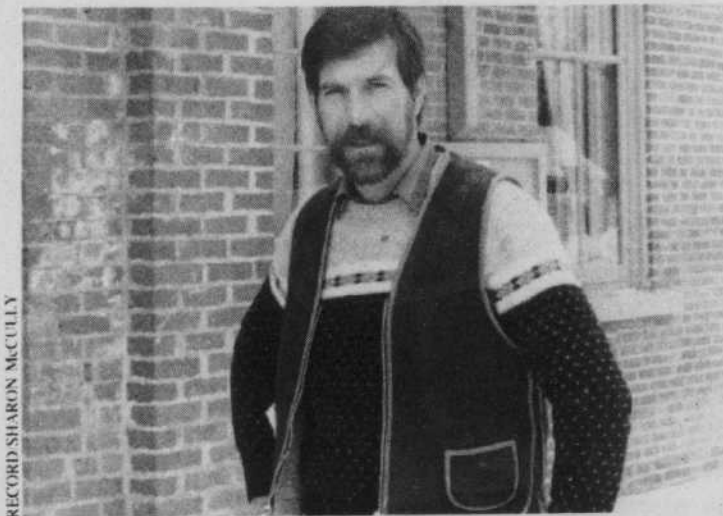
Chamberlin says the town coffers are in good shape because of good and careful management. This, in spite of spending \$35,000 in court costs last year to successfully defend the town against charges from the former municipal secretary of wrongful dismissal.

"We don't spend any money on anything we don't have to," Chamberlin said. The town recently signed an agreement with neighboring Philipsburg for fire protection services, and it provides its own sand and snow removal for winter road maintenance. An inter-municipal agreement takes care of garbage collection.

"We don't have sidewalks and we don't want them," Chamberlin added.

And townsfolk have, for the most part, solved the environmental problem of sewage disposal.

See ST-ARMAND, page 4.



Chamberlin: "We don't spend money on anything we don't have to."



the Record

DEBBIE POWELL
Advertising Consultant

Tel.: (514) 243-0088
Fax: (514) 243-5155



**MACONNERIE
BISSONNETTE
INC.**

- contractors
- bricklayers
- masons
- specialty: fireplaces

Thank you
to all my customers
for their patronage

J. Charles Bissonnette
Abercorn 538-2583

Roméo Bissonnette
Sutton 538-3230

**Turner, Lavin,
Monk & Farr**

BARRISTERS & SOLICITORS

We wish you all
a happy holiday

Season's Greetings

314 Principale
Cowansville
Tel: 263-4077

277 Knowlton Rd.
Knowlton
Tel: 242-1352



PLOMBERIE GILBERT

- Chauffage • Brûleurs à l'huile
- Pompes à eau • Champs d'épuration
- Heating • Oil Burner • Water Pump
- Drainage Field

PLOMBERIE — PLUMBING

243-6785

49 Mont Echo, Knowlton



Use coupon for
money at par
till Jan. 15/92

Sport Cards & Supplies

- UPPER DECK
 - SCORE
 - FLEER
 - DONRUSS
 - TOPPS
 - PRO SET
 - CLASSIC
 - BOWMAN
 - PLATNIUM
 - STADIUM
- WAX PACKS & SETS
ALL CARDS AT GOOD PRICES
IN BUSINESS FOR
THE KIDS

Spears Pharmacy

Main St. Enosburg Falls, Vt. 802-933-8300



**The Old
My-T-Fine**

Creamery Restaurant Inc.

Season's Greetings!

Specializing in:
Homemade Soup
Steak & Spaghetti
Generous portions
— Fully licensed

Look for the blue roof

73 First Street
Swanton, Vt.
Tel: 802-868-4616





the Record

Nancy Gunson
Advertising Consultant

Tél.: (514) 243-0088
Fax: (514) 243-5155



Studio
Bow Image enr.

**Fitness Center
Lose Inches**

Special Senior Rates
Gift Certificates Available

Prop.: Linda & Lynn

255 Knowlton Rd.,
Knowlton
The Boardwalk

Hours:
Mon. to Fri. 8:00 a.m. to 8:00 p.m.
Sat. 8:30 a.m. to 1:30 p.m.

☎ 243-5911



**Pièces d'auto
Cowansville (1988) enrg.**

ASSOCIÉ

Propriétaires:
Mr. Réjean Beaulieu
Mr. Alain Beaulieu
232 Principale St.
Cowansville

**RADIATOR
SALES & REPAIRS**

Tel: (514) 263-0904

CENTRE LASER THÉRAPIE

TRAITEMENTS

**ARRÊTEZ DE FUMER
STOP SMOKING
STRESS**

Jacqueline Dufresne: Therapist
512 Knowlton Rd. Rm 7, Knowlton

By appointment only:
514-242-1472



The new RESTAURANT
SANTIAGO

cuisine française

212, rue Maple
Sutton, Québec

B & B
Reservations (514) 538-2660

A New Year wish-list for some of our favorite people

Some of our favorite people have major challenges ahead of them in 1992 and I thought it only right to offer them these small tokens for the new year:

For Cowansville mayor Jacques Charbonneau: A jug of town water and a port-o-let.

Premier Robert Bourassa: A picket fence with multiple-sized posts.

Knowlton Pub owner Gerry Wood: A teeny-bopper beeper.

Environment Minister Pierre Paradis: A week fishing on the Pike River.

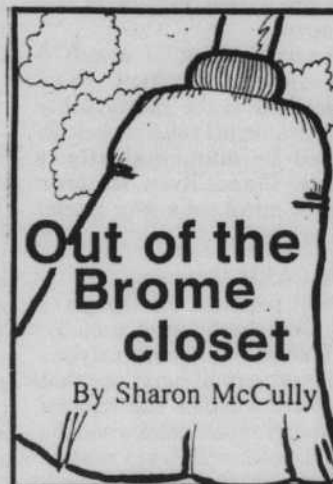
Record editor Charles Bury: A diet that includes donuts.

Brome Lake Mayor Homer Blackwood: Councillor Michael Caluori.

PQ leader Jacques Parizeau: A supply of do-it-yourself passport and currency kits.

Bernard Landry: Army-pop-guns that backfire.

MP Gabrielle Bertrand: A pair of embossed scissors to reflect good Conservative acts



at official ribbon-cuttings.

Knowlton merchants: A weeping willow for weekend browsers to sit under in Colbrook Park.

Constitutional Affairs Minister Joe Clark: A kiosk at Barnum & Bailey's travelling circus.

Action Quebec: A copy of the

History of Quebec prior to 1976.

Prime Minister Brian Mulroney: A case of Crazy Glue to hold the country together (GST included), until he can stick the blame on someone else.

Justice Minister Gil Remillard: A day in Cowansville court.

Municipal Affairs Minister Claude Ryan: A fair price for his collection of Keystone Cops.

Eastern Townships Tourist Association: A guided tour of the Eastern Townships.

Bloc Quebecois leader Lucien Bouchard: A diplomatic exchange with Reed Scowen.

Sutton Township Mayor Raymond Robilliard: A Vanna White look-alike to spin the wheel and help him make a decision.

Equality party leader Robert Libman: Followers.

To all of you: A sense of humor and a very happy New Year.

ST-ARMAND:



Mayor Chamberlin at town hall.

RECORD SHARON McCULLY

From last page

sal at no cost to taxpayers.

MOST HAVE SYSTEM

Most people, except for a few in the town have their own septic systems," Chamberlin said.

"Those in town with enough land will have to put in their own systems at their own cost."

Chamberlin said the town has agreed to provide town land at no charge to the four or five

remaining households to install septic tanks.

"I hope by the fall of '92 they'll all be done and it won't cost the town a penny," he said.

Chamberlin describes the town he grew up in and now administers a "quiet, safe, and nice place to bring up a family."

"I shouldn't say it, but a lot of people leave their doors unlocked and keys in their cars," he said. "I don't know how long it can stay like that, but so far we've been lucky. I can honestly say I've never seen a provincial police car drive down the street here in 13 years."

"We're pretty proud of our town and our record," Chamberlin said.

**BRUCE RUMSBY & SONS
TRANSPORT INC.**

Happy New Year to All

EAST FARNHAM
TEL: 263-3415



Artist follows natural flow to create furniture

By Caroline Kutschke

BOLTON CENTER — While the rest of the western world is still getting used to recycling garbage, Lorne Whitehead has been recycling nature's own refuse for the last 25 years.

He calls it functional art. Darlene, his wife, calls it "his gift."

Whatever the name, Whitehead is probably the only woodworker in the area known to make furniture and other home objects from scratch.

That is, he starts with a log and ends with a polished, hand-made log chest. Or, he starts with a slice cut off a 110-year-old fallen willow tree and ends with a polished one-of-a-kind kitchen table.

Or, he goes into the woods, finds just the right type of fallen

or diseased tree, or tree roots, and creates more uniquely hand-crafted furniture.

SPECIAL PIECE

"It's almost endless what you can find," says Whitehead, 47. "You can make so many things, and there's always that one special piece."

Whitehead lives in a fairy tale-like home featured in two *Tours des Arts*, tours of Eastern Townships artists in their home workshops. His house is likened by friends to the fabled Hobbit Hut because of its interior decorating and furniture.

But the main work goes on in the workshop behind his house. There, Whitehead works with equipment he built or restructured to fit logs, or with handtools which he says do the work just as effectively.

The wood is dried for about three months in a space above the living room where the temperature can get as high as 80 degrees Fahrenheit.

"I've also been known to use my wife's oven," to force-dry the wood, which takes seven to eight days, he adds.

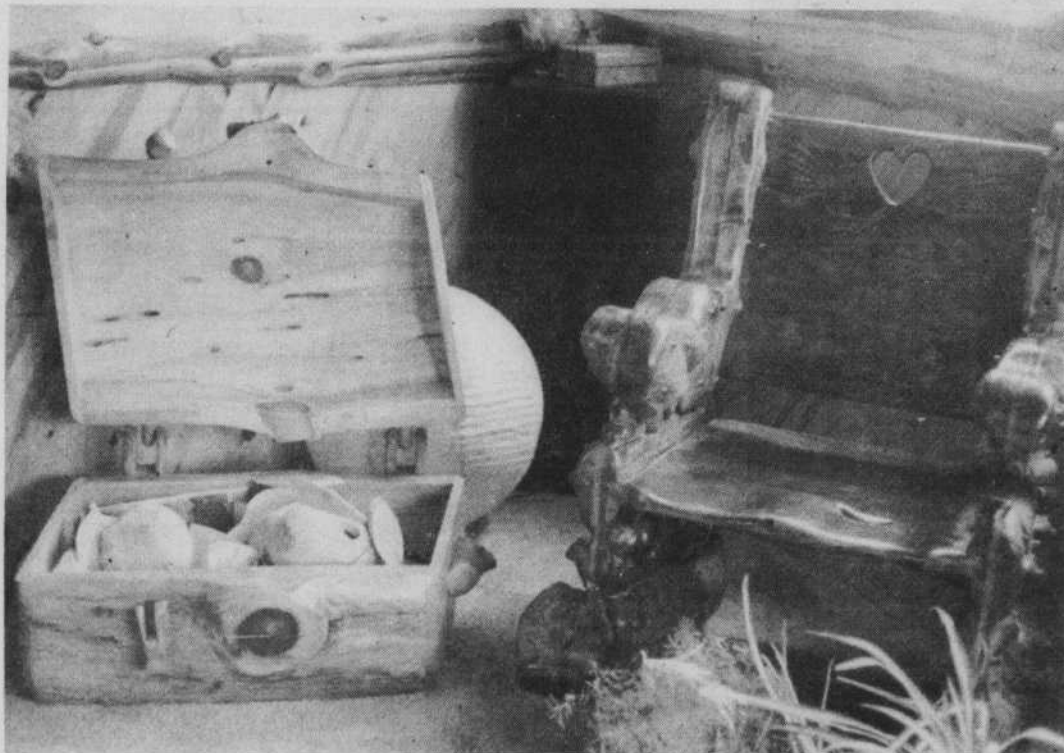
Entirely self-taught, Whitehead makes a point of using and keeping the wood's natural shape.

NATURAL FLOW


"It's a different form (of woodworking), but simple. Wood is usually cut in all straight lines, but this follows the natural flow," Whitehead explained.

Starting from scratch was born of his natural creative spirit and of necessity.

"I mainly needed to have my Please see ARTIST, page 6.



Lorne Whitehead calls his pieces 'functional art.'



la caisse populaire
de waterloo

CENTRE DE SERVICES
459 RUE KNOWLTON
VILLE DE LAC BROME
242-1270

SIÈGE SOCIAL
4990 RUE FOSTER / C.P. 200
WATERLOO
(514) 539-1023



HEATING OIL
DIESEL
LUBRICANTS

KNOWLTON
Paul Lavigne
☎ 242-1122

COWANSVILLE
Jean Paul Falardeau
☎ 266-0522

Florist Flowers & Things

25 Main St. **Sutton** 538-8269

JAN.-25-50% SALE

plants, gifts, decorations

1992 Weddings

Book your wedding in January and we will pay the GST and PST. Call for an appointment: 538-8269.



Duvet Plus

25 Main St. **Sutton** 538-8269

Down is Down

Special Reduction on Duvets
(White Goose Down)

	1991 Price	1992 Price	Our Price
Twin	218.	205.	\$154.
Double	270.	256.	\$192.
Queen	300.	286.	\$214.
King	364.	334.	\$250.

Many other household linens 25-75%
for **JAN. WHITE SALE**

OCCUPATIONAL HEALTH AND SAFETY

We all agree, it's vital.

CSST

W.D. Duke Associates Ltd.

Business Consultants and Estate Settlements
Income tax, Farm transfers, Computer,
Bookkeeping and Accounting Services

W.D. Duke, C.A. W.G. Duke, M.B.A.
V. Duke, Estate Officer
Peter Giddings, C.A. J.R. Boule, Consultant

109 William St.
Cowansville, Que. J2K 1K9
(514) 263-4123
Fax: 263-3489

316 Knowlton Rd.
Knowlton, Que. JOE 1V0
(514) 243-5021

Serving the Eastern Townships community for 30 years



the Record

Thelma Wright
Advertising Consultant

(819) 569-9525
FAX: (819) 569-3945

ARTIST:

own furniture," he said. When he and his wife couldn't afford a contractor or the furniture when they began renovating seven years ago, they simply used what they had, Darlene Whitehead added.

And it has proven cost-effective. "It's the simplest and most natural way," Whitehead

says. And there is a certain satisfaction in "using the natural resources of the area that are not inflated to the point that you can't afford to use them anymore."

"I can go out, cut my own wood, dry it and have a finished product. You never stop learning," he added. "You're always learning new ideas or new techniques. It's a never ending process."

TOUGH LIVING

He's received many compliments, but admits it's a tough way to make a living. This process can take between two and seven months, depending upon the size of the project.

His work is sold by word of mouth and interested buyers simply drop in.

"They don't every day, but it happens often," he says. "I'm not making my living doing this, but I would like to."

Instead, Whitehead teaches woodworking three times a week in Mansonville.

"But I'm not saying I'm out to make money," he added. "I just want to be happy doing what

I do."

His philosophical approach to woodworking is admittedly unconventional, but it works for Whitehead. There may be "a certain stigma" against it, he says, and "you won't get too many people to agree — things just aren't done that way, or it's not considered normal, but there are ways around these things."

"I'm not saying it's a practical way," he added, but so far, it's kept him going. Darlene says it's only a matter of time before things pick up.

"I'm not selling on a heavy duty scale, but it's happening," he says. "It almost sounds like it shouldn't be possible, but it is." Whitehead has for the most part given up exhibiting his work in shows or stores. "It's hard to take my work to a show when my whole place is a show," he says.

"That's why *Tours des Arts* worked so well for us. People really respond to it," Darlene adds. "Marble floors and grey walls don't do a thing for this, which really needs a natural environment to look like it belongs."

HOLIDAY SALE

Santana

Aquatherm Boots

starting at

\$39⁹⁹

Nylon boots

starting at

\$19⁹⁹

leather boots

starting at

\$29⁹⁹



AQUATHERM
SANTANA • CANADA

Vast choice of
men's & women's
shoes

BROMONT

MAGOG

SHERBROOKE



Business hours:
Monday to Friday: 9 A.M. to 9 P.M.
Saturday: 9 A.M. to 5 P.M.
Sunday: 11 a.m. to 5 p.m.

BROMONT
Monday, Tuesday, Wednesday: 10 A.M. to 6 P.M.
Thursday, Friday: 10 A.M. to 9 P.M.
Saturday, Sunday: 10 A.M. to 6 P.M.

GUY LUSSIER, Prop.

Tel: (514) 539-2833
FAX: 539-1709

Season's
Greetings

METRO

Foyers
Fêtes

SUPER MARCHÉ

Lucien **Lussier Inc.**
SUPER MARKET

4615, rue Foster WATERLOO (Quebec)

JOE 2N0

Patisserie Fergy

281 Knowlton Road, Knowlton
243-4168

Reserve your couronne
des rois, cakes,
meat pies, chicken pies,
fruit cakes, chocolates...

Fresh Scottish scones and
bread baked daily

ALL HOMEMADE

SEASON'S GREETINGS

General store sells it all

By Sharon McCully

ST-ARMAND — Seventeen-year-old Annie Tremblay has discovered a unique way to spend her weekends and make money too.

"People find it funny that a girl my age likes to work in a store like this, but I love it," Tremblay says enthusiastically, throwing her arms in the air.

Annie works in St-Armand's one and only store. But when the store is like Jacques Benoit's general store, which sells everything from boots to bananas, one store in town is enough.

"We sell boots and cords and shovels and electric wires and work boots and window panes and *plomberie*," she said, searching for the word for plumbing supplies in English.

"It's so exciting. Old people love the store because it's the kind of store they used to go to when they were young," she said. "And a lot of people who

come here just for the weekend are amused," Annie adds.

YOUNG FOLK
One of the perks for Annie, a high school student in this quiet town, is the weekend infusion of city teenagers.

"Lots of visitors bring people my age to town, and I like that," she said.

Annie says it's also fun to meet some of the well-known people who wander into the store.

Among those she recalled were *La Presse* newspaper writer Pierre Foglia who owns a home in the town and radio and TV personality Raoul Duguay. "There's another guy who's a famous writer who comes here too," she added.

In addition to the interesting people, Annie likes to read the labels on the merchandise, many of which are products of another age.

"Look at this," she says giggling as she reads a remedy to remove fleas. From ceiling to floor, the store is a melange of household essentials.

"There are no luxuries here." Please see STORE, page 8.



the Record

Lynda Bellavance
Advertising Consultant

Tél.: (514) 243-0088
Fax: (514) 243-5155



Annie Tremblay sells just about EVERYTHING.

Blouin's

Three Locations To Serve You Better!

Swanton Richford
St. Albans



WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ILLUSTRATIONS ARE FOR DESIGN PURPOSES ONLY AND DO NOT NECESSARILY DEPICT THE ITEMS ON SALE. WE ARE NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. NOT ALL ITEMS AVAILABLE IN ALL STORES.

Prices in Effect
December 30 - January 5, 1992

TOP QUALITY MEATS

5 Lbs or More
Fresh Chicken
Leg Quarters

39¢ lb.

Boneless
Chuck Roast

1.59 lb.

Boneless
Pork Roast

2.89 lb.

FRESH DAILY PRODUCE

Golden
Bananas

3 lbs./ **1.00**

Florida
Tangerines

6/ **99¢**

Juicy
Limes or
Lemons

4/ **99¢**



Fresh
Salmon Steak

5.99 lb.

FRESH CATCH

Cajun Style
Fresh
Catfish Fillet

5.79 lb.



Sliced Steaks
Swordfish

5.99 lb.

With This **IGA** Coupon
IGA 1% Lowfat Milk
Half Gallon

2/\$1

With This **IGA** Coupon
Ragu Spaghetti Sauce
28 - 30 Oz. Traditional or Fine Italian

.99

With This **IGA** Coupon
IGA Orange Juice
64 Oz. Chilled

.89

**The Kidney
Foundation
of Canada**

Please sign an
organ donor card...
today.

Salon
Entre Amies
Beauty salon
for ladies & men
Chantale Favreau
Carole McDonald
Susan Favreau
Happy New Year
(514) 538-0117
14 PRINCIPALE SUD, SUTTON, QUÉBEC J0E 2K0

Centre dentaire
Roger Berger
Place Sutton
C.P. 519, 20, rue Principale N.
Sutton (Qc)
J0E 2K0
(514) 538-1767
Happy New Year
DR. ROGER BERGER
Chirurgien dentiste - Dental surgeon

D & P Discount Foods
• general merchandise
• tobacco
• cat / dog food
Great Prices
OPEN Mon.-Sat. 9-4 p.m.
2 River St. (across from Rexall drugstore)
Richford, VT 933-2485

JR's
a restaurant
and gathering
Rte 118
Main St.
Montgomery
Center
Vermont
(802)
326-4682
BEAT THE GST BLUES
JR'S SUNDAY BRUNCH 10:00 A.M. to 2:00 P.M.
Dinners served 6 p.m. to 10 p.m.
7 nites - reservation accepted
**FOR GREAT FOOD
GOOD ATMOSPHERE &
A WONDERFUL TIME**
Happy New Year!
Only 10 to 15 min. from Border
(depending on Border crossing).
Take 105 to Berkshire then 118 to
Montgomery Center.
**CANADIAN MONEY
AT PAR
OR 15% OFF TOTAL BILL**
CASH ONLY
FOR COMPLETE DINNERS
with this coupon

STORE:

says store manager Jacques Benoit, who has operated the general store for close to 40 years. "If we don't have it, you don't need it."

Benoit says he would have liked to retire and pass the business on to one of his five children, but "times are hard." "I don't want my sons to give

up a good-paying job in these hard economic times," Benoit said. "In this business, some weeks you don't get a paycheque."



General store owner Jacques Benoit.

RECORD SHARON McCULLY

ATELIER
Pierre Beullac
MOTOSPORT
WEST-BROME, QUÉ., TÉL. 263-6902
WE BUY,
SELL &
SERVICE
MOTORCYCLES,
A.T.V.'s &
SNOWMOBILES
SPECIAL THIS WEEK
KAWASAKI 4 x 4 '90 \$4299⁰⁰

**Helping the world
write now**
In the world's poorest countries,
relief is only temporary,
but education is permanent.
To make a donation,
call 1-800-661-CODE.
CODE
Self-sufficiency through literacy
in the developing world.

SEARS CATALOG STORE **HOME APPLIANCES**
ELECTRONICS
RICHFORD, VERMONT - 57 MAIN
1-802-848-7701
January The Best Month To Buy!
Floor Stock Sale
In-Stock Items Only
Jan. 3rd, 4th & 5th only
Tractor 18 HP Hydro \$1680⁰⁰
Tractor 12 HP 5 speed \$950⁰⁰
NEW ITEMS RECEIVED
3 TIMES A WEEK!
Canadian Sears Credit
Cards Accepted
Items not in stock can be ordered at the above prices.
Canadian Delivery can be arranged

Garage
CUSSON
Débosselage
**BODY WORK
& PAINTING**
• Anti-rust treatment
• Free estimate
Marcel Cusson, prop.
263-4511
338 Albert, Cowansville

Laser aims at smokers

By Sylvie D. Nelson

KNOWLTON — Cigarettes have been called death sticks as every year thousands of Canadians die of lung disease related to smoking.

But to quit smoking takes a lot of determination.

Not everyone can quit cold turkey. Most succumb to the temptation of lighting up.

That's partially because smokers are addicted to the nicotine contained in tobacco. And nicotine is what a smoker craves.

On the eve of the new year, many declare solemnly to themselves, their family and friends that they will quit smoking on Jan. 1.

Those able to do it on their own deserve hearty congratulations.

Brigitte Cloutier stopped smoking after finding out she was pregnant.

"It was easy for me to stop smoking," Cloutier said. "It's mainly because it made me sick."

For Josée Proteau quitting smoking wasn't hard either.

"I smoked one pack every two weeks," she said. "It was ridiculous so I quit."

Things weren't so easy for Todd Richardson.

"I quit because I was concerned with my health," he said. "But it was hard." Richardson craved cigarettes after meals and when going out on the town.

After three years, the craving is still there.

"When somebody offers me a cigarette, I just say no thanks," Richardson said.

Richardson also said the best thing to do is not to start.

For the others that cannot stop on their own, help may be the answer.

Jacqueline Dufresne is a therapist who helps smokers get rid of their smoking habits with laser treatments.

To do so, Dufresne applies the laser on specific areas in the ear and on the hands.

"It takes away the desire to smoke," she said.

Dufresne is a firm believer in laser treatments as it helped her quit smoking.

"I saw how successful laser treatments were," she said. "So, I became a therapist." According to Dufresne, one laser treatment is enough to cure the addiction, regardless on how long the person has been smoking.

She says laser treatments stimulate the elimination of the nicotine in the body.

"If the person is convinced they want to stop smoking, laser treatments will work," she said. "But if that person smokes as a habit, there's a chance they will start again."

Dufresne doesn't guarantee the treatments will work.

"People are welcome to come back during the month following their treatment to get some help," she said.

A session costs \$100 and lasts approximately one hour.



Jaqueline Dufresne: Laser treatment will work if person really wants to stop smoking.

RECORDSYLVIE D. NELSON

Skyline Garage



- Cooper Tires
- Auto detailing — cleaning waxing interior cleaning
- Antique Classic Automobile Restoration

802-848-3811

25 Troy St.
Richford, VT

DRESS FOR WINTER AT PRACTICAL PRICES

KIDS ONLY
Consignment Shop

Mon.-Sat. 10-5:30
Fri. 10-6 Sun. 11-3

"Nearly New"

Maternity
Furniture
Kids' Winter Wear

for much, much less

225 Lake St., St. Albans



Market Place Audio Video

Come In & See
Our
Entertainment
Center

Located in Main Street
Marketplace Mall
Enosburg Falls, Vermont

Open 7 Days A Week

- Pre-Recorded Movies
- Cassettes
- CD's
- VT Sweats & T-shirts
- Complete Home Entertainment Systems (Audio & Video)
- Satellite Systems

933-4104



Buffet oriental

DINNER BUFFET

MONDAY TO WEDNESDAY
NIGHTS

\$8.25

THURSDAY & FRIDAY
NIGHTS

\$9.25

SATURDAY & SUNDAY
NIGHTS

\$9.95

LUNCH BUFFET

MONDAY TO SUNDAY

\$5.75

EVERY NIGHT: Frog legs & shrimp brochettes

Thursday, Friday & Weekends: Snow crab legs, beef brochette, chicken brochette, roast beef plus regular buffet

Wednesday is Ladies' Night
Regular buffet \$8.25 SPECIAL \$6.25
free glass of wine

Free Gift: One 1992 Chinese wall-scroll calendar (worth \$5.00) with meals valued over \$15.00 or more while quantities last (offer begins December 23rd).

DOMAINE DU PARC

175 Principale
Cowansville ☎ 263-5522

HOURS:
Sunday to Wednesday:
11:30 a.m. to 9:00 p.m.
Thursday to Saturday
11:30 a.m. to 10:00 p.m.

Fletcher's Sporting Goods

10% Storewide Sale

- * Icefishing equipment
- * New! Hunter Fine Leathers Slings, Holsters, Gun Cases & Accessories

Great Gift Ideas

- * Fishing Accessories, Knives, Binoculars
- Scenic Wall Clocks, B.B. Guns

Visit our Shop Today!

Open 7 days, 8-9 p.m.

74 Troy St.
Richford, Vt. 802-848-3726

Richard Proulx Johanne Béland ARCHITECTS



5 Victoria
Knowlton, Qc.
JOE 1VO
514-242-1334

R.B. FINANCIAL SERVICES



- Computerized Bookkeeping & Payroll
- Financial Statements
- Individual & Corporate Tax Returns

RALF BUSHENBAUM B. Comm.
Tel: (514) 292-5835 Fax: (514) 292-3797
TRAVEL SERVICES (514) 292-4408

Postures, respiration, relaxation, méditation
Positions, breathing, relaxation, meditation



YOGA

Mardi matins
Tuesday mornings 9:30-11:00

Cours de 12 semaines
12 week course
January 21 janvier

Salle Prouty Hall
5 Mill Bonville, Quebec
Inscription: Registration: Joan 539-3908



428 Shelburne Rd.
S. Burlington, Vt.

• Victorian decorated rooms
• we pamper our guests and serve a free continental breakfast
rooms at a reasonable rate

802-864-4220

PELLETIER Pontiac Buick Cadillac inc.



GMC



*Guy Pelletier and his personnel
wish to thank their friends and
customers for their patronage in
1991*



Happy New Year

**441 Principale, Cowansville —
514-263-1606**

Café looks to its historic past

By Sharon McCully

KNOWLTON — Tough economic times haven't kept Dwight Hickey out of the kitchen.

Last year when the mime artist-turned chef decided to open *Café des Artists* on Lakeside in Knowlton, it was to be a collective effort to beat the recession with other small businesses.

The restaurant shared space with a gourmet shop, an antique dealer, and a dressmaker in order to make ends meet.

But Hickey is alone now, still serving his specialized soups and

saïads from the historic home.

Hickey now plans to restore the house built in 1845 to its original state.

Already the house resembles a page from the past with its painted glass windows, period paintings, and cozy wood stove. A plaque is scheduled to be erected outside the restaurant giving passers-by a taste of Knowlton history.

SILVER SERVICE

Dinner guests who reserve the small intimate dining room, which can accommodate a party of

eight to ten, will get the royal treatment complete with silver service and private dining.

Hickey says he will also expand the bar area to make it more inviting for people to drop by for a quiet drink. "Other changes to the menu will be made to help cushion the blow of taxes on diners," Hickey promised.

The restaurant is open for lunch and dinner, and Hickey says he doesn't mind staying open if there are special events going on in the small town.

Arts Sutton to display carvings

Five Quebec artists, well established in the graven arts, will show their recent works in an exhibition entitled "Linocut," at the Arts Sutton Gallery, Jan. 4-26.

Denise Beaudin of Abercorn, whose contemporary tapestries and needlework have won awards and appear in collections across Canada, is also an engraver whose work is receiving wider recognition.

Francine Beauvais of Montreal, who has an international reputation for her etchings, lithographs, and woodcuts, will show her recent linocuts.

As professor in the department of plastic arts at UQAM, Bruno Joyal is concerned with teaching strategies and with the child's perception and perspective. His linocuts define space in geometric terms.

Camille Leduc has exhibited

previously at Arts Sutton and widely throughout Quebec. Her imaginative teaching aids are especially created for the physically handicapped at *Ecole Victor Doré*.

Also concerned with art as an educational tool as well as the teaching of the arts at all levels, Jacques Albert Wallot is collaborating with Bruno Joyal to present a series of "gravures noires."

This powerful exhibition will open Saturday, Jan. 4, from 2-5 p.m. at 7 Academy Street, Sutton. For further information call the gallery at 538-2563.

**The Kidney
Foundation
of Canada**



Please sign an
organ donor card...
today.



DESIGN your own engagement ring
or remodel an existing one
with the assistance of
goldsmith David N. Dawes

OR

Purchase an in-stock engagement ring
and benefit from our
2-Year Full Insurance
against loss, theft or damage.

Complete range of EXPERT JEWELLERY REPAIRS
offered from the same location for 17 years!!

NOW — benefit from our
monthly repair specials!

**For Month of January
25% off
all ring sizing**

Goldsmith:
David N. Dawes
23 years service
Member CJA

Interest-free
payment plan
available

37 Lakeside
Knowlton, Québec
(514) 243-5128

Losing weight comes from hard work and exercise

By Sylvie D. Nelson

KNOWLTON — The new year is here and one of the most popular new year's resolutions is "This year, I'll lose some weight."

To achieve their goal, some people stop eating balanced meals and opt for cottage cheese and celery sticks.

Others find television advertisements for liquid diets alluring and start sipping 'milk shakes' hoping for fast and convenient weight loss.

Reducing the amount of calories is not enough to lose weight permanently.

"The most important thing in losing weight is changing one's lifestyle," said Rhonda Price, aerobic teacher at the Knowlton Racket Club. "Having a healthy lifestyle includes eating the right food and exercising."

According to Price, aerobics is one of the only sports that helps to keep the entire body fit. Aerobics is perfect to achieve an overall fitness, she says.

"It makes your heart and lungs efficient," Price said.

Anyone having attended an aerobics class can attest that muscles he or she didn't even know existed are put to the test.

"Even if some muscles are strong," said aerobics enthusiast Claude Thériault, "there's a difference between general fitness and the endurance of specific muscles."

Price's aerobic class is divided into four sections. "The first part is to warm-up," she said. "then, there's between 20 and 30 minutes of aerobic workout." She concludes her classes with muscle toning and a cool-down period.

People who are more than 25 pounds overweight are encoura-

ged to go see a doctor before signing up for aerobics classes.

"And if people suspect joint or heart problems, they must fill out a form," said Price.

But it's not because someone is taking part in aerobics that he or she will necessarily lose weight.

"People may not reduce their weight but they can tone certain spots," Price said.

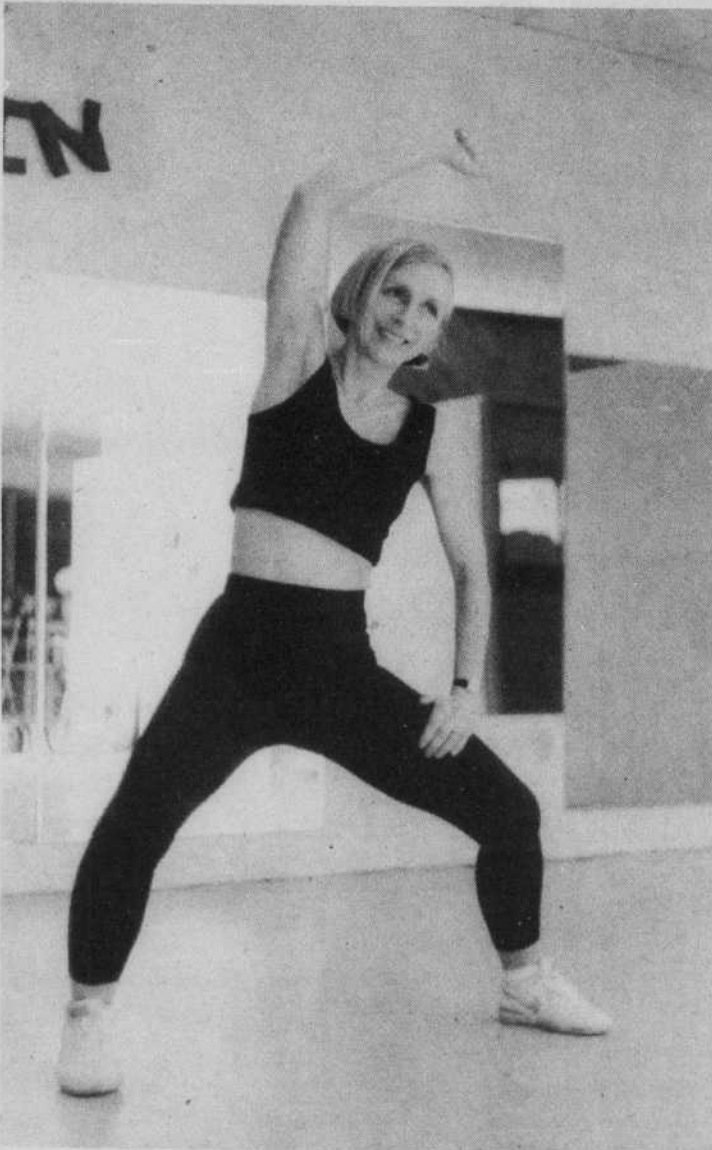
According to her, the best type of aerobics are medium and low impact as they use the large

muscles which means fat is burned off.

For those who have back problems, the sport helps strengthen the back muscles.

As in most sports, good footwear is important.

"If doing high impact aerobics, it's important to have a good cushiony shoe," said Price. "Otherwise, a shoe with good arch support is enough." She says there is no need for a specialized shoe unless a person has bad ankles.



RECORDSYLVIE D. NELSON

Rhonda Price: Aerobics is part of a change in lifestyle.

IF SAVING LIVES ISN'T YOUR TOP PRIORITY, THINK ABOUT THE TAX YOU'LL SAVE.

HELP
WE NEED MONEY
1991
FUND-RAISING
CAMPAIGN



The Canadian Red Cross Society

Quebec Division



Delivery and Dining Room

Rôtisserie Sutton

" Noon weekday specials
" Chicken Leg 3.99
" Chicken Breast 4.99
soup & desserts included.
" Breakfast 6-11 a.m.

corner Maple & Pleasant
Hours: 6 a.m.-11 p.m.

538-1808



matériel
d'artistes hd enr.

New concept in the area

- Personalized service • Delivery
- Sale by catalogue

20% off everything in showroom

Hélène Duperron
143 Joliette, Bromont

514-534-3414



Roast Beef Special

noon and supper - 7 p.m.

\$10⁹⁵

666 Principale St. W.
Farnham, Quebec
Route 104

Chinese Buffet

"All you can eat"

\$8⁹⁵

Sat. Sun. 5 to 9

Mme Maria Gaudel, prop.
Tel: 514-293-4534

YVES DESGENS INC



Residential
Commercial & Industrial

Knowlton
242-2444

Cowansville
263-1898



**Heating Oil
Gas - Diesel
Lubricants**

Waterloo
539-1769

AUBERGE DU RELAIS



ROBINSONS HOTEL, KNOWLTON P. Q.
Serving you since 1849

**SATURDAY NIGHT
ROAST BEEF
SPECIAL**

Includes soup of the day, roast beef, vegetables,
potato, dessert & coffee or tea

\$14⁹⁵

**DAILY LUNCH
SPECIALS**

MONDAY TO FRIDAY 11:00 a.m. to
2:00 p.m.

Includes soup of the day, special, dessert & coffee
or tea

\$4²⁵

**SUNDAY BRUNCH
BUFFET**

10:30 a.m. to 2:00 p.m.

Adults **\$10⁵⁰**

Children **\$5⁵⁰**

286 Knowlton Rd., KNOWLTON 243-6136

