



A big visit to S.E.S... Page 5

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

LES benefit a hit...
PAGE 8
Cougars chalk up
two wins...
PAGE 10

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MONDAY, MARCH 30, 2009

Asbestos firefighters show off rescue boat



STEPHEN MCDUGALL

By Stephen McDougall
ASBESTOS

The ice on the surface of Asbestos' three lakes was starting to melt Friday, and despite a cold breeze blowing off the surface, members of the local volunteer firefighting department decided it was an opportune time to show off their new rescue boat.

"We only had two incidents where rescues were needed here last summer," said fire-

fighter Jean-Paul Cote. "Both times, the victims survived. We were lucky then, but our luck may not last. So we decided a new rescue boat was needed to prevent any future tragedies."

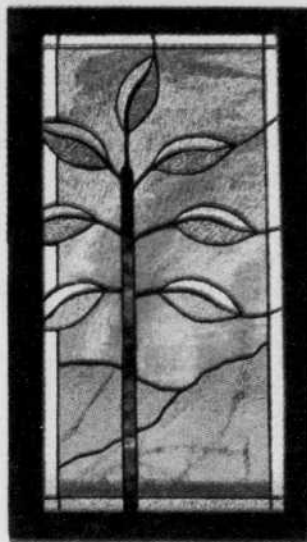
The new boat, built by the Windsor company Nautic & Art at a cost of \$7,800, is inflatable and allows two rescuers to be in the water in less than five minutes through the use of two compressed air canisters.

To save time and weight, the boat has no

motor, only two kayak-style paddles the rescuers use to get to a victim. The boat is hitched to two long nylon ropes the firefighters use to pull it back to shore and get the victim treated quickly.

A demonstration by the firefighters showed the lightweight boat could easily scoop up a victim in seconds through the hoops it has at either end and glide over ice and water with little resistance.

SEE TOWN PAGE 3



AL BARBER

LDWC's walls come alive with the celebration of local women's creativity.
PAGE 7



AL BARBER

Young and old by the many attended the Lennoxville St. Andrew's sugaring off party last Saturday. The Queen Street church was not alone in enjoying the sweet treats, as many local sugar shacks boasted a busy weekend. Tis the season for sticky and sweet.

HE SAYS,

SHE SAYS...

"We're still gonna do it. We're just gonna have to wear flannel or thermal underwear."

-Sierra Laderoute
(THE RECORD, MARCH 27TH)

Intergenerational success



AL BARBER

The Intergenerational Music Festival was successful in entertaining young and old in Lennoxville over the weekend. See page 8 for the story.

Local families in need of support

Magog (JY)—A vast movement of support has begun throughout the region to help two families affected by the violent Magog blaze that claimed the life of nine-year-old Cindy Gagne. The Sunday, March 22nd tragedy, which began on one side of the Bellevue Street dwelling but also destroyed the home of individuals on the neighbouring side, affected a total of four adults and 12 children, many of whom attend ETSB schools, who were not insured. Magog's Carrefour du Partage has received numerous donations of clothing and furniture, but are in need of food and money. Individuals interested in helping the victims can visit the Carrefour located at 344 St-Patrice East from Mondays to Fridays.

What's the worst food you can eat?

Part I: From Hydrogenated fat to high fructose corn syrup

It wasn't that many years ago that I would sit at my typewriter hammering away at a letter that would be sent to our Prime Minister, the leaders of opposition parties and many of our Members of Parliament. These letters often contained information about some danger that was in the food we were eating. At the time, as it is now, you could write any member of Parliament WITHOUT having to put a postage stamp on the envelope and it would be delivered by Canada Post. "Your OR another member of parliament's name", House of Commons, Ottawa, Ontario, K1A 0A6.

I have also worked hard to get this information out to the public, especially our older citizens who can't really afford

to post a stack of letters over an issue or two they want to see corrected, and who often do not have access to a computer and can't take advantage of the free e-mail addresses listed for each member of Parliament. (I honestly don't think they even look at most of the mail they get this way, as I've seldom had a response to e-mail, while often to a letter writing campaign.)

Some days I just want to scream or take some passive people by the shoulders and give them a strong look in the eyes and say "WHY aren't you doing something to change what's going on?" It's easy for us to look back over history, especially those of us who are older and have seen what wars can do, and ask a group of people, WHY did you not see what your government was doing, why when you HAD free speech (before it was taken away) didn't you speak out to change things? THEN we do the exact same thing.

I guess in one way I was lucky to have wanted to learn why my dad went to fight in WWII, what it was all about, and history along with law (constitutional law) became my main study. The one thing I learned is that FEAR is used by governments and those in power to control the population and take away rights without protest, and wherever it has happened, it was not long down the road before the people had little to no rights left, and they begun to suddenly start disappearing.

Actively changing things

It was over fifteen years ago that I started writing those snail mail letters concerning the hidden hydrogenated fat in the foods we were eating and how this was causing heart problems and other illnesses like gallbladder/liver disorders. As I have written in many articles, this fat was 'created by man' its not natural

in any way and our livers do not recognize it so cannot process it in the right manner. And unlike what so many people think, I believe our liver is the organ that is more responsible for keeping us alive and healthy than the heart is, and what you eat or don't eat affects this process.

After many years of frustration, writing letters and articles and talking with anyone who would listen, finally our New Democratic Party got on the wagon and started a campaign to ban this chemical fat from our food and now most food manufacturers have complied to tighter regulations. It might sound like a small victory, but to me, seeing anyone in government open up their eyes to what's going on in the food industry is amazing. Yet over the years things have only gotten worse with the threat of genetically engineered organisms getting into the food chain and thus into our intestinal tract where it's been found that they will colonize and reproduce. (I'll explain lots more of this in a following article) and many, many other things that not only need public attention, but public ACTION! Remember those letters to Parliament are still free for us, hope you put that address in a safe place.

Now I'm on top of most of the food problems we are facing, the hydrogenated fat problem was at the top of my list, and now I've found others that need to be talked about and action needs to be taken to protect us. Never did I think anything could equal the damage that hydrogenated fat does to the human body, but one of the foods that I've found that is even WORSE is High Fructose Corn Syrup (HFCS). This stuff is in almost EVERYTHING on your grocery shelf, and eating it not only leads to a higher calorie count, higher carbohydrate count, which means people put on weight faster, have more chance of wearing out their thyroid/pancreas processing carbohydrates and sugar surges, then find themselves facing Type II diabetes.

In a study of more than 50,000 U.S. nurses it was found that those who drank just one serving of soda or fruit punch a day tended to gain much more weight than those who drank less than one a month, and had more than an 80 percent increased risk of developing Type 2 diabetes. In an editorial attached to these findings in the American Medical Journal, Caroline M. Apovian of the Boston University School of Medicine



ANNA MAY KINNEY

NATURE'S WAY

said, "While it shouldn't be surprising to anyone that soda causes weight gain because it's high in calories, these findings are very significant. I think they are really a wake-up call to the consumer of soft drink beverages, to the government, to the community, to primary care providers."

HFCS has also been shown to trick the body into believing it's hungry, so that can of soda pop you just had to hold you over till dinner actually encourages you to eat more at the next meal. And if you think diet soda is better, that's a whole other story; those neurotoxins affect the brain, besides surging then drastically dropping your blood sugar.

Next week we'll take a look at how HFCS is made and new evidence that a VERY toxic chemical has been found in about 50% of the products that have HFCS in them. Note: those are the ones that have been tested. You'll never believe what this toxic chemical is and it's the reason that I pick High Fructose Corn Syrup as the worst food you could eat.

LOTTO QUEBEC

Draw results: 2009-03-28

649	06 10 33	43	49	07 09 11	31
	39 40 48	Bonus		12 30 45	Bonus

WINNERS PRIZES

6/6	1	\$4,645,196.00	6/6	0	\$2,000,000.00
5/6+B	5	\$66,359.90	5/6+B	0	\$75,000.00
5/6	99	\$2,768.60	5/6	24	\$750.00
4/6	6,021	\$86.20	4/6	1,076	\$75.00
3/6	118,959	\$10.00	3/6	17,750	\$10.00
2/6+B	81,189	\$5.00	2/6+B	11,494	\$5.00

Total sales: \$15,672,264
Next grand prize (approx.): \$3,500,000

Extra 8848279

Draw results: 2009-03-27

LOTTO SUPER 7	WINNERS	PRIZES
08 10 14	7/7	0 \$2,500,000.00
18 28 30 36	6/7+B	3 \$48,629.70
25	6/7	67 \$2,177.40
Bonus	5/7	4,904 \$101.10
	4/7	105,325 \$10.00
	3/7+B	97,999 \$10.00
	3/7	870,319 Free play

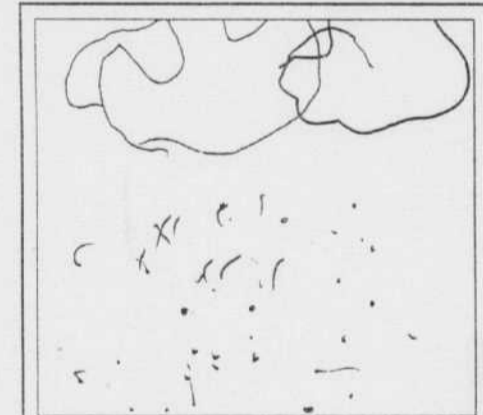
Total Sales: \$12,742,912
Next grand prize (approx.): \$5,000,000

Extra 0865161

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* WITH THE PURCHASE OF A LOTTERY TICKET IN QUÉBEC.



Five-year-old Anthony Green has given The Record his masterpieces depicting your weather forecast. If you would like to depict the Townships weather via a drawing, send them to 1195 Galt East, Sherbrooke, QC, J1G 1Y7. Don't forget your name, age and address

Weather

Today: Rain ending in the evening then cloudy. High plus 5.
Tomorrow: A mix of sun and cloud. Low minus 3. High 7.
Wednesday: Sunny. Low minus 4. High 8.
Thursday: Rain. Low zero. High 6.
Friday: Cloudy with 70 percent chance of showers. Low plus 3. High 10.

A brown deer with white spots, or a white deer with brown?



COREY BELLAM

A Piebald deer is a unique sight, one that hunting magazines request photos of regularly, but it's not so unique in St. Isidore de Clifton. This one in a million deer has more white than usual, not quite albino, and not quite brown like normally seen. A sight that passers by have haven't been able to resist.

Ben by Daniel Shelton



Little artists on the big stage

By Corrinna Pole
SHERBROOKE

On April 6th students from SES (Sherbrooke Elementary School) will present a Cabaret for Kids at the Granada Theatre in Sherbrooke. About 100 talented students from grades four to six will present a variety of acts in their premier talent show on the big stage.

"We wanted to showcase the many talents we have at SES such as dance, singing, acting, and we even have a unicyclist act, among other talents," said principal Sue McLean. "The SES choir will also perform their best songs from the many musicals they have performed over the last 5 years such as Aladdin and the Wizard of Oz."

Teachers Tracy Rivette, Dana Gillam, and Jeanne-Mance Fortin organized the talent show and were joined by a team of enthusiastic and dedicated school staff.

Just before the March break students started auditioning and rehearsing to participate in the upcoming show. A panel of five teachers judged the process and the final acts were chosen this past Wednesday.

"There were so many students, but we wanted to keep the actual concert to a maximum of an hour and a half," said McLean. "It was a real scene from Canadian Idol. It was a great experience for all who participated, even for students who did not make the final cut. We are very proud of their courage and their talents. Unfortunately, only so many could be chosen."

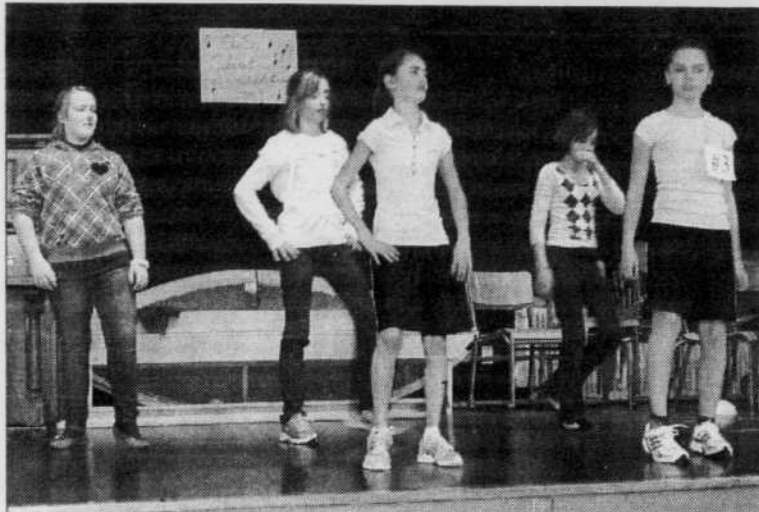
McLean says she is looking forward to seeing the show and has purposely avoided peeking in on both the auditions and rehearsals.

"I'm so excited," said McLean. "We have so much talent in this school and you can see it in the gymnastics or when they've put on previous shows. So it will be very exciting to see them up on a big stage."

Parking is free in the municipal parking lot near the theatre. The theatre's snack bar will be open and service will be given at the tables. Snack bar costs and tips are not included in the ticket price.

The Cabaret for Kids takes place Monday April 6th at 7 p.m. at the Granada Theatre on 53 Wellington street north in Sherbrooke. Admission is \$10 for teens and adults, including the obligatory coat check, and \$5 for elementary students (12 and under).

Tickets are pre-sale only and will not be sold at the door. To reserve yours by March 31st call Sherbrooke Elementary School at 819-562-3515.



PHOTOS COURTESY OF SES

NEWS IN BRIEF

Ball blaze still under investigation

Sherbrooke (JY)—The Red Cross has taken charge of around 15 people after the Thursday night blaze on Ball and Gillseppe Streets in Sherbrooke claimed their homes. The fire, which resulted in more than \$150,000 in damages, began on the third floor of the apartment building of nine dwellings. Officials say that the blaze began on the balcony of apartment 5, but its cause is still under investigation. Witnesses on the scene claim to have heard an explosion and seen thick black smoke billowing from the origin.

Wham Ow!

ShamWow guy arrested

(JY)—Everyone has seen the Sham Wow! Commercials and most likely remember the absorbant towel pitch man Vince Shlomi, but after an incident involving a prostitute and his tongue Shlomi will be remembered for more than just the big orange picker uppers. He was arrested at a swank Miami hotel last month after a violent confrontation with a prostitute The Smoking Gun reports.

Shlomi, 44, and Sasha Harris, 26, were arrested, according to police affidavits, after Shlomi allegedly punched Harris after a kiss turned into more of a painful death grip. He told police that he met Harris at a Miami Beach night club on February 7th and took her to his \$750 a night room. He supposedly paid \$1,000, but when he went to kiss her, she "bit his tongue and would not let go." He punched her several times to loosen the grip, until she finally released his tongue.

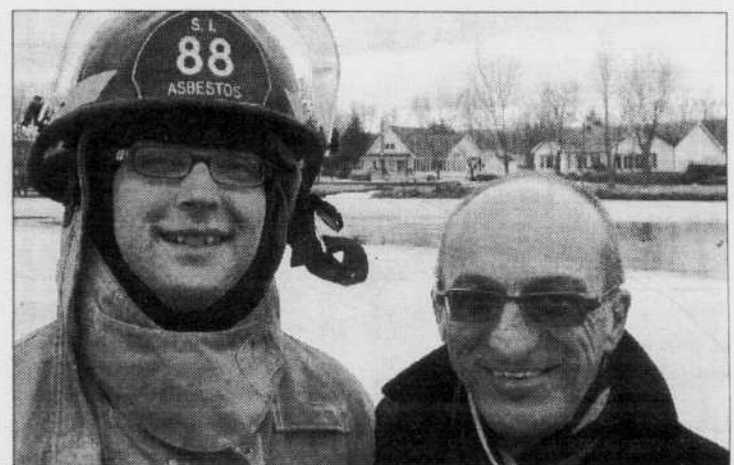
Both were arrested but no formal charges were laid.

TOWN:

The town received \$4,000 from the local Caisse Populaire des Metaux Blancs credit union and another \$1,000 from the Quebec government to help pay for the boat.

Yvon Vallieres, the speaker of the provincial assembly and local member for the Richmond riding, was present for a demonstration of the boat because his two sons are volunteer firefighters.

"People who risk their lives for others deserve the right equipment to do the job," he said. "My son Jonathan is a member of this department and my other son Ian works with the department in St. Isadore de Clifton. I don't want them to be in danger because the equipment was not adequate for the job."



STEPHEN MCDUGALL

Yvon Vallieres, speaker of the provincial assembly, poses with his son Jonathan, a member of the Asbestos volunteer firefighters department.

Quebec and Ottawa agree to spend \$2.3 billion in infrastructure projects

By Stephen McDougall
SHERBROOKE

The federal and provincial governments have announced a deal worth \$2.3 billion to upgrade water treatment systems, rennovate bridges, roads and create other infrastructure projects in the province's municipalities this year. The money is part of the two governments' plan to revive Canada's faltering economy which has driven up the unemployment rate in the country to 11.7 percent, affecting close to one in eight workers.

One key element of the deal would see Ottawa, Quebec and municipalities each set aside \$350 million for water treatment upgrade projects in the province.

Another element would see the three levels of government each spend \$410 million on other infrastructure projects in both large and smaller municipalities. Nine provincial urban centers with populations over 100,000, including the city of Sherbrooke, would be featured in this spending program.

Sherbrooke city officials could not be reached at press time for comments on their specific infrastructure spending plans.

"This money is needed to get our economy back on track," said Premier Jean Charest at a press conference last week in Levis, Quebec. "Each billion we spend means the saving of at least 8,000 jobs here."

Charest made his comments during a joint press conference with Prime Minister Stephen Harper as they explained the financing of a major water treatment project for the municipality of Levis. Both leaders promised to pay \$23 million towards a \$70 million project that would see the town of 50,000 increase its water capacity more than twofold at two filtration plants that process water they take from the St. Lawrence river.

The project will take two years to complete.

Harper said the money invested in Quebec comes out of the \$12 billion the federal government has budgeted for rebuilding projects in Canada over the next two years.

"This investment will protect jobs today, create jobs for tomorrow and improve the quality of life for Quebecers," said Harper.

Other spending Ottawa has earmarked for Quebec includes:

- The 10-year rebuilding program for the Champlain bridge in Montreal.
- A \$13.3 million grant to Shannon, near Quebec City, to rebuild its water supply network that was contaminated by chemicals from the neighbouring Valcartier military base.
- An undisclosed amount of money from the federal gas tax fund for a wastewater collection system in Chelsea, Quebec.

Government officials continue to remind municipalities not included in federal or provincial infrastructure projects to submit their project proposals now by contacting their local representatives or using government websites such as www.buildingcanada.gc.ca.

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SWAT needed for barricaded St-Malo man

Sherbrooke (McD)—A 38-year old man with a history of psychiatric problems barricaded himself inside his house on Robinson Road in St-Malo Saturday, and held off police for more than 12 hours before the provincial SWAT team was called in to break the deadline.

The incident began at around noon Saturday when police received a call from the man's relative who told them she had just escaped from the house, that the man had a history of psychiatric problems and that she was worried about him.

Police arrived shortly thereafter but could not enter the house as the man inside would not communicate with them and it was believed that he had access to firearms. The standoff finally came to an end with the arrival of the SWAT team, who drove in from Montreal and were finally able to enter the house. The man offered no resistance and was arrested and taken to jail. He is to appear in court in Sherbrooke today to face charges of assault and uttering threats against a family member.

Butting Out electronic cigarettes

(CP)—Health Canada has advised Canadians not to purchase or use any electronic smoking products and has called for the immediate cessation of imports, sales, and advertising of the products.

Electronic Cigarettes, also known as an E-cigarette or e-cig, are comprised of basic components including a mouthpiece "cartridge", heating element "atomizer", a battery and electronic circuits.

The product uses a liquid chemical mixture, in a variety of flavors and nicotine concentrations, and releases a nicotine vapor into the lungs and was developed in China as a safer alternative to traditional cigarettes that can also help smokers quit smoking.

However the safety, quality and efficacy of e-cigs, which are currently marketed and sold to Canadians over the Internet, have not been fully evaluated and it's long-term health effects are not known.

The products, which also come as cigars, cigarillos and pipes, may contain other chemicals and propylene glycol, which is an irritant when inhaled. Health Canada warns electronic smoking products may pose risks such as nicotine poisoning and addiction.

Canada is one of many countries currently reviewing electronic cigarette legislation due to the novelty of the technology and the possible relationship to tobacco laws, and public health. Earlier this week US Senator, Frank Lautenberg, urged the Food and Drug Administration to remove the products from the market until they have been tested and deemed safe.

In Australia, Hong Kong, Finland electronic cigarettes are illegal while in Malaysia, Austria and Denmark they are considered medical devices, and nicotine cartridges medicinal products.

Complaints involving electronic smoking products can be reported to the Health Products and Food Branch Inspectorate by calling the toll-free hotline at 1-800-267-9675.

PUBLIC PORTRAITS

The sun and the freeze



THIS IS A PICTURE TAKEN ON CHEMIN CANADIENNE IN DANVILLE. BY MARLENE GOODENOUGH

Thank you for the submission Marlene.

You don't have to be a professional to snap photos of the Townships and The Record invites you to share your snap shots of landscapings, buildings and anything else with others. Email your Kodak moments to jyoung@sherbrookerecord.com or send them in the mail to 1195 Galt E, Sherbrooke, Qc, J1H 5L6. A different photo taken by Townshippers will be printed daily.

What the...?

No wonder I ain't gettin' any! There's a commune in San Francisco (of course) garnering some controversy over one of its daily routines known as Orgasmic Meditation or OM-ing.

Each morning at 7 a.m. the 38 full-time residents of the commune gather for the ritual, which consists of about a dozen women, naked from the waist down, lying with their eyes closed in a velvet curtained room, while fully clothed men huddle over them and stroking them in intimate ways until "release" is achieved.

Nicole Daedone, 41, the founder of the One Taste Urban Retreat Center, describes herself as a leader of the "slow-sex" movement that places an almost exclusive emphasis on women's pleasure. The people involved in the ritual are generally not involved in any romantic relationship. No eye contact is permitted.

The whole idea, of course, focuses on teaching women a better and more fulfilling relationship with, and experience of, their own bodies. It's also, I suppose, a pretty good way to start the day.

What's in it for the men, who receive no reciprocation, is not as clear. One man, a recently divorced 50-year-old computer engineer, said that "the practice of manually fixing my attention on a tiny spot of a woman's body improves my concentration at work." As a computer guy, who pushes buttons all day anyway, I suppose this kind of makes sense.

(McD)

Did you know?

(CP)—Baron von Drais made the first bicycle in 1818 and called it a "Laufmaschine" or "Running Machine". It was made entirely of wood and had no pedals. A rider would push it along with their feet, while steering the front wheel. In 1865 pedals were added and people could really ride their bicycles.

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SES welcomes Chinese visitors



Cindy Yao (left to right), Li Zhiyi, Liu Cuizhen, Lixuan Qi, Nadia Marsault, and Shang Hongbing pose at SES while on a mission of education.

By Corrinna Pole
SHERBROOKE

Last week, three students from Rizhao, a seaport in Northern China, visited SES (Sherbrooke Elementary School) as part of a cultural and educational exchange.

Joined by two school principals and the director of Science and Technology, who organizes activities for all the school children in the city of Rizhao, the international visit was a short but rewarding experience.

"The purpose of the trip was to experience Canadian way of life, to exchange ideas and to learn a little about each other's educational system," said SES Principal Sue

McLean. "We really enjoyed having them among us. They were very curious about our educational system and how it compared to theirs. They took many pictures and asked many questions."

ETSB (Eastern Townships School Board) Director-general Ron Canuel was on hand to welcome and meet the delegation when they arrived at SES last Thursday and Director of ETSB Pedagogical Services Gilles Ribaux met with the visitors on Friday.

The Chinese students, two girls and one boy who were between the ages of 7 and 12, were paired up with host families from the SES community for their three-night stay, the adults stayed in rented accommodations in Magog.

"The children spent two days following our students in their daily routine, tasting Canadian food and doing various activities," said McLean. "Their ability to speak English was very limited, so the children communicated with lots of smiles and signals."

Director Cindy Yao of CanShare Connection Inc., acted as guide and translator for the delegation and organized the visit as part of the Kids to Kids International Exchange Project, which started in 2003.

In addition to the student and teacher exchanges between Chinese and Canadian participants the program, Kids to Kids, offers activities such as internet communication, art-exhibits, scientific or literary competitions, and class letter exchanges.

The project is inspired by UNESCO's (United Nations Educational, Scientific and Cultural Organization) International, which promotes "friendly relations between peoples and states having different social and political systems."

The international delegation will be visiting Montreal, Ottawa, Niagara Falls and Toronto before they return to home on a connecting flight from Toronto and Vancouver.

For more information on the exchange visit www.k2k2k.org.

ON THE LOOKOUT FOR...

Sherbrooke (McD)—Sherbrooke police are seeking the public's assistance in the search for a suspect in a robbery.

On January 14th, a woman, accompanied by two men in their twenties entered the bowling alley at 1239 Denault Street in Sherbrooke. Somewhere between 8:30 and 9:30 that evening, the woman made off with the business's reservation book and a bottle of whisky.

She is described as being a white woman about 25-years-old, 5'5" tall with black hair and weighing around 132 pounds. At the time of the incident, she was wearing a beige coat and black pants.

Anyone with any information should contact Det. M d ric Laroche of the SPS at 819-821-5555.



Bleu Lavande two time winners

Sherbrooke (McD)—For the second year in a row, a Fitch bay company has won the prize for Agrotourism and Regional Products in the annual Grand Prix du Tourisme for the Estrie region.

Bleu Lavande and owners Pierre Pellerin and Christine Deschesnes grow lavender on their Applegrove Hill farm and produce a wide variety of products made from lavender oil from skin care products and baby products to drawer fresheners, which are marketed online, and at their boutique. The farm also welcomes visitors to its expansive property for outings and tours.

In May, regional winners will gather in Montreal for the selection of this year's provincial winners.

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	P265/70R17	LAREDO® CROSS COUNTRY™	\$189.95
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Firestone	P225/60R17	FR710	\$169.95
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	245/45ZR18	G-FORCE® S/S A/S	\$269.95
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	P245/45R18	EAGLE RS-A	\$339.95
MICHELIN	205/50ZR17	PILOT® SPORT A/S™	\$249.95
	245/45ZR18	PILOT® SPORT A/S™	\$329.95

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Community Forum

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Understanding ourselves: The Enneagram Part 1

The flourishing self-help industry responds to many of our needs and wants: a sense of balance and peace in our lives; success in business; better relationships; greater effectiveness; a better understanding of ourselves and others; happiness; clarity about values, etc. I have looked into a good number of these works (in books and tapes) both in English and French, and my motivation was based mostly on improving my French rather than self-knowledge.

Pourquoi pas? Generally I was not very impressed with the genre although I did find Don Miguel Ruiz's "The Four Agreements" about the best of the lot.

Self-help works are sometimes thought of as a modern phenomenon and to some degree they are. Dale Carnegie's "How to Win Friends and Influence People" from the last century is still one of the best well-known and successful books in the genre. Another is Stephane R. Covey's "The Seven Habits of Highly Successful People." So too is Richard Carlson's "Don't Sweat the Small Stuff." It would be a huge task to even list all the modern titles, but in centuries earlier monks also took on the task of creating a template for self-observation and self-improvement. It is called the Enneagram and in summary consists of nine different personality types or patterns. If self-understanding is an interest or goal I would suggest looking into the Enneagram as opposed to trying to sort out those innumerable tomes filling the shelves in the self-help section of Chapters or Indigo.

The Enneagram demonstrates how our problems and perceptions are premised on one of 9 personality patterns. Discover which of the nine best describes your personality type, and you are better positioned to understand yourself and others, and thereby live a fuller, more effective, and satisfying life. (Sounds very much like an 'action plan' from one of today's self-help industry advertisements.) The monks naturally thought along the lines of avoiding evil and living a moral life, and although such focus may seem fanciful today, most of us recognize and accept that virtue and good conduct are important to living a worthwhile, rewarding, satis-

fying and successful life. This is simply to say that the Enneagram is as relevant in 2009 as it was in 1409.

I first heard of the Enneagram when teaching at a Catholic seminary in Sri Lanka in 1996. Someone somewhere concluded I must be a priest and sent me literature on the Enneagram addressed to Father Tom Cavanagh. It was all news to me, but since then I have learned a lot more about Enneagram and continue to find the topic quite interesting. It is only logical to wonder which of those nine personality categories I would be slotted into. Which one best suits me? The designers might be wrong in their design, but it would not hurt to inquire - without getting obsessed with the subject. I am sure many, like me, would be interested in knowing more of the benefits or relevance (if any) that might follow from a further investigation.

I take it as a given that better understanding of oneself leads to better understanding of others and the world around us. If I can learn more about my strengths and weaknesses, along with insights about how others see the world, I am better positioned to act and live wisely and effectively.

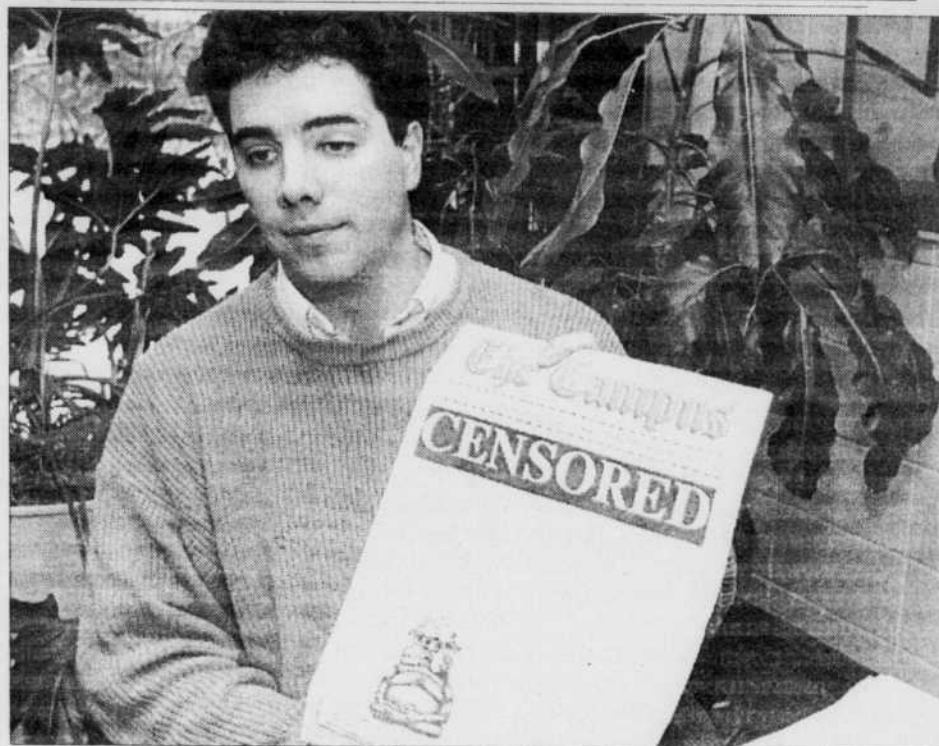
One frequent error associated with the Enneagram is the assumption that one personality type must be better than the others. Such is not the case. There is no grading of the order from one to nine. None of the categories is intrinsically superior to the others. They all have plus and minus features. Each one of the nine types simply represents and highlights the qualities and values of those found to be in any one of the several categories or types.

Before going further it seems appropriate to move from generalities to specifics for a clearer understanding. Take leadership for example. It is quality possessed by some and sought after by many. In the Enneagram, the quality of leadership is the most outstanding feature of those in the number eight category. We all possess some leadership qualities; but there are those who truly stand apart. Examples come easily to mind: the captain of the hockey or football team; the general; the university president; the winning coach; the CEO;



TOM CAVANAGH

Remember when?



We can only assume that the Campus newspaper was censored at one point for something? Do you have any information that can explain why The Record has this photo or what could have been happening? Let us know by emailing newsroom@sherbrookerecord.com or call 819-569-6345.

the boss, etc. Names are also easy to come by: Jean Beliveau; Ron Lancaster; General Patton; Winston Churchill; Pierre Eliot Trudeau, etc.

Some of the names will please the reader. Some will not. (Hitler might be included in number eight and I can almost sense the reader shudder.) But this is the other important reality of the Enneagram. There are plus and minus features and qualities for each of the nine personality types. To put it more simply there are two sides to every coin. There are qualities that are shared by all "eights" but to stay with the leadership issue, what they do, the way they communicate, how they lead, and what the goals and directions may be, can all vary. Good leaders and bad ones. Good bosses and bad. We have all had good bosses, and there is usually a name, a face, and an ugly memory that pops into our heads with the phrase, "The Boss From Hell." But whatever the unpleasant memories that boss could likely be found in category eight of the Enneagram.

One thing that initially discouraged me about the Enneagram when I first reviewed it was the realization that I could see parts of myself in almost all of the nine personality types. Which category then is me? How and who decides which quality predominates? If I am in them all, isn't the whole exercise futile? Is the time of day the determining factor, or is it my mood or external issues at any given period that will make the difference. And if so, isn't the whole Enneagram concept resting on some very shaky premises? Answer: No. We are all human and we share the similar moods, passions, aspirations, faults, etc. But there are certain combinations that stand out and make us who we are, be it

the leader, the harmonizer, the perfectionist, the observer, the loyal skeptic, the giver, etc. Thus it is the dominant quality of the individual that determines where she/he fits in the Enneagram system. I learned that my initial doubt and skepticism was not unique. Many involved for the first time with the Enneagram tell the exact same story, and I find that somehow encouraging.

There is an overlap but each type is different. Like most people I see myself represented to some degree in nearly all nine types, but there is one that I believe best reflects my personality, views, values and life style. It may be difficult for us to discern alone exactly where we fit so we need advice and direction. I suppose like the artist we may be just too close to make an accurate objective evaluation of our own identity. But there are guides and tests to help. I spent a lot of time in study and directed conversations and finally decided which personality type represented me with all my qualities, strengths and weaknesses. Later I took a written test and guess what - the result was exactly the same as my determination.

TO BE CONTINUED TOMORROW

FOOD FOR THOUGHT AND WORDS OF WISDOM

When it comes to enthusiasm be like a pilot light, never go out.
-Submitted by Connie Bellam

Wisdom is not easy to come by. It is more often learned through failure than gained by way of success.
-Submitted by Elsie Linholm

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WEBSITE: www.sherbrookerecord.com

KENNETH WELLS PUBLISHER (819) 569-9511
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MONDAY, MARCH 30, 2009 Page 7

Fourth annual LDWC Art Exhibit celebrates Murray's spirit



AL BARBER

Lennoxville(CP)—Until Easter the LDWC (Lennoxville District Woman's Center) is hosting its fourth annual Art Exhibit in the Marguerite Knapp building. Throughout the building, the walls come alive with colourful images celebrating the creativity of women in the Townships.

A unique stained-glass piece is also featured in the display. Created by local artist Kara Springer (above) and commissioned by the LDWC, the artwork has been unveiled in memory of Margaret Murray, Lennoxville resident Murray, who received a B.A. Diploma in social work from McMaster University, passed away suddenly on June 30th of last year.

"The light shining through the window will celebrate Margaret's vibrant spirit, and remind us of the bright young woman and dedicated volunteer, whose presence graced this world for a short time," reads the March LDWC newsletter.

According to officials, Murray was a dedicated LDWC volunteer.

"Margaret was a volunteer here at the Centre and we wanted to do something special to mark this," said LDWC co-ordinator Jo-Anne Anderson.

The public is invited to visit the Marguerite Knapp Building at 257 Queen Street in Lennoxville during regular business hours to take a stroll through the corridors and view the art.

The what and how in mental health

Submitted by Judy Ross of Mental Health Estrie

Canada is the only G8 country without a mental health strategy. The MHCC (Mental Health Commission of Canada) has been working on this since its inception in 2007. The document 'Towards Recovery and Well-Being' presents a draft framework for developing a comprehensive mental health strategy for Canada. The eight goals it sets out provide a vision for what a transformed mental health system should look like.

The Commission is now inviting comments on the draft framework. Once it is finalized, it will move on to the second phase of developing a mental health strategy - producing a detailed roadmap for how the eight goals can be achieved.

The document, along with detailed instructions for the consultation process, can be found on the Mental Health Commission's website: www.mentalhealthcommission.ca. The consultation will run until the end of March.

"It is important that we hear from as wide a range of people as possible: people living with mental health problems and illnesses, their families, mental health service providers, researchers and policy experts," says MHCC chairman Michael Kirby. "We also want to hear from people who are concerned about mental health issues, whether or not they are currently involved with the mental health system."

For those who do not have access to the internet, the paper version of the questionnaire and the draft framework is available from Mental Health Estrie by calling 819-565-5717.

For more information contact Mental Health Estrie at mentalhealth.estrie@bellnet.ca or call 819-565-3777.

History belongs to everyone

By Nancy Barnett, LAHMS

Have you ever wondered how your family came to settle in this area or if that antique grandfather clock you have in your parlour really is an antique? Perhaps it is time that you take an interest in history. Come and visit the LAHMS (Lennoxville-Ascot Historical and Museum Society) located on the second floor of 'Uplands', 9 Speid St., in Lennoxville. This heritage home allows you to see what an early 20th century lifestyle might have been like. Parking and admission are free.

What does LAHMS do?

LAHMS has been consulted by the Borough of Lennoxville for the Heritage Walking Tour of Lennoxville and future signage to be placed at the Borough Office and The United Church. Our archives have provided information for the horse power (treadmill), for which a plaque is being planned. LAHMS offers public meetings with a guest speaker several times a year on subjects of local history such as antique farm machinery, art history, WWI, etc. We believe in community participation. We plan various fundraising events such as a Spring Barn Sale, Friendship Day's Cake and Ice Cream Sale, an annual Fall Financial Campaign and a Victorian Christmas Tea.

History belongs to everyone. We want your input. Become more involved with local history by becoming a member of LAHMS. It is your time to influence the direction of the Historical Society and what projects come to fruition in the Borough of Lennoxville.

For information call 819-564-0409 or email lahms@uplands.ca.

Meet your neighbour

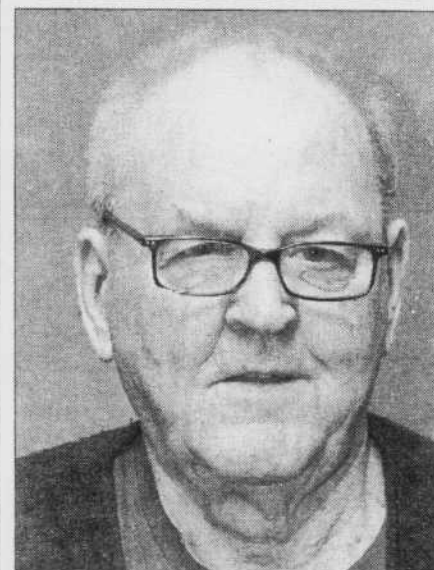


PHOTO AND TEXT BY AL BARBER

WILLIAM JOHN HEYMAN—Sutton born William, or Bill as he prefers to be known, is one of the dedicated volunteers working away in the background on Friendship Day. He is to be found directing traffic before and after the parade and likes to do 'his bit' to help, which is something second nature to Bill who was a volunteer at the Brome fair for 40 years. He has lived in Lennoxville for the last 14 years and loves the community atmosphere. Heyman, who turned 70 last October was one of the volunteers who did the refurbishment to the locker rooms at the Lennoxville Curling Club last year.

LES dance raises hundreds in support



Lennoxville (CP)—About 150 locals turned out for the annual LES (Lennoxville Elementary School) fundraiser dance last Saturday. Held at the ANAF Unit 318, 'The Hut', around \$650 was raised, according to PPO (Parents Participator Organization) chair June Suitor.

"The money will go towards the beautification project to make improvements to the school," said Suitor. "We've already painted and decorated the entrance way and this will help us to do more, like plant flowers."

Band 4 Wheel Drive performed at the event that helped to raise funds to beautify LES.

"We had a different band this year and they were really good," said Suitor. "All the tables were full. It was a great night with a good turn out."



PHOTOS BY COREY BELLAM

Jennifer Sylvester-Naylor (in no order), Debbie Everett, Tanya Grapes, Karine Cote, Carole Noch, and June Suitor were pleased with the results of this year's annual Lennoxville Elementary School fundraising dance.

ETSB and Townshippers' alliance

(CP)—The ETSB (Eastern Townships School Board) and Townshippers' Association have agreed to strengthen their working relationship in an effort to improve services offered for English speaking Townshippers.

"Townshippers' Association and the ETSB are two key leaders in the community," said Townshippers' president, Michael van Lierop in a recent statement. "We share the vital goal of building and strengthening the English-speaking minority community in the Eastern Townships. Collaborating on an equal footing is essential to working most effectively for the members of our community and its future."

Last Wednesday, representatives of both organizations gathered and established ways to cultivate a closer working relationship. Representatives from each group will be present at Townshippers' board and ETSB planning meetings, to exchange information about current initiatives and issues.

ETSB and Townshippers' agreed to include each other in future community consultations and the organization's executives also agreed to meet every six months to keep each other up to date on current issues and initiatives.

ETSB chairman Michael Murray, director general Ron Canuel, and Chantal Beaulieu, assistant director general were present and vice-president Gerald Cutting and executive director Rachel Garber represented Townshippers' Association. Alice McCrory who is both an ETSB commissioner and a member of Townshippers' board of directors, also attended.

From reggae to old time country

(Y)—The Intergenerational Music Festival featured local performers, from dancers to choirs, Saturday afternoon at the Lennoxville Amedee Beadoin Community Centre with coordinator Eric Akbar Manolson watching over with pride. "With this festival we are creating a space for elder musicians and younger musicians to perform their favourite materials," he stated. "There is so much creative talent in this part of the Townships." The day long event, which featured workshops for musicians and singers, entertained spectators with everything from reggae to Irish and choreographers to old time country. The day ended with a Saturday evening coffee house. The activity was made possible through The Intergenerational Trails Council, which uses ancient and modern approaches to bring people of all ages together. The Council is a Townshippers' Association initiative and was supported in part by the Quebec government's Du Coeur a l'action pour les aines program. For more information on the event or the Council contact Manolson at 819-566-5717.



PHOTOS AL BARBER



Thirteenth Tale is Made for Book-Lovers

"What succor, what consolation is there in truth, compared to a story?"

-Diane Setterfield

Diane Setterfield's novel, *The Thirteenth Tale* (2006), is like a traditional Russian doll that opens to reveal another, and then another still - but in this case we are talking about stories within stories. The irony is, this is a search for truth: namely, the true story of a famous writer named Vida Winter.

Winter is a recluse whose fame for her work is on the scale of J.K. Rowling. Many people have interviewed her to find out more about her life, but every time she has told them yet another tale. No one knows the truth about who she is. But that's about to change, for Winter herself has sought out an amateur biographer and antiquarian bookseller by the name of Margaret Lea, with the request to come to her estate in Yorkshire in order to write her biography. Winter promises to tell her the true story of her life.

And of course, herein lies the big question: is it the truth? What constitutes a true story? Isn't every story a

little bit true in one way, and yet also a matter of point of view? And just why did Winter choose Lea, of all people?

It is from Lea's point of view that this novel unfolds. She herself is something of a recluse. Like Winter, she hides in books, helping her father to run a bookstore stocked with rare and precious volumes. And like Winter, she has a secret which has shaped (and perhaps ruined) her life. She arrives at Winter's home unsure if she will take on the job, but a strange parallel between her life and that of her subject compels her to agree.

And so, Winter begins to tell the story of her life - and what a story it is...if it's true. Scandal, madness, tragedy: it touches on them all. Incestuous parents who took no responsibility whatsoever for Winter and her twin sister, a childhood of running wild and causing mayhem in the community - I don't dare spoil the story by saying anything more. Lea comes to discover that time is also a factor. Winter is dying, and if the tale is to be told, it must be done with haste.

At the heart of *The Thirteenth Tale* is a love of books and of story

that will appeal to any avid reader and/or writer. As Lea explains: "I have always been a reader; I have read at every stage of my life, and there has never been a time when reading was not my greatest joy." How could you say it better than that?

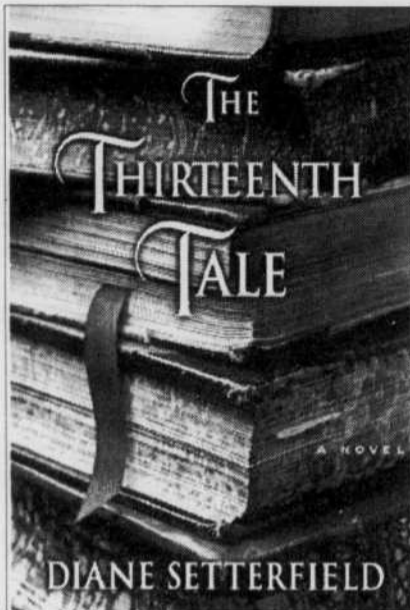
Happy reading!

Book Ends

The library's reading club, Books and Brown Bag Lunches, will meet on Wednesday, April 1st (no fooling) at the library from noon until 1 p.m. Bring your lunch and share a book you have enjoyed.

The next children's activity will take place on Saturday, April 25th, from 1:30 to 3:30 p.m. The theme will be, "Bzzzzzy Bugs," with bilingual stories and crafts.

For information on all library events, call us at 819-562-4949 or visit our website.



GOOD READS

MICHELLE BARKER

BRUNCH FOR YOUNG CURLERS

Lennoxville Junior Curling Club will be holding a brunch this Sunday, April 5th, at the club on Speid Street in Lennoxville. Come out and enjoy a delicious meal, watch a curling game, and support our young members. The cost is only \$8 and brunch will be served from 10 a.m. till 2 p.m.

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THE RECORD Sports

page 10 MONDAY, MARCH 30, 2009

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Cougars relish 4-1 victory

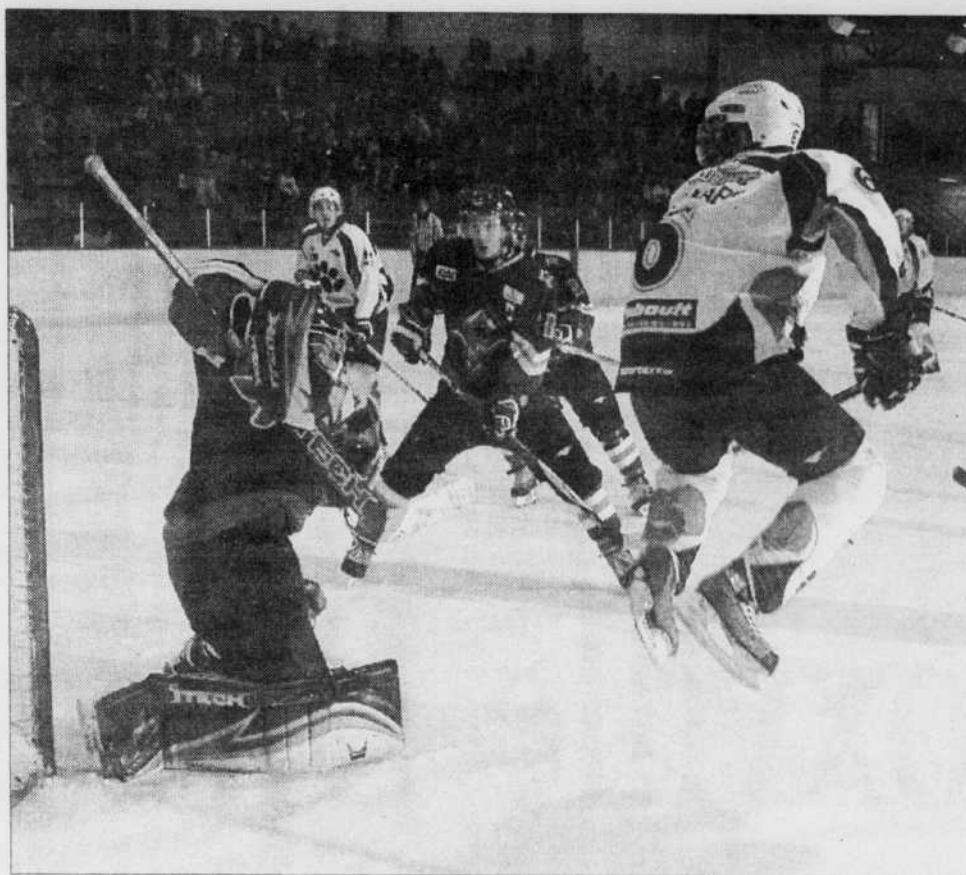
By Zachary Cy-Vanasse

The Champlain Cougars hockey team keeps rolling right along in their playoff push. The Cougars chalked up two wins over the Sainte-Thérèse Nordiques on Thursday and Saturday night, both by a 4-1 score, to lead their semi-final best-of-seven series 2-0.

The Cougars controlled most of the action on Thursday night as they opened up the series at Arena Eugène-Lalonde in Sherbrooke, scoring three of their four goals in the second period, despite being without the services of four of their veterans. Cougars' captain Jean-Christophe Poulin as well as Yann Poulin were both serving suspensions while Vincent Germain was sick and Jerome Anctil was kicked out of the game in the first period for hitting from behind.

The two teams skated to a 0-0 score after the opening 20 minutes of play, with Sainte-Thérèse failing to take advantage of a pair of powerplays while Champlain failed to execute on their sole man-advantage of the opening frame.

Alexandre Gagnon provided the first offence of the game when he scored his second of the playoffs 4:51 into the middle period. Andy Buntic and Patrick Belzile added the assists on the game's opening goal. Less than two-minutes later, the Cougars' David Hivon doubled the Champlain lead with his third of



PERRY BEATON

the post season with the assists going to Charles-Olivier Levasseur and Benjamin Larabie.

Guillaume Durand found the back of the net for the first time this post sea-

son and cut the Cougars' lead in half when he scored on the Nordiques powerplay 9:10 through the second period with Champlain's Philipp Binette sitting in the sin-bin. Marc-André Tourigny

and Jean-Philippe Leblanc were each credited with an assist on the Nordiques' powerplay marker. Patrick Belzile would re-instate the two-goal Cougar lead 18:16 into the second with an assist from Carl Chamberland.

Belzile's second of the night and third of the playoffs would push the Champlain lead to 4-1 when he found the back of the Sainte-Thérèse empty net with less than two-minutes to play and the Cougars a man short.

Alexandre Dubois was solid in nets for the Cougars as he faced 23 shots in the game. "The game wasn't as easy as it looked," said Cougars coach Jude Vallée to the media. "We were still without four of our veterans."

It didn't take nearly as long for the Champlain offence to get rolling on Saturday night in Sainte-Thérèse. Just 1:09 into the action at Aréna Lionel Groulx for game two of the series, Champlain's Andy Buntic put his team in the driver's seat with his third of the playoffs. Belzile and Nicholas Poulin each added a point to their playoff totals with an assist on Buntic's first of the night.

Just under six minutes later, and with the Cougars on the man-advantage it was Buntic again finding the back of the net to double the Champlain lead, with Belzile adding his second helper of the game and Alexandre Gagnon contributing with his first.

Marc-André Julien would cut the Champlain lead in half when he beat Dubois on the powerplay with Belzile serving time in the penalty box for elbowing. Sainte-Thérèse's Anthony Pittarelli and Guillaume Durand contributed on the powerplay goal with an assist each.

Alexandre Gagnon put Champlain back in charge with a 3-1 score 5:35 into the second period with the second Champlain powerplay goal of the night when he took a feed from Buntic and Belzile to score the lone goal of the second.

Gagnon, Belzile and Buntic would complete their three-man offensive show 16:18 through the third and final frame when they connected yet again to put the game away for the visiting Cougars. Gagnon scored the goal, his second of the night and fourth of the playoffs, while Belzile and Buntic both added helpers.

At the end of the night Buntic finished the game with four points, two goals and two assists, Gagnon had three points, two goals and an assist, and Belzile contributed an additional four points, assisting on every Cougars goal in the 4-1 win.

WRESTLEMANIA 25



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Pancreatitis needs prompt treatment



PETER H. GOTT, M.D.

DEAR DR. GOTT: My son, who is in late 50s, had perfect health all his life. Now, suddenly, he has developed what his doctors call "pancreatitis."

More than a year ago, he started having attacks of incapacitating, excruciating abdominal pain about every two weeks. Each attack lasts a few days and then goes away.

He has no health insurance and waited a long time before seeing a doctor. He was told that he needed gallbladder removal because the doctor was 98 per cent sure that this was the problem. However, after having the surgery, the attacks returned every two weeks, exactly as before.

DEAR READER: Pancreatitis is inflammation of the pancreas (a gland that produces digestive juices, insulin and glucagon). There are two types of pancreatitis - acute and chronic - both of which can be life-threatening.

Acute episodes usually come on suddenly and disappear after a few days with treatment. During an episode, the digestive juices attack the pancreas, leading to tissue damage. Most cases are the result of gallstones. Other causes can include chronic alcoholism, infections, tumors, genetic pancreatic abnormalities, medications and abdominal trauma.

Symptoms during an acute attack may include upper-abdominal pain, swelling and tenderness, fever, nausea, vomiting and an increased pulse.

Treatment includes hospitalization for intravenous fluids, antibiotics and pain medication. It is also important not to eat or drink during the attack to allow the pancreas time to rest and heal. If vomiting is present, it may be necessary to remove fluid and air from the stomach with a naso-gastric tube,

which may need to stay in place for several weeks.

Avoid smoking, alcohol and fatty foods, which can make symptoms worse and cause another attack.

Chronic pancreatitis is so named because the pancreas does not improve or heal, eventually leading to permanent damage. It is usually the result of severe, chronic alcohol abuse. In some cases, it can be triggered by a single acute attack. Other causes include medications, high cholesterol or triglyceride levels, some autoimmune disorders, high blood-calcium levels and more.

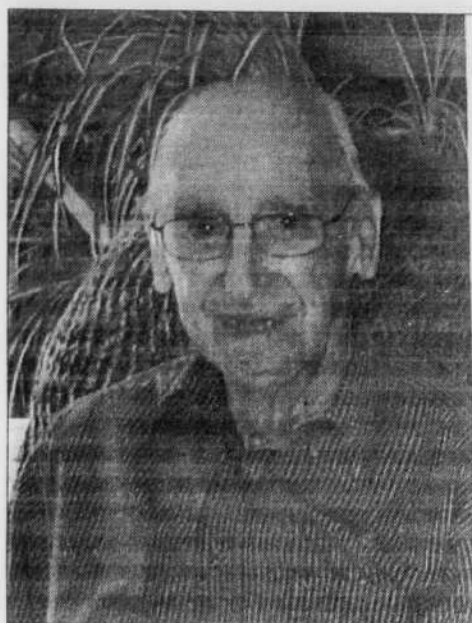
Symptoms are abdominal pain (which usually goes away as the condition worsens), nausea, vomiting, diarrhea, oily stools and weight loss.

Treatment is similar to that of the acute form and includes hospitalization, IV fluids and so forth. However, the after care is different. While it is still important to avoid fatty foods, smoking and alcohol, it may also be necessary to take supplemental pancreatic enzymes. Consultation with a dietician may be beneficial to devise a meal plan that is low in fat and includes several small meals per day rather than two or three larger ones.

Complications can include permanent damage leading to diabetes and malnutrition (owing to the body's inability to digest and absorb nutrients properly).

I urge your son to be seen by a specialist who can test and diagnose him. It is vital that the reason behind the repeated attacks is found before serious damage occurs, if it has not already. I also urge your son to work out a payment plan with his physicians and the hospital. He should attempt to apply for emergency state aid that may help him reduce or eliminate his medical fees. He will have to meet certain requirements, but if his income is low enough not to be able to afford medical insurance, he will likely qualify.

Death



LAFLAMME, Mr Rolland (1924-2009) - Peacefully at B.M.P. Hospital Cowansville on March 26, 2009 at the age of 84. Mr Rolland Laflamme leaves to mourn his beloved wife Marion Laflamme (nee Perry). Left to mourn, son David (Francine), daughter Suzanne (Guy), grandchildren Lysa (Stephane), Josée (François), Tammy (Donald), Nicholas (Amélie) and many great-grandchildren. Survived by brothers, Larry (Mary-Ann), Guy (Kelly). Predeceased by brother Léo and sisters Corine and Gertrude. Funeral to be held at a later day, followed by burial at the Ste-Croix Dunham Cemetery. Donation in his memory may be made to BMP Hospital or the Heart and Lung Foundation. The Family would like to thank the staff and Doctors at the BMP Hospital for all the care and support given to Mr. Laflamme. Arrangement by Désourdy inc. Funeral Home 104 Buzzell St. Cowansville Tél. : (450) 263-1212 Fax : (450) 263-9557 Email : salondesourdy@desourdy.ca

Deaths

NUTBROWN, Keith B. 1933 - 2009 - Passed away at the CHUS Fleurimont in Sherbrooke, following a brief illness, on Thursday March 26th, 2009 at the age of 76. Beloved husband of Florence Matthews, and dear father of Michael, Lee Wayne and Terry (Julia). Keith also leaves to mourn, his grandchildren Ashley and Cody, his sister Joan Nutbrown, his brother-in-law Wayne (Madeleine), his sister-in-law Rona (Bruce Gregory) along with many nieces, nephews, relatives and friends. Resting at St-Augustine's Anglican Church where friends may visit on Tuesday March 31st from 1 to 2 PM followed by the service at 2:00 PM with the Rev. Andrew O'Donnell officiating. Interment in the Danville Protestant Cemetery at a later date. Arrangements entrusted to Cass Funeral Home, Richmond. 819-826-2502 \ www.casshomes.ca

TOWNSEND, Elsie - Passed away on March 25, 2009 at Montreal General Hospital, in her 95th year. Beloved wife of the late Charles Williams (1958) and, Arthur Townsend (1982). Loving mother and mother-in-law of Rose and Roland, Nonie, Shirley and Norman, Leona and Armin. Dear sister of Guy Ashman. She was loved and will be missed by her grandchildren and great-grandchildren. She will be remembered fondly by her nieces and nephews and all her family and friends. Special thanks to Lynda a very special person and to Mario, Tina and the staff of Westhill residence where she resided for almost ten years. Visitation will take place at Cass funeral home in Ayers Cliff 900 Clough St. Ayers Cliff on Monday, March 30, 2009 at 11am. Service to follow at 12 noon with a reception afterwards.

In Memoriam

RUSSELL, Reid R. - In memory of a loving father, Reid R. Russell, March 30, 1998. When we are sad and lonely And everything goes wrong, We seem to hear you whisper, Cheer up and carry on. As we look at photo albums You seem to smile and say, Stay happy, love each other, We'll meet again some day. Sadly missed by your children, BRENDA, RICHARD BRUCE, CAROL, JOHN GRANDCHILDREN and GREAT-GRANDCHILDREN

In Memoriam

SORENSEN MORRISON, Agnes - In loving memory of a dear mother who passed away March 30, 2002. In our hearts, your memory lingers, Sweetly tender, fond and true. There is not a day, dear Mother, That I do not think of you. Sadly missed, GLADYS (daughter)

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Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

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For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Their stepfather beats, criticizes and berates them

Dear Annie: My husband and I have been married 16 years and own a business together. I recently discovered that he has been having sexual fantasies regarding three of our employees. These are all married women who work in the office.

A month ago, I found something unimaginable on his desk. He had written separate notes to each of these female employees, outlining his inner feelings and saying he'd love to date them all individually.

I have not confronted him about what I discovered. Should I? I'm basically very shocked. We've been almost inseparable for 18 years. — Stunned Wife

Dear Stunned: Most men have fantasies, even about women they work with, but that doesn't mean your husband will act on his. The letters may have been a way to get them out of his head, and leaving them on his desk indicates he wanted you to know. Use this as an opportunity to talk about your relationship. Tell him what you found, ask him why he wrote the letters, and see if you can nip trouble in the bud.

Dear Annie: With the summer months coming up, some people are planning their vacations now. Please settle this debate.

Five working adults share the cost of a vacation cottage, four of whom are couples. There are three bedrooms. How is the price of the rental divided? Being the sole bachelor, I think the total should be divided by five. Last year, the couples arranged it so I paid a third of the total. They divide the cost by the number of bedrooms.

I think each of the vacationers is enjoying everything the property offers: kitchen, appliances, games, bathrooms, TVs, stereos, DVD player, sun deck, etc. We also each contribute to the cost of utilities. All of those expenses are considered in calculating the value of a vacation rental property.

I plan to insist that the cost be shared equally this summer. However, I'd like your input. — Beach Bum

Dear Beach Bum: Sharing a room is usually less valuable than having a room to oneself — unless you are a couple, in which case, sharing a room is preferable. That means you should pay one-third the cost of the bedrooms and one-fifth the cost of everything else. If that is too difficult to assess, we recommend dividing everything by five and then you throw in a little extra.

Dear Annie: I want to comment on the letter from "Feeling Hurt and Lost in Kapolei," who has been caring for her mother for five years, but Mom gives her and the grandchildren a hard time.

About three years ago, my mother started becoming confused and unable to focus. She would sometimes lash out at my father no matter how hard he tried to please her. At my cousin's suggestion, I had my mother evaluated for Alzheimer's. After a series of tests and interviews with Mom, me and the two of us together, she was found to be in the first stage of Alzheimer's disease.

She has been on Aricept ever since, and it has helped slow the progression of the disease enough to enable her to continue daily tasks. I have also found great support and understanding in a

local Alzheimer's support group and the occasional meetings in our area of the National Alzheimer's Foundation.

Please tell "Feeling Hurt" to have her mother tested and, if necessary, put on medication. It could make a world of difference. — Burlington, Vt.

Dear Burlington: Thanks for the excellent suggestion. Readers can get more information through The Alzheimer's Association (alz.org) at 1-800-272-3900.

Dear Annie: My husband and I bought our first house just over a year ago and have had several roommates. Now two of them don't have jobs, nor do they pay rent.

My husband's brother, "Daniel," and his girlfriend, "Kathy," have been living with us for seven months. Kathy never had a job and Daniel quit his soon after they moved in. Since then, neither has actively searched for employment.

We pay all the household expenses, including cable, water, electricity, Internet, etc. At first, their slacking didn't bother me because they cleaned the house while my husband and I were at work. But now they won't wash a dish or push a vacuum. In fact, they don't bother to come out of their bedroom until I've finished the chores. They will not lift a finger unless I tell them to and then stand over them. If my husband asks, they blow it off.

I feel taken advantage of. My husband issued an ultimatum that they'd have to find a new place to live if they were still unemployed by February, but nothing came of it. What makes this worse is that my husband recently lost his job and I've been supporting all four of us. My husband is actively looking for work, but even with the house on the line, it hasn't motivated my brother-in-law and his girlfriend.

I have brought home job applications, but I can't take time off to make sure they're actually following through. How do I get these adults to stop acting like children? — Not Their Mother

Dear Not Mom: Throw them out. It's the only way they will ever grow up. As the current sole breadwinner, you should have the final say on the family budget and it shouldn't include freeloaders. You've been more than generous with Daniel and Kathy. Now they need some "tough love." Give them one month to find a place of their own, and then pack their bags, change the locks and wish them well.

Dear Annie: My husband and I recently retired to a large community where many of the folks own pets.

Cat owners permit their cats to jump all over their kitchen countertops and even the table. Dog owners allow their animals to scratch your legs and get hair all over your new outfit, and all they say is, "He'll calm down after awhile," which never happens. And some of their homes smell.

We want to make new friends but need them to understand we don't enjoy their dogs jumping all over when we arrive with dishes in our hands. If I owned a dog, I would absolutely be considerate enough to put the animal where it won't disturb anyone when

guests come. Where is common sense these days? —

Anonymous

Dear Anonymous: You need to be very direct: Tell these people their animals make you uncomfortable and ask that they please put them in another room. If they are unwilling, the only way to maintain a friendship is to socialize outside their homes.

Dear Annie: I read with considerable shock your response to "Lonely in Connecticut," who was distressed by the prospect of enduring many future years of a sexless marriage with her terminally ill husband. You said she shouldn't have an affair. Don't impose your moral standards on her.

The need for loving attention and intimate physical contact, which may be the most comforting aspects, can hardly be met by the lonely act of masturbation. Yes, there are potential costs — the stress of an intimate friendship outside the marriage and the risk of emotional involvement. But you should not so flipantly throw out the possible benefits of an understanding affair in helping this woman cope with the loneliness she faces. — Concerned in Montreal

Dear Montreal: People who are comfortable having affairs don't generally write to ask our opinion. There are ways to find intimacy with a spouse who cannot have sex, but both have to be willing to work on it.

Dear Annie: My best friend, "Jayne," is also my former sister-in-law. She and my brother divorced several years ago. My brother has limited contact with their children, but I have remained close to all of them.

A few years ago, Jayne remarried. Lately, I have noticed my oldest niece has become withdrawn. She finally told me that she and her siblings are miserable. Their stepfather beats, criticizes and berates them. She said her mother stands by and does nothing. I don't believe they are being sexually abused, but I am furious at the mental and physical abuse they are enduring.

I worry that if I say anything to Jayne it will only make matters worse for the children. I also fear her husband will convince her not to allow me to see the kids, and I don't know how I would bear that. Please help. — Just the Aunt

Dear Aunt: Those children are lucky to have you in their corner. Contact the Childhelp National Child Abuse Hotline (childhelp.org) at 1-800-4-A-CHILD (1-800-422-4453) today. All calls are anonymous and confidential and will be investigated by a professional.

Meanwhile, stay close to Jayne not only to keep an eye on those kids, but to be a source of support if and when she needs you.

Dear Annie: My husband and I live near a cemetery. Despite the fact that we have doggie parks and a citywide leash law, people like to use the cemetery to let their dogs run. Animal control will leave a notice at the offender's home if you know the address, but otherwise cannot do anything unless they catch them in the act.

I have relatives buried in that cemetery and resent the idea of dogs leaving their deposits on gravesites. I have a

dog, but never let it loose like that. Also, I was once nearly attacked by a pit bull while absorbing the peace and quiet cemeteries provide. I have reminded people of the law, but that piece of information is not received well. Now I no longer walk in the cemetery except to visit my relatives' graves.

I don't understand the "I'm above the law" attitude these people have. It does not make for good neighbors. Leash laws in the cemetery allow respect for others, including those who have passed on. — Frustrated in Illinois

Dear Frustrated: Surprisingly, some people consider cemeteries to be large parks and the graves are incidental. But as in any public area, dog droppings should be cleaned up by the owners. Does the cemetery have a policy on allowing animals on the grounds? Is there a caretaker? If so, enlist his or her help in keeping the area respectfully maintained.

Dear Annie: "Remember Back When in Warren, Ohio" objected to pregnant women showing their bellies. You have got to be kidding with your response that "the pregnant body is nothing to be ashamed of or hidden."

The rest of us don't want to look at naked bodies. Appropriate apparel should always be worn in public. Do you appreciate when an obese person wears spandex? When someone who looks anorexic sports a halter top and short shorts? If a man with a beer belly and hairy chest goes without a shirt? A young child in a pool naked? If the body is nothing to be ashamed of, why don't we just live in one big nudist colony?

These are all normal bodies, but that doesn't mean we should have to look at what should be saved for their significant others. Sometimes leaving something to the imagination can be a good thing. — Tired of Explaining It to My Young Son

Dear Tired: "Warren's" main objection was pregnant women who wear tight clothing. You've added those who are obese, anorexic and hairy, and naked toddlers. We agree that people should dress appropriately when in public, but we are not going to get bent out of shape with people who don't live up to your beauty standards. Get real.

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

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Run in papers of Monday, March 30, 2009

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: S equals Q

"BTV TNGIVHB BTFLM BC IC FL ANHVANDD FH BC TFB N GCOLI ANHVANDD JFBT N GCOLI ANB, HSONGVDE." - BVI JFDDFNWH

PREVIOUS SOLUTION: "The most important thing for poets to do is to write as little as possible." - T.S. Eliot

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ALLEY OOP



ARLO & JANIS



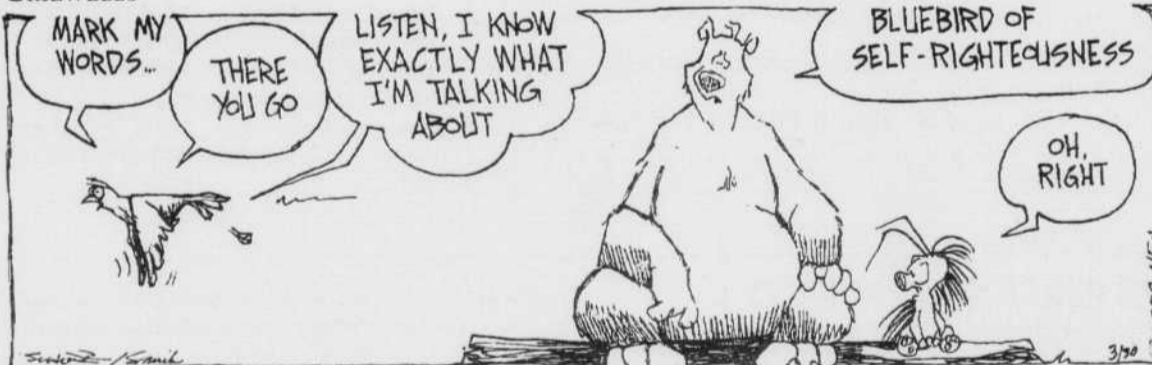
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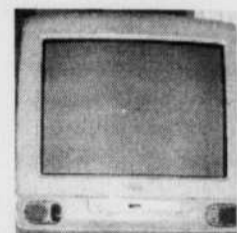
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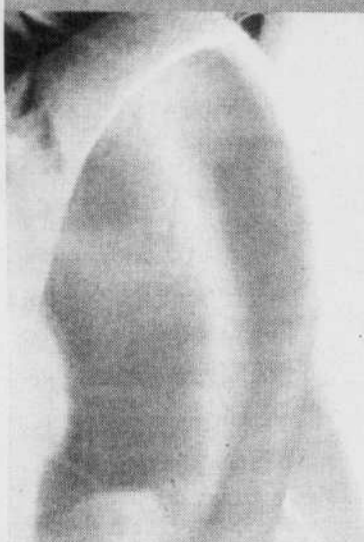
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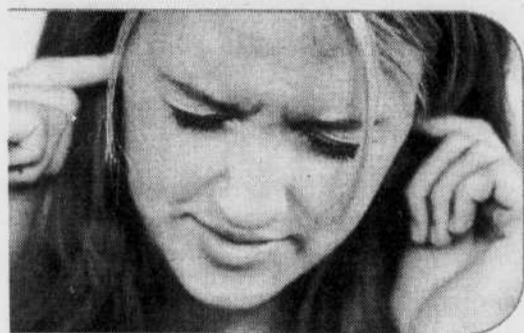


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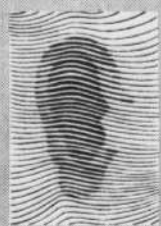


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