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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Official opening for new Maison Aube-Lumière

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THURSDAY, FEBRUARY 28, 2013

### No progress from pedestrian petition

Gordon Lambie  
Special to The Record

It was almost one year ago exactly that Lennoxville resident Marie-France Beaugard presented a petition containing more than 200 names to both the borough and municipal councils regarding pedestrian security at and around Atto Beaver Park on St. Francis Street. At Lennoxville's most recent borough council meeting Beaugard, having heard nothing back from the city since May of 2012, and having seen no results, returned to express her concern anew.

The petition specifically dealt with the roughly 300-metre stretch of road between Atto and Beattie Streets and the fact that there is no safe space for pedestrians between the residential housing and the Park across the road. Beaugard pointed out that there are a lot of young families in the area and that, particularly in the winter, there is no safe or easy way to walk in the neighbourhood.

Borough President David Price was sympathetic, but unable to offer any concrete solutions.

"We need something there," Price agreed, making mention of the upcoming Canada Games events to be held at the park, "it always comes down to the same thing: no budget."

According to Price the city has held firm on its commitment to focus on building sidewalks in school zones, and

CONT'D ON PAGE 3

### Pink against bullying



SYLVIA BULLARD

On Wednesday, Feb. 27, Bishop's College School students took a visible stand against bullying by wearing something pink as a symbol of support for the campaign against bullying. Read more about the special day in next Monday's Link section of The Record.

# THE RECORD

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### Magog info

The annual general assembly of : Les Amis de la bibliothèque Memphremagog (La Fondation de la Bibliothèque Memphremagog Inc.), will be held at 7 p.m. on March 21 at the Memphremagog Library, Katherine Milne hall, located at 90 Saint-David Street.

The subscribed library members are welcomed.

Source : Les Amis de la Bibliothèque Memphremagog Inc. Monique d'Arcy, Telephone : 819 843-6204.

### Sliding into Spring Break

The City of Magog wishes to inform the public that if the weather permits, the slide at Merry Point, arranged for the Fête des neiges will be available (including the lending of tubes) from 10 a.m. to 4 p.m. during the Spring Break of March 2-8 inclusive.

Two facilitators will also be there to entertain young and old. For more information, call 819 843-4412 ext 0

### Weather



TODAY: SNOW, RAIN, WINDY HIGH OF 3 LOW OF -1



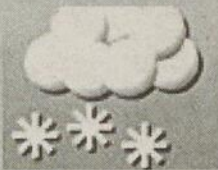
FRIDAY: PERIODS OF SNOW HIGH OF -1 LOW OF -2



SATURDAY: PERIODS OF SNOW HIGH OF 0 LOW OF -4



SUNDAY: SHOWERS HIGH OF 1 LOW OF -3



MONDAY: FLURRIES HIGH OF -1 LOW OF -8

## ALLiance Quebec 2.0 launches its international awareness raising campaign

ALLiance Quebec 2.0, a brand new Quebec-based, non-profit organization committed to educating both domestically and abroad, officially throws its hat into the charged English-language rights scene. "Get ready for an entirely new message, brand and face to the Bill 101-anti-movement" President Ian Stone warns, particularly his would-be Anglophone (English) supporters, adding, "We are NOT your parents' Alliance Quebec and we're not playing games!"

"If our end goal is the eradication of Bill 101 and Bill 14, then we must consensus on a universal reframe of the entire topic such that economics, not language becomes the key discourse dri-

ver domestically. This is also how ALLiance Quebec 2.0 envisions us expanding our tent, to include ALL Quebecer's interests, by reframing Bill 101 and Bill 14 as a bread and butter issue that affects every dinner table in this province."

ALLiance Quebec 2.0 launches with a crowd-funding campaign on Indiegogo: <http://igg.me/at/alliancequebec2>, a slick bilingual website, a quickly populating Youtube channel and a new line of Bill 101 Product/Merchandise that will be used as pledge gifts for supporters. ALLiance Quebec 2.0 is also developing a line of Bill 101 Apps, the first of which will be our second-by-second Bill 101-Cost-O-Meter clock. Plans to add an ANGLO-BULLYING live forum to our web-

site are in the works.

"We want to diminish the power of the Bill 101 brand, and to that end, we are introducing an in-house line of Bill 101 products that should do the trick. ALLiance Quebec 2.0 is very proud of its in-house developed BILL 101 line including Bill 101: Le Board Game, Bill 101: Le Card Game, Bill 101: Le Toilet Paper and our children's book on bullying, "101 Reasons Why Bill Shouldn't Be Afraid to Go to School."

Join your voice to ours! Help us spread the word, both here in Quebec and abroad, to the world at large. For more info please contact President Ian Stone at [info@alliancequebec2.com](mailto:info@alliancequebec2.com) or call: 514 318 4672. [www.alliancequebec2.com](http://www.alliancequebec2.com)

## Art exhibit and sale at Uplands

Uplands Cultural and Heritage Centre, in association with CRDITED Estrie and Dixville Home Foundation, is very proud to bring you its 8th annual exhibit unveiling works of art produced by artists living with an intellectual handicap. This cultural event held during the Quebec Intellectual Disability Week will begin with a Vernissage from 5 to 7 p.m. on Wednesday Mar. 13 at Uplands.

Comme on se ressemble is an enriching experience, which invites the community not only to share in the creativity and expression of these artists, but to contribute to the recognition and

appreciation of their works. The opening night is filled with a genuine celebratory atmosphere. This event presents an opportunity for the artists to share their works, and welcome the feelings of pride and admiration which are evoked in their family, friends and the public at large. This event exemplifies a community at its best.

The artists themselves will be making a special appearance at the vernissage to showcase their works of art. Visitors will have the opportunity to purchase and bring home unique pieces of art adding to the encouragement and enthusiasm of the artists.

The art exhibit Comme on se ressemble will be open to the public from Wednesday, Mar. 13 to Sunday, Mar. 24. Uplands' opening hours are Wednesday to Sunday from 1 to 4:30 p.m. The Uplands Cultural and Heritage Centre is located at 9 Speid street, Borough of Lennoxville, in the City of Sherbrooke.

For more information, contact (819) 564-0409, or visit our web site at [www.uplands.ca](http://www.uplands.ca). For more information about the Quebec Intellectual Disability Week visit <http://www.aqis-iqdi.qc.ca/>

Source: Kathy Bieber Uplands Cultural and Heritage Centre

## Launch of the Challenge 5-10-15 contest and the CAL of Cowansville website

COWANSVILLE

The Comité d'action local (CAL) of Cowansville Wednesday unveiled its Challenge 5-10-15 contest and website. The launch took place at Studio Mille et une images at 370 River Street, room #112, Cowansville.

Families present for the event were invited to take fun photos on the spot with their toddlers. These photos will then be available on the Facebook page Challenge 5-10-15.

To participate in the contest, parents need only take a few minutes of their time to play with their children 0-5 years. The CAL of Cowansville then invites parents and children to take pic-

tures while they are doing the activity and to download a photo on the Facebook page.

Those who have a 5-10-15 Challenge card game will draw on ideas from 70 parent-child activities that are presented in the game. Those who do not have a card game and would like to obtain one, can get information from Robyn Hughes, Promotion Agent, at 450-775-8600.

Parents who already have a 5-10-15 Challenge card game can also enter the contest by simply writing their comments about the card game on the Facebook page or mentioning their child's favourite activity in the card game.

Families have until March 31, 2013 to

put their images online or comment on the card game, giving them a chance to win an up to \$100 gift certificate. This award is offered by the Loblaws grocery store in Cowansville, proud sponsor of the contest.

The partners of the CAL of Cowansville are pleased to present their website which lists the contact details of organizations in Cowansville that provide services to parents and /or their young children. The site also informs members of the community who care about the development of young children of their potential contribution.

Source and information: Sarah Leclerc Gendron, Coordinator.

## Ben by Daniel Shelton



# LOCAL NEWS

The new building, like the old, provides beds for 12 terminally ill patients, but is a much more up-to-date and suitable arrangement.

## Maison Aube-Lumière inaugurates sleek new home

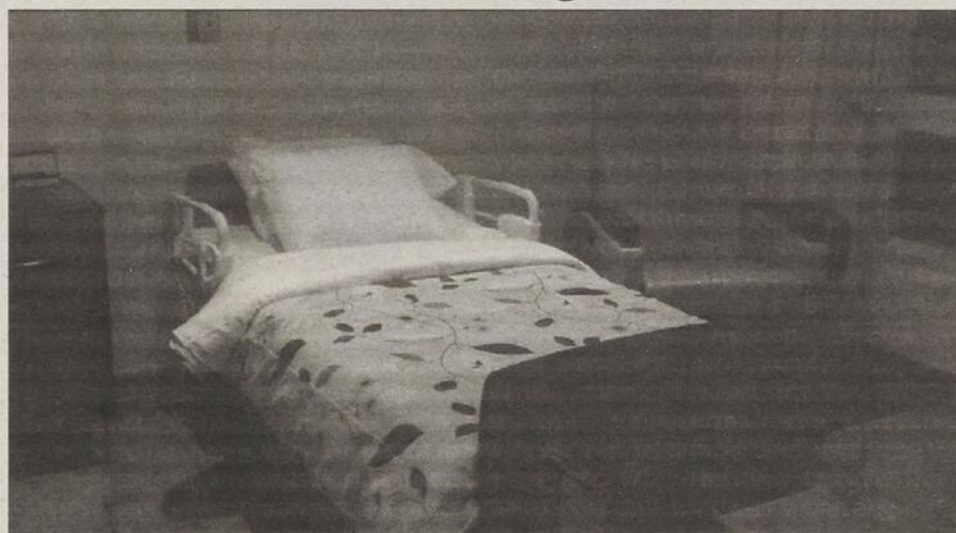
Record Staff

More than 150 delighted people attended the official opening of the new Maison Aube-Lumière Tuesday evening at the CHUS campus in Fleurimont. During the evening, the contributions of Sherbrooke businessman Jean-Paul Longchamps to this "dream come true" was often highlighted.

Maison Aube-Lumière is a palliative care unit for people suffering from terminal illness and their families. The new building is the culmination of a four-year campaign to build a modern, humane end-of-life experience in a "house with a soul."

Longchamps, the 2013 recipient of the Sherbrooke Chamber of Commerce's "Grand Estrien" award, actively participated in direct support through his construction business and also through his enticement of suppliers and workers to donate time and equipment.

"These days, we often hear that people in construction are thieves," said



DANIEL COULOMBE

Maison Aube-Lumière offers a modern, humane end-of-life experience in a "house with a soul."

James McMahon, chairman of the campaign board, "Well, Mr. Longchamps, along with others, gave us more than a million dollars. If it weren't for them I would not be here today, I would still be in the process of begging."

"Mr. Longchamps has done invaluable work," added Yannick Crack, chairman of the Maison Aube-Lumière board of directors.

Ambassador Emeritus for Maison Aube-Lumière, Alain Lemaire, president

and CEO of Cascades, expressed the collaboration among the many projects metaphorically. "I may be an instrument among all the other instruments in the orchestra, but there was a conductor," referring to Marie-Paule Kirouac, director general of the Maison Aube-Lumière and initiator of the project.

Following the speeches and acknowledgments, guided tours were offered by Aube-Lumière volunteers. The institution will begin transferring patients from its current location on Saturday.

The new building, like the old, provides beds for 12 terminally ill patients, but is a much more up-to-date and suitable arrangement. It has been constructed so as to allow maximum exposure to natural light and now contains a hotel-like room for families of patients who wish to spend a few nights. It also has a modern system of disposal for biomedical waste.

Maison Aube-Lumière has been located in an old seminary owned by the Fathers of the Holy Sacrament on Kennedy St. North for 15 years.

## No progress from pedestrian petition

CONT'D FROM PAGE 1

while he reiterated his argument from last year that the route along St. Francis could be considered a School zone owing to its proximity to Bishop's College School, he said the city has made no plans.

Councillor Mark McLaughlin pointed out that Price had attempted a compromise on the cost of building sidewalks by proposing the installation of less-expensive asphalt sidewalks. The city of Sherbrooke turned the idea down, however, declaring it to be outside of their sidewalk norms.

For her part, Beauregard says she has given up on sidewalks.

"Stop asking for them, we won't get them," she said at Monday night's meeting. Instead she asked why it is that,

given a year of time in which to think about alternatives, none seem to have been considered. She proceeded to pro-

*"There is a problem on St. Francis Street" - David Price*

pose a crosswalk, additional stop signs, speed bumps like those on Clough Street, a change in speed limit, and the installation of signs reminding large trucks not to drive on the street as possible alternatives.

"We have a boulevard in our residential neighbourhood," Beauregard said, "and it's dangerous to get across the street."

She voiced particular concerns about the speed of vehicles travelling down the 50km/h road, saying that some travel

easily 20km/h over the speed limit, and that there is frequent large vehicle traffic.

Price said that as of Monday the city had refused to put up signs indicating that large trucks are not allowed on the road as there are already signs on the Bowen and College street entrances that indicate trucks are for local delivery only. The signs, though small, are present, they are also clearly being ignored, as is visible by simple observation of the street.

"It makes no sense," Price said of the decision, "We know that because the viaduct is gone the big trucks pass that

way." The St. Francis Street Viaduct was destroyed last summer by a large truck attempting to drive underneath despite the fact that it exceeded the 3.8 metre height limit.

"We agree 200 per cent that there is a problem on St. Francis Street" Price said, indicating that the borough will continue to advocate for the issue, but Beauregard showed a definite frustration with the lack of movement on the situation despite a wide range of possible alternatives.

"It's priority # 1 to us in the borough," Price said, though McLaughlin pointed out that the borough has not been allocated any money this year for infrastructure work.

## Student's protest derailed en route

SHERBROOKE

A student from the Cégep de Sherbrooke never made it to the student demonstration in Montreal on Tuesday; instead, RCMP officers intercepted him en route to the event.

According to police, the interception

occurred on Autoroute 10 near the Ange-Gardien exit.

According to Cpl. Luc Thibault, members of the Integrated National Security Team, of which the RCMP form a part, they had good reason to believe that the un-named student posed a security threat during the ASSE-organized stu-

dent march in downtown Montreal protesting the indexation of university tuition fees.

"We received information on this subject," Thibault said, "He could have posed a threat during the demonstration."

The suspect was interrogated by po-

lice and subsequently released. If charges are laid, we'll issue a communiqué," Thibault added.

Police would not reveal if any suspicious or dangerous objects were found on the suspect, who offered no resistance.

## New Provigo store to open at Cité du Parc

SHERBROOKE

Provigo, a member of the Loblaw Group, announced Wednesday that the Company had started the construction of a new Provigo store in Sherbrooke's Cité du Parc complex.

Located at the corner of King Street West and Jacques-Cartier Boulevard South, the store's footage will total ap-

proximately 43,000 square feet. Set to open this summer, the new store represents a significant financial investment and will mean some new job creation in the region. The services of local and regional construction companies and professional services firms are also retained for various aspects of the project.

"We are very proud to announce an important investment in Sherbrooke

and to introduce a new store concept that will feature an extensive assortment of produce offering and will provide our valued customers with a fresh, exciting shopping experience," said Pierre Dandoy, Senior Vice-President of Operations for Provigo and Loblaw's in Québec.

Following an analysis of Provigo customers' needs in Sherbrooke, the Com-

pany will transfer workers and the activities of two other Provigo stores, located at 2208 King West and 1095 Belvédère South respectively, to the new location. The closing of these two stores will coincide with the opening of the new store. In addition to the job transfers, some new full-time and part-time positions will also be created at the new Provigo Cité du Parc store.

## 2013 Hyundai Elantra GT GLS



First Impressions - Giving the people what they want



Matt St. Pierre

Hitting the mark right off the bat with a new product is a seldomly achieved feat. Typically, the ramp-up between market launch and mass acceptance takes a few months. Even products as highly anticipated as the 2012 Ford Focus do not always take off the way the Elantra GT has.

The 2013 Elantra GT slots itself in the Elantra lineup as the Touring's replacement. However much I love wagons, the Touring never captured the same appreciative audience as did the first 2002-'06 Elantra GT.

With the American car-buying public allergic to station wagons, the return of the GT makes sense. Although the Elantra wagon (i30 Estate) is offered elsewhere in the world, the hatchback GT positively responds to the needs of the vast majority of North American, roomy-compact car buyers.

### Hatchback brilliance

Its utility aspect is undeniable. The element at the forefront is the 2013 Hyundai Elantra GT's huge boot. At 651 liters with the seatbacks in place, it is over 50% larger than the sedan's. Obviously, the large hatch enables easy access to the trunk.

Beyond it, the Elantra GT's cabin is a bastion of design, ergonomics and modernism that will not be lost on any future owner. All controls are within easy reach and well identified. As such, the entire dashboard's presentation will appeal to young and old, which is brilliant.

The front seats provide ample support and comfort in a mildly European-inspired way. Finding a fitting driving

position is easy. The rear bench is capacious enough for three occupants but, as in most cases, is better suited for two. In the materials department, Hyundai scores highly with tasteful plastics and sensible cloth that does not mark easily.

All in all, the 2013 Hyundai Elantra GT's passenger quarters match or beat whatever else is currently available in the compact car segment.

### More hatchback brilliance

It's more of the same on the outside. Whoever said that aesthetics are a thing of the past in the 21st Century clearly should get their eyes checked (<http://www.auto123.com/en/news/age-can-play-dirty-tricks?artid=146914>).

The new Elantra GT is hot! My pictures of the car are mediocre at best, but it is still plainly evident that Hyundai designers did not use a ruler when they penned the car. The sedan is already attractive, but if you're like me, the larger the boot-lid and the longer the roofline, the better. And this hatchback does not waste a square centimetre of its surface on blandness.

Every body panel is purposefully sculpted, but I must say that the tail-lights are not well suited to the fluidic sculpture design language used throughout the car. Some may find the overall look to be too busy, but I say to Hyundai: Keep it up.

### Driver Selectable Steering

As a car-savvy person, once behind the handsome, well-formed steering wheel, you might be looking forward to playing with the Driver Selectable Steering button, but you might be disappointed. This highly touted feature changes the level of assistance between Sport, Normal and Comfort steering modes.

Thing is, that while I might have gotten excited about this type of gadget in the recent past, I found this feature to be all but pointless now. I turned a few corners in all three modes, eventually set it to Normal and forgot

about it. I fear that most 2013 Elantra GT owners will do the same.

### Goes as the going goes

Although this is merely a matter of a button, what cannot be adjusted at the driver's whim is the car's suspension setup. Far too soft, and suffering from an overdose of body-roll, the Elantra GT's ride does not follow the aura put forth by the car's design and on-road presence.

The driving experience is quaint and without fuss. The mellow shock absorbers flatten most uneven roads; sporty anything does not apply here. The brakes fared well in every respect.

The 2013 Hyundai Elantra GT's standard 1.8L 4-cylinder engine is plenty efficient and powerful for its 1,300 kg (2,860 lb) frame. At 148 hp and 131 lb-ft of torque, the 4-pot manages respectable acceleration times so long as the driver does not back off the throttle for fear of revving the engine too hard. Max horsepower does ring in at 6,500 rpm.

My tested GLS-trimmed car was equipped with the standard 6-speed. The clutch and stick action are smooth and represent one of the easiest stick-shift cars to drive on the market today. As a comparison point, it's similar in function to a modern Volkswagen, which is good.

### The people want

The new 2013 Hyundai Elantra GT has already been picked up by 2,100 in the three months since it arrived. In fact, a little more than 1 out of every 4 Elantras sold in that period sport the GT logo.

With a starting price of \$19,149, the GT is loaded with kit, styling and efficiency, both space and fuel consumption-wise. On that last point, I managed an average of 8.5L per 100 km.

My tested GLS retails for \$21,349 which is fantastic when you consider all the goodies. The Ford Focus, Volkswagen Golf and Mazda3 Sport are all interesting, but if styling and equipment are key, you can't lose with the Hyundai.

## SPA, partners promote pet sterilization campaign

SHERBROOKE

To commemorate national animal sterilization day, the SPA de l'Estrie) and the Department of Animal Health Technology (TSA) of the Cégep de Sherbrooke and veterinarians in the Estrie region have joined to promote the sterilization of pets.

"We decided to work together and unite our forces and resources in pursuit of a common and fundamental goal for all of us, namely to encourage the greatest possible number of Townshippers to sterilize their pets," said SPA de l'Estrie spokesperson Cathy Bergeron. "Because there is in the Eastern Townships, as everywhere in North America, a problem of pet overpopulation and given the magnitude of this problem, we believe it is essential to work in partnership.

This campaign was highlighted yesterday, with the sterilization of cats free of charge aimed at low-income pet owners. This event took place at the TSA department at the Cégep de Sherbrooke, with the support of several veterinary clinics in the area. "Given that the overpopulation problem is particularly severe in cats, we have chosen, in the context of this specific activity to focus on cats," Bergeron added.

### Animal overpopulation: an exponential phenomenon

Few people know this, but this is the reality: a couple of unsterilized cats can begin a line of over 20,000 kittens in just four years. In dogs, a pair can produce 4,000 puppies in seven years. "This increase is exponential in proportion and we have to face the facts: there are not enough shelters to accommodate all these animals, and in the current context, one more is one too many," Bergeron says.

"We believe, as do many specialists in the field of protection and animal welfare, that sterilization is the best solution and that, ideally, this should be done within six months of birth, before sexual maturity." Cathy Bergeron goes on to say that it is also wrong to believe that once the animal sterilized, it will become obese, "it is rather other factors, such as getting too much or unsuitable food or a lack of exercise, which contribute to weight gain."

For the well-being of all, those keeping unsterilized animals undergo multiple in-



COURTESY

The fight against pet overpopulation is best served through sterilization says the SPA de l'Estrie. Sterilization not only helps reduce the unchecked explosion of animals in the area, but also helps avoid behavioral problems.

conveniences including the marking of territory, increased vocalization and fights, annoyances that their neighbours must also put up with. "With sterilization, the animal is adjusted and we can regulate so many problems at once and improve the quality of life for everyone, including the animals," Bergeron explained.

"As we argued last November, on the occasion of the launch of our information and awareness campaign: Le Bon Guardian, sterilization must establish itself as the solution of choice," she recalls. "If all pet caregivers in the Eastern Townships make this gesture, it will cause a major change in the coming years, both in terms of quality of life for all residents and the fate of thousands of cats and dogs. All together, we can make the Estrie region a place where animal welfare and human-animal relations form a part in everyday life," said Bergeron.

Eleven local veterinary clinics offered their support to the sterilization day - Clinique de stérilisation des petits animaux de l'Estrie, la Clinique Vétérinaire centrale de Sherbrooke, la Clinique Vétérinaire de Coaticook, la Clinique Vétérinaire de santé animale de l'Estrie, la Clinique Vétérinaire de Sherbrooke, la Clinique Vétérinaire du Vieux Village, la Clinique Vétérinaire Magog, la Clinique Vétérinaire Rock Forest, la Clinique Vétérinaire Val-Saint-François, la Clinique Vétérinaire Vétérivi et l'Hôpital Vétérinaire de l'Estrie.

Veterinarian Michel Léger, from the SPCA Montérégie also took part in the program.

## Aluminized steel & stainless steel mufflers



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Fernand Cabana, owner  
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## Ste-Catherine-de-Hatley Worker electrocuted

A 32-year old electrician was killed yesterday as the result of a work accident at 320 Chemin du Brûlé in Ste-Catherine-de-Hatley.

According to information from the Memphremagog Police, the man, identified as Philippe Picard from Magog, was attempting to replace a connecting wire between an aerial line and an underground one at about 4:50 p.m. Tuesday, when he was electrocuted. Resuscitation attempts failed to revive him and he was pronounced dead. Picard was employed by Services électriques Larochelle Inc. de Sherbrooke.

An investigation by the coroner's office and the CCST will try to determine the exact circumstances surrounding this death.

### Orford goes after government over water plant

Fed up with waiting for its underperforming water treatment plant to be brought up to snuff, Orford Township has filed a \$10.6 million lawsuit against the Quebec government and contractors for their failure to correct fundamental problems with the plant.

The water treatment plant, which empties into Lake Memphremagog, came on line in 2006 and has never performed up to expectations. Despite the best efforts of the Township, the situation has barely improved over the years and, according to a complaint lodged at Superior Court in Montreal on Tuesday.

Besides the Ministry of Sustainable Development, the Environment, and Parks, three engineers and sustainability consultants Les Services Exp Inc. are also named as defendants in the complaint.

The Township claims that the plant, designed by the engineers and approved by the government, could never have performed according to criteria and that, as a result, the Township was forced to spend millions trying to rectify the situation.

The Township is hoping to reclaim the close to \$12 million it says it had to pay as a result of the incompetence of others, including the cost of building a properly functioning plant.

### Tried to sell victim his own phone, thief sentenced

Yan Cléroux-Girard will spend the next two years in a provincial prison. The 21 year old pleaded guilty to a string of breaking and entering, fraud, and unlawfully being at large before Quebec Court Judge François Marchand. The sentence conformed to a joint recommendation from defense attorney Caroline Monette and Crown prosecutor Émilie Baril-Côté.

Cléroux-Girard and an accomplice committed robberies in 14 residences in east Sherbrooke between August and November 2012. Cléroux-Girard entered houses by removing the screens and once inside, stole wallets, credit cards, smart phones, and vehicle keys. He would return later to steal the cars. He used the stolen credit cards to make purchases at local grocery stores, among others.

## Plans are set for Richmond's St. Patrick's celebration

By Claudia Villemaire  
Record Correspondent  
RICHMOND

The plans are set, the program officially launched and the Richmond St. Patrick's Society is ready to chase away winter blues, prove everyone has a bit of the Irish in their bones and are certain their program designed for every age and taste will prove, once again, "Those Irish sure know how to celebrate."

President Mark O'Donnell never has anything bad to say and he didn't fail this time. "We have new events and activities and we're already exceeding the number of participants in the parade this year," this jolly president quipped.

Launched last week at their traditional press conference where Isabelle Gosselin set toes to tapping with her Irish fiddle jig, Charles Cote, normally a serious guy managing Foyer Richmond, fished a harmonica out of his pocket to underline his Irishness musically and Donald Dubuc tooted the flute in the grand Irish style of MacNamara's Band. There were good words from Richmond's mayor Marc Andre Martel and the assembly was regaled with the list of activities as long as your arm.

First taste of that Irish coffee and all things green is scheduled for Saturday afternoon, March 2 at the Royal Canadian Legion hall on College St., where donated articles, mostly green, are loaded on a center table and could include just about anything, all of it green. Folks turn up here at this first

event prepared to celebrate St. Patrick from March 1 right to the final brunch when trophies, pictures and prizes are awarded to parade participants.

Corned beef and cabbage brings a sobering note to the green auction afternoon, but once started, many folks linger after supper to get a good start on festivities, which are scheduled for every weekend in March.

March 9, the annual banquet gets underway at 6:30 p.m. Diners will be treated to Richmond's Irish dancers in full costume and guest speaker Denis Beaudoin. After supper, Dubuc brings in the music to tempt folks on to the dance floor for round dances and square dances designed to keep most folks busy until the wee hours.

A newer tradition, but one enjoyed by all participants, is the green Bingo at Foyer Richmond. Of course, prizes are green, and ornaments and trophies are the order of the day. Cote, director of this residence for seniors, tunes up the harmonica between calling the Bingo and it's an activity much appreciated by residents and staff alike. The fun begins at 2:30 p.m.

A rare and unique exhibition of Celtic ornaments opens at Galerie Double V in Valcourt on March 15, continuing until April 14. These artifacts are part of the collection of Russian artist Sobolev, whose interest in folklore has led him to the mystical history of the Emerald Isle.

St. Pat's Prep Party begins Friday, March 15 at Grand Central Hotel and, getting everyone in the mood, there's a St. Paddy's Happy Time at the Rich-

mond legion the same day beginning at 3 p.m.

For the folks who might enjoy sitting back and watching someone else stirring up the Irish spirit, Bourrasque Celtique, expert musicians featuring much of the magical folklore the Irish Isle has inspired, this group stirs the imagination, conjuring visions of Irish mists, romance and, of course, the joie de vivre these islanders are so famous for. The Centre d'Art presents this concert, beginning at 8 p.m. March 16. For information call 819-826-2488.

The traditional Irish Mass with officials of the society in full regalia begins at 9 a.m. Sunday, March 17, followed by the pre-parade brunch at the legion hall beginning at 9 a.m. until noon.

Sunday, March 17 is not for the faint-of-heart, considering the full program. Of course, the most important activity is the St. Pat's parade leaving the industrial park at 2 p.m. After the parade, which promises to be bigger and better than ever according to St. Pat's President Mark O'Donnell, the parties take over with shenanigans planned for the legion and Hotel Grand Central. Just up the hill on Craig St. Dubuc has Irish and Quebecois music on his program where all ages are invited to participate guided by Dubuc and his musical friends. The fun, at Sainte Famille Hall, begins at 3 p.m.

As mentioned before, the wrap-up brunch is March 24 at the legion hall. Trophies are awarded to the best in the horse section of the parade and all participants are given a photo of their participation.



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# EDITORIAL

Most teachers would be happy to get a five-year-old who was potty trained and could tie his or her shoe laces.

## New ways to spend



TIM BELFORD

So here's a question. You're running the province and you are woefully short of cash. You've announced a two hundred and fifty million dollar cut to universities and another five hundred million or so to school boards. What do you do?

Well, if you're the Minister of Education, Marie 'Maladroit', you announce you're thinking of setting up a brand-new, all-day kindergarten program for four-year-olds.

Now, this is despite the fact the province already has an entire system, some nine hundred or more, of centres de la petite enfance (CPE). The announcement also came without any indication of how the province would pay for the new level of education, other than the hint that the minister would dump the province's four-year-olds on the school doorstep, presumably with a lunch box, and let the boards worry about it.

When asked why she was busy thinking up new ways to spend money instead of perhaps worrying about how to ease the fiscal strangle hold already on the education system, she replied that the schools perhaps could offer an attractive alternative to those parents who have chosen not to send their children to either a CPE or daycare. These societal outcasts, who for some unknown reason have decided to keep their children around for their first four years, obviously need help.

The organization that represents the CPEs was aghast. This after all is the same party that created the CPEs in the first place back in 1997. Mind you, the outrage has to be taken with a grain of child care philosophy since the CPEs' solution would be to expand their own role in early development. And why not? If the province is going to drop another

fifty or sixty million into the educational abyss, it might as well come their way.

It's also important to note that nowhere in the discussion did either side really put forward a convincing argument that the parents or the children need any more institutional help in the first place. Agreed, the province might need more daycare places, but an entirely new system?

The minister suggested that too many children are entering the school programme badly prepared and that they start out "... thinking they are not as good as the others." Badly prepared? What is badly prepared when you're five years old? Does it mean your math skills are sub par? Or maybe you are unable to distinguish between the ablative and nominative case in either French or English? Most teachers would be happy to get a five-year-old who was potty trained and could tie his or her shoe laces.

And what happens when you get the four-year-olds up to snuff. Will it be enough to have them adequately trained and with the confidence to allow them to ease into the hurly burly, dog eat dog world of a five-year-old? Or, perhaps, we will have to go after the three-year-olds who by that time will, in turn, be woefully unprepared to head into kindergarten.

Meanwhile, school boards across the province are deciding what programmes and what personnel to axe in order to meet the ministry's already scheduled budget cuts. As for the Premier, Madame Marois has managed to sweep the university funding crunch under the academic carpet by satisfying no one and solving nothing. Fees will essentially stay the same in constant dollars by indexing them to inflation, the Universities will get no immediate financial help, and the government will set up a working group to study it all.

And as a bonus, in the best government tradition, Higher Education Minister, Pierre Duchesne, suggested what we really need is a new Conseil national des universites to keep an eye on university development.

With all that's going on in the realm of education, Marie Malavoy's suggestion that we need better educated four-year-olds is probably her best idea since she decided to vote without bothering to become a citizen.

## The debt matrix

By Kevin Richard

Having examined the enormity of our public debt, we're obliged to recognize that it's generations in the making. This not only makes the problem huge, but it also makes it hard for us to recognize and grasp a true sense of reality. Most of us have been raised in the debt-financed world of social welfare. We've benefited from services such as health care, education, day-care, employment insurance, government pensions, welfare, and generous parental leave. We thought such things were free or cheap thanks to our generous and benevolent rulers.

We were told that here in Quebec Canada, we look out for one another. We pool our resources and we willingly spread the goods around so we can all live a comfortable life. Sure there's a little bit of debt, but it's not a problem. "Not to worry" we've been told, "It'll get dealt with. It will work itself out." The good people who told us these things surely weren't lying. After all, they only want the best for us. And so upon hearing these words of comfort, back to sleep we went. What a peaceful sleep it was.

From time to time a disruption would awake us from our peaceful slumber. There was a bust. Some sort of economic crisis was going on. Investors, traders, and government officials were in a frenzy over something. But, "Not to worry" we were told, "everything is under control." It was apparently part of a very normal boom and bust cycle of the economy. "It's just how the economy works. We'll take care of it" they said. They always had a remedy. Some sort of government action plan.

Sometimes the remedy was given a cool name like quantitative easing. Whatever they called it didn't matter. We certainly didn't have to scratch our heads and figure out what the problems were or how to fix them. All we wanted to do is go back to our peaceful slumber. Have you noticed however, that our sleep is being interrupted much more often than before? It seems like every couple of months there's a looming crisis that awakes us. Perhaps it's time to stay awake and to find out what's really going on.

If you have the courage to do just that, you'll find out that many of us have been living in a debt matrix our entire lives. Everything we've ever known has been an illusion. Like many illusions, it's been the side effect of a very powerful drug known as debt money. It turns out we've been drugged since birth. It turns out we're incredibly hooked and it's killing us. It turns out that we're running out of drugs and we have no idea what sobriety is like. Everything is spinning out of control. Not only are the drugs making themselves rare, but we need more and more of it to get high. Panic is beginning to set in. The blame game is well underway, because our rulers know that the devastating hangover, the withdrawal, is just around the corner.

What is the solution? Some argue for

more taxes on the rich. Some say we need to cut spending. Others say a little bit of both. The only correct answer is that there is no painless solution. Regardless of what we do, withdrawal is unavoidable and it will be painful. It's high time we face it.

A recession should be embraced and not resisted. It forces us to purge the poisonous debt and the mal-investment associated with government intrusion in the economy. Once the system is purged we can restructure and rebuild a real economy. One built on actual savings and production as opposed to debt and spending.

Since our governments lulled us to sleep with their false promises and their false prosperity, the answer cannot be more government through higher taxes. Such a notion is preposterous after everything we've been through (poorly delivered services, wasteful bureaucracies, corruption, and monstrous debt). A call for more government and higher taxes is based in the same old idea that government knows best and that they will take care of us. It reinforces the claim that we're too stupid to take care of ourselves and that we need smart and generous overlords to rule over every aspect of our daily lives. This has been a massive failure for which we will pay dearly.

The debt matrix is destructive for a variety of reasons. Not only has it created a culture of government dependency now generations in the making, but it also enslaves future generations. For that reason alone such a system is immoral and cannot be permitted to continue. I am certainly not responsible for the excesses of generations past as my descendants are not responsible for mine. Should our descendant's incomes be confiscated to pay for our medical and educational debts? No! The fruits of their labour should be their own, for their well-being and for that of their families. The debt matrix claims that it's only desire is to help the less fortunate. This is a poisonous lie. Government dependency and financial enslavement only serves to benefit the very few who are at the top.

A system of freedom, liberty, and individual responsibility is due to come forth. It's not perfect, but it's moral and it's real. In such a system, the lowliest of men are equal to the ruling class in that they are sovereign and therefore free to pursue a better life. The argument that the less fortunate are better off today than they would be in a free society is a fallacy. You can't compare a deadly drug-induced high to sobriety. You can't compare a credit card financed party to living within your means. And luring someone into dependency is not helpful to anyone...ever. We have been poor stewards of liberty. We have sold out our values in exchange for goodies and comfortable living. We have left our descendants a legacy of enslavement. And I for one don't want to be an accessory to it.

Kevin Richard lives in Katevale and was born and raised in Magog. He attended Alexander Galt Regional High School, Champlain College, and Bishop's University.

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# COLUMNIST

Thankfully the dearth of cookies was countered by the availability of vulcanized rubber candies that had been placed in a bowl on the kitchen table by someone clearly wanting to kill me...

## Searching for sugar, man!



ROSS MURRAY

How much sugar do I need? Scientists have been plagued by this question since early Monday evening when I phoned them and said, "Hey, scientists! How much sugar do I need?" And by "How much sugar do I need?" I don't mean "how much sugar do you need?" or "How much sugar does one need?" It is not a rhetorical query regarding the general nutritional health of the population, because at that spe-

cific moment (no offence), I didn't particularly care about your general well-being, sugar consumers of the world, but instead selfishly, egoRosstically, I meant me. How much sugar do I need?

The scientists sounded grumpy and full of corduroy. "Why must you plague us with such questions?" they chimed as one, betraying their penchant for three-part harmonizing. (It's a well-known fact, for example, that *Jersey Boys* enjoyed its wildly successful 2005 Broadway run due almost entirely to a rush on the box office by to endocrinologists.) "We are busy scientists, both the applied and the theoretical and sometimes the contrapuntal. We have no time for dalliances into your random saccharal inquiries."

"I'll give you five bucks," I said.

"Done," said all of science, so easily co-opted.

A day later, science got back to me. "We have the answer," they crooned. "You don't need that much sugar."

"Shut up, science!" I blurted. "You're not the boss of me!"

"Can we have our five bucks now?" asked science so pathetically that it's no wonder science doesn't have a girlfriend and has to make ends meet selling freeze-dried "astronaut" ice cream out of the trunk of its car - a galactic treat, no question, but one that's more akin to dried marshmallow than any dairy delight I've ever tried, although it is, at the end of the day, sugar.

Real ice cream, on the other hand, is real sugar.

"You know what time it is, kids?" I like to say.

The kids like to ignore me.

"I said, 'You know what time it is, kids?'"

"What time is it?"

"It's ice cream time! And you know what's better than ice cream?"

"Bill Murray's pure genius in *Groundhog Day*?" they reply.

"Yes, but no. What's better than ice cream? More ice cream!"

On this night, the night of the reluctant singing scientists, I concluded my meal with a bowl of more ice cream. Just vanilla ice cream. None of that chunkladen, goo-imbued contemporary congealation. Simple vanilla. With chocolate sauce on top. But no whipped cream. But only because we were out.

As everyone knows, you can't have more ice cream without following it with cookies. (Again, science!) This raises a very important question: WHY WERE THERE ONLY TWO COOKIES LEFT IN THE BOX! The answer was I had eaten a row and a half the night before. And the same thing the night before that. (Math!)

So I ate the two cookies. They were maple leaf cookies, which are the best-

shaped of all the cookies and perhaps the only truly sensible reason to emigrate to Canada.

Thankfully the dearth of cookies was countered by the availability of vulcanized rubber candies that had been placed in a bowl on the kitchen table by someone clearly wanting to kill me - sour cherries and sour worms, which taste terrible but also: sugar.

Before they drove off on their scooters, science had reminded me that you should have no more than 40 grams of refined sugar a day. But until they start labelling sour worms, this information doesn't help me, so I will ignore it. Get to work, worm-labelling lobby!

Look! My wife is making chocolate chip cookies. I think she's the one who put out the bowl of candy, too. Look! My life insurance is paid up!

I ate three burnt cookies, because everyone knows burnt cookies are better for you since they are not very popular - like scientists. I was doing everyone else in the house a favour by eating those three cookies and later those two more cookies and the one after that. I was taking one (six) for the team. My belly, the hero. Pin a medal on me.

At this point I cannot say definitively how much sugar I need. At this point I cannot say "definitively" because my teeth are moving faster than my brain, or vice versa. I'm entertaining myself with the spots dancing in front of my eyes, which is cheaper entertainment than Netflix. If you need me, I'll be in bed, twitching the night away and sleep-kicking my wife, which may explain her death-by-sugar machinations. It's a vicious cycle...

## Coming up at Uplands

By Matthew Farfan

There is still time to take in the current exhibition at the Uplands Cultural and Heritage Centre in Lennoxville. The title of the show is "Quelque Part sur la 20" (Somewhere on the 20). The exhibition features three contemporary Sherbrooke photographers - Jean Beaudoin, Jean-François Dupuis and Clemz - who together set out to "question our tendency to obliterate the past" and preserve a piece of our heritage through their art.

The heritage these photographers are attempting to explore through their photography is a landmark eatery (some would call it a "temple of kitsch") situated in Saint-Léonard-d'Aston, along Autoroute 20 between Quebec City and Montreal - the Madrid Restaurant. The restaurant will be familiar to anyone who has ever driven by it: its large-as-life fake dinosaurs and monster trucks were absolutely impossible to miss. The establishment was demolished in the fall of 2011.

In their exhibition statement, the photographers declare that for some time the landmark had captured their attention whenever they drove by. "From a distance," they state,

"we could see the impressive dinosaurs and monster trucks. Was the Madrid tacky, ugly or outdated? Perhaps, but despite this assumed ugliness, the Madrid had its place in our collective mind."

Beaudoin, Dupuis and Clemz pose an interesting question. "Must we, on behalf of modernization," they wonder, "destroy buildings, ways of living, or objects that belong to the past?"

The Madrid, they state, "provokes this question, because although it was weird in its display, it was popular and had personality. Over the years, its character managed to keep its status and maintain its reputation. Can we say the same thing of these new buildings whose architecture is based on general franchised styles? Is it on the altar of renewal that we sacrifice the personality or even the uniqueness of some things on behalf of progress." "Quelque Part sur la 20" continues at Uplands until March 10.

Uplands' next exhibition will be a group event by special needs students, organized as part of the Semaine québécoise de la déficience intellectuelle (SQDI). That show will run from March 13 to March 24. A vernissage is scheduled for March 13.

This show will be followed by an exhibition of embroidery and pottery. Featuring Danielle Dion and Christiane Dion, it will run from March 29 to May 26. A vernissage is planned for April 7.

And finally, currently on view at Uplands, and organized by the Lennoxville-Ascot Historical and Museum Society (LAHMS), which occupies a part of the building, is an exhibition titled

CONT'D ON PAGE 8



MATTHEW FARFAN

Uplands Cultural and Heritage Centre.

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# The Border Report

Goodsell will also be responsible for getting a First Responder program off the ground.

## Four new firefighters

By Matthew Farfan

Earlier this month, the town of Stanstead hired four new firefighters. Joining the ranks of the fire department, which has now swelled to a healthy 28 members, including five officers, will be Marie-Christine Rioux and Eryn Hessian (who bring the number of women on the crew to a record three), along with Guillaume Boudreau and Nathaniel Jacques.

Newly hired Fire Chief Christopher Goodsell told *The Record* recently that he was pleased with the fire department since he took up his new position.

"We've got a good team," he said, adding that the four new recruits were the most rookies ever brought onto the fire department at any one time — at least in the nine-and-a-half years that he has been on the crew. "But it will go well," he said confidently.

Goodsell, who is 29 years old, is the youngest fire chief in the MRC of Memphremagog. He became Stanstead's chief earlier this year after resigning his seat as a town councillor (to avoid conflicts of interest). He had held his seat since the election in 2009. Goodsell has been a part-time firefighter in Stanstead for more than nine years.

The new chief will likely face some interesting challenges over the coming months. Besides the steep learning curve associated with any new administrative job, including the considerable amount of paperwork that the fire chief's position entails, and managing a crew of 28 individuals with varying degrees of training and experience, Goodsell will also be responsible for getting a First Responder program off the ground. This will be the Town of Stanstead's second attempt at doing so, the first attempt failing a couple of years ago.

The new chief will also be responsible for overseeing fire protection services in three neighbouring municipalities covered by the Town of Stanstead — Ogden, Stanstead East and Barnston West — all of which contribute to Stanstead's annual fire department budget.

The 2013 budget for the Stanstead Fire Department is just over \$329,000. Of that amount, the Town of Stanstead assumes the largest share of \$190,891. The remainder is paid for by the other towns, each of which signs an annual agreement with Stanstead.

The second largest contribution (\$82,400, plus a \$5,000 deposit for manpower, refundable in the event it is not needed to fight fires in that community) comes from Ogden. Stanstead East and Barnston Ouest contribute \$35,659 and \$12,542, respectively.



FILE PHOTO/MATTHEW FARFAN

Stanstead Fire Chief Christopher Goodsell is pleased with the fire department.

## Museum director moving on

By Matthew Farfan

Pierre Rastoul no longer occupies the position of director-curator at the Colby-Curtis Museum, the Stanstead Historical Society (SHS) announced this week. The historical society and Rastoul, who managed the museum on a daily basis for about five years, and who mounted some excellent exhibitions during his tenure, including the current one about the history of printing in the Eastern Townships, have "agreed to a new relationship," according to Ann Montgomery, president of the SHS.

That relationship, Montgomery said in a letter to members and friends of the museum, "will see Pierre give up the director part of his responsibilities while remaining available as a consultant to work with the SHS on exhibitions and other projects."

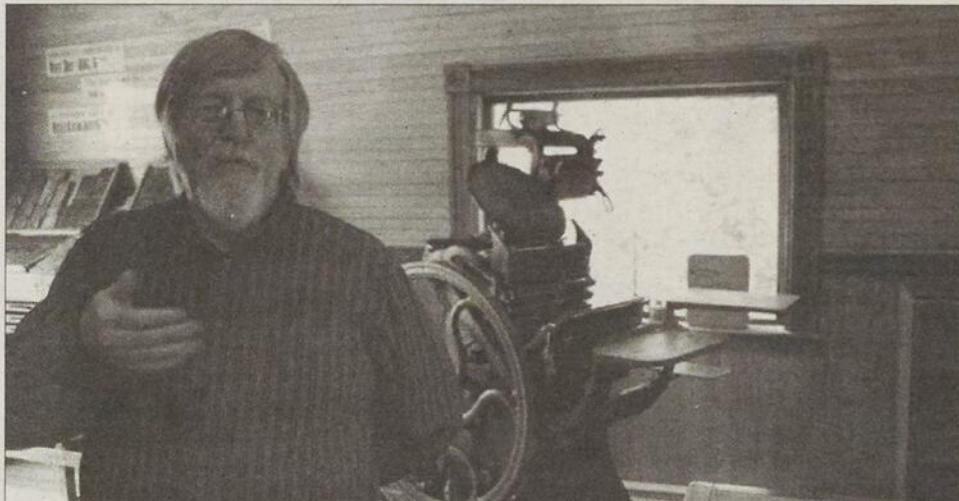
Filling the vacancy on a temporary basis, as he has done on several occasions, is Harry Isbrucker, a longtime member of the board. Isbrucker, Montgomery said, has "stepped into the breach to help with administrative matters until the board has decided how to ensure the best management arrangement for the museum."

Meanwhile, the Colby-Curtis continues to be closed until the spring. In fact, it has been closed every day except Tuesdays since the beginning of December. This measure — a temporary one — was taken due to a budget shortfall, the second one in as many years. The museum is scheduled to reopen, however, at the beginning of April.

Work continues on the museum's new and improved solarium, an annex built onto the south side of the building. The solarium has been completely rebuilt in the architectural style of the rest of the house.

Plans are afoot for a number of other events, as well. New exhibitions are being organized, as is a special Mother's Day Tea in May. That event will be held in the soon-to-be-completed solarium. The public is being asked for donations of Victorian-style (i.e., preferably fine bone china) teacups to help equip the refurbished tea room. Finally, an annual general meeting is being planned for the month of June.

The Colby-Curtis Museum is located at 535 Dufferin in Stanstead. For the time being, the museum (including the archives) is open on Tuesdays only. For more information, call (819) 876-7322.



FILE PHOTO/MATTHEW FARFAN

Pierre Rastoul and the Colby-Curtis have agreed to a new relationship.

## More free skate time

By Matthew Farfan

The Town of Stanstead has just announced that thanks to a donation of a block of additional hours from Stanstead College, there will now be an extra weekly one-hour time slot when the public (albeit those who are not in school or at work at that time of day) will be able to skate for free at the Pat Burns Arena. That slot will be every Wednesday, from February 20 to June 12, from 10:30 to 11:30 a.m.

As Hélène Hamel of the Town of Stanstead said in a recent statement,

"There has been such an overwhelmingly positive response from the community for the free skating hour offered every Saturday night that it is sometimes difficult for less experienced skaters to enjoy themselves." That is certainly true, as anyone who frequents the arena, especially with small children, during the regular (and very crowded) Saturday night free skate will attest.

This fact, Hamel said, along with the information gathered from focus groups and the recently conducted town survey, was what convinced the town and the college to offer the extra free skate time.



FILE PHOTO/MATTHEW FARFAN

Saturday night free skating at the Pat Burns Arena is a popular activity.

## Uplands

CONT'D FROM PAGE 7

"Uplands: 150 Years in Lennoxville." That show will be on view until May.

Opening hours at Uplands (9 Speid Street in Lennoxville) are Wednesdays through Sundays from 1 to 4:30 p.m. Entrance to the exhibitions is free. Traditional English-style tea is served every

Saturday and Sunday afternoon from 1 to 4:30 p.m. The cost of the tea is \$8.50 per person.

For more information on any of these or other upcoming activities, contact Uplands Cultural and Heritage Centre at (819) 564-0409.



Centre hospitalier universitaire de Sherbrooke

With you, for Life



## A WEIGHT-LOSS SUPPORT CLINIC



**About 60% of Canadians are overweight while 23% are obese. That's almost one in four. Since obesity can lead to major health complications and is a growing problem in society, the CHUS has set up a clinic that helps individuals regain control of their weight and experience better quality of life.**

Located at the CHUS—Hôtel-Dieu, the **medical/surgical obesity treatment clinic** proposes lifestyle changes. "We offer tools and support so patients themselves can make choices enabling them to improve their health. No draconian diet, no restrictions, but gradual changes in eating habits and physical activity are involved," explained Dr. Marie-France Langlois, endocrinologist and Lead Medical Staff at the CHUS' Ambulatory Metabolic Unit, of which the medical/surgical obesity treatment clinic is a part.

### Losing weight, one step at a time

Referred by their doctors according to very precise criteria, patients are first invited to a group information session. The clinic's philosophy and the available care and services are explained in detail. This session is followed by an individual meeting with a nurse, who writes up the person's medical history and draws a portrait of the situation. The nurse may ask for further tests or examinations if needed. A physician then conducts an assessment and ensures that existing complications (such as diabetes or high blood pressure) are effectively controlled, as the case warrants.

Afterwards, the patient regularly consults a nutritionist and a kinesiologist, a physical activity specialist. With their support, the patient then sets personal goals for change. He/she is invited to join the "Keeners' Club (Club des motivés)" and to attend group meetings, which take place twice a week and address different topics related to diet, exercise, and the psychology of change.

After six months, the patient's health status is reassessed by the entire team. If the patient's condition has improved in a satisfactory manner, the nutritionist and kinesiologist will lengthen the time between meetings. Eventually, the person's family physician will take over. Some patients will need additional help, however, such as consultations or group activities with a psychologist.

### Bariatric surgery, an alternative for certain patients

"In about 25% of cases, we resort to obesity surgery, known as bariatric surgery," continued Dr. Langlois. "It is considered as a solution if certain criteria are met, only when it's clear that lifestyle changes will not be sufficient, and the weight problem is having a very negative impact on the person's health. Surgery comes with its own constraints. For example, those who have the operation will no longer be able to drink carbonated beverages, beer, or any other 'sparkling' liquids. Individuals over the age of 60 and those who smoke cannot have this operation."

Three types of bariatric surgery are performed at the CHUS, the most common being the gastric bypass. This involves reducing the size of the stomach and altering the route of part of the intestines so the body stores less of the food ingested, which facilitates weight loss.

Research is omnipresent at the clinic. "Research has already enabled us to fine-tune a broad range of services effective in helping people control their weight on a long-term basis. We are now conducting other research projects. In particular, we are studying the impact of physical activity on bariatric surgery: to what extent can exercise improve one's health status during and after the operation? Additionally, we evaluate our organization on an ongoing basis because we want to be sure to provide the best clinical practices," concluded Dr. Langlois, who is also a researcher at the CHUS' Centre de recherche clinique Étienne-Le Bel and professor at the Université de Sherbrooke.

LOSING JUST 5% TO 10% OF ONE'S WEIGHT IS OFTEN SUFFICIENT TO IMPROVE ONE'S HEALTH AND REDUCE THE COMPLICATIONS RELATED TO OBESITY.

The team at the medical/surgical obesity treatment clinic.



# Local Sports

"Mike has been steadily improving the last two years and deserves to be MVP. I think he is just scratching the surface..."

## Gaiters honoured by RSEQ

### Andrews leads way with three basketball awards

By Mike Hickey  
Special to The Record

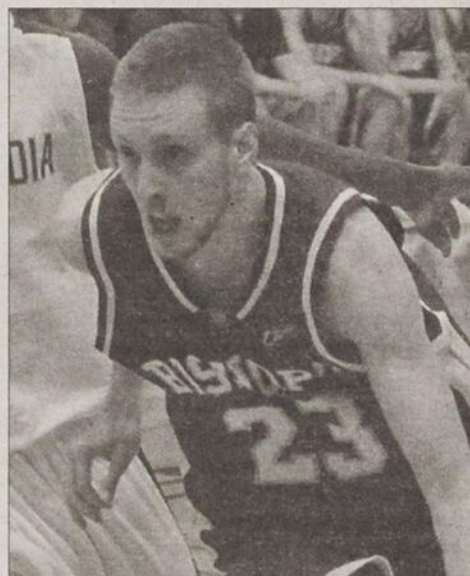
The RESQ announced the annual awards for the men's university conference Wednesday and the Bishop's Gaiters reaped the rewards of their best season in over a decade when they received two all-star selections and four individual awards.

Leading the way was centre Mike Andrews, who was named Player of the

Year, Defensive Player of the Year and a first-team all-star. Fifth-year starter Tim Hunter is the conference's nominee for the Ken Shields Award while Rod Gilpin was named Coach of the Year and Jeremy Leonard-Smith was also selected as a first-team all-star. Despite the fact that Andrews did not start, he was the league's dominant player, as he averaged 15.3 points on 53.8 per cent shooting, pulled down 6.4 rebounds per game and blocked a league-leading 2.0 shots per game. Leonard-Smith provided the Gaiters with great play at both ends of the court. He was among the league leaders in scoring (12 points per game), rebounding, field goal percentage and free throw percentage and usually was given the task of stopping the opposition's top offensive player.

"Mike has been steadily improving the last two years and deserves to be MVP," head coach Rod Gilpin said. "I think he is just scratching the surface. When Jeremy came on campus he was a defensive player but through hard work he has been a very good offensive player and a threat at both ends of the court."

Gilpin made league history as he becomes the first coach to be named Quebec Coach of the Year in the women's and men's divisions, having won the award five times during a 14-year stint with the Lady Gaiters. Gilpin stated that the Coach of the Year award is actually a team honour that is shared by his staff of Dan Pfliger, Mike Lasme, Etienne Labreque and Steve Dunn and the play-

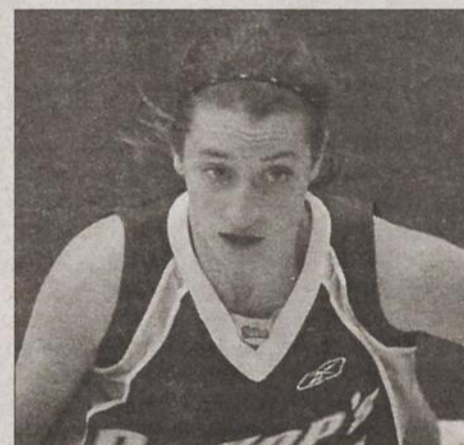


Tim Hunter is the conference's nominee for the Ken Shields Award for his community service.

ers. "I thought that the staff worked really well together," Gilpin said. "Our success is due to the players that we brought in the last couple of years and the way they perform on the court."

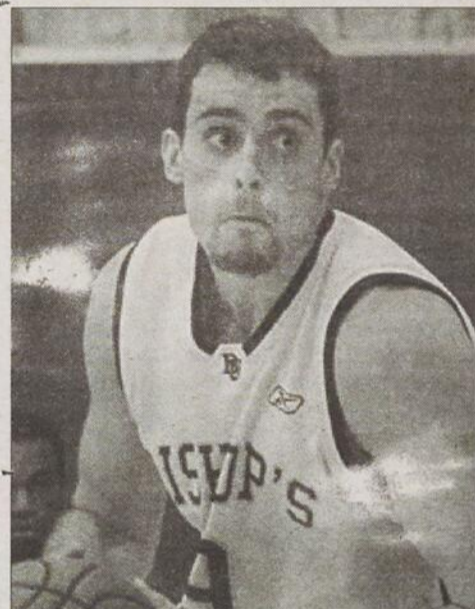
Fifth-year veteran Tim Hunter is once again the league's nominee for the Ken Shields Award for community service.

"Tim returned for his fifth year this season and he became very involved in the local community and took a leadership role of the team's activities with some events like the Terry Fox run and the Galt Christmas Food Baskets," Gilpin



Sherbrooke native Gabrielle Chamberland was selected to the second all-star team.

said. On Tuesday the women's award winners were announced and Sherbrooke native Gabrielle Chamberland was selected to the second all-star team. She led the Gaiters in scoring with 13.1 points-per-game-average.



FILE PHOTOS/MATT HICKEY

Mike Andrews was named Player of the Year, Defensive Player of the Year and a first-team all-star.

## Person with knowledge of trade: Chiefs to acquire 49ers QB Alex Smith

By Barry Wilner  
THE ASSOCIATED PRESS

Alex Smith is headed to Kansas City, the first major acquisition by the Chiefs since Andy Reid took over as coach.

A person with knowledge of the trade told The Associated Press on Wednesday that the Chiefs have agreed to a deal for the 2005 top overall draft pick who lost his starting quarterback job in San Francisco to Colin Kaepernick last season.

The person spoke on condition of anonymity because the trade does not become official until March 12, when the NFL's new business year begins.

Another person familiar with the deal said the 49ers will get a second-round draft pick in April, No. 34 overall, and a conditional pick in the 2014 draft.

Fox Sports first reported the deal. Smith sustained a concussion Nov. 11 and Kaepernick played well in his place. Coach Jim Harbaugh stuck with him even when Smith got healthy, and Kaepernick led the 49ers to the NFC championship and a close loss to Balti-



AP PHOTO/TONY AVELAR, FILE

Alex Smith

more in the Super Bowl. The 28-year-old Smith struggled for most of his career in San Francisco, plagued as much by coaching and coordinator changes as by his own indecisiveness. But when Harbaugh became coach, Smith blossomed. He was among the league leaders in passer rating (104.1) with a 70.2 completion percentage when he was injured in a 24-24 tie against St. Louis.

## Canada' Leroux, Hill and Mathieson starting pitchers at World Baseball Classic

The Canadian Press

Canada has named its three starting pitchers for the first round of the World Baseball Classic.

Baseball Canada's Greg Hamilton says Chris Leroux, Shawn Hill and Scott Mathieson will take the mound next week against Italy, Mexico and the United States.

Montreal's Leroux is coming off an injury-shortened season as a reliever with the Pittsburgh Pirates.

Hill, a native of Mississauga, Ont., who won gold with Canada at the 2011 Pan Am Games, made 15 starts with the Toronto Blue Jays' triple-A affiliate last season. He's with the Detroit Tigers now.

Vancouver's Mathieson, a former Philadelphia Phillies reliever, helped Japan's Yomiuri Giants win the Nippon Professional Baseball championship last season.

Canada opens the WBC against Italy on March 8 in Arizona.

Smith never started again for the 49ers, but now will replace Matt Cassel in Kansas City.

The Chiefs went 2-14 in 2012, earning the top pick in April's draft. But with no standout quarterbacks coming out of college this year, they quickly turned to finding a veteran.

Reid was fired by Philadelphia after 14 highly successful seasons, although the Eagles went 4-12 last year. Kansas City made him the first coach hired to

fill a vacancy in January — there were eight of them — and the Chiefs also fired general manager Scott Pioli.

Now Reid has found his quarterback, and Smith has found another starting job.

Kansas City also has Brady Quinn on the roster, and he started eight games last season, going 1-7.

The 49ers, meanwhile, will be searching for a veteran to back up Kaepernick, their second-round draft choice in 2011.

**In Memoriam**

**SYLVESTER, Robert Bruce:** February 10, 1963 - February 28, 2000. In loving memory of a very precious son.

*Never a day goes by  
That we don't think of you,  
And thank God for the years  
We had with you.*

**Love forever,  
MOM & DAD**

**SYLVESTER, Robert -** In loving memory of a dear brother, brother-in-law, uncle & great-uncle, Robert Bruce Sylvester, who went Home to Heaven February 28, 2000.

*It seems hard to believe thirteen years  
Has come and gone,  
Yet as we look around  
Your beautiful presence here lives on.  
If only it were possible we'd turn back  
And go the other way,  
We'd wish for time to stand still  
And hang on to yesterday.  
This year has been so very difficult,  
Not like all the rest,  
Gathering beautiful memories  
For our heart's treasure chest.  
And with the past few months  
Being especially hard on us too,  
As we are painfully reminded  
Of all that you went through.  
Someday we'll reunite again  
When our time here on earth is gone,  
And like before only God's Grace  
Will give us the strength to carry on.*

**Greatly missed and lovingly remembered by  
YOUR FAMILY**

**SYLVESTER, Robert -** In memory of a dear husband and father who passed away February 28, 2000.

*Through all the changes since  
you've been gone,  
(Some big, some small) we still keep on.  
Even though we miss you everyday,  
The memories we shared will always stay.  
And as we make new ones,  
(although you're not by our side)  
You'll forever be in our hearts,  
And always on our minds.*

**SUSAN & FAMILY**

FRIDAY, MARCH 1, 2013

# Universal Fat facts and Uclick Almanac fat fiction

Today is the 60th day of 2013 and the 71st day of winter.

**TODAY'S HISTORY:** In 1781, the Continental Congress officially adopted the Articles of Confederation.

In 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.

In 2003, Pakistani counterterrorism forces captured al-Qaida operative Khalid Sheikh Mohammed, a principal planner of the 9/11 terror attacks.

In 2005, the U.S. Supreme Court ruled that capitol punishment for crimes committed before the age of 18 was unconstitutional.

**TODAY'S BIRTHDAYS:** Glenn Miller (1904-1944), bandleader; Ralph Ellison (1914-1994), writer; Yitzhak Rabin (1922-1995), prime minister of Israel; Harry Belafonte (1927- ), musician/actor; Roger Daltrey (1944- ), musician; Ron Howard (1954- ), actor/director; Zack Snyder (1966- ), filmmaker; George Eads (1967- ), actor; Javier Bardem (1969- ), actor; Justin Bieber (1994- ), singer.

**TODAY'S FACT:** Minnesota's prison population increased by 61 percent between 2000 and 2010.

**TODAY'S SPORTS:** In 1969, New York Yankees slugger Mickey Mantle announced his retirement.

**TODAY'S QUOTE:** "If the word has the potency to revive and make us free, it has also the power to blind, imprison and destroy." — Ralph Ellison

**TODAY'S NUMBER:** 210,000 — Peace Corps volunteers who have served in 139 host countries since the organization's inception in 1961.

**TODAY'S MOON:** Between full moon (Feb. 25) and last quarter moon (March 4).

FROM CONSUMER REPORTS

hexaenoic acid (DHA), found in high levels in fish — are linked to lower rates of cardiovascular disease.

To maximize those heart benefits, some experts recommend limiting omega-6 fat found in sources such as corn oil and soybean oil, which have become common in the human diet only in the past 100 years or so, and getting more omega-3s from traditional sources such as fish.

— Can fats affect cancer risk? Consumer Reports notes that it's your body fat — not the fat in your food — that you should be worrying about most when it comes to cancer risk. According to a comprehensive 2007 review of studies by the World Cancer Research Fund and the American Institute for Cancer Research, there is no strong, convincing evidence that eating more or less total fat, or any individual type of fat, has any significant effect on cancer.

Since obesity is one of the few diet-related factors that is strongly and consistently linked to a risk of cancer, the best diet for cancer prevention may be one that can help you maintain a healthy weight.

— Are coconut and palm oil good for you? The consensus is that those oils are loaded with cholesterol-raising saturated fat. But dissenters say there is emerging evidence that tropical oils, especially coconut oil, behave differently in the body than animal-derived saturated fats, and might have underappreciated health benefits.

What to do? Consumer Reports says that your best bet for the time being is to limit consumption of those oils but keep an open mind.

— How does processing affect the benefits and risks of oil? Oils may be processed using mechanical pressing or heat and chemicals, a method that can affect its flavor and potentially its health benefits.

Olive oil, for example, is prized for the complex flavors that are strongest when the oil is fresh from the fruit. That's why higher grades (extra virgin and virgin) are given only to mechanically pressed oil that hasn't been treated with heat or chemicals. Those premium oils contain higher quantities of antioxidants, which are eliminated or reduced from lesser oils during processing.

If you're confused about fats these days, you're in good company, says Consumer Reports. With research coming in at breakneck speed in recent years, even experts have a hard time agreeing about which fats we should consume, and in what exact proportions, to improve our health and prevent chronic disease.

Here's what the strongest evidence says about healthy choices.

— Are saturated fats still "bad"? Yes, the best available evidence suggests that saturated fat found in such food as meat, full-fat cheese and cake is still worse for you than the unsaturated fat in vegetable oils, nuts and avocados. According to a recent report from the United Nations, there is convincing evidence that replacing saturated fat with polyunsaturated fat reduces the risk of heart disease.

There's an important caveat: When cutting saturated fats, substitute with healthful alternatives, not refined carbohydrates, which are found in such items as white bread, pizza and snack foods. Otherwise, you probably won't reduce your risk of heart disease and may well increase it, according to the U.N. report.

— Which are better: mono- or polyunsaturated oils? Nutritionists can't agree about this one, though they do agree that unsaturated fats are better than saturated ones. On the one hand, there is plenty of evidence to support the health benefits of the Mediterranean diet, which calls for generous amounts of olive oil, a mostly monounsaturated fat. But when researchers make direct comparisons of mono- and polyunsaturated fats, they generally find stronger evidence of a cardio-protective effect for polyunsaturated fat, found abundantly in safflower, soybean and sunflower oils.

— Should I consider the omega-6 to omega-3 ratio? Omega-6 and omega-3 are two types of polyunsaturated fat — a "good" fat. Many studies suggest that diets rich in two omega-3 fats — eicosapentaenoic acid (EPA) and docosa-

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### RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**

Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) **DEADLINE:** 3 days before publication.

**WEDDING WRITE-UPS, OBITUARIES:**

\$25.00 (\$28.74 taxes included) **WITH PHOTO:** \$35.00 (\$40.24 taxes included)

**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.

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, call **819-569-4856** between 1 p.m. and 5 p.m. Sunday.

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.

## TOWNSHIPS' CRIER

### TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

### AYER'S CLIFF

Card party will be held on Monday, March 4 at the Royal Canadian Legion Hall, Rosedale St., in Ayer's Cliff at 1:30 p.m. Benefit of the Royal Canadian Legion Br. #128. All welcome.

### LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, March 12 and Tuesday, April 9 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

### WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, March 26 and Tuesday, April 23 at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

### NORTH HATLEY

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Friday, March 1 and Friday, April 5 at the Library, 165 Main St. North, from 10 a.m. to 11:30 a.m.

### RICHMOND

The 6th annual Variety Show Cafe is Friday, March 1 at 7:30 p.m. Many local talented people will be there to entertain you. The canteen provides coffee, goodies and drinks. Admission charged will help send kids to camp at the end of June. Come and wile away the winter blahs! Information call 819-826-3342.

### SHERBROOKE

Plymouth-Trinity United Church Women's annual Shamrock Salad Buffet and Sale at 380 Dufferin Ave., Satur-

day, March 9, 3:30 p.m. to 6 p.m. Includes sales tables of home baking, novelties, raffles. Everyone welcome!

### DANVILLE

On March 16, the Danville-Windsor Legion Branch #41 (136 Grove Street) will be having an afternoon of entertainment with Mike Patrick from 3:30 p.m. to 9 p.m. Dominoes Pizza Supper at 5:30 p.m. Admission charged. For reservations, please call 819-848-1421 or 819-434-1005. Everyone welcome.

### GEORGEVILLE

Starting March 2, Studio Georgeville presents a photo exhibition that documents the experiences of Karen Hornby and Ann Pille in Senegal. Entitled "The Followers" (Talibé), the photos and accompanying commentary depict the harsh conditions in which Senegalese boys live, and the work being done to improve their lives. Vernissage: Saturday, March 2 from 2-4 p.m. On Saturday, March 16 at 2:30 p.m., Karen Hornby will do a presentation. Donations to the cause will be welcomed. The show runs until March 31.

### BULWER

Friday, March 8, 7 p.m. Irish Night at the Bulwer Community Centre. Music and entertainment for all ages, by all ages. Lots of fun and friendship. Refreshments available. All proceeds go to the Eaton Corner Museum (Compton County Historical Museum Society) in Eaton Corner. For more information call Serena Wintle 819-875-5210 or the Museum 819-875-5256.

### LENNOXVILLE

The Lennoxville and District Women's Centre invites Women of all ages to a banquet in celebration of International Women's Day. Join us on Thursday, March 7th at 5:30 p.m. in the Amédée-Beaudoin Community Centre (10 Samuel-Gratham Street in Lennoxville) for a themed banquet: Women at Famous Tea Parties. Our guests will have the opportunity to choose from 13 themed tables such as Alice in Wonderland, Marie-Antoinette and a number of others (remember that there are only 8

chairs per table, so be sure to reserve soon!) Come as you are, wear a special something (hat, gloves, etc.) or dress as your favourite character from the Tea Party of your choice. Bring a bottle of wine, and invite your friends to join you. Admission charged. Reservations are required. For more details visit our website: www.ldwc.ca. To reserve, contact us: (819)564-6626 or info@ldwc.ca

### RICHMOND

Spaghetti Dinner to support the St. Francis Elementary School Library in Richmond. Come and join us for a tasty meal and support the love of reading! The spaghetti dinner will be held at St. Francis Elementary School, 355 College South, Richmond, on Saturday, March 23, 2013. There will be 3 seatings: 4:45 p.m., 5:30 p.m. and 6:15 p.m. Admission charged, free for children ages 4 years and under. A live auction, organized by the school's PPO, will take place afterwards at 7 p.m. To reserve tickets, please contact Helena Bates at 819-826-3737. For auction information contact Carie Nixon at 819-826-1574.

### AUSTIN

MS Branch 2000 Country afternoon with Jimmy Edwards and the Country Folks, March 3, 1:30 p.m. to 6 p.m., Municipal Hall, Millington Road, Austin. Admission charged. Those with MS enter free of charge (must show reasonable proof). Raffle, half & half, door prizes. Refreshments available, Beef & Barley soup also for sale. All welcome.

### LENNOXVILLE

Pass It On! Clothing Exchange at Oasis Christian Centre, 219 Queen Street, Lennoxville. Free used clothes. All are welcome. Collecting: Sunday, March 17 from 9 a.m. to 1 p.m., Monday, March 18 from 1 p.m. to 6 p.m., and Tuesday, March 19 from 1 p.m. to 6 p.m. Distributing: Thursday, March 21 from 6 p.m. to 9 p.m., Friday, March 22 from 6 p.m. to 9 p.m., and Saturday, March 23 from 9 a.m. to 1 p.m. For more information, please contact Stephanie Goddard 819-564-1377 or info@oasiscentre.ca.

### BULWER

Maple Sugar on Snow Social, Sunday, March 10, 2 to 4 p.m., in the basement at the Bulwer Community Centre, Jordan Hill Road, Bulwer. Admission charged, 2 prices - adults and children 3 to 6 years. Includes sugar on snow, doughnuts, pickles and beverage. Come and enjoy with family and friends!

### AYER'S CLIFF

St. Patrick's Day Brunch on Sunday, March 17 at Beulah United Church, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a delicious meal of bacon, sausage, ham, scrambled eggs, pancakes, real maple syrup, homemade baked beans, toast, jam, fruit salad, coffee, tea and juice. All are welcome!

### LENNOXVILLE

HCC Senior lunch, at noon, on February 28 at Hope Community Church, 102 Queen St., entrance from parking lot, elevator available. Everyone welcome. For information please call Elaine at 819-563-8700 or cell 819-570-8521. Our next luncheon will be held on March 28.

### RICHMOND

St. Pat's is holding the following events: March 2 - Corn Beef Supper starting at 6:30 p.m., limited tickets, please call Erica at 819-826-3322. March 9: Banquet, 6:30 p.m., call Marge at 819-826-2760 for tickets. March 17: St. Patrick's Day Parade starting at 2 p.m. along the Green Line Route, to participate in the parade call Mark or Julie at 819-826-2535. March 25, St. Pat's finishes everything off with a Brunch, 9 a.m. to noon, at the Richmond Legion, prizes and trophies for parade participants. Everyone is welcome to all these events.

### WARDEN

500 card parties will be held at the Odd Fellows Hall, 209 Main St., Warden on Wednesdays, March 6, 13, 20 and 27, at 7:30 p.m. All welcome.

### WEST BOLTON

World Day of Prayer Service on Friday, March 1 at 2 p.m. at Creek United Church, 278 Brill Road, West Bolton. Please come and enjoy.

# My husband of more than 40 years has been seeing prostitutes and having affairs for the past 20 years

THURSDAY, FEBRUARY 28, 2013

## Annie's Mailbox

### Gram

Dear Gram: You are not obligated to attend this wedding or give a gift if you don't wish to. However, while most kids truly value their grandparents, some don't pay much attention, especially if the grandparents live far away. The parents can help encourage the bond, especially during the teen and young-adult years. Of course, it can change over time, but both parties must make the investment to work on it. Please try to send your granddaughter a card with your good wishes.

Dear Annie: I can only imagine how bothered I would be if my childhood artwork were all over my parents' house like "Not an Artist." One or two items can bug me on the wrong day, but all of the rooms all of the time? Yikes!

I'd suggest "Not an Artist" purchase a nice large book or portfolio that most of these works could fit in and present it to his folks as a gift, along with a family photo to hang on the walls instead. The parents would still be able to see and share the work they love, but it would remove the skin-crawling weirdness their adult son feels. — D.

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

Dear Annie: I recently obtained proof of what I had long suspected: My husband of more than 40 years has been seeing prostitutes and having affairs for the past 20 years. During this time, he was always considerate and loving to me. I thought we had a wonderful marriage. When I confronted him with the evidence, he finally confessed. We went to a counselor, but after a single half-hour session, he wouldn't go back.

Aside from dealing with the shock and humiliation of the betrayal, I have two problems: First, I cannot forgive myself for not taking a firm stand when I first suspected his cheating. I put it out of my mind and continued as before. The second problem is that I cannot erase images of his affairs.

My counselor, along with some books I have read, says to reestablish our close, loving relationship and let the past go. So I made the effort, and our marriage now seems fine. We are happy with each other, but I still suffer with the mental images. I fear that I have demeaned myself by reestablishing an intimate relationship with him. I wonder whether I might regain my self-esteem by telling him our marriage is over.

I know there are other women in this situation, but I haven't been able to find a support group. I am

fortunate to have a job I am passionate about that allows me to enrich the lives of others. I know I am a useful human being. Please help me get over this. — California

Dear California: You must decide whether you are truly ready to leave your marriage. Forty years is a long time. But your husband's track record doesn't inspire confidence in his future fidelity, and his unwillingness to commit to counseling indicates that he wants things to be exactly as they were before. First, see your doctor and get checked for sexually transmitted diseases, and then find another counselor. The one you are seeing is not helping you make the best decisions. You also can find online support by typing "infidelity support group" into your search engine.

Dear Annie: I have a granddaughter I have seen only three times in the past 15 years. I never heard from her in all that time. Recently, I was sent a note to save the date for her wedding.

I am not going to the wedding. I wouldn't know that girl if I saw her on the street. She has ignored me all these years, and I don't believe it is fair that she expects me to buy her a wedding gift. I think this is the only reason she remembered that she has a grandmother. Am I wrong to feel this way? — Forgotten

### 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.

"NCK JCT'L YSEH LC GKIIHV LC OH  
S XCHL; SJCMHGDHTDH WG HTCKRY  
GKIIHVWTR ICV STNCTH."  
— ACYT DWSVJW

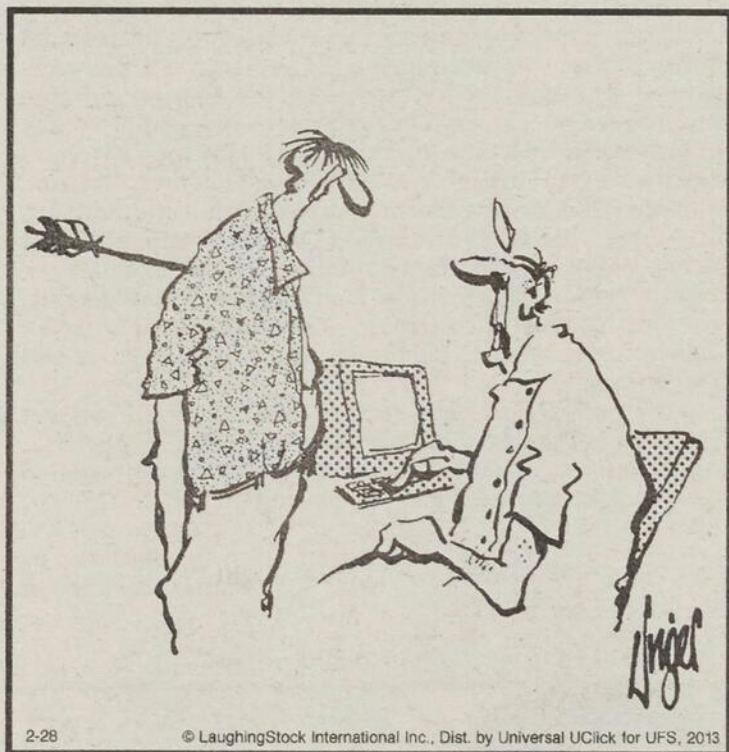
Previous Solution: "What parent has it easy? I just never make the difficulty of it an obstacle. I just do it." — Marlee Matlin

TODAY'S CLUE: 7 sinba W

### KIT N' CARLYLE

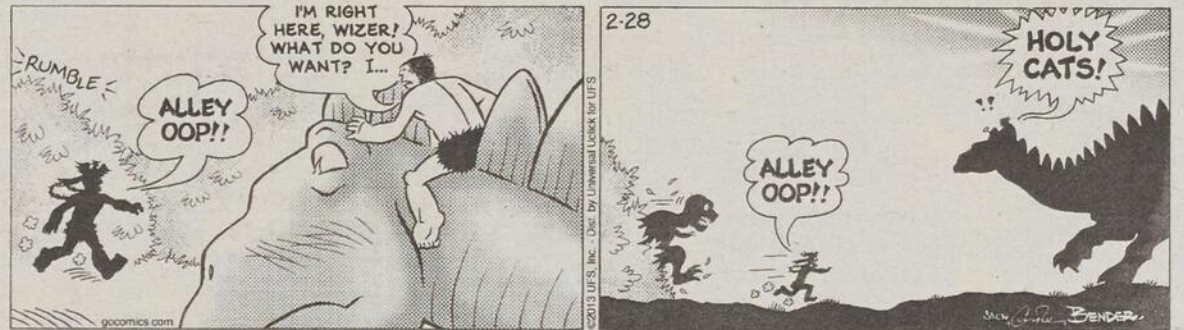


### HERMAN

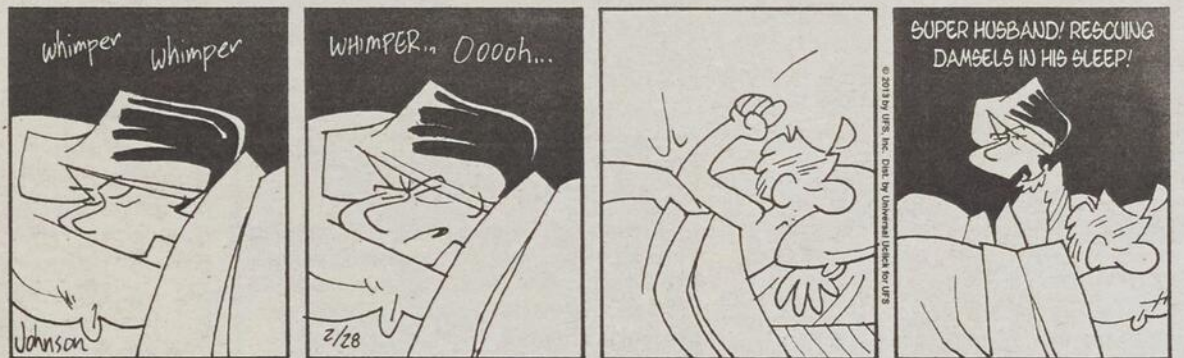


"Rapid pulse, sweating, shallow breathing ...  
According to the computer, you've

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### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



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**440 Miscellaneous**

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**NOTICE OF CLOSURE OF INVENTORY (C.c.Q., Art. 795)**

Notice is hereby given that, following the death of **Eva Mary Badger**, on November 2, 2012, in her lifetime domiciled at 65 Mont Echo Road, Town of Brome Lake, Quebec, J0E 1V0, an inventory of the assets and liabilities of the deceased was prepared by the liquidators of the Estate, Martha Pagé and Susan Cutler, on February 25, 2013 before Mtre. Marie J. Gagné, notary, in accordance with the law.

This inventory may be examined by any interested party at the office of Mtre. Marie J. Gagné, notary, located at 35 Victoria, Town of Brome Lake, Quebec, J0E 1V0.

Given on February 25, 2013 at Town of Brome Lake, Quebec

Mtre. Marie J. Gagné, Notary

## February with Richmond 50+ Club

February blew in in a chilly way, but twenty-two enthusiastic people came out to enjoy their Monday afternoon, the 4th, and settled in to play "500". At the end of the afternoon, winners were named: high score went to James Stevens with 4320 points, followed by Marie Berthe Skerry with 4260 points. Low score was tied between Vera Hughes and Blanche Mastine, with Vera winning the draw. Of course, no one ever goes away hungry and as usual, a delicious lunch was set out.

Monday, the 11th, was an early celebration of Valentine's Day, with twenty-seven people sitting down to a delicious pot luck lunch - casseroles, salads, rolls, pickles and too many desserts to even mention. Groaning, everyone moved from the tables so they could enjoy an afternoon of Military Whist, making up seven tables of players. First place went to captain Fran Dewar with Pearl Armstrong, Norma Morin & Blanche Mastine with 33 flags. Low score went to the table of Eileen Perkins with Helen Gallup, Helen Knowles, and their friend, the "dummy".

The third Monday found twenty people coming out to

battle the bitter winds, gathering in the Church Hall to play "500". The winners at the end of the day were Mildred Holliday and Joyce Mastine. Rose Oakley won the honour of low score. A card was signed for Eleanor Besmargarin. Once again, everyone enjoyed a delicious lunch before returning out into the elements.

The final Monday of the month called twenty-five people to play Military Whist. Taking care of business first, Shirley Beasley was chosen as the 50+ Club's "Volunteer of the Year", the celebration to take place on April 25. Many people signed up to enjoy the trip to a sugar camp on March 18. Play got underway, with the table of Helen Knowles, Mildred Holliday, Ann and Ellis Clark achieving high score, with low going to the table of Helen Gallup, Shirley Beasley, and Vera Hughes and "the dummy". Once a month, a celebration of that month's birthdays is held and Vera Hughes was honoured with the only birthday for February. The usual delicious lunch was enjoyed, including a candlelit cupcake for the birthday girl.

Come and enjoy a fun afternoon with friendly people each Monday afternoon starting at 1:30 p.m. in the Richmond Melbourne United Church, Richmond. You could get in on the fun of a day at a sugar camp, too.

Submitted by Jean Storry, with help from Shirley Beasley & Elizabeth Mastine

## Danville Military Whist Party

February 21 started out to be a snowy day and we wondered if the card party would be held. As the day went on, it cleared up, and a group of forty-eight people gathered in the Danville-Asbestos Trinity United Church Hall to enjoy an evening of Military Whist.

After lunch was served it was time to hand out the prizes. High score with 31 points went to Bill and Evelyn Fraser, Helen Knowles and Alle Vanderwal; second, with 29 points, was won by Shirley Provis, Wellie Leblond, Freda Coote and Doris Weare; while low score went to Peter and Carol Boisvert, Donna Ham and Bob Dunn.

Lauren Smith of Calgary, granddaughter of Ian and Shirley Smith, who was playing the game for the first time was asked to draw the first ticket for the door prize which went to Freda Coote. Other door prizes were won by Wendy Ridley, Marjorie Lancaster, Annabelle Mastine, Raymond Mastine, Patsy Biggs, Wellie Leblond, James Neilson, Danielle Pilon, Norma Morin, Matty Banfill, Peter Boisvert, Bill Frazer, Alle Vanderwal, Ross Davidson, Ronald Evans, Evelyn Horan, Shirley Provis, Lauren Smith, Hazel Pezzi, Collette Pageau, Helen Healy, Linda Badger, Ethel Mastine, Ian Smith, Pearl Armstrong, Raymond Fortier, Helen Knowles, Doris Weare, Debbie Knowles, Harold Willey and Donna Ham.

Lauren was called upon again to draw the winning ticket for the bag of groceries which was won by Dorothy Evans.

Everyone was thanked for coming and encouraged to come back for our next party to be held on March 21.

Submitted by Marlene Goodenough

# SUDOKU

Difficulty: 4 (of 5)

			9	1			8	7
	5		3		2			
		7		5	3			8
6							5	
	3		4				6	
	9	4					1	
7		8			9			4
		6		8		3		

2-28-13

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**PREVIOUS SOLUTION**

2	4	1	9	3	7	6	5	8
9	5	6	8	4	2	1	7	3
3	7	8	5	6	1	9	2	4
4	3	7	2	8	9	5	6	1
8	6	2	1	5	3	4	9	7
1	9	5	6	7	4	3	8	2
5	1	9	3	2	8	7	4	6
6	8	4	7	1	5	2	3	9
7	2	3	4	9	6	8	1	5

**HOW TO PLAY:**

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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# Your Birthday

THURSDAY, FEBRUARY 28, 2013

The aspects indicate that greater stabilization in your financial affairs will be taking place in the year ahead. Chances are if it hasn't already started, you'll soon be entering a growth pattern that will prove very interesting.

**PISCES** (Feb. 20-March 20) — Even though any rewards you reap will be due more to the efforts of others than your own, your prospects look exceptionally good. Later, you'll find a way to balance the account.

**ARIES** (March 21-April 19) — Do your best to keep all of your involvements in good, proper balance. Don't attempt to take on more than you can manage, but by the same token, don't idle your time away, either.

**TAURUS** (April 20-May 20) — When working on something you deem to be a labor of love, positive results are inevitable. Without question, the secret to your success is enjoying what you are doing.

**GEMINI** (May 21-June 20) — Seek out activities devoid of competition that bring you together with friends whose company you enjoy. You need to relax, not vie with rivals.

**CANCER** (June 21-July 22) — This could be a particularly good time to invite friends over to your place for a little tete-a-tete. Most of the time, these impromptu get-togethers turn out great.

**LEO** (July 23-Aug. 22) — You're likely to

be exceptionally competent with projects that are more mental than physical in nature. You won't find a better day to rest your muscle and give your brain a workout.

**VIRGO** (Aug. 23-Sept. 22) — Material increases are indicated if you operate along traditional lines. However, the picture could suddenly change if out of the blue, you decide to take a risk on something.

**LIBRA** (Sept. 23-Oct. 23) — Although you have excellent leadership qualities, they will remain dormant unless there is something specific that you decide to do. Whatever your aim, it will require tact and grace.

**SCORPIO** (Oct. 24-Nov. 22) — You could find yourself involved in something that affects others more than you. Rather than get deeply drawn in, keep a safe and respectful distance.

**SAGITTARIUS** (Nov. 23-Dec. 21) — You have a wonderful faculty of being able to enjoy yourself regardless of the hand that is dealt you. You'll capitalize on this gift in two separate situations.

**CAPRICORN** (Dec. 22-Jan. 19) — Even though you might not be aware of it, you are apt to be the center of attention in at least one gathering. It'll be your convivial conduct that enhances these conditions.

**AQUARIUS** (Jan. 20-Feb. 19) — One of your best assets is being able to make friends with people from all walks of life. This wonderful quality will be in good working order — use it to your advantage.

THURSDAY, FEBRUARY 28, 2013

# Is it a finesse or up-to-honors?

by Phillip Alder

Elvis Stojko, a Canadian figure skater who won three world championships, said, "I had the strength and the finesse there and put it all together."

Bridge declarers (and sometimes defenders) with high-card strength often put together tricks with finesses. There is rarely a deal without at least one finesse. However, occasionally a suit combination comes along that looks like a finesse, but isn't.

Which applies in this deal — finesse or look-alike non-finesse?

South is in three no-trump. West leads the heart queen. What should declarer do? Would the best line change if South's clubs were Q-J-9-2?

When in no-trump, always start by counting your top tricks, your instant winners. Here South has seven: four spades, two hearts and one club. So, if he can rake in three club tricks, he will make his contract.

Any declarer who thinks that club suit is a finessing combination will take the first trick with his heart king (he does not want to risk a diamond shift) and run the club queen. However, when East turns up with four clubs, three no-trump must fail.

Instead, South should play a low club

North 02-28-13			
♠ Q 10 9			
♥ A 5 3			
♦ J 7 4			
♣ A 6 5 3			
West			East
♠ 6 5 2			♠ 8 4 3
♥ Q J 10 9 8			♥ 7 6 4
♦ A 8 5 3			♦ K 10 9
♣ 8			♣ K 10 9 4
South			
♠ A K J 7			
♥ K 2			
♦ Q 6 2			
♣ Q J 7 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 NT	Pass	3 NT	All pass
Opening lead: ♥ Q			

to dummy's ace and return a club toward his queen-jack. East will probably play low. Then declarer, after winning with his club queen, returns to dummy with a spade and leads another club to gain that third club trick.

Interestingly, that is still the right approach even with ace-fourth opposite queen-jack-nine-fourth. Running the queen loses when East has a singleton king.

Lead toward the hand with the two honors.

# CROSSWORD

**Across**

- 1 Not interesting
- 7 Real heel
- 10 German exports
- 14 Beaucoup
- 15 Eight-time Norris Trophy winner
- 16 Bit attachment
- 17 \*Largest port in NW Africa
- 19 "Black Beauty" author Sewell
- 20 Metric distances: Abbr.
- 21 Athos, to Porthos
- 22 Word with dark or gray
- 24 \*Warrior's cry
- 27 Hersey novel setting
- 30 Rob Roy's refusal
- 31 Four-time Grammy winner Lovett
- 32 \*Picnic side dish
- 35 23-Down's div.
- 37 As found
- 38 Pupil surrounder
- 41 Ft. Worth campus

42 \*Knocking sound

- 46 Australian six-footers
- 49 Punching tool
- 50 "SNL" alum Mike
- 51 \*Delighted
- 54 Animals who like to float on their back
- 55 Female hare
- 56 "Hardly!"
- 59 Violin holder
- 60 \*Island nation in the Indian Ocean
- 64 A sweatshirt may have one
- 65 Rocker Rose
- 66 Sedative
- 67 Overnight lodging choices
- 68 Low grade
- 69 Incursions ... or, phonetically, what the answers to starred clues contain

**Down**

- 1 With 2-Down, "Rio Lobo" actor
- 2 See 1-Down
- 3 \_\_ stick: incense
- 4 Hagen often mentioned on "Inside the Actors Studio"
- 5 Head, slangily
- 6 Key of Beethoven's "Emperor" concerto
- 7 Funnel-shaped
- 8 Compass-aided curve
- 9 Pulitzer category
- 10 Like a spoiled kid, often
- 11 Unwritten reminder
- 12 Cab storage site
- 13 Hunted Carroll creature
- 18 Microwave maker
- 23 Braves, on scoreboards
- 24 Against
- 25 Exactly
- 26 Mauna \_\_
- 27 "Whoso diggeth \_\_

shall fall therein": Proverbs

- 28 Fundraiser with steps?
- 29 Thing taken for granted
- 33 California's Big \_\_
- 34 Not dis?
- 36 Chow
- 39 Avatar of Vishnu
- 40 Wd. derivation
- 43 Some Duracells
- 44 Silly talk
- 45 Foil maker
- 47 Capsizes
- 48 Neighbor of Isr.
- 51 \_\_ Minh

52 Comparable to a March hare

- 53 Words with lamb or mutton
- 56 School sports org.
- 57 Like Cheerios
- 58 Half of seis
- 61 Fire truck item
- 62 G.I.'s mail drop
- 63 Paul McCartney, for one

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

1	2	3	4	5	6		7	8	9	10	11	12	13			
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31						32		33				34	35	36		
37							38				39	40				
41																
						44	45			46		47				
50	51									52						
53							54	55	56		57		58	59	60	61
62											63					
	64										65					



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