

Personalize your new Ford vehicle
with \$1000 of Ford accessories FREE*

0%

Financing on selected 2010 models
or
Inquire about the CASH INCENTIVE promotion up to \$8,000

COSTCO MEMBER? \$1000 REBATE

*Offer on all purchased new 2010 vehicles

Ask me about Ford's leasing plan. Plans designed to meet your needs.



ValEstrie LINCOLN
SHERBROOKE

819-563-4466 office
819-822-8055 cell
mikepage72@hotmail.com

My 17 years of
dedication & experience
will help guide and
personalize your
vehicle needs.



Michael Page
58896

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1854

Daylight
Savings:

Don't forget
to move your
clocks
forward

Big Deals,
Big Savings!

See Page 20

LES ÉQUIPEMENTS
VEILEUX INC.

9 QUEEN STREET (LENNOXVILLE)
SHERBROOKE QC
819-564-8850

95 CENTS + TAXES

PM#0040007682

FRIDAY, MARCH 12, 2010

Signs changed over safety concerns

By Doug McCooye

Amid serious safety concerns, the Quebec Transport Ministry (MTQ) has modified the signs at the Highway 55-Curtis Road intersection in Stanstead East.

On January 1 of this year, the junction was the site of a tragic bus accident that resulted in one death.

The new signage is being characterized as a temporary measure, as MTQ officials are still evaluating the feasibility of installing an overpass. The possibility of completely blocking off Curtis Road from the highway has not been ruled out.

The new warning signs are said to be more reflective than before and trees in the area will be either cut down or trimmed to help increase visibility for road-users.

Stanstead East Mayor Guy Lefebvre believes that something drastic needs to be done and is continuing to champion the construction of an overpass. In a recent online report, the Mayor said that blocking off Curtis Road would make access for emergency vehicles more difficult and compromise the residents' safety.

On New Year's Day, a tourist bus from the New York-based company Big Apple Bus Tours was returning to Boston after a sightseeing trip in Quebec. With 30 people on-board, the bus was cut off by a pick-up truck emerging from Curtis road, causing the bus driver to lose control of the vehicle and it flipped on its side.

The accident claimed the life of an elderly tourist and seriously injured many others.

Reports indicate that the highway road conditions were slippery near the site of the crash.

An online report estimates that construction of a new overpass would cost upwards of \$10 million.

Going for Gold

Alexander Galt Learning Centre holds annual winter games



COREY BELLAM

Alexander Galt held their annual winter olympics competition yesterday, with students from the Learning centre competing in various sporting events throughout the day. Organized by Velma Sutherland and Darlene Kerr, athletes went head-to-head in everything from ribbon twirling and long jump to floor hockey and basketball. Above (from left to right) Laura LeBlanc, Learning centre teacher, Mara Rothschild, stagiaire, Russell and Joan Sangster, parents, Darlene Kerr, organizer, James Papiere, Special Olympics rep., Mat Court, Learning centre teacher, Velma Sutherland, Principal, Alain Goulet, Learning centre teacher and Natasha Beliveau, volunteer

MANOIR
STFRANCIS

Independence AND security IN
AN ANGLOPHONE COMMUNITY

YOU NEED health supervision ?
We have a doctor on appointment and
a nurse 7 days a week.
THAT IS reassuring !

Call 819.562.0875
WWW.MANOIRSTFRANCIS.COM



Recall Items

BBQ peanuts added to HVP recall

The Canadian Food Inspection Agency (CFIA) has added two nationally distributed products to the list of those recalled as a result of a Salmonella contamination of hydrolyzed vegetable protein (HVP) dry powder and paste manufactured by Basic Food Flavors Inc.

All codes of the Selection brand Roasted BBQ Peanuts, 400 gram (UPC 0 59749 91026 2) and 700 gram (UPC 0 59749 91027 9), manufactured in Canada, are affected by this alert.

The public is reminded not to consume products identified in the international safety recall to avoid contacting salmonellosis which can cause healthy individuals to experience symptoms such as high fever, severe headache, vomiting, nausea, abdominal pain and diarrhea for several days. Severe arthritis has been identified as a long-term complication related to the illness.

Young children, the elderly and people with weakened immune systems are more vulnerable to experiencing acute and sometimes deadly infections.

A complete list of recalled products can be found at www.inspection.gc.ca. For more information contact the CFIA at 1-800-442-2342.

Weather

 TODAY: SUNNY
HIGH OF 10.
LOW OF -4

 SATURDAY: MAINLY SUNNY
HIGH OF 11
LOW OF -4

 SUNDAY: LIGHT RAIN
HIGH OF 6
LOW OF 5

 MONDAY: CLOUDY PERIODS
HIGH OF 11
LOW OF 3

 TUESDAY: VARIABLE CLOUDINESS
HIGH OF 10
LOW OF -2

Soirée honours stagiaires, employers



COREY BELLAM

Wednesday night stagiaires and employers connected to the Socioprofessional Integration Services of the Centre de readaptation en déficience intellectuelle et troubles envahissants du développement (CRDITED) Estrie, formerly known as CNDE-Dixville Re-grouping, were honoured for their dedication to the program which encourages independence and belonging for those with intellectual handicaps.

The Soiree Reconnaissance, which is held every two years, took place at the Centre du communautaire du loisir du Sherbrooke, on Fairmount Street, and paid tribute to five stagiaires and five employers during the Quebec Week for the Intellectually Disabled. Above, Raymundo Fontaine (third from left) is commended for his work in the maintenance sector.

One ring to bind them...

One number for all Val-Saint-François CSSS

One telephone number will now link the six facilities of the Val-Saint-François Centre de santé et de services sociaux (CSSS) replacing the dozen used for each service.

Effective immediately, the public are asked to dial 819-542-CSSS (2777) to reach the Richmond, Val-

court and Windsor CLSC's, residential shelters, home support, day centres, the Windsor Minor Emergency and the Administrative Center.

The new telephone system is being described by Roch Rousseau, director of financial and technical resources, as more efficient, reliable and of a higher calibre than those previously used, allowing clientele to connect with CSSS personnel using extension numbers.

Each room in the three residential shelters are also now equipped with telephones, which can be activated after paying a minimum monthly fee, allowing for direct phone access to residents.

LOTO QUEBEC		Draw results: 2010-03-10			
649	08 12 28 30 38 48	02 Bonus	49		
6/6	0	\$22,094,007.00	6/6	0	\$2,000,000.00
5/6+B	2	\$212,732.90	5/6+B	0	\$75,000.00
5/6	205	\$1,714.50	5/6	30	\$750.00
4/6	11,305	\$58.90	4/6	1,268	\$75.00
3/6	181,002	\$10.00	3/6	19,545	\$10.00
2/6+B	140,547	\$5.00	2/6+B	12,975	\$5.00
Total sales:	\$21,089,702		Total sales:	\$805,909.00	
Next grand prize (approx.):	\$30,000,000		Extra	2129861	

Extra 2129861

Draws on NRJ March 3 to 30 around 17:30. It's not too late to buy your ticket!

In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.

Ben by Daniel Shelton



LOCAL NEWS

"What I know for the moment is that there are some factors that would make this project difficult to do, accept, or realize."

SEAL SOLIDARITY

Parliamentarians eat seal meal

A small group of politicians sampled seal meat Wednesday in a cosy alcove adjacent to the swish Parliamentary dining room.

The private meal for 16 was organized by Senator Celine Hervieux-Payette to show solidarity with Canadian seal hunters staring down an imminent ban on seal products by the European Union.

The meat made famous by Governor General Michaëlle Jean - who ate it during her Arctic trip last year - was brought in for a one-time private nosh for a handful of parliamentarians willing to pay \$33.50 a plate.

POLICE BLOTTER: MAGOG

Police called to break up dispute

On Wednesday night at around 10:45, the Memphrémagog police were called in to break up a dispute between five young men, all of whom were in their twenties.

The police report described the fight as a drug deal that turned sour. Three of the men were arrested in connection to the incident and were then conditionally released.

They are scheduled to appear before a judge in the near future where they will face a number of charges including armed and aggravated assault.

"The weapon used was a baseball bat," explained Paul Tear, spokesperson for the Memphrémagog police.

Bank machine theft

Earlier this week, late Tuesday night, the Galeries Orford shopping centre in Magog was the site of a breaking and entering incident.

According to the initial police investigation, one or multiple suspects created a hole in the roof of the shopping centre to gain access to the automatic bank machine.

"The bank machine itself was completely destroyed and an unknown amount of money was stolen," said Tear.

The suspect(s) are still at large.

Anyone with information related to this case is encouraged to contact the police at 819-843-3334.

Drunk driving

This week police also arrested two young men for drunk driving after failing a sobriety test. "One of the two (suspects), a St-Bruno native, will also be charged with possession of cocaine," noted Tear.

Hanging in the balance

Fate of Mont Orford to be announced in coming weeks



COURTESY WIKIMEDIA

The fate of Mont Orford has become a rather contentious issue with several different groups vying for sole ownership

By Doug McCooeye

It is expected that the government of Quebec will soon release a tender offer in the hopes of finding a new permanent owner and manager of the Mont-Orford ski hill and tourist attraction. In the weeks and months leading up to the anticipated proposal, a number of ideas have been bandied about as to what would be the best way to gain the necessary funding for a re-launch.

The latest idea - presented on Tuesday by a group that includes the the Magog-Orford Vision group, the CLD de la MRC de Memphrémagog, the Magog-Orford Chamber of Commerce, and the société de développement commercial (SDC) City of Magog - would see a 0.25 percent consumer tax imposed on all purchases made within the Magog, Orford, and Eastman municipalities for a ten-year period. According to the group, this approach would bring in an estimated \$1 million for a Mont-Orford re-launch fund and the money would be made available to whichever group or private owner made the winning tender offer bid.

While some have been critical of the idea, Magog mayor Vicky May Hamm, who also heads the CLD de la MRC de Memphrémagog, believes it is the most equitable and easiest to apply. "It works out to only 25 cents on a \$100 purchase, that's not a lot," said the mayor in an interview with The Record. "What people told me throughout my electoral campaign is that they wanted a solution to help save Mont-

Orford, and that's what we're delivering (...) we're talking about saving 560 jobs here."

In recent reports, Liberal MNA Pierre Reid (Orford) said he was happy that area organizations were coming together to create a re-launch fund, but was not sure of whether the tax idea was practical. Reid believes it could pose a problem on the legislative level, particularly with the Revenue Ministry. "What is being studied could never be done as it has been presented," he stated in a recent La Tribune report. "What I know for the moment is that there are some factors that would make this project difficult to do, accept, or realize."

Hamm concedes that the tax idea "may need some fine-tuning," but believes that it is still a sound proposal. "If this idea isn't practical, I'd love to hear a better one," she said.

While she has not been in direct contact with Line Beauchamp - Quebec's Minister of Sustainable Development, Environment and Parks and the person responsible for the Mont-Orford tender proposal - Magog's mayor believes that the offer should be released before the end of March. Dave Leclerc, press attaché for minister Beauchamp, said that "the offer is coming" and can be expected sometime in the Spring.

While no solution is perfect, Vicky May Hamm is impressed with how well the different area organizations have been able to interact with one another for the good of the mountain's future. "It's great to see people working together on the issue," she said. "I think that's a positive."

BEST BUY

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: March 05 - March 11. Product: Sanus 37" to 65" Super Slim Flat-Panel TV Wall Mount. Please note that this wall mount advertised on page 2 of the March 5 flyer DOES NOT have tilting capabilities, as previously advertised. SKU: 10130510.

BEST BUY

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: March 05 - March 11. Product: Canon XSi Ultimate Bundle. Please note that the wrong specification was advertised for this product found on page 13 of the March 5 flyer. This DSLR camera is 3.5 FPS, not 30 FPS, as previously advertised. SKU: 10131961.

Celebrate St. Patrick's
with us on
Tuesday, March 16
10 a.m.-2 p.m.

It's a fun day when
you celebrate
with us!

Music Irish Coffee

brunet
Valerie Courchesne
147 Queen Street
Sherbrooke
819 569-3601

DON MESSER

Graham Townsend, Wilf Carter,
Ward Allen, Ned Landry

and 100s of other classic old-time fiddle and country CDs, Cassettes and DVDs
FREE 48 PAGE CATALOGUE
Phone toll free 1-800-984-0047

or visit www.countrymusictreasures.com or write to:

The Music Barn Box 3160-R Markham, ON L3R 6G5



15% OFF!
1st ORDER

59752

Justice

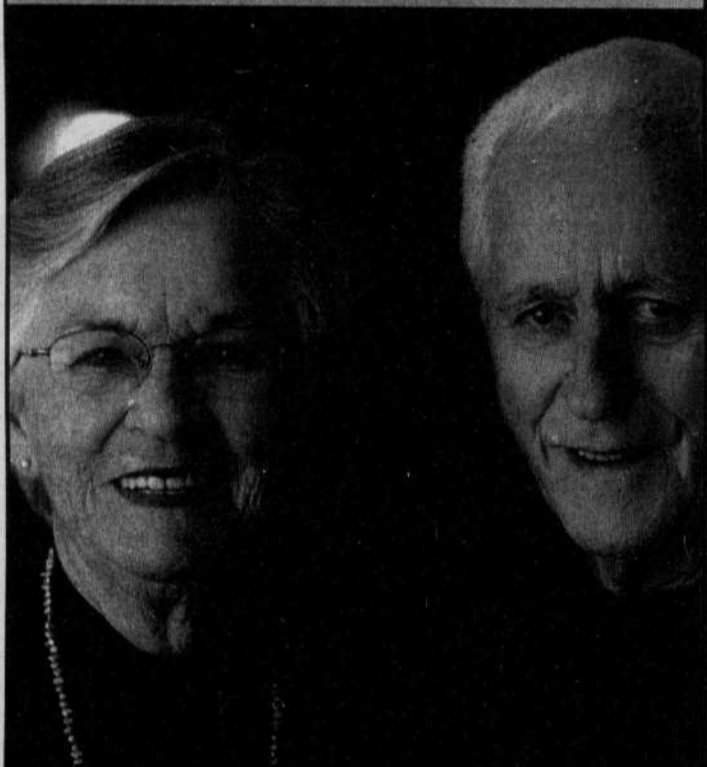
I BELIEVE. I GIVE.

Canadian Catholic Organization for Development and Peace

1 888 234-8533 www.dev.org

OPEN HOUSE

SUNDAY MARCH 14
FROM 1:00 P.M. TO 4:00 P.M.
WELCOME ALL!



"LIKE US, CHOOSE
HAVRE DES CANTONS FOR
A HAPPY RETIREMENT"

169 APARTMENTS

STUDIO - 2 1/2 - 3 1/2 - 4 1/2

CONDOMINIUM AND TOWNHOUSE
FOR RENT



FROM
915\$* MONTHLY
INCLUDING ONE
MEAL/DAY

*After tax credit

HAVRE DES CANTONS

RESIDENTIAL COMPLEX FOR ACTIVE RETIRED PERSONS

231 Dollard Magog
819.868.1010
havredescantons.com

MEMBER OF

RÉSEAU SÉLECTION

CLC Magog broadens horizons

Deadline for community workshops fast approaching



COURTESY CHRISTINE HODGE

Last Spring, the evening courses at the Magog Community Learning Center helped students to become more fluent with their conversational French over a six week period. This season, students will have ten courses to choose from but with registration night this Wednesday they will have to act fast to reserve their spot.

By Corrinna Pole

The deadline is fast approaching for those interested in expanding their knowledge or refining their hobbies to sign up for evening courses at the community school in Magog.

Originally started as a community school in 2008, the non-profit Memphremagog Community Learning Center (CLC) was granted its status of Community Learning Center this past winter, joining the ranks of 23 official centres across the province.

"The community school was launched by volunteers and CEDEC (Community Economic Development and Employability Committees) and the community wanted to have this in there," said registrar Christine Hodge. "CEDEC isn't involved anymore but they still are a partner sitting on the steering committee for the CLC."

Every Wednesday, from 6:30 until 8 p.m., the CLC welcomes everyone over the age of 16, whether they speak French or English, to broaden their knowledge in a variety of subjects set in an primarily English learning environment.

The creation and continuation of the community school is dependant on local community groups but moreso on volunteers.

"All courses are given by people volunteering to do it," said Hodge. "Everything is volunteer driven and the students are not just from the Magog area. They come from all over the Townships. We've had students come all the way from Richmond for the courses."

Participants can study languages such as novice French conversation, introductory Spanish, which of course are taught in their own languages, and English as a second language, or learn about the agricultural advantages of bee keeping or beautifying the garden. Clubs can give bridge or chess players a game advantage or students can try their hand at a new craft with instructions offered on acrylic painting on canvas or traditional basket making using reeds.

Ten skill-boosting workshops run for six weeks, from March 24th to April 28th, in the spring and the centre has expanded its operation, to meet the demand, by offering six weeks of courses in the autumn:

"When we first started in 2008 we had three stu-

dents by last semester we had 72 students," said Hodge. "We thought we'd try twice a year and it seems people like that."

While picking up an extra skill may not seem like much, it fits in with the CLC's long-term goal of "creating opportunities that will enhance student success while fostering community development."

Through linking public and private sector groups with individuals, the CLC helps cultivate to the community development while improving opportunities for life-long learning.

In order to keep the CLC accessible to everyone, a nominal \$10 per person fee is charged for each workshop.

"We have to be self sustained which is why there is a fee but it is minimal," said Hodge. "People may have to buy supplies for their courses, for instance, if they take the painting class they may need to purchase paints and other tools, they can find out exactly what is needed on registration night. All of the instructors will be there as well to answer any questions people might have."

Through a partnership with several local organizations such as the Eastern Townships School Board (ETSB), which provides space for the centre to operate at the Princess Elizabeth Elementary School and has the distinction of having two such centers, the CLC has flourished and its space was renovated this past winter in preparation for the upcoming semester.

The space is also used for a wide range of community activities and events linking family, school and community through activities such as parent-child get-togethers, homework tutoring, Friday evening movie presentations, Saturday morning sports, Health and Parenting Video-Conferencing sessions.

Following the classes, instructors and students are welcome to mingle in the cafeteria over coffee, tea and cookies for social hour.

Those interested in signing up for a course at the centre can do so at the spring registration night on March 17th from 6:30 p.m. until 8:00 p.m. at the Princess Elizabeth Elementary School on 120 Bellevue West in Magog. For more information visit the centres website at www.magogclc.ca or call Christine at 819-847-2769

NATIONAL NEWS

"Kevin Page's conclusion is very, very clear: The government's projects are far-fetched,"

Flaherty's predictions not 'prudent,' budget officer concludes

By David Akin
CANWEST NEWS SERVICE

The Parliamentary Budget Office says Finance Minister Jim Flaherty is more than \$18 billion off in his deficit projections and that the forecasts Flaherty is using to make decisions about spending cuts do not form "a prudent basis for fiscal planning."

Parliamentary Budget Officer Kevin Page and his staff said in a report released Thursday that Flaherty's forecasts are too optimistic, particularly when it comes to estimates of corporate and personal income tax revenue the government will receive in the next few years.

The budget office says that the combined deficit over next five years will be \$123.1 billion. That's \$18.5 billion bigger than Flaherty's projection of \$104.6 billion.

Flaherty believes that, by the spring of 2015, the budget will be nearly balanced with just a small deficit that year of \$1.8 billion. The PBO says it will be about six times bigger than that, at \$12.3 billion in 2015.

"The government's fiscal structure remains unsustainable over the long-term," the PBO report concludes.

"Kevin Page's conclusion is very, very

clear: The government's projects are far-fetched," said Bloc Quebecois MP Daniel Paille.

But Flaherty dismissed the criticism. "The Parliamentary Budget Officer has been wrong before and he's wrong again," Flaherty told the House of Commons.

Flaherty's press secretary Chisholm Pothier also defended the government's methodology.

"Our forecasts are developed by taking an average of those developed by the private sector," Pothier said. "Private sector economists widely agree that these are a prudent basis for fiscal planning, even if Kevin Page doesn't agree. He's in the minority."

But, as the PBO noted, Flaherty's department takes those private sector forecasts and then tweaks those numbers according to its own formula, one that Flaherty's department will not release to the PBO despite repeated requests.

"Although the use of private sector forecasts enhances the independence and, therefore, the credibility of the government's fiscal

projections, the government's established practice of not providing the assumptions used by the Department of Finance to translate the private sector economic forecast into fiscal projections ... impedes a complete assessment of the reasonableness of the government's fiscal projections," the report said.

The report was authored by PBO economists Russell Barnett, Jeff Danforth, Chris Matier and Brad Recker and was reviewed by Page before it was released.

Settling on a "prudent" fiscal forecast is an important step for any government when it considers how to get rid of the deficit.

The government's plan to eliminate the smaller deficit Flaherty is predicting is based solely on controlling the rate of growth of government spending and the natural rise in government tax revenue as the economy improves. So far, the government has said that the spending controls could be achieved largely by

making government more efficient and without the wholesale reduction of government programs or any increase in taxes.

If the PBO's gloomier forecast is right, though, the government will be required to do more to balance the budget in five years and that could involve either more drastic cuts to government programs or increases in taxes or user fees.

"Achieving budgetary balance would require: the economy operating significantly above its potential; actions to increase revenues or reduce spending relative to their projected paths; or, some combination thereof," the report from the PBO says.

The PBO report on Budget 2010 also repeated a complaint it has made frequently since the Harper government created the PBO in 2006. It said the Department of Finance refused to provide it with the data it needs to do its job.

Cancer researchers make lymphoma 'breakthrough'

CANWEST NEWS SERVICE

Vancouver - Cancer researchers in British Columbia have made a new breakthrough in lymphoma treatment, discovering a way to predict which patients will be cured and which ones will likely relapse.

The New England Journal of Medicine celebrated the BC Cancer Agency study as the "breakthrough we have been looking for."

The discovery by a team of 26 scientists from throughout North America and Europe provides a new way to predict the 15 to 25 per cent of patients who will have a poor prognosis if they aren't treated more aggressively from the time of diagnosis. It will also prevent harsh and toxic "overtreatment" of those who do not have the more ominous signs in their tumour biopsies.

Co-author and BCCA lymphoma expert Dr. Joseph Connors said although 75 to 85 per cent of patients are cured with initial treatment, the rest relapse and the study published in the NEJM describes why: they have a high number of white cells - called macrophages - in their tumours.

The higher the number of such cells in Hodgkin's lymphoma patients, the greater their likelihood of relapsing.

Although it was formerly believed that macrophages provided a helpful immune system response, scientists now understand that macrophages can create a haven for malignant cells to avoid detection.

They may actually release the signals that encourage malignant cells to grow and can release chemicals into the environment that encourage new blood vessels to grow for nourishment of the tumour.



TWO GOOD REASONS TO BECOME A HOMEOWNER

Get a reduction of 1.5% on your interest rate plus 1.5% cash refund on the amount of your mortgage loan.

Take advantage of our expertise - our advisors will help you choose the mortgage which best suits your needs and support you throughout the home-buying process.

-1.5% ON MORTGAGE RATE
+1.5% CASH REFUND

MORTGAGE LOAN
desjardins.com/home

Desjardins

Money working for people

* Rate rebate applicable the first year of a «5-in-1» Yearly Rate Resetter Mortgage loan. * Cashback calculation based on loan amount. Certain conditions apply. Limited time offer.

EDITORIAL

What they do have in common, and what this country encourages, is the desire to hold on to their traditions.



Mike McDevitt

Faith, hope and subsidy

Quebec is a society that has embraced, in principle, the concepts of openness and individual freedom of consciences in much the same way that most liberal democracies have. We have recognized that within a civil society all individuals are equal and their viewpoints equally legitimate with regard to political conviction, moral principle and religious belief. Now these are areas about which people are very defensive and unwilling to accept any interference, so this 'religious freedom' thing is a pretty good idea, although a closer examination, it poses some problems.

How do we define 'equal' and how do our public institutions go about trying to ensure it. We have laws against discrimination, hateful expression and a myriad of other ills to which ordinary people are subject. However, our society's historic past can make the practice of equality extremely difficult in a diverse society.

When Enlightenment philosophers began debating the idea of religious freedom in the 1700's, the issue was primarily Protestants and Catholics slaughtering each other in the name of Christ. Jews, as Europe's traditional scapegoat, were included in the conversation because they were by that time an integral, if sometimes despised, part of European society and because, well, because they ran all the banks. Despite the bloodiness of Europe's religious wars and its periodic pogroms, the religious debate in Europe (and by extension, here) almost took on the feel of a family quarrel as the common roots of all three religious orientations meant, at least, that they spoke the same language and accepted that the worshipped the same god.

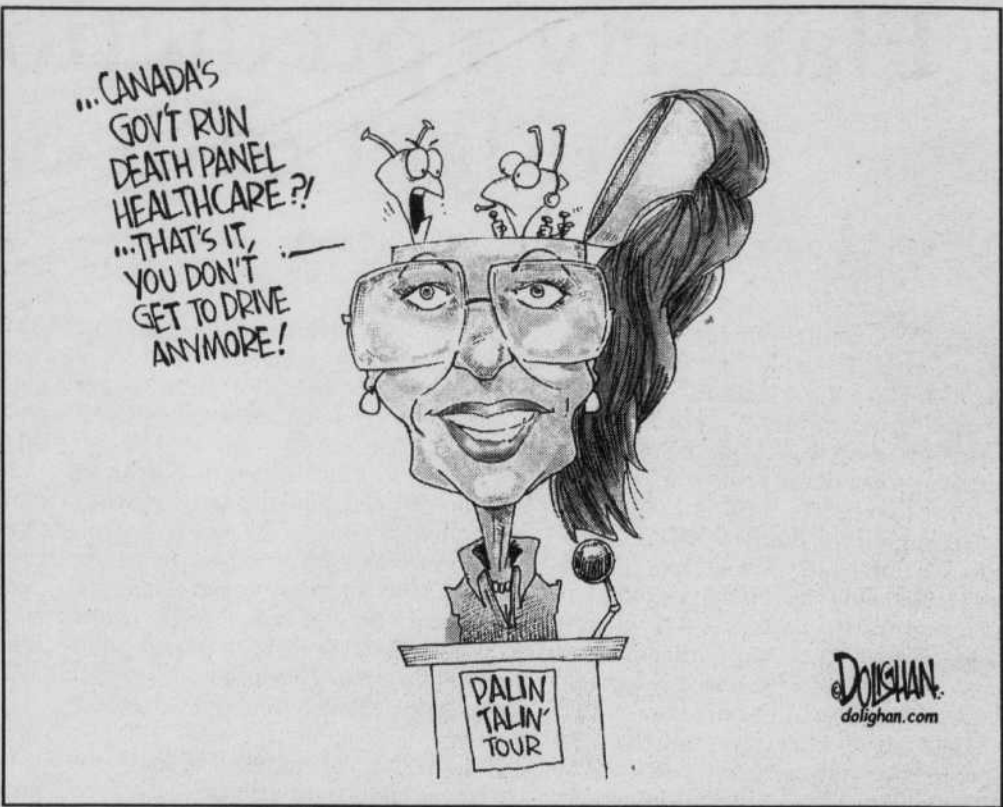
Time and a shrinking planet have changed all that and participants in cross-cultural and cross-religious discussions struggle to find common meanings and common ground. What they do have in common, and what this country encourages, is the desire to hold on to their traditions.

Currently, a couple of related questions are disturbing the civic peace. First, there is the question of the niqab, burkha, or other religion-based disguises that some Muslim women have chosen to wear. This garment has raised questions of security and safety, not to mention the symbolism involved - which is different things to different people. The second, and more recent, controversy, involves the Quebec government's decision to ban religious instruction in subsidized day care centres. While not a direct attack on religion, it is a clear statement that the Quebec government is becoming much more serious about separating Church and State. One can still go to a religious-themed day-care, but the government won't chip in to help pay for it.

That's exactly as it should be. Religion is a deeply personal thing and should be handed down through families and religious communities. Absolute zero public money should go into paying for this.

This decision comes amid the furor over the new mandatory "religions" course that the government has introduced whose aim is to provide students with some insight into the social and historical role of religion in general and to make our students more aware of the traditions being welcomed into our society. This is a useful tool and infringes on nobody's rights.

It is certainly true that some care will have to be taken in the enforcement of this rule and that no-one gets expelled for wishing someone a Merry Christmas (which is only a religious holiday if you worship the god of consumerism), but the basic idea is solid. Quebec has come a long way in shedding its Theocratic past. It should continue on its path. Of course, eventually we'll have to talk about why churches pay no taxes.



Letter

"we invite you all to join with us for this catered dinner"

DEAR FRIENDS:

the building, entrance is up the ramp!)

The Jewish Community Centre of the Eastern Townships, situated in Sherbrooke, Quebec, Canada invites you and your family to our first annual "Freedom Seder for the Earth," during the upcoming Jewish Holiday of Passover. Using the new "Earth Haggadah" we invite you all to join with us for this catered dinner event. This is a family event and all are welcome. This is referred to as a 2nd night Seder!

Catered Menu includes both vegetarian menu and menu with vegetables and roast chicken, gefilte fish, matzah ball soup (please indicate preference); with traditional Passover deserts. Traditional Ritual Foods eaten during the reading of our Haggadah ("Haggadah" means, "Telling.")

Cost: \$17.00 a person (Children age 6 and under are free)

Make your check or money order out to:

JCCET
Please send your check or money order (in Canadian Dollars) to:

Isaac Romano, 1405 de Kingston, Apt. #2 Sherbrooke, QC, J1H 3S9 Canada.

Best wishes as we approach Passover,

ISAAC ROMANO
FOUNDER AND DIRECTOR
THE JEWISH COMMUNITY CENTRE OF THE
EASTERN TOWNSHIPS

RSVP To:
romano_program@uniserve.com
Or call: 819-812-3118
Date: Tuesday, March 30, 2010
Time: 6:30pm

Location: At The Jewish Community Centre of the Eastern Township's Hall, within the Plymouth-Trinity United Church, 380 Dufferin, Sherbrooke, Quebec, Canada.

(Directions: On Dufferin, on the corner of rue Montreal. Enter on Dufferin. (Face the front entrance, go to far right side of

THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E, Sherbrooke J1G 1Y7
FAX FOR NEWSROOM ONLY: 819-569-3945
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-6345
SHARON McCULLY MANAGING EDITOR (819) 569-6345
MICHAEL McDEVITT ASSISTANT EDITOR (819) 569-6345
FRASIER LOCKERBIE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

MAIL SUBSCRIPTIONS

		GST	PST	TOTAL	
CANADA:	1 YEAR	120.00	6.00	9.45	\$135.45
	6 MONTHS	63.00	3.15	4.96	\$71.11
	3 MONTHS	32.00	1.60	2.52	\$36.12

Out of Quebec residents do not include PST. Rates for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
ABC, CARD, CNA, QCNA

Recognized around the world

MedicAlert
ALWAYS ON CALL
www.medicalert.ca
For more information
1-800-668-1507

COLUMNIST

As government funding and oversight spreads... (there is) less and less of Quebec life where religious expression is deemed to be legitimate.

Capital "W"



JONATHAN LAHUE

Hairdressers; contemporary shrinks that wont give you a painful diagnosis, or, at the very least, will be really gentle about it. They also happen to know about everything that's going on, including the fact that somebody will be very disappointed. The person, and possibly people, in question are unknown to me, but what is clear is that they are sick and sadistic, as they want there to be school on weekends. Crazy, I say, and with a capital "K" at that!

Teachers, who already spend weekends head-over-heels in their (unpaid) correcting, have already reacted, and I've come to realise what the paper they were all signing a few weeks back was. A petition, something about working weekends that I was sort of curious about but then got distracted by other things. Connecting the dots, I realise that the paper in question almost certainly concerned school on weekends, and that even in the early stages, a majority of teachers were against it.

Quebec has the highest dropout rate in Canada, and yet, this is what's being proposed? This reminds me of the episode of Recess when recess itself was banned, only much worse. Apparently these weekend classes are supposed to be made "fun" to make up for the utter torture of them. Sounds a lot like day care to me, but for teenagers? People who are supposed to be preparing for higher education? I would understand such a measure for elementary school, with parents who work weekends, but we have to consider that most parents actually want to see their kids, and don't work every day anyway. As for high school, the same applies, along with the fact that we're sort of the ones doing the babysitting, not the other way around. Many of us work on weekends, and most of us do stay out of trouble. The only possible good side of this plan would be being able to watch those who don't, but would that really work? If it was me, with school every day I'd welcome a suspension here and there. Well, actually I'd just ask my parents to let me miss school all the time and write notes for me, but it adds up to the same thing: people Won't stand for it, capital "W".

From the mouthss of babes

Does new daycare legislation impose on freedom of expression?

By Steven Black

Once again religion and the freedom of religious expression in the public marketplace is being debated in Quebec. The latest discussion comes from the Liberal government's announcement that no publicly funded day care will be permitted to include religious instruction in its curriculum. Apparently, religious people can open and operate a subsidized day care as long as they don't do so with any evidence that they are in fact religious Nor are their clients.

I suspect that this is another example of a government's making policy announcements without working out all the details or their implications. So I ask the lawmakers, will you permit "grace" to be said at meals? Do you require that any reference to Providence at Thanksgiving be expunged? Will you mandate the ignoring of anything to do with "baby Jesus" at Christmas? Will you refuse permission for day cares to provide kosher or halal foods to Jews or Muslim children? These practices are part of a much broader religious devotion, after all. Can the children watch "Veggie Tales"? Will they have to enforce a "time out" to any children who dare sing, "Jesus Loves Me"? Will children be allowed to talk to other children about their faith? Will day care operators be required to pretend that for during business hours there is no such thing as a god or any cultural and moral expression related to a god? Or will they be required actively to inculcate a strictly secularist worldview in the formation of the children in their care irrespective of parental wishes or matters of personal conscience?

As an example of current government policy and for the benefit of anyone considering a move to Quebec, the Immigration Quebec website states: "The State is secular. The separation of political and religious powers is a fundamental value of Québec society."

This principle states that religious and political POWERS should be separated. OK fine so far as it goes. I am glad that we are limiting the possibility that State and Religion (even secular religion) might join to engage in coercive power over individual citizens with regard to matters of faith and conscience. However, this limitation of institutional powers does not justify the State's refusal of an individual's freedom to bring their religious values into the political sphere any more than that individual can be precluded from bringing political views into the religious sphere. In other words, the principle of the separation of powers does NOT preclude a person's freedom and right to express and live by their own personal religious convictions in an appropri-

ate manner even in the public arena. Many secular ideologues, however, would sacrifice individual rights and freedoms to the idols of a secular state. They would refuse the benefits and rights of individual Quebecers who want the nurture of their children to include religious values and practice if the State is in any way involved in the care of their children. In effect, the supposed right to subsidized day care is only granted if the parent is prepared to entrust their children's care to a place that has been sanitized from any obvious religious influence.

The reach of government power and influence continues to grow, especially as Quebecers seem to expect their government to regulate, protect and support all the concerns of our common life. It impacts not only education and health care, but also community organizations, sports, culture, language and the arts. And as government funding and oversight spreads to encompass all this there remains less and less of Quebec life where religious expression is deemed to be legitimate. The

scope of individual right and freedom including religious observance is being squeezed out of existence. In effect, the power of our secular State is overriding the power of individual religious freedom. In this clash of fundamental values the State wins out over the individual.

Ironically the government website cited above also says:

"Quebecers are known for their friendliness. Cordiality, simplicity and an open mind characterize social relationships in the street, in the workplace or at the bank, for example. Quebecers place great importance on maintaining an atmosphere that promotes:

- Freedom of expression,
- Equal rights,
- Respect for differences.

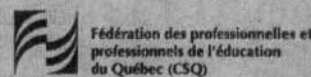
These common values <<http://democracy-values.html>> and the laws of Québec society enjoy a consensus and guarantee everyone the right to freely choose their lifestyle values, opinions and religion."

Really? Not in the day care.

A student's place is not on a waiting list

Matthew

We need more professional services in our schools
Sign the petitions at www.fppe.qc.ca



News from Richmond

Green bins become a must; town employees honoured for dedication

By Claudia Villemaire

The most recent by-law emanating from the last council meeting seems to have been influenced a tad by Irish Leprechauns, the magical 'little' people we never see but are infamous for causing stress and getting into mischief. The result is a new regulation requiring green, domestic garbage bins be used for the waste that doesn't qualify for the blue re-cycle bins. And - every resident must have those green bins operational by April 1 or substantial fines will be levied.

So, in keeping with the season, locals are finding these green bins at hardware stores in the area. The not-so-fun part is the cost, approaching \$100 after taxes and are calculated. "There'll be no more garbage bags on the curb after April 1," the mayor announced proudly. This will not only make garbage pick-up more efficient and faster but those bins hold more, are easier to handle (they are lifted hydraulically to be dumped), but our town will be much neater and cleaner especially on garbage day."

Other news coming from the Town Hall - two employees who manage the water purification system here were honored for their expertise and care at

their task. Yvan Dubeau and Jean Marchand were mentioned in dispatches from the Minister of Municipal Affairs when a recent evaluation gave them a perfect score. Dubeau and Marchand, who have followed all the required courses dealing with water purification and quality, are responsible for the injection of the necessary chemicals on a daily basis. Needless to say, a record such as theirs is sought after in towns and cities across the country, given the delicate balance between excellent potable water and contaminated or polluted water.

In other news, locals will have to make some serious choices this weekend. On the events schedule, we find at least three activities which could tempt music lovers, old-fashioned dance aficionados and dyed-in-the-cloth Irish spirited folk. Friday, March 12th, The Box, popular rock and roll group who shot to stardom in the 70s is back on track and will bring the stage to life with their most recent compositions on Friday at the Arts Center on Principale Nord. Joining them are the winners of Festi Rock, a competition which attracts new musical groups from across the province with the promise not only of, in many cases, their first professional appearance, but

with interesting prizes up for grabs as well. Les Shrimps, a Montreal-based group won top honors with their originality, brilliance and professional presentation.

Jean-Marc Pisapia, leader of The Box was one of three adjudicators at this year's event. Les Shrimps will open the evening program of R&B with The Box rounding out what promises to be a memorable evening. For info, e-mail: info@centredartderichmond.ca or call 819 826 2488.

In the meantime, over at the Community Center, DanseTrad, organized by youth Agent Donald Dubuc, will provide directions to uninitiated square and contra dance instructions with traditional fiddle music and 'calling' promising a delightful evening to both new and experienced dancers of this genre of traditional partying. Of course, the theme this month is everything green, so spark-up the Irish spirit and for those wishing to party hearty, bringing their own libations is a must.

Everything gets underway at 8pm. For info - e-mail: dansetrad@yahoo.ca or call 819 826 6707.

Also on Saturday, the St Patrick's Society banquet is scheduled at Centre Ste Famille on Craig St. An annual tradition

that combines good food, Irish music, Irish folklore dancers, a guest speaker, Ross Murray, columnist for The Record and renowned speaker. Rounding out the evening will be music for dancing by Mike Patrick, also a well-known country music artist. Supper guests are encouraged to arrive around 6:30pm and information can be found by calling 819 826 2535.

The Society, 133 years old this year, (not 130 as previously reported), has been welcoming representatives of just about every local organizations, mayors and deputies to preside over this gathering of nearly three hundred for as long as the Society has existed. According to president Robert Dalton, it's a chance for anyone wishing to be "a little bit Irish for a day or two" to come out and heartily join in the St Patrick's Day celebrations.

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada
1-800-768-7487 www.msociety.ca

Notice of Meeting

Spécial general meeting
Annual general meeting

Promutuel Prairie-Valmont, société mutuelle d'assurance générale convenes its insured members to a Special general meeting which will be held on:

Monday, March 29, 2010 at 7:00 p.m.

**Bistro Saint-Michel
175, rue Josée, Rougemont**

The Special general meeting will be held to adopt the associations by-laws.

The Annual general meeting of the amalgamated association will immediately follow.

Director's seats to be filled

- Seat No. 1: Les Prairies sector (1 year mandate)
- Seat No. 3: Les Prairies sector (3 year mandate)
- Seat No. 5: Les Prairies sector (3 year mandate)
- Seat No. 7: Les Prairies sector (2 year mandate)
- Seat No. 2: Valmont sector (2 year mandate)
- Seat No. 4: Valmont sector (2 year mandate)
- Seat No. 6: Valmont sector (1 year mandate)
- Seat No. 8: Valmont sector (3 year mandate)

Nomination

Members interested in becoming a director must submit their nomination form to the Secretary of the mutual insurance association which must be received no later than March 19, 2010 by 4:00 p.m, ten (10) days before the general meeting. The candidate nomination form may be obtained at the Promutuel Prairie-Valmont head office at 210, rue Lewis, Waterloo and at our second place of business at 48, boulevard Taschereau, La Prairie.

In case of cancellation, the general meetings will be held the following day, at the same time and place.

A lunch will be served. Door prizes.

Jacinthe Phaneuf
Board of Directors Secretary

Issued March 12, 2010

PROMUTUEL
PRAIRIE-VALMONT

Everything starts with trust

GLIMPSES OF THE PAST



Dollard Snowshoe Club fonds, Sherbrooke Historical Society

In 1952, the Sherbrooke Dollard Club attended the winter carnival in Cowansville where the Alouette Snowshoe Club was officially inaugurated. The young mascot, seven-year-old Jeanne D'Arc Laroche, was the daughter of flag-bearer Valmore Laroche. Snowshoe clubs, which were keenly supported by sports enthusiasts, have all but disappeared today. Founded in 1877, the ever-tenacious Sherbrooke Snowshoe Club, whose adventures are told every week in these pages, is one exception.

WANT TO KNOW MORE?

Visit the bilingual exhibition, *Sherbrooke, a Place to Call Home*, presented in the Andrée-Désilets room of the Sherbrooke Historical Society.

275 Dufferin, Sherbrooke
Information : 819-821-5406
info@histoiresherbrooke.com

LA SOCIÉTÉ D'HISTOIRE
DE SHERBROOKE
www.histoiresherbrooke.com

SPRING CLEANING



By Corrinna Pole

As clocks are set forward one hour this weekend, it's a great time to deal with the routine maintenance that can extend the life of everyday items and help you make the most of the coming summer.

Take the time to check some of these seasonal projects off of your "to-do" list:

Inside the home

- Replace batteries and test smoke and carbon monoxide detectors.
- Check your first aid kit and restock expired or depleted items.
- Sort through the medicine cabinet and toss expired drugs. Consult a local pharmacist to be sure medication is disposed of safely.

Outside

- Check deck, patio, porch, stairs, railings for deterioration.
- Plant and divide perennials, plant trees, shrubs, grass seed in bare patches and fertilize.
- Start weeding and turn your compost.
- Open exterior faucets.
- Remove debris from the yard and trim shrubs.
- Give the BBQ tank and hose a pre-use check for damage, replace broken parts and fill up the propane.

Whole home

- Clean or replace the air conditioning filter.
- Get your furnace and chimney cleaned and inspected by qualified technicians.
- If using well water get it tested for quality.
- Inspect areas of your home such as windows, screens, hardware, foundation walls, roof, gutters and downspouts for damage. Clean anything that is dirty and make any necessary repairs.

Vehicle

- Take your vehicle for a maintenance check, refill the fluids and get an oil change.
- Replace wiper blades, a good rule of thumb is to do this every six months.
- Get prepared to change your tires. By law winter tires must be equipped until March 15th.

Last but not least, add downtime to your list. Take the time to distress yourself and set new goals for the coming season. If you have a family make a priority to spend a little more time together, preferably outside being active.

'Time to act' on racial profiling in Quebec: commission

By Marian Scott
CANWEST NEWS SERVICE

A deluge of racial-profiling stories - including accounts of harassment, abusive treatment and unjustified arrests - poured into Quebec's Human Rights Commission last fall after researchers consulted local community groups on the contentious issue.

And those tales, recounted in a 37-page document, will now provide a framework for upcoming consultations on racial profiling in the province.

"It's time to act," commission chairman Gaetan Cousineau said at a news conference Wednesday. "Racial profiling has an impact not only on the life of the person who is profiled, but on the family, on the friends and on the community."

Cousineau vowed to do everything in his power to stamp out abuse of authority against visible minorities.

But based on the commission's preliminary findings, ending discriminatory treatment of minority members by police officers, transit workers, security guards and other authority figures will be no easy task.

The research into racial profiling - defined as any unjustified action by an authority figure towards members of a certain race, ethnic group or religion - turned up the following examples:

- Police pull over a black community worker, order him out of his car, slam him against the hood, handcuff and arrest him. After he is released, he goes to a police station to lodge a complaint. An officer refuses to give him a complaint form and tells him to use the Internet.

- Police officers come across a group of teens playing street hockey in Montreal's Outremont neighbourhood. They question a 15-year-old black youth but not his white friends. They then ask him his parents' names, remarking: "That's not a Haitian name." They also ask the teen what he wants to do when he grows up. When he responds that he wants to become a lawyer, they ask him what he has against police.

- A bus driver drives past a stop in front of a high school to avoid picking up four or five black youths waiting at the stop. When a passenger complains, the driver orders all the passengers off the bus.

- A 14-year-old black student gets separated from his friends in the crowd at a metro transit station. They board the train without him and he runs after the car to wave to them. Two security guards detain and question him, accusing him of lying about his age "as all black kids do." They give him a ticket. A month later, one of the guards who arrested him, who is now working with a

different partner, tickets him for spitting. The guards say: "We got you again and will get you again."

- A social worker is parking his car. His passenger, a black colleague, gets out to direct him. Spotting the black man, a police officer who is passing by puts on his flashers, pulls up and demands the driver's identification. When the social worker asks why, the officer claims his turn signal wasn't working. The social worker gets out to check and sees that all of his lights are functioning properly. "I almost wished my flasher wasn't working so that I could say: 'It's my fault,'" he says.

Cousineau said the trauma caused by such incidents can be long lasting, and many victims lose self confidence, have feelings of not belonging to society, lose trust in institutions, rebel and turn to anti-social behaviour.

One respondent dropped out of post-secondary school as a result of such feelings. Another, a black mother, said: "There is no faith in the police ethics process . . . I am often afraid for my children."

Racial profiling in the province became a hot issue in August 2008 when police shot and killed Fredy Villanueva, 18, in a north-end Montreal

suburb. The multicultural neighbourhood erupted in riots after the shooting, and a coroner's inquest continues to investigate the case.

The commission's four-person research team consulted 100 community groups and heard from 50 community leaders, experts and other individuals from Sept. 15-Nov. 30, 2009.

Quebec citizens have lodged about 100 complaints of racial profiling with the commission since 2005 - with rulings rendered in only four of the cases so far.

More than half remain under investigation.

Of the remainder: 16 were rejected, 11 were withdrawn, six are still before the Quebec Human Rights Tribunal and five were settled out of court.

Fo Niemi, executive director of the Center for Research-Action on Race Relations in Montreal, hailed the commission's recent efforts.

"What's important is that there is going to be a concerted effort across the province of Quebec," he said, adding that without such action, social tensions will continue to mount.

"If this anger is not addressed and channelled properly, it will explode." Montreal Gazette



The Arthritis Society

Free lecture on RHEUMATOID ARTHRITIS and OSTEOARTHRITIS

Presented by a rheumatologist

Wednesday, March 24, 2010
from 6:30 p.m. to 9:30 p.m.

At the
Community room Amédée-Beaudoin
10 Samuel-Gratham Street

Sign up quickly: places are limited!!!

Registration: 1.800.321.1433, ext. 246

Local Sports

Synchronized Silver



COURTESY

Sherbrooke's Cassiopée synchronized skating team returned from the Canadian Championships in Brampton, Ontario with their best-ever national performance and a silver medal in hand. The team, made up of girls and young women 14-23 years old, came in only .21 of a point behind London, Ontario's Synchronicity and 1.50 points ahead of Silver, from east Gwillambury, Ont. The competition was held March 4-5.

The local team consists of skaters: Valérie Belleau, Frédérique Biledeau, Courtney Broadhurst, Caroline Brouillette, Maité Cayouette-Neves, Catherine Daigle, Shelby Evans, Florence Gauthier, Anne-Sophie Gravel, Kim Guillemette, Kathy Lambert, Sandrine Michot, Danika Mongeau, Kelly-Ann Neeley, Marina Rousseau, Marie-Christine Roussel, et Méliane Roussel.

Cougar women headed to regionals

Champlain looks to build on 15-1 record

By Mike Hickey'
Special to the Record

The Champlain College women's basketball team will be in Trois-Rivières this weekend in pursuit of one of four berths to the provincial championships that will be held in Rivière du Loup in two weeks.

This week's competition features the top four teams from Central Quebec and the top four from St. Lawrence with four teams advancing to the provincial championships against four teams from Montreal.

The Cougars enter the two-day tourney as one of the favourites after finishing the regular season in first place in the Central Quebec Division with an impressive 15-1 record.

Champlain is defending champs in Central Quebec although they are missing last year's Most Valuable Player, Emily Ann Downey who is now a member of the McGill Martlets.

While Champlain certainly misses Downey's scoring and leadership, they have a talent-laden roster that has shown improvement from the first day of practice back in September.

The season to date has gone very well, head coach Steve Cassivi said yesterday. "Since the beginning of the year, we

have talked about progression. With every practice and game, I have noticed improvements in all aspects of our game. I can certainly say that the team has worked very hard all year and I am very satisfied with the team as to how far we have come to date.

There is always a danger in these circumstances for a team to look past the Regionals and think about a return trip to the provincials but Cassivi insists that his squad is focus on the task at hand.

"Our goal going in to Regionals is simple, finish in the top four! Finishing in the top four will secure us a spot in the provincial championship in Rivière Du Loup at the end of the month. In more general terms, our goal as a team has always been to compete. Our mantra for the year has been 'We are relentless, we never give up!' We are hoping to take that same premise into the Regionals and compete tirelessly against every team we face. If we do that, then we will be successful.

It looked as if the Cougars were uneatable this season as they wheeled off 15 consecutive victories and their average margin of victory was 35 points. The unbeaten streak came to an end in the Cougars' final regular season game when College Lefelche recorded a 64-55 home win. Foul trouble and a poor sec-

ond quarter proved disastrous for the Cougars.

"The last game of the season against Laflèche proved to be very competitive" Cassivi explained. "We came out very strong in the first quarter scoring over 20 points. The second quarter is what really killed us as collectively we only scored one point. This gave Laflèche a chance to get back into the game. The day before we played Sorel, where our team played great, everyone contributed, it was our best team game all year without question. Walking into the Laflèche game and playing a great first quarter, I believe some of our players thought it was going to be easy and started to coast. This gave Laflèche confidence the needed and to their credit, they wanted that game.

There may be a sense of urgency for eight players who are wrapping up their careers at Champlain.

"This year we have seven players graduating, Joannie Boucher and going on to play at Bishop's, Martine Gauvin going to Bishop's next year to play, Laurence Dostie Paré who will be attending going to U de S to play soccer, Brittany Sheldon will pursue her studies at John Abbott in police technology while Rebecca Crook and Annik Mitterer will be attending Bishop's and Myriam Pepin

will be attending university or Loyalist College. We also have leaving Annie Dionne she will be leaving the team to complete her CEGEP closer to home."

Cassivi believes the team's success is based on veteran leadership and the ability to shoot the ball from the perimeter.

"Our continued success is largely due to the combined efforts of our vets," Cassivi said. "I have been fortunate enough to have possibly coached the best three-point shooters coming out of the CEGEP system. If Joannie Boucher and Annik Mitterer are shooting the ball well we are a very hard team to beat. Another key piece is post player Rebecca Crook, she has the ability to dominate in the post. Our most intense player is Laurence Dostie Paré who has the ability to shut down any player she is defending."

Another veteran who will play a key role this weekend is Dani Lumley who feels her team are exciting about the opportunity to play in the Regionals/

"We are excited about being in the tournament and I think we will do ok," Lumley said Wednesday night after practice. "We have to be competitive and we need to be focussed. A lot of time we try to do things too fast and make mistakes, so we need to have patience on the fence

The NHL's headache

By Zachary-Cy Vanasse

A week ago the Canada/USA gold medal men's final at the Olympics was being hailed as a success in terms of growing the sport. One week later and the NHL is now dealing with a black-eye in the metaphorical sense and a headache in the very literal sense, that threatens to derail all the potential good that the Olympics did for the sport.

Hits to the head have become the broken record of the NHL and as long as players keep injuring their skulls the NHL, and hockey in general, is going continue to have a problem on their hands.

Last week at this time it might have seemed fair to believe that a few young girls and boys in both Canada and the United States may have been kindling a new love of hockey thanks to that post-Olympic glow. After the Penguins' Matt Cooke laid out the Bruins' Marc Savard on Sunday though you have to wonder just how keen parents are to sign their children up for the game, even though children aren't allowed to hit until much later in the development of their game.

It is not as if we've never heard the hits to the head discussion in the NHL or at a variety of other levels of hockey before. The subject is age-old within the game but it is the lead topic of con-

versation at the annual general managers' meetings in Florida yet again this year.

The reason the subject won't go away is simple: there's no clear cut solution to the problem unless a good portion of contact in the sport is removed and no one wants that, at least not at the higher levels of the game.

The players say the league needs to make it crystal clear just what is and what is not permitted regarding the legalities of certain checks. Alex Ovechkin's hit on Jaromir Jagr at the Olympics was applauded as a great, game changing hit. It was violent, but it is part of the game. Cooke's hit fell on the other side of the equation.

There does seem to be a belief that the Cooke hit may be the straw that breaks the camel's back but just what will be done remains to be seen. To date 40 players have missed a total of 360 games this season due to concussion injuries and teams aren't happy to see stars go down because of hits to the head.

If the NHL fails to come up with a solution to the problem at this current round of general managers' meeting then they can probably expect to be talking about it next year at the exact same time because it has become very obvious that the debate has no intention of going anywhere if left alone.

This Week Around Sports

By Zachary-Cy Vanasse

The Kid's equipment is back, the NHL's general managers have decided to do something about hits to the head and the Canucks can finally go home which means it is once again time to take a look back at This Week Around Sports. The Gaiters basketball seasons have come to an end, the Saints finished the regular season on top and the Paralympics kick off tonight in Vancouver so for the week ending Friday, March 12, this is the week that TWAS.

The Good Night's Sleep: Canadians losing sleep over the loss of the equipment Sidney Crosby used to score the "Golden Goal" against the United States in the men's hockey Olympic final can finally log the eight hours of shut-eye recommended to them because Crosby has his equipment back. Hockey Canada says the gear wasn't stolen but was simply misplaced after Canada claimed gold in Vancouver. Crosby's stick was located in Toronto as part of a shipment heading towards the International Ice Hockey Federation Hall of Fame in St. Petersburg, Russia.

The Recommendation: Following their annual general managers' meetings in Florida the NHL's GMs have put forth a recommendation hoping to reduce the amount of head injuries caused by hits to the head. The league's general managers unanimously agreed to the following wording: "A lateral, back pressure or blindsided hit to an opponent where the head is targeted and or the principal point of contact is not permitted." Head injuries became the focus of talk at the meetings after Pittsburgh's Matt Cooke delivered a blow to the head of Boston's Marc Savard that left the Bruins' forward with a grade-two concussion. On Wednesday the NHL announced that Matt Cooke will not be suspended for the hit.

The Long and Winding Road: After playing 14-consecutive games on the road because of the Olympics, the Vancouver Canucks can finally go home. The Canucks will play their first home game in over a month when the host the Ottawa Senators at GM Place on Saturday night. Vancouver went 8-5-1 over the



COURTESY

The Saints finished the regular season at the top of the LNAH pack

course of their road trip that took them from coast-to-coast and set an NHL record for the most consecutive road games ever played by an NHL team. However some of the 'Nucks did get a chance to play on home ice over that time period, including Ryan Kelsner and Roberto Luongo, who went head-to-head in what

was then called Canada Hockey Place for the gold medal game.

The End of the Road: Both the Gaiters men's and women's basketball seasons came to an end last week with playoff losses. The women finished their season off with a 68-56 semi-final loss to

the Laval Rouge et Or before the men fell in their semi-final to the UQAM Citadins, losing 98-70. Hermon "The Hermonator" Tesfaghebriel closed out his university career with 15-points and seven rebounds.

The Saints Come Marching In First: The Sherbrooke Saint-Francois won their first ever Commissioner's Cup this past weekend. After defeating the Trois-Rivières Caron et Guay on Saturday the Saints had to sit around and watch to see what happened between Trois-Rivières and the Rivière-du-Loup CIMT on Sunday. The CIMT defeated the Caron et Guay and with that the Saints officially took the top spot as the regular season rounded out. Meanwhile Sherbrooke forward Jean-Francois Boutin became the first Saint to ever win the league's scoring title. Francois also took home the Maurice Richard Award for leading the league in goals.

The Second Olympics: Still suffering from that post-Olympic withdrawal? Fear not, the Paralympics have the cure for what ails you. The Paralympic Winter Games, the first ever hosted on Canadian soil, get underway tonight with the opening ceremonies in Vancouver. Sledge hockey captain Jean Labonte will be Canada's flag bearer for tonight's ceremonies. Canada are the defending champs in sledge hockey and they'll be looking to complete the Canadian Olympic hockey sweep after both the men's and women's teams grabbed gold at the Games. The Paralympic Games run through to March

Old Lennoxville Golf Club

Membership Card

\$299* Taxes included

10 Games Booklets

\$150 Taxes included

Hurry, season is near!

*New membership only. Inquire at Golf Club.

19 Golf Road, Sherbrooke
(LENNOXVILLE BOROUGH)
819 562-4922



CHARLES SAYERS MEMORIAL DART TOURNAMENT

SATURDAY, MARCH 20, 2010

at the A.N.A.F. Unit 318 (The Hut)
300 St. Francis, Lennoxville

Registration: 1 p.m. Starts at 2 p.m. sharp
Open mixed doubles/Bring your partner
7 games, 301. \$5.00 per person

EVERYONE WELCOME!

For information contact Perry Statton 819-872-1065

Church Services

Anglican

LENNOXVILLE

St. George's Anglican Church, 84 Queen Street., the Ven. Dean Ross. 8 a.m. Traditional Holy Communion each Sunday. 10 a.m. - 1st, 3rd and 5th Sundays Holy Communion; 2nd and 4th Sundays Family Service. All welcome. Information: 819-346-5564.

SUTTON JUNCTION

Anglican Parish of Bromes: Sunday, March 14, 9 a.m. St. Aidan, Sutton Junction. Holy Communion - The Rev. Allan Gault.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Organist: Anthony Davidson. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m. Culte en français dimanche 17h, Pasteur Rev. G. Fantechi 819-566-5962.

United

COOKSHIRE/SAWYERVILLE

Weekly services with Sunday School for United Eaton Valley Pastoral Charge are held at 9:30 a.m. at Cookshire Trinity and 11 a.m. at Sawyerville United (at the Manse). Minister: Rev. Wendy Evans. Info: 819-889-2838.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Worship and Sunday School on March 14 at 10:00 a.m. Rev. James Potter, 819-565-8449.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Montreal, Sunday, March 14: Fourth Sunday in Lent worship and Sunday School at 10:30 a.m. Worship leader Charlotte Griffith. Everyone welcome.

WATERVILLE-NORTH HATLEY, HATLEY

March 14: Hatley United Church service at 9:30 and Waterville-North Hatley United Church service at 11:00 in Waterville. Sunday School. Rev. Mead Baldwin 819-837-1112.

DR. GOTT



Hip pain relief without surgery

By Peter H. Gott, M.D.

DEAR DR. GOTT: I am writing for my mother, who will soon be 86 years old. She has suffered for several years from a lot of pain in her hip, which travels down her leg. This started after she was in a car accident and broke her back in five places. She also has osteoporosis, which is worsening the pain.

She has had cortisone injections and surgery but hasn't had any relief. She can't seem to tolerate pain medications stronger than acetaminophen, but even that seems to make her "dopey." Her doctor and all the other specialists have been assuming that the ever-worsening pain in her hip was due to the back injury. Recently, her primary-care physician finally ordered an X-ray of her hip and found that she has no cartilage left; it's just bone on bone.

Because of other serious health conditions, she is not a candidate for hip replacement or any other surgery that would require total anesthesia. I have, therefore, tried searching the Internet for other options, to no avail. I did hear from a friend of a friend of a friend that someone he knew received some sort of injections into the hip that added some cushioning to the joint, but he didn't know what the injection was.

Can you give me some advice or point me in the right direction as to how to provide my mother with some relief?

DEAR READER: Because you claim that your mother has "serious health conditions" that prevent her from having surgery, her options are limited. You say she has already tried cortisone injections, but did not say whether these were for her back pain or hip pain. If they were for her back, they likely did not provide any relief for her hip pain, so this option may still be viable.

She may also benefit from physical therapy or water aerobics, which will help keep the joint as limber as possible. Over-the-counter medications such as acetaminophen or ibuprofen should reduce some of the inflammation and reduce pain; however, if she can't tolerate them, she may try using topical pain relievers, such as those with menthol or capsaicin. Rubbing castor oil directly onto her hip may also help.

Another option is to visit a pain specialist or clinic. These services are often located in or near a hospital and use a wide variety of treatments, which may include medication, surgery, pain patches, physical or massage therapy,

acupressure or acupuncture, hydrotherapy and more.

As to the injections that you heard about, your friend may have been referring to viscosupplementation, which involves injecting hyaluronic-acid derivatives into an affected knee to provide some cushioning. Created from rooster combs (that brightly colored, fleshy "crown" on the top of a rooster's head), the product is similar to one of the components of normal joint fluid. It is currently only approved for osteoarthritis of the knee, but is being studied in other joints.

If she isn't already, your mother should be under the care of an orthopedist or rheumatologist. She should also be on a quality calcium and vitamin D supplement, perhaps in addition to an osteoporosis medication, such as Fosamax or Boniva. Her osteoporosis may even be contributing to her pain and is putting her at higher risk of fracturing a bone.

Get her to a specialist willing to work with her, despite her many health problems and medication sensitivities. There is no reason why she should have to suffer from chronic pain if there are treatment avenues that haven't yet been explored.

To provide related information, I am sending you copies of my Health Reports "Osteoporosis" and "Understanding Osteoarthritis." Other readers who would like copies should send a self-addressed stamped No. 10 envelope and a \$2 check or money order per report to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title(s).

DEAR DR. GOTT: In a past article, you asked for input on poison-ivy treatment. I am an optometrist and have found that over-the-counter hydrocortisone with clear calamine lotion works well. I dry the application with a hair dryer, which speeds up the itch relief and allows the sufferer to get ready (such as getting dressed) faster. It also helps to keep the rash from spreading. I have given this advice to others, and each has told me that it worked well for them.

DEAR DOCTOR: I have printed your letter for my readers benefit. It meets my requirements of being simple, inexpensive and safe. Thank you for writing to share your remedy.

Readers, please let me know of your experiences with this treatment. I will print a follow-up article with the results after I have received adequate responses.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

Cards of Thanks

BARRETTE BYFORD: I would like to thank all the nurses and doctors on the 6th floor and I.C.U. at the Magog Hospital, my surgeon Dr. Sauve who was very good to me, my daughter and granddaughter for the good care that they gave me after I came out of the hospital, all my friends for the phone calls, cards, other things, and the nice fruit basket that East Bolton Embellissage gave me.

Thank you so much to all of you,
YVETTE BARRETTE BYFORD

CARD - The family of the late Beatrice Card would like to extend a heartfelt thank you for all the calls, cards, food, flowers and for the donations to the St. Barnabas Church and the Women's Institute in memory of Mom. Your kindness and support will never be forgotten. Please accept this as a personal thank you.

THE CARD FAMILY

RAND - Thank you to family, friends and neighbours who came from near and far making my 90th birthday a memorable occasion. Special thanks to my family, Terry Deacon and Grace Christian Home staff, for all you did to organize the afternoon Open House. Thanks for all the cards, received both on the day and through the mail, for the gifts and phone calls (from near and far). To Carlyle, David and Wayne, thank you for bringing your musical talents for all to enjoy. It was a great afternoon to greet family and friends with 2 of my sisters sitting beside me. Again, many thanks.

FAY (PARSONS) RAND

SEE MORE ON PAGE 13



See your gift grow



Development and Peace

1 888 234-8533

www.devp.org



Fig. 16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



Library Foundation
Fondation pour l'alphabétisation

In Memoriams

ADDIS - In memory of my parents and grandfather: Dad (Arthur), January 20, 1991; Mom (Ruby Gibson), March 14, 1990; Grandfather (Eli), February 12, 1977.

*The years go by one by one
So much has changed it seems
Since last we had you in our lives
To share our hopes and dreams.
So those of you with parents
Treasure them with care,
You'll never know the sorrow
To need them and they're not there.*

Lovingly remembered,
DOROTHY SULLIVAN
(daughter)
AND FAMILY

ALLAN - In loving memory of our father, Richard (Dick), who passed away March 13, 1985 and our mother, Barbara C. McKee, who passed away June 11, 1990.

Always in our hearts,
JOHN & SHEILA

BEAULAC, Real - In memory of a dear husband, father, grandfather and great-grandfather who passed away March 13, 1997.

*Thirteen years have come and gone
Since the Lord called you away,
Sometimes it seems much longer,
Other times only a day.*

Remembered and loved by
SHIRLEY & FAMILY

DOHERTY - In loving memory of our beloved mother, mother-in-law, grandmother Elsie McLaughlin Doherty, March 13 1991 and father, father-in-law, grandfather Edward John Doherty, March 12, 1997.

*Your lives were a blessing
Your memories a treasure...
You are loved beyond words
And missed beyond measure*

Forever in our hearts,
THE FAMILY

DOHERTY - In loving memory of my dear mother, Elsie, March 13, 1991; my father, Edward, March 12, 1997.

*Simply thought of every day
Sadly missed along the way,
Treasured memories keep you near
As time unfolds another year.*

Always loved and remembered
by your son
KEVIN

ORR (NEE LAWRENCE) - In loving memory of Mary Lawrence who passed away on March 12, 2008, formerly of Howick and Bromont.

Always remembered and loved by
THE FAMILY

Death



BRADLEY, Marion "Effie" (nee MacLeod) - Suddenly at the Hotel Dieu Hospital on Wednesday, March 10, 2010 at the age of 78 years. Marion Effie MacLeod was the loving daughter of the late Angus MacLeod and the late Margaret Mackay. Effie was the beloved wife of the late Irvin Bradley and dear mother of David of Sawyerville. Cherished grandmother of Kiersten and Danika. Effie is also survived by several nieces, nephews and many friends. Resting at the Cass Funeral Home, 3006 College St. Sherbrooke (Lennoxville), QC, J1M 1T9 (819) 564-1750 / www.casshomes.ca where friends may call on Sunday, March 14, 2010 from 7 to 9 p.m. and on Monday, March 15 from 1 to 2 p.m. followed by the funeral service at 2 p.m. in the funeral home. Rev John Barry Forsyth officiating. Interment in the Malvern Cemetery. As memorial tributes, donations to the Word of Grace, Box 404, Sherbrooke, QC J1M 1Z6 or the ALS Society of Canada, 5415 rue Paré, Bureau 200, Montreal, QC, H4P 1P7 would be gratefully acknowledged by the family.

In Memoriams

MACKAY, William Douglas: April 13, 1912 - March 14, 2005.

*An angel in Heaven far above we send this message to the one we miss and love,
Not a day goes by
That we don't think of you,
You're in our minds and hearts
In everything we do.*

Forever missed by
MABEL

**GARTH & MARIAN AND FAMILY
ROSS & HELENE AND FAMILY
WENDY & ROSS AND FAMILY**

RUSSELL, Jane (McCullough) - In loving memory of a very dear mother, grandmother and great-grandmother who passed away on March 13, 2008.

*Gone are the days we used to share,
But in our hearts you are always there.
The gates of memories will never close
We miss you more than anyone knows,
With tender love and deep regret,
We who love you will never forget.*

Rest in Peace.
From

**SUZIE, JOE, NATHAN,
TAMARA, JANET & STEVE**

Death



COUTURE, Mrs Marjorie (née Realffe) (1915 - 2010) - Peacefully and surrounded by her family on March 10th, 2010, at the Brome Missisquoi Perkins Hospital in Cowansville, Mrs. Marjorie Realffe (wife of late Louis Couture), passed away at the age of 94. She leaves to mourn, her daughter Ann (Alain Riel), her 2 granddaughters, Chantal (Eric Laramée), Julie (Gabriel Ménard), her sister Vallence, her brothers Stanley (Denise), Horace, David (Lucille), nieces and nephews, family and friends. Family members will be receiving condolences at the Complexe funéraire BROME - MISSISQUOI 215, rue de la Rivière, Bedford, Qc. Téléphone : 450.248.2911 / info@complexebm.com Saturday, March the 13th, 2010 at 10 am. The service will be held at the Notre-Dame-de-Stanbridge Church at 2pm followed by the burial at the St-Damien cemetery in Bedford.

Birth



NEVILLE-COTE: Proud parents Dallas Neville and Phil Cote announce the birth of Benjamin Patrick Cote on Gold Medal Sunday, February 28, 2010. Ben would like to thank his grandparents, aunts and uncles, friends, and his dog Tyger for all their love so far.

In Memoriam

SKUSE, William: April 18, 1924 - March 14, 2008.

*This day is remembered and quietly kept,
No words are needed we shall never forget.
For those we love don't go away,
They walk beside us everyday,
Unseen and unheard but always near,
So loved, so missed and so very dear.*

**ELIZABETH, JUDY, SYLVIA,
LAIRD, AMANDA & ANDREW**

Death



HOWARD, Robert (1940-2010) - In his 70th year, following a courageous battle with cancer, on March 9, 2010, with family at his side. Predeceased by his parents, Percy and Shirley Howard, (son) Neil, (sister) Arlene and (brother) Kenneth. Robert is survived by his dear friend Jean Bennett, children Deborah, Michael, Laurie, Colin and Christa as well as grandchildren Pamela, Cassandra, Jessica, Jean Francois, Marc Andre, Christopher and Jordan. Friends may call at Désourdy inc., 109 William St, Cowansville, QC, phone: 450-263-1212, Fax: 450-263-9557 info@desourdy.ca on Thursday, March 11 from 7-9 p.m. and 1-2 p.m. on Friday, March 12. Funeral service will be held in the chapel on Friday, March 12 at 2 p.m. with Reverend Wilmer Davidson officiating. Interment will be in Iron Hill Union Cemetery. In lieu of flowers, donations to the Iron Hill Union Cemetery, c/o Elizabeth Howard, 30 Chapman Road, Cowansville, J2K 3G8 or to the Canadian Cancer Society would be appreciated.

**Is your car dying?
It could save lives!**



**Donate it to
The Kidney Foundation of Canada!**

Towing is free and we'll send you
an income tax receipt.



www.kidneyquebec.ca

1 888 228-8673

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 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: \$7.00 (includes taxes)

With photo: \$20.00 (\$22.79 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.22 taxes included) **WITH PHOTO:** \$29.50 (\$33.62 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.

She refuses to acknowledge that we are together

Dear Annie: My husband and I have been married for nine years. It's a second marriage for both of us. The problem is my husband's 30-year-old daughter.

"Courtney" and her sister live in another state, and we visit them and their children three times a year. It is very stressful for me to be around Courtney, as she has not spoken to me since my marriage to her father. She refuses to acknowledge that we are together, and this hurts a lot. My husband's other daughter is nice, although a bit on the cool side.

Courtney is a single mother. When she had financial problems, I gave her a \$200 check, hoping it would help our relationship. She didn't even thank me.

I think my husband should speak to her, but he won't. This is causing some strain between us. Should I confront Courtney myself? Do I let my husband visit her on his own? — Distressed in Michigan

Dear Distressed: In an effort to avoid conflict with his daughter, your hus-

band is doing all of you a grave disservice. He needs to insist that Courtney treat you with respect. She doesn't have to like you, but she will never develop a tolerance for the relationship if she isn't pushed in that direction. At the very least, she should speak to you and graciously acknowledge any gift you give her. If your husband refuses to support you in this, you don't need to keep visiting Courtney and putting up with her ill-mannered attitude. Let him see her on his own.

Dear Annie: When my mother married many years ago, she had a seamstress create her wedding dress. Mom still has the picture from the newspaper that she gave the seamstress to use as a guide.

I wore that same dress at my first wedding. I have two sons from that marriage, but I doubt either of them (or my nephew) would want their brides to wear the dress, since that marriage ended in divorce.

Annie's Mailbox

My question is: What do I do with the wedding dress?

It's satin and beautiful, but I simply don't think anyone else would want to wear it. — Kentucky

Dear Kentucky: It is not a good idea to make assumptions about your sons' future brides. A custom-made vintage wedding dress could be quite alluring and altered enough to make it lose any negative association. If no one in the family wants the dress, however, you should have no problem finding a good home for it. Dozens of resale shops specialize in "pre-owned" bridal gowns. You also can offer it for sale on eBay or donate it to one of many places that loan wedding dresses to brides who cannot afford such luxuries.

Dear Annie: My wife passed away three years ago after a long battle with ALS (Lou Gehrig's disease). I visited her every day.

My plea to visitors of these patients is a simple one: Please, please, whenever possible, make physical contact with

the patient. Hold their hands, stroke their face, comb their hair, massage them, and most of all, talk and sing to them, regardless of whether or not you think they can hear you.

Often visitors will stand off to the side of the bed, saying little or nothing. The patient already feels isolated and alone. Touching and conversing give some modicum of comfort and normalcy. And on some days, you may be the only contact the patient has, making your voice and your touch that much more important.

Hopefully, this letter will be of some help to the readers out there. — East Haven, Conn.

Dear East Haven: Thank you for your kind and compassionate suggestions. We hope our readers will remember them when they next visit someone who is in need of a loving and healing touch.

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

Waterloo

Sincere sympathy to the family and friends of the late Robert Anderson who passed away recently at St. Luc's Hospital in Montreal.

Supper guests at our house recently were Kyle Dunsby and Ro Cody of

Montreal.

Patricia Collins Wheeler has been a surgical patient at the B.M.P. Hospital. She is now home and feeling better.


Murray Willis from Kamloops, B.C. was here for his uncle Robert's funeral.

Debbie and Robert Hunter and their children, Brandon and Miranda of Kanata, Ontario, were also guests of their parents, Clem and Anna Willis. Linda and Scott Upham of New Brunswick were staying at the home of

Florence Beattie in Cowansville and they also attended the Anderson funeral.

Judy Dalton

Beulah Aulis - 60 again?



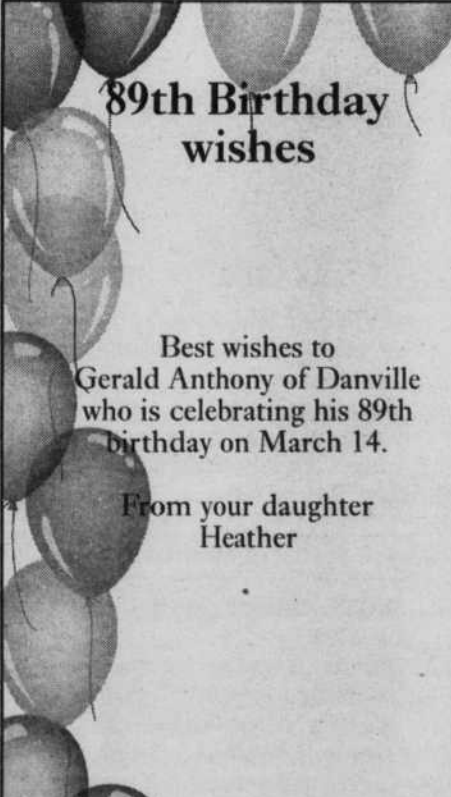
On February 28, the Aulis and McCourt families gathered "up on the hill" at Lois' to honour a special lady.

The driveway was lined with 60th balloons and 60th decorations were inside the house as well.

The "birthday girl" had stated that she wanted to be 60 again. We won't reveal her real age, but let's just say she looks and acts more like 60 to us!

We all love you, Beulah, and wish you many more 60th birthdays!


89th Birthday wishes



Best wishes to Gerald Anthony of Danville who is celebrating his 89th birthday on March 14.

From your daughter Heather


Happy 1st Birthday



Vanessa Olive Rothney
March 13

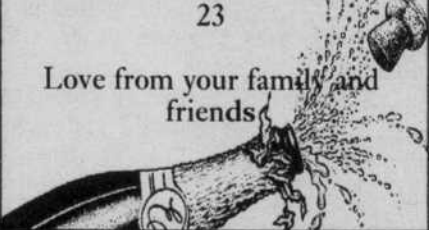

Love
Mommy & Daddy
Big sisters Alyssa & Brianna
Papie & Nanny Powell
Papie & Nanny Rothney

Happy 30th Anniversary



Friends for 30 years
Ben Price - February 3
Trevor McLeod - March 23

Love from your family and friends

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"

Children's Wish Foundation

20 years 10,000 wishes

1-800-267-WISH www.childrenswish.ca The Children's Wish Foundation of Canada

CELEBRITY CIPHER
by Luis Campos

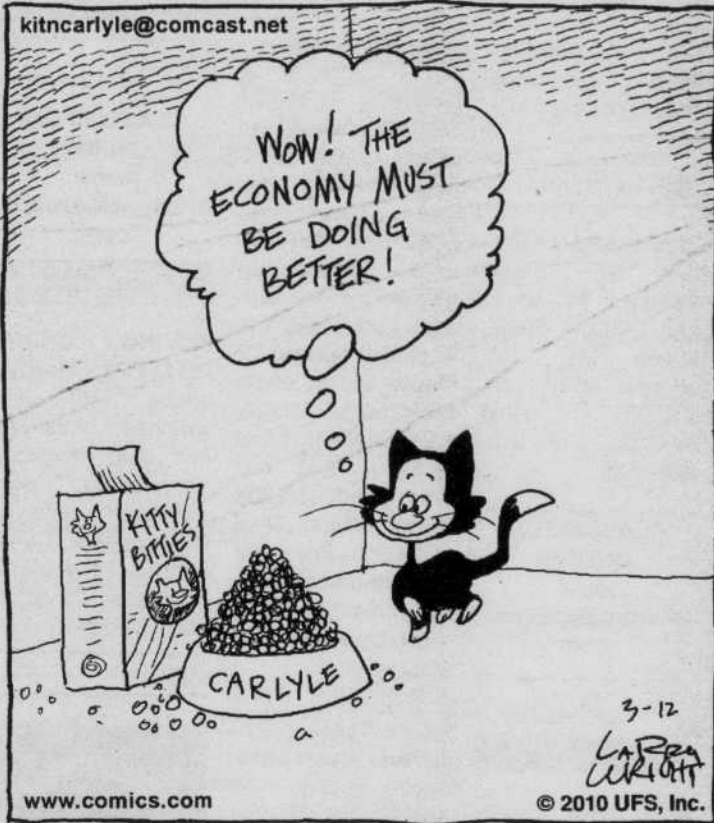
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.
Today's clue: Z equals Q

"XCLTOFLT X JT RXTA OC TGO
CKYT G AGP... YWFYSTK IGYSX.
PCR YCRHA IRP DCRM YWFYSTK
IGYSX DCM G ZRGMOTM." - MGRH
NRHFG

PREVIOUS SOLUTION: "I decided to become an actor because I was failing in school and I needed the credits." - Dustin Hoffman

(c) 2010 by NEA, Inc. 3-12

KIT N' CARLYLE



HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



Go grocery shopping with dietitians.
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
www.healthcheck.org

Check for Health Check

Diabetes The New EPIDEMIC

Diabetes Québec

Information and donations:
(514) 259.3422 or 1.800.361.3504
www.dlabeta.qc.ca

REACT NOW!

CLASSIFIED

100 Job Opportunities

100 Job Opportunities

001 Property for Sale



HUNTINGVILLE - Large raised Ranch, completely renovated inside and out. Lower level suitable for large apartment. Garage with storage above. On 1/2 acre with large apple trees and blueberry bushes. Quality throughout. Move-in condition. Call 819-829-5815.



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookecord.com

PRISME IMMOBILIER, Chartered Real Estate Broker, 819-821-0000. Viewpoint area, High Ranch style bungalow, 3 bedrooms, 2 bathrooms, 17745 sq.ft. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@videotron.ca

035 For Rent

CLASSIFIEDS ONLINE!
www.sherbrookecord.com

LARGE 4 1/2 in new building, close to Knowlton. Available now or April 1. Some pets allowed. Call (450) 242-1128.

LENNOXVILLE - 111 Oxford Crescent, 3 1/2, 4 1/2, 5 1/2, condo style, available immediately and in July. Call 450-372-6402 or 450-776-8486.

LENNOXVILLE - 3 1/2, 4 1/2, 5 1/2 room apartments. Close to town and buses. Includes hot water. 819-823-5336 or 819-791-2444.

035 For Rent

LENNOXVILLE OXFORD RESIDENCE
Pool
Private park
Secure
Near all services
Ideal location for seniors
103 Oxford St.
819-578-8588

100 Job Opportunities

AZ COMPANY DRIVERS and O/Os welcome. Financial stability; great lanes; quality freight; dry vans; competitive pay and benefits. Call Celadon Canada, Kitchener, ON, 1-800-332-0518, www.celadoncanada.com

HOME WORKERS NEEDED! \$1500 weekly. Easy data entry work. Paid by cheque every two weeks. Part/full time. No experience needed. Apply at www.Jobs-ExtraIncome.com

140 Professional Services

GRAPHIC ARTIST Need help with your advertising? I do brochures, posters, logos, business cards, letterhead, CD/DVD covers. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@videotron.ca

ROOF SNOW REMOVAL

Reroof and Repairs. Also gutter repairs, cleaning & rerouting down pipes. Call Ian Perkins at 819-578-1910.

UPHOLSTERY

Spring, frame and fabric repair. Cushion foam replacement. Fabric samples available. Modern and antique furniture. 25+ years experience. Call Steve Stickles 819-889-2519.

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.



Call for Tenders Appointment of a Road Manager

Permanent part-time post, subject to a variable schedule.

Responsibilities

Working under the supervision of the Director General, the appointed person must:

- Plan, carry and supervise all activities related to roads and the municipal infrastructure;
- Ensure that ditches, culverts and bridges are functioning well;
- Ensure the quality of all the roads in the municipal territory;
- Verification of the public lighting;
- Receive and process all complaints from citizens concerning the road;
- Ensure and supervise all snow removal operations;
- Ensure the operation and maintenance of all municipal facilities;
- Ensure and comply with safety standards;
- Verification of traffic signs with regard to the road safety code;
- Prepare and submit monthly reports to the Council;
- Ensure the maintenance of municipal buildings.

Requirements

- Driver's license, class 3, and labelled F and M;
- Available to quickly respond at any hour to emergencies;
- Relevant experience;
- Planning and organizational skills;
- Flexibility at work;
- Autonomy;
- Bilingual;
- Ability to apply Council decisions with tact and diplomacy to the citizens;
- High School diploma;
- Employment reference to be submitted with your application.

Working conditions

- Salary will depend on experience and qualifications; to be discussed.

Those interested to apply should forward their curriculum vitae and references, no later than March 31, 2010 at 3 p.m. to the following address:

Municipalité de Newport
1452 Route 212
Newport (Québec) J0B 1M0
Phone: 819-560-8565
Fax: 819-560-8566
Email: @municipalite.newport.hsfqc.ca

The masculine form is used without discrimination and solely in order to condense the content. The Council does not undertake to accept all persons who have applied and only those who qualify will be selected for an interview.

Lise Houle,
Director General/Secretary Treasurer

145 Miscellaneous Services

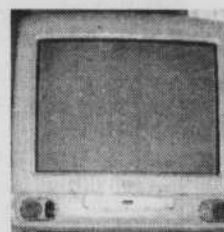
PERSONAL YARD SERVICES. Yard cleaning, lawns, flower beds, rototiller, brush cutting, handyman. In Sherbrooke area. Call Brian at 819-212-0856.

147 Health & Beauty



SHAOLIN GONG FU & Qi Gong Spring Session is coming soon in Sutton! This is a martial art originating from the Shaolin temple in the year 495 in China. Its roots are both Chinese and Indian uniting the art of strengthening our inner core of muscles and tendons and using meditation through breathing and enforced energy (CHI) circulation for a balanced mind, spirit and body. Come experience a new way of life of feeling free in mind as your body's energies flow in harmony and strength with each other. When these aspects are mastered then come naturally its martial applications. Check our website www.sdcshaolin.com. Register now for the Spring session from April 6 to June 26! Call Anna 450-538-0725 to reserve your spot. Welcome to all ages, bilingual.

150 Computers



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookecord.com

190 Cars For Sale

1995 NISSAN MAXIMA SE, black, standard, all equipped, \$900. **4 mags**, Momo M1, 18", chrome, with tires, \$1,200. (value \$4,000.). Call 819-820-6529.

CLASSIFIEDS ONLINE!
www.sherbrookecord.com



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookecord.com

195 Trucks For Sale

1999 F150, AUTOMATIC, 4x4, asking \$4,300. Also 1980 Chevy 3x3 truck, 350, automatic, asking \$1,300. Call (450) 243-0290.

205 Campers-trailers

TRUCK CAMPER, LANCE 815, 2005, perfect condition, fully equipped, non-smoker. Call 819-562-6172.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles For Sale

MATTRESSES
Whatever the size or the price you want, we've got it! And you won't find better elsewhere.
FUTONS
At the mattress specialist
DISTRIBUTION R. FORTIER
1028 Wellington St. S.,
Sherbrooke
562-7174

290 Articles For Sale

DINING ROOM SET, 12 pieces, excellent quality furniture in wood, very well maintained. Base table two pillars, table top (80"x48"x30"), 4 captains chairs padded, 4 chairs padded, 2 leaves at 18" each. Buffet, side 60"x21-1/2", height 51". For pictures, just call me. Paid \$8,900 (have receipt). Deal at \$4,500. For more information call Donald 514-779-6103; night time 819-843-2032.

HOT TUB (SPA) covers. Best price, best quality. All shapes & colors available. Call 1-866-652-6837 www.thecoverguy.ca



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookecord.com

365 Landscaping

• CONTAINER RENTALS
• TOPSOIL/CRUSHED ROCK
• HARDWOOD BUTTINGS

(819) 562-0212



291 Hay

SUPER SPECIAL - Large square bales, 850 lbs., \$38. each. 8 ft. bales, 2nd cut, excellent quality, \$46. per bale. 1st cut quality horse hay, 850 lb. bales, \$42. per bale. Large quantities available. All hay is dried and stored inside. Transport not included. 45 bails and more. Call Barry 819-574-6140.

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookecord.com

295 Articles Wanted

BUYING CHINA, POTTERY, sterling, pocket and wrist watches, costume and gold jewellery, gold scrap, coins, railroad lanterns. Best prices. Confidential. 15 years in business. David 1-800-789-2868.

330 Pets



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookecord.com

Looking for a job or qualified personnel?
Consult our Classified ads!

365 Landscaping

Selling, buying, exchanging, offering services?
Put it in our Classifieds for results!

Classifieds
(819) 569-9525
(450) 242-1188

**Call before 12:30 p.m.
to make sure
your ad appears the
next day.**



PUBLIC NOTICE

is hereby given to the taxpayers of the Municipality of Newport by the Director General / Secretary-Treasurer, Lise Houle.

The Municipality of Newport is currently seeking bids on the sale of a John Deere grader, Model 770, with a scarifier, 1975. Please contact the **Municipality of Newport 819-560-8565 Monday to Thursday, 8:30 a.m. to 4:30 p.m.**

The bid will be received at the Municipal office of the Municipality of Newport until eleven o'clock (11:00 a.m.) Wednesday, March 31, 2010. They must be in a sealed envelope marked "Quotation grader". The envelopes will be opened publicly in the Municipal Office at 11:01 a.m., Wednesday, March 31, 2010.

The Municipality of Newport is not under any obligation to accept the lowest bid nor any to the other quotations.

Lise Houle,
Director General/Secretary Treasurer

395 Home Improvement

TAPIS STEVE for all your floor covering needs. Store hours: Thursday & Friday 9 a.m. to 5 p.m. and Saturday 10 a.m. to 2 p.m. 11 Queen St., Lennoxville, 819-566-7974.

405 Found

SMALL WHITE MALE DOG found on Mill Road in the Town of Brome Lake. Call (450) 242-6712.

430 Personal

LOVE! MONEY! LIFE! #1 Psychics! 1-877-478-4410, credit cards / Deposit. \$3.19 / min., 18+. 1-900-783-3800. www.mysticalconnections.ca

440 Miscellaneous

#1 IN PARDONS. Remove your criminal record. Express Pardons offers the fastest pardons, lowest prices, and it's guaranteed. BBB accredited. Free consultation. Toll-free 1-866-416-6772. www.ExpressPardons.com

CLASSIFIED

**Slow cooking,
Italian-style**

By **Marialisa Calta**



It's not for nothing that the "slow food" movement started in Italy. This movement was founded, as the organization's Web site (www.slowfood.com) puts it, to counter "fast food and fast life." Classic Italian food is often of the "slow" kind. Think of pots of luscious ragu, polenta and osso buco (veal shanks), simmering for hours on the stove. It follows logically, then, that the slow cooker is an excellent vehicle for cooking Italian.

That was Michele Scicolone's reasoning when she wrote "The Italian Slow Cooker" (Houghton Mifflin Harcourt, 2010). Scicolone — best known for her "Sopranos Family Cookbook" — says she got the idea while inhaling the aroma from a batch of beans set to simmer in a container set in a small brick alcove above a wood-fired stove in a restaurant in Rome. "This is the original slow cooker!" she thought. And her book was born.

To be sure, Scicolone takes on many dishes that are not traditionally "slow cooked" — fish, for example, and frittatas (Italian omelets). Like many slow-cooker books, this one also includes recipes for desserts (flourless chocolate cakes, puddings, cheesecakes). But these seem extraneous. The heart of the book — and what makes it a gem for the home cook — is in the deeply flavored, long-cooked dishes from the classic Italian repertoire. Making a frittata in an hour in a slow cooker saves no time and, in my opinion, does not improve the final product. Making chicken cacciatore (the Chicken with Peppers and Mushrooms below) does both.

- Some slow-cooker tips:
- No peeking! Every time the lid is lifted, it takes 20 minutes for the cooker to regain proper temperature.
 - Remove leftovers from the slow cooker and cool, cover, and refrigerate or freeze as soon as possible.
 - Do not reheat cooked food in the slow cooker.
 - Completely thaw any frozen meat or poultry before using to avoid extending the cooking time.

CHICKEN WITH PEPPERS AND MUSHROOMS (CACCIATORE)

- 1 (4-pound) chicken, cut into eight pieces (see Cook's note)
- salt and pepper, to taste
- 2 tablespoons olive oil
- 2 large red bell peppers, cut into strips
- 12 ounces button mushrooms, halved
- 2 medium onions, finely chopped
- 1/2 teaspoon dried thyme

- 2 cloves garlic, finely hopped
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 3/4 cup dry red wine

Cook's note: I like to substitute 3-1/2 to 4 pounds bone-in chicken thighs, and to remove the skin before cooking.

Pat the chicken dry with paper towels. Sprinkle with salt and pepper. Heat the oil in a large skillet set over medium heat. Add the chicken pieces, skin side down. Cook until browned on all sides. Place the chicken in a slow cooker.

Pour off all but 2 tablespoons of the fat from the skillet. Turn the heat to medium-high. Add the peppers and mushrooms, and cook, stirring frequently, until they begin to soften. Add the onions, thyme and garlic, and cook a few minutes more. Sprinkle the flour over the vegetables, and cook, stirring constantly, for one to two minutes more. Add the tomato paste and wine, and bring to a simmer, scraping the bottom of the pan with a spoon. Pour the contents of the pan over the chicken.

Cover and cook on high for two and a half hours or on low for five hours, or until the chicken is cooked through. Serve hot.

Yield: 4 servings

Recipe from "The Italian Slow Cooker" by Michele Scicolone (Houghton Mifflin Harcourt, 2010)

BALSAMIC-GLAZED SHORT RIBS

- 1 tablespoon olive oil
- 4 to 5 pounds bone-in beef short ribs, well trimmed
- salt and freshly ground pepper
- 2 large garlic cloves, finely chopped
- 1/2 cup dry red wine
- 1/3 cup balsamic vinegar
- 1 3-inch fresh rosemary sprig

Heat the oil in a large, heavy skillet set over medium-high heat. Pat the meat dry, and add only as many pieces as will fit in the skillet without crowding. Cook until nicely browned on all sides. Transfer the meat to a large slow cooker, and brown the remaining meat. Sprinkle the ribs with salt and pepper.

Discard all but 1 tablespoon of the fat, and reduce the heat to medium. Add the garlic, and cook for one minute. Add the wine and vinegar, and bring to a simmer, scraping the bottom of the pan. Pour the liquid over the ribs, and add the rosemary.

Cover and cook on low for eight hours, or until the ribs are very tender. Remove the ribs from the slow cooker, and discard the rosemary and any loose bones. Cover the ribs, and keep warm.


Skim the fat off the liquid. Pour the remaining sauce into a saucepan, and cook over medium-high heat until reduced and slightly thickened. Spoon the sauce over the ribs, and serve hot.

Yield: 6 servings

Recipe from "The Italian Slow Cooker" by Michele Scicolone (Houghton Mifflin Harcourt, 2010)

Marialisa Calta is the author of "Barbarians at the Plate: Taming and Feeding the American Family" (Perigee, 2005). For more information, go to www.marialisacalta.com.

An Italian classic — chicken cacciatore — makes "slow food" make sense. Photo credit: Photograph by Alan Richardson for "The Italian Slow Cooker" by Michele Scicolone (Houghton Mifflin Harcourt, 2010)



**ADVANCE NOTICE
of AUCTION**

*Annual consignment sale of
Farm Machinery*

at l'Encan Coaticook,
7726 Rte Louis S. St-Laurent,
(between Coaticook and Compton)

If you wish to place machinery on consignment in this auction and profit from advertising in the newspapers, contact us before TUESDAY, MARCH 23 to give us the details of your machinery. After this date, it will be too late to be included in the advertising but it will be our pleasure to take your machinery on consignment until Friday, April 9. NEW THIS YEAR: if you wish to buy, you will have to register when you arrive to obtain a buyer's numbers sign.

For more information, contact:
ENCAN SAWYERVILLE INC.
Tel.: 819-849-3606 Fax: 819-849-3047
E-mail: m.moreau.lafaille@bellnet.ca

North 03-12-10			
♠ 7 6			
♥ J 10 9 7			
♦ K 10 9 8			
♣ A Q 4			
West		East	
♠ J 9 8 2		♠ K Q 10 5	
♥ 3		♥ 6 4	
♦ Q 7 4 2		♦ A J 6 5	
♣ J 9 5 3		♣ K 10 8	
South			
♠ A 4 3			
♥ A K Q 8 5 2			
♦ 3			
♣ 7 6 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 ♥	Pass	3 ♥	Pass
4 ♥	Pass	Pass	Pass
Opening lead: ♦ 2			

Friday, March 12, 2010

A long-lived play technique

By Phillip Alder

A large number of species are now extinct. But when creatures dwell on uninhabited islands, they usually do well. For example, the tuatara is a lizard-like reptile that lives on a few islands off the coast of New Zealand. It first appeared some 250 million years ago, before dinosaurs. Despite being only a few inches long, it has a life span of about 120 years.

Today's deal features a card-play technique that has been known since the early days of the game, but it is still overlooked by many players. How should South play in four hearts after West leads a diamond to his partner's jack, and East shifts to the spade king?

South won trick two with his spade ace, drew trumps, and took the club finesse. However, East won with his king, cashed the spade queen, and returned the club 10. South couldn't avoid the loss of another trick: down one.

South should have left clubs alone, taking a ruffing finesse in diamonds instead. After winning trick two, declarer plays a heart to dummy and calls for the diamond king. Assuming East covers with the ace (a card with which he is marked by West's opening lead), South ruffs, returns to dummy with another trump, and runs the diamond 10, discarding a club from his hand. West wins with the queen, cashes the spade jack, and shifts to a club. But declarer wins with dummy's ace and discards his last club on dummy's established diamond nine.

Friday, March 12, 2010

The year ahead could turn out to be far more active than usual, owing to several new interests. A couple of activities might be for a social expression, but the rest are likely to deal with serious financial considerations.

PISCES (Feb. 20-March 20) — This could be a good time to ask for another person's help in order to accomplish something you've worked hard on but haven't been able to complete on your own. It won't hurt your image or pride.

ARIES (March 21-April 19) — You could find yourself in a unique position serving as a conduit for bringing two unrelated factions together to achieve something that would be beneficial for everyone.

TAURUS (April 20-May 20) — It will pay to be imaginative because in order to achieve a regular objective, you may have to put a different spin on your methods or tactics.

GEMINI (May 21-June 20) — Your popularity with friends is a great asset. The proof of this is that several of your pals are likely to do things for you that they wouldn't consider doing for anyone else.

CANCER (June 21-July 22) — Two different but rewarding developments could occur with regard to involvements you have with two friends. Luckily, you should be able to benefit from each relationship.

LEO (July 23-Aug. 22) — It isn't likely that you'll have any trouble finding solutions for two vexing problems. The only frustration is choosing between too many good answers.

VIRGO (Aug. 23-Sept. 22) — Several important and long-neglected tasks will be completed because of the amazing productivity you'll show at this time. Keep pushing forward.

LIBRA (Sept. 23-Oct. 23) — You may have to divide your time between two valued friends who are both bidding for your attention. You're certainly clever enough to do it in considerate ways.

SCORPIO (Oct. 24-Nov. 22) — Many times, the best results are accomplished by getting out of your own way; try to hang back and let events run the show. You can always jump in when necessary.

SAGITTARIUS (Nov. 23-Dec. 21) — This will be an excellent day to catch up on your communications with others, both personal and work-related. Some exciting news is likely to be discovered.

CAPRICORN (Dec. 22-Jan. 19) — Take the time to check your budget because there's a good chance you'll find several ways to trim some waste out of it. That extra money will quickly add up.

AQUARIUS (Jan. 20-Feb. 19) — Important personal matters should not be left to the whim of another. Make your needs known, and discuss what you expect to come from the proper handling of things.

Your Birthday

Saturday, March 13, 2010

Changes that take place in your world in the year ahead will not only better your life but also produce a number of advantageous spin-offs down the line. Don't get rattled if things start slowly; it's the final results that count.

PISCES (Feb. 20-March 20) — It'll be worth altering your plans in order to accommodate someone who is important to your personal interests. The changes you make will not only help him or her; they'll bring more joy as well.

ARIES (March 21-April 19) — Assume the dominant role when teaming with someone who is having a difficult time resolving the matters at hand. Your input could enlighten him or her and be constructive.

TAURUS (April 20-May 20) — Iron out matters that need to be discussed and resolved with someone who is associated with a troublesome situation. Frankness will likely be needed to straighten things out.

GEMINI (May 21-June 20) — You're in an exceptionally good achievement cycle so concentrate your emphasis on the most meaningful projects. With the right amount of effort, things are likely to turn out well.

CANCER (June 21-July 22) — Social situations will serve to stimulate your more appealing qualities, so get out and mingle and let the real you emerge. Interaction will prove to be not only fun but rewarding, too.

LEO (July 23-Aug. 22) — This is an excellent day to concentrate on long-neglected domestic projects. They can be concluded to your satisfaction and getting them done will bring good feelings, too.

VIRGO (Aug. 23-Sept. 22) — An interesting development could transpire, causing you to reverse your opinion about a social acquaintance. It will be a positive transformation that both parties will appreciate.

LIBRA (Sept. 23-Oct. 23) — Measures can be taken that will upgrade your earning potential. It might take a bit of ingenuity and/or resourcefulness on your part, but you have plenty of both to bring things to fruition.

SCORPIO (Oct. 24-Nov. 22) — This could be one of those unusual days when a social acquaintance could do more for you financially than those with whom you usually conduct business. Play your aces.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't let a small financial setback disturb you. Your chances for doing something that could add to your means are better than you think.

CAPRICORN (Dec. 22-Jan. 19) — Keep your expectations within reason, and you will have some marvelous chances for achieving success. However, it is important to be a visionary rather than a wishful thinker.

AQUARIUS (Jan. 20-Feb. 19) — Material prospects look better than they have for some time now, especially in a new situation that could further your work or career. Making more money might be your No. 1 target.

Sunday, March 14, 2010

In the year ahead, it's to your advantage to establish a few objectives that hold substantial hope for growth and reward. The greater the promise of something good happening, the more motivated you're likely to become.

PISCES (Feb. 20-March 20) — If you find yourself more timid than usual, make it a point to hang out with someone who has a reputation for being lucky. Let this person's positive outlook rub off on you.

ARIES (March 21-April 19) — Some important information might make its way to you through an indirect source. Regardless of how you hear about it, you'll understand its value and know what to do with it.

TAURUS (April 20-May 20) — Go ahead and take on that long-anticipated endeavor. Lady Luck is waiting for you to make your move — so she can jump onboard and do her stuff.

GEMINI (May 21-June 20) — Even if there isn't a hint of anything going your way, once you get into something important, it will become evident to you that Lady Luck is on your side.

CANCER (June 21-July 22) — Think big and bold when making plans for the future. You are right to believe good things could be out there, but you must first initiate their presence in your life.

LEO (July 23-Aug. 22) — Someone you would like to get to know better might cross your path. When this happens, smile and introduce yourself. Things could happen.

VIRGO (Aug. 23-Sept. 22) — If you need support to accomplish something big, look for a person who will make a perfect teammate. Sharing benefits is better than not achieving them at all.

LIBRA (Sept. 23-Oct. 23) — A series of events might set off a favorable development that could benefit your career. What happens will be strong enough to nullify any lingering pessimism.

SCORPIO (Oct. 24-Nov. 22) — Don't take any foolhardy chances, but should a well-calculated risk be in order regarding a well-known topic, give it a try. You are lucky right now.

SAGITTARIUS (Nov. 23-Dec. 21) — Developments might not follow the path you originally thought, but there is a strong possibility they will turn out far better than you dare to imagine.

CAPRICORN (Dec. 22-Jan. 19) — Things over which you ponder for too long could end up lacking originality. Don't be afraid to shoot from the hip when a good idea crosses your mind.

AQUARIUS (Jan. 20-Feb. 19) — There's a chance you may find the courage to take some ingenious measures that you've been too timid to implement. To your surprise, they're apt to vastly improve your financial position.



MedicAlert
ALWAYS ON CALL
www.medicalert.ca
For more information
1-800-668-1507

CROSSWORDS

- Across**
 1 Pilot producer
 6 Deep-sixed
 15 "Are we ___?": Sondheim lyric
 16 They make lots of contacts
 17 Old Renault
 18 Lucille Ball was one, slangily
 19 Low-quality trumpets and trombones?
 21 Greek liqueur
 22 Con lead-in
 23 Metric wts.
 26 Letters on old rubles
 28 Slight push
 31 Squire
 32 Sound from the bleachers
 33 Spread unit
 34 Man with a mission
 35 "How many fools do we have here?"
 39 "Christina's World" painter

- 40 Criticize
 41 [snicker]
 42 Drooping part of a Concorde
 43 Cheri who portrayed a "Morning Latte" co-host on "SNL"
 45 Hard-earned degs.
 46 Bring action against
 47 VII x LXXIII
 48 Happy Meal choice
 50 Grades in standup comedy class?
 55 Ingredient in green salsa
 58 "Giant Brain" unveiled in 1946
 59 Wading, perhaps
 60 "Soon It's ___ Rain": "The Fantasticks" song
 61 Messy places
 62 Second of the five stages of grief

- 31 "I'm mad!"
 33 Dresden "D'oh!"
 34 Clotheshorse
 36 Abbr. in Québec place names
 37 Make a dent in
 38 Puncture
 43 Durable leather
 44 Best-seller list entries
 45 Expect
 47 Plane that competed with Lockheed's L-1011
 49 Last in a series

- 50 Baseball's Maglie and Bando
 51 "Sorry if ___ you down"
 52 Police
 53 Rosebud's owner, in film
 54 War memento
 55 Old salt
 56 ___ trial basis
 57 NASDAQ, e.g.

- Down**
 1 Dutch artist Frans
 2 12-member cartel
 3 Tortilla chip topping
 4 Slow online connection
 5 Pollo partner
 6 Clock sound
 7 Hawaiian food fish
 8 Undiluted
 9 "Yes ___!"
 10 Cut-rate, in company names
 11 A Morse "I" requires two
 12 Nosebag bit
 13 Game with a discard pile
 14 1/48 cup: Abbr.
 20 Large sea snail
 23 "The Radiant Baby" pop artist
 24 Ate like a mouse
 25 Brand owned by Pabst
 26 Ceremonial headgear
 27 Favor asker's opening
 29 Google hit datum
 30 Score before ad in

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

1	2	3	4	5		6	7	8	9	10	11	12	13	14	
15						16									
17						18									
19						20									
		21						22				23	24	25	
26	27					28	29	30				31			
32				33						34					
35			36					37	38						
39								40					41		
42						43	44					45			
46					47					48	49				
					50				51	52				53	54
55	56	57										58			
59												60			
61												62			

- Across**
 1 "Scram!"
 10 Orly sight
 15 Got very sore, maybe
 16 Eva of "57-Across: Miami"
 17 If often requires a bedroom set
 18 Montana motto word
 19 Seventh-century date
 20 Cooper's creation
 21 Accepted without question
 22 Pines
 25 Kung ___ chicken
 27 Group that "had decayed to a mere beautiful futility": Wells
 28 Features of some hotels
 29 Effort
 30 King deposed in 1964
 31 Go along with
 34 Vane reading: Abbr.

- 35 Sudafed alternative
 38 Sight from Marie Byrd Land
 40 Took off
 41 Singer in the 1954 film "Secret of the Incas"
 43 Like the Kalahari
 45 Town inland of the IJsselmeer
 46 Actress Gershon et al.
 50 It may be chased by un perro
 51 Lake Thun feeder
 52 Studio renamed Paramount Television in 1967
 53 1986 N.L. batting champ Tim
 55 R&B group ___ Hill
 57 Show with DNA testing
 58 ___garde
 59 Team with a flaming ball in its logo
 62 Paramecium features
 63 All in all

- 24 Cold and rainy, say
 26 Anatomical cavity
 29 "Gracias" reply
 32 Just like, with "the".
 33 Truman Dam river
 35 Contest that's usually over in less than 20 seconds
 36 One in a million
 37 Approves, in a way
 39 Some H.S. courses
 42 Certain rush hour commuter, metaphorically
 44 "___ Darko": 2001 sci-fi film

- 47 Christianity's ___ Creed
 48 French region along the Rhine
 49 Bach compositions
 52 "The Count of Monte Cristo" author
 54 LAX postings
 56 Broccoli ___
 59 Hit-making group?
 60 Kind
 61 Solo in space

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

- 64 Test track challenges
 65 Living end
Down
 1 Know-it-all's taunt
 2 Long-legged shore bird
 3 Body armor fiber
 4 Poet's preposition
 5 Things to zap
 6 Bumpkins
 7 ___ fixe
 8 Top dog
 9 Hiver's opposite
 10 Chop House Originals brand
 11 Societal concerns
 12 "This American Life" host
 13 Rustic place to go?
 14 "Very clever!"
 21 Duff
 23 Inlets

1	2	3	4	5	6	7	8	9		10	11	12	13	14	
15										16					
17										18					
19						20				21					
22			23	24			25	26				27			
28							29					30			
				31		32					33		34		
35	36	37						38				39			
40						41			42						
43				44		45					46		47	48	49
50							51				52				
53					54			55	56					57	
58								59				60	61		
62										63					
64										65					

Sawyerville UCW

New president, Bonnie Fowler, welcomed eleven Sawyerville UCW members at the manse on Wednesday, February 24, 2010. Bonnie read about Keeping Faith.

We began devotions with a paragraph from Good Housekeeping by Rosemary Ellis; "When the holidays are long over and spring is an unfulfilled promise flickering on the horizon, Valentine's Day comes to the rescue, delivering a little piece of sweetness to the dreariest days of winter." We sang Love Lifted Me. Doreen Cairns read from Chicken Soup for the Soul a story called "Don't Pass Me By". Doreen also read from the Friendship book a piece called Valentines. It was the story of how the red rose became a symbol of love. I read about love. "Sometimes we miss counting our best riches because we are looking for some great, outstanding gift. Yet it is often the small everyday blessings that make up the true riches of life". We said the Lord's Prayer. Everyone seemed to really enjoy singing our second hymn, Jesus Loves Even Me, perhaps because most of us knew it well. We concluded devotions with a quote from Benjamin Franklin: "Happiness consists more in the small pleasures that occur everyday, than in great pieces of good fortune that happen but seldom."

Secretary, Doreen Cairns, read the minutes from the last meeting. They were approved as read. For correspondence, we received a donation and three thank you cards for catering a funeral lunch. Wendy MacKay gave the treasurer's report. Last meeting, we had decided to give a donation for Haiti and if we made it in time, the government would match the amount. We made it.

Steward's representative, Theda Lowry, reported that all the apple pies have been sold. Theda is also the representative to Presbytery and so gave a report on the last meeting February 17. The website for Quebec-Sherbrooke Presbytery is looking for a web master. There are some churches looking for a new minister.

We pray that they will be as successful as we have been.

From church in society Claris Philips read an article from The Township Sun, Church and Community by R. Leggett, written for "Aunt Willow, UCW champion".

The World Day of Prayer is Friday, March 5, 2010 at the Sawyerville Catholic Church at 2 p.m. Everyone is welcome.

It was reported that we bought some new Voice United Hymn Books from the Memorial Fund. Inside the hymn books, there will be written the names of some of those who have donated to the fund. We want to remember those who came before.

We concluded with the Mispah Benediction: may the Lord watch between me and thee while we are absent, one from the other.


The casseroles and desserts were as delicious as always, especially so when shared with our guests and each other.

Submitted by: Mariene Lowry


CPF Canadian Parents for French

I'M LEARNING FRENCH

Because...
I've got a rendezvous with the world!



Join CPF - for answers and support as they discover French. www.cpf.ca



I'M LEARNING FRENCH


Because...
more friends means more fun!

CPF Canadian Parents for French



Join CPF - for answers and support as they discover French. www.cpf.ca




 **JOHN DEERE**

A New Class of Utility Tractor.

Introducing the all-new 5M Series from John Deere: a line of utility tractors designed from the ground up for high-hour users and heavy-duty applications. Operator environments built for all-day comfort. Hydraulic capacity to handle big implements. Frames designed to absorb constant lifting and loading force. And the support of the strongest name in heavy equipment.

The new 5M Series from John Deere: more than a new utility tractor. It's a new class of utility tractor. Stop in today to find out more.

 **CERTIFIED GOLD STAR DEALER**

<p>LES EQUIPEMENTS VEILLEUX INC 544 MAIN OUEST COATICOOK, QC J1A 1N8 (819) 849-0300</p>	<p>LES EQUIPEMENTS VEILLEUX INC 9 QUEEN STREET SHERBROOKE, QC J1M 1H8 (819) 564-8850</p>
--	---

Nothing Runs Like A Deere™

www.JohnDeere.com/Ag

