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MONDAY, FEBRUARY 13, 2017

Ski for a cure in Sutton this Saturday

By Gordon Lambie

This coming February 18 will mark the eighteenth consecutive year that Mount Sutton will host the Rob Lutterman Ski for a Cure event for pancreatic cancer research.

Event organizers are inviting skiers and snowboarders to participate in the event, pointing out that the money raised through donations, sales of lift tickets, and some other sales onsite will contribute to the Rob Lutterman Memorial Fund for pancreatic cancer research.

"The Rob Lutterman Memorial Fund has been instrumental in funding promising research projects throughout the country," said Max Fehlmann, President and Chief Executive Officer of the CRS.

Randy Lutterman, Rob's daughter, said that prior to her father's death Sutton had been a home away from home for the family for many years.

The fundraiser, she explained, was a grassroots initiative that quickly grew out of the community itself And has become not just a beacon of hope for the research community, but also a great opportunity to catch up with old friends every year and continue the ongoing conversation about a devastating and

CONT'D ON PAGE 3

Stanstead Winter Fun Day



PHOTOS BY STEVE BLAKE

The action Saturday was at Beebe Memorial Park, where Stanstead hosted its Winter Fun Day. Kids enjoyed inflatable games, sliding, and sled rides pulled by an ATV. There was also a hot dog roast and sugar on snow, and a bonfire to get warm. The day also featured a broomball tournament.

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SNOW 2-4CM



HIGH OF -6
LOW OF -17

TUESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -7
LOW OF -12



WEDNESDAY:
SNOW

HIGH OF -1
LOW OF -4



THURSDAY:
SNOW

HIGH OF -4
LOW OF -9



FRIDAY:
PERIODS OF
SNOW

HIGH OF -3
LOW OF -10

BAPE tells Hydro to re-evaluate Northern Pass line

Record Staff
SHERBROOKE

Hydro-Québec will have to re-evaluate in more detail the feasibility of burying part of the Quebec-New Hampshire interconnection line before getting a green light from the government for the implementation of the \$125-million project, scheduled to come on line in 2019.

The Office of Public Hearings on the Environment (BAPE) made the recommendation in a report made public last Thursday by the Quebec Minister of the Environment, David Heurtel, regarding the Quebec-New Hampshire Northern Pass interconnection.

In its 149-page report, the BAPE addresses both the environmental and economic impacts of the project, which was the subject of 21 submissions during two public meetings held in Sherbrooke last October.

The project consists of the construc-

tion of a 320 kV line over a distance of 79 kilometers between the Estrie station located in Val-Joli and the New Hampshire border near the municipality of East Hereford.

With regard to the environment, BAPE heard arguments from environmental groups, who claim that Hydro-Québec too quickly discarded the option of burying part of the line, particularly where the planned route crosses the Hereford community forest. Hydro had rejected this option due to its elevated cost.

BAPE considers that Hydro Quebec's impact study "fails to take into account the objective of conserving the forest in perpetuity or the legal obligations under a forest conservation easement connected to the Hereford forest. Furthermore, the report says the impact of an underground line outside the forest boundaries of have not been analyzed by Hydro-Québec.

As a result, BAPE recommends that

the public utility re-evaluate the option and that the results of this reassessment be made public.

In the event that the route currently proposed is retained, the BAPE recommends the implementation of a pilot project to selectively cut two residual bands 9 m wide on either side of the right-of-way where the trees would be maintained at a maximum height of 12 meters.

The BAPE is asking Hydro to reassess the option of burial because "deforestation would accentuate the fragmentation of habitats, mainly on the territory of the Hereford Community Forest," the report says and that the loss of 282 hectares of forest environment would result in a reduction in region's carbon capture capacity.

BAPE also believes Hydro's responsibility should be expanded to include helping landowners control and eradicate invasive species that might emerge within the right-of-way.

Christine Ouellet to run in new Sherbrooke District 4.4

Record Staff
SHERBROOKE

Sherbrooke municipal councillor Christine Ouellet, representing the Beckett district, has announced through social media that she will be a candidate in the municipal election of November 5 and under the *Renouveau Sherbrookois* banner in the new District 4.4, consisting essentially of parts of the current Beckett and Montcalm districts.

In explaining her decision, Ouellet said "Sherbrooke is my home. This is where I chose to work, settle and found my family. I have the pleasure of living in a city and a neighborhood that I love. Our neighborhood is made rich by all the people I meet every day, at school, in the park, on the pavement, and in the shops. These encounters are always a privileged opportunity to discuss everything and nothing but also the city's major issues. These are the people I have the pleasure of working with, but also the happiness of having represented

them for four years, and whom I aspire to serve for the next four years. It is for these reasons that I am announcing today that I will be a candidate in District 4.4 during the next municipal election.

Mayor Bernard Sévigny, who leads the party, welcomed Ouellet's decision: "When Madame Ouellet announced to me that her decision had been taken and that she intended to run for a second term, I understood that it was excellent news for our city."

Ouellet is an agronomist by training and profession. After the 2013 election, she was handed important responsibilities, including the chairmanship of the environment committee.

"When we founded *Renouveau Sherbrooke* in 2008, it was with a view to bringing a new generation of municipal politicians and to provide a framework that would encourage, among other things, more women and young people to get involved in municipal government politics," Sévigny continued. "Christine

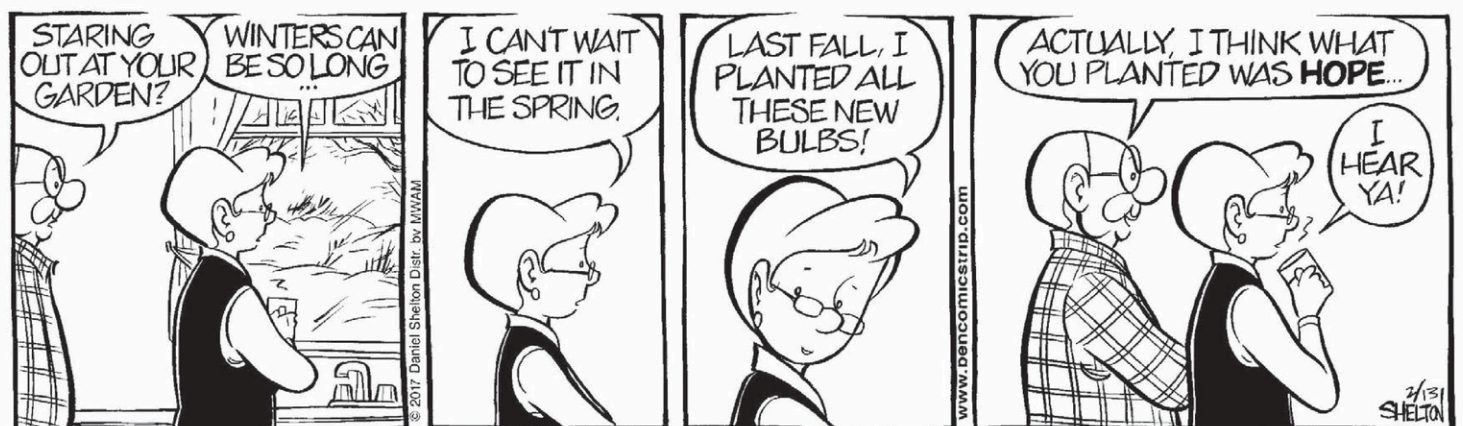
Ouellet perfectly embodies a new generation that deserves the support of an established and structured political team."



COURTESY FACEBOOK

Christine Ouellet

Ben by Daniel Shelton



LOCAL NEWS

"I was invited to speak at this university and the invitation apparently made some students feel unsafe," the lawyer said.

Argue, debate, and disagree because dialogue is endangered: Lawyer Marie Henein speaks at BU

By Gordon Lambie

Bishop's University welcomed Criminal Lawyer Marie Henein on Friday night for the third of the Donald lectures in this academic year. Recognized, in the wake of her defence of former CBC host Jian Ghomeshi, as one of Canada's most influential lawyers, Henein gave a presentation that was anchored in the idea that a fair and balanced system of debate is the foundation of free society.

"Courts have an obligation to protect the rights of minorities and the unpopular; they are neither driven by votes, nor public polling or demonstrations," the lawyer said, expressing a need for unwavering commitment, even in the face of potential discomfort, "no matter the person, no matter the crime, no matter the party, no matter the political interest group."

Henein drew heavily on the current and clear example of the ongoing legal action against American President Donald Trump's proposed travel ban, calling the legal push back remarkable. She also spoke very critically of the role social media has come to play in the modern world, referring to it both as a "digital yelling match" and a tool for reinforcing existing views.

"There is really a value in listening and gathering information before you tweet," the lawyer said, explaining that in the right context two opposing viewpoints coming together is an opportunity for new learning. Particularly given the current political and legal climate south of the border, Henein said that this is a prime time for minds to be active and engaged, and she emphasized that as much as the legal process can be filled with human flaws, the universal presumption of innocence is fundamental to free society.

"It the role of courts to ensure that the government always acts consistently with the constitution and the laws of the country," the lawyer explained. "A corrupt justice system always turns on the weakest, the most fragile, and the most

unpopular."

Though her role as Ghomeshi's lawyer was not the focus of Henein's talk, she made it clear that the case and the controversy it has generated have become unavoidable subjects of discussion.

"I was invited to speak at this university and the invitation apparently made some students feel unsafe," the lawyer said. "Now, let me be clear, my giving a speech was never intended to make anyone feel unsafe, much less the students who I thought it was my professional obligation to dialogue with."

At Bishop's the concerns that Henein was referring to manifested themselves in a panel discussion. The event was organized by professors Jenn Cianca and Gregory Brophy and was held in advance of the talk on Thursday afternoon.

"We had a lot of students who came to us and expressed concern or fear and worry about (Henein) coming because of the nature of her fame," Cianca explained to the Record, referring to the lawyer's role in a very public sexual assault trial as "the elephant in the room" and suggesting that the talk could have been a triggering event for people living with the trauma of a past assault. "There seemed to only be a sort of excited, positive commentary on it in the media, not just from our institution but also other institutions that were inviting her. We just felt like it was important to put out there the idea that there are some people who are concerned about her coming to speak and some of the impact that might have."

Cianca said that the event drew close to 50 people. Of those she said most were students, although the crowd also included some faculty members as well as Bishop's new Sexual Health Coordinator.

"We just wanted to provide a space to talk about alternate perspectives," the professor said, explaining that although all members of the panel spoke of Henein's visit in negative terms, the event was meant as a way of critically framing Friday's talk, rather than a direct opposition to it.

Although Henein said that the con-

cerns voiced were almost enough to make her want to cancel her visit, she spoke strongly in favour of the kind of approach that Cianca and Brophy took. Rather than shut down talks by people with unpopular or controversial views, she said, it is important to engage with those conversations and provide opportunities to take part in healthy debate and diverse discussions. Universities, she continued, are supposed to be the ultimate reflection of personal growth from debate and discussion.

"Campuses were where you would go to hear things that you agreed with, learn things you didn't know, and hear people that you vehemently disagreed with, sometimes being personally offended along the way," the lawyer said. "We should be prepared to hear opposing views without being alarmed that the hearing of them will damage us or make us unsafe; they do not."

Henein never directly spoke to any particular case of her own, but she emphasized that the role of all defense lawyers is to take on cases that are often uncomfortable or unpleasant.

"Let me be clear; a lawyer defends a

client. They do not defend a crime," Henein said. "I have acted on murder cases; this does not mean that I am a proponent, supporter, or facilitator of murder. I have acted for people charged with sexual assault. This does not mean that I am a proponent, supporter, or facilitator of sexual assault."

On this front, she noted that being able to stand against the tide of public opinion is vitally important to a free and just society because it allows people to peacefully express contrasting ideas

"You can't apply the freedom and the value of speech differentially," she said, "When we adjudicate by popular vote, when we allow public assumptions and presumptions and expectations to infect the legal system we risk undermining the very thing that is the essence of our justice system."

The next lecture scheduled in the series is to be given by Montreal Gazette Political Cartoonist Terry Mosher, better known by his nom de plume Aislin. Another talk, originally scheduled to be given by Senator Murray Sinclair on January 18, continues to be listed as "postponed" on the series' website.

Quebec MP steps aside as finance critic to consider leadership bid

The Canadian Press

October remains wide open.

Quebec MP Guy Caron is stepping aside as the NDP's finance critic to consider a leadership bid.

Caron says he believes his caucus colleagues need a full-time critic with the federal budget's upcoming release.

The race to replace Tom Mulcair in

B.C. MP Peter Julian is the only person to formally register with Elections Canada.

Other possible contenders include Ontario MP Charlie Angus, Manitoba MP Niki Ashton and Ontario deputy NDP leader Jagmeet Singh.

A leadership debate is scheduled on March 12 in Ottawa.

Ski for a cure

CONT'D FROM PAGE 1

mysterious disease.

"You become an expert in something when it hits you in the face," Lutterman said, calling the diagnosis a wake up call. "How is it possible that we knew so little about this disease?"

Though pancreatic cancer is less of a mystery today than it was in 1999, Lutterman said that in the early years the research society was unable to find enough researchers engaged in work on pancreatic cancer to offer a proper grant.

"There were only two groups that came back with prospects," Lutterman said, "now we get over 50 every

year."

According to the CRS Pancreatic cancer develops when malignant cells form in the tissues of the pancreas, a gland located behind the stomach and in front of the spine. Because of its low survival rate, pancreatic cancer is the fourth leading cause of cancer death: only eight percent of Canadians diagnosed with pancreatic cancer survive five years after their diagnosis.

Those looking for more information are encouraged to visit www.SkiForaCure.ca.

"It's a great Canadian way to raise money," the daughter reflected, saying that she feels it is

important to leave the world better than it was when you arrived.



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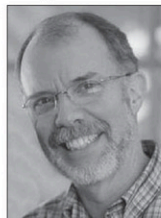
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MEET YOUR NEIGHBOURS

For the athlete looking for a little bit of everything

By Matthew McCully

It's always impressive to see an athlete at the top of their game.

There are those who focus on mastering a single sport, and others who can apply their talents to a number of different disciplines.

In the multi-sport world, some combinations make sense. Running, biking and swimming fit well together.

The Pentathlon, on the other hand, brings together five sports that each require a very specific skill set.

Bishop's University student Christopher Rudolph has been honing his horseback riding, swimming, laser shooting, running and fencing skills over the past few years, and has recently earned a spot on the Canadian national pentathlon team.

At 20-years old, the full-time student somehow manages to fit in training six days a week on top of school, which sometimes requires a bit of multitasking.

"I end up shooting while I cook," Rudolph said, lucky to have an apartment long enough for his 10-metre laser shooting target.

Rudolph was born in Cowansville, but moved to Ontario at an early age.

His introduction to pentathlon happened through horseback riding. Rudolph's father participated in international riding competitions, so he became familiar with the sport, and ended up riding with friends in the Pony Club who were multi-sport enthusiasts.

While most towns have a rink, and a pool, and a baseball diamond, not many

have all the resources required for pentathlon training.

"I latched onto resources from different sports," Rudolph explained.

He currently trains with the University of Sherbrooke varsity swim team, which he said has been a big help.

"With swimming, I was always three steps behind," Rudolph said, describing it as his biggest weakness.

When he was 16-years-old, he was evaluated by the coach of the national pentathlon team, who told him he had started swimming too late, and would never be strong enough for national competition.

While some teens might accept that evaluation and move on to other interests, Rudolph kept working on it, and has managed to cut seconds off his swim times.

Now a member of the national team, the hard work obviously paid off.

When asked what attracted him to such a unique combination of sports, Rudolph explained that pentathlon was a good mix of everything; sprint, endurance, self-control and mental fortitude all come into play through out a competition, where all five sports are done same day.

The real wild card in the sport combo is the horse.

"It's like speed dating," Rudolph said. Because competitions take place all over the world, bringing his own horse everywhere is out of the question.

"You have about 15-20 minutes to work it out with them," he said, explaining that like people, horses have different personalities.

The key to a good riding trial, accord-



MATTHEW MCCULLY

Bishop's University student Christopher Rudolph has been honing his horseback riding, swimming, laser shooting, running and fencing skills over the past few years, and has recently earned a spot on the Canadian national pentathlon team.

ing to Rudolph, is to be adaptable to the horse.

In addition to competing, Rudolph wants to be an ambassador for the pentathlon, which until recent years, was off the radar in Quebec. Since he has been in the area, now in his third year at Bishop's, he said he has seen the pentathlon community grow substantially,

with new clubs in Montreal, Rimouski and Quebec City.

While hockey, basketball, soccer or other more common sports are readily available for youth, Rudolph would like to see interest in pentathlon continue for kids that would like try something a little different.

Aube Lumière recalls Roaring Twenties for 29th annual banquet

Record staff
SHERBROOKE

To celebrate the 20th edition of its annual gastronomic dinner and its 20th anniversary, La Maison Aube-Lumière is going back to the 1920s with 'l'Envol vers les fournes,' (Taking Flight) to be held on Thursday April 20, starting at 5:30 p.m. at the Sherbrooke Exhibition Center.

Mayor Bernard Sévigny has accepted the honorary presidency of the event, saying, "Most of us have a stricken loved one or are themselves victims of cancer. We are all affected by this horrible disease. The mission of La Maison Aube-Lumière is essential and for this reason I am very proud to participate in this annual event. I take this opportunity to acknowledge the tremendous dedication of the employees and the many volunteers who have chosen to invest, day after day, in people with end-of-life cancer."

"For the event, La Maison will be presenting a colorful evening with music and dance performed by the Montreal Jazz Band. The official caterer of the Ex-

hibition Center, Le Poivron rouge, whose extensive experience in banqueting service for large groups is a guarantee of success, has prepared a menu that will both surprise you and fill you up," says Maison president Élisabeth Brière.

Those attending will be able to spend an exceptional evening, while helping to finance La Maison Aube-Lumière, which hosts people with end-of-life cancer fee of charge and accompanies them, as well as their relatives, during this final stage.

Guests are encouraged to arrive early to have time to choose from the many deals available as part of the silent auction. The banquet hall will open at 5:30 p.m. and the evening is expected to finish around 10:30. To help recreate the magic and amplify the fun, attendees are also encouraged to wear clothes or accessories reminiscent of the Roaring Twenties.

Tickets for the banquet are \$175 (with a \$125 receipt for tax purposes) and includes an aperitif, six course dinner, wine and digestif. Tickets can be reserved online a aubelumiere.com/envol or by phone at 819 821-3120, ext. 206.

Arts Salon donates \$10,000 to CRE



(COURTESY)

Last November 4 and 5, Sherbrooke Toyota hosted the 4th edition of the Grand Salon des Arts and thanks to the support of owner Michel Rousseau, and the generosity of participating artists, the event was a great success allowing a donation of \$10,000 to the Fondation du Centre de réadaptation.

Above, organizing committee members Michel Beaudry, Louis-Philippe Pélouquin (from Sept/24 Marketing), Monique Lussier, Céline Maheu and Michel Rousseau (Sherbrooke Toyota).. Absent from picture, Karine Martin (Fondation du CRE).

EDITORIAL

Assuming the Conservatives accept that bilingualism, is, as Alexander says, a "prerequisite" for their next leader, why isn't he leading the pack? "I honestly think people have not started to pay attention."

Conservative hopeful Alexander woes Quebec



PETER BLACK

Chris Alexander calls from his car, travelling to Rivière du Loup from Montmagny, where he has just done an early morning radio interview. After the interview, he took a walk to visit a historic site, the ancestral home of Étienne-Paschal Taché, who he describes as "arguably the most important person in the whole Confederation story."

The reference to this little-known player in Canadian history, twice prime minister of the nascent country, is not something you'd expect from many of the candidates vying to be the next leader of the party of Sir John A. Macdonald. Alexander, though, is literally a student of history (BA, McGill University), and feels it's important to not forget the lessons of the past.

"In this day and age, especially when things are so confusing and there's so much change, we can only make sense of it if we understand where we come from, and in national politics that means where our country comes from."

Change is something Alexander, 48, knows all too well. A former diplomat posted in turbulent times in Russia and Afghanistan, he entered politics in 2009 under Stephen Harper and served most recently as immigration minister. He, along with scores of other Ontario Tory MPs, lost his seat in the Liberal wave of October, 2015.

Change is also something Alexander hopes to bring to the Conservative Party, which he believes lost that election in large part because "we didn't renew ourselves, we didn't change it up. I want to do much better in my leadership cam-

paign."

He adds "I was embarrassed that we allowed ourselves to be portrayed as an unwelcoming party. We failed to tell the story of the strength of Canada's immigration system and our strength on the international scene."

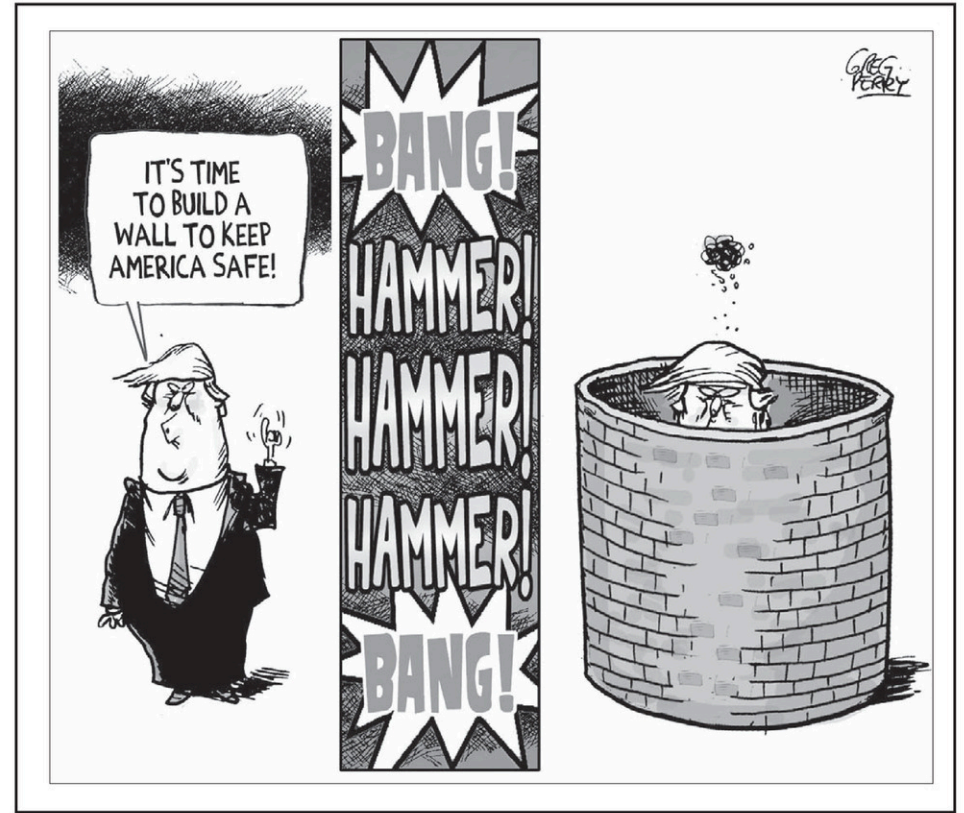
Alexander, as immigration minister at the height of the Syrian refugee crisis, became the unwitting poster boy for that negative impression of the Conservatives, a portrayal he deeply resents. "As minister I launched the first program to bring 10,000 refugees to here; the most of any country in the world, long before President Obama did that. I have spent more time in mosques probably over the past decade than I have in churches and I will never accept anyone who claims I represent an unwelcoming image of Canada." He says he's the only leadership candidate advocating higher levels of immigration and refugee resettlement "as long as we keep our economy strong."

Alexander happened to be in Quebec City in the aftermath of the mosque massacre. He says, through his experience as a diplomat in Afghanistan for six years, plus his stint as immigration minister, he knows "how strongly people feel about Canada as a place of refuge ... who come because they assume such things would never happen." Canadian diversity and tolerance "are second to none but there are some voices that go way too far and see Islam as a source of something it is not."

Alexander had been in Quebec capital earlier in the month, at a debate seen as a French-language test of the Conservative leadership campaign. While spotting local Quebecois Maxime Bernier and Steven Blaney the bilingual advantage, Alexander was judged the hands-down winner among the anglophone candidates.

Assuming the Conservatives accept that bilingualism, is, as Alexander says, a "prerequisite" for their next leader, why isn't he leading the pack? "I honestly think people have not started to pay attention. We're not in the headlines across the country."

It's clear Alexander, who studied for a term at Laval University, considers Que-



bec key to his strategy at the leadership convention in Toronto in late May. "I feel very comfortable in Quebec and I do find support in every part of Quebec. People everywhere want a bilingual candidate, but people here insist on it."

To that end, Alexander says "I'll be in every region in Quebec before this race is over and I hope to do much of that in

the month of February."

Why is this father of two young girls running to be prime minister? "My passion for this country is in the political arena right now. I see this as the perfect continuation of a career in public service and I don't think international issues have ever been more central to our reality."

Letters

DEAR PARENTS,

School registration time is upon us once again. This is a very important time for our schools. Although final numbers are not calculated until the end of September, early registration numbers are used to plan the resources needed for the school year to come.

As Governing Board Chair of Mansonville Elementary School I would like to take this opportunity to invite you to see what our school has to offer. We are a small school, which tries to offer each student a plan to suit his/her individual needs. We offer amazing programs, such as swimming for all students, skiing for grades 3-6, as well as many other nature-centered and educational fieldtrips and outings. We also have a very hard working PPO that works hard to ensure that the cost of all these activities is kept to a minimum so that all the children are able to take part.

Many people don't know if their child is eligible for English school; if you are not sure please inform yourself because these rights have an expiry date. Don't lose them. Did you know that if your child does not do the majority of their elementary schooling in the English system their rights are gone?

Our school understands and embraces the importance of French and I believe we have the best French second language teacher there is (yes I am biased). Our team of teachers is engaged and ready to develop a life-long love of learning in our students

I would invite you to come and take a fresh look at our school and all that we have to offer your child. Speak to a parent, visit with our principal and meet our teachers. You will see that Mansonville School is a thriving, child-centered, stimulating environment that will embrace your child like an extended family. We are ready to grow - but to do that - we need you!

To make an appointment or for more information please contact the school at 450-292-5622. Also feel free to check us out at <http://mansonville.etsb.qc.ca/> or on Facebook at <https://www.facebook.com/MansonvilleElementarySchool/>

Thank you

SHAWN JERSEY

MANSONVILLE ELEMENTARY SCHOOL GOVERNING BOARD CHAIR

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Local Sports

The Shoot for the Cure event that teamed up with the Gaiters women's soccer team's Kick for the Cure raised well over \$2000 for Ruban Rose and the Quebec Breast Cancer Foundation.

Gaiters hoops' playoff hopes dwindle further after losses to Laval

Shoot for a Cure raises over \$2,000 for Quebec Breast Cancer Foundation

By Dylan Konecny

The Bishop's Gaiters' basketball teams were both handed their 11th losses of the season Saturday.

The men's team played the Laval Rouge et Or, a team they had already beaten twice this year. Tied at 68 points each in the final minute of the game, Alain Benard grabbed the ball off a missed shot to put the Rouge et Or ahead by two points on a put back with 15 seconds remaining.

From there, Laval contained Abdul Kamane on the Purple and Silver's final possession to finish the game and kill the clock to end the game 70-68.

The Gaiters were under pressure all game from the Rouge et Or's full court press playing style, causing trouble for Bishop's as the team tried to move up the court in transition.

Rebounds were a major factor that came to culmination on the game winning point and had been a big part of the game. Bishop's was out rebounded by a margin of 56-34, which led to a second chance point total of 12-9 in favour of Laval.

Jona Bermillo led Gaiters scorers with 16 points, 5 of 11 on three-pointers and 1 of 4 on free throws. Kamane and Joany Castor-Thadal had 14 and 12 points respectively.

The second game of the double-header saw the Lady Gaiters take on No. 1 ranked Laval for the Shoot for a Cure game in support of breast cancer research.

Bishop's women's team was dialed in playing in the primetime 8 pm timeslot against the top team in the country. However, after the pink jersey Gaiters fought valiantly in the first two quarters, the Rouge et Or pulled away in the second half to win 63-39.

The first half was a defensive battle for both teams as points were hard to come by. The halftime score in Mitchell Gymnasium was 17-13 for Laval.

After half time, Laval pulled away

thanks to an offensive outburst from Jane Gagne, 20 points in the second half. Edith Noblecilla led the Gaiters with 15 points and shot 46.2% from the field in the game.

Off the court the matches were a massive success. The Shoot for the Cure event that teamed up with the Gaiters women's soccer team's Kick for the Cure raised well over \$2000 for Ruban Rose and the Quebec Breast Cancer Foundation.

The Gaiters take on McGill in Montreal next weekend in must win games to keep their post season aspirations alive.

Canada's Jean earns bronze in mass start at world single distance championships

The Canadian Press

Canada's Olivier Jean earned a bronze medal in the men's mass start on Sunday, the last day of the world single distance speed-skating championships.

Jean, from Lachenaie, Que., quickly skated out in front with a small pack of skaters and never looked back after that, as he ended up collecting bronze behind Joey Mantia of the United States and France's Alexis Contin. Toronto's Jordan Belchos was 19th.

"When I saw an opportunity to break away and realized there were other quality skaters with me, I decided to invest a lot of energy in it. I showed to the other athletes that I was ready to invest and to pull some laps to force the others to work as a team, and that's exactly what

happened," said Jean. "This was only my third mass start race this season and I didn't know how I compared to the other skaters. I guess that I was pretty strong."

Jean's previous best result in five career mass start races had been a 13th-place finish in the second stage of this World Cup season in Nagano, Japan.

The 32-year-old Jean took part in his first long track event in the fall of 2015. He previously represented Canada in short track at the 2010 and 2014 Olympic Games, notably winning a gold medal with the men's relay in Vancouver.

Canada finished the world single distance championships with three medals: a silver medal won by Vincent De Haitre in the men's 1,000 metres, as well as bronze medals earned by Ivanie Blondin in the women's 5,000 metres and Jean's mass start bronze. Canada also finished

four times at the foot of the podium, in addition to registering two fifth-place finishes and three sixth-place results, for a total of twelve top-six results.

In the women's mass start, Ottawa's Blondin was unable to defend her world title.

She was well positioned in the pack but Irene Schouten of the Netherlands, last season's World Cup champion, fell in front of her, forcing Blondin to slow down and settle for fifth place in the race, and 10th place when taking intermediate points into account.

The race was won by South Korea's Bo-Reum Kim, who leads the World Cup standings this season. She finished ahead of Japan's Nana Takagi and Heather Bergsma of the United States.

After collecting a silver medal in Saturday's 1,000 metres, De Haitre of Cum-

berland, Ont., came 0.29 seconds away from another podium finish, as he skated to fourth place in 1:45.79.

Kjeld Nuis (1:44.36) of the Netherlands won gold, followed by Russia's Denis Yuskov (1:44.67) and Sven Kramer (1:45.50) of the Netherlands.

The other Canadian skating in the men's 1,500 metres, Ben Donnelly of Oshawa, Ont., was disqualified for having forced the other skater in his pair to slow down when changing lanes.

In the women's 1,500 metres, Ottawa's Isabelle Weidemann (1:59.47), was the top Canadian with a 18th-place finish. Brianne Tutt (2:01.26) of Airdrie, Alta., was 22nd. Heather Bergsma (1:54.08) of the United States won gold, followed by Ireen Wust (1:54.19) of the Netherlands and Japan's Miho Takagi (1:55.12).

Canada's Erik Guay takes silver at men's downhill world championship

By John Chidley-Hill
THE CANADIAN PRESS

Canada's Erik Guay is happy right where he is - on a World Cup podium.

Guay earned his second medal of the week on Sunday, winning silver in the men's downhill at the world skiing championships four days after winning the super-G title. Although most skiing fans are looking toward the Winter Olympics next year in Pyeongchang, South Korea, Guay's focus is squarely on the World Cup circuit.

"Everybody's talking about the Olympics but, honestly, I couldn't care less about them," said Guay in a phone interview with The Canadian Press from St. Moritz, Switzerland. "The Olympics,

for ski racers, doesn't mean that much. We get to go once every four years, we don't run on the track beforehand. The organizers (at a World Cup event) know how to prepare and run a downhill properly.

"A lot of times we show up at these Olympics and it's supposed to be the greatest event on Earth but in reality it's a little bit of a Mickey Mouse show."

Switzerland's Beat Feuz finished 0.12 seconds faster than Guay, who would have matched American Bode Miller's 12-year-old feat of winning both speed races at the world championships. Max Franz of Austria was third, 0.37 behind Feuz, who took downhill bronze two years ago.

Though Feuz's top speed of 119 km/h was slower than many rivals, he was best at keeping speed through the twisting

turns midway down a shortened course.

"I think where I could have possibly won the race was this one section that I gave a little bit off of it," said Guay. "But it was part of the plan to bring more speed on the bottom flats."

Feuz knew that it was going to be difficult not just against the more experienced Guay, but performing in front of his home nation, including Swiss tennis star Roger Federer.

"I felt the pressure," said Feuz, favoured to repeat his win in the World Cup finals downhill last March, through a translator. "I knew the expectations of the Swiss people. It was important not to go crazy with all that."

A lower start was used because the steep "Free Fall" section - the signature feature of the Corviglia course - was

shrouded in clouds.

Manuel Osborne-Paradis of Invermere, B.C., was 31st, 1.93 seconds off Feuz's winning time.

American Lindsey Vonn took bronze two hours earlier in the women's downhill race, won by Ilka Stuhec of Slovenia.

Stuhec was faster than any of the men Sunday, clocking 125.6 km/h on the adjoining course. Valerie Grenier, also from Mont-Tremblant, was 32nd in the women's race, finishing in 1:35.86.

Without their steep start, the men's race peaked at 122.5 km/h clocked by Austria's Hannes Reichelt, who placed 17th.

"I would have loved to start from Free Fall because it's a little bit faster then," said Feuz, whose run turned out to be fast enough regardless.

Death

Gordon BUDNING

Gordon Budning has been called to Glory and a new life in eternity. We have all been blessed to have shared so many years of his life.

Fondly remembered by his son Nicholas Budning-Kilbey, his stepson Robert Savage, former wife Marlene Martin-Baslow, sister-in-law Brenda Martin and brother-in-law Donald Martin and wife Barbara.



MONDAY, FEBRUARY 13, 2017

Today is the 44th day of 2017 and the 55th day of winter.

TODAY'S HISTORY: In 1542, Catherine Howard, fifth wife of King Henry VIII, was executed on grounds of treason for committing adultery.

In 1945, Allied aircraft began bombing the German city of Dresden.

In 1960, France successfully detonated its first atomic bomb.

In 2000, the last of Charles Schulz's original "Peanuts" comic strips ran in Sunday papers, one day after the cartoonist's death.

TODAY'S BIRTHDAYS: Grant Wood

(1891-1942), artist; Tennessee Ernie Ford (1919-1991), singer/actor; Chuck Yeager (1923-), aviator; Kim Novak (1933-), actress; Stockard Channing (1944-), actress; Jerry Springer (1944-), TV personality; Mike Krzyzewski (1947-), basketball coach; Peter Gabriel (1950-), singer-songwriter; Henry Rollins (1961-), singer-songwriter; Neal McDonough (1966-), actor; Randy Moss (1977-), football player; Mena Suvari (1979-), actress.

TODAY'S FACT: The central event of author Kurt Vonnegut's celebrated novel "Slaughterhouse-Five" is the Allied bombing of the city of Dresden during World War II. Estimates of civilian casualties from the bombings range from 35,000 to 135,000.

TODAY'S SPORTS: In 1920, the Negro National League was established at a YMCA in Kansas City, Missouri, becoming the first black professional baseball league.

TODAY'S QUOTE: "Most pilots learn, when they pin on their wings and go out and get in a fighter, especially, that one thing you don't do, you don't believe anything anybody tells you about an airplane." - Chuck Yeager

TODAY'S NUMBER: 300 — estimated number of nuclear weapons in France's stockpile as of May 2016.

TODAY'S MOON: Between full moon (Feb. 10) and last quarter moon (Feb. 18).

Exercise is always important, whether indoors or outdoors



ASK THE DOCTORS
By Robert Ashley, M.D.

the amount of oxygen consumed during both treadmill running and outdoor running. The level of oxygen consumption, termed VO₂, is a measure of energy expenditure with exercise. The subjects ran 950 meters on a treadmill and outdoors. The subjects also ran at varying speeds and at different elevation grades. The investigators found no difference in the amounts of oxygen consumed with either the outdoor or treadmill running. This was consistently seen, even when there were changes in speed or elevation grade.

A 1996 study in the Journal of Sports Sciences similarly looked at the differences in VO₂ in nine athletes who ran both outside and on treadmills at varying speeds and elevation grades. This study showed some significant differences in the VO₂ between outside and treadmill running. Overall, those who exercised outside consumed more oxygen than those on a treadmill. This may be partially related to the wind resistance seen with outdoor exercise.

The authors concluded that running outside on flat terrain was similar to treadmill running at a 1 percent elevation grade. So, if you want to equate your treadmill running to what you might experience outside, place your treadmill at a 1 percent grade.

But treadmill running is quite dissimilar from outdoor running in one respect: Your muscles respond differently. Because a treadmill is powered by a machine, not your body, the hamstring

muscles are not used as much — something you may notice if you normally run on a treadmill and then decide to go running outside. In that case, to prevent an injury, slow your pace.

A significant benefit from running on a treadmill is that the belt of the treadmill is much more forgiving than the concrete of the sidewalk. While there has been no long-term study regarding the benefit of treadmill running on the joints, it stands to reason that exercising on a treadmill could decrease the incidence of knee and back injuries.

Alternatively, one definite positive from outdoor running is that it's less monotonous than treadmill running. The changes of scenery and terrain keep things interesting. When I run on a trail, I am constantly looking at the rocks I have to avoid, and I often have to move laterally to follow the trail. When I get to the top of the mountain, looking down at the expanse of earth below me, I get a perspective that is much different than running on a treadmill. This cannot be measured, but it motivates me to run again.

If you like running or walking on a treadmill, by all means continue doing this. The cardiovascular benefits are similar to outdoor exercise, and it may be less hard on your joints. The most important thing is to take the time and exercise, whether it be inside or outside.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

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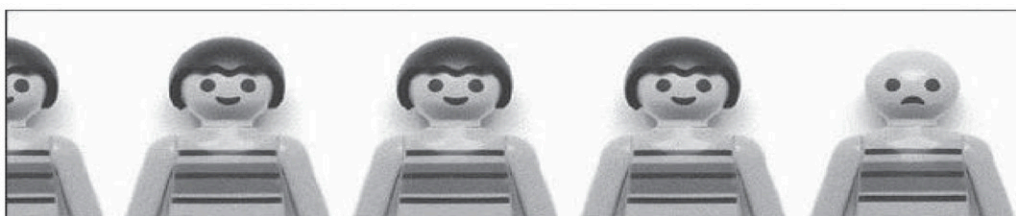


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Shocking kiss

MONDAY, FEBRUARY 13, 2017

Dear Annie

Dear Annie: My husband and I went out with another couple for New Year's Eve, "Bob" and "Sheryl." Bob is a longtime friend and has been seeing Sheryl for the past year. Here's the issue: After the clock struck midnight and everyone was sharing well-wishes and kisses and hugs, Sheryl decided to put her tongue down my husband's throat and plant an extensive kiss on him, all while Bob and I were right there! Granted, there definitely was alcohol involved, but I don't lose my faculties and forget whom I came with when I drink.

I, in turn, stated that she had crossed the line, gathered our things and left. She attempted to say she was sorry upon our departure; however, I just couldn't stay the rest of the evening knowing she did this to our friendship. My husband had no idea what was happening and felt he didn't encourage this behavior. He had been seated by me the entire evening.

So now none of us has spoken about it and things are just awkward when we run into them in public. I'm so sad that our friendship with Bob can be no more, because he remains with Sheryl. How should we move past this transgression? Or is it just avoidance from here on out? — Betrayed in PA

Dear Betrayed: Wait it out and let this situation resolve itself. Be polite when you run into Bob and Sheryl, and don't go around bad-mouthing her. I have a hunch that if Sheryl is kissing married men in front of Bob, by next New Year's Eve she'll be out of the picture.

Dear Annie: I think you left out options for "Safe Driver," the woman who said texting should be OK when stopped at a light and whose husband thinks it is never OK to text while in the driver's seat. She asked you to give your opinion. I have to say that although sitting at a light in a running car doesn't take a lot of attention and your advice seemed to be written by a lawyer, I understood your picking the husband's side. What I don't understand is that apparently her husband is in the car when she does this. So aren't they in

a partnership? Can't he look out for incoming disasters or for the light to change while she texts? And why can't he ever just text for her? It doesn't seem as if this needs to be a question of who's right. Rather, it's a question of how to help these folks get along and be safe. I do agree that pulling over is reasonable, but with these other alternatives, why bother? And if her husband isn't in the car, she is an adult and knows the legal risk she is running. — Bea in Maine

Dear Bea: Having Hubby do the texting on her behalf is a great, easy solution when he's in the car. When he's not, I still strongly advocate that "Safe Driver" not touch the phone. Yes, she is an adult and knows the legal risk she is running. But she's not just making a decision for herself. She's also making a decision that will affect the safety of everyone else on the road around her.

Dear Annie: I am in a loving, wonderful relationship with a loving, wonderful man, "Marco." He's supportive and kind, and he makes me feel like a million bucks. This is in sharp contrast to past relationships, in which I've been belittled or not appreciated or I've turned into someone I don't like. I was with wrong guy after wrong guy after wrong guy.

After my most recent breakup, I realized that I needed to make myself happy and turned my life around. I began a new exercise routine, stopped smoking and focused on my well-being. Once I was at peace with myself, I was able to say yes to a friend's attempt to fix me up with a "great guy" from her work. And here we are, almost a year later.

The issue is that I am getting too used to being comfortable, and it's beginning to show in my waistline. Rather than wake up early to go for a jog, I stay in bed snoozing with Marco. It was easy to stick with boring healthful food when I was cooking for myself, but as a couple, we enjoy making delicious and fattening foods. We both have hectic jobs and don't get to spend as much time together as we'd like, so using up that time

by working out feels like a waste. Annie, how do I stay healthy in my healthy relationship? — Gabby on the Gulf Coast

Dear Gabby: As we get more comfortable in romantic relationships, we tend to get into comfier pants — the kind with forgiving elastic waistbands. It's fortunate that you've noticed this one year into your relationship, as opposed to 10. It shouldn't take too long to get back into those good habits.

Your vibe attracts your tribe, and Marco became a part of your life because you were taking care of yourself. Try inviting him along for a morning jog. Couples who get out and do things together are happier. Bonding through constructive, healthy activities can help you both grow into more well-rounded individuals.

And if Marco isn't too pumped about hitting the gym, don't let that stop you from going on your own. You are still in the honeymoon phase and feel as if you want to spend every waking moment together. But you can't indulge that craving all the time — just as you can't indulge every craving for cake. Moderation is the key to health in all areas of life.

Dear Annie: This is in response to "Family Divided," who wrote about not being able to agree with her sister on political issues.

About 40 years ago, I attended a seminar for supervisors where I worked. One thing I remember is the advice that when you're dealing with those under your supervision whom you disagree with about a subject that's not important, you should just agree to go along with them. This advice has been very valuable to me over the years, not only with those under my supervision but also with my managers, friends and family.

My advice to the person who has political differences with her sister: In the future, tell her she is right — and then close the curtain to the voting booth and cast your ballot for the candidate of your choice. — Doug

Send your questions for Annie Lane to dearannie@creators.com.

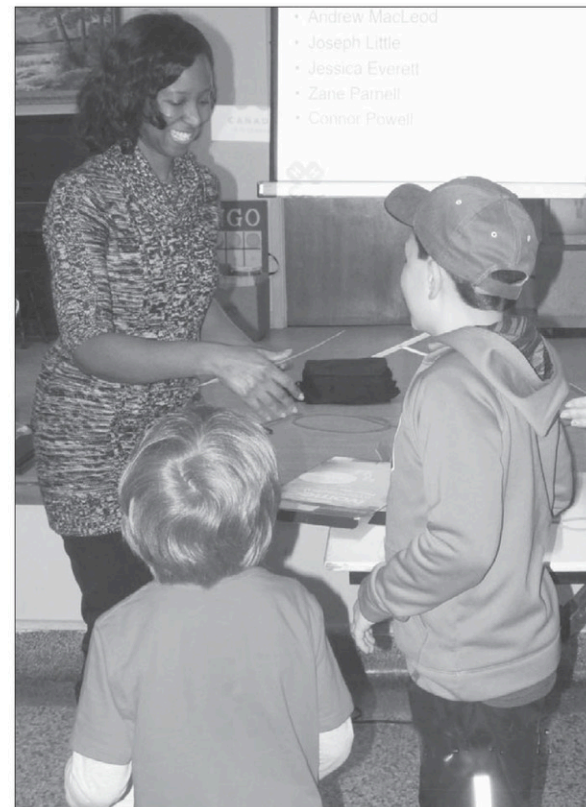
Sawyerville 4-H Banquet



Alisha Kirby receiving the Highest Aggregate Award



Thomas Rothney receiving the Clinton French Award for effort



New Executive Director Gail Griffith meeting the club members

On Friday, January 20 the Sawyerville 4-H Club met for their annual Banquet for the past year's achievements and awards.

The Sawyerville Community Center was full of club members, parents and guests to enjoy the evenings good food and company. The pot-luck was delicious

and was followed with an even greater selection of desserts.

After everyone had finished eating, all club members were recognized for their accomplishments in 2016.

Club members were given medals, trophies and certificates for their garden, written and animal projects.

The well deserved Highest Aggregate Trophy was awarded to Alisha Kirby. The Spirit Trophy given to the person that helps both his club and his club members succeed was given to Jacob Rothney. This year, the Perseverance and Effort award in memory of Clinton French, donated by the IOOF Unity Lodge, was re-

ceived by Thomas Rothney for all his hard work and good effort that he has shown before and after this summer's shows and to his fellow 4-H members.

The Sawyerville 4-H Club would like to thank all the guests that attended the Banquet including our new Executive Director, Gail Griffith.

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.

" PA SML VUK GCUHK JM GMEC
SMLHZCGA UKF UGG JDC AGURZ, SML
VUK GMEC MJDCH YCMYGC ZM OLVD
ICJJCH." — BHPZJPK VDCKMRCJD

Previous Solution: "Nearly all men can stand adversity, but if you want to test a man's character, give him power." — Abraham Lincoln
TODAY'S CLUE: *W sjanbe O*

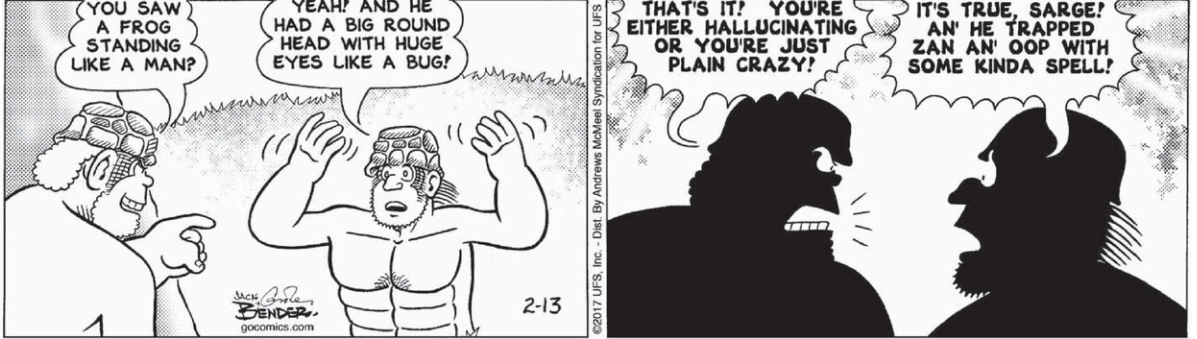
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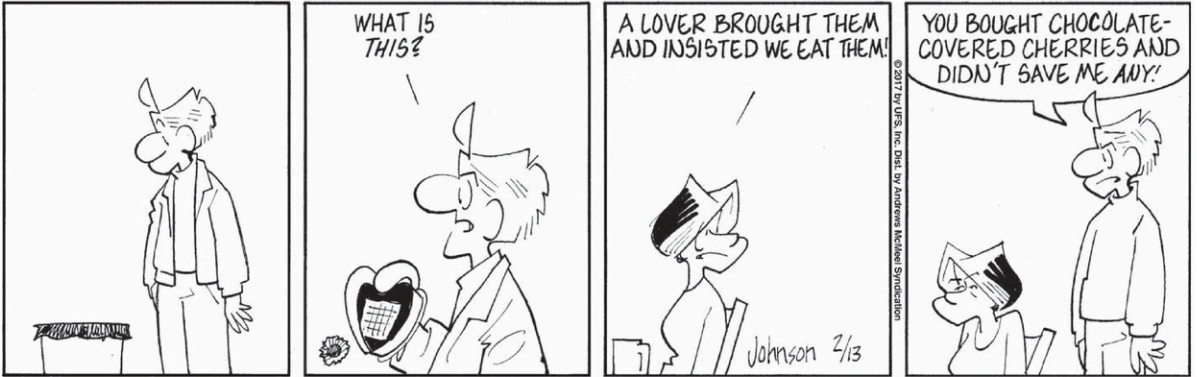
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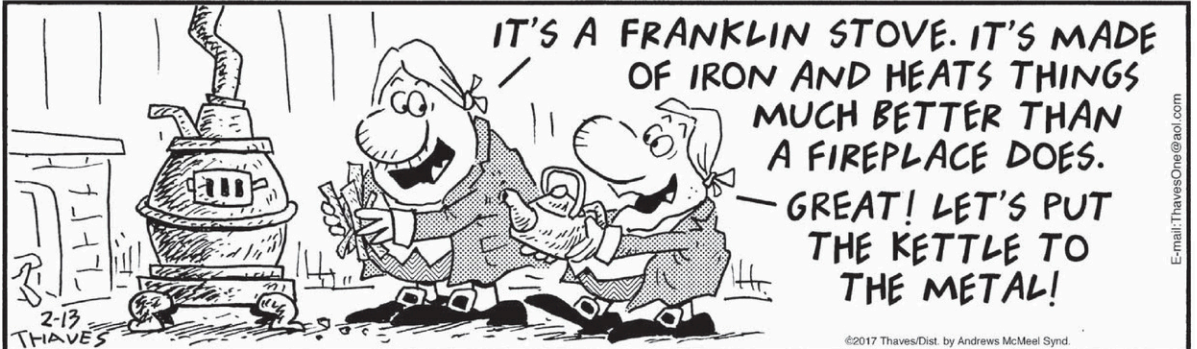
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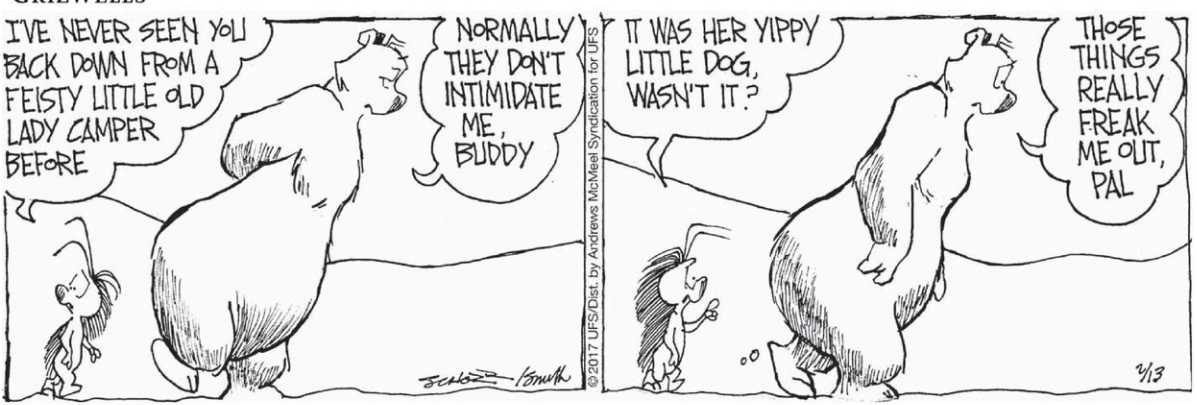
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1	5	3	9	2	7	6	8	4
6	9	7	4	5	8	2	3	1
2	4	8	1	6	3	9	7	5
4	1	2	6	7	9	8	5	3
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8	6	9	5	3	1	7	4	2
3	7	4	8	9	2	5	1	6
5	2	1	7	4	6	3	9	8
9	8	6	3	1	5	4	2	7

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

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In a normal life, when one is crime-free,
 The focus on living should foremost be -
 One happily looking ahead to learning
 Or finding husband or wife, per one's yearning.

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 To pass love when it happens by, watching for a raid.

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 When all youthful dreams turned into a worn-out wish,
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 Who will in His special way, turn for one a new sod,
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G.L. Brown

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Your Birthday

MONDAY, FEBRUARY 13, 2017

Look at the big picture and decide what will bring you the greatest happiness and cause you the least amount of stress. Line up your personal papers and documents, and get things in order. Once you know where you stand, you will be able to excel. Romance is on the rise.

AQUARIUS (Jan. 20-Feb. 19) — Change will bring positive results. Buckle down and get things done that will give you the freedom you need to live your dream. Make romance a priority.

PISCES (Feb. 20-March 20) — Get past emotional confusion by asking pertinent questions, gathering the facts and being honest regarding your opinions and motives. Choose solutions that you know you can implement.

ARIES (March 21-April 19) — Working hard and building strong relationships with your peers will promote popularity and a stellar reputation. Use your talent to engage in something you enjoy that could be lucrative.

TAURUS (April 20-May 20) — Business deals and prospects will highlight your day. Networking or getting more greatly involved in groups that interest you will be important when it comes to personal and professional progress.

GEMINI (May 21-June 20) — Your best financial gains will come through hard work, finding solutions to existing problems and exploring efficient new ways to press forward with your responsibilities. Self-improvement and romance are highlighted.

CANCER (June 21-July 22) — You may not be eager to travel, but your curiosity will get the better of you. Indulge in community and cultural events if you want to become aware of new possibilities and lifestyles.

LEO (July 23-Aug. 22) — Check out your career options. An opportunity will tempt you to make a move. Revamp your resume, update your skills and set sail for a chance to live your dream. Personal improvements are featured.

VIRGO (Aug. 23-Sept. 22) — Keep close tabs on your investments, personal belongings and responsibilities if you want to avoid criticism and an unnecessary loss. Protect against injury and ill health.

LIBRA (Sept. 23-Oct. 23) — Don't reveal too much about what you are up to. Use your intelligence and ability to persuade others to trust you in order to avoid interference.

SCORPIO (Oct. 24-Nov. 22) — Focus on creativity and your desire to expand an interest that brings you joy. Don't invest too much cash until you are sure you want to follow through with your plans.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't divulge personal secrets to your peers. Someone will take advantage of you emotionally or try to manipulate you into doing something you shouldn't. Focus on self-improvement.

CAPRICORN (Dec. 22-Jan. 19) — Travel and educational pursuits are highlighted. The rewards you receive due to the research and information you gather will lead to praise. Don't let temptation lead you astray.

MONDAY, FEBRUARY 13, 2017

A worldwide online bridge event

By Phillip Alder

A novel event for mixed teams was held from October 31 to November 2, 2016. Four teams played online in three venues. The Bridge Base Online (BBO) team was at the Silver Cloud Broadway Hotel in Seattle; Lavazza competed at the company's research center in Turin, Italy; and the Chinese Contract Bridge Association (CCBA) and Yeh played in the Beijing International Convention Center.

The event consisted of a round robin of 16-board matches. The final result was Lavazza 83.64 victory points, CCBA 65.98, Yeh 49.59 and BBO 40.79.

The highlight for the BBO team was the participation of Bill Gates, who partnered Sharon Osberg. Their teammates were Jill Meyers-Bob Hamman and Sheri Winestock-Fred Gitelman.

Today's deal was one that Gates played. At his table, North-South were "happy" with three clubs, made with an overtrick.

But in the given auction, Meyers bid a game-invitational three clubs, and Hamman went for game in no-trump. West led the spade two: three, ace, six. East returned the spade nine: king, four, heart five. What did Hamman do next?

Declarer could have gotten lucky in

		North	02-13-17
		♠ 3	
		♥ 7 6 5	
		♦ A 3	
		♣ A 10 8 7 5 4 2	
West		East	
♠ J 7 4 2		♠ A 9 8 5	
♥ K Q 3		♥ J 8 2	
♦ 7 6 4 2		♦ 10 9 8	
♣ K 9		♣ Q 6 3	
		South	
		♠ K Q 10 6	
		♥ A 10 9 4	
		♦ K Q J 5	
		♣ J	
		Dealer: South	
		Vulnerable: North-South	
South	West	North	East
1♦	Pass	3♣	Pass
3NT	Pass	Pass	Pass
Opening lead: ♠ 2			

clubs, but knew that that was against the odds — 16.96 percent, to be precise. Instead, Hamman played a diamond to the ace and a heart to his 10. With hearts 3-3, West had no defense, but she surprisingly led another spade, so Hamman immediately claimed nine tricks: three spades, one heart, four diamonds and one club.

That gave BBO 10 international match points against Lavazza.

CROSSWORD

Across

- 1 Show affection to, as a dog
- 4 Barton of the Red Cross
- 9 The Congo, formerly
- 14 Martinique, par exemple
- 15 Archaeological find
- 16 Bother
- 17 *Track event with batons
- 19 Night, in Naples
- 20 Congregational "Absolutely!"
- 21 "___ beaucoup"
- 23 Lab rodent
- 24 Schoolbook, or much of its contents
- 25 *Romantic outing for four
- 27 "Romanian Rhapsodies" composer
- 29 Wears away
- 30 John, Paul and George: Abbr.
- 31 Under-the-sink fitting
- 35 For fear that
- 36 *Romantic ideal

- 39 Farmland measure
- 42 Steinway or Yamaha
- 43 Crone
- 46 Yellow Teletubby
- 49 Meditative music genre
- 51 *Machinist's hole maker
- 55 Ache
- 56 Announcer Hall
- 57 Use a loom
- 58 What aces may count as
- 59 Black, in Burgundy
- 61 Players on the same side ... and what the starts of the answers to starred clues can be
- 64 Hues
- 65 The "I" in IV
- 66 High season on the Riviera
- 67 Grain disease
- 68 Ruby Dee's husband Davis
- 69 Period, e.g.

- 28 EMT procedure
- 32 Knock hard
- 33 Parisian pal
- 34 Ryder Cup org.
- 36 Big name in computers
- 37 Holiday and Days
- 38 Ache
- 39 Firm, as pasta
- 40 It's usually locked after parking
- 41 Attacking, as the fridge
- 43 Full of ghosts

- 44 Go along with
- 45 Prepares
- 47 L.A. Angels' division
- 48 Big galoot
- 50 Stagecoach driver's "Stop!"
- 52 4:1, e.g.
- 53 Alternative to odds
- 54 Theater chairs
- 60 Classic car
- 62 CAT scan cousin
- 63 Fannie or Ginnie follower

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

- Down**
- 1 High seas bandits
 - 2 Periodic table listing
 - 3 Fax forerunners
 - 4 Bawl
 - 5 The Once-__: "The Lorax" character
 - 6 Mission to remember
 - 7 Houston sch.
 - 8 Biting, as criticism
 - 9 More wacky
 - 10 Period with 365 días
 - 11 For services rendered instead of cash
 - 12 Revolves
 - 13 Driver's license requirement
 - 18 Aardvark fare
 - 22 The NFL's Browns, on sports tickers
 - 25 Pour affection (on)
 - 26 Sweetie pie

1	2	3		4	5	6	7	8		9	10	11	12	13
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