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MONDAY, NOVEMBER 26, 2012

## Thin ice proves tragic for Ascot Corner family

ASCOT CORNER

An evening's skating outing took a tragic turn early Friday evening costing the life of a nine-year old boy and his 64-year old grandfather. The accident occurred on a private pond on a property on Hebert Road.

Gerard Payeur was skating with his grandson Nicolas when the latter broke through the thin ice and fell into the six-foot deep water. The elder Payeur attempted to pull him out but also fell into the icy water.

The event was witnessed by several family members who rushed in vain to try to help. The boy's grandmother was hospitalised for hypothermia but is expected to recover fully.

Police have launched an investigation into the accident but are reminding the public to be extremely careful when venturing out onto frozen lakes and ponds.

Several consecutive days of weather well below zero are required for ice to reach a thickness deemed safe for human activities.

## Santa Claus is in town



AL BARBER

The side walks were packed with thousands of spectators along King Street East, to watch the Santa Claus parade Sunday afternoon in Sherbrooke. The parade featured hundreds of performers from singers to dancers to marching bands. Santa and his wife arrived at City Hall on Wellington Street at about 4 p.m. A temperature of minus 2 C and light snow accompanied the exhilarated children and parents for the traditional event.

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Complete form and wait for an email activating your online subscription.

# Late Nite Madness weekend planned for Dec. 7-8 in Colebrook

COLEBROOK N.H.

The Colebrook Downtown Development Association's Promotions Committee is planning some great Late Nite Madness events for Friday and Saturday, Dec. 7 and 8, 2012. As always, the goal of this promotion is to encourage Christmas shopping, and this year's lineup is a festive combination of old favourites and new attractions.

Local businesses, student groups and volunteers come together to provide a classic Christmas shopping experience in downtown Colebrook, with stores open until 10 p.m. on Friday, Dec. 7. The Brady family's beautiful Percherons will provide horse-drawn hayrides from 5:30 to 8 p.m., sponsored by Citizens Bank and the First Colebrook Bank. Rides depart from the Twinkle Tent at First Colebrook Bank, where cookies and hot cocoa will be available. As always, the Key Club Elves will be out and about distributing candy canes and good cheer.

This year Late Nite Madness will include a bit of performing arts, with local young people presenting a Christmas skit at the former Sutton Place building (now Golden Locks) at 6 and 7:30 p.m.

Student carolers will sing there at 6:30, then take a musical stroll around Main Street. The evening will close with fireworks at 8:30 p.m., sponsored by Brooks Chevrolet.

The "madness" continues on Saturday, when Kheops will host Santa's Workshop at the Tillotson Center from 1 to 3 p.m. In memory of their late patriarch Francis Brady, the Brady family will offer horse-drawn hayrides on Saturday as well, also from 1 to 3 p.m. and leaving from the Tillotson Center.

This year's Late Nite Madness weekend boasts two new contests, the first of which is a weekend-long 50/50 raffle to benefit the CDDA. Tickets will be on sale Friday through Sunday, Dec. 7-9, and the CDDA directors will draw the winner at their meeting on Wednesday night, Dec. 12. Volunteers will be out selling 50/50 tickets Friday night, and they will also be available at Aime's Card & Gift, Hicks Hardware, Hill's Department Store and Jaime's Boutique.

Secondly, the Dancing Bear Pub is sponsoring a Shopping Poker Run with a \$200 cash prize for the best hand. Shoppers pick up a card on Friday evening, either at a downtown store or

at the Twinkle Tent, and present their card to be stamped with a purchase of \$5 or more on Friday or Saturday, limited to one stamp per store.

From 1-3 p.m. on Saturday, poker run participants present their stamped cards and draw their hands at the Dancing Bear. Players get one hand for every three stamps on the card, and may choose the best of their hands to play. First prize is \$200 cash; second and third prizes are gift certificates to the Dancing Bear Pub.

To help make downtown as festive as it can be this Christmas season, the Promotions Committee is encouraging all businesses and residents to decorate with plenty of outdoor lights. Also, a \$1,000 Tillotson North Country Foundation grant and \$2,000 from the CDDA will purchase lights to decorate the utility poles on Main Street, with an eye toward expansion in future years.

The CDDA is a nonprofit organization working to promote and energize Colebrook's downtown area. Anyone interested in volunteering to help with Late Nite Madness may contact Promotions Committee chairman Kelly LaPerle, at 603-237-5551.

# Celebrate an ole fashion Country Christmas at Fitch Bay

The holidays are a special time of year when we get to connect with friends and family, and create memories which will last a lifetime.

On Saturday, Dec. 15, 2012, The Fitch Bay Canon Guston Hall, will once again celebrate an Old Fashioned Country Christmas! The celebration will include something for all ages. Tea, coffee, hot chocolate,

eggnog and christmas goodies...

Indoor and outdoor games and activities will be available with prizes to be won. We'll also have a Christmas Craft and Bake sale table, all to help with some last minute Christmas ideas and costs. These activities will be followed by horse and wagon rides with Jingle Bells.

This Christmas celebration will end with Mr. and Mrs. Santa Clause

bringing presents and goodies to all the children!

Adults feel free to bring a gift if you would like to participate in the gift exchange!



COURTESY

Dec. 15, The Fitch Bay Canon Guston Hall, will celebrate an Old Fashioned Country Christmas!

## Weather



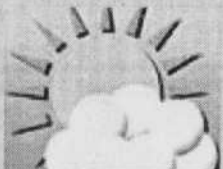
TODAY:  
MIX OF SUN  
AND CLOUD  
HIGH OF -3  
LOW OF -9



TUESDAY:  
CLOUDY,  
FLURRIES  
HIGH OF -2  
LOW OF -13



WEDNESDAY:  
CLOUDY  
HIGH OF -3  
LOW OF -11



THURSDAY:  
MIX OF SUN  
AND CLOUD  
HIGH OF -3  
LOW OF -8



FRIDAY:  
MIX OF SUN  
AND CLOUD  
HIGH OF -5  
LOW OF -10

Draw results: 2012-11-24

649	06 32 35	48	Bonus
	36 40 45		

Next grand prize (approx.): \$7,000,000

Extra 5507408

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Draw results: 2012-11-23

MAX	06 08 10 17 28 29 38	BONUS (B): 34	Extra
	8777423		

2 prizes of \$1 million

03 05 07 13 39 47 48 | 06 13 20 35 42 43 49

Next grand prize: \$50,000,000 + 15 prizes of \$1 million (approx.)

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

## Ben by Daniel Shelton



# LOCAL NEWS

The bridge, which serves as the only span over the Massawippi River between the campus of Bishop's University and downtown Lennoxville, dates back to the 1930s.

## Lennoxville bridge repairs a 'temporary solution'

Gordon Lambie  
Special to The Record

Just a few short weeks after borough councillor Mark McLaughlin raised concerns that heavy truck traffic posed a serious risk to the arch bridge over the Massawippi River in Lennoxville, the Quebec Transport Ministry (MTQ) announced that repairs would have to be made to the bridge.

In 2005, the bridge in question was the second in Quebec to be fitted with a sandwich plate system (SPS) bridge deck. An SPS bridge deck consists of two steel plates bound together by an elastomer

core: much like a sandwich. According to Julie Gagnon, of the MTQ, the technology was still quite new in 2005, and though it seemed a good solution, the MTQ has stopped employing SPS systems in bridge repair. She went on to clarify that the material binding the steel plates together had begun to come apart. Canam, the group responsible for the manufacturing of the SPS plates assumed responsibility for the cost of the repairs, owing to the fault in the manufacturer.

Gagnon was quite clear in saying that if the MTQ saw any risks to public safety

whatsoever, the bridge would be closed, leaving the implication that the bridge's being open means it is safe. She did also state though, that the repairs done last week were only a "temporary solution" and that the MTQ is looking into what more needs to be done.

Concerns were raised by McLaughlin and echoed by Student Representative Council President Adam Peabody two weeks ago when news came to light that the extension of highway 410 would not reach Lennoxville until at least December of 2015. The highway extension project was created with the idea of getting

heavy truck traffic out of the core of Lennoxville and off of the bridge which, McLaughlin said at the time, "was not made with trucks in mind."

The bridge, which serves as the only span over the Massawippi River between the campus of Bishop's University and downtown Lennoxville, dates back to the 1930s and is a vital artery for both automotive and pedestrian traffic in the borough. Closure of the bridge would result in lengthy detours for cars and a complete standstill of pedestrian traffic, effectively cutting Bishop's off from the majority of its students and staff.

## Environment Ministry clarifies Neptune notices

Record staff  
SHERBROOKE

The Quebec Department of the Environment has confirmed the claims by Neptune Technologies that the notices of non-conformity issued to the ill-fated company earlier this year did not relate to the quantity of acetone stored on site. The notices, rather, concerned the number of storage tanks and not their contents.

"We don't know how much acetone was in those tanks," said the ministry's regional director Pierre Paquin late Friday afternoon, 24 hours after the release of a communiqué by Neptune Technologies & Bioresources CEO Michel Chartrand.

Chartrand has long insisted that, contrary to media reports, Neptune was not storing an excessive amount of acetone at the time of the explosion that killed three people in its Sherbrooke fa-

cility on Nov. 8. This story has "damaged" this company's position on the stock market, he said.

Eight days ago, the Ministry of the Environment sent two notices of non-compliance to Neptune. One concerned the modification and addition of production equipment in the existing plant. The other indicated that the expansion - ongoing for nearly a year at a cost of \$20 million - had been done "without first obtaining a certificate of

authorization from the Minister." Unauthorized tanks were found on the site.

Media reports had hinted that a greater amount of acetone was being stored in these tanks and that this may have had something to do with the explosion. Subsequent interviews with ministry officials did nothing to counter this impression.

"Every time, it was a question of the quantity of tanks," Paquin insists.

## Sherbrooke closes pool loophole

SHERBROOKE

A loophole allowing for the construction of swimming pools and outbuildings (sheds) on front yards in Brompton has now been closed.

A by-law passed in August 2010 by the City of Sherbrooke was designed to harmonize standards for accessory buildings, carports and temporary shelters across the unified city territory.

As written, however, the regulation allowed the construction of swimming pools and accessory buildings (e.g. a shed) in the front

yard of a residence in the former City of Bromptonville, three feet from the property limit.

A bureaucrat from the City of Sherbrooke discovered the oversight recently and the regulation was re-written at the last municipal council meeting bringing Brompton in line with the rest of the city, where pools and outbuildings are permitted only behind or beside the residence.

## Six hurt in Sherbrooke crash

Six people were injured during a two-vehicle accident on Scotch Road in Sherbrooke Saturday afternoon.

The injured, all of whom were brought to hospital with minor injuries, included a one-year-old baby.

"It's always upsetting when there is a baby involved in an accident," said officer Rene Dubreuil of the Sherbrooke Police,

"but fortunately, everyone is well and there is no fear for the lives of the occupants."

It appears that one driver, attempting to get onto Scotch Road off Highway 55 was distracted, causing the accident. He apparently did not see the oncoming car and was struck crosswise. Emergency responders used the Jaws of Life to extract a driver from the wreckage.

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Bryan Carruthers, President

### BEST BUY

On page 3 of the November 23 flyer, the Acer 3rd Generation Intel® Core™ i3 Processor (V5-571P-6627) (WebCode: 10223559) was advertised with an incorrect specification. Please be advised that the laptop features a 15.6" screen, NOT 17.3" as previously advertised. Furthermore, on page 4 of the Black Friday Wrap, the Nikon S9300 Coolpix 16.0 Megapixel Digital Camera (WebCode: 10197319/10197322) may not be in stock due to a delayed shipment. Rainchecks are available upon request. An additional offer is also available; please see a Product Specialist for more details. As well, on page 12, the Apple iPod touch 16GB (ME178C/A & ME179C/A) (WebCode: 10219768/10219769) is limited in quantity, with no rainchecks available. Customers may purchase item only until supplies last. Finally, on page 23, the Samsung LN46E550 46" 1080p 60Hz LCD HDTV (WebCode: 10201530) was advertised with incorrect specifications. Please be advised that this TV is 46" LCD, not LED. We sincerely apologize for any inconvenience this may have caused our valued customers.

### FUTURE SHOP

On the November 23 flyer, page 6, this product: HP Laptop Featuring AMD E-300 Accelerated Processor (WebCode: 10225636) was advertised with an incorrect specification. Please be advised that the laptop features a 320GB Hard Drive, NOT 500GB as previously advertised. We sincerely apologize for any inconvenience this may have caused our valued customers.

### FUTURE SHOP

Please be advised that Mad Men Season 5 Limited Edition and The Mentalist Season 3 (WebID: M2200252/M2191725), advertised in the November 23 flyer, page 21, were shown with the incorrect price of \$9.99 each. The correct pricing of these products is \$19.99 for Mad Men and \$14.99 for The Mentalist. We sincerely apologize for any inconvenience this may have caused our valued customers.

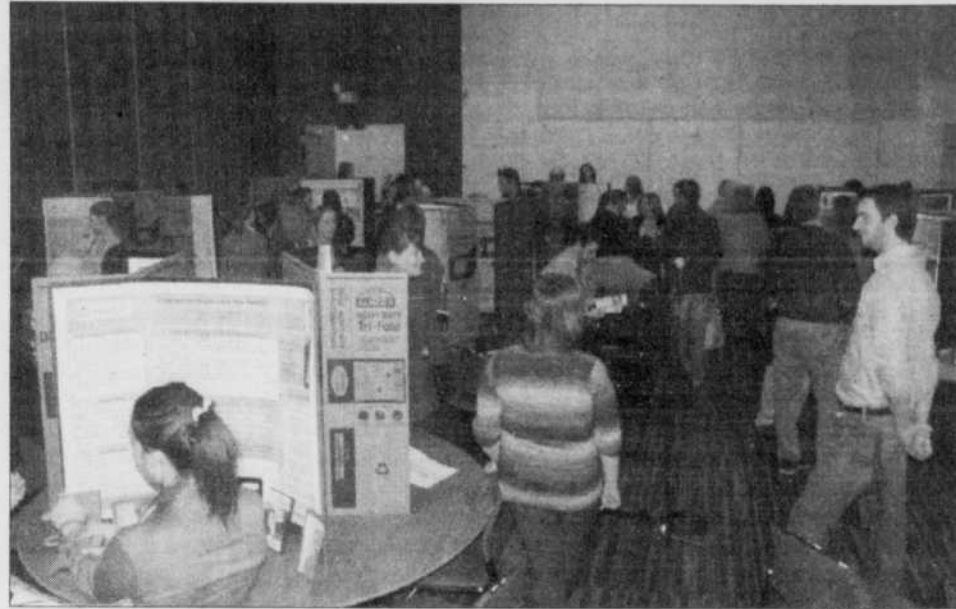
# Bishop's students share research at provincial conference

Gordon Lambie  
Special to The Record

Bishop's University's bachelors of education students were in Montreal this past Friday, presenting research on the topic of individual differences in the classroom at the Quebec Provincial Association of Teachers (QPAT) conference.

Having successfully mounted the individual differences conference for more than 100 guests at Bishop's on Nov. 16, the students took their show on the road for the third year in a row to demonstrate their learning and help keep Quebec's teachers up-to date on the most current research regarding how to approach topics ranging from hearing impairment to AD/HD, among many others.

The conference is a culmination of a course on students' special needs and differences taken by education students in their final year at Bishop's. The course is taught by Dr. Corrine Haigh, who took over from Josée Rourke three years ago. Both were present at the conference in Montreal, and both showed a great pride in the achievement of the students.



Bishop's University education students travelled to Montreal Friday to share their research on students needs at the annual teacher's convention

"People expect it now, I think," Haigh said, regarding the continued participation of Bishop's students in the provincial gathering of teaching professionals, "the conference on campus was a huge success... the feedback we got was over-

whelmingly positive."

Haigh and Rourke both emphasized that the purpose of the project was to provide students with the opportunity to engage deeply in research while also opening up discussion with others in

the teaching profession.

Rourke spoke to the origins of the conference, relating that in her experience working for the school board, "I knew my teachers, my resource teachers, even, didn't have time to keep up with the current research. We had students doing research sometimes for the sake of research, then sharing it with each other for the course, maybe some other classes but then, all of a sudden, I said why not do it in a way that they can share with other teachers... it makes it much more interactive... it validates the importance of teachers teaching teachers."

Owing to a different structure, students were "on the spot" for a much shorter time in Montreal, working within a 75 minute block of time instead of the four hours available at Bishop's. Students remarked that there was a lot of competition for attention at the QPAT conference, as there were other workshops going on at the same time. Regardless, of these facts, however, the room was crowded with discussion and engaged students and teachers.

"I'm very excited to see what it's become," Rourke Shared. "It's really amazing."

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## Christmas Market comes to life

SHERBROOKE

It was a colourful and musical kick-off for the 2012 edition of the Sherbrooke Christmas Market at the Marché de la Gare last Friday evening.

Thousands gathered just after dusk to witness the spectacle of the illumination of the largest Christmas tree in Canada followed by a mini-concert offered by five performers from the popular french TV talent show Star Academie. Speaking before the ceremonies, Sherbrooke Mayor Bernard Sevigny marveled at the 73-foot spruce, while thanking the Christmas Market Corporation for organizing the event. "Again, with this tree and the Christmas market, the Corporation offers an impressive and delightful way to prepare for the holiday season."

Dany Lachance, municipal councillor and President of Destination Sherbrooke said that Sherbrooke has become a major destination for the holiday season. "Close to the Christmas Market, visitors can also enjoy museums, specialty shops, good restaurants and even outdoor hiking in the city centre, activities and attractions that complement the Christmas season in Sherbrooke."

A highlight of this year's market, and new to the Marché de la Gare, is the refrigerated skating path that has already welcomed its first skaters. The path was the result of a \$75,000 cheque from the Molson Coors brewing company as well as other local sponsors. The proposal for this project gathered the most votes in Molson Coors' 'Salute your community' contest. The trail is now open to the public from 7 a.m. until 11 p.m. daily until Mar. 10. A heated shelter near the trail is being constructed.

Sherbrooke's Christmas Market offers a colourful and dynamic Christmas experience for the entire family. The giant tree and the huge Ferris wheel add to the festive atmosphere while the boutiques, shops and artisans offer unique and thoughtful gift ideas.

The Christmas Market is open Thursday and Friday evenings from 5 until 9 p.m., on Saturdays from 11 a.m. to 9 p.m. and on Sundays from 11 a.m. to 6 p.m. until December 31.

Most merchants and artisans, as well as the 'Enchanted Forest' are open every day.

# A celestial calling for Canada's last asbestos mine: Jeffrey Mine hosts Mars experiments

By Peter Rakobowchuk  
The Canadian Press

Canada's last asbestos mine, now winding down its operations, may have a new celestial calling — as a stand-in for planet Mars.

Quebec's Jeffrey Mine hosted nearly two-dozen scientists recently for a simulated Mars mission initiated by Canada's space agency.

The scientists from four universities made a pair of trips to the Asbestos region, this year and last year, accompanied by a micro-rover.

"There are definitely areas (on Mars) that are much more like what we have at Jeffrey Mine," said Ed Cloutis, a University of Winnipeg professor who participated in the project.

The new vocation won't exactly replace the once-mighty asbestos industry as an economic lifeblood for the region.

The mine had been counting on a \$58 million government loan to renovate and keep operating. The simulated Mars mission, on the whole, cost \$800,000 — and some local officials, including an alderman and the town's director general, didn't even appear to be aware of the project when contacted by The Canadian Press.

The goal of the project was to simulate as closely as possible a Mars rover mission to detect the presence of, and determine the source of, methane on Mars.

Cloutis, an expert in planetary geology, said the scientific missions to the Asbestos region could be Canada's ticket to future trips to the red planet.

"One way to search for life on Mars (is) you look at the gases that might be produced or used as a food source by bacteria on Mars," Cloutis said in an interview.

Methane gas, which can be found at the mine on the edge of the town of Asbestos, is one of two key indicators of life. The other is water.

Jeffrey, with a diameter of over two kilometres and 350 metres deep, was

one of the largest open-pit mines in the world. The mine hosts serpentinite, a rock which is prone to bacteria — the ultimate life form. Methane gas is a byproduct of bacteria.

Methane has already been detected in the Martian atmosphere and scientists are hoping NASA's Curiosity rover will find it on the planet.

The Asbestos project was spearheaded by MPB Communications Inc., a Montreal-area firm and the prime contractor, which also developed a micro-rover named Kapvik. The waist-high rover, whose robotic arm was developed by engineers at Ryerson University, was put to work during the research.

The mission employed a team of about 20 people at Jeffrey Mine in June 2011 and again at nearby Norbestos, in June 2012, while the Canadian Space Agency in Longueuil, acted as mission control.

Cloutis was joined on the project by other scientific investigators from McGill University, Carleton University and the University of Toronto.

Their initial site is looking even more desolate and Mars-like than usual, these days.

The new Parti Quebecois provincial government has cancelled a \$58 million loan, which would have kept the controversial industry alive. Cancelling that loan, signed in July by the former Liberal government, was a PQ election promise.

Asbestos town councillor Serge Boislard says that, since the cancellation, the number of personnel at the mine has dropped down to about 20 workers who are only doing basic maintenance and providing security.

He says the last of the mine's managers and engineers were laid off several weeks ago. He recalls the days when that mine employed about 2,000 people — back in the industry's heyday, before the international pressure mounted to ban asbestos because of its links to cancer.

"It would take a miracle to reopen the mine in the coming years," he said. Like some other local officials, Boislard had-

n't heard of the Mars project.

The effort got rolling when the Canadian Space Agency contracted MPB's space division to develop the so-called "analogue" mission.

Wes Jamroz, the director of MPB Communications, says the Jeffrey Mine has a bright future as a Mars substitute.

"This mine is a very real environment to practice future deployment on Mars because you have the same rocks (and) you have the same environment," he said in an interview.

"During these two deployments we were able to find out that there were natural traces of methane as well, so you have all the factors that you need."

Jamroz suggests the Quebec project might even, in some ways, be on a more promising track than NASA's famous Curiosity rover.

He says the huge NASA lab is using laser-based instruments to "sniff" for methane on rocks and cracks, which mixes very quickly with the atmosphere.

"The chances of sniffing things, and that you are going to find an opening, are very low — but this is my opinion," Jamroz said.

He says the tests carried out in Quebec indicate it would be much more effective to look for certain kinds of rocks

and cracks on the Martian surface.

"You have a set of cameras that can recognize certain geological features and you go to the spot and then you measure methane," he said.

Jamroz also said using his small micro-rover for a future Mars mission would be far less expensive than Curiosity, which is the size of a small SUV.

"Remember, Curiosity weighs one ton and the rover we are playing with is between 30 and 40 kilos," he said. "We estimate that this kind of mission, with international co-operation from partners like the Brits and Americans, you can do it with \$100 million instead of several billion."

NASA says Curiosity, which weighs 900 kilograms, cost \$2.5 billion.

Cloutis told a recent Canadian space summit in London, Ont., that his group is lobbying for additional rover trials at Asbestos.

"Our rationale is that the moon and Mars will continue to be targets of interest for the deployment of rovers," he said.

"In terms of waving the Canadian flag, if we have all this great experience, we'll be better positioned to participate in some of these (future) international missions."

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## Quebec chips in for Coaticook reservoir

COATICOOK

The Quebec government will chip in the financing for half the cost of rebuilding the Cutting Reservoir in Coaticook. The City of Coaticook will pick up the rest of the \$7.4 million bill.

Saint-François MNA and Minister of Health and Social Services, Réjean Hébert, made the announcement last Friday at Coaticook City Hall. "This is a priority project," Hébert said, "The reservoir serves more than 6,400 people it has to meet new quality standards. Ultimately, this project will provide better drinking water to the community, in addition to improving public services, all in a sustainable manner." The money will come from the provincial infrastructure fund.

The project, estimated at \$7.4 million, includes the construction of a new reservoir, a pumping station, a precipitation /

filtration system for the removal of arsenic, and the addition of a sodium hypochlorite disinfection process. It also includes the construction of a service building to house all the necessary equipment and other complementary work.

Quebec recently raised the quality standards for drinking water. The amount of arsenic can now be no more than 10 micrograms per litre. Coaticook's water currently measures 12.

According to Mayor Bertrand Lamoureux, these new regulations have made it easier to push these projects through in Quebec. "Our reservoir is more than 60 years old and we've wanted to start this work for a long time. We welcome the minister's announcement."

The work to refurbish the Cutting Reservoir is scheduled to begin in the fall of 2013.

# EDITORIAL

Following the death of millions in last year's Fukushima nuclear catastrophe, it is hardly surprising that the world's biggest users of nuclear power are shutting their plants down.

## Nuclear madness

By Gwynne Dyer

After the loss of 10 million American lives in the Three-Mile Island calamity in 1979, the death of two billion in the Chernobyl holocaust in 1986, and now the abandonment of all of northern Japan following the death of millions in last year's Fukushima nuclear catastrophe, it is hardly surprising that the world's biggest users of nuclear power are shutting their plants down.

Oh, wait a minute...This just in! Nobody died in the Three-Mile Island calamity, 28 plant workers were killed and 15 other people subsequently died of thyroid cancer in the Chernobyl holocaust, and nobody died in the Fukushima catastrophe. But they really are shutting their nuclear plants down.

They have already shut them down in Japan. All of the country's fifty nuclear reactors were closed for safety checks after the tsunami damaged the Fukushima plant, and only two have reopened so far. The government has now promised to close every nuclear power plant in Japan permanently by 2040.

The new Japanese plan says that the country will replace nuclear energy with an eightfold increase in renewable energy (wind, solar, etc.), and "the development of sustainable ways to use fossil fuels." But going from 4 per cent to 30 per cent renewables in the energy mix will take decades, and nobody has yet found an economically sustainable way to sequester the greenhouse gas emissions from burning fossil fuels.

The truth is that as the Arctic sea ice melts and grain harvests are devastated by heat waves and drought, the world's third-largest user of nuclear energy has decided to go back to emitting lots and lots of carbon dioxide.

In Germany, Chancellor Angela Merkel has promised to close all the country's nuclear reactors by 2022. She also promised to replace them with renewable power sources, of

course, but the reality will be that the country will burn more fossil fuels.

Even France, which has taken 80 per cent of its energy from nuclear power for decades with no problems, is joining the panic. President Francois Hollande's new government has promised to lower the country's dependence on nuclear energy to 50 per cent of the national energy mix.

He had to do it, even though closing down the nuclear plants will lead to a sharp rise in greenhouse gas emissions in precisely the period when the race to cut emissions and avoid a rise in average global temperature of more than 2 degrees C will be won or lost. Nuclear energy is a kind of witchcraft, and the public is frightened.

Fortunately, their superstitious fears are largely absent in more sophisticated parts of the world. Only four new nuclear reactors are under construction in the European Union, and only one in the United States, but there are 61 being built elsewhere. Over two-thirds of them are being built in the BRICs (Brazil, Russia, India and China), where economies are growing fast and governments are increasingly concerned about both pollution and climate change.

But it's not enough to outweigh the closure of so many nuclear plants in the developed world: the price of nuclear fuel has collapsed in the last four years, and uranium mine openings and expansions have been cancelled.

More people die from coal pollution each day than have been killed by fifty years of nuclear power operations - and that's just from lung disease. If you include future deaths from global warming due to burning fossil fuels, closing down nuclear power stations is sheer madness. Welcome to the Middle Ages.

*Gwynne Dyer is an independent journalist whose articles are published in 45 countries.*

Federal Position On Meeting With The Premiers To Discuss The Economy...



## Letters

DEAR EDITOR:

The members of Lennoxville United Church's General UCW extend their deepest appreciation to the over 90 volunteers who worked before, during and after its 2012 Christmas Bazaar and Turkey Supper on Saturday, November 17.

We are grateful for the tremendous support of friends, family and the community-at-large who filled our two halls to capacity (over 450 turkey suppers were served!) and enabled us to have our most successful event to date.

For more details of this major fund-raising effort we invite you to visit our website at [www.lennoxvilleunitedchurch.com](http://www.lennoxvilleunitedchurch.com).

Thank you all so very much.

FRANKIE NOBLE,  
PUBLICITY CONVENOR  
ON BEHALF OF THE 2012  
BAZAAR AND TURKEY SUPPER  
ORGANIZING COMMITTEES

DEAR EDITOR:

The International Day for the Elimination of Violence against Women

For thirty-one years Canadians have come together with the nations of the world to mark November 25 as a day for ending violations of women's most fundamental rights. Women and girls' human rights are still too often ignored when they suffer physical, sexual, or mental violence, both in their public and private lives.

On behalf of the Liberal Party of Canada and our Parliamentary Caucus, I would like to take this occasion to reaffirm our steadfast commitment to the universal safety, health and equality of all women and girls.

Every day in Canada nearly 3,000 women are forced to find refuge from violence. Aboriginal women are especially vulnerable - they represent only three per cent of Canadian women but account for 10 per cent of Canada's female homicide victims. Full equality for women and girls will only be achieved when we confront and end gender-based violence.

The Liberal Party renews its calls for specific measures to address these abuses, including an affordable housing strategy, action to tackle human trafficking and a strong violence prevention strategy.

JUDY SGRO  
LIBERAL STATUS OF WOMEN CRITIC  
OTTAWA.

### THE RECORD

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FAX FOR NEWSROOM ONLY: 819-569-3945  
E-MAIL: [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com)  
WEBSITE: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)

SHARON McCULLY PUBLISHER ..... (819) 569-9511  
DANIEL COULOMBE NEWS EDITOR ..... (819) 569-6345  
STEPHEN BLAKE CORRESP. EDITOR ..... (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN ..... (819) 569-9931

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# THE LINK

Linking Lennoxville & the surrounding communities

## Lennoxville Directory

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### An event for a good cause

Sylvia Bullard

A large number of families in the region turned out for the first edition of L'Evenement pour une bonne cause (Event for a Good Cause), Saturday, at the Centre de foires de Sherbrooke.

The event was to raise awareness of poverty at Christmas time and came in the form of children's entertainment, inflatable games, shows with animated characters such as Jonathan Wizard, mascots, make-up and Santa Claus. The entry for these fun-filled hours of family day activities was free; however people were encouraged to bring in non-perishable food, a new toy or a voluntary cash contribution as entry fee.

All proceeds went to three organizations: Foundation Rock Guertin, Meals on Wheels of Sercovie, and Sherbrooke Firefighters (Campagne de Jouets Pompiers Sherbrooke) who organizes a campaign to collect toys.

In order to promote the event, and wanting to raise awareness of the importance of the services provided by these organizations many additional partners teamed up with Amusement gonflable de l'Estrie.

"I am very happy and surprised with the response", said organization President David Bélanger. It took a full year of planning with today being the result of it, he noted. "I am very happy and proud of this all."

Belanger, founder and coordinator of the event said he had the idea because he remembers very well what it was like growing up in a family that was far from rich.

sylvia.recordlink@yahoo.ca



PHOTOS BY SYLVIA BULLARD

David Belanger, President of Amusement gonflable de l'Estrie, and founder and coordinator of L'Evenement pour une bonne cause, (Event for a Good Cause), wants to make more people aware of organizations like Foundation Rock Guertin, Meals on Wheels of Sercovie, and Sherbrooke Firefighters (Campagne de Jouets Pompiers Sherbrooke) that help families because he remembers very well what it was like growing up in a family that was far from rich.



Marc Andre Pednault, Gilles Lapointe, Olivier St-Martin of Sherbrooke Firefighters (Campagne de Jouets Pompiers Sherbrooke).



In addition to the fun filled activities and entertainment Santa was on hand to take orders from children for Christmas.

### Are you ready for the perils of winter driving?

Sylvia Bullard

The winter season of snow and ice has arrived, which is the reality for motorists in Quebec. All passenger vehicles and taxis registered in Quebec must be equipped with tires specifically designed for winter driving as of Dec. 15, and until Mar. 15.

Unless you have a winter tire exemption certificate - and you must show it to the officer if you are pulled over - vehicle owners who do not comply with the regulations will face a ticket of \$200 plus costs and contribution.

Owners of some vehicles can equip

their vehicles with studded tires from Oct. 15 to May 1, inclusive. The use of studded tires is prohibited outside this period. Studded tires may be used between Oct. 15 and May 1 on commercial vehicles whose total loaded mass does not exceed 3,000 kg and on passenger vehicles and taxis, provided these vehicles have studded tires on both ends of an axle, and if they have studded tires on the wheels of the front axle, provided they also have them on the wheels of the rear axle according to the Ministry of Transport website.

Operation against alcohol or drug-impaired driving

From Dec. 1, 2012 to Jan. 2, 2013, police in Québec will be carrying out a major operation against alcohol or drug-impaired driving. Quebec police organizations emphasize the importance of planning his travels before going to a party, including using a designated driver, the services of a taxi, public transportation or a designated driver service.

You will make

your travel safer and can enjoy a happy holiday season!

Sylvia.recordlink@yahoo.ca

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# Dixville Home Foundation: Giving a better quality of life to those in need...



SYLVIA BULLARD

Dixville Home Foundation board member Robert Nutbrown says the foundation depends on private donations and community fundraising to keep it going.

Sylvia Bullard

**D**ixville Home Foundation board member Robert Nutbrown says, "Giving a

better quality of life to the person having an intellectual disability or a pervasive developmental disorder is what our foundation is all about."

Not only is the Fondation a valuable partner to the Dixville Home, but also to the Centre de réadaptation en déficience intellectuelle et troubles en-

vahissants du développement (CRDITED Estrie) - translated into English as Intellectual Disabilities and Pervasive Development Disorders Readaptation Center.

held yearly at Bishop's College School, in addition to private donations.

The transformation of the old Entre-Deux workshop located at 33 Queen street in the last year that now functions as a drop in centre for those with intellectual disabilities and pervasive development disorders who need some socialization is yet another achievement the foundation is proud of.

Nutbrown says, "We usually get between 18 - 25 people coming here. Though the centre is informal, there is a structure where people can participate and learn new skills if they want to, but they can do as much or as little as they want to. The success of our drop in centre is chiefly due to Judi Janzen who oversees and does a fantastic job organizing activities for those who come to the centre."

Donations of three used computer were very much appreciated additions to the two large flat screen TVs the foundation purchased along with a Wii game system, pool table, outdoor barbecue and gazebo, as well as new kitchen appliances for cooking classes.

Nutbrown says future projects may also include gardens that the participants can grow.

To learn more about the foundation, schedule of activities or to make a donation, telephone: 819-346-8471 ex.741 and ask for Sonja Garbutt.

The privately run Foundation has played a key role in making possible the realization or development of a number of projects for its users to improve their quality of life working hand in hand with CRDITED Estrie located at 3355 College street in the Borough of Lennoxville.

Some of the major achievements have been participation for those with disabilities in the Special Olympics Games and exhibition of artistic works at Uplands Cultural and Heritage Centre. Leisure activities have been organized that include hiking, horseback riding, dances. In addition, support for those who live alone and purchase of specialized rehabilitation equipment.

Included to the already long list of answered to needs is the acquisition and maintenance of buildings to provide residential services to users who need them and financial support to the Dixville Home Dental Clinic.

Funds for the foundation are raised by means of fundraisers within the community such as the Wine & Cheese reception

Sylvia.recordlink@yahoo.ca



## We Need Your Help This Holiday!

**Cheques should be made payable to AGRHS - Gift Basket Campaign. Mail to: AGRHS, P.O. Box 5002, Sherbrooke, QC J1M 1Z9**

**Let's make sure the food pantry is really stuffed this holiday season!**



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All food is needed at this time of year to help less fortunate families - that's why we need a ton of help to collect a ton of food.  
Do a little extra shopping. Ask friends, neighbours and family to help.

**Please bring your food items to any sponsor before December 5, 2012.**

Gifts for children are also needed, if wrapped please indicate boy/girl, age group.

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# Local Sports

Sherbrooke (5-19-2) ended a four-game winless streak by edging the Oceanic Saturday.

## QMJHL ROUNDUP:

# Phoenix loses, wins in weekend road games

The Canadian Press

### Phoenix 2 Oceanic 1

At Rimouski, Jacob Gervais-Chouinard turned away 43-of-44 shots and Jean-Christophe Laflamme scored the winning goal at 15:07 of the third period as Sherbrooke (5-19-2) ended a four-game winless streak by edging the Oceanic (14-9-4) Saturday.

### Moncton 6 Baie-Comeau 5

At Moncton, N.B., Lebel and Paquin-Boudreau scored less than two minutes apart to give Baie-Comeau a 2-0 lead midway through the first period.

Alex Saulnier cut the Drakkar's lead in half at 15:50 with a power-play goal, but Paquin-Boudreau scored again at 18:32 to make it 3-1 Baie-Comeau after 20 minutes of play.

Alain Saulnier opened the second period with back-to-back power-play goals to tie the game for Moncton.

Jaskin gave the Wildcats their first lead of the game at 6:53 and Alex Saulnier made it 5-3 at 8:37.

Ranger scored with just four seconds remaining in the period to make it 5-4 heading into the final period.

Veilleux scored the eventual winner 6:37 into the third period before Zykov added a late goal for the Drakkar.

Elsewhere in the QMJHL, it was: Saint John 4, Cape Breton 1; Rouyn-Noranda 6, Acadie-Bathurst 2 and Val-d'Or 4, Shawinigan 1.

### Sea Dogs 4 Screaming Eagles 1

At Saint John, N.B., Stephen MacAulay scored twice and set up one more while Sebastien Auger stopped 25 shots as the Sea Dogs (12-12-0) beat Cape Breton (7-15-5), which has dropped four games in a row.

### Huskies 6 Titan 2

At Rouyn-Noranda, Nikita Kucherov, Marcus Power and Gabriel Desjardins each had a goal and an assist as the Huskies (16-8-1) picked up their third straight victory by defeating Acadie-Bathurst (10-15-4).

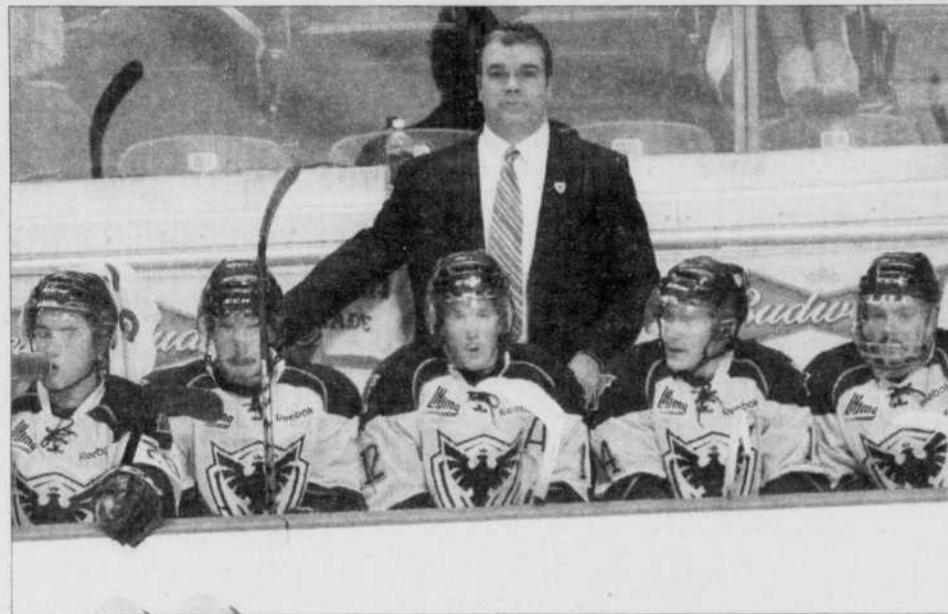


PHOTO COURTESY SHERBROOKE PHOENIX

Coach Judes Valee and his Phoenix lost 6-0 Friday night against the Rempart in Quebec City and won 2-1 at Rimouski Saturday afternoon.

### Foreurs 4 Cataractes 1

At Val-d'Or, Michael Beaudry scored twice and Anthony Mantha had a goal and an assist as the Foreurs (13-11-2) handed Shawinigan (4-19-3) its sixth straight defeat.

### Friday night action

### Remparts 6 Phoenix 0

At Quebec City, Mikhail Grigorenko scored three times, which gives him a QMJHL leading 23 goals in 23 games, and Zachary Fortin stopped 24 shots as the Remparts (19-5-0) blanked Sherbrooke (4-19-2) for their fourth straight victory on Friday in Quebec Major Junior Hockey League action.

In other QMJHL Games: Raphael Bussieres scored 2:52 into overtime to lift the Baie-Comeau Drakkar over the host P.E.I. Rocket 3-2.

The 19-year-old winger currently has the longest goal-scoring streak in the league as he's now scored at least once in eight straight contests. He has nine goals and 19 points in those eight games and 15 goals and 34 points in 25 games

in total.

Frederic Gamelin had a goal and an assist for the Drakkar (17-5-3), who won for the first time in three outings, and Valentin Zykov scored the other.

Victor Provencher had a goal and an assist for the Rocket (13-9-2) and Louick Marcotte scored once.

Simon Lemieux stopped 35-of-37 shots for his fourth win of the season as Maxime Lagace turned aside 25 shots in a losing cause.

Baie-Comeau went 1-for-2 on the power play while P.E.I. failed to score on either of its chances with the man advantage.

Elsewhere in the QMJHL Friday, it was: Halifax 4, Cape Breton 2; Chicoutimi 5, Victoriaville 4 (SO); Acadie-Bathurst 5, Val-d'Or 3; Blainville-Boisbriand 3, Gatineau 0; Rimouski 7, Drummondville 5 and Rouyn-Noranda 4, Shawinigan 0.

At Charlottetown, Marcotte opened the scoring for the Rocket 3:05 into the first period, but Zykov responded for the Drakkar at 10:10 to make it 1-1 after 20 minutes of action.

Gamelin gave Baie-Comeau its first

lead of the game with a power-play goal at 8:17 of the second period, however Provencher tied the game just over six minutes later.

The two clubs combined for 19 shots on goal in the third period but neither team could score.

### Mooseheads 4 Screaming Eagles 2

At Halifax, Nathan MacKinnon had a goal and two assists and Zachary Fucale made 30 saves as the Mooseheads (21-2-1) extended their winning streak to four games by doubling up Cape Breton (7-14-5).

### Sagueneens 5 Tigres 4 (SO)

At Victoriaville, Laurent Dauphin scored once and set up two more while Christopher Gibson made 24 saves as Chicoutimi (12-11-3) came back from three goals down to beat the Tigres (10-9-5), who have lost four straight.

### Titan 5 Foreurs 3

At Val-d'Or, Patrik Zdrahal had two goals and an assist and Alec Jon Banville had a goal and an assist as Acadie-Bathurst (10-14-4) snapped a six-game winless streak by defeating the Foreurs (12-11-2).

### Armada 3 Olympiques 0

At Gatineau, Etienne Marcoux only had to make 16 saves and Blainville-Boisbriand (19-5-2) scored three times in the first period as it went on to blank the Olympiques (9-14-1) for its sixth straight win.

### Oceanic 7 Voltigueres 5

At Rimouski six Oceanic players recorded a multi-point game including Frederik Gauthier, who had a goal and two assists, as Rimouski (14-8-4) downed Drummondville (13-12-0).

### Huskies 4 Cataractes 0

At Rouyn-Noranda, Alexandre Belanger stopped all 24 shots he faced and Jean-Sebastien Dea and Sven Andrighetto each had a goal and an assist as the Huskies (15-8-1) handed Shawinigan (4-18-3) its sixth loss in a row.

## Basketball: Men's Gaiters earn first win of the year

The Bishop's Gaiters men's basketball team won their first game of the season on Saturday night. They defeated the Laval Rouge et Or 74-58 in front of a energetic Mitchell Gymnasium crowd. It was the last home game of the semester for the purple and silver.

The game opened with a torrid pace. The Gaiters (1-1) looked to push the ball down the court as fast and as often as possible. They jumped out to an early 21-15 lead after the first quarter.

The second quarter was much of the same as Bishop's continued to look to push the ball and Laval (1-3) was content trying to score in a half court set. Laval trimmed the Gaiters lead to 37-32 at the break. It would have been a smaller mar-

gin except the Gaiters' Scott Ring (Ottawa) knocked down a three pointer as time expired.

Bishop's seemed to grab control early in the third quarter but were unable to deliver a knockout punch as Laval hung around. After three quarters the Gaiters held a narrow 56-50 lead.

Behind the encouragement of their fans the Gaiters pulled away in the fourth quarter extending their lead to as much as 17 points. The final buzzer went with the Gaiters on top 74-58. It was Bishop's first win of the season and moves them into third place in the conference.

Undoubtedly Bishop's was led by their floor general Ring who scored 23

points and added seven assists in 31 minutes. Early on he controlled much of the tempo as well. Onnex Blackwood (Scarborough, Ontario) added 14 points and Tim Hunter (Baie D'Urfe, Quebec) 10.

The Gaiters are back in action for the final time of the semester on Thursday, November 29. They travel to Montreal to face the No. 4 ranked McGill Redmen (3-0). Tipoff is scheduled for 8 p.m. in Love Competition Hall. Follow all the Gaiters in action at [www.gaiters.ca](http://www.gaiters.ca).

### Women's basketball: Gaiters fall to Laval

The Bishop's Gaiters women's basket-

ball team fell 80-47 to the Laval Rouge et Or on Saturday. The Gaiters trailed the entire game but were within striking distance at the half. Laval went onto outscore Bishop's 44-19 after the break as they cruised to victory.

The Gaiters were once again led by Gabrielle Chamberland (Sherbrooke) who scored 18 points and grabbed seven rebounds.

The Gaiters will now look ahead to their last game of the semester. They play the McGill Martlets (1-2) in Montreal on Thursday, Nov. 29. Tipoff is scheduled for 6 p.m. at Love Competition Hall.

Source: Marty Rourke  
Bishop's University

ASK DOCTOR K



## Taper off antidepressant rather than stopping cold

By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** I've been on an antidepressant for about a year, and I'm feeling much better. Why can't I just discontinue it?

**DEAR READER:** There's actually a very good reason: If not handled carefully, coming off your medication can cause disturbing symptoms — and it can set you up for a relapse of depression.

Of course, you have the right to do anything you want with your medications. But I think you should talk with your doctor first about whether to stop the medication, and how. If you decide to stop, your doctor probably will advise you to taper the dose slowly. By doing so, you can minimize or avoid the symptoms that can occur if antidepressants are stopped too quickly.

Why do so-called "discontinuation symptoms" occur in the first place? Antidepressants work by altering levels of neurotransmitters. These are the chemical messengers that are sent by one brain cell (called a neuron) and then attach to another brain cell and affect its function. Neurons get used to a certain level of neurotransmitters. If you suddenly stop taking your antidepressant, neurotransmitter levels will drop quickly. This can cause a constellation of symptoms. They're not dangerous, but they may be uncomfortable.

Neurons connect to all the organs in the body and affect their function. As a result, discontinuation symptoms can be physical as well as mental. Symptoms may affect everything from digestion to sleep to balance. You may have trouble regulating your body temperature, or you may experience strange sensations such as pain, numbness or a ringing in your ears.

If someone, like you, who feels a lot better on an antidepressant stops the medicine, there is a chance the depression or anxiety for which they were

treated will come back. It's not like insulin for diabetes, where once you need insulin, you'll likely always need it. The depression or anxiety may not return after stopping the medicine. But stopping the medicine suddenly can cause the same anxiety and depression you were trying to cure. You, and your family and friends, are in a better position to judge if that's happening than your doctor. So be mindful.

How long should it take to taper off your medicine? I wish I had an answer based on a scientific study. There are only a few studies, and my assessment of them is that it's best to taper the dose by about 25 percent each week, over three to four weeks.

Even though you are the best judge of whether your depression and anxiety are returning, check in regularly with your doctor after you've stopped the medication.

**DEAR DOCTOR K:** I'm a man in my late 70s, and I'm having trouble holding my urine. Medicines have helped somewhat, but not completely. My doctor says he's tried every medicine and that I may have to live with my problem to some degree. Is there anything else you can suggest?

**DEAR READER:** Though you may not guess it from TV ads, losing control of urine — incontinence — is not just a woman's problem. Men, particularly older men, can have trouble too. Studies find that one in four men your age experience incontinence at least once a year — and as many as one in 10 experience it nearly every day.

If medicines are not fixing the problem completely, there are other ways to manage urinary incontinence that are specifically designed for men. But first, I should say that many commonly used medicines may actually be a cause of incontinence. I have a list of such medicines on my website. If you're on any of these, talk to your doctor about whether they might be responsible in your case.

As for treatments other than medicines that might help, several pads and other absorbent products are designed for the male anatomy. Drip shields (with light protection) or guards (that absorb more) with waterproof backings slip over the head of the penis. They can be kept in place with any tight-fitting briefs. For heavier incontinence, you can wear absorbent inserts, shaped to fit men, inside your own underwear or special mesh briefs.

If you have constant leakage, devices that collect rather than absorb urine can help. A condom catheter (or "Texas catheter") is a soft sheath made of silicone or latex. It fits over the penis like a regular condom. It attaches to a drain tube leading to a urine collection bag. The bag is strapped to your leg, underneath your pants and out of sight.

Another option is a clamp placed around the base of the penis. The device is designed as an inflatable ring or a foam-lined frame. The clamp is tightened just enough to prevent urine from leaking. Every few hours, you loosen the clamp to urinate.

You may also be troubled by dribbling urine after the main stream has stopped. To avoid this, try to "milk out" the last few drops of urine. Using your finger-

tips, start an inch behind your scrotum and gently press upward. Keep applying pressure as you move your fingers toward the base of the penis under the scrotum. Repeat. This maneuver should move the pooled urine into the penis, where you can shake out the last few drops.

We have more information on male incontinence in our Special Health Report, "Better Bladder and Bowel Control." (Learn more about this report at AskDoctorK.com, or call 877-649-9457 toll-free to order it.)

Ongoing incontinence can irritate your skin. After each leak, clean the area with lukewarm water or a gentle soap or cleanser. Then apply diaper rash treatment, or a lotion or cream made for incontinence.

**DEAR DOCTOR K:** My son thinks sports and energy drinks will help his athletic performance. But are these drinks safe for teens?

**DEAR READER:** I don't think children and teens should drink either sports or energy drinks — and neither does the American Academy of Pediatrics (AAP). Unfortunately, these products are often marketed directly to children and adolescents.

Though the terms "sports drinks" and "energy drinks" are often used interchangeably, they are different types of beverages.

Sports drinks are flavored drinks that contain carbohydrates (usually sugar) along with some electrolytes. Electrolytes are minerals such as sodium, potassium and chloride. They are important for many functions of your body's cells, and they are lost when you sweat a lot. Sports drinks also may have some vitamins.

Energy drinks contain carbohydrates and may have the other ingredients of sports drinks. They also contain a stimulant, usually caffeine. They are not designed to replace minerals lost by sweating, but to give a person a sense of extra energy or alertness. There was a time when some energy drinks con-

tained alcohol, but such drinks have been banned.

Soft drinks came on the market late in the 19th century as energy drinks and contained powerful stimulant drugs. For example, the original formulation for Coca-Cola contained cocaine. Really. (Once the addictive potential of cocaine became clear, the U.S. government banned it from soft drinks.) The main stimulant in modern energy drinks is caffeine. There typically is two to three times more caffeine in energy drinks than in conventional cola soft drinks.

The biggest concern about sports drinks, with their high sugar content, is that they contribute to obesity. Ads for sports drinks suggest that they are necessary for the best athletic performance. The ads would have us believe that we need sports drinks whenever we exercise to replace what we lose in sweat and to maintain energy. This is not true.

Sports drinks can be useful during prolonged vigorous exercise. I'm thinking of activities such as a soccer tournament, where a child plays several games in a row, or long-distance running for older kids. But for the vast majority of exercise that kids engage in, water is all they need.

Ads for energy drinks include the message that they boost energy, decrease fatigue and improve mental alertness. But my pediatric colleagues tell me that energy drinks should never be consumed by children and adolescents. In kids, they are more likely than in adults to cause agitation, anxiety, irritability and insomnia. They can even cause heart rhythm problems and seizures.

You may not always find caffeine in the ingredient list of energy drinks. But assume that anything marketed as an energy drink contains a stimulant (called a xanthine) that has the same effect as caffeine and can be dangerous for children.

So when you are packing your child's sports bag, skip the sports and energy drinks, and pack a water bottle instead.

MONDAY, NOVEMBER 26, 2012

## The World Almanac Databank

Today is the 331st day of 2012 and the 66th day of autumn.

**TODAY'S HISTORY:** In 1789, the United States observed a day of Thanksgiving declared by George Washington in celebration of the new Constitution.

In 1992, it was announced that the Queen of England would begin paying income taxes, the first time a British monarch would do so since the 1930s.

In 2000, nearly three weeks after Election Day, Florida's presidential election results were certified in favor of George W. Bush.

**TODAY'S BIRTHDAYS:** Mary Edwards Walker (1832-1919), physician/feminist; Charles M. Schulz (1922-2000), cartoon-

ist; Tina Turner (1939- ), singer/actress; Shawn Kemp (1969- ), basketball player; Peter Facinelli (1973- ), actor; Natasha Bedingfield (1981- ), singer.

**TODAY'S SPORTS:** In 1956, Bob Richards became the first pole vaulter to win a second Olympic gold medal and set an Olympic record in the process.

**TODAY'S FACT:** To preserve the length of the holiday shopping season, President Franklin D. Roosevelt signed legislation on this day in 1941 that decreed Thanksgiving would always fall on the fourth Thursday of November. Thanksgiving had been celebrated on the last Thursday of November, which in some years was the fifth, since 1863.

**TODAY'S QUOTE:** "Government is not reason; it is not eloquent; it is force. Like fire, it is a dangerous servant and a fearful master." — George Washington

**TODAY'S NUMBER:** 537 — number of votes by which George W. Bush secured victory in Florida in 2000.

**TODAY'S MOON:** Between first quarter (Nov. 20) and full moon (Nov. 28).

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

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

**WEDDING WRITE-UPS, OBITUARIES:**

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

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

**DEADLINES FOR DEATH NOTICES:**

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

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

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# He apologized for breaking my heart, but he says his schizophrenia is getting worse, and he fears he's going to hurt me

MONDAY, NOVEMBER 26, 2012

## Annie's Mailbox

Dear Annie: Six months ago, I reconnected with the guy I have loved since grade school. "Thomas" left after graduation to live in another state. I know he has schizophrenia, and I'm willing to take the risk. Even though I'm 18 and still in high school, I plan to become a doctor. I've done research and know what I'm up against. Thomas says he hears voices and sees dark figures, and he snaps sometimes, but it seems like he can refocus once I get him to concentrate on me.

Last Thursday, Thomas broke up with me. He apologized for breaking my heart, but he says his schizophrenia is getting worse, and he fears he's going to hurt me. Annie, Thomas knows I love him and would do anything for him. I gave up sleep and time to make sure he knows I'm always here. I listen to him and hold him close when he gets upset. I never get mad at him. We have never fought.

I don't want to lose him again. That happened once, and we didn't speak for three whole years! I don't want to go through that emotional turmoil again. I know people say I'm "too young" to understand what love is, but I believe I have a good idea. I need advice. — Terri

Dear Terri: Thomas is telling you his schizophrenia is not under control, and he justifiably worries that he could hurt you or himself. Is he taking antipsychotic medication? He will need to do this for the rest of his life, and there are side effects. Schizophrenics also have an increased risk of drug and alcohol abuse. This is a lot of responsibility for anyone to take on.

We don't doubt that you care deeply for Thomas, but you may be romanticizing your ability to "save" him. And your determination to have a relationship creates pressure that he apparently can't handle. Please put his welfare first and simply be his friend with no other expectation, and encourage him to stick with appropriate medical treatment.

Dear Annie: Our son is marrying a beautiful woman from Mexico. The cost of the flights are more than his siblings can afford, not to mention the hotel, dresses, tuxes, showers, parties, etc. But we will help our kids because we know our son would be hurt if they didn't attend.

The bride's family may put us up at the hotel, which would be nice, but I don't want us to look like moochers. Do we still offer to pay for the rehearsal

dinner? We have told our son how much money we can give them for a wedding gift, and all of this will deplete nearly all of our savings. Any advice? — Need a Money Tree

Dear Need: Please don't spend more than you can afford. Tell your son you have a budget that will have to cover all costs, including the rehearsal dinner. If it costs more, he will need to pay for it himself. It's OK to accept the offer from the bride's family to put you up at a hotel. And it is not unreasonable to suggest to your son that he and his new bride have a reception later in your hometown for his siblings and other friends. We hope he can be reasonable instead of being hurt.

Dear Annie: This is in response to "Frustrated Dad," whose son plays video games all night and sleeps all day. Our son was the same. When things crashed, it turned out he was hiding vodka, drinking all night and sleeping all day.

We had no idea our son was an alcoholic. Dad might want to check whether there is always a big bottle of mouthwash around. — Dad Who's Been Down that Path

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

## DIY holiday gifts

### STIR IT UP! by Marialisa Calta

Are you perennially shocked by Christmas decorations hanging in stores before Halloween? Do you rail against holiday tunes on the radio before Thanksgiving? Cringe at toy ads during the World Series? If you like to make holiday gifts, and if you like the gifts you make to be of the edible variety, you will see those early holiday displays as a personal reminder. They may be screaming, "Buy this!" But you are hearing, "Get cooking!"

There are two reasons to start cooking, stat. First, many holiday gifts (liqueurs, extracts, flavored vinegars and, don't laugh, fruitcakes) need several weeks for flavors to mellow. Second, making gifts ahead of time lessens stress closer to the holiday.

When looking for recipes to make as gifts, keep in mind:

— They should not require refrigeration. In the run-up to the holidays, you will need your refrigerator for more important stuff. Like eggnog.

— They should have a long shelf life. What's the point of making a recipe that says "will keep for up to five days"? It essentially requires that you hand a friend your gift and then stand there while he eats it.

— They should be simple. Holidays are complicated enough.

When packaging your gifts, use clean jars and bottles with tight-fitting lids. Canning jars in sizes as small as 4 ounces are sold at the supermarket. Affordable bottles, tins and other packaging can be found online; one source is [www.specialtybottles.com](http://www.specialtybottles.com) (206-382-1100).

You can find gift recipes galore in "Edible DIY: Simple, Giftable Recipes to Savor and Share," by Lucy Baker (Running Press, 2012), a compendium of 75 year-round gifts. The liqueur and seasoned salt below are from the book. The vanilla extract is from my files.

#### RASPBERRY-LIME LIQUEUR

Yield: 8 cups

4 cups (18 ounces) fresh or frozen

(thawed and drained) raspberries  
4 cups vodka  
3/4 cup freshly squeezed lime juice  
2 cups water  
2 cups sugar

Combine raspberries, vodka and lime juice in a large glass container with a tight-fitting lid. Shake to combine. Store in a cool, dark place (like the back of a closet) for 2 weeks, shaking the container halfway through.

Simmer water and sugar together over medium-low heat, stirring until sugar dissolves. Set aside to cool. Add to the vodka mixture, cover, shake to combine and store in a cool, dark place for 2 more weeks.

Line a fine mesh sieve with cheesecloth. Strain the mixture into a pitcher, discarding any solids. Pour into bottles. Label with the date and instructions: "Sip on the rocks or mix with seltzer or sparkling wine. Store in a cool, dry place for up to a year."

Recipe from "Edible DIY: Simple, Giftable Recipes to Savor and Share" by Lucy Baker (Running Press, 2012).

#### LEMON SALT WITH FENNEL AND RED PEPPER FLAKES

Yield: about 1 cup, or 2 (4-ounce) jars

1/4 cup freshly grated lemon zest

1/4 cup coarse kosher salt

1/4 cup flaky sea salt, such as fleur de sel

1 tablespoon plus 1 teaspoon fennel seeds, lightly crushed

2 teaspoons hot red pepper flakes

Preheat oven to 350 degrees. Spread zest on a baking sheet. Bake about 10 minutes, or until dry to the touch, stirring halfway through. Remove from the oven and allow zest to cool completely.

In a medium bowl, combine salts, fennel seeds and red pepper flakes. Add dried lemon zest and stir until evenly distributed. Divide between 2 (4-ounce) jars with tight-fitting lids. Label with date and instructions: "Excellent on meat or poultry, especially pork or chicken. Store in a cool, dry place up to

6 months."

Recipe from "Edible DIY: Simple, Giftable Recipes to Savor and Share," by Lucy Baker (Running Press, 2012).

#### VANILLA EXTRACT

Yield: 2 cups or 4 (4-ounce) bottles

8 (6- to 8-inch)

vanilla beans, or more (see note)

2 cups gold rum

Using a small, sharp knife, cut vanilla beans in half lengthwise. Place all pieces in a large, clean jar and add rum. Cover and store in a cool, dry place for at least 4 weeks and up to several months.

Drain through a sieve into a pitcher, saving the soaked beans. Pour the extract (including any dark sediment) into clean jars or bottles. Add a few of the soaked beans to each container. Label with date and instructions: "Use as you would store-bought vanilla extract. Store at room temperature for up to a year."

Note: To use a 1.75-liter jug of rum, add at least 1/4 pound vanilla beans. "Grade B" or "splits and cuts" are fine — and cheaper. Best prices are



PHOTO BY STEVE LEGATO FOR "EDIBLE DIY: SIMPLE, GIFTABLE RECIPES TO SAVOR AND SHARE" BY LUCY BAKER, RUNNING PRESS, 2012. A bottle of homemade Raspberry-Lime Liqueur says "Happy Holidays" from the heart.

online, for example, at [www.beanilla.com](http://www.beanilla.com) (888-261-3384).



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Difficulty: 2 (of 5)

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11-26-12

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**PREVIOUS SOLUTION**

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

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



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# Your Birthday

MONDAY, NOVEMBER 26, 2012

Much-needed improvements in your financial affairs could be in the offing during coming months. Although the upswing might be a bit slow to start, once you get it on track, it'll gain the desired momentum.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Establish an agenda and do your best to adhere to it. Unless you put some kind of plan together, you could get into trouble when trying to cut corners.

**CAPRICORN** (Dec. 22-Jan. 19) — While in your presence, a couple of friends might put down an absent friend. Under no circumstances should you contribute to the bash-fest.

**AQUARIUS** (Jan. 20-Feb. 19) — Details could be of unusual importance when it comes to your big objectives. A failure to read the fine print and double-check everything could deprive you of the success you usually enjoy.

**PISCES** (Feb. 20-March 20) — There are very few things that would invite as many complications as would you being a copycat. Methods that worked well for another might cause you big trouble, and damage your reputation to boot.

**ARIES** (March 21-April 19) — Guard against temptation to spend money on something that has previously proven to be wasteful. Don't be misled twice — you can't afford it.

**TAURUS** (April 20-May 20) — Although you might feel impelled to make

a difficult decision, don't do so impulsively. Take plenty of time to study the matter first, weighing all of your alternatives.

**GEMINI** (May 21-June 20) — A poor attitude will work to your detriment if you're not careful. You could easily make a problematical assignment even more difficult than it already is.

**CANCER** (June 21-July 22) — Be extremely careful not to come on too strong in your business and personal matters. Even if your input is well intended, your associates might feel you're trying to dominate them.

**LEO** (July 23-Aug. 22) — Your respect for authority figures could appear to be nonexistent if you're not careful. Be as diplomatic as possible when dealing with persons who have a lot of clout.

**VIRGO** (Aug. 23-Sept. 22) — If someone should ask you to deliver a message, take precautions and write it down. Your memory might not be up to it's usual strength, and you may lose something in translation.

**LIBRA** (Sept. 23-Oct. 23) — Don't trust important instructions to your memory. Your recall might not be as flawless as you think, and if not, you could land in a lot of trouble.

**SCORPIO** (Oct. 24-Nov. 22) — Cooperativeness is always important, but it's especially essential in your current one-on-one relationships. If you lack the ability to work well with others, it could cause needless problems.

MONDAY, NOVEMBER 26, 2012

# The year's best bridge books

By Phillip Alder

For the next two-plus weeks, let's look at some of the best bridge books published in the last year.

First, we have "The Contested Auction" by Roy Hughes (Master Point Press), the International Bridge Press Association's book of the year. In more than 300 pages, Hughes gives a comprehensive analysis of competitive bidding. However, be aware that it is not intended for inexperienced players.

This deal from the book occurred during the 2011 Bermuda Bowl in the Netherlands.

If Lorenzo Lauria from Italy (West) had doubled two hearts, it would have been negative, not penalty. After he passed, Alfredo Versace (East) reopened with a double, showing short hearts. West was happy to pass. Two hearts doubled can be taken down six!

North, though, redoubled for rescue. When South bid three clubs, West passed to see if his partner wanted to double for penalty, which East was very happy to do.

The defense was excellent, although declarer could have done better.

West led the club ace, then shifted to his diamond. East won with his jack and played three more rounds of clubs, West

North		11-26-12	
♠ K Q 7 3 2			
♥ —			
♦ K 10 8			
♣ 10 9 8 3 2			
West		East	
♠ J 10 9 6 4		♠ A 5	
♥ Q J 8 6 4 2		♥ K	
♦ 4		♦ A Q J 9 7 2	
♣ A		♣ K Q 6 4	
South			
♠ 8			
♥ A 10 9 7 5 3			
♦ 6 5 3			
♣ J 7 5			
Dealer: West			
Vulnerable: Both			
South	West	North	East
	Pass	Pass	1♦
2♥	Pass	Pass	Dbl.
Pass	Pass	Redbl.	Pass
3♣	Pass	Pass	Dbl.
Pass	Pass	Pass	
Opening lead: ♠ A			

discarding hearts. Now South would have done best to lead a low spade from the dummy. But he played the spade king. East took his ace and returned a spade to the nine and queen. The next spade went to the six and West cashed two more winners in the suit. South got dummy's last trump and his heart ace for down five, minus 1,400.

# CROSSWORD

- Across**
- 1 Ed of "The Mary Tyler Moore Show"
  - 6 "Mystery solved!"
  - 9 Spear
  - 13 Picked
  - 14 Artist's studio site
  - 16 "Arsenic and Old \_\_\_"
  - 17 Mischievous girl in classic comics
  - 19 Fairy tale menace
  - 20 Display for the first time, as a product
  - 21 Rajah's spouse
  - 23 Until this time
  - 24 Grilled fish in Japanese unadon
  - 26 "Exodus" actor Sal
  - 28 Florida NBA team, on scoreboards
  - 31 Jack LaLanne, for one
  - 35 Tries to make it alone
  - 37 Funereal stacks
  - 38 Unaccompanied

- 39 Baggage handler, e.g.
- 42 Actress Amanda
- 43 Put the kibosh on
- 45 Idle
- 47 1984 South African Peace Nobel
- 50 Williams with a .344 lifetime batting average
- 51 High-altitude nest
- 52 Lavish bash
- 54 Slap-on-the-forehead cry
- 56 The "height" part of a height phobia
- 58 Dress to the nines
- 62 \_\_\_ hygiene
- 64 "Star Trek" role for George Takei
- 66 Late-night Jay
- 67 Genesis garden site
- 68 Scrabble pieces
- 69 Bustle
- 70 Big name in ice cream
- 71 Monica of tennis

- 27 Nile Valley country
- 28 Eyed lewdly
- 29 TV sports pioneer Arledge
- 30 Pitches in
- 32 Cry that conflicts with 10-Down
- 33 Christopher of "Superman"
- 34 "¿Cómo está \_\_\_?"
- 36 Boss's "We need to talk"
- 40 Sufficient, in slang
- 41 Too violent for a PG-13
- 44 Nickelodeon explorer
- 46 Figures made with scissors

- 48 Ornamental wall recess
- 49 Put down
- 53 Cow on a carton
- 54 Birdbrain
- 55 After-school cookie
- 57 Gave the green light
- 59 Quiet spell
- 60 Beekeeper played by Peter Fonda
- 61 Kisser
- 63 Lav of London
- 65 "\_\_\_ questions?"

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

- Down**
- 1 Rights protection gp.
  - 2 Knee-to-ankle bone
  - 3 Misbehaving child's punishment
  - 4 Makeup maven Lauder
  - 5 Raised sculptures
  - 6 Musketeer motto word
  - 7 Time of day
  - 8 On fire
  - 9 \_\_\_-mo replay
  - 10 Cry that starts a kid's game
  - 11 Ranch division
  - 12 Borscht ingredient
  - 15 North African capital for which its country is named
  - 18 Mama Cass's surname
  - 22 Clouseau's title: Abbr.
  - 25 D-Day city

1	2	3	4	5		6	7	8		9	10	11	12	
13						14		15		16				
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69							70					71		

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**29**  
Shopping days 'til Christmas

### House of the week



**COOKSHIRE**  
Duplex, well located close to stores, school, churches. 3 bedroom home, finished basement and apt. to help pay expenses! Must see!

**Season's Greetings**

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Information session  
December 10th at 9 AM  
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