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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

BU drama

Page 4

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WEEKEND EDITION

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PM#0040007682

FRIDAY, MARCH 4, 2011

Third ave. grease fire

A grease fire at a small apartment building in Sherbrooke on Wednesday afternoon has resulted in \$30,000 in damages.

The incident occurred a little before 4 p.m. in the kitchen of a first-floor apartment, located at 200, 3rd Avenue, in Sherbrooke.

It was the tenant who caused the fire that reported the blaze to the authorities. The Sherbrooke fire department (SPCIS) gave a full response and within a half-hour had completely extinguished the blaze.

In a recent report, the owner of the six-home apartment building Christian Beaulieu could not confirm how many of the places were being rented out. "I only know (how many) when it comes time to collect the rent," he said. "Often, they leave without warning. Once the firefighters let me enter, I'll be able to see."

No one was injured in the fire.



BEN KRAMER

More than a dozen Stanstead seniors have been told they have to find a new home after financial woes have caused the White House seniors home to shut its doors Friday, March 4, leaving them little time to relocate. See Corrinna Pole, page 5



**Photo competition
in Potton**

Page 8

Local biathlete goes to Nationals

Sports — Page 11



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Cooperating in building the future

International Women's Day

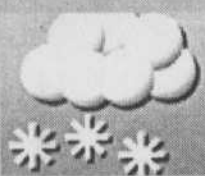
This year marks the 100th birthday, the Global Centenary of International Women's Day. In honour of this occasion, the Lennoxville & District Women's Centre extends an invitation to all women to attend a special anniversary International Women's Day Celebration on Thursday March 10, starting at 5:30 p.m., at the Amédée-Beaudoin Community Centre (Lennoxville Borough).

Townships' musician Carole Vincelette, who delighted one and all last year with her upbeat and varied repertoire, will be back again this year to add zest to the evening. Martha Crombie, from CEDEC, will be the featured guest speaker. Her topic will be "Young Women Entrepreneurs," and she is hoping to start a new group in Lennoxville. Organizers are also preparing a unique dramatic presentation in honour of the Global Centenary of International Women's Day.

The celebration will begin at 5:30 p.m. with a viewing of silent auction items. (Please note, the doors will be closed until 5:30 p.m. so that organizers have time to set-up. No early birds please!) As usual, the evening will continue with great food, interesting entertainment, and excellent company.

Tickets are still available but they are being snapped up quickly, so please call ahead to reserve your place. For more information or to reserve a ticket, contact Jennifer at 819-564-6626.

Weather



TODAY:
LIGHT SNOW

HIGH OF -1
LOW OF -20



SATURDAY:
FLURRIES OR
RAIN
HIGH OF 4
LOW OF -5

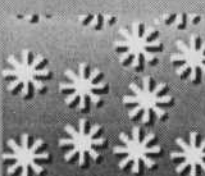


SUNDAY:
RAIN

HIGH OF 10
LOW OF 5



MONDAY:
RAIN OR
SNOW
HIGH OF 1,
LOW OF 1



TUESDAY:
SNOW
HIGH OF -2
LOW OF -9

What's new with BU

Cinderella, The Musical

By Tina Annesley

Cinderella is almost here! There's just one week to go before the musical rendition of this classic story of the cinder maid who overcomes the cruelty of her wicked stepmother and stepsisters, and wins the love of the prince. Based on the original fairytale by Charles Perrault, Cinderella will be a grand spectacle of music, dance, elaborate sets, lavish costumes, and fast-paced action.

This remake was written by Bishop's University professor George Rideout, who has been teaching drama at Bishop's for 24 years. His plays have been performed in theatres across Canada.

This is the first musical Rideout has created that the whole family can attend. "I'm really hoping that moms and dads from the Townships who have younger children will bring their small children to see Cinderella, since my shows are usually for older crowds. It's the perfect show for little girls who love magic and who want to be princesses," says Rideout.

Rideout's Cinderella is based on Perrault's story, but it does make reference to the Brothers Grimm version of the story. Rideout also created new twists and characters to add a new fun angle to the story (and to be able to cast more students in the production).

Samantha Adams, a third year drama honours student at Bishop's University, is playing an important character in this story: Cinderella's evil stepmother, who in turn has two awful daughters of her own, Ursa and Irma. "We're the characters that you love to hate and hate to love," says Adams.

"It's always fun to play the villains, especially in fairy tales, but it's also difficult because everyone already knows the story. I've been having a lot of fun exploring the different ways to play this iconic character. This is my first time on the Centennial main stage so I'm pretty excited. I've had the chance to work on the main stage as part of the production crew but this is my first time acting on it."

The price of adult tickets is a little more pricey than normal—\$22—because Rideout is using a 13 piece orchestra including members of the Sherbrooke Symphony.

A string quartet and classical horn section will be joined by the local band, The Lennoxvillains, to create the show's musical magic. "The whole cast and crew has been putting in many hours to ensure that the audience will be brought into the mystical fairy tale world. We're all excited to showcase our hard work starting on the 9th of March and running until the 13th in Centennial Theatre," says Adams.

Tickets are on sale now and going fast. To reserve tickets call the Centennial Theatre box office at 819-822-9692. Adult price is \$22, seniors are \$20, students are \$12, and the family price for 2 children and 2 adults is \$55.

Saturday night (March 12) at the stroke of midnight Cinderella's Masquerade Ball will commence at the student run bar known as the Gait, which will be beautifully transformed into a place of magic and wonder. BU students are encouraged to dress as how they perceive Cinderella should look like. The Lennoxvillains are performing live



Cinderella is played by Kelly Van Der Burg and her Prince Charming is Peter Jarvis. for the ball.

Global Vision comes to BU

On Friday, Feb. 18 Global Vision held the first Global Leadership Conference (GLC) at Bishop's University. Global Vision is a national not-for-profit that is igniting young Canadians through education and hands-on experience to help young people create brighter futures for themselves, their communities, their country and the global community.

Global Vision was created in 1991 by Terry Clifford and grew with the help of his daughter Amy Giroux. Over 15,000 people have been involved in missions with Junior Team Canada to five continents and 22 countries. This program is intended to bridge the gap between school and the economy. The Global Leadership Conferences happen across Canada and participation is the first step to joining Junior Team Canada.

The Lennoxville conference was attended by 20 Bishop's students and one Champlain College student. To start, two groups of 10 were formed. The first workshops helped the students see how they perceive themselves in a work group dynamic and why each is valuable to a team.

Bishop's student Adam Peabody is a graduate of Junior Team Canada, and presented at the conference. He gave the newcomers a great perspective of what Global Vision can do and what to expect of the different missions.

A recent Bishop's graduate, Elliott Verreault, presented as well, about the

CONT'D ON PAGE 7



Samantha Adams as the evil stepmother with the two evil step daughters

Draw results: 2011-03-02

649	27 28 31	46	06 07 26	17
	41 42 43	Bonus	29 30 34	Bonus

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Ben by Daniel Shelton



LOCAL NEWS

The judicial proceedings have already experienced a number of delays, due mostly to the ongoing investigation and the laying of fresh charges.

Accused incestuous father back in court

By Doug McCooye

January 2011.

The 24-year-old Sherbrooke man facing sexual abuse and incest charges for acts committed against members of his family will be back in court today for the continuation of his judicial proceedings.

Detained since his late-January arrest, Friday's hearing will take place at the Raynald-Fr  chette courthouse in Sherbrooke.

The 24-year-old father-of-two is facing charges of incest, sexual assault in the presence of another person, inciting sexual contact, possession of child pornography, sexual assault, and assault against a minor – all stemming from acts committed against his now-19-month-old daughter between October 2010 and

Following further investigation, an additional charge of incest for acts committed against his own sister was filed last week. The acts against his sister, said to be in her early 20s, were allegedly committed in December 2010.

The judicial proceedings have already experienced a number of delays, due mostly to the ongoing investigation and the laying of fresh charges. Last week, the father's defence lawyer St  phanie C  t   asked that her client undergo a psychiatric evaluation; a request granted by presiding Quebec Court judge Michel Beauchemin. Lawyer   milie Baril-C  t   is handling the case for the Crown.

The 20-year-old mother of the vic-

timized child was also arrested in connection to the acts and faces a series of charges related to the affair. The presiding judge granted her conditional release on February 25. Conditions include a 9 p.m. to 6 a.m. curfew and the stipulation that she live at her father's residence. Over \$5,000 in guarantees had to be filed at the court clerk's office. She will be back in court on April 18.

While both were arrested in connection to the same series of acts, the names of the two suspects cannot be revealed to ensure that the identity of the child remains confidential. The young victimized girl was handed over to Child Protective Services (DPJ) following the arrest of her parents.



DOUG MCCOONEY

The Raynald-Fr  chette courthouse in Sherbrooke.

Roxton Pond murder suspect identified

By Doug McCooye

Authorities from the Suret   du Qu  bec have released the identity of the suspect arrested in connection to the murder of 25-year-old Marie-Elyse Tremblay, found beaten to death in her Roxton Pond home on Monday afternoon.

Simon Charbonneau, 28, was arrested as he exited his motel room on Tuesday afternoon in Iberville. It was information provided from the public that led SQ officers to the Adrien-Fontaine Street location. As they

arrived at the site, officers noticed the suspect leaving a room and about to enter a waiting taxicab. Law enforcement managed to intercept the suspect before he could flee.

Tremblay's missing vehicle was found at 10:30 a.m. Wednesday morning in the parking lot of an unidentified St-Hyacinthe restaurant. It was a citizen who had seen the vehicle description in a local media report who alerted police.

The incident began at around 3:30 p.m. on Monday when SQ officers responded to

a call from a concerned neighbour, rushing to an apartment complex located on Route 139. According to reports, the neighbour was agitated by the noise of two people fighting coming from Tremblay's apartment, leading to the call.

When officers arrived and entered the residence, they found Tremblay's battered body lying on the floor. No one else was inside of the apartment and her car was missing from the complex parking lot. Tremblay was pronounced dead upon arrival at an area hospital.

Investigators were called in and they immediately suspected foul play, as traces of violence were evident on the victim's body.

Charbonneau was Tremblay's boyfriend. During preliminary investigations, law enforcement learned that neighbours could often hear the couple shouting

at one another in the apartment.

Charbonneau appeared at the Granby Courthouse on Wednesday to face a charge of second-degree murder.

His next court appearance is scheduled for March 7.

Daigle to be sentenced today

Samuel Daigle – the 24-year-old man who sequestered his mother at knife-point in September 2009 – will learn his sentence today at the Raynald-Fr  chette courthouse in Sherbrooke.

During the sentence recommendation hearing in late February, presiding Quebec Court judge Danielle C  t   said that the court would do everything it could to give Daigle the help he needed.

It was just after midnight on September 7, 2009, when Daigle entered his then 42-year-old mother's house at 10 rue Th  r  se-Lefebvre in Fleurimont and chased her around while brandishing a knife. Under the influence of alcohol, Daigle held his mother captive for the entire night, demanding that they have sexual relations and insisting that he would kill her. After hours of pleading and attempts at reasoning, the mother managed to escape from her son's

grasp long enough to lock herself in a room and call the police. Officers were dispatched to the house immediately. The suspect offered no resistance upon the police's arrival.

In December 2010, judge C  t   found Daigle guilty of sequestering, aggravated assault with a knife, death threats, and theft. Originally Daigle was also charged with attempted murder, however, after looking at the evidence, judge C  t   decided to throw out the more-serious accusation.

Despite the ordeal, the mother – who suffered

minor gashes to her throat as a result of the incident – has attended every court hearing and has stood by her son throughout the judicial proceedings.



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Fairy tales come true as drama stars take final bow

By Corrinna Pole
LENNOXVILLE

It is the largest, most lavish Bishop's University production to date and when *Cinderella, The Musical*, opens next Wednesday it will mark many firsts, and a few lasts, for the drama department.

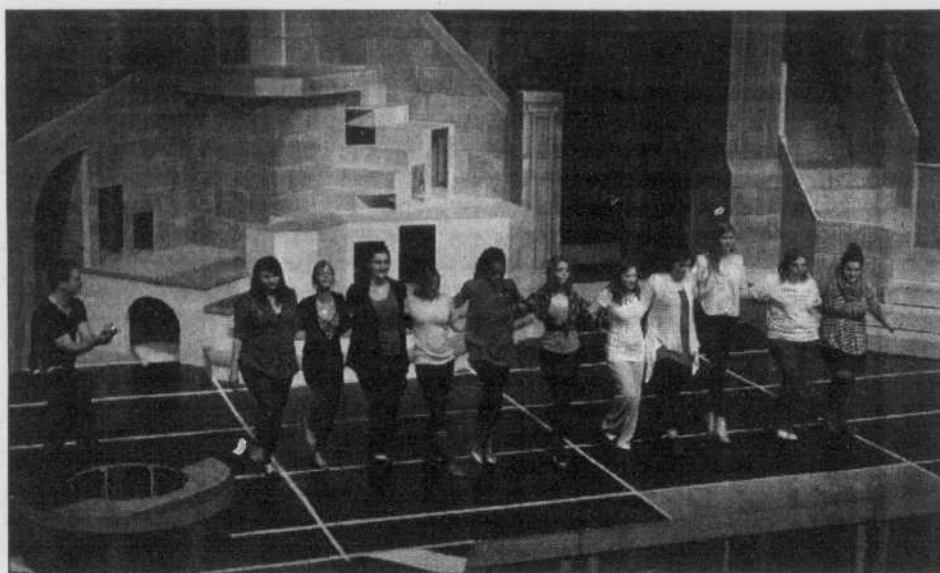
Drama professor and playwright George Rideout's adaptation of the classic fairytale of the famous cinder maid's magical journey from servitude at the hands of her evil step family to finding love in the arms of a prince, came perilously close to never being more than a script and an idea.

"Originally it was scheduled for last fall and we had the flood and that put a stop to it," Rideout said. "The stars were aligned and it all came together but it's not something that's going to happen again for a very long time."

Part of the reason this performance is so treasured is because it is the first time the spring musical is being moved from the intimate Turner Theatre to the much larger Centennial Theatre stage.

The venue makes it possible to accommodate the massive set built by designer John Dinning that has transformed the theatre, the 13 person orchestra, which includes members of the Sherbrooke symphony and The Lennoxvillains under the direction of Fannie Gaudette and Jamie Crooks, and abundant seating so whole families can enjoy the rare show.

Under the direction of drama professor Gregory Tuck, the spring musical



CORRINNA POLE

Bishop's University students being put through their paces during rehearsals for the play that almost never was. Next Wednesday the curtain will rise on the drama departments' most ambitious production to date, *Cinderella - The Musical*.

promises lavish costumes, and fast-paced action with a forty plus member cast that will bring the story to life.

"It was a mammoth task but we're up to it, we've got a good company. The challenge was in putting it all together," said Rideout who also composed the music and lyrics. "I'd really like to get more children out this time. *Cinderella* is a great family show and there aren't a lot of opportunities for people to see one of those here so I hope whole families will take advantage of seeing it."

Although based on the original fairytale by Charles Perrault, with a grin Ride-

out hints at the extras such as the Royal Guards military tattoo and "Gilbert & Sullivan meets Monty Python" musical style.

Mice and cats will be on stage along with the primary villains - younger step-sister Irma (played by Jill Thorpe), older stepsister Ursa (Risa Kastelic) and step mother Capricia (Samantha Adams) - which audience members are going to love to hate from their embellished personalities to their elegantly tacky costumes.

As an avid *Cinderella* fan, Thorpe says she's had a great deal of fun fleshing out

her evil persona. Kastelic adds that the amped up exaggeration has been a challenge to maintain but one that she's embraced and Adams is thrilled to experience her first performance on the Centennial stage.

As excited as the cast is, there is a touch of sadness hidden with the massive production as it will be the final curtain call for several soon to be graduates who have imprinted themselves on the campus stage including Peter Jarvis, Daniel Armand and Kelly Van der Burg, who plays the maid-to-princess lead.

"It's a good swan song. *Cinderella* is a role everyone knows so its not like I'm starting from scratch but there's a lot I have to live up to," said Van der Burg adding that she is confident with her latest role. "My singing has improved with this show. When I first came to Bishop's I didn't sing, even in front of my mom and to be singing in my fourth year makes me feel pretty good."

Paired with the music - Appalachian style, blues and ballads to name a few - will be step dance, grove and other moves under the dance direction with returning choreographer Cory Bowles.

"We all love Corey," said Van der Burg who worked with Bowles on the drama departments' *The Chimes of Freedom* and *The 12th of Never*. "He puts grace into *Cinderella*...he always brings up the energy of the whole cast."

Jarvis, Armand and Van der Burg have all benefited from Bowles experience a

CONT'D ON PAGE 9

Grand opening in Sherbrooke

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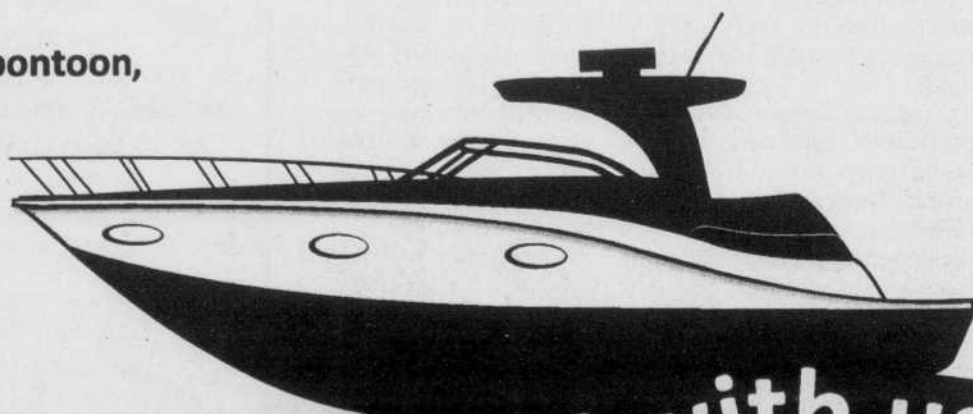
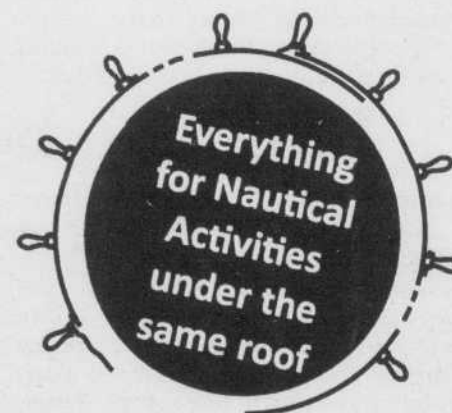
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Admission

Adult	\$ 10
Student	\$ 8
Senior	\$ 8
Children 12 and under	FREE

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The White House seniors home closes in Stanstead

By Corrinna Pole
STANSTEAD

More than a dozen Stanstead seniors have been told they have to find a new place to live after financial woes have caused the White House seniors home to shut its doors.

Wednesday afternoon the English speaking residents, including Sylvia Bronson who was set to celebrate her 100th birthday this Saturday, were informed that the facility would be officially closing on Friday, March 4, 2011, leaving them little time to relocate.

Karen Wehner, whose mother has resided at the independent living home on Dufferin Street for the last year, was shocked and angry at the news that will also leave the dozen staff member's unemployed.

"The owner of the home informed his employees on Tuesday when they picked up their pay checks," said Wehner. "He didn't even have the decency to call the families. The staff were left to take the responsibility. The CLSC simply gave the residence a list of alternatives that were available."

Faced with seven vacancy's, new facilities opening in Stanstead and a mountain of obstacles, owner Richard Bilodeau says he has no choice but to shut down.

"I was in over my head. Everything was going bad and I tried to save it. I didn't want to close it but the bank wanted \$3,000 by the end of the month and my credit card was already (maxed out)," he said.

While not his first choice for a business, Bilodeau states he was influenced by the former owners to purchase the home in 2006 and at first, embraced the challenge.

"I was looking for a business and the people who were selling it pushed me into buying it. I could have put the money into something else and had success," he said. "I tried my best and always worked for the residents. The previous owner was grilling toast at night and then he'd reheat it in the oven the next morning so I went out and bought (several) new toasters so they could have fresh toast. I always worked for them but I have to live too, I was working so many hours but could not even pay myself for all that time."

After changing the menu, improving the employees work schedule and arranging activities for the residents, Bilodeau was not anticipating the additional financial pressures of conforming to the many provincial regulations required by a 2005 amendment to the Health and Social Services Act.

"When I bought it I put all the money I had into (the home). Then we had 27 criteria set by the government we had to (conform)," he said. "The government doesn't help you at all, they finance the big buildings but not us. It's a shame because those big buildings aren't homey like we are. Then, when I sent people to the Magog hospital, they told me that I can't care for them and they move them into the (seniors facility) next door so I lose more residents."

Despite conforming to the various government regulations and attaining certification on July 15, 2009, a frazzled Bilodeau says he was unable to keep the home open. He insists that he explored



BEN KRAMER

every possible avenue, even searching for potential buyers, but nothing seemed to pan out.

Wehner has no complaints about the home or the care her mother received while staying there.

"The people that work there really care about the residents," she said. "I mean there isn't much there like a game room or anything but they work with the residents, they are kind and you can see that they really care."

While she has opted to move her 85-year-old mother into her own home, Wehner is aggravated that the short notice has left many others with little time to investigate new facilities.

"It's inhumane to treat seniors this way, I don't know how they can do it. When you live in an apartment, you have to give 30 to as much as 90 days notice to evict someone, but a week," she asked. "There was no mention from the owner of any problems. He could have given us a heads up somehow that we'd have to start looking.... he did nothing"

Bilodeau states the lack of notice is due to his down to the wire attempts to keep the White House open. He told The Record that the local health and social

services agency, Centre de santé et de services sociaux de Memphremagog (CSSSM), had informed him that residents without a place to go would be given temporary lodgings if needed.

In a statement the CSSSM said it had designated psychosocial interventionists to support and assist residents and their families with relocation.

"Our first responsibility is to ensure that a safe environment can quickly welcome these people

in accordance with their specific needs. The CSSSM is also concerned, in a context of job loss, to provide support to employees affected by this situation," read a statement.

Although he is being forced into bankruptcy, Bilodeau says he empathizes with the residents and their families. "I'm losing everything

now, my house my business, everything. Some people understand that I tried to do my best. I don't like it when people get mad at me, I get stressed, but I would feel the same if it were me in their position," he said. "This is their home and now they have to leave. For their families who work forty hours a week it's not easy for them to try and find a new home. Its hard all around."

Centre de santé et de services sociaux
de Memphremagog

Call for candidates to fill vacancies on CSSSM's users' and residents' committees

Users' committee: 2 vacancies
Residents' committee: 1 vacancy

These positions have two-year terms.

The functions of the users' committee and residents' committee provided for in Section 212 the Act respecting Health Services and Social Services are as follows:

1. Inform residents of their rights and obligations.
2. Foster the improvement of the quality of the living conditions of users/residents and assess the degree of satisfaction of users/residents with regard to the services obtained from the institution.
3. Defend the common rights and interests of users/residents or, at the request of a user/resident, his rights and interests as a user before the institution or any competent authority.
4. Accompany and assist a user/resident, on request, in any action he undertakes, including the filing of a complaint.
5. Use the budget allocated to it by the institution.

Moreover, the residents' committee has the following responsibility:

1. Submit an annual activity report to the users' committee.

No person under curatorship may be a member of a users' committee or of the residents' committee. Moreover, individuals who practise a profession or work at CSSSM are not eligible for these positions.

Anyone interested in serving on the users' committee or of the residents' committee should fill out a nomination form, which can be obtained from Brigitte Noël, at 819-843-2572, extension 2631.

Candidacy forms must be sent to the returning officer no later than 8:00 a.m. on Monday, April 4th, 2011.

If the number of candidacies received is greater than the number of vacancies, the people attending the annual general meeting on April 17, 2011 will be asked to fill the vacancies by vote.

Chantal Lessard, Returning Officer

Centre de santé et de services sociaux
de Memphremagog

Invitation

**All residents of the MRC Memphremagog
are invited to attend
the annual general meeting
of the CSSSM's users' and residents'
committees**

Date: Sunday, April 17, 2011
Time: 2 p.m. to 4 p.m.
**Location: Salle du Bonheur (placement cafeteria)
50, rue St-Patrice Est à Magog**

The main purposes of these committees are informing users and residents about their rights and obligations, promoting the improvement and quality of living conditions, and accompanying and assisting users, residents, their families, or their representatives.

Activity reports, and action plans for the upcoming year, and the budgets for these committees will be presented at this meeting.

Pierre Desautels, Chair, users' committee
Lisette Chartier, Chair, residents' committee

EDITORIAL

While "Drill, baby, drill" makes for a good speech at a political convention the truth is we need real leadership to steer us in a different direction.



DANIEL COULOMBE

It is abundantly clear that the North American economy is in trouble and will not get better in the world of a \$100 barrel of oil.

The US sends overseas \$500 billion per year to finance the daily buying of 14 million barrels of imported oil. This allows OPEC governments, many of which do not have our best interests in mind, to laugh all the way to the bank.

To understand the forces at play, it is instructive to visualize the scale of OPEC's potential wealth in comparison to that of the consuming countries. At \$100 a barrel, OPEC's oil assets stand at roughly \$92 trillion, equivalent to almost half of the world's total financial assets and nearly twice the market capitalization of all the companies traded in the world's 27 top stock markets. As an illustration, at current oil prices it would take OPEC three years to buy a 20 per cent voting block in every S&P 500 company. Foreign governments are likely to translate their wealth into power, dictating business practices, vetoing deals, appointing officers sympathetic to their governments, dismissing those who are critical of them and imposing Islamic laws on Western corporations.

The production of oil is also cause for severe damage to the environment, either knowingly or unintentionally. Oil production, and/or transportation, can disrupt human population, and the animal and fish life of the planet. Oil waste dumping, production pollution, and spills wreak havoc on surrounding wildlife and habitat. It threatens the extinction of several plants, and has already harmed many land, air, and sea animal and plant species.

Environmental damage that is a result of oil retraction and production can also be a result of conflict over oil-producing regions. Harm through oil resources is associated with military aggression that is intended to damage the natural resources of entire regions. Oil has been the world's dominant commercial energy source since early last century, when it took over this role from

coal. In time it transformed the way the business world thought and acted, particularly between the two world wars, and gathered widespread industrial, commercial and domestic applications.

The US alone now consumes a quarter of the world's oil while sitting on just 5 percent of global reserves. Oil has been like a slow growing cancer. It slowly and insidiously invaded our way of life but we did and still do nothing about it. Then, Bang it's on us now and the change to an oil-less society is going to be one that will be full of hurt and sacrifice.

While "drill, baby, drill" makes for a good speech at a political convention the truth is we need real leadership to steer us in a different direction. We are probably past the "peak oil" point and are headed towards an inevitable drying of the world's reserves.

At present mankind is worrying what the weather will be like in 2030. Oil shortages will cause severe problems in most parts of the globe. And western civilization as we know it will not exist the way it is without oil. We haven't lived without oil for more than 150 years. But we are going to have to. Mankind has so far survived everything the planet has thrown at him. Civilizations have collapsed before and mankind is still here so we can safely assume mankind is not ready for extinction yet, we hope.

Some politicians, marinated in materialism, heads anchored firmly in Alberta Tar Sands, still driving their gas-gulping SUVs, reveling in suburban sprawl need to get with the program.

It's critical that policies be implemented that encourage the increased use of electric cars and natural gas fueled trucks. We have to move from an oil economy to an alternative energy economy.

With an upcoming election, citizens will have a choice and a responsibility to demand clear action to incentivize the great innovators of our country to come up with technologically and economically viable options for our country's

transportation needs. We need to demand balanced energy policies that promote affordable and consistent access to domestic energy and stimulates economic development to identify future alternative sources of energy.

Legislation to promote electric vehicles is certainly a good start, but we also need to improve the efficiency of our en-

tire fleets, give drivers more choices other than driving alone, and begin to replace oil with cleaner, low carbon fuels.

Canada could be a world leader in these matters. It is a shame to see that it is in back of the pack at this moment.

We're mad as hell and the electorate don't need to take it anymore.



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We're mad as hell and the electorate don't need to take it anymore.

Letter

DEAR EDITOR,

Like so many other people here in Quebec and across Canada, I was appalled and sick to my stomach when I heard about the beautiful black lab and her puppies left to die on Stagecoach Road here in the Eastern Townships. But there are many more horror stories I have heard. That is why I have 6 rescued dogs and 1 cat, all with their own sad stories. I would take more if I had the money.

I believe the Quebec Government is totally responsible for this problem. SHAME on them for not even considering to put laws in place, then truly enforcing them. The mentality here is so archaic, so preoccupied with language laws, sign police, tire police and total nonsense that they will not give any time to the plight of animals. It is like a third-world province. Other provinces have laws for protection of animals. Million of dollars are being spent on a sport stadium in Quebec City and your taxes will be paying for it. How about finding some of that money to protect our animals? They breathe, they feel pain, they love and are loyal to the end. Can't say that for the fickle human race. Of course I'm stupid, it's all about money. There are many working dogs out there, but they don't get paid, they just do their jobs.

You have all heard about the disgusting puppy mills in Quebec who sell to Pet Stores (most have no papers), then sell to the sickos who indulge in dog-fighting for amusement, right in Montreal. Apparently it's o.k. here, there are no laws, no protection and certainly no punishment. What kind of people are we to allow this to happen in a supposedly civilized society?

But there is "Hope" because there are many good compassionate people doing everything in their power to help these wonderful creatures (God's creatures). Until the mentality towards animals changes here and the Quebec Government gets off its 'behind' and does something good for a change and put in these laws NOW, not in 10 years, NOW before hundreds more animals die in pain and distress, there is not much more caring humans can do.

So, pester the hell out of your MNAs, don't vote unless they have it in writing to change things, pester the media every single day. Pester your local Town Hall, especially Ville de Lac Brome. Have the courage and the guts to do something. This is on your watch. Stop worrying and fining people because their French sign is smaller than their English sign and other petty things. Justify government jobs by enforcing "Animal Rights".

Get out of the Stone Age, move on and into the 21st Century. We can't change the past, but we can change the future and make it better for "everyone", especially the animals, our loyal friends, who we share this planet with. If you have any morals or compassion, you must help instigate change.

"The greatness of a nation and its moral progress can be judged by the way its animals are treated". Mahatma Gandhi.

EMMA STEVENS
KNOWLTON

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C COLUMNIST

I see March standing there with a wink of promise and rising anticipation stretches the waiting days. "Soon," she whispers.

Come hither spring sap What's new



STEVEN BLACK

Strange annual yearnings transform this columnist's prose to Harlequin-esque gushing, for Spring is a flirt and March is a tease. By the time of March's entrance I'm ready to betray my commitment to Winter and rush into the arms of Spring. With every brief glance at above zero temperatures and with ever earlier dawns I can convince myself that at last I can work out an amicable separation from Winter's love and her tokens - boots, tuques and shovels. My daydreaming lingers over my baring garden and I imagine I can hear the wakening maples' stirring sap. But my inner yielding to Spring makes her no more accessible. Instead she retreats from my grasp and permits Winter's chill kiss to blush my cheeks once again, and again. Vainly I turn away.

Earnestly I try to read the signs. Is this frigid, sunny, first-day a lamb or a lion? Wondering which it could be, there is no resolution. Fifty-five Spring-times make March no more known to me. Having been jilted so often before, again I foolishly succumb to snow's unveiling and again maddening passions are rebuffed by a fresh covering. O March, you are so welcome and so cruel. Spring, why so reluctant?

"Soon," says the calendar. March must give up her reluctant withholding of Spring, who like the late bride seldom appears at the altar at the appointed time. I see March standing there with a wink of promise and rising anticipation stretches the waiting days. "Soon," she whispers. Spring is the most welcomed of seasons in all her coquetry. March is her playful chaperon.

March, give way to kinder April whose glad tears will welcome Spring's embrace. Can't you see Winter's nights will soon fade before lengthening days? Eager bird song will sound from budding branch. Your time is short, March. Your task is a happy one. Do not deny Vernal love's awakening. Have mercy on this poor, wretched, writer - for penman and reader can bear this little more.

CONT'D FROM PAGE 2

businesses he has started and is currently building up. Verreault started making clothing for trick bike riding at the age of 15 in his basement, and branded the company Ridden. Ridden really grew within three years - first expanding into the UK and then to Germany. Next Verreault moved from bike clothing to making bike frames, and called this company Reset. Trick bike riding is popular in Europe all year-round because of the temperate weather, and Reset is especially big in Italy and Spain.

Vista Vie came next, which brings trick bike riders to schools to reach out to teenagers who may be considering dropping out, or are getting into trouble. The project Verreault is currently working on is called "It's One Humanity". It's a humanitarian social network, much like Facebook but bringing together people who have the same concerns for the world. Verreault told the 21 assembled students that to be a successful entrepreneur you can't have a money mind-

set. There's more to the world than just making money, you'll make more of an impact if you're doing something you love - and it doesn't hurt if you're helping people at the same time.

A networking lunch followed and closed the conference. Bishop's faculty and local businessmen mingled with the students, talking about future projects, world concerns and politics.

"The GLC was very informative and motivated me to do more and to not be afraid to just go with whatever is going on. I'm definitely going to apply to Junior Team Canada. I think this is definitely something worth doing and I hope Global Vision will come back next year to allow more students from the area to experience the first step of GLC and inspire them to want to get more involved," says third-year History major Tina Annesley.

Submitted by Tina Annesley Bishop's University Student's Representative Council Communications Liaison.



Centre hospitalier
universitaire
de Sherbrooke

Volunteer Service

Centre hospitalier universitaire de Sherbrooke (CHUS)
Is looking for volunteers

The CHUS' Volunteer Service includes people who generously give of their time each week to patients at the CHUS. These volunteers interact directly with hospitalized and outpatient patients. Volunteer service is for the well-being of patients and those close to them as well as to the improvement of their quality of life in a hospital environment.

Volunteer activities

Reception

Volunteers inform, guide, accompany visitors and outside patients.

With adults

Volunteers provide moral support to patients by offering a source of strength, encouragement, and reassurance.

With children

Volunteers are a reassuring presence for children. They provide moral support and moments of respite to parents.

Oncology clinics (chemotherapy and radiotherapy)

Volunteers accompany patients by listening and guiding them, if needed, to various organizational services for the well being of patients who are battling cancer.

Communion Ministry

Volunteers offer communion to patients on Sunday mornings and Wednesday afternoons.

Requirements

- Available at least three (3) hours per week;
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- Able to understand, read and speak French;
- Able to work in a health/care hospital environment;
- Retirees: available for a one year engagement.
- Students: available six (6) consecutive months and available for pairing up with another volunteer between Monday and Friday.

Skills

Independent, ability to listen, able to work in a team, resourceful, discreet, and good appearance.

The selection process includes pairing up with an experienced volunteer.

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The Scoop

A Potton Heritage Association invitation

By Mable Hastings

The Potton Heritage Association (APPHA) is extending an exciting invitation to Potton's amateur photographers!

As in past years, the Potton Heritage Association invites all amateur photographers to participate in a photo competition that will take place in August during the Potton Multicultural Festival. This contest will be judged by the public and rewarded with interesting prizes. The APPHA would like to consult with its members and all Pottoneers to find a for-

mula that would attract higher interest. A meeting will take place on Sunday, March 6th at 10 a.m. at the Potton Town Hall.

The goal of this meeting is to present the objectives that the Heritage Association wants to achieve by means of this contest, choose themes for 2011 and 2012 contests, verify conditions and regulations, think about different ways to improve the contest and finally to propose a collective exhibition of all participants at the Memorial Library in October.

This invitation is extended to all the

members of the Heritage Association as well as anyone who is interested in photography. To participate in this meeting, please contact one of the following: Édith Smeesters: 450-292-0547 or edithsmeesters@hughes.net or Jean-François Boulais: 450-292-0839 or jfboulais@sympatico.ca

The Potton Heritage Association (APPHA) was founded in 1990 to promote the heritage of Potton Township, its buildings, history, archaeological sites, natural and cultural landscapes. Over the years, the group has developed a program of activities including excursions to archeological sites, walks along Potton's many country roads, visits to museums, lectures and workshops. They also organize exhibitions and have produced twenty historical folders and

booklets about Potton.

The APPHA Board of Directors for 2010-2011 are:

Hans Walser, president, Michel Bastien, director, Jean-Louis Bertrand, secretary, Carol Bishop, director-excursions, Jacques Huppertz, director, Sandra Jewett, director, Yolande Lamontagne, treasurer, Serge Normand, webmaster, Édith Smeesters, director-communications.

A vital and extremely active group in Potton, the Heritage Association proudly celebrates all that Potton was, is and can be. Information is regularly available to members by E-mail at info@pottonheritage.org and on their Website www.pottonheritage.org

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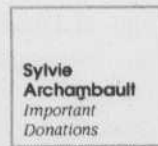


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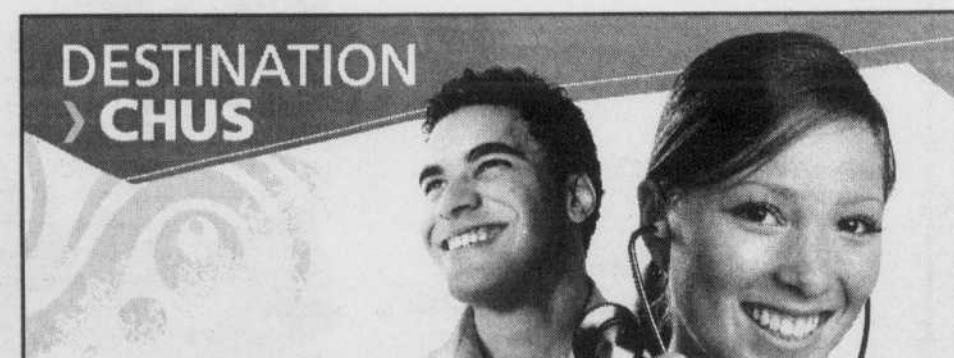
Fighting MS with friends



AL BARBER

Billy Chusiotis (Left) was deeply touched by the plight of Lee Aulis and the efforts that she and carer Beverley Chapell had gone to in order to raise money for Lee to have the new and so far unfunded treatment for Multiple sclerosis. He contacted Billy Stergiou, (Right) manager of the Eggsquis restaurant on Portland Blvd in Sherbrooke. Staff at the restaurant managed to raise \$2000 dollars towards the treatment and Lee was at the restaurant Thursday to present a Certificate Of Appreciation. So far a total of \$3000 have been raised but Lee and Beverley still have a long ways to go. The cost of the treatment is currently \$10,000 dollars. If anyone would like to contribute towards treatment, Lee can be contacted by telephone at 819-823-7167.

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Allyna Harris: Renaissance woman

By Heather Paterson

Townshipper Allyna Harris, best known as founding and artistic director of the women's choir, Choromondo, has a second passion, equally vital to her, for the visual arts. On Sunday, March 6, the Beaulne Museum in Coaticook will host the opening of an exhibition of her work entitled "Shields"—22 circular paintings—the culmination of two years work.

"I've been drawing and painting since I could hold a crayon," says Harris, whose mother, Jean Harris, is also a visual artist. "There is seldom a day when I'm not working on my drawing skills." Her strongest painterly influences are abstract artists like Jackson Pollack and Jean Paul Riopelle, and visionary artist Alex Grey, as well as her partner Peter Mendieta, who has long been fascinated with sacred geometry. "I'm interested in approaches that create another kind of reality, imaginative spaces that allow the viewer to bring his or her own self to it." Artists, she feels, "have a mission to reveal the world in a way that others don't see."

Allyna's mandala-like oil paintings as well as her multi-layered gouache paintings are patterned on the natural geometry of the universe, and draw their



COURTESY

inspiration from a broad range of intellectual and spiritual influences. Each work involves many hours of drawing and contemplation; Harris finds the computer a useful tool for experimenting with design and exploring colour be-

fore committing the work to paint. "I have no preconceived idea of the end result. I wait for the colour to call, and try to achieve a balance between the elements."

"The 'Shields' paintings begin with

an equilateral triangle within a circle—the triangle as a metaphor for body, mind and spirit and the circle representing wholeness. These forms also suggest landscape, horizon, and depths of space and sky. They create a centre and, from the centre, an unfolding of interconnected flow. The "Shields" project is also influenced by concepts of healing, wholeness and the sacredness of the natural world."

Although these pieces have a spiritual and universal intent similar to Buddhist mandalas, Harris also likens them to medieval heraldry. "Each shield possesses its own personal protective elements" and likes to think of these paintings as serving a similar function inside peoples' homes. "I enjoy watching people look at my work. Every individual gravitates to particular paintings."

The shields have a definite impact; there is a strong feeling of movement and light that draws the viewer. The paintings reveal an artist both deeply rooted in the natural world and sensitive to the infinite ways that civilization can disrupt the natural harmony of the planet.

Allyna Harris's exhibition, "Shields", will be on view at the Beaulne Museum in Coaticook from March 6 to June 5. I strongly recommend a visit.

Drama stars take final bow

CONT'D FROM PAGE 4

principal choreographer of Verve Mwemdo, a Halifax based dance company. It's their rare triple threat talent that Rideout says he will miss.

"The combination of people that can sing and act, you only get a limited amount of them," said Rideout. "I feel really fortunate over the last three years I have had these people and I never took them for granted. We have people in the wings ready to step in but they have very big shoes to fill."

Those "waiting in the wings" might be spotted among the "awesome" cast in

Cinderella.

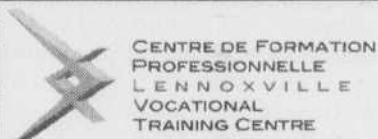
"It's such an ensemble piece, it wouldn't be happening without each of them," said Van der Burg. "There's defiant magic happening here."

Cinderella - The Musical takes center stage at 7:30 p.m., March 9 to 13, with a special matinee Saturday March 12 at 2:00 p.m. at Centennial Theatre. For tickets - \$22 adults, \$20 seniors, \$12 students or \$55 for a family of four - call the Centennial Box office at 819-822-9692 or visit in person between 1 to 3 p.m. Monday to Friday.



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Cinderella - The Musical takes center stage at 7:30 p.m., March 9 to 13 at Centennial Theatre.



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Business English 30 hours	English Business	March 14 - May 16	Monday 6 h 00 to 9 h 00	\$ 180	\$ 50
Office 2007 Update 16 hours Bilingual Course	Word, Excel, Access, Power Point (including a workshop using one of your business projects)	March 15 - May 3	Tuesday 6 h 30 to 8 h 30	\$ 50*	\$ 20

*Price for participants who are currently employed. Price for participants who are not employed \$ 180 for Business French and \$ 100 for Office 2007 Update. A minimum enrollment is required to start classes.

Local Sports

"I think we had a tough schedule, but it would not have been too much if we had more stability in our lineup. All in all we learned a lot about our team and ourselves this season."

Seasons gone bad

Gaiter basketball teams hope to learn from adversity

By Mike Hickey
Special to the Record

Pre-season in any sport or competition is a time for hope, high expectations and anticipation. That was certainly the case for the Bishop's Gaiters men's and women's basketball teams back in October as they prepared for challenging non-conference schedules followed by 16-game league schedules that ultimately eliminates one university from post season play. Local basketball fans and the teams themselves could not fathom the idea that both Gaiters teams would finish the season in last place, but the unthinkable has become reality and now the question is, why?

It is true that each team, as with their league counterparts, entered the 2010-11 campaign with question marks, but they also fielded rosters with talented, dedicated players. In reflecting back on a lost season, men's head coach Rod Gilpin not only sees light at the end of the tunnel, he believes next year's team will be stronger as a result of the past year's ills.

The men finished the regular season with a three-point loss to the Concordia Stingers Saturday night, a defeat that left them with a 2-14 league record. They showed a lot of resilience against the regular season champion Stingers, rallying twice from double-digit deficits to take a one-point lead in the final minute of

play. But as the case has been too often this season, Bishop's failed to close the deal and lost another close game.

"We definitely did expect to have a more successful season, but with roster changes, injuries and having to rely on freshmen too much at times, that was not going to happen," Gilpin said in an interview prior to the Concordia contest. "I think we had a tough schedule, but it would not have been too much if we had more stability in our lineup. All in all we learned a lot about our team and ourselves this season."

One of the things they learned was that talent alone is not enough to be successful at the CIS level. Over the course of the season the Gaiters parted ways with several talented players, Ryan Steele, Chris East and most recently Oraine Green, and in each case their departure actually made the Gaiters a better team.

"We do return a lot of players and there is no doubt this year's disappointment will motivate our guys in the off-season," Gilpin said. "The key to any success next year will be the development of this year's freshman class in the off-season. With our team being so young, physical strength is a priority. We also have to become a better shooting team."

Third year veteran Tim Hunter played the best basketball of his university career in the second half of the season, al-

though he came up short of earning an all-star berth. He, along with the team's other seasoned veteran, Onnex Blackwood, needs to provide consistent play and leadership if the Gaiters are to make it back to the playoffs next season.

Recruiting a quality player or two and off-season conditioning are priorities for the veteran coach.

"Heading into the off-season our focus will be our training program with strength coach Eric Joly, individual skill development and recruiting," Gilpin said. "I like the core of our team, but we do need to add three to four players to our roster who can make us more competitive."

Women's head coach Alex Perno entered this past season optimistic that his team of seven rookies and five veterans would come together in time to make a serious run at a league championship or a second place finish that would have given Bishop's a berth at a regional tournament. It was to find blame in such a prognosis after the Gaiters amassed a 4-2 preseason record against non-conference teams.

However, once league play began the Gaiters struggled to win games as rebounding and decision-making often proved costly in close games. Still there was no denying that the team had talent, as witnessed by their convincing win over the McGill Martlets two weeks ago. But in the final month of play the

Gaiters lost three one-point games and that cost them a playoff berth.

"We have a very young team with seven out of 12 players in their first year, and our inability to win close games hurt us," Perno said. "But we finished the season on a strong note and that tells us that our future is bright. We feel that Jessy Roy had a strong year and will be assuming the leadership role to carry that young team, combined with strong new recruits coming in."

Perno certainly has shown ability to recruit quality student-athletes since coming to Lennoxville, although he is being mum on next year's rookies.

"I will keep our recruiting secret until August," Perno said in reference to potential incoming players. "Consistency in the game plan as well as our rebounding and post defence are areas that we need to improve. We also need our players to become stronger physically through training and to continue working on their skills, especially shooting and dribbling."

Perno added that this season's misfortune will bring rewards in the foreseeable future.

"As a final word we have no doubt that our team will be strong due to the experience they have gained this year. Maybe it was a painful lesson, but worth it if it leads to success in the near future."

Today in history: The world's first organized hockey game

The first organized game of ice hockey took place on March 3, 1875 at the Victoria Skating Rink in Montreal, based on a set of rules proposed by a group of McGill University students. The game also featured a number of those students.

The last quarter of the 19th century was a great period of social organization and saw the standardization of many sports. Hockey, as we know it, began in Montreal where James G. A. Creighton, who went on to become a McGill law student, was believed to have played a role in establishing the first set of formal rules.

Two nine-man groups, one of which was captained by Creighton, opposed each other in the world's first-ever in-

door public display of an ice hockey game. The event was played at the Victoria Skating Rink, March 3, 1875, located in the part of Montreal that is now bordered by the following streets — Drummond, de Maisonneuve and Dorchester (now named Boulevard René Levesque). This event was promoted in The (Montreal) Gazette prior to the game and a post-game account was also published (see below).

The contest was divided into two halves and played with nine men per side. The players on one side were Charles Torrance (captain), Daniel Meagher, Potter, Edwin Gough, William Barnston, George Gardner, Griffin, Jarvis and Whiting. The other team was composed of James Creighton (captain), R.S.

Esdaile, Henry Joseph, Frederick Henshaw, Chapman, Robert Powell, Edward Clouston and the Campbell brothers (Lorne and George).

By moving ice hockey game indoors, the smaller dimensions of the rink initiated a major change from the outdoor version of the game, limiting organized contests to a nine-man limit per team. Until that time, outdoor games had no prescribed number of players, the number being more or less the number that could fit on a frozen pond or river and often ranged in the dozens. The nine-man per side rule would last until the 1880s, when it was reduced during the Montreal Winter Carnival Hockey Tournament.

The key innovation was the substit-

tion of a square, wooden disk (puck), which offered the players far more control than they had over a ball. In 1877, the first organized team, the McGill University Hockey Club, was formed and the first national association, the Amateur Hockey Association of Canada, was founded in 1886.

Announcement of first game in The Gazette (March 3, 1875)

Victoria Rink - A game of Hockey will be played at the Victoria Skating Rink this evening, between two nines chose from among the members. Good fun may be expected, as some of the players are reputed to be exceedingly expert at the game. Some fears have been

CONT'D ON PAGE 11

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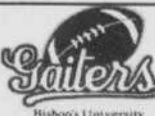
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Local biathlon prodigy qualifies for nationals

By Doug McCooye

Beginning this weekend, Cadets from across Canada will travel to Valcartier, Quebec to take part in the National Biathlon Championships.

The Eastern Townships is represented, as 13-year-old Alexina Gaudet-Grégoire of Sherbrooke will be competing in the junior division. She is one of three competitors in her age category that will be representing Eastern Canada, a division that includes all of Quebec and parts of Ontario.

A member of the 067 Sherbrooke Division of the Air Cadets, Alexina was looking for a Cadet activity to do last winter and singled out biathlon. The reason?

"It looked fun so I gave it a try," said the Saint Francois high-school student, in an interview with The Record on Thursday. "I had never tried it before, so I just went for it, and I loved it."

Biathlon is a winter sport that combines cross-country skiing and rifle shooting. Competitors race around a cross-country skiing, and the distance is broken up by a series of shooting rounds.

Alexina described her race at the provincials. It was a pursuit race, meaning the athletes started the race individually at about 30-second intervals. She had to ski for two kilometres before stopping and shooting five targets.

"You only have five bullets, so every time you miss one, they add (the penalty) to your final time." This sequence was repeated again, before a one-kilometre sprint to the finish.

In only her second year competing, the confident 13-year-old has been very successful at this event. She finished second at the regional competition in La Patrie in mid-February and, a week later at the provincials in Valcartier, was the only person from the region (Eastern Townships-

Beauce-Bois Francs) to qualify for the Nationals.

In the sit-down interview with the Record, Patrice Grégoire, Alexina's father, championed his daughter's exploits and spoke of the skills needed to be successful in biathlon.

"You have to go full on the gas, but not to your maximum," said Patrice, a 29-year veteran of the Sureté du Québec and RCMP. "You have to gauge (how fast to go) in your head. Because after you ski, you have to have the concentration to shoot."

And how does Alexina handle it?

"She's a natural," says Grégoire of his daughter. "She's one of those people who picks up stuff really quickly."

Alexina trains three times a week, once with the cadets and twice with her local civil team.

"At first, I didn't know what to expect," explains Alexina. "But then I got into it (...) I really like the competing aspect, it's amazing."

The only time Alexina had ever cross-country skied before last winter was on a trip with her school, and she had never shot a 22-caliber rifle - the type of gun used in competition. "Learning the proper skiing technique took some time," she admits.

Alexina's talent is evident by her recent results. She says she wants to be a police officer when she's older, just like her dad.

Any other plans for the future?

"I have a dream of going to the Olympics, maybe it's not realistic, but..."

Patrice is understandably proud.

"To have a girl that has good results in school, has a good social life, and is aiming for targets...It's just great," he said, no pun intended.

This week's national cadet competition runs from March 5 to 12 at the Myriam Bédard Biathlon Centre in Valcartier.



COURTESY

Alexina Gaudet-Grégoire will compete against other cadets this upcoming week at the National Biathlon Championships in Valcartier, Quebec.

SHIFTING GEARS

Nascar Sprint Cup

Kobalt Tools 400

Location: Las Vegas Motor Speedway

Schedule: Race, Sunday, 3 p.m. (TSN2, FOX)

Race distance: 400.5 miles, 267 laps

The leaders: Kyle Busch, 80; Kurt Busch, 77; Tony Stewart, 69; AJ Allmendinger, 69; Jeff Gordon, 65; Mark Martin, 65; Bobby Labonte, 64; Ryan Newman, 64; Juan Montoya, 64; David Gilliland, 63; Paul Menard, 63; Carl Edwards, 59.

Up the road: Jeff Byrd 500, March 20, Bristol Motor Speedway, Bristol, Tennessee.

First hockey game

CONT'D FROM PAGE 10

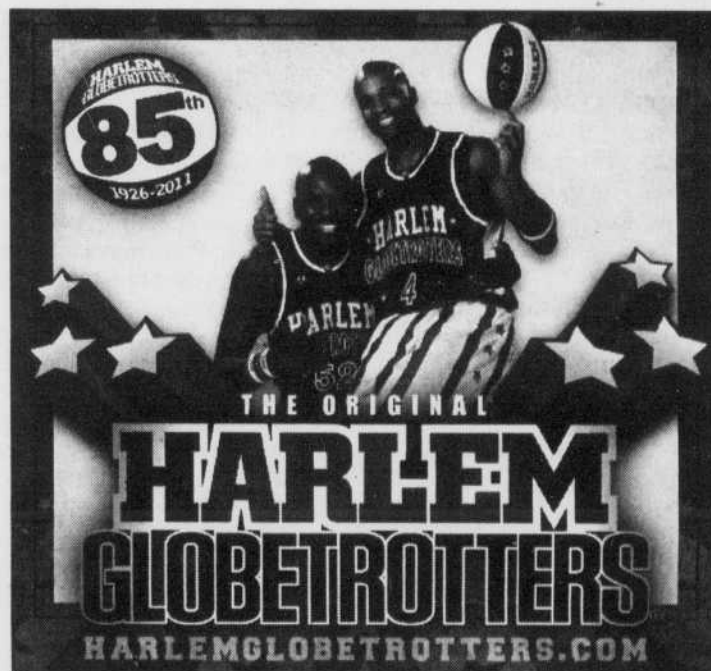
expressed on the part of intending spectators that accidents were likely to occur through the ball flying about in too lively a manner, to the imminent danger of lookers on, but we understand that the game will be played with a flat circular piece of wood, thus preventing all danger of its leaving the surface of the ice. Subscribers will be admitted on presentation of their tickets.

Game report from The Gazette
(March 4, 1875)

HOCKEY — At the Rink last night a very large audience gathered to witness a novel contest on the ice. The game of hockey, though much in vogue on the ice in New England and other parts of the United States, is not much known here, and in consequence the game of last evening was looked forward to with great interest. Hockey is played usually with a ball, but last night, in order that no accident should happen, a flat block of wood was used, so that it should slide along the ice without rising, and thus going among the spectators to their discomfort. The game is like Lacrosse in one sense — the block having to go through flags placed

about 8 feet apart in the same manner as the rubber ball — but in the main the old country game of shinty gives the best idea of hockey. The players last night were eighteen in number — nine on each side — and were as follows: Messrs. Torrance (captain), Meagher, Potter, Goff, Barnston, Gardner, Griffin, Jarvis and Whiting. Creighton (captain), Campbell, Campbell, Esdaile, Joseph, Henshaw, Chapman, Powell and Clouston. The match was an interesting and well-contested affair, the efforts of the players exciting much merriment as they wheeled and dodged each other, and notwithstanding the brilliant play of Captain Torrance's team, Captain Creighton's men carried the day, winning two games to the single of the Torrance nine. The game was concluded about half-past nine, and the spectators then adjourned well satisfied with the evening's entertainment.

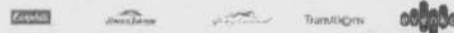
From Earl Zukerman
Communications Officer
Athletics & Recreation
McGill University



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Church Services

Anglican

LENNOXVILLE

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

Presbyterian

LENNOXVILLE

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

United

COOKSHIRE/SAWYERVILLE

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

WATERVILLE-NORTH HATLEY, HATLEY
March 6: Hatley United Church service at 9:30; Waterville-North Hatley United Church service at 11:00 with Sunday School. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Worship and Sunday School on March 6 at 10:00 a.m. The worship service will be led by Alan Marshall. Rev. James Potter, 819-565-8449.

SHERBROOKE

Plymouth-Trinity United Church corner of Dufferin and Terrill - the Rev. Robin Osborne - 819-346-6373. Sunday, March 6 worship at 10:30 a.m. There are activities for children during worship and nursery care for children under 2 years of age. Everyone welcome! Reserve today for the Mardi Gras pancake supper on Tuesday, March 8 - call the church office for more information.

Richmond Young Women's Institute

The January 2011 meeting of Richmond Young Women's Institute was held Monday, January 10th at Marge Lancaster's. Norma Knowles sent her regrets, and dessert. Ten members recited collect and answered roll call. The minutes of the December 2010 meeting were read, and approved with addition.

Business arising:

1. Cookies for shut-ins: Joyce made up the plates and delivered the cookies.

2. Perfect attendance: Janet, Pat, Rhoda, Marge, Elizabeth, Joyce and Norma Morin received their gifts for attending all meetings last year. As usual, Marge made a great choice. Janet, Rhoda, Elizabeth, Joyce and Norma received initial pendants with earrings, and Marge and Pat got brooches.

3. Thank you for Christine for auditing books. Mona will pick up a Tim Horton's gift card.

4. Marge read out the programs for 2011. Mona read her annual report, books were audited and balanced.

Correspondence: Thank you from RRHS for donation to their Christmas Basket Fund; Thank you from St Francis for Christmas basket donation; and a verbal thank you from Pat for her Sunshine gift.

Convenor reports:

Norma mentioned the Johnson & Johnson recall on Roloids.

Marge sent out cards for Sunshine.

New business:

1. Election of officers:

Marge took the chair for elections, and

declared all offices open. Nominations were as follows:

President: Janet Banfill; President-elect: Pat Henderson; 1st Vice President: Rhoda Blake; Secretary: Rhoda Blake; Treasurer: Mona McGee.

Convenors: Agriculture: Debbie Knowles; Education and Personal Development: Marge Lancaster; Health and Community Living: Norma Morin; Publicity and Awareness: Rhoda Blake; Sunshine and Buying: Marge Lancaster.

Everyone accepted the positions as nominated, and Marge declared all nominations closed, and offices filled.

2. Secret Pals: Everyone tried to guess their secret pal for 2010, then drew names for this year.

With no further business, meeting was then adjourned.

Next meeting will be on February 7th at Daisy McGee's. Mona won the floating prize. Joyce had a true or false quiz, and since there were multiple winners, the prize, a box of chocolates, was opened and shared. Thanks Joyce.

We then enjoyed Norma's cake with tea and coffee. Thanks Norma and Marge.

The February 2011 meeting of Richmond Young Women's Institute was held February 7th at Daisy McGee's. Nine members recited the Mary Stewart Collect; roll call was answered by bringing a "mystery gift"

Minutes of the January 2011 meeting were read and approved.

Business arising:

1. Mona will pick up a Tim Horton's gift card as a thank you to Christine for auditing our books.

Correspondence: We received a thank you from Ken Knowles for the cookies.

Convenor reports:

Marge read an article about wearing red in February, to promote Women's Heart Health. The cost of getting a plastic bag at store, in the Northern communities, will be going up to \$.25.

Norma mentioned the tainted alcohol swabs. She also brought in a chain with a rabbit she got in China, representing the "Year of the Rabbit".

Publicity: Rhoda sent the write up to the Record.

Sunshine: Marge sent a card to the Crack family.

New business:

1. The Annual County meeting will be March 19th at 9:30 at the Richmond United Church.

With no further business meeting was then adjourned. Everyone gave a \$1.00 to Pennies for Friendship, and we played Pirate Bingo for the mystery gifts we had brought.

Debbie won the floating prize.

We then enjoyed a delicious luncheon, thanks to Daisy and her daughter, Debbie.

Respectfully submitted,
Rhoda Hudson, secretary

EAT IN AND SAVE

French toast by any other name is still delicious

By Marialisa Calta

Speaking of French toast — oh, we weren't? Why not? French toast is, after all, a compelling topic. When you think about it, French toast is basically just a variation on eggs and toast — but what a variation! It is one of those dishes in which the whole is clearly more than the sum of its parts.

French toast, under a variety of names, including "Spanish toast," "nun's toast," "German toast," "pain perdu" ("lost bread" in French), "cream toast" or "Poor Knights of Windsor" (in England), has been around since ancient Roman times, according to food historian John Mariani, and first appeared as "French toast" in an American cookbook in 1871. While most people assume it was a thrifty way of making use of stale ("lost") bread, writes Alan Davidson in "The Oxford Companion to Food" (Oxford University Press, 1999), the use of historically expensive ingredients — butter, cream, eggs and, in some versions, almond milk, sugar and honey — "suggests that it was more frequently regarded as a delicacy." In the Middle Ages, it was often served as dessert. Certainly, French toast for breakfast is an "event," at least at our house.

I encountered an extremely compelling recipe for the dish recently, in the inviting cookbook "Mother's Best" by Lisa Schroeder (Taunton Press, 2009), owner of Mother's Bistro & Bar in Portland, Ore. The book is chock-full of home-cooking classics — pork chops, mac and cheese, chicken and dumplings — and has a warm, kitchen-y, flowered-wallpaper-and-worn-cotton-apron feel to it. This recipe, Schroeder says, is her signature breakfast dish.

MOTHER'S CRUNCHY FRENCH TOAST

4 large eggs

3/4 cup heavy cream

3/4 cup half-and-half

1/2 teaspoon ground cinnamon

2 tablespoons sugar

pinch ground nutmeg

1/2 teaspoon pure vanilla extract

4 cups cornflakes

6 (1-inch) slices of egg bread (challah) or other sweet bread, such as brioche, Hawaiian bread or Texas toast

9 tablespoons clarified butter (see Cook's note)

confectioners' sugar for serving (optional)

softened butter, for serving

pure maple syrup, for serving

1 cup raspberries, rinsed and dried, for serving (optional)

Cook's note: Clarified butter is unsalted butter that has had the milk solids removed. It can withstand higher temperatures, which is why it is important for this recipe; the bread stays crunchy without burning. To clarify butter, melt two sticks of unsalted butter, and cook at a low temperature until the foamy solids have floated to the top. Skim and discard. Keep cooking over extremely low heat until the remaining solids fall to the bottom and start to turn slightly golden. Pour through a cheesecloth-lined strainer set over a heat-proof container. Discard the solids. When the clarified butter is cool but still pourable, transfer to an airtight container. This will yield about 12 tablespoons of clarified butter; keep the excess, covered and refrigerated, for up to several months. You can double or triple this recipe, if you wish, and keep the results for other uses (or more French toast!) in the fridge.

Heat the oven to 200 F. Place a heat-proof platter or rimmed baking sheet in the oven.

In a large bowl, whisk together the eggs,

cream, half-and-half, cinnamon, sugar, nutmeg and vanilla.

Place the cornflakes in a large, shallow bowl, and crush with your hands until the pieces are small (but not pulverized) and somewhat uniform in size. Place a rimmed baking sheet nearby to hold the prepared bread.

Dip a slice of bread into the cream mixture, immersing both sides. (Saturate it, but don't let it fall apart.)

Dip the slice into the cornflakes on both sides, pressing to adhere the flakes; set aside on the nearby baking sheet. Repeat with remaining slices.

Place a griddle or wide skillet over medium heat for several minutes. Sprinkle with a few drops of water; adjust the heat until they don't steam or sizzle and evaporate immediately, but bounce around before evaporating.

Add 1 tablespoon of the butter for each piece of French toast that will fit in the pan, without crowding. Tilt to coat the pan.

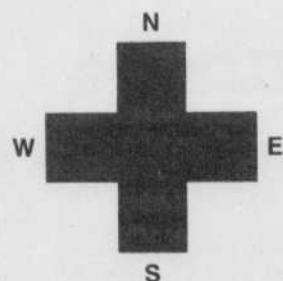
Add the prepared bread; don't crowd. Cook until golden on one side, about four minutes. Lift each piece with a spatula, and put 1/2 tablespoon of butter in its space. Flip the toast onto the butter to cook the other side, about four minutes more. Repeat with remaining slices of bread. As the bread is done, place in the warm oven until you have finished with all the slices.

Cut each piece of bread in half diagonally. Arrange three triangles like shingles on each plate. Sprinkle with confectioners' sugar (if desired), and serve with butter and maple syrup and a sprinkling of berries, if using.

Yield: 6 1-inch slices, or 4 servings

Recipe from "Mother's Best" by Lisa Schroeder with Danielle Centoni (Taunton Press, 2009)

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



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Death

Wesley
DARTOIS

It is with great sadness we share the passing of Wesley Dartois. Wesley passed away peacefully, with Joan and Joanne by his side, at the BMP hospital on March 3, 2011. Wesley is survived by Joan, Joanne, the (late Wendy Black), Brother Gyles (Barb), Sister Leon (late Colin McIntyre) and his grandchildren, Adam, Ryan, Courtney, and Chelsea. Also survived by Armie and Kevin.

We would like to express our eternal gratitude to Dr. Iny for her care and compassion along with the outstanding nursing staff of the 3rd floor. Also in our thoughts at this time for their love and support are Jean and Larry Royea, as ever, always there. Joel and family, special thanks for all you do. Wesley will be missed by his many friends and nieces and nephews.

At his request, there will be no funeral. Interment to take place privately in Fulford QC. We will have a celebration of his life on March 20 at 141 Asa Fray, Sutton, QC, from 1 p.m. until 5 p.m. Thanks to everyone once again.



DR. GOTT

Is PRP right for
shoulder injury?

By Peter H. Gott, M.D.

DEAR DR. GOTT: I would like your opinion about platelet-rich plasma (PRP). I have an impingement in my shoulder and was told I need surgery. Do you think the PRP is an option?

DEAR READER: There is an increasing demand, and rightly so, for the use of autologous (self-donated) blood products that aid the healing process. Blood contains red and white blood cells, platelets and plasma. The platelets are responsible for the production and revitalization of new connective tissue. Let me briefly discuss PRP, and then I will try to answer your question.

During the procedure you are considering, about 30 to 60 millimeters of a patient's blood are drawn and spun down in a centrifuge for 15 minutes. From that draw, between 3 and 6 ccs of PRP become available. The concentrated platelets are then injected into the patient at the site

Annie (nee Burnside)
MORRISON
(1922-2011)

Peacefully, with dignity, as Annie did will all things in life, she passed away at the Ottawa General Hospital on Monday, February 28. Predeceased by her husband Donald N. Morrison and her two beloved siblings Ishbel MacKenzie and Robert Burnside of the Isle of Lewis, Scotland. Annie is survived by her children; Don (Jane), Ann, Mary (Bob), Bonnie (Dave), her grand-children, Robert, Kenneth, Reid, Jason, Jennifer, Julie, Mike and Paul, her great-grandchildren and nieces and nephews. Annie grew up in Back, Isle of Lewis, Scotland and during the Second World War, went to London, England to work for the war effort. There, she met Donald Morrison, a Canadian soldier. She immigrated to Canada as a "War Bride" and they eventually settled in Scotstown, QC. During those years Annie was very active as a member of the church (Saint Paul's Presbyterian) as well as the community. She was a Sunday-School teacher for many years, a choir member and active in The Ladies Circle. Annie's pride in her Scottish culture and mother tongue were evident when she and Donald attended all the Scottish Games and she taught Gaelic to all who wished to learn. Our Sincere thanks to The Glebe Center, Ottawa and the Palliative Care Unit, 5th Floor NW at the Ottawa General Hospital. Annie leaves a legacy of kindness—as one grandchild said "She was the sweetest, gentlest lady I've ever known"—a sentiment shared by her entire family. A private family burial will take place. A memorial service and reception will be held Saturday, May 14 at 1 p.m. at the St-Andrew's Presbyterian Church, 256 Queen St. Sherbrooke, QC. In lieu of flowers, for those who wish, memorial donations may be made to the Lingwick Cemetery c/o Lena Morrison, 444 Rte 161 N. Stornoway, QC G0Y 1N0

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3006 College St. Sherbrooke QC
cass@casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423
www.casshome.ca

of the injury.

The process was first used and documented in 1987 by a physician who performed open-heart surgery. However, it has been only about a year since it has been used in conjunction with sports-related/overuse injuries. Perhaps because tendons get very little blood, injury sites heal slowly. The thought process behind PRP is that concentrated platelets injected into the injury site should speed recovery.

A Journal of the American Medical Association (Jan. 13, 2010) reported the use of PRP for Achilles tendinopathy and indicated the PRP injection, compared to a saline injection, did not result in greater improvement in pain and activity. Keep in mind this report was for chronic Achilles tendinopathy, not shoulder impingement. I state this only because there is little, if any, information regarding the shoulder.

The New York Times covered the topic on Jan. 12, 2010, stating the treatment has become so popular that patients are willing to pay \$1,000 or more out of pocket for PRP—especially after hearing that Tiger Woods had his knee injected and two football players, Troy Polamalu and Hines Ward, received injections, all with positive reports. Thousands of doctors and about 500 hospitals are offering the service today. However, the first rigorous study found that platelet injections are no more effective than saltwater. Again, this report extracted from the JAMA report is related only to acute Achilles tendinopathy.

In defense of the procedure, another

study in the American Journal of Sports Medicine due out soon concludes that platelet injections may help tennis elbow, but some indicate the study has a design flaw that leads them to question its conclusions. This may be worth watching for final analysis.

As you can see, the jury is out on this one, and I am a member of the jury. Thank heavens testing continues. My problem is that PRP is in its infancy and has been used for sports-related injuries for only about a year. I'm not daring enough to be on the cutting edge, nor am I willing to step up to the plate and take a stand. It's simply too soon for my endorsement.

Only you know your physician's qualifications. Perhaps a second opinion at a large sports-medicine center or teaching hospital is appropriate. Good luck.

To provide related information, I am sending you a copy of my Health Report "An Informed Approach to Surgery." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title or print an order form off my website at www.AskDrGottMD.com.

Dr. Peter H. Gott is a retired physician and the author of several books, including "Live Longer, Live Better," "Dr. Gott's No Flour, No Sugar Diet" and "Dr. Gott's No Flour, No Sugar Cookbook," which are available at most bookstores or online. His website is www.AskDrGottMD.com.

Death

In Memoriams

HURLBUT-EWENS, Clara - In loving memory of our mother who passed away March 6, 2005.

*Memories are a gift to treasure,
Ours of you, Mom, will last forever.
Sadly missed and always remembered.*
MAUREEN & CLIFF AND FAMILY
CLINT & FAMILY

JOHNSTON, Douglas - In loving memory of a dear father, grandfather and great-grandfather, who passed away March 8, 2008. It doesn't seem possible that it has already been 3 years.

Happy memories remain. With love,
YOUR CHILDREN,
GRANDCHILDREN
AND GREAT-GRANDCHILDREN

ORR, Mary (nee Douglas) - In loving memory of Mary Orr, who passed away on March 12, 2008. Formerly of Howick and Bromont. Always remembered and loved.

MALCOLM AND FAMILY

LEARMOUTH, Shirley E - March 4, 2006. In loving memory of Shirley.

*As time goes by without you
And the days turn into years
They hold a million memories
And a thousand silent tears
To us you were so special
What more is there to say
Except we wish with all our hearts
That you were here today
Til we meet again.*

Always loved and remembered.
HUBERT & FAMILY
THELMA & FAMILY
HELEN, ALLAN & FAMILY

BROWN, Gary - In loving memory of a husband, father, and grandfather who passed away on March 4, 2006.

*There are cherished memories in our hearts
That are especially for you.*

NOREEN (WIFE)
JENNIFER & PETER (CAROLINE)
(CHILDREN)
ANTHONY, MAXIME, THOMAS, ANNA
(GRANDCHILDREN)

Brieflet

Bury

Bury Cemetery Company Annual General Meeting - 7 p.m. March 9, 2011 at the Armoury Community Centre, Veterans Memorial Lounge, 563 Main St., Bury. Interested persons are welcome to attend.

800,000

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

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

TOWNSHIPS' CRIER

LENNOXVILLE

Bring your dimes, it's time for the 1st Lennoxville Girl Guides Annual St. Patrick's Day Coffee Party! This year, it will be held at Lennoxville United Church, on Saturday, March 12, from 9:30 a.m.-3 p.m. Activities include a Chinese Auction and a Silent Auction. Included with this activity are unlimited

coffee, tea, sandwiches, and baked goods. Join in the fun with the Lennoxville Girl Guides. Admission charged.

LENNOXVILLE

St. Patrick's Day: The "HUT" welcomes everyone (18+) to their annual St. Patrick's Day Celebration on Saturday, March 12, 2011. Irish Coffee from 11 a.m.-2 p.m. Live entertainment from 2 p.m. until closing. Canteen will be open. At the Army Navy unit 318 (Hut).

LENNOXVILLE

World Day of Prayer at Green Ridge Baptist Church, Queen St. in Lennoxville, on Friday, March 4 at 2 p.m. Ecumenical

service written by the women of Chile on the theme "How Many Loaves Have You?" Refreshments following the service in the church hall. Everyone welcome!

RICHMOND

Come to our Shrove Tuesday pancake supper on March 8 at the Richmond-Melbourne United Church, 247 Principale Sud, starting at 5 p.m. Enjoy a meal with family and friends of pancakes, sausages, real maple syrup, and fruit. The proceeds will be used for youth work in the Pastoral Charge. All are welcome.

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

My sister is almost 50 years old and still picks her nose in public

Dear Annie: I've been married to "Sam" for 17 years. I have two grown daughters from my first marriage and a 16-year-old son with Sam.

For all these years, Sam has been the quintessential stable husband and father, working to put a roof over our heads and food on the table. I, too, have worked the entire time. Sam's disciplinary methods caused many problems in the early days of his stepparenting — with lots of threats of divorce — but we all survived, though not entirely unscathed.

The problem is, I married Sam for his stability and now everything else about him is really getting on my nerves. With an almost-empty nest, I want to get back to the real me — the one who enjoys dinners out, concerts, dancing, travel, the great outdoors, intellectual stimulation, etc. Sam is a couch potato who's overweight, diabetic and impotent. I can't stop myself from imagining a better Mr. Right, which makes me open to the possibility of meeting someone else, and that jeopardizes my marriage. So, Annie, if this Mr. Right comes along, should I go? — Lucky but Not Happy

Dear Lucky: After 17 years and a teenage son, don't you think you owe it to Stable Sam to tell him you are unhappy and would like to see some changes made? You are assuming he is unable or unwilling, but saving the marriage could motivate him. Get some counseling, preferably with your husband, and see what can be fixed.

Dear Annie: A year ago, my husband and I lent my daughter some money to help with her mortgage payments, insurance, etc. She told us she would pay a certain amount each month until the loan was paid up or until she got the settlement she was waiting for.

As I write this, she has not attempted to pay anything. When I bring it up, she yells, "You'll get your money when I get

mine!" She no longer answers the phone when I call, and when I text, she rarely responds. When she does, it is only to bring up things that happened in the past. She hasn't come right out and said it, but I get the distinct impression that she doesn't want me in her life anymore.

I am at my wits' end. She is over 30 and still acts like a defiant teenager. I have already told her I will never again lend her a dime. In the process of trying to help her, I may have lost my daughter. What can I do now? — Trying Too Hard in New York

Dear Trying: This is not about you. It's about the money. Your daughter either doesn't have the means to pay you back, or she doesn't want to. When she thinks of you, all that comes to mind is her guilt. By pushing you away, she also won't have to part with that settlement money (if she ever gets it). Either chalk this up to a bad loan and let her know she's off the hook, or insist on repayment and run the risk of an estrangement — whichever result is easier for you to live with.

Dear Annie: "No Name, No Place" said her 60-year-old binge-drinking husband was not an alcoholic.

There are different types of alcoholics: those who drink daily and become physically dependent, and those who go on binges and can have long periods of time when they don't drink.

As a member of A.A., here's how it was explained to me: "It's not how much you drink, or how often, but what happens when you do." If I only had one drink a day, but that one drink was detrimental to my health or caused me to rage at or be isolated from the people I loved, alcoholism is the likely culprit. — Arlington, Texas

Dear Annie: My brother was scheduled for open-heart surgery involving three different procedures. I hadn't

Annie's Mailbox

seen him for several months and wanted to visit before the operation, as I feared he might not make it through.

The day before his surgery, my wife and I were driving the two-hour trip to his home when we received a call from his wife. She said she didn't want us coming, that she was already stressed out and didn't want anyone else using up the time she and her children had with my brother. I told her how much it meant to me to see him, but she said, "Don't bother coming. My children and I don't want you here."

My sister-in-law has always been a strong-headed woman, but this was too much. Our conversation turned into a shouting match. I was so angry and upset that I could hardly drive the car back home. I told my wife that what she did was unforgivable and I would never speak to her again.

Fortunately, my brother's surgery was a success, and he is recovering. I will see him as soon as I can, but only when his wife is not around. I will never get over what she did. How would you handle this? — Angry in NYC

Dear Angry: Your sister-in-law may not have dealt with this very kindly, but try to see it from her perspective. She thought her husband might die and wanted his children to have every second of his remaining time. She was under a great deal of stress, and your needs didn't come into consideration. If you prefer to avoid her for the rest of your life, that's up to you, but we're sure your brother would appreciate it if you could somehow forgive her.

Dear Annie: My sister is almost 50 years old and still picks her nose in public. When I am with her, it is very embarrassing. She uses a tissue, but nonetheless shoves her fingers up her nose. It is not subtle.

I've told her to stop doing this and to

blow her nose like a normal person, but she doesn't listen. I know she often is alienated from co-workers, and I suspect this bad habit may be causing her to miss job-related opportunities. Maybe if you print this, she will listen to you. — Picky's Sister

Dear Picky: Constant nose picking can be an obsessive-compulsive disorder triggered by stress. Or it could be that her nose itches a lot. Or she may have sinus problems, in which case using a saline spray might help. But some habits are so ingrained, they are done unconsciously. In order for your sister to stop sticking her fingers up her nose, she will have to be aware that she's doing it and want to stop. At the very least, she should do it in private. It is not an attractive process to watch.

Dear Annie: I read the letter from "Illinois," whose husband wants to keep their dog, "Buddy," even though he doesn't get along with their other four dogs and they are expecting a baby soon. I am a dog trainer and am always amazed at people who have numerous dogs and expect all of them to get along. That notion is totally insane. It would be like having five people with five different personalities living together 24/7.

As much as the husband loves this dog, for everyone's sake, Buddy should be placed in a home where HIS needs are met. A multiple-dog home is simply not it. And in doing what is best for Buddy, it also is absolutely best for everyone involved. Otherwise, they are asking for some serious consequences for both the humans and the other dogs. — Dallas, Ore.

Dear Dallas: We appreciate the professional backup and agree that Buddy would be better off elsewhere — and so would the rest of the family.

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

THE CANADIAN NEWSPAPER

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THE RECORD

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: B equals O

"X KMF PYTLXGT SMGSTL... YKT
UBZY PGFTL-NPGFTF MGF PGFTL-
LTZTMLSKTF BN MHH YKT NTUMHT
SMGSTLZ." - NLMG FLTZSKTL

PREVIOUS SOLUTION: "You can't please all the people all the time... and last night, all those people were at my show." - Comedian Mitch Hedberg

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CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: J equals C

"ITEWEPN EK EWK YIP TSIMTU."
- RSPTZ FEDDST "IRZ UY ITEWSTK
ITEWS? GSJMBKS EW EKP'W
WRSTS." - WRYFMK GSTNST

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PREVIOUS SOLUTION: "I had uterine cancer... the most under-funded and under-researched of all the female cancers." - Fran Drescher

KIT N' CARLYLE

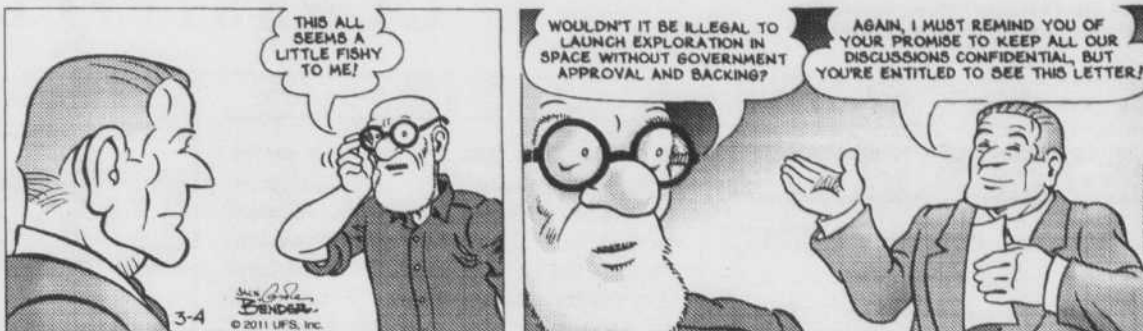


HERMAN



"What about a moat? Do you want to buy a nice moat?"

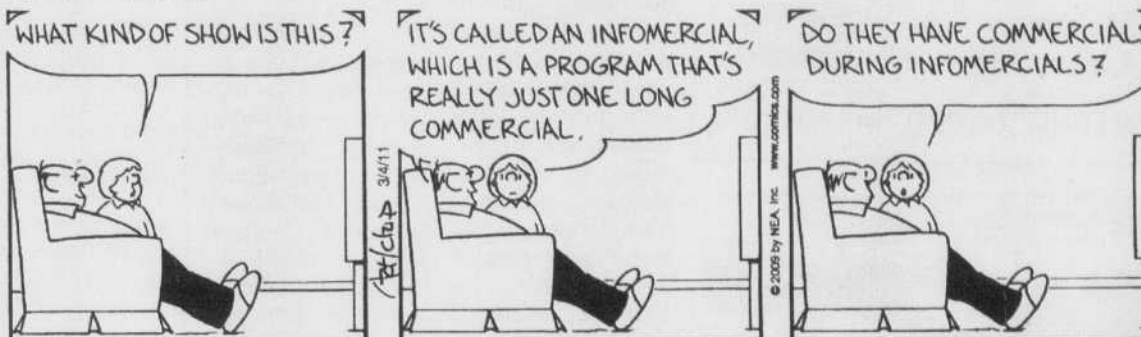
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E-MAIL: classad@sherbrookecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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001 Property For Sale

001 Property For Sale

050 Rest Homes

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

190 Cars For Sale

190 Cars For Sale

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Lennoxville



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THE RECORD

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Thank you for your interest in our company.

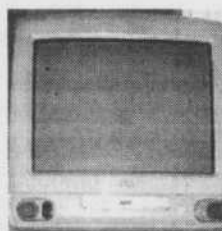
145 Miscellaneous Services

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2008 FOCUS SE SEDAN, 4 cyl., air, electric windows & doors, tilt, 39,476 km, black, \$10,995
2010 FOCUS SEL, sedan, 4 cyl., auto., full, leather, 13,245 km., grey, \$17,995
2008 LINCOLN MKZ, AWD, full, leather, sunroof, 33,326 km., blue, \$24,995
2006 PONTIAC PURSUIT, sedan, 4 cyl., auto., air & more, 82,695 km., black, \$6,995
2011 FORD TAURUS SEL, AWD, 4x4, V6, auto., full, 12,650 km., burgundy, \$29,995
2011 FORD TAURUS SEL, FWD, V6, auto., leather, sunroof, 20,000 km., black, \$29,995
2010 FORD FUSION SPORT, AWD, 4x4, V6, auto., full, leather, sunroof, 31,754 km., grey, \$24,995
2006 FUSION SE, 4 cyl., auto., sunroof, mags, deflector, 98,000 km., black, \$8,995
2010 FORD FOCUS SE, coupe, 2 door, auto., full, 8200 km., \$14,904
2010 FORD FOCUS SE, sedan, 4 cyl., auto., full, 14,112 km., grey, \$15,981
2005 FORD FOCUS, SW, SE, 4 cyl., auto, air, and more! 65,900 km., red, \$7,995
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2010 FORD MUSTANG GT, convertible, V8, standard, 15,642 km., \$33,995
2008 VOLVO XC 70, V6, auto., AWD, 4x4, station, full, leather, 44,327 km., taupe, \$29,995
2005 ACURA RSX, auto, full, leather, sunroof, 55,012 km., grey, \$12,995
2005 CHRYSLER 300, AWD, 4x4, V6, auto., full, leather, 100,800 km., white, \$12,995
2004 CHEVROLET IMPALA LS, V6, 3.8 l, auto, full, leather, 127,730 km, grey, \$5,995
2002 VOLKS JETTA GLS, 4 cyl., man., full, sunroof, mags, 1 owner, 149,561 km., red, \$5,995

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2008 RANGER S-CAB SPORT, V6, 4x4, auto, air, 38,945km, blue, \$17,995
2007 FORD EDGE SEL, auto., AWD, 4x4, full, leather, GPS, 89,532 km., grey, \$19,995
2008 FORD F250, S-Crew, XLT, 4x4, diesel, auto., full, 76,266 km., grey, \$31,995
2010 ESCAPE XLT, V6, auto., 4x4, full, 16,200 km., grey, \$23,995
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2008 RANGER S-CAB SPORT, V6, man., 4x2, air, 33,680 km., blue, \$11,995
2008 RANGER S-CAB, SPORT, V6, man., 4x2 31,546 km., red, \$11,995
2010 FORD F150 S-CAB FX4, V8, 4x4, full, leather, 19,664 km., white, \$34,995
2009 FORD F350 S-CAB XLT, 4X4, V8, auto., full, 21,778 km., white, \$29,995
2010 LINCOLN NAVIGATOR, AWD, full, GPS, sunroof, TV, DVD, 23,000 km., black, \$58,995
2010 FORD FLEX LTD, AWD, 4x4, full, sunroof, leather, 7 passenger, 17,700 km., grey, \$31,995
2009 FORD FLEX SEL AWD, 4x4, V6, auto., 7 passenger, 37,030 km., black, \$26,995
2010 ESCAPE XLT, 4 cyl, auto., 4x2, full, 16,200 km., grey, \$23,995
2010 FORD TRANSIT CONNECT XLT, 5-passenger, full, 44,225 km., white, \$23,995
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294 Events

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Eastern Townships
SCHOOL BOARD

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CALL FOR TENDERS
- EXTERNAL AUDITORS

The Eastern Townships School Board wishes to receive bids concerning its external auditing for a period of three (3) years.

Accounting firms who are interested in submitting their bid may procure the specifications by contacting:

André Turcotte, Director
Financial and Payroll Services
Eastern townships School Board
101 Du Moulin, Suite 205
Magog, QC J1X 6H8
Telephone: (819) 868-3137

To be considered, all proposals must be submitted using the document provided for this purpose and deposited at the Eastern Townships School Board's head office at the address mentioned above, to the attention of André Turcotte, by the latest Friday, March 18th 2011 at 4:00 p.m.

The school board is not bound to accept either the lowest or any tender received.

Given in Magog, Quebec, this 28th day of February 2011.

Caroline Dufresne,
Secretary General

450 Prayers

TO THE BLESSED VIRGIN, never known to fail. All that is needed is to ask. O most beautiful flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this necessity. Star of the Sea, help me and show me herein you are my Mother. Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to secure my necessity. (Make your request no matter how impossible). There are none that can withstand your power. O Mary, conceived without sin, pray for us who have recourse to thee. (Repeat 3 times). Holy Mary, I place this cause in your hands. Say this prayer for three consecutive days, publish it and whatever you ask for will be given to you. Thank you. E.B.

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Their fellow man
Of their rightful share
Of this earth which was
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By our Father on High
Money causes men
To recklessly defile
The Will of the Most High
And to sell ourselves
Shamelessly in pursuit
Of the illusion of salvation
That money purports to buy
Yet what good when he dies?
For Jesus promises eternal life
To they who in Him abide
And Jesus taught us
To forget pursuing wealth
But stresses us to sell
All that we possess
And to spend our lives
Helping one another
Through this perilous life
For though He came
A long time ago
Jesus saw that life
Entails major suffering and strife
And that even money
Can't buy back Paradise
For this world is indeed
In a critically bad
State of health
Let not ivory tower
Observations mislead
The earth is very ill
And much as bodily cells
Mass together a deadly
Virus to fight
So God wishes for us
To cancel out evil
By love and selfless
Acts of kindness and goodwill
Only by this is there hope
For mankind, both in this life
And if God so Wills it
The life to come.

By Steve Lamb



Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change. The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander, victim and bully**. The site also features a database of links to other anti-bullying websites. Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to: Subscribe@BullyingCanada.ca More information contact them by email at: Info@BullyingCanada.ca or visit their website www.BullyingCanada.ca

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Asthma Society of Canada

Friday, March 4, 2011

North 03-04-11			
♠ J 10 7			
♥ 9 8 6 4 3			
♦ A 9 5 2			
♣ 3			
West			
♠ 8 6 3 2			
♥ Q J 7 5			
♦ —			
♣ K 9 8 5 2			
East			
♠ —			
♥ A K 10 2			
♦ 8 7 6 4 3			
♣ J 10 7 4			
South			
♠ A K Q 9 5 4			
♥ —			
♦ K Q J 10			
♣ A Q 6			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
2 ♣	Pass	2 ♦	Pass
2 ♠	Pass	3 ♠	Pass
4 ♣	Pass	4 ♠	Pass
4 ♥	Pass	5 ♣	Pass
7 ♠	Pass	Pass	Pass
Opening lead: ♥ Q			

You may make many control-bids

By Phillip Alder

Milton Glaser, a graphic designer, said, "To design is to communicate clearly by whatever means you can control or master."

To bid is to communicate clearly by whatever system you and your partner have agreed to use — and hopefully have mastered.

We are looking at control-bids (cue-bids) that express an interest in a slam and allow the partnership to judge whether they have the necessary controls for a small or grand slam.

The auction in this deal is lengthy but accurate. South opens two clubs (strong, artificial and forcing), North responds two diamonds (artificial, usually indicating 0-7 points), South rebids two spades, and North raises to three spades (promising some 4-7 points). Since South needs partner to have only the club king for a slam, he control-bids four clubs. North, who has a very slam-suitable hand with an ace and a singleton, shows his first-round control. (Since South has the diamond king, he can expect North to have the ace.) South continues with a four-heart control-bid. Then North indicates his second-round club control. This is sufficient for South, who leaps majestically to seven spades.

After West leads the heart queen, South should see that he has two club losers to ruff in the dummy. It looks easy, but he must be careful to return to his hand safely, once with a trump and once by ruffing a heart. He must not lead a diamond, which carries an unnecessary risk.

Friday, March 4, 2011

Projects or ventures you personally direct could be exceptionally successful in the year ahead. Of course, you need to allow those with whom you're involved to use their initiative, but remember to use your goods as well.

PISCES (Feb. 20-March 20) - Without alienating those with whom you're presently involved, you'll fare better by exercising greater personal initiative instead of waiting on others. Don't be afraid to go your own way.

ARIES (March 21-April 19) - An important matter that you've kept private is moving along more smoothly than outward appearances indicate. Everybody will know about it shortly.

TAURUS (April 20-May 20) - A couple of personal relationships could take on greater significance than usual when the parties involved accept an offer to become involved in your affairs. Their help will be invaluable.

GEMINI (May 21-June 20) - Play your cards right and you're likely to get an opportunity to enhance not only your popularity, but also your status and material well-being. A new acquaintance will bring this shower of good fortune.

CANCER (June 21-July 22) - Someone new whom you've recently met is likely to make a positive contribution to a new venture that you're trying to launch. With this added addition, you'll have a good chance for success.

LEO (July 23-Aug. 22) - It might come through either direct or indirect means, but you're likely to be given some information that could be profitable if used properly. Do some homework on it if need be.

VIRGO (Aug. 23-Sept. 22) - If you've been a bit dismayed lately over your life being out of balance, be ready to accept some positive, stabilizing influences that are being offered and which could become part of your life.

LIBRA (Sept. 23-Oct. 23) - All ambitious goals have excellent chances of being fulfilled over the coming weeks. Take advantage of these promising times; elevate your sights and aim for loftier targets.

SCORPIO (Oct. 24-Nov. 22) - Now is the time to follow your inclinations to reorganize both your social and material affairs along more productive lines. Once you put your house in order, impressive results can be made.

SAGITTARIUS (Nov. 23-Dec. 21) - Make some plans that will enable you to finalize to your satisfaction several matters that have been causing you considerable frustration. Put an end to them all.

CAPRICORN (Dec. 22-Jan. 19) - You can be a rather resourceful and inventive person when need be, and during this timeframe you're likely to come up with several ingenious ways to handle some irksome problems.

AQUARIUS (Jan. 20-Feb. 19) - Because your long-range financial projections look exceptionally encouraging right now, give your full attention to situations that could increase your earnings and/or holdings.

Your Birthday

Saturday, March 5, 2011

In the near future, there is a good chance that you will set some unusual objectives for yourself that you would have never had the courage to attempt previously. Your boldness will enhance your possibilities for success.

PISCES (Feb. 20-March 20) - Rely on your mental faculties, because they are likely to be remarkably astute. You'll be able to faultlessly evaluate any plan or idea that you're presented with, regardless of how complicated.

ARIES (March 21-April 19) - You won't ask if someone needs help; when you see this to be the case, without putting them in an embarrassing position, you'll simply jump in and assist in any way that you can.

TAURUS (April 20-May 20) - Before even getting started on a big project, check with your family and/or friends to see who is willing to lend a hand. With their help, you'll make short work of any difficulties.

GEMINI (May 21-June 20) - Anyone who thinks that you can be easily fooled is in for a huge surprise if s/he tries to pull the wool over your eyes. Any scammers or flim-flammers won't stand a chance against you.

CANCER (June 21-July 22) - It isn't likely that you'll stick to your usual routine when you see there is something fun and interesting going on elsewhere. Chances are that you've been looking for something different to do.

LEO (July 23-Aug. 22) - Put all that you have, both imaginatively and physically, into a creative endeavor that you're trying to pull off with another. Substantial accomplishments can be made if you devote enough horsepower.

VIRGO (Aug. 23-Sept. 22) - Because you don't think you have a monopoly on the world's great ideas, you'll be an easy person to work with. If someone has a better plan, you'll happily accept it.

LIBRA (Sept. 23-Oct. 23) - This might be the perfect day to try out a possibly profitable idea that you've had in the back of your mind. Chances are you're right on the money, and then some.

SCORPIO (Oct. 24-Nov. 22) - Don't wait for someone whom you've had your eye on to make the first move. Put yourself out there, and stomp the yard.

SAGITTARIUS (Nov. 23-Dec. 21) - Your best ideas could be ones centered on your work or career. Focus your thinking, efforts and ingenuity there, and you'll like the results.

CAPRICORN (Dec. 22-Jan. 19) - Don't be surprised if you suddenly find yourself more popular than usual. This is because you're presently in a cycle where both old and new relationships are being strengthened.

AQUARIUS (Jan. 20-Feb. 19) - Your financial prospects look exceptionally encouraging, with one possible flaw. You could have a friend who thinks s/he is entitled to reap what you have sown.

Sunday, March 6, 2011

Eliminating unproductive patterns that you've had for years will be your No. 1 goal in the year ahead. If you have the staying power, these old urges will be replaced by true productivity that'll take you far.

PISCES (Feb. 20-March 20) - Just because you have a few extra bucks in your wallet, there is no reason to stop being prudent with your financial resources. Don't be wasteful.

ARIES (March 21-April 19) - Persons who have the power to influence others' acceptance of you are always watching. Don't do anything that could lessen how their good opinion of you.

TAURUS (April 20-May 20) - Adopting a negative attitude is always self-defeating, so instead of focusing on all the reasons why you can't do something, find reasons why you're the perfect one to do it.

GEMINI (May 21-June 20) - It'll work against you to think that you have to buy someone's goodwill with a favor or some perks. People who are truly your friends will like you for who you are, warts and all.

CANCER (June 21-July 22) - You should keep noncontributing individuals out of your affairs and on the sidelines, especially if you're engaged in an important project. Going it alone will keep trouble at a minimum.

LEO (July 23-Aug. 22) - It isn't likely that you'll be too productive if your methods aren't properly organized. There's a good chance that you could allow nonessential activities to prohibit you from achieving your goals.

VIRGO (Aug. 23-Sept. 22) - Try to be prudent when it comes to handling your funds, especially if you go shopping. Making foolish and/or wasteful purchases may please you for the moment, but they will punish you down the line.

LIBRA (Sept. 23-Oct. 23) - Do not force someone on your mate whom you know for a fact s/he doesn't enjoy having around. Everyone will end up feeling ill at ease, including you, which will make for a major bummer.

SCORPIO (Oct. 24-Nov. 22) - Your critical faculties will be finely tuned, but whether or not this is an asset will depend upon how you apply them. Use them to find fault and they'll work against you.

SAGITTARIUS (Nov. 23-Dec. 21) - Having someone over for a pleasant repast could turn out to be a downer if this person fails to show any appreciation of your invitation. Be more selective in your choice of guests.

CAPRICORN (Dec. 22-Jan. 19) - Bickering within the household could be eliminated if you're not too insistent that everyone marches to the beat of your bongo. Let each person boogie to his/her own jam.

AQUARIUS (Jan. 20-Feb. 19) - Generally, you're a rather pleasant person who is easy to get along with, but for reasons known only to you, you could at times step out of character and find fault with everything.

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CROSSWORDS

Across

- 1 The word?
4 You might need to watch yours
8 Like some Disneyland passes
14 Downed
15 _ bene
16 It may involve an exaggerated age
17 With 19-Across, serious warnings
18 Not much
19 See 17-Across
20 Halloween breakfast pastry?
23 1938 "The War of the Worlds" broadcast, for one
24 Keystone enforcer
25 Blazing
28 Go-aheads
32 _'acte
33 Lone breakfast pastry?
37 Garden product word
38 Attacks

- 39 Igloos and yurts

- 41 Sch. attendance notation
42 Cherished breakfast pastry?
46 End of a boast
48 Got for nothing
49 Make official
51 Newspaper supply
52 Islamic leader
56 Ones hooked on breakfast pastry?
60 Type of sauce served with falafel
62 Gaucho's weapon
63 Homework amount?
64 Puck's king
65 "Dulce et Decorum est" poet Wilfred
66 Flow out
67 Henry VIII et al.
68 Hitch
69 Wall St. monitor

- 31 Big gun or big cheese

- 33 Desire and then some
34 Clinton Treasury secretary
35 In one piece
36 Award with a Sustained Achievement category
40 "Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini," for one
43 Broad
44 Endangered great apes
45 x, at times
47 Baseball star who reportedly said, "I think there's a sexiness in infield hits"
50 Caruso, for one
53 A couple

- 54 Acrobat developer

- 55 Rachel Maddow's station
57 Serious lapses
58 Zeno's home
59 Dangle
60 Tater _
61 _ Simbel, site of Ramses II temples

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Down

- 1 Orderly movement
2 Nirvana #1 album "In _"
3 Scorned lover of Jason
4 Lose it
5 Michael's nemesis on "The Office"
6 Boarding pass generator
7 Sponsors
8 Brand of nonstick cookware
9 Half a city
10 Michael of "Caddyshack"
11 Gallantry
12 River island
13 NFL stat
21 Show-what-you-know chances
22 Machinating
26 Prelate's title: Abbr.
27 Unevenly worn
29 Cross words
30 Actors Rogen and Green

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Across

- 1 Org. distributing a "Close Guantánamo" handbook
5 Cloud
10 Stupefied
14 Geographical border
16 Native Nebraskan
17 Five-time All-Star second baseman
18 Item used in Wright Brothers experiments
19 Advertises
20 Salt
22 How writers often work
24 Honeysuckle shrubs
25 Algerian quarter
28 Dragging
30 Historical Russian region
31 1987 Costner role
33 Climber's observation

- 37 Classic diner feature

- 39 "Private Benjamin" Oscar nominee Eileen
41 First African-American major-league coach Buck
42 Clinton Transportation secretary
44 Encircle
45 Suppressed
47 Way to make it?
49 In
52 Rhino relative
54 Very much
56 Land rover
60 Sphere lead-in
61 Gibberish
63 Toon modeled after Clara Bow
64 One-sided
65 Nice weapon
66 Edit menu command
67 Prank

- 26 Make _ for it

- 27 Interest
29 Amazon.com ID
32 Fair
34 Prune
35 You might see one on a woodpile
36 Singer Williams
38 Rap
40 Abrasive sound
43 Lays away
46 Ally
48 Common video game fighter
49 Jordan's only port

- 50 Personally train

- 51 Bleachers sign
53 Up
55 Moon goddess
57 XC years from now
58 Not up
59 Extinct pigeon relative
62 " _ Buttermilk Sky": 1946 song

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Down

- 1 Credit Union holding: Abbr.
2 Fish also called a blue jack
3 Tiki torch setting
4 It's radioactive
5 Sch. associated with the LDS Business College
6 John of England
7 Some bass pieces
8 Linear, for short
9 Jet creator
10 "Seriously"
11 Functional
12 Drive
13 Cold drafts
15 Magnetic induction unit
21 Pain relief brand
23 "This can't be!"
25 Rabid dog of Castle Rock

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