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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Sherbrooke takes 5/30 challenge

Page 7

WEEKEND EDITION

95 CENTS + TAXES

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FRIDAY, FEBRUARY 8, 2013

Townships shaken, but not stirred

The Record
 SHERBROOKE

An earthquake with a magnitude of 3.1 on the Richter scale took place early Thursday morning centered in East Angus. An East Angus resident was the first to report hearing a loud noise.

"After checking with Canada Earthquakes, (a department of the Natural Resources Canada) and, we learned that it was an earthquake," said Eastern Townships Sécurité du Québec spokesperson Martin Bernier.

The SQ received a few calls related to this event, but Sherbrooke Police and the Memphrémagog regional force, received none.

"No damage has been reported from this event. The earthquake was felt even in the area around La Patrie," Bernier said.

According to Canada Earthquakes, the earthquake occurred 32 km east of Sherbrooke, near Cookshire-Eaton. Specifically, the epicentre was located precisely at 45°38' north latitude and 71°49' west longitude.

Forest management subsidies reduced by the Quebec government A tale of adverse economic effects



NICK FONDA

Mario Corriveau of Cleveland is one of 800 Townships woodlot owners who would be adversely affected by planned budget cuts.

By Nick Fonda
 Special to The Record
 WINDSOR

While PQ governments have traditionally been good for those working in the agro-forestry sector, that trend may be about to change and at least one group is worried.

"We've recently met individually with all five MNAs who represent the Townships to express our concerns," says Pierre Bellavance, director general of the Groupement forestier coopératif St-François.

"Briefly put," he explains, "we rely on subsidies from the Quebec government. Last year we were allocated

\$624,000, a small percentage of the \$35M that was given to forestry province-wide. Eliminating or reducing the sum we received will have adverse economic effects, not just on our members but on the region as a whole. It's been repeatedly shown that for every

CONT'D ON PAGE 4

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Tuesday in Brome County News

'Hands off TBL's
bilingual status.'
PQ told Council
'firmly opposed'
to Bill 14

See Frank Nixon's
story

Knowlton Academy Free I-Pad session

Knowlton Academy will be offering another free I-Pad session on Wednesday, Feb. 13. Beginner's is from 6:30-7:30 p.m. Intermediate and Advanced from 7:45-8:45.

The session will be held in the Computer Lab and animated by Dale and Benjamin Mackenzie.

Please call Knowlton Academy at 450-243-6187 to reserve your spot.

Weather



TODAY:
SNOW, 5 CM
HIGH OF -8
LOW OF -21



SATURDAY:
SUNNY
HIGH OF -10
LOW OF -16



SUNDAY:
SUNNY
HIGH OF -4
LOW OF -21



MONDAY:
60% CHANCE
OF FLURRIES
HIGH OF 0
LOW OF -15



TUESDAY:
PERIODS OF
SNOW
HIGH OF -1
LOW OF -3

BISHOP'S UNIVERSITY STUDENTS REPRESENTATIVE COUNCIL

Winter Homecoming 2013

College days will linger ever in our hearts

By Maghen Eisan

This year's annual Bishop's Winter Homecoming is set to take place this weekend, Friday, Feb. 8 and Saturday, Feb. 9. This fun-filled two-day winter event boasts a program including a student hockey tournament, alumni hockey tournament and our Winter Classic hockey game.

There will also be some action on the court with both the men's and women's basketball teams, plus the highly anticipated alumni basketball game.

In comparison to the ever popular Fall Homecoming, Bishop's Winter Homecoming has typically run on a smaller scale. However, for 2013, the alumni association has decided to double up with the "Up for Debate" event program which includes a Student Debate Tournament, scheduled to take place on Saturday in various rooms at McGreer Hall.

In reference to the program change from a weekend typically focused on basketball and hockey, Matt McBrine, Interim Director of Advancement said, "The Alumni Association and Student Alumni Association decided to incorporate more events so everyone could make a full weekend of it. We want to be sure to have a good mix of both social and cultural events."

Above all, the weekend is about reconnecting and having fun, something Bishop's

alumni know very well. Homecoming provides a wonderful opportunity to reunite with fellow alumni, meet current students and to include family and friends in sharing in the unique Bishop's experience we're all so proud of.

On Friday, the student hockey tournament runs from noon till 3 p.m. From there, warm up with a cup of hot chocolate and get set for the action to continue when the puck drops for the Winter Classic Hockey Game. Bishop's Staff will take on the winner of the student tournament. McBrine also indicated that "The Bishop's Staff team will be skillfully captained by none other than Principal Goldbloom." This not to be missed game is scheduled to take place from 4 till 5 p.m. on the outdoor rink located beside the John H. Price Sports Centre.

Following the game, join our Gaiters inside the Sports Centre for some warmth and

a Pizza party. Fill your stomachs just in time for some Lady Gaiter action which tips off in the gymnasium at 6 p.m. The men's basketball team hits the court after the women's game, at 8 p.m.

If you're not already tired of chanting the school song, be sure to head on over to the Golden Lion Pub for a drink and some karaoke. There's no better opportunity to mingle with fellow alumni, community members and students! Raise a toast to Bishop's University, on the mighty Masawippi shore...

On Saturday, teams from Acadia, Bishop's, Mount Allison and St. Francis Xavier will participate in a Student Debate Tournament. The competition takes place in McGreer Hall starting at 8:30 a.m. The debates provide a forum that enables students to voice their opinions freely and dynamically. The final debate will be held in St. Mark's Chapel starting at 11 a.m.

After a morning of intense yet passionate debating students, staff and guests are welcomed to cheer on the Gaiters at the alumni hockey game tournament from 12:30 till 5 p.m. The game promises to be a heated battle for bragging rights and, as McBrine noted, "A Homecoming trophy will be up for grabs."

The alumni basketball game happens in Mitchell

Gymnasium starting at 1 p.m. For the less sports inclined, take in the TEDxBishopsU event which will be presented in Bandeen Hall from 1 to 5 p.m. with overflow and a live feed at The Gait for non ticket holders. This multidisciplinary event will feature speakers drawn from the talented pool of students, faculty, alumni, community members, and staff from four Universities.

Last, but certainly not least is CBC's The Debaters at Centennial Theatre from 7:30 to 10:30 p.m. This event will extend the debate about undergraduate education outside of the academy and into the world of stand-up comedy. The popular CBC radio show is an irreverent public forum that deconstructs the ideological underpinnings of the debate structure and moves the traditional, even elite format from the esoteric to the accessible.

After all has been said and done the only way to properly end the weekend in the words of Matt McBrine "Is with a celebratory weekend wrap up at The Gait. The doors will be opening early on this occasion, starting at 10 p.m."

More information is available on the Bishop's website ubishops.ca

Maghen Eisan is with the Bishop's University Students Representative Council.



COURTESY

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649	04 18 23	07	Quebec	07 08 10	17
	25 39 43	Bonus		22 27 32	Bonus

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IN FEBRUARY

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

Ben by Daniel Shelton



LOCAL NEWS

"We've ruled out criminal activity" he shared, adding that the inspection and investigation were slowed by the cold weather"

Fires in East and West Sherbrooke

Gordon Lambie
Special to The Record
SHERBROOKE

Two fires were reported from Wednesday night through Thursday in the Sherbrooke area.

The first took place at around 9 p.m. on Wednesday in Fleurimont. The fire left the building, a wooden garage at 2801 King East, badly damaged.

Gilles Pelland, director of inspections with the Sherbrooke fire prevention service (SPIS) said that while the investigation was ongoing Thursday afternoon, the damages to building and property were in the range of \$75,000.

"There was a truck in the garage," Pelland said, "and we think that's where the fire started."

The first responding firefighters quickly elevated the alert owing to the size and scope of the fire. King Street was closed in the vicinity to allow firefighters access to the hydrants, which are located on the opposite side of the



GORDON LAMBIE

When firefighters arrived on the scene, the house on Vercheres Street in Rock Forest had white smoke coming out of its roof that was just beginning to blacken.

four-lane road.

While no conclusions have yet been made, Pelland said that the cause of the fire was most like accidental or electrical.

"We've ruled out criminal activity" he shared, adding that the inspection and

investigation were slowed by the cold weather Wednesday night and Thursday morning.

The second fire was reported around 11 a.m. Thursday. According to Stéphane Simoneau, Division Chief with the SPIS, when firefighters arrived on the scene,

the house on Vercheres Street in Rock Forest had white smoke coming out of its roof that was just beginning to blacken.

"With a roof fire we have to ventilate to make sure there isn't an explosion," Simoneau said, indicating that the firefighters began by breaking holes in the roof.

Simoneau was not able to make an estimate regarding damages at the time, though he did point out that the water damage from a roof fire is often considerable, as the water runs downward through the rest of the structure. Visible damage to the house was significant, and firefighters could be seen continuing to examine and pry at parts of the roof.

The cause of the fire remains unknown, though Simoneau pointed out that no one was home at the time of the fire, with the owners of the house arriving at approximately the same time as the fire-trucks.

No one was hurt in either incident.

Sherbrooke to review noise by-laws after citizen complaint

SHERBROOKE

The City of Sherbrooke is taking another look at its noise regulations following a bitter complaint from a citizen who was forced to pay a fine after neighbours complained about his home's heat pump.

The Public Security Committee of the city council will evaluate the appropriateness of the city's by-laws on noise. Specifically, the city will look at whether the city's policy of relying on complaints by neighbours, rather than actual noise levels, is the appropriate way to go.

"The Public Safety Committee will review the entire issue by analyzing the advantages and disadvantages of both options, taking into consideration the experiences in other cities," says the executive committee chair Serge Paquin.

The issue came to public attention when Sherbrooke resident Martin Houle appeared at the council meeting Monday to demand amendments to the Regulations on the nuisance caused by noise. Houle was sentenced recently by the municipal court because this heat pump was disturbing his neighbour.

In several major cities in Quebec, regulations on noise refer to a maximum decibels level, while in Sherbrooke, the inconvenience of neighbours is the priority. According to Houle, this approach is too subjective.

Councilor Pierre Tardif argued on

Houle's behalf both behind closed doors and in the public meeting.

Tardif believes that a regulation based on the number of decibels is more objective and easier to enforce. He believes that the noise complaints because of heat pumps will become more numerous in the com-

ing years and it is therefore appropriate to amend the law.

At its weekly meeting Tuesday, the Executive Committee instructed the public security committee to study the issue.

The City says it receives about 10 noise complaints about heat pumps annually on average.



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Mayor says new bridge needed in Danville

By Stephen McDougall
SPECIAL TO THE RECORD
DANVILLE

The Craig road bridge will be "patched up" and reopened by spring, predicts mayor Jacques Hemond. But he adds what is really needed is a new one.

"I think within two years, that bridge will have to be closed again and patched up because it is too old and the frame is starting to rot," he said at the town's monthly public council meeting Tuesday evening.

"We need a new bridge, but I and this town don't happen to have the millions needed to build one."

The bridge was closed last October be-

cause of a weak frame. Transport Quebec officials told Hemond the frame will be reinforced during the winter and early spring for public use before summer.

The steel framed bridge is situated between the Nicolet Falls road and the route 255 bypass highway, crossing over the Nicolet river. It was closed on October 24 by the transport department for safety reasons, forcing motorists wanting to travel to Castlebar and Tingwick to take the 116 highway and drive an extra three kilometres to Tremblay road.

The closure also meant disruption of the ATV and snowmobile trail over the bridge, even though those vehicles are light enough not to upset the bridge's

stability.

"The bridge was closed because it could not bear the weight of heavy vehicles such as transport trucks," said Hemond.

"It can hold the weight of light snowmobiles and ATVs, but it cannot take the weight of the heavy snowplows that are used to prepare the trails for these lighter vehicles."

Town councillor Michel Plourde said that since the closure, he has received nine letters of complaint from area businesses that depend on that bridge for their work and livelihood.

"It is the only bridge they have left that crosses the river near their establishments," he said.

"Now they have to travel many kilo-

metres on the back roads to get across the river at the main highways."

Hemond again warned residents to respect the bridge's limited weight restrictions when it does reopen.

"It is an old bridge and if anything happens to it, the transport department could close it again, and there is no guarantee they would want to pay for a new one."

Last year, Transport officials removed two defective streetlights from the highway 255 curb at Taylor's corner between Danville and Asbestos. Official Helene Beauchesne told The Record it would take one year to rebuild the lighting system and that there was no guarantee the same number of lights would be replaced on the curb.

Police looking into St-Denis phone fraud

The Record
SHERBROOKE

Police are investigating an attempted fraud by telephone in St-Denis de Brompton where a woman received a call from suspects posing as financial consultants. An eng-

lish speaking woman and a man spoke to her in turn, the man claiming to be the supervisor of the woman, as if they were in a call centre.

They offered the victim the possibility of consolidating her debts to a low interest rate for a fee of \$695 for opening a file. They obtained her personal in-

formation and her credit card numbers.

About half an hour later, the man called the victim in an aggressive manner to ask if the credit card number provided was good. Finally, the victim received a call from a business saying that someone had tried to use her credit card to make a purchase.

The investigation is still ongoing on this issue. Police are reminding citizens of the importance of never giving personal information to strangers. This procedure is a new approach developed by the suspects in order to use your credit cards fraudulently.

Adverse economic effects

CONT'D FROM PAGE 1

dollar given to us in the form of subsidies, during the same fiscal year, the government gets back its dollar and more."

The cooperative was formed in 1981 and now has some 800 members. Joining the cooperative is a little like opening a bank account at the local caisse. "You have to pay a \$40 fee to become a member," Pierre explains, "but that will be refunded to you when you leave the cooperative. Members have access to a range of service. We can prepare a forest management plan for your wood lot, and help with all the steps involved in caring for a forest, from planting trees to supervising their harvesting. That can include things like building roads; we have even dug drainage ditches on occasion, though we do less and less of that."

Working out of an office in Windsor's industrial park, Pierre Bellavance is part of a team of eight technicians (including forestry engineers) and eight labourers (sometimes augmented by subcontractors) who assist private woodlot owners in five MRCs in the Townships (Val St-François, des Sources, Sherbrooke, Memphremagog and part of Haut St-François).

The owners include woodlot operators, farmers with wooded land, and retirees who have bought rural property. "About 20 per cent of our members consult us and then do any necessary work themselves," says Bellavance. "The other 80 per cent will have us do the work."

Drawing up a forest management plan, normally the first step in starting to manage a newly acquired woodlot, involves several days of work. A forestry technician will walk the forest and subsequently prepare a detailed inventory which can run to 30 pages or more. The

document includes, among other things, a delineated map of the property, a listing of the types and ages of standing trees, and possible courses of action to make the forest healthier and economically productive.

Drawing up a forest management plan costs the woodlot owner \$550 (or more in cases where the property is especially extensive). Thanks to the subsidies which permit the Groupement forestier coopératif St-François to operate, most required jobs can be done for 20 per cent of normal cost.

Forest management is an environmentally sound practice. "A young forest," Pierre explains, "is an effective carbon sink. Young trees absorb a great deal of carbon. As the trees reach maturity, they absorb less and less carbon until the forest is fully mature and the amount of carbon dioxide absorbed by the living trees is equal to the carbon dioxide released by fallen trees and dead branches."

Depending on the species of tree planted, a forest can reach maturity and be ready for harvesting in as little as 70 years, for example, in the case of softwoods like spruce and certain types of pine. Hardwood trees of course take longer. "It's very hard to grow a hardwood plantation," Pierre notes. "The biggest problem is deer. A plantation of hardwood saplings is like a salad bar to them. One of our members did establish a hardwood grove by erecting an eight-foot fence around his trees. Some ten years later, once they were established, he took down the fence. He's a man in his mid-eighties so he'll never see a mature forest, but his grandchildren will."

"The first few years after a plantation has been started, it's good to give it an annual cleaning—cutting down weeds

and vegetation gives the seedlings a bit of breathing room and allows them to get well established," says Pierre Bellavance. "Normally, some 25 years after it's been planted, the woods are ready for a first thinning."

"To thrive, trees need room," Pierre explains. "You should think of the top 40 per cent to 50 cent of the tree as its motor. That's where the photosynthesis takes place. Giving a tree ample access to light will maximize its growth. Thinning out a woodlot every 10 years or so gives the remaining trees that much more opportunity to grow."

Whatever trees are harvested during the first round of thinning are relatively small and therefore of limited economic value, but later cuts do make forest management a good investment.

"Wood is still a very valued building material," Bellavance contends. "It's inexpensive compared to metal or stone. It's very versatile and can be put to a wide variety of uses from framing to finishing to furniture. And it's a renewable resource."

The Groupement forestier coopératif St-François also helps woodlot owners market their product. "Generally, we work with industrial buyers," Pierre says. "These are pulp and paper producers like Domtar and Kruger, but also companies that manufacture pallets and sawmill operators, of which there are about 100 in the area that we serve."

Woodlot owners in the Townships are among the most effective in the province in terms of financial return on dollars invested because trees have a faster growth rate compared to more northerly areas. While members of the Groupement forestier coopératif St-François earn money when they sell their wood, the financial returns for the

provincial government come in the form of taxes from the income made by the woodcutters, the truckers, the sawyers, the contractors, and the carpenters who handle the wood and turn it from a raw material into a finished product. Some 8,500 jobs in the region are directly linked to forestry.

"You should also know," Pierre says, "that the subsidies we get and that benefit woodlot owners are offset by the fact that municipal taxes applied to woodlots are much higher than they are for arable land. This is because woodlot owners are taxed on the value of the land, and on the value of the trees on the land. A harvested 50-year old pine will have been taxed 50 times by the municipality."

"As well," he continues, "a large majority of woodlot owners, without the professional advice and help we offer, would not know how to go about caring for their woods and this would have a negative effect, both economically and environmentally. When you take into account the tax revenues that Quebec draws from forestry, and that no one gains when a forest is simply ignored, subsidies to this sector are entirely justified. If you want to rationalize an industry, you don't cut what's profitable. You cut in places where you are losing money."

For the Marois government, eager to reduce the provincial debt, cutting grants to a group of private woodlot owners undoubtedly looked like a good move. Pierre Bellavance and the 800 members of Groupement forestier coopératif St-François are hoping that for environmental and economic reasons, the government will re-examine its plans and change them accordingly.

Dudswell Diamond Jubilee Award recipient: Winona 'Judy' Smith

By Barbara Lavoie
Record Correspondent

Jean Rousseau, NDP MP for Compton-Stanstead, presented Diamond Jubilee Awards to worthy citizens living in Bishopton in the Municipality of Dudswell on Monday evening, Jan. 14.

Winona "Judy" Smith and Patrick Lavallée were honoured with Diamond Jubilee Award medals, pins and certificates, and brief introductions before a gathering of friends and family at a ceremony held just prior to the municipal council meeting in Marbleton.

"It's my riding's last two medals," said Rousseau, in a brief telephone conversation.

The medals, struck to mark the 60th anniversary or diamond jubilee of the reign of Her Majesty Queen Elizabeth II, are two of only 60,000 conveyed to deserving citizens across the nation for their outstanding contribution to Canadian society.

Winona "Judy" Smith

In his comments at the ceremony, Rousseau noted, "A part of this tribute comes back to your mother that preceded you, for nearly 20 years (as postmistress), as well as your father who has served his country in the Armed Forces. You'll all three be in the memories of the Dudswell population for a long time."

"It's an honour for me to receive the medal. I was really surprised," said Smith, during a visit to her home in Bishopton.

Responding to the call for nominations, Dudswell Municipality Mayor Claude Corriveau spoke on her behalf.

"I've known Judy, her given name is Winona, but she's been called Judy all her life, since she was a little girl, and her parents as running the post office for years before she took over," he said, also in a telephone interview.

He described Smith as a "lovely person" and "very kind to everyone," and especially as a good role model for young people, she "kept kids out of trouble."

Corriveau described how Smith held "contests for every occasion, Hallowe'en, Christmas, Valentine's Day, Easter, providing prizes for the winners from her own money."

The mayor gave particular emphasis to the role Smith played in retaining "a



BARBARA LAVOIE

Wearing her Diamond Jubilee Medal and pin, Judy Smith proudly points to Bishopton's Canada Post sign.

meeting place, a town centre," for the community, for the post office was not just a place for people to get their mail, purchase stamps, and obtain other services.

"After the mail arrived, it (post office) was a place for people, adults and children, to go, get their mail and some news, and have a coffee, a cookie for the kids, and even dog biscuits," added Corriveau.

"The coffee started when the post office was still in my parent's house. First it was made for a few, then for everyone," she added.

Smith retired last year in May, a ca-

reer that lasted almost 32 years with Canada Post. Her father, Charles Smith, took the office of postmaster in November 1966. Then, after a few years, her mother Georganna Smith (née Davis) held the role until daughter Judy considered taking over.

"My boyfriend and I were weekend farmers, coming here (from Montreal) to take care of a few sheep and the property, so it wasn't too difficult to decide to move back here permanently," she said.

Smith had a 20-year banking career with the Canadian Imperial Bank of Canada (CIBC), having moved up

through the ranks to become teller supervisor in a downtown Montreal branch, at the corner of Saint Catherine and Metcalfe.

As for Smith's take over as postmistress being considered nepotism, she explained, "I didn't just take over from my mother. I had to apply, then take an examination before they accepted me."

In 1993, an accidental fire levelled the Smith home and post office. Despite warnings from firefighters on the scene, Smith entered the smoking building and rescued the mailbag and various other post office items from destruction, but lost her family heritage, her parent's home.

The next day, Smith set up a temporary depot in her home just down the road from the original building, until the current location could be renovated as the community's new post office.

At the time it had been feared Canada Post might close down the Bishopton office, similar to so many in the rural areas over the past few years.

The following year, Canada Post commended her with an award of merit for her dedication and bravery.

"We were very happy that she continued the post office right after the fire. It's an important part of the community. Our municipality of Dudswell includes the two villages (Bishopton and Marbleton), and Marbleton doesn't have its post office anymore. When it's just mailboxes, we lose more than just mail service, we lose seeing our friends," said Corriveau.

The mayor's concern was well founded. Bishopton today has little of its once proud vitality when founded in 1800 by John Bishop. Its town centre consists of a restaurant, bar and dépanneur, the post office is located in a smaller building next-door.

Since her retirement, this easygoing and energetic woman admits to being even busier than when she worked full-time.

"I had a family job; the customers were my family. They say they loved me, well it works vice versa, I love the community," Smith said.

See The Record, Feb. 7, page 4, for the story about Patrick Lavallée.

AlterAnima offers alternative look at nature

SHERBROOKE

Last week, the Museum of Nature and Science in Sherbrooke unveiled the name and visual signature of its new permanent exhibition 'AlterAnima,' to be inaugurated in June 2013.

AlterAnima is not an exhibition in the traditional sense. Visitors should expect nothing conventional, nothing trivial. They arrive in a world organized differently, as if a powerful gust of wind had swept away the conventional order

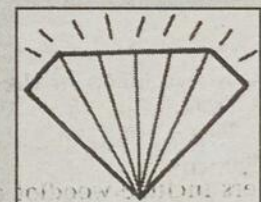
of things in order to organize nature in the eyes of a child in the eye of the beast, and vice versa. It makes you wonder who's looking at what. Although the permanent exhibition is currently under construction, the Museum is open from Wednesday to Sunday, from 10 a.m. to 3 p.m. The exhibition of the St. Lawrence Iroquoians, People of the Corn, the multisensory Terra Mutantès, and several animations are now on exhibit.

AlterAnima - the name says it all. A bit of etymology explains the origin of the name: Alter means "the other," as in "alter ego" or "alternative." Anima means 'soul' as in 'animator,' someone who injects soul or spirit to an event.

The visual signature of the exhibit is a fusion encounter between an animal and human children. They share a common curiosity toward one another. The

To view the complete program, visit www.naturesciences.qc.ca.

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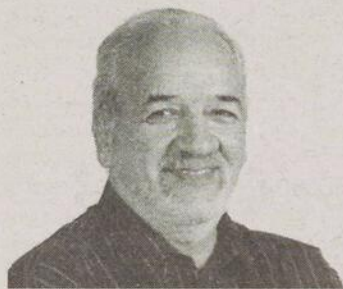
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EDITORIAL

We don't need small hydro projects, period. One medium size dam on one river makes more sense than a bunch of these small installations on so many rivers.

A few good moves



By Francois Tanguay

After a shaky and wild start, it seems that Natural Resources Minister Martine Ouellet is making a few good moves. It is not easy to assume such a daunting task with so much on the agenda and a short political leash. Firing right off the block on a couple of hot issues like shale gas and the Gentilly 2 nuclear plant, Ouellet needed time to get a bird's eye view of her new job and tackle some urgent matters. Obviously enough time has passed to make the first bold moves.

The decision to close down the Gentilly 2 nuclear plant was courageous, because it involves 800 highly paid jobs and turns the province for good away from nuclear based energy. It was only a matter of time before everyone found out what a few already know. By the way the Liberals had all the numbers and were well aware that keeping Gentilly 2 open made no economic sense, made no energy sense either. They chose to make electoral meat for the people pretending to care about the plant, but they actually didn't really care. Worse they keep the facts mute.

We should never have gotten into the nuclear business in the first place. But I remember the context quite well. Canada needed a showroom for its particular brand of nuclear power, the heavy water cooled CANDU electric generation plants (for Canadian Deuterium). A deal was struck with the Province to make the new Gentilly industrial park a window on the world of the CANDU. A heavy water separation plant was built nearby, the Laprade complex, that was demolished and made in to scrap many years ago. There are no signs left of it, luckily it was mainly metal and could be recycled!

The jobs will be replaced. A few very important announcements are up and coming. There will be more than 800 jobs created in the not too distant future. The renewable energy sector will expand and nobody will remember Gentilly in a few short years. Kudos.

Then there are the \$34 million Minister Ouellet announced to pursue energy efficiency measures. Investing in better and more efficient buildings is the first thing to do before adding new energy sources. The energy not needed through efficiency is always cheaper, creates more jobs and more durable infrastructures. This is a no-brainer, but it had to be done. A wise investment indeed, with long lasting effects too.

Then there is the battle of the small dams. We don't need small hydro projects, period. One medium size dam on one river makes more sense than a bunch of these small installations on so many rivers. Yes, this new electricity would be expensive, but no more than the next bigger dam, the next windmills or of course an eventual revamped Gentilly 2.

The fact is we need less energy, we can and should need less if we invest in two things: a serious building code so the next generation of houses needs less energy - yes it is easily achievable - and we need a serious energy saving campaign for the high peak demand periods that would diminish our need for extra equipment that is used only a couple of hundred hours per year. Again, the lesser the needs, the better off we are.

So small hydro dams we do not need. If jobs are the real issue, if money for the regions is the issue, small dams are not the answer. Investing in forestry, biomass power, high quality wood by-products are more critical to most regions than a punctual investment in one town that will create a handful of jobs during construction and little to none after. Hydro operations are now all computer run from a main office somewhere downtown a few hundred kilometres from the site anyway.

So Minister Ouellet is making a lot of good moves and deserves support. There are still plenty of occasions left out there to keep this short streak going.

Letters

DEAR EDITOR:

Poetic injustice in TBL

Water water, no where to be found,
Is it being put in pools, or put on the ground?

In 2012 there was water shortage in the Town of Brome Lake
So what action did you think, this administration would take?
An Engineering study, was what they decided to do
So, what do you think they found, when the study was thru?

They say there were some leaks and a very high demand
They never thought to look, at the information,
they should have had in hand.

Citizens that have pools, were supposed to have bought a permit
In doing all their studies, they never thought to look into it.

No, they continued with their practise,
blame it on those that worked there before
And once again, we are told, don't worry, it won't happen anymore.

Borrowing more money, seems to be the route this group always want take
Borrowing more and more money, seems to me, is a big mistake

Because of all this inaction, citizens want to know
Would it be possible to separate the six villages, like it was long ago?
To do this would not be easy; most of TBL citizens would have to agree
The idea of it happening, seems more and more interesting to me

So citizens of this Town, if you are wondering, what you can do
For a start, sign the registers this Saturday
and stop the borrowing from going thru.

STANLEY E. NEIL
TBL

DEAR EDITOR:

Congratulations to a wonderful couple, Alan and Kay Bradley on their life together, and a happy up coming birthday to Kay. Their outlook

on life is a wonderful example to all. May they have many more happy days together.

PHYLLIS GAYLOR
SHEFFORD

DEAR EDITOR:

Last Monday evening, the Citizens for Healthy Water in Richmond committee handed in a proposed resolution project to Richmond's town council with the goal of stopping water fluoridation.

The committee recently found out that the agreement between the Town of Richmond and the Ministère de la santé et des services sociaux (MSSS) was never signed. In addition, following a request for access to information, the MSSS was unable to provide copies of the agreements made in writing with all the cities that fluoridate, saying that they cannot find them.

Yet, the committee has obtained a copy of the agreement that should have been signed and the responsibilities of the MSSS are unfulfilled. The MSSS agrees to revise at least once every three years, the safety of fluoridation for people's health and the environment and, according to the results obtained, to recommend the continuation or the stopping of fluoridation. The committee, despite its many requests, has yet to receive the documents that prove the safety of water fluoridation products.

Here is an excerpt from the committee's resolution:

Concretely, for the fluoridation of its drinking water, the Citizens for Healthy Water in Richmond propose to the Town of Richmond to only use:

a. food or pharmaceutical-grade fluoridation products whose conditions of fabrication, transportation and storing are sanitary and respect all the laws of "good fabrication practices" as defined in the food and drug regulations for a food or a nutrient.

b. fluoridation products whose classification is adequate for human consumption (water treatment products are unfit for human consumption).

c. fluoridation products whose toxicology reviews demonstrate clearly and in a satisfactory manner their safety,

or to stop the addition of fluoride to Richmond's drinking water until these conditions can be fulfilled.

It is clear that the salubrity, safety and edibility of fluoridation chemical products have never been demonstrated. These products present a conclusive risk for people's health and since every municipality has the duty to ensure the protection of their citizen's health in relation to their drinking water, it cannot allow itself to take or to prolong this risk.

MANDY DEMERS
RICHMOND

THE RECORD

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

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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

Member

ABC, CARD, CNA, QCNA

C COLUMNIST

The Foothills Hospital of Calgary was revealed to have left abortion survivors to die in empty rooms, some crying for hours in the late 1990's.

It's called, 'Infanticide,' Mr. Harper



STEVEN BLACK

When a child is breathing outside the womb, even while the umbilical cord remains attached, it is a human being, according to Canadian law, and it is deserving of the full protection of the same law. But because of the politics around the issue of a woman's right to choose, 491 babies were left to die in Canada between 2000 and 2009 after being born alive following failed abortions. This is according to numbers released by Stats Canada and these are not to be confused with still-

births which fall under another category.

We shun considering what it was like for those babies whose nervous systems were fully developed and fully capable of feeling pain. The Foothills Hospital of Calgary was revealed to have left abortion survivors to die in empty rooms, some crying for hours in the late 1990's. How many others were similarly left by doctors and nurses in other institutions? They number in the hundreds according to government statistics from the following decade.

Two Conservative MPs recently wrote police requesting that they begin investigating such events as possible homicides. It seems reasonable doesn't it? Unfortunately, the Prime Minister, eager to distance himself from the prochoice claim that he has a hidden agenda to outlaw abortion - also known as "a woman's right to choose" - has stated that the government will not reopen the abortion debate.

Mr. Harper, I say to you that the intentional neglect of a baby's life outside the womb with the aim that it dies, is not abortion. It is called, "Infanticide."

As uncomfortable as these statistics and reports make us, this kind of thing is taking place across our country as a consequence of legal but failed efforts to kill unborn children. When painfully slicing up the baby or poisoning it with caustic substance fails, this is what could and does happen. No doubt there will be those who will propose more "humane" methods and less painful. Calling it "euthanasia" or "mercy killing," though, will do nothing to avert an equally appropriate title - "Infanticide." The sad thing is that at times the only difference between one child and another equally developed and viable is whether or not the child is inside the womb of a woman.

Of course there are political risks to opening discussions on matters like this one. There are possible implications

that there could carry legitimate reasons to limit "choice" if that choice results in the willful taking of an innocent human life whether by direct action or neglect.

Sadly, the temptation and even decision to avert one's gaze and close one's ears to avoid an uncomfortable discussion will likely be the outcome of a society averse to the pricking of conscience. I suspect that Stats Can will be directed to stop collecting such revealing data if this has not already happened. I suspect that hospitals and clinics will not keep such records. Thus children will die without record or notice for political expediency. And the Prime Minister will be culpable. As will we all.

May it be that many caring Canadians will cry out about this injustice against the innocent so that the cries of dying newborns will not remain unheard behind closed doors.

Sherbrooke to take 5/30 challenge for the fifth time

Gordon Lambie
Special to The Record

Mayor Bernard Sévigny announced early Thursday afternoon that, for the fifth straight year, the city of Sherbrooke is engaging in the 5/30 health and wellness challenge. He encouraged all Sherbrooke residents to participate in the challenge, which will take place this year from Mar. 1 to Apr. 11.

"The formula is simple," Sévigny said at the press conference held at the university of Sherbrooke, "5 servings of fruit a day, 30 minutes of activity, and an effort to reduce stress in your life, if you can."

"Over the past several years I've had the pleasure to go and collect a plaque with my colleague from the city of Laval," Sévigny said, indicating that these two cities have, several years in a row, performed better in the challenge than any other city in the province. This year, Sévigny says he hopes to beat Laval as well.

The mayor also took a moment to mention and highlight the new healthy eating policy the city put in place on Monday night.

"The idea is not to form a poutine Police that will track people down, but rather to provide advantageous alternatives."

Also speaking at the conference were wheelchair athlete, Diane Roy, and Conrad Filteau, a member of the administrative council of Sercovie, a Sherbrooke organization which aims to improve the lives and activity levels of people 50 years and older.

"I think that the effect of being outside often has had a really good effect on my activity level," Roy said, "but eating well is not easy."

Roy suggested that taking on the challenge could have a positive effect on a wide range of people, particularly



GORDON LAMBIE
Mayor Bernard Sévigny and wheelchair athlete, Diane Roy.

among the youth of the province. "The more you exercise, the more you want to," she said, speaking from personal experience.

Filteau spoke of having led a sedentary life. "Television, et cetera; those were my sports." He spoke emphatically of how taking on physical activity through Sercovie has changed his life for the better.

The issue of physical activity was a theme for the day; the mayor denounced the way "thumb games" have taken on a big role in the lives of young people. He drew a connection between the inactivity associated with playing video games on a variety of devices.

According to Sévigny, when people try to get more active, "everybody wins." He cited the path around Lac des Nations as an example of the resources available to Sherbrooke residents to accomplish the goals of the challenge.

"It takes about 45 minutes to walk the path," he said, pointing out that a half hour of activity a day is really not so big a task as some people think it is. For those less enthusiastic, he also pointed out on several occasions that

there are numerous perks to signing up for the challenge through the website.

Ultimately, Sévigny's message was one of concern for global wellbeing; "We cannot lay down our arms before the

epidemic of obesity that effects not only our youth but our adults as well."

Interested parties are invited to sign up for the challenge at www.healthchallenge.ca

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SHERBROOKE'S
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HERITAGE

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THURSDAY, FEBRUARY 21, 7 P.M.

Hôtellerie Le Boulevard
4201, rue Bertrand-Fabi

MONDAY, FEBRUARY 25, 6 P.M.
(IN ENGLISH)

Amédée-Beaudoin
Community Hall
10, rue Samuel-Gratham

View existing documents on Le
projet d'énoncé de la politique du
patrimoine culturel sherbrookoise at
sherbrooke.ca/patrimoineculturel
and at public libraries and borough
offices (certain documents are
available in French only).

Ville de
Sherbrooke



A helping hand for families

SHERBROOKE

Because every family has at one time or another had the need of a helping hand, Naissance Renaissance Estrie launched its annual fundraising campaign Wednesday. In keeping with tradition, the birth resource centre will be delighting Sherbrooke gourmands with a benefit Wine & Cheese Soirée on Feb. 28 at the Granada Theatre in Sherbrooke.

This year, the honorary presidency has been entrusted to the care of Daniel Schoolcraft, a Sherbrooke businessman well known for his social and community involvement. Schoolcraft says, "Investing in family is a worthwhile investment for society. That is why this year I decided to give my support to Naissance Renaissance Estrie, which has been working hard every day for more than twenty years to assist parents in learning a very demanding job."

The organization can also count on the support of the Minister of Health and Social Services, and Saint-François MNA Réjean Hébert who will be the guest of honour at the benefit. "It is with great pride that I join the mission of Naissance Renaissance Estrie. To participate in this fundraiser is for me, as for the whole community, a way to recognize the work being done by the organization in the wider Estrie region."

Guests at the 2013 edition of the Wine & Cheese Soirée will have the pleasure of enjoying gourmet appetizers, inspired from around the world and concocted by a culinary team consisting of four chefs from the region and a master cheese maker:

- Geneviève Filion, executive chef for the cruise ship Grand Cru;
- Mr. Alain Labrie, chef-owner of La Table du Chef;
- Mr. Christian Frechette, Executive



COURTESY

Honorary president Daniel Schoolcraft, (left) accompanied by Naissance Renaissance director Anne-Marie Poirier, and Maxime Gauthier, chair of the board of directors.

Chef, Restaurant Da Toni;

- Mr. Daniel Charbonneau, head of Non Coupable catering of Magog;
- Mr. Ghislain Paquet, owner of Fromagerie de la Gare.

To animate the evening, prizes are offered at an auction:

- Canvas by painter Pierre Jeanson;
- Canvas by artist Louise Lacourse;
- Sculpture by Clode Beaupré;
- Lithograph by Pierre-Léon Tétreault, courtesy of Michel Tétreault Art International;
- Mural donated by Les murs animés;
- Custom couture by Vilaine Demoiselle;
- and a Bottle of Romariz Colheita,

1944 port wine and wooden coffer, courtesy of Mr. Frédérik Duchesne.

Tickets for the Wine & Cheese Soirée are on sale now at a cost of \$125 per person. For those wishing to support Naissance Renaissance but cannot attend the gala, a donation form can be found on the organization's website, www.coucoulavie.com.

Donations can also be made by cheque and at 1190 Bowen Street South, Sherbrooke, J1G 2H1.

A tax receipt will be issued upon request for donations or the purchase of tickets.

For more information or to reserve tickets, contact France Inkel by calling 819-569-3119, ext 101 or by email at info@nrecrp.com.

Lennoxville Winter Fun Day this Saturday

SHERBROOKE

Sledding, snowshoeing, broomball, summer sports on snow and a host of other activities are all on the bill for Lennoxville's Winter Fun Day, this Saturday from 10 a.m. to 3 p.m. at the Lennoxville Golf Course at 19 Golf St.

Schedule

10 a.m. to 3 p.m. - Crafts and games. Participants are invited to provide their own sledding equipment.

10 a.m. to 3 p.m. - Outdoor Music and entertainment provided by community radio station CJMQ

10 a.m. to 3 p.m. - Snowshoeing with the Atmosphere team. Atmosphere Outdoor Sports will provide an opportunity for snowshoeing.

10 a.m. to 3 p.m. - Inflatable Games

11 a.m. to 3 p.m. - Horse-drawn carriage rides

Noon to 3 p.m. Broomball No experience is necessary and equipment will be provided.

1:30 to 3 p.m. - Tea Time at the Uplands Cultural and Heritage Centre. Free English afternoon tea.

Fighting poverty

SHERBROOKE

In an effort to raise awareness among the population of Sherbrooke and the Townships, the community aid organization Estrie-Aide continues its series of dinner conferences on the growing problem of poverty and the need for common action to fight against it.

Under the theme "Centraide nourrit... les discussions," (Centraide feeds discussions) the gatherings will be held in the agora of the Carrefour de l'information at the University of Sherbrooke.

On February 28, Sherbrooke mayor Bernard Sévigny will speak on "Poverty and Exclusion: the role of municipalities."

On March 28, Isabelle Lacroix, Professor at the University of Sherbrooke's School of Applied Sciences offers a presentation entitled "A community mobilized for its youth: the City-School, a project of social inclusion."

For information or to register, call (819) 569-9281 or by email to reception.centraide@qc.aibn.com.

Both conferences begin at 11:45 a.m.

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Granby police seek greasy thieves

Granby Police are looking for anyone who can provide information to help identify two suspects wanted for theft of \$5,000 or less that took place recently in the city.

On Tuesday, Dec. 4, 2012 around 1:30 a.m., two men drove up to the back of the Rotisseries Duhamel at 799 Dufferin Street and used a pump and a storage tank inside the vehicle to siphon frying oil. They managed to collect several litres of oil before taking off.

They were driving a white Ford Econoline van with rusted rims and small windows on the passenger side.

Anyone with information concerning that crime is asked to contact Detective André Guertin of the Granby police at aguertin@ville.granby.qc.ca or 450-776-8333, Ext. 3608.

Citizens can also call Crime Stoppers at 1-800-711-1800. All information will be treated with the strictest confidentiality.

Ontario braces for a major snowstorm

The Canadian Press

The storm bearing down on Ontario may not be a genuine winter behemoth, but it is shaping up to be the most substantial snowfall most Ontarians have seen in more than four years, Environment Canada said Thursday.

Senior climatologist David Phillips said the storm — set to start making its mark on southern Ontario late Thursday — will leave a large swath of the province painted white by Friday evening.

The storm is expected to hit parts of Quebec by Friday before moving onto New Brunswick and Nova Scotia over the rest of the weekend, dumping up to 30 centimetres of snow as it goes.

Toronto residents can expect up to 15 centimetres of snow, while regions as far west as London and as far east as Kingston may see upwards of 30 centimetres.

Such quantities are not all that remarkable in and of themselves, but Phillips said they may feel that way due to their novelty.

Toronto hasn't seen a snowfall exceeding 15 centimetres since Dec. 19, 2008, he said, adding the precipitation from the current system represents nearly half the total snowfall for all of last year.

Ontario residents will be contending with what Phillips described as a "one-day wonder" complete with winds gusting to at least 60 kilometres an hour.

Flights in the U.S. are already being cancelled in anticipation of the storm. Air Canada did not immediately respond to a request for comment.

Sherbrooke police seek man for sexual assault

SHERBROOKE

Police are seeking the public's assistance in identifying a man suspected of sexual assault in Sherbrooke last month.

At about 11:30 on the evening of January 11, a woman was walking near the intersection of Galt and Belvédère when she noticed a man running along beside her. The man ran down Short St. out of sight. The woman proceeded southward along Belvédère until she turned left onto McManamy, eventually to turn northwards on St-Louis. As she reached 1078 St-Louis, she heard footsteps behind her and turned to see the same man she had seen earlier right behind her.

The suspect then put his hand on her shoulder. She loudly asked him what he wanted and continued to scream.

The man responded by knocking her to the ground and slid his hand up between her legs. The 28-year old victim, however, managed to use her keys to slash at his face, possibly leaving a scar above his left eye. The man then ran up McManamy and down Belvédère. The victim does not know if the man was injured.

The suspect is described as a white male, approximately 30 years of age, with brown hair and eyes. He is about 5'7" (1.70 m) and weighs approximately 170 lbs (77 Kg.) and has a slight beard. He was wearing a dark, felt coat with a 'V' neck, a pale red checkered shirt, beige dress pants and nice shoes.

Anyone with information leading to the identity or whereabouts of the suspect is asked to contact Detective Brigitte Beaudoin of the Sherbrooke Police at (819) 821-5544 or 821-5555.

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"He's had an opportunity to have a significant role from day one and he's taken advantage of that. He's been easy to coach, an excellent teammate, and he's represented the school and team well throughout his career."

Hunter finally gets shot at championship



THE GRIND

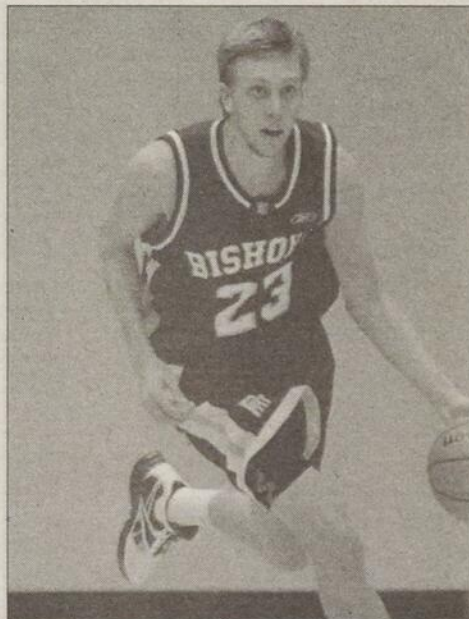
DOUG MCCOOYE

Tim Hunter is a fifth-year forward for the Bishop's University men's basketball team. Hailing from Baie D'Urfe, Quebec, Hunter has achieved great personal success in his time with the Gaiters – he was a first-team RSEQ all-star last season and has won the team MVP multiple times – however it didn't translate to much team success, as the Purple and Silver have struggled in recent seasons.

That is, until this year. The Gaiters currently sit atop the RSEQ standings with a record of 8-4 heading into tonight's contest against the Concordia Stingers. It's already the most successful season the Gaiters have had since Hunter joined the team, as the Gaiters have finished in last place in a five-team league in three of the previous four years (the lone exception was 2009-10, when they finished fourth).

As a former Bishop's Gaiters player, coach, current fan, and basketball aficionado, I couldn't be happier for Hunter, who's been one of the bright spots for the men's program these last few seasons. Watching him toil away for struggling squads was simultaneously frustrating and heart-warming. There's something inspiring about watching a guy work hard and battle just for the sake of it. But, man, was it frustrating for nothing to come of it. If ever there was a player who deserved the success that the Gaiters are having now, it's Hunter.

"He's had a very good career," said Gaiters head coach Rod Gilpin in a



BLAIR SHIER

Tim Hunter in action.

phone interview with *The Record* on Thursday. "He's had an opportunity to have a significant role from day one and he's taken advantage of that. He's been easy to coach, an excellent teammate, and he's represented the school and team well throughout his career."

There are myriad reasons why I enjoy watching Tim Hunter play:

1) His is a cerebral game, in the mold of Tim Duncan and Larry Bird. Usually from his favorite spot of the top of the key, Hunter has a way of anticipating what's going to happen before it actually happens on offense. He always seems to be a step ahead and makes a bunch of "Oh, nice pass" passes every game.

2) He's a basketball minimalist; making the simple smart play where others would try for the spectacular. "From a basketball standpoint," says Gilpin, "he does all the little things that don't show up on a stat sheet. He inbounds the ball, and rarely makes a mistake."

3) He's unselfish; a point-guard trapped in a forward's body. "He often makes the pass that leads to the pass that leads to the score," explains Gilpin.

"Those are the types of intangibles that he brings that we probably won't realize how much we miss them until they're gone." Throughout Hunter's career, Gaiters coaches have had to try and cajole the crafty lefty to look more for his own shot. Not a typical problem for an elite CIS basketball player. Hunter's whole game seems to be devoted to doing what it will take to make his teammates better.

4) He has a ton of nicknames, including Bones (because of his wiry frame), the Tool Man (given to him by Troy, the regular PA announcer at Gaiters games), and Senior Buckets (self-appointed, Hunter even has a shirt with the name splashed on to it), to name but a few.

5) Lastly (and probably most importantly) his teammates love him. Whenever he pulls up for his trademark three, often you will see a handful of guys on the bench with their hands in the air anticipating it to drop. Suffering through an outside shooting slump for parts of this season, it did not seem to deter the team's belief that Hunter's next shot was going in.

There are a number of reasons for the team's success this year. The emergence of third-year point-guard Scott Ring – a relentless defender with the right mix of speed, smarts and toughness – as a potential all-star. Fourth-year guard Jeremy Leonard-Smith, all energy and emotion, who's improving outside shot combined with his already-elite defense has really helped the Gaiters this season. There's third-year post Big Mike Andrews, who led the country in blocked shots last season and is in the hunt for that title again this year, who has emerged as a consistent low-post scoring threat and has embraced his role as sixth man. There's fourth-year guard Onnex Blackwood, who has had an all-around brilliant season, providing timely scoring, defense, or rebounding, depending on what the situation has called for. Third-year post Matt McLean, who moves and plays a lot like Chris Bosh (that's a compliment I swear), has really come into his own. Third-year wing Patrick Kabongo is all



heart and hustle. Guard Jonathan Bermillo is a Rookie of the Year candidate. The bench, playing limited minutes, has been effective during this recent stretch when some of the core guys have been hurt. And they're always into the game and pulling for the guys on the floor, an underrated key to a successful team.

The men's program is in a good spot right now, as everyone from the above paragraph is back next year. Which brings us back to Hunter, the lone graduating player from this year's squad. This is his one shot at a league championship. For his first four seasons, it wasn't really in the realm of possibility. This season, the Gaiters, along with McGill and Concordia, have a real shot at making it to Nationals.

The Gaiters have two remaining regular season home games, tonight versus Concordia and next Wednesday when they host Laval. Regardless of how it plays out, Hunter has only a few games left in his career and even less in the friendly confines of Mitchell Gymnasium.

When asked how he was feeling that this chapter of his career was coming to a close, his answer was as you would suspect.

"I'd say it's more exciting thinking about playoffs than the fact that it's almost over. I don't think it's really hit me that it will all be over soon."

Hopefully for Gaiters fans it will be over later rather than sooner.

Gaiters host Stingers tonight

Team to honour Hunter

By Mike Hickey
Special to the Record

The Bishop's Gaiters will honour their senior basketball players Friday night during their double-header with the Concordia Stingers. Those Gaiters who are slated to play their final regular season home game include Tim Hunter, Gabrielle Chamberland and Catherine Belanger-Paquet.

Hunter has a storied career in Lennoxville earning a starting position in his rookie campaign. The league all-star is one of the most complete players to ever don the Purple and Silver with the ability to play several positions and each season he was among the team's leaders in scoring, rebounding and as-

sists. His size, 6-foot-7, and versatility often saw him guarding one of the opposition's top offensive players and he is second in the league in steals this season.

The former John Abbott comes from strong basketball pedigree, his mother was an all-star during a university career that included a year with Bishop's and two seasons at Concordia while his father Chris was a starter at both MacDonald College and McMaster University. Both parents also had successful coaching careers and their astute knowledge of the game has been passed on to Tim.

Tonight's game is an important one for Bishop's as they try to hold on to top spot in the competitive RSEQ. The Gaiters presently hold a two-point lead

Sherbrooke baseball registration this weekend

Sherbrooke Baseball has announced that registration for the 2013 baseball season will be held this Saturday at the Roland Dussault Multi-Sports Centre from 9 a.m. to 4 p.m. This season will include programs for boys and girls from the ages of 3 to 18. For further information please call 819-564-2436 or go to their website, <http://www.baseballsherbrooke.com>.

over the Stingers and McGill Redmen, although they have lost their two previous meetings with the Stingers, including a one-point loss at Mitchell Gymnasium back in November.

The women will be attempting to register their first league win of the season against the conference's number-one team. Head coach Alex Perno will once again be counting on Sherbrooke native Chamberland to spark the Gaiter attack.

The third-year guard has come into her own this year and is leading the team in scoring, is second in steals and third in rebounding. She is coming off back-to-back games where she scored 20 and 24 points respectively and those performances earned her Bishop's Athlete of the Week honours. Belanger-Paquet, arguably the best player on the team, has missed the entire season due to injury.

Running a marathon is on the bucket list of many

So which will it be?



A RUNNER'S MIND

CHRISTINE BLANCHETTE

The marathon is the mother of all road races. For many runners it's a big accomplishment, a commitment to train for the distance and often is a bucket list goal that, like an itch, is not going away until the proverbial scratch.

According to Running USA, last year there were a record 94 US marathons reporting greater than 1,000 finishers, compared with 89 in 2010, the previous record. Since 1999, the number of US marathons with more than 1,000 finishers in a single year has increased 109 per cent (45 in 1999 vs. 94 in 2011).

The inspiration of the marathon dates back to 490 BC where professional messengers, or runners, carried a lot more importance and prestige than they do today. Pheidippides was the legendary Greek messenger who was sent 26.2 miles to Athens to announce the Persians had been defeated in the Battle of Marathon. Having recently run back-to-

back 140-mile mountainous treks to and from Sparta to seek military reinforcements, the run to Athens would be his last as he died from exhaustion – and the world would never be the same.

These days much of our running inspiration comes from within or from a local instructor, while others will try to emulate modern Olympic heroes. Here then, is a collection of recent quotes to motivate you from running legends to the oldest marathoner, each revealing their favourite marathons.

Dick Beardsley, Olympian Marathoner is best known for his close finish with Alberto Salazar in the 1982 Boston Marathon. Beardsley said recently via e-mail: "My favourite is the Grandma's Marathon in Duluth, MN. I was fortunate to win it and set the course record (2:09:36) in 1981 and win it again in 1982. What made my first Grandmas so special was that my mom and dad who had never seen me run a marathon before were both at the finish line. I've been back every year since and Duluth is like a second hometown to me!"

Rich Benyo, editor of Marathon & Beyond and author of more than 20 running and fitness books, said, "The October-run Humboldt Redwoods Marathon in northern California was created in 1979 to serve as a release valve for runners who could not get into the May Avenue of the Giants Marathon, which was limited to 2,000 runners but had more than 3,000 runners who wanted in. It was a favourite marathon

because in the fall, with the fog and mist drifting through the majestic redwoods, it felt primeval and provided a near mystic experience. It doesn't hurt that I ran my first sub-3:00 on the Humboldt Redwoods Marathon course in 1980. The redwood forests are a very special place and one unmatched in all the world."

The world's oldest marathoner, Fauja Singh, now 101, has run three different marathons – London, Scotiabank Toronto Waterfront and New York.

Harmander Singh is his coach and translated via e-mail, "He loved every moment of every run equally and he could not rank them as everyone was so nice to him wherever he went." He continues, "About the three he said: 'The London was my first and last marathon – it was also my home race. I set the fastest time and later became the first 100-year-old in Toronto.'"

Running pioneer Kathrine Switzer was the first woman to officially run the Boston Marathon in 1967. "My favourite marathon is Boston, I've run it eight times and I plan to run it again in 2017, on the 50th anniversary of the famous 1967 race, my first marathon, where I encountered the Jock Semple incident (he tried to physically remove her from the course) and changed history. The reason I still love Boston the best is because of the tradition, the crowds who pack the route and understand the marathon, have grown up with it and view it as an annual rite of passage. Also, I love the undulating course. Lastly, I love how you



SHARONJEET KAUR

Fauja Singh, the world's oldest marathoner.

have to qualify for (Boston)."

Roger Robinson has competed at the elite world level as well as the masters' category. He said: "My favourite is Vancouver (now the BMO Vancouver International Marathon), and not only because back in 1981 I ran my best time there (still the masters' record, 2:18:45). It's fast and atmospheric, passing through a city that in its way is as varied as New York, with the contrast of green and rustic sections in Stanley Park that I greatly enjoyed."

I hope the above quotes will motivate you the way they have me. You may want to create a little room on the fridge door for this before you head out for your next run!

— With files from John Moe, Boston podium finisher, 2005.

www.christineruns.com
Twitter: christineruns

Cantonniers' playoff push highlights local hockey weekend

By John Edwards

The Magog Cantonniers close out their regular season with a pair of games this weekend, and will have their work cut out for them if they are to remain in contention for the Telus Cup. Twelve of the Midget AAA league's 15 teams qualify for the main playoff bracket, and the Cantonniers come into the final weekend trailing College Charles-Lemoyne, who are in the 12th and final spot, by three points.

Magog hosts the Chateauguay Grenadiers on Friday at the Magog Arena, and travels to Dollard des Ormeaux on Saturday to face the Lac St. Louis Lions. Both games are set for 7:30

p.m. starts. Making the task more difficult for the Cantonniers is the fact that Chateauguay is currently third overall, while Lac St. Louis is one spot behind.

Nicolas Lamoureux-Bisson has led the Cantonniers this season with 35 points (14 goals, 21 assists) in 37 games, while Philip Sardinha has 32. Magog has seen Pier-Luc Bouchard and Xavier Potvin split time in net, posting goals-against averages of 3.16 and 3.42, respectively.

Should the Cantonniers fail to qualify for the Telus Cup playdowns, they would be relegated to the Dodge Cup playoffs, along with the two other non-playoff teams and the four first-round losers.

Champlain Cougars

Dwayne Bradley-Tessier scored a pair

of goals for the Champlain Junior AAA team on Wednesday night in St. Jerome, but it was not enough for the Cougars as they fell, 3-2, to the Panthères. Guillaume Pelletier had a pair of assists for the Cougars, who remain tied for sixth place overall with the loss with 50 points.

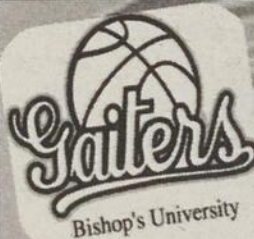
Joé Dubé and Marc-André Levasseur gave the Panthers a 2-0 lead after the second period, and after Bradley-Tessier's pair tied the game up, Danny Sylvestre scored the game-winner with 4:21 left.

The Cougars have seven games left in their regular season, and will look to rebound on Saturday night as they host the St. Hyacinthe Lauréats, in a battle of Cégep-linked teams. Faceoff at the Eu-

gène Lalonde Arena is set for 7:30 p.m. Sherbrooke Phoenix

The Sherbrooke Phoenix announced on Tuesday that Benjamin Hade left the team after Friday's loss to Rouyn-Noranda. The 18-year-old defenceman spent less than a month with the Phoenix, after being traded by Saint John in exchange for a fourth-round draft pick in 2014. In eight games with the Phoenix, he had two points and was minus-1. Hade's departure leaves Sherbrooke with seven defencemen on the roster unless 17-year-old Mathieu Boily is able to return from shoulder surgery.

The Phoenix travel to the Abitibi this weekend, as they visit Rouyn-Noranda on Saturday and Val d'Or on Sunday.



BASKETBALL AT BISHOP'S

Bishop's vs Concordia

Friday,
February 8, 2013

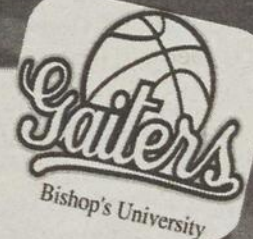
DOUBLE HEADER

6 p.m. & 8 p.m.

at the J.H. Price Sports Centre

General Admission: Adults \$8., High School & CEGEP Students \$5., BU students \$3.



THE RECORD

"Proud supporter of the Bishop's Gaiters"

Church Services

Anglican

GEORGEVILLE

St. George's Anglican Church, Georgeville, welcomes you this Sunday, February 10 to service of Holy Communion (BCP) at 8:30 a.m. and Service of Holy Communion at 10 a.m. with the annual vestry. The Ven. Dean E. Ross officiating. Sarah Hoblyn, organist, choir director.

GEORGEVILLE

Ash Wednesday Service of Holy Communion will be held at Georgeville, St. George's Anglican Church, Wednesday, February 13 at 4 p.m. with the Ven. Dean E. Ross officiating and Sarah Hoblyn, organist, choir director.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Communion every Sunday at 8:00 a.m. and every 1st, 3rd, and 5th Sunday at 10:00 a.m. Morning Prayer is held every 2nd and 4th Sundays. Sunday School and Youth Group at 10:00 a.m. every Sunday. 819-346-5564.

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

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Worship and Sunday School on February 10 at 10:00 a.m. Rev. James Potter, 819-565-8449; website - lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, the Rev. Robin Osborne, 819-346-6373. Sunday Worship at 10:30 a.m. There are activities for children during worship and nursery care for children under 2 years of age. We will be joining in Holy Communion.

WATERVILLE-NORTH HATLEY

February 10: 9:30 a.m. service at the Hatley United Church and 11 a.m. at the Waterville-North Hatley United Church with Sunday School at both. Rev. Mead Baldwin 819-837-1112.

Each year, many Canadian women over 40 see their lives shattered by osteoporosis...

Please consult your doctor or visit our Web site to learn more.

1 877 369-7845

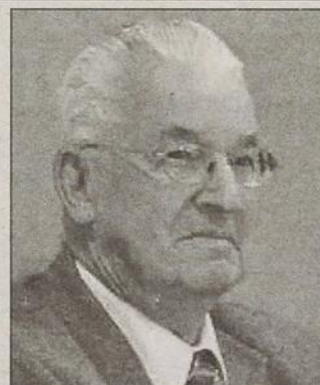
(514) 369-7845

www.osteoporose.qc.ca

**Take matters
into your own hands**



Death



**Ernest P.
LOCKWOOD**
(1925 - 2013)

Passed away peacefully on Wednesday February 6, 2013 at the CHUS Fleurimont in Sherbrooke, Mr. Ernest Lockwood at the age of 87. Loving husband of the late Dorothy Hughes, and beloved companion of Florence McIver. Dear father of Sandra (Alec Templeton), the late Philip Wayne, Brian (Norma Rick), Bruce (Jacinthe Hinse), Heather (the late Albert Joern) and Brent (Brigitte Hinse). Cherished grandfather of Derek, Andrew, Kimberly, Erika, Travis, Jamie, Andrea, Erin, Joshua, Justin and Jason. Ernest also leaves to mourn, his great grandchildren; Samantha, Nikolas, Celine, Albert and Olivia, along with his brothers and sisters; Diana, Lois, Norman (Elva), Marion, Barbara, Raymond and Linda (Doug), along with his brothers-in-law, sisters-in-law, many nieces, nephews and dear friends.

Visitation will be held at the Danville Legion, 136 Grove St., Danville QC, on Friday February 15 from 2 to 4 and 7 to 9 P.M. A funeral service will be held at St-Augustine's Anglican Church, Danville, on Saturday February 16 at 1:00 P.M. with Rev. Wanda Dillabough officiating. Please note; the family will be at the church to receive condolences 1 hour prior to the service. Interment in the Danville Protestant Cemetery at a later date.

Donations in memory of Ernest may be made to the Royal Canadian Legion, Br 41, 136 Grove St., Danville, QC J0A 1A0, and would be greatly appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
www.casshomes.ca

FRIDAY, FEBRUARY 8, 2013

Universal Uclick Almanac

Today is the 39th day of 2013 and the 50th day of winter.

TODAY'S HISTORY: In 1587, Mary, Queen of Scots, was beheaded.

In 1910, the Boy Scouts of America was incorporated.

In 1915, D.W. Griffith's "The Birth of a Nation" premiered in Los Angeles with the title "The Clansman."

In 1996, President Bill Clinton signed the Telecommunications Act of 1996 into law, leading to a drastic overhaul of U.S. media regulations.

TODAY'S BIRTHDAYS: William Tecumseh Sherman (1820-1891), U.S. general; Jules Verne (1828-1905), writer; Lana Turner (1921-1995), actress; Jack

Lemmon (1925-2001), actor; James Dean (1931-1955), actor; Nick Nolte (1941-), actor; John Grisham (1955-), writer; Gary Coleman (1968-2010), actor; Seth Green (1974-), actor.

TODAY'S FACT: The first movie ever to be screened privately at the White House was "The Birth of a Nation," which Woodrow Wilson viewed in 1915.

TODAY'S SPORTS: In 1998, Finland beat Sweden 6-0 in the first women's Olympic ice hockey game.

TODAY'S QUOTE: "We may brave human laws, but we cannot resist natural ones." — Jules Verne

TODAY'S NUMBER: 2.84 million — youth membership of the Boy Scouts of America in 2011.

TODAY'S MOON: Between last quarter moon (Feb. 3) and new moon (Feb. 10).



Anglicans in the Eastern Townships St. Francis Deanery, Anglican Church of Canada

Ash Wednesday Services – February 13

Cookshire, St. Peter's Church
45 rue Principale
2 p.m.

Danville, St. Augustine's
72 du Carmel
10 a.m.

Georgeville, St. George's
34 ch. Magoon Point
4 p.m.

Lennoxville, St. George's
84 Queen Street
7 p.m.

Lennoxville, St. Mark's Chapel
Bishop's University
4:30 p.m.

Magog, St. Luke's
20 rue des Pins
2 p.m.

North Hatley, St. Barnabas
640 ch. Sherbrooke
7 p.m.

Waterville, St. John's
60 Compton Street
7 p.m.

Lenten Book Group

(Weekly during Lent)

5 p.m. to 7 p.m., St George's Church, Lennoxville
For more information, call 819-346-5564.

Lenten Tuesdays: February 19 and 26 and March 5, 12, 19 and 26

Soup Supper Provided
4:30 p.m. Holy Eucharist
7 p.m. Sung Compline

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Society of Canada**

1-800-268-7582 www.mssociety.ca

Death

Hugh DALTON 1929-2013

Peacefully at Au Diapason in Bromont, on February 4, 2013, Mr. Hugh Robert Dalton, beloved husband of Judy Salsbury.

Dear father of Corey (Karen), Erin, Ann (Brock), all from the Toronto area. He leaves his grandchildren, Megan, Adam, Kyle and Briar, His extended family Jo-Ann Arnott (Fred), Julia and Amy and their 4 boys. Also survived by several nieces and nephews other relatives and friends.

The family is very grateful to everyone at Au Diapason for the wonderful care given during the last few days of Hugh's life.

The family will receive condolences on Saturday, February 9, 2013 from 11 a.m. at the St-Luke's Anglican Church in Waterloo, funeral service will follow at 12 p.m. (noon).

Interment will be held at the Frost Village Cemetery at a later date.

In his memory, donations to the Waterloo Cemetery Company would be appreciated. Forms will be available at the church.

LES RÉSIDENCES FUNÉRAIRE BESSETTE
5034 Foster St., Waterloo QC
PHONE: 450-539-1606
FAX: 450-539-3035
www.famillebessette.com

Death

Leonard TEASDALE

Passed away at the CHUS Hôtel-Dieu, on Tuesday, February 5, 2013, at the age of 84. Leonard Dawson Teasdale, beloved husband of the late Florabelle Blanchette. Dear father of David (Maureen Dillon), Kathy and Annette (Walter George) and step-father of Judy (late Bob Miller), Ronald and the late Joyce. Cherished grandfather of Michael, Karen, David, Anne, Melissa, Tammy, Adam, Patrick, Amanda, Jessie and several great-grandchildren. Leonard is survived by his sister Blanche Moura, his brother Harold and also several nieces and nephews.

Resting at the Cass Funeral Home, 3006 College St. (Lennoxville), where friends may call on Saturday, February 9, 2013 from 1 to 3 p.m. followed by the funeral service at 3 p.m. Rev. Canon Ron West officiating. Interment in St. Peter's Cemetery at a later date.

In his memory, donations to the charity of your choice would be appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Death



Rita POTVIN 1934-2013

At the Brome-Missisquoi-Perkins Hospital in Cowansville, February 4, 2013, at the age of 78 years, passed away Mrs. Rita Potvin, wife of the late André Dauplaise, residing in Waterloo. She leaves to mourn her children Ruth (Guy Dupont), Daniel (Michèle Loiselle), Robert (Anita Goyette), Richard (Johanne Labbé). Her grandchildren Patrick (Marina McDuff), Vicky, Jonathan, Matthew, Mélissa, Andrew, Adam, Aaron, Jakob C., Joshua C., Aaron C., and her great grandchildren Catherine, Paige, Abygäelle. Also her brothers-in-law, sisters-in-law, cousins, other relatives and friends.

Cremation was held at Les Jardins funéraires Bessette Crematorium in Granby.

The family will receive condolences, at LES RÉSIDENCES FUNÉRAIRES BESSETTE OF WATERLOO, on Saturday, February 16, 2013 at 9 a.m., followed by a funeral service at 11 a.m. at the St-Bernardin Catholic Church in Waterloo.

Interment will be held at the St-Bernardin Cemetery at a later date.

In memoriam donations to the Canadian Cancer Society would be appreciated. Forms will be available at the funeral home.

LES RÉSIDENCES FUNÉRAIRE BESSETTE
5034 Foster St., Waterloo QC
PHONE: 450-539-1606
www.famillebessette.com

Your loving family,
BILL, MELVIN, PAULINE

KERR, Ian Monty - In memory of Ian who passed away February 9, 2010.
Rest in peace.

Sadly missed by his mother
RUTH KERR
and his
FOUR OLDER BROTHERS

KERR, Ian - Who passed away February 9, 2010.

Always remembered and sadly missed,
CAROL

McCORMICK, June (Statton) - February 10, 2003.

Ten years ago He took you
To be with Him above,
While here on earth we miss you
And think of you with love.
Time goes by so quickly
It seems like yesterday
That you were here among us
Now in our hearts to stay.

Sadly missed by
DON (husband)
CHILDREN & FAMILIES

Card of Thanks

BRAZEL - The family of the late Ervin Brazel would like to express our sincere thanks to all who were so kind at the time of his illness and death. Special thanks to 911 Cookshire-Eaton Team,

Birth



NEVILLE-COTE: Proud parents Dallas Neville and Phil Cote welcomed Joshua Michel Cote on January 25, 2013, weighing 6 lbs. 8 oz. Everyone is doing well, and big brother Benjamin can't wait to play hockey with him.

In Memoriam

BRUNGER - In loving memory of Edward Brunger who passed away February 9, 1996.

Always loved and missed,
LAURIE & RAYMOND
AND FAMILY

BURNHAM, Percy Daniel - In loving memory of my dear husband who entered into eternal rest on February 10, 2010.

The month of February again is here
To me the saddest month of the year,
Sixty and a half years ago we made our vows
And said "Till death do us part".
When God came and took you from me
My whole life fell apart,
Now within my heart I always keep
A special place for you,
And try to do my best to live
As you would want me to.
As I love you, so do I miss you,
In my memory you are always there,
So loved, remembered and longed for
Within the passing of each year.
Deeply loved by your wife,
LAURA

JOHNSTON, Shirley - In fond and loving memory of a dear mother who passed away February 8, 2009.

Our thoughts are ever with you,
Though you have passed away,
And those who loved you dearly,
Are thinking of you today.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAM, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

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

WEDDING WRITE-UPS, OBITUARIES:

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@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.

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difference by
volunteering.

MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

I lost my beautiful daughter to suicide six months ago

FRIDAY, FEBRUARY 8, 2013

Annie's Mailbox

Dear Annie: I lost my beautiful daughter to suicide six months ago. A strong and able firefighter, she was also extremely active in her community.

Naturally, I leaned on my mother for consolation, but I didn't find it. Instead, my mother was distant and uninterested in my pain. It was an effort even to get her to attend my daughter's memorial service. She said it would be hypocritical to go, because she hadn't spoken to my daughter for years. I can't recall what hurt my mother so much that she decided never to speak to my daughter again. Now she says she doesn't want to hear from me until I am feeling better.

I am well aware of my mother's inability to talk about things that cause her pain. However, I don't believe pushing me out of her life solves anything. My mother told me she doesn't approve of the way I expressed myself angrily to people who claimed to be friends of my daughter but proceeded to spread ugly lies about her past. In my grief, I confronted these people and protected my daughter as any parent would have. My mother told me to get mental health assistance, and she refuses to speak to me.

I sought advice from a psychologist, who said I seem very aware of everyone's feelings and there is nothing wrong with me. I simply need time to heal. She thinks

my mother is acting unreasonably.

Not only did I lose my only child, but I also lost my mother when I needed her most. Is there anything I can do to make her understand how painful this is? — Heartbroken

Dear Heartbroken: Our deepest condolences on the loss of your daughter. Your mother sounds incapable of showing sympathy or providing consolation. She may also be feeling guilty for never having reconciled with her granddaughter, believing that there was plenty of time to do so. We cannot make your mother a more compassionate human being. We can only recommend that you get grief counseling and find support through The Compassionate Friends (compassionatefriends.org) at 1-877-969-0010, an organization for parents whose children have died.

Dear Annie: My parents have always favored my oldest brother. My other two siblings and I all feel this way, so it's pretty much a given.

My parents and I have never had an easy relationship. While I've obeyed their rules, maintained their standards and respected their wishes, I have never conformed to their ideals, so I've been branded as "rebellious." When I confronted them about their fa-

voritism, they absolutely denied treating my brother any better than the rest of us. They also told me I have a rebellious heart. How can I make them realize that they do indeed show favoritism, and that I am not rebellious? — Tired of Favoritism

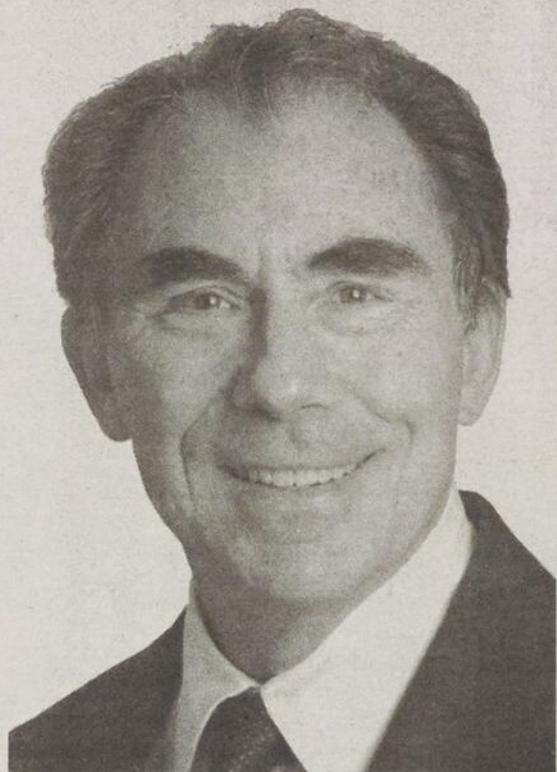
Dear Tired: Those are tough challenges and will likely take a while to accomplish. Parents are reluctant to admit when they favor one child over another and often don't see it. And it takes time and effort — from all of you — for parents to alter their perceptions of a child's "nature." Talk to your parents politely and calmly. Explain that you aren't looking to be confrontational. Ask them to tell you more specifically what they need from you so you can work on it. We hope the honest question will open their minds and allow the relationship to improve.

Dear Annie: I got a kick out of the comment from "Midwest Cook," who exempted Brussels sprouts and sauerkraut from the "required" list of kids foods. Admittedly, sauerkraut can be hard to make appealing, but Brussels sprouts can be cooked in chicken broth to make them delicious. Our kids still request them. And kraut can be made exciting with just a bit more imagination. — Mike in Hawaii

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

Detached retina calls for immediate attention

ASK DOCTOR K
by Anthony L. Komaroff, M.D.



DEAR DOCTOR K: My father was diagnosed with a detached retina. The doctor said this isn't uncommon in older people, and that he could have gone blind without treatment. What are the symptoms of, and treatments for, this condition, so I can protect myself?

DEAR READER: Detached retinas can indeed lead to permanent blindness if they are not treated promptly. The good news is that, compared to when I was in medical school, today's treatments are much more effective.

Your retina is the light-sensitive layer of special cells at the back of your eye. When light passes into your eye, it falls on the retina. There, the light is converted into nerve impulses that are relayed to the brain. When your brain interprets these impulses, you "see."

Normally, your retina lies directly on top of other cells and blood vessels that support and nourish it. If the retina separates from these underlying cells and vessels, it cannot function

properly.

Retinal detachment typically starts when a tear or hole develops in the retina. Then some of the vitreous fluid, which fills the inside of the eye, leaks through the opening, gets behind the retina and separates it from the nourishing tissue just beneath it. (I've put an illustration of this on my website, AskDoctorK.com.)

The symptoms you have depend on where the retina detaches. You may experience a sudden blurring or loss of vision, or you may feel as if a curtain has been drawn over one side of your eye. If ever you have these symptoms, call your doctor or your ophthalmologist (eye doctor) immediately.

Other symptoms may include floaters or brief flashes of light. Floaters are fairly common and usually do not mean you have a retinal detachment. Nevertheless, if the floaters are suddenly much more prominent and persistent than usual, get it checked out. Likewise, brief flashes of light are more often caused by migraines than by retinal detachment. Nevertheless, if they are more severe than usual — particularly if you don't have a headache and nausea, which usually occur with migraines — check it out.

Several techniques are available to treat retinal detachment:

— Scleral buckling. A tiny hole is made in the sclera, the tough layer beneath the retina. Any vitreous fluid that has leaked behind the retina is drained through this tiny hole, allowing the detached retina to fall back into its normal position. Next, a small tuck or indentation is made in the sclera and secured with a silicone buckle.

— Cryotherapy. The retinal tear is sealed with a freezing probe.

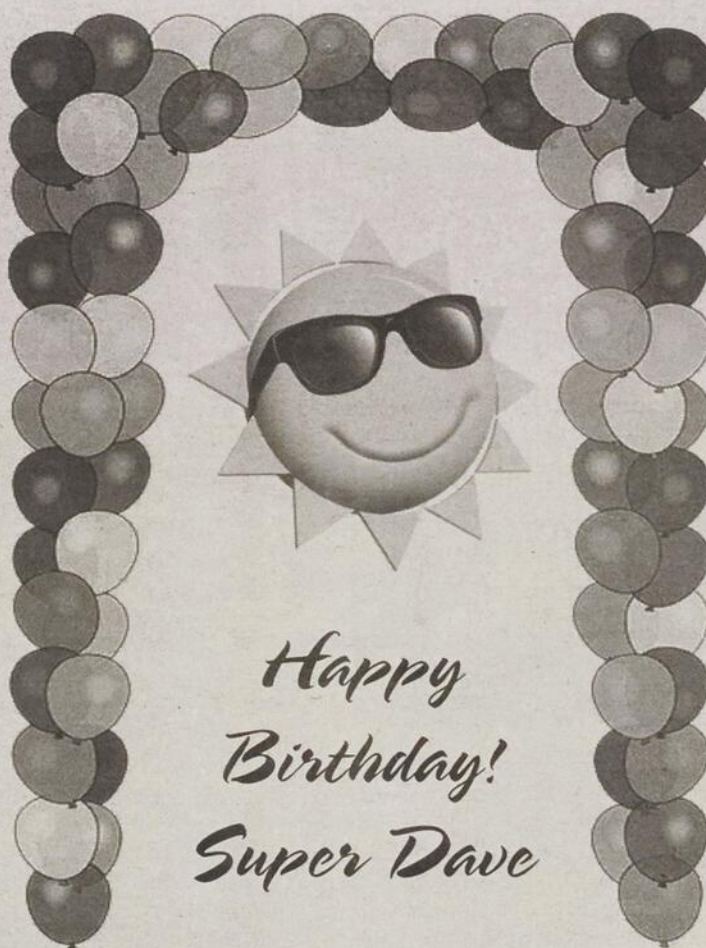
— Laser photocoagulation. The retinal tear is sealed with a laser beam.

— Pneumopexy. A bubble of special gas is injected near the area of retinal detachment to press the retina back into place.

— Vitrectomy. Part of the vitreous fluid is removed near the detachment and replaced with a sterile saline solution or some other fluid.

Never hesitate to contact your doctor or eye doctor immediately if you have symptoms that could indicate retinal detachment. It's better to be safe than sorry.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)



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

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.

"EHWWBHDL BR ZBUL AYPBCD GJYW.
FHCT BCPJ H VHD JO RCHULR BC PFL
FJAL JO AYZZBCD JYP HC LLZ."

— ZLJCHWTJ TH SBCIB

Previous Solution: "All men are sculptors, constantly chipping away the unwanted part of their lives trying to create a masterpiece." — Eddie Murphy

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.

"UYGOLMKA HGVC AGKGVOXXC,
M BMKW RTOR PDJGK OVG
UYMVMRIOXXC, GJDRMDKOOXXC OKW
DBRGK YTCUMSOXXC URVDKAGV RTOK

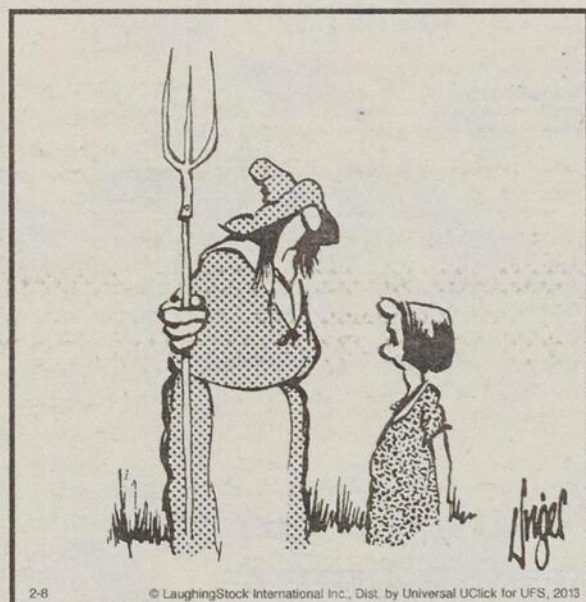
Previous Solution: "Marriage is like putting your hand into a bag of snakes in

JGK." — AOV C BXWJOK

KIT N' CARLYLE



HERMAN



"Grandma, can you lend me \$11 to get a set of false fingernails?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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EPIDEMIC



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OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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Pool
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Near all services
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035 For Rent

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SUPERB 3 1/2 (\$450.) & 4 1/2 (\$675.) in Lennoxville. 1995 construction, private entrance, 1 minute to bus, in 8-plex, large parking. No pets. Very clean. Archie-Mitchell St. Call Helene 819-566-1668.

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100 Job Opportunities

THE RECORD

SALES REPRESENTATIVES

The Record, the Eastern Townships' only daily English newspaper since 1897 has an immediate need for dynamic, motivated sales representatives to join its sales team on a number of special projects for both its print and online editions.

The ideal candidates will be bilingual, client-focused, results-oriented individuals seeking to forge a successful career as commission-based sales representatives.

Job Requirements

As a sales representative, you will:

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be self-directed with the ability to effectively interact with staff and clients
- Be creative and innovative to ensure client satisfaction
- Demonstrate an ability to build lasting client relationships
- Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and experience prior to **February 15, 2013** to

Sharon McCully
Publisher
1195 Galt Street East
Sherbrooke, QC
J1G1Y7
Or by email to:
outletjournal@sympatico.ca

100 Job Opportunities

100 Job Opportunities

125 Work Wanted

MONTREAL FIRE-FIGHTER living in the Townships available for general house maintenance, repairs, also daily chores, cleaning, appointments, shopping, etc. Magog / Orford area. Call Eric at 819-574-5773.

130 Courses

TIMBER FRAME COURSE, West Brome, May 27 to June 1, 2013. Interested? More info: ron.myles@gmail.com

140 Professional Services

UPHOLSTERY
25+ years experience. Antique and modern. 4 wheeler seats. Frame, spring and fabric repair. Free estimate. Email: stephenstickles@live.ca or call 819-889-2519.

145 Miscellaneous Services

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

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

150 Computers



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190 Cars For Sale

Need a car?
Need financing?
GENELLE
819-437-4388

190 Cars For Sale

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190 Cars For Sale

190 Cars For Sale

290 Articles For Sale

Chartier AUTOMOBILES

LENNOXVILLE, QC

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- 12 BUICK LACROSSE CXC, 3.6 L., leather, mags, back-up camera, Intellink radio system, 24,000 km, \$28,750
- 12 FORD FOCUS SEL, Hatchback, auto, fully loaded, mags, 16,000 km, \$18,450
- 12 FORD MUSTANG GT, convertible, V-8, auto., leather, 18,000 km, \$32,950
- 12 CHEVROLET CRUZE LT, 1.4 L. turbo, auto., fully loaded, air, great MPG, 22,000 km, \$17,995
- 11 KIA SOUL, 2U, auto, fully loaded, air, mags, 51,000 km, \$14,950
- 11 TAURUS SEL, fully loaded, air, 15,500 km, \$22,950
- 11 FUSION SEL AWD, V-6, leather, 13,500 km, \$21,950
- 11 FIESTA SE, auto, air, mags, 31,000 km, \$13,950
- 10 TOYOTA MATRIX XR, auto., fully loaded, mags, 61,000 km, \$14,950
- 09 HYUNDAI ACCENT, 5 speed, 2 door, 60,000 km, \$8,495
- 08 AVEO, auto., 4 door, 59,000 km, \$7,950
- 08 SMART, auto., air, 63,000 km, \$8,850
- 08 ALTIMA 2.5S, air, 53,000 km, \$13,950
- 08 SONATA, air, 75,000 km, \$10,495
- 08 SUZUKI SX4, AWD, 5 speed, 76,300 km, \$10,550
- 07 CALIBER SXT, auto., 58,000 km, \$8,995
- 07 CHEVROLET IMPALA, fully loaded, air, 88,100 km, \$9,950

TRUCKS

- 11 LINCOLN MKX, AWD, 3.7 L., leather, Panoramic roof, navigation, 20" mags, back-up camera, 20,000 km, \$37,550
- 11 DODGE GR CARAVAN, Stow'n Go, 3.6 L., TV-DVD, 7 pass., back-up camera, 49,000 km, \$19,950
- 10 DODGE RAM SPORT, Hemi, 5.7 L., floor transmission, leather-suede, 4X4, must see, 51,000 km, \$25,950
- 09 FORD ESCAPE XLT, V-6, AWD, air, mags, 59,900 km, \$16,550
- 09 HYUNDAI TUCSON, 2WD, auto., 25th Anniversary, air, sunroof, navigation, 75,000 km, \$12,850
- 07 GMC SLE 2500 HD, 4X4, diesel, 6.5 F. box, chrome package, 81,000 km, \$37,450
- 07 HUMMER H3, 3.5 L., AWD, leather, 96,000 km, \$19,950
- 05 PONTIAC MONTANA SV6, air, 7 pass., 4 bucket seats, 151,000 km, \$6,450
- 05 ACURA MDX, AWD, leather, 7 pass., 131,000 km, \$14,950

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281 Firewood

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LOOKING TO BUY top quality horse hay, 40-60 lb. bales, 2nd and 3rd cut, at market value. Must be green, tight cords, no dust or rain, square. 800 bales needed for full load. Call 819-876-5872.

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VACUUM PUMP (DELAVAL, model 73) and Honda gas motor (5 h.p.), with sap extractor, \$800. Also set of pans (Waterloo, galvanized), complete with float box and extra pan to fit 4x12 arch, \$800. All in good condition. Call 819-826-2797.

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Selling, buying, exchanging, offering services?
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Where are the best looking in town? At the Eastern Townships SPA! Come and visit our adoption rooms! Many cats and dogs aged between 2 months and older are waiting to find new homes. They have all been spayed/neutered, vaccinated, dewormed and micro-chipped. If you have wisely chosen to adopt a pet, come and meet them Monday through Saturday between 9 a.m. and 4 p.m. Adoption fees are very reasonable. 1139 Queen Blvd. North, Sherbrooke. For additional information: (819) 821-4727.

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It pays to advertise in the classifieds

450 Prayers

MAY THE SACRED HEART of Jesus be praised, adored and glorified now and forever. Sacred Heart of Jesus, pray for us. St. Jude worker of miracles, pray for us. St. Jude patron of hopeless causes, pray for us. E.P.

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

Grandma's Afflictions

'Twas in the days of oil lamps, wood stoves
Horse-drawn buggies, woodsheds and outhouses
Shortly before those Great Depression woes
Grandma lost Willis, second of her farming spouses.

He was murdered by a demented nephew
On Valentine's Day, in 1928
By a logging helper in a job he little knew
He dirked Willis with a cant dog in his hate.

Thus, Grandma became a single mother
Life became hard work with little rest in between
A two-farm farmer and whatever other
For this widow raising her two teens.

She never complained to me over her past
As a young boy she told me about my ancestry
Intense, I felt her restrained pain, all aghast;
What a life for my beloved grandma with hair so gray!

(A true event, which Sherbrooke newspapers of the time, 2/14/28 and later, reported.)

G.L. Brown
November 2012

It's Going to Be O.K.

There are highs, there are lows
It's just the way human life goes
There are many events to understand
Whether one is alone, or wears a wedding band

But in a human life there is hope, faith
Whether you were born fortunate or a waif
Believe in God, to ask that it be O.K.
Recite to yourself, "It's going to be O.K.", along the way.

There is no point in becoming pessimistic
Identify the problem and become optimistic
Life leads down many roads, many bends
"It's going to be O.K.", what a good message it sends!

I guess that's it, I've no more to say
Believe in yourself, and have a brighter day!

G.L. Brown
November 2012

SUDOKU

Difficulty: 5 (of 5)

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

2-8-13

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

SUDOKU

Difficulty: 4 (of 5)

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

2-9-13

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Your Birthday

FRIDAY, FEBRUARY 8, 2013

SATURDAY, FEBRUARY 9, 2013

SUNDAY, FEBRUARY 10, 2013

North 02-08-13			
♠ A 5 4 2			
♥ Q 10 7 6			
♦ A K Q			
♣ A K			
West		East	
♠ 10 7 6 3		♠ Q J	
♥ 3 2		♥ 8 5	
♦ 9 5 2		♦ 10 8 4 3	
♣ Q 10 9 4		♣ 8 7 6 5 2	
South			
♠ K 9 8			
♥ A K J 9 4			
♦ J 7 6			
♣ J 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♥	Pass	4NT	Pass
5♦	Pass	5NT	Pass
6♥	Pass	7♥	All pass
Opening lead: ♥ 2			

FRIDAY, FEBRUARY 8, 2013

If he could have, he would have

by Phillip Alder

There are times when it is easier to play against good players. They are reliable. If they can do something beneficial for themselves, they will; they will not make silly errors. Beginners are not trustworthy.

That is relevant in this deal, where South is an expert. He is in seven hearts. West leads a trump. What should South do, and how should West discard?

After South opened one heart, North understandably drove into the grand slam after two doses of Blackwood.

Despite all of the high-card points, the contract looks impossible — declarer has only 12 tricks. His only chance is to run winners and hope for a misdefense.

At the table, South took all of his trumps, discarding a spade from the board. West calmly pitched all of his diamonds. This persuaded East to throw diamonds as well.

Then came dummy's diamond winners. East let go of three clubs; West released one spade and one club. But West was not sure what to do on the last diamond.

Eventually, not wanting to come down to queen-doubleton in clubs, he discarded a second spade. But now the missing spades were 2-2 and declarer gained a 13th trick.

What did West overlook?

If South had started with three clubs, he would have ruffed the third on the board to gain an extra trump trick.

Also, for a sophisticated pair, when East threw clubs, he should have played first the two, discouraging, then the seven or eight, high to show a remaining even number.

More than a few of your activities in the year ahead are likely to be done on a much grander scale than you've tried in the past. This will be true socially as well as commercially.

AQUARIUS (Jan. 20-Feb. 19) — From time to time, you could be showered with more material opportunities than usual. Be both alert and receptive to any new ideas that come along.

PISCES (Feb. 20-March 20) — This might be one of those days when it's OK to toot your own horn to attract support for a fresh idea. Blow your bugle loud and clear.

ARIES (March 21-April 19) — This could be a good day to enhance your financial wherewithal. If you know of anything you can do that would open such doors, do it now.

TAURUS (April 20-May 20) — Most of your associates had better step aside when they see you coming, because once you get on a roll, there will be no stopping you, regardless of what's in your way.

GEMINI (May 21-June 20) — You will have no trouble accomplishing whatever you set your mind to. Obstacles will melt away in the face of your energetic momentum. Enjoy the ride.

CANCER (June 21-July 22) — Putting yourself out for others without hesitation will make you feel good, mostly because you won't make them feel obligated to you in the process.

LEO (July 23-Aug. 22) — Don't hesitate to elevate your sights when establishing your objectives. All you have to do to perform some remarkable feats is believe in yourself to the fullest.

VIRGO (Aug. 23-Sept. 22) — If there is an important agreement that you need to negotiate, you're likely to find this to be an excellent day to do so. You stand a good chance of coming to a quick understanding.

LIBRA (Sept. 23-Oct. 23) — Because your modus operandi is exceptionally efficient, you won't waste any time performing your assignments, particularly those that involve a joint interest.

SCORPIO (Oct. 24-Nov. 22) — Many times, two heads are better than one. This is likely to be one of those days when your efforts could be doubly effective, all because of another's aid.

SAGITTARIUS (Nov. 23-Dec. 21) — Because you unselfishly desire to help another, your efforts could bear large fruit. As a result, you could receive some extra rewards that you didn't seek.

CAPRICORN (Dec. 22-Jan. 19) — Someone you recently met is very anxious to get together to discuss a matter that he or she believes could be of interest. A meeting might be planned.

A number of impressive changes are likely to be made to your game plan in the year ahead. You've learned a lot from many past experiences, and now you should be ready to select some more fruitful targets.

AQUARIUS (Jan. 20-Feb. 19) — There's a strong chance you'll get an opportunity to disengage from an unproductive arrangement. Let go immediately without looking back.

PISCES (Feb. 20-March 20) — Better insight can be acquired about something that you've been viewing from a purely intellectual level. Two important factors you need to consider are your feelings and emotions.

ARIES (March 21-April 19) — If there is a project you'd like to launch but haven't done so for one reason or another, you might get the perfect opportunity to let 'er rip. It would be a mistake to put it off any longer.

TAURUS (April 20-May 20) — Begin to establish some loftier goals than those to which you've been accustomed. Even if you fall short of your mark, you're still likely to exceed any of your old targets.

GEMINI (May 21-June 20) — Don't neglect any opportunity to acquire some interesting information that could be pertinent to your present affairs. You'll find more than a few ways to use it to your advantage.

CANCER (June 21-July 22) — Listen attentively to any ideas brought to you. There's a very good chance you may learn about something that you didn't even know existed and have a very good use for it.

LEO (July 23-Aug. 22) — An important matter you're trying to negotiate could finally be settled today. Even if it involves some tedious processing, there's a good chance everything will work out well.

VIRGO (Aug. 23-Sept. 22) — You're not going to find a better day to start the diet or exercise program you've been promising yourself you'd begin. The odds are better than usual that you'll reach your goal.

LIBRA (Sept. 23-Oct. 23) — It appears that you'll get your chance to exercise greater management of something in which you've wanted to play a more active role. Don't hesitate to assert yourself.

SCORPIO (Oct. 24-Nov. 22) — A constructive adjustment that could have an effect on your entire family can be made. Even if not everybody is ready to participate, they'll hop on board later.

SAGITTARIUS (Nov. 23-Dec. 21) — It would help you immensely to make your immediate plans more concise and orderly. Put your focus only on the things you intend to complete within the next two weeks.

CAPRICORN (Dec. 22-Jan. 19) — Be alert for financial trends that could be personally rewarding. However, don't expect an immediate harvest from what you plant now; give it some time to mature.

When you establish a few realistic goals in the year ahead, you could easily receive a lot of support from unexpected people. Fortunately, success is likely when you are teamed up with strong allies.

AQUARIUS (Jan. 20-Feb. 19) — Your greatest asset is your ability to take bits and pieces of various ideas and bring them together in the service of a specific objective. Use your mind like a scanner.

PISCES (Feb. 20-March 20) — You won't have any trouble rejecting persons who make demands of you. However, should you be moved by a sense of compassion for one of them, you'll be generous to a fault.

ARIES (March 21-April 19) — Don't ignore your instincts concerning dealings with others. Allow your intuition to dominate so that your logic can go to work in the right areas.

TAURUS (April 20-May 20) — Since you're strongly motivated to fulfill a certain ambitious objective, let your cleverness guide you. Use your wits to convince the right people to work with you.

GEMINI (May 21-June 20) — Because you and someone with whom you enjoy warm emotional ties care so much about each other, you'll stand by his or her efforts. Good for you.

CANCER (June 21-July 22) — If you want a winning group endeavor, make sure the people involved respect each other. Only then will truly good work be done.

LEO (July 23-Aug. 22) — There's no need to dodge difficult decisions, because your judgment is likely to be keener than usual. Weigh your alternatives and trust your evaluations.

VIRGO (Aug. 23-Sept. 22) — You are presently in a cycle where your work is being noticed, evaluated and even rewarded. This could be your chance to pick up a few extra bucks.

LIBRA (Sept. 23-Oct. 23) — If the person whom you have been yearning to get to know better seems reticent about opening up communication, take matters in your own hands and initiate a conversation.

SCORPIO (Oct. 24-Nov. 22) — You could be extremely successful at finalizing an important, materially meaningful situation. Make the most of it.

SAGITTARIUS (Nov. 23-Dec. 21) — Owing to the considerate way you've been treating people lately, your popularity is trending upward. You make everyone feel special.

CAPRICORN (Dec. 22-Jan. 19) — Your financial aspects are looking rather strong, with one possible exception: involvements with questionable people who expect to reap what you sow. Avoid them.

CLASSIFIEDS WORK!

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CROSSWORDS

Across

- 1 Dragster, e.g.
8 Crammed, perhaps
15 Without a clue
16 Having merit, as a theory
17 Sherlock Holmes forte
19 Steve of the Lakers
20 Involuntary movement
21 Find the right words, say
22 1891 self-named electrical invention
26 Lethargic
29 Crew member
30 Computer media
34 Very long time
35 "Nonsense!"
36 Golf course freebie
37 "They're running neck and neck!"
40 Show to be false
41 Checkpoint demand
42 Dedicatory verse
43 Handy

- 44 Old-time whaler's harvest
45 Bit of a disagreement
46 Product introduced as Brad's Drink
in 1893
50 TV doctor
53 Market tracking aid: Abbr.
54 __ mater
57 Advocates for change, and a hint to
this puzzle's circled letters
62 High point of many a small town
63 Like bumpers
64 Bette Midler classic
65 Flirt's quality

Down

- 1 Arm extension?
2 Shortly
3 "The Lord of the Rings," for one
4 Full of surprises, as a plot
5 Put away for later
6 Constellation near Scorpius
7 Sikhism, e.g.: Abbr.
8 Dispassionate
9 The Bell System was one, briefly
10 First Burmese prime minister
11 Newsreel word
12 Footnote abbr.
13 Simple race of fiction
14 Bad impression?
15 Voter's dilemma, often
16 W.C. Fields persona
17 Turner in films
18 In other words, in other words
19 Ancient Jordanian archaeological city
20 Expressed wonderment
21 It's sharp and flat
22 Exclusive
23 In a way, slangily
24 Bad fall
25 Henri: s'il vous plaît ::

- Heinrich : ____
 36 Ristorante order
 38 One delivering the goods
 39 Secular
 45 River leaper
 47 Roots (for)
 48 Splurge
 49 "Curb Your Enthusiasm" role
 50 Attention-getter
 51 Frigid planet in "The Empire Strikes Back"
 52 Frozen treat
 55 Cry from one eagerly raising a hand

- 56 Father of Phobos and Deimos
58 Mil. mailroom
59 Radio frequency regulating org.
60 "So that's what's going on!"
61 Tom Hayden's '60s org.

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ACROSS

- 1 Dirty work?
9 Vocations
15 One making a comeback?
16 Most irritated
17 Attacks
18 Animated bird who debuted in "A
Tale of Two Kitties" (1942)
19 "OMG! I didn't want to know that!"
20 Conveniently weak argument,
metaphorically
22 Racket
25 Home of Caterpillar, Inc.
27 Latin 101 word
28 "The Prague Cemetery" novelist
29 Asked for food, maybe
31 Holy day commemorating the purifi-
cation of the Virgin Mary
34 As dissimilar as possible

- 38 Refrain
39 "Of Mice and Men" (1992) actor/director
40 Williams of "Happy Days"
41 Source of funding for the BBC
44 Gillette Stadium player
46 Put on the canvas
47 Ancient promenade
50 Skip the plan
52 Pen
53 Neat and tidy
55 Veep under GRF
57 Pen, as a poem
58 Out in the open
63 Added to one's net income?
64 Fine form
65 Unwavering, as a stare
66 Wife of Orpheus

- 30 Expansive
32 Write
33 Long-tailed moth
35 Words in blue, often
36 Accessory with a morning coat
37 Sounding like bagpipes
39 Spell
41 Game show prize
42 Sommelier's datum
43 Yule symbol
45 Academically stylish
47 Holey order

- 48 Article of faith
49 Many a 22-Down record
51 Not on schedule
54 Mail-order record co.
56 Collecting Soc. Sec., maybe
59 College Football Hall of Fame coach
Holtz
60 Madras Mr.
61 Pres. title
62 Where the 'eart is?

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- 1 Yearbook sect.
- 2 Athletic supporter?
- 3 Court VIP
- 4 Air force?
- 5 Dowdy sort
- 6 Broken
- 7 Oscar winner Melissa of
"The Fighter"
- 8 Criminal intent, in law
- 9 Feature of some Birken-
stocks
- 10 Elite seating area
- 11 "Can I go now?"
- 12 Thinks
- 13 These, in Madrid
- 14 "Funny Girl" composer
- 21 Gets even with
- 22 Brenda Lee record label
- 23 Corporate raider Carl
- 24 Not-to-do list
- 26 Omega, to a physicist

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Fennel — celery with attitude

EAT IN AND SAVE

By Marialisa Calta

It's funny how foods become trendy. A few years ago, no one except maybe Chinese cooks and fans of a Scottish breakfast had ever heard of pork belly (uncured bacon), and now it's practically a menu staple. Celeriac — that vegetable that looks like "E.T." — seemed to have its 15 minutes of fame sometime in the 1990s.

But what really tickled me was when fennel became the veggie du jour. Fennel was a staple of my childhood. Being Italian, my parents called it "finocchio," and I celebrated its arrival on the table with a silly chorus of the Neapolitan song "Finiculi, Finicula" with the words "finocchio, finocchia" substituted. Apparently, I was a strange child. But a well-nourished one.

If you are still a stranger to fennel, here's what you need to know.

There are three types of fennel: bitter fennel (the original, wild form, which dates back to Greece, in the centuries B.C.); sweet fennel (from around the ninth century); and Florence fennel, developed in Italy in the 17th century. This is the fennel that we eat today.

It looks, in the words of cookbook author Allison Fishman, "like pregnant celery" — a large, whitish-greenish bulb with beautiful, long, feathery green fronds, resembling dill. The fronds are sometimes chopped and used sparingly as garnish, and I have seen recipes for "fennel-frond pesto," but they are usually discarded; the bulb is the part that is used. The taste of the raw fennel bulb is fresh, crunchy, "green" and somewhat licorice-y. Think of it as celery with attitude.

The licorice flavor has led to fennel being incorrectly sold in some supermarkets as "anise." The anise plant is, like fennel, from the parsley family. But we only use the seeds from the anise plant, while we use the bulb and the seeds from the fennel plant. Anise

seeds — which, like fennel, contain the essential oil anethole — are stronger tasting than fennel seeds; they are used in such licorice-y liqueurs as French pastis, Greek ouzo and Turkish arak. (Star anise is another plant altogether but also contains anethole; it's used in the Italian liqueur Sambucca.)

Fennel has, since ancient times, been a legendary plant. It was in a hollow stalk of fennel that the mythical hero Prometheus was said to have hidden fire, which he stole from the gods to give to man. From ancient times, it was praised for almost mystical medicinal properties. Today, scientists explain that it is high in antioxidants, in vitamin C and fiber.

Florence fennel (or just plain "fennel") appears on most menus braised, roasted or steamed. Cooking, in fact, mellows the flavor and brings out the nuttiness and sweetness of the plant. Fishman, in her new book, "You Can Trust a Skinny Cook" (John Wiley & Sons, 2011), bakes it with cheese. Her fennel gratin is — like almost every recipe in this bright, lively, come-hither book — easy to make, beautiful to look at and delicious to eat.

I don't remember my mother ever cooking fennel. She served it as a side salad, chopped and mixed with a bit of red onion and tossed with vinaigrette, which she made from a packet of Good Seasons salad-dressing mix. Sliced, raw fennel also appeared on the rare occasions when she served bagna cauda, that delicious Italian fondue of garlic, anchovies, butter and oil into which one dips raw sliced vegetables and pieces of bread. Fennel is a classic accompaniment.

Perhaps you too will soon be singing a rousing chorus of "finocchio, finocchia!" Stranger things have happened.

FENNEL GRATIN

2 medium bulbs fennel, cut into 1/3-inch wedges (5-1/2 cups)
1 tablespoon olive oil

1/2 teaspoon fresh thyme leaves
1/2 teaspoon kosher salt
pinch of freshly ground black pepper
1/3 cup shredded Gruyere cheese (about 1-1/2 ounces)
2 tablespoons grated Parmesan cheese

Preheat the oven to 425 F.

Cut off and discard the fennel fronds. Cut the bulb in half lengthwise and place it flat side down, then cut into thin wedges. By incorporating the core into your slices, you'll keep the pieces together. Fennel has a lovely shape; show it off.

Place the fennel in a nine-by-13-inch gratin dish, a nine-inch pie plate or an eight-inch square baking dish. Toss with the olive oil, thyme, salt and pepper. Cover with aluminum foil, and cook until the fennel has softened, 15 to 20 minutes.

Remove the foil, return to the oven, and cook until the edges are golden brown and crisp, another 15 minutes.

Remove the baking dish from the oven, and preheat the broiler. Sprinkle fennel with the cheeses, and cook until the cheeses have melted and are bubbling, three to five minutes. Serve

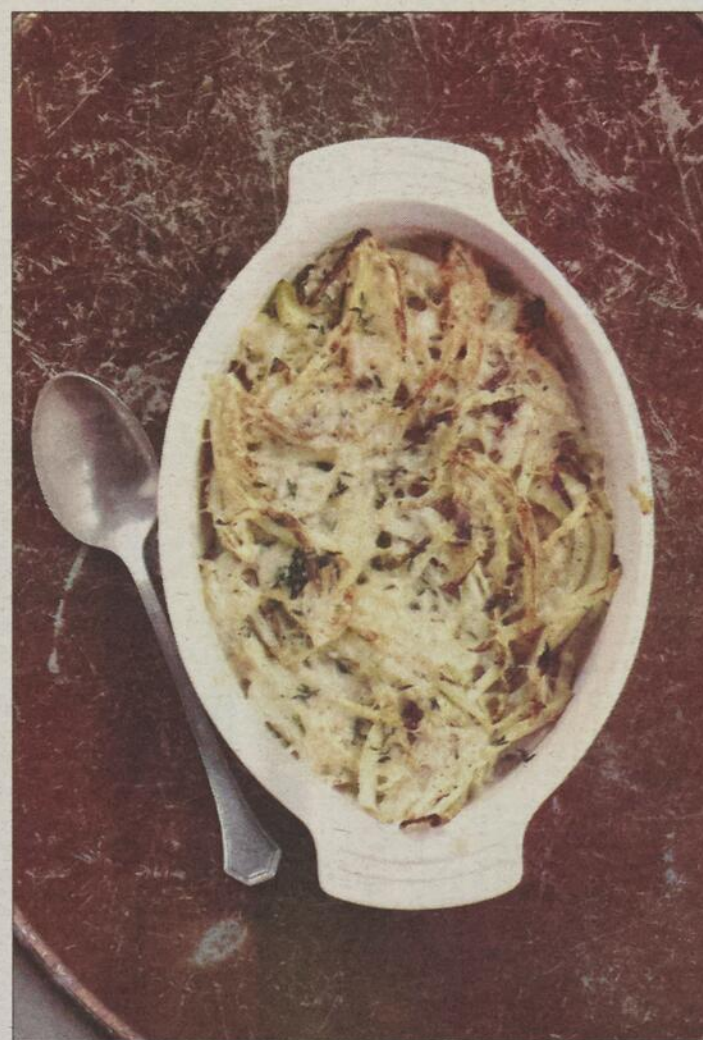


PHOTO BY LUCY SCHAEFFER FOR "YOU CAN TRUST A SKINNY COOK" BY ALLISON FISHMAN (JOHN WILEY & SONS, 2011)

Fennel baked with cheese has a nutty, fresh, sweet flavor that makes it a wonderful side dish for meat, poultry or fish.

warm.

Yield: 4 (1-cup) servings

Recipe from "You Can Trust a Skinny Cook" by Allison Fishman (John Wiley & Sons, 2011)

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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