

Phoenix drop a pair at home

John Edwards, page 10

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

French Consulate opens in Sherbrooke

Page 3

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MONDAY, FEBRUARY 4, 2013

River back to normal after flash floods hit, freeze

SHERBROOKE

The Saint-Francis River left its banks for only a short time last week, but caused considerable turmoil while it was happening and a considerable mess afterwards. Overall, however, damage was relatively light.

By late Thursday afternoon, partial ice jams in Lennoxville near Bishop's and in downtown Sherbrooke caused blockages that shot river levels up five feet in under an hour, catching many low-lying residents by surprise.

Authorities wasted no time in jumping into emergency preparedness mode, evacuating the municipal garage and the southern end of Grande-Fourches, and opening its emergency coordinating centre by mid afternoon. Precautionary evacuation procedures were also set in motion. Flooding in downtown Sherbrooke reached the level of the SAQ and Maison du Cinéma parking lots.

In Lennoxville, flooding reached parts of Conley and Little Forks streets in the 'student ghetto' and overran Optimist Park. Emergency responders at one point had to deploy an inflatable boat to rescue people.

Late winter floods are rare in the area, officials say, the result of a peculiar combination of circumstances - a rapid rise in temperature causing the river ice to break up accompanied by heavy rains and rapidly melting snow leading to partial ice jams and water backing up behind them.

By late Thursday evening, another

CONT'D ON PAGE 4

Games torch lit in Ottawa

Sherbrooke 2013 Canada Games Torch arrives in region



SYLVIA BULLARD

The Orford Express with some 200 volunteers and participants aboard arrived Saturday morning in Austin and William Hogg, responsible for the relay from Ottawa to Magog handed over the torch to the former mayor of Sherbrooke, Jean Perreault, and Tom Allen, Chair of the Board and Executive Committee for the Games - Sherbrooke 2013. For more on the arrival of the torch in Magog, turn to page 7 in today's Record.

Gordon Lambie
Special to The Record

A gathering was held at the University of Sherbrooke Friday afternoon to celebrate and observe the lighting of the Sherbrooke 2013 Canada Games Torch on Parliament hill. A live video stream allowed assembled members of the community, Canada Games

Council, and media to watch live, as William Hogg, director of linguistic services for the games, made the presentation of the torch to those assembled in the nation's capital.

"As we stand next to the Centennial Flame this afternoon, we recognize the important symbol of Canadian Unity" said Tom Quinn, National President of the Canada Games, referring to the

flame kept burning on capital hill from which the Canada Games Torch is lit.

"As the torch makes its way across the province of Quebec, it is our hope that it inspires pride, excitement, and legacies as residents "get in the games" in their own meaningful way," Quinn added, referring to the games' motto to date.

CONT'D ON PAGE 3

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TUESDAY:
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HIGH OF -9
LOW OF -23



WEDNESDAY:
FLURRIES
HIGH OF -6
LOW OF -16



THURSDAY:
PERIODS OF
SNOW
HIGH OF -1
LOW OF -13



FRIDAY:
CLOUDY,
FLURRIES
HIGH OF -4
LOW OF -12

Are obesity, cancer and other diseases linked to our daily bread?



ANNA MAY KINNEY

NATURE'S WAY

This research project started off around 1994, three years before starting my column at The Record and while I was writing my cookbook. My first desire was to learn the different ways that people from various countries made their 'daily bread' whether it was flat breads such as pita, heavy whole grain breads, like served in parts of Europe, or the yeast free, usually steamed or fried dough that the Chinese famously use to make dumpling, egg rolls, spring rolls and wontons that are both fried, steamed and boiled. It was a journey based on my love for food.

Now my research has spanned almost twenty years, and I'm not finished yet, but there is no way that I can hold back in sharing some remarkable things I've found out. Although this attempt was tried about ten years ago, and being not confident enough, I did not take criticism well and did not defend what I had found out. This is a lot of information that I'll try to condense into about three columns. All I know is by fol-

lowing and eliminating certain foods from my diet, my roommate's as well as many people I know, have made giant health improvements. While not everyone will believe my findings, IF I only help a few people to do more research into this and they are helped to cure whatever ails them, this project would be worth all the time spent on it.

During the next few weeks, I'm going to try and explain why I truly believe that the bread we eat today may be responsible for most of the health concerns we are seeing. Today, let's start with the basic ingredient in almost every loaf of bread we buy, wheat. Wheat is defined as the staff of life; people have been eating it for a few thousand years, true or not? Well that answer is not as simple as you think.

While wheat can be traced back to the pharaohs of Egypt, it was not the dried and ground up powdery stuff we make our bread with today. In fact, it was common to sprout wheat kernels and make a sprouted, living bread. Wheat was also fermented as were other grains, making a very weak beer that was enjoyed with meals, between meals and by all ages.

If you just research the nutrients involved in both the sprouted wheat bread and grain beer, you'd be shocked at the amount of nutrition supplied from eating or drinking very little. The flour we choose to use today is

DEAD in comparison, besides not being anything like the wheat even our grandmother's used.

Like so many women, I would diet, lose weight, then in no time I'd put the weight right back on. Thinking I was eating too much, there were times I lived on LESS than 500 calories a day and still gained weight. While during our youth we can often go on and off a diet, each and every time we go through the losing, regaining process, it becomes harder to lose, and feels more hopeless. Until I started researching bread, especially the carbohydrates associated with grains. Unless you are an athlete and are able to burn up loads of carbohydrates through exercise, most of us do not maintain or lose weight while eating them. This is why that ONE slice of bread I had each day on my 500-calorie diet caused me so many problems; my system was not able to utilize even that small amount of grain.

This got me thinking, why me? So much of my research had to do with our genetic makeup and what we could and could not eat. Being my genetics are a bit unusual, many people are now a combination of many different genes from around the world, while mine are basically from two very isolated nationalities, North American Indian and Sicilian. Up till the 1900's the diets of both these peoples was quite limited. So right then I decided to try the low carbohydrate diet, while researching the paleo diet further, which is a much stricter life style.

Doing this it took me three years to lose 80 lbs, and it's still off eight years after starting. The weight loss is nothing when compared to the other health effects related to eliminating grains from my diet.

We are all aware of the increase our society is seeing in obesity, heart disease, im-

mune disorders and intestinal related problems such as gluten intolerance.

The Mayo Clinic estimates that during the last fifty years Celiac disease (those who are gluten intolerant) has increased enough to make it four times as common than it was during the 1950's, and affects about 1.8 million Americans. Others who are using genetic testing say the numbers may be four times that amount. So going gluten free is not just a fad, people are looking for solutions to their intestinal problems.

The answers to these questions are addressed by Dr. William Davis in many of his articles and his book "Wheat Belly" published by Rodale Press, where he talks about the increasing number of those with Celiac disease. He's called our modern wheat a "perfect, chronic poison." Quoted from his interview on CBS he says "It's an 18-inch tall plant created by genetic research in the '60s and '70s," and "This thing has many new features nobody told you about, such as there's a new protein in this thing called gliadin. It's not gluten. I'm not addressing people with gluten sensitivities and celiac disease. I'm talking about everybody else because everybody else is susceptible to the gliadin protein that is an opiate. This thing binds into the opiate receptors in your brain and in most people stimulates appetite, such that we consume 440 more calories per day, 365 days per year." It's no wonder that people who are giving up wheat are dropping pounds like crazy and many diabetics are no longer diabetic.

While I work on the next part to this series, please take the time to research some of this out and what Dr. William Davis has to say on the subject, this information could change yours or another person's life.

Part two in two weeks

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LOCAL NEWS

"Sherbrooke has been hidden in between a number of large universities vying for the attention of French and European students."

French Consulate opens in Sherbrooke



GORDON LAMBIE

The Mayor of Sherbrooke Bernard Sevigny presented a gift to Bruno Clerc, the Consul General of France in Montreal during a ceremony held last Thursday evening to recognize the naming of Francois Gitzhofer as the city of Sherbrooke's first Honorary Consul to France.

**Gordon Lambie
Special to The Record**

A ceremony was held last Thursday evening to recognize the naming of Francois Gitzhofer as the city of Sherbrooke's first Honorary Consul to France. Gitzhofer, a University of Sherbrooke professor since 1988, took the opportunity to speak on the validity and importance of this new consulate, which will be housed, in part, in the city hall.

Mayor Bernard Sevigny began the evening by recognizing the importance and significance of having consular services available in Sherbrooke. He highlighted the tourism between the country and city, and the growing relationship between Sherbrooke and Montpellier, France.

"In short," Sevigny said, "The presence of France in Sherbrooke and the presence of Sherbrooke in France will not be decreasing in the years to come."

Building off of that notion, Bruno Clerc, the Consul General of France in Montreal, stated that having consular services in Sherbrooke provides, "The presence in France in your city and your region." According to Clerc there are nearly 3,000 French citizens living in the Eastern Townships, and having a consulate in Sherbrooke will help give those people, and the people of their communities, proximity to their home nation of France.

Clerc also took a few minutes to meditate upon the economic considerations in the initiative. By his estima-

tion, we have about 550 French enterprises in Canada, about two thirds of which are found in Quebec. These enterprises apparently represent close to 80,000 jobs in the country, and many jobs for Canadians elsewhere as well. Having consular services will help to expand the viability of these French businesses and increase the stability of those jobs, according to him.

Gitzhofer was brief and humble in his words, taking the time to reflect on the ideas of his colleagues. He spoke of sending a positive message in terms of business and educational cooperation on the international level.

"Sherbrooke has been hidden in between a number of large universities vying for the attention of French and European students." He said, putting a particular focus on how the new consulate will increase opportunities for educational exchange.

"This is a sign of confidence not just in me as a person, but in the future of Sherbrooke," Gitzhofer said.

The city's Hall of Honour was crowded with people throughout the ceremony and afterward, as Gitzhofer was presented with a number of gifts to celebrate his new position. Among these were prints of the Dufferin and Alexander Street murals and a glass representation of the Sherbrooke City hall; symbols of the consulate's integration with the life and work of its city.

Visitors to the event were invited to a champagne reception afterward in the city council chambers.

Canada Games

CONT'D FROM PAGE 1



COURTESY

The Mayor of Sherbrooke Bernard Sevigny at the press conference to recognize the lighting of the Canada Games Torch on Friday.

Also present at the ceremony were Minister of State (Sport), Bal Gosal, and Minister of Industry and Minister of State (Agriculture), Christian Paradis.

"The Canada games represent the greatest sporting competition in our country," Paradis said, "it gives the best athletes from across the country the chance to rise to the podium on the national level, and eventually on the international level as well."

"What a great opportunity for Sherbrooke to show the rich culture of Quebec to Canadians from sea to sea." Gosal added, speaking of the great legacy of sporting culture and national diversity he hopes the games will leave with Sherbrooke in exchange.

Hogg also took a moment to recognize members of the community who he called the founding fathers of the Sherbrooke games. Notable among these was Jean Perrault, former mayor of Sherbrooke.

"Without these people, we would not have the Canada games in Sherbrooke this year" Hogg said, speaking of those

assembled around him prior to the lighting of the torch.

The ceremony then passed to the lighting itself, carried out around the fountain containing the Centennial Flame.

"Now that the torch is lit," Hogg said in conclusion, "it is ready for a great adventure." The torch will pass through 40 different Quebec municipalities before the games in August.

After the video feed ended, but before concluding the press conference in Sherbrooke, Lynne Blouin, deputy CEO for Communications and Human Resources, took a brief moment to unveil the games new motto, "Live it."

"Beginning in September 2011 we invited the public to get in the games. Now at Six months until the games, it's time to fully experience each step on the road to this major multi-sport competition." Blouin said, emphasizing that nothing was more important than enthusiasm in the community on the lead-up to the summer games.

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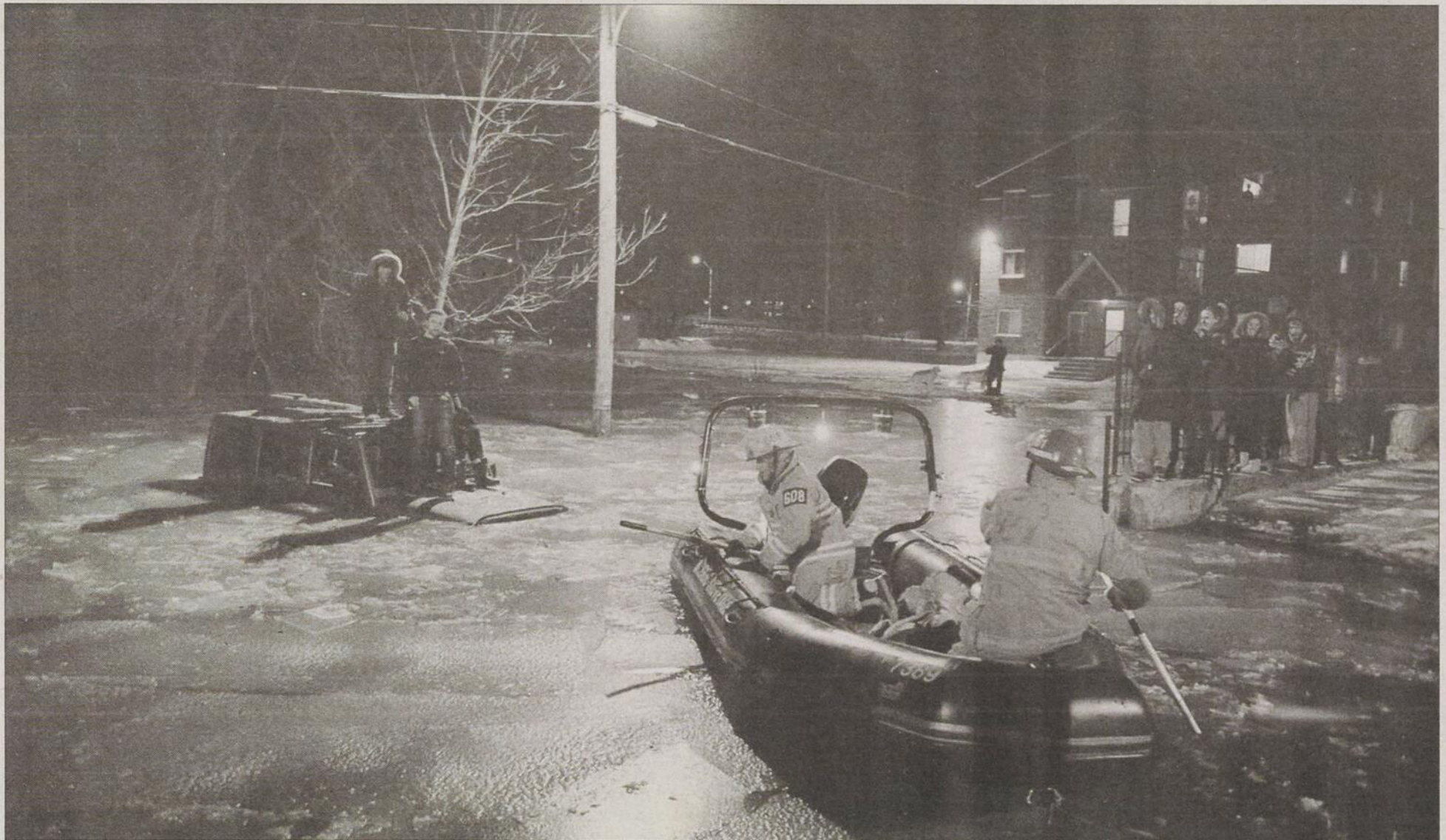
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River back to normal

CONT'D FROM PAGE 1

jam near the Brompton dam sent water onto highway 143 and Autoroute 55. Emergency workers there had to rescue a woman and her young child after the vehicle in which they were riding slid off the road into a flooded ditch, trapping them inside. By Friday, water levels had returned to normal, but rapidly dropping temperatures left some areas resembling skating rinks.



MEL HATTIE

Some Bishop's University students had to be rescued by local firefighters after their Jeep became trapped in icy water in Thursday evening's flooding.



GORDON LAMBIE

City equipment clearing Little Forks area on Friday morning.



NADINE FAFARD

By Late Thursday afternoon, partial ice jams in Lennoxville near Bishop's and in downtown Sherbrooke caused blockages that shot river levels up five feet in under an hour, catching many low-lying residents by surprise.



GORDON LAMBIE

The trees at Optimist Park in Lennoxville were showing signs of the Thursday flood on Friday.

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Domestic stabbing in Waterloo, woman charged

WATERLOO

A domestic argument turned ugly in Waterloo Thursday night leading to a 52-year old woman stabbing and seriously injuring her 30-year old partner.

According to Sûreté du Québec spokesperson Aurélie Guindon, the incident occurred around 11 p.m. in the couple's residence in an apartment building on Lewis Street West, requiring the victim to be brought to hospital for treatment of serious, but not

life-threatening, injuries.

According to neighbours, the couple fought frequently and loudly but always seemed to reconcile.

The accused assailant, Caroline Lacaille, appeared briefly in court in Granby on Friday facing a charge of armed assault, and was released after posting a \$500 bond and agreeing to conditions which include a curfew, keeping the peace, and staying away from the victim.

Lacaille was convicted of arson in 2009.

BRP explosion site to be demolished

VALCOURT

Nearly three months after the explosion that blew up part of the BRP research centre in Valcourt, the building will be demolished sometime this month. However, the Commission de la santé et sécurité au travail (CSST) investigation to determine the exact cause of the explosion continues. The Nov. 9 explosion killed technician Sebastien Tardif, who was 38 years old.

Since the beginning of the investigation, CSST investigators trying to shed light on this tragic incident have met several witnesses to the explosion and have had access to surveillance video. They were also assisted by ex-

perts from the Régie du bâtiment as well as explosion experts.

If it is confirmed that the incident was accidental, various hypotheses have been raised about the exact cause of the explosion, including a gas leak or a high concentration of fuel vapour that could have ignited the workshop of the research laboratory.

"We have not yet received a report from the CSST and the investigation is still ongoing," says BRP communications director said Johanne Denault.

"Following an incident, they have six months to produce a preliminary report and a final report after a year. But we can demolish the building next month," added Denault.

South Stukely taxpayers to pay more in 2012

SOUTH STUKELY

While property taxes remain stable in South Stukely, increases in service and security charge taxes mean that homeowners will have to fork over another \$40 on average to the municipality.

The total tax bill for a \$100,000 home will increase from \$1,035 to \$1,075, while a \$200,000 property will be billed a total of \$1,612.

Among the projects to be implemented in 2013, according to the mayor, is to secure the old quarry on Chemin des Carrieres. "We hope to give

it a recreational and tourist vocation to allow supervised swimming. The goal is to control this quarry before there are serious accidents where people sometimes jump into the water from the cliff edge," mayor Gérald Allaire says.

In addition, the boil water alert under which some 60 households have been living is expected to be lifted within the next week or two as the new \$500,000 water well, largely subsidized by Quebec, becomes functional.

The new well was necessary, according to the mayor, to increase the amount of water in the village.

Memphremagog police roundup

MAGOG

At around 10:45, Thursday morning, Memphremagog police arrested, after a short investigation, a man for crimes related to contraband tobacco. They seized seven boxes of contraband cigarettes in the trunk of his car and six others in a cache somewhere else. The 56 year-old man will be charged under the tobacco tax law as will be the owner of the shed where the merchandise was hidden.

A 37 year-old driver from Laval left the road on Ch. du Parc Orford shortly

after midnight Friday morning. He subsequently failed a breath test leading to the suspension of his license for 90 days and he will appear in court to face criminal charges in the coming weeks.

Finally, the wind caused some damage on Thursday to trees and electrical wires and caused minor injuries to a bystander on Main Street West in Magog while a canopy came off and fell on his head. The man suffered minor injuries and was taken to hospital as a precaution. Three vehicles were damaged by the fall of the same awning.

Chronic drunk driver detained until March 26 hearing

He won't be on the roads for a while, anyway. Maurice Larrivée, the 69-year old Sherbrooke man who made national headlines Jan. 27 after being arrested for impaired driving for the 17th time, has had his bail hearing postponed until Mar. 26. He will remain behind bars until then.

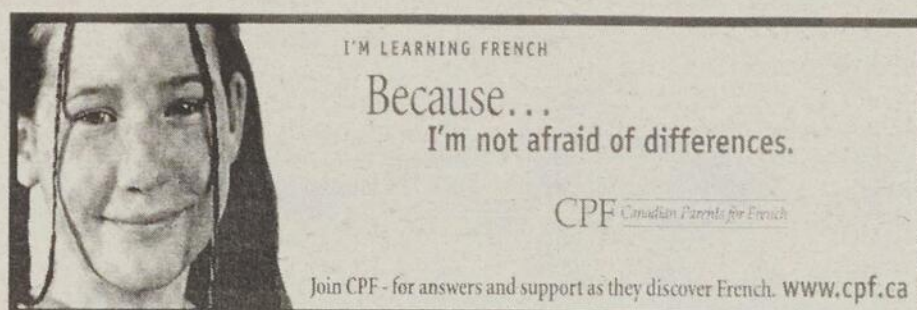
Larrivée was arrested last Sunday at about 8:45 a.m. leaving the Metro supermarket on Bourque Blvd in Rock Forest with a blood alcohol level nearly twice the limit permitted by law, at 142 mg per 100 ml blood. He was in pos-

session of a valid driver's license when he was arrested and had a case of 24 beers in the car at the time.

Larrivée appeared before a judge last Monday to be charged with driving while over the legal limit of 80 mg per 100 ml of blood and driving while impaired by alcohol.

If convicted, Larrivée faces a sentence significantly greater than the 18 months he received in 2003 - a five-year driving prohibition.

The maximum penalty for impaired driving is five years in prison.



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Letters

We refuse to be forced to swallow chemicals whose safety has not yet been demonstrated by toxicology tests required by the regulations for drinking water.

The hidden scandal of water fluoridation

DEAR EDITOR:

The Citizens for Healthy Water in Richmond and the Coalition Trifluoriennaise pour une Eau Très Saine (C.T.E.T.S.) committees are requesting that a parliamentary committee be organized by the Quebec National Assembly to shed light on the scientific, legal, social, ethical and environmental aspects of the water fluoridation program.

We ask that the veil be lifted on the scandal hiding behind water fluoridation: industrial-grade chemical products classified as dangerous toxic products and contaminants are added to citizens' drinking water under the classification of water treatment chemical products.

Firstly, these products are not added to make the water drinkable, but to prevent and decrease the incidence of a disease, dental cavities in humans. However, water treatment chemicals cannot legally be used as a remedy to treat an entire population for a disease nor can it serve as a mineral source for nutritional purposes. If this were the case, Health Canada would classify fluorides as a drug, a natural health product or for use as a mineral for the fortification of foods (such as iodine added to salt or vitamin D added to milk). This is not the case because Health Canada does not regulate fluo-

ridation products as it sees them as vulgar water treatment chemicals...

We refuse to be treated using industrial waste from the phosphate fertilizer industry. We refuse to be treated with water treatment chemicals. We refuse to be treated with products manufactured, packaged, transported and stored under unsanitary conditions unfit for human consumption. We refuse to be forced to swallow chemicals whose safety has not yet been demonstrated by toxicology tests required by the regulations for drinking water. We refuse to be treated without our consent, especially with such toxic and unsanitary products.

The Public Health Agency is aiming to treat 50 per cent of Quebec's population with fluoridated water by 2014. Your health is at risk, it's time to do something about it!

We wish to inform you that a petition asking for the creation of a parliamentary committee on the subject of water fluoridation is online until Feb. 20 on the Quebec National Assembly website at the following address: <https://www.assnat.qc.ca/en/exprimez-votre-opinion/petition/Petition-3465/index.html>.

We invite you to share this information with all of your contacts.

GILLES PARENT, N.D.A.
DANVILLE

DEAR EDITOR:

The Purple Letter Award at Bishop's University was created to recognize the students who put great effort into their voluntary contribution to the school or community. This award is based on effort, participation, and contribution to Bishop's, not necessarily on being the best or the most talented; the unsung heroes of Bishop's.

Each year we ask members of the local community to nominate current students they feel are deserving of this award. If you know a Bishop's student whose effort, dedication or volunteer service have impressed you, please consider making a nomination this year by

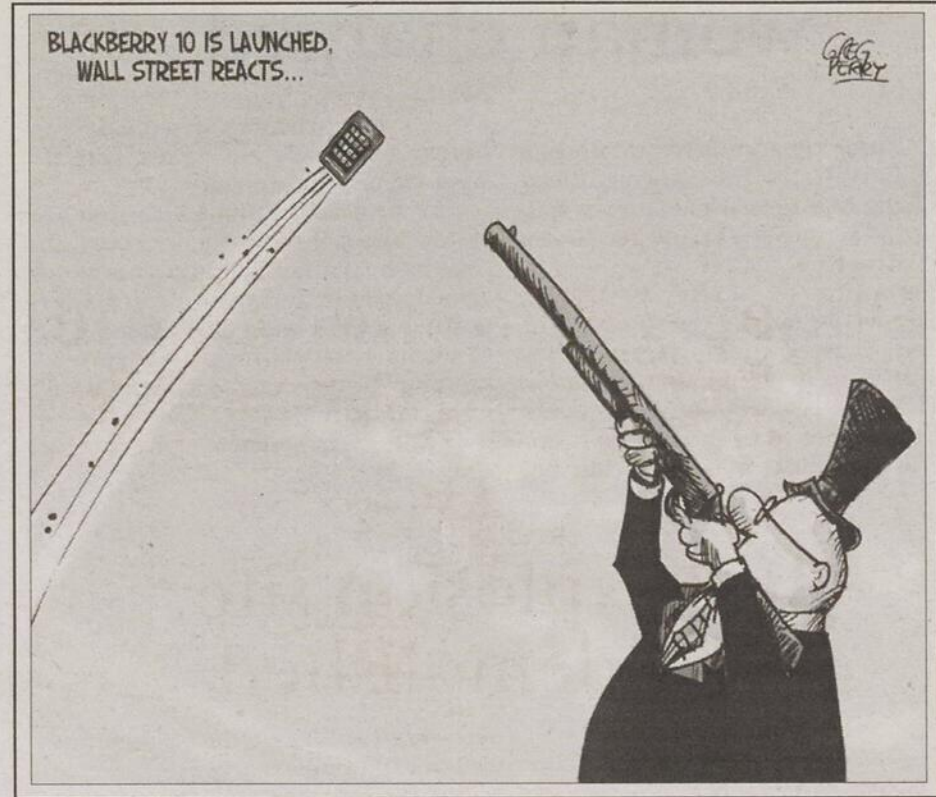
sending an email or letter by March 1, 2013 to:

Purple Letter Award
c/o Dean of Students
Bishop's University
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Email: pam.graham@ubishops.ca

On behalf of the 'Purple Letter Award' Selection Committee, I thank you for your time in making a nomination.

Sincerely,

JACKIE BAILEY, PH.D.
DEAN OF STUDENTS



About Townships bookstores

DEAR EDITOR:

In spite of some rather curious (not to say downright INCORRECT) reporting in The Record on Friday, Feb. 1, Black Cat Books is alive and well! We are now in our 14th year of serving our community, offering a selection of new and second hand books, and doing oodles of Special Orders of new and out-of-print books. We commend Biblairie GGC, Archambault, and Renaud-Bray for doing a fine job of keeping our community supplied with French language books.

Our specialty is English language books. Children's books, young adult books, mysteries, thrillers, literature, history, philosophy, religion, cookbooks - you name it, if we don't have it, we'll get it!

With all due respect to Brome Lake Books, an hour off to the west of us, and to The Woodknot, an hour off to the south of us, we are here, right here in Lennoxville (a.k.a. Sherbrooke). Alive & well.

The Record? The voice of the Eastern Townships? Perhaps Black Cat Books really is the best kept secret. Or, perhaps The Record is not really what it claims to be. (At least La Presse is willing to carry a torch for us! If you haven't already seen Stephanie Morin's article on Lennoxville in their Dec. 8 edition, do have a look! <http://www.lapresse.ca/voyage/dossiers/visites-guidees/201212/11/01-4602795-visite-guidee-a-lennoxville.php>)

In a time when independent bookstores are dropping like flies, we are surviving. Thriving, even! Thank you so much to our friends and clientele. We couldn't do it without you.

May I take this opportunity to invite Stephen McDougall and Daniel Coulombe to visit Black Cat Books.

Sincerely,
Janice LaDuke
Black Cat Books
168E Queen
Lennoxville (Sherbrooke), Québec

DEAR EDITOR:

Thanks to Stephen McDougall for the interesting article about the availability of English books at Archambault in Sherbrooke. However, let's also remember that we have Black Cat, Bishop's Bookstore

and Townships Expressions (819-566-5717) in Lennoxville, and local stores such as Papeterie 2000 in Richmond.

In addition, we have local libraries which stock wonderful reads.

BEV TABER SMITH
RICHMOND

NOTE FROM THE EDITOR:

It was not the intention of The Record to slight Black Cat Books or any other Townships bookstore in the Feb. 1 Stephen McDougall article. We apologize if the wording offended anyone. This was by no means the goal of an otherwise positive story.

DANIEL COULOMBE
THE RECORD

THE RECORD

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THE LINK

Linking Lennoxville & the surrounding communities

Lennoxville Directory

Page 9

Canada Summer Games torch arrives in region

By Sylvia Bullard

The Canada Summer Games - Sherbrooke 2013 torch that is to travel across the Province of Quebec and help spread the popularity of the games arrived in the region Saturday. The torch was lit in Ottawa on Friday Feb. 1 and began its relay to Magog by means of William Hogg and was welcomed at Merry Point from 11 a.m. to 12 p.m. as part of the Fête des neiges.

The torch made its arrival aboard the Orford Express train that had been taken out of winter hibernation for this special event. Well-known personalities in the region among whom included the former mayor of Sherbrooke, Jean Perreault, and Tom Allen, Chair of the Board and Executive Committee for the Games - Sherbrooke 2013, in addition to several volunteers, then carried the flame around the park where dozens of people braving the cold weather were gathered for the ceremonious event.

Mayor of Magog, Vicki May Hamm, noted how proud Magog was to be an official partner of the games and to be the first city in Quebec to receive this great symbol that represents the flame.

The train then went on to Sherbrooke Saturday afternoon where festivities at Jacques-Cartier Park included children's rides, a bonfire, hot chocolate and cider that could be enjoyed by all in



SYLVIA BULLARD

William Hogg, responsible for the relay from Ottawa to Magog waits for the Orford Express Train to arrive Saturday morning

attendance. On Sunday, the festivities continued at the Parc de la Gorge in Coaticook with free sledding and skating, as well as hot chocolate and cider.

In the coming months, the flame will make a journey to forty cities in Quebec before returning to Sherbrooke for the opening Canada Games ceremony on

Aug. 2.

sylvia.recordlink@yahoo.ca

Andre Rancourt conjures up magic in the Townships

By Sylvia Bullard

Born in Magog and raised in the Eastern Townships, Andre Rancourt has been practicing magic since the age of twelve. Also a ventriloquist, Rancourt is proud to say he has entertained audiences for some thirty-eight years until now. His line-up of shows includes television as well as promotions for radio stations including Sherbrooke Anglophone AM radio station CKTS 900 back in the 90s.

If you are a parent and have never taken the opportunity to see Andre the magician in action do not miss out on seeing him perform at the Salon Papa, Maman et moi (Dad, Mom and I show) Saturday, Feb. 16 from 9 a.m. to 5 p.m., Sunday Feb. 17 from 9 a.m. to 4 p.m. at Centre de foires 1600, boul du Plateau-Saint-Joseph, Sherbrooke.

Rancourt a father of five and grandfather of three, says, "I love doing this show because it is not commercialized, and is very good for the whole family." If you are worried about whether language



COURTESY

Take the opportunity to see Andre the magician in action as he performs Feb. 16 and 17 at Centre de foires in Sherbrooke for the Salon Papa, Maman et moi

is an issue, Rancourt says, "When I do close up magic with kids I speak to them in English if they are Anglophone."

The two day show mainly targets children ages 1 - 10 and is designed to guide, inform and help parents and soon to be parents, find products and services to

suit their needs and budgets. Topics such as: Birth, health, nutrition, sports and leisure services for children and much more are discussed.

Over 50 exhibitors including financial security advisors are on hand to help parents make an informed decision re-

garding their children's futures. There will be a variety of specialty shops that deal with maternity, baby items, furniture and accessories for children.

Promoter of the event, Melanie Goulet says fire, ambulance, police emergency services from the City of Sherbrooke will also be on hand to give children the chance to explore emergency vehicles and to answer questions.

Booths dealing with physical activities, psychoeducation and entertainment for young and old can be visited. A playground for babies aged 0-3 years, inflatable games for toddlers and video and entertainment for older children will be at everyone's disposal.

Rancourt says he is looking forward to seeing a large attendance at Centre de foires. Further information regarding the show can be found at www.papamamanetmoi.com and to learn more about Andre the magician himself check out his web page at www.andrerancourt.com.

sylvia.recordlink@yahoo.ca

Bishop's College School girl's rugby team off to Las Vegas

By Sylvia Bullard

To kick-off their season the Bishop's College School girl's rugby team are gearing up for a pre-season trip to the Las Vegas Invitational Amateur Rugby Tournament from Feb. 6 to the 11. Competing in the high school 7's division, the senior girls are up against teams from British Columbia, Saskatchewan, Utah, Colorado, Arizona and California. The girls' competition

will be held on Thursday and Friday. Afterwards the girls are excited to be able to stay and take in the USA 7's International Rugby Tournament, where sixteen countries will be competing for the title. A little sight-seeing is also on the itinerary.

Coach Adam Spirk explains that the Bishop's College School girl's rugby program was started in the early 90's and continues to be successful today. He adds, "Last year, the girls made history

by being the first high school girls team to travel to Wales, England and Spain for a Rugby Tour from the province of Quebec. This year, they won a lottery to compete in the Las Vegas Invitational Amateur Rugby Tournament and jumped at the opportunity."

It is evident the coach has a lot of confidence in his team when he says, "This is a very experienced and talented team. I have coached many gifted female rugby players, but this is by far the most depth

I have had the opportunity to work with. The unity within this team is outstanding and the enthusiasm they bring to practice and games is phenomenal. Win or lose, this trip to Las Vegas will make us stronger as a group and as players."

The Las Vegas Itinerary looks full and entertaining. For any updates you can check the website at www.bcswomen-srugby.com which will be updated daily while they are away.

Barbara Coloroso to speak by video conference in Magog

By Sylvia Bullard

The Eastern Townships School Board Community Learning Centres have been chosen to connect with world-renowned educator and author of five international bestsellers, Barbara Coloroso on Feb. 11 from 7:30 to 9:30 p.m. Her session entitled: "Kids are Worth It, Parenting with Wit and Wisdom" is being piped in from Montreal by means of video conferencing to the Princess Elizabeth Elementary School in Magog. The free session will offer solid, practical advice for parents of toddlers to teenagers.

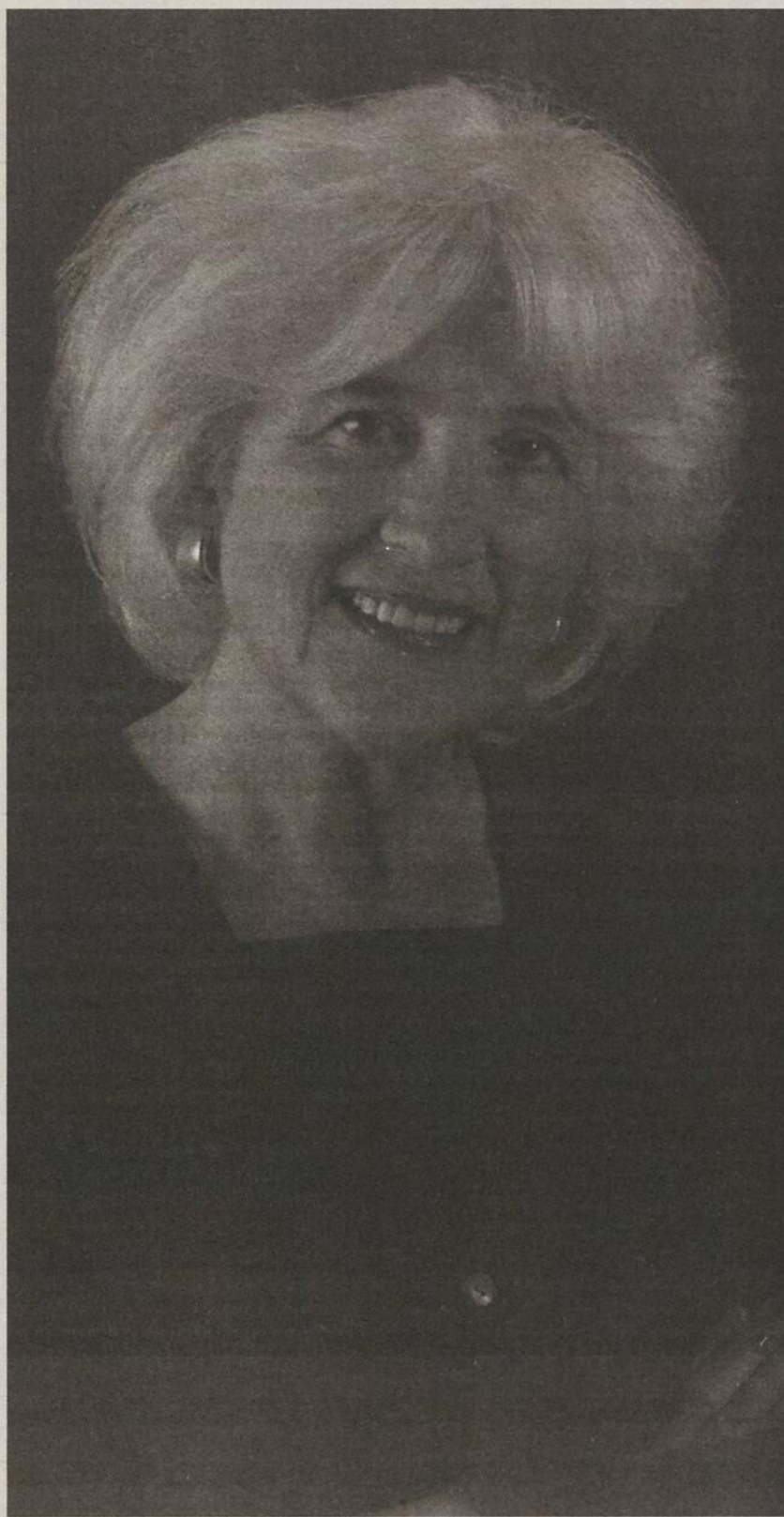
Each School Board/Association on and around the Island of Montreal has been assigned a fixed number of places. Pervana Mladenof, Coordinator of the Memphremagog Community Learning Centre (CLC) located at the school affirms, "This is a big deal! We just got confirmation this past week from the school board and we are really excited about it." Mladenof says in her child-rearing days she herself was a great fan of Coloroso's books on parenting advice.

Coloroso served as a classroom teacher, laboratory school instructor, university instructor, and is an internationally recognized speaker and author in the areas of parenting; teaching, school discipline, non-violent conflict resolution and reconciliatory justice. She is an educational consultant for school districts, the medical and business community, the criminal justice system and other educational associations around the world.

Parents and educators who looked for more answers on issues such as how to stop bullying enjoyed Coloroso's international bestselling book, "The Bully, the Bullied, and the Bystander." In it, Coloroso offered more than 100 ways parents can protect their children from cyber bullying.

To quote the St. Paul Pioneer Press - Sure kids rebel: It's part of that process called growing up. Just knowing that doesn't make parenting easier, but knowing Barbara Coloroso might.

Parents interested in attending the video conference should contact Pervana Mladenof, Coordinator of the Memphremagog CLC at 819-238-1285.



COURTESY

World-renowned educator and author of five international bestsellers, Barbara Coloroso.

Eco Week 2013 at Bishop's

By Geoff Meugens
Special to The Record

From Feb. 4 to 7 at Bishop's University it is Eco Week 2013. The goal of the week is to raise awareness about environmental issues and open a dialogue with everyone, students and non-students alike.

Kassandra McAdams-Roy is the co-President of the Environmental Club at Bishop's University, she is in her last year of studies in Environmental Science. Along with the other co-President Erich Burton the Environmental Club has been hard at work organizing Eco Week.

McAdams-Roy explains that we can expect to see many documentaries and post discussions after all of them. "There will also be information posters and members of the Environmental Club around on campus to give you more information on environmental issues" added Kassandra.

The schedule of the week is as follows

Monday Feb. 4: Food Day

12-3 p.m., in the Student Union Building (SUB) Lobby: Information booths on Les Amis de la Terre & Laitier Local

5-7 p.m. in Adam's Hall is a screening of "Voices of Transition" and a post-discussion with Dr. Darren Bardati, Joanna Bateman and others.

Tuesday Feb. 5: Climate Change & Energy Day

5-6:30 p.m., The Gait: Screening "Switch: To a Smarter Energy Future," partnership with Le Musée de la Nature et des Sciences de Sherbrooke.

7-9 p.m., The Gait: (free popcorn & bar open) Round-table discussion on Climate Change & Energy with Dr. Matthew Peros, Dr. Jean Manore, Professor Terry Eyland, and Dr. Peter Stoett.

Wednesday Feb. 6: Waste Day

1:30-3 p.m., Johnson 150: David Willey, Director at the Office of the Auditor General of Canada speaks about the Federal Environmental Petitions Process.

7-9 p.m., The Gait: Screening "E-Waste" followed by post-discussion.

Thursday Feb. 7: Education for Sustainable Development (ESD) Day

1 p.m., Nicolls 310: ESD Teach-in Forum
7-9:30 p.m., Nicolls 4: Screening "Crisis of Civilization" followed by post-discussion.

Richmond school holds reading marathon for CHUS

RICHMOND

On February 4, and throughout the month, 230 students from l'école primaire du Plein-Coeur in Richmond will begin a reading marathon to benefit the CHUS Foundation. Initiated by two school teachers, Martine Dumas and Louis Carignan, this fundraiser called Read-A-Thon has several aims: To encourage a love of reading in students, enabling them to improve their reading speed, and awareness about the importance of giving back to the community.

"The Plein-Coeur school is a model for youth in the region," says CHUS Foundation Director-General Charles Auger, "Over the past four years; the school has held an original fundraiser for the CHUS Foundation. Moreover, the fundraiser is directly related to the curriculum. Congratulations and thank you to all the teachers and the management for their commitment and involvement."

The 230 students at the school, and their parents, have committed themselves to the reading of texts in order to improve their reading speed. To assess progress, two measures of student reading speed will be taken under the supervision of a special education teacher through a standardized test, one in early February (pre-test) and the other at the end of the month (post-test).

Students amass donations from the community and, in exchange, will undertake the Read-A-Thon challenge. Three days a week, students, assisted by their parents, will practice reading the same text three times (i.e. three times on Monday, Wednesday, and three times on Friday). A new text will be given out every week. A space at the bottom of the text allows readers to record the time of each reading, which will show progress and maintain motivation throughout the project.

On March 1, students will be informed of the total amount raised for the CHUS Foundation at a general school rally. As extra motivation, participants will also be eligible to win several participation prizes donated by the Bibliarie GGC.

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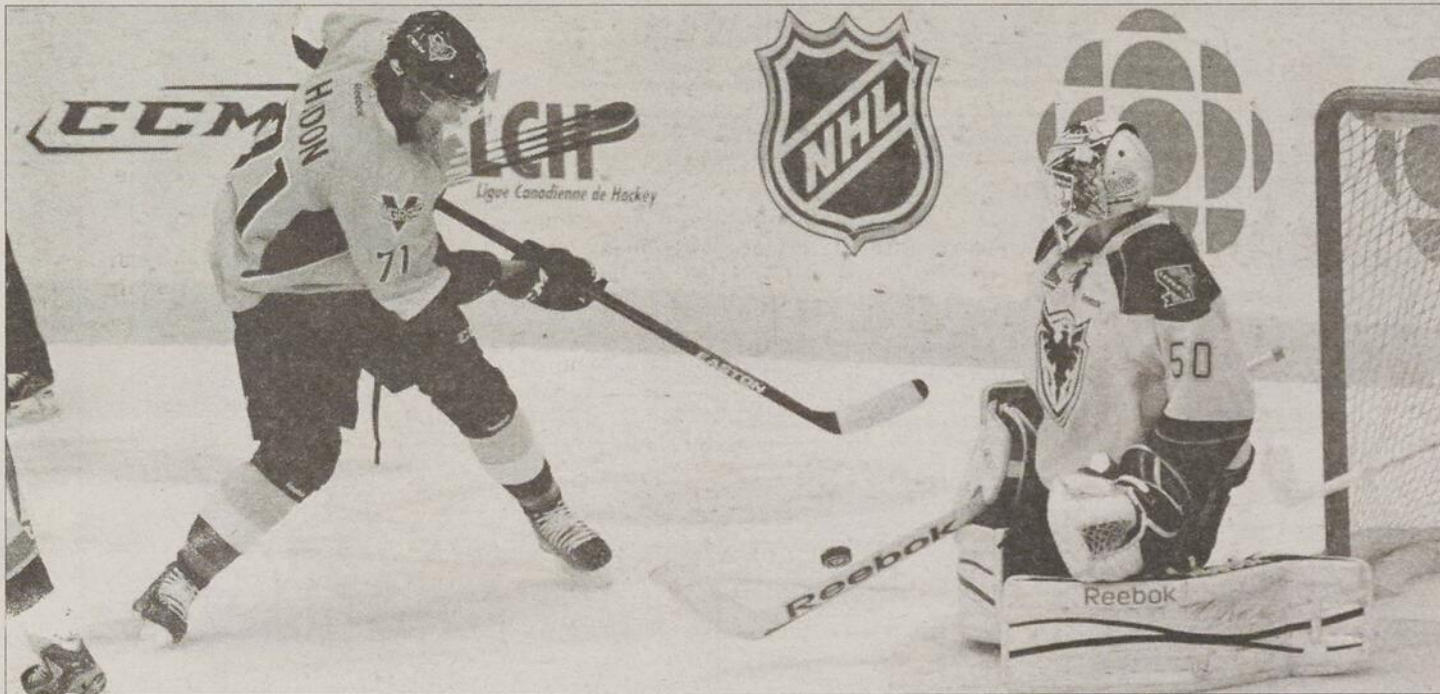
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Local Sports

Sherbrooke's lost weekend dropped them to 14-31-6, costing them both the chance to make up ground on the 15th-place Saint John Sea Dogs and to put more distance between them and the 17th-ranked Shawinigan Cataractes.

The ones that got away: Phoenix drop a pair at home



COURTESY SHERBROOKE PHOENIX

Jacob Gervais-Chouinard (50) stops the Tigres' Philippe Hudon (71) at the Sports Palace. The Phoenix netminder made 31 saves on Saturday, following up his strong 27-save outing on Friday.

By John Edward
Special to the Record
SHERBROOKE

If the Sherbrooke Phoenix wind up facing the Halifax juggernaut to open the QMJHL playoffs (or, worse, missing the post-season entirely) then last weekend's homestand at the Sports Palace will go down as an opportunity squandered. The Phoenix, holders of the 16th and final playoff spot, fell 4-2 to the Rouyn-Noranda Huskies on Friday night, and followed that up with a 4-3 loss to the Victoriaville Tigres on Saturday afternoon.

Sherbrooke's lost weekend dropped them to 14-31-6, costing them both the chance to make up ground on the 15th-place Saint John Sea Dogs and to put more distance between them and the

17th-ranked Shawinigan Cataractes. The Phoenix have now fallen five points back of the Sea Dogs, and are now only four up on Shawinigan, winners of two of their past three games.

"We started well, but we couldn't capitalize on opportunities throughout the game," said Phoenix head coach Judes Vallée on Saturday. "We need a spark because we need points in the standings, and the Cataractes are just getting back on track."

Friday's matchup saw a pair of teams headed in different directions. The Phoenix had split their last four games and were 4-6 over their past ten. The sixth-place Huskies, on the other hand, arrived having lost five of their past six games, including a 7-3 thumping at Shawinigan the night before, and glad to see the back of a 4-8 month of Janu-

ary.

Early on, it looked like the resurgent Phoenix would take advantage of the Huskies' tailspin. The Phoenix controlled the play early, and opened the scoring at the eight-minute mark with a power-play goal by Steve Lebel. In the second, Brandon Lesway's sixth goal of the year was sandwiched by markers from the Huskies' Francis Perron and Gabriel Desjardins, and the game was tied 2-2 after 40 minutes.

In the end, Sherbrooke was their own worst enemy, as a needless penalty for too many men midway through the third led to Jean-Sébastien Dea's game-winner 18 seconds later. The Phoenix had a number of good scoring chances late in the period, as they did throughout the game, but were unable to capitalize. The Huskies' Sven Andrighetto



capped a three-point night with an insurance marker at 19:16.

On Saturday, the Phoenix let a 2-1 first-period lead slip away in their loss to the Tigres. After Philippe Mallet had given Victoriaville an early 1-0 lead, William Couture and Daniel Audette replied for the Phoenix to give the hosts the lead after 20 minutes.

The second period was all Victoriaville however, as the Tigres' Philippe Hudon and Michael Rhéaume both beat Sherbrooke's Jacob Chouinard. The over-age goalie made 31 saves on Saturday, following up his strong 27-save outing on Friday. Petr Sidlik gave the Tigres a 4-2 lead early in the third, but Alexandre Comtois brought the Phoenix back to within one with 3:51 left.

Despite pulling Chouinard for nearly two minutes, Sherbrooke could not find the equalizer that would have salvaged at least one point from the weekend.

The Phoenix went 2-for-5 on the power play on Saturday, after going 1-for-3 on Friday night. With the attendance of 3,126 on Friday and 3,242 on Saturday, the Phoenix have now drawn over 3,000 in their last eight straight home games.

The Phoenix head up north next week, as they face the Val d'Or Foreurs on Saturday, followed by a rematch with the Huskies on Sunday. Their next home game is Wednesday, Feb. 13, against the Foreurs.

ASF holds Soldier-On Fest 2013 at Mount Owl's Head

By Mike Hickey
Special to the Record

For 19 years the Adaptive Sports Foundation (ASF), formerly known as the Eastern Townships Disabled Skiers Foundation, has provided invaluable service to people with physical disabilities and is presently in its fourth year of providing assistance to wounded veterans.

Founded in 1995 by Peter Treacy, a disabled skier, the ASF's mission has been to establish, operate and maintain educational programs that encourage people with physical disabilities to discover new abilities through winter and summer sports.

This week the Canadian Association for Disabled Skiing and Mount Owl's

Head have joined together to welcome disabled Canadian Forces personnel, active or retired, to ASF's annual "Soldier-On Fest 2013".

Thirty participants from the Canadian Forces will come from bases in the Maritimes as well as Quebec and Eastern and Southern Ontario.

With the addition of curling to the regular adaptive ski program, the ASF has added an extra day of activities. The five-day "Soldier-On Fest 2013" will be held at Owl's Head Ski Resort in Mansonville and at the Magog Curling Club from Feb. 3 to the 8.

Wounded soldiers, several of whom are returning for their second year, will work with specially trained volunteer instructors from ASF to gain new skills and confidence in adaptive skiing. Over

the past 19 years they have excelled at providing that service to individuals from Montreal to Sherbrooke.

The ASF provides trained volunteers who assist these individuals to become as independent as possible in their chosen sport which fosters the development of self-confidence, motivation, increased physical strength and improved self-image while learning a life-long sport/skill which can be enjoyed with family and friends.

Awareness of the sport can play in helping to rehabilitate injured servicemen and servicewomen and has grown over the years. The "Soldier-On" program was founded in 2007 as a joint initiative of the Canadian Paralympic Committee and the Department of National Defence that aims to use sport to

improve the quality of life of current and former Canadian Forces personnel who have suffered major injuries.

ASF's involvement over the past four years in the "Soldier On" program has not gone unnoticed. In 2011 Governor General of Canada David Johnston honoured the program with a personal visit and an official ceremony of recognition.

On Tuesday Col. Gerry Blais, Director of Casualty Support Management and the Joint Personnel Support Unit with the Department of National Defence, will present ASF founder and driving force, Treacy, with the Queen Elizabeth II Diamond Jubilee Medal. The medal recognizes Peter's efforts in supporting wounded Canadian Forces members and their families through the Adaptive Sports Foundation's programs.

Death



**Tait
HAUVER
1929-2013**

At the B.M.P. Hospital in Cowansville, on Thursday January 31, 2013 at the age of 83, passed away Tait

Hauver beloved husband of Phyllis Jolley. Son of the late Homer H. Hauver and Alice Bradley, he was pre-deceased by his brother Dale Hauver. He leaves to mourn his children, Gayle (Garry Bailargeon), Tanya (Peter Hess), Michael (Jennifer Gordon) and Deborah (Thomas Hamer). He also leaves his grandchildren, Katherine and Andrew Hess, Tayden and Addison Hauver, MacKenzie and Bronwyn Hamer. His twin sister Tannis Moriarty, brother-in-law and sister-in-law Dexter Jolley and Virginia Jolley, nephews and nieces, other relatives and friends.

Visitation will be held at St-Paul's Anglican Church in Knowlton on Tuesday, February 5, 2013 from 1p.m. followed by the funeral service at 2p.m. Rev. Tim Wiebe officiating.

In lieu of flowers, donations in his memory to the B.M.P. Hospital would be appreciated (Forms available at the church or www.bmpfoundation.ca)

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In Memoriam

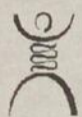
WAUGH, Elizabeth (Betty) Ross - In memory of a cherished mom and loving wife who left us on February 3rd, 2002.

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FROM CONSUMER REPORTS

**Latest tv sets
are bigger, bet-
ter, smarter and
cheaper**

Americans who are in the market for a new TV — perhaps in time for the biggest football game of the year — will find models that are bigger, better, smarter and cheaper, according to the latest Consumer Reports TV tests.

"If you're thinking about upgrading your TV, or if you're one of the holdouts planning to buy your first flat-panel TV, you'll find plenty of great models in our latest Ratings — many at prices that will put a smile on your face," said Jim Willcox, senior editor for electronics.

Consumers should be heartened to know that TV prices are usually lowest in February and March, when manufacturers start shipping new models and retailers cut prices to sell off the old ones. Compelling new features on mainstream 2013 models aren't expected, so consumers shouldn't pass up great deals on top-rated 2012 sets.

However, some TV bargains can be risky. Super-low priced sets, especially from lesser-known brands, aren't always the best deals. Some of the lowest-scoring

MONDAY, FEBRUARY 4, 2013

**Universal
Uclick Almanac**

Today is the 35th day of 2013 and the 46th day of winter.

TODAY'S HISTORY: In 1789, George Washington was unanimously elected first president of the United States by the Electoral College.

In 1938, "Snow White and the Seven Dwarfs," the first feature-length Walt Disney animated film, was released in the United States.

In 1974, the Symbionese Liberation Army, an American revolutionary group, kidnapped newspaper heiress Patty Hearst in Berkeley, Calif.

In 2004, Harvard sophomore Mark Zuckerberg launched thefacebook.com, the site that would eventually become Facebook.

TODAY'S BIRTHDAYS: Fernand Leger (1881-1955), artist; Charles Lindbergh (1902-1974), aviator; Dietrich Bonhoeffer (1906-1945), theologian/Holocaust victim; Rosa Parks (1913-2005), activist;

Betty Friedan (1921-2006), writer/activist; Lawrence Taylor (1959-), football player; Clint Black (1962-), musician; Oscar de la Hoya (1973-), boxer; Gavin DeGraw (1977-), musician.

TODAY'S FACT: "Snow White and the Seven Dwarfs" received an honorary Academy Award in 1939 and was presented one regular-sized Oscar statuette accompanied by seven miniature ones.

TODAY'S SPORTS: In 1987, skipper Dennis Conner sailed to victory in the America's Cup yacht race, redeeming his loss in 1983, which was the first time an American had failed to win the 132-year-old event.

TODAY'S QUOTE: " I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear." — Rosa Parks

TODAY'S NUMBER: 1.01 billion — users of Facebook, as reported by the company in September 2012.

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

ing sets in CR's Ratings — with below-average marks for picture, sound or both — include TVs from Coby, Element, Haier, TCL and Westinghouse.

LCD TVs from LG, Panasonic, Samsung and Sony have consistently been among the best performers in the Consumer Reports Ratings. Plasma sets from Panasonic have been at the top, followed closely by Samsung and LG.

INTERNET-CAPABLE TV'S PROLIFERATE

The Consumer Reports Ratings include more Smart TVs, or TVs that can connect to the Internet to stream video from various online services, putting on-demand movies and TV shows at viewers' fingertips. All tested TVs with this capability offer Netflix, but the availability of other services like Hulu Plus, Amazon Instant Video and Vudu varies by brand. A growing number have full browsers for surfing the Web, built-in Wi-Fi and access to an apps market. In addition to streaming video services, most Internet-capable TVs let you connect to a music service such as Pandora, social networking sites such as Facebook and Twitter, and even eBay.

FOUR BASIC QUESTIONS TO CONSIDER WHEN YOU BUY A TV

Buying a new TV is a big investment for many consumers. Here are four basic questions to consider when shopping for that new set:

— What screen size? Don't think small and regret it for the life of the TV. If you sit 6 to 8 feet from the TV, get at least a 40-inch set, but consider a 46- to 50-

incher to get a more immersive experience.

— Plasma or LCD? Many of the highest-scoring models in our Ratings are plasma TVs, which have several advantages over LCD TVs. Plasmas, which come in 42-inch and larger sizes, tend to cost a bit less than comparably sized LCDs, especially those using LED backlights. The best plasmas can provide rich, movielike images with deep blacks that add depth and dimension. Unlike most LCD models, they have blur-free motion and unlimited viewing angles.

— 1080p or 720p resolution? Most new TVs have 1080p (full HD) resolution, but some smaller sets and low-priced 42- and 50-inch plasmas still have 720p. A full HD model can display finer detail than a 720p TV, but more detail doesn't always result in better picture quality. Some 720p models had very good picture quality. In general, CR recommends a 1080p set if price isn't a top concern, but consider 720p for top value.

— 3D or not? 3D capability is simply a feature on a regular HDTV, not a new kind of TV. Even if you don't plan to watch 3D in the near future, don't rule out a TV that has that feature. Many are among the best HD sets CR has tested. And if you get a 3D-capable set, you'll be good to go if 3D becomes appealing to you in the future.

More tips on getting the right TV can be found at ConsumerReports.org.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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WEDDING WRITE-UPS, OBITUARIES:

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

DEADLINES FOR DEATH NOTICES:

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

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

fax **819-569-1187** (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

It's simply that if a legal commitment isn't in the cards, I need to plan my future without him

MONDAY, FEBRUARY 4, 2013

Annie's Mailbox

Dear Annie: I have been with "John" for more than 10 years. We have children together. I have reached the point in my life that I wish to be married. I never wanted to be a girlfriend forever, and he knew this from the beginning.

John says stupid things like, "If you did such-and-such, then I'd marry you." I don't believe marriage is about how much I can do for him. It's about loving each other enough to commit. I love John, but he is unwilling to take that step, so I have told him if we are not married by next summer, he has to move out and let me get on with my life. I'm not trying to force him to the altar. It's simply that if a legal commitment isn't in the cards, I need to plan my future without him.

The problem is, John tells me he will not leave. I don't want things to get nasty by involving the authorities, but I want more out of my life than he does. Over the past few months, I have made myself completely miserable just thinking about all of this. Am I being unreasonable? Am I putting myself and my needs first by demanding he make a choice? — Dazed and Confused

Dear Dazed: No. John's needs have come first for the past 10 years. But aside from that, you already may have a legal commitment in place. When a cou-

ple lives together as long as you have, it is recognized in many states as a common-law marriage. So, although you haven't had a ceremony, you may, in fact, be legally tied.

You also have children, and a separation will entail custody, visitation and child support arrangements, so you might consider counseling before disentangling yourself. Even something as simple as tossing him out of the house becomes a legal matter. Check the laws in your state regarding common-law marriage, and if necessary, get the assistance of an attorney.

Dear Annie: We have a home in another state and allow family members and friends to vacation there. Recently, when we went to the house, we found several framed family photographs of our guests throughout the family room and bedroom.

I think this is in poor taste and that our guests have overstepped their privileges. Should I say thank you and simply put the photos away? Or should I allow others to decorate my home? — Concerned

Dear Concerned: Well, this is certainly nervy. You are obviously such an accommodating host that your guests feel a little too much at home. We suggest returning the photographs to the owners, say-

ing, "You must have left these at our house when you last stayed there. I know you would want them back so you can appreciate them in your own home."

Dear Annie: I am "S.W. from California," the 88-year-old who had a falling out with his daughter. She and her husband cut off contact, so I cut them out of my will.

After the letter appeared, I got a call from my son-in-law, who referred me to some online comments about your column. I was surprised by the negative response. It seems there is a generation gap. I was a Depression kid, and there was no help from the government. If you couldn't pay for food, you starved. Having gone through such rough times, we wanted to make things easy for our kids, and we gave them everything. It only resulted in spoiling them, and they, in turn, spoiled the next generation. These kids expect everything to be given to them and show no respect for their parents. My generation always showed respect.

Fortunately, as a result of your publishing my letter, my daughter contacted me, and we are now speaking again. She doesn't see things my way, and I don't see things her way, but we have agreed to disagree. — S.W. from California

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

Observations of Life: Keeping in Touch

In an era when we can access the world We can witness the frustrations other humans have While we sit at home in comfort, in sofas we curl Yes, we sympathize, empathize, but words are no miracle salve.

We may wonder, "Why all the discord, the discontent?" Are humans becoming a breed of spoiled brats Is lack of work the cause, the root of their lament? Keeping in touch Shows me a population spoilage akin to certain overflows of rats.

Has the planet's population reached a breaking point for infelt success Too many with too little to make the whole lot useful? Doesn't happiness come from one's productivity And meeting life's tests? Keeping in touch, many people seem to lack Showing that astute label.

In history, many good men and women have Shown the worth of perseverance They fought hard times and discomforts to build the best of nations They put shoulders to the wheel, For food and family were the true essence Keeping in touch, shows the fickleness Of many mussy modern outcries and dissatisfactions.

G.L. Brown
January 2013

Valentine's Dance and Potluck Supper



As our "Ole Fashion Christmas Party" was such a huge success, we realize that folks love to go out and celebrate special occasions so we've decided to put on a community "Valentines Dance and Potluck Supper"

Everyone is welcome to come and join us for an evening to celebrate your special Valentine!

Saturday, February 9 from 4:00 p.m.-8:00 p.m.

Cannon Guston Hall in Fitch Bay Admission: FREE!

Door Prizes, snacks, pot luck supper, draws and also the first 10 ladies will receive a flower!

Live country music provided by Sid and Donna Mills and also Bobbi Dee and Stan McKelvey.

Photos may be taken to help save the memories of this lovely evening.

Folks, please remember to bring a dish for the potluck supper table!



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CELEBRITY CIPHER
by Luis Campos

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

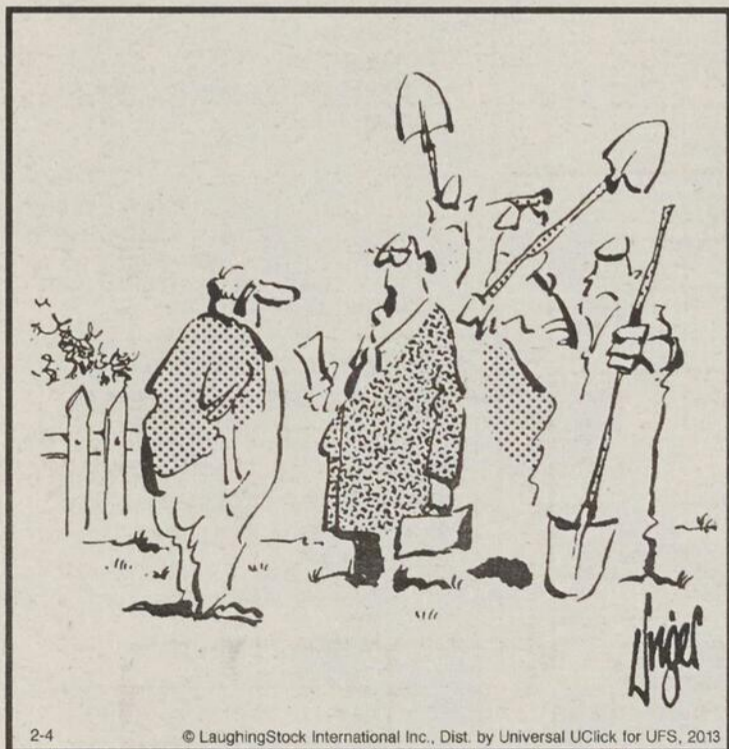
"ZAX VZAMCXR FHI BZIC H CXAW
HTWXKVHM FWXZ." — GXWIKSWMC
ZNHHTH ZM TWSHB ZL FZMZX
XWVKGKWMCIWM. SHMKWB E. KMZARW

Previous Solution: "No one really wants to admit they are lonely ... I have felt lonely many times in my life." — Bill Murray

KIT N' CARLYLE

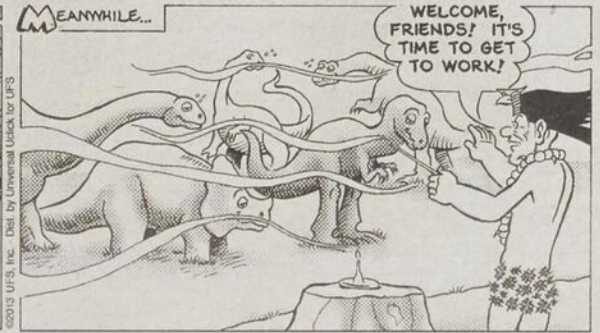
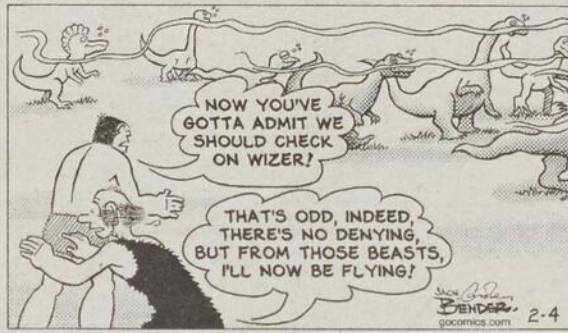


HERMAN

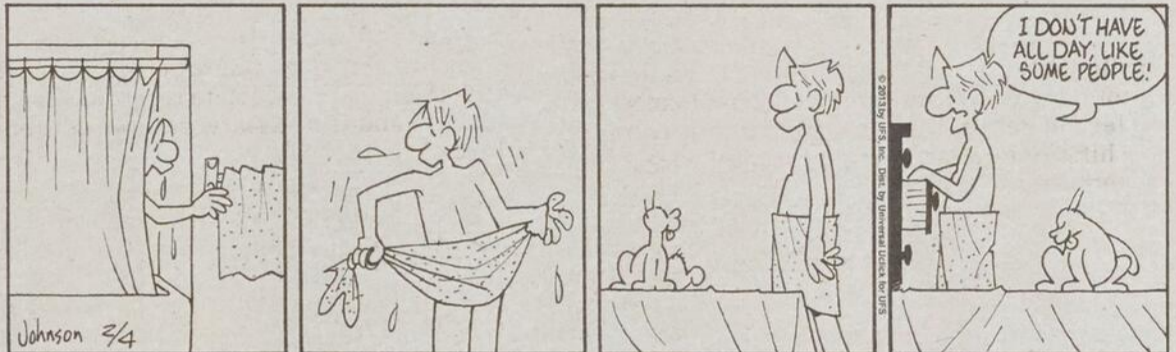


"We've come to repossess your land."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



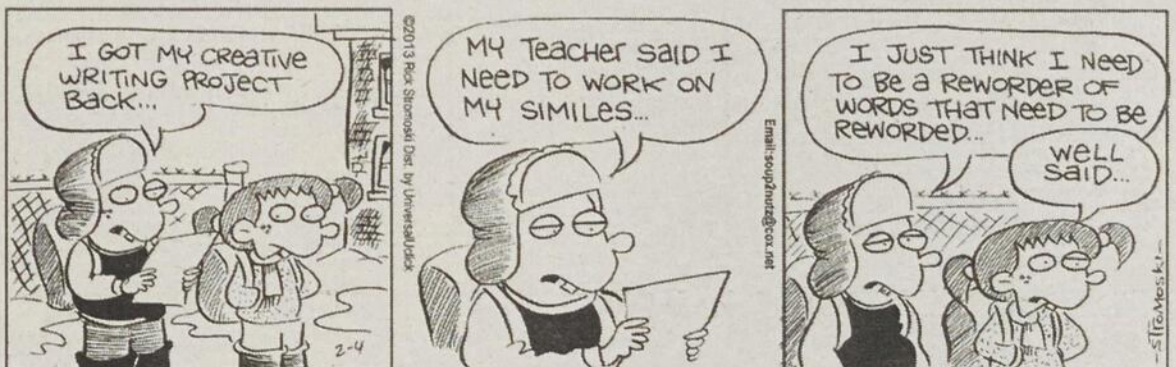
FRANK AND ERNEST



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

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 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
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145 Miscellaneous Services

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DEADLINE: 12:30 p.m. working day previous to publication.
 Classified ads must be prepaid.

Wag or Nag

Once upon a barbaric time
 There was a bearded bachelor
 Who had to choose between wife or canine
 In his words...nagger or tail wagger.

These choices were difficult to make
 A dog who is always happy when he'd come home
 Or a wife who could bake him a cake
 If she didn't find some reason to sulk on her own!

Analyzing, a wife would show various human moods
 But the mutt would show genuine animal pleasure
 And would be overjoyed with all kinds of foods
 To little canine, a meal was a new-found treasure!

Between wag or nag, the bachelor had to pick
 Growing old, he felt much better domesticated
 He observed other couples, their nagging made him sick
 Because of their gainsay lives, he became educated

After consideration, a wagger shows a happy face
 And that generally takes little more than good food
 While a nagger means to often see an unhappy face
 Leaving the bachelor to puzzle on why that bad mood.

So wag it is
 And nag 'tis not
 Takes not a whiz
 To decide when a peaceful life is sought!

G.L. Brown
 November 2012

035 For Rent

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294 Events

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440 Miscellaneous

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For Checking
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100 Job Opportunities

THE RECORD

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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
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 1195 Galt Street East
 Sherbrooke, QC
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SUDOKU

Difficulty: 2 (of 5)

7	2							8
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9	6			4				

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PREVIOUS SOLUTION

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

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

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Your Birthday

MONDAY, FEBRUARY 4, 2013

Your financial prospects look to be quite good in the year ahead, and there is a strong possibility that you could make even more profits by engaging in joint endeavors.

CAPRICORN (Dec. 22-Jan. 19) — Wishing won't make problematic matters disappear. Serious issues must not be treated with indifference, especially if they involve others.

AQUARIUS (Jan. 20-Feb. 19) — No matter how strong the urge, don't attempt to impose on any clique where experience tells you that you won't be welcome. Turn to true friends only.

PISCES (Feb. 20-March 20) — Don't despair if you face tribulation, because even weighty matters can be worked out. If you remember to think positively, you'll be able to take your challenges in stride.

ARIES (March 21-April 19) — Before opening your mouth, stop and count to 10 if you find yourself in a conflict of opinion with another party. Only when you're calm should you venture to talk things out.

TAURUS (April 20-May 20) — Although it might not live up to your fullest hopes, something profitable could develop from a situation engineered by a friend. Be happy with what you get.

GEMINI (May 21-June 20) — Don't think you have to stick to a particular

procedure because of tradition when an associate has what could prove to be a better idea. Be flexible.

CANCER (June 21-July 22) — If you happen to make a few mistakes at the start of a project, instead of panicking, you should stop and catch your breath. Most problems are more easily rectified than you realize.

LEO (July 23-Aug. 22) — Even if conditions initially look as if they are going against you, don't freak out. Surprising twists could occur, enabling you to snatch success from the jaws of defeat.

VIRGO (Aug. 23-Sept. 22) — Trying too hard to get the approval of your peers can work against you. However, if you relax and just be yourself, you will easily gain the endorsement you're seeking.

LIBRA (Sept. 23-Oct. 23) — Be smart and downplay some advice given to you by a well-intentioned friend. You're better equipped to evaluate certain personal matters than he or she is.

SCORPIO (Oct. 24-Nov. 22) — Some periodic, extravagant inclinations could be stirring within you, and need to be checked as soon as possible. Enjoy yourself, but do so as inexpensively as possible.

SAGITTARIUS (Nov. 23-Dec. 21) — Provided you treat all of your friends equally, this could be a rather pleasant day. If you show any partiality, however, it might not be so hot.

MONDAY, FEBRUARY 4, 2013

You need a trick; find that trick

by Phillip Alder

Ingrid Bergman said, "A kiss is a lovely trick designed by nature to stop speech when words become superfluous."

At the bridge table, if you find a lovely, extra, contract-fulfilling trick, especially in a grand slam, your partner will give you a metaphorical kiss. In this deal, South barrels into seven spades. After West leads the heart queen, how should declarer continue?

If South had used a second dose of Blackwood and learned that two kings were missing, he would have stopped in six spades and ruined a good story. (If you use Roman Key Card Blackwood, it is a good idea to treat an immediate response of four no-trump as regular Blackwood, not RKCB. To use RKCB in opener's suit, make a forcing raise, then bid four no-trump on the second round.)

When in a grand slam, count winners. Here, South has only 12: six spades, two hearts, one diamond and three clubs. Where might a 13th trick come from?

There is only one sensible chance: hearts. That requires a 4-3 heart break and three dummy entries: two for the heart ruffs in the closed hand and one

		North	02-04-13
		♠ 4	
		♥ A K 6 5 2	
		♦ 9 8 5 2	
		♣ A Q 7	
West		East	
♠ 8 5 3		♠ 7 6 2	
♥ Q J 10 9		♥ 8 7 4	
♦ K J		♦ Q 10 7 3	
♣ 8 6 5 2		♣ 10 9 4	
		South	
		♠ A K Q J 10 9	
		♥ 3	
		♦ A 6 4	
		♣ K J 3	
		Dealer: North	
		Vulnerable: Both	
South	West	North	East
		1♥	Pass
4NT	Pass	5♥	Pass
7♠	Pass	Pass	Pass
Opening lead: ♥ Q			

to return to the dummy to cash the established heart. What are those entries?

They must be one heart and two clubs. So, after winning the first trick on the board, declarer must not touch trumps. He must immediately cash the second heart winner (discarding a diamond from hand) and ruff a heart. Then he draws trumps, plays a club to dummy's queen, ruffs another heart, leads a club to the ace, and pitches his second low diamond on the last heart.

CROSSWORD

Across

- 1 David Copperfield's forte
- 6 High-ranking Indian
- 10 Like the Sahara
- 14 Last new Olds
- 15 Alike, in Lourdes
- 16 Madcap
- 17 Main idea, as of an argument
- 20 "___ Pinafore"
- 21 Handy bags
- 22 Inventor Howe
- 23 Candy in a wrapper
- 24 WSW's opposite
- 25 Stick to a strict budget
- 32 Beauty parlor
- 33 Saying to remember
- 34 Tool for a lumberjack
- 36 Cultivate the soil
- 37 Car pedal
- 38 Needed a Band-Aid
- 39 Till now

Down

- 40 ___ fatale
- 41 Town near the tip of Cape Cod
- 42 To the point
- 45 Notes after mis
- 46 Contents of a cruet
- 47 Saltwater candy
- 50 Rested (against)
- 53 ___ Beta Kappa
- 56 Burnout cause
- 59 Part of USA: Abbr.
- 60 Like dedicated fans
- 61 18th-century Swiss mathematician
- 62 Goes bad
- 63 High roller's rolls
- 64 Baseball's Pee Wee

Across

- 30 Relative worth
- 31 Put forth, as effort
- 32 Le Carré character
- 35 Tokyo's former name
- 37 Puts money (on)
- 38 Songwriter Jacques
- 40 Wears at the edges
- 41 Social network for short messages
- 43 Bids
- 44 Male offspring
- 47 Old Russian monarch
- 48 Prefix with sphere
- 49 Guitar ridge

Down

- 50 Volcanic output
- 51 City west of Tulsa
- 52 Does some sums
- 53 Ashen
- 54 Hurries
- 55 Legal memo opener
- 57 Carpentry tool
- 58 Feel bad about

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

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62											63				64		



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