



McBride leaves Bishop's

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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WEDNESDAY, AUGUST 29, 2012

Rezoning discussed at Lennoxville Council meeting

The Record

A special presentation on the rezoning of park space in the new development alongside Baker and Watson Streets was attended by about two dozen citizens Monday evening.

Several citizens present expressed concerns over a lack of park space in the area and did not want to lose the previously designated park area.

Concern was also expressed over whether the new construction would interfere with the pond's water supply and it was explained that the streets themselves would serve to channel surface water flow into the pond.

At the Borough Council meeting that followed, with 25 residents in attendance, Don Maxwell presented a petition signed by residents concerned about speeding along Moulton Hill Road.

CONT'D ON PAGE 3

Nathalie Goguen fights for a vibrant English heritage



COURTESY

With less than a week to go before the Sept. 4 Quebec election, Nathalie Goguen, Liberal Party candidate for the riding of Saint-Francois is busy meeting as many people as possible.

By Gib McInnis

Although many people in Quebec believe that the Liberal Party of Quebec is headed into this election with uncertainty, Nathalie Goguen, candidate for the riding of Saint-Francois believes her party offers the only united solution to the provinces future.

posed Plan Nord), a good health system, a plan for families to become more stable, education, and a plan to develop the region's culture heritage, which includes a vibrant English speaking community.

When asked about the proposed Plan Nord of the Liberal government Goguen said, "There are two phases to the Plan Nord, one is the development of the land as a viable economic venture because seventy-two per cent of Quebec natural land mass is undevel-

oped, and the Plan Nord would develop that land mass into an economically viable plan." In this first phase the government has attempted to reassure the public that it has an environmental project plan to protect this land mass while other parts will be used for developing projects, such as the building of dams to supply electricity.

In the second phase, the government plans to invest by building an infrastructure, which would include

CONT'D ON PAGE 4



September 6-7-8-9, 2012

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### Coco Love Alcorn

**B**ellVie productions in collaboration with the Auberge Lakeview Inn bring you Joyful Soul with Coco Love Alcorn.

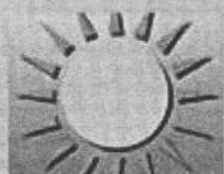
Friday, September 7, 2012 8 p.m. at the Auberge Lakeview Inn, 50 Victoria, Knowlton.



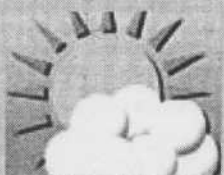
Tickets \$20. and are available at Brome Lake Books and the Auberge Lakeview Inn or by calling Darleen Bell at 450-243.5868

(Proceeds to the Youth Arts Award Fund)

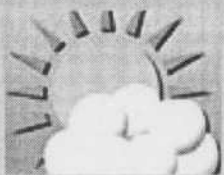
### Weather



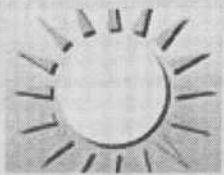
**TODAY:**  
SUNNY  
HIGH OF 21  
LOW OF 8



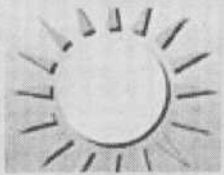
**THURSDAY:**  
MIX OF SUN  
AND CLOUD  
HIGH OF 25  
LOW OF 12



**FRIDAY:**  
MIX OF SUN  
AND CLOUD  
HIGH OF 27  
LOW OF 15



**SATURDAY:**  
SUNNY  
HIGH OF 21  
LOW OF 12



**SUNDAY:**  
SUNNY  
HIGH OF 23  
LOW OF 10

## Keeping in Touch



### Townshippers

Block party fun and linking Youth

**T**he weather wasn't the only thing that was hot last Saturday as Townshippers' Association, along with other organizations and businesses in the Borough of Lennoxville, presented a day of fantastic music at the Lennoxville Street Festival. What better way to cap off the busy summer than with an end of season block party!

Thanks to the involvement of several talented musicians, the Association was proud to offer a line-up ranging from swing and jazz to progressive rock, old time Western to folk and pop that was enjoyed by many spectators behind the old Lennoxville Town Hall. We would like to thank the exceptional artists who joined us, including the Mostly Swing Band, the Country Swingers, Orange O'clock, Amos Joannides, Jan Graham, Louise Thibault and Jon Gearey and all those who visited our stage!

#### Hey YOUTH get connected!

Are you under 18 and looking for something to do in your community? Networking with others is a great way to learn about interesting and exciting opportunities in your neighbourhood and now there's an even easier way to reach other young people in the region.

This summer Townshippers' Youth Council experienced a transformation as it was revitalized into the Youth Committee. Although it's still a work in progress, the Youth Committee aims to bring together youth centres and youth organizations from across the Eastern Townships English-speaking community in order to develop an active and vibrant network. That network will also work together to find ways to keep young people in their communities engaged and active.

One of the major initiatives of the Youth Committee is a free and non-



PHOTO CREDIT: TOWNSHIPERS' ASSOCIATION

Thanks to all the musicians and Townshippers who, despite the heat, enjoyed a tune or two, and in some brave cases, a bit of dancing, at the Townshippers' Association music tent for the third annual Lennoxville Street Festival last Saturday! We had a blast and hope you did too!

spammy e-bulletin geared for and written primarily by youth. Delivered directly to your inbox, these newsletters will feature event information, news about the stuff going on in your community, articles relating to and written by youth, as well as a variety of other topics. Interested? You can visit this link [http://eepurl.com/opH\\_L](http://eepurl.com/opH_L) to subscribe to the Youth Committee's e-bulletin.

So why should you get involved? The more participation the Youth Committee gets from youth in different schools and communities in the region, the wider the network gets. That means even more chances of getting involved in upcoming projects, adding your voice to budding initiatives or finding out about new and cool activities that might be taking place in the town next door!

Would you like to know more about

the Youth Committee or get involved? How about seeing your piece in the youth e-bulletin? Whether you are a centre, group or individual, as long as you are or have young members of the Eastern Townships community, we want to hear from you! Contact Allyssa Hill, Youth Committee Coordinator, at [ycouncil@townshippers.qc.ca](mailto:ycouncil@townshippers.qc.ca) or 819-566-5717 for more information.

For more on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in The Record and visit us on Twitter @Townshippers, Facebook and our website [www.townshippers.qc.ca](http://www.townshippers.qc.ca).

To connect with Townshippers' Association, contact the offices in Sherbrooke (100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717) or Lac-Brome (3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421).

### Ben by Daniel Shelton



# LOCAL NEWS

McBride made outstanding contributions to Bishop's particularly in his leadership of student recruitment, alumni relations, communications and fundraising.

## Director of Advancement leaves Bishop's Community

By Gib McInnis

Dave McBride, Director of Advancement at Bishop's University, will be leaving Bishop's University this week to take on a new role as Vice-Principal, Enrolment Management at Upper Canada College in Toronto. Many faculty and staff, as well as students, will be sad to see McBride leave.

"It was a tough decision for me to make. I just felt at this stage of my life Upper Canada College was a great opportunity and change, to try something different, but I'm always going to love this university and this community. I hope in the future, there will be an opportunity for me to stay connected here, so I can continue to promote the Bishop's community," McBride said.

Michael Goldbloom, Principal and Vice-Chancellor of Bishop's University, said of McBride, "During his time as a

student and throughout his 18-year career at Bishop's, Dave has been deeply dedicated to advancing the cause of our University." As for Goldbloom's reaction to McBride taking up a new position at Upper Canada College, he said, "I know how much Bishop's means to Dave, but I also understand the attraction of this new opportunity."

After eighteen years of service at Director of University Advancement, McBride served many roles. McBride made outstanding contributions to Bishop's particularly in his leadership of student recruitment, alumni relations, communications and fundraising, and managed the Alumni magazine, "University News."

Celie Cournoyer, Communications Manager, said McBride served these roles with complete dedication. "He played host, phoned alumni friends to raise funds for the university, and these funds were used to help students with

scholarships. He participated in the community. He was at football games, at parent welcome dinners."

Matt McBride, Alumni Relations Manager, and long time team member at Bishop's University, said McBride was a good friend and excellent co-worker. "I knew Dave for over fifteen years, and we were both students at Bishop's as well. Dave certainly touched the lives of people. Dave was a friend to the entire Bishop's community."

When asked about his lasting impression of McBride, Matt McBride recounted that even though "Dave finished his contract at Bishop's last Friday, he went out to watch the Gaitor's exhibition football game, and I was happy to see him having fun without being 'at work'."

Matt McBride will serve as Interim Director of University Advancement until McBride's vacancy is filled.



COURTESY OF BISHOP'S UNIVERSITY.

Dave McBride is leaving Bishop's University this week to take on a new role as Vice-Principal, Enrolment Management at Upper Canada College in Toronto.

## New cancer treatment shows promise

Researchers from the University of Sherbrooke have shown that certain types of cancer can be treated by a novel technique based on the use of infrared laser radiation that allows unprecedented accuracy.

This new, patented approach concentrates radiation on the tumor and is an alternative treatment to conventional radiotherapy.

The study was conducted by a team headed by Dr. Daniel Houde, a professor in the Department of Nuclear Medicine and Radiobiology, in the University of Sherbrooke's faculty of medicine and a

researcher at the Centre de recherche clinique Étienne-Le Bel at the Centre hospitalier universitaire de Sherbrooke (CHUS) and was published in the journal Proceedings of the National Academy of Sciences, released Monday.

Unprecedented in the history of radiotherapy, the new technique is based on the emission of pulsed infrared light at using high intensity-femtosecond (10-15 of a second) lasers. Once inside the body, it would be possible to target a tumor with unprecedented accuracy.

"The tumor receives a concentration of energy of enormous power to neu-

tralize malignant cells, with an accuracy of a fraction of a millimeter," says Dr. Houde. "This discovery could see a clinical application in the not too distant horizon and could ultimately replace conventional radiotherapy treatments for various cancers, including cancers of the skin."

The radiation used in radiotherapy since the late 19th century, can have an adverse effect when it comes to treating cancer. Part of this radiation affects the area around the tumor, which can lead to secondary cancers, especially in younger patients. This has forced doc-

tors to choose the doses according to the general tolerance of healthy tissues rather than to ensure the elimination of cancerous ones. This feature remains one of the main drawbacks associated with conventional radiation sources.

"This obstacle, which has never been entirely overcome by over 100 years of medical radiotherapy, is now within our sights," says Professor Houde.

The full scientific article can be found in the August 27 edition of Proceedings of the National Academy of Sciences at: [www.pnas.org](http://www.pnas.org).

## Rezoning

CONT'D FROM PAGE 1

takes place.

With speeding cars also on their minds, Wendy Patrick asked the council to install speed bumps on Down Street and to repaint the pedestrian crosswalk at Winder and Massawippi Streets with Stan Groves adding that cars also speed on Lorne Street making it dangerous for schoolchildren.

Bruce Durrant expressed his concern over the recent plan by the City of Sherbrooke to oblige new office construction to be centralized in Sherbrooke's downtown core. He commented that new companies may want to open offices in the bilingual Borough of Lennoxville like Global Excel and ETFS have done in the past. David Price stated that this new City-wide zoning plan is only in the planning stages and it will be presented at various public consultations throughout the city in the coming months with a bilingual presentation held in Lennoxville before an upcoming Council meeting. Several residents expressed their conviction that the zoning plan was just another example of the city

proper trying to make the boroughs outside of downtown irrelevant.

Following question period, the council got down to its business of approving a series of building plan requests for the Lennoxville Curling Club, synAgri at 5 Massawippi Street, and for 113-115 Queen Street, the site of the former Health Food store beside the St. Francis Manor. An ice rental agreement was approved to allow residents to once again skate at the W.B. Scott Arena at Bishop's University starting November 4.

### Lennoxville loses red light zone

In another major move, the borough fell into line with provincial law that states that all municipalities must designate a specific zone for the presentation of "erotic entertainment." Prior to the merger, the Town of Lennoxville had complied by specifying a sector in the industrial park for such purposes, but as the town has become a borough, it is no longer required to have such a zone and municipal by-laws have been adjusted

accordingly, concentrating such activities to the downtown area of the greater City of Sherbrooke.

Councillor Mark McLaughlin announced that the Borough has received the report of the patrimonial study it commissioned on the Hunting Dam and surrounding area. The report concludes that the area is of "high patrimonial value" and should be protected. Mr. McLaughlin spoke of the successful efforts last year by the Friends of the Huntingville Dam in ensuring that the dam would not be dismantled. Council then passed a motion requesting the City's Urban Department take immediate measures to protect this area, which includes the old church, permanently, as was done two years ago for Uplands.

A special motion was brought forward by McLaughlin asking the City to take action and request the Quebec Ministry of Transports to repaint the arched bridge over College Street before the Canada Summer Games in 2013. "This bridge is covered with unsightly graffiti and with all eyes on Sherbrooke and

Lennoxville next summer, this bridge is an embarrassment to our region and needs to be repainted."

The meeting concluded by Council thanking the Lennoxville Merchants Committee, Townshippers' Association, Centennial Theatre and all volunteers and participants who helped make the recent Lennoxville Street Festival such a huge success.

### BEST BUY

On the August 24 flyer, a "Geek Squad Pick 3 Services Offer" was incorrectly advertised on a selection of home theatre audio products on page 25 (WebCodes: 10199156/ 10155396/ 10195884/ 10200601). Please be advised that the correct offer is in fact "Pick 1 Service for \$49", NOT "Pick 3 for \$149" as previously advertised. Also, please be advised that on page 16, the PS3 Batman Arkham City Game of the Year Edition (WebCode: 10205916) may be low in stock due to shipping delays. Stock is estimated to arrive later in the week. Customers may take rainchecks for the duration of the flyer period. We sincerely apologize for any inconvenience this may have caused our valued customers.

# Jules Lincourt: The man on a mission

By Gib McInnis

Jules Lincourt has biked across the country many times, but these days, his ongoing mission is to bike across Canada to raise funds for La Rose des vents foundation, which helps patients and family members dealing with cancer. Lincourt has recently arrived from Halifax, through Rivière du Loup, to Sherbrooke. He has traveled a total of two thousand kilometres, and he has raised one dollar per kilometre.

Since joining the La Rose des Vents mission in 2009, he has completed eight thousand and five hundred kilometres on three different trips, in 2009, 2011, and 2012. But he has not always biked for a cause. In 2002 Lincourt biked just for pleasure from Vancouver to St. John's Newfoundland, with a total of seven thousand kilometres, in forty days.

But after joining the La Rose des vents campaign as a volunteer, he said his mission for biking had changed radically. "The objective of my life was to peddle for raising money for medical help for cancer patients." Now, he claims "I am an instrument of something larger than myself to do something new."

His love for biking changed into a mission to raise money for La Rose des vents, in 2006. He said it all began in a small tent on a bike tour from Vancouver to St. John. One evening in his tent in Nova Scotia, he heard a whistling sound. He asked himself, "Who is whistling?" It was then that he heard a voice speak to him about changing his love for biking into a mission, and that mission is to help cancer patients and their families by raising funds.

Shortly after his experience in the tent in Nova Scotia, he had another experience that helped him overcome his doubt of whether or not to join as a biking volunteer for La Rose des vents. He returned to Quebec on the north shore, near Natashquan. He entered into a church seeking some shelter, and on the wall he noticed written: "Faith sees the invisible. This faith believes the unbelievable. The faithful receive the impossible." It was this writing on the wall



Jules Lincourt with his bike and donation boxes attached.

GIB MCINNIS

that confirmed to him that his decision to join as a volunteer and ride for those in need of help of battling cancer was a good one.

When asked what drives him to peddle so many thousands of kilometres in the rain, wind, and hot weather, he said, "The unknown, the uncertainty that is waiting for me. I don't know where I will stay, what I am going to eat,

or the people who I will meet...but in the end it has always worked out for me."

Lincourt said the La Rose des vents campaign against cancer is also funded through the Foundation Claude-Durocher. Mr. Durocher was a businessman who initially donated \$200,000 dollars to La Rose des vents. The organization has created a fund to give finan-

cial aid to cancer patients with financial difficulties and who may require urgent assistance.

If anyone wants to donate to the cause, they can do so by depositing any amount of money into the two boxes attached to Lincourt's bike. In the next few days, Lincourt will be riding around the Sherbrooke area to raise funds for those in need to help battle cancer.

## Nathalie Goguen

CONT'D FROM PAGE 1

roads, hydro-lines, and housing projects as well, and this last part would have a large impact on businesses of the southern part of Quebec. How this phase of the proposed "Plan Nord" would be financed she remained adamant that a Liberal government has already made it clear that government taxes should be used to invest in this project so we can attract high tech and high paying jobs. "There might be some companies who will contribute certain things, but our thinking here in Quebec is that the municipal governments or the Quebec government will build the roads, provide water, the infrastructure...this is our investment that we will have to pay."

Goguen recognizes that the members of the Parti Québécois are very critical of the Liberal's plan to hike taxes to pay for the Plan Nord, but she says "when you

have a business in an area that will offer a thousand jobs, we are speaking of good paying jobs, for a thousand families, I think it is worth that we support this development in the north, especially when you consider the state of the world economy, so we have the opportunity to create jobs in these difficult times." Also, Goguen understands that the Coalition Avenir Quebec and the Parti Québécois are against giving public money to mining companies in the north. But "asking companies, who want to operate here and provide jobs, to pay for the costs of building roads is like asking a business not to invest before making money."

As another part of her plan when elected, Goguen believes she will work closely with the English community because, according to her, it is a vital part of Quebec's heritage. In a press release

yesterday, Goguen spoke out against her opponent, Réjean Hébert, and the PQ leader Pauline Marois' proposed amendment to Bill 101. The amendment to the infamous Bill 101 would restrict both francophone and allophones students from attending English CEGEPs, and Goguen this week called upon Réjean Hébert to give his position on the PQ's proposed change. "I asked Réjean Hébert to stop hiding and tell people if he agrees with his party's commitment to prohibit access to Quebec English CEGEPs." She believes Hébert supports the PQ leader's proposed amendment, and if elected he would want to change it. This change would have a great impact on the English community. "These two institutions (Champlain College and Bishop's University) are real jewels in the region and are part of the cultural, so-

cial and economic protection. To Jeopardize their future is simply irresponsible," said Goguen.

But the proposed amendment would not only affect Anglophone institutions. "We can see the disastrous impact of any amendment to Bill 101 on Quebec CEGEPs, but not only CEGEPs, it would also cover the adult schools and the professional schools as well" stated Goguen. Goguen also denounced the Parti Québécois' proposed amendment as a strategy to prevent young Quebecers from accessing a global economy and to keep them in a French ghetto. "Think about it, they (Parti Québécois) are being inconsistent, one side wants to give the vote to 16 year olds and the other is preparing to prohibit adults from choosing their educational institution."

THE QUEBEC ELECTION

# Riding profile: Sherbrooke

By Mike McDevitt

The provincial riding of Sherbrooke corresponds in fact to only two of the city's six boroughs, Jacques-Cartier and Mont-Bellevue and has, since 1998, been held by current Quebec premier Jean Charest for the Quebec Liberal Party. The riding is therefore primarily comprised of urban residents and is bordered by the ridings of Richmond, Saint-François and Orford, also currently held by Liberals. Given the immense unpopularity of both Charest and his government, the premier once again faces considerable opposition, most notably from the recently unemployed Serge Cardin, who found himself without a place to sit following the 2011 decimation of the federal Bloc Québécois, which he had represented in the federal riding since Charest abandoned federal politics to join the provincial arena in 1998.

Candidates:

**Jean Charest**  
Quebec Liberal Party

Jean Charest is the scion of two well-known Sherbrooke families and was a successful lawyer prior to jumping into the political arena on the coattails of Brian Mulroney's Conservative landslide in 1984 at the age of 26. Two years later, he became the youngest cabinet minister in Canadian history upon his appointment as Minister of Physical Conditioning and Sport. After a brief stint as leader of the federal Progressive Conservative Party, he was enticed into becoming the leader of the Quebec Liberal Party, largely on the basis of his impressive defence of federalism during the 1995 referendum on Quebec independence. Since becoming premier in 2003, Charest has overseen massive investments in the greater Sherbrooke area, particularly in terms of its health and education institutions. As a francophone whose mother tongue, literally, is English, Charest has been seen as a friend, or at least a sympathizer, of the anglophone community although its numbers in his own district have diminished significantly over the last several decades. As premier, he has concentrated on resource exploitation, particularly in the north, as the basis for his economic legacy.

Charest has not been immune from nationalist pressure, however, and has enacted some rather strict laws restricting the access to public services for those whose religious beliefs demand facial coverings and has recently come out in favour of extending to a minor degree the restrictions of Bill 101. He has also angered many for his support of the asbestos mining industry as well as his severe response to the anarchy unleashed by the student movement this spring. His re-election in the last provincial vote was extremely close and his main opponent was at one time declared the winner during the vote count. He is currently trailing Parti-Quebecois candidate Serge Cardin by a wide margin in

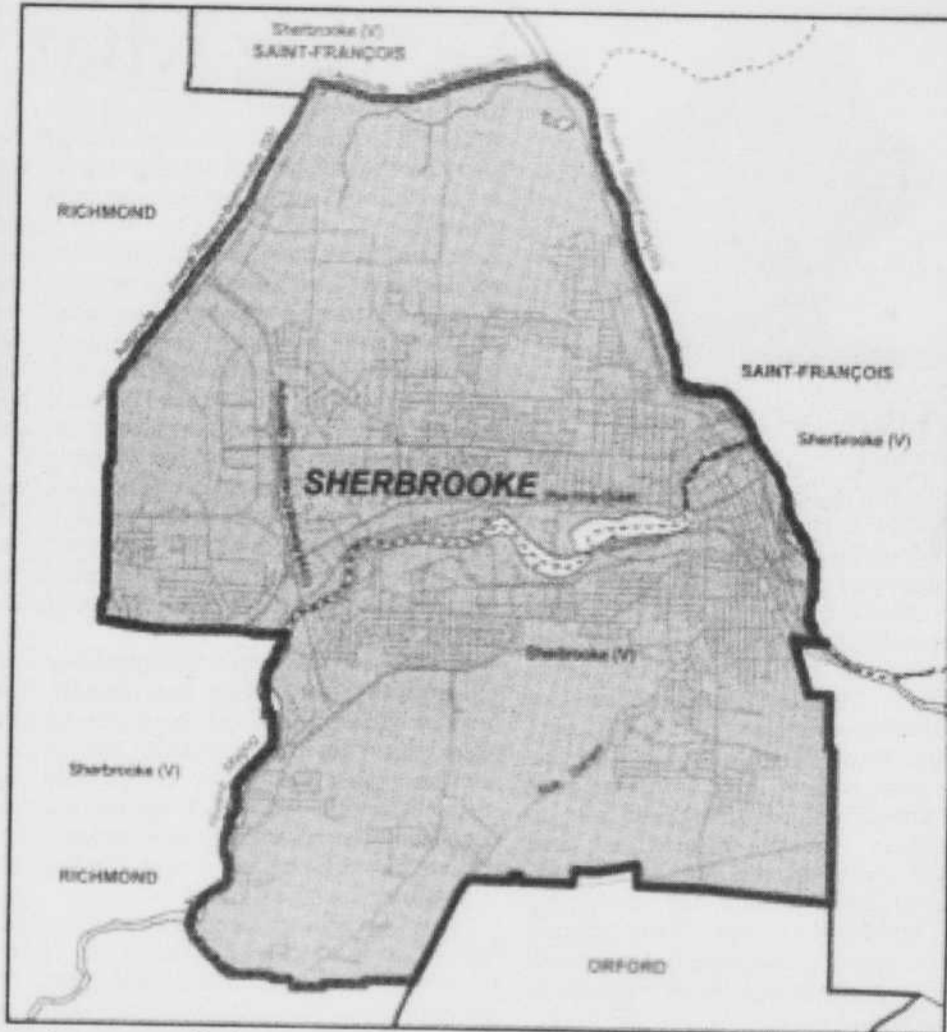
the polls, but has a reputation as a 'come-back kid,' who somehow manages to snatch victory from the jaws of defeat.

**Serge Cardin**  
Parti-Québécois

Serge Cardin is the former MP for Sherbrooke representing the Bloc Québécois. He was first elected in 1998, following the resignation of Jean Charest, who subsequently became leader of the Quebec Liberal Party. Cardin lost his federal seat in 2011 during the "Orange Crush" NDP provincial sweep and, having succeeded the youngest cabinet minister in Canadian history, was succeeded by the youngest MP in Canadian history, Pierre-Luc Dusault. After a year of reflection, Cardin chose to follow Charest into provincial politics and became the Parti-Québécois candidate opposing him.



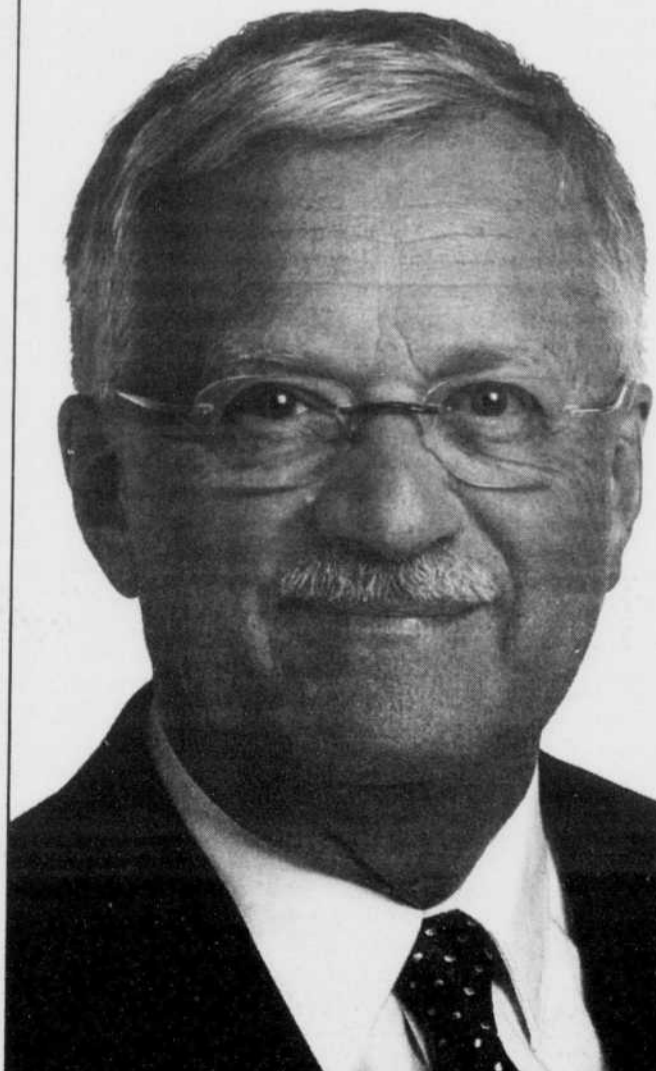
Prior to entering the federal field, Cardin was a member of the Sherbrooke municipal council from 1986 to 1998. A graduate in Business Administration from the University of Sherbrooke, and a certified public accountant, Cardin served the Bloc Québécois on many committees while in Ottawa, most notably those on the natural resources, international trade and the environment. He has made the environment his key local issue in this campaign while adhering to the PQ party line on issues such as sovereignty, language and culture and the



student protest. Having once threatened legal action against this newspaper after an editorial suggested he might not have the best interests of Sherbrooke's anglophone community at heart, he proved

his point by branding the English-speaking community "irrelevant" in this campaign. Although his only governmental

CONT'D ON PAGE 9



**Voting is a hard-fought-for right.**

**In certain societies it is still a dream.**

**This right to vote is bound by our society's rules and regulations.**


**Voting is stating your choice, freely.**

**On September 4,**

**don't let others make that choice for you.**

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SERGE ST-PIERRE, OFFICIAL AGENT



**PIERRE REID**  
ORFORD

# EDITORIAL

Jean Charest has had a remarkably successful career in politics and, despite being at the very least distrusted by most Quebecers, has managed to hold on to power through three consecutive elections.



Mike McDevitt

## Getting what we deserve?

As the Quebec general election enters its final week, the clouds are looking mighty threatening for the nine-year reign of Jean Charest's Liberals. For sure, this is not the first time Charest has faced such menace, but this time it seems personal and much more ominous. Despite the lunacy of some of the statements uttered by his main rival, Pauline Marois, she and her Parti Québécois seem to have risen from the dead and are poised, if the numbers hold, to become a minority government. This would make her the first female premier of the province, but would also bind her hand and foot from carrying out her most despicable and shameful promises. For that at least, we can be grateful.

Although it is often claimed that Quebec is much more 'progressive' than the reactionary ROC of the Royal Canadian Harper Government, this election campaign has certainly put the lie to this myth for all but the willfully blind. With no original ideas in her handbag to deal with Quebec's current problems, a desperate Marois has dug deep into the depths of this province's history of victimhood, paranoia and xenophobic ethnocentrism, to come up with promises that disprove any claim of 'progressivism' and paint a very clear picture of self-centred fanaticism.

It has become no longer sufficient for anglophones and allophones to speak French and to function in that language. Rather, it has become a 'crisis' that both groups continue to speak their own languages in their own homes. Something has to be done, of course, to remedy this "grave threat to our language and culture" and Madame is just the woman to do it. We don't know what 'it' is yet, but MaTante will do it and it will involve coercion, restrictions and the interposi-

tion of the state as the arbiter of just about everything. Replacing the church with another absolute authority seems to be Pauline's interpretation of progressive.

Beyond the nationalist claptrap that spews from Marois' mouth (and the hurried, embarrassed apologies/explanation/retractions that immediately follow), Pauline has also aligned herself with the anarchist mob that calls itself a student movement and has only recently suggested to them that obeying the law is something they might want to consider. This reflects the fact that, if given the chance, she herself will enact laws that will please her nut bar core supporters but will alienate just about everybody else.

She has also, of course, distanced herself from the 'free tuition' that muddle-headed student leaders seem to be expecting from her, following her cacophonous pots and pans march this spring before the realization hit her that the student mob was an even greater threat than the English, if such a thing is possible.

More disturbing than Pauline's unhinged pronouncements, however, is the silence, or cautious approval, that her opponents have displayed. Even Jean Charest, the 'John Charles' of separatist vituperation, has fallen into line, himself claiming to see the need to expand the impact of Quebec's language laws into institutions of federal jurisdiction. Now, as many English-speaking Townshippers are already aware, getting services in English from Quebec branches of the federal government is already difficult enough, despite the fact that somebody is getting paid a bilingual premium in just about every one of them, so Charest's threat to ensure employees at the Bank of Nova Scotia can work in French seems quite tame and at least he has not fallen into line with the more extreme and destructive options of his opponents. But the mere fact that he has felt the need to go down that malignant path indicates both his desperation and the value of exploiting intolerance and tribalism in this most progressive place.

With virtually no-one in the political arena prepared to go to bat for them, Quebec's anglophones face a very dismal prospect in terms of how to cast their ballots. If one cares about justice, equality and common sense, then the

PQ is out almost by definition. If one is really 'progressive' and can swallow the inherent contradiction of claiming to be ultra-nationalist and progressive at the same time, Québec solidaire would be a good bet (they can't win) but many might find it unpleasant to support a party with a wonderful platform, but which is lead by the combination of an anti-Semite of spectacular arrogance and a devoted, unapologetic and fanatical separatist.

The more conservative among us might be tempted by the Coalition Avenir Québec, led by a former separatist who, although he has seen the light, still hides deeply in the shadows. Because it would be bad for business, François Legault rejects the oppression of the English language and religious minorities, as well as the ruthless use of immigrants as pawns, but leads a predominantly inexperienced team with a right-wing aroma with which Quebecers are not really comfortable.

There is always the Green Party, of course, if one needs to park one's vote where it can do no harm and could do some good but ultimately, for anglos, the question comes down to Jean Charest and his tired, scandal-damaged Liberals.

Jean Charest has had a remarkably successful career in politics and, despite being at the very least distrusted by most Quebecers, has managed to hold on to power through three consecutive elections - a feat that is practically unheard of in Quebec politics. He has been written off many, many times before, only to appear victorious when the dust settles. There has, in recent memory, been no prominent Quebec politician

who more vehemently and effectively has defended the Canadian confederation and Quebec's role in it. He is no Pierre Trudeau, but his loyalty to the country at large should not be questioned. On the other hand, his government is looking very long in the tooth, has lost many of its most effective ministers and remains tainted by hints of scandal that the man in the street is only too prepared to accept as gospel.

The support that Jean Charest and his party retain is no longer built on confidence, but on fear of the alternative - never a healthy situation in a democracy. Charest even appears poised to lose his own seat to a veteran non-entity taking with him the exceptional benefits the premier has brought to his own and neighbouring ridings. The nose shall be removed in order to spite the face, it seems.

Barring a miracle, Quebecers will wake up with a new government next Wednesday and we can only pray that it is a minority. This will give the Liberals a chance to find a new leader, the PQ a chance to sober up and ditch MaTante (who if she were any good would be leading in the polls by 40 points) and for François Legault to turn his fledgling party into a real contender. As for the others, they will probably remain as marginal as always, seeing whatever gains they enjoy this time around as the coming of the critical mass.

Perhaps the most sensible idea has come from the Parti Nul, which presents itself as a place to state with one's vote firmly and without ambiguity that 'none of the above' suitably represents them. It would certainly, for anglophones, be true.

## Time to face the earth's issues

By Nick Fonda

A relatively recent survey had the Parti Québécois polling in the mid 30 per cent range, enough to be ahead of both the Coalition Avenir Québec and the Parti Liberal du Québec.

Polling of this sort, while it might give a fairly accurate portrait of the political inclination of the population as a whole, cannot take into account the distortions and vagaries caused by our first-past-the-post system. (In the last federal election the Conservative Party got 39.6 per cent of the popular vote but nevertheless took 54.2 per cent of the seats in the House of Commons.)

So, while Pauline Marois was no doubt pleased by the results of the survey, (who doesn't like to be in the lead?) she knows that, good as her numbers are, she might not win the election. Of course, it is also possible—since Canada remains one of the few democratic countries in the world not to use some form of proportional representation—that her party actually might win an overwhelming majority of the seats

with as little as 33 per cent of the popular vote.

Because we do not have proportional representation in Quebec or Canada, voters are often caught up in what is called strategic voting, that is to say, voting for a party or candidate which does not represent their views but which they see as being most likely to defeat a party or candidate that they consider a greater danger.

For the English population in Quebec, always concerned about separation, this is a particularly difficult election. The PLQ is nominally a federalist party, and traditionally the vast majority of English speakers have voted for the provincial Liberal party almost as a matter of course. However, the disenchantment with the Liberals has spread across the linguistic divide.

The CAQ, for English voters, represents something almost androgynous. Its leader is a former PQ cabinet minister, but no longer wants to separate. At least, he has promised not to discuss separation for the next ten years. But

CONT'D ON PAGE 9

### THE RECORD

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# COLUMNIST

*I don't know what to expect from this year. It's exciting, and scary and full of possibilities*

## Word limits and uncertainty



GORDON LAMBIE

The end of August is a tense time. Summer starts to wind down into autumn; School begins again (or for the first time) for thousands of students and teachers; a small army of political candidates vie for everyone's vote;

and I find myself sitting at my desk struggling to find something I can clearly write at least four hundred words about.

Words limits have a certain strange and terrible kind of magic. Give a word limit to a class full of students and they will give you one of three reactions: acceptance (which is rare), bargaining for a lower number, or they will take it as a challenge to be surpassed. Writing something well which conforms to a specific amount of words is a very particular skill.

I know of many people, students and classmates of mine, who have proudly shown off about how they surpassed the limit set by the teacher, as if success were defined by how many words one

uses to say something, rather than how well that thing is said. It's a challenge, when you care about something and you feel you have something to say, to find a way to say that thing without exceeding the limit. If you think about it in terms of the highway code, police do not pull people over to congratulate them for surpassing the speed limits.

Right now, though, I feel like I'm completely out of gas. Somehow, even with all the things going on in the world, I've been sitting here typing, deleting, and retyping for hours without anything worth sharing actually coming out.

I think it has to do with uncertainty. Though the annual calendar begins in January, the school calendar begins

here in August, and I have lived four-fifths of my life by that calendar. In my mind, the year of, "2012-2013" is beginning today, and I don't know what to expect from this year. It's exciting, and scary and full of possibilities, but all of those possibilities are hidden away right now behind doors where I cannot see them.

Soon, maybe even later today, a door will open and I'll be able to talk about whatever is inside, but I won't know what's coming until it arrives, and sometimes that's just the way life is.

For now it seems like all I've got is uncertainty and the word count which, coincidentally, just hit four hundred.

## School: Guidelines for new kids



DISHPAN HANDS

This one's for the new kids. No, not the ultra-poppin' boy band of several decades ago (New Kids on the Block), but rather; those of you who've found yourselves in a school, or a class, a work place or a group, as the "new one".

Today is the first day of school for the Eastern Townships School Board for the 2012-2013 school year. The amount of new school gear is astounding - scuff-free shoes, stiff jeans, crisp new t-shirts, as a rule those first days are pretty spiffy. If you're "new", you may feel like you stand out like all of those brand spankin' school supplies, et al.

If you are reading this in the morning, and you have yet to head off, I wonder what you're thinking. If you're reading this in the afternoon, and the day is now done, fear not, this is just the beginning.

There are lots of guidelines out there for what you can do, what to avoid, etc. From [www.ehow.com](http://www.ehow.com) - here are a few things to keep in mind, some that surprised me. Take these with a grain of salt - they aren't absolutes - they're just ideas. They might help you to at least distil down a little of the potentially overwhelming nature of this newness, and help you figure out what angle you're going to take this experience from. Let's say that you come at this from a perspective of observation - kind of like a detective. So back to [www.ehow.com](http://www.ehow.com) - these are their guidelines for new kids:

1) "Be honest with your new friends or potential new friends. The new kid is always the target of rumours and miscommunication. Never give a school gossip the ammunition they need to ruin your reputation."

Let's stop right here for a second - remember - GRAIN OF SALT. How does anyone know who the school gossip is on the first day of school? You don't, really. So don't worry, just keep in mind that there are some intense chatterboxes out there.

2) "Avoid letting other students place you in a group or clique. Once in a clique or school category, it can be difficult to get out of it. Keep an open mind and refuse to commit to any one group of peers until you are sure you have analyzed all your options."

3) "Avoid the school bully for as long as possible. Take time to learn about the bully, their history and perhaps even their home life. With patience, a bully can become a friend so take your time and avoid conflict."

Again, you might not have the faintest clue just who the bullies are yet. More salt, like with the gossips. Just take your time. You can do this.

4) "Find a teacher you like and get his advice on other teachers and classes. Good teachers help new students get acclimated and it is always helpful to have a teacher in your corner in a new environment."

5) "Make a good friend and pump them for information about classmates, teachers and classes. Information is power when you are the new kid so get as much as you can as quick as you can."

Yet another interjection: Your friend might be the school gossip, or a bully. Take what they say with just a dash more of that salt.

6) "Learn the unspoken rules of your class and school as soon as possible. Un-

written rule violations can ruin a reputation before it begins. Avoid stepping on toes until you know the territory well."

But if you accidentally walk down the wrong hallway or touch so-and-so's locker or sit in someone's seat at lunch, don't sweat it - these may be considered "rules", but they're also silly. True story.

7) "Be aware of the hierarchy and aim to be on the top of it by the end of the school year. Start slow as the new kid, but once you have built up a solid reputation, then you can begin dropping the perception of new kid and turn it into cool kid."

Ummmm.....ehow, I'm not sure how to say this, but I don't know how I feel about that one. You guys decide for yourselves okay? Solid reputations asides, mostly, figure out how to enjoy your time there, and you're allowed to succeed. If your first choices of friends, role models or professional contacts within the school don't pan out, keep on moving. I'll say it again - you can do this.

Read more: [How to Handle Being The New Kid at School | eHow.com](http://www.ehow.com/how_2383968_handle-being-new-kid-school.html#ixzz24rctDafG)

So, let's boil that down, shall we? Watch and pay attention, heck, take notes if you feel it'll help. I'm not sure that bullies are really all that avoidable, but if you had planned to go looking for them, maybe you should reconsider. Remain open-minded and relatively patient. Look for leaders on staff at school, from support staff to teachers, with whom you get along, who will make the ride to acquiring education that much more pleasant. They tend to be people you never forget. In this observation stage, pay attention to the spirit of the place and its inner-workings.

You have an interesting advantage in that you can probably see the place in a way that your classmates and the staff can't - because it's all new to you. If they've been there for a while, chances are; that they can't see the place with a

fresh perspective any longer. This also means that you just might have some ideas that would make good solutions to some challenges, or contribute something to the social or academic life at your school (or workplace, if that's where you're the new kid) that could only come from a new, outside source. You're important to this eco-system. You exist, I promise, even when you feel like you don't.

Pay attention to everyone who is there - don't dismiss the quiet kids, the trouble-makers, don't be too quick to judge either. Also, know that all staff members have roles to play in school life that maybe you wouldn't expect. I said eco-system for a reason.

You have an advantage here - take your time and go with it - and ENJOY. This time belongs to YOU! Happy back-to-school for all ETSB schools and otherwise, staff, students, volunteers, parents and extended family alike!

*DON'T MISS DH RADIO TONIGHT from 9:00 - 11:00 on CJMQ 88.9 FM, when your hosts Sheila Q. and Stephane Bessette interview Richard Whitbred, a Danville-based hypnotherapist, about his involvement in local, emergency hypno-intervention and about the myths and truths surrounding hypnosis!*

## Correction

Regarding the August 28, Tuesday issue of The Record and the Leah Davidson article about Vanessa Leonard on page 1 titled 'Galt student provides comfort to cancer patients': It was Barbara Leonard who passed away from cancer, not Christina Smith.

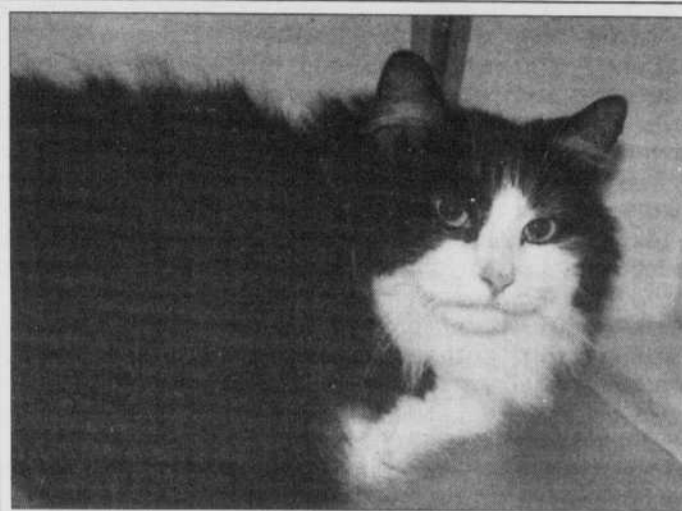
The Record apologizes for the error.



**THE PET CONNECTION**




Jen Young



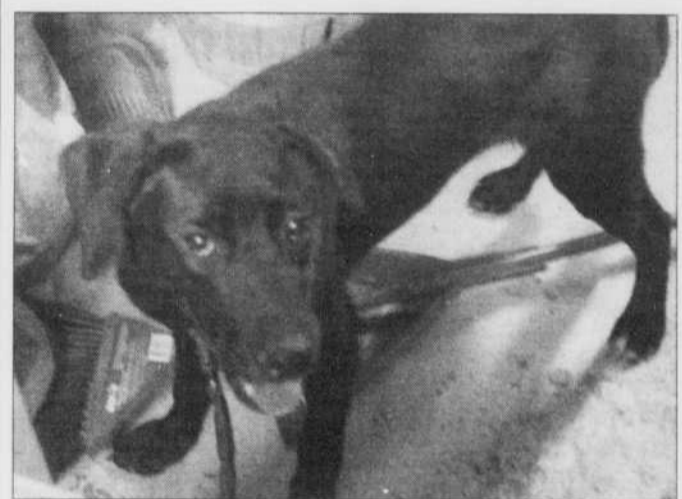
Camille is a very affectionate 3-year-old. She is good with other cats and loves to be in someone's arms.



Guinea pigs: The Pet Connection still has three young guinea pigs (one month) and seven adult guinea pigs that need a new home.



Nicky is a 7-year-old schnauzer. She is good with other dogs and is very affectionate. She is not much of a barker.



Luna is a Lab mix. She is very scared of new people and will take patience, but once she knows you, she loves you.



Miko is a 3-year-old retriever. She is good with other dogs but would prefer to be with humans. He is very smart and will make an excellent pet.



Blue is a 2-year-old Staffordshire bull terrier. He is a very gentle and good boy and deserves a home that loves him.



Mousse is eight months old. She is a Border collie mix. She is good with other dogs and cats and has lots of puppy energy. She is blind in one eye, but you wouldn't even know it.



Danielle is a shy 4-month-old kitten. She was a stray who came in with her brother. Her brother has been adopted but not her yet.

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.

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# Sherbrooke riding

CONT'D FROM PAGE 5

experience has been in opposition, Cardin could be considered somewhat of a 'vedette' should he succeed in defeating Charest.

## Christian Bibeau Québec solidaire

Christian Bibeau was born in Sherbrooke in 1976, and is seeking election in the riding for the third time. He has been a community worker for 15 years and is currently co-director of the Regroupement des organismes communautaires de l'Estrie.



His university studies were in the fields of social communication, history and philosophy, but feels his greatest education has come from his experience in the field. From Nunavik to Oka, throughout the Laurentians and the Eastern Townships, Bibeau has worked with the poor and struggled to improve their quality of life as well as for recognition of their skills and expertise.

Christian Bibeau has been a member of the coordinating committee of the Association Québec solidaire de Sherbrooke since its foundation and its male spokesperson since 2007. Bibeau says his familiarity with the people of Sherbrooke and the issues that affect them makes him an ideal representative for the riding. He supports Québec solidaire's program and has come out in support of the more complete integration of immigrants.

Québec solidaire is uncompromis-

ingly separatist, yet avows the general litany of left-wing progressive movements, including the environment, the underprivileged, and resource nationalization and generally calls for a complete overhaul of Quebec (and the world's) political structure. They were actively supportive of the student strike as well as its evolution into a 'protest everything' free-for-all. Co-leader Amir Khadir, who has also called for a boycott of Israel, was arrested for taking part in a demonstration during the upheaval and was issued a traffic citation for obstructing traffic, for which he compared himself to Nelson Mandela and Gandhi.

## Philippe Girard Coalition Avenir Québec

Philippe Girard moved to Sherbrooke in 2000 to study, earned a Bachelor's degree in political science from the University of Sherbrooke in 2006 and, became enamoured with the city. He has worked with the University of Sherbrooke's student organization of the Department of Letters and Humanities (AGEFLESH) as well as in the Sherbrooke strategy and role-playing club (CJRSS). He has also worked for Le Collectif, a university newspaper where he was chief editor and later its director. In 2006, he started his career at Videotron in Québec City and subsequently returned to Sherbrooke in 2007 and joined Sykes, a call centre, in sales and customer service where he became a senior manager. Girard, 31, has two children and is involved in specialized leisure activities.

The Coalition Avenir Québec is a new political party lead by former sovereignist and PQ minister François Legault, and takes a position slightly to the right of the

Quebec Liberal Party. While not focussing on Quebec nationalism, the party has not disavowed it either and rejects calls for another referendum as costly, beside the point, and of little interest to most Quebecers. Instead, the CAQ wants to increase the participation of the private sector in Quebec's economy and reduce the role of the state, citing the province's overloaded bureaucracy and high taxes as major issues.

## Evelyn Beaudin Option Nationale

Evelyn Beaudin is currently enrolled in the Master's program in Economics at the University of Sherbrooke and has a bachelor's degree in Political Economy from Université Laval. She has worked as an intern at the National Assembly, a researcher for the Alberta Ministry of Education and as a representative of Oxfam-Québec, Greenpeace and Doctors without Borders in Quebec.

She has been active in several pro-sovereignty groups both at university and in the community and was the recipient of several academic awards.

Also running in the Sherbrooke riding are Christian Clavet for the Parti indépendantiste and Suzanne Richer for Parti vert du Québec/Green Party of Québec.



# Police arrest 10 students in Montreal

The Canadian Press

Confrontations between students and police have erupted for a second consecutive day following the reopening of Quebec's universities.

Striking students at the Université de Montreal have been attempting to force the cancellation of certain classes to protest back-to-school legislation passed this spring.

As they did on Monday, students clashed with the university's security guards and Montreal police as they reportedly sought to disrupt a film class. Montreal police said they had charged 10 people so far, though the operation was still ongoing Tuesday afternoon.

The student protesters ended up disrupting a psychology class, having mistaken it for the film class they were looking for.

Protesters said they were only disrupting classes in departments where student associations had voted to continue striking over the Liberal government's tuition hike.

About five per cent of the university's students — less than 3,000 of its more than 60,000 students — are still on strike.

Police issued notices to 19 students, advising them they were under investigation for violating the back-to-school legislation, better known in the province as Bill 78.

The bill sets out stiff penalties, ranging from \$1,000 to \$35,000, for anyone who blocks access to class.

# Nick Fonda

CONT'D FROM PAGE 6

what does that mean? Has the leopard really changed his spots? Will the accounting skills of the leader of the CAQ permit him to balance the province's books and return us to prosperity only to reopen the separatist question a decade down the road? And, if Quebec becomes once again a rich province which sends countless billions of dollars to the have-not provinces, will separation seem that much more attractive than it does now, when Quebec is the moody recipient of large equalization payments from the richer members of the Canadian confederation?

The Green Party of Quebec is hardly known, yet the Party exists not only in Canada but in almost 90 countries around the world. The Green Party of Quebec is definitely not a separatist party but it is also something more than a federalist party. It is perhaps better to think of it as an international party.

Its raison d'être is the environmental concerns that are increasingly becoming part of our consciousness. The environment doesn't stop at the imaginary lines that delineate our political boundaries. Rivers don't stop at customs to declare that they are carrying pollutants. Air currents don't pay attention to where they pick up or deposit the particulates (toxic or otherwise) that our money-making activities spew into the atmosphere.

During any election campaign, a great many issues clamour for attention. As a society we would do well to start thinking now of bringing about electoral reform—proportional representation, to insure that everyone's voice is heard, and the right of recall, to insure that those we elect act in our best interests. The sooner we ameliorate our electoral system the sooner our political class will start to work more honestly and more harmoniously to address the many problems we face: social, fiscal, moral, and yes, environmental.

Nick Fonda is a candidate for the Green Party in the Richmond riding.

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# Local Sports

"Today schools need to offer programs that are appealing to students and families."

## Fisk takes over reins of Galt athletics

By Mike Hickey  
Special to The Record

Longtime teacher and hockey coach Robbie Fisk has been named Alexander Galt High School's athletic director and the former Piper is entering the new position with zeal.

"I am looking forward to running the interscholastic programs at Galt and tweaking them a little so the student athletes that enter Galt will be challenged academically and athletically which will prepare them for college, university and the work force as well as make them good members of society."

Fisk has spent the last 14 years in the classroom as a teacher and has also coached the highly successful boys'

hockey team, but felt the time was ripe for a personal change.

"I was looking for a change and new challenge in my life and I feel I can make a difference. Today schools need to offer programs that are appealing to students and families. If we look around us, most if not all of the francophone schools in the Townships are offering special programs such as sports etudes, sports concentrations and intensive athletic programs. If we want to maintain or increase our enrolment in the ETSB we need to offer similar programs and athletics is just one of the many programs we offer at Galt. We have a new sports concentration and hockey program, arts program and many other enrichment programs in academic disciplines. Stu-

dents that come to Galt can take advantage of these special programs and graduate with a bilingual education. On top of this we offer an athletics program that has had a very proud and strong tradition since 1969." In the past decade Galt has lost several student athletes to private schools and Fisk would like to reverse that trend.

"My goals are to build athletic programs for the student athletes and their families," he said. "Galt uniforms and apparel, photography, banners, media coverage, upgrading facilities are part of this and will take some time, but it should help when recruiting from our feeder schools. We need to show that Galt is a safe place for learning two languages while having the opportunity to

play a variety of competitive sports. Many of our students have gone on to do very well in life, which is why our alumni is important to me and our school."

Fisk added that he'll take advantage of Bob Halsall's experience.

"Bob has done a great job at running and maintaining the athletic programs at Galt since 1989 out of the goodness of his heart and as he nears retirement it gives me a great opportunity to learn a few secrets of the trade. Galt is now part of two leagues in many sports, the ETIAC and RSEQ, and it requires a lot of work and organization. Everyone is replaceable, but there will never be another Bob Halsall. Everybody knows and respects Bob, but he is not retiring."

### BISHOP'S UNIVERSITY FOOTBALL

## Gaiters hoping to bring back winning tradition

By Marc Bryson  
Special to The Record

The 2012 University Football season is only days away, and the "troops" are famished and ready at Bishop's University. Summer training is all but over for the BU Gaiters, which left very little vacation time for players, and Head Coach Kevin Mackey.

The Ascot Corner resident worked very hard during the off-season to prepare his team on and off the field, and to convince the players that if the work ethic is on hand, they can beat any team in the Quebec Conference, on any given weekend. The Gaiters gave football fans a positive taste of the upcoming season, by easily defeating the York University Lions, last Sunday, 35-2 in pre-season action at Coulter Field. Mackey will receive much help in the next few weeks from members of his coaching staff: newly-appointed offensive coordinator Brent Bailey, veteran defensive coordinator Ray Gagnon, and former quarterback Jesse Andrews, who will lend a helping hand with Gaiter receivers.

The message Mackey has tried to get through to his players during summer training, and that he will continue to repeat throughout the season has only one word: Pride.

"I want the team to work with one goal in mind - bringing back the winning tradition to Bishop's, and to realize

the privilege they have to wear the purple and silver uniform."

Football insiders and beat reporters across Quebec all believe that the Gaiters don't stand a chance to rack up victories or even think of making the playoffs. These early predictions leave the Gaiter head coach smiling.

"They have no idea what this team is about. They haven't seen the team practice at all, and don't know what we know," says Mackey.

Once again, the Gaiter offense will revolve around quarterback Jordan Heather, who gained 2,591 all-purpose yards with the team last season. Alex Fox and David Adderall will be Heather's main targets at the receiver position.

Matt Burke and Ron Lee King should share the ball carrying duties in the Gaiter backfield. Key players are also expected to contribute on the defensive line, namely, veteran Eli Nagoya and newcomer Kevin Dupuis, a rookie from the CEGEP de Sherbrooke Volontaries. Coach Mackey is convinced good things will come to those who work the hardest. Lack of preparation of opponent teams could always lead to upsets. The BU Gaiters have a chance to make believers out of all of us, as they visit the Concordia University Stingers Saturday in Montreal. The home opener is scheduled for Saturday, September 8 at 1 p.m. against the powerful Laval University Rouge ET Or.

## NHL proposes new deal to players' association during ongoing labour talks

The Canadian Press  
NEW YORK

The NHL has put a new deal on the table in the latest round of collective bargaining.

NHL Players' Association executive director Donald Fehr confirmed Tuesday that the league offered a new proposal during negotiations.

The union and NHL agreed to meet for a second day of talks on Wednesday but Fehr says the players' association will need time to review the proposal.

"It's a proposal that we intend to respond to," said Fehr. "I'll leave it at that."

The current collective agreement expires Sept. 15 and the NHL has said it will lock the players out if a new deal isn't reached by then.

Fehr and top assistant Steve Fehr met with commissioner Gary Bettman and deputy Bill Daly on Tuesday morning at the NHL's offices in New York.

The Fehr brothers left the morning session to consult with their constituents, but returned four hours later with players Mathieu Darche, Ron Hainsey and Douglas Murray.

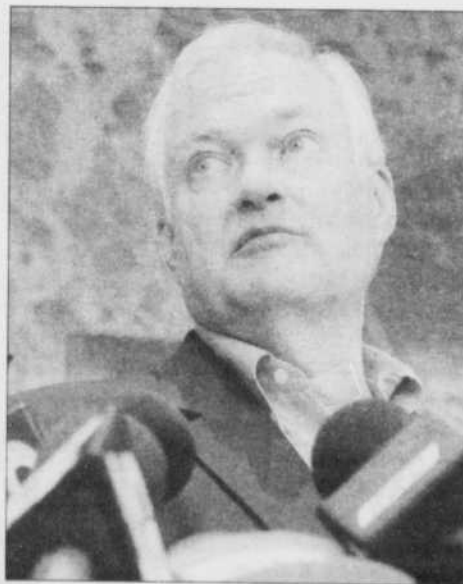
The afternoon session ended in under an hour, with both sides agreeing to meet again after the players' association thoroughly reviewed the new proposal.

"I'm encouraged that we're talking, to be honest with you," said Darche, who added that it's obvious the league took time to come up with the new proposal.

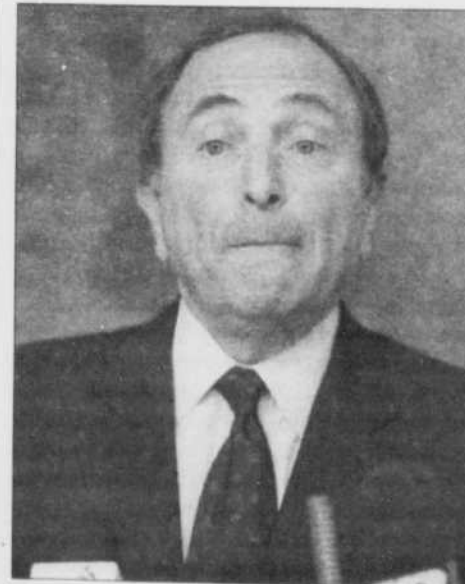
"We believe that we made a significant, meaningful step," said Bettman after the second session.

The sides are hoping that meeting in a smaller group might help them bridge a considerable gap in talks.

Bettman, Daly and the Fehr brothers also sat down together last week in Toronto, but they've been unable to agree on the general framework that will shape the next agreement.



Donald Fehr



Gary Bettman

GOOGLE IMAGES

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM

Until there's a cure, there's us.

SMART MONEY

# Retirement is tempting, but there's the issue of money

by Bruce Williams

DEAR BRUCE: I have enjoyed your column so much over the years. I hope you will answer my questions.

I am a 69-year-old woman with some medical problems (five bulging disks in my back, scoliosis and Parkinson's disease). I have worked two and three jobs most of my life and raised three children. I worked 25 years with the city government and retired from the fire department with a pension of \$1,200 a month and a drop account of \$150,000. I started my part-time job 15 years ago at a church and receive a lifetime pension of \$305 a month.

I applied for Social Security at age 67, but I was penalized with the governmental offset rule. They deducted about 65 percent; my monthly payment is \$368, and my Medicare payment is deducted out of that. Next June I can retire from the state government job I am working and receive a pension between \$800 and \$1,000 a month. I owe about \$10,000 on my home and \$7,000 in credit card debt. My car is 6 years old and paid for, with only 29,000 miles on it. My utilities, insurance and taxes are about \$800 a month. I spend the most on groceries and gifts. I am always having my children and grandchildren over. I will have to cut back on that.

I am in a lot of pain and walk all bent over, but I am so frightened about retir-

ing. I am worried that I will not have enough to live on. Is there anything I can do at this late date to have peace of mind before taking this huge step? Do you think the economy will get any better? Should I try to hang on a little longer in one or both jobs? — J.R., Baton Rouge, La.

DEAR J.R.: You have, unhappily, some health problems that very likely will only get worse, not better. That having been observed, and cutting through the numbers, it seems that you probably will have to do some cutting back but should be able to handle things.

I would not leave work if you are able to continue at the present time. Meanwhile, the first thing you should work on is that \$7,000 in credit card debt. The interest rates are high, and that debt will have to be eliminated before you retire.

Whether you want to stay in your home is another question. Depending on its value, which you did not indicate, you may want to consider either selling the house and moving into a smaller rented house, or taking out a reverse mortgage. The major problem is that your age likely will limit your ability to borrow on a reverse mortgage. Even though you have undesirable health conditions, you are still a relatively young person.

As for the economy, it will get better and worse; it always does.

DEAR BRUCE: Five years ago, we took your advice when we sold our large, farm-type house. Since then we have rented, being of older age (80s). We invested in mutual funds that give us enough monthly income to pay our rent on a condo in Florida, which our son lives in.

Now we are concerned about what is

left of our investment and what to do with it. Of course, you know that mutual funds are not FDIC-covered. We have been happy with the performance until the economy soured.

Our question is, should we withdraw the money that we still have (about \$49,000), or leave it and hope for the best? — Don and Nancy, via email

DEAR DON AND NANCY: You have failed to tell me how much your monthly rent is on the place where you are living and on the condo in Florida where your son is living. I'm assuming that you have Social Security income that contributes to your day-to-day living expenses.

You mention you are invested in mutual funds. If the funds have been chosen reasonably well and if they are stock funds, the chances are they will generate a reasonable return. I have said so many times that the Federal Reserve has determined that interest rates will be small, so money market funds are out of the question, as are CDs and similar types of investments. That doesn't leave much to choose from.

The idea of leaving your \$49,000 and hoping for the best is not smart. Making an informed decision is the only way you will get a reasonable return on your investment.

You didn't indicate how much money you need beyond rent payments. I'm assuming the \$49,000 is your entire principal. I suspect that if interest rates don't improve, you will have to get into the principal, which won't last very long.

If your son is doing reasonably well, he may have to help out and pay some rent to you so you can continue to keep your lifestyle. If you have other assets that you haven't told me about, that's another story altogether.

Death



**Alton Neil DUSTIN**  
1927 - 2012

Passed away suddenly on Friday, August 24, 2012 at the U of A Hospital. Alton was predeceased by his wife

Diana in 1999. He will be lovingly remembered by their five children Geoffrey, Jane, Brent, Bruce and Penny; his grandchildren & great-grandchildren. He leaves behind two brothers Melvin (Quebec), Alvin (Ontario) and two sisters Vera (Quebec) and Joyce (Ontario). A Celebration of Life will be on Wednesday, August 29, 2012 at 11:00 a.m. at Calvary Community Church, 8704 Mill Woods, Edmonton, AB

Donations can be made to the Make A Wish Foundation, c/o Brian Curtis, 2250 ch. Curtis, Stansstead, QC. JOB 3E0.

In Memoriam

**BURNHAM, Billy** - In loving memory of a dear son who died accidentally on August 29, 1971.

You are always in my heart.  
Sadly missed,  
MOM (Agnes)

**PAGE, Roland** - In loving memory of a dear Pa who passed away August 29, 2009.

You filled our lives with  
Love and happiness;  
We keep the memories close,  
You are always in our hearts.

Forever remembered and loved,  
DEBBIE (daughter)  
STEPHEN, DERRICK (PAM)  
(grandsons)

**PAGE, Roland** - In loving memory of a devoted and loving friend who passed away on August 29, 2009.

Loving memories of one so dear  
Treasured still within a love sincere,  
IN our hearts he is living yet  
We loved him too deeply to forget.

Always loved and remembered,  
DONNA WRIGHT  
AND FAMILY

WEDNESDAY, AUGUST 29, 2012

## The World Almanac Databank

Today is the 242nd day of 2012 and the 71st day of summer.

**TODAY'S HISTORY:** In 1957, Democratic Sen. Strom Thurmond of South Carolina concluded his 24-hour-long filibuster against the Civil Rights Act of 1957.

In 1991, the parliament of the Soviet Union suspended all Communist Party activities indefinitely.

In 2005, Category 3 storm Hurricane Katrina made landfall near New Orleans.

**TODAY'S BIRTHDAYS:** John Locke (1632-1704), philosopher; Ingrid Bergman (1915-1982), actress; Charlie Parker (1920-1955), musician; Sir Richard Attenborough (1923- ), filmmaker; William Friedkin (1935- ), film director; John McCain (1936- ), U.S. senator; Elliott

Gould (1938- ), actor; GG Allin (1956-1993), musician; Michael Jackson (1958-2009), singer; Roy Oswalt (1977- ), baseball player; Lea Michelle (1986- ), actress.

**TODAY'S SPORTS:** In 1977, St. Louis Cardinal Lou Brock stole two bases to match, then break, Ty Cobb's record for career stolen bases, which had stood at 892 bases for 49 years.

**TODAY'S FACT:** Strom Thurmond's 1957 civil rights filibuster is still the longest one-man filibuster in history. It lasted 24 hours, 18 minutes and opened with Thurmond reading the voting laws of all 48 states.

**TODAY'S QUOTE:** "The end of law is not to abolish or restrain, but to preserve and enlarge freedom." — John Locke

**TODAY'S NUMBER:** 175 — top sustained wind speed (in mph) during Hurricane Katrina.

**TODAY'S MOON:** Between first quarter moon (Aug. 24) and full moon

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### RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

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

**WEDDING WRITE-UPS, OBITUARIES:**

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

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

## Now, Mama has taken herself off all meds and declared herself cured

Dear Annie: I am married to a great guy, and we have two wonderful, intelligent teens. But my mother-in-law is causing great stress.

"Mama" was diagnosed with borderline personality disorder 10 years ago and is prescribed a cocktail of drugs to help with a preponderance of violent mood swings, anger, resentment and occasional dissociation. She is a textbook narcissist who can only demand love for herself and is unable to give to others. Her family relationships and many of her friendships have taken a dive. It's a wonder she can hold down a job.

Her big trigger is perceived rejection. When she was in our home, she expected to be everyone's entire focus. She demanded the full attention and affection of my husband and deeply resented his relationship with his own children. Needless to say, invitations to holiday gatherings dwindled over the years. Her grandchildren have grown up without her in their lives, although we have taken care not to poison them against her.

Now, Mama has taken herself off all meds and declared herself cured. She has convinced herself that her diagnosis was wrong, and that her problem all along has been emotional abuse from others, including her children and grandchildren. In short, everyone else is to blame.

The trouble now is that she is blogging on the Internet, publicly criticizing family members, including our teenage kids and their cousins. The adults can dismiss this as the ranting of a mentally ill person, but we're afraid our kids are going to come across the blog one of these days. Any advice? — Also Sleepless, but in Sonoma

Dear Sonoma: You have our sympathy dealing with such a difficult situation. You don't have to poison the children against Grandma to have a heartfelt discussion on mental illness. The kids are old enough to understand that their grandmother is not well, and

that her behavior can be unpredictable and sometimes unkind. They may never

see her blog, but if they do, you will have done all you can to inoculate them against whatever damaging reaction they may have.

Dear Annie: I work in a small office with one of the most unprofessional and disgusting co-workers a person could have. My main complaint is that when we are in the break room, "Penny" takes out her dentures and sets them on the table.

Between the gross dentures and her vulgar mouth, none of us wants to take a break in the one area we have. Nobody, not even management, is willing to address the issue. She reads your column, so please print this. — Grossed Out

Dear Grossed Out: We are sympathetic to Penny's desire to be comfortable in the break room, but it is important to be considerate of others who share your space. Don't count on her seeing herself in the column or doing anything about it. Our suggestions are for you: You can take breaks when Penny is not using the room; you can ignore her dentures to the best of your ability; or you can bite the bullet and ask politely if she would refrain from removing her dentures when others are present.

Dear Annie: "Loving Mom, Disgusted Mother-in-Law" is worried that her daughter will return to her drug-abusing husband. It's too bad the daughter isn't going to Al-Anon. They said I would know when I wanted to make the break. It comes down to how much pain you can tolerate before you are willing to make changes. I realized two things: that I didn't want him to die in the house, and that we would lose our home if I didn't do something.

He finally reached sobriety six years after the divorce and managed to be a good dad for 22 more. — J.

Dear J.: Self-help groups like Al-Anon (al-anon.alateen.org) and Nar-Anon (nar-

### Annie's Mailbox

anon.org) can be god-sends for those who live with addicts. Thank you.

Dear Annie: My friend is a massage therapist. She had been offering me discounted professional massages in her home for months, and I finally took her up on it. The massage was fantastic. Later that night, however, I found many fleabites on my back, arms and legs. I am certain I got them from her house during our session.

My friend has suggested that I continue coming to her house to work on my sore back, and frankly, I'd love to do it. But the thought of getting bitten by fleas again turns my stomach and will not make for a very relaxing experience.

I don't want to confront her with the flea business, because she's the type who would be both offended and defensive. But if I never return for a massage, she will get the impression that I didn't like her services — which will also cause offense. I can't suggest my place, because she has no work studio and would have to haul a very heavy massage table to my house. What do I do? — Fleas a Crowd in Hawaii

Dear Hawaii: It's possible that whatever bit you came from the covering on her massage table and not her house. Also, they may have been bedbugs and not fleabites. As much as you don't want to offend your friend, you need to tell her because it affects her business. Be as gentle as you can, saying how much you enjoyed the massage, but that you noticed you were covered in bites that night. It might remove some of the sting if you suggest that the bites were the result of a previous customer rather than her cleaning skills.

Dear Annie: I am living with a man whose wife died three years ago. Yet nearly all of her clothes and other personal effects are still in the house.

How should I tactfully ask him to take care of this? It bothers me, but due to the sensitive nature of the situation, I

hesitate to make a big issue out of it. Am I being unreasonable? — No Name Anywhere

Dear No Name: Are her personal effects still in the house because he can't bear to part with them or because the job is too overwhelming? Ask gently whether he would like your help packing up these things (not "getting rid" of them). If he has children, perhaps they would like to go through her belongings and select items that have meaning for them. If he seems reluctant, don't press. You can ask again in a few months. And once you get started, please don't appear to be overly eager. You must treat this situation with the respect it deserves.

Dear Annie: I sympathize with "All in the Family," whose husband is in charge of selling his parents' home. I had the same responsibility some years ago.

I immediately engaged a Realtor I knew was fair, honest and effective. He advised that the first thing I needed to do was get a home inspection and an official appraisal. Once I had that, I knew the fair asking price. All of my siblings had plenty of time to take anything from the house they wanted, which they did, and they all seemed content.

The day before the house was to go on the market, my mom's dear friend came over and said she was interested. We sat down with the Realtor, and I offered the house to my mom's friend for \$1,000 less than the asking price. Mom's friend was delighted, my siblings were relieved, and the Realtor was satisfied. But if I hadn't already had the independent appraisal and inspection, there would still be questions. — Use a Professional

Dear Use: Your siblings were less antagonistic than "Family's." But we agree that an independent appraisal is necessary to know what a fair asking price is. Thanks for saying so.

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

## ASK DOCTOR K: Weight-loss surgery comes in three main options

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I'm obese. I've tried to lose weight, but nothing has worked. Should I consider weight-loss surgery?

DEAR READER: If you are severely obese, your best chance for long-term weight loss and better health may be weight-loss (bariatric) surgery.

You have several options. Some types of bariatric surgery shrink the size of your stomach — you fill up sooner. Other

types of surgery route the food you've eaten away from your small intestine, the place where nutrients (and their calories) are absorbed. Some types of bariatric surgery do both.

Three of the most common kinds of bariatric surgery are gastric bypass, gastric banding, and a newer procedure called sleeve gastrectomy.

— Gastric bypass drastically shrinks the size of your stomach. After surgery, you feel full after eating very small amounts of food.

The surgery also reroutes the passage of food through your body to bypass most of your stomach and upper small intestine. As a result, your body absorbs fewer calories.

Patients tend to lose weight rapidly for up to two years after gastric bypass.

Many maintain a significant weight loss for 10 years or more. But gastric bypass has a higher complication rate than other weight-loss surgeries, and the remaining stomach pouch can stretch over time.

— Gastric banding is often called a "lap-band." During the procedure, a surgeon places an adjustable band around the opening of the stomach. This restricts the amount of food you can eat.

Compared with gastric bypass, patients tend to lose less weight, more slowly. Also, weight loss is more dependent on your making healthy food choices after surgery.

— Sleeve gastrectomy transforms your stomach into a narrow tube. The shrunken stomach is less likely to stretch out again than after gastric bypass. It also produces less of the hormone that makes you feel hungry (see below). This helps you feel satisfied with less food.

Sleeve gastrectomy is considered to be less risky than gastric bypass or gastric banding, but the overall weight loss isn't as dramatic.

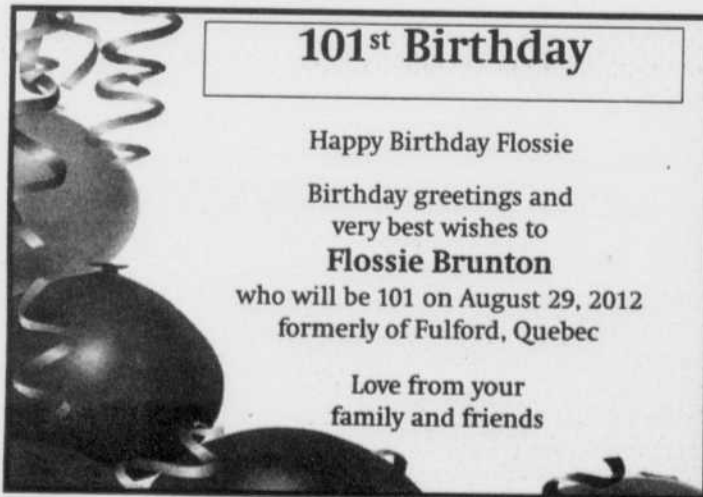
It's no surprise that surgery which

shrinks your stomach works, or that surgery that causes your small intestine to absorb fewer calories works. However, there is a third way that many types of bariatric surgery work — and that is a surprise.

About 10 years ago it was discovered that the stomach makes a hormone called ghrelin that travels in the blood. When ghrelin reaches the brain, it stimulates your appetite. About three to four hours after our last meal, our stomachs start to make increasing amounts of ghrelin — and we start getting hungry. The levels of ghrelin in the blood are greatly reduced by most types of bariatric surgery, because a smaller stomach makes less of the hormone.

We have more information on bariatric surgery in our Special Health Report, "Healthy Solutions to Lose Weight and Keep It Off." (Learn more about this report at AskDoctorK.com, or call 877-649-9457 toll-free to order it.)

If you choose to have weight-loss surgery, take advantage of medical, nutritional and counseling services before and after surgery to help your body and mind adjust to your new normal.



**101<sup>st</sup> Birthday**

Happy Birthday Flossie

Birthday greetings and very best wishes to  
**Flossie Brunton**  
who will be 101 on August 29, 2012  
formerly of Fulford, Quebec

Love from your  
family and friends

### 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.

"X EPXVT XE'A EPH HVC SU NDSMDHAA  
XU BSJ AEZVC AEXRR ZVC EPXVT SU  
OPZE BSJ'WH CSVH XV EPH NZAE. X  
THHN SV." — RHARXH YZDSV

Previous Solution: "Any artist should be grateful for a naive grace which puts him beyond the need to reason elaborately." — Saul Bellow

TODAY'S CLUE: M sjaibdo

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### KIT N' CARLYLE



### HERMAN



"The bride's father has a doughnut shop."

### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



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

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### PREVIOUS SOLUTION

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

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Each row, column  
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# Your Birthday

WEDNESDAY, AUGUST 29, 2012

Conditions in general look to be rather hopeful for you in the year ahead. Thus, if and when you should get into a fraught situation, know that Lady Luck is likely to be there, bringing help just in the nick of time.

**VIRGO** (Aug. 23-Sept. 22) — It behooves you to follow your instincts when it comes to your business dealings. If nothing more, use these perceptions as support for your logical assessments.

**LIBRA** (Sept. 23-Oct. 23) — Make it a point to take some of the slack out of a fading friendship that you haven't had much time for lately. There are few things more valuable than good chums.

**SCORPIO** (Oct. 24-Nov. 22) — The race is likely to be won by the smartest, not necessarily the swiftest, when it comes to a career matter. Be sure to use that thinking cap of yours, so you don't trip over your own feet.

**SAGITTARIUS** (Nov. 23-Dec. 21) — If you're alert, you have a good chance of learning something extremely important from a good friend. However, what's said should be restricted to the parties involved.

**CAPRICORN** (Dec. 22-Jan. 19) — Your determination in pursuing your objectives is impressive, but equally important is that others recognize your intentions and make it a point to get out of your way.

**AQUARIUS** (Jan. 20-Feb. 19) — If you believe it is necessary to make a difficult de-

cision that everyone else is putting off, have the courage to stick to your guns and do so.

**PISCES** (Feb. 20-March 20) — This is likely to be the day when you promised yourself you'd embark on carefully laid out plans. If you know each step you must take, there isn't any reason why you shouldn't succeed.

**ARIES** (March 21-April 19) — By staying in the middle at all times, you'll fare much better in your dealings with friends. If you're smart, you won't let it be known which side you really think is right.

**TAURUS** (April 20-May 20) — Spare yourself from calling in an expensive repairman by exercising preventive maintenance. If you play it safe, you won't be sorry.

**GEMINI** (May 21-June 20) — Be sure to include an extremely introverted, shy friend in your plans. If the invitation doesn't come from you, it isn't likely to be issued at all, because no one else will think of it.

**CANCER** (June 21-July 22) — The entire clan is likely to profit when the shopping duties are put in your hands. Your caring nature makes you very attentive to everyone's needs and wants.

**LEO** (July 23-Aug. 22) — You should take advantage of the opportunity to clear the air with a friend when the opportunity presents itself. Don't hesitate to talk it out in detail until both parties are satisfied.

WEDNESDAY, AUGUST 29, 2012

# Do not let fervor overcome logic

by Phillip Alder

Drew Barrymore said, "There's a hunger and a fervor that I have, but there's no person I'm going to push to the side to get where I'm going. I want to create my own road."

Bridge players occasionally bid with fervor instead of cool, calm, collected logic. As an example, look at the North hand in today's diagram. West opens three clubs, North makes a takeout double, East passes, South advances with three diamonds, and West passes. What should North do now?

North should assume that South has six or seven high-card points. (Yes, he might have fewer, but one has to start somewhere. If your partner constantly holds fewer than six points in this situation, get a new partner, one who holds better cards.) This means that North and South have 23 or 24 points between them. This will not be enough for game unless there is a long suit to run.

Well, perhaps South has six diamonds headed by the king-queen, but will that be good enough for nine tricks?

No, it supplies only seven: one club and six diamonds. The lack of aces will be fatal.

And even if there is an eight-card

North 08-29-12			
♠ K Q 5 2			
♥ K Q 6 3			
♦ A 7 4			
♣ K 8			
West		East	
♠ 9 8		♠ A J 10 7 4	
♥ 10 2		♥ J 9 8 7	
♦ J 6		♦ K 8	
♠ A Q J 10 7 5 2		♣ 9 6	
South			
♠ 6 3			
♥ A 5 4			
♦ Q 10 9 5 3 2			
♣ 4 3			
Dealer: West			
Vulnerable: Neither			
South	West	North	East
3♦	3♣	Dbl.	Pass
	Pass	??	
Opening lead: ♠ 9			

major-suit fit, which is unlikely, North cannot safely search for it, because now three hearts would promise a five-card suit.

North should pass.

If South were in three no-trump, East would lead the club nine, and if West knew his stuff, he would cover with the 10 to drive out North's king. Then the contract would go at least down three. In contrast, three diamonds makes with an overtrick, losing one spade, one diamond and one club.

# CROSSWORD

- Across**
- 1 Folder projections
  - 5 Come-on comeuppance
  - 9 Enterprise doctor
  - 14 First name at Woodstock
  - 15 Freezer cooler
  - 16 Popped up
  - 17 Market pessimist
  - 18 Like Death Valley
  - 19 All-night bar?
  - 20 Quip, part 1
  - 23 Bourbon barrel wood
  - 24 Zamboni milieu
  - 25 Thumbs-up
  - 26 2010 Olympic skiing gold medalist Miller
  - 28 Highly skilled
  - 30 Coppertone letters
  - 33 Dictation whiz
  - 35 With precision
  - 36 Missing in the mil.
  - 37 Quip, part 2

- 40 Aesthetic to a fault
- 41 Milking container
- 42 Dadaism pioneer Max
- 43 Cooking choice
- 44 Wonderland tea party attendee
- 45 Environmental concern
- 46 Crew member
- 47 See 45-Down
- 48 VCR format
- 51 End of the quip
- 56 Yard neatener
- 57 Stoltz of "Pulp Fiction"
- 58 French 101 verb
- 59 Flip over
- 60 Longing look
- 61 See after
- 62 Plaster painting surface
- 63 Violin virtuoso Leopold
- 64 Belligerent god

- Down**
- 1 Major no-no
  - 2 Field of play
  - 3 Aikido masters
  - 4 Mad
  - 5 Like hen's teeth
  - 6 "Foreign Affairs" Pulitzer author Alison
  - 7 Slightly
  - 8 Mani-\_: spa service
  - 9 She played Lois in "Superman" films
  - 10 Curved piece
  - 11 Masked scavenger
  - 12 Greek peak
  - 13 Still
  - 21 Golfer's nonplaying wife, facetiously
  - 22 Three-nation '90s treaty
  - 27 "I'm \_\_ human"
  - 28 Motherless calf
  - 29 \_\_ of Gloucester: "King Lear" character
  - 30 Fiscally conservative

- 47 Early American crop
- 49 "Stormy Weather" singer
- 50 RR postings
- 51 "Dream on!"
- 52 Carries a mortgage, say
- 53 Video game giant
- 54 Herr's better half
- 55 Old 48-Across rival
- 56 Coffee holder

A	C	T	O	R		W	E	B	B		A	C	A	B				
G	O	A	P	E		I	T	R	Y		W	O	R	E				
E	F	R	E	M		Z	O	E	S		A	L	I	A				
O	F	T				I	V	A	N	A		G	R	O	A	N		
L	E	A	R	N	E	R		D	E	E	D	S						
D	E	R	I	D	E	D		B	L	E	S	S	M	E				
						M	S	S		T	O	A	D		A	O	L	
E	B	B	S			R	E	X			A	L	M	S				
T	I	A				B	L	U	E		J	A	R					
A	G	R	E	E	O	N		P	E	T	L	A	M	B				
						C	L	E	A	N		E	S	T	O	N	I	A
B	O	O	M	S		E	L	A	T	E		S	S	R				
I	N	D	O			G	R	I	N		S	K	A	T	E			
L	E	E	R			P	U	P	U		T	I	R	E	S			
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## STIR IT UP!



Plums fill a rustic tart with late-summer goodness. Credit: Photo courtesy of "Southern Living Classic Southern Desserts," Oxmoor House, 2012.)

## Bakers, start your ovens!

by Marialisa Calta

OK, so it's technically still summer and grilling (not baking) season. But in the Northeast, at least, the evenings and early mornings have that "back to school" nip. You may spot a fleece vest or two at a

neighborhood cookout. The acrid but alluring scent of wood smoke is beginning to perfume the night air.

Home bakers will use any excuse to turn on the oven. If you are hankering for one (an excuse, that is), Southern Living magazine's "Classic Southern Desserts" (Oxmoor House, 2012) is more than enough provocation. These cakes, cookies, pies and cobblers are all baked by Southern cooks who live where it's warm nearly all the time (at least by Northern standards), yet still turn on their ovens.

Here's a plus: The editors of Southern Living are not too snooty for shortcuts such as packaged tart shells and refrigerated piecrusts, which makes this book a great vehicle for easing yourself back into baking mode.

If you need another excuse to bake, look no further than late-summer fruits such as plums. The black plums in supermarkets now are Friars. Their innards are sweet and juicy, while the skins are tart. The red plums are Casselmans; they are tangy and sweet.

An even later plum is the Angeleno, which is described as a heart-shaped plum with a dark-red to purple skin. I'm not sure I've ever eaten one, but I like the sound of them. Pete Napolitano (aka "Produce Pete"), a New Jersey produce seller, author and TV and radio personality, says on his website ([www.producepete.com](http://www.producepete.com)) that Angelenos are available through Thanksgiving. The tart recipe below might make an interesting alternative to pumpkin pie.

If your plums are not ripe when you buy them, put them in a paper bag and keep them at room temperature. "Plums prefer paper to plastic," Pete writes. Close the bag loosely while the plums ripen. This concentrates the naturally occurring ethylene gas that helps the fruit ripen.

You can substitute "pluots" or "plumcots" for the plums in this recipe. Both are crosses between apricots and plums. Pluots are plum-colored, while plumcots may be more the shade of an apricot. Both are becoming increasingly available at farm markets and supermarkets. When ripe, both are intensely flavored and sweet. Simply pit them; they are too small to slice. Buy a double amount, as you will want to snack while you bake.

### RUSTIC PLUM TART

Yield: 8 servings

For the sweet cream topping (optional):

1/2 cup sour cream

2 teaspoons brown sugar

For the tart:

Vegetable cooking spray

1 1/2 pounds plums, pitted and sliced (skins on)

1/2 cup plus 1 tablespoon sugar

1/3 cup plum preserves

1 teaspoon vanilla extract

1/4 teaspoon ground allspice

1 (9-inch) refrigerated piecrust

1 tablespoon all-purpose flour

1 large egg

1 tablespoon water

If you want to serve the tart with the sweet cream topping, make the topping at least 2 hours (and up to 24 hours) before serving time. Stir together the sour cream and brown sugar, cover and refrigerate.

Make the tart: Center a rack in the oven and preheat oven to 350 degrees. Line a baking sheet with parchment paper; coat the parchment with cooking spray.

In a large bowl, stir together plums, 1/2 cup sugar, plum preserves, vanilla and allspice. Let stand at room temperature 30 minutes, stirring occasionally.

Unroll piecrust on the prepared baking sheet. Roll into a 12-inch circle.

Drain plum mixture, reserving the liquid. Sprinkle flour over plum mixture and toss to coat. Mound plums in center of piecrust, leaving a 3-inch border. Fold piecrust border up and over plums, pleating as you go, leaving an opening about 5 inches wide in center.

Stir together egg and water. Brush piecrust with egg mixture, and sprinkle with the remaining tablespoon sugar.

Bake 45 minutes, or until filling is bubbly and crust is golden. If the plums are very ripe, their juices may ooze out of the tart and onto the parchment paper, but this adds to the dessert's charm.

Carefully slide the tart — still on the parchment paper — to a wire rack; cool 20 minutes.

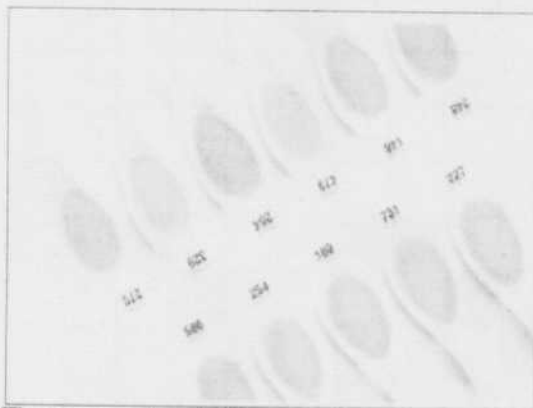
While the tart is cooling, bring the reserved plum liquid to a boil in a small saucepan over medium heat. Boil 1 to 2 minutes, or until slightly thickened. Let cool slightly. Brush or drizzle 1 to 2 tablespoons hot plum liquid over exposed fruit in center of tart. Serve immediately with remaining plum syrup, and, if desired, sweet cream topping (stir before serving).

Recipe from "Southern Living Classic Southern Desserts" (Oxmoor House, 2012).

## Some extra-virgin olive oils don't make the grade

FROM CONSUMER REPORTS

by the editors of Consumer Reports



To gauge color differences in recent tests, Consumer Reports' experts looked at oils poured into white porcelain spoons.)

Many "extra-virgin" olive oils — including big names such as Bertolli, Crisco, Filippo Berio and Mazola — don't taste good enough to merit that description, according to Consumer Reports.

By definition, extra-virgin olive oil is supposed to be flawless, but only the top nine of the 23 products CR's experts recently tried were free of flaws. More than half tasted fermented or stale. Two even tasted a bit like ... let's just say a barnyard. That problem can occur if oil is stored in vats containing sediment that has begun to ferment.

The good news is that two products, both from California, were excellent: McEvoy Ranch and Trader Joe's California Estate, a CR Best Buy at 35 cents an ounce. Two other Best Buys were Kirkland Signature Select Toscano (Costco), also 35 cents an ounce, and 365 Everyday Value 100 Percent Californian Unfiltered from Whole Foods, at 38 cents an ounce.

CR purchased 138 bottles of extra-virgin olive oil from 23 manufacturers. The olive oil was sourced from a variety of countries including the U.S., Argentina, Greece, Chile and Italy.

You may not be able to easily spot a dud. Most people don't sip olive oil straight from a glass, as CR's experts did, and foods can mask imperfections. In addition, many consumers assume that olive oil should be a liquid version of the fruit they put in a salad or martini. Wrong. Superior oils are fresh and fragrant, with complex flavors of ripe and unripe fruit, grass, herbs, nuts or butter, for starters. If you're used to a particular product, you might not realize what you're missing until you do your own side-by-side comparison. It's like learning to appreciate and enjoy fine wine.

### HOW TO CHOOSE, HOW TO USE

You can deep-fry or stir-fry in olive oil, use it in sauces, dip bread in it or mix it into salads, entrees — even ice cream. (California Olive Ranch suggests a scoop of vanilla topped off with olive oil and a few grains of sea salt.) Consider buying two olive oils: one for cooking and the other for drizzling.

— Cook in it. It's a waste to fry with an expensive

olive oil. High heat can destroy subtle flavors. You could even consider a nonvirgin olive oil, though CR found minimal price differences between that and extra-virgin.

— Drizzle it. Unlike neutral vegetable oils, olive oil imparts its own character to a dish, so think of it as a seasoning. Extra-virgin oils have nuances you won't find elsewhere. Some people may be startled by a sharp, peppery bite from a robust oil such as McEvoy Ranch, which stands up to red meat, salad and cheese. The mellow Lucini Premium Select, with a citrus note, might pair better with delicate fish. But there are no rules. Try a few olive oils to find what you like.

— Keep it fresh. An unopened container of a high-quality olive oil may stay fresh for up to two years after it's packed, though there will be a gradual falloff in flavor even if the bottle remains sealed. Once it's opened, you can store olive oil, tightly capped, for months in any cool, dark place. (Heat, light and air can degrade the taste of olive oil and possibly its nutrients.) Oil can be refrigerated if you don't use it often. It will liquefy quickly at room temperature. Oil will keep better in glass than in plastic, and the darker the bottle, the better. If you transfer oil from its container into a smaller bottle or dish for serving, don't pour fresh oil on top of old, which increases the risk of rancidity.

Bottom line: Don't believe every extra-virgin claim. Use McEvoy Ranch and Trader Joe's in ways that show off their strong, complex, fresh taste — drizzled over bread, for example. It's fine to use some of the lower-rated products in cooking.