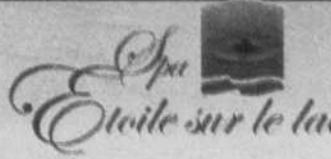




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Page 2

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FRIDAY, MARCH 18, 2011

Marijuana seizure in Stoke

The Sureté du Québec seized about 2100 marijuana plants at a barn in Stoke as part of a raid that took place Wednesday morning.

A 26-year-old man who was on site at the time was arrested.

SQ spokesperson Louis-Philippe Ruel described the grow operation as quite sophisticated, as the indoor facility used about a dozen high-powered lamps and air conditioners to help the production.

The entire production was powered by stolen electricity. Hydro-Quebec collaborated with law enforcement in the investigation. Additional charges are expected to be laid against the owner of the Stoke property.

The street-value of the marijuana that was seized is estimated at \$2 million.

Spring is in the air



DANIEL COULOMBE

Sherbrooke residents Tsvetkova and Momtchil Vodenitcharov stroll with daughter Mia around Lac des Nations park on Thursday afternoon enjoying beautiful March weather. The temperatures hovered in the 10 degree Celsius range at mid-day in Sherbrooke. The forecast for Friday calls for rain showers changing to a few flurries late in the afternoon. The high should be a much cooler plus 2.

**Champlain teams
advance in playoffs**

Sports - Pages 10, 11

Fraud victims happy with publicity

Page 3



Prince

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Win Harlem Globetrotters tickets

The Sherbrooke Record offers you an opportunity to win a pair of tickets to see the famous Harlem Globetrotters basketball team who will perform in Sherbrooke, Thursday March 31 at the Palais des Sports



Everyday this week, look in our pages for hidden 'Shamrocks'.

Count the hidden shamrocks in today's Record. Add them up each day this week and call us Monday, March 21 with the total at 819-569 9525. The first 15 callers with the correct answer will win a pair of tickets to see the Harlem Globetrotters.

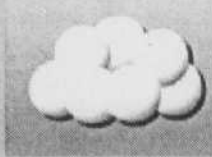
Good luck.

Weather



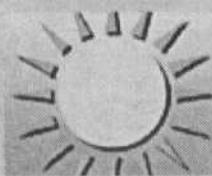
TODAY:
RAIN

HIGH OF 9
LOW OF 4



SATURDAY:
CLOUDY

HIGH OF 1
LOW OF -6



SUNDAY:
SUNNY

HIGH OF 5
LOW OF -12



MONDAY:
SHOWERS

HIGH OF 6
LOW OF -8



TUESDAY:
RAIN

HIGH OF 10
LOW OF 1

What's new with BU

Gender Equity Centre

The Gender Equity Centre (GEC) is one of many clubs that includes Bishop's University and Champlain College students as well as any member of the Lennoxville community who's interested in gender issues. GEC is interested in building a community that challenges and examines gender inequalities - on campus and in the world at large while recognizing how other forms of oppression intersect with gender issues.

The GEC, formerly known as the BU Women's Centre, was established by a group of female students over ten years ago! Today, the centre is located in the BU Diversity Centre (opened in January 2009) which is also home to the Caribbean African Student's Association (CASA) and the BU Pride Alliance.

Thanks to devoted president Emily St-Aubin, a third year education and drama student who has been a part of GEC for the last three years and the other GEC members, lots of events are planned for March.

On Tuesday, March 8

women around the world celebrated 100 years of International Women's Day. GEC took part in the celebrations with a bake table in the Student Union Building. Donations were collected to raise awareness of a monumental day that changed women's lives. Twenty-five dollars was donated, and other funds collected will go towards supplies for other events.

GEC members promote alcohol awareness a few times a semester usually at big events on or off campus. Drink stickering is where people go around a party or event, putting stickers on people's drinks, usually without them knowing. The stickers read "This sticker was put on your glass, if we can put a sticker on your glass someone can slip something into your drink. Never leave your drink unattended." The next drink stickering event will be St. Patrick's Day.

On March 24th in conjunction with the BU Health and Counselling Services and the SRC, GEC is holding a Sexual Health Awareness Event, all day long in the SUB building open to both BU and Champlain students. A nurse and a

counsellor will be at the table the entire day to answer any questions students might have.

At the end of the month GEC is having a "This is what a Feminist looks like" event where a table will be set up in the SUB for students to create their own shirt with this slogan. T-shirts, glitter, markers, paint... etc will be available so every shirt will be personalized. At the same time this event will be promoting the V-Day performance which is put on by BU students annually.

This semester, the GEC is participating in V-Day, a global effort to stop violence against women and girls presenting a benefit reading of "A Memory, A Monologue, A Rant And A Prayer: Writings to Stop Violence against Women and Girls" to raise funds and awareness to end violence against women and girls. This production is a groundbreaking collection of monologues by world-renowned authors and playwrights, edited by Eve Ensler and Mollie Doyle and commissioned by V-Day for the first V-Day: Until The Violence Stops festival, which took place June 2006 in New York

City. The writings are inspired, funny, angry, heart-felt, tragic, and beautiful. But above all, together they create a true and profound portrait of how violence against women affects every one of us. A Memory, A Monologue, A Rant, and A Prayer is a call to the world to demand an end to violence against women. The event will take place on April 5th at the Gait on campus. BU and Champlain students have chosen different pieces from this book and will be performing them on stage at the Gait (in the SUB). Time and price of tickets is still to be determined.

"I believe in the GEC because I think it's important for students to have a safe space in which they can discuss gender issues while actively taking a stand against gender bias and all forms of oppression while working within their immediate community and the world at large. I love that it is a by-student-for-student organization!" says St-Aubin.

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

Sherbrooke Museum of Nature and Science

A River Runs Through It exhibition

WWF and the Sherbrooke Museum of Nature and Science are excited to launch a new traveling exhibition on rivers. Before heading off on a Canadian tour, the A River Runs Through It exhibition will be showcased at the Sherbrooke Museum of Nature and Science, Quebec, until September

5th, 2011.

A River Runs Through It presents the impact that humankind has on river dynamics, ecosystems and water management issues. It is designed for the entire family and leads visitors through a series of activities that combine play, discovery and pleasure.

future in which human needs are met in harmony with nature. In Canada, one of WWF's priorities is protecting freshwater ecosystems.

This museum exhibition is part of an important WWF campaign designed to raise awareness of the importance of protecting Canada's rivers for nature and people. "WWF is very pleased to present A River Runs Through it along with the Exhibition Production Center of the Sherbrooke Museum of Nature and Science. This traveling exhibit will provide Canadians - from coast to coast - with the opportunity to discover Canada's rivers, their secrets and the wonder of the waters that follow their course," declared the director of WWF's Freshwater program, Tony Maas.

The exhibition will be seen by approximately 1.5 million visitors throughout the country over the next five years.

WWF is one of the world's most highly respected conservation organizations. WWF works in more than 100 countries and counts 5 million supporters globally. Its mission is to reverse the degradation of our planet's natural environment and to build a

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Ben by Daniel Shelton



LOCAL NEWS

Detained since his arrest last August, the teen has made life extremely difficult for the Val-du-Lac staff.

Pelletier-Charette case: Teen tried to escape

By Doug McCooeye

The 16-year-old boy charged with the kidnapping, sequestering, and first-degree murder of 82-year-old Réjeanne Pelletier-Charette is still causing problems for the staff at the Val-du-Lac youth detention centre.

On Wednesday, the teenager appeared at the Raynald-Fréchette courthouse once again for discretions he committed while detained, this time for trying to escape from his handlers.

The incident occurred Tuesday afternoon while he was at the youth psychiatric ward at the CHUS-Fleurimont.

Guarded by two Val-du-Lac workers while waiting for his appointment at the external clinic, the youth attempted to run away from his captors. The staff members had little problem in recapturing him as he tried to find an exit from the hospital.

Detained since his arrest last August, the teen has made life extremely difficult for the Val-du-Lac staff. Last week he saw charges of assault and making death threats added to his dossier for incidents that took place on January 21, February 9, and February 21, 2011. All of the incidents were said to have been committed towards Val-du-Lac staff. The youth pled

not guilty to the accusations.

A similar charge for an incident that occurred on October 5, 2010, when the youth allegedly tried to hit a worker with a pen, has already been added to the case.

The more serious charges - kidnapping, sequestering, and murder - stem from a series of events that garnered national media attention this past summer.

Réjeanne Pelletier-Charette disappeared from her Rock Forest home on August 13, 2010. A few days later police released a statement asking for the public's help to find a 16-year-old boy who

had recently escaped from Val-du-Lac and may have knowledge of the elderly woman's whereabouts.

The teenager was eventually discovered at the Siboire microbrewery on Depot Street in Sherbrooke, just hours after Pelletier-Charette's missing car had been discovered in the nearby Maxi grocery store parking lot. The elderly woman's dead body was found the following day and charges were filed against the teen.

Because he is a minor, the teen's name cannot be released.

He is scheduled to be back in court on April 12.

Mount Real case progressing

By Doug McCooeye

Janet Watson - spokesperson for the 1,600 victims who lost close to \$130 million in the Mount Real scandal in the mid 2000s - is happy with the amount of media attention their plight has received lately.

"This is due, in large part, to well known Quebec singer, Bruno Pelletier, who has decided to tell his story publicly," said Watson in an email correspondence with The Record earlier this week. "He has become an important member of the team involved in fighting for our case and we are extremely grateful for his participation."

Pelletier admitted recently that he was indeed one of the victims of the scam, losing close to \$200,000 in savings.

The scandal came to the forefront on November 9, 2005 when Mount Real Corp. was shut down by the Autorité des Marchés Financiers (AMF) - Quebec's financial watchdog - amid allegations of fraud. Through a number of smaller affiliates and brokers, creditors invested a

minimum of \$50,000 with Mount Real and were issued promissory notes in return. When creditors began asking questions about where their money was going, and were not seeing any returns on their investment, some contacted the AMF. The AMF looked into the situation and, eventually, shut the operation down.

The investors fell victim to a form of a Ponzi scheme; a fraudulent investment operation that provides returns to the investor through money paid by subsequent investors, rather than from revenue generated by a legitimate business. The complexity of the network has made the judicial process lengthy, as some 120 businesses that were located in a number of different locations were said to be involved.

In January 2007, 24 brokers and executives faced 619 different AMF charges related to the Mount Real fraud, but to date only a handful of the accused have had their day in court.

The situation seems to be progressing however, as last week Lino Matteo, a

high-ranking executive at Mount Real, was arrested on a series of charges, including fraud.

Watson is hoping that, if found guilty, he will go to jail for a long time and not be issued a light penalty, like some other recently convicted Quebec fraudsters.

"The Federal government has initiated Bill C-59 which is aimed at eliminating early parole for fraudsters convicted of a first offense," explained Watson. "This means that offenders will no longer automatically receive day parole after serving only one sixth of their sentence - as was the case with Vincent Lacroix. This new bill would apply to those who are not yet eligible for parole such as Earl Jones. It would also apply to Lino Matteo, should he be found guilty of the criminal charges against him."

Bill C-59 has been passed

through the House of Commons and is now at the committee stage in the Senate. Watson will be among those trying to convince the Senate's Legal Affairs committee to pass the regulation before the next election is called.

"I will be attending the hearing with Joey Davis of the Earl Jones Victims Committee and I will do my best to represent the victims in the Mount Real case. I will be focusing on the effects this scandal has had on the lives of its victims. I am really hoping that Bill C-59 will become law in the very near future."

The committee meeting is scheduled for Monday.

Razor blade thief at large

Police are looking for a suspect who stole packages of razor blades.

The shoplifter visited the Jean Coutu located at 1470 King Ouest Street on two separate occasions, November 10 and 12, 2010. He was caught committing the illegal act by video surveillance.

The suspect is described as a white male. His age and physical description was not released. At the

time of the crime, he was wearing a dark winter coat, a black hooded shirt, and a baseball cap.

Anyone with information is asked to contact the Sherbrooke police at 819-821-5555.



PHOTOS SPS

Breaking and entering suspect


Police are looking for a suspect connected to a pair of breaking and entering incidents at a depanneur located at 7209 Bourque Boulevard.

On December 22 and 26, 2010, the suspect broke into the store and stole dozens of cartons of cigarettes. He accessed the store by breaking through the front-door window - the first time using a hammer; the second time a wooden bat.

The suspect is described as a 40-year-old male, 5 feet, 8 inches and weighing about 170 pounds. He has a goatee and walks with a hunch in his back. At the time of both thefts, he was wearing a dark toque with pictures of white snowflakes.

Anyone with information is asked to contact police at 819-821-5555

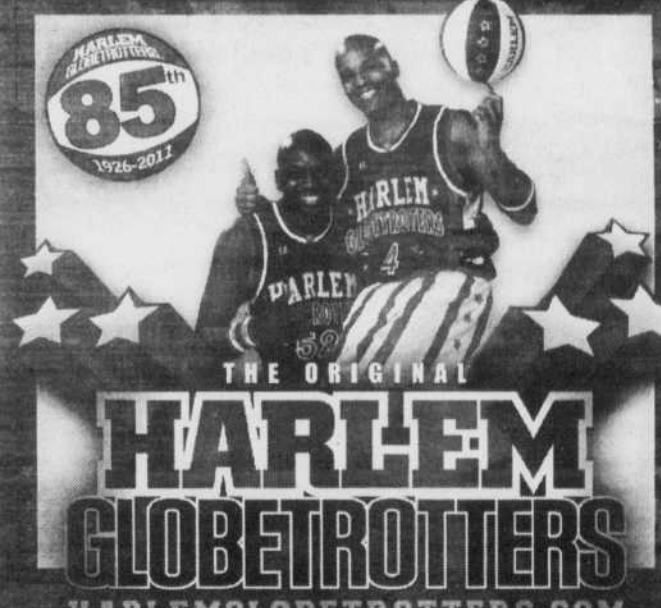




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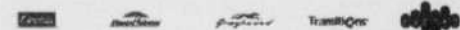


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Stanstead F.D. sounds five alarms for fundraiser

By Corrinna Pole
SHERBROOKE

This Saturday Stanstead Fire Department (S.F.D.) will be heating it up on the dance floor with the return of their annual benefit dance at Stanstead College.

Held at the Lebaron Hall, Townships band Slightly Haggard, featuring Brian Curtis and son, has been recruited once again to supply a generous dose of country and classic rock.

According to organizer Lieutenant Chris Goodsell, the dance is a great opportunity to celebrate the arrival of spring and support the variety of causes endorsed by the firemen association.

The association allocates funds to help those struck by tragedy by donating food and clothes to fire victims and supporting the families of hardworking firefighters with an annual BBQ.

Other funds are earmarked to help the annual friendly firemen's competition (the Firefighter Games at Border Fest), training exercises, the Christmas toy drive and the fallen firefighter foundation.

The boys who serve the Stanstead, Stanstead-East and Ogden areas have received some generous support from local business owners to offer various door prizes to boost the fundraiser.

"We're really happy to have the support of the community," said Goodsell. "Talking with some of my colleagues yesterday, we already have some 16 door prizes as not one local business passed us up. We're quite fortunate. We hope to see everyone out for a good time".

The benefit dance is scheduled for



LIEUTENANT CHRIS GOODSSELL

Stanstead firefighter Stephane Francouer shows off one of his other talents with local band Slightly Haggard at last year's firemen associations' benefit dance. The dance is back this Saturday.

Saturday, March 19, doors open at 8:30 p.m. music begins at 9, at Lebaron Hall (Stanstead College Campus) at 475 Duf-

ferin Street in Stanstead.

Tickets cost \$5 in advance and \$8 at the door and can be purchased through

any of the S.F.D. firemen or by calling Charles McIntyre 819-678-7496 or Chris Goodsell 819-578-5151.



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To find out more, visit / Pour en savoir plus, visitez www.padl-lrsp.uottawa.ca
or call / ou appelez 613 562 5702



Set for sales in the spring sun



AL BARBER

Boutique owner Jenny Pilon outside her store at 88 Queen in Lennoxville on Thursday. Pilon says business, like the weather is picking up and she is ready for it after a long winter.

Drummondville murder case suspended

Facing charges of first-degree murder for killing the mother of his two young children, 40-year-old Carlos Alberto Ortega Moyano saw his case suspended until April 26.

At that time, the accused will have to decide whether he wants his trial to take place in front of a judge and jury or before a judge only. He will remain

detailed until that court date. The decision to suspend the case was rendered Wednesday at the Drummondville courthouse.

Yaneth Hernandez Constanza Gallego, 29, was stabbed to death last Saturday morning in the parking lot of a Pentecostal church located on the corner of Lemire Boulevard and Marchand

Street in Drummondville. The incident occurred in front of the couple's two young children, who are now in the hands of the province's Child Protective Services (DPJ).

The couple had recently moved from their native Columbia and had been living together in Saint-Hyacinthe. However about a month ago, the woman had

fallen victim to domestic violence and had left the family home to take refuge in a residence for battered women located in Drummondville.

Authorities have not released details about the motivations behind the estranged couple's meeting, or the reasons for the altercation.

Asbestos

Old town hall to become development site

By Stephen McDougall
ASBESTOS

Town council revealed plans Monday night to demolish the former town hall and develop the land under and around it for seniors residences.

"A lot of this land is vacant and will be more so when we demolish the old town hall," said town manager Georges Andre Gagné. "This is part of a plan to revive the downtown core and provide needed housing for older residents who no longer want to live in their houses, but still want independent living."

The new development would come in three phases over the next five years and involve the construction of 18 buildings providing some 72 apartments and condominiums.

The new buildings would be located

on the streets DuRoi, Jeffrey, Coulston, Greenshields and on a section of St. Luc boulevard. "We are presently in talks with a local developer who wants to start construction on the first phase later this year," said Gagné. "Once the first units are sold or rented, then the next phases can begin."

Gagné did not reveal the name of the developer. He argued that as more Asbestos residents age, they will want an alternative to their single-dwelling homes. He argued the average price of a bungalow in town is low and can be easily sold to a younger family. "The average price here for a bungalow is \$82,000, which is the lowest in the region," he said. "What we want to do is give older residents an option while encouraging more families here."

Gagné said the town rejected any plans to sell the five storey municipal

building because the cost of refurbishing it for a potential buyer was too high. "It would cost us \$1.2 million to redo the roof and the windows and the heating system," he said. "We could not get that money back if we sold it. Besides, we've had no offers for the building in the past four years." He added that selling the building for a dollar would be too risky given its poor shape. "It needs so many repairs that we fear the buyer would be able to sue us for selling a defective building. We did not want that possibility." The town plans to tear down the old town hall in June, at a cost of \$400,000.

In other town news, the council approved the borrowing of \$725,000 for the rebuilding of some streets and the purchase of new vehicles. Gagné said the loan was needed given the town's meager tax base. "We can only hope rev-

enues increase with new residents and more business, but even if that does not happen, we will have to maintain our streets and services," he said.

The council is optimistic the provincial government will approve a \$52 million loan guarantee for the town's Jeffrey asbestos mine soon.

The loan guarantee has been discussed since last year to revive the mine and create up to 400 jobs. It is also needed to convince an Indian-led business consortium to buy the mine from its present owners, president Bernard Coulombe and a group of present and former employees.

The loan guarantee has been criticized by several anti-asbestos groups worldwide, who argue the fireproof fiber is too toxic for human health and the mine should be shut down permanently.

Big fines for motorists

By Corrinna Pole
SHERBROOKE

Quebec drivers caught car surfing, street racing and speeding through roadwork zones could pay dearly with increased fines that came into effect March 10 throughout the province.

The new penalty's stem from amendments to section 516 of the Highway Safety Code through Bill 71 adopted by the National Assembly last year.

With the Minister of Transport, Sam Hamad, recent announcement to start or complete over 1,645 roadwork projects, the amendment to increase speeding fines in construction zones is timely.

During the 2011-2012 period, an estimated 53,600 workers will be at roadwork sites throughout the province where posted speeds are often decreased for driver and worker safety.

Drivers who exceed the posted limits will now pay double the price. For example if the limit is 70 km/h and you are caught going 20 km/h over, you will net a \$110 fine. If clocked at 100 km/h in the same zone, the fine is \$210 ticket, drive 15 km/h faster than that and you'll pay \$390.

Other amendments to the code include greater penalties for incidents such as car surfing, reckless driving endangering the lives or safety of others, and the number of passengers allowed in a vehicle.

A change to chapter 34 also intro-

duces licence suspensions for drivers caught excessively speeding on the road network with off-road vehicles. It also bans holding or hanging on to or being pushed or pulled by a moving power-assisted bicycles and includes fines from \$300 to \$500 (previously \$30 to \$60).

Fines for car surfing, which is an offence under sections 433 and 434 of the Highway Safety Code, have gone from \$30-\$60 to \$1,000-\$3,000; reckless driving endangering the lives and safety of others between \$1,000 to \$3,000 (from \$300 to \$600); street racing between \$1,000 to \$3,000 (from \$300 to \$600).

Motorists who have more passengers than seatbelts will pay \$200 to \$300 (previously \$30 to \$60) and having more people in the front seat than your vehicle will allow will cost \$200 to \$300 (formerly \$30 to \$60).

The first offence for a driver of a bus or minibus used for school transportation that

has more passengers than available seatbelts remains the same (\$200 to \$300) but repeating offenders will see fines between \$250 to \$750 (previously \$200 to \$300).

The fines are the same if their passengers exceed the allowable limit (\$200 to \$300 for a first time offence, \$250 to \$750 for repeat offenders.)

Drivers of heavy vehicles found guilty of refusing a police order to navigate their vehicle to a suitable place will be fined \$700 to \$3,000, double the former rate of \$350 to \$1,050.



Canada Border Services Agency / Agence des services frontaliers du Canada

Notice Reduced Hours of Service

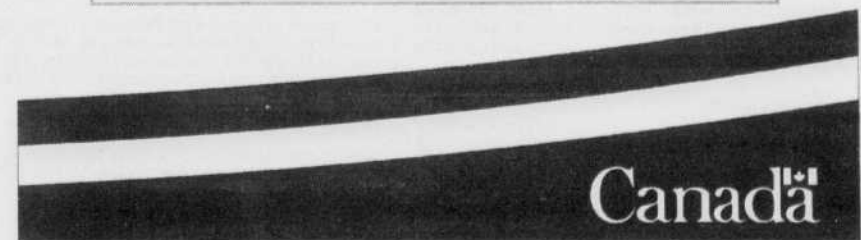
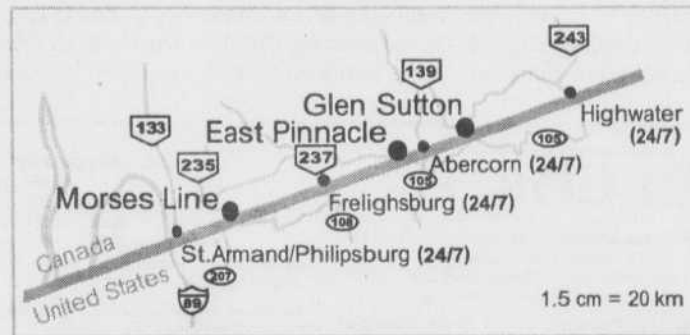
As of April 1, 2011, the Canada Border Services Agency will be **modifying the hours of operation** at some of its ports of entry.

The following border crossings will be open from 8:00 a.m. to 4:00 p.m. 7 days a week:

- Morses Line
- East Pinnacle
- Glen Sutton

To enter Canada outside of service hours, travellers will be required to use adjacent border crossings that are open at all times.

The complete list of Canada's border crossings and their hours of service are available at www.cbsa.gc.ca/offices.



EDITORIAL

The biggest underlying problems are the economy, the absence of justice in repressive and corrupt regimes, the segregation of populations along racial and religious lines and the nepotism of the ruling classes.

Anatomy of public revolt

By Manfred H. Starhemberg

Ironically, the two great revolutions, the American and the French, had to do with taxes. In America it was tea, in France salt. The tea tax set off a chain of events that changed the political landscape of the world, the French salt tax led to the end of the French royalty. We now live in a new kind of public uprising in the Middle East and it is interesting to examine the root causes of this surge of unrest:

Tunisia was first, then Egypt and now there is a bloody war in Libya. If Gaddafi wins it, this will bode ill for all the nations that are currently trying to escape oppressive regimes because it will act as a model for other despots who are in the process of learning that one can indeed stay in power by bombing the demonstrators, and the hell with the international courts of criminal justice. Just produce more oil and everyone will eventually shut up again.

The biggest underlying problems are the economy, the absence of justice in repressive and corrupt regimes, the segregation of populations along racial and religious lines and the nepotism of the ruling classes which will steal a nations wealth and share it among a clique of family, friends and "advisers", leaving the population too starved to do anything about it.

From Libyan oil to the blood diamonds of Zimbabwe, billions of dollars are stolen monthly by the "leaders" of their respective countries. Last week a few billion dollars of Gaddafi's funds were frozen, yet he still manages to pay his henchmen and elite guards enough to fight the poor and ill armed peasants whose only aim is to better their lives and create a democratic society. The problem in Libya is that there is a "council" but not one charismatic leader of the opposition who could appeal to the international community for help. No Mahatma Gandhi in Benghazi, no single person a Mr. Obama could call and confer with. Psychologists call it the "Shepard Syndrome"; every revolution needs a leader to be successful in the long run. Often, the shepards like Lenin, Peron, Mussolini, Mao or Hitler, turn out to be worse than their predecessors in the long run, but in today's enlightened and informed society, the chance of that happening again is greatly lessened through the broad and immediate dissemination of news through the internet and social networking sites.

There have been three catalysts that form the base of any uprising since the beginning of time. The first one is the economy. People without jobs or people with jobs that are underpaid to such a degree that every day becomes a mental and physical nightmare with no relief in sight will eventually either make the afflicted people give up or rise up. This will lead either to mass hysteria which, if not channelled by a leadership capable of harnessing the energy, can and often does fail. Or it leads to a stoic

docility as evidenced to some degree in Zimbabwe today, when people simply run out of energy to offer resistance. It was stoic docility that afforded the German Reich to round up and kill millions. There simply was no fight left and no leadership to oppose the oppressors.

Next to the economic situation comes the visual impact of the empowered class. People with nothing to eat are inundated daily by the vision of the ruling classes' Rolls Royces, Mercedes, Audi, BMW and Land Rover cars which are normally preceded by military vehicles which "sweep" the streets of rubble. Add to that the tacit approval by western powers of people like Gaddafi or until the recent past, Mubarak of Egypt. It is hard to see the populace get the energy to revolt because in their minds they will not only have to fight their own oppressors while not being assured of assistance from foreign powers who have always been lavish in praise of democracy but have for the most part been reluctant to give more than lame lip service to those in actual and immediate need.

And then we have the press; Wolf Blitzer and company pretty much had Gaddafi at the international court in the Hague a week ago but now that Gaddafi is nuking his own people and seems to be winning, the "revenge for Lockerbie" stories are becoming dimmer and dimmer. After all, America consumes 20 % of all the oil produced in the world and "we don't want to be too hasty condemning the guy that sells us the stuff". The national press in the afflicted countries is tightly controlled and journalists have been murdered for trying to speak out about abuse of power, theft of public funds and human rights violations. Sadly, the only real news people can get is from the internet which the despots have quickly learned how to shut down. Ditto with cellphones. In the old USSR, the people who fought communism listened to the "Voice of America" in clandestine attics and then mimeographed the news for distribution among their ranks. Same idea but now it is much easier to just cut people off electronically and jam radio transmissions other than the fearless leader's diatribes.

The Canadian government seems to have disassociated itself from most conflicts of late. There are no decisive statements from Ottawa, no assessments of the future balance of power in the affected regions, no contingency plans of assistance, even for human rights issues, no intervention on behalf of people who are being beaten back into the 16th century. Even the churches seem to have become eerily quiet. For all this international quest for rights, freedoms, equality and hope for the future to work, the world community must speak out loudly and get rid of the parasites that control millions of lives from not only Libya but from North Korea to China.

Gaddafi and all the other criminal "leaders" out there must be happy about the devastating events in Japan because it, at least temporarily, has eclipsed

their own troubles and affords them the opportunity to quietly kill the citizens who stay in the way of their greed for power and their offshore bank accounts...

Letter

DEAR EDITOR,

I have had many articles published by the Sherbrooke Record over the years. I am sending this with hope it will be useful for all of us who are feeling helpless as we watch and hear about the situation in Japan. My brother is in Japan, and keeping in touch with us through Facebook. His wife is in the town of Naka, in Ibaraki Prefecture, and after the quake was safe with her parents in their home. The nuclear plant near their town Tokaimura, was shut down when they heard about the tsunami, at 2:46 March 11. The tsunami hit at 3:15.

Angels Take Shape
What happens to our prayers?
Do they just float out into space
like a cloud of words spoken to the wind?
Do they wriggle and whisper
into the ear of God?
Do they stand outside a heavenly court
waiting for an audience
with a Creator who will choose
whether to dispatch help or not
(depending on the virtue of the suppliant
and the sins of the prayed for?)
O My God, no.
Never would I worship such a whimsical beast:
king or father or puppeteer
pulling strings, making judgements, ruling from a
cloud throne.

Our prayers find their way into rubble and terror
with the words of angels as wings and shovels:
"Do not fear."
God gives arms and feet to our prayers.
They are there, standing in line, standing in the
wreckage.
Spirit cannot be blocked.

Angels come in many forms, in tofu shared
in neighbour heard, in baby rocked.
Trust that our prayers are there
in the shaken broken hearts of Japan
mending, lifting, helping when nothing else can.

For the skeleton staff at the nuclear plants
and the shopkeepers with empty shelves
For people safe but captive in their homes,
or huddled under blankets in shelters,
May our prayers be angels
taking human form to comfort, rescue and love
in God's name, and in the strength of Christ,
who came in human form, announced by angels
to a broken world.

WENDY MACLEAN
(FORMER MINISTER OF EMMANUEL UNITED CHURCH, COWANSVILLE)



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COLUMNIST

We swallowed the sales pitch because we like to use energy. We like to use lots of energy. And make it cheap please.

Juggling nuclear hand grenades



STEVEN BLACK

Doh! I've done it again. Somehow I've managed to accept that juggling hand grenades is just fine because an expert told me that they are as safe as tennis balls as long as the pin is left in.

I remember when the Pickering Nuclear Power Station opened up and as a child I had the privilege of getting a special tour with a friend of mine whose father was an engineer working there. I was dazzled by all the possibilities the technology promised. The deep blue pool of heavy water seemed to invite me to jump in. For years later when driving down Brock Road I would look for the majestic domes of the station, glorious against the backdrop of Lake Ontario and wonder at the vast power that emanated on great wires snaking in different directions to needy households and factories. It seemed to me, then, to be a clean and abundant energy source and the fact that it was a relatively new thing of science made it better still. Wasn't oil and coal dangerously polluting? Wasn't it running out? Here was the perfect solution. And if we could ever manage to control fusion, the possibilities were endless.

Greater awareness and several nuclear accidents later I became wary of such claims. Nuclear-armed and powered submarines have experienced disaster. The USS Thresher and USS Scorpion are just two. Add to these Russian submarines K-37, K-38, K-208, K-210, K-216, K-279, K-316, K-367, K-371, K-386, K-462, K-447, K-508 and TK-208. Three Mile Island and Chernobyl both eroded my confidence. And there was also the reminder that something needs to be done with all the waste. With worries about the drawbacks of burying it deep in disused mines or shipping it to someone else on trains or ships, good solutions seemed elusive. Or, such waste could be acquired by those who would devise a simple "dirty bomb" to use against an innocent population. Then it came to our attention that some nuclear reactors could produce weapons grade material and be a front for dangerous regimes to get "the bomb." Their insistence on nuclear

independence always seems to tip us towards war. All such things made me suspicious of the claims coming from nuclear fans as they tossed me their hand grenades and smilingly assured me in their lab coats that it was perfectly safe as long as the safety protocols were in place.

Lately however, I had forgotten these dangers and concerns. I had accepted the deluded and smug assumption that we are so much smarter today and we can do all things better. I had gone along with those who said that there is nothing for us to learn from the past. This is the 21st century after all. I had taken to worrying about another hand grenade I was juggling, instead. Oil was running out, oil prices were rising, global instability put reliable supply at risk, "greenhouse gasses", carbon emissions, poisonous exhausts, the environmental devastation required of tar sand extraction and so on set me longing for a cleaner, cheaper alternative. Gradually I had again considered that nuclear power was a better alternative. Maybe it wasn't so bad after all, as long as the pin stayed in the grenade.

Entire industries, government programs, and even countries have come to depend on nuclear power. The "lesser-of-two-evils thing" tends to lull us into overlooking the "evil" part. What other explanation is there to why governments, scientists and engineers should build more and more reactors and even do so near fault lines and in earthquake zones? The warnings were all there and the voices of alarm have been steady, but we let them become so much white noise as we swallowed the sales pitch because we like to use energy. We like to use lots of energy. And make it cheap please. So, like a person eagerly signing the contract without reading the small print lest it discourage us, we accepted the hand grenade again and continued juggling.

It took poor Japan having endured both sides of the nuclear horror, for me to realise that I had become complacent again. I wonder how many other danger I've blithely accepted and am juggling right now amidst the sound of warning voices? It reminds me of another voice from the past, that said, "Professing themselves to be wise, they became fools."

So, how do we stop juggling without making a mess?

Antique Show

Antique hunters looking to add to their collection will have three days to explore the wares of local antique dealers at the Carrefour de l'Estrie mall for the 10th Sherbrooke Antique Show.

From Friday to Sunday, collectors and aficionados can buy, sell or browse a diverse collection of heritage objects, art, furniture, dishes, jewellery and more.

Twenty-four Townships' antique dealers will be exhibiting their items alongside antique appliance and furniture restorers, master upholsterers and cabinetmakers.

The free antique show runs from March 18 until March 20 in the central courtyard of the mall and in the square in front of the Sports Expert store.



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The Building & Grounds Department of Bishop's University is seeking applications from qualified individuals for a regular full time position as Refrigeration Mechanic. Reporting to the B & G Foreman, the incumbent will install, verify, adjust, service, repair and operate machinery such as air compressor/air dryer, ventilation, refrigeration, heating and chilling systems. The Refrigeration Mechanic will also perform preventive, corrective and cleaning maintenance on various equipment and mechanical rooms throughout the university campus. He/she will work in close collaboration with other members of the technical and maintenance team. The regular work week is 40 hours Monday to Friday.

Nature of duties and responsibilities

- Perform preventive and corrective maintenance of refrigeration, air conditioning, air compressor/air dryer, heating and ventilation systems, including those with ammonia and/or other coolant according to the proper maintenance program.
- Clean and lubricate parts and fine tune the installations to ensure that they perform and respect all specified rules & regulations;
- Verify the performance and operation of any refrigeration and/or cooling equipment as per specifications; verify refrigeration fluid pressure and detect any type of leaks, correct any defective equipment, restart and validate working parameters with the use of mechanical and electrical tools;
- Respond to any incoming calls and/or work orders related to refrigeration, air conditioning, air compressor/air dryer, heating and ventilation systems and perform corrective measures.
- Install and test control panels and pneumatic circuits for refrigeration, air conditioning, air compressor/air dryer, heating and ventilation systems. Verify, as per technical drawings, that cables are properly installed and insure that the systems are stable and working at top efficiency.
- Conceive and elaborate additions and/or modifications to existing systems, prepare the list of any parts or material needed; establish the material and cost estimates; prepare plans or drawings;
- Prepare start-up and shutdown of refrigeration, air conditioning, heating and ventilation systems by using electronic controls; order parts during breakdowns and/or if needed; control these operations with a computerized system.
- Must be available for on-call in case of emergency or when required by supervisor;
- Other tasks are required by the immediate supervisor.

Qualifications and Requirements

- High School Diploma with at least 1 year studies in refrigeration and mechanical systems or a
- Professional diploma (DEP) in refrigeration and mechanical systems (1800 hrs);
- Valid Class A certification in refrigeration or Journeyman Competency Certificate in refrigeration;
- Valid Driver's Licence - Class 5 ;
- Ability to speak French with a basic knowledge of English ;
- Working knowledge of plumbing, electrical and mechanical systems
- Knowledge of computer software applications

CLASSIFICATION: Class 16
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April 1, 2011 at 4:00 p.m.:**

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The Scoop

See it all... live it all... in a re-invented 'Yurt'

By Mable Hastings

What is a "Yurt?" Well, your first guess might be a character from a Dr. Seuss book but you would be wrong. A Yurt is the traditional habitat used by the Nomads of Central Asia, for over two thousand years. Because of its lightweight and easy assembly, it inspires outdoor enthusiasts to take a new interest in its many benefits however; its versions to date have left something to be desired.

Meet Debbie Lamothe, who grew up in Mansonville and Michel LaBadie from Montreal, founders of Exotik Innovations (Tentes Exotik Inc); a new company that designs, manufactures, sells and customizes liveable four season, innovative, pure and comfortable structures. They have developed a concept that unifies respect for the environment and the flexibility of an ancient structure without compromising all the benefits of a contemporary life style.

Inspired by the traditional Yurt, but reinvented by using proven technological applications and a rigorous technical design, which ensures a cutting edge product allowing you to live in harmony with nature, while enjoying the many benefits of a contemporary life style.

"With us," explains Debbie, "you're not only buying a liveable structure, but a complete service which allows you to benefit almost immediately from your new acquisition in total comfort and se-

curity. We can handle everything for you, if you wish" she added.

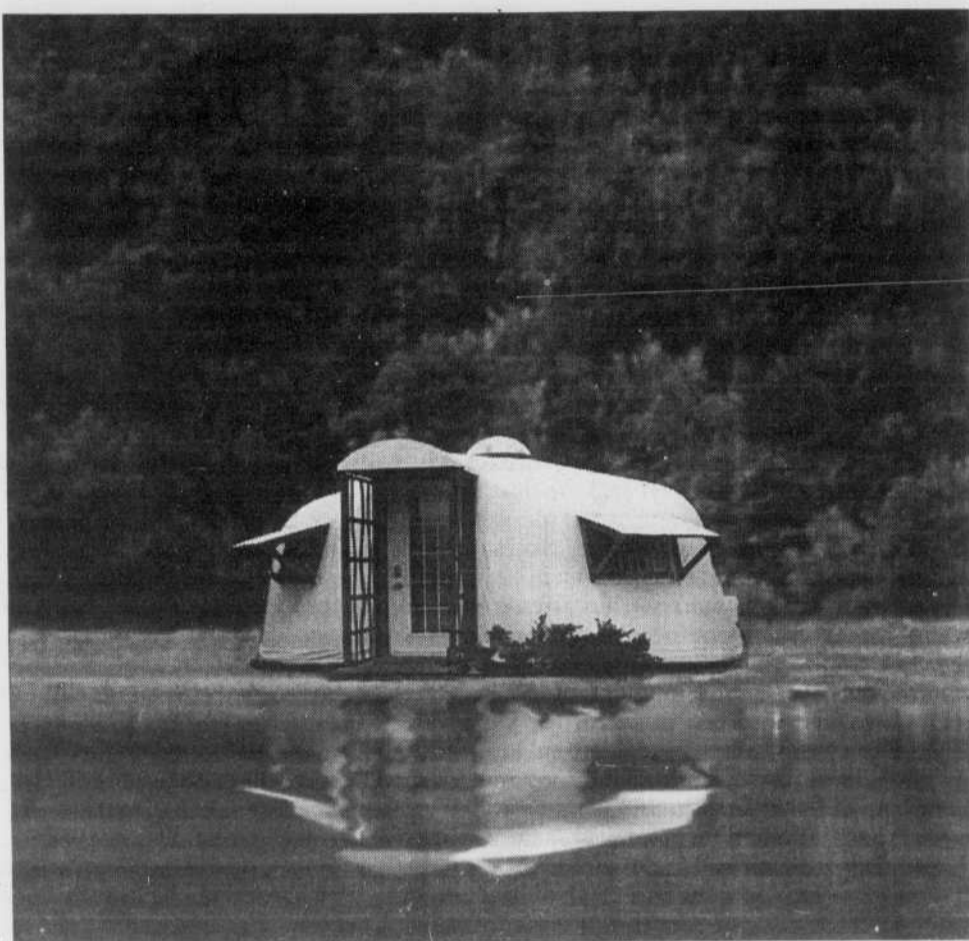
Photos of said structures are impressive but an up close visit is highly recommended. It is one of those times where the phrase, "you gotta see it to believe it," truly applies.

At a recent show at the Olympic Stadium in Montreal, the many visitors who passed by the "Yurt," admiring its unique exterior, were shocked in entering by the size, appearance and overall quality. The Yurt is not your run of the mill tent so get that notion right out of your head. This product is flexible and ideal for: public parks, ski centres, health centres, an apartment for your mother in law or the kid that just won't leave home, camp sites, an office, game room... the list goes on and on.

"We can also help you personalize your Yurt by proposing several varieties of interior furnishings or advice on more Exotik flooring products," explained Michel LaBadie.

To find out more about this "Exotik" and comfortable oasis product, visit www.tentesexotik.com or call Debbie or Michel at 1-514-808-1542, they are always happy to answer your questions.

If you are looking for something flexible, different and affordable, the "Yurt" might just be the very thing you ought to see. The very thing you ought to see just may be... the Yurt! Okay, so I'm no Dr. Seuss but the Yurt is worth investigating



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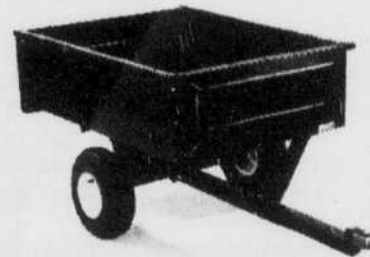


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Local Sports

"It's always tough to keep players focused when there's a long time between games. We try to do different things at practice, new drills, different scoring systems, to keep guys engaged and motivated."

Cougar cagers head to Regionals

By Mike Hickey

The Champlain College men's and women's basketball teams are heading to the CEGEP AA Regionals this weekend with an eye to earning one of four berths to the provincial championships that will be held in April.

The women's team that captured a bronze medal at last year's provincial tournament will enter play this weekend as the Nord-Est's top seed after finishing the regular season with a 15-1 record. Their only loss came at the hands of College Lafleche and the two teams split a pair of regular season games with the Cougars being awarded first place based on point differential. Champlain defeated College Lafleche 68-57 back on February 11 and then dropped a 73-68 decision to Lafleche the following day.

Champlain will open up against the host Jonquiere and Head Coach Steve Cassivi expects a tough game.

"They were second most of the season and then lost a few games at the end to finish fourth," Cassivi said in a phone interview earlier this week. "Every team in their conference is strong."

The Cougar preparation for this weekend included a pair of scrimmages against the Bishop's Gaiters.

"The scrimmages were good because it brought us back to earth," Cassivi said. "We have had some good practices this week and now the only question is injuries."

Cassivi's main concern is the status of point guard Stephanie Allard who suffered a concussion two weeks ago in Champlain's final regular season game, an 86-43 win over Sorel-Tracy. While Allard has shown progress during the week, it will most likely be a game-time decision on whether she is able to play in the tournament.

The team is led by what Cassivi describes as his "Big Three" consisting of rookie Jenea Grayer and veterans Marie-Michele Paquin and Dani Lumley. Grayer leads the Cougars with a 16.7 point-per-game average, fourth best in the conference. Paquin is averaging 13.8 while Lennoxville native Dani Lumley is scoring nearly 11 points a game and is the team's top rebounder.

"Jenea and Marie-Michele have been playing great and they scored 28 and 15 points in our final game against Sorel," Cassivi said. "One of our concerns is keeping Dani out of foul trouble. When she is on the floor she dominates and will grab 20 rebounds for us but she can't rebound if she is sitting on the bench because of foul trouble. We are going into the tournament with just nine players so we can't afford to have anyone in foul trouble."

The men will be playing in Chicoutimi and have drawn F. X. Garneau as a first round opponent.

Champlain brings a five-game winning streak (their last loss was to the first-place undefeated Sherbrooke Volontaires a month ago) and head coach Doug McCooye believes, "We have to play our game and not get caught up in

what the other team is doing. We're at our best when we're just playing, not thinking too much, just reading and reacting and playing with a swagger. If we can find a way to do that, I'm confident we'll put ourselves in a position to win."

The three-week layoff has presented challenges to the team.

"We've been able to stay sharp for the most part," McCooye said. "It's always tough to keep players focused when there's a long time between games. We try to do different things at practice, new drills, different scoring systems, to keep guys engaged and motivated."

The second-year head coach listed Casey Simeon, Jay Ochman, Jeff Rogers, and Alexandre Hamel-Petit as key players this weekend.

"In a situation like this, you have to count on your veteran guys. When the adversity hits, and it does every game,

you have to lean on your leaders and trust they'll get you through it. So far this year Casey, Jay, Jeff and Alex have done a good job of handling adversity, but the biggest test will come this weekend."

As has been the case all season long the Cougars must outwork and outthrustle their opponents.

"Our goal every game is to be the hardest working team on the floor and in most games, we have been," McCooye said. "As a coach, that's all I can ask for. If you're working harder, making the hustle plays, and showing that you want it really badly, the rest takes care of itself."

Simeon is confident the Cougars can finish in the top four this weekend and earn a berth at the Provincials in early April.

"The team is very excited going to Re-

gionals, everyone has been talking about it non-stop for the last two weeks and we can't wait for the weekend to start," Simeon said in an interview Tuesday. "I think that if we can control the tempo of the game and play our style of basketball then we have a good chance of winning Regionals and going to Provincials with the top seed."

According to Simeon, chemistry has played a major role in the team's success.

"This year has been the year in which I've had the most fun playing basketball," he said. "I really like the group of guys that we have put on the floor, not only on the court but off it as well. I think that with the chemistry that we have we will be able to overcome the difficulties of playing in the Regionals and hopefully we will be able to make some noise in the playoffs."

Biathlon prodigy wins gold at Nationals

By Doug McCooye

Alexina Gaudet-Grégoire - the 13-year-old Sherbrooke teen - faced off against fellow Cadets at the National Biathlon Championships, an event that recently concluded at the Myriam Bédard Biathlon Centre in Valcartier, Quebec.

A member of the 067 Sherbrooke Division of the Air Cadets, the young Saint Francois High-School student fared quite well in the week-long competition, competing in four events in total.

Biathlon is a winter sport that combines cross-country skiing and rifle shooting. Competitors race around a cross-country skiing course, and the distance is broken up by a series of shooting rounds. The winners are the ones who can combine the fastest times with the most accurate shooting.

Competing in the junior division, Gaudet-Grégoire and two teammates who represented Eastern Canada (comprised of Quebec and parts of Ontario) captured a gold medal in the combined

relay event, beating out about a dozen other teams. The same team captured a bronze in the patrol event, a race inspired by military practices and exercises.

In the individual competition, Gaudet-Grégoire - who was the only junior biathlete from the Eastern Townships-Beauce-Bois Francs region to qualify for the Nationals - finished eleventh in the mass-start event and twelfth in the pursuit event.

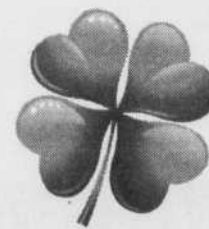
All in all, it was quite a successful week considering this is only her second year competing in the sport.

Alexina's father, Patrice Grégoire, couldn't be more proud and says that she's already set her sights on next year's Nationals, scheduled to take place in Halifax in the winter of 2012.



COURTESY

Alexina Gaudet-Grégoire at the National Biathlon Championships in Valcartier.



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WINNETT'S WHINE

Montreal embarrassment

Opinion by Jordan Winnett

Although more than a week old now, the Montreal Canadiens' young forward Max Pacioretty and his near decapitation by behemoth Bruins defenseman Zdeno Chara is all anyone in Montreal and the hockey world (TSN) can talk about.

Obviously, first and foremost the Habs' fans and the casual observers are concerned for the health of Pacioretty, but why are league officials and general managers being forced to hold an immediate closed door meeting to discuss possible rule changes because of one unfortunate incident? The answer is simple: It happened in Montreal. To a Canadiens player! Don't forget they were playing the Bruins, only the Habs' most hated rival (sorry Toronto fans, your team is never good enough to constitute a rival) and the 'assailant' was none other than "The Big Show" on ice; a 6-foot, 9-inch, 255-pound Slovakian who routinely tosses players around like rag dolls (sorry Bryan McCabe) just as easily as he smoothly clocks a 105.9 mph slapshot.

Listen, if this incident occurred in Nashville or Columbus, to a random player from either team, do you think the media and the fans, not to mention the local police, would still be talking about it daily? Heeeeelllllll no!

I understand Montreal fans are loyal and boisterous for their squad, but protesting outside the Bell Centre before the recent home game against the Capitals because no extra punishment was given to Chara for his actions is embarrassing! Get over it. It's hockey. It's a dangerous game, played by large men moving at incredible speeds who all understand the risk of injury when they lace up the boots. Why can't you?

Let's do a role reversal. Bruins forward Patrice Bergeron chips the puck past Canadiens' own mammoth defenseman Hal Gill, but aware Bergeron has a clear step on the slow moving defender, Gill reaches out and grabs Bergeron's shoulder, forcibly rubbing him into the turnbuckle in the process. Unfortunately, Bergeron crumbles to the ice in a heap, lying motionless on the ice between the benches in a silent Bell Centre. Two minute minor for interference? Absolutely. Criminal act? Give me a break.

This is only a huge news story because it happened to a Habs player, in Montreal. Do you want to know what warrants a criminal charge: Marty McSorley's intentional, pre-meditated baseball swing to the head of unsuspecting Canucks' forward Donald Brashear in February of 2000.

Hockey is a fast, reactionary sport with a chance for injuries. As Capitals coach Bruce Boudreau puts it, "If you don't like it, don't come to the games."

Somehow I believe Montreal's attendance records won't be in jeopardy anytime soon.

The next Steve Nash?

Milos Raonic is a 6-foot, 5-inch, lanky, athletic twenty-year-old who turned pro straight out of high school, but hasn't been heard of since recently popping into the national and international headlines with his stellar play. Oh, by the way, Raonic doesn't play basketball. He's a tennis player.

Born in Montenegro, but raised in Thornhill, Ontario since he was three, Raonic is skyrocketing up the ATP world player rankings, soaring from #152 earlier in the 2011 year, to his current rank of #37. He is already the highest-ranked Canadian singles tennis player of all-time, and his ability is seemingly limitless. Repeatedly praised for his overwhelming serve, Raonic is the first Canadian singles tennis player of value, since hard-serving Greg Rusedski renounced his Canadian citizenship for high tea with Prince Charles.

Hockey aside, Canada desperately needs a new star athlete in another sport to inspire Canadian youngsters to pursue their dreams. Two-time NBA MVP Steve Nash has done so much for Canadian basketball, but his career is winding down, thus the torch must be passed. Baseball's Justin Morneau has dominated American League pitching for the Minnesota Twins, but continual injuries since his MVP campaign has put his career in jeopardy, while golfer Mike Weir is no longer on the PGA Tour for 2011.

Star athletes promote sports. Nash has done it for basketball; Morneau for baseball; Weir for golf. Will Raonic do it for tennis in our country?

Next step: A Canadian soccer star. Why do the Brits steal our athletes? I'm talking to you Owen Hargreaves!

JUNIOR AAA HOCKEY

Cougars face Valleyfield in semifinal action Sunday

By Ben Kramer

Sunday afternoon at the Eugene Lalonde Arena, the regular-season champion Champlain Cougars, looking to continue their torrid playoff pace, take on the determined Valleyfield Braves. After eliminating St. Agathe 10-3 to earn a spot in the semifinal the Cougars are a confident, focused group wanting to start this series off with a victory at home. Three Cougar skaters holding hot hands going into this series are left-winger Jerome Anctil, center Janick Asselin and Pascal Lariviere.

The veteran coaching staff led by head coach Judes Vallee is getting contributions from all his forward lines. Benjamin Martin and Marc-Etienne Drapeau, each with nine points in five games, are making major contributions to a well-rounded Cougar attack. Defensively the home team is led by 20-year-old Nicolas Poulin, who has accumulated six points in five games and is a plus-3 in post-season action. Sherbrooke goalie coach Eric Roy has his netminders sharp and eager to take the ice, led by Alexandre Alain-Rajotte who made his mark with four convincing victories in the last series.

Valleyfield finished sixth overall in league standings and like any away team are hoping to steal one on the road. Braves head coach Simon Turcot knows a victory on Cougar turf will not only affect home ice advantage, but his team can gain that much-needed momentum

heading home for game two. The Braves defeated division winners St. Jerome Panthers to gain the opportunity to face the first-ranked Champlain squad. The Braves, encouraged by their victory over the Panthers, are relying on Guillaume Donovan with five goals and Maxim Guerin's four goals to carry their attack against the Champlain netminders. The Champlain Cougar fans are anticipating the Cougars' exceptional playoff performance to continue when the puck drops to start the series at the Lalonde Arena this Sunday at 4 p.m.

Other semi-final action starts on Saturday as second-place College Francais of Longueuil welcomes the fifth-place Traffic from Joliette to the Colisee Jean Beliveau; game time is 8 p.m. Division winner Longueuil, who defeated the Princeville Titans in their quarterfinal draw should be the favoured team in this series. Joliette, however, has the three leading point-getters in postseason play, Patrick Lapostolle, Alexandre Cote and with 12 goals in only nine games, Nicholas Pard. Coach Steve Hartley and the rest of the Traffic team would love to hand their opposition an early exit to the season.

Both semifinal series are bound to be hotly contested affairs and all teams are hoping to avoid injuries that could derail any hopes of winning a championship. So as the clans gather and playoff aspirations climb fans will fill the stands watching as Junior AAA hockey history is played out.

Weir withdraws from Palmer Invitational

Postmedia News

It's been a tough month of March for Canadian golfer Mike Weir.

The Bright's Grove, Ont., native will have to skip next week's Arnold Palmer Invitational at Orlando's Bay Hill Club after having fluid from a cyst on his left wrist drained earlier this week.

Weir lost his fully exempt status at the beginning of March. The 40-year-old had been playing on a five-tournament medical exemption after failing to crack last season's top 125 money winners, the cut-off for keeping full PGA privileges.

He was guaranteed a spot in the Palmer Invitational after playing in the most recent Presidents Cup.

The wrist injury flared up last week and forced Weir to withdraw after just nine holes from the Puerto Rico Open.

"I'm obviously disappointed because I want to be on the golf course and getting my game back on track, but I'm not going to make the same mistake I made last year, trying to play through an issue that requires treatment," said Weir in a release.

Weir plans to rest and rehabilitate until the Masters next month.



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Church Services

Anglican

FITCH BAY

St. Matthias Church, Sunday, March 20: Contemporary Service at 11 a.m. Les Duke will be sharing. Pot-luck lunch following. All welcome.

LENNOXVILLE

St. George's Anglican Church, 84 Queen Street., the Ven. Dean Ross, Sunday, March 20: 8:00 a.m. Holy Communion, 10:00 a.m. Morning Prayer with Sunday School. Saturday, March 26: 7:30 p.m. Concert with Choir from Church of St. John the Evangelist, Ottawa, with Dr. Gordon Johnston, organist and choir-master. Sunday, March 27: 8:00 a.m. Holy Communion, 10:00 a.m. no service, 4:00 p.m. Deanery Service of Ordination with the visiting choir, lunch and fellowship at end of service. All welcome. Information: 819-346-5564.

Presbyterian

LENNOXVILLE

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

United

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Worship and Sunday School on March 20 at 10:00 a.m. Rev. James Potter, 819-565-8449.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, the Rev. Robin Osborne, 819-346-6373. Sunday, March 20: Worship at 10:30 a.m. There are activities for children during worship and nursery care for children under 2 years of age.

WATERVILLE-NORTH HATLEY, HATLEY
March 20: Hatley United Church service at 9:30, Waterville-North Hatley United Church service at 11:00 with Sunday School. Rev. Mead Baldwin 819-837-1112.

Mansonville U.C.W. meeting of February 10, 2011

A meeting of the Mansonville United Church Women was held at the home of the President on Thursday, February 10, 2011. The Grace was sung as 8 members, including a new member Agnes Heath, and 1 guest, Merton Bailey, gathered to enjoy the luncheon prepared by our President Roseleen, and dessert furnished by Mary Hamelin. We were happy to have a visit also from our Minister, Rev. Ryk Allen, who joined us for coffee and conversation. The business meeting followed.

Roll Call: We were pleased to welcome a new member today, namely Agnes Heath. Other members present were Roseleen George, President, Viola Knowlton, Vice President, Mary Bailey, Secretary-Treasurer, Mary Hamelin, Dorothy Woodard, Ruth Hastings and Mary Jewett.

Worship: The UCW Purpose was read by Mary Hamelin. A devotional period followed. Roseleen began with a reading entitled, "Great Grandparents". Mary

Bailey read two letters she had received at Christmas time from former Ministers, Edwin McDonald and George Lavery. These included interesting news of Ed and Shirley in Owens Sound, ON and their family, also of George and Mary Lavery of Kingston, ON and family, as well as inspirational messages in both letters. Roseleen read "A New Year's Prayer, and the Lord's Prayer was recited.

The Collection and donations towards Postage were received and dedicated by the singing of "We Give Thee But Thine Own".

Minutes: The Minutes of the meeting of January 6, 2011 were read and approved.

Cards: The following cards were prepared and signed, viz. Thinking of You cards for Shirley Cote and Esther and Lawrence Jones, and a Get Well card for Jean McNeil in the BMP Hospital.

Treasurer's Report: Mary Bailey presented the Financial Report of the Group for the year 2010, as well as the report

for the past month. Copies of the year end report were distributed to all members, as well as copies of the 2010 Congregational reports of the Knowlton-Mountain Valley Pastoral Charge to all those who had not received one.

Correspondence: Roseleen had received a Thank You letter from the Pottton First Responders for our contribution in December, as well as a Thank You note from Esther and Lawrence Jones for our card sent at the last meeting. The latest edition of "Happenings" was passed for all to enjoy.

Next meeting: Our next meeting will be held at the home of the President, on Thursday, March 3. Dessert will be provided by Ruth Hastings.

The meeting closed with the Mizpah benediction. A Penny Fair followed.

Mary F. Bailey,
Secretary-Treasurer

DR. GOTT

Are water softeners bad for health?

By Peter H. Gott, M.D.

DEAR DR. GOTT: I reside in an independent-living complex. When it was built in 2001, they put soft water throughout our water system on both the hot and cold faucets. Could this cause problems such as high blood pressure, neuropathy, dementia and more?

Many of the residents have had to take pills for high blood pressure and were never on them before. Some of these people are over 70 years old. Many of our residents are in the early stages of dementia and Alzheimer's. It is scary knowing that possibly the salt water in our water system could be causing these problems. A faucet in the basement of our building isn't connected to the system, so residents go there for a supply. The complex owner says he checked with a doctor who says the amount of salt in the water would not be harmful to us. Do we have a chance of having a real problem here? Should the water be changed?

DEAR READER: Hard water causes a buildup of chemicals in household pipes, stains sinks, discolors laundry, and dries out skin following bathing. That said, the National Research Council has gone on record stating that drinking hard water does not pose health risks. While I don't know what the condition of the water is in your area, obviously the owner of your complex determined that installing a water-softener system was the best way to go financially in the long run.

The amount of sodium added to any system depends on the hardness of the water, but treated water doesn't appear to add any significant amount of salt to the diet. Generally speaking, an 8-ounce glass of treated water contains less than 13 milligrams of sodium. The average adult without a history of hypertension requires between 1,500 and 2,400 milligrams of sodium each day. With a history of high blood pressure, the

recommended amount holds at 1,500 milligrams.

A more likely cause of excessive sodium comes from a person's diet. One teaspoon of salt contains 230 milligrams of sodium. Adding to that many processed foods, cold cuts, canned goods and soups brings the potential for excessive salt consumption far above the recommended daily allowance.

There is an association between Alzheimer's dementia and aluminum. Perhaps this is what some of your residents refer to. I cannot find any confirming reports of memory loss, Alzheimer's or neuropathy caused by water-softening systems. A more likely consideration is that the residents of your establishment are aging and are developing diseases and disorders common to an advanced age. That said, it appears that by making a trip to the basement for drinking water, residents who fear potential side effects can bypass the problem. I would also recommend that residents request a sodium test be added to their next routine lab work when they visit their physicians. Providing they eat a healthful diet and do not cook with or add salt to their meals, this will be one surefire way to resolve one of the issues.

Because of the concerns you raise, I am sending you copies of my Health Reports "Hypertension" and "Alzheimer's Disease." Other readers who would like copies should send a self-addressed stamped No. 10 envelope and a \$2 check or money order for each report to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title(s) or print an order form off my website at www.AskDrGottMD.com.

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

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Old Feelings

What am I doing, what is this pain?
It can't be that I'm thinking of her again...
Did I not leave her, alone and walking?
It felt right then; I felt free, sure that it was over...
But my loneliness keeps on talking,
For the days are long without my lost lover?

Old feelings, leave my heart alone;
Please let it have a rest...
The special place I keep for her
Is enough and I know it's best!

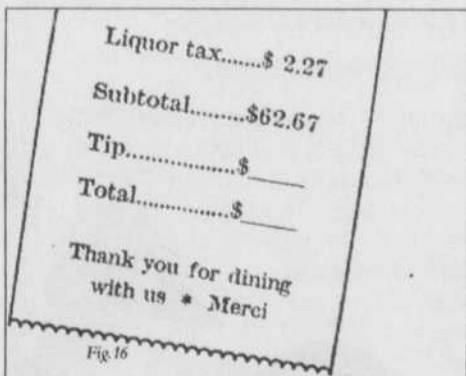
But she reappears to force me to remember
How every once in a while I crave to find
Her warmth on those cold nights in December
As passions travel from my heart to my mind.

Memories revive, and I sink into joyful reverie...
There is magical peace in the emotional transport;
In a sly way, her presence grips like it used to be;
I easily imagine her near... silence is her retort.

I guess I will never forget the moments she filled;
Many were dulcet times, and others awoke rages;
Though her lasting influence keeps me thrilled...
Still, we both accepted that life is lived in stages.

Confused I must admit is my most obvious feeling;
She could turn off all care and be a ranting storm;
Many a time she sent my mixed emotions reeling,
For she also gave calming love... so tender, so warm.

G.L. Brown



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Deaths

Helen Beattie FOWLIS

(February 28th, 1915 - March 5th, 2011)

Passed away peacefully at the Wales Home, March 5th 2011 in her 97th year. Born in Robertsonville Qc and baptised in Kinnears' Mills, she was the daughter of George Beattie and Margaret Dunn; Helen was the loving wife of the late Harry Fowlis (1915-1991) the sister of the late Jean (late Paul Cordeau) and the late Keith (late Enid Creed) the sister in law of the late James Fowlis (late Aurette Duchesne).

She is survived by her sons David (Ann Hayes) and Craig (Christine McMahon) and her grandchildren Andrew, Michael and Sydney. She also leaves her nieces Margaret Cordeau (Doug Kennedy), Anne Cordeau (Bruce Charron), Jane Cordeau (Steve Davies) and her nephew George Fowlis (Sylvie Gilbert); their children: Meghan, Sarah, Caitlin Kennedy; Lindsay, Stephanie, Kirsten Charron; Ashley, Jessica Davies; Christopher, Matthew Fowlis. Under the direction of Steve L Elkas Funeral home, the family will receive condolences at Plymouth-Trinity United Church 380 Dufferin Sherbrooke, Saturday March 19th, 2011 from 1-2 pm. Funeral at 2pm, the reverend Robin Osborne officiating. The burial of ashes at the Malvern Cemetery will take place at a later date.

In lieu of flowers, donations to the Plymouth-Trinity United Church - Funds for the Future, 380 Dufferin Sherbrooke Qc J1H 4M7 or the Wales Home Foundation 506 Route 143 N. Cleveland, Qc JOB 2H0 would be appreciated.

Thanks to the support of the CLSC staff and to Phyllis Cameron, her housekeeper and caregiver for many years, Helen was able to enjoy living in her own home until the end of December. The family would like to thank the personnel of the Wales Home for their professionalism, kindness and consideration over the past two months. We would also like to express heartfelt gratitude to Dr Marie Hayes for the attention and the care she provided over many years enabling Helen to remain functional and independent in her home as long as she did.

STEVE L. ELKAS FUNERAL HOME
601 Conseil St., Sherbrooke QC
info@steveelkas.com

PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com

Death

Howard Frederick MASTINE



Passed away peacefully with his family at his side, at the C.H.U.S. Fleurimont, Sher-

brooke, QC on Tuesday, March 15, 2011 at the age of 84. Loving husband of Klea Wentworth-Miller and the late Velma Hebert. Dear father of Linda (Robert Brighten), Wanda (Wilton Moreland), Brian (Francine Roy) and Peter (Josée Lachapelle). Grandfather of nine grandchildren and of four great-grandchildren. Step-dad of Klea's family, Robert Miller, Brian and Carol Miller, Kent Miller, and Christy (Kevin Lummerding). Survived by his sister Jean (Harold Keough), his sisters-in-law Blanche (late Nelson Mastine) and Pricilla (late Clarence Wentworth), his brother-in-law Robert Hebert (Myrna), and sisters-in-law Shirley (late William Nelson) and Gail (Peter Hill). Respecting his wishes, he will be cremated, followed by a graveside service and interment in Ste-Bibiane Cemetery in the spring. Arrangements entrusted to the Cass Funeral Home, Richmond.

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www.casshomes.ca

In Memoriams



CLOUGH - In loving memory of Lee LeBaron Clough, November 19, 1935 - March 19, 2006. Lee served as the North Hatley Postmaster for over 30 years.

Thinking of you always with love in our hearts.

He is dearly missed by his wife
DORIS CHRISTIE CLOUGH

his children
PENNY (MICHEL)
DEBBIE (RICK) and
LORI (RICHARD)
and his three lovely grandsons
JEREMY GOULET
GRIFFIN BONOMO CLOUGH
and **SAMUEL STRINGFELLOW**

WARD, Clara (1921-2007) In loving memory of our mother.

*Beyond the world as we know it,
There is a field of stars where we will meet again,
And we will never have to say "goodbye".*

We miss you Mom.
BERNICE, LINDA, JEAN

WINTLE - In memory of Kenneth Gilbert (April 18, 1962 - July 22, 1981) and Gilbert Sydney (February 27, 1924 - March 20, 2010). Sadly missed and forever in our hearts.

SERENA & FAMILY

In Memoriams

BRYANT, Gordon and Kay - In loving memory of our dear parents and grandparents. Dad passed away on April 8, 1992 and Mom passed away on March 19, 1994.

*If we could have one lifetime wish,
One dream that could come true,
We'd ask with all our hearts,
For yesterday and both of you.*

Lovingly remembered by
**GEORGE, LEE
AND FAMILY**

BRYANT (TRUE), Kathleen - In memory of a very dear mother and nanny who passed away March 19, 1994.

*The years may wipe away many things
But this they'll wipe out never,
The memory of those happy days
Which we had spent together.*

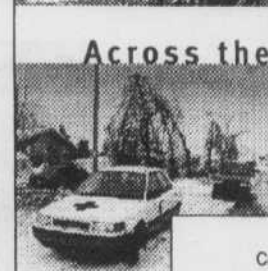
*For all you did for us,
You did your very best,
And now we can be sure
God's granted you eternal rest.*

Lovingly remembered by
**NANCY & ED
ALLAN & CHARLES
(grandchildren)**

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Robert (Bob) HARRISON



At the Argyll Pavillon, Sherbrooke, QC on Saturday, March 12, 2011 at the age of 69.

Robert Harrison, husband of the late Shirley Weston and is survived by his sister Charlotte (Buddy Bullard) and predeceased by his brother John (Sandra Rothney). In respect of his wishes there will be no visitation.

A graveside service will be held at a later date at the Riverside Cemetery, Kinnears Mills.

CASS FUNERAL HOMES
PHONE: 819-564-1750

Alton L. MILLS

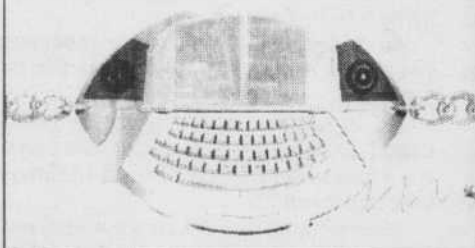


Passed away peacefully at the CHUS Fleurimont, Sherbrooke, on Wednesday March 16th 2011 at the age of 88. Loving

husband of the late Phyllis Morris, and dear father of Donald (Alice), Carol (Jean-Louis Côté) and Wendy (Denis Côté). Alton also leaves to mourn, his 8 grandchildren and 16 great grandchildren, and his brother Elmer (late Agnes) along with his nieces, nephews and many friends. A graveside service will be held at St-Andrews Cemetery, Melbourne, in the spring.

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

DEADLINES FOR DEATH NOTICES:

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

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

I don't know if Linda has already given him money, because every time I bring it up, she gets angry

Dear Annie: My neighbor "Linda" has been single and lonely for years. A few months ago, she told me that she was communicating with a man she met on a personals website. I was initially happy to hear this, but quickly changed my mind.

Over the past few weeks, Linda has told me they have lengthy phone conversations every day, although they haven't met. He originally told her he lived nearby but travels a lot on business. Now she says they will meet as soon as he gets home, but that keeps getting delayed.

I am positive this guy is a con man, but nothing I say convinces her. I don't know if Linda has already given him money, because every time I bring it up, she gets angry. Will you please share with your readers the dangers of these romance scams? — Concerned Friend

Dear Concerned: We don't know if this guy is taking money from Linda or if he's simply a married man, but we agree that something doesn't seem right. A legit romance allows you not only to meet each other in a public place, but to be introduced to family and friends. A man who finds excuses to avoid meeting you is hiding something. One who never lets you meet his friends or relatives is probably married. And asking for a loan is completely off limits until a genuine commitment is in place.

You cannot protect Linda from her own risky impulses, but you can warn her that not all such relationships are honest and tell her you hope she will be careful.

Dear Annie: Two of my daughter's friends are joining us in planning a party for her 30th birthday. The invitation they printed states: "Please bring \$37 cash per person for the meal. Alcoholic beverages will be an additional cost. Following dinner there will be a party at one of the local bars which will require more money for drinks."

I have always been under the impres-

sion that the hosts pay for the party. I told the other two hosts that if I ever received an invitation like that, I would not attend. Am I just old-fashioned? Is this the way things are done now? — Confused Mother

Dear Confused: The hosts should pay for the party. Otherwise, they are setting a price for the others without consulting them, which is both rude and inconsiderate. Unfortunately, many young people are unaware of this custom and see no reason to follow it. We recommend you bow out of this particular responsibility and let your daughter's friends throw whatever party they choose. You can attend and be billed like all the others.

Dear Annie: I strongly disagree with your response to "Thrown for a Loop," whose husband is meeting "Mary," a former co-worker, for occasional lunches. Now the wife is moving out. You said she is overreacting.

I think that devalues her fears. Possibly, he does miss his job and wants to keep up with office gossip. But if it's so innocent, why did he keep it a secret from his wife? How humiliating to have found out about the lunches from friends.

He doesn't have to be having sex with this woman for it to be hurtful and devastating to his marriage. And, if Mary is signing her e-mails, "Love, Mary," it's obvious she is hoping for more than lunch. I think Bill enjoys the attention from his former co-worker and the thrill of meeting her without his wife's knowledge. — Hope You Rethink Your Answer

Dear Hope: You are right that the husband should not be hiding these lunches from his wife, and we said so. But it seems an overreaction for the wife to simply walk out on her marriage instead of seeking counseling or working on other ways to remedy the situation. And we will stand by that.

Dear Annie: I would like to thank you

Annie's Mailbox for the many times you've reminded readers to take care of important medical, financial and end-of-life decisions. I did that years ago and have a legal will and power of attorney. Over the years, I also gently requested that my parents do the same, but they chose to ignore me.

Although it is too late to help our family, please continue to tell everyone how important it is to make their requests and wishes known and put into writing. The difficult decisions that must be made when a family member becomes incapacitated or passes away suddenly and without warning can be made easier with just a little planning. Everyone should ask themselves if the following information has been given to someone they trust to carry out their wishes and requests:

The names of their doctor, lawyer and whoever they have appointed to make decisions for them should they become unable to do so.

Whether they have a legal will and Health Care Power of Attorney and where they are located. (Be aware that banks require a signature on file and a key in order to search for a will in a lock box.)

Whether they are responsible for any other family members and, if so, what provisions they have made so that person will receive care if needed.

Whether they have life insurance.

Whether they have cemetery plots and any special requests for the type of service they would like to have.

Even an independent and private person should not have a problem with making sure this information is available to the person they want in charge in an emergency. It's not about giving up control of your assets. It's about enabling your loved ones to do the right thing when the time comes. — Been There, Done That the Hard Way

Dear Been There: Every person should

bring this column to the next family meeting. These are difficult conversations to have, but they are necessary. Thank you for giving our readers a push in the right direction.

Dear Annie: Please help me. I seem to have hurt my precious granddaughter with only the best intentions.

I am 82, and she is 21 and doing well in college. I sent a letter in a care package that included all kinds of healthy food. I started the letter saying, "If this is none of my business just tell me so," and continued with, "I think you are so busy that you don't realize you have gotten careless with your figure."

My granddaughter is gorgeous and so nice, and I never thought this would hurt her. We are good friends. There is nothing she or my daughters could not tell me. I have apologized. Her mom has said to drop it, and I will.


My granddaughter and I chatted at Christmastime, but I really don't think it's so wrong for a grandmother to be involved. Was I out of line? — Sad Grandmother

Dear Grandmother: Sending the box was fine. Adding a letter that chastised her about her weight was guaranteed to hurt, no matter how well-intentioned. You have apologized. She will get over this. But please don't do it again.

Dear Annie: This is for "Phil from Philly," whose friend sticks his hands in the ice bucket. I have a solution — a pasta scoop! It comes in various sizes and has only one handle, and the prongs help keep the ice from slipping out. You can find a variety from plastic to silver. We keep one in the ice bin at all times. It's pretty sanitary and easier to use than tongs. — Donna

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

They're About to Say I Do!



Danny and Shirley Enright are pleased to announce the upcoming marriage of their daughter, Jennifer, to Nicholas Thompson, son of Donnie and Cathy Thompson of Shawville, Quebec. Jennifer is the granddaughter of Winnie Paterson and George Enright. A beautiful spring wedding will take place on May 21 in Melbourne.

St. Patrick's meeting of the Austin W.I.

The March meeting of the Austin W.I. took place at the home in Austin of new member Lizette Maille on Wednesday, March 9. The house was beautifully decorated with Poinsettias, Shamrocks and Hyacinths.

Pres. Debi Bonn opened the meeting at 1 p.m. with all reciting the M.S. Collect and Salute to the Canadian flag, and thanking Lizette for her kind hospitality.

Motto: A smile is an inexpensive way to improve your looks!

Roll Call was to read a Limerick, and the wearing of the green as well, was answered by 13 members and 1 guest - namely past member Tina Linde. There were some very interesting Irish hats and quite a collection of Limericks which caused plenty of laughter!

Secretary Patti C. read the minutes from the February meeting and Treasurer Betty T. read her report showing a healthy balance for us to work with in 2011. All was approved.

Wool Gathering: 2 baby blankets; 8 scarves; 4 Cancer caps; 3 Premie Sets.

The total AUSTIN W.I. membership at present is 16 - listed as follows: Debi Bonn (McDougall), Patti Carriere (Baird), Elizabeth Davidson (Lyman), Lise Desbois (Gill), Claudette Giesinger (LaFleche), Marjorie Glassford (Cunningham), Liz Goodwin (Napier), Vicki May Hamm, Sylvia Hopps (Raymond), Evelyn Jackson (Buzzell), Beatrice Juby (Roya), Winnie Kirby (Cotterell), Jean Lee (Cochrane), Lisette Maille, Gerry

Meesen (Zeeman) and Betty Telford (Cochrane).

Officers:
 Past President: Lucy McGill
 President: Debi Bonn
 Secretary: Patti Carriere
 Treasurer: Betty Cochrane Telford
 Telephone Girl: Liz Goodwin
 Committees:
 Agriculture: Liz Davidson
 Education and Personal Development: Beatrice Juby
 Publicity: Betty Cochrane Telford
 Health & Community Living: Winnie Kirby & Patti Carriere
 More discussion took place concerning QWI 100th Anniversary to take place in June 2011.

An invitation was read from Fordyce Branch to a County meeting to take place at the Emmanuel United Church in Cowansville on March 22.

After singing the W.I. Grace all enjoyed a scrumptious tea of fruit, crackers, cheese and blueberry pie.

The March birthday girls were Bea Juby (March 4) and Patti Carriere (March 17). There were 2 birthday cakes - 1 by hostess Lizette and the other by our oldest member, Sylvia Hopps. Many thanks to you both for all the goodies!

The next meeting will be held at the home of Marjorie Glassford in Austin on Wednesday, April 13 at 1 p.m. Roll Call to be: Do you know your next door neighbours?

Betty Cochrane Telford, Publicity

CELEBRITY CIPHER
by Luis Campos

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

Today's clue: B equals U

"L'U WFLAA O NCJE LH SJCXJVW
GBF L EHCN FMOF OW ACHX OW L
WFOT RACWV FC XCI L'AA GV OA/
JLXMF." - MOAAV GVJJT

PREVIOUS SOLUTION: "Some mornings... I think, what am I doing in the movies? I wanna go back to Ireland and drive a forklift." - Liam Neeson

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CELEBRITY CIPHER
by Luis Campos

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

Today's clue: V equals P

"WBCFJS, HI TDZBMSL, RCB LVDZM
ZL NFHB; RCB BKDR C KL OJKSJI
DBNBZABS RCB BHWDKNBL FT RCB
LPM." - LZRRZMO WPJJ

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PREVIOUS SOLUTION: "I'm still a work in progress, but I know that as long as I stay close to God I'll be all right." - Halle Berry

KIT N' CARLYLE



HERMAN

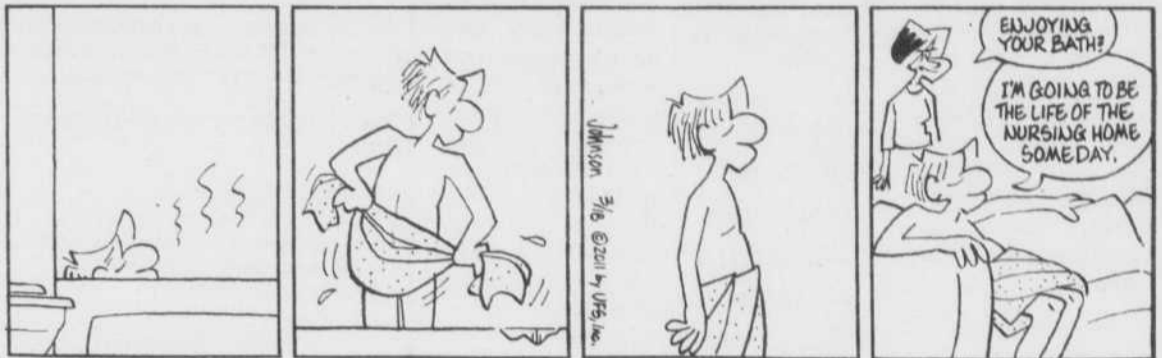


"Well, if it's the wrong number, why did you answer the phone, you idiot? Now I've lost my coin."

ALLEY OOP



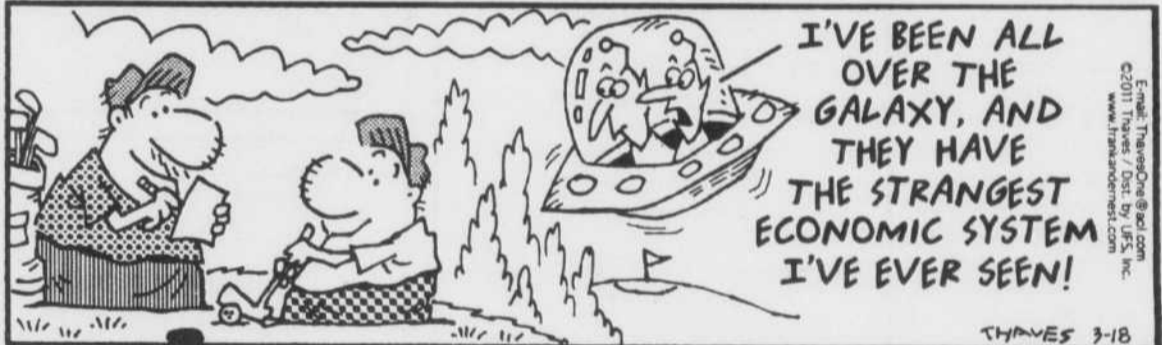
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5 1/2 - NEW LUXURY CONDO, North Ward, Emile Zola Street. 1400 sq.ft., fireplace, interior parking. Available May 2011. \$950. per month. Call 819-571-5202, 819-564-1299, 819-620-6963.

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100 Job Opportunities

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THE RECORD

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THE RECORD

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Please note that only those selected for interviews will be contacted.
Thank you for your interest in our company.

COMMISSION SCOLAIRE Eastern Townships SCHOOL BOARD

PUBLIC NOTICE CALL FOR TENDERS - BANKING SERVICES

The Eastern Townships School Board wishes to receive bids concerning its current banking operations and temporary borrowing needs for a period of five (5) years.

Banking institutions who are interested in submitting their bid may procure the specifications by contacting:

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

To be considered, all proposals must be submitted using the document provided for this purpose and deposited at the Eastern Townships School Board's head office at the address mentioned above, to the attention of André Turcotte, by the latest Friday, April 1st 2011 at 4:00 p.m.

The school board is not bound to accept either the lowest or any tender received.
Given in Magog, Quebec, this 18th day of March 2011.

Caroline Dufresne,
Secretary General

100 Job Opportunities

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

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- 2010 ESCAPE XLT, V6, auto., 4x4, full, 16,200 km., grey, \$23,995
- 2010 FORD E250 LONGBODY, 5.4 L., air, chrome, 21,000 km., white, \$25,995
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- 2009 FORD FLEX SEL, AWD, 4x4, V6, auto., 7 passenger, 37,030 km., black, \$26,995
- 2010 ESCAPE XLT, 4 cyl. auto., 4x2, full, 16,200 km., grey, \$23,995
- 2010 FORD TRANSIT CONNECT XLT, 5-passenger, full, 44,225 km., white, \$23,995
- 2006 FREESTAR SE, QUAD, mags, tv, dvd, full, 75,393 km., blue, \$10,995
- 2007 EXPLORER SPORT-TRAC LIMITED, V8, 4x4, 54,847 km., grey, \$23,995
- 2007 HYUNDAI SANTA FE GL, V6, auto., 4x4, full, 75,269 km., grey, \$16,995
- 2005 MAZDA TRIBUTE GS, 4x4, V6, auto., 96,727 km., grey, \$10,995

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275 Antiques

275 Antiques

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SATURDAY, MARCH 26 at 12:30 p.m.

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2 HERDS ALREADY CONSIGNED AND WILL BE SOLD AT THE START OF THE AUCTION

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Don't forget our farm machinery auction on April 9 as well as our upcoming feeder calf auctions on March 24, April 14 and May 5 and 26. Reserve your places as soon as possible!



ENCAN SAWYERVILLE INC.
Tel: 819-849-3606 Fax: 819-849-3047
Email: lafaille@bellnet.ca

Congratulations to Sophie Vaillancourt of Wotton, Quebec



After only two and half years of hard Judo training with her coach Charles Roy, and at least 6 hours of training per week, Sophie is very proud to show off her gold medal and Silver Medal she won at the Canada Games held in Halifax this past February.

Sophie's next goal is to win the maroon belt before she goes to Cegep this fall, and then someday be able to compete for World Champion.

Sophie is a student at R.R.H.S. and a former student of A.D.S. Elementary.

Reach for the stars Sophie, you can do it!

Respectfully submitted by
Marlene Goodenough

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Media advertising planners and advertisers should remember that the newspaper is the first place people turn to in these tough economic times. National statistics show that 1 of 3 Canadians go to newspapers more often than TV or radio to shop. People as a whole prefer seeing ads in papers that they can refer to later.

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THE RECORD

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Friday, March 18, 2011

North 03-18-11			
♠ 10 7 5 2			
♥ A J			
♦ K 9 8			
♣ K 7 6 4			
West		East	
♠ A 4		♠ 6	
♥ K Q 9 6		♥ 8 7 5 3 2	
♦ Q 7 6		♦ 10 5 3 2	
♣ A J 10 8		♣ 9 5 2	
South			
♠ K Q J 9 8 3			
♥ 10 4			
♦ A J 4			
♣ Q 3			
Dealer: West Vulnerable: Both			
South	West	North	East
2 ♠	1 NT 3 ♥	Pass 4 ♠	2 ♦ All pass
Opening lead: ♥ K			

Two rarities in one deal

By Phillip Alder

What is unusual about this deal? West leads the heart king against four spades. How should South plan the play?

East used a transfer to run out of one no-trump. West bid three hearts with four-card support. If North had doubled, he would have gained 500 on a club lead and 200 on any other start.

Declarer won with dummy's heart ace and played a trump to his king. West took his ace, cashed the heart queen, and exited with his last spade. South won in his hand, played a club to dummy's king, and led a club back to his queen. West took his ace and returned the club jack, which declarer ruffed. Now South had to play the diamond suit without loss. But since only 16 points were missing, West was marked with the queen. Would it drop?

Only if West had opened one no-trump with 2-4-2-5 distribution. Instead, declarer led his diamond jack. When West covered with the queen, South won with dummy's ace and ran the diamond nine through East. When that finesse worked, declarer claimed.

What is unusual? First, it is rare to make a game after an opponent has opened one no-trump. Second, South took a backward finesse in diamonds. This required two cards — here, the queen and 10 of diamonds — to be well placed, whereas a simple finesse would need only one card onside.

Phillip Alder is teaching during the American Contract Bridge League's Sectional at Sea from July 19 to 26 aboard Cunard's Queen Elizabeth. The cruise starts and ends in Southampton, England, and goes to the Norwegian fjords and the North Cape. Details are at www.phillipalderbridge.com.

Friday, March 18, 2011

In order to reap the substantial rewards you're capable of generating in the year ahead, a lot of patience and determination will be called for. To achieve these significant victories, a second effort is required.

PISCES (Feb. 20-March 20) — Negative thinking or expectations on your part could become very active and perhaps influence your judgment in a very unproductive manner. Don't be your own worst enemy.

ARIES (March 21-April 19) — An annoying responsibility will need to be taken care of once and for all. If you don't come through, it will stay with you for much longer than you care to think about.

TAURUS (April 20-May 20) — If you allow your sense of values to malfunction, it will cause you to adopt an irrational desire for something that is totally insignificant and not worth a red cent.

GEMINI (May 21-June 20) — Not only are you likely to bungle the skillful management of your everyday affairs, you also are apt to mishandle some type of complex relationship you worked hard at forming. Don't let it happen.

CANCER (June 21-July 22) — Even though you believe you have a lot of interesting things to comment on, let others have a chance to talk about what they believe to be their fascinating tales. Don't be a bore.

LEO (July 23-Aug. 22) — If you allow your wants to have the upper hand, there are strong indications that you'll let yourself go broke, leaving nothing left to do for the weekend except stay home and watch TV.

VIRGO (Aug. 23-Sept. 22) — No one knows better than you that confrontation only causes more problems, yet that's exactly what you're likely to do when attacked. Don't ignore gentler defensive tactics.

LIBRA (Sept. 23-Oct. 23) — You'll need to be imaginative in order to formulate defensive strategies and then seek out a battle with those who are looking for trouble and want to test your ideas.

SCORPIO (Oct. 24-Nov. 22) — A strong desire to gratify some pleasurable impulses could cause you to turn your back on some real responsibilities. Your neglect will anger those you promised to help.

SAGITTARIUS (Nov. 23-Dec. 21) — Evaluating situations from a selfish point of view will generate a lot of anger from those with whom you share your day. Make an effort to placate their positions and not just yours.

CAPRICORN (Dec. 22-Jan. 19) — Think before speaking, because if you don't, you are likely to offend your listeners to the point of them becoming very angry. Your comments might be difficult to rescind.

AQUARIUS (Jan. 20-Feb. 19) — Unless you are very careful, you are apt to get drawn into an angry development not of your making, but you will nonetheless have to share the penalties that arise from it.

Your Birthday

Saturday, March 19, 2011

Operating independently of others in the near future could be an extremely important skill to learn. However, if you find this to be a necessity, handle it very tactfully so that you don't alienate any of your alliances.

PISCES (Feb. 20-March 20) — Respectfully listen to the suggestions of those who think they know better, just in case they do, but don't abdicate your own sound judgment. Follow whatever idea you think is best.

ARIES (March 21-April 19) — Instead of waiting for an inept assistant to help, you'd be better off in the long run doing things for yourself. Their free labor could end up being very costly.

TAURUS (April 20-May 20) — Be careful about taking a chance on something that requires a lot of guesswork, especially if it is costly, because chances are it is designed to fail. All you will gain is an empty wallet.

GEMINI (May 21-June 20) — Do not make a big decision without consulting with the entire family, if it is something that would affect them as well. One among them might come up with a better solution.

CANCER (June 21-July 22) — Don't comment on anything that could be a sensitive matter to someone else, and especially don't offer any advice concerning the matter. Let everybody have a say first.

LEO (July 23-Aug. 22) — You know better than most not to base expenditures on funds you are hoping to receive. If you continue to practice prudence and practicality with your finances, you'll do just ducky.

VIRGO (Aug. 23-Sept. 22) — Waiting until everybody else has made their plans before making yours will not gain you any kind of advantage. Form a blueprint and then stick by it.

LIBRA (Sept. 23-Oct. 23) — Keep pace with your productive planning, especially if your workload is heavier than usual. If you take a minute to do something else and fall behind, you might never catch up in a timely fashion.

SCORPIO (Oct. 24-Nov. 22) — It might feel good to buck the will of the majority, but chances are it will also cause disension within your circle. Brush off your ego and join the rest of the world.

SAGITTARIUS (Nov. 23-Dec. 21) — When it comes to competitive involvements, take care that you're not tripped up by your own carelessness rather than by the opposition. Close your mouth and tie your shoes.

CAPRICORN (Dec. 22-Jan. 19) — If you're smart you'll keep your hopes for the day to yourself, just in case you won't be able to pull things off. If this doesn't work out, you won't be embarrassed.

AQUARIUS (Jan. 20-Feb. 19) — Check your billfold to see if it would support taking on an additional expenditures before making any plans. Be prepared to slam the brakes on your spending if you think a crash would be imminent.

Sunday, March 20, 2011

In the coming year, there's a chance you'll establish a number of new friendships that will take you on a fresh road leading to a better lifestyle. Several new improvements may be the very issues you feared to tackle previously.

PISCES (Feb. 20-March 20) — Someone who means a lot to you might have some financial problems s/he can't handle unaided, but that doesn't mean you must step up and give this person what is needed. Make a smart call.

ARIES (March 21-April 19) — If you find yourself always being the giver while everybody else seems to be the taker, put a stop to it. Unless you demand parity, nothing is likely to change. It's up to you.

TAURUS (April 20-May 20) — An acquaintance who tends to be a user will once again dump things on you that s/he doesn't want to do. You may have to ask yourself if you are this person's friend or his/her servant.

GEMINI (May 21-June 20) — If it seems that everybody is ganging up on you, even your best friends, chances are it's just your imagination. Look in the mirror for the real culprit.

CANCER (June 21-July 22) — It's okay to be wary of attempts to upstage you or take credit for something you did, but if you're thinking people do this all the time, you're most likely overreacting.

LEO (July 23-Aug. 22) — You're known for being a person who is hard to fool, yet if someone you like is telling the story, you might believe most anything. If it's important, check the facts, Jack!

VIRGO (Aug. 23-Sept. 22) — People who usually do you a favor when asked may not be available or simply won't be able to do your bidding. It would be best not to depend on anybody, but to accomplish your aims on your own steam.

LIBRA (Sept. 23-Oct. 23) — There is a good chance that your judgment might not be up to its usual standards. Thus, before rendering a decision or making a commitment, check things out twice, just to be sure.

SCORPIO (Oct. 24-Nov. 22) — Humility is a marvelous quality, but don't indulge it to the point of belittling yourself. Make sure you have plenty of ego left so that you can stand up for yourself if needed.

SAGITTARIUS (Nov. 23-Dec. 21) — Be careful to not be a bit too assertive with the wrong person under the wrong circumstances or at the wrong time. In other words, don't overdo your aggressiveness.

CAPRICORN (Dec. 22-Jan. 19) — Under the wrong circumstances you're likely to have a hard time trying to marshal all the forces you need to rally others to your banner. Avoid developments that require such action.

AQUARIUS (Jan. 20-Feb. 19) — Don't allow yourself to be pressured into making a judgment call based upon unconfirmed or inconclusive information. Have nothing to do with anything until you have all the real facts at hand.

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