

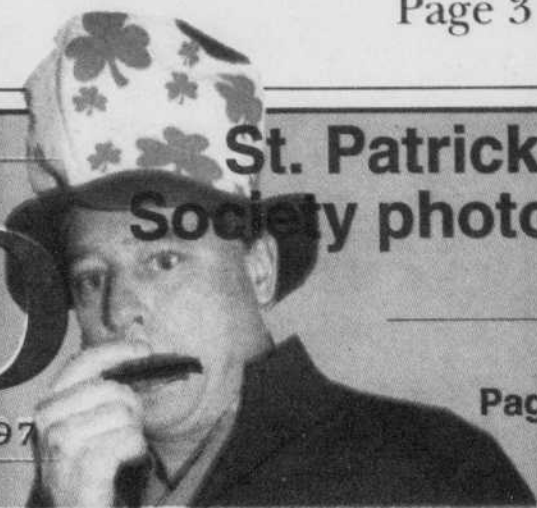
No news on labor talks

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

St. Patrick's Society photos



Page 5

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WEDNESDAY, MARCH 2, 2011

Sherbrooke Games countdown begins



CANADA GAMES COUNCIL / F. SCOTT GRANT

Canada Games president Tom Quinn (left) passing the torch to Sherbrooke 2013 Summer Games administrative council president Tom Allen during the closing ceremonies of the 2011 Halifax Winter Games on Sunday. See Doug McCooeye, page 3.

Catch a fallen star

Page 4

Woman found beaten to death

Page 5

Now over 60
enrolled for this
event!
**The Gate
breakfast**

The theme is "Business and Technology" and is presented by Sherbrooke Innopole, Université de Sherbrooke, The Maison Régionale of industry inc. with the collaboration of the Quebec Ministry of Economic Development, Innovation and Export.

The event will be held on Friday, March 4 from 7 a.m. to 9 a.m. at Hôtel Le Président, 3535 King West in Sherbrooke

Discussions will centre on energy efficiency at the heart of improved performance in small business. Energy-saving initiatives to help increase profit margins, improved quality of operations and reduced maintenance costs.

Meet the experts, and companies that have had success and come discover the free diagnostic program and offers from the Quebec Association for Energy Management (AQME)

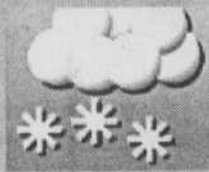
How to understand the web of information? How to start an energy efficiency initiative? What programs are available for your business? What benefits can be expected?

Key note speeches from Sherwood Hockey and Plastech will be made about examples of savings generated through energy efficient strategies.

To register, call Guylaine Boisvert at 819-566-5235 x. 215. Cost: \$20 (Payable locally in cash or by check)

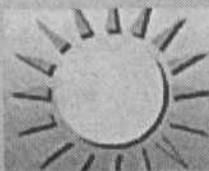
Email: gboisvert@mamri.ca

Weather



**TODAY:
FLURRIES**

**HIGH OF -1
LOW OF -7**



**THURSDAY:
SUNNY**

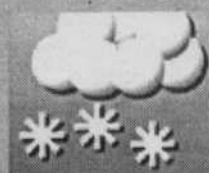
**HIGH OF -12
LOW OF -22**



**FRIDAY:
PARTLY
SUNNY
HIGH OF 0
LOW OF -21**



**SATURDAY:
SNOW
OR RAIN
HIGH OF 6
LOW OF -8**



**SUNDAY:
FLURRIES
HIGH OF 0
LOW OF -6**

Keeping in Touch



News from Our Cultural Partners

Did you know that members of Townshippers' Association can receive a 10% discount (where applicable) on tickets and entrance fees for some of the most interesting cultural and artistic organizations and events in the Townships? It's true! Read on to learn more about what our cultural partners have to offer you in the coming months.

Theatre

In association with the Knowlton Pub, the Knowlton Players are currently presenting 'Love for Sale', a dinner theatre comedy written by Laura Teasdale. This is your last chance to see this exciting production, which will take place on Friday and Saturday, March 4 and 5. To learn more about the Knowlton Players, visit: www.knowltonplayers.com.

The Sunshine Theatre troupe took to the airwaves this past December with "A Christmas Carol" on the About Townshippers weekly radio program on Radio Missisquoi Communautaire. In 2011, they will partner with RCM 99.1 FM to produce a total of 5 radio plays, one tour of Ourstory, and four play readings at Radio Village Hall.

For 2011, the Piggery Theatre is offering a varied program of entertainment, including the Montreal West Operatic Society's production of "Trial by Jury", a production of "2 Old Bags and a Geezer", a CBC recording of The Vinyl Café with Stuart McLean and a performance by Canadian country music artist Dean Brody. For further information about the 2011 program, visit: www.piggery.com.

Theatre Lac Brome's new summer repertory season will run from June 30 to September 3, 2011. It will include two comedies by Mortimer & Meilhac entitled "Mill Hill & The Brazilian" and "Dr Jekyll & Mr Hyde" (adapted by Jeffrey Hatcher), "Let's Be Frank" by Ricky Blue and "Bowser & Blue." The theatre will also host the Knowlton House & Garden Tour, taking place on July 13. For more information, visit: www.theatrelacbrome.ca.



COURTESY OF KNOWLTON PLAYERS

Based on a true story from the Glen Sutton-Richford border region, the Knowlton Players' "Love for Sale" is an exciting foray into the wonderful world of love, and features smugglers, a borderline saloon and tons of fun! Catch the final two performances of the show this Friday and Saturday, March 4 and 5. Tickets are \$39 for a delicious three-course meal and the show. For reservations, call the Knowlton Pub at 450 242-6862.

From March 9 to 13, the Bishop's Drama Department will present a musical rendition of Cinderella, the classic story of the cinder-maid who overcomes the cruelty of her wicked stepmother and stepsisters and wins the love of a prince. For tickets, stop by the Centennial Box Office between 1 p.m. and 3 p.m., Monday to Friday, or call 819 822-9692.

Also coming up at Centennial Theatre in the month of April are "Dulcinée - Dulcinea's Lament" with Dulcinea Langfelder & Co. (April 6, 2011) and Meaghan Smith and the Cricket Orchestra (April 14, 2011). To find out more about these and other upcoming shows, visit the Centennial Theatre website: www.centennialtheatre.ca.

Music, Dance and Performing Arts

On Friday, March 11th, the Musique chez nous concert series will feature the Bishop's University Jazz/Rock Ensembles. Under the direction of Mike Gauthier and Kevin Sullivan, this student concert will feature a variety of standards, in mixed ensembles, which is sure to please. For more information, visit: <http://ubishops.ca/ccc/cultural/mcn/index.html>.

Visual Arts

For the month of March, the Musée des beaux-arts de Sherbrooke is offering visitors a unique exhibition entitled "Livre, objet de création / Books as Creative Artifacts." This exhibition will bring together over 70 artists' books and art bookbinding and will run until

March 20, 2011.

Over the summer months, the museum will also feature two other new exhibitions. Between June 18 and October 2, visitors will be able to see "Impressionism? Chosen Works from the Collection of Musée national des beaux-arts du Québec." Drawn from the collection of the MNBAQ, this exhibition will present the work of Québec artists such as James Wilson Morrice, Marc-Aurèle de Foy, Suzor Coté, Clarence Gagnon and Henri Beau and compare them to the paintings of Eugène Boudin, a precursor of impressionism.

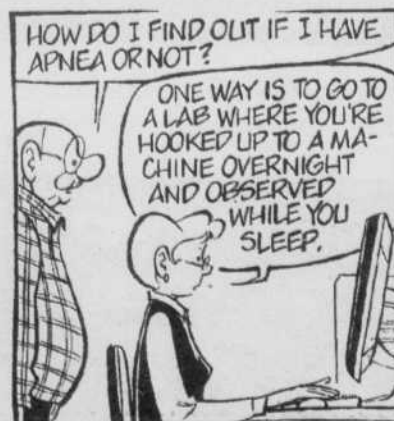
Between June 11 and September 25, the museum will also present an exhibition of the works of Joe Fafard. Fafard is a sculptor best known for creating objects which are inspired by, and pay homage to, his community and farm life.

For more information about the Musée des beaux-arts de Sherbrooke or their exhibitions, visit: www.mbas.qc.ca.

"Lung Health, Part II: Respiratory Wellness" Telehealth Videoconference

Don't forget that the "Lung Health, Part II: Respiratory Wellness" presentation will take place on March 8th, 2011 and will cover topics such as asthma, COPD (chronic obstructive pulmonary disease), pneumonia and flu. For more information, or to register to participate in this videoconference in the Estrie region, contact Shannon Keenan at 819 566-5717 or sk@townshippers.qc.ca. If you live in the Montérégie, contact Kate Murray at 450 242-4421 or km@townshippers.qc.ca.

Ben by Daniel Shelton



www.bencomicstrip.com

LOCAL NEWS

Fournier came away with confirmations from Canada Games administration that the management models and event planning hierarchy that he plans to implement in Sherbrooke are solid.

Sherbrooke 2013 preparations under way

By Doug McCooey

The Halifax 2011 Canada Winter Games held its closing ceremony on Sunday night after a very successful two-week event.

As Canada Games president Tom Quinn passed the symbolic torch to Sherbrooke 2013 Games administrative council president Tom Allen, it all became official.

"The countdown has started," reads a blog posting written by Sherbrooke 2013 Games organizers. "We have two-and-a-half years to prepare for the arrival of the rest of Canada in 2013."

For the last two weeks, about 40 members from the upcoming Games staff have been in Halifax observing how different aspects of the event were being run. While many only stayed for a few days, the six members of the Sherbrooke Games management team stayed for the entire time, taking part in the Canada Games Council's Transfer of Knowledge program.

The program sees organizers of current and past Games collaborating with future host cities so that the next edition of the event can run as smoothly as possible. Relevant team members partic-

ipated in separate Transfer of Knowledge meetings, devoted entirely to things like communications, medical services, administration, IT services, and security. The Sherbrooke delegation was also free to walk around and simply observe, as they were given full access to all of the behind-the-scenes work.

Luc Fournier, director-general of the 2013 Sherbrooke Games hosting committee, came away from the event impressed.

"It was a super Games, very well organized," he said in an interview with The Record on Tuesday. "Everybody there was very generous with their time. We had access to lots of private meetings, confidential information, there were open discussions - I hope that we'll be just as generous with the Prince George (the hosts of the 2015 Canada Games) people in two-and-a-half years time."

In the Transfer of Knowledge program, a given service is required to devote two hours of their time to explain how their operation is running - all while the Games are going on. Many of the Halifax organizers went well beyond that time frame, explained Fournier, giving an example of the medical service head giving the Sherbrooke team more

than six hours of explanations and tours. "And it was like that with just about everybody," he noted.

Following the meetings, Fournier came away with confirmations from Canada Games administration that the management models and event planning hierarchy that he plans to implement in Sherbrooke are solid.

"We're using a different model than past Games, but everyone I've talked to said that our way is the best way, the way that things need to be done now. The Games are so big now, so broad, that things had to be changed."

Then there's the unpredictable. At the Halifax Games, one of the athlete's villages became infested with bed bugs, requiring the relocation of more than 100 athletes. The situation could've been a lot worse, if not for the quick reaction by the Games administration.

"It was fast, efficient, and simple. They coordinated the solution and then communicated it. Within six hours the problem was solved (...). During a Games you don't have two or three days to try all kinds of different things, you have a couple of hours. You choose one solution, and you apply it."

Seeking sponsors

The closing of the Halifax Games gave the Sherbrooke organizers the green light to seek sponsorships from across the country. They must now find \$8 million in private funding.

"Waiting (to get sponsors) is a policy thing, but it's also a respect thing," explained Fournier. "You don't want to affect the Games that are going on before you. But the day after the Halifax games ended, it was time to start."

The balance of the Sherbrooke Games funding is coming from the Federal and provincial governments (\$10.3 million and \$11 million respectively), the City of Sherbrooke (\$12.3 million), Université de Sherbrooke (\$5.2 million), and Bishop's University (\$1 million).

Fournier is now awaiting the observation reports compiled by his Sherbrooke 2013 staff during their stay in Halifax. The official website is set to be launched in May.

In all, close to 2,400 Canadian athletes, 4,000 support staff, and 5,000 volunteers will participate in the Sherbrooke Games in the summer of 2013.

Blue-collar contract talks: No news is good news

By Doug McCooey

Representatives from both the City of Sherbrooke and its blue-collar workers union have remained quiet since the two restarted negotiations this past Monday.

Last Friday, just hours before the city's 450 blue-collar workers were set to unleash a nine-day general strike, the union agreed to lift its strike warning and sit back down at the negotiating table.

Since both sides agreed to not speak to the media during this portion of the talks, City Hall spokesperson Louis Goselin believes the recent silence is a positive sign.

"(E)verything is progressing normally," he said in an email correspondence with The Record. "If we don't have any news, it's because the two parties are continuing to talk."

The blue-collar workers have been seeking a new collective agreement

since their last one expired at the end of 2007. The city has insisted on a seven-year deal that, when including the retroactive years, would run through 2014 - ensuring the workers would be at their posts during the Canada Summer Games which are being hosted by Sherbrooke in the summer of 2013. The union, who at first insisted on a shorter five-year deal, has since agreed to the longer deal, contingent that four clauses that are in other city-union contracts be included in the new deal.

According to the union, salary is not at issue.

Since their deal expired, the union has submitted three strike warnings to the province's Essential Services Council, following through on one of them. On Boxing Day 2010, the blue-collar workers launched a general strike that lasted the better part of two weeks, eventually ending in early January 2011. Only the city's essential services were maintained, resulting in the shutdown of many popu-



DANIEL COULOMBE

It was a quiet day at work for the city blue collar employees at the Sherbrooke municipal garage Tuesday afternoon.

lar municipality-run attractions like indoor arenas and the Mont-Bellevue ski operation. No timetable has been set for this round of negotiations.

Three-year-old Nathan Garneau laid to rest

By Doug McCooey

The funeral of Nathan Garneau, the three-year-old Sherbrooke boy found dead in his home on February 20, was held Monday morning at the Saint-Charles-Garnier Church.

The funeral took place in the shadow of the Sherbrooke police (SPS) investigation that is still looking into the boy's death. The SPS are awaiting the results of the autopsy report from the coroner's office in Montreal.

The funeral was also held without the

presence of the boy's mother, who remains in hospital after she tried to commit suicide shortly following the death of her son.

Discovered next to the deceased toddler on the night in question, investigators consider the mother to be the principal witness to the incident, but have been unable to interrogate her, as she is still in the hospital's intensive care unit in critical condition.

Without the mother's statement or the autopsy report, the circumstances surrounding the incident remain un-

clear.

At around 6:30 p.m. on February 20, the SPS received a frantic 911-call from a residence at 947 Léo-Laliberté Street. The 16-year-old caller, the sister of the deceased infant, is the one who discovered her brother and mother.

Police rushed to the residence where they found the toddler's lifeless body and the unconscious 36-year-old mother who had just tried to kill herself.

Investigators are awaiting the autopsy report and/or the main witness to regain consciousness to confirm whether the

mother-killed the infant before trying to take her own life, or whether she discovered the dead body, leading her to the suicide attempt.

Reports from the funeral on Monday indicate it was an emotional affair attended by more than 100 people. The boy's father gave an emotional homage to his dead son, saying that he loved him and that the two would be reunited one day.

Calls to the SPS on Tuesday were not returned by press time.

The spotlight shines on seniors again

By Corrinna Pole
SHERBROOKE

After a successful run last year local baby boomers will have another opportunity to showcase their creative side with the return of the Catch A Fallen Star talent search.

"It was really amazing," said event founder and recording artist Bobbi "Dee" Deslongchamps of the pilot project. "We had a really good turn out last year and everyone had a lot of fun. We've had a lot of people calling and asking when we were going to do it again so I thought it was time to get it started."

Following a similar format as the televised America's Got Talent, Townshippers 55 years of age and up are invited to get up on stage to share their musical styling or any other talent that doesn't fit into music.

Bobbi Dee's aim is to help baby boomers live out their dreams, have some fun and try something new.

Contestants are strongly encouraged to bring as many family and friends as possible since there won't be any vicious Simon Cowell's sitting on the judging panel.

"They have to bring their own team to cheer them on because the winner is chosen by audience vote," Bobbi Dee said. "We found that works much better than having a judging panel all the time and it is much more fun."

This year there is one huge adjustment to the contest. It is turning mobile and will be stopping off at eight different locations in an effort to track down the hidden gems in all corners of the townships.

"A lot of (people) said they couldn't get down to the Hut last year to participate, it was just too far for them or they didn't have transportation," said Bobbi Dee. "This year we are going to be going



COURTESY

Townships recording artist Bobbi Dee Deslongchamps (right) is encouraging local baby boomers to live their dream with the second Catch A Fallen Star talent search that kicks off this month.

to different areas over ten weeks to accommodate all of our talented baby boomers."

The first search will take place at the Stanstead Legion on March 27 followed by a stop at the Danville Legion on April 3.

While additional locations have yet to be confirmed, Bobbi Dee says the search will also visit Sutton (at the curling club on April 17), Ayers Cliff (at the Legion on April 24), Richmond (Legion, May 1) and Waterloo (Knights of Columbus Hall, May 8).

The final stop will be in Lennoxville at the Army, Navy & Air Force "the Hut"

on May 15 followed by the semi-finals on May 22 and finals on May 29.

Last year Lenny Beland, Debbie Whipple, Donna and Sidney Mills and Eddie Malbeouf were featured winners of the competition.

This year's winner will receive a trophy, a professional recording session at John Cameron Audio in Waterloo and will join Bobbi Dee at the Haskell Opera House on June 5 where they will be showcased during the country music show.

Additional prizes are also planned such as a mystery treasure box that will be awarded near the end of the search.

While Bobbi Dee has the backing of a "helpful crew" to keep the contest going, she is always on the look out for volunteers of all ages to lend their support in any way possible as the search rolls into town.

The "Catch A Fallen Star" Baby Boomer Talent Search 2011 events start at 3 p.m. and end around 7 p.m. Entrance fee to the shows is \$7, dinner will be provided at several of the venues for an extra cost of \$5. Contestants must pay an entrance fee of \$10.

For more information contact Bobbi Dee at 819-300-0431 or email catchafallenstar@live.com.

Women's Day celebrations across the region

By Corrinna Pole
SHERBROOKE

Next week women around the world will celebrate their victories, reflect on their achievements, take stock of the journey that lies ahead and encourage each other for the annual International Women's Day.

Under the theme "Always in action for the respect of our rights" non-profit women's rights group ConcertAction Femmes Estrie is hosting a variety of events throughout the region from March 6 to 8 in honour of the day.

Sherbrooke; several activities are planned to take place in the city on March 8.

At 1:30 and 7 p.m. meet the women who climbed Mount Kilimanjaro to raise money for the organization. The event is free and takes place at the Centre des femmes La Parolière, 217 rue Belvédère Nord. For information contact the centre at 819-569-0140.

The Comité femmes de la Fédération des communautés culturelles de l'Estrie will host a free political access mentoring workshop for immigrant women at 5 p.m. in the Béthanie-Nazareth Hall of the Précieux-Sang Parish, 785 rue Thibault. For information contact the Federation at 819-823-0841.

The second edition of the L'Art au féminin show will take place at 7 p.m. at the University of Sherbrooke's Vieux-Clocher on 1590 Galt West. Hosted by the Sherbrooke Women's Committee of March 8, 2011, tickets for the performance cost \$10. To order or for more information contact the Estrie Women's Health Centre at 819-564-7885 or the Vieux Clocher at 819-822-2102.

The Women's immigration centre will celebrate "Le courage au féminin" starting at 6 p.m. on March 8. The evening will feature speeches by centre founder Teresa Bassaletti and board of director's president Anne Bürgi, exotic food and entertainment.

International cuisine will feature dishes from Chile, the Former Yugoslavia, Afghanistan, North Korea, Colombia, India and Italy and a display of Argentine Tango, African Dance and a violin will also take place.

Tickets cost \$20 and can be purchased through event hosts Centre pour femmes immigrantes, 942 Belvédère South. For information call 819-822-2259.

Haut-Saint-François;

The Passerelle women's centre and the Méridienne shelter for women victims of domestic violence and their children will host a women (and girls) only celebration

at the on Weedon Community Centre, 209 Maple Street, at 5:50 p.m. on March 8. The event includes dinner, karaoke, dancing and the promise of surprises by artist Paskale Hamel. Tickets cost \$10. For information contact La Passerelle at 819-877-3423 or passerelle@abacom.com.

Des Sources;

On March 6 the collectif des femmes d'action de la MRC des Sources will host a buffet, slam, theatre and workshops. The event costs \$15, which includes lunch, and will take place at 11 a.m. at St-Isaac-Jogues Hall, 425 rue Chassé, Asbestos.

For information or tickets contact Céline, 819-879-6273 or Pauline, 819-879-7933 by March 3.

Granit;

A supper buffet is being hosted on March 8 by the local women's center exclusively for women and children.

Tickets cost \$5 (including meal and babysitting) for the event which takes place at 4:30 p.m. at the Knights of Columbus Hall, 5358 Veterans boulevard, Lac-Mégantic. Children 12 and under are free. For information or tickets contact the MRC Granit women's centre at 819-583-4575 or 1-877-583-4575.

Coaticook;

Conferences, information booths and a lunch will take place at 10 a.m. on March 8 at the Élie-Carrier Community Centre, 464 rue Merrill, Coaticook. Hosted by the Coaticook International Women's Day organizing committee, tickets to the event cost \$10 and include lunch and prizes. For information or tickets contact the Élie-Carrier Community Centre at 819-849-2200 by March 4.

Memphremagog;

The local Women's Centre is hosting a show titled "Génération-Elles" on March 6. The performance will feature dance, theatre, improvisation, gumboots, slam and the testimonies of various women.

The event takes place at 2 p.m. at the Magog Vieux Clocher, 64 rue Merry North. Tickets cost \$5. For information contact the Memphremagog Women's Centre at 819-868-0302.

Val-Saint-François;

A dinner, theatre performance, conference and tribute will take place at 10:30 a.m. on March 7, at the Racine Community Center, 136 Route 222. Hosted by the local women's centre, the \$5 ticket cost includes lunch and childcare.

For information contact the Val-Saint-François Women's Centre at 819-845-7937 or 1-800-909-7937.

Citizens critical of Orford Art Centre guarantee

By Doug McCooeye

The Orford Township's decision to put up a \$500,000 loan guarantee for the Orford Art Centre renovation project has caused some concern among the locals.

The \$8.4 million joint Federal-provincial project includes work on the Gilles-Lefebvre concert hall, whose season is scheduled to start in June.

Many citizens are upset that municipality money is being used as collateral for a project that's supposed to be supported by higher levels of government.

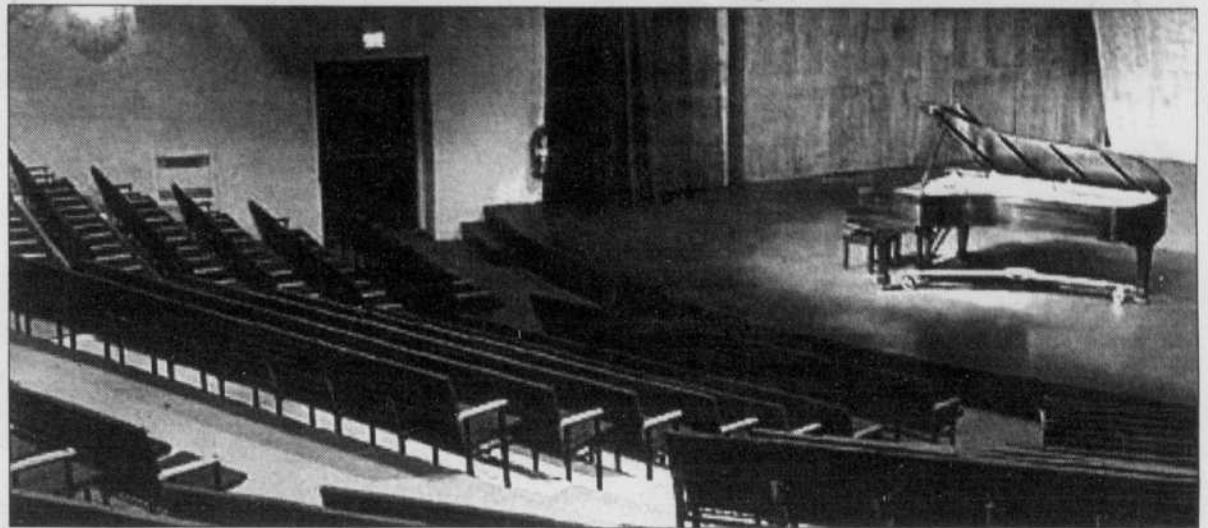
"The work they are doing (at the Art Centre) is very important," he said Tuesday in an interview with The Record. "It is simply a bridge financing that is very common in the construction business (...) In order to get the subsidy from the government, you have to provide proof

that you paid, that you got the receipt. Then you get to claim the subsidy."

He said the reason the municipality had to step in was because of government "delays."

"The Concert Hall has to be ready in time for the yearly music festival that begins in June," said Bastien, noting that the rest of the project should be finished "by the end of the summer."

Orford's mayor doesn't really know what all of the fuss is about.



CENTRE D'ARTS ORFORD

"It's really just a bridge, needed for a short period of time (...) You pay the contractor, and then you'll be reimbursed."

Bastien noted that the Art Centre is entering its 60th year and is a "well-established" hub of the community.

Woman slain in Roxton Pond

Officers from the Eastern Townships division of the Surete du Quebec (SQ) are still looking for the vehicle of Marie-Elyse Tremblay, the 25-year-old woman found dead in her Roxton Pond home on Monday afternoon.

At around 3:30 p.m. on Monday, SQ officers responded to a call from a concerned neighbour and rushed to an apartment complex located on Route 139. In a recent report, SQ spokesperson Éloïse Cossette said that the neighbour

was agitated by the noise of two people fighting emanating from Tremblay's apartment, leading to the call. When officers arrived and entered the residence, they found Tremblay's battered body lying on the floor. No one else was inside of the apartment. Tremblay was pronounced dead upon arrival at an area hospital.

Investigators were called in immediately and a perimeter was set up around the apartment complex. Traces of violence discovered on her person have led

authorities to suspect she was a victim of foul play.

While police have not confirmed any of the scenarios, neighbours say that Tremblay and her significant other could often be heard fighting in their apartment. The hypothesis of a domestic dispute turned violent has not been ruled out.

On Tuesday, the area SQ station released a statement asking for citizens to be on the lookout for Tremblay's vehicle, which has gone missing from the apart-

ment complex parking lot. It is described as a grey 1995 Toyota Tercel with Quebec license plates (196 TMA).

As of this writing, no suspects had been arrested or interrogated in relation to this incident. The investigation is ongoing.

Anyone who spots the missing car or who has relevant information that could help investigators with the case are being asked to contact the SQ at 1-800-659-4264.

Memphremagog community learning center

In the spring of 2008, a group of volunteers responded to a suggestion by CEDEC (Community Economic Development & Employability Committee) that the Magog area needed a place where the English-speaking community could gather and learn. Thus was born Memphremagog Community School.

This is a volunteer-driven effort, from the board of directors to the instructors, keeping students' costs to a minimum. In fact, the only costs involved are a \$10.

registration fee, and the materials you might use in your course.

Registration for the spring 2011 semester, 14 courses in all, will take place on Wednesday, March 16th, between 6:30 p.m. and 8 p.m. at Princess Elizabeth Elementary School at the corner of Bellevue & Bullard Streets in Magog. Courses will begin the following Wednesday from 6:30 p.m. and 8 p.m., followed by a social gathering until 8:30.

For those with internet access, the

website is www.magogclc.ca, where you will find a bit more information on the following courses: Cooking a la Frenchy, Basket Weaving, English Second Language (beginners and conversation), French second language (beginners and conversation), Intermediate Spanish, Yoga with music, Money management and investment, Travel planning, Bridge Club, Computer basics, Parenting tips and Line dancing. Other courses may be added until the first

night of classes, so check the website and local papers.

Because this is a volunteer driven organization, there is a need to keep the volunteer pool growing consistently, so if you have a talent or an interest you'd like to share, or would enjoy helping in some way, however small, please contact Christine Hodge at 819-847-2769 or crisjon74@gmail.com

St Patrick Society gathering in Richmond

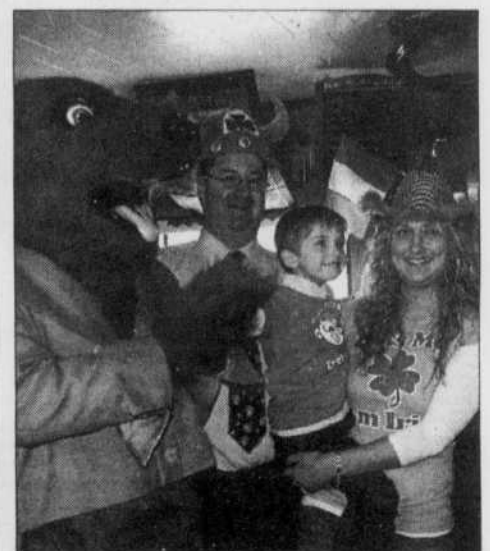
Text and photos by Claudia Villemaire



Society administration and organizing committee members are joined by sponsors and supporters for a family photo to show off their new banner. Left to right: Charles Lachance, director of operations at Foyer Richmond; Ron Jones, Royal Canadian Legion Branch 15 president; Jeanette Charland, general director, Centre d'Art; Erica Lockwood, St. Patrick's Society vice president and host of the event at Grand Central Hotel with son Nikolas. The new mascot, as yet unnamed, was the centre of attention at this introduction of events filling every weekend during March with special emphasis on St Patrick's Day, March 17. The mascot is flanked by Mark O'Donnell, president, St Patrick Society; Annie Vincent, Agente de Culture, CLD du MRC Val St Francois; Jean Guy Berthiaume, councillor and pro-mayor for the Town of Richmond. Standing at the rear are Donald Dubuc, Youth Projects director for the Richmond region and Nicholas Williams, member of the Crowfoot Trio, the group scheduled for the March 19 concert at Centre d'Art.



Charles Lachance, director of operations at Foyer Richmond, was a jovial participant at the Society press conference last week, donning one of a variety of 'Irish' headgear and playing a tune on his harmonica.



Erica Lockwood, vice president with St. Patrick's Society president Mark O'Donnell getting acquainted with the new mascot, introduced at the Society's press conference last week.

EDITORIAL

The fundamental issues are both cultural and economic and in the latter sphere the west is not just a curious bystander.



Part of the problem

Mike McDevitt

The world has been watching with fascinated outrage and vague hope as popular upheavals have racked the nations of northern Africa in recent weeks with government after authoritarian government feeling the wrath of their aggrieved populace. We have witnessed the almost indescribable courage of unarmed crowds of ordinary citizens standing fast against the menace of well-armed and sometimes brutal regimes desperately trying to cling to privilege and power. We have greeted with joy the ouster of dictatorships in Tunisia (a country most of us know nothing about) and Egypt, whose former leader Hosni Mubarak had long been one of the west's strongest and most influential allies in that part of the world. In Libya, where the bizarre Muammar Gaddafi has apparently decided to go down with his ship, resistance has been brutal, unflinching, horrifying and deadly. In other parts of this volatile region, stirrings of unrest have ruffled the feathers of many other rulers, suggesting that we may be in for a revolutionary year.

It is difficult not to feel inspired and intrigued by these sudden, unexpected outbursts of popular fervour, and easy to forget about the potential for very real danger, both to the inhabitants of these countries themselves, and to the rest of the world as well.

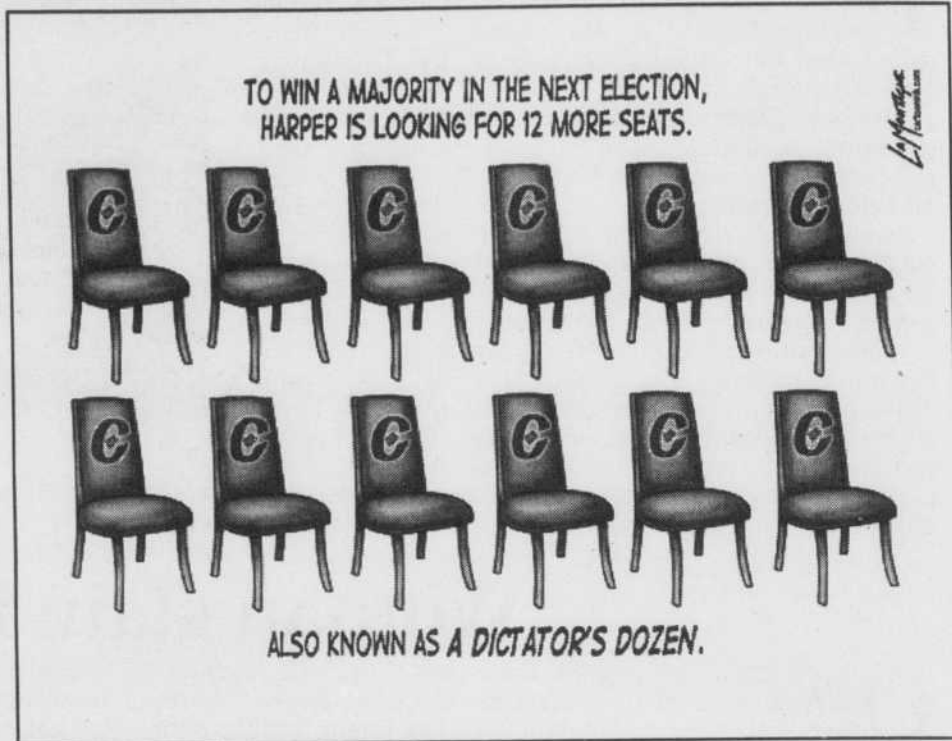
There is no way to predict whether the dictatorships that have fallen will be replaced by modern progressive democracies, radical theocracies, or just the same old brutishness dressed up in a new suit. The Middle East and its neighbourhood may be embarking on a path that will lead to a much more peaceful and predictable environment, or a more radicalized angry one. Both potentialities are represented by the citizens marching and dying in the streets.

Democracy is an unfamiliar wardrobe

for this region of the world, and if history has taught us anything it is that democracy must exist not only in constitutions, but in the hearts and minds of ordinary people if it is to have a chance at succeeding. The ability of those whose agendas do not succeed in the democratic process to accept unpleasant outcomes is not in-bred and can be sorely tested in even the most entrenched democracies. The right wing's reaction to the election of Barack Obama is a worrisome example of this fact. Rare is the political jurisdiction that can accept an outcome such as that of Quebec's 1995 referendum in harmony. We often forget to be proud of the fact that following that most critical democratic exercises - where the very existence of the state was in play - everybody merely went about their business without riots or violence. In most of the world, soccer games elicit a stronger response.

On the contrary, of the numerous popular uprisings which have ushered in 'democratic' regimes in the last few decades, very few still maintain a meaningful democratic process. It may also be a mistake to believe that the desire for democracy is the driving force behind the recent upheavals and it is in this context that the developed world should be paying the most attention to the current unrest.

Northern Africa is a region of intense poverty, although the nations themselves are not necessarily without resources. The fundamental issues are both cultural and economic and in the latter sphere the west is not just a curious bystander. A revolt against Egyptian corruption is also a revolt against an economic system in which the west is intricately involved. Gaddafis and Mubaraks may certainly enrich themselves at the expense of their peoples, but they do not do so without the active cooperation of



the western world's businesses and governments. Gaddafi did not manufacture the weapons he is using to slaughter his people and nor did he have a hard time lining up westerners eager to assist him in his plunder, whether for financial or political gain. We are a big part of the problem.

The manner in which the developed world responds to these political dramas

will play a key role in how they turn out and regardless of whom we are rooting for, it is impossible to predict with any certainty how the peoples of these nations will react to our involvement. We may expect gratitude and receive anger and loathing. A delicate, careful tread will be required on our part and we have been known to have pretty big boots.

Letter

DEAR EDITOR

Bill C-393—Canada's Access to Medicines Regime

This week our federal MPs have the opportunity to reform existing Canadian legislation that will save lives in developing countries; follow through on Canada's international commitments; and incur no cost to Quebec or Canadian taxpayers. How often does that happen in politics?

Bill C-393, federal legislation to update and reform Canada's Access to Medicines Regime (CAMR), is before Parliament this week and the third and final vote on the bill will take place the following week. CAMR was a law unanimously adopted by Parliament in 2004 to ensure that generic life-saving drugs would be available to those needing them in developing countries. In its original format CAMR was cumbersome and in fact, was only used once.

CAMR was amended and as Bill C-393 it has passed two readings in Parliament. It has been debated by the industry committee and has been supported all along by the Bloc Québécois but the Bloc has introduced an amendment, a sunset clause, to cancel the bill after four years unless extraordinary action is taken to extend it. For those suffering from HIV/AIDS lack of access to medication is a death sentence.

Another amendment that must be restored to the bill is the "one license solution" which would ensure that once a patented pharmaceutical product has been licensed, it could be exported to any country designated under the legislation and in quantities that the country requires.

Tell your Member of Parliament that you want his/her approval for this Bill with the "one license solution" restored and the Bloc amendment changed to a four year review and not an automatic cancellation. It's definitely the right thing to do!

Thank you from the CFUWSD Grannies of the Grandmothers to Grandmothers campaign of the Stephen Lewis Foundation.

MARY JANE AMEY
AYER'S CLIFF
AND
HEATHER KEITH
SHERBROOKE, QC

THE RECORD

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C COLUMNIST

People talk and talk about the power of positive thinking, but it is important not to ignore or underestimate the power of negative thinking as well.

The trouble with blind spots



GORDON LAMBIE

Return readers of this column have likely noticed a trend toward optimism in my writing, and a general "keep your head up, things get better" attitude in the things I have to say — at least, I hope you have, because that is what I have been trying to say. I do not, by any means however, want to give the impression that I don't think bad things happen, or that I don't have dark times. Everyone has bad days, or weeks, or months; how they affect us is different, though, depending on the outlook we choose to take on life.

I had the opportunity to think about optimism and pessimism a lot last Friday, and I feel like it's important to share the story.

I am a teacher and so, like many other teachers in the area, last week was a

time of preparing for March break; the end of term is coming and the children are getting excited. In trying to make sure everything was in good condition prior to the break, my week had been stressful, and so I was looking forward to the weekend and ensuing time to cool down and refocus my energy. Just before leaving school I was called into a meeting that, for reasons that are not important to this column, drastically altered the way I was feeling. Needless to say, when one feels like things are going well, and it is pointed out to you that they are, in fact, going quite badly, one feels blindsided, incompetent and ridiculous.

I left school, brushed the still falling snow off my car and headed out into the storm to go home, but I took the experience from the meeting with me. As we all know well, it is hard not to worry, when we have something to worry about, and I found that to be especially true on Friday evening. People who know me know that I take great pains to be diplomatic in complicated social situations, and generally that is a good thing, but when something comes up that is stressful to me, that diplomatic tendency leads me towards avoidance. I tend to want to run away from things

that make me uncomfortable. Given that I was feeling quite upset and trapped that evening, I found myself thinking a lot of negative solutions to my problem...all those that fall into the family of giving up. They rolled this way and that in my head and took up a large amount of my attention.

When I was preparing for my driving exams a few years ago, my friend Etienne gave me the advice: "Check your blind spot obnoxiously often." It is good advice. I took Driver's Ed in French, so when I think of my blind spot, I think of it not by that fairly innocent sounding name, but as "l'angle mort" or, "the death angle;" it gets the point across much better in my opinion. As I was busy thinking of all the ways I could give up and move on with life in a new direction I was very much ignoring that "angle mort," and it was only as I started to turn to get off the highway that I realized that there was already a car in the space I was trying to pull into.

If you happen to have been in one of the cars around me at the time I sincerely apologize for what was surely a harrowing experience. Upon realizing what I was trying to do, I jerked my car back into the lane, but due to my surprise, overcompensated and threw my

little Suzuki into a fishtailing mess which eventually spun me a full 360 degrees right there on the highway.

All of my thoughts are retrospective of course, because the only thing going through my mind at the time (and, consequently, coming out of my mouth) is not the sort of thing one shares in a community newspaper such as this, but I have to tell you that, faced with the sight of rapidly incoming headlights, the idea of giving up suddenly became completely childish and absurd.

People talk and talk about the power of positive thinking, but it is important not to ignore or underestimate the power of negative thinking as well. Letting myself get caught up in negative thoughts almost got me killed. It's hard to be an optimist, especially when bad things happen, but it makes life feel better and in a lot of ways it keeps your eyes open. None of us add anything to our lives with worry, in fact, the stress of worry and distraction quickly wears away at our lives. I don't want to frustrate people by making it seem like our world, which has a lot of darkness, is always a positive place, I know it's not, but the more people there are out there taking a positive stance, the better off I think we'll be.

The movie that changed my life: Hear the soundtrack



DISHPAN HANDS

SHEILA QUINN

The drumsticks snap together, counting four beats, and 80s band The Psychedelic Furs rip it up. Richard Butler's (heavily British-accented) vocals start: "Caroline laughs and it's raining all day. She loves to be one of the girls. She lives in the place in the side of our lives, where nothing is ever put straight. She turns herself 'round and she smiles and she says, 'This is it, that's the end of the joke.' And loses herself in her dreaming and sleep, and her lovers walk through in their coats...she's..."

"Pretty in Pink...isn't she?"

"Pretty in Pink."

"Isn't she?"

Twenty-five years ago this week, that Psychedelic Furs' song was the title track for a movie that changed my life. Granted, it didn't outline atrocities of war, social injustices, environmental disasters and global humanitarian issues, as did other movies and media that have had their perhaps more substantial,

life's purpose-enforcing impact. Yet a little movie called "Pretty In Pink" sure as heck took the edge off of being a hopelessly awkward twelve year-old, and for that I'll be forever indebted to film writer John Hughes and actress Molly Ringwald.

Her name was Andie. She was from the wrong side of the tracks, and had a boy best friend named Duckie (actor John Cryer from the series Two and a Half Men) who was as awkward and oddly outfitted as she was. She was essentially raising herself and caring for a heart-broken, unemployed father (Harry Dean Stanton), following her mother's departure from their lives. She worked part-time at TRAX record store for the ever-changing Iona (Annie Potts). She made her own clothes and shopped second-hand. She was barely surviving high school, putting up with the unwanted and sleazy advances of rich boy Steff (James Spader), dreading prom and doing a fair bit of sulking through the whole thing.

Along came the feathered-haired, blue-eyed Blane (actor Andrew McCarthy), who was not from the affluent side of the tracks, but the right side of the high school. Following the 1980s high school version of stalking (peering at her around corners, watching her at her locker, etc.), Blane finally asks Andie out at TRAX.

This proves devastating for her relationship with Duckie, who broken-heartedly rides his BMX around town, vowing that when Blane inevitably dumps Andie, for once in her life, he won't be

there.

Blane invites her to prom, she accepts. All is rosy, pink even, but alas their teen love is not sabotage-free, with badness existing largely in the form of the jealousy of preppy, suit-sporting lurker, Steff, who just happens to be Blane's best friend.

No spoilers. If you don't know how it ends, I'm not about to ruin it for you.

My girlfriends and I were riveted by "Pretty In Pink" — wowed by Andie's determination to go on against all odds, taking most of her frustration out in the intense scene outlining the fusing of two second-hand prom dresses into one unique hybrid creation.

A redhead in a pink prom dress — it was not just unheard of, there may actually have been a law against it somewhere.

If the trappings of the storyline weren't enough, from the first aforementioned snaps of the drumsticks, our auditory was also unhinged by a grouping of music that would infiltrate our personal soundtracks of life. From band New Order to Duckie's passionate full-on lip sync performance of Otis Redding's "Try a Little Tenderness" to OMD's pleas in "If You Leave," our hearts pounded in tandem with the musical mood of every scene.

In the long run, perhaps that is what we too hoped for is some kind of neutral ground. In a way that all converged in the music, and the metaphor of the record store's name, TRAX. Somewhere in the music we were all the same. Both sides of the "tracks" converged in that

place, and whether it was safe or not, at least it was common ground.

Andie made us brave. Worthy. Vulnerable. Strong. Resourceful. Creative. She wrote us a permission slip for being more comfortable as the weird kids that we were. She made unusual beautiful.

Before we even learned how it was going to end, there was a line that said it all, that sent us off into the world to figure out how to be ourselves, and become more comfortable doing so.

Standing in her living room, heading to prom alone in her personal pink prom creation, she looked at her dad and said, "I just want them to know that they didn't break me."

We became a little stronger right then and there.

It is unfortunate that Pretty In Pink's writer, and father of the Brat Pack themselves, John Hughes, didn't live to see Pretty In Pink's silver anniversary. His untimely, sudden death of a heart attack of August 6, 2009 at the age of 59, meant that our generation's hope that he would return with us and our teen heroes to the big screen was cut short. We don't know how our story ends, only how he began it all those years ago.

Oddly enough, it turns out that "Pretty In Pink" gave us was hope — that we could take on the world like a redhead in a pink prom dress, strong, beautiful and on our own.

Listen up for DH Radio tonight when Sheila Q. revisits the culture, and the soundtrack of "Pretty In Pink" — on CJMQ 88.9 FM from 9:00 — 11:00 p.m.!

Manfried's world

Animalerie Cowansville

By Manfried Helmuth Starhemberg

In June of last year, Melanie Bellavance purchased the then 22 year old "Animalerie Cowansville". Little has changed since the change of ownership, the four full-time and four part-time employees remained and business is brisk. The only unhappy creature in the store was the pooch above who had his nails clipped and was not exactly thrilled with that treatment.

This is an amazing place and a mecca for animal lovers. 185 species of fish swim in 62 tanks and just the thought of cleaning all these tanks and feeding the fish is daunting. There are 20 species of birds from \$12. to an "African Grey" parrot which is for sale for \$ 2,000. Assistant manager Pierre Champagne who loves his job and the animals under his care explained that this particular parrot as an adult, will have about the same "intelligence" as a three year old human child. "This is the great talking parrot", a rare bird than can possibly last longer than his owner or their immediate heir.

Pierre loves his fishes and his reptiles. He carefully took a Boa from her cage and demonstrated how to handle the great snake which can become as long as six feet. In the next terrarium he showed a Python which tried to wrap itself around his arm. "Just do not pat their head" he explained, "all their senses are concentrated there and they do not want their heads to be touched".

How is the business in other reptiles? "Not good any more, there was a great craze about geckos and lizards a couple of years ago but it has dried up somewhat. People's lives change and they suddenly feel that a cat or a dog would be more appropriate". There are always puppies here and on special display was a Bernese mountain dog, a gorgeous male with rich lustrous coloring.

The store sells every imaginable variety of grooming products, cages, leashes, flea powders, dog and cat shampoos and even the winter garment for the tiny pooch who does not wish to walk in the snow. Right now

there were no cats but they will be coming soon.

Pierre Champagne tells that his store only buys from known and established family breeders, many of whom they have been dealing with since 1988. "We guarantee our animals, that is very very rare in this business. And to be able to do so, we must know all about the environment it was bred in and we like to have accurate birthdays etc. so that a veterinarian can deal with an animal in an informed manner". The "Animalerie" also has Dr Marie-Claude Brochu, a Farnham veterinarian on call in case there is a pet emergency at the store.

Four of my cats have come from this establishment and I am happy to say that if there would have been some cats on display today, I could have possibly been persuaded to add one to my herd. But having been forewarned about a possible strong dialogue with my lovely Nancy, I did not get into temptation. No cats, safe marriage. But a lovely store for anyone who cherishes animals.



MANFRIED STARHEMBERG

Pierre Champagne



MANFRIED STARHEMBERG



KATEY HART

Who am I?

A daughter, a sister, a wife, a writer?

Our world is full of titles and labels.

We start life as someone's child, we go through life as a student eventually entering the work force and each job has a title; many of us become someone's spouse, and we often have our own children as we become parents.

At what point do the titles become cumbersome?

I started to notice how much we use titles when someone I've known for a very long time, and who's family I have known for a long time, was always using the term "my son" when talking about his son, not using his son's name, I realized it made me feel like a stranger, as if I did not know the son personally.

In my friend's case it was simply a habit but it started me wondering about the effect titles have on people. When does "my son" change from a term of endearment and pride, to a feeling of anonymity?

When I was a young teen I lived in an area where the community was fairly familiar, and many people I encountered knew my father and grandfather. My father was a policeman, and my grandfather had been a fireman. When I was introduced, or when I would run into people that knew my family I would often hear:

"Oh you're Jimmy's daughter or Tony's granddaughter".

At the time, and still today, these words infused me with pride, but I do realize that to this day, most of those people do not know my name. I wonder what difference it would have made had the introduction or conversations gone a little differently, more like:

"Oh you're Katey, Jimmy's daughter".

Would my name have registered then?

With teenagers being notoriously rebellious, I wonder how their struggle to find themselves, and their own paths, are affected by this world of titles.

I once worked as a temporary receptionist, answering the ringing phone, directing calls and taking care of incoming visitors when two ladies came in to ask some general questions about the business. It was a real estate office and legally I was not allowed to say much about particular properties so as I was looking for the proper agent to help them one lady kept peppering me with questions I could not answer and finally said:

"Oh, you're just the receptionist".

Surprisingly I was not insulted, I actually felt sorry for the woman. Personally I think everyone I have met has contributed something to my life, not always in a good way but regardless, everyone has helped shape me into the person I am. I try to never dismiss anyone, I don't know their story and we all have something to add, even if it's just a much needed smile.

If you think about it, most of the best bosses, of the most successful companies, tend to not dismiss the "little person"; after all, often they once were "a little person".

I read somewhere about a man in his 30's who said he did not want to get married because he felt marriage was simply an institute of ownership and of another man who spoke of how many marriages still, in this day and age, make women "chattel". Both points were well made when I thought of how often we say "my wife" or "my husband", instead of using our partners' name. I don't believe we mean these terms as ownership titles, they are simply old fashioned titles that have come

through the years, but I am sure many of us have experienced the moment of annoyance at the feeling of unimportance that the terms can sometimes produce.

It is supposed to be a term of respect but does it always come out that way? How often does the other person feel made unimportant by the term?

For years women have fought to become more than "a wife" but with the institution comes the title.

What about pets? Belongings? Property?

What is mine? Yours? Ours? Does it matter?

Unfortunately today many of our "things" and titles define us, especially in others eyes. But we are people first, and titles last. I think that if we remember that, we open ourselves up to many more opportunities for pleasant and personal exchanges, to meeting new people, some that might even make our day a little brighter.

Let me know what you think; how do titles affect you? Do you give the same attention to Sam the CEO as you do to Susan the receptionist?

Maybe if we changed it around a bit, focused on a person's name first, then their titles, we might remember them better, and register who they are, not what they are.

Try it out; "Hi, I'm Katey, a writer and Joe's wife, nice to meet you."

Who am I? A daughter, a sister, a wife, a writer? Who are you?

Please comment, share, argue.

Katey.hart@yahoo.com

Thank you for reading, Katey; a writer, a daughter, a wife, a sister...

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Photo Corner

This week I want to say something about the different modes to be found on many compact cameras. Even the cheapest of digital compacts these days will have at least a few scene modes. Here are a few of the modes available though there are many more. Someone asked recently about the 'children' mode. It's quite simple really, children tend to move around a lot, never still for a minute and capturing that pic of your offspring as they dash about the garden or play on the swing needs a fast shutter speed to stop the motion, to freeze Johnny in mid air as he swings to and from, up and down etc. So the camera when set to CHILD or CHILDREN will default to a higher shutter speed which should ensure you get a nice sharp image.

MACRO is another setting that is found on compacts. In this mode a narrower aperture is set and the camera allows you to get closer to your subject matter which is often a flower, a bug, a coin or any other small item you wish to photograph. Just remember to set the camera back to its normal program mode afterwards or you will find all your later pics come out blurred.

SPORTS mode will usually set a much faster shutter speed for example one five hundredth of a second. As your football playing son dashes down towards the end field he is really moving fast and anything less than a high

shutter speed will result in a blurry picture. In SNOW mode the camera will deliberately overexpose the image in order to keep the snow white rather than the pale blue which you would get by setting it to normal or PROGRAM mode. The same applies to using the SUNNY mode.

Another mode often seen is the NIGHT mode. Here the camera sets a shorter speed so as not to burn out the parts of the picture which should be darkish, after all it is a night scene and you don't want it looking like broad daylight.

One piece of good advice I like to remember whenever I pick up my camera is this, STOP. It's so easy to pick up the camera and shoot away but will you remember to adjust the settings. Did you turn the camera back to the PROGRAM setting after taking that MACRO shot etc. Just pausing to check the camera takes a moment of your time and will ensure you are going to get a more focused and accurate picture.

Next week I will be saying a few words about composition. There are rules to taking photographs and like all rules they are there to be broken but you should at least know what the difference is.

Please address any photographic queries to my e-mail address which is al_barber2001@yahoo.com

Until the next time Snapper.

More night trails coming to Ski Bromont

Ski Bromont has announced that a fifth hillside will be in operation as soon as next season, an investment of nearly \$3 million.

"This is necessary because night skiing is increasingly popular, so we want to meet the demand," said Charles Désourdy, president and CEO of the station yesterday in an interview with La Voix de l'Est.

Work to offer night skiing on this hillside will begin in the summer. Snow cannons, lighting system and a lift will be installed. "This is the quad lift from Mountjoye. We bought the missing pieces to renovate, modernize and to install it so that it is in action," says Désourdy.

The number of lit trails will go from the present 75 to nearly 90.



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Bridging a trail



AL BARBER

Named in honour of the late Norma Reiss, the bridge club bearing her name remembers her interest and contributions to Mental Health. A Weekly collection of toonies pooled by twenty bridge players in the past year, has allowed them to present a cheque of \$500.00 to Mental Health Estrie. The organization, funded only by private donations, provides support, information and education to family members and friends, as well as to those who are ill. Above, Judy Ross, Executive Director of Mental Health Estrie, receives the cheque from Sooky Dundin.

Local Sports

"Jessy had an all-star year. She worked very hard this year to improve her outside shooting and now she is a complete ball player."

Roy named to QUBL all-star team

Trafford, Chamberland selected to all-rookie team

By Mike Hickey
Special to the Record

Veteran Bishop's University guard Jessy Roy and rookies Gabrielle Chamberland and Bailey Trafford were among the list of award winners when the RSEQ announced the 2010-11 Quebec University Basketball League women all-stars. Roy, the Gaiters' leader in most offensive categories, was named to the second all-star team while Chamberland and Trafford were both selected to the all-rookie team. Roy's selection marked the third time that she has been honoured by the league. She was a first-team all-star as a rookie and was named to the second dream team two years ago. Roy is also the league's representative

for the prestigious Tracy MacLeod Award awarded annually to the Canadian Interuniversity Sport's women's basketball player who exemplifies perseverance and dedication to the game of basketball.

"Jessy had an all-star year," Gaiter head coach Alex Perno said prior to the Gaiters' final game of the season against the Concordia Stingers Saturday night. "She worked very hard this year to improve her outside shooting and now she is a complete ball player."

Trafford steadily improved during her rookie career and started the team's last three games. She averaged 8.6 points per game, second only to Roy. Chamberland, a Sherbrooke native, was third in team scoring, averaging eight points a game and started 13 of 16 league games.

"Bailey improved so much during the season," Perno said. "In the beginning of the year there were games where she didn't even dress but at the end of the season she was starting for us and did a great job against older, more experienced post players."

"Gabrielle has started most of the season for us and has also done a good job although she has had some trouble adjusting to the level of play in the CIS. She is going to be an outstanding university player."

McGill's Anneth-Him Lazarenko was picked as the conference player of the year while teammate and Granby native Marie-Eve Martin, Marie-Michelle Genois of Laval, Concordia's Kaylah Barrett and Michèle Auger-Bellemarre of UQAM

made up the rest of the first all-star team. The second team was comprised of Roy, Yasmin Jean-Philippe of Concordia, UQAM's Jessica Bibeau, Élyse Jobin of Laval and McGill's Françoise Charest. The rookie all-stars also included Concordia's Kaylah Barrett, Roya Assadi of McGill and Laval's Catherine Groleau.

The Stingers' Barrett picked up two other awards as she was named the league rookie of the year as well as the conference's top defensive player. Former Bishop's standout Ryan Thorne was named the coach of the year after leading McGill to a regular season title.

Genois is also a nominee for the Sylvia Sweeney Award.

MV junior girls capture provincial basketball crown

By Mike Hickey
Special to the Record

The Massey-Vanier junior girls captured the Dunn provincial championships this past weekend with impressive wins over ETIAC rival Bishop's College School and perennial powerhouse Quebec High School. Brooke Stoddard's 17-point performance powered the Vikings to a 51-34 win over BCS in the finals in a rematch of the ETIAC championship game also won by the Vikings. Joey Chan led BCS with 10 points. Massey-Vanier advanced to the title game by virtue of a 62-46 win over Quebec High as Erica Champigny-Rolfe had a game-high 23 points while teammate E. Larochelle added 16 to the win-

ning cause. BCS edged Galt 31-29 in opening round play as Chan had 11 for the winners while Katy Burton led the Pipers with 10. Galt bounced back to win the bronze medal as Burton scored 14 and Cassandra Bouchard chipped in with 13 in a 51-35 victory over Quebec High.

In the Davis tournament for junior boys John Rennie High School defeated Heritage High in the finals 85-45. Stanstead College was the only ETIAC entry in the tourney and they dropped an 88-47 decision to John Rennie in the first round and then dropped a heart-breaking 54-53 decision to Howard S. Billings. Paul Miller had 17 in Stanstead's loss to Rennie.

Heritage, Billings capture provincial basketball titles

Galt girls take home silver medal

By Mike Hickey
Special to the Record

Heritage High School and Howard S. Billings won the girls' and boys' senior basketball provincial championships held at Bishop's College School this past weekend. Heritage took the girls' crown with an exciting 56-53 win over Galt in the finals. Cynthia Dupont led the Pipers with 12 points while Kelley Nichols and Charlene Graham added 11 and 10 respectively. Galt advanced to the finals with a solid 59-32 win over Shawinigan High. Dupont led the way with 14 points while Nichols had 13 and Graham 12. Graham and Nichols combined for 18 points as the Pipers easily defeated Stanstead in preliminary round action. Stanstead's Chantal Bedard and Anchi Numfor combined for nine points.

Massey-Vanier reached the consolation finals where they dropped a 32-22 decision to Chateauguay Valley. Kristi-Ann Bouchard led the Vikings with 10 points and Natasha Lachapelle added eight. Lachapelle scored a team-high 10 points as the Vikings lost to Heritage in the opening round. They bounced back with a sold 47-44 overtime victory over Centennial as Lachapelle tallied a game-

high 28 points.

On the boys' side the Vikings claimed the consolation trophy as they defeated Centennial Regional 55-46. Shawn Buzzell led Massey-Vanier with 22 points while Tyler Murphy added to the winning cause.

The Vikings reached the consolation finals by virtue of a 57-38 win over ETIAC rival Alexander Galt. Lucas Blumenfeld led the winners with 17 points while Galt's Brandon Wright had a game-high 19 points.

Charles Kacou scored 14 points and Justin Logan-Chesney added 11 as BCS defeated Masse-Vanier 50-48. Buzzell led Massey-Vanier with 12 while Malachai Jacob chipped in with 10.

BSC dropped a 54-24 decision to Billings as Vaughan Barritt and Charles Kacou led the First Team with seven points apiece. Billings also recorded a 76-59 victory over Galt despite a 35-point performance by Cameron Murphy. Wight added 19 to the losing cause.

Quebec High knocked off Stanstead 70-32. The Spartans' David Zal had a team-high 11 points. Stanstead also suffered a one-sided defeat to Centennial Regional as Max Daniel and Fabrice Joseph combined for 11 points.

Iconic Olympic hockey net pulled from auction

By Randy Boswell
Postmedia News

A bid to auction the hockey net that was the backdrop for Canadian superstar Sidney Crosby's dramatic winning goal at the Winter Olympics last year in Vancouver took a surprising twist on Monday after the Hockey Hall of Fame and VANOC, the official organizing committee for the 2010 Games, raised objections over an Olympic equipment supplier's plan to consign the object for sale.

A Postmedia News story about the planned auction prompted a flurry of phone calls on Monday between various parties with an interest in the net. It was decided late in the day that the artifact would be withdrawn from the auction and donated to the Toronto hockey museum, which already has the puck Crosby shot for his gold-medal goal, the stick he used to shoot it and the gloves

he tossed in celebration after the red light flashed to signal Canada's victory.

"We have three of the four pieces of that collection already there - the gloves, the stick and the puck," said Terry Wright, VANOC's executive vice-president of Games services and operations.

He said it was determined on Monday that the net belonged with the other artifacts at the Hall of Fame to complete the collection and maintain it for public exhibition. Gameday, the company that was working with VANOC to raise funds by selling Olympic artifacts and memorabilia following the Games, agreed to pull the net from the auction block, Wright told Postmedia News.

The Montreal-area sports memorabilia dealer Classic Auctions revealed on Sunday that it was marking the first anniversary of Canada's Olympic triumph by offering up the net Crosby scored into to secure a gold medal for the host nation in the men's hockey final.

But late Monday, Classic Auctions president Marc Juteau confirmed that fresh discussions between VANOC and the consignor over who should have dibs on the unique artifact ended with it being dropped from the sale.

The Hockey Hall of Fame announced last May, that the net would be heading to Toronto to become part of the exhibit that includes the three other key objects commemorating Team Canada's thrilling victory in the men's final: the official Vancouver 2010 puck Crosby fired past Miller, the Reebok stick he shot it with, and the gloves he was wear-

ing at the time.

All three of those objects went missing in the mayhem following Crosby's goal. But the puck was later located at an Olympic linesman's home in Finland and the stick was intercepted in Toronto on its way to the International Ice Hockey Federation's hall of fame in Europe.

One of Crosby's gloves, meanwhile, was discovered by an arena worker in the protective netting above the end boards at Canada Hockey Place. The other glove, misplaced after the game, was found in the equipment bag of Patrice Bergeron.

DR. GOTT



Is PRP right for shoulder injury?

By Peter H. Gott, M.D.

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

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

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

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

A Journal of the American Medical Association (Jan. 13, 2010) reported the use of PRP for Achilles tendinopathy and indicated the PRP injection, compared to a saline injection, did not result in greater

improvement in pain and activity. Keep in mind this report was for chronic Achilles tendinopathy, not shoulder impingement. I state this only because there is little, if any, information regarding the shoulder.

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

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

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

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

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

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

Death



**Thérèse
'Terry'
(nee Mockle)
KERR**

Passed away peacefully at La Domaine Sapinière East Angus, on Sunday February 27th, 2011 at the age of 81. Wife of the late William Kerr, and dear mother of the late France, the late Michael, Carole (Carl Vallieres), Kevin and Nancy (Dwight Garfat). Terry also leaves to mourn her 13 grandchildren, her 10 great grandchildren, her brothers and sisters, Marcel, Clement, Pauline, Yvette and Hugette along with her sisters-in-law, brothers-in-law, many nieces, nephews and friends.

Resting at the Cass Funeral Home, 50 Craig St., Cookshire, where friends may visit on Wednesday March 2nd from 2 to 4 and 7 to 9 pm, and on Thursday from 1 to 2 PM.

A funeral mass will be held in the St-Camille Catholic Church on Thursday March 3rd at 2 PM.

Interment in St-Camille Cemetery at a later date.

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Dream of the Dawn

*Gliding on cottony cloud, thrust by balmy breeze
O'er a forest canopy shaped of burgeoning trees
Divers hues of green... where much wildlife looms;
A ken of bliss... a woodland of rustic perfumes;
On the horizon, a vista opens up to sea and sky;
Lifted by gentle ruffles of air, I'm on wing - I fly!
I hear a shrilling sound, a ring, so out of place...
My slumber is broken - my dream abruptly erased;
Gone, my dream of the dawn - so real, so fantastic;
I mute a weary yawn... 'Should I just call in sick?';
The sleep bubble has burst - my dream has died;
I can no longer recapture my odyssey on high...

The dawn ends all hope - so, grumbling at my fate,
I marvel at the scenery while I head for work... late.*

G.L. Brown

In Memoriams

BENOIT, Lottie. 1918-2004.

*Deep in our hearts,
Your memory is kept,
To cherish, to never forget.*
Loved and remembered
THE BENOIT FAMILY

DROUIN, Omer. In loving memory of a dear husband, father, grandfather, and great-grandfather who passed away March 2, 2004.

*Treasured memories keep your near
As time unfolds another year
Today, tomorrow, our whole life through
We will always love and remember you.*
Lovingly remembered by
RETA (WIFE)
LINDA & BRIAN (DAUGHTER),
LARRY AND CATHY (SON),
SHANE, KELLY, SHANNA, COREY,
YVONNE, NICOLE, PATRICK, DANIEL,
KRISTA (GRANDCHILDREN), ALI,
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Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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

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

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

How can I be a responsible mother and stop feeling like a bad daughter?

Dear Annie: I'm a single father of a 16-year-old son whom I have raised since he was 2. "Zack" is mature and carries himself with confidence.

When Zack took up sports and his schedule became busy, we found that it was sometimes necessary to share the bathroom. While he showers, I shave, or while I shower, he does his hair.

Last summer, my brother visited us and inadvertently witnessed one such episode where Zack and I needed to get ready at the same time. He didn't say anything to me but apparently told several family members, including my parents. When my son and I visited for Thanksgiving, it ended up being the main topic of conversation, with words such as "unnatural," "unhealthy" and "disturbing" being tossed around. One relative actually told my son it was going to make him gay.

Zack understands that sharing the bathroom is no different than showering with his friends after gym class. I did my best to explain this to my family, but no one wanted to listen. When we visited at Christmas, the subject came up again, and we put up with their narrow-minded views until I saw how upset Zack was. We left early. When my mother called the next day to ask why, I told her. She replied that I was "overreacting."

As a result, Zack has said he would rather not see his grandparents for Easter and suggested we stay home. The problem is, the only times we can visit my parents are during school holidays. Annie, I don't want my family to miss out on Zack's life because of something so trivial. I want him to spend time with his relatives, but their attitudes are driving a wedge between us. Any suggestions before I buy an Easter ham? — Proud Parent

Dear Parent: Buy the Easter ham, and tell your relatives that you will be celebrating holidays at home until they can show a measure of respect and toler-

ance. People will treat you the way you demand to be treated. (But please give them another chance over the summer.)

Dear Annie: My dad is 87 and has a bunch of medical problems, yet he continues to drink. It's less than he used to imbibe, but I don't think he should be having any alcohol at all. I have said this to both of my parents, and their only response is that Dad's doctor said it is OK. I don't believe any decent doctor would tell an elderly man in poor health that it's all right to drink.

I suspect some of Dad's current medical problems were caused by excessive drinking. He was an angry, volatile and verbally abusive drunk. What can I do to convince my parents that continued drinking is not OK? — Frustrated in Florida

Dear Florida: You could call Dad's doctor and inform him that your father is still drinking, and the doctor will handle it from there. But your father is 87 and has curtailed his alcohol consumption. It's unlikely he will give it up entirely. Your choice is to keep berating him or accept him as he is.

Dear Annie: "No Name, No Place" worries about her husband driving drunk when he's coming home from sporting events. There's something else this wife should do. Somewhere out on the road, there is a young couple with their first child, or a teenager coming home from a dance, or a wife heading to the airport — none of them deserves to die under the wheels of this drunk's car.

The next time "No Name's" husband heads out for a night of drinking with his buddies, she should call the police. She knows where he's going and can describe his car and provide his license plate number. The police officer who stops him could be saving the life of the innocent driver he was going to hit on the next block. — Had it with Coddling Drunk Drivers

Annie's Mailbox

Dear Annie: When I was 5, my mother married an abusive man. He talked down to us and often resorted to slapping and name calling. On at least three occasions, he was physically abusive — punching, throwing and beating us. On the other hand, he adopted us and often did nice things, too.

When I had my first child, my husband and I moved away. We have maintained limited contact with my parents, although they can visit as often as they like. I prefer not to go to their home, where my stepfather is in charge.

Recently, I explained to my mother that our children could not visit her without additional adult supervision. She became angry, saying it's time I put the past behind me. She says I should remember the good things. She insists her husband would never hurt my children. But she also denies that he was abusive, saying he "lost control" only once.

While I am upset with my mother for not protecting us, I feel guilty for denying her the pleasure of being the grandmother she wants to be. Without him, she would be a good one. How can I be a responsible mother and stop feeling like a bad daughter? — Unsettled in the West

Dear Unsettled: Many abusers can be charming and loving when they are so inclined. Your mother, like many women in these situations, is in denial about the way her husband treated his family. Reasoning with her apparently has no effect. Being a good daughter does not mean subjecting your children to potential abuse, physical or emotional. You see your parents regularly, and they are welcome to visit whenever they wish. There is no reason to feel guilty.

Dear Annie: Our new neighbor is a young professional with a boy the same age as mine. We like her and look forward to our sons growing up together.

The problem is, she will pop in several times a day for half an hour or more. She doesn't seem to realize that her in-

trusions are interrupting our valuable family time. We have tried not answering the door, but she will then phone us or return and knock again. She can see our cars in the driveway, so she knows when we're in.

We have tried telling her that family time is important to us, but instead of getting the hint, she compliments us on our family dynamic. We don't want to hurt her feelings, but I'm freaking out about what will happen when summer comes and we are both home all day with our kids. Please give me a polite way to get her to back off without ruining any future relationship. — Had Enough

Dear Had: Some people need explicit boundaries. When your neighbor knocks during family time, go to the door, tell her this is "not a good time" and suggest a better one, even if it's the next day. Smile and close the door. Repeat as needed.

Dear Annie: The letter from "No More Frustrations, Please" hit me hard. It has been a little over a year since my wife walked out on me, saying I never did anything but sit in front of the TV. She refused to go for counseling, saying I was not going to change and she was done.

A month later, I was diagnosed with severe sleep apnea. I started using a CPAP machine and now have energy again. I finished all of the projects around the house. I bike 20 miles. My weight is down, and I feel so much better.

It saddens me how close we could have grown had we gone through this together. You are right. He should do everything possible to save his marriage. I am in counseling, trying to forgive her for giving up without a fight. — Sleeping in California

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

**100th
birthday**

Sylvia Bronson, of
the White House
(451 Dufferin,
Stanstead),
will be celebrating
her 100th birthday
on March 6, 2011.

The family has planned
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Everyone is welcome to
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Love Trudy, Ron and family

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: Y equals F

"SMXCR RLBDST CMX DNR
CHHNWUABTLXP JI RLNTX ZLN IBXAP
RN RMXDPT CDP YCPT CDP UNUGACM
NJBDBND." - HLCMAXT FGMCAR

PREVIOUS SOLUTION: "Sometimes I think that civilization as we know it would kind of break down if we all were completely honest." - Elizabeth Hurley

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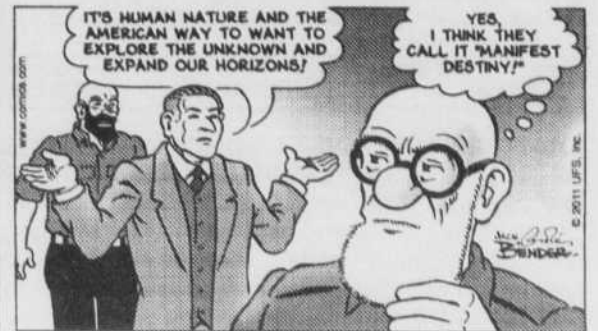
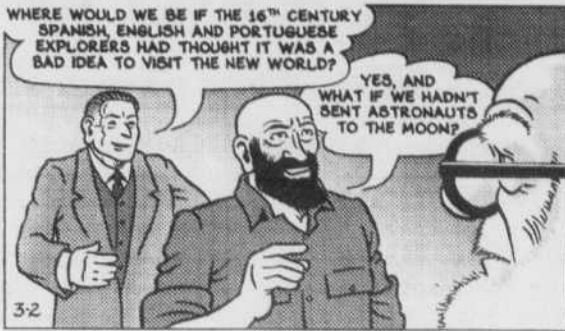
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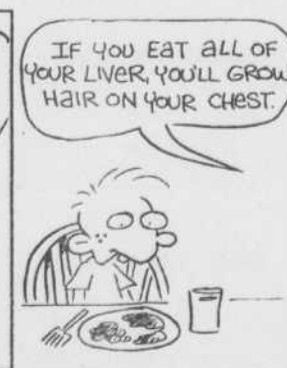
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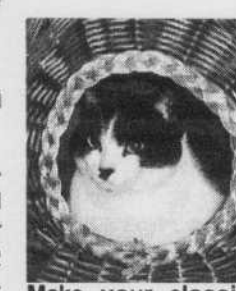
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CROSSWORDS

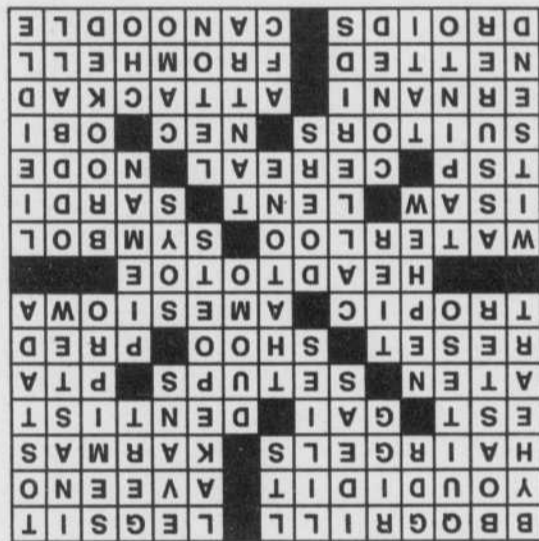
SATURDAY, FEB. 26 CORRECTED CROSSWORD

- Across**
 1 It might make marks on your dog
 9 Walks quickly
 15 "Great job!"
 16 Johnson & Johnson skin care brand
 17 Some mousses
 18 Destinies
 19 Auto insurer's request: Abbr.
 20 "___jin": Clavell novel
 21 One concerned with bites
 22 Rate ___: be perfect
 24 Entrapments
 26 H.S. support group
 27 Start over, in a way
 29 Make go away
 30 Subj. partner
 31 Geographical parallel
 33 Skunk River city
 35 Entirely, with "from"
 37 Utter fiasco
 40 Logo, e.g.

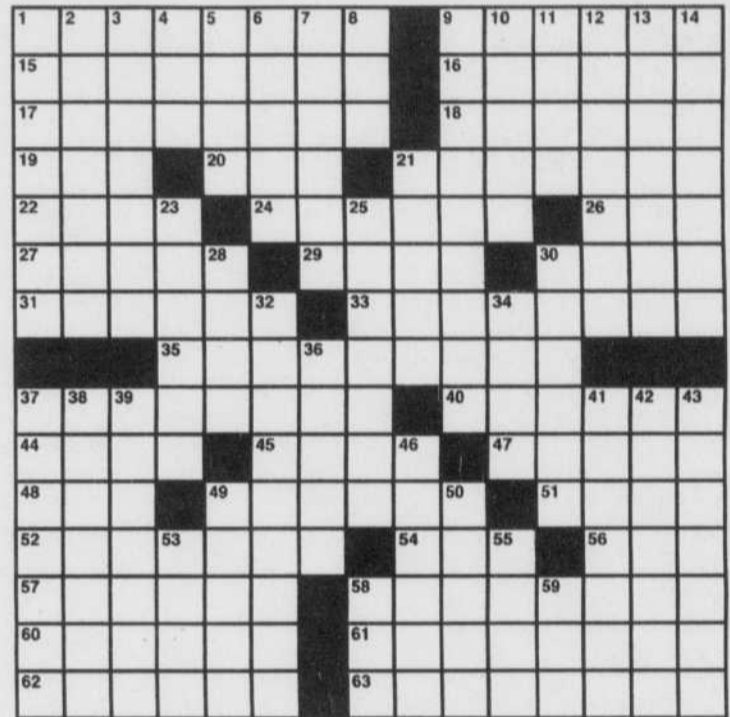
- 44 "___ Esau": kids' rhyme book
 45 Advanced
 47 Restaurateur known for satiric wall art
 48 Recipe amt.
 49 Post product
 51 Network meeting point
 52 Ones going to court?
 54 Sony competitor
 56 Japanese band
 57 Verdi title bandit
 58 Part of a smear campaign
 60 Brought home
 61 Worst of the worst
 62 Some smart phones
 63 Spoon

- 23 One crying uncle?
 25 Choice words
 28 Level
 30 Acquaintance of Simon
 32 Revealing numbers
 34 Edamame beans
 36 They don't just sit around
 37 Giving-up point
 38 One offering comfort
 39 Draw on
 41 Put up with
 42 Eccentric
 43 Remain in mothballs
 46 Asian enlightenment doctrine

- 49 Shaped like a megaphone
 50 Gave away
 53 Filmmaker Jacques
 55 Outfit you don't want to be seen in, briefly
 58 Jets' org.
 59 John who played Sulu in "Star Trek" (2009)



- Down**
 1 Without notes
 2 Bigmouth
 3 "Most assuredly"
 4 E. Berlin's land
 5 1997 Emmy winner for TV's "Rebecca"
 6 Head lights?
 7 Ornamental flowers
 8 West Point grads: Abbr.
 9 Coleridge, Southey and Wordsworth
 10 Mary Ann ___, George Eliot's birth name
 11 Goldfinger portrayer Fröbe
 12 Part-time, in a way
 13 Het up
 14 Taco relative
 21 Milano cathedral



- Across**
 1 Sierra Nevada resort
 6 Like some checking accounts
 11 Scand. land
 14 Observe Yom Kippur
 15 Neptune's realm
 16 When repeated, a Latin dance
 17 Feature of the answers to starred clues
 19 Children's author/illustrator Asquith
 20 Icky stuff
 21 Common flashlight power source
 22 Endure
 23 *Poker holdings
 25 Actor Dillon et al.
 26 Hwys.
 27 Chinese discipline
 28 Cut's partner
 31 *Subdued

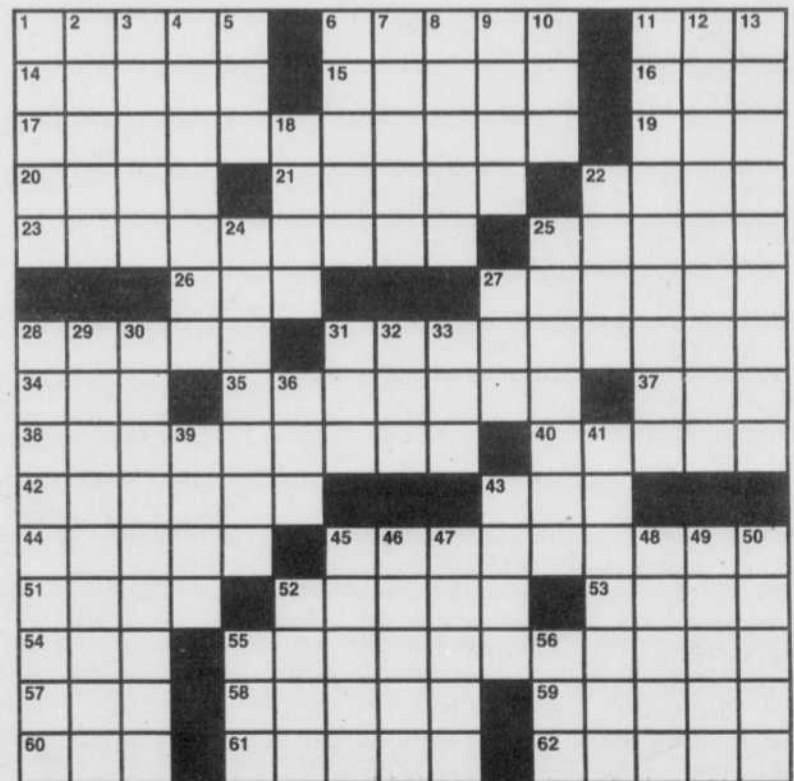
- 34 First N.L. 500 home run club member
 35 Indictment
 37 "___ pales in Heaven the morning star": Lowell
 38 *Prepared to jog
 40 Less refined
 42 Degree requirements, at times
 43 Convert to leather, as a hide
 44 Minor cost component
 45 *Stained
 51 Ship of Greek myth
 52 European toast
 53 Fit
 54 Living in Fla., maybe
 55 Feature of the answers to starred clues
 57 Morse unit
 58 Racket
 59 More repulsive

- 22 Secular
 24 Imagines
 25 Young food court loiterer
 27 Afternoon service
 28 Gift shop items on a rotating stand
 29 Where to see a caboose
 30 *Fortes
 31 USC or NYU
 32 Prov. on James Bay
 33 Amer. currency
 36 IV units
 39 ___ perpetua: Idaho's motto
 41 "___ My Heart": 1962 #1 R&B hit for

- Ray Charles
 43 Going rate?
 45 Coil of yarn
 46 Western chasers
 47 Ply
 48 "¿_ usted español?"
 49 Paula's "American Idol" replacement
 50 Steel plow developer
 52 Winter forecast
 55 John Lennon Museum founder
 56 VII x VIII



- Down**
 1 Zesty flavors
 2 Leaning
 3 ___ society
 4 Cocktail preparation phrase
 5 Sushi fish
 6 Tally symbol
 7 Large wedding band
 8 Strikes one as
 9 Viscount's superior
 10 One-third of ninety?
 11 *Pocketed the cue ball
 12 Obligatory joke response
 13 Park Avenue resident, e.g.
 18 ER tests



Your Birthday

Wednesday, March 2, 2011

Don't hesitate to play a secondary role rather than a leading one if that's all that is offered you involving a possibly rewarding enterprise. The profit it generates could be far greater than what a turn in the limelight would bring.

PISCES (Feb. 20-March 20) - Those wonderful intuitive perceptions of yours could prove to be a valuable asset. You may size things up quite well, but your instinct will take the prize in accuracy.

ARIES (March 21-April 19) - Be as open-minded as possible, especially when dealing with friends. If you display any indication of being biased against something or someone they like, you could lose their support.

TAURUS (April 20-May 20) - Most anything you attempt to reach is achievable at this juncture, but only if you make it your top priority and stick with it. Once you make that decision, stay the course.

GEMINI (May 21-June 20) - Do not put any limitations on your thinking. Unless you allow yourself ample room to maneuver, you'll never find out if you are right or wrong about anything.

CANCER (June 21-July 22) - Sudden changes might catch others flatfooted, but not you. Perhaps your greatest asset is being able to engineer your way around whatever suddenly rears its ugly head.

LEO (July 23-Aug. 22) - In order not to jump to an erroneous conclusion, wait until you are sure that you have all the facts of the matter in front of you. Be aware there are two sides to every story, and study each carefully.

VIRGO (Aug. 23-Sept. 22) - Plan ahead and know what you're jumping into. If you don't, you could find yourself caught up in something that is a bit too complicated for you to manage unaided.

LIBRA (Sept. 23-Oct. 23) - If you experience a bit of pressure from your friends to participate in something innocent, be a good sport and join in, but only if it doesn't interfere with your work.

SCORPIO (Oct. 24-Nov. 22) - Your success or failure might not be determined by how much you do but by what you're able to do well. Leaving things that you're confused about undone is not a mistake.

SAGITTARIUS (Nov. 23-Dec. 21) - If you find yourself mentally uncomfortable about something rather than physically restless, try to find someone who has knowledge that you lack.

CAPRICORN (Dec. 22-Jan. 19) - A big opportunity that will enable you to lay a foundation for a goal you hope to achieve sometime soon might at last present itself. It might be the secret to your success.

AQUARIUS (Jan. 20-Feb. 19) - Appearances could be more important than usual, so make sure you show yourself in as good a light as possible, especially if you are hoping to inspire or direct others.

Wednesday, March 2, 2011

What happens above three of a major?

By Phillip Alder

A help-suit game-try trying to get to game in a major occurs below three of the agreed major, so that the bidding can stop short of game. But what do bids above three of the major mean?

Look at the South hand. You open one spade, and partner raises to three spades, a game-invitational limit raise guaranteeing 10-12 support points (eight losers - don't forget to deduct one loser for a 10-card fit) and at least four spades. What would you do next?

If opener has a minimum, he passes out three spades. If he has some extra values, he raises to game. Anything else expresses interest in a slam. Here, South should not use Blackwood, because he has two immediate diamond losers. But since he has thoughts of a slam, he control-bids (cue-bids) four clubs, showing a first-round control in that suit (usually the ace, but maybe a void). North then decides whether he has a slam-suitable hand. Here he does because he has an ace, a king, a doubleton and a fifth trump. He control-bids four diamonds. Now South can take charge with Blackwood, bidding six spades opposite a one-ace reply.

West leads the diamond king.

South has two losers: one spade and

North 03-02-11			
♠ J 9 6 5 2			
♥ K J 4			
♦ A 4			
♣ 8 4 3			
West		East	
♠ 8		♠ A	
♥ Q 9 6 2		♥ 10 8 7 5	
♦ K Q 10 9		♦ J 6 5 3 2	
♣ 9 7 5 2		♣ J 10 6	
South			
♠ K Q 10 7 4 3			
♥ A 3			
♦ 8 7			
♣ A K Q			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1 ♠	Pass	3 ♠	Pass
??			
Opening lead: ♦ K			

one diamond. He must get rid of that diamond loser before touching trumps. The only way to do that is to win three heart tricks via a second-round finesse. When it works and no one ruffs the heart king with the spade eight, the contract is home.

The rule for bidding a slam on a finesse is simple: Bid the slam when the finesse is winning, but stay in game when the finesse is losing!

EAT IN AND SAVE

The potluck problem

By Marialisa Calta



This "ravio-sagne" made with frozen ravioli is "insanely great" for potlucks, says cookbook author Devin Alexander. Credit: Photograph by Theresa Raffetto for "I Can't Believe It's Not Fattening!" by Devin Alexander (Broadway Books, 2010)

Where I live, there are three potluck seasons. There's the summer potluck, which represents a chance for neighbors to hang out in the backyard on a warm evening. There's the winter potluck, an opportunity to socialize during the holidays. Then there's the spring potluck, which is largely driven by the school calendar, sports-team celebrations, PTA evenings and awards ceremonies. Each

event, it seems, warrants a potluck. This can be wearing, to say the least.

As a veteran potluck, I have developed a set of criteria that any dish must pass before I consider making it.

1. It must be easy. Why slave over a dish that's going to be plundered by a phalanx of hungry potluck-goers? Save the heirloom, three-day coq au vin for a dinner party.

2. It must be affordable. The general rule at potlucks is to bring enough food to feed at least one-and-a-half times as many people as you bring to the event. If you're contemplating bouillabaisse or osso bucco, this could get pricey.

3. It must be tasty and family-friendly. Face it: Your reputation is on the line. Bringing your dish home with food still in it is the culinary "walk of shame." Pleasing the crowd can be even harder when half the attendees are school-children. But resist the temptation to bring a giant vat of mac and cheese made from a box. You have your pride.

4. It should be healthy. After all, don't you want to model good eating habits to your daughter's softball team? A healthy, tasty dish also guarantees there will be something at the potluck that YOU want to eat!

I found a couple of dishes that fit all of the criteria beautifully in a retro-looking new book "I Can't Believe It's Not Fattening!" by Devin Alexander (Broadway Books, 2010). The perky Alexander was the chef on NBC's "The Biggest Loser" and is the author of "The Biggest Loser Cookbook." Her motto, according to her publicist, is "20 minutes in the kitchen can save you three hours on the treadmill!" Her "ravio-sagne" - made with store-bought ravioli - is, she says, "insanely great for potlucks." Likewise, her barbecue "wings" made of skinless chicken tenders will be gobbled in a

trice.

RAVIO-SAGNE

2 cups low-fat, preferably low-sodium marinara sauce

1 (25-ounce) package frozen rectangle-shaped cheese ravioli (look for a brand with no more than 4 grams of fat per 9-piece serving; Alexander recommends Rosetto whole-wheat ravioli)

6 ounces (about 2 cups plus 2 tablespoons) reduced fat, finely shredded mozzarella cheese (no more than 3 grams of fat per 1 ounce serving; Alexander recommends Lucerne)

1/3 cup finely slivered basil leaves

Preheat the oven to 400 F.

Spoon 1/2 cup of sauce evenly into the bottom of an 11-by-7-inch ceramic or glass baking dish. Lay one-third of the ravioli (about 18 pieces) side by side in a single layer to cover the bottom of the dish. Spoon another 1/2 cup of sauce evenly over the top. Sprinkle one-third of the cheese and one-third of the basil evenly over that. Repeat the layering two more times, beginning with the ravioli. Cover the dish with foil. Bake for 40 minutes. Remove the foil, and continue baking an additional 10 minutes, or until the pasta is heated through and the cheese is melted. Let stand 10 minutes, then slice into six equal portions and serve.

Yield: 6 servings

Recipe from "I Can't Believe It's Not Fattening!" by Devin Alexander (Broadway Books, 2010)

HONEY-BBQ "WINGS"

6 tablespoons BBQ sauce (find one with no more than 9 grams sugar and

less than 1 gram fat per 1 tablespoon serving; Alexander uses Organicville brand)

3 tablespoons honey
1/2 teaspoon garlic powder
salt and pepper, to taste
olive-oil spray
24 chicken tenderloins (about 1-1/2 pounds), trimmed

Combine the barbecue sauce and honey in a small bowl. Set aside.

Sprinkle the garlic powder, salt and pepper over the tenderloins, and toss to combine.

Place a large nonstick skillet over high heat. When it is piping hot, mist with the oil spray and add a chicken strip. If it sizzles, the pan is hot enough. Add more strips, side by side without crowding the pan. You can work in batches. Cook the strips until they are lightly browned on the outside and no longer pink inside, two to three minutes per side. Turn the heat to low, and return all the wings to the pan. Pour the reserved honey-BBQ mixture over them, and gently stir until they are well coated and the sauce is warm. Remove from the heat, and let sit for five minutes. Toss again, and serve.

Yield: 6 servings

Recipe from "I Can't Believe It's Not Fattening!" by Devin Alexander (Broadway Books, 2010)

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

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