

College Street crosswalk coming this year

By Gordon Lambie

One of the items included in the extensive list of projects to receive funding from Quebec's Ministry of Transport over the 2020-2022 period is the installation of a pedestrian light on College Street in Lennoxville near the intersection with Little Forks. The project was first formally approved in the 2018-2020 funding announcement under the Liberal Government, but without firm details about when and how the work would move ahead.

The crosswalk dates back to 2004, when it was moved to its current location from the Bishop's side of the Massawippi River in the hope that the change would make for a safer crossing. The safety of the new location, however, has been an ongoing concern in the community ever since and even inspired a few demonstrations by the local student populations.

Lennoxville Borough President Claude Charron hailed the announcement as good news but also pointed out that the work was supposed to be done last year. Although he acknowledged that the ministry is still in the process of sorting out details with its contractors, the Borough President said that it is likely that Lennoxville residents will see the crosswalk move yet again, this time to the corner of College and Connolly, where a button activated pedestrian light will be installed to allow the flow of traffic to start and stop in a more orderly fashion.

According to the MTQ, the work is likely to take place in the spring or summer of this year.

Caring is contagious at North Hatley Elementary School



MATTHEW MCCULLY

Marlyse Richard with students and community members who shaved their heads for the Leucan Shaved Head challenge along with the hairdressers who did the cutting.

By Matthew McCully

You could hear the cheering and applauding in the gymnasium at North Hatley Elementary from outside the school yesterday afternoon.

But it wasn't for a sporting event. It was to encourage 10 brave souls who decided to participate in the Leucan

Shaved Head Challenge.

And they deserved a cheering section. The fundraising event, which initially had a goal of \$3,000 ended up more than doubling that for a total of \$6,243.95 raised for Leucan Estrie, an organization that supports children stricken with cancer and provides services for their families to help deal

with the stress and financial burden through all stages of cancer, from diagnosis and following treatment.

It all started when North Hatley Elementary School (NHES) French second language teacher Marie-Pier Cabana reached out to Leucan Estrie to

CONT'D ON PAGE 5

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Weather



TODAY:
CLOUDY

HIGH OF 6
LOW OF -11



WEDNESDAY:
CLOUDY

HIGH OF 4
LOW OF -2



THURSDAY:
SNOW

HIGH OF -1
LOW OF -8



FRIDAY:
CLOUDY

HIGH OF -6
LOW OF -14



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -5
LOW OF -14

Coley takes the lead



DISHPAN HANDS

SHEILA QUINN

'You don't need a title to be a leader. You lead by example.'

- Jamie Woodburn.

Ten-year-old Lennoxville resident Olivia Coley attends École Plein Soleil in Sherbrooke. She has a real knack for organization; and tremendous people skills for a person of her age...well, for any age really. She's one of those people who naturally steps up and makes things happen - or at least begins that all-important initial act of trying to make things happen. She seems motivated to be involved, and also naturally navigates towards integrating others into her plans. She was leading by example, and then obtained a title in the process.

This year she ran for the position of Ministre de la Cour (Schoolyard Minister), a role she was thrilled to win. She promptly developed a committee comprised of some of the other folks who ran for the position as well as a few friends and people who were feeling a bit shy regarding a bigger role, but who wanted to be involved too.

Recently the school submitted an entry for last week's 'Semaine de la Relève Cooperative' (loosely translated, Next Generation Cooperative Week, or Future Leaders Cooperative Week). The organization Conseil Québécois de la Coopération et de la Mutualité sponsors \$6,000 in prizes for projects designed by youth ages 5 - 35. Olivia and a classmate are featured in the video entry interviewing some of their schoolmates regarding their playground, identifying that what they require are nets to stop balls from bouncing into the street, resources to paint lines to identify play areas, and soccer balls.

The project was selected as one of the finalists in the CQCM's contest - winners are to be announced this week.

Winning will mean a \$1,000 prize that will cover a large portion of their needs.

Even more motivated with this new role, Olivia Coley is constantly inspired to prepare for other important events and causes, including upcoming Pink Shirt Day/Anti-Bullying Day, and spent part of last weekend doing research (including learning about the Pay It Forward story), and preparing a slideshow explaining the concepts and history behind some of these important movements and campaigns.

When asked about his feelings on Olivia's attitude and involvement in school projects, her father, AGRHS teacher JF Coley responds with ease, 'Surprised, and proud. She so altruistic. Worries about others, stresses about others. Very caring. I was selfish when I was a kid! She must get it from her mom (Laura Pleavin-Coley, also an AGRHS teacher), or grandmothers...or great-grandmothers. She's usually reserved and doesn't like to stir the pot. I'm pleasantly surprised she's taking leadership roles.'

There are few things as inspiring as watching a person taking an interest in social development.

'And taking action,' JF expands, 'She's trying to make things happen. Even running for Ministre de la Cour was a big step. She never thought people would vote for her, but she really wanted to do some things for her school. I helped her make her posters, but let her do and manage her own thing.'

Becoming involved is not without its moments though.

'And of course there's occasional drama around it, people and opinions. But she's really good at trying to bring others in, and getting their opinions, their input. She wanted to bring 'her team' to any potential interview.'

Via this role as Schoolyard Minister, Olivia has an opportunity to learn about politics. She is responsible for schoolyard activities, obtaining new equipment or installations, dealing with problems and so on, as well as passing on information to the powers that be (teachers, the Principal).

Her father is impressed with her continued work, 'She's been coming up with ideas for the yard, projects. She's doing fundraising for the yard for next year via a calendar project. She heard about anti-bullying at Galt and said, 'We should do that, some kids are bullied at my school.'

That brings us back to the Powerpoint presentation she spent her weekend creating.

'She's a genuine compassionate person. She dishes it out to her brother, but other than that, she doesn't have a mean bone in body. She's just a really special kid. Very giving. Very caring. And now we've added drive to the whole thing. She finds leaders inspirational I think.'

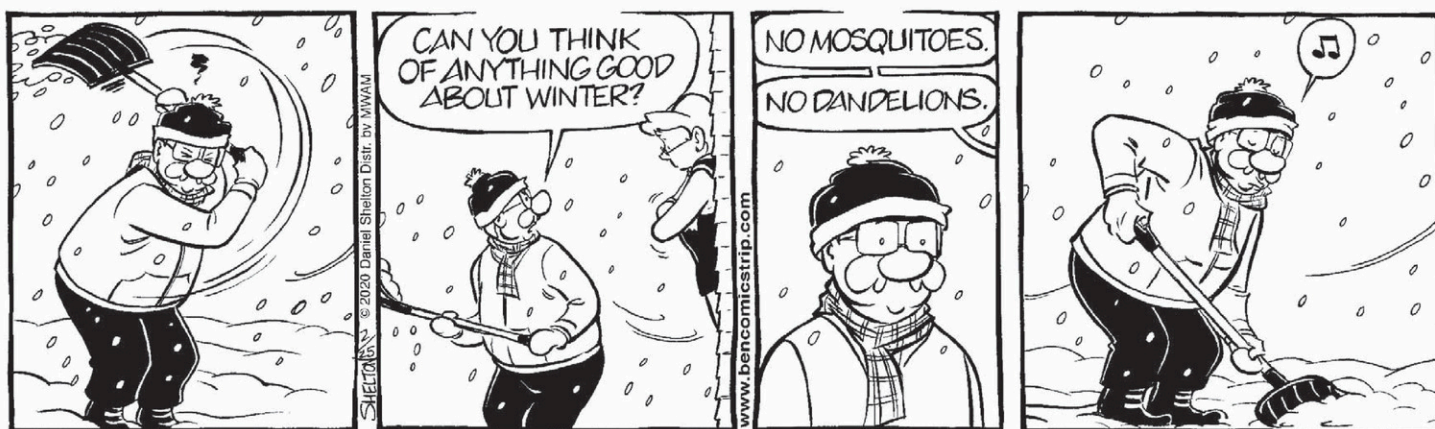
Olivia Coley is in the throes of the most important part. It's not about announcing that École Plein Soleil has won with their entry in the video contest, it's about how youth got together and thought about basic things that they needed, created a plan and an idea of a budget, and enthusiastically recorded a video where they explained what they need. They are taking part in paying attention to how to improve their playtime and daily life at school. They're working together and that will get results, even if it's not in the form of this win, because they will keep going, keep trying, and keep learning how to make life better for one another.

And THAT is inspiring.



Olivia Coley is a ten-year-old current leader, who, mark my words, will be a future one.

Ben by Daniel Shelton



Local News

"It is like Christmas in February for many elected officials," Bonnardel said of the annual announcement, pointing out that the ministry of transport is one of the ministries whose work impacts the population on a daily basis.

Province to invest \$166 million in Townships roads

By Gordon Lambie

Quebec Transport Minister François Bonnardel was in Sherbrooke on Monday for the government's annual announcement of investments in the local transportation network. A total of 103 projects were named as a part of the announcement, the majority of which fall into the categories of either road maintenance, structure maintenance, or improvements to the security of the road network.

"It is like Christmas in February for many elected officials," Bonnardel said of the annual announcement, pointing out that the ministry of transport is one of the ministries whose work impacts the population on a daily basis.

Among the major projects included in the plan is the provincial government's part of the funding for the Grandes-Fourches bridge project in Sherbrooke, the funding to rebuild the Main Street bridge in North Hatley, repaving work on highways 10, 410, and 55, as well as more than \$17 million that has been set aside for the completion of the Highway 410 extension project.

"The challenge is to have it done for Christmas," the Transport Minister said, reminding those gathered for the

announcement that the work to extend the highway has been the largest public works project in the region in recent years, with \$75 million having been invested in phase two since 2008, and more than 250 million for the whole job so far.

Although the repaving work might be less flashy than the construction of a new highway, Bonnardel pointed out that people would do well to keep in mind that the section of Highway 10 between exit 68 and Bromont, as well as the section of Highway 410 from University Boulevard to the 10 and nearly 30 kilometres of highway 55 between Sherbrooke and Ulverton are set to be resurfaced over the next two summers. The work he said, will be significant and disruptive to people in the area, even if the ultimate goal is an improved transit network.

He said a similar thing of the work to rebuild the bridge in North Hatley, which will result in a significant detour over a prolonged period of time.

"We know it won't be easy for the people in the area, but we have no choice," the minister said.

Bonnardel deferred to Sherbrooke Mayor Steve Lussier when it came to questions about the Grandes-Fourches bridge, and Lussier shied away from specifics about the work.



CREDIT: GORDON LAMBIE

CAQ MNAs André Bachand, Geneviève Hébert, and François Bonnardel in Sherbrooke on Monday

"The file is moving along well," the Mayor said, sharing that the Provincial Government is contributing \$26 million to the \$36 million project. "We should make the official announcement and have the groundbreaking soon."

In a push for more transparency on

the part of the ministry, Bonnardel also noted that the full listing of the projects in planning is available online (in French only) at <https://www.transports.gouv.qc.ca/> under the "projets et infrastructures" tab.

Council of physicians, dentists and pharmacists supports CHUS Foundation fundraising campaign

Record Staff

The Council of Physicians, Dentists and Pharmacists (CMDP) has announced its support for the CHUS Foundation's major campaign with a \$180,000 donation.

The donation is in keeping with the CMDP's actions in support of the Foundation over the past 25 years. During that time more than \$2 million has been devoted by the CMDP to improving health care, medical innovation and humanizing care in the Estrie region.

"For the CMDP, it is important to actively support the Fondation du CHUS because its contribution to our

Sherbrooke facilities allows all of our members to benefit from more ways to offer the best possible care and services to our clients," commented Dr. Valérie Bédard, President of the CMDP.

"We are proud and grateful to be able to count on the unfailing support of the CMDP for 25 years now, through their major financial commitment of course, but also through their great availability to support our actions, participate in our activities and meet our donors. Their contribution plays a crucial role in the quality of health care provided in the Estrie region," added Martin Clermont, Executive Director of the CHUS Foundation.



PHOTO CREDIT: COURTESY

Executive Director of the CHUS Fondation, Martin Clermont, President of the Council of Physicians, Dentists and Pharmacists, Dr. Valérie Bédard and Director of Philanthropic Development, Marie-Andrée Gagnon.

Beaudin calls out culture of secrecy within Sherbrooke Council

Record Staff

City councillor and head of Sherbrooke Citizen Évelyne Beaudin raised concerns about the abusive use of in camera sessions by municipal council.

In a Facebook post published yesterday, she revealed that in 2019, the council sat in public only 37 per cent of the time.

"According to our calculations, elected officials are behind closed doors 63 per cent of the time," Beaudin com-

mented, in a recent press release.

According to Beaudin, the overuse of secret sessions is a problem because it makes citizens feel excluded from decisions. "I think it's reasonable to say that people don't have access to all the information. They don't get the issues explained to them; they don't really know what the people representing them think because everything is discussed and canned in advance behind closed doors," Beaudin added.

The leader of Sherbrooke Citoyen referenced an incident at the last mu-

nicipal council where the president, Nicole Bergeron, refused to take questions from elected officials during a public plenary session, claiming that they had had the opportunity to do so behind closed doors.

"This shows that public meetings are seen as a waste of time, a necessary evil. Many elected officials do not see the relevance of holding debates in public and find it much more convenient to discuss anything and everything away from the eyes and ears of the public, and especially journalists."

Beaudin believes that the council needs to question its practices and look at models elsewhere, such as in Ontario where only human resources and legal issues are dealt with in camera.

"We can go step by step, but I think it's important, at the very least, to have clear rules," explained the Carrefour district councillor. "We have just adopted a new code of ethics that insists on the duty of transparency of elected officials. It must be reflected in concrete actions."

Is a kiss REALLY a kiss if you are only seven?

By Linda Knight Seccaspina

and socks that were now covered in dirt and berry juice and smiled. No one had ever called me pretty before so we began to talk and pick raspberries together. I had seen him in the school yard at recess and one day he had waved at me from his verandah as I walked home from school.

When our pails were full and our lips bright red from eating fresh raspberries he held my hand as we walked home. We reached his house first and before I could say a word he kissed me quickly on the lips. It tasted like a river of sweat combined with tributaries of fresh warm raspberry jam. He suddenly ran across the street and flew up the rickety stairs hugging his mother who was hanging clothes.

He never did kiss me again, but I will forever remember that heartfelt affection as my first kiss. Sixty two years later I wonder if he still picks raspberries. Maybe some days he thinks back to the day he kissed the little blonde haired girl with her stained red lips; because she still remembers that kiss to this day. It wasn't my lips he kissed - it was capturing a moment in time.

We met one day in the sunshine while we were both picking raspberries from bushes so tall they seemed to touch the sky. I had just turned seven and he was barely eight. His body was hidden on the other side of the shrubberies but his voice hit me like a ton of rocks. The high volume of his vocals insisted I was not to pick from "his" raspberry bush. He kept insisting that he needed a lot of berries so his mother could make him some jam. She had told him emphatically that he had better not come home unless that big silver pail was full.

I pushed my blonde bangs out of my face and told him in a loud voice that he did not own the raspberries. His round face full of freckles had a look of defiance as I saw him walk around from the other side of the bushes. He stopped dead in his tracks, put his pail down and wiped the sweat off his face with his blue checkered shirt. He smiled, and said he was sorry, and that he didn't usually yell at pretty girls.

I looked down at my white sandals



Paramedics outfit local schools with external defibrillators

Submitted by Jody Stone

their social fund and decided to invest it in tools that could greatly change someone's life in need of cardiovascular resuscitation.

This donation now brings the total AEDs that the Stanstead Ambulance Company maintains on its territory to 23.

On Feb. 18, 2020, the Stanstead Paramedics donated two Automated External Defibrillators (AED) to local elementary schools Sunnyside and Jardin-des-frontières.

The paramedics used the balance of



Memories of Au Bon Marche in Sherbrooke



This was an ad for the Sherbrooke Daily Record for Au Bon Marche..Me) Linda Knight Seccaspina) on the left and the other model on the right- my fellow friend and Au Bon Marche employee Pauline-Worked at Le Chateau and manager of The Knack in the store. Where do those years go?. (Submitted by Linda Knight Seccaspina)



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Daycare shortage “a big problem” in Sherbrooke

By Gordon Lambie

This past weekend Shella-Ann Schinck of Sherbrooke coordinated a peaceful demonstration in front of the Rock Forest offices of Richmond MNA André Bachand to express frustration at the lack of daycare service for parents in the region. Attended by some sixty people, including daycare workers, parents, and other concerned citizens, the gathering was meant to raise the alarm about the childcare needs of parents in the region.

“Parents are making tens or even hundreds of calls and there are very few options,” said Schinck, explaining that she was inspired to organize the event out of frustration one day at seeing the large number of Facebook pages dedicated to parents looking for daycare spots.

“Parents are feeling the need to do more to be heard,” she said, noting that the demonstration comes in addition to a letter-writing campaign and petitions that are circulating at the moment.

The problem, according to Schinck, is broad. Although the province of Quebec has a service to help connect par-

ents seeking childcare to daycare centres, it is not unusual for children to age out of the need before a call comes in due to the shortage of spaces available.

“I put my name on the list as soon as I knew I was pregnant and I have not received a call,” she said, pointing out that she knows parents with four-year-olds who have never heard from the service.

Lacking access to a daycare centre, private and home-based daycares should be helping to fill the gap, but according to Schinck poor working conditions and challenging new legislation are leading a lot of home daycare operators to shut down, creating a shortage in that environment as well.

“It’s a big problem.”

The protest organizer said that she has yet to get an official response from the government or Bachand’s office although she acknowledged that the event was on a Saturday.

“I assume that sooner or later I will receive an answer,” she said. “If I don’t then I will go back.”

In a written statement, Sherbrooke Quebec Solidaire MNA Christine Labrie



COURTESY OF SHELLA-ANN SCHINCK

lent her support to the group, saying that there is a significant shortage of daycare spots at the moment, especially for infants.

“In the Eastern Townships, we have more than 800 permits for subsidized family spaces that go to nothing because there are no educators to open these spaces.” She wrote. “If it becomes attractive to be a family educator, I’m sure we can offer them to families

quickly, but with current conditions, we tend to have environments that close their doors.”

Like Schinck, the Sherbrooke MNA called for improved working conditions for educators.

“They are the first link in our education system, we cannot pay them like babysitters,” she said.

Caring is contagious

CONT'D FROM PAGE 1

organize a Shaved Head Challenge. Maryse Richard, a Special Education Technician at the school immediately jumped on board to help.

While Cabana initially got the ball rolling, in the new year she was transferred to work in Salluit, Quebec with the Inuit community.

“She gave us the choice to opt out,” Richard explained, but the staff and students decided to follow through with the plan.

“We started something, I want to go through with it,” Richard said, moments before she lost her locks for the challenge. “We want to show how sim-

ple acts of kindness can go a really long way.”

Since launching the campaign in November of last year, the participants have been raising money and even those not shaving or donating their hair did their part. The whole school participated in a Leucan Tattoo sale in the fall, crazy hat day in January and a fun afternoon of skating in February. All money raised from the activities, along with donations collected, will be given to Leucan in the name of NHES.

According to Richard, the original fundraising goal was \$3,000. “By January we had already passed it, so we decided to go for \$3,500,” she explained.

The tally at the end of yesterday was

over \$6,200. “And there is more coming,” Richard said, explaining there are still donations yet to add to the total.

The entire school filed into the gym just before 2 p.m. yesterday to cheer on the participants.

“This is a big deal,” Richard told the students, explaining the important role Leucan plays in helping families and children afflicted with cancer.

The students had made signs to hold up and encourage the participants and applauded every time a ponytail was snipped.

Three local hairdressers were on hand to do the head shaving and ponytail cutting.

Five female students and one parent with long hair donated eight-inch lengths of hair, which will be used to make wigs for people in cancer treatment.

Two male students shaved their heads completely, as did Richard.

And something special happened.

According to the Leucan representative, during a Leucan Head Shave Challenge, spectators can sometimes get the bug and decide to get on board.

That was the case for one mom at the event, whose son shaved his head.

The rule is anyone who decides on the spot to shave their head has to come up with a minimum \$50 donation in order to participate.

Rather than spare eight inches of her hair, the mother, likely inspired by the other participants, had her head shaved completely.

Richard was last to get her head shaved. She had sold raffle tickets to the students, and four winners each got the chance to cut off a length of her hair. Each of them thoroughly enjoyed their snip.

Marie-Pier Cabana will also participate in the activity from 1800km away.



This mom decided on the spot to get involved in the Leucan Head Shave challenge.



PICTURES BY MATTHEW MCCULLY

The before picture of Maryse Richard and NHES students

While it is a bit cold up north at the moment, she plans to fundraise and then shave her head in June, shortly before coming to visit the NHES students.

Following the event, Richard thanked the students, staff and local community for their support. “North Hatley always comes together,” she said, proud of the amount raised for Leucan Estrie.

Students then surrounded Richard, hoping to get a chance to rub her bald head before heading home on the bus.

EDITORIAL

In 2009, Vancouver implemented its Greenest City Action Plan. Compost programs, energy-efficient buildings, district energy, reduced reliance on private automobiles – all are putting the city on track to a greener future.

SCIENCE MATTERS

Beyond Climate ventures to the heart of a rapidly heating B.C.

By David Suzuki

Island Scallops on Vancouver Island has relied on stable ocean conditions since 1989. But CEO Rob Saunders says those started changing a little over a decade ago. Measurements showed dropping pH levels, indicating increased acidity. “We started to notice our larvae weren’t swimming very well; they weren’t feeding. They were dying at a tremendous rate,” he says.

In 2013, acidity spiked near Qualicum Beach and wiped out 10 million scallops, forcing the company to rapidly adjust. Heightened acidity is a well-known consequence of CO2 dissolving into the ocean to form carbonic acid. “The focus for us now is to try as fast as we can to find something that’s going to succeed in that ocean,” Saunders says. “There’s no question that the atmospheric CO2 is increasing.”

Saunders isn’t alone in noticing accelerating effects of climate disruption. People throughout British Columbia are witnessing profound changes. Salmon runs are down as rivers get warmer, lower or dry up altogether. Wildfires are becoming larger, more intense and frequent, threatening homes, businesses and ways of life. Insect outbreaks once kept in check by longer, colder winters have devastated millions of hectares of forest. People in the Okanagan have been hit with the double whammy of huge wildfires and flooding from rising lake levels. Climate chaos is costing billions.

Ian Mauro, a University of Winnipeg environmental scientist, geographer and filmmaker, explores the climate challenges and opportunities facing B.C. in his latest work *Beyond Climate*, which I narrate. This award-winning film takes the viewer past the headlines and into the heart of the issues.

From Haida Gwaii to Kelowna, Vancouver and Whistler to Mount Robson,

we heard from people whose world is changing around them. Their stories of struggle and their ability to adapt in the face of massive shifts are important, so we’re offering the film for free starting February 20.

Past Haida Nation president Peter Lantin describes how low river levels from a historic drought in the archipelago affected everything from food to culture. “I think at one point it was 36 days without rain. Haida Gwaii is a rainforest, so that has huge impact on us.”

Whistler Blackcomb environmental planner Arthur Dejong says that, despite the ski resort’s high elevation, it won’t escape climate change effects. “For every degree Celsius increase, the snow line will go up 120 metres. For over a decade and a half now, we have been putting lifts higher, [with] more snow-making, more summer grooming, as part of our adaptation to a future with less snow.”

Processing and transporting fossil fuels also poses risks. Still reeling from a spill of more than 100,000 litres of fuel and other pollutants when tugboat Nathan E. Stewart sank near Bella Bella in 2016, the Heiltsuk wonder how much worse it would be if a tanker loaded with diluted bitumen were to run aground.

Salmon and other fish are being especially hard hit by fossil fuel impacts, affecting commercial and sports fishing industries, food supplies and ways of life for coastal and inland peoples, especially Indigenous communities. Salmon also feed bears, eagles and other animals and fertilize the magnificent coastal rainforests.

Environmental planner Stephen Sheppard connects the dots between pipelines and climate. “We’re moving massive amounts of carbon through this province, all largely invisible to people. These are pipelines to the sky



It’s like taking carbon and sticking it in the air. Sooner or later, somewhere along the way, it gets burned; it goes up there.”

Fortunately, solutions are plentiful. In 2009, Vancouver implemented its Greenest City Action Plan. Compost programs, energy-efficient buildings, district energy, reduced reliance on private automobiles – all are putting the city on track to a greener future. Vancouver has the lowest greenhouse gas emissions per person of any major North American city.

B.C. is the proverbial canary in the coalmine for many related issues that will define our place in the world: reconciliation with Indigenous Peoples,

the clean energy transition (with concurrent continued fossil fuel development and transport), conservation, food production, changing industries and economic priorities.

Listening to people experiencing rapidly increasing climate impacts and to those doing something about the problem is critical to our understanding of how to live better in this province and on this planet.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor and Writer Ian Hanington. Learn more at davidsuzuki.org.

Letters

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Local Sports | Demosthene, a third-year psychology student, had a career night on Thursday as the Gaiters beat the Concordia Stingers 102-93 in Mitchell Gym.

Siciliano and Demosthene named Provigo, Robert Lafond Bishop's athletes of the week

By Luke Connelly, Bishop's Sports Information

Amaiquen Siciliano (Buenos Aires, Argentina/Velez Sarsfield) of the women's basketball team and Nervens Demosthene (Terrebonne, Que./Cegep de Montmorency) of the men's basketball team are the Provigo, Robert Lafond Bishop's Athletes of the Week for the week ending Feb. 23rd.

Siciliano, a second-year business student, continued her sensational sophomore season with a pair of stellar games. On Thursday night Siciliano scored a career high 38 points, the most in a single game in the RSEQ since the 2006-07 season, in the Gaiters 93-69 victory over the Concordia Stingers in Mitchell Gym. She also had five rebounds, five steals, three assists, and one block. She followed that up with a game high 28 points in an 86-76 victory over the UQAM Citadins in Montreal

on Saturday night. She added four rebounds, three steals, and two assists in 36 minutes of action.

The Gaiters return to the hardcourt on Wednesday night as they host the UQAM Citadins in an RSEQ semi-final game. Opening tip in Mitchell Gym is set for 7 p.m.

Demosthene, a third-year psychology student, had a career night on Thursday as the Gaiters beat the Concordia Stingers 102-93 in Mitchell Gym. He finished the night with a career high 39 points, the most in a single game in the RSEQ since 2014. He also had six rebounds, five assists, and two steals in the victory. He followed that up with a game high 22 points, in the Gaiters 72-61 win over the UQAM Citadins in Montreal on Saturday night. He finished the night with four assists, two rebounds, and two steals.

Bishop's is back in action on Wednesday when they travel to Montreal to

take on the Concordia Stingers in an RSEQ semi-final. Opening tip is set for 7 p.m.

2 goals

Stay tuned to www.gaiters.ca and #GaiterNation or @BishopsGaiters on social media to follow the Gaiters.

Honourable Mention

Women's Soccer - Penelope Cabana,



Montreal Canadiens send forward Nate Thompson to Philadelphia Flyers

The Canadian Press

The Montreal Canadiens have traded pending unrestricted free agent forward Nate Thompson to the Philadelphia Flyers for a fifth-

round draft pick.

The move came hours before the NHL's 3 p.m. ET trade deadline Monday.

It was the second trade for a draft pick by the Habs in the past 24 hours. On Sunday night, Montreal sent for-

ward Ilya Kovalchuk to the Washington Capitals for a third-round pick.

Traded to the Habs by the Los Angeles Kings last February, the 35-year-old Thompson had four goals and 10 assists in 63 games with Montreal this season.

The Flyers will be Thompson's eighth NHL team, following runs with Boston, the New York Islanders, Tampa Bay, Anaheim, Ottawa, L.A., and Montreal.

Disappointing final local match of the season for Magog Cantonniers

Submitted by Robert Legault

The Magog Cantonniers received the Hockey Québec - Mario De-guise trophy for the championship of the regular season, but it was one of the only moments of celebration

for the Magog team, which lost 4-1 to the Chevaliers de Lévis over the weekend.

After receiving the trophy from the Executive Secretary of the Quebec Midget AAA Hockey League, Michel Guillemette, the players of the Canton-

niers saw their opponents dominate 24-11 for shots on net.

Only two shots on goal happened in the first period and two more in the third period. It's rare to see the Cantonniers take so few shots.

Antoine Gaudreau (5th) opened the scoring for the winners at 4:59 in the first period.

Mathis Poulin replied with his 14th goal of the season at 12:31 as the Cantonniers enjoyed a power play advantage.

Jordan Côté (15th) and Elliot Lavoie (26th) sealed the second period. Lavoie's goal was scored with only two seconds left in the period and the goal was scored during a penalty to Justin Bergeron.

Anthony Lavoie rounded out the scoring for the winners in the third period with his fourth goal of the season.

Goaltender Rémi Delafontaine received 24 shots and let four slip by in the loss. Thomas Couture received all 11 shots from the Magog players.

Before the game, in addition to the

presentation of the regular season championship trophy, the Comptoir familial on Lasalle Street in Magog gave an amount of \$800 to the DIM class at La Ruche High School.

Officially, before this Sunday's game, the Cantonniers had scored 29 power play goals for a total of \$725. Michel Brousseau and the Comptoir familial team decided to round up the amount to \$800.

The Cantonniers will complete the regular schedule this Friday at 7:30 p.m. when they will visit the Grenadiers in Châteauguay.

The first games of the playoffs, at the Magog arena, will take place on Monday, March 2 and Tuesday, March 3 starting at 7 p.m.

The price of tickets will increase to \$10 for adults and \$5 for 12 to 17-year-olds for the playoffs. Admission will remain free for children 11 and under.

At these prices, Cantonniers hockey games remain a very affordable sports entertainment option for families in the region.



PHOTO CREDIT: JÉRÉMY ROBERT, MAGOG CANTONNIERS

Caroline Dubois and Martine Drouin, educators in the La Ruche DIM class, and a graduating student, Pascal McDuff, received the cheque in the company of Marc Poirier, the school's vice-principal and member of the Board of Directors of the Cantonniers.

Datebook

TUESDAY, FEBRUARY 25, 2020

Today is the 56th day of 2020 and the 67th day of winter.

TODAY'S HISTORY: In 1836, Samuel Colt received the patent for his revolving-cylinder pistol.

In 1901, J.P. Morgan incorporated the United States Steel Corporation.

In 1913, the 16th Amendment to the Constitution, which gives Congress the power to levy income taxes, went into effect.

In 1991, the Warsaw Pact, a mutual defense agreement between Central

and Eastern European communist states, was declared disbanded.

TODAY'S BIRTHDAYS: Pierre-Auguste Renoir (1841-1919), artist; Enrico Caruso (1873-1921), opera singer; John Foster Dulles (1888-1959), diplomat; Zeppo Marx (1901-1979), actor; Bobby Riggs (1918-1995), tennis player; Ralph Stanley (1927-2016), musician; George Harrison (1943-2001), singer-songwriter; Jack Handey (1949-), humorist; Tea Leoni (1966-), actress; Sean Astin (1971-), actor; Chelsea Handler (1975-), comedian; Rashida Jones (1976-), actress.

TODAY'S FACT: Pierre-Auguste Renoir and Claude Monet were friends and often painted together; several of their works were painted at the same time in the same locations, from different angles.

TODAY'S SPORTS: In 1964, Cassius Clay defeated Sonny Liston in a stunning upset to win the heavyweight boxing crown. Clay changed his name to Muhammad Ali the following week.

TODAY'S QUOTE: "I hope that someday we will be able to put away our fears and prejudices and just

laugh at people." – Jack Handey, "Deep Thoughts"

TODAY'S NUMBER: 1,060 – pairs of shoes notoriously left behind by Philippine first lady Imelda Marcos when she and her husband, President Ferdinand Marcos, were forced to flee the country on this day in 1986.

TODAY'S MOON: Between new moon (Feb. 23) and first quarter moon (March 2).

Bulwer Golden Age

February 18 - 69 members and guests gathered at the Bulwer Community Center. Seven tables of 500 played, as well as 2 teams of carpet bowling.

Everyone assembled for supper, grace was said by Darlene Rogers. Another wonderful meal prepared by Peggy Grapes and helpers, a Shrove Tuesday menu with ham, scallops, pancakes, baked beans and steamed brown bread. Lemon squares were served for dessert.

Results of 500 were: Ladies 1st place Serena Wintle, 2nd place Jean Lackie and low score Ilah Batley. Men's 1st place Lionel Statton, 2nd place Delmar Fisher and low score Merrill Grenier. Results of carpet bowling were: Red team (Allan, Jim and Carol) beat the black team (Bruce, MaryLou, Jean and Ken) both games.

Door prizes were won by George Standish (twice, he returned the second), Kevin Dougherty, Helen Taylor, Laura Fleury, Marylou Burns and Grayce Betts.

Peggy's goodies were won by George Standish, Alan Sutor, Cindy Tanguay and Blair Donnachie.

Thank you to everyone who helped set up and clean up, it is always much appreciated.

*** Please note the club is looking for a cook for the fall. Please contact Keith Vintinner at 819-832-1583.

Submitted by
Colleen Matthews

Ayer's Cliff Fifty Plus Club

The Ayer's Cliff Unity Fifty Plus Club met on Tuesday, February 11 in Beulah United Church Hall. The day started with a warm welcome from our president Linda and lots of Happy Valentine wishes to all. Linda was happy to greet four guests, Janet Shepherd, Sue Nichols, Judy Howe and Robin Lundeborg. We also welcomed one new member, Pat Howe. We are delighted to have you join us.

President Linda thanked Barb and Marsha for selling tickets, May and crew for setting up and all the pretty Valentine decorations throughout. Also thank you to those dedicated people who show up every month in the kitchen for clean up. It is always so much appreciated.

Linda had a few announcements. Another Beulah United Church Brunch coming up in March. A Fashion Show was that week at the Centennial Theatre. Linda had a great joke. It pertained to the President, the White House and February 2. Now, you put it together.

Rev. Lee Ann Hogle asked the Blessing. Forty-six people sat down to a delicious meal of pork, potato wedges, vegetables, Caesar salad, olives and crusty bread. It was birthday time, with Ernestine at the piano playing the Birthday Song to our Valentine, Rev. Barb Wintle. May, Mel and Raymond were busy cutting and serving up the

birthday cake, made and decorated by Jean Cass.

The Draw winners were, Jim Sutton, Leslie Bliss and Louise Peasley. The Valentine draws for each table centerpiece, pretty African Violets, were won by Penny Fowler, guest Robin Lundeborg, Rev. Barb Wintle, Patsy Moffat and Ben Cunnington. Door Prizes went to Robin Lundeborg, Judy Howe, Andy Phaneuf, Phil Kerwin, Ernestine Whipple, Linda Belanger, Pat Howe, Penny Fowler, Mel Dustin, Eileen Dezan, Nancy Taylor, Wallace Mosher, Jim Sutton, Barbara Burrows, Janet Shepherd, Delma Fowler, Leslie Bliss, Casey Vriesendorp, Norma Mackinnon, Charlotte Chamitoff, Phyl Dustin and Raymond Belanger.

Fourteen stayed for a fun afternoon. There were enough to make three tables of 500. For those that stayed, Linda had a few surprises. Each person received a ticket and a draw was made. Six prizes were handed out for just being Good Sports.

Hope to see you all next month, March 3. Bring your sweet tooth.

Submitted by
Phyllis Dustin, Secretary

Right: Phil Kerwin with our Valentine Birthday girl, Rev. Barb Wintle, who is holding the African Violet she won in the centerpiece draw.



RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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. Rates: Please call for costs.

NEA Crossword Puzzle

Your Birthday

TUESDAY, FEBRUARY 25, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 Lowers the beams
 - 5 Mountain lion
 - 9 Daughter's brother
 - 12 Smell — —
 - 13 Cranston or Shepard
 - 14 Psychological self
 - 15 Memorandum
 - 16 Those asked to RSVP
 - 18 Feeler
 - 20 Cash
 - 21 Paris article
 - 22 Chilly and damp
 - 23 Runner-up
 - 26 Spanish dance
 - 29 Snow boot
 - 30 Unhappy destiny
 - 32 Timber wolf
 - 34 Chase flies
 - 36 Verse
 - 38 Sassy talk
 - 39 Combines
 - 41 That is (2 wds.)
 - 43 Rx giver
- 44 Hurler's stat**
- 45 Owned apartment, for short**
- 48 Winter vehicles**
- 52 Cooperate (2 wds.)**
- 54 Uncluttered**
- 55 Boxing great**
- 56 Flu symptom**
- 57 Small combo**
- 58 Folk song mule**
- 59 Phooey!**
- 60 Kennel noise**
- DOWN**
- 1 Emmy winner — Delany
 - 2 Press
 - 3 Spy — Helm
 - 4 Addison's partner
 - 5 Extra care
 - 6 Forearm bone
 - 7 NBA player
 - 8 Zoo resident
 - 9 Observed

- 10 Type of arch
- 11 Too curious
- 17 Dry off
- 19 Social dud
- 22 Tiber city
- 23 DJ's albums
- 24 Island near Kauai
- 25 Glance over
- 26 Cries of disapproval
- 27 Audition hope
- 28 Osaka sashes
- 31 Fuel cartel
- 33 — out (withdraw)
- 35 Light-headed
- 37 Thick mud
- 40 "That's a shame" (2 wds.)
- 42 Pretty and delicate
- 44 DeGeneres sitcom
- 45 Audit aces
- 46 Earthen pot
- 47 Picture holder
- 48 Run words together
- 49 "Primal Fear" star
- 50 Acclaim
- 51 Remote button
- 53 Turkish honorific

Unique people, situations and activities will capture your attention. Exploring what life has to offer and seeing what you can use to reach your pinnacle of excellence will ensure that you stand out and make your mark. Your generous yet humble approach will boost your popularity.

PISCES (Feb. 20-March 20) - Take a look at your options and do whatever will bring you the highest return with the least amount of risk. Don't waste time; if you see something you want, make your move.

ARIES (March 21-April 19) - A getaway will help you relax and give you a chance to mull over what to do next. Remain open to suggestions, but only do what's reasonable. Moderation is encouraged.

TAURUS (April 20-May 20) - If you use your imagination, you will come up with a plan that will make a difference. Speak up, take action and become the leader you know you can be.

GEMINI (May 21-June 20) - Take some time to evaluate what's transpired, what you have left to deal with and how best to move forward. Make your welfare a priority.

CANCER (June 21-July 22) - Let go of the past and make room for upcoming prospects. Don't make a fuss if someone doesn't want to take the same route as you. Follow the path that excites you the most.

LEO (July 23-Aug. 22) - Your

appearance will make a difference. Consider the current trends as well as the classic styles and choose the style that suits you best.

VIRGO (Aug. 23-Sept. 22) - A progressive move will help clear the path for future prospects. Consider forming a partnership with someone who piques your interest. A change that will improve your health and overall well-being should be adopted.

LIBRA (Sept. 23-Oct. 23) - Proceed with caution. Investments will not be all that someone says they will be. When in doubt, stand still, observe and focus on self-improvement. Walk away from demanding people.

SCORPIO (Oct. 24-Nov. 22) - Take the lead, start a conversation, share your intentions and get moving. A project that interests you should also help you expand your skills and creativity.

SAGITTARIUS (Nov. 23-Dec. 21) - Spend more time fixing up your surroundings to suit your needs. If you are comfortable and feel safe, you will find it easier to develop a plan that will help you get ahead.

CAPRICORN (Dec. 22-Jan. 19) - Listen to suggestions. Don't be afraid to do things differently or make a change midstream. Let your intuition guide you and your common sense keep you out of trouble.

AQUARIUS (Jan. 20-Feb. 19) - Look over your papers, medical records and any contracts that are up for renewal. You'll gain some insight if you revisit what's happened in the past.

TUESDAY, FEBRUARY 25, 2020

Do you push them, or are you pushed?

By Phillip Alder

In tournament bridge nowadays, almost everyone bids much more than they used to. Putting pressure on the opponents to try to force errors has become de rigeur.

One weapon in this strategy's armory is the five-card weak two-bid. It isn't my style, but it does have its moments, like in today's deal.

North was aggressive in bidding four hearts, but he was expecting a six-card suit opposite.

West led the diamond ace and continued with three rounds of hearts to stop a diamond ruff in the dummy.

To make the contract, South had to establish a spade for a diamond discard, and he had to find the club queen. He played a spade to the king, cashed the ace and ruffed a spade in hand.

Now declarer knew that West had at least 16 points: the spade queen, heart ace-king and diamond ace-king. Maybe he also had the club queen, but South decided to play East for that card. However, declarer had to be careful. He led the club seven to dummy's king and continued with the club jack. East didn't cover, so the jack won the trick. Now followed a spade ruff, the club

		North	02-25-20
		♠ A K 10 6 4	
		♥ 5 4 2	
		♦ 5	
		♣ K J 10 4	
West		East	
♠ Q 8 5 3		♠ J 7	
♥ A K 8		♥ 7 3	
♦ A K Q 2		♦ J 9 8 7 6 3	
♣ 6 3		♣ Q 8 5	
		South	
		♠ 9 2	
		♥ Q J 10 9 6	
		♦ 10 4	
		♣ A 9 7 2	
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2♥	2NT	4♥	Pass
Pass	Dbl.	All Pass	
Opening lead: ♦ A			

ace, a club to dummy's 10 and the fifth spade for a diamond discard.

If East had covered the club jack, declarer would have won with his ace and played the club nine to dummy's 10. Then, after a spade ruff, the carefully preserved club two would have been led to dummy's four to allow the discard on the spade 10.

Count the points and watch your spots.

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18					19				20			
			21				22					
23	24	25				26				27	28	
29				30	31					32		33
34				35		36				37		38
			39						41	42		
				43					44			
45	46	47				48				49	50	51
52						53				54		
55						56				57		
58						59				60		

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.

“CTZZFCC XC W PFWCN ... MTNC NUF
FAMUWCXC GK NUF LJGKY NUXKY. OGT
YFN WLWO LXNU AGJF XKCNFWR GB
DGGIXKY LXNUXK.” — PJWR MXNN

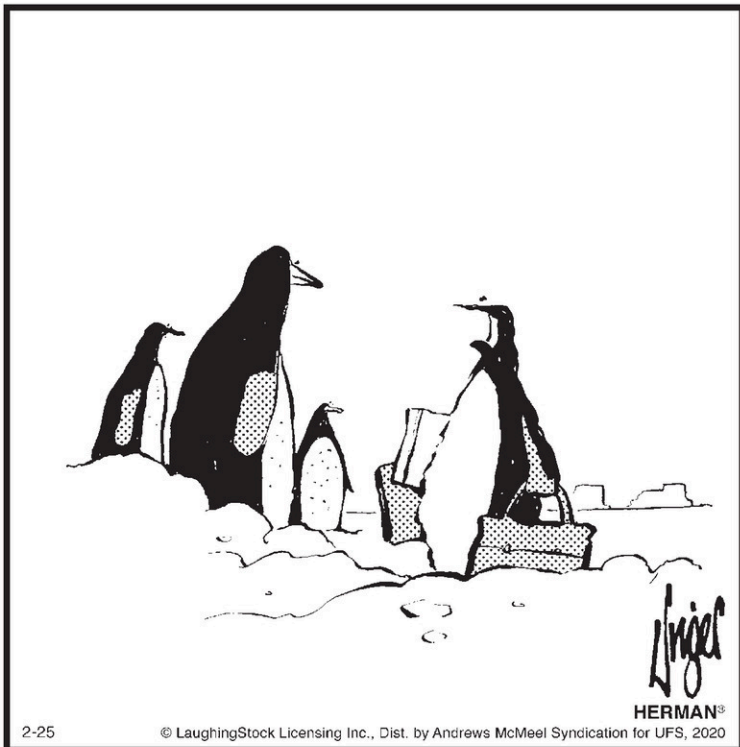
Previous Solution: “My mom took me to see ‘Carnal Knowledge’ and ‘The Wild Bunch’ and all these kind of movies when I was a kid.” — Quentin Tarantino

TODAY'S CLUE: *x shtab 1*

REALITY CHECK

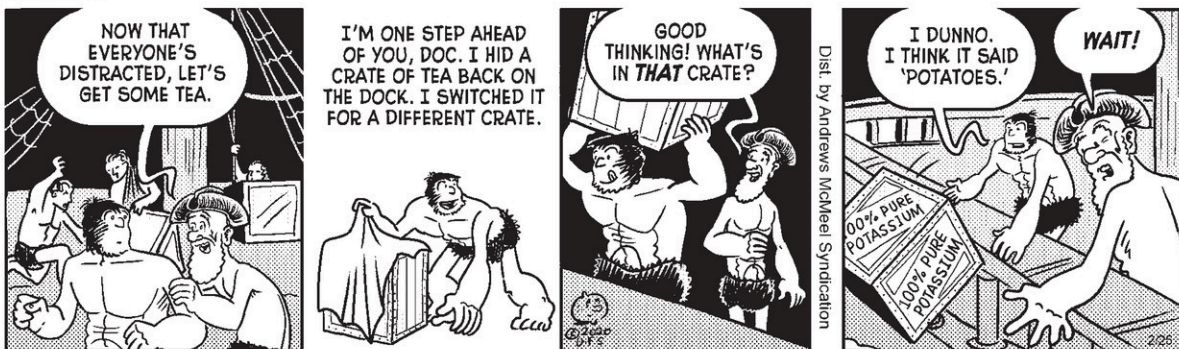


HERMAN



“I would've been here sooner, but our iceberg hit a ship.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



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TOWNSHIPS

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NORTH HATLEY

The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be hosting another Afternoon Tea and Talk on Tuesday, February 25 at 2 p.m. at the North Hatley Community Centre (3127 Capelton Road). The committee will be welcoming a very special guest: Dr. Louise La Fontaine, palliative care physician and president of the Québec Association of Palliative Care. Be it for yourself or for someone you love, join us and become more informed about all of the palliative care options that are available. As

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Celebrate the small victories

Dear Annie

TUESDAY FEBRUARY 25, 2020

Dear Annie: My biggest accomplishment in life is my recovery. I'm currently seven years sober, and I have worked very hard to clear my history of self-destruction and rebuild my life

always, the members of the MADA Committee will be serving coffee, tea and homemade treats, and admission is free. Transport is available for area residents who require it (819-842-2754).

HATLEY

A meeting of the Hatley United Church congregation will be held at the Hatley Community Centre, 100 Main Street, on March 1, 2020, following a brief service of worship at 2 p.m.

LENNOXVILLE

St. Francis Valley Naturalist Club meeting on Wednesday, February 26 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel-Gratham Street, Lennoxville Borough. Program topic: Blue Massawippi - an overview of project and specific studies to improve water quality of Lake Massawippi. Everyone is welcome.

NORTH HATLEY

St. Barnabas Church, North Hatley, will be hosting a Pancake Supper on Shrove Tuesday, February 25, at the Community Hall. There will be 2 sittings: 5 p.m. and 6:15 p.m. Cost: \$10, or \$25 for a family of 4. All are welcome!

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, February 27 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome.

RICHMOND

Spring is just around the corner! So to celebrate, there will be a sugaring off at the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, March 15 at 1:30 p.m. Come with a friend and enjoy a feast of homemade donuts, pickles, coffee and tea, and of course, sugar on snow. Admission is charged. Everyone is welcome! All proceeds will go to support the work of the church.

NORTH HATLEY

FUN Cribbage starts again on Sunday, March 1 at the North Hatley Legion, 95 Jackson Heights. Please bring a partner along! Registration begins at 12:30 p.m. and tournament starts at 1 p.m. Small entry fee includes light lunch after. Info: John at 802-365-1861. The other future Sunday tournaments in 2020 will be: May 31, September 27 and November 29.

into what it is today. I continue to attend recovery meetings and guide other women through the recovery process. But I am in a maddening loop thinking of what to do with my life.

I came to this area to attend rehab and had no intention to stay, yet here I am eight years later. I have reached and sustained stability in my life, but my heart longs for more. I am afraid I will never take the leap to make a change and, ultimately, get lost in regret of what could have been.

I've consulted therapists, my sponsor, my family, my friends, my co-workers, and I believe they are sick of hearing about it. Before I got sober, I was a risk taker in good and bad ways. I was bold and brave and moved on my own multiple times. It's as though I have lost the ability to create my own future. I continue to live a mediocre-feeling life, and I fear I will never change. I just don't know what to do, and I was compelled to ask you. How do I change? - Stuck in a Loop

Dear Stuck in a Loop: There is nothing mediocre about a life lived seven years sober. That is something to be celebrated. And helping other women get sober while staying sober yourself is heroic. While a therapist and friends are an essential part of recovery, the person you need to consult is yourself. Cut yourself some slack, and be kind to yourself. Be grateful for all the wonderful things that have been made possible by your sobriety. Turn off that critical voice in your head that is telling you they don't count, or they don't mean much, or if you were really strong, you would move to a strange environment. Nonsense.

Wherever you go, there you are. Thus, it doesn't matter if you move to another town or wait for this great big moment when life will not be mediocre anymore. It's about finding joy and pleasure in the small victories of each day.

If there are things you want to try but are afraid to, try them anyway. Fear is "false evidence appearing real."

Dear Annie: "Out of Shape" was wondering how to start a successful exercise program after many years of disappointment. As an executive coach who works with

professionals on everything from time management to wellness, I have found the biggest challenge to making life changes is that people start out with plans that are too big.

Begin with a simple step: Get more active. It might be taking a 10-minute walk after lunch, doing three minutes of calisthenics before getting in the shower or doing squats for two minutes while you brush your teeth. The key is to tie it to something you already do every day.

After one month, this routine becomes a habit that you can celebrate and build upon. You might feel it is a small improvement, but you are already more active than you were a month ago! The next month, add something simple to your new routine, or create a second one for another time during the day.

Also, look for ways to make simple tasks more physically challenging. Let's say you are picking up stray items around the living room. Pick them up one at a time, and sprint to put them away. By year's end, you will find that you are leading a much more active life without putting in an overwhelming amount of effort. Your increase in energy and confidence will help spur you to a more active life naturally. - Keeping It Simple

Dear Keeping It Simple: I always love hearing from professionals who offer wise perspectives. Your advice reminds me of one of my favorite sayings: Life is a cinch by the inch and a trial by the mile.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

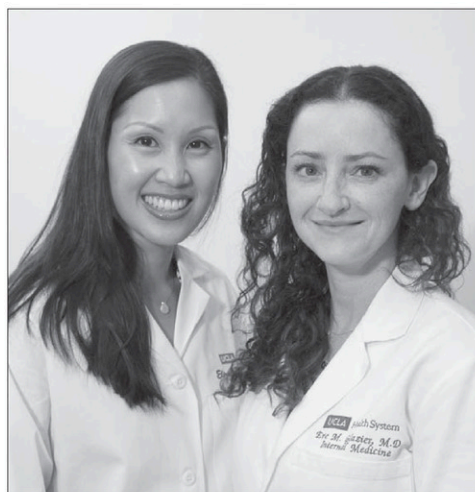
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9	8	3	4	6	1	5	7	2
7	6	2	3	5	9	4	8	1

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

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There are many ways to get rid of warts



ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

body through a break in the skin, and if your immune system can't fight it off, a wart will soon appear. Common warts are painless, but when they crack, or if you pick at them, they can bleed.

In most cases, your body's immune system will rally, and the wart will eventually vanish, usually within a year or two. Those who would rather not wait have several treatment options. Most people can try over-the-counter wart medications available at the drug store. These are made up of salicylic acid, which is delivered either as a gel, liquid or in a patch. The acid gradually removes the layers of skin until the wart is gone. It's helpful to

soak the wart in warm water prior to applying the salicylic acid, as it will allow the medication to penetrate deeper into the many layers of tissue. In between treatments, use an emery board or pumice stone to remove the dead skin. Be sure to isolate these tools since they can transmit the virus. Side effects of this treatment can include skin irritation and discomfort. Never use salicylic acid on the face or on the genitals. People living with neuropathy or diabetes should not try at-home wart removers and should see a doctor instead.

If you try a home-based treatment and it's unsuccessful, your doctor

also has several options available. One is that same salicylic acid, but in a higher concentration, which requires a prescription. Another approach is cryotherapy, which uses liquid nitrogen to freeze the wart. Warts may also be removed with a laser, burned off or cut away.

Any time that a wart changes shape or color, or if it becomes painful or infected, it's important to seek medical attention.

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Dear Doctor: I had a rough spot on the back of my hand that turned into a wart. What caused it? How do I get rid of it?

Dear Reader: You're describing what is known as a common wart. It's a small, raised skin growth caused by one of the estimated 150 different varieties of the human papilloma virus, or HPV. Other types of HPV cause different kinds of warts. These include plantar warts, which are callouslike growths on the soles of the feet; genital warts; and smooth, flat-topped growths known as flat warts, often seen on the face and forehead.

Common warts don't present any health dangers. However, they can be unsightly and cause embarrassment. They're typically about the size of a pencil eraser or smaller, may be circular or oval, and can appear anywhere on the body. Common warts may grow a smooth, domed top, or they can have a wrinkled appearance, like a head of cauliflower. They're often a different color than the surrounding skin, including brown, gray, pink or beige. Some may contain what look like small black dots, which are actually tiny blood vessels filled with clotted blood.

If you get a common wart, you've come into physical contact with the virus that causes it, either on someone's skin, or on a surface an infected person has touched. The virus can enter the

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