

TWO POWERHOUSES, ONE PRICE!



2019 GMC SIERRA
X31 EDITION



2019 CHEVROLET SILVERADO
TRAIL BOSS EDITION

FROM **\$99** PER WEEK

24 MONTH LEASE*

ONLY **\$1500** DOWN

Details at your dealer.



BUSINESS ELITE

3839, KING STREET WEST
819-563-7878
THIBAULTGMSHERBROOKE.COM

Galt students host Pierre-Luc Dusseault at model parliament

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Gaiters off to Dallas for ACHA D2 Nationals

Sports - Page 7

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, MARCH 27, 2019

Quebec Past and Present:

Colloquium on Quebec studies coming to Bishop's

Record Staff

The Eastern Townships Resource Centre (ETRC), in collaboration with the Institute of Quebec Studies located at the State University of New York (SUNY) in Plattsburgh, will hold its seventh annual Quebec studies colloquium entitled "Quebec: Past & Present," on March 29 and March 30 2019 at Bishop's University.

The event will be dedicated to exploring several facets of past and contemporary Quebec society, from increasing nationalism and multilingualism to the role this province plays on the international stage.

Presentations about the province's history and current indigenous affairs are equally part of this year's program.

Established researchers and promising students from 11 different academic institutions from across North America will participate in the forum.

The event is free and open to the public.

For more information about the venue and the program visit the website www.etr.ca/colloquium.

Richmond Volunteer Center launches new booklet to promote resources and encourage volunteerism



PHOTO CREDIT: MARIE-JOSÉE VOISINE

Committee members for the Promotion of Services and Volunteer Recruitment. Left to right: Sylvie Laval, Nicole Fontaine Boutin, Louis Carignan, Louise Bédard and Sylvie Vachon (absent from photo).

By Matthew McCully

The Richmond Volunteer Centre (centre d'action bénévole or CAB) launched a new bilingual booklet

on Monday evening highlighting the services and resources available through the centre.

The booklet also includes the information that a potential volunteer

would need to get involved with the CAB.

According to Sylvie Laval, member of the committee that developed the

CONT'D ON PAGE 3

MATELAS
HOUDE



BRAND NEW COMFORT BOUTIQUE

Now open! 1940, N 12th Ave, Sherbrooke

OPENING SALE UP TO **40%** OFF EVERYTHING IN OUR THREE STORES

DREAMS FACTORY SINCE 1935

VISIT OUR NEW WEBSITE AT MATELASHOUE.COM

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$82.21.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH OF 5
LOW OF -4



THURSDAY:
SUNNY

HIGH OF 8
LOW OF 3



FRIDAY:
SHOWERS

HIGH OF 5
LOW OF -2



SATURDAY:
FLURRIES OR RAIN

HIGH OF 9
LOW OF 1



SUNDAY:
PERIODS OF SNOW OR RAIN
HIGH OF 4
LOW OF -5

HAND-IN-HAND

Eaton Corner Museum

The Compton County Historical Museum Society is more commonly known today as the Eaton Corner Museum. The Museum opened its doors to the public in 1959, and is a not-for-profit organization. The organization consists of a Board of nine directors and during the summer season (hopefully) we have two students through the Canada Summer Jobs programme to help us welcome the public. We also offer Annual, Family Annual, and Life memberships and these include free admission during the season on regular open days. The Museum is open weekends only in June, 11 a.m. to 4 p.m.; during July and August, Wednesday to Sunday same hours, and September weekends only. We also offer genealogy services from our extensive collection of Eastern Townships family information. There are admission fees to visit the Museum.

The Eaton Corner Museum houses its collections in three colonial era buildings situated at the heart of the village of Eaton Corner. One is the former Congregational Church built in 1841. Thesecond, across the road, is the old Academy Building. The Foss House, which was built before the Church, is the museum's third and most recent acquisition. While retaining its original colonial vernacular, the Foss House now serves as the museum's welcome centre and is host to various community events. The Quebec Government has designated two of the three buildings as historic sites.

Our collection consists of donations from families originating in the historic Compton County and was begun by the Compton County Women's Institute. It includes artefacts of clothing, dishes, furniture, tools from the many trades in Compton County, documents, books and much more. The Congregational

Church houses our permanent exhibit, upstairs at the Academy is a variety of our collection that might have been in a school room, a general store, a black smith shop, tools from the farm, woods, etc., and at the Foss House is our main entrance and an area that can display more of our own artefacts or host guest exhibits and events.

Over the years some of our fundraisers have become annual events such as The Irish Variety Show in March, the Spring Brunch in April; the Sunday afternoon Hymn Sing in July, and in more recent years we have been fortunate to offer an Old Fashioned Day in August, and even more recently Plays, written by local people about our local heritage and offered in the middle of February. On February 23rd, there were two performances of the Play *Pilgrimage* written and directed by Janice LaDuke and on Friday, March 8th, an evening of Irish Variety entertainment was hosted at the Bulwer Community Center.

The following is our proposed schedule for the 2019 season:

On Sunday, April 14th, again at the Bulwer Community Center, a spring brunch will be held from 11a.m. to 1:30 p.m. Menu includes the usual fare. In May, on an as-yet undetermined date, the Annual General Meeting will take place at the Foss House at 7 p.m., open to all. Season opening: Saturday and Sunday June 1 & 2; Sunday, June 9 from 2 - 3 p.m. join us for a Heritage Talk on *The Witch of New Mexico Road*, Irish Folklore in the Eastern Townships, free admission! Sunday, July 21, the Annual Hymn Sing in the church at 2 p.m., free admission to the Hymn Sing. Sunday, August 11th, Annual Old Fashioned afternoon at the Museum including tea and scones with jam, admission charged.

For more information check the Facebook page, email: info@eatoncorner.ca, or leave a message on the Museum answering machine: 819-875-5256.





Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



LOCAL NEWS

"I've had the opportunity to travel the country in the last eight years, something I had not done yet when I was 18," he remarked.

Galt students host Pierre-Luc Dusseault at model parliament

By Emilie Hackett
Special to the Record

Around 40 Alexander Galt students from the Level 4 Enriched History program participated in a model parliament activity in the library on Tuesday, March 26, where they hosted New Democratic Party Sherbrooke MP Pierre-Luc Dusseault.

Dusseault made national news in 2011 when he became the youngest elected MP in history at the age of 19.

The parliament simulation replicated the current Canadian government. Drew Pollock's students were invited to answer questions about their own political alignment and were placed in either the Liberal, Conservative and New Democratic parties, accordingly to the proportions of MPs currently in office in the federal government. Different ridings and important positions, such as Minis-

ters of Health, of Justice, of Agriculture, of International Development, and more, were also represented in the simulation.

Dusseault explained his position within the Canadian government at the podium, discussing his duties both on the federal and local level, and then answered a series of questions asked by students. "I studied politics because I was hoping to get involved and make a difference in society," he said. "I was really inspired by Jack Layton, and still am today, and he is the reason I joined the NDP." When asked what he believed were the best qualities to be a good politician, he explained that active listening and problem solving were two crucial aspects of the job.

"I've had the opportunity to travel the country in the last eight years, something I had not done yet when I was 18," he remarked. "It's been a privilege to



EMILIE HACKETT
MP Pierre-Luc Dusseault poses with the students who were placed in the simulated NDP group according to the political alignment test.

work for the Sherbrooke riding and for a government that is compelling to me, especially for its policies in equality for all and the environment."

Bibeau talks training and the government's plan with Cegep students

By Gordon Lambie

Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Federal Minister of Agriculture, had a conversation with a small group of Cegep de Sherbrooke students and administrators on Tuesday afternoon as a part of the government's efforts to share information about this year's budget. Although Bibeau's presentation was focused on explaining new measures to support on-the-job training opportunities, the minister also opened the conversation up to questions

on other subjects, although few were asked. Those who did ask questions were mainly interested in knowing when the new programs would come into effect (2020) and who would be eligible (working Canadians aged 25-64 years of age.)

Foreshadowing the fact that there is an election coming up in the fall, Bibeau also used the opportunity to highlight the Liberal Party's three main priorities: Supporting the environment, reducing poverty, and engaging in reconciliation with Canada's indigenous peoples.

"We have a plan, and that plan is working," she said.



Richmond Volunteer Center

CONT'D FROM PAGE 1

booklet, the goal was to address two challenges; reaching out to users to let them know what the CAB has to offer and recruiting volunteers to help sustain the different programs available.

Laval explained that while the CAB has 14 different services available to the French population and 12 for English-speakers, only three are well known; meals on wheels, assisted transportation and tax clinics.

On the volunteer side of things, Laval pointed out that the average age of volunteers at the Richmond CAB is around 73 years old.

"There's no renewal of the volunteer group," Laval said. "It's no secret, it's the same everywhere."

Laval, along with Nicole Fontaine Boutin, Louis Carignan, Louise Bédard and Sylvie Vachon formed the Promo-

tion of Services and Volunteer Recruitment.

"What is it we need to do?" they asked, to address the challenges faced by the CAB.

The answer was an all-in-one resource booklet.

"It's fully bilingual and simply done," Laval said.

The CAB resources offered are divided into two categories; home care services and services to the population. They are colour coded, she added.

When flipping through the book, the left side of each page describes a service offered by the CAB. It includes who could benefit, what the eligibility requirements would be, the cost if any, and how to register for the service. The right side of the page describes the volunteer side of that same service. It explains what is required of volunteers who would like to get involved, what the

hourly commitment would be per week, whether the volunteer needs to have a car and what training would be provided.

The committee worked on the booklet for 14 months. According to Laval, it amounted to 550 hours of volunteer work and 50 committee meetings.

The plan now is to get it into the right hands.

Laval said the committee's next step is to bring the booklet to organizations that can help identify potential beneficiaries of CAB services and resources. The committee also plans to bring the booklet to private businesses in the area to recruit new volunteers.

For the moment, anyone interested in picking up a copy can find the booklet at the Richmond CAB, or at the offices of any municipalities served by the organization (Richmond, Township of Mel-bourne, Cleveland, Kingsbury, Ulverton).

GENERATORS

Le Groupe GE
Générateurs Expert
Gestion Énergétique

Denis Mailhot
819.569.0000
www.groupeGE.com

LE GROUPE GE
Get your house
secured!

25 years experience

BE READY!

- Your previous power outage could have been...your last!
- Propane Generators without any fuel handling
- Installation "Ready to Use," 24 hour service
- Automatic, secure and complies to regulations
- Free energy evaluation

10 seconds and it's started!

819-569-0000

www.groupege.com

PAID ADVERTISEMENT

New Neuropathy Pain Cream Provides Amazing Leg and Foot Relief

A cream, not a pill, may be the most effective solution yet for neuropathy pain; active ingredient increases sensation in the legs and feet, relieving burning, tingling and numbness

By Dr. Henry Esber, Ph.D.

TORONTO – An exciting clinical use survey study shows that a new neuropathy cream can relieve leg and foot pain in just 15 minutes of applying.

And according to the study participants, burning, tingling, and numbness were the most common symptoms to be relieved.

The cream, called *Diabasens*, recently developed by scientists in the US and became an instant hit among those suffering with neuropathy. It's finally available in Canada.

The patented formula works in minutes of contacting the skin, initiating two phenomena's in the body.

The first phenomenon is known as vasodilation which triggers arteries to expand, improving circulation in the extremities.

The second is called TRPA1 activation and this is what really has people excited as it relieves the pain.

Research Shows Correlation Between Nerve Damage and Sensation

Published research shows that neuropathy symptoms arise when the nerves in your legs and feet break down and blood flow is lost to the areas which surround them.

As the nerves begin to die, sensation is lost. This lack of sensation is a major cause of burning, tingling, and numbness.

Remarkably, *Diabasens* contains one of the few known substances to activate TRPA1, a special sensory pathway right below the skins surface which controls the sensitivity of nerves. It's these nerves that allow you to feel hot, cold, and touch.

And although this pathway has been known about for years, neither a drug or a pill has been able to target it successfully. That's why *Diabasens* is so impressive.

"It all comes down to sensation. When sensation is lost the foot feels constantly asleep. It may also burn and tingle. When sensation is increased, these nagging symptoms often go away", explains Dr. Henry Esber, one of the scientists behind *Diabasens*.

"That's why *Diabasens* performed so well in our clinical use survey study. It increases sensation and blood flow wherever it's applied. It's impressive to say the least"

A Brilliant Technology Most Failed to Consider

Until now, many pharma companies have failed to develop a means of TRPA1 activation to fight neuropathy pain. *Diabasens* is one of the first to take full advantage of this amazing discovery.

"Today's treatment methods have focused on minimizing discomfort instead of attacking its

underlining cause. That's why millions of adults are still in excruciating pain every single day and are always battling effects" explains Esber.

"*Diabasens* is different. Since the most commonly reported symptoms...painful, tingling and numb legs and feet...are caused by lack of sensation of the nerves, we've designed the formula increase their sensitivity."

"And since these nerves are located right below the skin, we've chosen to formulate it as a cream. This allows for the ingredients to get to the site faster and without any systemic side effects" he adds.

Study Finds Restoring Sensation the Key to Long Lasting Pain Relief

With the conclusion of the human clinical use survey trial, the makers of *Diabasens* are offering it in Canada and the US. And regardless of the market, its sales are exploding.

Men and women from all over the country are eager to get their hands on the new cream and according to the results study participants reported, they should be.

In the trial above, participants taking *Diabasens* as needed experienced pain relief in just 15 minutes after applying! Burning, tingling and numbness were the most commonly reported symptoms to improve.

Even more impressive, when asked if this was the best product they used for their legs and feet, 90% gave a resounding "Yes" with all participants raving they would absolutely recommend it to someone else.

Diabasens is a major breakthrough for neuropathy pain. Its daily use can result in relief from...

- Pain
- Numbness
- Tingling
- Swelling
- Poor Balance

Targets Nerves Right Below the Skins Surface

Diabasens is a topical cream that is to be applied directly the legs and feet. It does not require a prescription in the US or Canada.

The active ingredient is extracted from cinnamon bark.

Studies show that neuropathy pain is often caused when peripheral nerves breakdown and blood is unable to circulate into your legs and feet.

As these nerves deteriorate, sensation is lost.

This is why you may not feel hot or cold and your



A NEW WEAPON FOR FIGHTING NEUROPATHY PAIN: *Diabasens* increases sensation and blood flow wherever it's applied. It's now being used to relieve burning, tingling, numbness and other kinds of leg and foot pain.

legs and feet may burn, tingle and go numb.

Worse, without proper blood flow, tissues and cells in these areas begin to die, causing pain that seems to never go away.

The extract in *Diabasens* is one of very few compounds that can activate TRPA1, a special sensory pathway that runs through your entire body.

According to published research, activating this pathway increases the sensitivity of nerves, relieving feelings of tingling and numbness in your legs and feet.

Supporting ingredients boost blood flow, support cellular health and stimulate the nerves for increased sensation.

Amazing Relief Exactly Where You Need It

With daily use, *Diabasens* users report remarkable improvements in their quality of life and pain levels without of the serious side effects or interactions associated with prescription drugs.

Readers can now enjoy an entirely new level of comfort that's both safe and affordable.

Users have found it to be also extremely effective, especially if nothing else has worked with 90% ravings it's the best leg and foot product they've ever tried.

How to Claim a Risk Free Supply of Diabasens

This is the official release of *Diabasens*. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

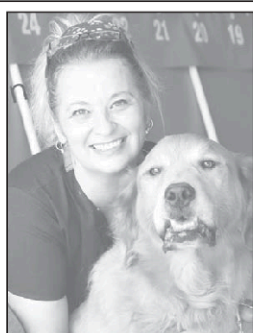
A special hotline number and discounted pricing has been created for all Canadian readers. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-453-1338 and will only be open for the next 48 hours. Only a limited discounted supply of *Diabasens* is currently available in your region.

Consumers who miss out on our current product inventory will have to wait until more becomes available and that could take weeks. The company advises not to wait. Call 1-800-453-1338 today.

DIABASENS IS AUTHORIZED FOR SALE BY HEALTH CANADA FOR THE FOLLOWING INDICATIONS; USED TO RELIEVE CUTANEOUS PAIN ASSOCIATED WITH CONDITIONS SUCH AS POST-HERPETIC NEURALGIA AND DIABETIC NEUROPATHY.

THE PET CONNECTION



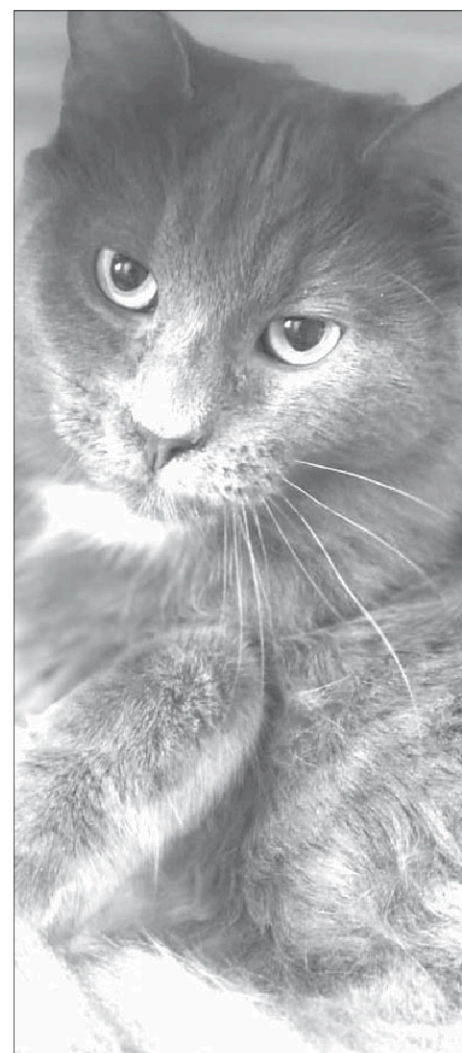
Jen Young

Some new faces have graced our Kitty Kove. Did you know that you can come and visit with all our kitties waiting for adoption any day of the

week? Yes, you can. You can come in and sit in their Kove with them and get to know them anyway between 9 a.m. and 4 p.m. We encourage people to come and visit since it actually works as a service to us. It helps our timid boys and girls get used to having strangers around. So, you see, even if you aren't ready to adopt a new family member, your coming to visit and play with them can actually help them find a home faster. Isobel, Hermie, Gromit and Shakira are all now waiting for their second chance at a new home, just like everyone who has been waiting in the Kove for quite some time for a home of their own.



Hermie



Gromit



Raffle for Easter

Thanks to a generous donation by Juanita Gillam, we have a raffle underway filled with wine and chocolate; every girl's dream. The basket contains a large bottle of Baby Duck, numerous chocolates and two wine glasses in a large basket and all the proceeds go to helping us feed and care for all our animals. Make sure to pick up your tickets next time you are in.



Shakira



Isobel

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



DOGGIE DAY CARE

offers

"A home away from home"

**Weekends, holidays and Day care
Cageless, personalized care for your pet**



1730 Wellington Street South Sherbrooke • 819-348-1888 blueseal@agrianalyse.com



EDITORIAL

Understanding what the machine does and how it works is necessary for its correct use.

Human-centred design can help reduce accidents like the recent Ethiopian Airlines Boeing 737 crash

By Francesco Biondi
Assistant Professor, University of Windsor

On March 10, 2019, Ethiopian Airlines Flight 302 took off from Addis Ababa International Airport in Ethiopia. After only six minutes of flight, it crashed, killing all 157 passengers and crew on board.

On Oct. 29, 2018, and under similar circumstances, Lion Air Flight 610 left Jakarta International Airport. It crashed 12 minutes after takeoff, killing 189 passengers and crew.

What do these two incidents have in common? Both involved Boeing 737 Max 8 aircrafts.

It's too early to pinpoint what exactly happened on board these two flights or what caused the pilots to lose control of the aircraft only a few minutes after takeoff. Formal investigations are still under way. What we do know, however, is that the two planes were equipped with the same recently developed anti-stall Maneuvering Characteristics Augmentation System (MCAS) system.

The newly built 737 Max 8, which first took off in early 2016, came with the promise of better fuel efficiency and significant improvements relative to previous 737s. Engines were relocated to a lower height and nacelles (the pods around the engines) were redesigned.

What Boeing engineers soon noticed, though, was that the new design caused the plane to nudge skyward. "To compensate for the difference in handling" and ensure the plane would not stall "in the event the jet's angle of attack drifted too high when flying manually", Boeing introduced a new anti-stall system, the MCAS.

Human-machine interactions

Human factors is the study of how humans use machines, and how machines and systems should be designed

to make them usable and safe for humans. One cornerstone principle is that the human (and not the machine) should be put at the centre of the design process. This is called human-centred design. If you ignore the human in human-machine interaction, problems will soon arise.

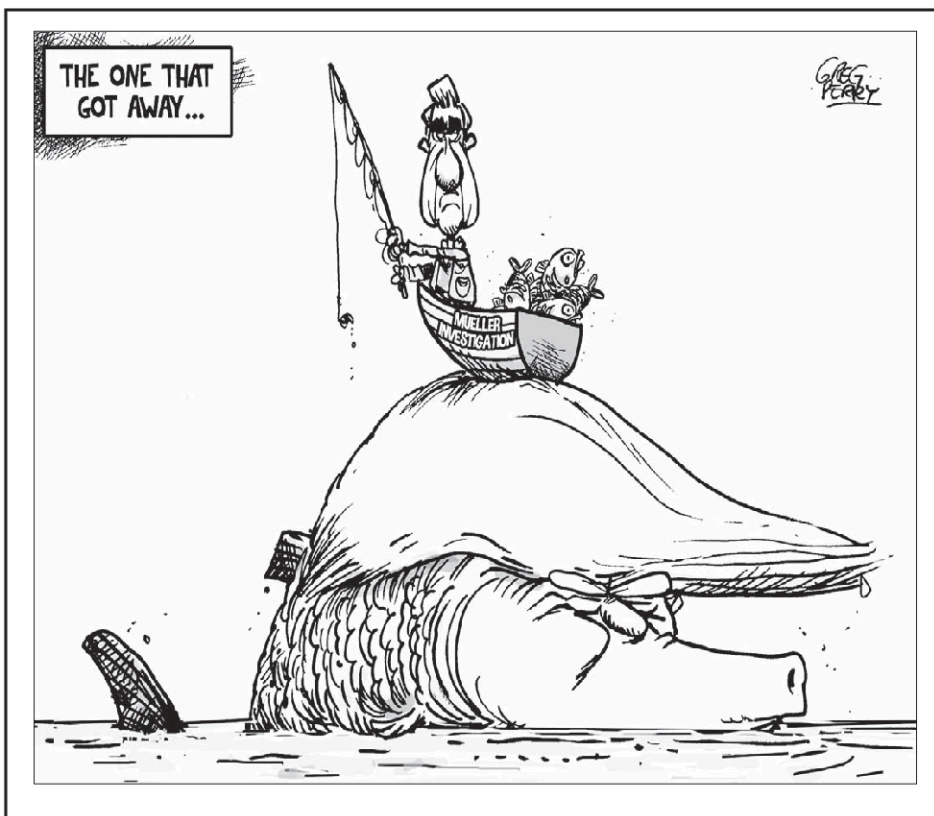
As an assistant professor of cognitive ergonomics at the University of Windsor, my work examines how users interact with human-machine interfaces in everyday settings. My expertise covers the assessment and human factors design of human-machine interaction in transportation and manufacturing.

Understanding what the machine does and how it works is necessary for its correct use. Mental models are mental representations or pictures of how the system works. Accurate mental models are critical to help the user utilize systems for their intended purpose. Incomplete or inaccurate mental models, instead, cause improper system use, and often lead to accidents.

When interviewed by the Seattle Times, Jon Weakes, president of the Southwest Airlines Pilots Association, says that information on the new MCAS system and its functioning "wasn't disclosed to anyone or put in the manuals." This can only mean that if airlines weren't in fact informed on how to use MCAS (or even about its existence), neither was the crew of the Air Lion 610 flight. This reflects a lack of understanding and a flawed mental model by the pilots.

Adequate training

Training is another component of safe human-machine interaction. Can we drive a car without training? No, and if we do, there will be problems. Can we fly a plane with no or insufficient training? No, and if we do, there will be problems.



Not only is it important to understand how a system works when it does, but we must also know how to disable or override it when it malfunctions. Adequate training is even more critical for complex systems or systems featuring a large number of interacting components, like cars and airplanes.

Emerging evidence shows that the training offered to 737 Max 8 pilots prior to the Lion Air crash in October "amounted to an iPad lesson for an hour." It is still unclear whether and how pilot training changed in the aftermath of the first 737 Max 8 crash. Two reports — one from the New York Times and one from Reuters — suggest that a pilot of the recent Ethiopian Airlines Flight 302 had not practised using the new 737 Max 8 flight simulator to anticipate possible differences with earlier 737 models.

Tug-of-war between plane and pilot

So how would training have made any difference in preventing the crashes? Les Westbrooks, an associate professor at Embry Riddle Aeronautical University, suggests that flying with the malfunctioning MCAS system engaged can be described as a tug-of-war between the machine and the pilot. The pilot was attempting to pull the plane up, and the malfunctioning system was pushing its nose down.

To use an analogy, imagine driving trying to steer left with the car forcing the steering wheel to turn right. Not only was this a problem, but the procedure required to override the anti-stall system seemed over-complicated. Even knowing how to manually override MCAS would have required the pilots to put into action a complicated series of commands. All of this within an interval of only a few minutes. Boeing has committed to release an update to their software and their training protocol.

What can we do to prevent this from happening again? The human factors design community has struggled with this question since its inception 70 years ago.

We have made enormous progress toward making machines more efficient and safer. However, if cognitive science taught us one thing it is that, as humans, our processing capacity is limited. And this can make us lazy whenever a good opportunity arises.

The only way forward is to keep our eye and mind firm on the importance of human factors, be mindful of our limitations, and use a human-centred approach to machine design.

Francesco Biondi has received funding from AAA Foundation for Traffic Safety. He is affiliated with the Human Factors and Ergonomics Society

Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

Follow The Sherbrooke Record on Facebook and Twitter!

sherbrookerecord @recordnewspaper

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

Local Sports

"Our expectations are not on outcomes but on the process. Right now, we are filling up the tank to get ready to go. Once the puck drops, we will focus on five minutes at a time."

Motionball raises over \$13,500 for Special Olympics Canada Foundation



170 Bishop's students and 14 local Special Olympics athletes gathered at the John H. Price Sports and Recreations Centre on Saturday, March 23, for a motionball Marathon of Sports. Fourteen teams helped raise over 13,500\$ for the Special Olympics Canada Foundation.

CREDIT: DANIELLE HUNTLEY FOR MOTIONBALLU

Gaiters off to Dallas for ACHA D2 Nationals

Undefeated against ACHA Division 2 opponents so far this season, the Bishop's Gaiters women's hockey team travels to Frisco, Tx., in search of a National Championship. To hoist the banner, Bishop's must play five games in five days, starting on Mar. 27 and cumulating with the championship on Mar. 31. The event takes place at the Star-Center McKinney and Comerica Center in the Dallas suburbs.

The complete tournament website is available at:

<http://pointstreaksites.com/view/achanationals/womens-d2>

The Gaiters enter the event as the No.1 seed from the East and will take on Adrian College (6th West), Iowa State (5th West) and North Dakota State (4th West) in the preliminary round. All games are at 1 p.m. CST at the Star-Center McKinney.

The top team in each pool will advance to a semifinal set for Saturday then the Championship puck drop is on Sunday at the Comerica Center at 12 noon CST.

The Gaiters have not played since Feb. 9, nor have they seen any of their preliminary round opponents.

"We are very excited to play a game," said Gaiters' head coach Dominic Desmarais. "Our expectations are not on outcomes but on the process. Right now, we are filling up the tank to get ready to go. Once the puck drops, we will focus on five minutes at a time."

"I'm sure we will be nervous and we need to manage that. We want to keep it simple and keep improving with each shift. We have not played in a while but have worked on a number of game situations in practice."

"I think it is a good thing for us that we don't know any of our opponents in the preliminary round. It will be easier for us to focus on ourselves."

Bishop's posted an 11-3-0 record this season, 11-0-0 against Division 2 opponents. Their three blemishes came at the hands of the top-ranked Division 1 team, the Liberty Flames.

Leading the way for Bishop's are sophomore Arianne Charette (Ste-Agathe, Que./Winchendon School) and rookies Katie Locke (Tiny, Ont./Dr. G.W. Williams S.S.) and Hayley Robitaille (Ottawa, Ont./Sir Wilfred Laurier S.S.) who each have 22 points. Jess Belanger (Sherbrooke, Que./Champlain College-Lennoxville) has tallied 21. Robitaille is Bishop's leading scorer with 16 goals. Maude Russell (Boucherville, Que./Andre Laurendeau) and Jade Shushu Saulnier-cry split time between the pipes. Russell posted a 6-2-0 record while Saulnier-cry was 5-1-0. Expect both goalies to see playing time in Dallas.

Follow the Gaiters' run to the nationals on the official Bishop's Gaiters social media accounts.

Twitter: @BishopsGaiters
Instagram: @BishopsGaiters
Facebook: Bishops Gaiters



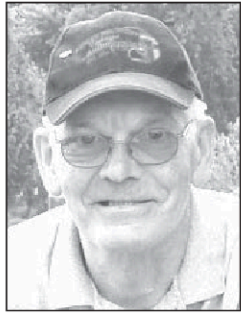
2018-2019 SEASON
WEDNESDAY, MARCH 27
7:00 P.M. - IN CENTENNIAL THEATRE

HARLEY FINKELSTEIN
CHIEF OPERATING OFFICER OF SHOPIFY

HARLEY FINKELSTEIN IS AN ENTREPRENEUR, LAWYER, AND THE CHIEF OPERATING OFFICER OF SHOPIFY. HE STARTED HIS FIRST COMPANY AT AGE 17 WHILE A STUDENT AT MCGILL.

FREE EVENT - OPEN TO THE PUBLIC - WWW.UBISHOPS.CA/DONALD

Death



Terry (TP) Painter (1943-2019)

TP a life-long resident of Lennoxville passed away peacefully on March 23, 2019 at CHUS Fleurimont. The son of the late Olive (McKee) and Lindsey Painter, loving husband of Paulette Beauchesne, dear father of David (Lisa Dubeau), Karen (Mark Pezzi), and beloved grandfather of Zackery (Rebecca Cote), Logan, Chase and Cole.

Loved by his sister, Ardyth Davidson (late Donald Davidson), predeceased by his sister Beverly Patrick (Roscoe Patrick) and predeceased by his brother Verne Painter. He also leaves many nieces, nephews, cousins and many good friends. He will be dearly missed by them all.

TP touched many lives over the years whether it was with his involvement with the Lennoxville Volunteer Fire Department, the Eastern Townships Vintage Automobile Club, delivering meals on wheels, driving people to appointments, making baskets at Mental Health Estrie, helping out with mechouis at the Hut, or helping those with an addiction, he loved to be helpful and always with a smile and a joke.

At TP's request, there will be no funeral. A visitation will be held at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville) on April 6th, 2019 from 2:00 p.m. to 4:00 p.m.

As memorial tributes, donations in TP's name to the CHUS Foundation or a charity of your choice would be appreciated by the family.

CASS FUNERAL HOMES 3006 College St., Sherbrooke QC www.casshomes.ca PHONE: 819-564-1750 FAX: 819-564-4423

Death



Leonard SWALLOW (1924-2019)

Passed away at home (Le Renaissance Manoir St-Francis) on Tuesday, February 26, 2019 in his 95th year.

Husband of Geraldine Knutson for 72 years. Father of Judy (Chris Bean), Joni (Gary Prucha), Leonard/Bud (Diane Salois), Jill (Walter Wantola). Uncle to Cheryl Swallow-Hooper. Grandfather to Micheal, Jeffery, Jennifer, Leonard/Preston, Genevieve, Kristina, Walter/Gregory. Great-grandfather to Sierra, Grace, Hannah, Briana, Joshua, Ryan, Londynn, Leonard/Hudson, Dawson, Lachlan & Ava.

Visitation will be held at the Cass Funeral Home, 3006 College Street, Sherbrooke (Lennoxville) Quebec on Friday, March 29, 2019 from 7 p.m. to 9 p.m. and on Saturday, March 30, 2019 from 1 p.m. to 2 p.m. with a service and celebration of his life to follow at 2 p.m.

In lieu of flowers donations to Lennoxville Community Aide, Meals On Wheels North Hatley, or to a charity of your choice would be appreciated.

CASS FUNERAL HOMES 3006 College St., Sherbrooke QC PHONE: 819-564-1750 FAX: 819-564-4423 www.casshomes.ca

Datebook

WEDNESDAY, MARCH 27, 2019

Today is the 86th day of 2019 and the eighth day of spring.

TODAY'S HISTORY: In 1794, the U.S. Congress passed the Act to Provide Naval Armament, establishing the force that would become the U.S. Navy.

In 1886, Apache leader Geronimo surrendered to U.S. forces at Skeleton Canyon in Arizona.

In 1915, Mary Mallon, better known as Typhoid Mary, was quarantined on North Brother Island in New York City.

In 1964, the strongest recorded earthquake in U.S. history (magnitude 9.2) struck Alaska, killing more than 120 people.

In 1998, the Food and Drug Administration approved Viagra, a medication to combat impotence.

TODAY'S BIRTHDAYS: Wilhelm Roentgen (1845-1923), scientist/inventor; Henry Royce (1863-1933), founder of Rolls-Royce Limited; Ludwig Mies van der Rohe (1886-1969), architect; Gloria Swanson (1899-1983), actress; Sarah Vaughan (1924-1990), singer; Quentin Tarantino (1963-), filmmaker; Mariah Carey (1970-), singer; Nathan Fillion (1971-), actor; Fergie (1975-), singer-songwriter; Buster Posey (1987-), baseball player.

TODAY'S FACT: Silver prices plummeted on this day in 1980 when brothers Nelson Bunker Hunt and William Herbert Hunt attempted to corner the silver market and failed.

TODAY'S SPORTS: In 1939, Oregon defeated Ohio State 46-33 to win the first NCAA men's basketball tournament.

TODAY'S QUOTE: "Architecture is the will of an epoch translated into space." - Ludwig Mies van der Rohe

TODAY'S NUMBER: 5 - consecutive No. 1 singles for singer-songwriter Mariah Carey, beginning with her August 1990 debut single, "Vision of Love," and ending with her October 1991 single, "Emotions." Carey is the only artist in history to reach No. 1 with her first five singles.

TODAY'S MOON: Last quarter moon (March 27).

Card of Thanks

DREW - The family of Judith Cutler Drew wish to express their heartfelt appreciation to everyone who has been there for us through this difficult time with their support, gifts of food and cards of condolences. Your thoughtfulness will always be remembered.

LESTER DREW AND DAUGHTERS

Card of Thanks

HALSALL - I want to take this opportunity to thank everyone who gave me birthday cards, food and gifts on my 90th birthday. It was definitely a special time. I want to also thank the congregation of the BCCI United Church for the surprise party. It was so exciting to see so many friends on that occasion.

Thanks to all, RENA HALSALL

Do Just One Thing



Do you reuse large shopping bags to organize recyclables, then place the filled bags out on the curb for pickup? It seems like a win-win: You're recycling and you're reusing a bag! But shopping bags are a hassle for recyclers. They are often made from glossy or colorful paper or plastic that's hard to recycle. And they often tip over, tear or need to be manually loaded into the truck on recycling day. All too often, recyclables in these bags go straight to the landfill. What to do? Use a recycling bin or brown paper grocery store shopping bags - which are always recyclable - instead.

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"



20 years 10,000 wishes

1-800-267-WISH

www.childrenswish.ca

The Children's Wish Foundation of Canada

Solidarity I BELIEVE. I GIVE. CANADIAN CATHOLIC ORGANIZATION FOR Development and Peace 1 888 234-8533 www.dev.org

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)

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: clas-sad@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. Rates: Please call for costs.

NEA Crossword Puzzle

Answer to Previous Puzzle

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

ACROSS

- 43 Not at home
- 45 Bar bills
- 48 Frenzy
- 50 Department
- 52 Garr of "Tootsie"
- 53 Warning signal
- 55 Small business mag
- 56 Marie's pal
- 57 Cleveland's lake
- 58 Salon supply
- 59 Once-powdered items
- 60 — foo yung
- 61 Hurler's stat

DOWN

- 1 Defeat
- 2 Cisco Kid flick
- 3 Moved slowly
- 4 Gains the gold
- 5 Ben & Jerry rival
- 6 Bargains
- 7 Tropical melon

- 1 Gigantic bird of myth
- 4 Get hitched
- 7 Tropical swayer
- 11 Dinghy's need
- 12 Flank
- 13 Dog chow brand
- 14 Sporty truck
- 15 "Orinoco Flow" singer
- 16 Book part
- 17 Conical homes
- 19 Tibet's capital
- 21 Hwys.
- 22 Protein source
- 23 Starr and Kendall
- 26 Cellist — Casals
- 30 Linden
- 34 Ouch!
- 35 DJ's platters
- 36 Mosque features
- 39 Looks after
- 42 Delayed

- 8 Cry of woe
- 9 Annika So-renstam's grp.
- 10 Curly's friend
- 12 Vacillate
- 18 Cartoon shrieks
- 20 Short flight
- 24 — Kippur
- 25 Growing medium
- 27 Casual farewell
- 28 Parking —
- 29 Startled cries
- 30 Diner order
- 31 Tarzan companion
- 32 Common ID
- 33 Forensic sci. tool
- 37 Bring into accord
- 38 Parent
- 40 Fishing boats
- 41 "Croc" Dundee's girl
- 44 Snicker (hyph.)
- 46 Tan
- 47 Not as wacky
- 48 18-wheeler
- 49 Hypocrite
- 50 Naval lockup
- 51 ASU rival
- 52 Marble
- 54 Dot-com alternative

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			40	41		42						
			43		44			45		46	47	
	48	49					50					51
52					53	54				55		
56					57					58		
59					60					61		

Your Birthday

WEDNESDAY, MARCH 27, 2019

Expand your interests, but don't blow your budget. Balance and integrity will be required to reach your goal. Educational pursuits, travel and self-improvement projects are favored. Gather facts, go directly to the source and leave no room for error. Make precision a priority to come out on top.

ARIES (March 21-April 19) — Rise above adversity and strive to be your best. Make changes for the right reason, not because of what someone else does or says. Do things your way.

TAURUS (April 20-May 20) — Take action and get things done. Whether at work, school or home, set a goal and don't stop until you meet your mark.

GEMINI (May 21-June 20) — Emotional matters will escalate if you let someone interfere in your personal affairs. Don't discuss your love life, domestic matters or finances to avoid conflict, discord and meddling.

CANCER (June 21-July 22) — Dig in and get things done. Use your imagination and put your heart and soul into accomplishing your goals. Make love, romance and improving your life priorities.

LEO (July 23-Aug. 22) — Live and learn. Be observant and question anything you don't understand. Don't feel you must make a change just because someone else does. Watching from the sidelines will pay off.

VIRGO (Aug. 23-Sept. 22) — Look at what you can do, not at what you cannot. Don't let someone confuse you or cost you the chance to be a part of something great. Do what feels right.

LIBRA (Sept. 23-Oct. 23) — Emotions will run high. Channel your energy into positive pursuits and living up to the promises you made to yourself. Don't let anyone take advantage of you or your generosity.

SCORPIO (Oct. 24-Nov. 22) — Implement the changes you've been contemplating for so long. It's time to shake things up and live the life you desire. Love and romance should highlight your day.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't overreact or let anyone entice you to do something that isn't in your best interest. Make domestic and lifestyle improvements. Put your health first.

CAPRICORN (Dec. 22-Jan. 19) — A little charm, intelligence and desire will get you where you want to go. Personal changes should reflect your lifelong dreams. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) — You've got choices to make and you shouldn't let anyone interfere with your goals. Move forward and put your plans in motion secretly to avoid discord.

PISCES (Feb. 20-March 20) — Listen to suggestions, but don't stretch your budget or set impossible goals. If you stick to tried-and-true methods that have worked in the past, success will be yours.

WEDNESDAY, MARCH 27, 2019

Work through the four suits

By Phillip Alder

We all know this Arthur Conan Doyle line: "When you have eliminated the impossible, whatever remains, however improbable, must be the truth."

That is a good thought to keep in mind when selecting an opening lead. In today's deal, for example, which card should West pick against four spades?

When I ran this deal in some classes last month, a few Norths opened one no-trump because they had 15-17 points. I disagreed with that choice for a few reasons. First, the hand wasn't balanced, having two doubletons. One of those doubletons was useless; if three no-trump was the right contract, it might have made only from partner's side. Also, after opening one club, North had an easy one-spade rebid. Note that those who did open one no-trump reached four spades by North after a transfer sequence. Each East led the diamond queen, but now the defenders had to be careful to shift early to hearts to establish a trick in that suit. Not so easy!

When West was on lead against four spades, he should have considered each suit in turn. Spades: Maybe, if every other lead was worse. Hearts: A definite candidate. Diamonds: No way; do lead an unsupported ace or away from one. Clubs: No; dummy bid that suit.

North				03-27-19
♠ A K J 5				
♥ A J				
♦ 7 2				
♣ Q 10 8 7 2				
West		East		
♠ 9 4		♠ 6 2		
♥ Q 10 5 2		♥ K 9 8 4		
♦ A 10 4 3		♦ Q J 9 6		
♣ 9 6 5		♣ K J 3		
South				
♠ Q 10 8 7 3				
♥ 7 6 3				
♦ K 8 5				
♣ A 4				
Dealer: North				
Vulnerable: Both				
South	West	North	East	
		1♣	Pass	
1♠	Pass	3♠	Pass	
4♠	Pass	Pass	Pass	
Opening lead: ??				

So, the heart two was the best choice. Then it was easy to beat the contract. When East got in with the heart king or a club, he led the diamond queen through South to build four defensive tricks: one heart, two diamonds and one club. After an initial trump lead, though, South plays immediately on clubs, setting up discards for his heart losers.

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.

" F KDZJ D WJTAEGDXFOM LJVJSO
BKJTTJ F AETO EV TJVHAJ OE
AJJ RMAJXV DA DG HGLJTLEN."
— RFGLM YDXFGN

Previous Solution: "The biographer's problem is that he never knows enough. The autobiographer's problem is that he knows too much." — Russell Baker

TODAY'S CLUE: *M s i e n b a g*

REALITY CHECK

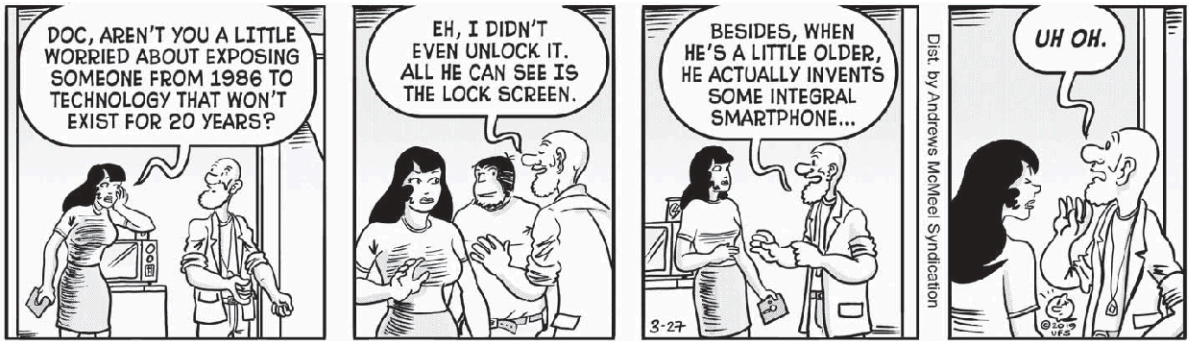


HERMAN



"That bamboo chair you sold me is still alive!"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



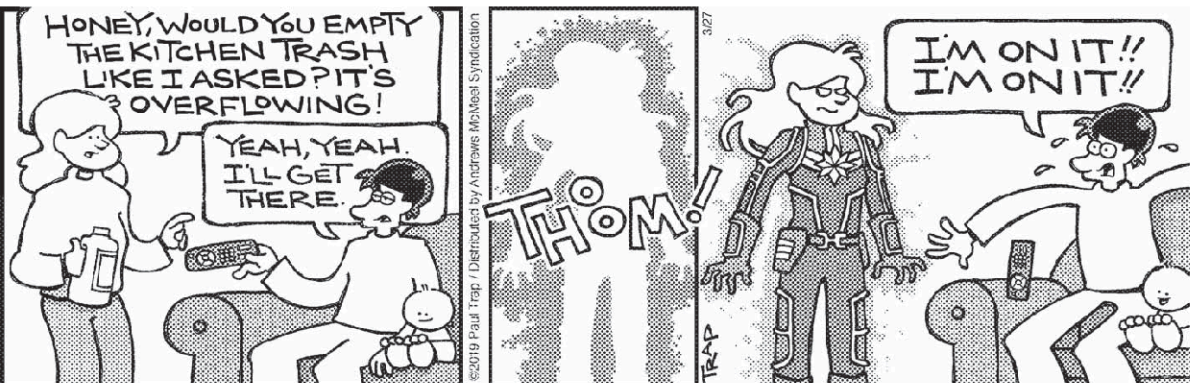
FRANK AND ERNEST



GRIZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check for Health Check™

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

150 Computers 290 Articles for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

RECORD
 OUR CLASSIFIEDS GET RESULTS!
 Call today today to place your classified ad!
819-569-9525
450-242-1188

Parents not invited

Dear Annie

WEDNESDAY, MARCH 27, 2019

Dear Annie: I am a woman in my late 30s marrying the woman of my dreams this fall. I will not be inviting my mother or, by extension, my father. Everyone seems to assume this is because they are opposed to gay marriage or are some sort of religious zealots. This is not true at all. They are fine with gay marriage, and in fact, we pretty much agree politically on all points. They just don't like me as a person. That is sad but also fine, as I don't really like them, either. So how do I navigate this? I don't want people maligning them as bigots, because they are not. They are just regular, run-of-the-mill jerks. I don't want them anywhere near me at my wedding. I don't like them, and though I do feel some sort of suppressed glee that everyone thinks they are horrible, I don't want people thinking they are horrible for the wrong reasons. Thoughts? — Confused

Dear Confused: It's not your job to run PR for your parents in addition to planning your wedding. Still, it's mature of you to want to correct the record. I've found that often the most graceful way of dealing with such complicated social situations is to have a concise canned response ready to go — for instance, "My parents and I aren't close, so I've decided not to invite them." If the person expresses outrage or sympathy on the presumption that your parents are refusing to attend because you're marrying a woman, a simple "I appreciate your concern, but that's not the issue" ought to do. Then let it go. Some people will insist on careening toward their own conclusions. So be it. If we were responsible for monitoring every wrong assumption about our private lives, we'd probably all go bonkers. Best wishes to you and your wife-to-be.

Dear Annie: I am tall. Flying is miserable. In addition to having no legroom, I find that the area under the seat in front of me rarely has any room for my feet after I stow my CPAP, so my knees are especially vulnerable to the seat in front of me.

At the earliest opportunity to speak to the person in front of me on a flight (during boarding if possible, but not during safety announcements!), I let the person know that a tall person is seated behind him/her and ask him/her to give me a warning when (s)he plans to recline so I can protect my knees.

I explain that his/her courtesy warning will give me an opportunity to shift in the seat and point my knees away from the center of the seat back as best I can. Only rarely does that person completely ignore the implications of his/her actions on my anatomy. — Florida Lady

Dear Florida Lady: I expected a whole lot of hullabaloo in response to "Cramped in the Cabin's" letter — angry parties on both sides of the issue. On the contrary, everyone who's written in so far has been empathetic, understanding and more frustrated at the airlines for putting people in such cramped quarters than at other passen-

gers. What a pleasant surprise.

Dear Annie: I'm a happily married almost-70-year-old woman who has been sorting and purging the contents of boxes in my attic in preparation for downsizing. I was surprised to find one shoe box stuffed full of letters that an old high school boyfriend, "Dave," wrote to me during his first year in college. I reread enough of these letters to realize that what he wrote was much less about his romantic feelings for me at the time than it was about his own perception of his college experience and even his relationship with his parents.

My question is whether I should return these letters to him (I can find his address on the internet) or chuck them into the recycle bin.

I have no interest in renewing any contact with Dave. I am not even going to my 50-year high school reunion this year, where I might run into him. In other words, if I were to return these letters, it would not be in hopes of seeing him again or even eliciting a response. Because I am in the process of writing my own memoirs, I do sense the value these letters might have for this man. He would read about his day-to-day experience at college — a prestigious Ivy League school, I might add — and based on my peek into his letters, he would have the opportunity to read his own impressions about his relationship with his father, a man probably long dead. In this era of ephemeral communication via email and text, these handwritten letters strike me as potentially priceless to this man.

I brought up my dilemma with my husband, a sensible man whom I adore. He suggested that often the past is better left in the past, an adage I agree with heartily. What do you suggest I do? — Time Capsule in My Attic

Dear Time Capsule: Your husband is right that sometimes the past is better left alone. However, this is about Dave's past, not yours. Why not let Dave decide whether or not to leave it alone? Send him the letters, along with a cover note explaining what they are and telling him that he can feel free to recycle them if he'd like but you didn't feel right throwing them out. What a treasure-trove this could be for him and for any children or grandchildren he might have. And you will be able to feel good knowing you've gone out of your way to do a kind thing for an old friend.

Dear Annie: In the 1970s, I was a single mother, and one year, when I was between jobs, I was pleasantly surprised to get a Christmas dinner box from a charity. When I opened the can of corn, however, the stench was awful! It wasn't as though we starved because of it, but it was disappointing. This experience taught me to donate only new food.

It is wonderful that people help people by donating, but please remember: If it is too worn-out for your use or the expiration date is past, no matter how low the price, it is not a bargain for someone who is eking out a living. — Grateful

Dear Grateful: Well said. Thanks for sharing your experience of being on the receiving end of a well-intentioned but not well-executed donation.

"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.creator-publishing.com> for more information.

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

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

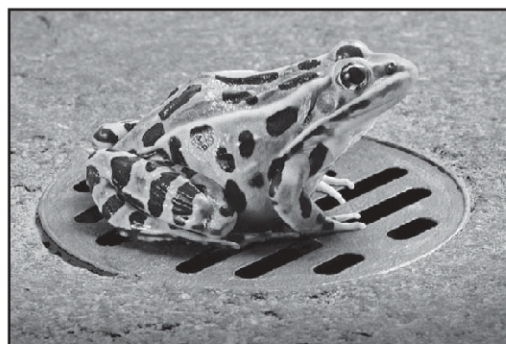
3/27

© 2019 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

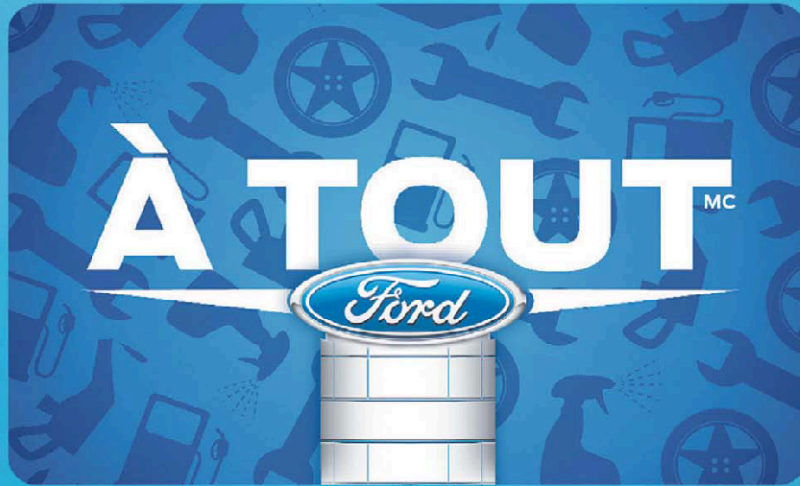


WETLANDS ARE DISAPPEARING
 Protect them. Become a member today.

www.ducks.ca
1-866-384-DUCK



FROM MARCH 22ND TO APRIL 1ST



GET A
\$500*
CARD

ON THE PURCHASE OR LEASE OF SELECT NEW
2018-2019 FORD CAR AND SUV MODELS



2018 FUSION ENERGI



2018 ECOSPORT

BUILT *Ford* PROUD

Vehicle(s) may be shown with optional equipment. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP).

*From March 22 to April 1, receive a Carte à Tout™ \$500 gift card with the purchase or lease of a select new 2018/2019 Fiesta, Focus, Fusion, Mustang, Taurus, EcoSport, Escape and Edge models. Certain conditions apply. The Carte à Tout™ card is a prepaid \$500 credit card. It can be used as is for any occasion. This offer is available for Quebec residents in Ford dealerships in Quebec. Offers only available to qualified retail customers on approved credit (CAC) from Ford Credit or an authorized financial institution. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1 800 565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof.

©2019 Sirius Canada Inc. *SiriusXM™, the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence.

©2019 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.