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THURSDAY, JANUARY 24, 2019

ETSB presents new 'Commitment to Success Plan'

By Matthew McCully

During Tuesday evening's Eastern Townships School Board Council of Commissioners meeting, the board presented its strategic plan for the coming five years.

The main objective of the Commitment to Success Plan is to raise the seven-year cohort graduation and certification rate among ETSB students.

To do so, the board intends to make efforts to address the high vulnerability of future pre-school students, and move from a summative to a more formative assessment structure. Rather than evaluating a student's learning at the end of a session by comparing them to a standard or benchmark, a formative assessment would monitor a student's learning and provide ongoing feedback that can be used by the teacher to improve their methods and the student to improve their learning.

Individual schools and centres also develop their own individual strategies, based on the main objectives of the board's Commitment to Success Plan, developed in collaboration with teachers, support staff, professionals, administrators, the central parents' committee and school commissioners.

During question period Appalachian Teachers' Association President Megan Seline drew attention to the impressive new sign at the check-in booth at Galt. She pointed out the sign for the Lennoxville Vocational Training Centre is red spray paint on plywood, and asked the board if there were a plan to upgrade it to a sign as impressive as the one for Galt.

ETSB Chairman Mike Murray replied that there are discussions revolving

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Snow accumulation could pose safety concerns



PHOTOS BY MATTHEW MCCULLY

By Matthew McCully

According to Memphremagog East Fire Services Battalion Chief Chris Goodsell, there are a number of safety issues to consider after a large snowfall.

While the roofs of most homes are built to factor in the weight of snow, scraping off the buildup is never a bad idea.

With the dramatic fluctuations in temperature happening recently, Goodsell said rain on top of snow would make the load considerably heavier.

The Régie du bâtiment du Québec lists the following signs on its website to watch for after a major snowfall:

- Cracks appearing on interior walls.
- Interior doors jamming or rubbing against the frame.
- Conspicuous creaking noises.
- Deformation or buckling of a ceiling.

If such signs are numerous, the Régie recommends evacuating the building and taking the necessary actions to remove any snow load from the roof.

Aside from weight on the roof, Goodsell said citizens who heat their homes with pellet stoves or natural gas should make sure their vents are clear of snow to avoid the risk of carbon monoxide poisoning. Also, Goodsell suggested that homeowners make sure basement windows that could serve as emergency exits are not completely submerged.

"We carry shovels in our fire trucks," Goodsell said, "but that's one less guy I have to fight the fire," he explained.

Goodsell said that it's also a big help when citizens who have a fire hydrant on their property make an effort to keep it cleared of snow, even if just partially.

While it is a municipal obligation in most towns, Goodsell explained that

fires may not correspond to municipal snow clearing schedules, so keeping hydrants clear is greatly appreciated.

Goodsell also reiterated the importance of making sure a vehicle's exhaust system is not blocked by a snow bank. These days, many drivers have automatic starters. If someone were to let their car warm up, unaware it was backed too close to a snow bank, they could run the risk of carbon monoxide poisoning, he said.

Municipalities are currently in the process of removing snow from congested streets and clearing it away from intersections that have blind spots from snow mounds. While snow removal operations are underway, parents and caregivers should make sure children avoid the temptation to build forts, slide or climb on large snow banks near streets.

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Weather



TODAY:
RAIN

HIGH OF 9
LOW OF -10



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF -4
LOW OF -19



SATURDAY:
SUNNY

HIGH OF -14
LOW OF -16



SUNDAY:
PERIODS OF
SNOW

HIGH OF 0
LOW OF -11



MONDAY:
PERIODS OF
SNOW

HIGH OF -5
LOW OF -8

Finding inner peace by not giving a flying fig about professional sports



ROSS MURRAY

Hello, brother. I couldn't help but overhear you on this beautiful morning yelling at that squirrel about NFL officiating. If you would stop kicking gravel at the pigeons for a moment, I feel I can help you. Come, sit with me on this bench. Let me move my half-eaten Reuben sandwich. Mind the dill...

You see, brother, I was once like you. I too invested considerable emotional energy in professional sports teams I had no real affinity with other than, at best, a shared area code. I built my identity and an inordinate amount of fashion choices around these teams. Their wins were my wins, their losses my losses, their trades my detailed analyses on sports-radio call-in shows.

Then I hit rock bottom. For you see, my friend, I was a 1986 Red Sox fan. That was not merely a ball that dribbled through Bill Buckner's legs but my very soul. My sanity. My mortgage I had inadvisably wagered. The following decade was a blur of me angrily confronting vendors at sports card expos, binging on Gatorade and lightly stalking Wayne Gretzky.

But one day, while out of my mind on Rub A535 and muttering about Pete Rose, a man approached me and told

me about Finding Inner Peace By Not Giving A Flying Fig About Professional Sports.

Don't jump so, my friend! You have disrupted the kraut in my Reuben! Sit. Let me share with you the wonders of FIPBNGAFFAPS. For I can see that you are troubled by the results of sporting contests that have no bearing on your life other than the odd digestive matter. Am I also safe in assuming you use "LeBron" as a verb? As I suspected. Here: cradle my pickle while I tell you about my Monday morning.

I awakened gently with the sun and greeted the day with reverence. "Thank you, Giver of Life, for all good things: mattress covers that don't get all bunched; itches that can be easily reached; pastrami." Then I ate my breakfast, showered my teeth and made my way to the bus stop.

It was there that I heard men speaking about a football event in tones normally reserved for long-simmering family grievances. I knew nothing of this match between the Los Angeles Boy Goats and the Swell Guys From New Orleans. I did not catch all their conversation - the referee failed to penalize the quarterback for illegally soaking his hands in Palmolive, or some such; the rules have changed so since I last paid attention. The names they spoke were just sounds to me. I continued to wait for my bus in bliss. And rubber boots.

No, no, I don't need to hear what actually happened. I'm sure it seems a tragedy of Greek proportions and it is no doubt unjust. But because I do not Give A Flying Fig About Professional Sports, I would be able to offer no more emotional support than if you were to

recount a dream in which Ed Asner was rummaging through your chest freezer in search of his spats.

You see, brother, FIPBNGAFFAPS renders all professional sports meaningless. It does not deny the existence of professional sports, for player salaries in the millions prove it must be so. Instead, FIPBNGAFFAPS transcends you to a state wherein professional sport is not an entity in itself but a part of all creation, no greater or lesser than all things - except the New York Knicks who are consistently lesser.

I see you are coming to an understanding. Oh, you're just eyeing my Reuben. Help yourself. For it is only half a sandwich, still satisfying though not the whole, just as you can eventually watch an occasional sporting event without investing your "whole" self in it. Merely enjoy the spectacle without truly giving a flying fig about the outcome. And this pickle? It's a Beyonce halftime show. Actually, green and bumpy? It's more of a Paul McCartney.

But before you can get to that point, my Swiss-cheese-loving benchmate, you must turn away from all sporting events. At first you will Wonder Anxiously About Professional Sports, then you will Participate Halfheartedly in Conversations About Professional Sports. As you free yourself, soon you will Stop Posting Aggressive Memes About Professional Sports, before moving on to Not Knowing Who Was Traded Where in Professional Sport. Finally, with dedication and Monday nights reading a damn book for once, you will Find Inner Peace By Not Giving a Flying Fig About Professional Sports!

The Oscars, on the other hand, that's a big deal.

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Ben by Daniel Shelton



LOCAL NEWS

"Snowmobiling not only attracts fans from the region but also an international clientele, given the proximity of some trails to the Canada-U.S. border."

Feds offer support to Memphremagog snowmobilers

Record Staff

Les Motoneigistes du Memphrémagog Inc. is a Snowmobile club responsible for maintaining about 85 kilometres of snowmobile trails in the Memphrémagog MRC and 66 kilometres of these trails make up part of the Trans-Québec trail network. To allow it to continue ensuring the safety of snowmobilers and improving trail quality, the organization will receive a \$31,312 non-repayable contribution from Canada Economic Development for Quebec Regions. The funding will be used to acquire a new grader and a winch, as well as to replace parts on existing equipment.

This assistance was announced Tues-

day by Brome-Missisquoi MP Denis Paradis, on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for CED.

"Winter tourism contributes significantly to the economic vitality of the Memphrémagog MRC," Paradis said. "Snowmobiling not only attracts fans from the region but also an international clientele, given the proximity of some trails to the Canada-U.S. border. Better quality trails will help enhance the visibility of the Townships region and strengthen its reputation as a destination of choice."

The Government of Canada funding will help ensure the quality and sustainability of the trails maintained by Les

Motoneigistes du Memphrémagog Inc., enhance the snowmobilers' experience, and contribute to the vitality of winter tourism in the Memphrémagog MRC.

The funding was provided under the Winter Tourism Initiative, part of CED's Quebec Economic Development Program. This initiative supports the acquisition of snowmobile and cross-country ski trail maintenance equipment. The aim of the initiative, which has a budget of \$10 million and will remain in effect until March 31, 2020, is to increase the regional benefits generated by tourists from outside Quebec.

A non-profit organization, the Fédération des clubs de motoneigistes du Québec (FCMQ) oversees the development and promotion of safe snowmobil-

ing. The 200 snowmobile clubs affiliated with the FCMQ maintain over 34,000 kilometres of trails across Quebec, over 1,800 of which run through the Eastern Townships.

The Government of Canada supports recreational, cultural, and sports projects that have a positive impact on tourism and the local economy and showcase the incomparable assets all around us; and which resonate well beyond the Cantons-de-l'Est region.

CED is one of the six regional development agencies under the responsibility of the, Ministry of Innovation, Science and Economic Development.

Commitment to Success Plan

CONT'D FROM PAGE 1

around not only a new sign, but establishing an independent entrance for LVTC, along with a more vibrant name for the centre that could resonate better with the public. Murray suggested the delay in improved signage is likely because of the difficulty in committing to a new name.

In new business, the board approved the appointment of Jane Akroyd as interim teaching principal at Farnham Elementary, 40 per cent.

February will be a busy month for the ETSB.

Three different awareness campaigns will take place in the first few weeks of the month.

The school bus safety campaign, "do you see me?" will take place between Feb.4-15.

Teacher appreciation week runs from Feb. 3-9, and will be followed by Hooked on School Days, taking place from Feb.11-15.

During committee reports, commissioners said Parkview Elementary is looking at the possibility of starting up a bilingual program at the school.

Transportation committee is in the

process of revamping the board's transportation policy. There is also a new pilot project in place to alert parents with children attending schools in the eastern sector (ADS, Ayer's Cliff, Cookshire, Drummondville, Lennoxville, North Hatley, Pope Memorial, Princess Elizabeth, Sawyerville, Sherbrooke, St. Francis, Sunnyside, GALT, RRHS) of late busses.

On the ETSB website, parents can click on the parent tab, then transportation, then bus delays. Any bus that is running more than 20 minutes late will be listed, along with the reason and estimated length of the delay, as well as the schools affected.

Chairman Murray asked if there were any statistics available regarding the performance of ETSB busses. Transportation committee rep Gary Holiday replied that when a bus is late, Director Bruce Banfill looks into that matter, but he was not aware of any statistics.

Murray suggested the board begin to collect statistics about delays and generate an annual or semi-annual report to have a better idea of the situation.

Murray met recently with Brome-Missisquoi MNA and Minister for Education Isabelle Charest. During the meeting, Murray discussed the state of Farnham

Elementary, calling the facilities unacceptable.

Currently, the bathrooms in the school are only accessible through the gymnasium. Offices for staff are curtained off in the area that used to be the stage in the gym, he added. Murray added that there is a lack of accessibility at the school.

"According to norms, it doesn't merit an expansion," Murray told Charest, hoping for support from the MNA to improve the situation.

Murray added that the board is also trying to transfer the \$6.5 million in funding approved for improvements to Drummondville Elementary into fund-

ing for a new school instead.

According to Murray, paying \$6.5 million for patchwork improvements at the school that would amount to temporary fixes doesn't make sense compared to \$10 or \$11 for a new building that could respond to the needs in the community in the long term.

Murray said the provincial government is expected to table legislation on school fees by early spring. Given the complexity of the issue and the differing needs of schools across the province, Murray said the board would make an effort to participate in the discussion to ensure the guidelines don't negatively affect the ETSB.

THE RECORD



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MATTHEW MCCULLY

Leaving a legacy: Dr. Heather Lawford appointed Canada Research Chair in Youth Development

By Emilie Hackett
Special to the Record

Bishop's University's Dr. Heather Lawford was recently appointed the Canada Research Chair (CRC) in Youth Development, becoming the third faculty member to become a CRC in the last year. The Record met with Lawford yesterday to learn more about her research, focusing on generativity in youth.

Lawford became a Bishop's professor in 2012 within the Psychology Department, after completing a doctorate at Concordia and a post-doctoral fellowship through Brock University and the Centre of Excellence in Youth Engagement. Her interests have always been centered around issues of collaboration with youth and community organizations.

"I study what is called generativity," she explained, "which is usually studied in mid-life and older adults. Generativity is about wanting to leave a legacy and creating a better world for future generations. It can be expressed in parenting, at work, and in a community." She added that the teaching profession is one of the biggest examples of generativity in the workforce, by expressing a desire to educate the next generation and wanting to help students become contributing citizens.

Becoming a CRC will help her put "a spotlight on Canadian research on the international stage. It allows me to invest more time in my work and gives me the opportunity to hire Bishop's stu-

dents as research assistants. Their participation has been essential so far." Lawford is also on sabbatical for the first time and is therefore not teaching at the university this year. "It's the first year I haven't been in the classroom and I actually miss it so much more than I thought I would," she chuckled, adding that although she misses connecting with the students, she is regularly on campus and gets to work with the research assistants daily.

"It's such an honour to join the two other remarkable researchers at Bishop's who have become CRC." Lawford, who usually teaches child development classes, was also the coordinator for the Psychological Health and Well-Being Research Cluster at the university and worked with the Teaching and Learning Centre.

Her CRC research will explore the concept of generativity in youth, a life period that is otherwise rarely studied. "We realize that that motivation and desire to bring change and contribute happens earlier in the lifespan of young people. So far, young people are really motivated to have a lasting impact on their community. Being a CRC will allow us to examine generativity from the perspective of young people and observe the contributions they want to make and are already making," expressed Lawford.

"Malala Yousafzai is a great example of a young adult who displays well-developed generativity," added Lawford. Yousafzai is the Pakistani activist who stood up to Talibans in 2012 and is now an advocate for female education. She is

also the youngest person to ever win a Nobel Peace Prize. "Malala has gone further than your typical young person in the context of generativity. By interviewing such young people and observing their journey, we can develop a questionnaire to understand this construct in the general youth population."

Lawford clarified that there is a link between extreme hardship in youth and becoming a generative person. "We've seen it a lot in the news. Hardship leads to the desire to leave a legacy. Generative adults who are motivated to help future generations also tell their stories in a redemptive way, in which they connect the negative things that have happened to them to a positive outcome, one that they usually create for themselves." However, generativity is complex, and can also occur with children whose parents have provided them with a safe, warm, and loving environment, and who have caring friendships.

Lawford's goal for the research "is to get it done," she claimed, laughing. "One of the reasons I pursued the CRC position is to highlight the outstanding research that happens at Bishop's. It's a small undergraduate institution but we have the freedom to ask hard questions. It's important to have this platform to share our work not only across Canada but also the world. We accomplish important work and our undergraduates play a very important role in our research," she explained.

"We're also working on introducing a graduate certificate in Knowledge Mobilization, which explores the concept of



EMILIE HACKETT
Dr. Heather Lawford was recently appointed Canada Research Chair in Youth Development to further her research in generativity within youth.

putting research into action. I believe it's where the future of research careers is heading. We're also working on having a masters' program. There are very few programs like this in Canada," added Lawford.

Ultimately, Lawford hopes that her research as the CRC will help "highlight that young people are important contributors to our society. We need to start acknowledging the role they play in bettering our world and we need to give them a voice and platform to help them contribute."

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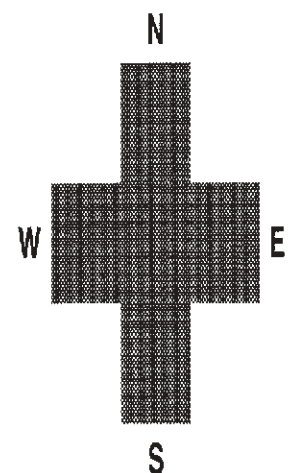
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The Border Report

Despite the extreme cold warnings issued by Environment Canada, unbelievably, dogs are still being left outdoors without adequate shelter.

Phelps Helps visits Alexander Galt and Bishop's University



By Phelps Helps

Last week, Phelps Helps had the opportunity to visit both Alexander Galt and Bishop's University to recruit students and volunteers.

At Galt, Jayme had a kiosk in the Networking Zone of the second annual career day: Unlock your Future: Discover Opportunities in the Eastern Townships. This was an excellent chance to speak with students about some recent changes to our High School Tutoring Program, most notably the offering expanding to three evenings (Tuesday

Wednesday and Thursday) in both languages, as well as recruit some new participants for the program. As the event targeted levels 4 and 5 students planning their futures, she encouraged Stanstead area students to take advantage of our Compass Program, offering individual support for applying to CEGEP, vocational training, financial assistance, as well as finding employment.

At Bishop's University, Clea spoke to students about volunteering at our weekly sessions. She explained how volunteering with Phelps Helps does not mean being an expert in any specific



subject. Our volunteers play sports with elementary students, support elementary and high school student learning and act as positive role models. This call for volunteers is not limited to University students. If you have a willingness to create a positive relationship with a local youth, sign up as a volunteer today by emailing ccorman@phelpshelps.ca or calling 819-704-0799.

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Olaf

Even furry dogs like Olaf, need warmth and shelter in this extreme cold.

Olaf loves to be outdoors, he loves to play in the snow, and he loves long leisurely walks in the woods but once playtime is over, he also loves to cuddle up and stay warm on a cozy blanket. All dogs deserve to be warm and feel safe and loved.

With us now for almost 10 months, Olaf is so ready to find a loving family. Rescued from a community in Northern Quebec, when Olaf first arrived, he was a little aloof and clearly not used to being the center of attention. It took some time for him to settle in, but once he felt more at home, we saw a whole other side of Olaf who has proven to be an outgoing, engaged and very affectionate dog. He loves being with people and admittedly, it is hard on our morale to see him passed over for adoption again and again. Really, his only limitation is that he can't live with other dogs or cats but with people, what an incredible charmer he is. He has definitely won all of us over.

Olaf is always eager for his morning outing and cheerfully sings to encourage the volunteer walker to take him out first. He is so happy when he is out for his walks and if you visit our facebook page (www.facebook.com/frontieranimalsociety) you can watch a short video of him running and playing in our dog park.

Olaf so enjoys human companionship and he will lean-in against us for cuddles. In a home environment where he is loved and has a consistent routine, he will be such a great companion. He is well behaved in the house and just so darn loveable!

Olaf, who is 5 years old, has one blue eye and one brown eye. If you think you might be the one to give this big teddy bear of a dog the loving forever home he longs for, we'd love to hear from you. To inquire, please send an email to frontieranimalsociety@gmail.com or better yet give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m.

Recently we've been experiencing record cold, but despite the extreme cold warnings issued by Environment Canada, unbelievably, dogs are still being left outdoors without adequate shelter. Older dogs and puppies are generally more susceptible to the cold but even longer-haired and thick-coated dog breeds, though more tolerant of cold weather should not be left outside for long periods in below-freezing weather. If you are concerned about a dog being left outside in the cold for long periods without proper housing (dog houses must be very well insulated to provide sufficient warmth), please be their voice and report the neglect.

Locally you can call the SPA de l'estrie at 819-821-4727, ext: 5. Your call will be kept strictly confidential and will allow

SPA inspectors to help animals in need. For incidents outside of the territory cov-

ered by the SPA, contact MAPAQ at 1-844-ANIMAUX (1-844-264-6289).



EDITORIAL

The kindness in your heart to give back has had a positive impact on local families and has made a tremendous difference.

The ins and outs of a cabinet shuffle



TIM BELFORD

- fill the vacant spot instead of shuffling bodies around the table?
- a) Making a cabinet is like musical chairs only in this case when the music stops 181 people are trying to grab a seat.
 - b) To keep the other 35 Ministers on their toes.
 - c) It gives the impression that the government is actually doing something.

3. Why was Jody Wilson-Raybould bounced from the Justice Ministry?
- a) Nobody in her department liked her.
 - b) She actually says what she thinks.
 - c) She was trying to push the Liberal government to actually do something on the reconciliation file.

4. Why was Jody Wilson-Raybould given the job running Veterans Affairs?
- a) After five ministers in five and a half years it was obviously time for a change.
 - b) Prime Minister Trudeau thought things were so bad she couldn't make it worse.
 - c) Nothing is too good for our veterans.

5. Who is David Lametti?
- a) The Montreal Impact's latest international soccer star.
 - b) The man who started the "pasta gate" scandal.
 - c) The new Minister of Justice.

6. Why was Bill Morneau kept on as finance Minister?
- a) He was doing such a good job.
 - b) He's the only one who knows how big the deficit is for sure.
 - c) The middle class needs someone who understands their pain.

7. Was Seamus O'Regan's move from Veterans Affairs to Indigenous Services a promotion?
- a) If you're a veteran, yes.
 - b) That's what Prime Minister Trudeau told him.

Canadians, I am sure, are still adjusting to the recent cabinet changes made by Prime Minister Justin Trudeau. The shuffling of the cabinet was necessitated by the announcement by Treasury Board President, Scott Brison, that he would not be running in the next election.

Brison's decision set in motion a number of cabinet changes. Whether the Prime Minister is using the President of the Treasury Board's departure to put a shine on his government before the next election by presenting a "fresh face" to a jaded population or he just wants to shake things up a bit is a moot point. It does, however, take a deft hand since any change to the cabinet's make-up involves maintaining the precarious balance between male and female, urban and rural, ten provinces, indigenous representation and visible minorities. To those on the sidelines it is a confusing process.

But never fear. Ever mindful of my role in explaining Canadian politics to you, the patient reader, I have drawn up a short quiz that should serve to elucidate what exactly has taken place. (answers appear at the end of the quiz.)

1. Why did Scott Brison call it quits?
- a) He wants to spend more time with his partner and young children.
 - b) The Admiral Norman case and his role in it is about to bite him on the backside.
 - c) Taking his parliamentary pension will make him better off than all but six of the people who voted for him
2. Why didn't the Prime Minister just



- c) It was more of a lateral leap.
- ting 4 or 5 right and you qualify for a spot as a co-host on CBC's The National. If you managed just 3 or less, don't consider a career in government.
- Answers: 1b) 2c) 3b) 4a) 5c) 6b) 7c)

Letters

MAKING A DIFFERENCE...

On behalf of Alexander Galt Regional High School and all Christmas basket recipients, I would like to personally thank all our donors and collaborators for your kind donations this holiday season. Your continued support has allowed us to assist families in need in the Galt community - which would not have been possible without their generous donations. The kindness in your heart to give back has had a positive impact on local families and has made a tremendous difference.

Our collaborators have also played an important role in making this campaign a success over the years. Our local newspaper, The Record, has been our faithful partner since 1999. As well, the Lennoxville Provigo and its staff, have graciously acted as Santa's elves for the past few years by ordering and packing the baskets for us - so thank you.

Spreading Christmas cheer is something I have always enjoyed but this year I would like to extend the cheer to you - our donors. The campaign was exceedingly successful and that is all thanks to you - it could not have been done without you.

Thank you again for your compassion and continued support. Your generous assistance makes it possible for our GALT families to have a brighter Christmas holiday!

MANY THANKS,
TRACY LYNCH
SPIRITUAL LIFE ANIMATOR AT AGRHS

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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
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

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Local Sports

"It's exciting to have the opportunity to showcase our sport and its elite athletes from both sides of the border, and we hope to inspire young girls to play the game," said Hockey Canada director of women's teams Gina Kingsbury.

Canada renews women's hockey rivalry with U.S. ahead of world championship

The Canadian Press

Beating archrival United States and earning a spot on the world championship team are the stakes for the players named to the Canadian women's hockey team for an upcoming series against the reigning world and Olympic champions.

Forwards Marie-Philip Poulin, Rebecca Johnston, Brianna Jenner, Natalie Spooner, defenders Laura Fortino and Brigette Lacquette and goaltender Shannon Szabados were among the 23 players Hockey Canada announced

Wednesday for February's three games against the U.S.

The series opens Feb. 12 in London, Ont., before shifting to Toronto on Feb. 14 and closing Feb. 17 in Detroit.

Performances in the series will go a long way in determining Canada's roster for the 2019 world championship April 4-14 in Espoo, Finland.

"It's exciting to have the opportunity to showcase our sport and its elite athletes from both sides of the border, and we hope to inspire young girls to play the game," said Hockey Canada director of women's teams Gina Kingsbury.

"This series will also be an important evaluation process and measuring stick for us as we look ahead to the IIHF women's world championship in Finland in April."

The roster for the U.S. series was chosen by Kingsbury, head coach Perry Pearn, head scout Melody Davidson and region and regional scouts

Fourteen players from Canada's 2018 Olympic team, which lost the gold-medal game in a shootout to the U.S. in Pyeongchang, South Korea, will suit up again in the series.

Laura Stacey, Jillian Saulnier, Sarah

Nurse, Ann-Sophie Bettez, Blayre Turnbull, Brittany Howard, Jamie Lee Rattray, Rebecca Leslie and Victoria Bach round out the forwards chosen for the series roster.

Jocelyne Larocque, Renata Fast, Halli Krzyzaniak, Erin Ambrose and Kate Goseling join Fortino and Lacquette on defence.

Goaltenders Genevieve Lacasse and Emerance Maschmeyer were also chosen for the squad.

Canada rugby sevens coach sees positives ahead of New Zealand event

By Neil Davidson
THE CANADIAN PRESS

Two events into the HSBC World Rugby Sevens Series, Canada coach Damian McGrath is seeing plenty of positives despite a labour dispute that cut into the team's pre-season preparations.

While the Canadian men finished tied for 11th in both Dubai and Cape Town, they came close to making the Cup quarter-finals in South Africa. Tied 14-14 with Scotland, Canada conceded a try with 70 seconds remaining and lost 21-14. The way other results went, a win would have sent Canada into the final eight.

Not bad considering the team was sidelined for two months over a contract impasse with Rugby Canada prior to returning to training Nov. 1.

"I genuinely thought we'd struggle really badly but we performed really well," said McGrath, whose team takes part in the New Zealand Sevens this weekend in Hamilton. "We weren't that far away and we'll get stronger as the year gets on because the players will get fitter and more game-ready."

"So there'll be lots of improvement for us as the year goes forward which, in an Olympic qualifying year, is no bad thing because the real prize is in July when we

have the Olympic qualifying tournament. I'm happy for us to get better bit by bit and stay under the radar and be able to work on improving our game."

The Canadians stand 12th in the World Series standings.

The top four teams at the end of 10-event season will secure automatic qualification for the 2020 Tokyo Olympics.

The Canadians find themselves in the unlikely position of cheering on the Americans this season. Automatic qualification would remove the U.S. from the North American qualifying tournament, which would ease Canada's path to Tokyo.

McGrath gets a boost this weekend with the return of Mike Fuailefau and Phil Berna from long-term injury absences.

"It's almost like getting a new player back," McGrath said of Berna, who has been out more than a year with a serious ankle/leg fracture. "He's such a talented player and he's only a young man - 22."

The hard-working Fuailefau, who has been out since the Rugby World Cup Sevens last July, is also coming off ankle surgery.

But Harry Jones (shoulder), Lucas Hammond (ankle) and Admir Cejvanovic (quad) remain on the shelf.

McGrath's 14-man squad features four

players - Cole Davis, Josh Morra, Jake Thiel and Brock Webster - who were part of the Canada Maple Leafs development team that recently returned from the South America Rugby Sevens.

Davis and Webster could win their first sevens caps for Canada. They are part of an emerging young group that also includes Cooper Coats, David Richard and former Toronto Wolfpack forward Quinn Ngawati.

"I feel that (Webster) and David Richard will be stars at sevens or 15s for years to come," McGrath said. "I'm really excited about those two young guys."

Called up as an injury replacement, Halifax's Coats made his World Series debut in Cape Town in December. Davis has already won caps for the 15s team under coach Kingsley Jones.

"I think it's a big bonus for Kingsley that's Cole's getting a chance to work on his skills and the things that sevens bring to your game," said McGrath.

Ngawati, 19, also drew good reviews in South America.

Speedster Justin Douglas arrives in Hamilton as Canada's all-time tries leader after upping his total to 126 with four tries in Cape Town. Sean Duke had held the record at 124.

"I've waxed lyrical about Justin since I

arrived (as coach) and nothing that's happened since has made me change my mind," said McGrath. "He's just a great player, one of the best that Canada has ever had at sevens."

Captain Nathan Hirayama also reached a milestone in South Africa, going past 1,500 career points. Hirayama has 45 points in the opening two stops on the series.

Canada opens Pool D play in Hamilton against No. 9 Spain, No. 2 New Zealand and No. 15 Japan.

After New Zealand, the teams head to Sydney, Australia, for play Feb. 2-3.

Canada Roster
Phil Berna, UBC Thunderbirds, Vancouver; Connor Braid, James Bay AA, Victoria; Cole Davis, Calgary Saints, Calgary; Justin Douglas, Abbotsford RFC, Abbotsford, B.C.; Mike Fuailefau, Castaway Wanderers, Victoria; Nathan Hirayama (capt.) unattached, Richmond, B.C.; Isaac Kaay, UVIC Vikes, Kamloops, B.C.; Pat Kay, Castaway Wanderers, Duncan, B.C.; Luke McCloskey, Castaway Wanderers, Victoria; Josh Morra, Toronto Saracens, Toronto; Matt Mullins, James Bay AA, Belleville, Ont.; Jake Thiel, Abbotsford RFC, Abbotsford, B.C.; Brock Webster, Oshawa Vikings, Oshawa, Ont.; Adam Zaruba, Capilano RFC, North Vancouver.

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Datebook

THURSDAY, JANUARY 24, 2019

Today is the 24th day of 2019 and the 35th day of winter.

TODAY'S HISTORY: In 1848, gold was discovered at Sutter's Mill, setting off the California Gold Rush.

In 1984, the first Apple Macintosh computer went on sale.

In 1995, the O.J. Simpson murder trial began as the prosecution made its opening statement.

In 2003, former Pennsylvania Gov.

Tom Ridge was sworn in as the first secretary of the Department of Homeland Security.

TODAY'S BIRTHDAYS: Pierre de Beaumarchais (1732-1799), playwright; Edith Wharton (1862-1937), author; Robert Motherwell (1915-1991), artist; Ernest Borgnine (1917-2012), actor; Oral Roberts (1918-2009), evangelist; Neil Diamond (1941-), singer; Aaron Neville (1941-), singer; John Belushi (1949-1982), actor; Nastassja Kinski (1961-), actress; Mary Lou Retton (1968-), Olympic gymnast; Ed Helms (1974-), actor; Mischa Barton (1986-), actress.

TODAY'S FACT: The first Apple Macintosh computer had a 9-inch monitor and 128 kilobytes of RAM. It was priced at \$2,495.

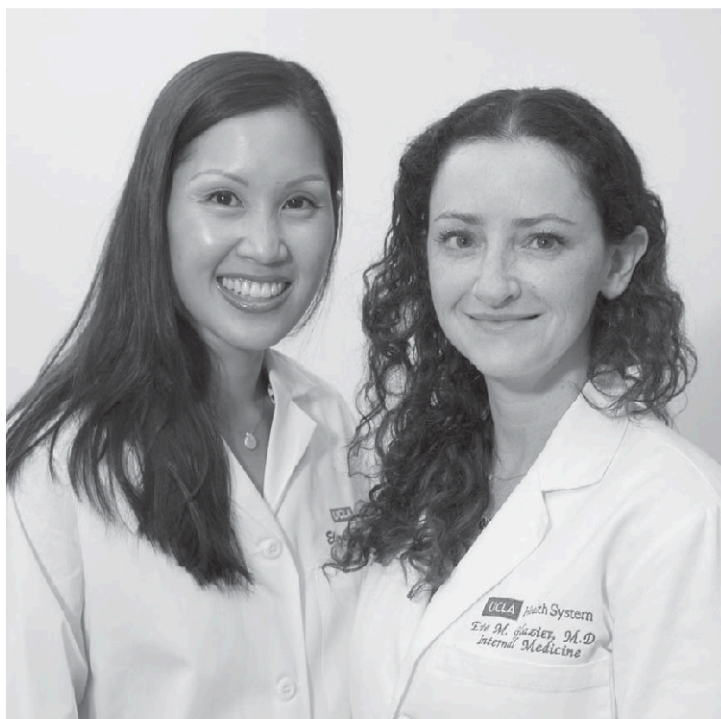
TODAY'S SPORTS: In 1980, Fred Wilpon and Nelson Doubleday bought the New York Mets for an estimated \$21.1 million, at the time the most ever paid for a baseball franchise.

TODAY'S QUOTE: "Ah, good conversation — there's nothing like it, is there? The air of ideas is the only air worth breathing." — Edith Wharton, "The Age of Innocence"

TODAY'S NUMBER: \$81 million — estimated value (not adjusted for inflation) of the gold extracted from California in 1852, the peak year of the California Gold Rush.

TODAY'S MOON: Between full moon (Jan. 20) and last quarter moon (Jan. 27).

Pancreatic cancer's location makes it difficult to diagnose



ASK THE DOCTORS

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

Dear Doctor: Is there a cure for pancreatic cancer? Does anyone know what causes it? Does eating raw steak cause it? Or smoking?

Dear Reader: At this time, there is no known cure for pancreatic cancer, the third most deadly cancer in the United States. Symptoms of pancreatic cancer are so vague that they can be confused with a range of other diseases and conditions. Because there is no reliable screening test at this time to catch pancreatic cancer in its earlier stages, it is often diagnosed only after it has spread.

The pancreas is a spongy gland, about 6 to 10 inches long, wide at the head and narrow at the tail, with a shape that has been compared to a fish. Its job is to make enzymes to help with digestion and hormones that play a role in the regulation of blood sugar. The pancreas is located in the upper left part of the abdomen, between the stomach and the spine. Also

surrounding it are the liver, spleen and small intestine, a location that adds to the challenge of making an accurate diagnosis when anything goes wrong.

The majority of the pancreas — 95 percent — is devoted to tissues that produce enzymes. The remaining 5 percent is made up of endocrine cells, which secrete hormones, including insulin. Cancer can start in either of these two types of tissues, but the most common form occurs in the enzyme-producing cells and ducts.

Although the exact cause of pancreatic cancer has not yet been identified, certain risk factors are known. As you mention, cigarette smoking is one of the risk factors. So is a family history of the disease, as well as repeated bouts of pancreatitis, an inflammatory condition in which the pancreatic enzymes build up and begin to digest the organ. Pancreatic cysts are also believed to be possible precursors of cancer. We don't know of a connection between eating raw beef and this type of cancer.

When cancer develops in the pancreas, it interferes with the normal functioning of the organ. This results in symptoms that can include pain in the upper abdomen, fluid buildup, nausea, weight loss, jaundice, poor appetite, loose and foul-smelling stools, or diarrhea. In some cases, the sudden onset of diabetes can be a symptom of pancreatic cancer. But as we mentioned before, the location of the pancreas, deep in the abdomen and amid a cluster of other organs, makes it a challenge to accurately identify the source of the symptoms.

Treatment includes surgery, chemotherapy, ablation (extreme cold or heat), radiation and certain drug regimens. The approach chosen depends on the type of cells that are involved, the age of the patient and the stage of the disease. Also a factor is how the patient feels about the possible side effects of a recommended treatment, and the likelihood that it will be helpful.

Despite being a deadly cancer in which survival rates have not measurably improved in 40 years, pancreatic cancer has a low profile. In our opinion, research money directed to developing a reliable screening test for pancreatic cancer should become a priority.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Do Just One Thing



Balloons may be festive, but they pose a risk to wildlife and even our electrical grid when accidentally released into the atmosphere. Modern balloons are made of Mylar and coated with a metallic finish. This shiny finish conducts electricity and can cause problems when balloons contact electric lines. In worst-case scenarios, they can cause power lines to short-circuit, resulting in blackouts. As for wildlife, Mylar balloons never biodegrade after they deflate, and animals often mistake the shiny material for food.



Fig.16

> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.



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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.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

LENNOXVILLE

The Saint Francis Regional Ministry of

the Anglican Church is organizing a group discussion on Seeking God in a Secular Age. Charles Taylor, a Roman Catholic Québécois, is considered one of the world's most important philosopher and his book, *A Secular Age*, will be at the center of the discussions. The group meets every Wednesday from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information, please contact The Rev'd Canon Giuseppe Gagliano, Email: ggagliano@quebec.anglican.ca Phone: 819-570-3433.

LENNOXVILLE

Chase Away the Winter Blues concert at Lennoxville United Church, 6 Church Street, on Saturday, January 26 at 7:30 p.m. Admission charged, under 4 years of age no charge. Refreshments following the concert. Come out for an enjoyable evening of music, song, dance and laughter.

RICHMOND

Story Time will be held at the Daniel Ménard RCM Library, 820 Gouin Street, Richmond, on Friday, February 1 at 7 p.m.

LENNOXVILLE

St. Francis Valley Naturalist Club annual general meeting will be held on Wednesday, January 30 at 7 p.m. at the Amedee

Beaudoin Community Centre, 10 Samuel-Gratham, Lennoxville Borough. The program will be provided by members.

RICHMOND

The Richmond Legion, Branch #15, is hosting a Spaghetti Supper on Saturday, January 26. Music from 4 p.m. to 8 p.m. Supper served at 5:30 p.m. Admission charged. Spaghetti, salad, dessert, tea or coffee. All welcome. For information 819-826-3444.

HUNTINGVILLE

Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to the first all you can eat Chicken Pie Supper of 2019! Come on out on Sunday, January 27 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville) for a great meal. Chicken, sauce, biscuits, all the "fixins" and fruit cocktail for dessert! We have a family price. Remember, that this is all you can eat! Info: Unity Lodge #8, IOOF at unity8ioof@yahoo.ca or 819-820-5672. Come see us, have a great meal, and help us help you and your community! We will even have take-out ready for you to pick up! Just give us a call at 819-679-8493 and let us know what time you will be by to pick it up.

NORTH HATLEY

The Municipality of the Village of North Hatley will be presenting an after-

noon Tea and Talk for seniors on Tuesday, January 29 at 1:30 p.m. at the North Hatley Community Centre (3127 Capelton Road, North Hatley). Special guest: Sylvie Fowlis, from Lennoxville and District Community Aid, will be on hand to talk about all of the services that Community Aid offers. Coffee, tea and refreshments will be served. Admission is free and transport is available for area residents by contacting the municipality at 819-842-2754.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, January 31 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next luncheon will be held on February 28.

AYER'S CLIFF

St. Valentine's Day Brunch on Sunday, February 10 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Bring that "EGGS"tra special someone and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. It's the event you have BEAN waiting for! Admission charged.

Can you make a flaky and crisp deep dish pizza at home? Sure

By America'S Test Kitchen

If you're from the Northeast, or if you haven't been to Chicago, you may dismiss deep-dish pizza out of regional pride. That would be a mistake.

Real Chicago-style pizza is certainly thick, but its texture and flavour are something special: Instead of being bread-like, the crust offers the contrast of a good biscuit - airy inside, lightly crisp outside, and flaky throughout - and boasts a rich taste that holds its own under any topping. We wanted to achieve such results at home.

Deep-dish pizza crust includes a fair amount of fat. Some recipes rely on oil, but we thought the rich flavour of butter was unbeatable in this crust. We found cornmeal in just about every ingredient list we reviewed, and it indeed added good earthy flavour and crunch.

To achieve maximum flakiness, after mixing the dough and letting it rise, we employed a technique called laminating, which involves layering butter and dough through a sequence of rolling and folding to create ultra-flaky pastries. Adding melted butter to the pizza dough and spreading the rolled-out dough with softened butter before folding did the trick in our crust.

Moving the dough into the refrigerator for its second rise ensured that the butter remained in distinct layers and didn't get too soft. For the finishing touch on our crust, we oiled our cake pans, which made the crust crisp and even more flavourful.

Following Chicago tradition, we covered the dough with shredded mozzarella before topping it with a thick tomato sauce. The cheese formed a barrier between the crust and the sauce, which prevented sogginess. A sprinkle of nutty Parmesan over the sauce provided a second layer of cheesy bite. We do not recommend mixing this dough by hand. Use the large holes of a box grater to grate the onion.

DEEP-DISH PIZZA

Servings: 6-8

Start to finish: 3 to 4 hours (Rising time: 1 1/2 to 2 1/2 hours; Baking time: 20 minutes)

Dough:

3 1/4 cups (16 1/4 ounces) all-purpose flour

1/2 cup (2 1/2 ounces) cornmeal
2 1/4 teaspoons instant or rapid-rise yeast
1 1/2 teaspoons salt
1 1/4 cups (10 ounces) water, room temperature
3 tablespoons unsalted butter, melted, plus 4 tablespoons (2 ounces) softened
2 teaspoons sugar
1/4 cup (1 3/4 ounces) extra-virgin olive oil
Sauce and Toppings:
3 tablespoons extra-virgin olive oil
1/4 cup grated onion
1/4 teaspoon dried oregano
Salt and pepper
2 garlic cloves, minced
1 (28-ounce) can crushed tomatoes
1/4 teaspoon sugar
2 tablespoons chopped fresh basil
1 pound whole-milk mozzarella cheese, shredded (4 cups)
1/4 cup finely grated Parmesan cheese

For the dough: Whisk flour, cornmeal, yeast, and salt together in bowl of stand mixer. Whisk water, melted butter, and sugar in 4-cup liquid measuring cup until sugar has dissolved. Using dough hook on low speed, slowly add water mixture to flour mixture and mix until cohesive dough starts to form and no dry flour remains, about 2 minutes, scraping down bowl as needed. Increase speed to medium-low and knead until dough is smooth and elastic and clears sides of bowl, about 8 minutes.

Transfer dough to lightly floured counter and knead by hand to form smooth, round ball, about 30 seconds. Place dough seam side down in lightly greased large bowl or container, cover tightly with plastic wrap, and let rise until doubled in size, 1 to 1 1/2 hours. (Unrisen dough can be refrigerated for at least 8 hours or up to 16 hours; let sit at room temperature for 30 minutes before shaping.)

For the sauce and toppings: Heat 2 tablespoons oil in medium saucepan over medium heat until shimmering. Add onion, oregano, and 1/2 teaspoon salt and cook until onion is softened and lightly browned, 5 to 7 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Stir in tomatoes and sugar, bring to simmer, and cook until sauce measures 2 1/2 cups, 25 to 30

minutes. Off heat, stir in basil and remaining oil. Season with salt and pepper to taste. Transfer to bowl and let cool completely before using.

Adjust oven rack to lowest position and heat oven to 425 F. Press down on dough to deflate and transfer to clean counter. Press and roll dough into 15 by 12-inch rectangle, with short side parallel to counter edge. Spread softened butter over dough, leaving 1/2-inch border along edges.

Roll dough away from you into firm cylinder, keeping roll taut by tucking it under itself as you go. With seam side down, flatten cylinder into 18 by 4-inch rectangle. Cut rectangle in half crosswise.

Working with 1 half at a time, fold dough into thirds like business letter, then pinch seams together to form rough ball. Return dough balls seam side down to greased bowl, cover tightly with plastic, and let rise in refrigerator until nearly doubled in size, 30 minutes to 1 hour.

Coat two 9-inch round cake pans with 2 tablespoons oil each. Press and roll 1 dough ball into 13-inch round of even thickness, sprinkling dough and counter with flour as needed to prevent sticking. Loosely roll dough around rolling pin and gently unroll it into prepared pan. Gently press dough into pan, working it into corners and 1 inch up sides. (If dough resists stretching, let it relax for 5 to 10 minutes before trying to stretch it again.) Repeat with remaining dough ball.

For each pizza, sprinkle 2 cups mozzarella evenly over surface of dough, spread 1 1/4 cups tomato sauce over cheese, and sprinkle 2 tablespoons Parmesan over sauce. Bake pizzas until crusts are golden brown, 20 to 30 minutes. Let pizzas cool in pans for 10 minutes, then transfer to cutting board with metal spatula. Slice and serve.

Nutrition information per serving: 622 calories; 316 calories from fat; 35 g fat (16 g saturated; 0 g trans fats); 59 mg cholesterol; 1162 mg sodium; 58 g carbohydrate; 4 g fiber; 6 g sugar; 25 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Deep Dish Pizza in "Bread Illustrated."

(The Associated Press)

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.

"BEIA W XII VUWIAGX VUSD XTESSN,
W ZEWAY ZEIC'KI RNN OUSBA SNG
RAG W'KI XZRCIG ZEI XRDI."
— XZIKI TSSORA

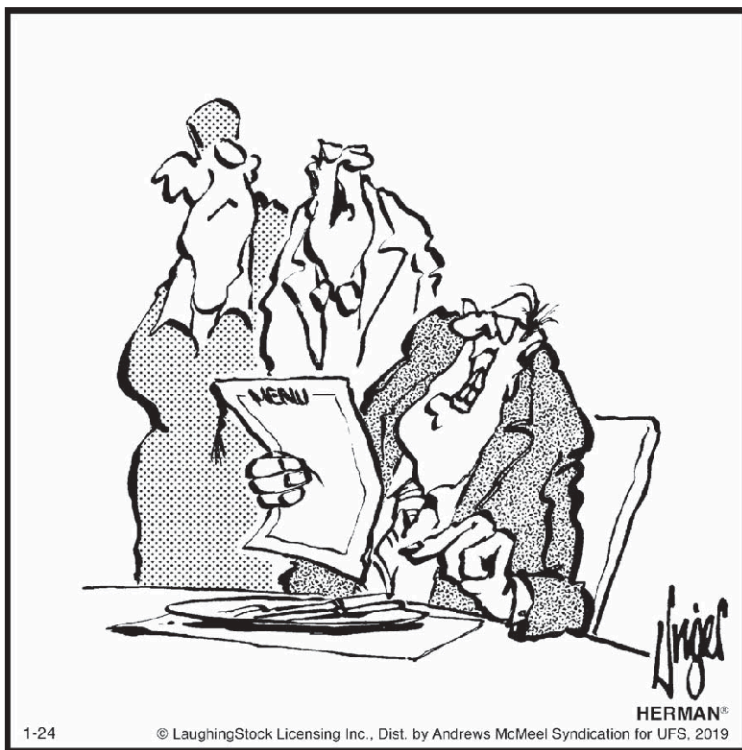
Previous Solution: "I'm no different... I want people to like me. I just don't particularly want them to understand me." — Willem Dafoe

TODAY'S CLUE: X spnba X

REALITY CHECK



HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



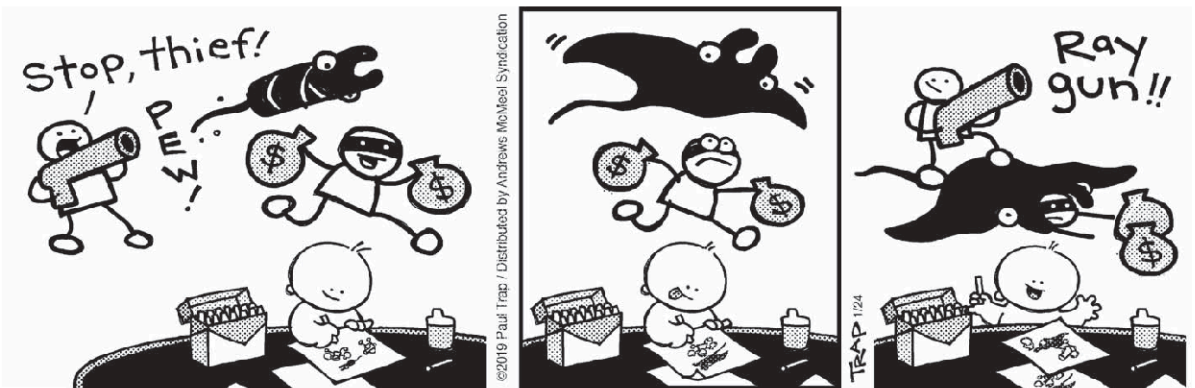
FRANK AND ERNEST



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Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section? For reservations or further information, please call

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2018 MITSUBISHI ECLIPSE CROSS



Canadians love the model more than Americans... per capita! PHOTO: V. AUBE



In the month of April of 2018, Mitsubishi Motors Canada invited a few members of the Canadian automotive press to discover the distant cousin of the Eclipse. I was there for that in fact, and the new model won me over despite my puzzling to understand the manufacturer's overhaul of its roster of products.

Fact is, the 2018 Eclipse Cross has been on the market since last spring, and to be honest it's just starting to be a more common presence on our roads now, in early 2019. The little SUV with its singular design is still a ways away from juggernauts like the Toyota RAV4 and the Honda CR-V, let's be clear, but Mitsubishi Canada can be pretty happy with the results of the model's first year among us.

To give you an idea, American consumers bought three times as many Eclipse Crosses as Canadians did in the past year. Given that the population south of the border is 10 times ours, that means we've given the model a lot more love than they have, per capita!

Eight months after my first encounter with the Eclipse Cross, I was again back behind the wheel, this time in the midst of winter. My pre-Christmas test drive was to see if the crossover still merited inclusion on the shortlists of car shoppers.

A design that's as unique as ever
 When stacked up against the brand's other SUVs, or even against the majority of other utility models available on the market, the Eclipse Cross is still resolutely original with its knife-cut front end and its trapezoidal fenestration. Then there's the slightly heavy back end that seems just a bit overloaded with its parking lights that double as a second spoiler beneath the one that sits over the back hatch. Will this shape retain its charm over the next decade? It's a point worth considering.

This may be a good or bad thing in your book, but the Eclipse Cross leaves almost no one indifferent when it comes to its appearance: some love it, others hate it. Who knows, maybe this

was Mitsubishi's chosen way to draw attention to its product. I can at least confirm that the vehicle's exterior is well put-together, although a wind noise on the left side did spoil things just a bit over the course of my test-drive period. Otherwise I noted no anomalies regarding the frame. Maybe it was the left-side mirror's fault...

An interior that's unique as well
 A quick look at the Mitsubishi lineup is all it takes to see that the manufacturer's vehicles have not been developed in homogenous fashion. The dashboards in each of them have almost nothing in common save for a few buttons that are common to all. The Eclipse Cross is no exception; its dashboard design is totally unlike any other in the automaker's lineup.

In my view the model's design is a successful one... but the ergonomics, not so much. The glossy black main surface is pretty, but will inevitably wear over time, especially in the area between the two front occupants where much of the action takes place.

I like the shape of the touchscreen, but toggling between menus is still a bit difficult. And the elevated touchpad to the right of the gear shifter is no solution. I'm not the biggest fan of this system that supposedly makes life easier for motorists; on the contrary, it obliges the driver to take their eyes off the road to find the application they want.

For the rest, this utility model is a largely sober affair. The positioning of the ventilation commands is adequate, and the steering wheel is pleasant to hold, but it's heated only at the three- and nine-o'clock positions. Not optimal for all drivers.

The leather seating, meanwhile, is plenty comfortable, which I assume is intended to help seduce American consumers. Behind it all, cargo space is acceptable, especially as the 60/40 rear bench can be pulled forward to create more space to fit cumbersome objects.

Behind the wheel
 Unlike the late, lamented Eclipse, an inspired coupe that marked the history of the brand, the Eclipse Cross is not exactly blessed with a sporty character. Yes, it's true that the 1.5L 4-cylinder turbo engine handles itself well in combination with the continuously variable transmission, but a few days spent driving in heavy traffic and going about my regular business revealed to me that the suspension is far too soft.

Actually, it's not quite as soft as the Outlander's, so there's that. But still, the Eclipse Cross could really do with a

firmer touch, especially given that its stiff chassis could handle it easily! Roll is pronounced when taking corners at speed, and when braking heavily, the front of the vehicle dives just a little too much in the direction of the asphalt for my taste. This element is definitely not one of the Eclipse Cross' strong points; a more muscular braking system would be most welcome.

I also found the steering to be a little lacking in precision, though to be fair I've driven vehicles that performed worse in this regard. The turbo engine, meanwhile, sings loud and strong when the accelerator is pressed to the floor, though here again this is a common characteristic of a vehicle working with a CVT. On the plus side, when at cruising speed the Eclipse Cross offers a quiet ride - except for that mysterious left-side wind noise, of course! It also needs mentioning that the elastic effect of the CVT is still there, still noticeable.

The paddles affixed to the steering column do little to enhance the driving experience, with the "false" gear shifts invariably followed by knocks; this is not really something that will inspire driving joy.

As for fuel consumption, it never dropped below 10.0L/100 km for me over the several days I drove it this past December. It's higher than what Mitsubishi advertises, but it's quite acceptable given the cold winter temperatures, the all-wheel-drive system and the (slight) sportiness of the crossover.

The last word
 The puzzlement I mentioned feeling over the brand's utility lineup remains. And it has to do with this: the Eclipse Cross is roughly the same size as the RVR, but with a heavier layer of technologies to offer consumers. However, the \$36,448 price tag (plus the \$1,895 in transport and prep) means that Mitsubishi is not giving the Eclipse Cross GT away.

I'm not really surprised therefore to see that the other two utility models in the lineup, blessed with more attractive pricing, sell better. What's more, some consumers might be scared off by the model's powertrain, which is still little known on the market.

The Eclipse Cross is an odd creature, a utility model that can meet the needs of a specific clientele and comes with an attractive 10-year powertrain warranty. But it doesn't stack up against competing models more established on the market quite as well as the manufacturer wants to pretend.

THE RECORD
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SUDOKU

DIFFICULTY RATING: ★★★★★

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

PREVIOUS SOLUTION

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

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

Aluminized steel & stainless steel mufflers



SILENCIEUX SHER-LENN Inc.
 950 Wellington St. S.
 Sherbrooke

Fernand Cabana, owner
 569-9494

Sylvain Auger, Manager



NEA Crossword Puzzle

- ACROSS**
- 1 Bumpkin
 - 6 Beach crawlers
 - 11 Add oxygen
 - 12 Colorado town
 - 13 Prestige
 - 14 Builds
 - 15 Stacked
 - 16 Makes choices
 - 17 Sense organs
 - 19 Canyon reply
 - 23 Actress Lupino
 - 26 Ginza purchases
 - 28 Used to own
 - 29 Rock fragments
 - 31 Windy City airport
 - 33 Tore down
 - 34 Noisy gulps
 - 35 Versatile vehicle
 - 36 Use shears
 - 39 Med. plan
 - 40 Motel furnishings
- 42 New Age singer**
- 44 Statutes
 - 46 Protozoan
 - 51 Open
 - 54 Censured
 - 55 Grayish-browns
 - 56 — Dion
 - 57 Lowest depth
 - 58 Kept the engine running
- DOWN**
- 1 Sherpa's sighting
 - 2 By mouth
 - 3 Winslet of "Titanic"
 - 4 Debussy music
 - 5 "— Miz"
 - 6 Abrupt
 - 7 Ms. Wither-spoon
 - 8 NBC rival
 - 9 Deli order
 - 10 Distress signal
 - 11 Copper-head relative

Answer to Previous Puzzle

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

- 12 Soft drink choice
- 16 Moon, in verse
- 18 Yahoo! rival
- 20 Trinket
- 21 A Marx
- 22 Lyric poems
- 23 In a huff
- 24 Stunned
- 25 Rd.
- 27 Sun, in Mazatlan
- 29 Vittles
- 30 Bradley and McBain
- 32 Say what?
- 34 Eavesdrop
- 37 Frog relatives
- 38 — and outs
- 41 Spills over
- 43 Oohed and —
- 45 Lagers
- 47 Pepper grinder
- 48 Peter Gunn's girl
- 49 What willows do
- 50 Summer drink
- 51 Ms. Hagen of films
- 52 Apprehend
- 53 Spend money
- 54 201, to Claudius

Your Birthday

THURSDAY, JANUARY 24, 2019

Look for ways to divvy up work. It's important not to take on too much if you want to get ahead. Helping others is a kind gesture, but it shouldn't come at your own expense. This is your year to advance, so choose how you spend your time wisely.

AQUARIUS (Jan. 20-Feb. 19) — Deal with institutions and government agencies carefully. There will be no room for error if you want to avoid a loss. Make sure your finances, medical records and contracts are in order.

PISCES (Feb. 20-March 20) — Indulgent behavior will lead to emotional problems. Protect your heart and important relationships. Walk away from people offering empty promises. Do what's right.

ARIES (March 21-April 19) — Challenge yourself physically and get rid of some of the anxiety you are feeling. It's best to calm down before you complain or criticize. Keep the peace and show compassion.

TAURUS (April 20-May 20) — Take care of your responsibilities without complaint. If you let the actions of others get to you, it will lead to discord. Focus on getting ahead, not on causing trouble.

GEMINI (May 21-June 20) — You may want to initiate a change, but make sure it's what you really want. You must be willing to do some physical work. Your reputation is at stake.

CANCER (June 21-July 22) — You can make a change at home, but run your

plans by the people who will be affected by your actions. Your openness will determine whether you receive help or hindrance.

LEO (July 23-Aug. 22) — The only way to get things done is to do them yourself. Refuse to let anyone cost you emotionally or financially. Protect your plans and assets.

VIRGO (Aug. 23-Sept. 22) — Do something you enjoy or spend quality time with a loved one. Ask questions and find out what others want in order to avoid a misunderstanding.

LIBRA (Sept. 23-Oct. 23) — Use your intelligence to outsmart someone who is giving you a hard time. It pays to gather facts and to hold those who put demands on you accountable. Romance is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Get your responsibilities out of the way before someone complains, and move on to the things you enjoy doing. Get together with someone who shares your enthusiasm.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't let an emotional matter sidetrack you. Focus on fitness, health and moderation. Take charge of your life, and walk away from people trying to tell you what to do.

CAPRICORN (Dec. 22-Jan. 19) — Look over your personal documents and finances, and consider how well you take care of your emotional and physical health. If change is required, put a plan in place.

THURSDAY, JANUARY 24, 2019

The textbook is right occasionally

By Phillip Alder

Keith Preston, a journalist, literary critic and poet who died in 1927, wrote, "The great god Ra, whose shrine once covered acres, is filler now for crossword-puzzle makers."

The great conundrum "cover an honor with an honor" is filler now for bridge-deal composers.

As you know, it is rarely possible in bridge to use the word "always" or "never." That is particularly true when discussing covering an honor with an honor. However, when you read a discussion of the subject, this deal — or its first cousin — will be the initial puzzle for the reader.

South is in three no-trump. How should the play proceed after West cashes his four heart winners, then exits with a diamond?

In the auction, North was right not to use the Stayman convention to try to uncover a 4-4 heart fit. Although it will be wrong once every pharaoh's reign, do not use Stayman with 4-3-3-3 distribution.

South starts with seven top tricks: one spade, three diamonds and three clubs. He has to take three spade tricks.

Maybe declarer will cash his minor-suit winners ending on the board, then lead the spade queen. Note that if East

North		01-24-19	
♠	Q J 9		
♥	7 5 4 2		
♦	K Q 6		
♣	K 8 5		
West		East	
♠	10 6 5	♥	K 8 3 2
♥	A K Q J	♦	10
♦	10 9 4 3	♣	7 5 2
♣	10 7	♣	9 6 4 3 2
South			
♠	A 7 4		
♥	9 8 6 3		
♦	A J 8		
♣	A Q J		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥ A			

covers an honor with an honor, South makes his contract. He wins with the spade ace and returns a spade to dummy's nine.

But East should cover the last of touching honors, not the first (and then only when it might gain his side a trick). Here, East does not cover the spade queen, but does cover the spade jack, if that is South's next play from the board. The defenders get one spade trick to defeat the contract.

	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				