

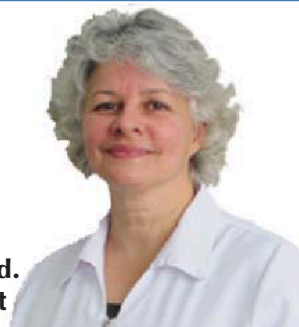


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Estrie Aide to sell 400 refurbished bicycles on May 4

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

The Magog River is rising

Page 5

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THURSDAY, APRIL 25, 2019

Farnham Elementary bursting at the seams

Board wants to expand and upgrade the school

By Matthew McCully

Space issues at Farnham Elementary School came up several times during Tuesday evening's Eastern Townships School Board (ETSB) Council of Commissioners meeting.

Following the end-of-meeting question period when Appalachian Teachers' Association President Megan Seline pointed out specific examples of the space constraints, ETSB Chairman proposed a resolution in favour of pursuing the expansion and upgrade of Farnham Elementary, to be equivalent to neighbouring French schools with similar student populations.

"The kindergarten room doubles as a calm/reset room, the gym is used for chronological awareness during phys-ed classes, early intervention and speech therapy is being done on hallway benches, the stage, or in the kitchen; an autistic student must use the principal's office when he/she needs 'time'," Seline said.

CONT'D ON PAGE 5

Kelley keeping in touch with Townshippers



Gregory Kelley, Official Opposition Critic for Relations with English-Speaking Quebecers (seen here on right of the Townshippers' Logo) met with Townshippers' board members Jim Kanner, Gerald Cutting, Cheryl Gosselin, and Donald Warnholtz (not in photo) as well as Executive Director Rachel Hunting on Wednesday morning.

By Gordon Lambie

Gregory Kelley, Liberal Member of the National Assembly for Jacques-Cartier and Official Opposition Critic for Relations with Eng-

lish-Speaking Quebecers, was in the Townships on Wednesday to meet with representatives of the local English community. He met with members of the Townshippers' Association in the morning and visited Phelps Helps in

Stanstead in the afternoon.

"This was my first opportunity to come out as the official critic for relations with English speaking Quebecers,"

CONT'D ON PAGE 3



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Weather



TODAY:
CLOUDY

HIGH OF 10
LOW OF 2



FRIDAY:
RAIN

HIGH OF 12
LOW OF 4



SATURDAY:
RAIN OR
SNOW

HIGH OF 5
LOW OF -1



SUNDAY:
CLOUDY

HIGH OF 8
LOW OF -5



MONDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 9
LOW OF -5

Finding some direction



ROSS MURRAY

My high school piano teacher would often become exasperated with me, and not just for the usual reasons that go along with being an exasperating teenage smart ass (me, not my piano teacher). She would become exasperated when I couldn't do some piano-related thing or another because I had play practice. Or band practice. Or choir practice. Or any number of practices that didn't involve sports.

"Jack of all trades, master of none," she would scold.

It was like she was looking into a crystal ball.

They say you need to practice something 10,000 hours to become great at it. Me, I've more likely practiced 10 things for 1000 hours, the result being that I'm really, really okay at a number of them. Once again, though, none of these involve sports.

A couple of years ago, I decided to write a play. "I can do that," I said to myself. "It's just dialogue without the boring parts." I'd seen plays, acted in plays, been asked to come out and play, so how hard could it be? Besides, I've been writing for a long time - easily over 1000 hours - so I felt confident I would at least be really, really okay at it.

Let me tell you what the play is about. (I've also worked over 1000 hours in

public relations, so I'm really, really okay at slipping shameless self-promotion into what should otherwise be a thoughtful personal essay. Watch this:)

The play is called *All Together Now* and it's built around a local myth that the former Beatles almost met at the Haskell Free Library, which sits directly here on the Quebec-Vermont border. But there are no Beatles in this play! I want to make that clear. I may be in public relations but I don't want to lie to you. Much. Don't come expecting Beatles. Remember: they almost met.

Instead, the play uses real-life and imaginary people and events to explain how the meeting might have been arranged and why it was possibly cancelled. Among the real events referenced is Mac's Party, a music festival that took place in Holland, Vt over Labour Day weekend, 1973. Enter a mysterious stranger and a lost couple from Mitchell, South Dakota, home of the Mitchell Corn Palace. Pandemonium and (hopefully) laughs ensue.

I had great fun writing what is ultimately a story about life on the border, and I was happy when *Borderline Players* agreed to put it on its program this season.

(Full disclosure: I'm on the *Borderline* board, so running a theatre company is another thing I expect to get really, really okay at in about another 300 hours. So far, I'm pretty good at picking what plays to put on.)

I also decided I would direct my own play. I'd seen plays directed, been directed, used medications as directed, so how hard could it be?

Turns out it's a lot different than I expected. Not hard necessarily but certainly different artistically than anything I've done before.

Writing is done in isolation. I create it alone, I put it out there and hope it gets a response. Sometimes people leave comments, other times I've had the pleasure of reading out loud and getting people's reactions on the spot. But generally it's me alone and in control.

Even acting, to a lesser degree, is an individual process. There's the script and the direction, the other actors, yes, but you have a specific job to do - your lines, your movements, your screwups. You focus on your job.

Directing a play, on the other hand, begins in isolation - how do I want this scene to unfold - and I convey that vision to the players. But then something wonderful happens. That vision becomes shaded by the actors' interpretation, the way they deliver their lines, their body language. They add ideas to mine, things I didn't even think of. I lose control, but in a good way. A play, ultimately, becomes a collaboration, with the audience and their unpredictable reactions becoming the final ingredient.

See what I did there? I set this whole piece up to I invite you, the audience, to come see our show. That's some okay writing right there and even okayer public relations. And, just like that, I've practiced another hour. Nine thousand more and I'm going to be great! My piano teacher would be so proud.

All Together Now runs May 10-12 and 17-19, Fridays and Saturdays at 7:30 p.m., Sundays at 2:00 p.m. Tickets are \$15 adults, \$12 seniors and students and are available now online through <https://borderlineplayers.org> (US\$), at the Colby-Curtis Museum in Stanstead or contact@borderlineplayers.org.

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LOCAL NEWS

Around 400 bikes will be up for grabs this year, and a protective helmet will be provided with each bicycle sale.

Estrie Aide to sell 400 refurbished bicycles on May 4

By Emilie Hackett
Special to the Record

Estrie Aide is inviting the Eastern Townships' population to its seventh annual used bicycle sale on Saturday, May 4 from 8 a.m. till noon at the Estrie Aide store at 352 Wellington Street South. This project is an Estrie Aide initiative, in collaboration with the City of Sherbrooke and the Université de Sherbrooke's La Déraillé Coop.

Around 400 bikes will be up for grabs this year, and a protective helmet will be provided with each bicycle sale. The helmets are a courtesy of Estrie Aide, along with the City of Sherbrooke and the Défi Tête Première, which aims to raise awareness about the importance of helmet use while cycling. Défi Tête Première has provided nearly 4,000 helmets to low income families.

"This project means a lot to us," said Claude Belleau, Executive Director of Estrie Aide. "We gather bicycles all year round in anticipation of this sale."

Volunteers from La Déraillé Coop have been working relentlessly to fix and

perfect the hundreds of bicycles that are donated to Estrie Aide to make sure that they are safe to use. They will be on site the day of the sale to help adjust the newly purchased bicycles, free of charge. La Déraillé will also host two bicycle repair workshops for youth in Sherbrooke. The first will be hosted at the Flash youth centre in Ascot on Saturday May 11, while the second will be happening on Saturday, May 18 at the Maize youth centre on Galvin Street. "Bicycles do need a certain upkeep. These workshops are a really fun way to help teenagers gain some mechanical skills that will stay useful," said Timon Janzing-Bachelet, of the La Déraillé Coop.

Sherbrooke Mayor Steve Lussier was also present for the announcement, stating his admiration for the project. "When I attended last year, I could not believe how many people attended! If you want a bicycle, you will need to show up early," he joked, noting that in the past years, people lined up outside of the Estrie Aide building before the 8 a.m. opening for the sale.

Some of the bikes at the sale were re-



EMILIE HACKETT

Angela Sukic, Claude Belleau, Timon Janzing-Bachelet and Steve Lussier posed together in front of some of the many bicycles that will be sold on May 4 as part of the collaboration between Estrie Aide, the La Déraillé Coop, and the City of Sherbrooke.

covered by the Sherbrooke Police Service throughout the year but were never claimed by citizens. A police officer will be at Estrie Aide between 9 a.m. and noon on Friday, May 3, to accompany citizens on a walkthrough of the sale floor to look for their stolen bike. Anyone wishing to claim a stolen bike will be re-

quired to have the original bill of sale. It will not be possible to reclaim a stolen bicycle the day of the sale.

On Saturday, May 4, two police officers will also be present at the sale to help attendees adjust their helmets properly and to give out safety tips.

First Magog annual report released

Record Staff

The City of Magog's general management has announced the publication of its first annual report summarizing the main projects that the municipal administration worked on in 2018. The report is available at ville.magog.qc.ca/report2018.

The General Manager of the City, Jean-François D'Amour, hopes to produce such a document annually. According to D'Amour, taking stock once a year of the priorities and achievements accomplished by the various teams is a good

way of keeping Magog citizens informed.

The report can also demystify the reality of the municipal world and to indicate the priority projects for 2019, he added.

The year 2018 saw the realization of several promising projects for the City of Magog and its population:

- Relaxation of the night-time winter parking regulations ;
- Development of tools to promote theMagog Industrial Park (magog1055.com);
- Launch of the centrevillemagog.ca website dedicated to the downtown re-

talization project;

- Amendment to the Debt Management Policy to accelerate the pace of infrastructure investments;
- Official opening of Merry House;
- Opening of Barracks 1 and the Emergency Room;
- Reduced average time for issuing permits less than 14 days;
- Revised plans and specifications for downtown revitalization work.

Highlights

In 2018, Magog invested \$144,726 in grants to 13 local businesses, processed 332 access to information requests and

welcomed 585,704 one-time visitors to the website ville.magog.qc.ca (up 11 per cent over 2017). The City also issued or renewed 4,760 citizenship cards and collected 7,000 tonnes of residual materials diverted from landfills. Over 800 building and renovation permits were issued and the Fire Department responded to 1,293 calls of all kinds. Last year, 4,000 cubic metres of water were treated by the City (approximately 1,600 Olympic-sized swimming pools). A total of 6,425 complaints and requests were processed via the GO Service.

Townshippers

CONT'D FROM PAGE 1

Kelley said, sharing that he was invited by the Townshippers' Association. "I prefer coming out to visit communities where they are."

According to Kelley, Wednesday morning's conversation touched on a number of topics ranging from access to healthcare for English-speakers to the education system and school boards.

"Over the past years Greg has been an extremely good friend to Townshippers, and I don't just mean the association," said Gerald Cutting, President of the Townshippers Association. "He has had a genuine preoccupation with what is happening in our region and the kinds of issues that we have to deal with on a regular basis."

Cutting said that the Townshippers

Association is working hard to try to cultivate close relationships with people in the National Assembly across all political parties.

Kelley did not shy away from the fact that a conversation on matters of importance to English Townshippers is very different when one is an opposition MNA, but argued that his party's significant defeat in last fall's election serves to make visits like this one even more important.

"There's no doubt that when you're in government the conversation is tailored more to your actions, whereas in opposition it is more about the actions of the current government," he said. "We do not have any MNAs at the moment in the Townships, so we have to continue to that work of just making sure that we are present and not ignoring the regions

in any way."

Kelley said that he aims to remain as connected as possible to people in all parts of Quebec, with a particular ear out for concerns of English speaking communities so that he can raise those issues in the National Assembly. He added, at the same time, that he still feels that there is support for the Liberal party platform in Quebec.

"Quebecers sent us a pretty clear message," he said, noting that criticism of his party's changes to the healthcare system, in particular, have come through clearly in the months following the election. "We're all going to have a duty to do our parts to get out to the regions and reconnect with voters across Quebec."

On areas of specific concern, Kelley highlighted a debate with Premier François Legault last week where he ques-

tioned the Provincial government's plans with regard to abolishing school boards.

"I was able, in that exchange, to talk to him about what is going on with school boards and what his plan is to protect the rights of English-speaking Quebecers," the MNA said. "We don't have any legislation yet, so we're still in a wait and see approach," he continued, highlighting the fact that the Education minister has shared a clear intention to go ahead with the abolition of the boards despite the fact that doing so would infringe upon the right of Anglophones to make decisions regarding their own educational institutions, something Kelley referred to as "disappointing."

2019 Honda Passport



This shrunk Pilot does deliver livelier driving dynamics than its bigger sibling

PHOTO: HONDA



By Benoit Charette

There was a time, more particularly the 1990s, when SUVs consisted almost exclusively of two-row affairs as they grew in popularity. The dominant players were models like the Ford Explorer, Chevrolet Tahoe, Toyota 4Runner and Jeep Grand Cherokee.

These early 5-seat leaders were gradually replaced by 7-seaters designed more specifically to meet the needs of families looking for more space from something that wasn't a minivan. It was the dawn of the age of big crossovers. The Honda Pilot, Chevrolet Traverse, Dodge Durango and Ford Flex, for example, all offered seven seats.

The Passport was Honda's first SUV model; it was also a refitted version of the Isuzu Rodeo sold by Honda in the United States.

After a long hiatus for the nameplate, Honda brings back the Passport for 2019, increasing its contingent of utility models to four. There's the little HR-V, and the Passport will slip between the CR-V and the big Pilot.

Budget-minded development process

To sum up what the Passport is, is actually pretty simple: it's a Pilot shortened by 15 cm that offers two rows of seats instead of three. The platform and the engine come directly from the Pilot. The wheelbase is also exactly the same, the Honda people having simply shortened the rear end. The Passport also benefits from a slightly elevated suspension to render it capable of mild off-roading; that suspension is also more dynamic. With 20-inch tires that are wider than the Pilot's plus a

more aggressive front grille, Honda gives sportier styling to its new midsize utility model than it did to its big brother.

Three different models

Just recently arrived at dealerships, the 2019 Passport is offered in three versions: Sport, EX-L and Touring. Although the SUV is shorter than the Pilot, space in the cabin is more than generous, among the most you'll find in a two-row SUV in fact. Cargo space behind the second row is 1,430 litres, more than one and a half times that of the CR-V, and if you fold all the seats you get a whopping 2,854 liters; I swear you can hear an echo in the truck.

The cargo floor, meanwhile, lifts to reveal a storage space for objects to be kept far from prying eyes.

The list of standard equipment is fairly comprehensive, starting with front collision and automatic braking alert, lane departure warning with Lane Keeping Assist, Adaptive Cruise Control and Lane Watch. All models benefit from heated seats as well as Apple CarPlay and Android Auto system integration. Like to bring along some coffee or tea? The vehicle has 14 cup-holders splayed about, plus a cavernous centre console that can engulf hand bag and electronic tablet without effort.

If you opt for an EX-L version, Honda adds a power liftgate, rear parking sensors, leather seats, 4-way power-adjustable passenger seat and satellite radio.

Touring models feature Blind Spot Monitor and Rear Cross Traffic Alert, auto-leveling headlights, rain-sensing wipers, navigation system, wireless charging for your smartphone, a hands-free tailgate, ventilated front seats and a 10-speaker stereo system.

Finally, I should mention that the atmosphere on board is a little somber due to the wall-to-wall glossy black, which is also high maintenance because it leaves fingerprints everywhere - a detail for the folks at Honda to take a second look at.

Single, familiar engine

Nothing complicated for the powertrain, Honda having carried over pretty much everything from the Pilot and stuck it in the Passport. So you have a 3.5L V6 that makes 280 hp and 262 lb-ft of torque. Honda has also brought over the latest generation of its 9-speed transmission, the one that now starts in second gear. Models sold in Canada come standard with all-wheel drive while American consumers get a basic model equipped with front-wheel drive.

More attitude behind the wheel

While the new SUV is not exactly sporty, driving it is more inspiring than the piloting the...Pilot. There's still a modicum of heaviness in the steering wheel that lacks precision and responsiveness. The all-wheel drive is efficient and quite responsive, as it permanently leaves 5% of grip on the rear wheels. If you find yourself on slippery roads, the system reacts quickly to get you back on track.

The driving position is excellent and you can choose to shift with the paddle shifters mounted on the wheel, but you will find that to be as pretty useless enterprise. If you want a little more "pep" to your experience, better to press the D button twice to put the vehicle into Sport "S" mode.

Honda has also worked the sound of the engine to make it a little "naughtier" when pushed hard. As for fuel consumption, we got numbers close to that of the Pilot, which is not surprising, with an average of just over 10L/100 km.

Conclusion

With a starting price of \$41,990 for the Sport version, \$45,590 for the EX-L model and \$48,990 for the Touring, the Passport is about even with the competition, which includes models like the Ford Edge, new Chevrolet Blazer and Jeep Grand Cherokee. The Passport offers more space than its competitors, proven reliability and arguably excellent resale value.

Sherbrooke spring cleaning begins soon

Record Staff

The spring street cleaning operation will be held soon throughout Sherbrooke.

Preparatory work is well underway and the final sweep should begin in the week of May 6th.

To facilitate the clean-up, the City has asked that residents:

- Rake before the passage of the mechanical brooms and leave stones at the edge of the street without creating a pile;

- Do not park at the curb when cleaning;
- Put waste bins on the street the same morning as the collection and remove them as soon as quickly as possible.

- Place the leaves and branches in brown bins.
- Do not put raked residue in the street after mechanical brushes have passed. Instead bring them to the eco-center or put them in the brown bins while respecting the weight limit of 90 kg.

The major cleaning should be completed in early June if the temperature allows for continuous operations. It will take place in all areas of the city at the same time. To find out the progress of the major cleaning, consult the interactive map at sherbrooke.ca/grandnettoyage.

Again this year, citizens who have a land telephone line will receive an automated message. This telephone message will be sent to them within the three days preceding the passage of the mechanical brooms in their area.

The public is also invited to subscribe to the MonSherbrooke.ca web application. E-mail and SMS alerts will be sent to subscribers during the clean-up operation.

This spring cleaning may cause noise at night due to the machinery used. The Ville de Sherbrooke thanks citizens for their understanding.

STS modifying routes to accommodate Jacques Cartier Bridge closure

Record Staff

Following the announcement made by the Ministère des Transports and the City of Sherbrooke of the complete closure of the Jacques Cartier Bridge from April 29 to the end of May, the President of the Société de transport de Sherbrooke (STS) Corporation Mr. Marc Denault, from Sherbrooke, explained that measures will be taken during the construction period to minimize any inconvenience to users.

Only the routes of lines 16 and 55 will have to be modified.

Line 16:

- Jacques-Cartier Boulevard stops between King Street West and Denault will be removed;

- In the direction of the Université de Sherbrooke, the detour will be via King Street West, Belvedere South, Denault and Marie-Léonie;

- In the direction of Ontario - Prospect, the detour will be via Galt Street West, Belvedere South and King West.

Line 55

- Jacques-Cartier Boulevard stops between King Street West and Denault will be removed on Galt Street West between Claire-Jolicoeur and Belvedere Streets and on Denault, St-Denis and Roy Streets;

- The detour will be via King Street West, South Belvedere, West Galt and Kingston.

Adequate signage will be installed at the 28 stops that will be removed.

Detailed information on service changes is available on the STS website at: sts.qc.ca. Because of the detour, it is important to provide extra time when planning trips. While there will be periods when the bridge will be closed to all vehicle traffic, the passage of pedestrians and cyclists will still be allowed on the structure.

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The Magog River is rising

By Emilie Hackett
Special to the Record

The Magog Lake in Sherbrooke reached its maximal level on Wednesday morning, which forced authorities to open the Rock Forest dam, which holds back the water in the Magog Lake.

The dam was opened to its maximum at 10 a.m. yesterday. It will lead to an increased flow in the Magog River. "There are a few areas where it could become problematic," indicated Christian Laprise, Hydro-Sherbrooke's director.

Sherbrooke's municipal emergency preparedness organization (OMSC) sent automated messages to the 30-some riverside residences that could be affected by the rising water levels. Sandbags were also distributed as a preventative measure. "One residence is located at the water level. We've taken measures to protect it. With the other homes, we have one or two feet of flexibility," said Stéphane Simoneau, Sherbrooke's Emergency

Coordinator.

"The river's flow might be at its maximum at the moment, but we do not know the amount of rain that will fall so we are on the lookout," mentioned Laprise. "It's an exceptional situation. The most sensitive areas are between the Rock Forest and Drummond dams."

"It's a necessity. Hydro-Sherbrooke must let water pass. We are in prevention mode. We will assist people from the area. We'll maintain communications with the residents. We understand that they might have concerns. All we are doing is controlled, even if we'll be reaching water levels we've rarely seen before," remarked Simoneau. "We can predict operations, which means we can evaluate who will be affected and who won't, because there is a maximum of water that can go through the dams. The St. Francis is receding, but we can predict that there will be issues in the days to come."

As of Wednesday afternoon, no homes on the Magog River had flooded.



EMILIE HACKETT
Stéphane Simoneau, Sherbrooke's Emergency Coordinator, spoke to the press alongside Christian Laprise, Hydro-Sherbrooke's director, on Wednesday morning to explain the Magog River's situation.

Alzheimer's disease: Fats to improve cognition

Record Staff

A team led by University of Sherbrooke researcher Stephen Cunnane has just shown that the effect of a dietary supplement that produces ketones improves certain aspects of cognition, which could slow down memory problems even before the onset of Alzheimer's disease.

The brain as the engine of a hybrid car

Cunnane believes that poor energy use by the brain seems to play a major role in the development of Alzheimer's

disease long before the onset of memory problems.

"The brain is a bit like an engine of a hybrid vehicle that carburizes primarily with sugar brought in by a balanced diet, but is also able to run on alternative fuel derived from ketone fats. As the brain is very energy-intensive, it is therefore very vulnerable to dryness, especially during aging. Hence the idea of giving a dietary supplement that stimulates ketones," explained Cunnane, a researcher-professor in the Faculty of Medicine and Health Sciences at the Université de Sherbrooke and the Center for

Research on Aging.

In Canada, almost one in five people 65 and over have memory problems.

Ketone: brain energy increased more than 2 times

In the BENEFIC study, the researcher administered ketones to 39 people with mild cognitive changes. The research team then assessed the use of this fuel by the brain and the cognitive abilities of the participants. After six months of taking the supplement, participants underwent a medical imaging test (PET scan) that demonstrated that brain energy in the form of ketones increased

more than two times. Participants also improved their performance on memory tests and other aspects of cognition.

Phase 2 of the research project, a collaboration with research professors Christian Bocti, Maxime Descoteaux, Tamas Fulop, Martin Lepage, Eric Turcotte, and Kevin Whittingstall, is currently underway to validate these results. An article has just been published on the subject in the *Alzheimer's & Dementia Journal*, one of the most important journals in the field.

Collège du Sacré-Coeur appoints liquidators

Record Staff

Members of the Coopérative de solidarité du Collège du Sacré-Coeur, met in extraordinary general assembly recently and voted on the appointment of three liquidators for

the closing school. As of July 1, Pierre Rodier, Patrick Turcotte, and Normand Jacques will assume the responsibility for the liquidation of all the cooperative's property.

The requirements of the role of liquidator were presented during the

evening by Hélène Turcotte, Regional Director of the Quebec Regional Development Co-operative - Estrie. At the end of the fiscal year, which should take a few months, the liquidators will report to the current members of the co-op.

On February 6, after 74 years of exist-

ence, members of the Coopérative de solidarité du Collège du Sacré-Coeur, made the decision to close the doors of the college permanently at the end of the school year due to low enrollment forecasts.

Farnham Elementary

CONT'D FROM PAGE 1

"Will the council of commissioners address the space issue? How and when?"

Murray's impromptu resolution at the end of the meeting indicated the board plans to address the problem.

Seline asked a number of other questions during Tuesday's meeting.

"Is the council of commissioners aware that adult sector teachers are concerned students will not have the prerequisites required to enter DEPs given the implementation of the new math and science programs?" she asked.

"I am not equipped to answer that question," Murray said, asking if any other board members could address Seline's question. None answered. "If not, we'll take it under advisement," Murray said.

Seline pointed out a need for clarification regarding school fees. She asked about the definition of a non-educational outing or extra-curricular activity versus an educational extra-curricular activity, and which ones are funded or

whether a school or teachers could ask for money from parents.

"First of all, teachers have to clear any requests through governing boards," Murray replied.

"Principals are actively examining or discussing all the aspects of that question and will continue to do so.

The legislation regarding school fees, according to Murray, is supposed to take effect on July 1. "The minister tends not to produce official lists or guidelines until after the legislation is in effect so we would have to be guided by previous year's standards and guidelines until such time as we have something more concrete," Murray said, adding there may need to be adaptations made at the beginning of the new school year.

Seline pointed out that there are currently differences between schools with regards to what is being charged.

"Yes, we are aware of the differences, we are trying to address them," commented Murray.

Seline also asked about ADS Elementary, previously a NANS (new approaches, new solutions) school.

"ADS has had a NANS reclassification yet the students at the school remain the same. The reclassification affects the support ADS can offer. Can the council of commissioners consider ways to support ADS in order to continue the existing successful program and organization of the school?"

Murray explained the NANS classification, designed to provide equal opportunities to students in disadvantaged areas, falls outside the board's ability to influence.

As far as other resources, Murray said the board would discuss the situation with the school to see how to best move forward answering the needs of the students.

Seline also asked about a communications protocol to address unexpected incidents at schools and centres, specifically those that share space with the Val des Cerfs school board.

Murray said the board's communications department and advisory committee would be best suited to look at ways to inform parents and other stakeholders of unexpected incidents in schools.

Two new appointments were approved during Tuesday's meeting. Frédéric Noirfalise, currently principal of Sutton Elementary School, was appointed to the position of Assistant Director of Educational Services.

Alexander Galt teacher Drew Pollock was appointed to the position of Vice-Principal at Richmond Regional High School.

During committee reports, a bathroom renovation, drainage work and playground pavement work was approved at Heroes' Memorial, as well as major renovations to the gym at Sherbrooke Elementary School.

Chairman Murray said that a new interest group mandated with the defense of school boards was scheduled to launch officially this week (today at 10 a.m. in Montreal).

According to Murray, the group includes representatives various English community groups as well as the education community.

EDITORIAL

After initially rejecting the offer, I quickly changed my mind when I found out that it would involve a free weekend in Ottawa at a fancy hotel and all expenses paid: a poor student's dream vacation.

A game show best forgotten



TIM BELFORD

Like many of you out there I've been tuned in to the television game show Jeopardy the past couple of weeks. It's been fascinating watching the latest champion, a guy named James Holzauer, demolish the competition day after day. So far he's managed to amass over a million bucks and leave viewers shaking their heads as he correctly answers questions about everything from art to zoology.

Not only is he quick on the buzzer but his ability to dredge up the most obscure fact at a moments notice has also allowed him to set the one-day record of \$131,127, just about double what the last record holder tucked away.

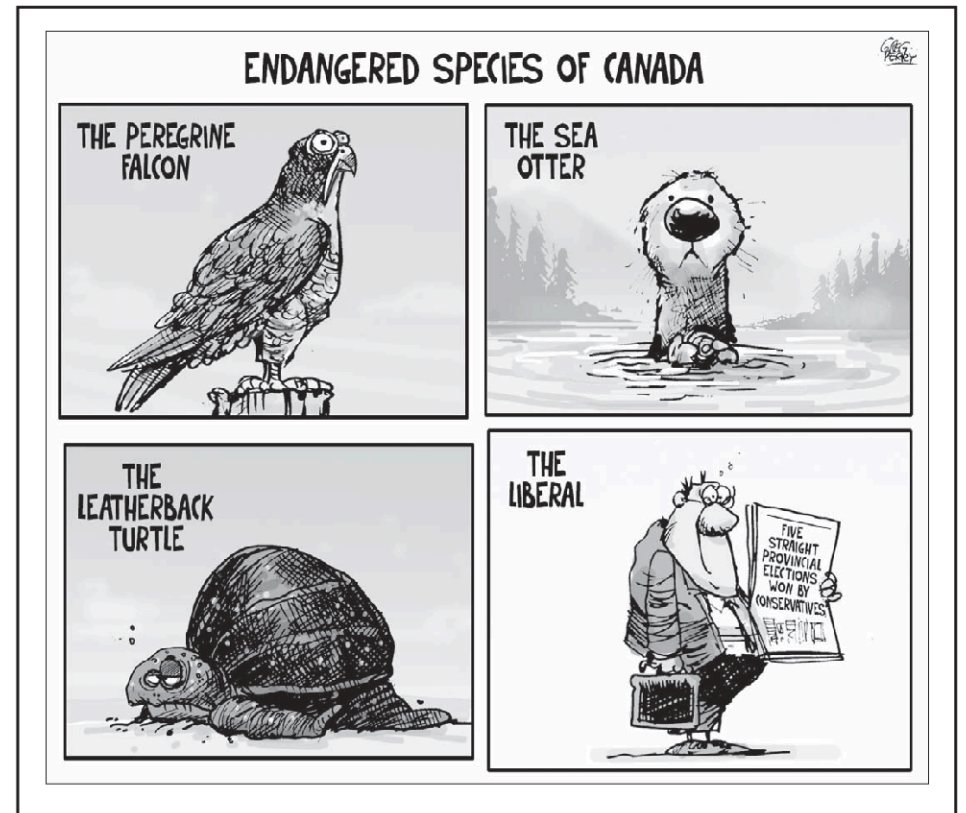
Holzauer is a walking trivia machine but he's also a professional gambler by trade which makes him pretty adept at calculating the odds in any given situation. He's also a little bit off plumb which he demonstrates on a regular basis with eccentric wagers on the Daily Doubles based on the birth date, anniversary or phone number of family and friends. As a matter of fact, I haven't

been this excited about a TV game show since I appeared on one back in 1970.

Yes, you read it correctly, almost fifty years ago I made a less than stellar appearance as part of Bishop's University's "University Challenge" team on CTV. How, you may ask, did this come about? Well, as most people who know me will attest, my head is chock-a-block with useless information. I have trouble remembering my address but can recite the names and manner of death of all six of Henry VIII's wives. I often forget the names of nephews and nieces but have no trouble coming up with the seven dwarfs or the twelve apostles. I can pick out Ulan Bator on a map and at the same time get lost in Canadian Tire. In short, I was just the sort of person they were looking for. Unfortunately, I also had a tragic flaw but more on that later.

After initially rejecting the offer, I quickly changed my mind when I found out that it would involve a free weekend in Ottawa at a fancy hotel and all expenses paid: a poor student's dream vacation. So off we went by train to Montreal and then a quick flight - CTV spared no expense - to Ottawa. But then the wheels fell off.

We found out that we had drawn the team from the University of Victoria in the first round. This was akin to Canada drawing Brazil to open the World Cup. The four members of the UVic team were the same four students that had won the previous year's high school version of the contest - Reach for the Top. They were professionals for heaven's sake. The



scuttlebutt we picked up as we shared a pleasant libation with the team from the University of Calgary was that the UVicers actually practiced in their rooms!

When the cameras and the questions started to roll the next day all the rumours proved to be true and the fatal flaw I mentioned earlier made itself apparent. Yes, I knew the answers to a large number of the questions but, and there is no easy way to say this, I am incredibly slow. While I contemplated what I knew to be correct, the opposition's buzzers rang. One particular question I recall involved the flight of a bee taking a series of directional turns. I was barely out of

the hive when one of the UVicers buzzed and cheerfully proclaimed "Northwest for one kilometer."

The ultimate indignity occurred when we were asked about a particular event that had occurred in Niagara Falls in 1960. Of course I immediately realized that it was young Roger Woodward who went over the falls wearing only a life preserver and still managed to survive. I was there at the time but still managed to get out-buzzed.

The final score? UVic 265. Bishop's 35. The only consolation was that the University of Calgary went on to play the Wizards of the West and lost 295 to 0.

Recurrent flooding due to climate change a 'new reality', Trudeau says during Gatineau visit

The Canadian Press

Prime Minister Justin Trudeau says recurring springtime flooding is a consequence of climate change

and citizens need to adapt to this new reality.

He made the comments today during a visit to an evacuation centre in the city of Gatineau, one of the areas of Quebec

hardest hit by floods after the Ottawa River burst its banks.

Authorities say rain forecast over the coming days and melting snow could further raise the water levels in the region between Gatineau and Montreal.

Trudeau says governments need to work with citizens to find ways to adapt to what he called a new reality of climate change. He says flooding across the country will occur more often as a

consequence.

Climate experts say volatile winter weather increases the risk of ice accumulating on rivers, which can cause flooding when the ice begins to move as the temperature warms.

Quebec's Public Security Department says as of 2 p.m. today, about 1,900 homes across the province are flooded and 515 people have been forced from their homes.

THE RECORD

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THE RECORD

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The Border Report

"I wanted to create a play that would appeal to local audiences by drawing on actual historical events," says writer/director Murray.

All Together Now combines local history, myth and fiction

Borderline Players presents an original comedy by border humorist Ross Murray, *All Together Now*, a love letter to the Haskell Free Library, life on the line and a resilient local myth. Performances are May 10-12 and May 17-19.

It's Labour Day, 1973. In Holland, Vermont, a rock festival is set to begin while, at the Haskell Free Library, rumours begin to fly that the former Fab Four will be meeting there. But when a mysterious stranger and confused American tourists turn things upside down at the world's only international library, soon no one knows whether they're coming or going.

The comedy mixes local characters and history - including the infamous Mac's Party, a chaotic rock festival at

Mead Hill - and whimsical fiction in a comedy that doesn't explain the myth of how the Beatles didn't come to the Haskell so much as add new layers of possibilities.

"I wanted to create a play that would appeal to local audiences by drawing on actual historical events," says writer/director Murray. "Other than hearsay, there's no actual record of this Beatles meeting ever being planned, so it leaves the door wide open to create my own version and mix some fictional characters with the historical ones. No one knows the truth, so why not make up my own!"

In fact, the subtitle of the play is "A Possibly True Story of a Thing That Almost Happened."

In keeping with the theme of the play,

the cast features players from both sides of the border: Leanne Harple of Glover, Vt. (last seen in 2018's *Mousetrap*); Sue Kuzma of Derby Center, Vt. (a QNEK veteran; *Mousetrap*); Mike Desjardins of Newport, Vt. (another QNEK veteran making his *Borderline* debut); Eric Alexandre of Georgeville, Que. (QNEK's *Wait Until Dark*); John Young of Newport, Vt. (still another QNEK veteran; *Mousetrap*); Jessi Sackett of Newport, Vt. (*Mousetrap*, *Little Shop of Horrors*); and making their local stage debut Benjamin Tabah of Lennoxville, Que., Crystal Hall of Newport, Vt. and Adam Spirk of Stanstead, Que.

Having appeared in a number of QNEK productions and last season's *Fuddy Meers*, Ross Murray is directing his

original script. A resident of Stanstead, Que., Ross writes a weekly humour column for *The Sherbrooke Record* and has contributed to CBC Radio and *McSweeney's Internet Tendency* among other publications. *All Together Now* is his first script.

Show times are Friday and Saturday, May 10 and 11 at 7:30 pm, Sunday, May 12 at 2:00 pm, Friday and Saturday, May 17 and 18 at 7:30 pm and Sunday, May 19 at 2:00 pm. Tickets are \$15 adults, \$12 seniors and students and are available now online through <https://borderlineplayers.org> or Catamount Arts (USD). Also available at the MAC Center, Newport, and Colby-Curtis Museum, Stanstead. Or contact borderlineplayers@outlook.com.

Egg hunt brings out 50 children and their families



By Phelps Helps

On Saturday April 20th, 50 children and their families came out - despite the rainy weather - to participate in an Easter Egg Hunt at the Colby-Curtis Museum. The egg hunt took place outside and was followed by

snacks baked by the museum, games, a raffle and crafts inside the solarium of the museum. Children enjoyed taking photos with the Easter Bunny, listening to stories selected by our Family Literacy coordinator, and receiving books to add to their home collections.

This event was a special collaboration



between Haskell Free Library, Colby-Curtis Museum and Phelps Helps. Thanks to the help of many volunteers, including some of Phelps' high school participants, the day went off without a hitch. We can't wait to do it again next year!

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: Whitey

When we first posted a photo of Whitey on our facebook page, we received numerous comments from people concerned that he looked sad. We assured people that Whitey is in fact a very happy, playful and affectionate cat but decided it might be best to take a few new photos. Despite our best efforts to encourage Whitey to look "happy" there is something about his expression that makes him look sad in all of his photos. Either you'll have to take us at our word that Whitey is a content and happy cat, or if still in doubt, you'll have to come to the shelter to meet him for yourself.

Whitey came into our care, along with several other cats, when their owner was no longer able to properly care for them. They were loved, but there were simply too many in the home.

Although Whitey is rather petite, he

has a very big personality. He loves to be picked up and inevitably he will make his way up onto your shoulders where he will happily remain until you decide it is time to put him down. Once you put him down though, you won't be rid of him because he tends to trot along behind you like a little dog. Perhaps in a home where he gets more one-on-one attention, he'll be a little more independent, but he is certainly a people cat and very affectionate.

Whitey's easygoing and friendly temperament does not, however, extend to dogs (he really doesn't like them) and he can be a bit dominant with some other cats which is something to keep in mind should you have other pets.

If you are looking for an outgoing, engaged and fun cat Whitey is a great choice. With Whitey around, you'll have a constant companion and you won't be lonely, in fact you may never be alone

again.

Whitey is best suited to be an indoor cat.

To meet Whitey, you can visit the shelter during our cat adoption open house

which takes place at 2405 Griffin in Ogden every Saturday from 10 a.m to noon or contact our cat adoption coordinator Linda at 819.868.2684.



Most popular handyman jobs for spring

As the weather warms, it's an ideal time to tackle home renovation projects. Here are the top jobs worth hiring a handyman for this spring:

Deck and patio repairs. If you have one of these outdoor spaces, it's a safe bet that you're planning on spending a lot of time out there over the summer. Since decks see so much action, they require proper maintenance and upkeep. Fixes can include warped or rotten wood, popped up nails or loose handrails.

Power washing. A small task that is often overlooked is maintaining the overall cleanliness of the outside of your home. Have the exterior, back deck and driveway power washed to easily freshen it up.

Window washing. From snow and rainstorms to heat waves, there's a lot of muck that can build up on your windows. A professional will get those hard-to-reach places clean and make your windows and your sills sparkle.

Caulking and weather-stripping.

Weather-stripping and caulking can have a significant impact on keeping cool air in and hot air out—and vice versa come winter. If there's a significant leak it will also help save money on your energy bills.

Updating doorbells and locks. Keeping your home secure is always a priority. With so many new smart locks and doorbells available, consider an update that allows you to keep an eye on your home from afar. From video doorbells to smart security cameras [KM1], it's one less thing to think about when away from home.

Updating the backsplash. This small job makes a big impact. It's a great way to inject some personality and make it look like you've done a lot more to the space than you have. If you want to go all out, have your handyman also paint your kitchen cabinets for a quick and easy kitchen makeover.

Find the perfect handyman for your spring jobs at homestars.com.

(www.newscanada.com)



5 steps to protecting your home from flooding

Did you know that floods are among the most frequent and costly natural disasters in Canada? Whether it's a spring thaw or summer flash flood, there are lots of things you can do to make sure your property is ready for excess water.

With Emergency Preparedness Week running from May 5th to 11th, now is the perfect time to inform yourself of ways to flood-proof your home. Here are some relatively quick and easy tips on how to help protect your home from potential flood damage:

Safeguard your roof. Check that your roof and eavestroughs are draining properly in heavy rains. Make sure your downspouts extend at least 2 metres (6 feet) from your basement walls. Use a rain barrel to catch runoff from your roof.

Raise your appliances. Raise large appliances in the basement above the potential water level. If an item can't be raised, consider anchoring it and protecting it with a floodwall or shield. Secure your furnace, water heater and/or

oil tank so they won't tip over in a flood.

Check your perimeter. Inspect sidewalks, patios, decks and driveways to make sure they haven't settled over time and are causing water to drain toward your property. In the winter, be sure to clear snow away from the building's foundation. If the ground is sloped one inch per foot near the building, moving snow just three to five feet from the building will help reduce problems.

Seal your windows. Use poly-urethane outdoor sealant around basement

windows and the base of ground-level doors. Install flood shields or barriers for basement windows and doors – the tops should extend above ground level.

Upgrade your yard. Consider planting a "rain garden" by using landscaping as a way to catch and disperse water in the soil near your property. Use native plants and vegetation that will resist soil erosion.

Find more information at canada.ca/flood-ready.

(www.newscanada.com)

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Refresh your kitchen or bathroom with on-trend finishes

Updating your finishes is a simple way to update your home and set the tone for your living space. From traditional to modern, there are a variety of options available to match the design of any room.

Here is a helpful guide to kitchen and bathroom finishes from Natalia David, trend and design manager at The Home Depot Canada.

Matte black. One of the season's trendiest finishes, matte black is popular across all categories including appliances, cabinetry, and bathroom and kitchen fixtures such as faucets and shower systems. This finish creates a

dramatic, modern look that never goes out of style.

Brushed textures. With a subtle sheen, brushed finishes such as gold, brass and nickel ensure a timeless design. One of the most durable options on the market, brushed options are resistant to fingerprints and water spots. This versatile style is also easy to match with other accessories and fixtures.

Chrome. Chrome continues to be a popular selection for kitchen and bathroom fixtures and hardware. This finish creates a sleek look that pairs well with contemporary design and sculptural fixtures.

Mix and match. Why choose just one? Don't be afraid to combine finishes to create an eclectic look. Incorporating multiple styles adds dimension and infuses your space with personality. As a general rule, do not use more than three

finishes per room to avoid visual clutter.

Find more information on kitchen and bathroom finishes at your local store or homedepot.ca.

www.newscanada.com

3 tips to improve your home's energy efficiency

Besides helping to save the planet, an energy-efficient home can help you save on your monthly hydro bills, making your living environment warmer in the winter and cooler in the summer. To get started, check out these easy projects even first-time do-it-yourselfers can do:

Inspect your perimeter. Much of the money you spend on your home energy bills is wasted through leaky windows and drafty doors. So it's a smart idea to regularly inspect your home for any issues, which usually have quick fixes. For example, you can caulk air leaks, weather-strip your windows, clear your gutters and clean your outside dryer vent and air conditioning unit.

Insulate your basement. Subfloors are a necessity for saving on heating costs and protecting your basement from mould production and moisture damage. Choose a high-quality subfloor like Dri-Core, which has been designed specifically for concrete. The panels are designed with air gap technology to protect against mould and to keep basement floors feeling warm and comfortable throughout the year. And installation is easy - one room should only take half a day.

Boost your greenery. Did you know that trees can reduce the air temperature surrounding your home? You can plant trees strategically to shade windows, rooftops and even your AC unit in the summer. Experts recommend deciduous trees that offer shade in the summer but shed their leaves to allow sunlight in during the winter. Another option is evergreens, which are better at reducing strong, chilly winds when they are planted away from the home at a distance that's two to five times their height. As a bonus, you'll enjoy more fresh air and a prettier landscape when looking out your window.

Find more information at dricore.com. (www.newscanada.com)

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Local Sports

The nadir of Canada's sad streak came in 2016, when not a single one of Canada's seven NHL teams qualified for the playoffs.

Bruins victory over Leafs ensures an American team will hoist the Stanley Cup

The Canadian Press

Many NHL players were either not yet born or too young to remember the last time a Canadian team hoisted the Stanley Cup. That trend will continue for a 25th NHL season after all three Canadian teams were eliminated in the opening round of the 2018-19 playoffs.

The Boston Bruins defeated Toronto 5-1 in Game 7 of their Eastern Conference quarterfinal on Tuesday, sending the Maple Leafs to join the Calgary Flames and Winnipeg Jets among the post-seasons early exits. The Ottawa Senators, Montreal Canadiens, Edmonton Oilers and Vancouver Canucks did not qualify for the playoffs.

The last Canadian team to win the Cup was the 1993 edition of the Montreal Canadiens. The inauspicious streak has been threatened a few times — Calgary, Edmonton and Vancouver each

made it to Game 7 of a Cup final before being eliminated, while Ottawa also made it to a final series — but this season will mark the eighth straight time two American teams will compete for the iconic trophy.

The only time an American team hasn't been awarded a Cup after the 1993 final was the lost 2004-05 season that was scrapped due to a lockout.

The nadir of Canada's sad streak came in 2016, when not a single one of Canada's seven NHL teams qualified for the playoffs.

It initially looked like the Canadian curse was in danger of being lifted when these playoffs commenced. Calgary entered the post-season as the top team in the Western Conference. Winnipeg and Toronto struggled in the last stage of the regular season, but the Jets were playoff-tested coming off a Western Conference final appearance last season, and the Maple Leafs boasted a deep offence that

added John Tavares to a group already including Auston Matthews and Mitch Marner.

In the end, it turned out to be the same story for Canada's NHL teams. Calgary was dumped by Colorado in five games after shutting out the Avalanche in the series opener. Winnipeg was defeated three times at home in falling to rising St. Louis in six games. The Leafs battled gamely, but missed a chance to win the series at home before losing in seven to Boston for the second straight season, and the third time in the last seven years.

Canada's teams will have their chances next season. Calgary, Toronto and Winnipeg are all safe bets to return to the post-season. Montreal, which drastically improved in 2018-19 and battled for a playoff spot until the second-last day of the regular-season, could join them.

Vancouver, with an exciting core of

young talent including Elias Pettersson and Quinn Hughes, could make the jump next season, and one would think eventually Connor McDavid will put the underachieving Oilers on his broad shoulders and lead them back into the post-season.

Ottawa, whose struggles on and off the ice are well documented, is unlikely to push for a playoff spot as it continues its rebuilding process.

What was life like the last time a Canadian team won the Cup? Nokia was the top manufacturer of mobile phones, personal computers were running the Windows 3.1 operating system, social media didn't exist, "Unforgiven" had just won best picture at the Academy Awards, Janet Jackson's "The Way Love Goes" topped the Billboard Hot 100 chart and Tiger Woods was two months away from winning his third straight U.S. Junior Amateur Championship.

Blue Jays prospect Vladimir Guerrero Jr., connects for go ahead homer

The Canadian Press

Top Toronto Blue Jays prospect Vladimir Guerrero Jr., hit the go-ahead home run to lift the Buffalo Bisons to a 5-4 win over the Syracuse Mets in triple-A action on Wednesday.

Playing as the designated hitter, Guerrero's solo shot in the seventh gave the Bisons a 5-4 win.

The game marked Guerrero's third in three days, the first time he's done that since suffering an oblique injury last month during spring training.

Guerrero, who normally plays third base, went 2-for-5 on Wednesday to raise his average to .367 in eight games with Buffalo this year. The 20-year-old Guerrero, who was born in Montreal and raised in the Dominican Republic, has three home runs and eight RBIs.

There has been speculation that the Blue Jays could call up Guerrero for his major-league debut on Friday when the team begins a three-game series against the Oakland A's. The Blue Jays are off on Thursday.

Canada close to mixed doubles playoff spot; women's and men's senior teams qualify

The Canadian Press

Canada's Jocelyn Peterman and Brett Gallant are one step closer to reaching the playoffs at the 2019 world mixed doubles curling championship.

Winnipeg's Peterman and Gallant of St. John's, N.L., defeated Hong Kong's Ling-Yue Hung and Jason Chang 9-3 Wednesday to improve to 6-0.

Canada leads Pool A heading into Thursday's final games, with Japan and Sweden next at 5-1. Canada finishes round-robin play against Japan on Thursday.

The top two teams from each pool qualify for the playoffs, while four of the six third-place teams with the best distances in the draw shot challenge — a pre-game draw to the button — will qualify for

the final playoff spots.

Canada currently ranks second among all 48 teams with a total draw shot challenge of 20.37 centimetres.

"Our draw shot challenge so far has been really good. We knew that'd be important because we knew there was going to be three really good teams in our pool. We knew even if we got into a tie, or end up in third place, that we'd want to have that really good draw shot challenge," Gallant said.

Hong Kong started with the hammer, but Canada stole two when Hong Kong was light on its draw attempt.

Canada limited Hong Kong to one point in the second end, then had back-to-back three-point ends to blow the game open.

"It was a good game. The ice was a little bit different than we've had all week

so it took a little bit of time to adjust to that and start making some precise shots again," Peterman said.

Meanwhile, Canada's senior men's and women's teams qualified for the playoffs in their respective events.

Bryan Cochrane's Ontario rink sent Norway's Flemming Davanger to his first loss with a 10-7 victory. Cochrane scored four in the third end to open a 7-1 lead and held on from there.

"We decided to go right after them and we got that nice three in the first," Cochrane said. "We played pretty well and we made a lot of nice shots in the end where we got four as well. We gave up a couple of points we didn't want to, but overall when we had to get points we went at them. We were aggressive and it worked out nicely."

Cochrane's team is now 5-0 and

locked up first place in its pool with the victory. Even if Canada loses the final round-robin game against Italy on Thursday, it will finish first due to its head-to-head record with Norway (5-1).

Saskatchewan's Sherry Anderson led Canada's senior women's team into the playoffs with a 9-6 win against Grace Bugg of Hong Kong.

Anderson took control of the game by scoring four in the third end and three in the sixth. Hong Kong kept itself in the game with a timely steal of two points in the fifth end.

Canada leads the women's Pool A standings at 6-0, followed by the United States (5-1). The two teams meet Thursday with top spot in the pool on the line.

Playoffs in all three events start Friday, with finals on Saturday.

Death

Death

Datebook

Shirley Wilson (nee Miltimore) 1933-2019



It is with great sadness that we announce the passing of our Mom, Shirley Claire Wilson nee Miltimore on April, 22, 2019.

Predeceased by our father Lyal, she leaves to mourn her loving partner of over 40 years Herbert Coles, her daughter, Lyla (Sid), sons Craig (Joanne), Mark (Josée), Jeffrey and

Herb's children Barbara (Joe), Charlotte (Henry) and Margaret (Bart).

She leaves to mourn as well her many beloved grandchildren and great-grandchildren. She liked nothing more than making sure she made all their favourite foods when they came to visit.

Mom will also be missed by her sisters Kaye (Robert), Barbara (Eddy), as well as nieces, nephews and numerous friends.

Her love of family and caring spirit will be with us all forever.

Family will receive condolences at: BROME-MISSISQUOI Funeral Complex, 402, rue de la Rivière, Cowansville, QC, J2K 1N3 on Saturday, April 27, 2019 from 1 p.m. to 2 p.m. followed by the service.

Burial to follow at Union Cemetery in Iron Hill and reception at the Iron Hill church hall.

We wish to underline the care, attention and kindness Mom received by the at-home palliative care team of Dr. Isabelle Nicolas, and nurse Nicole Lefebvre as well as the CLSC support. You made a difficult situation that much more bearable.

In her memory, donations to the BMP Foundation /CLSC Home Care or Brome County Historical Society, Knowlton would be appreciated by the family.

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THURSDAY, APRIL 25, 2019

Today is the 115th day of 2019 and the 37th day of spring.

TODAY'S HISTORY: In 1859, British, French and German engineers began construction on the Suez Canal in Egypt.

In 1898, the United States declared war on Spain.

In 1945, U.S. and Soviet troops met at the Elbe River in Germany, signaling the defeat of German defenses.

In 1953, Francis Crick and James D. Watson published an article describing the double helix structure of DNA.

In 2011, a four-day tornado outbreak in the southern United States began, producing 358 confirmed tornadoes and killing more than 300 people.

TODAY'S BIRTHDAYS: Oliver Cromwell (1599-1658), soldier/politician; Edward R. Murrow (1908-1965), journalist; Ella Fitzgerald (1917-1996), singer; Meadowlark Lemon (1932-2015), basketball player; Jerry Leiber (1933-2011), songwriter/producer; Al Pacino (1940-), actor; Hank Azaria (1964-), actor; John Henson (1965-2014), puppeteer; Joe Buck (1969-), sportscaster; Renee Zellweger (1969-), actress; Jason Lee (1970-), actor;

Tim Duncan (1976-), basketball player.

TODAY'S FACT: In 1901, New York became the first state to begin requiring automobile license plates.

TODAY'S SPORTS: In 1950, Chuck Cooper became the first African American drafted into the NBA when he was selected by the Boston Celtics with the first pick of the second round.

TODAY'S QUOTE: "When the politicians complain ... that television turns the proceedings into a circus, it should be made clear that the circus was already there, and that television has merely demonstrated that not all the performers are well trained." — Edward R. Murrow

TODAY'S NUMBER: 26,723 — nautical miles traveled by the U.S. Navy's nuclear-powered submarine USS Triton during its 60-day, 21-hour submerged circumnavigation of the world, completed on this day in 1960.

TODAY'S MOON: Between full moon (April 19) and last quarter moon (April 26).

Vaping on the rise, but risks aren't known



ASK THE DOCTORS

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

Dear Doctor: My grandson is always carrying around a little device that he smokes like a cigarette. It puffs smoke just like one, too. I'm a former smoker, and my lungs aren't in great shape, so I'm worried. What is he using? Is it safe?

Dear Reader: Your grandson is vaping, which means

he's inhaling an aerosol produced by the device you've seen him using. It's that aerosol, or vapor, that gives the practice its name. As for the specific type of device he's using, it's difficult to say without a clearer description. It's definitely not an e-cigarette; those look just like tobacco cigarettes, and you would have recognized it.

E-cigarettes were the vanguard of vaping devices and first made an appearance in this country in 2007. They quickly gave way to vape pens, which as the name suggests, are slim devices that resemble a ballpoint pen. Larger and bulkier in size are vape mods, which are modified (again, there's the root of the name) vape pens. These are known for their abundant vapor production. More recent to the marketplace is the JUUL, a small vaping device that's about the size of a USB drive.

Whatever the specific type of device (there are many), most use disposable pods or cartridges that hold a liquid, or e-liquid, typically propylene glycol or vegetable glycerin. These liquids can contain quite a few other compounds, but at this time, manufacturers are not required to divulge them.

When heated, the liquid produces the vapor that the user is inhaling and exhaling. Most e-liquids contain nicotine, along with flavorings such as strawberry, banana, chocolate or mint. The allure of those flavorings to young people has been particularly controversial, and the outcry has resulted in a number of actions at the state and federal levels to limit their availability.

In asking whether vaping is safe, you've touched on a roiling debate. The general consensus is that vaping is safer than smoking cigarettes. That's because rather than the tens of thousands of compounds produced in the burning of tobacco and its additives, many of them toxic, the number of ingredients in e-liquids is limited. However, many teens and young adults who would not otherwise have taken up smoking are finding the tech and the flavors of vaping so alluring that the practice has become widespread. It is estimated 20 percent of high school students and 5 percent of middle school students have used vaping devices, more than a third of them unaware that the product contains nicotine.

The fact is that nicotine poses a real health risk to young people, whose brains and bodies are still developing. Likewise, the effect of regularly inhaling vaporized glycerin and propylene glycol is not yet known. The practice of vaping is so new that we have to wait in real time for the results of studies into the long-term effects. So far, studies have linked vaping to hypertension, increased heart attack risk, slow wound healing, lung inflammation and increased likelihood of moving on to smoking tobacco. The Food and Drug Administration states vaping is not safe for young people. We wholeheartedly agree, and would go even further to end the sentence after the word "safe."

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.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
 Text only: \$16.00 (includes taxes)
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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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

LENNOXVILLE

The Uplands Cultural and Heritage Centre invites you to discover "Pont des arts - Art Bridge: Our heritage," our new exhibit featuring four women artists from the region, Nina May Owens, Catharine (Minnie) Gill, Kay Kinsman and Ann (Muffy) Malcom Tippet, all of whom have left an important contribution to the Townships' artistic heritage. The exhibit is part of a broader project which combines art and cultural mediation. Please stay tuned for a range of cultural events, activities and conferences related to the exhibition which will be announced this spring. Uplands, 9 Speid Street, Borough of Lennoxville is open Wednesday to Friday from 10 a.m. to 4:30 p.m. and Saturday and Sunday from 1 to 4:30 p.m. The exhibition will run until May 26, 2019.

LENNOXVILLE

You are cordially invited to join us at 10 a.m. on Sunday, May 5 for our annual "Service of Hope and Inspiration" to be held at the Lennoxville United Church, 6 Church Street, Sherbrooke (borough of Lennoxville) when we will honour family members and friends whose lives have been affected by, or lost to, a life-threatening illness such as cancer. If you wish to honour your loved one with a floral tribute please call Frankie Noble (819-348-9118) by April 21 or just join us on May 5 and be inspired. Proceeds of sales of flowers will be shared between La Maison Aube Lumière and Leucan (Shaved Head Project).

RICHMOND

Tea & Talks. May 7. 2 p.m. - 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

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.

TOWNSHIPS

Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS and community partners, invites you to learn more about accessing mental health services. Events will be held in 5

different MRC's between May 14 and 24. In Haut-Saint-Francois (May 14), and Brome-Missisquoi (May 16), Sherbrooke (May 17), Coaticook (May 21), and Memphremagog (May 24). A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For specific dates, locations and times, please visit our website at mentalhealthestrie.com/news/ or our Facebook Page. For more information call 819-565-3777 or email mhe.info@bellnet.ca.

SAWYERVILLE

Sawyerville Elementary School Spaghetti Supper fundraiser on Saturday, April 27 from 4:30 p.m. to 6:30 p.m. at the Catholic Church, 4 Randboro Road, Sawyerville. Admission charged, children 5 and under free.

LENNOXVILLE

Bravehearts Relay for Life Fundraiser Mechoui on Saturday, April 27, 5:30 p.m., at The Hut, 300 St. Francis Street, Sherbrooke (Lennoxville). Admission charged, children 5 and under eat free. Tickets available at the Hut 819-346-9122. Must have a ticket. For information contact Andrea Morin 819-345-4276 or Cheryl Porter 819-569-7191.

LENNOXVILLE

St-George's Church Hall, 84 Queen St., Lennoxville, 2019 Spring Rummage Sale, 10 a.m. to 7 p.m., on Thursday and Friday, April 25 & 26, with Bag Sale on Saturday, April 27, 8:30 a.m. to 12 noon. Articles may be left at the Church Hall week of April 21. Further info or pick-up of articles please call 819-562-6245 or 819-346-5056. Save your \$\$\$ - shop with us!

BULWER

The 500 card parties will be underway again at the Bulwer Community Center, Jordan Hill Road, on Thursdays, April 25 and May 9, at 1:30 p.m. Admission for cards and lunch with prizes following the card games.

LENNOXVILLE

The Canadian Federation of University Women, Sherbrooke & District, will hold its 27th annual Public Speaking Competition on Wednesday, May 1 at 4:15 p.m. We invite you to attend and support twenty high school students speaking on a wide variety of topics. Five high schools will participate in two categories: Juniors will be at 4:15 and seniors after a short break at 5:30. Schools participating: Alexander Galt Regional High School, Bishop's College School, Massey-Vanier High School, Richmond Regional High School and Stanstead College. This event is free, as is parking. The venue is the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., behind the Town Hall in the borough of Lennoxville.

LENNOXVILLE

Reserve now for the Mechoui to benefit Mental Health Estrie at 5:30 p.m. on Saturday, May 4, at The Hut in Lennoxville (300 St. Francis Street, J1M 0B3). Call Irene Briand 819-566-2067, or any member of the Board of Directors; email mhe.info@bellnet.ca. Tickets also available at Clarke & Sons (2881 College Street J1M 2C2). Great food for a great cause!

RICHMOND

Scott Woods will be coming to Rich-

mond Regional High School on May 9. Brand new show called "Filldin' Around." Ticket prices \$30 adults, \$15 children under 12. For information, call Phyllis at 819-826-5883 or Grace at 819-826-3118.

WATERVILLE/NORTH HATLEY

The Waterville-North Hatley United Church will hold their annual Spring luncheon on Thursday, May 2 from 11:30 a.m. to 1:00 p.m., which will include ham, baked beans, salads, bread, pies, coffee & tea. Bake sale table on site and admission charged.

SHERBROOKE

Uplands cultural and heritage centre is inviting all public to attend «Sherbrooke Place Names: 4 Case Studies», a talk on how streets in Sherbrooke were named in honour of Nina Owens, Kay Kinsman, Muffy Tippet and Minnie Gill, whose art is currently on display in the Art Bridge exhibition at Uplands. Bilingual conference by Gérard Côté and Jean-Marie Dubois, long standing members of the Toponymy Committee of the City of Sherbrooke. Tuesday April 30, 2019 at 7 PM. Uplands, 9 Speid Street, (Borough of Lennoxville). Info & reservations info@uplands.ca / 819-564-0409.

LENNOXVILLE

Lennoxville-Ascot Historical and Museum Society and Uplands Cultural and heritage centre welcome all public to attend a Tea & Talk on Nina May Owens (1869-1959), one of Canada's earliest women artists, whose work is presently displayed in the Art-Bridge exhibit at Uplands. The talk will be given by her granddaughter, Margaret Owens. Free entrance. Tea & scones will be served. Friday May 10 at 1:30 PM. Uplands, 9 Speid Street, (Borough of Lennoxville). Info & reservations info@uplands.ca / 819-564-0409.

WATERVILLE (HUNTINGVILLE)

At last spring is here! Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our Grandma's Style Roast Beef Supper, Sunday April 28 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville). Delicious roast beef, mashed potatoes with gravy, corn, carrots with strawberry shortcake for desert! We have a family price. Remember, that this is all you can eat! Also we offer "takeout." Give us a call at 819-679-8493, tell us what time you will be by to pick up your order. As easy as that. This is a great opportunity to support our community projects. Stop in and see what we have been up to. Our Grandma's Style Roast Beef Supper this month on April 28th is to help the Securijour Project of the Coaticook Fire Department. This is a great project. The Fire Fighters take students for a day and they receive short workshops about farm safety, first aid, 4 wheeler safety and much more. If we can help educate one student it is worth it. Please come out and help, also you will have a great meal, and you will get waited on by a Fire Fighter. If you would like more information on this or any of our projects, please come to our supper or contact Unity Lodge #8, IOOF, at unity8ioof@yahoo.ca or 819-820-5672. Come on out, have a great meal, and help us help you and your community! See all of you on April 28.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, April 25 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next luncheon will be May 30th. This one will be the last one until September.

NORTH HATLEY

As winter draws to a close, The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be presenting its fourth and final Tea and Talk for seniors and caregivers on Tuesday April 30th at 1:30 pm at the North Hatley Community Centre (3127 Capelton Road, North Hatley). Special guest Tanya Gibson, Executive Director of Mental Health Estrie, will be speaking about how to access mental health services in English, and there will also be a presentation on accessing mental health services in French (guest speaker still to be announced). Coffee, tea and cake will be served. Admission is free and transport is available for area residents by contacting the municipality at 819-842-2754.

MAGOG

Cribbage Tournament on Sunday, April 28 at 1 p.m. at the Community Centre in Magog, 95 Merry St. North. Registration starting at noon. Cost \$10. Cash prizes, door prizes. Please bring your own beverages. Refreshments will be served. Everyone is welcome. For more info please call Carol Whitehead 819-843-4889.

TRENHOLM

Trenholm United Church. Worship and song await you at our 1st service for 2019 on Sunday, April 28 at 11:00 a.m. The service will be followed by a soup and sandwich lunch prepared by the UCW. Everyone is welcome. Rev. Reg Jennings officiating.

DANVILLE

There will be a Rummage Sale on Saturday, May 4 from 9 a.m. to 1 p.m. at St. Augustine's Anglican Church in Danville. Come and see what treasure you can discover. The cafe corner will be serving coffee, tea and muffins. If you have items to donate, the church will be open on May 1 between 6 p.m. and 8 p.m. and May 3 between 2 p.m. and 4 p.m. and 5:30 p.m. to 7:30 p.m.

LENNOXVILLE

The 1st Lennoxville Scouts annual Bottle Drive will be held on Saturday, May 4 from 9 a.m. to noon at SWM Peinture, 215 Queen, Lennoxville. If you have cans and bottles to get rid of, please drop them off. They will also be collecting non-perishable goods to benefit local food banks (thanks for checking the best before dates!). For pick up call Melissa 819-562-4969 (please leave a message on answering machine).

AYER'S CLIFF

Sunday Brunch on Sunday, May 5 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come 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 juice. Adults \$10, children 5-12 yrs \$5, children under 5 are free. All are welcome.

Send your social notes to: classad@sherbrookerecord.com

CELEBRITY CIPHER

by Luis Campos

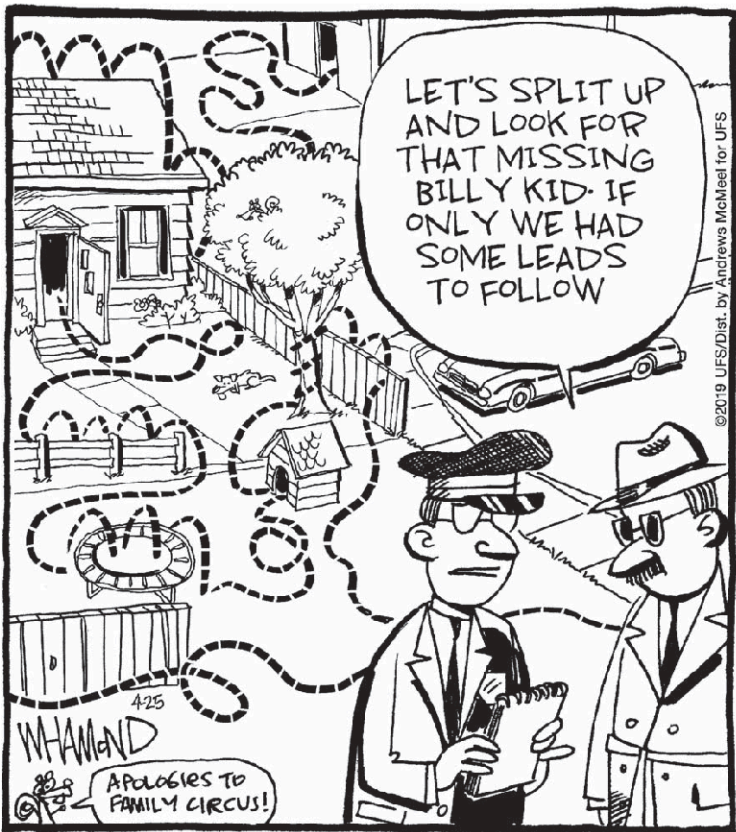
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"V X J Z M ' H V N M B M Z S , M B X M Z P K D L Y B
 B X J S K N E J Z . . . M E L K A L B L I
 V N M B M Z S D F R Y B B M Z S G L H J B X M Z S M Z
 B X J S N L Y Z E ." — T K H K M W K P M Z W K M E

Previous Solution: "Why did I spend all these years playing boring Europeans? I was made for action movies!" — Asia Argento

TODAY'S CLUE: *F equals I*

REALITY CHECK



HERMAN



"There is another Savoy Grille downtown. Maybe you were supposed to meet her there."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



THATABABY



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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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CLEANING LADY needed in Lennoxville, 2 to 3 hours on Tuesdays and 2 to 3 hours on Fridays. For more information call 819-823-7080.

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Concerns about cross-country trek

Dear Annie

THURSDAY, APRIL 25, 2019

Dear Annie: Every summer for the last 15 years, my mother has insisted on driving 1,500 miles to spend 10 days with me. We have had some really fun visits, but now she is 88 years old and just had heart surgery. She frequently falls despite using a walker. Additionally, she drives with my brother with special needs, who also has mobility limitations.

I am worried sick about my mother's and brother's health and safety because I think of so many scenarios that could happen. They spend six nights in hotels on the road and 10 more nights in a hotel once they arrive because I live in a small one-bedroom townhouse. This excursion is very costly, and because she has depleted her savings, the financial burden falls on my siblings and me.

I offered to fly out my mother so she could stay at my place, but she insists on driving. She has flown to visit friends and left my brother home alone so I know that isn't the issue. I also frequently fly to visit them throughout the year.

Another frustration is that I have run out of things to do and places to

take them during their visit because of their limited mobility. Essentially, they drive 1,500 miles just to sit in my living room and watch TV all day and go out for lunch and dinner.

This week, I finally was firm and told my mother that she will NOT be driving 1,500 miles this summer, and I will buy her a plane ticket instead. Her reply was that she is the parent and will take the trip her way. The entire family opposes her driving, even the grandchildren. Any other ideas how we can halt this cross-country drive? — Exasperated with Stubborn Mother

Dear Son of a Stubborn Mother: The first step is to try to change the way you view your mother's challenging position. Stubbornness is a close relative of persistence — a trait needed for success in many areas of life. Judging from your mother's persistence in seeing her family, and the value family holds for her, I say that this is a great quality. Your strong-willed mother might not be easy to deal with, but it sounds like she has a lot of determination.

Now that you have a little perspective on the beauty of stubbornness, let's get to the safety issue. Congrats on offering to fly your mother and brother

out. That is both very generous of you and a great solution.

Take long, deep breaths before your conversation with her. Remember that stubborn people are hard of hearing, so to speak, so timing can be everything. Tell your mom slowly and very patiently that you hear her commitment and appreciate her wanting to visit. Let her know that you understand her opinion and value her persistence. However, you have concerns about the long drive. It comes from how much you love her and your brother and you want them to arrive at your house safely and without stress. Try not to raise your voice with her and instead tell her how much you love her. It should soften her heart and help her to hear yours and her grandchildren's points of view.

"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.

Ladies Auxiliary Royal Canadian Legion Richmond

The regular monthly meeting of the Ladies Auxiliary was held on April 16 in the Lounge. Ckde Ann Clarke was absent, Cmde Anne Nixon did the roll call, then read the minutes of the last meeting. Correspondence consisted of two thank yous and other messages. Our Health and Welfare person Cmde Shirley is in hospital and in absents Cmde Shirley Noble will take over. Plans were finalized for the Sugar Camp supper on April 20 and this should be great.

Our final card party of the season will be on April 25. The C.A.B Richmond vicinity is welcoming the community to a meeting on May 7 at 2 p.m. to explain what all is available to English in our area. All are welcome to the Legion, 235

College N. Our annual bake sale and flea market was on April 6, also two raffles were held, an Afghan donated by Colette Pageau and won by Barbara Bieber and a hall mirror donated by Lucie and Terry Whittingstall, this was won by Peter Griffith. Thanks to all the people who purchased articles and food. Thanks to all who helped make pies, rolls, set up and cleaned up after.

Our next meeting will be on May 31. The half and half was claimed by Cmde Anne Nixon.

In Commardship,
 Bev. Jones
 Publicity

Cribbage tournament

A cribbage tournament was held at the A.N.A.F Unit #318, "The Hut," 300 St. Francis Street, Lennoxville on Thursday, April 18, to benefit the Renovation Fund at "The Hut."

A total of 34 people played, members and guests alike.

Colleen explained the rules and the games began.

The winners were:
 1st place: Colleen Matthews and Keith Vintinner

2nd place: Perry Hodge and Fred Cross

3rd place: Trudy and Al Doherty
 A light lunch was prepared by the Ladies Auxilliary of "The Hut." Thank you so much ladies, it was delicious.

The half and half was split in 2 and won by Dannie McIver and Dale Kinder

We wish to thank everyone for their generous donations.

Submitted by
 Colleen Matthews

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

ACROSS

42 Pen brand

Answer to Previous Puzzle

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

1 Opposite of work

43 Assist

5 Pizza Hut alt.

44 Cutting edge

8 Flower

46 Neatnik opposites

12 BMW rival

49 Equinox mo.

13 Prior to

50 DuPont rival

14 Having the skill

52 Costa —

15 Decorate gifts

54 Encourage strongly

16 Goose egg

55 Peron or Gabor

17 Drubbing

56 Holland export

18 Bare

57 Major Hoople's word

20 Los Angeles cager

58 Mr. Aykroyd

22 Historical period

59 Obligation

23 Ottoman official

DOWN

24 Verbose

1 Fido's shaker

27 Relies on

2 Decoy

30 Tarzan portrayer

3 Bede or Sandler

31 Compass pt.

5 Mombasa's land

32 Wapiti

6 TGIF part

34 "Luck — Lady"

7 Basements

35 Poisonous serpent

33 RV haven

37 — tzu

35 Extra dry

38 Catches

51 Eggs, to Ovid

40 Valletta's island

53 Oz. or lb.

42 Pen brand

43 Assist

43 Assist

44 Cutting edge

46 Neatnik opposites

49 Equinox mo.

50 DuPont rival

52 Costa —

54 Encourage strongly

55 Peron or Gabor

56 Holland export

57 Major Hoople's word

58 Mr. Aykroyd

59 Obligation

DOWN

1 Fido's shaker

2 Decoy

2 Decoy

3 Bede or Sandler

3 Bede or Sandler

4 Barked

4 Barked

5 Mombasa's land

5 Mombasa's land

6 TGIF part

6 TGIF part

7 Basements

7 Basements

8 Warm coats

8 Warm coats

9 Orchestra member

9 Orchestra member

10 Insult

10 Insult

11 Still

11 Still

19 Have a go at

19 Have a go at

21 Winter woe

21 Winter woe

24 Part of WWW

24 Part of WWW

25 Bullfight shouts

25 Bullfight shouts

26 Tatum's dad

26 Tatum's dad

27 Recipe qtys.

27 Recipe qtys.

28 Relate

28 Relate

29 Narrow board

29 Narrow board

33 RV haven

33 RV haven

35 Extra dry

35 Extra dry

36 Withdrew

36 Withdrew

39 Died down

39 Died down

40 Wire measure

40 Wire measure

41 Doted on

41 Doted on

43 Dam on the Nile

43 Dam on the Nile

44 Arctic floater

44 Arctic floater

45 Org. for Annika Sorenstam

45 Org. for Annika Sorenstam

47 Stick around

47 Stick around

48 Strike-breaker

48 Strike-breaker

49 "Croc" Dundee's girl

49 "Croc" Dundee's girl

51 Eggs, to Ovid

51 Eggs, to Ovid

53 Oz. or lb.

53 Oz. or lb.

Your Birthday

THURSDAY, APRIL 25, 2019

Set a goal and a deadline, and forge ahead with a steady pace. This is a year to strive for perfection, success and the realization of the dreams you have been working toward for so long. Consider any flaws or potential setbacks and protect your work against sabotage. Secrecy is encouraged.

TAURUS (April 20-May 20) — If you take care of your responsibilities, you will be treated appropriately. An offer will give you something to think about, but see what else is available before you accept it.

GEMINI (May 21-June 20) — Trust in what you know you can do, and decline to take on something that isn't your forte. Keep life and relationships simple. Romance is highlighted, but excess is not.

CANCER (June 21-July 22) — Look for greater balance and stability in your life and relationships. Refuse to let events or situations at work disrupt your personal life. Don't mix business with pleasure.

LEO (July 23-Aug. 22) — Explore, learn and gain experience. Expand your mind and make physical changes that lift your spirits and boost your confidence. Offer assistance to a worthy cause, but don't let anyone take advantage of you.

VIRGO (Aug. 23-Sept. 22) — See what's available, get involved and learn by participating. The people you meet and the experience you gain will change the way you think and do things.

LIBRA (Sept. 23-Oct. 23) — A change in

the way you deal with legal, financial and health matters will prompt you to alter a relationship with someone who isn't a good influence.

SCORPIO (Oct. 24-Nov. 22) — Expand your mind and circle of friends. If you get involved in something that you find interesting, it will change the way you deal with your colleagues, money and work.

SAGITTARIUS (Nov. 23-Dec. 21) — Think big, but be reasonable. If you let someone talk you into something you don't need or shouldn't do, you'll regret it. Make your home and family priorities.

CAPRICORN (Dec. 22-Jan. 19) — If you share secrets, choose your confidant wisely. Your best results will come from making changes at home that will lower your overhead and add to your comfort.

AQUARIUS (Jan. 20-Feb. 19) — Physical fitness and proper diet will make you feel good and improve your appearance. Love and romance are in the stars and should not be overlooked. Nurture an important relationship.

PISCES (Feb. 20-March 20) — An argument will spin out of control. Do your best to avoid conflict. Put your energy into helping others, and make choices that will increase your ability to advance.

ARIES (March 21-April 19) — You'll need to muster up all the charm and charisma you can if you want to make a good impression. An emotional incident can cause professional problems for you.

THURSDAY, APRIL 25, 2019

Burn space quickly, and count cards

By Phillip Alder

In "Macbeth," Shakespeare wrote, "If it were done when 'tis done, then 'twere well it were done quickly."

That definitely applies at the bridge table. In this deal from a teams match, one East opened four hearts despite his weak suit. This left South feeling uncomfortable. He might have over-called four spades, although that would not have been without risk — but what isn't in this position? When South actually doubled, North passed, and they collected a 300-point penalty.

At the other table, the auction went as given. East passed and then bid four hearts. If he was willing to go that high, he should have done it quickly, before the opponents had had a chance to exchange information.

If North had passed over five clubs, maybe East would have found the killing spade lead, but probably not, especially since he had only one trump.

Against five spades, West hoped that his partner was short in diamonds, when he should have known that East had very few, if any, clubs.

West's deceptive diamond three was covered by the jack, queen and king.

		North	04-25-19
		♠ J 6 5	
		♥ A 7	
		♦ A J 5 4	
		♣ K 8 7 3	
West		East	
♠ A Q 7		♠ 10 9	
♥ Q 10		♥ J 9 8 6 5 4 3 2	
♦ 9 8 6 3 2		♦ Q 10	
♣ Q 6 5		♣ 10	
		South	
		♠ K 8 4 3 2	
		♥ K	
		♦ K 7	
		♣ A J 9 4 2	
Dealer: East			
Vulnerable: North-South			
South	West	North	East
			Pass
1♠	Pass	2♣	4♥
5♣	Pass	5♠	All Pass
Opening lead: ♦ 3			

After a low trump went to West's queen, South took the next diamond with dummy's ace and ran the spade jack, which West surprisingly ducked.

What was the club layout? Assuming East had eight hearts, his distribution had to be 2=8=2=1. So declarer led a low club from the board. When East played the 10, South won with his ace and ran the jack through West to make his contract and gain 8 international match points.

Pre-empt sooner rather than later.

We made a deeply flavourful chicken tagine in about an hour

By America'S Test Kitchen

We love the way the liberal warm spices, sweetness, and tart brininess of a tagine enliven workaday chicken, so we set to develop a chicken tagine with depth of flavour - in about an hour.

We followed our standard for braised chicken recipes: We browned the skin-on chicken pieces to give the braising liquid deep flavour, removed the chicken from the pot and sautéed the aromatics (onion, garlic, and lemon zest strips) along with a blend of spices (paprika, cumin, cayenne, ginger, coriander, and cinnamon), and added chicken broth for braising and honey for sweetness.

With the flavourful base built, we returned the chicken to the pot, starting the longer-cooking thighs and drumsticks before the breasts. Along with green olives, we finished and brightened the dish with a mixture of minced lemon zest strips and garlic, lemon juice, and fresh cilantro.

For best results, use four chicken thighs and two chicken breasts, each breast split in half; the dark meat contributes valuable flavour to the broth and should not be omitted. Make sure to trim any white pith from the zest, as it can impart bitter flavour. If the olives are particularly salty, give them a rinse.

CHICKEN TAGINE WITH OLIVES AND LEMON

Servings: 4
Start to finish: 45 minutes

- 1 1/4 teaspoons paprika
- 1/2 teaspoon ground cumin

- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 3 (2-inch) strips lemon zest plus 3 tablespoons juice
- 5 garlic cloves, minced
- 4 pounds bone-in, skin-on chicken pieces, trimmed
- Salt and pepper
- 1 tablespoon olive oil
- 1 large onion, halved and sliced 1/4 inch thick
- 1 3/4 cups chicken broth
- 1 tablespoon honey
- 2 carrots, peeled and cut crosswise into 1/2-inch-thick rounds, very large pieces cut into half-moons
- 2 cups pitted Greek green olives, halved
- 2 tablespoons chopped fresh cilantro

Combine paprika, cumin, ginger, cayenne, coriander, and cinnamon in small bowl; set aside. Mince 1 lemon zest strip and combine with 1 teaspoon garlic; mince together until reduced to fine paste and set aside.

Season chicken with salt and pepper. Heat oil in Dutch oven over medium-high heat until just smoking. Add chicken, skin side down, and cook until well browned, about 5 minutes. Using tongs, flip chicken and brown second side, about 4 minutes longer; transfer to large plate. When cool enough to handle, discard skin. Pour off all but 1 tablespoon fat from pot.

Add onion and remaining 2 lemon zest strips to pot and cook, stirring oc-

asionally, until onion slices have browned at edges but still retain their shape, 5 to 7 minutes (add 1 tablespoon water as needed if pot begins to scorch). Add remaining garlic and cook, stirring frequently, until fragrant, about 30 seconds. Add reserved spice mixture and cook, stirring constantly, until darkened and very fragrant, 45 seconds to 1 minute. Stir in broth and honey, scraping up any browned bits. Add drumsticks and thighs, reduce heat to medium, and simmer for 5 minutes.

Add carrots to pot, then arrange breast pieces in single layer on top of carrots. Cover, reduce heat to medium-low, and simmer until breast pieces register 160 F and drumsticks/thighs register 175 F, 10 to 15 minutes.

Transfer chicken to plate and tent with aluminum foil. Add olives to pot;

increase heat to medium-high and simmer until liquid has thickened slightly and carrots are tender, 4 to 6 minutes. Return chicken to pot and stir in cilantro, lemon juice, and reserved garlic mixture. Season with salt and pepper to taste, and serve.

Nutrition information per serving: 877 calories; 536 calories from fat; 60 g fat (11 g saturated; 0 g trans fats); 251 mg cholesterol; 2118 mg sodium; 24 g carbohydrate; 3 g fibre; 7 g sugar; 58 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Chicken Tagine with Olives and Lemon in "How to Braise Everything."

(The Associated Press)



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