

Freezing rain fails to make a mark in eastern end of the Townships

By Gordon Lambie

Despite warnings and advisories that started as early as the middle of last week, the dangerously large amount of freezing rain and high winds forecast for the Eastern Townships on Saturday night came mainly as regular rain to Townshippers East of Waterloo.

That's not to say, however, that the ice did not come. On Sunday morning Hydro Quebec's outage map traced a diagonal line northeast along the edge of the region from Saint-Armand to Danville, with the most serious concentration of blackouts in the Granby area. More than 100,000 clients in the Monteregie region were listed as being without power. Over the course of the day that number shrank significantly, but thousands were still without power across the province as of press time. In the Estrie administrative region, ice was most concentrated in the Val-Saint-Francois MRC. Even if those east of Orford were not hit by significant freezing rain, the precipitation received was enough to make several rivers rise. The Eaton River in Cookshire, in particular, was on flood alert on Sunday morning.

"The amount of rain that fell in the night increased the water level faster than anticipated," the municipality said in a Facebook post mid-morning, advising caution. While classified as a "minor flood" by Quebec's Ministry of Civil Security, locals told The Record that the river never significantly breached its banks.

In Sherbrooke the city's civil security organization declared a state of "pre-alert" on Sunday morning as the Saint-Francis River reached the 15 foot mark at the Aylmer Bride downtown. Included in that alert, however, was the speculation that the increase would stabilize over the course of the day and was unlikely to trigger the next phase of alert at 17 feet.

Freezing rain and rainfall warnings in the region were ended by Environment Canada in the early afternoon.

Novice-O-Rama weekend roundup



COURTESY OF MICHAEL INNES

Record Staff

The action continued over the weekend with 26 matches and an all star game in novice category 3-4.

MAGH

Sixteen meetings were on the program on Saturday in MAGH 1 and 2. For each of the teams, it was their first game of the competition while the rest were scheduled for Sunday. The players gave everything they had to show off to parents, grandparents, brothers and

sisters and friends in the stands. Every year for many players of the MAGH level, this is their first competition in front of an audience with animation and music.

Following the Sunday games, each participant received a Novice-O-Rama medal.

All Stars

Many parents and friends came to the Centre Julien-Ducharme in the early evening for the presentation of the Momo Sports - Tek 2 Sport all-star games in the novice class "3 and 4". It

was a hotly contested match as the red Tek 2 Sport, led by Cantonniers Julien Bourget and Rémi Delafontiane, had the best 4-3 over the blue Momo Sports team, led by Cantonniers Jacob Tessier-Gagnon and Mathieu Fortin. Lovan Laflamme, Charles-Olivier Frénette and Raphael Drouin, with two, scored for the win. Daston Goudreau, Alycia Weissshuhn and Evan Paquin were on hand to answer the call. The four one-night coaches had a lot of fun. Would they ever like to coach? "Of course, it's

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Weather

TODAY:
CLOUDY

HIGH OF -1
LOW OF -15

TUESDAY:
PERIODS OF
SNOW

HIGH OF -3
LOW OF -15

WEDNESDAY:
CLOUDY

HIGH OF 0
LOW OF -9

THURSDAY:
CLOUDY

HIGH OF -8
LOW OF -2

FRIDAY:
SUNNY

HIGH OF -13
LOW OF -20

The arts coming to Bishop's this week

By Gordon Lambie

Bishop's University's annual Arts Festival kicks off its fourth edition this coming Tuesday, January 14, with five days of workshops and performances meant to celebrate and open the doors of disciplines ranging from ballet to bookbinding to any and all who take the time to come and experience them.

"We have a really good collection of the arts this year," said Stephanie Egloff, communications manager for this year's festival, noting that the call for performers and workshop leaders this year received a more positive response than in previous years. "We're really excited."

As in the past, the festival has no specific theme, instead opting to offer as diverse an overview of the arts as possible. That diversity is very clear in the schedule.

On Tuesday events get started with a workshop on the art of storytelling, followed by a "cultural crash course" from the Caribbean and African Students' Association (CASA). The Bishop's University Singers' first rehearsal for their Broadway-themed spring concert is also a part of the official program, as is a band showcase at The Gait, the campus bar.

On Wednesday morning Egloff will lead a workshop on producing electronic music in Banded, and workshops on meditative painting and Renga (collaborative) haiku will take place before an evening show of Blues poetry and harp in Banded Hall.

Thursday's lineup includes a Coptic bookbinding workshop in the Molson building, improv games at the Turner Studio Theatre, and a jazz jam in Banded Hall.

Friday brings with it workshops on ballet basics and "the Art of Misdirection," as well as a celebration of Indian culture, while Saturday, the last day of the festival, includes a rehearsal of the Musical Theatre Dance Club, a book-mark & card making workshop, and a performance of machine gun scenes.

Egloff shared that the festival is a creation of students in Bishop's Arts Administration program, which is aimed at giving people the skills and knowledge needed to set up a successful non-profit arts organization and maintain in the long term.

"It gives students an opportunity



COURTESY BU ARTS FESTIVAL FROM THE 2019 EDITION

for hands-on experience" the communications manager said, underlining the fact that the festival really looks to reach beyond the bishop's community to the general public because of this. "It's open to absolutely anyone who can make it," she said, explaining that except for the Friday night concert in Centennial Theatre, all festival events are free, having been paid for by a mix of sponsorship and fundraising events throughout the year.

The festival, Egloff said, is also about far more than just seeing the work of artists on display. Almost all the events involve some level of interaction between festival goers and creators that is aimed at spurring the creative process and encouraging people to engage with their own artistic instincts.

The blend of performance and engagement across a wide variety of artistic media is well summarized in the Friday night concert planned by artist STORRY.

"She has a really amazing back story," Egloff said, "no pun intended."

Speaking with The Record late last week, STORRY summarized her current album as being the story of a star student who was lured into the sex industry and her escape from that world back into one of making music.

"That woman is me," she said, adding that the full tale of abusive relationships (as both a dancer and musician) is

too long to sum up in one interview or creative project.

Rather than be struck down by the challenges she faced, STORRY said that she has rebuilt her life and musical career on her own and, in doing so, taught herself or honed a large number of different artistic techniques and approaches ranging from songwriting to stop-motion animation.

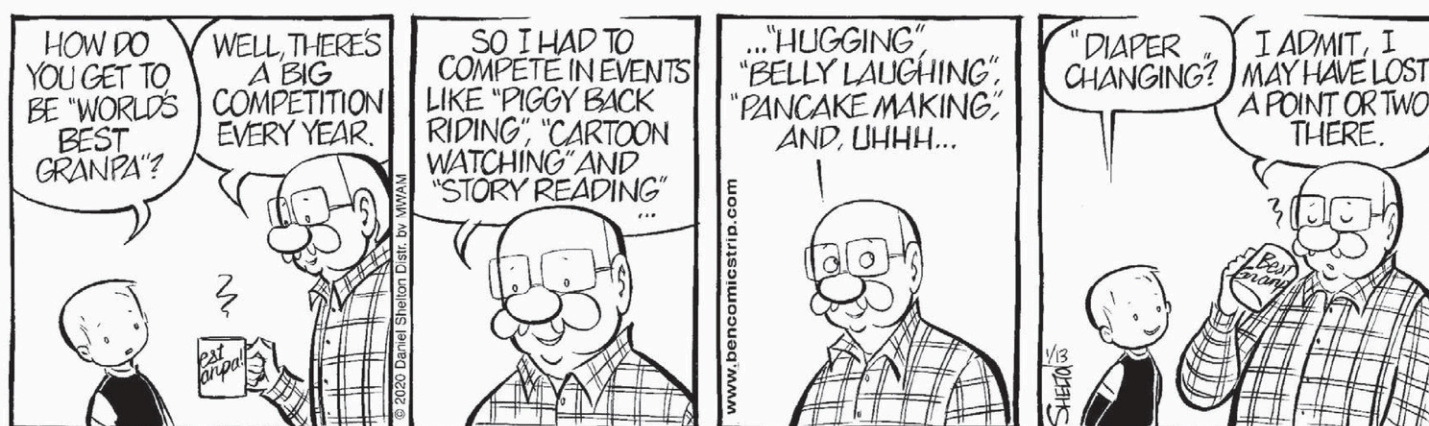
"Visual arts came to me at a time when I was really depressed," she said, explaining that each piece of her personal creative journey has come together in the work she will be sharing this coming Friday at Bishop's. "I feel a responsibility to share my story and help let people who might be in similar situations know that they're not alone," she said.

STORRY will be leading a Q&A with the public on Friday afternoon before taking the stage at Centennial that night, both as a way of sharing her own experiences and encouraging others to find their own expressive media.

"As artists we are not only reflections of the culture, we're pushing culture forward," she said. "What we're saying matters."

More information on the timing and location of events planned for this year's festival is available on the BU Arts Festival Facebook page.

Ben by Daniel Shelton



Local News

A second call came in at approximately 3 p.m. for the driver of a vehicle that was erratically driving on Goshen Road in Saint-Claude.

Two motorists arrested for impaired driving

Record Staff

Thanks to help from witnesses, police from the Val Saint-François MRC located and pulled over two drivers mid-day Thursday, both for driving under the influence of alcohol.

The first call was made at approximately 1:30 p.m. A motorist was driving on Highway 55 around km 92 (Melbourne Coast) and his driving was erratic. Based on information provided

by a witness, the police intercepted the vehicle and since the driver was showing signs of impairment, they arrested the driver. The 56-year-old man was taken to the police station for testing and his blood alcohol level was more than three times the legal limit. He was kept in custody, being a repeat offender, and was scheduled to appear at the Drummondville courthouse on Friday.

A second call came in at approximately 3 p.m. for the driver of a vehicle

that was erratically driving on Goshen Road in Saint-Claude. With help from a witness, police located the vehicle which had just stopped in a commercial parking lot in Windsor. The driver, a 60-year-old woman, was arrested and taken to the station for testing. Her blood alcohol level was more than twice the legal limit. Her vehicle was seized for 30 days and her licence was suspended for 90 days. She was subsequently released after an appearance

in court.

The SQ pointed out that the two arrests were made thanks to the vigilance and involvement of citizens who quickly passed on the information to the police but who also decided to track the vehicles remotely so that the police could locate them quickly and get the drivers off the road.

Alzheimer Awareness Month

Upcoming campaign and symposium to raise awareness in the Townships

In January, the Alzheimer Society of the Eastern Townships (SAE) recognizes Alzheimer's Awareness Month. For the occasion, the SAE is participating in a vast campaign being launched across Canada, featuring people touched by Alzheimer's disease.

In addition, the SAE is continuing its momentum by presenting, for a third year, its Alzheimer's disease symposium for health care professionals.

National Awareness Campaign

For a third year, Alzheimer's Societies across the country are joining forces to launch the 'I'm Living with Alzheimer's awareness campaign. Let me help you understand'.

Lise Roy is the Eastern Townships ambassador for the campaign. Roy has

been living with Alzheimer's disease for a long time. Over the years, many people in her family have been affected. She herself was diagnosed a year ago.

Roy has seen how perceptions have changed over the years. "In 1980, when my mother was diagnosed, things were very different. It was taboo to talk about it, even among family members. It's still far from perfect, but there has been enormous progress, at least in terms of research and support. In the general public, however, it seems that negative attitudes persist, despite greater awareness. Stigmatization is one of the major obstacles facing the person with Alzheimer's disease," commented Roy.

Her full story, as well as those of many others affected by Alzheimer's disease or a related type of dementia,

can be found at www.jevisaveclalzheimer.ca.

Alzheimer's Symposium

On Tuesday, Jan. 28, the SAE will present, for a 3rd year, a symposium on Alzheimer's disease. Under the theme Demystify to better support, the conference will allow health professionals to discover practices to promote the inclusion and well-being of people with Alzheimer's disease in residences, in the environments they frequent and during their leisure activities. The proposed approaches will be easily applicable to everyday life.

In each of its previous editions, the conference has been a resounding success. Each time, more than 150 people attended, and the feedback following the events has been positive.

In 2020, the conference will be held at 4230 Bertrand-Fabi Street in Sher-

brooke, from 8:45 a.m. to 4 p.m.

People can register online at www.alzheimerestrie.com. A special early bird rate is available until Jan. 12, 2020.

The Alzheimer's Society of the Eastern Townships is a non-profit organization and key player in the region for the support of people with Alzheimer's or a related disease and their families. It is the gateway to a wide range of services offered by a united team driven by the same mission and approach. Through its various endeavours in the Estrie region, the organization supports communities and collaborates with them to improve the well-being and quality of life of people with Alzheimer's and their families.

For practical advice on how to support people with Alzheimer's, visit www.alzheimerestrie.com or call 819 821-5127.

Young curlers looking for support heading to nationals

By Matthew McCully

Putting your heart and soul into a game that you love and reaching the highest level possible in your category is something to be proud of.

"This was the goal the entire year," explained James Trahan, a member of Team Cheal, heading to Langly, BC in just a few days to represent Quebec at the Canadian Junior Curling Championships.

There's a catch, though.

"I'm going to miss some classes," he explained.

Yes, making it to the nationals is welcome news, but the logistics involved, considering the distance, is another story.

Following the recent win in Rivière-du-Loup

last Wednesday, the members of Team Cheal immediately had to prepare themselves for an eight or nine day trip on the other side of the country with around a week's notice.

There are teachers to notify, bosses to speak with about time off, and of course, the matter of funding eight days of travel.

The team has set up a GoFundMe campaign to help cover transportation, accommodation, food and equipment costs while they curl against the top U21 teams in the country.

The four players have set a modest goal of \$2,000. Anyone interested in helping Team Cheal so that they can worry about their next match instead of their next meal can find the funding page at <https://www.gofundme.com> (Team Cheal in the search bar).

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Robert Ells (1845-1911): A Canadian Geologist in the Eastern Townships

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Côté (Lennoxville-Ascot Historical and Museum Society)



COURTESY OF THE LIBRARY OF NATURAL RESOURCES CANADA (NO 81516)

At the beginning of 2019, the Town of Sherbrooke opened Ells Street in the Carré Belvédère housing development undertaken by the promoters Gestion Luc Élias and Entreprises Bimon. It was one of the streets in a toponymic system focused on mining in the former Municipality of Ascot. The street is named after the geologist Robert Wheelock Ells who in 1886 produced the first detailed geologic map of the Eastern Townships and the Beauce region.

Robert Wheelock Ells had a remarkable career that spanned nearly 40 years. He was born at Sheffield Mills, Nova Scotia on the 26th of July 1845. He was the son of Catherine Eaton (1803-1886) and Robert Ells (1805-1877). He studied geology at Horton Academy, McGill University. Following his studies, he worked with the Geological Survey of Canada beginning in 1872. He eventually became the Chief Geologist and remained with the Survey till his death. He began his career in a field party which was mapping the geology and stratigraphy in different parts of New Brunswick and he published one of the first major studies of the Province: The Geology and Mineral Resources of New Brunswick. He also explored the Gaspé peninsula and discovered fossil fish remains in the sedimentary rocks of the so called Iaepatus Ocean, the precursor of the Atlantic Ocean. This discovery of Devonian Age fossils have estimated ages of 385 to 395 million years. His discovery of this fossil rich Miguasha Site resulted in renewed geological exploration of the region. The Miguasha Site became an important tourist attraction as well as of significant geological discoveries. The geological map of the Eastern Townships which he published in 1886 served numerous geologists and mining prospectors in Beauce, Compton (including Sherbrooke), Richmond, Stanstead and Wolfe Counties. Ells continued his geological work in the Eastern Townships till 1890. In 1893, Ells was elected to the Royal Society of Canada, a major distinction of the time. He died at Ottawa on the 23 of May, 1911.

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Speaking of ice storms

By Taylor McClure
Special to The Record

While Townshippers were on high alert over the weekend because of freezing rain in the forecast, many who lived through the ice storm of 1998 scrambled to prepare batteries and supplies in case of a power outage.

This year marks the 22nd anniversary of the ice storm. It was designated one of the worst natural disasters in Canadian history.

While two decades have come and gone, the ice storm remains fresh in the memories of many Townshippers as if it were yesterday. Ice storms are, of course, something that we are familiar with here during our winters in Quebec. The intensity of this storm, however, was beyond what anyone expected.

On the morning of Jan. 4, 1998, light rain started to fall. Quickly, it started to turn into freezing rain. At the time people didn't think to prepare themselves. Freezing rain is typical during this time of the year. They assumed they would lose power for a day or so and then everything would go back to normal as usual; but that wasn't the case.

As the days went on, the freezing rain continued and started to build up. Everything outside was coated with a thick layer of ice.

Trees started to break, crack, and fall under pressure of the ice buildup.

Hydro poles were crushed and wires were torn down everywhere. In Montreal, Hydro-Quebec lost both their transmission and distribution system, which delivers electricity to homes, due to the continuous collapse of the power lines. This left over one million Quebecers without power. Some were without electricity for a week and others for over a month.

The Montérégie region was hit the worse. Over 100 mm of freezing rain fell in the area located between Granby, Saint-Hyacinthe, and Saint-Jean-sur-Richelieu. Nearly 100,000 people were left without power here for over a month. The area was known as the 'Triangle of Darkness.' In Ontario, Kingston received 73 mm of rain and Ottawa received 85 mm. The largest storm that was previously recorded saw just some

30 to 40 mm of freezing rain.

In short order people lacked the basic necessities; food, shelter, and warmth. There was no clean water to cook, clean, or wash. Candles, flashlights, and lanterns were the only sources of light. People depended on the radio for all information regarding the storm. carbon monoxide poisoning was a serious issue because people they were trying to warm up their homes using means such as barbecues. Thousands were injured and the storm caused the forced displacement of nearly half a million people.

People were on forced leave from work since travelling the icy roads was too dangerous. many were closed, and there was no power to keep production in some businesses up and running. The workers affected the most were here in Quebec.

Farmers also faced extreme hardship. Crops were ruined because of the disastrous weather. Without power, cattle also started to become sick; a major issue for dairy farmers.

The province as a whole faced severe economic consequences following the storm.

As things only continued to get worse, several municipalities declared a state of emergency. The Canadian government decided to send in forces. Over 15,000 troops came to help provide shelter and medical care for those in need. This resulted in 'Operation Recuperation,' the largest peacetime deployment in Canadian history.

Despite the cloud of darkness that hovered over Quebec, there is always a little bit of light that shines through.

With millions without power, friends, family, neighbors, and strangers all worked together to help one another and to make sure everyone's basic necessities were provided. People who weren't affected by the power outage or who had generators opened up their homes to those who needed shelter and warmth. Massey Vanier High School, for example, opened up 60 of their classrooms for emergency shelter to hundreds of people each night.

Line workers and tree trimmers made their way from across Canada and areas in the United States to help Hydro-Quebec get the power lines



HOLMES FOR THE HOLIDAYS
TANYA TRACH
During the unexpected 'holidays' caused by the ice storm and the ensuing power failures, Mike Holmes and wife Dorothee Desjardins took in family and friends. Fourteen people lived in this shelter during the blackout, making due and supporting each other. A story on Holmes and his crew ran in last week's Brome County News, but unfortunately the photo that was printed with it was incorrect. This is the real Holmes family and their guests. The Record regrets any inconvenience the error may have caused.

back up and running. Employees who worked for Hydro-Quebec worked tirelessly, literally to the point of exhaustion, working over 16 hour days because for them, having everyone safe was more important than sleep. They also provided as many generators as possible to farmers who depended on them. Customer service extended their hours. For three weeks straight, these individuals started their workdays at 8 a.m. and didn't finish until around midnight answering people's questions and providing comfort to those who

turned to them.

These acts of kindness are what helped people cope with a very difficult situation.

The ice storm lasted five days, ending on Jan. 10, but the impact was devastating and left substantial destruction behind. It wouldn't be until early February that all Hydro-Quebec customers had their power restored and the cost of the storm totaled almost \$5 billion, making it one of the worst ice storms in recorded history.



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Weddings are milestone events and The Record/Brome County News are planning to compile a special section, on January 21, that captures these special moments over the decades with their various styles of wedding attire.

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EDITORIAL

Trudeau's eldest son, in the wake of an electoral setback, is now also sporting a beard.

Beard or not, Trudeau looks like he's growing weary of job



PETER BLACK

Trudeau walked into a cafeteria on Parliament Hill, only half full at noon with the House not yet in session. He had recently suffered a major setback in his political career, and some would say, in his storied life. He looked like a changed man. As he entered, people looked up hesitantly from their lunches and greeted him with discrete nods, taking note of the most obvious change: Trudeau had grown a beard.

This scene, according to a reliable eyewitness, took place in September, 1979. A few weeks later Pierre Trudeau announced his intention to resign as leader of the Liberal Party of Canada. In making the announcement, Trudeau, who had just turned 60, said "Wherever I am or whatever I do, I will continue to work and fight for our country."

Trudeau would go on to be the only major Canadian party leader to resign twice. His announced retirement in November, 1979, when he was Official Opposition leader, was short-lived. He was pulled back to lead the Liberals after the unexpected defeat of Joe Clark's Progressive Conservative government a month later.

Returned to power in the February, 1980, election, Trudeau served another tumultuous four years before he took his famous "walk in the snow" in February, 1984, and retired for good after the leadership convention that chose John Turner over Jean Chretien in June.

Trudeau's eldest son, in the wake of an electoral setback, is now also sporting a beard. We dare not read too much into Justin Trudeau's facial hair, after all he's grown mustaches and goatees before, as well as flowing locks. So, any speculation that Trudeau's beard is a salute to his dad and a portent of a major career change as he approaches 50, with three young children, is fraught.

It is not particularly unusual for prime ministers to resign while still in office, although the circumstances of each withdrawal are particular. Very few go out on top. In recent history, only Chretien, Lester Pearson, Mackenzie King and Robert Borden left their successors a party popular enough to retain power in the next election.

Brian Mulroney and Trudeau are the only ones to abandon a party ship about to plunge to the depths; all other prime ministers either died in office, withdrew for health reasons, were forced out in an internal feud, or retired after an electoral defeat - Wilfrid Laurier hung on as Liberal leader for another eight years after losing power in 1911.

If there is one quality that seems to distinguish Justin Trudeau from his predecessors in such a profoundly challenging job, it's his almost wide-eyed vulnerability. He's an emotional guy in a role that calls for an almost sociopathic detachment. His efforts to calm his emotions in public often produce a hesitant, over-thinking discourse that hardly inspires confidence.



Called on to speak for the nation in the wake of last week's unspeakably tragic Ukrainian airline incident, Trudeau seemed drained and frankly, shocked. He looked like a man who would rather be anywhere else, letting his beard grow.

During the election when he was at the epicentre of what Winnipeg Jets coach Paul Maurice would call a "free-for-all of fecal matter" one could not help but think the humiliation, scorn and mockery of the brownface affair would be enough to cause any sane person to seek another profession far from public scrutiny.

As fate would have it, Trudeau was up against Andrew Scheer, an opponent with arguably more sketchy baggage than his, from secret dual citizenship, to secret abortion views, to secret private school funding, and he was denied

the sweet mercy of defeat.

Beard and all, this Trudeau has looked, at least publicly, like a whipped dog since the election, the fight gone, the flame flickering. Mandated to lead in the face of never-ending dramas and hopeless political dilemmas, it's enough to sap the will and energy of anyone, let alone a sensitive soul like Trudeau.

With a new and possibly improved Conservative leader on the horizon, a Liberal party mired in a minority swamp in the polls, and probably only bad days ahead with an assortment of prickly national issues looming, it would not come as a stunning surprise if Trudeau, after a walk in the snow, concluded that life is too short and political life too hard.

Bishop's researchers help discover Earth-sized planet

Orbiting a nearby star, TOI-700d is located in the "habitable zone"

Submitted by Bishop's University

Dr. Jason Rowe, Canada Research Chair in Exoplanet Astrophysics at Bishop's University, as well

as Bishop's Physics and Astronomy Department's Visiting Scholar Dr. Kelsey Hoffman and undergraduate researcher and Undergraduate Student Research Award (USRA) recipient Danielle

Dineen played a key role in the recent discovery of an Earth-sized planet located in the "habitable zone" of a nearby star. TOI-700d is the first habitable zone Earth-sized planet found by NASA's planet hunting TESS mission.

"We are very proud to be part of this exciting new development in exoplanetary discovery," said Dr. Rowe. "The catalogue of exoplanets keeps growing as we master the techniques involved in detecting and characterizing them. This is the first discovery by the TESS Mission of an Earth-sized rocky planet in a star's habitable zone and is likely to be followed by more similar cases, all of which may eventually help us answer the fundamental question of whether there is life elsewhere in the universe."

Dr. Rowe's team are among the co-authors of "The First Habitable Zone Earth-sized planet from TESS. I: Validation of the TOI-700 System," a research paper recently submitted to the Astro-

physics Journal. News of the results was announced publicly by the NASA, whose Transiting Exoplanet Survey Satellite (TESS) is the foundation of the team's research. Dr. Rowe and his collaborators performed a photodynamical analysis which helped measure the planet's composition.

The Bishop's team measured the orbital period and radius of the planet and placed important limits on the mass. The mass is important to determine whether the planet in question is composed of rocky material, like the Earth, instead of gas, such as Jupiter, Saturn or Neptune. Moreover, the planet's distance from its star places it in the "habitable zone", far enough from the star to retain water and an atmosphere, but close enough to permit the presence of liquid surface water, which is understood to be a key factor for the possibility of life evolving on a planet.

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Local Sports

Windsor directed 34 shots to goaltender Jonathan Marois while Vincent Houde and Sean Julien received 36 shots.

Another Desjardins - Wild loss in an important game

Submitted by Robert Legault

ners. Michaël Bertrand and Éric Hamel rounded out the scoring.

Benoit Bissonnette, Tyler Jones, Maxime Lemieux, Mathieu Lavoie and Mathieu Boutin replied for the locals who had around 420 fans to cheering them on.

Windsor directed 34 shots to goaltender Jonathan Marois while Vincent Houde and Sean Julien received 36 shots.

The two teams will meet on Friday, January 17, at 8:30 p.m. in Saint-Pierres-Becquets.

The next local game, which will be the last one in the regular season, will be held on Friday, January 24th at 8:30 p.m. when Dynamik Service Agricole of Coaticook will be the visitor.

There is now a three-way tie for second place in the Regional Hockey League standings following an 8-6 loss by the Desjardins - Wild of Windsor against the Gentilly Ford of Saint-Pierre-les-Becquets on Friday.

The two teams share this second position with Dynamik Service Agricole of Coaticook following Friday's games.

The visitors scored four power play goals and two in ten seconds of play on the same power play to bring their lead to 7-2 in the second period.

Joey Picard led the winners' offense with two goals and two assists. He now has 24 goals this season in the RHL.

Philippe Mineau and Alexandre Robert also scored doubles for the win-



PHOTO CREDIT: KARINE LAMADELEINE

Novice-O-Rama

CONT'D FROM PAGE 1

a great experience and we like to be with young people like that," said the four players after the game. "Our players were motivated to win the game," said the coaches.

The action continued on Sunday with the presentation of 26 games starting at 8 a.m. at the Centre Julien-Ducharme and the Philippe-Bergeron arena.

The complete schedule is available at www.novice-o-rama.com as well as pictures of the action.

Family Day

It was beautiful weekend for families again this year at Novice-O-Rama. Because of the cold weather outside, many families went to the gym at the Julien-Ducharme centre to enjoy the inflatable games and get the kids moving at the same time. Nearly 300 young participants, brothers and sisters, as well as the general public, took advantage of the inflatable games made available to them free of charge thanks to the collaboration of Jeux gonflables de l'Estrie.

Novice-O-Rama Saturday results

« Novice 4 »

Phoenix 1 de Sherbrooke	0	Voltigeurs blanc Drummondville	7
Phoenix 2 de Sherbrooke	1	Garaga de St-Georges	6
Éclaireurs de Chaudière-Etchemin	3	Sharks du Haut St-François	0
Phoenix 4 de Sherbrooke	8	Cantonniers de Magog	1
Phoenix 1 féminin de Sherbrooke	3	Phoenix 2 féminin de Sherbrooke	1

« Novice 3 »

Phoenix 2 de Sherbrooke	4	Phoenix 1 de Sherbrooke	5
Sieurs de Longueuil	2	Dynamik de Coaticook	2
Phoenix 5 de Sherbrooke	6	Aigles de Rouville	4
Phoenix 4 de Sherbrooke	3	Bombariders de Valcourt	3
Sieurs 1 de Longueuil	0	Hawks de Warwick	3



Make a **donation** or become a **volunteer**

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In Memoriam

NEWMAN, Muriel: June 21, 1907 - January 13, 2000. In loving memory of a dear mother and mother-in-law who passed away 20 years ago.

*I thought of you with love today
But that is nothing new,
I thought about you yesterday
And days before that too.
I think of you in silence,
I often speak your name,
All I have are memories
And your picture in a frame.
Your memory is my keepsake
With which I'll never part,
God has you in His keeping,
I have you in my heart.*

DOUGLAS & GABY



MONDAY, JANUARY 13, 2020

Today is the 13th day of 2020 and the 24th day of winter.

TODAY'S HISTORY: In 1898, French writer Emile Zola's editorial "J'accuse" was printed in the newspaper L'Aurore, exposing the military cover-up known as the Dreyfus Affair.

In 1910, a live performance from the Metropolitan Opera House in New York City became the first public radio broadcast.

In 1942, the Allies announced they would prosecute war criminals after World War II.

In 1990, Virginian L. Douglas Wilder became the first elected African American governor.

In 2012, the Costa Concordia cruise

ship ran aground off the coast of Italy, killing 32 people.

TODAY'S BIRTHDAYS: Horatio Alger (1832-1899), author; Sophie Tucker (1884-1966), singer; Robert Stack (1919-2003), actor; Gwen Verdon (1925-2000), dancer/actress; Charles Nelson Reilly (1931-2007), actor; Julia Louis-Dreyfus (1961-), actress; Trace Adkins (1962-), singer-songwriter; Patrick Dempsey (1966-), actor; Orlando Bloom (1977-), actor; Nate Silver (1978-), statistician; Liam Hemsworth (1990-), actor.

TODAY'S FACT: Emile Zola is buried in the Pantheon necropolis in Paris, along with Voltaire, Victor Hugo, Alexandre Dumas, Marie Curie, Louis Braille and other French luminaries.

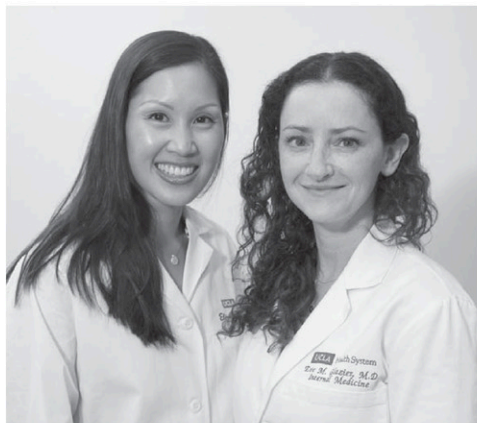
TODAY'S SPORTS: In 1999, Chicago Bulls star Michael Jordan retired from the NBA for the second time. He would return to the NBA for a third and final stint in 2001.

TODAY'S QUOTE: "There are many boys, and men too, who ... have never had a fair chance in life. Let us remember that, when we judge them, and not be too hasty to condemn." — Horatio Alger

TODAY'S NUMBER: 21 — Nazi leaders who were tried at Nuremberg for war crimes following World War II.

TODAY'S MOON: Between full moon (Jan. 10) and last quarter moon (Jan. 17).

Owning a dog is good for your health



ASK THE DOCTORS

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

Dear Doctor: I just heard about a study that says if you own a dog, you'll do better after having a heart attack. Is that real, or is it an urban legend?

Dear Reader: We understand your skepticism, but, yes, it's true that researchers recently had some good health news for dog owners. It arrived in a pair of studies published last October in Circulation, the American Heart Association's journal.

According to the findings, people who kept a dog as a pet had measurably better health outcomes following a heart attack or a stroke than those who

didn't live with a canine companion. The studies also found that the dog owners in the study lived longer than nonowners. And though we hate to rain on the puppy parade, it turns out there's an important caveat. The researchers made statistical adjustments for a number of factors, including income, age and geographic location. However, smoking, which is a serious risk factor in both heart disease and stroke, was not among them.

Even without that particular variable, the researchers concluded that dog owners fare better after a heart attack or a stroke. This means a smoother recovery with fewer complications and fewer additional hospitalizations. These benefits were more pronounced for people who lived alone — that is, without other humans — and for those whose heart attack or stroke was a repeat event. The study found that dog ownership decreased the risk of death by 15% for people recovering from a heart attack who shared a home with a partner or a child. That number rose to 33% for heart attack survivors who lived alone.

This association between dog ownership and improved health outcomes continued in the second study, which evaluated the general health data of 3.8 million people. The risk of death from any cause was 24% lower among dog

owners, and their risk of developing cardiovascular disease dropped by 65%, the study found.

Why do dogs help us in this way? Studies have long shown that interacting with an animal lowers levels of the stress hormone cortisol, improves blood pressure and boosts mood. If you've ever been in a hospital when a therapy dog is present, you've seen the beneficial effects firsthand. And it's not just the patients who line up for a moment of patting and paw-holding, but the nurses, doctors and support staff as well.

It's also a fact that people with dogs stay more active. A Canadian study found that dog owners walked an average of 300 minutes per week, almost double the 168 minutes per week logged by nonowners. Social interaction is an important factor in good health, and dogs are great catalysts in that regard. It's the rare dog owner who can complete a walk without at least a smile or hello from fellow pedestrians. The researchers mentioned all these benefits and said they look forward to future research on the subject. As dog lovers, so do we.

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

Do Just One Thing



By Danny Seo

When your refrigerator stinks, all you need are two simple ingredients to make it smell fresh again: orange peel and salt. Fill a plate with regular table salt and toss orange peel right on top, then place it inside your fridge. It works because the salt is naturally odor-absorbent and the orange peel will leave behind a fresh, clean scent. Leave it inside the fridge overnight for best results.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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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:

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NEA Crossword Puzzle

- ACROSS**
- 1 Bring up
 - 5 Droop
 - 8 You, way back when
 - 12 Singer — Guthrie
 - 13 Internists' org.
 - 14 Lubricates
 - 15 Leaning Tower site
 - 16 Merriest
 - 18 Alaska bear
 - 20 "Hawkeye" Pierce
 - 21 Stir-fry pan
 - 22 Casual farewell
 - 23 Nile city
 - 26 Cheekier
 - 29 Linger
 - 30 Napoleon exile site
 - 31 Meadow
 - 33 Wrinkle-nosed dog
 - 34 Southwest art colony
 - 35 Actor — Baldwin
 - 36 Surmise
 - 38 "— Street Blues"
 - 39 Volcanic dust
- DOWN**
- 40 Links goal
 - 41 River edge
 - 43 South Seas wear
 - 46 Suburban event (2 wds.)
 - 48 Ego
 - 50 Tony relative
 - 51 Region of India
 - 52 Hydrox rival
 - 53 Just around the corner
 - 54 Have
 - 55 Like one Ranger

Answer to Previous Puzzle

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

- 9 Got a move on
- 10 Maxwell or Lanchester
- 11 Fla. hours
- 17 Derek & The Dominos tune
- 19 Ca++ or Na+
- 22 Cuts short
- 23 Rattle-snake kin
- 24 Cuff link
- 25 Hourly pay
- 26 Dab with a tissue
- 27 Raines or Fitzgerald
- 28 Rod's companion
- 30 Apiece
- 32 Expert
- 34 Elephant teeth
- 35 Spray can
- 37 Temper
- 38 Saloon
- 40 Hymn of praise
- 41 Legendary ox
- 42 Diva's tune
- 43 Like a tortoise
- 44 Fiddling despot
- 45 Small valley
- 46 Over there
- 47 Back when
- 49 Catwoman, to Batman

1	2	3	4		5	6	7		8	9	10	11
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53					54				55			

Your Birthday

MONDAY, JANUARY 13, 2020

Your dance card will be full this year. Prioritize what you want to do most to avoid falling short or being disappointed with your performance. Traveling and engaging in new enterprises will inspire you to expand your mind and interests. Romance is favored.

CAPRICORN (Dec. 22-Jan. 19) — You can find a workable solution to a thorny situation. If you step into the spotlight, it will help you drum up interest in your pursuits. A meeting will bring promising results.

AQUARIUS (Jan. 20-Feb. 19) — Concentrate on moneymaking opportunities. Consider what will bring the highest returns before you make a decision. Impulsive actions will not bear fruit. Biggest will not be best.

PISCES (Feb. 20-March 20) — Don't fret over what someone else thinks or does. Start moving in a direction that feels comfortable and offers less stress. Personal improvements are in your best interest. Moderation is encouraged.

ARIES (March 21-April 19) — Reach out to someone who can help you get ahead. Look at job prospects, set up an interview or focus on honing the skills required to head in a different direction.

TAURUS (April 20-May 20) — Love and romance are on the rise, along with personal growth. Shift creative projects to the forefront. Physical improvement will bring the results you desire.

GEMINI (May 21-June 20) — Your rest-

lessness should be alleviated by getting involved in a challenging physical activity. Don't make unnecessary changes. Moderation is in your best interest when money is involved.

CANCER (June 21-July 22) — Say what's on your mind and find out where you stand. It's time to put a misconception someone has about you to rest. A partnership opportunity will change the way you do things.

LEO (July 23-Aug. 22) — You might have trouble seeing eye-to-eye with a partner. Arguing will not solve the problem, but compromise will. Offer common sense, not chaos.

VIRGO (Aug. 23-Sept. 22) — You may not have your usual practical outlook today. Proceed with caution. You might want to reconsider your professional situation.

LIBRA (Sept. 23-Oct. 23) — Details matter. Look at every aspect of an agreement before you sign on the dotted line. It's best to be precise regarding what's acceptable. Handle a personal change or matter with care.

SCORPIO (Oct. 24-Nov. 22) — Keep your emotions out of professional matters. Think about what's a good deal and what isn't, and take action based on facts and long-term results. Romance should be on your mind.

SAGITTARIUS (Nov. 23-Dec. 21) — Be cautious about how you handle relationships. You are best off being honest, not vague, if someone is asking questions about your intentions or feelings.

MONDAY, JANUARY 13, 2020

If they don't cover, they don't have it

By Phillip Alder

Charles de Gaulle said, "We may go to the moon, but that's not very far. The greatest distance we have to cover still lies within us."

That is an interesting thought. We have a cover in bridge, which was relevant in this deal from an international tournament some years ago. How should South plan the play in three no-trump after West leads a fourth-highest diamond four to East's jack and his own queen? Once you have decided, look at the West hand. Would you have overcalled one diamond?

Declarer starts with seven top tricks: two diamonds and five clubs. A heart trick may be established, but South also needs a spade trick. However, if he mis-guesses spades, running the jack, East will return a diamond, establishing his partner's suit while West holds the spade ace as an entry.

At the first table, West made the pointless one-diamond overcall opposite a passed partner. So South immediately played a spade to dummy's king. When that won, he led a heart to his queen and had nine tricks.

At the other table, South didn't have that advantage. But at trick two, he led

North		01-13-20	
♠	K 10 6 4		
♥	K 6		
♦	9 7		
♣	A Q 8 6 4		
West		East	
♠	A 8	♠	Q 7 5 2
♥	A 10 9	♥	J 8 5 3 2
♦	K 6 5 4 2	♦	J 8 3
♣	10 7 2	♣	9
South			
♠	J 9 3		
♥	Q 7 4		
♦	A Q 10		
♣	K J 5 3		
Dealer: East			
Vulnerable: Neither			
South	West	North	East
			Pass
1♣	Pass	1♠	Pass
1NT	Pass	3NT	All Pass
Opening lead: ♦ 4			

the spade jack. When West played low smoothly, declarer called for dummy's king and also won nine tricks.

South judged that if West had the spade queen, he would have covered the jack, especially with the 10 in the dummy — or at least would have thought about it. And if West didn't have the queen, perhaps he had the ace.

As Zia Mahmood said in a Bols bridge tip many years ago, if they don't cover, they don't have it.

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.

“CFXELUD LX TEFM AUJ’PO UCCOPOV
CUJP MLKOX F AAFP WA VOXLIDOPX.
FDV XMABO LX TEFM AUJ REUUXO.”
— BFJPOD EJMMUD

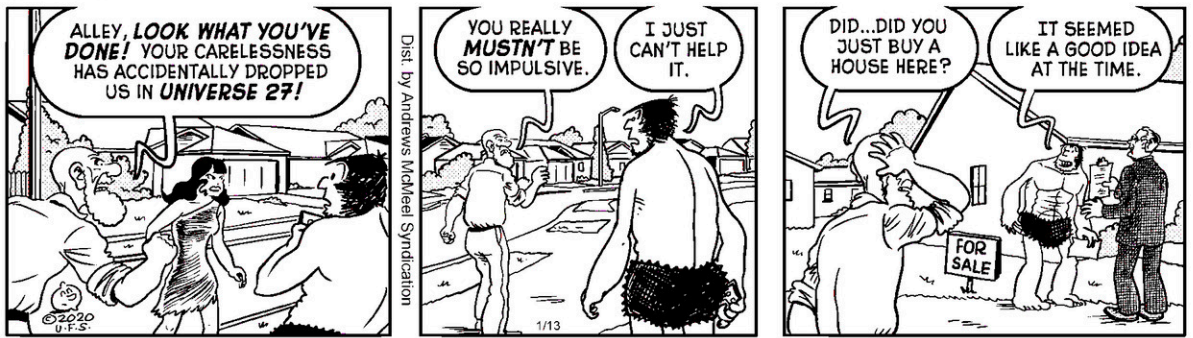
Previous Solution: “I really do believe that the most important thing is the way you live your life on Earth.” — Barbara Walters

TODAY’S CLUE: B equals M

REALITY CHECK



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



THATABABY



HERMAN



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Today in History for Jan. 13:
On this date:
 In 1691, Englishman George Fox, founder of the Society of Friends, or Quakers, died.
 In 1695, satirist Jonathan Swift, author of "Gulliver's Travels," was ordained an Anglican priest in Ireland.
 In 1837, a fire destroyed almost half of the business district of Saint John, N.B.
 In 1849, the Hudson's Bay Company signed a lease with the British government acquiring control of Vancouver Island — for seven shillings a year.
 In 1885, Alfred Carl Fuller, who founded the Fuller Brush Company, was born in Nova Scotia.
 In 1893, Britain's Independent Labour Party, a precursor to the current Labour Party, held its first meeting.
 In 1898, French novelist Emile Zola published his article "J'accuse." Zola made serious charges against the French government with respect to the Alfred Dreyfus affair.
 In 1906, the first advertisement for a radio, a Telimco selling for \$7.50, appeared in the magazine "Scientific American." Not until the 1920s, though, would commercial radio be widespread.
 In 1915, a major earthquake in Avezzano, Italy, left about 30,000 people dead.
 In 1918, a ferocious winter storm crippled southwestern Ontario around Sarnia and London for over a week. Snow 30 centimetres deep was whipped by brisk winds into four-metre-high drifts, crippling trains and rescue snowplows.
 In 1920, the "New York Times" ridiculed aviation pioneer Robert Goddard for saying that

rockets would work in outer space. The paper issued an apology and retraction after the 1969 "Apollo 11" Moon landing.
 In 1941, Irish writer James Joyce died in Zurich, Switzerland, less than a month before his 59th birthday.
 In 1945, during the Second World War, Soviet forces began a huge, successful offensive against the Germans in Eastern Europe.
 In 1947, Britain's Privy Council ruled that Ottawa was within its rights to pass legislation making the Supreme Court of Canada the country's final court of appeal. Until then, Canadians could take their cases to the Privy Council.
 In 1949, Prince Edward Island banned the sale and manufacture of margarine.
 In 1964, Canadian and American negotiators reached agreement on a hydro and flood control project on the Columbia River. It allowed B.C. to build dams and sell electrical power to the United States for 30 years.
 In 1966, African-American Robert C. Weaver was named U.S. Secretary of Housing and Urban Development by President Lyndon B. Johnson — making him the first-ever black Cabinet member.
 In 1971, a force of 13,000 Cambodian and South Vietnamese troops launched a movement to rout enemy troops from a major Cambodian highway.
 In 1982, an Air Florida 737 crashed into Washington, D.C.'s 14th Street Bridge after take-off during a snowstorm and fell into the Potomac River, killing a total of 78 people, four of them on the bridge.
 In 1983, a storm dumped a record 141 millimetres of rain in one day on St. Alban's, Nfld. A dam on the Exploits River burst, causing an estimated \$60 million in damage to Grand Falls and Bishop's Falls.
 In 1984, Toronto social worker Anne Cooles became the first black senator when she was appointed to the Upper Chamber by Prime Minister Pierre Trudeau.
 In 1985, a crowded train hurtled off a curve and plunged into a ravine, 240 kilometres east of Addis Ababa, Ethiopia, killing about 450 people.
 In 1986, nearly 24 million cans of Star-Kist tuna were detained for re-examination by fisheries inspectors. A government report later criticized federal inspection procedures and noted serious quality problems with the Star-Kist plant's products.
 In 1990, L. Douglas Wilder of Virginia became the first elected black U.S. governor as he took the oath of office in Richmond.
 In 1992, mass immunization programs against meningitis were announced by the Ontario and Quebec governments after an unusually severe outbreak of the disease in some regions. They were aimed mostly at children and teenagers in Ottawa, several regions in Quebec and all of Prince Edward Island. It was the largest mass inoculation in Canadian history since the 1950s when millions of children got polio shots.
 In 1992, Israeli, Palestinian and Jordanian negotiators began historic talks in Washington on Palestinian autonomy.
 In 1992, Japan's government apologized for forcing thousands of Korean women to serve as sex slaves for Japanese soldiers during the Second World War.
 In 1996, former Ontario premier Bob Rae announced he was quitting politics, saying it was time to focus on family. His resignation took effect Feb. 7, 14 years to the day after he won the provincial NDP leadership. In 2006, Rae applied for membership in the Liberal Party. He won the federal riding of Toronto-Centre in a 2008 byelection, later became the interim party

leader and in June 2013, announced he was again leaving politics.
 In 2000, medical history was made in Lyon, France, when doctors grafted two new arms onto a man during a 17-hour operation.
 In 2002, Canadian comedy legend Frank Shuster died in Toronto at age 85. He was half of the "Wayne and Shuster" comedy team that performed for more than half a century until Johnny Wayne's death in 1990.
 In 2004, Harold Shipman, the British doctor blamed for killing more than 200 mostly elderly patients, was found hanged in his prison cell, in an apparent suicide.
 In 2004, the Quebec government reached a tentative agreement with the Kanesatake police commission to end a potentially explosive Mohawk standoff at Kanesatake reserve near Oka, Que., allowing 60 besieged officers from various native bands to leave the station. Grand Chief James Gabriel, whose house was burned down during the protest, had invited aboriginal officers from outside the reserve to crack down on crime and marijuana growing operations in the community.
 In 2005, Toronto recorded an all-time high temperature of 18 C.
 In 2009, cold weather broke records in six Manitoba towns, with morning lows ranging between the -35 to -40 C range in most localities.
 In 2011, days of heavy rains caused a mudslide down steep mountainsides and directly into towns located 65 km north of Rio de Janeiro, killing at least 900 people.
 In 2011, in its first expansion outside of the U.S., retailer Target announced it would spend \$1.83 billion to take over the leases of as many as 220 Zellers stores of its choosing from the 279 locations currently owned by the storied Hudson's Bay Company. In March 2013, the first stores opened in three communities west of Toronto - Guelph, Fergus and Milton. (In 2015, Target announced it would close all of its 133 money-losing Canadian stores.)
 In 2012, cruise ship Costa Concordia slammed into a reef off the coast of the tiny Italian island of Giglio after Capt. Francesco Schettino made an unauthorized diversion. More than 4,000 people were forced to evacuate and 32 were killed as the vessel listed and ended up half-submerged. Schettino was convicted and sentenced to 16 years in prison for manslaughter, causing the shipwreck and abandoning ship while many of the passengers and crew were still aboard.
 In 2012, ABC soap opera "One Life to Live" aired its last episode after a 43-year run. (It was reborn online on April 29, 2013, by The Online Network but was again cancelled in November.)
 In 2016, Shaw Communications announced it was selling its media division to Corus Entertainment for \$2.65 billion, dividing the Shaw telecom empire into separate media and network companies. The move followed Shaw's acquisition in 2015 of Wind Mobile for \$1.6 billion.
 In 2017, Lord Snowdon, one of Britain's most famous photographers who married Princess Margaret and continued to mix in royal circles even after their divorce, died at age 86.
 In 2018, a cellphone and TV alert sent by a Hawaii emergency official that warned of a ballistic missile headed for the state sent the islands into a panic. It took security officials 38 minutes to correct the error. (The worker was reassigned.)
 In 2019, at the Critics Choice Awards, Canada's Sandra Oh won best actress in a drama series for her role in "Killing Eve," following up on her success at the Golden Globes earlier in the month.
 (The Canadian Press)

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

Dear Annie

MONDAY, JANUARY 13, 2020

Dear Annie: My husband, "Robert," and I moved back to our hometown several years ago to help with aging parents. I went back to work as a nurse, and he joined his father's law firm. Upon moving back, we struck up a friendship with an old acquaintance of Robert's. "Tim" and Robert went to high school together and a year of college.

We have invited Tim and his partner over several times for dinner. We have often gone to their house. And we have spent time together at parties and social gatherings of mutual friends.

Tim was recently diagnosed with an aggressive type of cancer and has begun the process of getting his affairs in order. Robert has been gracious in helping him with finances and household things that need to be taken care of. He's even stayed the night when needed.

Recently, Tim had a talk with Robert and told him that he was very infatuated with him when they were younger — and one of his dying wishes is to see him naked. Robert came home all shaken up and upset and didn't know what to say. Now, I have to tell you that Robert is very fit for a 47-year-old man. He works out, runs marathons and is very charming. But he doesn't want to accommodate Tim's dying wish. I said: "Go for it. The man is dying. Let him enjoy his ending days — even if it means you have to 'strip' for him." I'm perfectly fine with it; Robert is the one with the issue — Open in Oregon

Dear Open: Well, Robert would be the one to take issue, wouldn't he? After all, it is his body — not yours, not Tim's. Only Robert gets to say what he's comfortable with, and he's spoken on this subject. Now let it be. Surely, Tim can think of another last wish that doesn't involve making a friend feel violated and uncomfortable.

Dear Annie: I could be the person to whom "Loudness Sufferer" was referring in her letter. My voice gets very loud. After chastising and scolding me over the years, my friends now just use a hand gesture that tells me to lower my voice, and I do. However, it doesn't sound any different to me. I have had my hearing tested, and it's fine for my age.

It's not a habit I can break, as I don't hear it. So my friends help me keep it in check, and that's the best I can do. I'm glad to know I'm not the only one with this problem.

Just thought I would let you know that "Loudness Sufferer's" friend probably doesn't hear it, either. — Barbara Bly

Dear Barbara: I love the idea of the hand signal. It's discreet but effective. Perhaps it's the quick fix that will save "Loudness Sufferer's" friendship. Thanks for the insightful tip.

Dear Annie: I have a 31-year-old son who has always struggled with mental illness issues. He was diagnosed with depression at age 15 and again in his early 20s when we sent him to a weeklong involuntary residential treatment. He will not stay on medication or go to counseling.

In the meantime, after years of not being able to keep a job, he finally had a good job for two years, which he lost 16 months ago. He moved in with us 10

months ago and has made no effort to search for another job. We gave him a deadline to get a job or move out, because we are nearing retirement age and cannot continue to pay for his living expenses, his car insurance and other bills that come up. It is obvious that he is not going to get a job. We do not want him to be homeless. He has been there before, and I know the outlook on homelessness and those with mental illness is not good. However, we can't continue to enable him. He can function. What should we do? — Parents at a Crossroads

Dear Parents: I am so sorry that you and your family are struggling with the ongoing battle that is mental illness. As painful as it can be to draw boundaries with our adult children, you said it best: To continue paying all of his living expenses at this point would be to enable him. If he is capable of working, as you stated,

then a job could not only help stabilize his housing and finances; it could help with his mental health. Humans thrive with routine.

So let your son know that you will always unconditionally offer your love, but you can't continue to offer your money. If he is at a loss as to how to get back into the workforce, you can point him toward Individual Placement and Support (<https://ipsworks.org>). The National Alliance on Mental Illness states that IPS "can help people with mental illness find and keep meaningful jobs, supporting their mental health recovery."

And lest you think you're alone in this, please read on.

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

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