

**Lennoxville
community
to celebrate
outstanding
achievement**

Page 3

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Fannie going
solo**

Page 4

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THURSDAY, FEBRUARY 20, 2020

**Railway
blockades:
Farmers'
union says an
agricultural
crisis is on our
doorstep**

Record Staff

The Union des producteurs agricoles (UPA) released a statement yesterday calling on Prime Minister Justin Trudeau to do everything possible to put a peaceful, but quick end to the railway blockades.

The blockades, happening in several locations across the country, are a show of solidarity with the Wet'suwet'en first nation in British Columbia, protesting the construction of the TransCanada Coastal GasLink Pipeline across its land.

A growing list of communities across Canada and around the world have taken action to express their concern over the fight to prevent the construction of the TransCanada Coastal GasLink Pipeline across Wet'suwet'en land and, in particular, the actions of the Royal Canadian Mounted Police (RCMP) in enforcing a BC Supreme court injunction from December to allow workers to access the land. The blockades have led to travel disruptions for passenger trains

CONT'D ON PAGE 4

**The fight against blood cancer
continues**



MATTHEW MCCULLY

By Matthew McCully

Calling all hockey fans. The Hockey Fights Cancer fundraiser for Maisonneuve Rosemont Hospital will take place this Sunday, Feb. 23 at 3:30 p.m. in the Bishop's arena.

Four teams of friends, firefighters and plain old hockey fanatics will

take the ice to help fund cutting edge research in stem cell therapy to treat blood cancer. The tournament is free and open to the public, and anyone interested in supporting the cause or just watching the games is welcome to attend.

The tournament started last year after local firefighter Eric Mackeage,

diagnosed with a rare form of blood cancer, received treatment at the Maisonneuve Rosemont Hospital.

When friends of Mackeage's stepped up wanting to help, it was decided the best way would be to raise money to support the research that Mackeage believes saved his life.

CONT'D ON PAGE 3



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Weather



TODAY:
MIX OF SUN
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HIGH -13
LOW -23



FRIDAY:
SUNNY

HIGH -5
LOW -8



SATURDAY:
CLOUDY

HIGH -2
LOW -6



SUNDAY:
MAINLY SUNNY

HIGH 4
LOW -4



MONDAY:
CLOUDY

HIGH 5
LOW -4

How I killed disco



ROSS MURRAY

It is 1978 and I have entered grade seven at a regional high school that was famous for being built facing backwards, a metaphor for many of the young minds that would pass through its halls. But this story is not about them. It's about disco and, of course, me.

In the senior high, they had dances. Junior high had socials. Dances were held in the gym, socials in the cafeteria. Why junior students were not considered gym-worthy is as great a mystery as how the school administrators could commit acts of low-level violence in the hallways with zero repercussions. But that's a grudge for another time.

It's the night of a social, the chairs and tables are moved aside, the lights are dimmed and a sound system is installed. The boys settle on one side, the girls on another, the dance/cafeteria floor between them obscured by a fog of unchecked hormones. At the time I weigh, I think, 27 pounds.

At some point, some song, there is a shift in mood, a tipping point, and bodies move tentatively onto the floor, dancing uncomfortably at first, but

soon, in a rudimentary mating display (again: hormones), there is a flinging about of arms, legs and still-blossoming parts.

The song is "Ra Ra Rasputin."

Russia's greatest love machine.

Am I savvy enough to know with certainty what a love machine is? Am I aware of the non-so-subtle gay subtext of "Macho Man"? Do I think Rod Stewart querying about his relative sexiness is, even at that age, icky? No, no and yes, most certainly yes.

But the groove! I'm sure I liked a girl at the time (who didn't I like!) but I can't remember who. All I remember is dancing cat-like to forgotten Canadian disco hit "Boogie Woogie Dancing Shoes" by Claudja Barry - thus clearly not forgotten; I retract the allegation.

I am 13 years old. My brain is not fully formed. It's 80 per cent lizard brain. I want to dance and have fun and maybe start growing hair, you know, there. Despite my scrawniness (or maybe because of it) I think I can dance, and my brain is not about to tell me otherwise. Unaware of all the cultural-sexual baggage it carries, disco is the ideal conveyance for my tiny tweeny body on the dance floor.

But that summer after grade seven, Anita Ward's "Ring My Bell" (not actually about bell ringing) comes across the radio and my brain, which was by then evolving into something discerning and much more of a killjoy, rebels. I do not like this disco song, I tell myself. Therefore disco is bad. Disco sucks.

Now I am in grade eight. My weight and brain power have both increased eight per cent. I compensate for shortcomings in both areas by being a wise guy. I am less smart than smart

aleck. There are still socials and there is still disco. But now our brains are beginning to make judgements. No longer am I a grade seven dweeb repeating Bee Gees parodies ("Tragedy... when you go to the john and the toilet paper's gone..."). I am a sophisticated 14-year-old; I listen to Supertramp.

And so, one fateful day, in my grade eight English class, I give an oral presentation: "Why Disco Sucks." I cannot now give you my reasons for why disco sucked. Were they lifted more or less intact from issues of Mad magazine? Did I make up for the flimsiness of my arguments with cheap laughs? Did I at one point mockingly strike the iconic John Travolta pose from Saturday Night Fever? Possibly, a pretty safe bet and yes, most certainly yes.

The rest, of course, is music history. Shortly after my speech, disco went into decline and soon died. Sure, it would continue to turn up but it never moved our lizard brains in quite the same way. Video killed the radio star, and I killed disco.

There are many things I've regretted over the years, but none more so than killing disco, because it was a music of pure joy, because it embraced subcultures, but mainly because it led to Kenny Rogers.

If only I had used my presentation powers for something more significant, like why you should never let dudes at a social convince the DJ to turn off the dance music and play "Cocaine." The live version.

Disco died because of me. But there is a happy ending: I do finally have hair, you know, there.



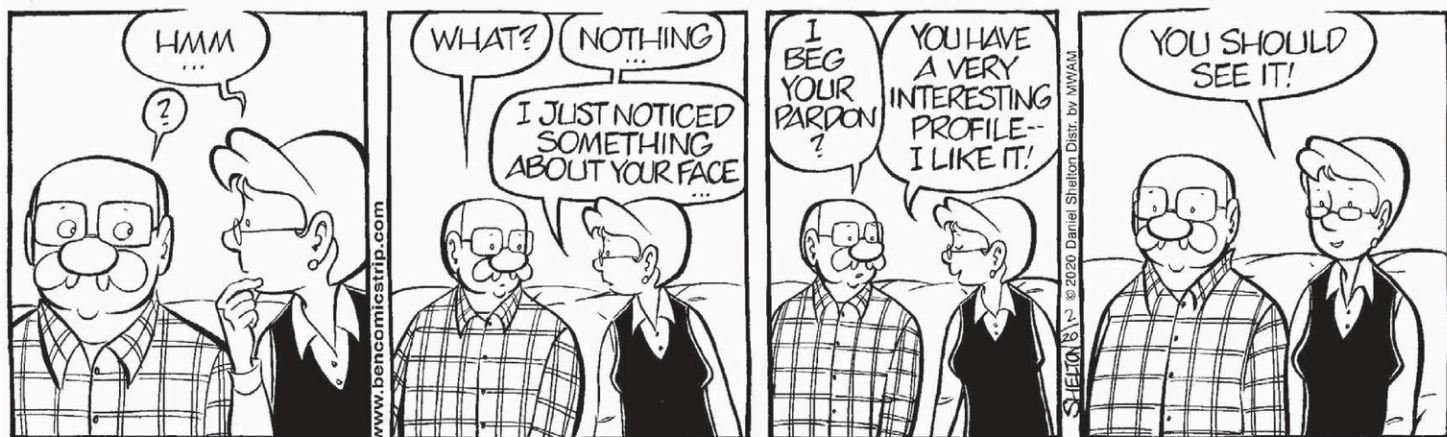
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Ben by Daniel Shelton



Local News

"The CAQ prides itself on being the government for the regions, but with its centralizing bill, it is directly attacking our local PME's, which will no longer be able to compete with the big players."

Lennoxville community to celebrate outstanding achievement

Record Staff

Lennoxville's annual outstanding achievement awards will take place tonight, Thursday February 20, 2020, starting at 7 p.m. at the Amédée-Beaudoin community centre.

An annual tradition dating back to 1991, the outstanding achievement awards evening provides an opportunity for the people of the community to

pay tribute to the accomplishments of their friends and neighbours in eight different domains of excellence: Arts and Culture, Citizenship and Volunteer Work, Education, Sports, Business Development, Urbanism, Heroism, and Youth Leadership. While not every category has a winner each and every year, the majority consistently find a suitable laureate with very little repetition over the course of the last 29 years.

More lane closures coming to Galt West

Record Staff

Ongoing Demolition work on Galt Street West will mean the closure of two of that street's four lanes for much of the day on Thursday. From 9 a.m. to 3 p.m. drivers should be ready for slowdowns

along the section from Alexandre to Saint-Antoine streets, where the roadway will be narrowed to allow materials from demolished buildings to be removed from the site. One lane of the road will remain open in each direction.

The event has also come to include the Donald Patrick Award, which was created in 1982 by Bishop's College school in memory of the contributions its namesake made to the community

over the years. This award is given out each year to an individual or group who has greatly improved community life through their dedication and hard work.

Québec solidaire concerned Bill 37 could hurt small businesses

Record Staff

Concerned about the future of regional small and medium sized business (PMEs) that supply the Government of Québec, Québec solidaire MNAs Émilise Lessard-Therrien and Christine Labrie are asking the President of the Treasury Board, Christian Dubé, to commit to protecting all local purchases currently made by the Government of Québec.

In a recent statement the two MNAs voiced their opposition to proposed Bill 37, an act to establish a Centre d'acquisitions gouvernementales and Infrastructures technologiques Québec.

Under the bill, the Centre d'acquisitions gouvernementales would be re-

sponsible for providing public bodies with the goods and services they need in the exercise of their functions and full power to acquire such goods and services on behalf of such bodies.

"The CAQ prides itself on being the government for the regions, but with its centralizing bill, it is directly attacking our local PME's, which will no longer be able to compete with the big players. There is a printing plant near my home that is forecasting a 15 per cent drop in sales and a two-shift cut. In Amos, the chamber of commerce estimates that \$9 million in purchases from the school board will leave the region. On the ground, for our economy, that's huge!" commented Lessard-Therrien in a recent statement.

"While we're working hard as citizens to promote local purchasing, the government wants to force all public institutions to make their purchases through a centralized procurement centre, to the detriment of our PME's in the regions. Currently, our schools, CEGEPs and universities can act as levers for development by buying locally. With Bill 37, they will find it much more difficult to do business with local businesses, unless those businesses are big enough to win calls for tenders and supply all of Quebec. This decision by the CAQ to centralize everything is yet another attack on regional autonomy," added Christine Labrie, MNA for Sherbrooke.

According to Lessard-Therrien, if the

President of the Treasury Board is truly sincere in his desire to protect PME's in the regions, he has two choices: guarantee that 100 per cent of government purchases will be made locally, or back down on proposed Bill 37.

"Mr. Dubé promises us economies of scale but assures us that there will be no centralization. No one is fooled: to achieve economies of scale, as the minister wants, you have to make bigger contracts and buy from bigger suppliers. In the regions, we need our hospitals, schools and government offices to buy locally to support businesses. The minister's good feelings are not enough. We want clear guarantees that all local purchases will be preserved," concluded Lessard-Therrien.

Fight against blood cancer

CONT'D FROM PAGE 1

"I'm an experiment," Mackeage said. Firefighters are at an increased risk of developing the type of cancer Mackeage was diagnosed with.

While in treatment at the CHUS, Mackeage said the prognosis from his doctor was not good.

Luckily, Mackeage fit the criteria for a new type of treatment at the Maison-neuve Rosemont Hospital. He was in good physical condition, a non-smoker and was within the age requirement. His doctor wrote a letter to the hospital recommending him for the procedure.

Nineteen months later and following a stem cell transplant provided by his son, Mackeage is doing well. He's not ready to hit the ice, busy slowly rebuilding his immune system from scratch, but he has enough energy to want to give back.

"I'm alive because of their research," Mackeage said, "so anything I could do to give back."

"I'm not the only one," Mackeage added. There is another Sherbrooke firefighter who received the same treat-

ment and is now back to work who will be playing in this weekend's tournament.

Mackeage also met another player last year who had a stem cell transplant eight years ago and showed up to play in the tournament and support the cause.

"There are so many people who know someone or have a family member, they may just come out of the woodwork," Mackeage said.

For those who aren't big fans of hockey, Mackeage is part of a NASCAR group and said there is a race that coincides with the tournament, so he plans to set up a television so people can watch whichever they prefer.

Mackeage said last year the tournament received as many donations from the stand as they did from the players on the ice.

There are 64 players signed up for the tournament to make four teams with three full lines, and four goalies.

The players range in age from 17 to 71 years old.

"A lot of present and past firefight-

ers are playing in it," Mackeage said, adding there are also several father/son duos signed up.

"I would love to make it a firefighter thing," Mackeage said. "I'm going year by year. We'll see how it goes."

The upcoming tournament was organized by Mackeage with the help of friends Denis Petitclerc and Frank Gilbert as well as Claude Leclair from Bishop's University, who generously donated the ice for the fundraiser.

Last year, the tournament, in its first year, raised over \$6,500 for the Maison-neuve Rosemont Hospital.

There must be some unwritten code about hockey players helping each other.

Leading up to this year's tournament, Mackeage learned that the Tim Annesley Hockey Tournament, a long-standing community fundraiser, will make an effort to match the funds raised at Mackeage's tournament.

Until he got sick, Mackeage participated annually in the Tim Annesley Hockey Tournament.

Anyone who would like more infor-

mation about the upcoming tournament, starting this Sunday, Feb. 23 at 3:30 p.m. in the Bishop's arena, can email Mackeage at ericmac@videotron.ca. A tax receipt is available for any donations over \$25.



COURTESY

Mackeage with his son Ryan, who served as a donor for a cutting edge stem cell treatment at the Resemont Maisonneuve Hospital.

Fannie going solo

By Gordon Lambie

This Friday evening Fannie Gaudette, known within the Lennoxville community for her long-time involvement with the Bishop's University Singers as accompanist and artistic director, will take to the stage at Bandeen Hall for a very different kind of show. For the first time, Gaudette will perform as a singer/songwriter, presenting original compositions that she has written for the words of local poet Normand Achim.

"It's something completely new and unexpected," Gaudette said, calling the idea of solo performance a dream she never had. "It took me forty years to realize that, oh my God, this is so much fun. Now I'm really discovering singing and it's great. I love it."

Gaudette pointed to Achim, who has been a part of her family for decades, as the driving force behind the unplanned project.

"It's Normand's fault," she said, explaining that he had asked her at some point in the past to collaborate on another creative project. "We were having a meeting at his place to talk about that and I saw some of his poetry. I said to him that these would be really great lyrics of a song, and did you ever think about writing songs?"

Achim said that although the idea was interesting, he didn't jump right into it.

"I left it behind me for about two months, and then coming back from Montreal late one evening it took me about three and a half hours because I stopped everywhere to write lyric," he recalled. "I got home at midnight and sent it to her."

"That was the spark," Gaudette said, sharing that she had been interested in the idea of writing songs since working with Jamie Crooks to do so for a few of the Bishop's musicals, but really felt inspired when it came to the idea of putting music to Achim's words. In the end she described the work that has been produced as 95 per cent lyrics by Achim, and 95 per cent music by her, with each of the other providing a small amount of feedback on the other part.

The poet, meanwhile, described the creative process as very spontaneous and in the moment.

"I keep writing all the time," he said. "In the month of February I have 18 in 18 days."

Where he has been prolific, however, Achim said that he is amazed by his creative partner's ability to just come up with original compositions to fit the words.

"It's great to work with someone who understands the way I write and the feeling I'm trying to describe," he said. "She's a genius."

Though being a songwriter came as surprise enough to Gaudette, the fact that she is now the one who will sing

these new songs took that feeling to a whole other level.

"I thought we would offer these songs to other people but Normand twisted my arm really hard," she said, explaining that, "I have a very strange register; a very low voice, so I usually can't sing pop songs. They're always too high or in a strange range for me. If I write them myself and I put them in my sweet spot, though, it sounds okay."

Reflecting on the music, the musician described the arrangements as original and experimental at times, with some elements of classical music.

"It's not a classical music show at all, but there are some influences for sure," she said.

"She really understands the music, she can go deep within it," Achim said.

At this point Gaudette said that there are about 30 songs that are in the process of being recorded for a future album, but because of the nature of that kind of project it is hard to say exactly when that album might become available.

"We've worked really hard and I have some really fantastic musicians with me," she said. "Hopefully within a year."

In the meantime, those interested in hearing her debut solo performance would be wise to look into tickets soon, as the performer said she thought the small hall is already mostly full.

"It's going to be really, really fun," she said, adding that although the



NORMAND ACHIM

concert will be in French, people are often, "more bilingual than they think they are,"

The concert, entitled "Fannie" begins at 8 p.m. More details on the Musique Chez Nous music series is available at ubishops.cs/mcn or by calling 819-822-9692

Local poet to offer workshops at the Lennoxville Library

Submitted by
the Lennoxville Library

Lennoxville poet Jeff Parent will offer a series of six free poetry writing workshops for "new and seasoned poets alike" at the Bibliothèque Lennoxville Library starting this Thursday, February 20th. They will be held every other Thursday evening until April 30th and are open to all members of the community able to commit to attending all six meetings.

According to library coordinator, Christian Collins, the inspiration behind the workshop was the success of the poetry events that the library held during National Poetry Month in April 2019.

"We put on an open-mic poetry

event as well as a family poetry creation workshop facilitated by Eastern Townships Poet Angela Leuck," Collins said, "Both events were super popular and well attended. We saw that there was a real interest in this kind of program, where the community could come together to have fun, be creative, and share their creativity with others. When Jeff approached us to offer these workshops, we were all in."

Parent graduated from Bishop's University with a BA in English Literature and Creative Writing and now lives in Lennoxville with his family. He expects to complete a Master's degree in Creative Writing at Concordia University this spring. His poems have been published in a number of literary journals and reviews, including Montréal

Writes, The League of Canadian Poets, The /temz/ Review, Bad Nudes, Lemon Hound, and collections assembled by the Townshippers' Association.

Parent's passion for poetry is striking. As he describes it, poems are "about making connections that are original, surprising, and give us a new way of seeing." He admits that poetry can be daunting to some, demanding "restraint, economy, thoughtful editing, and endless revision," but he also affirms that anyone can make poetry, and that it is an art that is open to all "welcoming, forgiving, and rewarding."

When asked what participants might get out of this kind of workshop, Parent acknowledged that "writing... is a fundamentally solitary pursuit,"

but went on to state that "the benefit of sharing work in a group is that it gives [participants] a perspective on the work from outside themselves. Writers can so easily develop tunnel vision about their own work. We fall in love with our voices in solitude and forgive or ignore a multitude of sins that are detrimental if the goal is to write for an audience beyond oneself."

The series will culminate in a public open-mic poetry event at the library on Thursday, April 30th. Due to limited space and the expectation that participants will be present for all workshops, anyone interested is asked to register in advance by calling the library at (819) 562-4949 or emailing bibliolen@gmail.com

Railway blockades

CONT'D FROM PAGE 1

and temporary layoffs of Via Rail and CN railway employees in recent weeks.

"Rail traffic is essential to the proper functioning of the agri-food sector, from the land to the table. Quebec livestock producers, who rely on a constant supply of propane throughout the winter for their barns, are particularly

at risk at this time," commented UPA President Marcel Groleau.

According to the UPA, livestock producers in various regions have already received notices from suppliers warning them that propane deliveries could be suspended by next week, threatening the survival of their herds (especially younger and smaller animals).

The UPA also pointed out that re-

suming deliveries, if disrupted (or even stopped altogether) in the next few days, will not happen instantly. This period of return to normal must also be taken into account by the Canadian government, which will have to assume its financial responsibilities if producers suffer losses.

"A crisis is upon us and Mr. Trudeau must redouble his efforts to avoid it. Ev-

ery day that passes brings us closer to a dramatic situation, both for the cattle and the ranchers. No one wants to have to prioritize which animals will survive and which ones will be left to fend for themselves because of a lack of propane and essential heating," concluded Groleau.

The Border Report

Buster is a sweet and gentle 7 year old Alaskan Malamute who looks like a husky but doesn't have the energy of a husky.

Boundary Rotary Curling Bonspiel

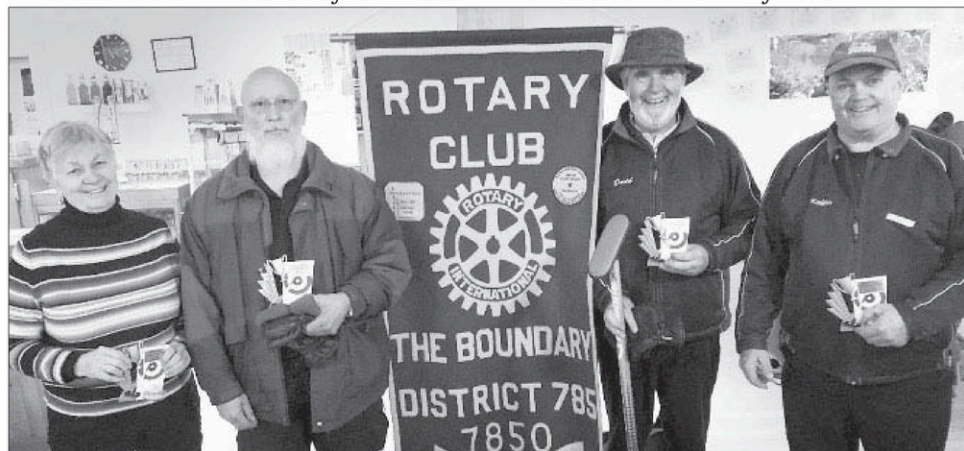
First ever bonspiel for the Boundary Rotary Club was held at the Border Curling Club on February 15. Teams from as far away as Water-

bury VT participated in this fun event. The winners of the "A" side was North Hatley Curling Club and "B" side was Sherbrooke Rotary Club.

The winners were awarded a trophy by Boundary Rotary Club president Jim Thompson.

bonspiel. Hope to see you all back next year.

Thanks to all the participants of the



"A" Winners North Hatley Curling Club - Lead: Sandy McDonald, Second: Gilles Fortier, Third: Dave Wilson, Skip: Bob Kyffin



"B" Winners Sherbrooke Rotary Club - Lead: Pierre Bergeron, Second: Mickey Morrely, Third: Jim Stone, Skip: Maitland Warner.

Hooked on School week in Stanstead



By Phelps Helps

This week across the province, schools, community organizations, and all levels of government are encouraging youth to continue with their studies and stay in school. Perseverance is the central theme to this special week in Quebec and it is no different in Stanstead. The town of Stanstead flies the Hooked on School flag with its white and green ribbon in front of the town hall, the local elementary schools plan initiatives, and Phelps' program coordinators plan special activities for each of their sessions during this week in February.

Our Spark Program for grades 3 and 4 saw students working in teams on a particularly tricky engineering challenge - making a free-standing upright ring made of Pringles - which necessitated a clear head, zen patience and an armful of perseverance. Phelps' Elementary Tutoring Program planned for grades 5 and 6 students to create an interactive bulletin board of past students of their elementary school who went on to complete high school, providing them with concrete examples of community peers who graduated.

Hooked on School activities are important for all ages; it provides a focused moment to highlight the importance

of education. High school students and young adults are considered more typically at risk of dropping out, which is why Phelps' High School Tutoring and Compass Program planned multiple activities throughout the week. A beautiful perseverance tree was painted by one of our high school students for which each of the other students contributed a leaf with a challenge they had had to overcome at school written on it. The students reflected on how they overcame the challenge and who may have helped them. Phelps' participants also wrote their names on paper airplanes to be attached in our windows as a commitment to graduating high school. For our final activity, Phelps' high school participants will be playing an entertaining game of 'Perseverance Bingo' at the end of our high school session tonight. This twist on a classic game has encouraging quotes and affirmations about perseverance on the cards rather than numbers.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six 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: Buster

Where are all the husky lovers? Poor old Buster hasn't received a single (good) inquiry since his arrival in late January so it's time to generate some interest.

Buster is a sweet and gentle 7 year old Alaskan Malamute who looks like a husky but doesn't have the energy of a husky. Friendly and well behaved, he walks very well on leash. True to his breed, he loves his daily walks along the snow covered paths that wind their way through the woods behind the shelter. So far he hasn't shown any interest playing fetch.

Weighing in at just under 115 pounds, Buster will benefit from losing a few pounds but he does enjoy his treats which he always takes gently.

Buster, does well with other dogs his own size (we have no small dogs to test him with) but we are told that he has a prey drive so a home without cats is probably best. Another limitation is that Buster is fearful going up or down stairs so his new home should be ground level. A few outdoor stairs leading up to a porch should be ok.

Buster's ideal adopter is someone who shares his love of the

outdoors and who enjoys taking long leisurely walks even on crisp winter days. Friendly and social, Buster will be perfectly content spending some of his free time lounging indoors enjoying quality time with his new family.

If you think Buster might be your perfect match, we'd love to hear from you. Our adoption coordinator Brenda is currently away so if you are interested in meeting Buster, please send an email to frontieranimalsociety@gmail.com and we'll be happy to set up your visit to meet him.



EDITORIAL

If you're a Habs fan your best bet is to hope for an early and warm spring so that the golf courses open in April.

For better or for worse, spring is just around the corner



TIM BELFORD

The good news is that there are only 30 days left until the first day of spring. The bad news is that's just about the only thing we have to look forward to.

Seriously, on the political front you have to know how bad things are when the Conservative leadership campaign is the brightest event on the agenda. Are you really ready for four more months of the Tories trying to find someone to take up Sir John A.'s mantle and lead the party to victory? It could very well take them another two months just to find a candidate other than Peter MacKay who is recognizable to more than three per cent of the population.

As for the Liberal government, the Prime Minister finds himself caught between a rock and a hard place. Actually it's more like being squeezed between an oil pipe and a totem pole. Just the same, nothing good can come out of the ongoing debate between environmentalists and oil riggers with a side order of hereditary versus elected chiefs on the same bill. If Prime Minister Selfie can come out of this with anybody happy he probably deserves another four years running the nation.

South of the border, the unimpeachable president has taken up where he left off. Seeing the senate vote as a sign of his own infallibility he has decided to give a presidential pardon to just about any friend or supporter who has been imprisoned during the last de-

cade, Democrats need not apply. He's also taken the opportunity to fire anyone called as a witness in the recent impeachment process no matter what their testimony. It's good to be king.

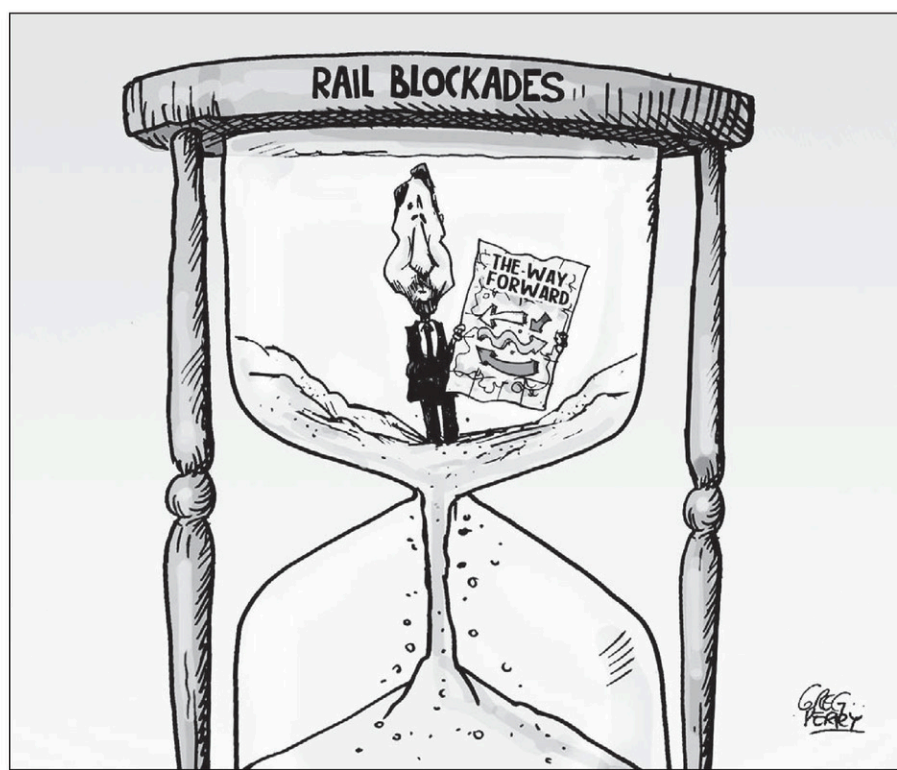
If you're a Habs fan your best bet is to hope for an early and warm spring so that the golf courses open in April. Having blamed the coaches, the management, Carey Price, the referees and bad bounces, Montreal supporters have run out of excuses. Toronto fans in the province - both of them - are not much better off since the Leafs have proven to be the best one-period team in the NHL, although as of press time they're still holding onto a playoff spot.

On the health front, daily updates on the spread of the coronavirus appear to be written by one of the four horsemen of the apocalypse, now moonlighting for Reuters or The Daily

Telegraph. It appears that we can look forward to travel between China and the rest of the world being banned for the immediate future, or for the next century if Donald Trump has his way. To put it in perspective however, as of February 3, the Coronavirus has affected around 18,000 world wide with under 400 fatalities. The regular seasonal flu however, has affected 19 million in the United States alone with over 10,000 casualties. Forget China, we should be closing the borders with our neighbours to the south.

And so it goes. Government departments continue using loopholes to deny access to information, New Brunswick closes hospital emergency rooms overnight, linguistic school boards are gutted by the government, the royal family announces another divorce as the Earl of Snowden and his wife split and Gwyneth Paltrow admits she failed as a first-time mom. As they say, if it weren't for bad news there would be no news at all.

But take heart. As I said earlier, spring is just around the corner, whatever it may bring.



Letters

DEAR EDITOR:

On Valentine's Day, appropriately, Dr. John D. Cameron from Dalhousie University, wrote an editorial about the power of love. To support his argument, Dr. Cameron cited the results of a "meta analysis" over the years in different countries. A meta analysis is essentially a way of numerically combining the results of many studies. He wrote that this analysis showed "strong causal connections between a lack of parental love and psychological maladjustment of children and adults" (italics mine).

However, in the paper he quoted, Dr. Abdul Khaleque from the University of Connecticut only claimed that "there are significant relations between parental love and psychological adjustment" (italics mine). The distinction between "cause" and "relationship" is important. Demonstrating that variables are associated does not show that one causes the other. Indeed, in another paper, Dr. Khaleque addressed the limitations of this research, stating that "all studies are cross-sectional and correlational in nature. Therefore it is not possible to make causal inferences about relations between parental undifferentiated rejection and offspring's psychological maladjustment" (italics mine).

It is possible to predict that children who are not loved are more likely to experience problems than children who are loved. The problems may be caused by lack of love, but there are other logical explanations of the relationship. For example, if genetics plays a role in personality and behaviour (and there is evidence for this), cold parents may have problems and these problems may be passed on through heredity, at least in part.

My point is that care should be taken in the way that that research results are interpreted. To demonstrate causation, experiments are required and it would be unethical to conduct them with children. However, readers may be interested to know that the power of mother love has been shown with monkeys. There are also ethical problems with animal studies, but Dr. Harry Harlow demonstrated that the attachment of baby monkeys to their mothers was not a consequence of being fed, but of being given physical comfort ("cuddling"). This result would be consistent Dr. Cameron's claim about the causal effects of love.

Sometimes science challenges what we think we know. Sometimes it provides confirmation. But it must be conducted and interpreted carefully.

STUART MCKELVIE
LENNOXVILLE

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

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Local Sports

"When I was younger, I had the chance to meet junior players. I remember every single one of those moments exactly. I know what the impact it can have on young people..."

Sherbrooke Phoenix player launches sports fundraiser

Record Staff

Phoenix Forward Alex-Olivier Voyer, always very involved in the community, has launched a sports fundraiser, inviting fans to bring sports equipment in good condition to the Palais des sports. Everything collected will be donated to the David Perron Foundation to help young athletes in the region.

Since his arrival with Phoenix Alex-Olivier Voyer, a native of Sherbrooke, has been involved with the community. Summer and winter, he never misses an opportunity to give back.

The 20-year-old hockey player understands the importance of creating ties with the fans.

"When I was younger, I had the chance to meet junior players. I remember every single one of those moments exactly. I know what the impact it can have on young people. It doesn't take much for us, but it can make such a big difference to the people we meet. Basically, it's a give-and-take: they come to cheer us on at the Palais des sports, so it's only natural to give back to them,"

Voyer commented.

After serving as honorary co-chair of the blood donor clinic, participating in activities with partners and fans, visiting a number of local schools and hockey teams, and setting up his own contest to bring the typical day of a hockey player to life during the summer season, Voyer wanted to set up a project that would help people in need. That's how the idea of setting up a sports equipment collection came about.

Already involved with the David Perron Foundation, he chose to donate the items collected to this foundation, which helps local children who cannot afford to practice their sport.

Being in his last junior year, Alex-Olivier Voyer hopes that one of his teammates will take over the project next year.

Attend a game

Fans who bring sports equipment to the Palais des will leave with a ticket for the match on Wednesday, Feb. 26. A total of 200 tickets will be available. The equipment received must be in good condition and of equal or greater value than the ticket.

People are invited to drop off the equipment at the Phoenix administrative office on weekdays or at the David

Perron Foundation booth during the next three games.

The collection will end on Feb. 28.



COURTESY

BU kicking and shooting for the cure

Record Staff

Close to \$1,800 will be donated to the Quebec Breast Cancer Foundation, raised through events organized by the Bishop's women's basketball and soccer teams.

The most recent event was a Kick for the Cure Futsal (indoor soccer) Tournament organized by the BU Women's

Soccer team. Ten teams participated in the event, and a team composed of BU men's soccer players ended up winning the tournament, which raised \$1,197.

That amount was added to the Women's Basketball Shoot for the Cure, which raised \$471.50.

The BU Lacrosse team also kicked in \$50 raised with a fundraising table.



CLIRE WEBB

A group picture of the participants of the Kick for the Cure Futsal tournament held at Bishop's University to raise money for the Quebec Breast Cancer Foundation.

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Datebook

THURSDAY, FEBRUARY 20, 2020

Today is the 51st day of 2020 and the 62nd day of winter.

TODAY'S HISTORY: In 1792, President George Washington signed into law the Postal Service Act, establishing the U.S. Post Office Department.

In 1962, astronaut John Glenn became the first American to orbit the Earth, making three orbits aboard the Mercury program's Friendship 7 spacecraft.

In 1986, the Soviet Union launched the core module of the Mir space station.

In 2003, a pyrotechnics display during a Great White concert set fire to the Station nightclub in West Warwick, Rhode Island, killing 100 people.

TODAY'S BIRTHDAYS: Ansel Adams (1902-1984), photographer; Robert Altman (1925-2006), filmmaker; Richard Matheson (1926-2013), author/screenwriter; Sidney Poitier (1927-), actor; Nancy Wilson (1937-2018), singer/actress; Patty Hearst (1954-), actress/socialite; Charles Barkley (1963-), basketball player/broadcaster; Cindy Crawford (1966-), fashion model; Kurt Cobain (1967-1994), musician; Lili Taylor (1967-), actress; Trevor Noah (1984-), comedian/TV host; Miles Teller (1987-), actor; Rihanna (1988-), singer-songwriter.

TODAY'S FACT: More NASA astronauts (31 men and women, as of 2020) have come from New York than any other state.

TODAY'S SPORTS: In 1998, 15-year-old Tara Lipinski became the youngest person in history to win a singles figure skating gold medal at the Winter Olympics held in Nagano, Japan.

TODAY'S QUOTE: "Filmmaking is a chance to live many lifetimes." – Robert Altman

TODAY'S NUMBER: 10,506 – duration (in hours) of the longest single human spaceflight, by Russian cosmonaut Valeri Polyakov from January 1994 to March 1995. Polyakov spent 437 days aboard the Mir space station.

TODAY'S MOON: Between last quarter moon (Feb. 15) and new moon (Feb. 23).

Running is a great way to keep active as you age



ASK THE DOCTORS

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

Dear Doctor: I was a runner in college, but I stopped running after marriage and kids and work. I'm 62 now, and everyone says that if I resume running I'll get hurt because I'm too old. What do you think?

Dear Reader: We believe it's never too late to begin exercising and, with certain important caveats, this includes running.

Studies show that running offers a range of benefits to both physical and mental health. These include improvements to cardiovascular function, strength, endurance and bone health, as well as mood and

cognition. An analysis of running studies conducted by British researchers published last year found that running as little as once a week was associated with increased longevity. A similar study published in 2017 found that runners reduced their risk of premature death by up to 40%. Several studies have associated running with an increase in metabolic markers associated with bone formation.

This potentially good news matters only if your approach to running matches your age and your fitness level. That includes taking into account muscle strength, balance, range of motion, heart and lung function, and any chronic health conditions you may have. Even if you are in great shape, your running life will be different today from how it was in your 20s. Based on your age, you'll need to adjust your frequency, speed, intensity and mileage.

Since osteoporosis is a risk for post-menopausal women, and running is a high-impact activity, we believe it's important get a bone density test. It's a quick and painless scan that assesses bone health and can reveal any potential problems. It can also be a predictor of future injuries.

Also, please check with your health care provider before you get back to

running. They can be a great resource to keep you strong and healthy, and to help track your progress. They can also make sure you're being safe while getting back into running.

Do not try to do too much too soon. You've heard this before, but it really is important to ease in to your new activity. The most common running injuries, such as shin splints, stress fractures and Achilles tendon pain, arise from overuse. It's tempting to set goals in terms of miles, but we recommend you think in terms of minutes. Begin by interspersing two or three minutes of gentle running (people used to call it jogging) with five or six minutes of running. Take a moment between cycles to stretch your quads and hamstrings, check your posture and control your breath. Give yourself a few months to gradually build up to a regular running schedule. Make sure to include strength and resistance training in your weekly exercise rotation, which will help prevent overuse injuries. Finally, finishing with gentle leg, hip and torso stretches will help your body recover and get you ready for your next run.

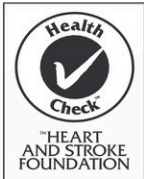
Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Do Just One Thing



By Danny Seo

Ever wonder why your shoes smell? There are over 250,000 sweat glands in your feet that can generate half a pint of moisture a day. Now imagine working out in your sneakers, and that's why they can have a foul odor. The best way to keep your shoes smelling fresh is to do one thing: Let them dry out as soon as possible after using. Placing shoes in direct sunlight or in a very sunny spot can help dry them out quickly. And rotating shoes so you're not wearing the same ones every day can help, too. Last tip: Stuff the soles with newspaper. Newsprint is designed to absorb ink, so it'll absorb excess moisture, too.



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For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

NEA Crossword Puzzle

Your Birthday

THURSDAY, FEBRUARY 20, 2020

LEO (July 23-Aug. 22) – Follow your heart and do what comes naturally. Update your skills, image or long-term plans. A romantic gesture will change the dynamics of a relationship.

VIRGO (Aug. 23-Sept. 22) – Experience new surroundings, get to know people from different backgrounds and pursue knowledge that will revitalize your desire to pursue a lifelong goal. Youngsters and seniors will offer **unexpected insight**.

LIBRA (Sept. 23-Oct. 23) – Spend less time with negative people and more time pursuing personal goals. A makeover will give you the boost you need to regain confidence and a larger perspective. Romance is encouraged.

SCORPIO (Oct. 24-Nov. 22) – Consistency will be required if you want to make an impression on someone. Work in conjunction with others for best results. Add comfort and convenience to your living space.

SAGITTARIUS (Nov. 23-Dec. 21) – Digest what's going on around you and be careful who and what you believe. Spend less time socializing and more time at home relaxing and taking care of your personal needs.

CAPRICORN (Dec. 22-Jan. 19) – An unusual opportunity will develop if you get in touch with someone from your past. The way you make and handle money will change the way you live.

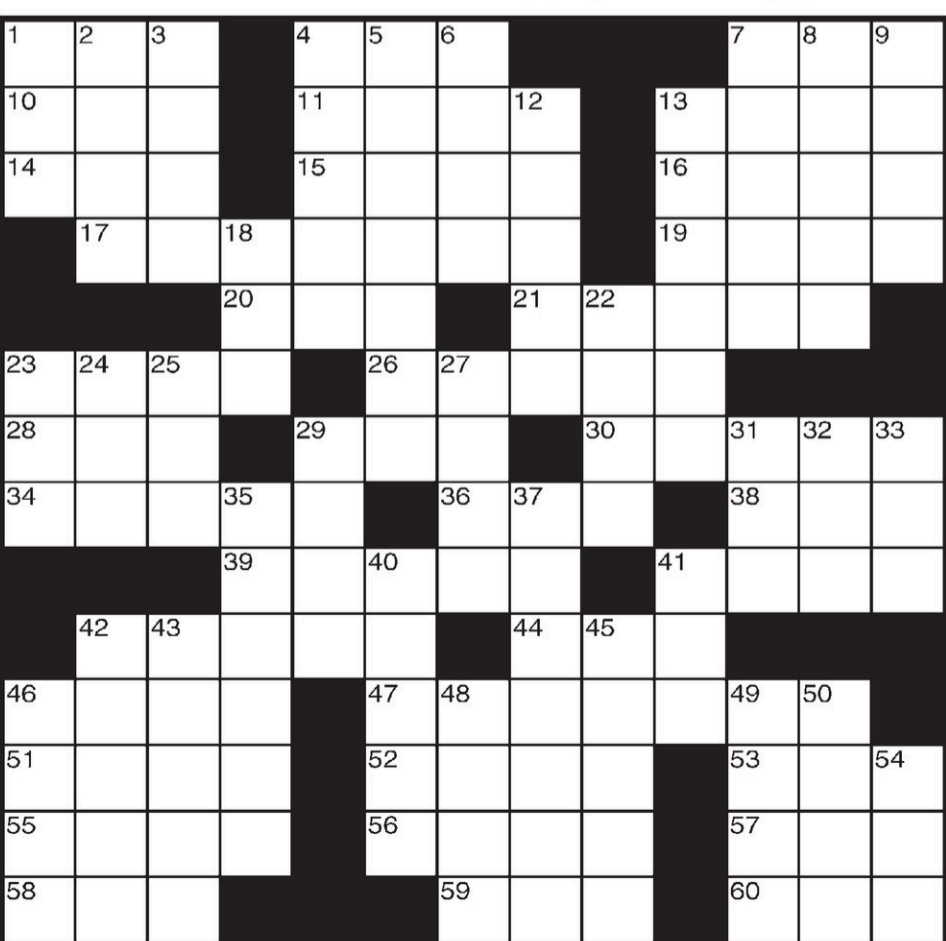
AQUARIUS (Jan. 20-Feb. 19) – Reflect and consider your options before you respond to someone. Time is on your side. Pay attention to detail and to the effects of your words or actions.

Answer to Previous Puzzle



- ACROSS**
- 1 Record
 - 4 Pod vegetable
 - 7 Belfry dweller
 - 10 Tall bird
 - 11 WWW addresses
 - 13 Rounded roof
 - 14 Court evidence, maybe
 - 15 Sir's companion
 - 16 Omigosh!
 - 17 Stalemate
 - 19 Building extensions
 - 20 Tempe inst.
 - 21 Stand up
 - 23 Mr. Uris of "Topaz"
 - 26 Second showing
 - 28 Moon, in verse
 - 29 Princess Di's niece
 - 30 Snow shelter
 - 34 Arrogance
 - 36 Guitarist — Wood
- DOWN**
- 38 Zippy the Pinhead's cry
 - 39 State Farm competitor
 - 41 D.C. figures
 - 42 Rustle
 - 44 Sorority letter
 - 46 Full extent
 - 47 Relieved
 - 51 Indianapolis gridded
 - 52 Midday
 - 53 Hearty laugh
 - 55 Bohemian
 - 56 Karate move
 - 57 Sports "zebra"
 - 58 Yves' nose
 - 59 Aurora locale
 - 60 List ender

- 6 Sad cry
- 7 Fixes potatoes
- 8 Plenty
- 9 Golf pegs
- 12 Campaign tactic
- 13 Tinting
- 18 Poor review
- 22 Make a mess
- 23 Prune
- 24 Mess up
- 25 Osaka sash
- 27 Merit
- 29 Hive occupants
- 31 Drain cleaner
- 32 Alley —
- 33 Startled cries
- 35 Delicate
- 37 Rowboat device
- 40 Part of TGIF
- 41 Trigger's rider
- 42 Mushroom-to-be
- 43 Ballroom dance
- 45 Sneezer's need
- 46 Survey
- 48 "— & Clark"
- 49 Fictional governess
- 50 Two voices
- 54 Col. Sanders' place



What are you waiting for? Step up to the plate and hit the ball out of the park. You've got what it takes to push your way to the top, so don't be lazy, or you may miss out on something fabulous. Live your dream and have an adventure.

PISCES (Feb. 20-March 20) – A change of attitude regarding your health and fitness will help you restore energy and enthusiasm, as well as improve your appearance. Work hard and be confident in your skills.

ARIES (March 21-April 19) – Don't expect anything in return for your efforts. Offer only what you are comfortable giving to others. If you are too accommodating, someone will take advantage of you. Aim to please yourself.

TAURUS (April 20-May 20) – Get involved in something that interests you. What you learn will be helpful when you want to make a vocational move. An unexpected opportunity is heading your way.

GEMINI (May 21-June 20) – A co-worker or colleague will let you down. Leave nothing to chance or at the mercy of someone else's discretion. Don't let compliments go to your head or allow anyone to interfere with your efficiency.

CANCER (June 21-July 22) – Spend time with people who bring out the best in you. Sharing ideas, skills and experience will give you a sense of belonging, and good work relationships will develop.

THURSDAY, FEBRUARY 20, 2020

How to make partner do the unusual

By Phillip Alder

Niccolo Machiavelli wrote, "There is nothing more difficult to take in hand, more perilous to conduct or more uncertain in its success than to take the lead in the introduction of a new order of things."

So true. Last week, we looked at fourth-suit game-forcing. It was first proposed by Londoner Norman Squire in his book "The Theory of Bidding," which was published in 1957. Impressively, what he wrote then is still the accepted theory today.

This deal features a double that causes debate even among experts. East opens one spade, South overcalls one no-trump, West passes, North raises to three no-trump, and East doubles. What does that double mean?

It cannot be for takeout; it must be for penalty. But which suit is it asking West to lead?

I have read books and articles where the authors say that it insists on a spade lead. But, with all due respect, that is crazy!

What is West going to lead against three no-trump undoubled?

Right – a spade. Even if he has a nice-looking long suit like his hearts in this deal, he has no entry to get in and

		North	02-20-20
		♠ 6 3	
		♥ A Q 4	
		♦ 7 5 2	
		♣ K J 10 9 8	
West		East	
♠ 5 2		♠ Q J 10 9 8	
♥ J 10 9 7 6		♥ 5 2	
♦ 4 3		♦ A K Q J 10	
♣ 7 6 4 3		♣ 2	
		South	
		♠ A K 7 4	
		♥ K 8 3	
		♦ 9 8 6	
		♣ A Q 5	
Dealer: East Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	1♠
Pass	Pass	Pass	
Opening lead: ??			

cash any winners he might be able to establish. East has their points, so West will lead his partner's suit.

East's double must be asking for the lead of a different suit. East has winners ready to cash if West can find the right suit. So, what should West lead?

Given West's diamond shortage, that is his percentage choice. Note that here it turns three no-trump plus one (after a spade or heart lead) into three no-trump minus one.

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.

“ U XWK, VFK U'R X RYKSHN DUNJK
XZG BUDH JHWYZG. XWKUZL UJ ...
XVYFK HCMPYNUZL KSH SFRXZ JYFP.”
— XZZHKKH VHZUZL

Previous Solution: “You cannot doubt yourself. Doubt is a killer. You just have to know who you are ... what you stand for.” — Jennifer Lopez

TODAY'S CLUE: *P equals W*

REALITY CHECK



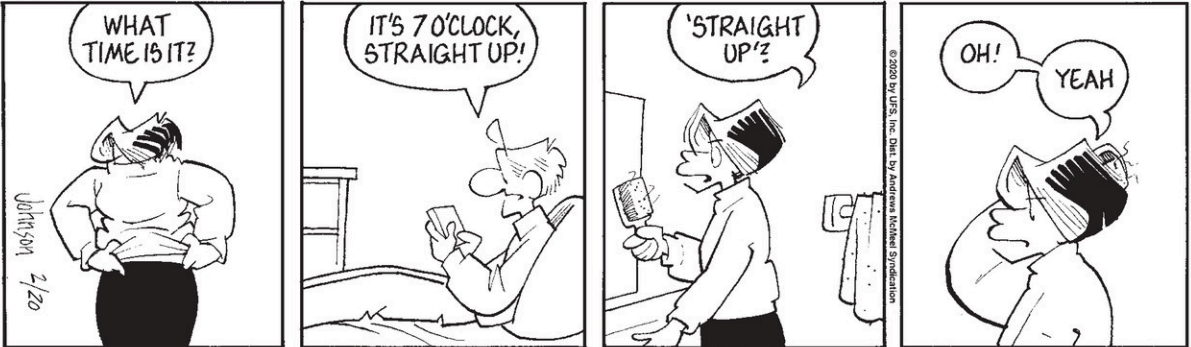
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TOWNSHIPS

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Story Time will be held at the Daniel Menard RCM Library in Richmond on Friday, February 21 starting at 7 p.m.

RICHMOND

The Ladies Auxiliary of the Royal Canadian Legion, Branch #15, Richmond will hold an Assorted Soups Supper, with crusty bread, dessert, tea and coffee, on February 22 at 5:30 p.m. For advance sale of tickets, contact Siemy at the Legion 819-826-3444.

NORTH HATLEY

The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be hosting another Afternoon Tea and Talk on Tuesday, February 25 at 2 p.m. at the North Hatley Community Centre (3127 Capelton Road). The committee will be welcoming a very special guest: Dr. Louise La Fontaine, palliative care physician and president of the

Québec Association of Palliative Care. Be it for yourself or for someone you love, join us and become more informed about all of the palliative care options that are available. As always, the members of the MADA Committee will be serving coffee, tea and homemade treats, and admission is free. Transport is available for area residents who require it (819-842-2754).

HATLEY

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

HUNTINGVILLE

Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our "All You Can Eat" Roast Pork Supper - roast pork cooked to perfection, buttery mashed potatoes, gravy, diced beets, mixed vegetables and apple sauce. This meal would not be complete without pumpkin pie and whipped cream for dessert! Sunday, February 23 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville). Adults \$15, 6-12 years old \$7, under 6 free and best of all we have a family price of \$45! We offer "takeout". Give us a call at 819-679-8493, tell us what time you will be by to pick up your order. If you would like more information on any of our projects, please come to our supper or contact Unity Lodge #8, IOOF, at unity8ioof@yahoo.ca or 819-

820-5672. Pick up a brochure or maybe even an application to look over. You can also visit us on Facebook - Three Link Fraternity, Unity Lodge #8, IOOF. If you would like information about renting our facilities for your event or to hold meetings, exercise, marshal art or yoga classes, anything you might need, we will discuss it with you. Come to our supper and we will answer any questions you have. Also you can email us at unity8ioof@yahoo.ca or call 819-820-5672.

LENNOXVILLE

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

NORTH HATLEY

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

LENNOXVILLE

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

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

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PREVIOUS SOLUTION

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

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

Eyes on the clock

Dear Annie

THURSDAY, FEBRUARY 20, 2020

Dear Annie: I've had my current job for four years. I work at a small company of about 20 employees. My co-worker, "Beth," has been here about a year longer than me. She joined my department about six months ago. One thing I appreciate about my department is our work-life balance. We care about our work, but we also care about having time for our families and other interests outside of work. I will, of course, stay late when there's something urgent or important that I need to get done or if a co-worker needs help with something. But that only happens maybe once a month. Even then, I rarely stay more than an hour later.

Beth previously worked in a department of self-professed workaholics. They pride themselves on regularly working 11-hour days. She's brought that attitude with her to my little department, and it's upsetting the reasonable dynamics.

I leave work around 6:05 p.m. or 6:10 p.m. (My day ends at 6 p.m.) We work in an open office, so my co-workers can see when I'm taking off for the day. Every day, without fail, I see Beth looking up at the clock in the corner of her computer screen or glancing down at her watch. It drives me bonkers. I hate feeling like she's judging me.

I've thought about casually mentioning all I've accomplished throughout the day as I get ready to head out, but then I realize that would be silly. It's not as though she's my boss. (My boss, by the way, leaves around the same time as me, though from her separate office.)

How would you handle this? - I Like My Evenings, Thanks

Dear ILMET: It's time for you to stop caring about whatever Beth may think about you - which you really don't know one way or the other. Perhaps she always looks at the clock when you get up to leave because she's thinking, "Wow, I can't believe it's already 6."

Working late does not necessarily mean working hard. If you can get all your work done within normal hours, that means you're efficient. If Beth enjoys staying late at work every night, let her knock herself out.

Dear Annie: We have been living in our house or more than 30 years and have always had pets. We've never had a mouse problem in the house - until now. This has been a very cold winter, and I saw a tiny mouse in the kitchen sink several weeks ago. I turned the water on and didn't see the mouse for weeks, but this week I have heard mouse noises and seen evidence of cat treat bags bitten or scratched open, and our cat's food and treats tampered with. Is there anything I can do to get rid of the mouse (or mice) without endangering our cat? - Karen in Kansas City, MO

Dear Karen in Kansas City: When nature come inside, there are natural ways to show it the door. For mice, deterrents include the wonderful-smelling peppermint oil and the not-so-wonderful-smelling bobcat urine. (You can find predator urine at home improvement stores and online.) Some also have reported success with Tabasco sauce.

Be sure to keep your house extra clean. Store pet food in airtight plastic containers. Plug any holes that might be mouse entryways with steel wool, the one material that they cannot chew through.

See the Humane Society's "Humane Rodent Solutions" page for more tips on nontoxic methods of mouse removal (<https://www.hsi.org/news-media/humane-rodent-solutions>).

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

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

The secret to this applesauce cake is cider and dried apples

By America'S Test Kitchen

Applesauce cakes don't have a singular definition; they run the gamut from dense, chunky fruitcakes to gummy "health" cakes without much flavour. We wanted a moist and tender cake that actually tasted like apples.

To achieve the loose, rustic crumb that's best suited to a snack cake, we used the simple quick-bread mixing method, mixing the wet ingredients separately and then gently adding the dry ingredients by hand.

The challenge lay in adding more apple flavour. Simply increasing the applesauce made for a gummy cake, and fresh apples added too much moisture. But two other sources worked well: apple cider and dried apples.

When reduced to a syrup, the apple cider contributed a pleasing sweetness and a slight tang without excess moisture. And dried apples - plumped in the cider while it was reducing - gave our cake even more apple flavour.

We liked the textural contrast provided by a simple sprinkling of spiced granulated sugar over the cake before baking. This cake is very moist, so it's best to err on the side of overbaked when testing its doneness. We prefer the rich flavour of cider, but you can substitute apple juice.

APPLESAUCE SNACK CAKE

Servings: 9

Start to finish: 1 hour (plus up to 2 hours to cool)

- 1 cup apple cider
- 3/4 cup dried apples, cut into 1/2-inch pieces
- 1 cup unsweetened applesauce, room temperature
- 2/3 cup (4 2/3 ounces) sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 1/2 cups (7 1/2 ounces) all-purpose flour
- 1 teaspoon baking soda
- 1 large egg, room temperature
- 1/2 teaspoon salt
- 8 tablespoons unsalted butter, melted and cooled
- 1 teaspoon vanilla extract

Adjust oven rack to middle position and heat oven to 325 F. Make foil sling for 8-inch square baking pan by folding 2 long sheets of aluminum foil so each is 8 inches wide. Lay sheets of foil in pan perpendicular to each other, with extra foil hanging over edges of pan. Push foil into corners and up sides of pan, smoothing foil flush to pan.

Combine cider and dried apples in small saucepan and simmer over medium heat until liquid evaporates and mixture appears dry, about 15 minutes. Let mixture cool completely, then process with applesauce in food processor until smooth, 20 to 30 seconds.

Whisk sugar, cinnamon, nutmeg, and cloves together in bowl; set aside 2 tablespoons mixture for topping. Whisk flour and baking soda together in second bowl.

Whisk egg and salt together in large bowl. Whisk in sugar mixture until well-combined and light-colored, about 20 seconds. Whisk in melted butter in 3 additions, whisking after each addition until incorporated. Whisk in applesauce mixture and vanilla. Using rubber spatula, fold in flour mixture until just combined.

Transfer batter to prepared pan and smooth top with rubber spatula. Gently tap pan on counter to settle batter. Sprinkle reserved sugar mixture evenly over top. Bake until toothpick inserted in centre comes out clean, 35 to 40 minutes, rotating pan halfway through baking. Let cake cool completely in pan on wire rack, 1 to 2 hours. Using foil overhang, lift cake from pan. Serve. (Cake can be stored at room temperature for up to 2 days.)

Nutrition information per serving: 278 calories; 97 calories from fat; 11 g fat (7 g saturated; 0 g trans fats); 51 mg cholesterol; 304 mg sodium; 42 g carbohydrate; 1 g fiber; 24 g sugar; 3 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Applesauce Snack Cake in "Perfect Cake."

(The Associated Press)

2020 Toyota Corolla Hybrid



The hybrid Corolla covers much of the same ground as the Prius, but looks far more sedate

PHOTO: D. HEYMAN



by Dan Heyman

For 2020, Toyota has added a hybrid option to their Corolla lineup. At first blush, it makes sense as the Corolla is one of the best-selling nameplates of all time and with Toyota's long association with Atkinson Cycle hybrid powertrains, this seems the obvious move. Thing is, Toyota already has the Prius and it's pretty much exactly the same size - both inside and out (both are about 4,400 mm long and 1,700 mm wide) - as the Corolla. It also makes the exact same power - 121 hp and 105 lb-ft of torque - by using the exact same running gear. To top it off, the Prius has more cargo room due to its being a hatchback and the Corolla having a traditional trunk.

So, what's the deal? As popular as the Corolla is, the Prius has plenty of brand equity of its own. Indeed, there are times I've wondered why Toyota doesn't just get on with it already and create a Prius sub-brand (at one time there were three Prius models, remember - four if you include the Prime PHEV) to help fill the gap left by the departure of the youth-oriented Scion sub-brand in 2016. Why did Toyota feel the need to send the Corolla scurrying onto the Prius' turf? But then I invite you to, well, take a look at the Prius. This may seem shallow, but it is a weird-looking thing and there's a large slice of the buying populace that may want an advanced powertrain, but not necessarily to advertise the fact through cray-cray styling. Look to the toned-down second generation of the Chevrolet Volt to see what I'm on about. And so, enter the Corolla, a car that prompted my architect friend to say upon encountering it: "that's what you think of when you hear the word 'car.'" Read: it's pretty vanilla.

The current generation is somewhat less vanilla, mind you. The headlight lenses are a little more aggressive and the ultra low-profile grille that bisects them helps provide a menacing fascia. Yes, I said "menacing" while talking about a Corolla. A hybrid Corolla, no less. Quote me. Or sue me. Whatever. The big black mesh below that grille is a little too extreme if you ask me, but

they had to get the cooling in there somehow. The effect is a little tamer around back, but the Corolla's low-profile taillamp lenses do add a touch of class to the proceedings.

The interior

Inside is where the work is really done to differentiate the Corolla from the Prius. The Prius' massive vertical display and centralized gauge cluster is in stark contrast with the Corolla's traditional gauge set-up and smaller horizontal display (though it still measures a respectable 8 inches diagonally), that you'll find in other models in the Toyota lineup. You also get a traditional gear lever in the Corolla as opposed to the dongle thingy in the Prius. I'll take the Corolla's option any day of the week.

Those differences notwithstanding, the interior of the Corolla benefits from what's been going on at Toyota over the last few years. There's a good helping of high-quality materials in here, and even some upper-class touches like contrasting white stitching on the black leatherette seats and bisecting the dash. This is no taxicab-spec offering, that's for sure.

Though there's only one Corolla Hybrid trim, the leather seating and steering wheel you see in the pics come as part of the \$2,000 Premium Package, which also adds niceties like heated rear seats, 8-way power adjustable driver's seat, wireless charging, ambient lighting and more. I was genuinely surprised by the luxury features included. Heated rear seats? In a compact sedan? Really?

It makes sense once you're sat in the back, however. This is a nicely spacious place to be and while it may be a compact sedan, I wouldn't have a problem offering to drive three adults home from the holiday party in one of these. They'd be fine for room and with the heated seats and leather surfaces, they'd be comfortable in the cold, too. The seats both front and back are well-padded, though I would like just a little more lumbar support up front.

I'm less enamoured with the infotainment system, however, starting with Apple CarPlay. At first, I thought there was no CarPlay support; typically, CarPlay is a plug and play system - you plug your device in, and were good to go. Here, though, one has to first activate CarPlay by navigating the menus. There's no support for Android Auto; Toyota doesn't "do" Android Auto on anything but a few select 2020 models. The Corolla Hybrid isn't one of them. Toyota's native Entune system is OK, if not all that good-looking thanks to aged graphics and less-than-satisfying colour palette. Put the Corolla's infotainment display against that which is

found in a Honda Civic or Hyundai Elantra, and you'd think you'd be looking at cars from different decades.

On the road

While the power figures aren't going to blow anyone's socks off, the Corolla Hybrid is a pretty happy cruiser once you're up and running. Road and wind noise are nicely low and while you're going to hear it when you aggressively get on the throttle, a lot of that can be blamed on the CVT transmission as these systems tend to not be the quietest of operators. You won't win any stoplight grand prix, but that's not really what vehicles like this are about.

Indeed, better they should keep fuel intake low and the 6.7L/100 km combined total I registered during my urban testing is low enough for me. If I were to really feather the throttle then I could keep it in full-EV mode for longer; you can cruise at about 40 km/h in EV mode. Beyond that point the system sends you a somewhat stern-sounding message through the gauge cluster display that your speed has exceeded EV mode's limits.

You can also press a button to activate EV mode, but all that really does is increase the threshold that the Corolla stays in EV mode. I hardly ever used the feature, preferring to let the system work it out itself because it's probably smarter than I am. The fuel consumption totals suggest I'm right.

While interior space is a big part of occupant comfort, how smoothly a car rides is another. For its part, the Corolla rides just like its looks suggest it would: uneventfully and predictably. Bumps are mostly well-absorbed, and you don't get that tinny feeling as you hit more severe ones. They did well with the shocks and bushings here to ensure that the family will be happy cruising around in its Corolla Hybrid for years to come.

The family will also be happy with all the extra goodies coming their way thanks to the Hybrid's fuel-stinginess. It should come as no surprise that this here's a car that works exactly as you'd expect it to. It's not exciting to look at or drive, to be sure, but those looking for the qualities this type of car delivers likely don't give two hoots about that. It's fuel-efficient, it's comfortable and it's 100% unassuming. It also provides a more sedate alternative to the bonkers-looking Prius alternative.

We like

Fuel-efficient, Interior space, Comfortable ride

We like less

Low on guts, Tame-looking, to put it politely, Infotainment lags behind competition

Aluminized steel & stainless steel mufflers



Fernand Cabana, owner
Sylvain Auger, Manager

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