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**Local softball
and high school
sports roundup**

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THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Nature and
community
activism**

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WEDNESDAY, MAY 22, 2019

**New U de S
mental
health
resource**

By Emilie Hackett
Special to The Record

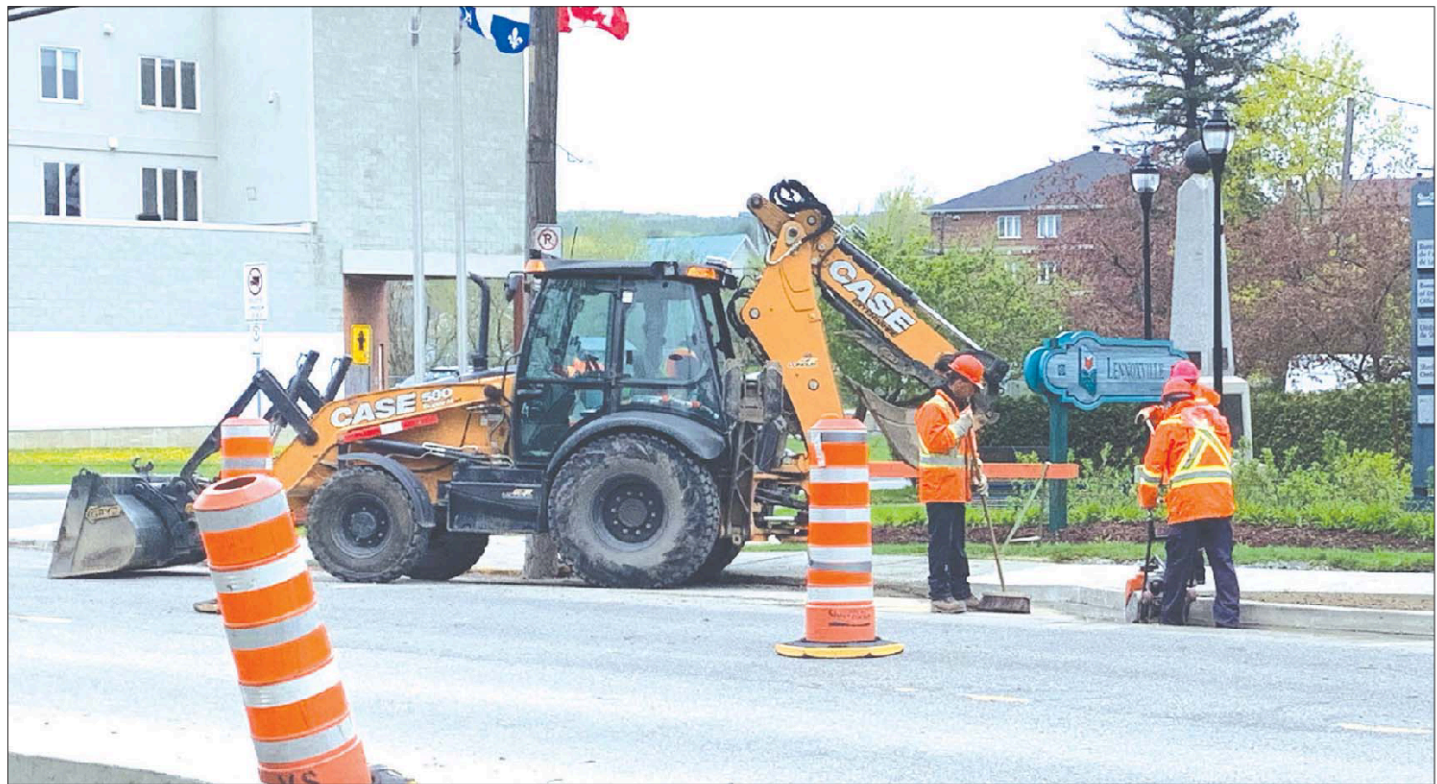
Over 3,000 recorded residents in Estrie live with schizophrenia, a chronic mental disorder that affects how a person thinks, feels, and behaves. Symptoms include psychosis, loss of contact with reality, hallucinations, and many more. Marie-Claude Jacques, research professor at the University of Sherbrooke Nursing School and at the Institut universitaire de première ligne en santé et services sociaux (IUPLSS), has created a guide to help people affected by this illness, entitled “Accompagner la personne vivant avec la schizophrénie” (Accompanying a person living with schizophrenia).

Jacques has been working in the field of mental health for many years and wanted to make the experiential knowledge of her clients affected by schizophrenia accessible, and to promote further reflection on the best ways to accompany those people.

The guide was created following a study that observed the adaptation process for people affected by schizophrenia, in order to help better understand the consequences of the illness

CONT'D TO PAGE 3

**Construction beginning around
Sherbrooke this week**



MATTHEW MCCULLY

Record Staff

The City of Sherbrooke plans to begin more than a dozen projects on its territory this week, including work on King Ouest and Bertrand-Fabi, bringing the number of projects underway to almost 50.

Tomorrow (Wednesday), work will be done on the median strip of King Street West between Comtois and Bertrand-Fabi streets. The work is intended to add

a left turn lane to Bertrand-Fabi Street. They are expected to close a King Street West lane, at least until the end of the week.

The loss of lane will vary as the work progresses. The speed limit will be lowered and the Sherbrooke Police Service will ensure an increased police presence in this area.

Bertrand-Fabi Street will be completely closed between King Street West and Varennes Street to allow the recon-

struction of underground infrastructure and pavement. This closure should begin Monday, May 27 and will last a few weeks.

Motorists will have to make a detour via Vétérans, Mi-Vallon and Bourque boulevards or the streets of President-Kennedy and Henri-Labonne, then René-Lévesque Boulevard.

During this phase of work, businesses located north of Varennes Street

CONT'D ON PAGE 5

25th annual



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Weather



TODAY:
SUNNY

HIGH OF 17
LOW OF 5



THURSDAY:
PERIODS OF
RAIN

HIGH OF 19
LOW OF 11



FRIDAY:
SHOWERS

HIGH OF 20
LOW OF 9



SATURDAY:
RAIN

HIGH OF 18
LOW OF 10



SUNDAY:
CLOUDY, 60%
CHANCE OF
SHOWERS
HIGH OF 21
LOW OF 8

Arrimage Estrie

By Gordon Lambie

Arrimage Estrie is a Sherbrooke-based organization focused on encouraging the development of a healthy and positive body image for people all across the Estrie administrative region. Now in its sixth year of operation, the regional community organization runs programming three seasons of the year, closing down in the summer time due to a lack of necessary funding.

"People associate Arrimage Estrie with eating disorders, but it is so much bigger than just that," said Julie Witty Chagnon, Executive Director of Arrimage Estrie. "Healthy body image is an issue for everyone and it is important to support it."

According to Witty Chagnon, Arrimage Estrie puts a focus on promoting the idea of there being all kinds of bodies and advocates an anti-diet approach to eating based on listening to the signs of hunger and enjoying the experience. The group also aims to better inform the general population about the importance of a positive body image. Although the organization has, in the



past, offered workshops in local high schools, the group works mainly through workshops aimed at popular education, information kiosks, and support groups.

"We have men and women and everyone from students to 60 year old women." The director said, explaining that although services for people with eating disorders are available through the health and social services network, there is no organization closer than Quebec City or Montreal that offers the same kind of support and information services that Arrimage does.

Witty Chagnon added that despite the funding challenges that Arrimage has to overcome every year, the organization manages to work with a broad spectrum of individuals across a wide array of needs. In 2017-18, 1,119 people participated in 51 education workshops held by the organization on topics ranging from hypersexualization, to body image and steroid use in men as well as pop-culture pressure, eating disorders, and diet-avoidance. The group was also present at a number of public events

and festivals including Sherbrooke's Canada Day celebrations, the Concerts de la Cité concert series, and the fete du lac des nations.

Arrimage works on a membership-based system, where all are welcome to participate in workshops and activities but those who pay a membership fee of \$5 per year to help support the organization can access other activities for free. This past year the organization drew the support of 311 members and was able to turn that support into direct intervention for 265 people in need of help.

Although the organization works primarily in French, the Director said that there are a few workshops and services available for English speakers.

"It really is for everyone," she said, adding that Arrimage Estrie does not have a specific target group that it works with and anyone can come for resources or help if needed.

For more information on Arrimage Estrie and its mission check out <http://arrimageestrie.com> or call 819-564-7885.

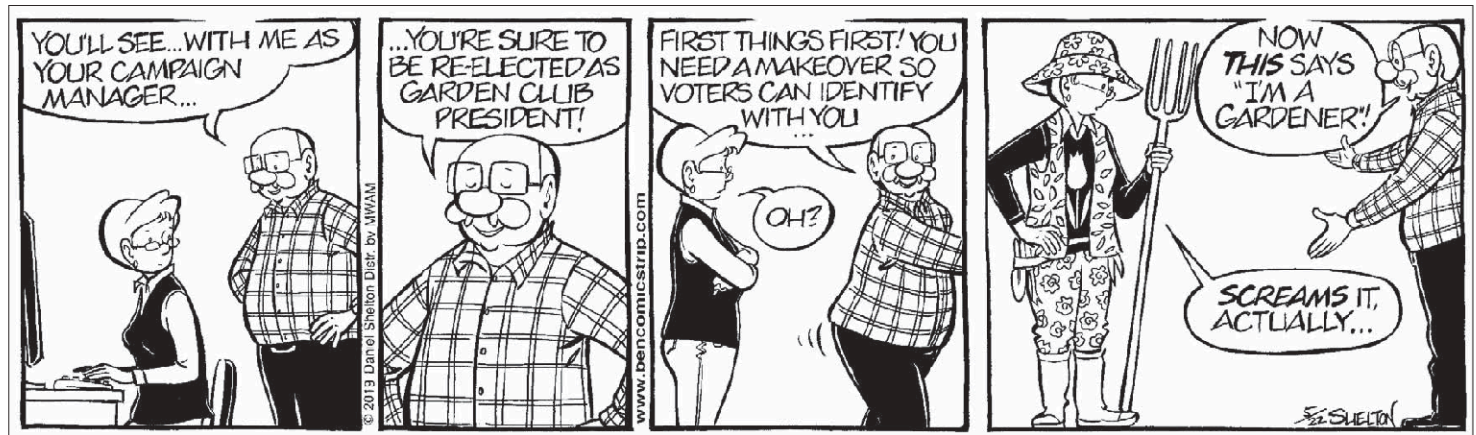




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Ben by Daniel Shelton



LOCAL NEWS

"It was paramount for our research team to build this guide in collaboration with people who are affected by schizophrenia, because they are the experts of life with this illness."—Marie-Claude Jacques

"You have to be a little crazy"

Snowmobiles to race on water next month in Sherbrooke

By Gordon Lambie

Whether you call it watercross, snowmobile skipping, "Motoneige sur l'eau" or something else entirely, the provincial championships are coming to the old Saint-Élie Quarry at the beginning of next month. Over the course of the day on June 8, more than 50 competitors will take their modified snowmobiles out onto the water for a race that makes up the first step of the North American Championship.

André Fortin, President of the Circuit de Motoneige sur l'eau du Québec (CMEQ), said that he is expecting "thousands" of spectators for this second Sherbrooke edition after the success of last year's edition. The lineup for the day includes drag races of 600m or more, oval races, jump competitions, and an event where snowmobilers will pull water-

skiers behind them.

"Sherbrooke is a choice destination for racing snowmobiles on water," Fortin said, acknowledging the city's proximity to the birthplace of Bombardier's "Ski-doo." "The people in the area love the snowmobile and are proud to show it."

Announcing the upcoming Sherbrooke event in the rain on Tuesday morning, the president highlighted the presence of Marcel Vaillancourt, one of the pioneers of the unusual sport in Quebec in the 1980s.

"It's something special," Vaillancourt said, recalling that his experimentation dates back into the 1970s. "It started in the states, but we practiced a bit in the winter," he said, explaining that he and his friends would try out running across small pools of water on their machines when the opportunity arose. "When we saw that there were all kinds of competitions, then we decided to give it a try."



PHOTOS BY GORDON LAMBIE

Although he has not taken to the water himself in nearly 20 years, the seasoned veteran said that he knows well that the sport is an all-or nothing experience for its participants.

"When you're on the edge (of the water), you have no choice, you have to go," Vaillancourt said, describing driving on water as being comparable to taking a snowmobile into fresh powder that is two feet deep. "It takes a lot of power," he said, noting that although he and his friends just used their standard snowmobiles, the modern competitors use machines that have been specially modified to work better on the water and handle submersion better when they inevitably sink.

Drivers Yvan Witty and Jacques Martin were both on hand to give a demonstration at Tuesday's announcement. Asked how one gets into competitive snowmobiling on water, Martin was very frank.

"You have to be a little crazy," he said

with a grin. "We're snowmobile maniacs."

Witty and Martin said that they have both been at the summer sport for nine years this year and are happy to see it gaining in popularity in their native province.

"In the United States there are races every weekend," Witty said.

The races get started on June 8, starting at 11 a.m. although those looking to try their hand can register to participate from 7 a.m. to 8:30 a.m. that day. The event is free for children 11 and under, but has both a youth and adult ticket price for those 12 and older. Due to the nature of the quarry site, spectators are also encouraged to bring their own chairs.

More information on the Sherbrooke race and the follow-up events elsewhere in Quebec is available in French at cmequing.ca or by contacting Performance NC in Sherbrooke at (819) 821-3595.



Mental health resource

CONT'D FROM PAGE 1

and how those affected face those consequences. The results of the study helped elaborate targeted approaches, which were devised by a consultant team of five schizophrenic patients and three mental health workers. The guide also includes approaches inspired by scientific sources, which help specify the application of such methods. It also includes tools and references which promote interventions based on solid foundations.

"It was paramount for our research team to build this guide in collaboration with people who are affected by schizophrenia, because they are the experts of life with this illness. A total of 35 people participated in the making of this guide. They have invested time, energy, and commitment so that this guide reflects what really matters to them," said Jacques.

She believes this tool will help people to be further involved in their care. "It gives access to the problems and needs

identified as high-priority by those affected by schizophrenia. These recommendations will promote their engagement in the care and services their condition requires," she added.

"I cannot pretend that I know what it is like to live with schizophrenia," stated Nellie Fillion, a clinical nurse who participated in the study and the creation of the guide. "However, I have had the pleasure to share the daily life of many of my clients who deal with this illness every day. I say the 'pleasure,' because I am lucky to be apart of their lives. Through my practical studies as a nurse, I've learned that what is important is to focus on the person as whole, rather than a person with an illness. This guide focuses on people who have schizophrenia as just that, people."

"The best way to perform care and services in mental health is to base yourself off a multitude of perspectives, from scientific evidence, to mental health workers' experience, to the experiential knowledge of people who have schizo-

phrenia and their entourage," mentioned Richard Vaillancourt, coordinator in mental health services at the CIUSSS. "We want to offer health care and services while ensuring the full participation of those who will be using these services, whether it be in their planning or their organization."

The guide is addressed mainly to mental health workers and administrators interested in improving the care and services to those living with schizophrenia, from the beginning of services to rehabilitation. People affected by schizophrenia as well as members of their entourage can find information that will help them better understand their reality, and the description of the different obstacles when adapting to the illness.

Although the guide is only available in French, Jacques mentioned that according to demand, they could possibly release an English guide.

More information can be found at <https://www.santeestrie.qc.ca/nouvelle/sc>

hizophrenie-comment-accompagner-les-personnes-atteintes/.



EMILIE HACKETT

Marie-Claude Jacques, research professor at the University of Sherbrooke has created a guide to help people affected by schizophrenia.

NATURE AND COMMUNITY ACTIVISM

Celebrating World Biodiversity Day with action



DOUGLAS NADLER

The United Nations International Day for Biological Diversity (May 22) focuses on biodiversity as the key provider for our food and health. Also called World Biodiversity Day, it emphasizes the critical link between a healthy ecology of diverse communities of beings and the viability of long-term human welfare.

It has long been known that the climate emergency has become a key catalyst in negatively transforming our planet's ability to provide food and sustenance for humans and all other animals. Whereas past mass extinctions of species occurred over millions of years, the current mass extinction of flora and fauna started with the Industrial Revolution and most disturbingly has accelerated to new destructive heights in the last 25 years. Not only have rising carbon dioxide levels and ocean temperatures

caused vast changes to marine life (notably through the destruction of many coral reefs), but also the stability of our atmospheric climate has been weakened to such an extent that the vast majority of recorded heatwaves have occurred in the last 25 years, resulting in ravaged places with seemingly unending wildfires and, paradoxically, flooding. California is a case in point. All of these crises have been spawned by western countries' apparent total disregard for other people as well as for their planetary cousins.

In his recently published book *Falter: Has the Human Game Begun to Play Itself Out?* climate activist Bill McKibben outlines the greed, the misinformation and ultimately the culpability of corporations such as Exxon that knew back in the 1970s that fossil fuels contributed to climate instability. He also details the deceit of coal baron billionaires who foster a new age of ecological disasters. Multinationals with untold millions at their disposal have lobbied governments to push for an agenda of the super-rich that celebrates hyper-individualism at the expense of social justice and a chance of prosperity for many of the world's poorest people. Governments, including ours, have succumbed to these groups and individuals to such an extent that an insidious plutocracy has put democracy in dire peril and threatens to strip the Earth of its insects and amphibians as well as most other wildlife. People

who dare to confront the anti-Earth lobbyists are suffering dire consequences.

May 20 is World Bee Day (www.un.org/en/events/bee-day), acknowledging the crucial part pollinators play in providing food for all beings. Yet the Canadian government, unlike France and other European countries, refuses to ban neonicotinoid pesticides, which have been shown to be toxic to bees and other insects.

Recently, Louis Robert, a Québec government scientist, gave the CBC documentation showing that the pesticide industry controlled some of the decision-making abilities of the Québec Ministry of Agriculture. As a result, he lost his job. Please see tinyurl.com/whistleblower-pesticides-fired

The climate emergency and the acceleration of the biodiversity crisis have caused a monumental shrinking of habitat. The abandonment of lands due to sea level rise and extended heatwaves has pushed flora and fauna populations to the brink of extinction, and humans are not exempt from this carnage. Consider the 93 deaths in Québec last summer from the extreme heat. Most of those people were elderly and/or living in poverty.

Climate change and biodiversity loss have already shrunk our cultural, economic and physical connections to this planet. Increasingly, humans and other sentient beings are becoming climate migrants driven from forest or farming

communities by drought, floods or the destruction of their native soils. Contaminated river and coastal villages and polluted cities are making life unbearable.

McKibben's *Falter* speaks of non-violent resistance and engagement in the face of entrenched power. But let's first call this tragedy by appropriate names. The 16-year-old climate activist Greta Thunberg put it this way: "It's 2019. Can we all now call it what it is: climate breakdown, climate crisis, climate emergency, ecological breakdown, ecological crisis and ecological emergency?"

It is time to firmly resist fossil fuel lobbyists. At the same time governments must stop giving obscene subsidies to those same Earth destroyers and support solar power.

In marking World Biodiversity Day we need to affirm the right to move away from ecocide and once more embrace this planet's fantastic diversity. Only then can we chart a course towards a new, just balance that respects and nurtures all life on Earth.

To celebrate all wildlife, please watch this amazing video featuring the monarch butterfly: www.thisiscosmos.com/2019/05/monarch-butterfly-sounds

Douglas Nadler has been working and writing on climate change, biodiversity issues and community involvement for the last 14 years. celebrateearth@yahoo.ca.

Call for projects to promote equality between women and men

Record Staff

Isabelle Charest, MNA for Brome-Missisquoi and Minister responsible for Education and Minister responsible for the Status of Women, has launched a call for projects related to equality between women and men.

To reinforce the impact of equality initiatives, each project can receive up to \$ 150,000 in financial assistance for a one-year project or \$ 300,000 for projects lasting two years.

"I invite non-profit organizations, including women's groups, municipalities, band councils, aboriginal communities sponsored by an eligible organization, and organizations from the health and

social services network and education to develop and propose innovative projects. Quebec is at the forefront in many areas, and I know that organizations in the community are brimming with good ideas to help achieve equality in all spheres of our society. Let's be ambitious!"

commented Charest, in a recent press release.

The call for projects is part of the implementation of the Government Strategy for Equality between Women and Men by 2021.

Launched on June 29, 2017, the Equality Strategy reflects the Québec government's commitment to promoting equality between women and men. It in-

cludes 59 actions aimed at reducing persistent inequalities so that women and men can benefit from equal conditions in order to exercise their rights and fully exploit their potential.

The 2019-2020 edition of the Equal Opportunities Call has two components: Component 1 - Support for Local and Regional Projects and Component 2 - Support for provincewide Projects.

The deadline to submit a project is July 5, 2019.

Projects focusing on the creation of diversified partnerships and integrating an intersectional dimension will be prioritized.

The submitted projects must correspond to one of the following five orien-

tations of the Strategy:

- equal socialization and education, without gender stereotypes and sexism;
- women's economic empowerment;
- equitable sharing of family responsibilities and a better balance between family, professional, student, social and political life;
- a gendered approach to health and well-being;
- parity in decision-making places.

The information guide and the form required to submit a project are available on the website of the Secretariat for the Status of Women:

<http://www.scf.gouv.qc.ca/index.php?id=327>.

Full house for Labrie mental health discussion

Record Staff

Christine Labrie, Member of the National Assembly for Sherbrooke, led a citizen discussion on mental health last Saturday morning at la Capsule on Wellington Street South. Also present for the conversation were psychologist Nathalie Plaat, social worker Simon Leduc-Thouin, and sociologist Charles-Antoine Barbeau-Meunier. The free, public event took place between 10 a.m. and noon and attracted a crowd of around 60 people.

"We are currently in the midst of a significant mental health crisis that affects people of all ages and walks of life," Labrie said. "The problem has surpassed the individual level and must be addressed as a community. I wanted to reflect on the matter with citizens, so I invited people from Sherbrooke with relevant expertise to help deepen the discussion."

According to the MNA, Saturday's discussion opened her eyes to several possible courses of action, including setting up ways of helping people build social

support systems.

"We need contact with our community, to find our place and feel included even when we are in distress," Labrie said.

The conversation also pointed professionals' lack of time to see patients in need as an issue in the context of a discussion around improving access to mental health services.

Labrie committed to representing the issues raised through her position both as a tool of prevention and as a part of her push for a crisis intervention center

in the area.

"There is a crying need," she said.

Saturday's discussion was the second public conference held by Labrie since she was elected last fall, with the first having been an "open mic" on the environment held on Earth Day in April.

"I plan to hold these citizen conversations on a regular basis," the MNA said. "It is important for me to remain in contact with the people I represent."

OFF still on as Festival des harmonies ends

Record Staff

The 90th edition of the Festival des harmonies et orchestres symphoniques du Québec came to a close this weekend on the campus of the Université de Sherbrooke. More than 8,000 students from across the province came out to participate in the event, sharing their passion for music in front of friends, family, judges, and the general public.

"The Festival des harmonies et des orchestres symphoniques du Québec, offers a great opportunity to the people of Sherbrooke and to tourists to discover the musical universe of the artists who come to participate in this great assembly," said Provincial Tourism Minister Caroline Proulx earlier this month while announcing \$32,000 in financial aid for the festival. "The participation of thousands of musicians and spectators will certainly help the Eastern Townships to

shine."

Close to \$17,000 worth of bursaries was handed out to different participating musicians to support their ongoing development.

Although the Festival des harmonies et orchestres symphoniques is now over, music-lovers need not be heartbroken as the parallel OFF Festival programming of free concerts around downtown Sherbrooke continues until June 2.

"Over the years, the OFF Festival des harmonies has become a key event for Sherbrooke musicians, who have made it their own and are always happy to take part," said Jean-Marie Messier, Executive Director of the Corporation du Printemps musical which organizes the two events.

The OFF Festival showcases the wealth of musical talent and ensembles in the Sherbrooke area, and encourages musicians to share their music with the public. The 16th OFF Festival will run until

June 2, 2019 and this year's lineup features more than 60 musicians.

The 2019 program includes 21 dinner concerts at four restaurants, three concerts at indoor venues, 32 outdoor concerts on the Lac-des-Nations Boardwalk, 29 concerts at 11 health care centres and

80 introductory music workshops in elementary schools across Sherbrooke.

The full schedule of remaining shows in the OFF festival can be found online at <http://www.festivaldesharmonies.com/OFF> under the "programmation" tab.



COURTESY

Last reunion at Collège du Sacré-Cœur for alumni

By Emilie Hackett
Special to the Record

Collège Sacré-Cœur (CSC) announced earlier this winter that the school would be closing its doors permanently at the end of the 2018-2019 academic year due to low enrollment. The institution, which opened 74 years ago, will be holding a final high school reunion on the school's grounds on Saturday, June 15, from 1:30 p.m. to 5 p.m.

Alumni, former staff, founding members, and administrators are invited to walk around the CSC for the last time in its current state before the building is

sold off by the school's cooperative. There will then be a special tribute to the school's staff as well as a farewell cocktail reception.

Instigated by alumni Martine Doyon and Sara Turcotte, the event already has 800 confirmed attendees. "Through its teaching, its mentoring, and its exceptional programs, the CSC instilled in us a strong sense of belonging. After 74 years of wonderful memories, we believe that it's essential to pay a final tribute to all the members of this great institution," explained the two organizers in a recent press release.

Supported by the CSC's staff, the two alumni scoured documents and archives

to put together a historical review of the College. Former students will be able to go through the archives of the dance concentration and look through old photos of sports and extra curricular activities. The CSC had a very strong basketball program, and former student-athletes will be honoured through a symbolic ceremony to highlight the various tournament and league banners accumulated over the years.

The CSC was the first all-girls classical college to open in the Eastern Townships and had been facing issues with enrollment for the last few years and had resorted to accepting male students in 2017. However, only 16 level one students

- including a meager six boys - applied for the 2019-2020 academic year.

Those who wish to attend the reunion event must purchase a \$10 ticket on https://secure.xpayrience.com/retrouvailles_du_csc before May 31. The ticket prices will cover the costs for refreshments, cocktails, and the equipment rental. Any surplus will be given to a youth support organization in the Eastern Townships.

For more information about ticketing, please contact communications officer Caroline Horrell at chorrell@cscocoeur.ca or 819-347-7442.

Dégustabière dissolution leaves legacy with local soup kitchen

Record Staff

Following the announcement in early April that Sherbrooke's Dégustabière beer festival will be liquidating its assets and shutting down for good, the members of the festival's board of directors announced on Tuesday that they will be donating their remaining funds to the la Chaudronnée de l'Estrie soup kitchen. According to a press release issued by the Dégustabière

team, la Chaudronnée will use the funds to help support the community garden project it started in 2003 to help provide healthy meals.

"Our statutes state that in the case that our organization should be dissolved, the remaining funds should be donated to a not-for-profit organization that is in line with our values," said Jonathan Rondeau-Leclaire, President of Dégustabière in the festival team's final official statement. According to Ron-

deau-Leclaire the board selected a shortlist of three community organizations that fit that description, each of whom was then invited to submit a project for consideration. The 35 members of the board then voted to decide which project would be given the money.

A garage sale has been planned for Saturday, June 1, from 8 a.m. to 5 p.m. at 350, 5th Avenue in Fleurimont where the festival's remaining assets will be sold off. Included among the sale items

are leftover signature glasses from across the festival's five years of operation, as well as items like furniture and hardware. All of the revenue from the sale will also be given to la Chaudronnée.

La Chaudronnée de l'Estrie prepares roughly 40,000 meals per year to help the more than 1,500 people who visit its soup kitchen and popular education workshops.

Construction

CONT'D FROM PAGE 1

will be accessible from King Street West. Proper signage will be put in place. To access the businesses located south of Varennes, customers will be able to take Bourque, Mi-Vallon and Veterans boulevards, and this, until the end of the construction project. Galaxy Cinema parking will remain accessible at all times via Comtois Street (via King West / Comtois / Sauvé intersection).

The construction project will include subsequent phases and that work should continue until July 19th. Throughout

this project, motorists are invited to follow the following routes:

- René-Lévesque and Portland Boulevards
- Godin Road and Highway 10/55
- Chemin Saint-Roch South and University Boulevard

Other major projects to be launched this week include sidewalk repairs on Roy Street from the Jacques Cartier Bridge to Saint-Denis Street.

A major project began at the end of last week for the construction of a side-

walk on the south side of Bourque Boulevard between Haut-Bois Sud and Gibraltar.

More than \$ 46.6 million will be invested in more than 121 major projects planned this year.

As a safety measure, the speed limit around major construction sites is now reduced by 20 km / h and fines for speeding are doubled. To find out more about all the work in progress and planned in 2019 and to find out which sites have an increased police presence, visit sherbrooke.ca/travaux.



EDITORIAL

The impact of this carbon tax on consumers is much debated, but the impact on farmers has been much less discussed.

How soil carbon can help tackle climate change

By Derek Lynch
Professor of Agronomy and
Agroecology, Dalhousie University

Maintaining soil organic matter is critical to tackling climate change because soil organic matter is rich in carbon. Soil carbon is also the keystone element controlling soil health, which enables soils to be resilient as droughts and intense rainfall events increasingly occur.

Given this tremendous importance of soil carbon, are economic incentives and programs helping Canadian farmers maintain and enhance soil carbon on their farms?

On the Prairies, farm soil carbon levels have stabilized or increased over the past few decades, largely as a result of adoption of no-till cropping, which avoids disturbing the soil while growing a crop. In Eastern Canada, however, most estimates suggest that the intensity of crop production (especially reduced use of forage crops) is causing soil carbon levels to decline. This situation is made more challenging by the fact that in higher moisture regions such as Eastern Canada and British Columbia no-till cropping does not enhance soil carbon. This contrasting soil carbon performance of Eastern and Western Canadian farms could even be a politically sensitive issue.

My research examines how different farming systems and cropping practices influence soil carbon and soil health. But it is increasingly evident that economic incentives are as important as technical approaches in developing solutions to this issue. Which policy tools, taxes or credits are needed to assist farmers, including those in Eastern Canada, prevent further soil carbon losses and move to a more positive soil carbon status?

Carbon credit markets

Some voluntary carbon credit markets such as Nori and Puro are primarily interested in supporting a reduction of current atmospheric carbon dioxide levels. They provide a marketplace for carbon removal certificates, whether the CO₂ reduction is achieved by industrial methods or biological methods such as

agriculture.

The funds raised support carbon farming initiatives globally. Farmers are paid where net gains in soil carbon can be verified.

These voluntary (that is, not driven by government regulation) carbon credit markets do not, however, support farms making headway in reducing their soil carbon losses.

Such a limited approach to carbon credits, if widely adopted by voluntary markets, would be unfortunate. Avoiding continued loss of soil carbon, which is often eventually accompanied by the irreversible loss of the soil itself, is critical to global efforts to tackle global climate change.

Carbon taxes

On April 1, 2019, the Canadian government launched a national carbon tax on CO₂ pollution from fossil fuel use, commencing at \$20 per ton of CO₂. This tax will be applied in provinces that don't have some other economic or pricing mechanism to reduce fossil-fuel CO₂ emissions.

The impact of this carbon tax on consumers is much debated, but the impact on farmers has been much less discussed. Some have argued that the additional costs of farm inputs from a carbon tax will be difficult to recover by farmers. Indeed, one of the few such studies found the carbon tax in B.C., in place since 2008, negatively affected farm economic performance.

Reduced farm profitability would limit farmers' options in adopting new soil management practices, or less intensive cropping, to maintain and enhance soil carbon levels. A recent report by the Senate's Standing Committee on Agriculture and Forestry assessed the impact of climate change and a carbon tax on agriculture.

The study recommended farm fuel costs be exempt from the carbon tax. The report also highlighted the critical need for new mechanisms (offset protocols) to determine soil carbon credits for Canadian farmers in different agricultural sectors, and the need to characterize in detail current farm soil carbon levels in Canada.



Cap and trade markets

Cap-and-trade markets to reduce CO₂ emissions, such as those in Québec and California, have generated substantial green funds for climate change programs. In both jurisdictions, green fund dollars support on-farm projects for farmers to test out different farm practices that show promise for improving soil carbon levels.

Details on these programs were outlined and discussed at the excellent recent symposium organized by Regeneration Canada. Regeneration Canada's mission is to support farmers adopting climate-smart farming and to bridge the gap in consumer awareness of these issues and farm challenges.

Reducing emissions

Declining soil carbon levels and associated losses in soil quality and soil pro-

ductivity are a critical issue globally. Farmers, including those in Eastern Canada, are challenged in understanding the complex relationship between their farm management practices and their soil carbon levels. They also need support to test out and adopt changes in cropping practices to reverse often declining soil carbon levels.

A combination of innovative economic programs, incentives and credits, supported by all stakeholders including consumers, are needed to support farmers in this key challenge of a generation.

Derek Lynch receives funding for his research from the Natural Sciences and Engineering Research Council and Agriculture and Agri-Food Canada.

Letters

With regard to a recent Gazette article "A new poll shows support for Bill 21 is built on anti-Islam sentiment", I thought I would write to you about a comment recently made during a meeting I had with my CAQ MNA. I had requested a meeting with her because of the atmosphere of fear and distrust that is being promoted by this Bill. I brought up the recent incident where a young woman was pushed and someone tried to remove her niqab at a Montreal Metro station. I also brought up an incident that happened to a family member (the details of which I don't want to reveal for fear that it may give ideas to some radical individual). I said that I was afraid it would only be a matter of time before we have another incident like the Quebec mosque shooting. Her answer was something to the effect that Muslims have killed many Christians! This statement proved to me what I have thought all along that this is a racist bill targeting Muslims, thinly veiled in the guise of bringing secularism (laicity) to our province. She also told me that she has received many e-mails saying that the new law won't go far enough! Where is our society heading?

Janet Watson
Sherbrooke (Huntingville), Quebec

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

THE RECORD

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

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

PM#0040007682

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Local Sports

The Wark teenage softball league was created to give players who are too old for Wilson Street softball but too young for the adult league to continue to play and develop their skills.

ETIAC rundown

Submitted by Jeff Bray

rain.

The final ETIAC senior rugby games of the Spring 2019 season will be played on Saturday, May 25, at Stanstead College. The playoffs will then be held the following week at Bishop's College School (BCS), on Tuesday for the junior girls and boys, and on Wednesday for the senior girls and boys.

The golf finals will be hosted by BCS at the North Hatley Golf Course next Wednesday. So far, the golf teams have only played in one tournament, but have two tournaments scheduled his weekend. Golfers will meet Saturday at the Old Lennoxville Golf Club and on Sunday at Dufferin Heights Golf Club, as it is hosted by Stanstead College.

The tennis finals will be played at Massey Vanier Regional High School next Tuesday, or Wednesday in case of

The lacrosse playoffs will take place on Wednesday, May 29, on Coulter Field at Bishop's University.

ETIAC Rugby Standings - 2019

Junior Girls' Rugby:

Team:	GP:	W:	L:	T:	PF:	PA:	Pts.:
1) RRRHS	8	7	0	1	167	29	22
2) SC 'A'	8	5	2	1	116	96	16
3) SC 'B'	8	4	3	1	134	110	13
4) MVR	8	2	5	1	97	107	7
5) BCS	8	0	8	0	32	204	0

Junior Boys' Rugby

Team:	GP:	W:	L:	T:	PF:	PA:	Pts.:
AGR	6	3	2	1	90	42	10
MVR	6	3	3	0	100	85	9
SC	6	2	3	1	65	118	7

Senior Girls' Rugby:

Team:	GP:	W:	L:	T:	PF:	PA:	Pts.:
SC	4	4	0	0	190	17	12
BCS	4	1	3	0	34	131	3
Sem. de Sher.	4	1	3	0	22	98	3

Senior Boys' Rugby:

Team:	GP:	W:	L:	T:	PF:	PA:	Pts.:
SC	4	4	0	0	58	14	12
BCS	4	1	3	0	43	34	3
Sem. de Sher.	4	1	3	0	10	63	3

Wark teenage softball

Submitted by Anita Goyette

Wilson Street softball but too young for the adult league to continue to play and develop their skills.

The Wark teenage softball league plays on Sundays at the Huntingville ball park.

There are six teams in the league: Tan, Light Blue, Orange, Charcoal, Green and Red.

Named after longtime softball organizer and steward of the Huntingville ball park Jim Wark, the league was created to give players who are too old for

At the end of the season of weekly games, a tournament has been scheduled for July 13 and 14.

Last week's results

The weather cooperated for last week's games.

In the first game, Tan defeated Green 13-11 in an extra inning.

In the second game, REd won against Orange 13 runs to 4.

The third game scheduled was postponed due to a tournament happening in Ayer's Cliff.

This week's schedule

Sunday, May 26
 4:30 p.m. Charcoal vs Tan
 5:45 p.m. Orange vs Blue
 7:00 p.m. Red vs Green

Huntingville softball

Submitted by Jim Wark

have been participating for years, new teams, and old teams that get back together for the fun of it.

The Huntingville Coed league's 36th annual Softball tournament will be held on May 30, 31, June 1 and 2.

Listed below are the current standings as well as this week's schedule for the league.

The tournament draws teams that

WEEK 4						
23	Lundi	20 mai	Buds	Golden Lion		7:00 PM
24	Monday	May 20	Les Bats Fringants	Buds		8:15 PM
Mardi, 21 mai / Tuesday May 21 NO GAMES						
25	Mercredi	22 mai	Winglts	Hit'N'Run		7:00 PM
26	Wednes.	May 22	Golden Lion	Saving Ryan's Privates		8:15 PM
GAME#	DATE	DAY	VISITOR	HOME		TIME
27	Jeudi	23 mai	Les Bats Fringants	Hit'N'Run		7:00 PM
28	Thursday	May 23	Goldrush	Cleats & Cleavage		8:15 PM
29	Vendredi	24 mai	Saving Ryan's P.	Venom		6:30 PM
30	Friday	May 24	Roadrunners	Winglts		7:45 PM
31	Vendredi	24 mai	Cleats & Cleavage	Roadrunners		9:00 PM

HUNTINGVILLE COED SOFTBALL LEAGUE STANDINGS TO MAY 17, 2019							
TEAM	GP	W	L	RF	RA	RF vs RA	POINTS
1. Winglts	5	5	0	66	29	37	10
2. Venom	4	4	0	69	41	28	8
3. Les Bats Fringants	4	3	1	39	34	5	6
4. Gold Rush	5	2	3	51	58	13	4
5. Roadrunners	2	1	1	24	28	-4	2
6. Hit'N'Run	3	1	2	31	39	-8	2
7. Cleats & Cleavage	3	1	2	38	55	-17	2
8. Golden Lion	6	1	5	66	97	-31	2
9. Saving Ryan's P.	4	0	4	40	63	-23	0
10. Buds	0	0	0	0	0	0	0
	36	18	18	424	424	0	36

Deaths



Stanley BELL
(1936-2018)

With heavy hearts we announce the passing of our beloved husband, father and Pa, Stanley Bell on December 29, 2018. Wonderful husband of Ella Grieve and the late Judy Burnside. Dear father of Stan (Cindy) and Shawna (Tim). Stepfather of Cynthia and Judy (Mike). Brother of Arnold and sisters Marion, Linda and the late Evelyn. His dear grandchildren Michael, Meaghan, Kyle, Kelsey and Hudson. He also leaves to mourn many more family members and dear friends.

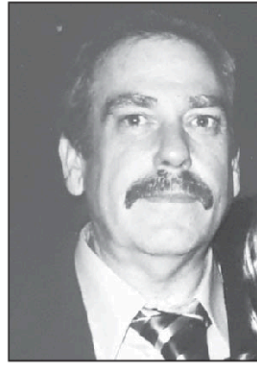
“Absent from the body, present with the Lord. 2 Cor.5-8”

In lieu of flowers, donations to Grace Village, 1515 Pleasant View St., Sherbrooke, QC J1M 0C6 or the Heart and Stroke Foundation would be appreciated.

A memorial service will be held at Malvern cemetery on Saturday, May 25, 2019 at 2 p.m. Pastor Richard Strout officiating.

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

Deaths



Gregory Wayne BLAKE
Feb. 27, 1959
- May 10, 2019

It is with great sadness that we would like to inform you that Greg Blake passed away suddenly Friday, May 10, 2019.

He is survived by his daughter, Chelsea, and step-children; his mother, Dorothy Blake; his brothers, Steve, Mike, Wilbur, and Bill; his girlfriend, Darlene Simpson; and many grandchildren, nieces, and nephews. He was predeceased by his father Edson Blake Jr. in October 2015.

Greg enjoyed hunting, fishing, and playing softball and darts. He was a sandblaster in the granite industry for many years.

A gathering will be held at the Woodside Cemetery in Beebe, Quebec on May 25, 2019 at 1 p.m.

The family would like to thank the Guibord and Sayles Funeral Home in St. Johnsbury, Vermont and the Cass Funeral Home in Stanstead, Quebec for their assistance at this difficult time.



Deaths



Marjorie EDWARDS

It is with sadness that the family of Marjorie Elizabeth Edwards wish to announce her peaceful passing on April 28th, 2019 at her residence, the Maplewood Retirement Community, Ottawa, Ontario with family by her side. Born on July 15th, 1926 in Campbellton, New Brunswick to mother, Lillian Edwards (nee McKee) and father, Leslie Allan Edwards.

She was predeceased by her first husband, N.G. (Ted) Bennett in 1994 after 41 years of marriage and by her second love, Gleason Painter in 2010.

Marjorie spent her early years on the family farm in Escuminac, Quebec on the Gaspé coast growing up with her younger brother, Douglas.

She earned her teaching diploma in 1949 and first taught in Val Cartier and Val-D'or, Quebec.

Moving to Bury, Quebec for a teaching position at Bury High School proved to be life changing as she met Ted Bennett and married in 1952.

A busy farm life experience and three children later she returned to teaching in 1964 and retired from the profession in 1983 at the Alexander Galt Regional High School in Lennoxville, Quebec. Marjorie enjoyed being involved in rural community events, organizing and reporting on them in the Sherbrooke Record. Numerous local gatherings like card parties, dances and suppers benefited from her ability to organize and motivate. She loved music, dancing and old-fashioned kitchen parties. Marjorie resided at the St. Francis Manor Lennoxville prior to moving to Ottawa area to be closer to family.

She leaves to mourn her three children, David (Gail), Bruce (Debi), Dorothy (Ernest) and grandchildren Colin, Fiona, Charlie, Sara, Daniel, sister-in-law Verla (Douglas) and numerous extended family of cousins, nephews and nieces.

The family would like to thank all the staff and personnel of the St. Francis Manor and the Maplewood Retirement Community for their excellent care and compassion bestowed on Marjorie during her aging years.

Visitation will take place at the Cass Funeral Home, 3006 College Street, Sherbrooke, (Lennoxville) Quebec on Friday, May 24, 2019 from 2:00 p.m. to 4:00 p.m. with a celebration of her life to immediately follow at the Cass Chapel. A private family burial will take place at a later date.

In lieu of flowers, donations to the Bown Cemetery Fund (C/O Dennis Herring 106 rue Planche, Cookshire, Quebec JOB 1M0) would be appreciated.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
www.casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423

Marjorie Ursula GORDON
(Gilbert)

1937 - 2019

Marjorie Ursula Gordon (Gilbert) passed away on April 23, 2019 in Edmonton, Alberta after a lengthy battle with congestive heart failure. Mother, sister, grandmother, teacher and friend only begin to describe what encompassed Marjorie. She was a kind, selfless Christian who spent her years in the service of others, having been a teacher for many years. Right up till her passing, Marjorie continued to bless those around her with the gentle wisdom only a teacher could have. Her loving and kind nature is only surpassed by her fortitude, sheer strength and her willingness to live life unapologetically. Marjorie is survived by her daughter Wendy Bourgeau (Randy), her grandchildren Rebecca Bourgeau, Mackenzie Bourgeau, Emily McNamara (Dale) and her brother Ellery Gilbert (Judy). Marjorie is predeceased by her parents Esther and Roscoe Gilbert (Lancaster), her sister Arlie Lammeren (Dale), her brothers Lorne and Lloyd, her daughter Kathleen Ann McNamara and her son Randy Allan Gordon.



Graveside Service

BANFILL - A graveside service honouring Everett Banfill will be held at Ste. Bibiane Cemetery, Roger Martel Street, Richmond on Saturday, May 25 at 11 a.m. A light lunch will follow at the Legion in the downstairs Hall, 235 College St. North, Richmond. All are welcome.

Do Just One Thing



By Danny Seo

Owning a backyard pool comes with responsibilities, and one of the best things you can do to help save money and water is to invest in a pool cover. If you don't cover the pool, it will lose about 7,000 gallons of water every year on average. The simple act of covering the pool can reduce evaporation by as much as 95%. And covers also use the power of the sun to help warm the water, which helps to further save energy and money.

Datebook

WEDNESDAY, MAY 22, 2019

Today is the 142nd day of 2019 and the 64th day of spring.

TODAY'S HISTORY: In 1807, former vice president Aaron Burr was indicted for treason.

In 1872, President Ulysses S. Grant signed the Amnesty Act into law, restoring full rights to nearly all Confederate sympathizers.

In 1947, President Harry Truman signed the Truman Doctrine, appropriating military and economic aid for Greece and Turkey to combat the spread of communism.

In 2017, a bomb exploded at Manchester Arena following an Ariana Grande concert, killing 23 people.

TODAY'S BIRTHDAYS: William Sturgeon (1783-1850), physicist/inventor; Richard Wagner (1813-1883), composer; Mary Cassatt (1844-1926), artist; Arthur Conan Doyle (1859-1930), physician/author; Herge (1907-1983), cartoonist; Laurence Olivier (1907-1989), actor/director; Charles Aznavour (1924-2018), singer-

songwriter/actor; Morrissey (1959-), singer-songwriter; Naomi Campbell (1970-), model/actress; Ginnifer Goodwin (1978-), actress; Apolo Ohno (1982-), speed skater.

TODAY'S FACT: On this day in 2011, an EF5 tornado struck Joplin, Missouri, killing 162 and causing \$2.8 billion in damages. It remains the costliest and seventh-deadliest tornado in U.S. history.

TODAY'S SPORTS: In 2003, Annika Sorenstam became the first woman golfer since Babe Didrikson Zaharias in 1945 to officially compete against men at a PGA tour event.

TODAY'S QUOTE: “The world is full of obvious things which nobody by any chance ever observes.” – Arthur Conan Doyle, “The Hound of the Baskervilles”

TODAY'S NUMBER: 4,531 – episodes of NBC's “The Tonight Show” hosted by Johnny Carson, who began his tenure as host in 1962. Carson hosted his final show on this day in 1992.

TODAY'S MOON: Between full moon (May 18) and last quarter moon (May 26).



Fig.16

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

Math solves problems



NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 Jai —
 - 5 Mecca pilgrimage
 - 8 Library caution
 - 11 Do the waltz
 - 13 First woman
 - 14 — kwon do
 - 15 Territories
 - 16 Prosperity
 - 18 Egyptian sun god
 - 20 Lawsuit cause
 - 21 Tricked
 - 23 Dad's lad
 - 24 Comstock Lode st.
 - 25 Red-waxed cheese
 - 27 Undressed
 - 31 Mr. Levin
 - 32 Talking bird
 - 33 Break suddenly
 - 34 Leafy vegetable
 - 36 — cost you!
 - 38 Railroad track part
 - 39 Noted lioness
- DOWN**
- 40 Cairo's river
 - 41 Vexation
 - 42 Decline, as stock prices
 - 44 At dawn
 - 46 Mideast nation
 - 49 Latin bear
 - 50 Do away with
 - 52 Throw out
 - 56 Hack off
 - 57 Former Chinese leader
 - 58 Be a fink (2 wds.)
 - 59 WSW opposite
 - 60 Hearth residue
 - 61 Thrilled

- 7 Wiggly dessert (hyph.)
- 8 Wild guess
- 9 Cottontail
- 10 Foot part
- 12 Regard highly
- 17 Helsinki citizens
- 19 Swirling
- 21 Untamed
- 22 Squashed circles
- 23 More petite
- 24 Winged Victory
- 26 Against
- 28 Up to
- 29 Grocery section
- 30 Fencing sword
- 35 Van Gogh's stand
- 37 Rental agent
- 43 Feminine principle, to Jung
- 45 Princes of India
- 46 Sturdy lock
- 47 Poet's black
- 48 Have the blues
- 49 Yikes! (hyph.)
- 51 Airline to Stockholm
- 53 Summer, in Savoie
- 54 Cheat
- 55 FX rival

1	2	3	4		5	6	7		8	9	10	
11			12		13				14			
15					16			17				
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			42	43			44		45			
46	47	48				49						
50					51			52		53	54	55
56					57			58				
59					60					61		

Your Birthday

WEDNESDAY, MAY 22, 2019

Expand your interests and knowledge. Look for reliable sources of information, and be selective with whom you trust your personal information, ideas and intentions. Protect what you have and who you are. The less others know about you, the easier it will be to achieve your goals.

GEMINI (May 21-June 20) — You'll have plenty of options, but some will not live up to your expectations. Trust in factual information, written agreements and your own ability to get things done.

CANCER (June 21-July 22) — Finish what you start. What you do for others will help build solid relationships. Personal growth will change your attitude toward those who differ from you. Love is highlighted.

LEO (July 23-Aug. 22) — Proceed with caution. Think before taking action. Protect against illness or injury. Reconnect with someone you've enjoyed collaborating with in the past. Curb poor habits to avoid repercussions.

VIRGO (Aug. 23-Sept. 22) — Make a physical change that lifts your spirits. How you present who you are and the image you want to project will affect the way others respond.

LIBRA (Sept. 23-Oct. 23) — If you learn to let go, you'll find personal freedom and success. Don't get involved in a time-consuming dispute when it's safer, wiser and more productive to compromise or walk away.

SCORPIO (Oct. 24-Nov. 22) — Don't

lose sight of who you are, what you want and how you plan to reach your goals. A trip, investment or personal change will lead to a financial gain.

SAGITTARIUS (Nov. 23-Dec. 21) — Refuse to let anyone sidetrack you. Use your intelligence and get the facts firsthand. Walk away from temptation or unrealistic suggestions or promises. Moderation is in your best interest.

CAPRICORN (Dec. 22-Jan. 19) — Take a step in the right direction and make adjustments at home that will bring about peace and tranquility. Sharing with someone you love will bring you closer together.

AQUARIUS (Jan. 20-Feb. 19) — Develop something you enjoy doing and rearrange an area at home to accommodate what you want to pursue. Helping others is honorable, but make sure no one takes advantage of you.

PISCES (Feb. 20-March 20) — Do whatever it takes to make a positive change. Updating your looks, improving your environment or helping a cause you believe in will lift your spirits and bring you joy.

ARIES (March 21-April 19) — Hide your emotions and avoid getting into an argument with someone who doesn't see things your way. Be smart, go about your business and aim to achieve your goals.

TAURUS (April 20-May 20) — Study what the experts do and follow suit. Take charge of your interests and learn what you need to know to reach your goal. Romance will improve your personal life.

WEDNESDAY, MAY 22, 2019

Some spots are good, some need to go

By Phillip Alder

Tim Tebow said, "There's always someone out there training for your spot. For my scholarship at the University of Florida, for my job with the Denver Broncos, for my position with the New York Jets. And that's the reason to get up earlier or stay up later."

At the bridge table, pay careful attention to your spot-cards. On defense, they can be employed to send signals; on offense, they may win contract-fulfilling tricks — or threaten to be a hindrance rather than a help. Which applies in this deal?

How should South play in six spades after West leads the heart king?

West made a Michaels Cue-Bid, showing at least 5-5 in hearts and either minor. North made a splinter bid, promising at least game-going values in spades with a singleton (or void) in hearts. South took a gamble in lurching into Blackwood.

If spades are 3-1 or 2-2, declarer has 12 top tricks: five spades, one heart, five clubs and a heart ruff on the board. So, he should concentrate on how to take that ruff and draw trumps safely when East has all four trumps.

Did you notice that dummy's spade

North		05-22-19	
♠	A 10 8 5		
♥	6		
♦	7 4 2		
♣	A K Q J 10		
West		East	
♠	—	♠ J 9 6 2	
♥	K Q 10 8 5	♥ J 7 4 3	
♦	A Q 10 6 3	♦ J 9 8	
♣	9 7 2	♣ 5 4	
South			
♠	K Q 7 4 3		
♥	A 9 2		
♦	K 5		
♣	8 6 3		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♠	2♠	4♥	Pass
4NT	Pass	5♥	Pass
6♣	Pass	Pass	Pass
Opening lead: ♥ K			

eight will cause South a spot of trouble if he is not careful?

The right line is to win with the heart ace and to ruff a heart with that dangerous spot. Then declarer cashes dummy's spade ace to get the bad news. But he continues with the spade 10, covered by the jack and king. He returns to the board with a club, leads the spade five to his seven, draws East's final spade and claims.

Nicely spotted!

CELEBRITY CIPHER

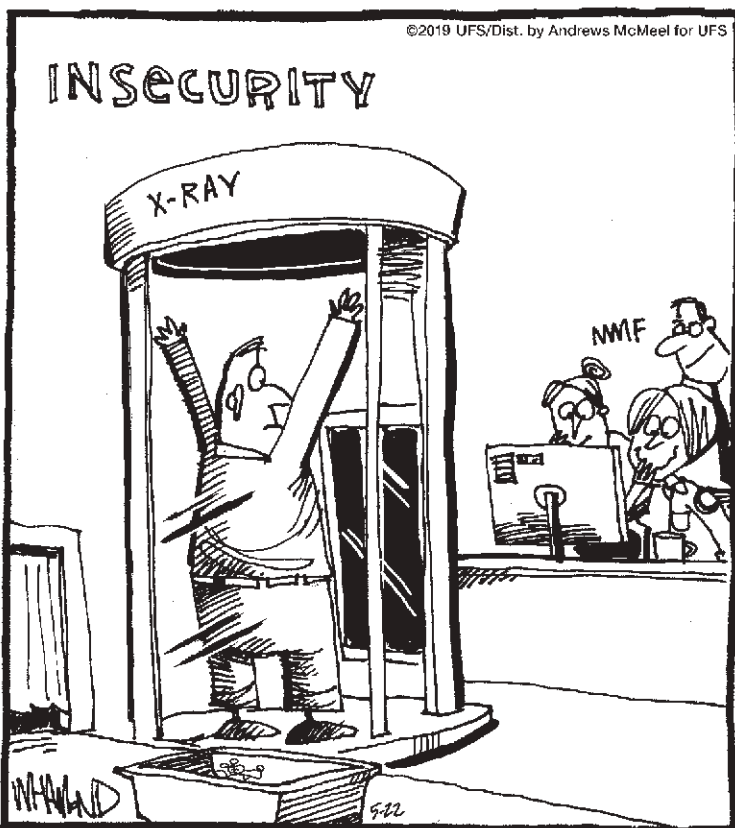
by Luis Campos

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

“ ‘90210’ ... U VMUHB VMT RMFE
GFFBR ITYJVUAJG. ... UV'R Y
VYHZGTW ETI VMTCS'T NPTYVTW
VMJR AYP, UV'R ZPTV!" — KYRFH
XPUTRVGTC

Previous Solution: "I was an excellent student. ... I graduated early so that I could work longer hours on '90210." — Jennie Garth
TODAY'S CLUE: *o sjenba N*

REALITY CHECK



HERMAN

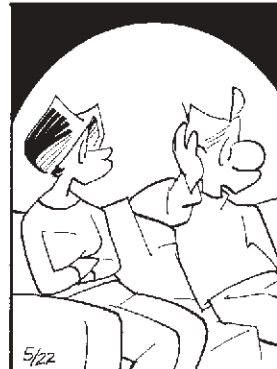
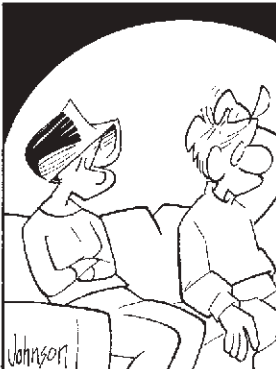


“Yes, skydiving! He’s going for his first jump tomorrow.”

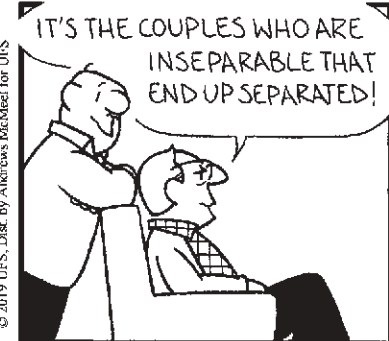
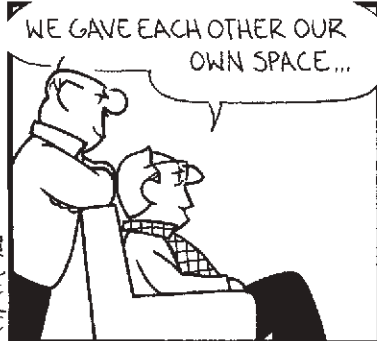
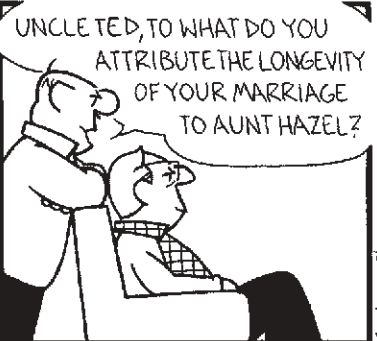
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



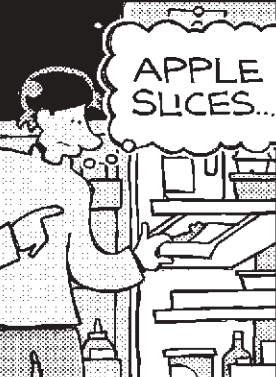
FRANK AND ERNEST



GRIZWELLS



THATABABY



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Nonexistent monsters have Mom missing sleep

Dear Annie

WEDNESDAY, MAY 22, 2019

Dear Annie: I have a 6-year-old daughter who won't go to sleep on her own. She has an innate fear of staying alone in her room. We have tried every way we can think to motivate her to feel comfortable. We reassure her that she's safe, that we're in the room next door, that every night she sleeps safely, that we perform monster checks. My daughter was a good sleeper until a few months ago, when she started to develop nighttime anxiety. Now she forces one of us to sleep in bed with her.

My other two children are great sleepers. They will close the door and go right to sleep through the night after family reading. Both children have been supportive of our daughter and have encouraged her to sleep on her own. When we have babysitters, she forces the sitter to stay with her and won't fall asleep until late. Frequently, sitters will text me saying they can't get her to stay in bed.

Nothing is working. It's taking a toll on my relationship with my husband, as we no longer get any private time at night. Any tips how we can get her to sleep on her own? — Sleepless in Los Angeles

Dear Sleepless: Enjoy these sleepless nights

with your daughter while she wants to cuddle in bed with you. Soon enough, your daughter will want independence, which might give you sleepless nights. Nighttime anxiety is common for children around her age. The key is to build and reinforce her confidence that she is safe while she is alone in her room and that you and your husband are there to protect her. Try to sit in a chair in her room rather than sleep in bed. Let her know your there, but don't let her rely on you so much. Slowly (and it will take time) see if you can minimize the time spent in the room. Every morning, build up and encourage your daughter that she was able to sleep on her own. If her sleep continues to be disrupted, seek the help of a professional.

If there are any pediatricians or sleep experts that would like to offer an opinion, I would love to hear from you.

Dear Annie: I'm responding to your recent column regarding depression. For more than 20 years, I battled clinical depression. For me, the various medications prescribed were of no help. By pure chance I came across an article on a treatment called TMS (transcranial magnetic stimulation). After extensive research, I found that the treatment was available locally

and was covered by Medicare and my supplemental insurance. The treatment consisted of daily 45-minute sessions for six weeks (Monday to Friday). Halfway through my treatments, I started noticing a positive improvement and it has continued to improve. It's now been three years, and my depression is history. I have a new lease on life and wake up every morning thankful for the new me. This treatment may or may not be the answer for everyone, but I urge anyone suffering with depression to consider TMS and wish you the very best. — Depression-Free

Dear Free: Congratulations on taking steps to heal your depression and make it history. Thank you for sharing with our readers how you were able to put make depression a thing of the past.

"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.

Vegetable kebabs with a crisp exterior and juicy interior

By America'S Test Kitchen

GRILLED VEGETABLE KEBABS

Servings: 4

Start to finish: 40 minutes

You will need eight

12-inch metal skewers for this recipe.

- 1/4 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon minced fresh rosemary
- 1 garlic clove, minced
- Salt and pepper
- 6 portobello mushroom caps (5 inches in diameter), quartered
- 2 zucchini, halved lengthwise and sliced 3/4 inch thick
- 2 red bell peppers, stemmed, seeded, and cut into 1 1/2-inch pieces
- 2 lemons, quartered

Whisk oil, mustard, rosemary, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper together in large bowl. Measure half of mixture into separate bowl and set aside for serving. Toss mushrooms, zucchini, and bell peppers with remaining oil mixture, then thread in alternating order onto eight 12-inch metal skewers.

- For a charcoal grill: Open bottom vent completely. Light large chimney starter half filled with charcoal briquettes (3 quarts). When top coals are par-

tially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

- For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Turn all burners to medium.

Clean and oil cooking grate. Place kebabs and lemons on grill. Cook (covered if using gas), turning as needed, until vegetables are tender and well browned and lemons are juicy and slightly charred, 16 to 18 minutes. Transfer kebabs and lemons to platter, removing skewers.

Juice 2 lemon quarters and whisk into reserved oil mixture. Drizzle vegetables with dressing and serve.

Nutrition information per serving: 152 calories; 73 calories from fat; 8 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 332 mg sodium; 17 g carbohydrate; 5 g fiber; 10 g sugar; 6 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Vegetable Kebabs in "Master of the Grill."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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	4		9	5		6		

5/22

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7	8	4	1	5	9	6	3	2
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Zucchini or summer squash makes for a colourful pasta dish

By America'S Test Kitchen

A combination of pasta and summer squash results in a light, flavourful dish that's full of colour.

We decided against peeling the squash, as the skin helped to keep the pieces intact throughout the cooking process. Because summer squash contains so much liquid, we salted and drained it to keep our sauce from ending up watery and bland.

The salted squash also browned beautifully; just 5 minutes in a hot skillet gave a light char to each batch. To accompany the squash, we chose halved grape tomatoes, fresh basil, and pine nuts.

We finished the sauce with balsamic vinegar to give it a kick and paired the sauce with farfalle, since its nooks and crannies easily trapped the flavour-packed ingredients. A combination of zucchini and summer squash makes for a more colorful dish, but either may be used exclusively if desired. Cherry tomatoes can be substituted for the grape tomatoes.

If farfalle is unavailable, campanelle and fusilli are good substitutes. We prefer using kosher salt because residual grains can be easily wiped away from the squash; if using table salt, be sure to reduce all of the salt amounts in the recipe by half.

FARFALLE WITH ZUCCHINI, TOMATOES AND PINE NUTS

Servings: 6

Start to finish: 1 hour

- 2 pounds zucchini and/or summer squash, halved lengthwise and sliced 1/2 inch thick
- Kosher salt and pepper
- 5 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1/2 teaspoon red pepper flakes
- 1 pound farfalle

- 12 ounces grape tomatoes, halved
- 1/2 cup chopped fresh basil
- 1/4 cup pine nuts, toasted
- 2 tablespoons balsamic vinegar
- Grated Parmesan cheese

Toss squash with 1 tablespoon salt and let drain in colander for 30 minutes. Pat squash dry with paper towels and carefully wipe away any residual salt.

Heat 1 tablespoon oil in 12-inch non-stick skillet over high heat until just smoking. Add half of squash and cook, stirring occasionally, until golden brown and slightly charred, 5 to 7 minutes, reducing heat if skillet begins to scorch; transfer to large plate. Repeat with 1 tablespoon oil and remaining squash; transfer to plate.

Heat 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add garlic and pepper flakes and cook until fragrant, about 30 seconds. Stir in squash and cook until heated through, about 30 seconds.

Meanwhile, bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until al dente. Reserve 1/2 cup cooking water, then drain pasta and return it to pot. Add squash mixture, tomatoes, basil, pine nuts, vinegar, and remaining 2 tablespoons oil and toss to combine. Season with salt and pepper to taste and adjust consistency with reserved cooking water as needed. Serve with Parmesan.

Nutrition information per serving: 463 calories; 154 calories from fat; 17 g fat (2 g saturated; 0 g trans fats); 0 mg cholesterol; 177 mg sodium; 65 g carbohydrate; 5 g fiber; 9 g sugar; 13 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Farfalle with Zucchini in "The Complete Mediterranean Cookbook."

(The Associated Press)



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