

Labrie's participatory budget yields great interest

By Gordon Lambie

The first edition of Sherbrooke MNA Christine Labrie's "Citizen Investment Fund," which offers up her discretionary budget to projects from not-for-profit organizations within the city of Sherbrooke, has drawn the attention of 55 different groups. According to a press release issued by Labrie's office last week, this number exceeds the politician's expectations for the inaugural version of the initiative.

"I am very happy to see the people of Sherbrooke respond positively to this first call for projects," the Quebec Solidaire MNA said. "Among the projects submitted, we see ideas that affect families, the fields of education and the environment, health and social services, culture, sports and recreation, the arts, social justice, and social economy," she continued, adding, "I am anxious to see the people of Sherbrooke learn more about these initiatives, which are aimed at improving local quality of life."

As was stated in the original call for proposals, the groups with proposals that have been accepted will now have until next Saturday, March 2, to gather the support of registered voters who live in the Sherbrooke riding. On Saturday, the projects will each set up a kiosk in the Centre Multi Loisirs on Fairmount Street in Sherbrooke (just off Galt West near Andrew-Sangster Park) between 1 p.m. and 4 p.m. to be voted on by those in attendance. Those not presenting projects will be asked to vote for their five favourite ideas. Votes will assign a decreasing number of points related to

CONT'D ON PAGE 3

A toast to the Mini Mardi Gras



MATTHEW MCCULLY

Sisters Carol, Barb and Gill Guthrie raising a glass at the Sherry Party, held Friday evening as part of the Mini Mardi Gras bonspiel held at the Lennoxville Curling Club. They sponsor the Doug Guthrie Memorial Trophy in honour of their father, a former curler who contributed a great deal to the club.

By Matthew McCully

Over the weekend the Lennoxville Curling Club hosted the 51st edition of the Mardi Gras women's bonspiel.

According Josée Rourke, who helped organize the event, the club decided to try a doubles tournament this year.

In total, 16 doubles teams (teams of two women of all ages) from Magog, Sherbrooke, North Hatley and Lennoxville participated in the event.

A new trophy (C Event) was introduced this year, sponsored by the club in honour of wheelchair curler Johanne Poulin who passed away recently.

Also, the Doug Guthrie Trophy (B

Event) became the Doug Guthrie Memorial Trophy in memory of Doug who passed away this summer.

Doug's daughters Carol, Barb and Jill, sponsors of the trophy, were guests of honour at the Sherry Party, an annual tradition held Friday evening during

CONT'D ON PAGE 7

THE RECORD

is available online too!

Visit our website at www.sherbrookerecord.com

To SIGN UP (e-edition), or You can contact our offices.

And by adding \$5 to your 12-month print renewal, you can get online for 1 year also. Just remember to include the email address.**

You can reach us at 819-569-9528 or by email at billing@sherbrookerecord.com

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$82.21.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your on-line subscription.

Weather



TODAY:
SNOW/WIND

HIGH OF -10
LOW OF -17



TUESDAY:
SUNNY

HIGH OF -15
LOW OF -23



WEDNESDAY:
SUNNY

HIGH OF -13
LOW OF -20



THURSDAY:
SUNNY

HIGH OF -8
LOW OF -17



FRIDAY:
SUNNY

HIGH OF -4
LOW OF -13

The Old Train Station

Submitted by Mead Baldwin

Sometimes, in the eastern Townships of Quebec, I drive the back roads from Baldwin's Mills to Stanstead. The Old Compton Railway is perched on the hill. It was taken down and placed in this new scenic location for a house, more of a mansion actually. Train stations evoke memories of journeys gone by, of romance and possibilities. When I see this station, I make a different journey, a journey of the heart.

I was fifteen years old. After two weeks of glorious summer holidays at Camp Livingstone, Jim Carter, the Camp director, approached our Senior boys cabin with a proposal. He invited us to stay at camp for two more weeks, two weeks to enjoy swimming, waterskiing, and wonderful evening campfires. All we had to do was spend each day dismantling the Magog Railway Station and bringing the lumber back to the camp for storage. Next spring it would be used to build a chapel and new dining hall.

Of course, I jumped at the opportunity. When my parents arrived to re-

trieve me and my sister Eva, they were surprised that I didn't want to return home just yet. It was work, my Dad was always a total enthusiast about that, and so I began my journey to adulthood.

By day we used hammers, crow-bars, and nailpullers, and were drenched with sweat and insulation dust from the collapsing walls and ceilings. By night we swam, waterskiied and enjoyed camp without rules, schedules or curfews. But we did work! There were 5 of us, just enough to fill the the seats of the van Jim Carter drove. Ron Scantlebury and Vance Arthur Davis Junior the third (yes that was his name) were from Little Burgundy in Montreal, David Walker was from Ayer's Cliff, and Glen Eastwood was from Ormstown. We were quite a team.

Each day the train station shrunk, and the lumber pile grew. Our apprentice hands, which at first seemed tentative and uncertain, became strong and skilled. It felt like a contest. Could we finish the work in only 2 weeks? Our competitive spirits led to longer and longer workdays, as we desperately wanted to win this challenge. Where once we

needed Jim's strict instructions we soon became independent contractors, freeing him to do other tasks. We became a team, anticipating each others needs and working smoothly together.

That Railway station became a doorway: to responsibility, to confidence, to experience, to adulthood.

I didn't know that those final two weeks would be the end of my days at Camp Livingstone. I could not predict the new adventures next summer would bring; a trip to Lethbridge Alberta, my driver's licence, hosting a 17 year old from Vermilion Alberta for two weeks, graduating high school and beginning Cegep.

I do know the result of that train station summer. I still feel the pride and sense of accomplishment the work gave me and I still remember those dusty days and passionate friendships.

When I see the old Compton Railway perched on the hill, I remember a different summer, and a different railway station.

Lennoxville honours outstanding citizenship

Record Staff

The Borough of Lennoxville honored four individuals and three organizations for their outstanding achievement in recent years at a ceremony on Thursday evening.

The "Art and Culture" award was given to historian Monique Nadeau-Saumier, who taught the history of art and architecture in Canada, the decorative arts and museum studies at Bishop's University for fifteen years, while serving as Executive Director of the Eastern Townships Research Center from 1987 to 1995.

The "Civicism and Volunteering" Award was given to Margie Woollerton, who has distinguished herself as a member of St. George's Anglican Church, as

well as being involved with the Lennoxville Elementary School Library, the Canadian Federation of University Women, and a local bridge group.

The "Business Development" Award was presented to Les 3 Fées Boutique, represented by Lily Martin. This shop is inspired by fairy tales and ancient and contemporary legends from around the world. The mission of the company is to bring magic into people's lives.

The "Education" award was presented to the Bishop's University Library, which has recently undergone major changes as part of a process of optimizing and renovating campus learning spaces. The work has turned the library into a vibrant education center that benefits both the campus and the community.

The "Sport" award was won by Keisha

Tomasik, who was noted for her achievements in canoeing. Last August, she won a gold medal, two silver medals and a bronze medal at the Canadian Canoe Sprint Championships in Sherbrooke.

The Urbanism Award recognized Global Excel Management Inc. recognizing the recent renovations to the company's headquarters, which employs 350 people.

Finally, the Donald-Patrick Award, presented as recognition for outstanding service to the community, was presented to Janet Angrave, a retired teacher from Alexander Galt Regional High School, where she taught throughout her career. Among her many activities in the community, Angrave is a pillar of the Uplands Cultural and Heritage Center volunteer team.



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

WWW.REDCROSS.CA

Ben by Daniel Shelton



LOCAL NEWS

"It doesn't matter how good your writing is if you don't know what to do with it," he said.

Creative writing students to share what they've learned tonight at Bishop's

By Gordon Lambie

The Morris House reading series at Bishop's University is doing something a little different this afternoon. The series, which typically brings established authors to the Bishop's University campus to speak about their works in front of a live audience, will be hosting a creative writing panel this evening in the lobby of Centennial Theatre with two current students and one recent graduate of Concordia's Creative Writing Master's program.

"We'll be trying to present what people can expect from a Creative Writing program," said Josh Quirion, Townships

native and the aforementioned graduate in tonight's group. With current students Deanna Radford and Jeff Parent, Quirion said he will be talking about his own work while also trying to explain the value of and answer questions about graduate level creative writing studies.

"It should be quite interactive," he said.

Quirion acknowledged that the format of the conversation will be a little different than the usual talks in the Morris House series, since none of the guests will have much in the way of accessible or known published work for the audience members to discuss, but he argued that there is value to talking

about the experience of intentional creative community that programs like the one he just finished involve.

"What the Master's offers you is an exchange," the writer said, explaining that in addition to being in a community of other aspiring writers, the program also offers regular opportunities to interact with established Canadian authors and hear their perspectives and their feedback on written work. "It makes you a very mature writer and reader," he added.

Quirion said that coming out of his studies, he feels the biggest takeaway is the network of fellow writers and creators he is now a part of, as well as a

greater understanding of what is involved in the process of actually getting published.

"It doesn't matter how good your writing is if you don't know what to do with it," he said.

The Morris House Reading Series panel on creative writing gets started at 5:30 p.m. this evening. The panellists will be presenting their work, answering questions from the audience and from panel facilitator and reading series director Linda Morra of the Bishop's English department. Afterwards, attendees are welcome to an informal reception where refreshments will be served. The event is free.

Actions Interculturelles gets gov't support for intergenerational project

Record Staff

The Government of Quebec has announced that Actions interculturelles will receive a \$63,500 financial support grant to develop its See the world in families educational development project.

Created in 1991, Actions Interculturelles responds to the needs and challenges of a pluralistic society open to the world in the management of cultural diversity. The mission of Intercultural Actions is to create bridges between the

host society, employers, immigrants, and the various actors in the world of education and business.

The funded project will target young people aged 15 to 30 and seniors aged 55 and over in two regions: Estrie and Capitale-Nationale. It aims to create intergenerational and intercultural bridges by focusing on the conviviality and fraternity of the family unit to stimulate social cohesion. Themed dinners will be organized, giving a second- or third-generation immigrant the opportunity to introduce their ancestors and their

country. Typical dishes of the country, cooked according to an old family recipe, will be served and each dinner will end with a knowledge transfer activity, based on a cultural element. Specifically, the amount from the Youth Secretariat (SAJ) will allow the organization to cover, among other things, the salary costs of a Project Officer and other direct costs related to the realization of the activities.

This funding comes from a measure presented as part of the March 2018 Québec Economic Plan, which aims to

encourage initiatives that encourage the emergence of projects in support of intergenerational links.

The projects funded aim to foster intergenerational dialogue, thus making it possible to respond to the demographic challenge facing Québec over the next fifteen years. Seeing the world in families is one of eighteen successful projects, as it fits directly into the objectives pursued by the SAJ.

La Lichette in Magog to be demolished

Record Staff

Three months after the devastating Oct. 16 fire in downtown Magog, the building housing La Lichette

dairy has officially been declared a total loss.

Building owner Ronald Pomerleau was advised by his insurers last January that his building would cost less to re-

place than to renovate. He applied for a demolition permit from the City of Magog on Feb. 12 and is waiting for an answer, hoping to proceed with demolition in the coming weeks.

Labrie's participatory budget

CONT'D FROM PAGE 1

their priority (ie. Someone's first choice gets more points than the second, which gets more than the third, etc.) at the end of the vote, the projects that have the most points will be retained up to a maximum of \$25,000.

The fund was open to projects of \$500 to \$3,000, although the majority of those retained fall closer to that upper limit.

Lennoxville's Mon Shack, the Service d'Aide aux Neo-Canadiens, and Association des accidentés cérébrovasculaire ou traumatisés Crâniens de l'Estrie are

among the many groups that submitted projects for consideration. For more information on the projects involved or how to participate, contact Labrie's office by emailing Christine.labrie.sher@assnat.qc.ca or calling 819-569-5646.

PLAYSAFE:
Don't Let It
Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger *before* you play!"

Visit waramps.ca/playsafe for the video and safety resources.



Follow The Sherbrooke Record on Facebook and Twitter!



Sherbrooke Great Spin breaks all records and donates \$134,000 to the Canadian Cancer Society

Record Staff

The organizing committee of Sherbrooke's Great Spin (GS) say they witnessed a real miracle during the 7th edition of the event, held at the Maxi Club Rock Forest. With hundreds of donors and 318 participants, the GS team, easily crushed its \$100,000, to arrive at a total of \$134,000 for the Canadian Cancer Society (CCS). The money will remain in Quebec to fund research for childhood cancers and improve the lives of young people.

Spinning fans took up the challenge and have given meaning to this incomparable human experience one pedal stroke at a time.

"In the first year, the committee raised just over \$15,000 and we were overjoyed. Today, I don't know how to describe the unimaginable feeling that I have. I am extremely proud of what we have accomplished, mobilizing so many

people for the cause, it's just amazing," said Mylène Vachon, co-chair of the event.

The Great Spin is a spinning challenge, but it also and above all involves touching stories every year and 2019 is no exception. One young student from Alfred DesRochers primary school pedaled this year for his dad, a cancer victim.

"We also have to thank the leaders of the various companies that came forward during corporate time. These are dynamic business people who took the trouble to involve their employees in making a difference. Thanks to BRP, Motrec International, Avocats Lavery, Cain Lamarre, Chou de Bruxelles, and MB Capital," says event co-chair Robin Charest.

With this 7th edition, the Sherbrooke Great Spin will have donated almost half a million dollars to the Canadian Cancer Society



(COURTESY) Great Spin organizing committee members Robin Charest, Martin Nolet, Maxime Champagne, Tommy Roy, Samuel Charest, Érick Grandmont, Anne-Sophie Demers, Mylène Vachon, Cindy Allen, Marie-Élise L. Lapointe, Isabelle St-Gelais et Sabrina Bélanger with a symbolic cheque for \$134,000 to the Canadian Cancer Society.

ASK THE EXPERTS BUSINESS DIRECTORY

EDITORIAL SERVICES

David Winch
Editorial Services

<http://davidwinch.website>

Writing & Editing for texts of all types
Journalism, government & academic
35 years UN, newspaper & magazine work, English and French

Cell: 514-796-7162
dwinch2001@yahoo.fr

OPTOMETRISTS



Our eye care services:

- Eye Exam
Children and Elderly Eye Care
Low Vision Aids
Eye Disease Screening
- Contact Lenses
Wide Selection of Frames
Sunglasses

OPTO
RÉSEAU

160 Queen St., Lennoxville
819.563.2333
Dr. Maggie Faust, Dr. Alain Côté and
Dr. Denis Destrempe, optometrists

NOTARY

Lamoureux Leonard sencrl



Notaries & Solicitors

M^{re} Timothy Leonard

- Trust Wills • Mandates
- Corporate Law • Estate Settlement
- Protection of Assets

520 Bowen St. S., Sherbrooke
(next to Hôtel-Dieu Hospital) **563-0500**

• EDITORIAL SERVICES • INVESTMENT • NOTARY • OPTOMETRISTS • TREE SERVICE

TREE SERVICE



ArboExcellence
Stephen Goddard, prop.
ISA Certified Arborist QU-0103A



Professional Tree Service

- Pruning
- Hedge trimming
- Tree removal
- Planting
- Stump grinding
- Lot clearing
- Chipping
- Forestry
- Cabling & bracing
- Consulting

Over 30 years
experience
Fully insured
Free estimate

www.arboexcellence.ca

Cell: 819-821-0425 Tel./Fax: 819-562-1642

INVESTMENTS

Life Insurance

~
Annuities

~
Critical Illness

~
LTD

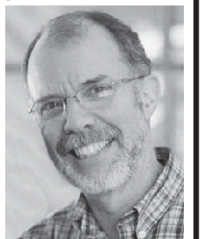
~
RRSP* • RDSP*
RESP* • RRIF*

(*Only Mutual Funds are offered and regulated through Global Maxfin Investments Inc.)

In partnership to help you invest for your future



TIM GODDARD
BRANCH MANAGER



RICK TRACY
MUTUAL FUNDS DEALING
REPRESENTATIVE

GLOBAL MAXFIN INVESTMENTS INC.

151 Queen Street, Sherbrooke • 819-569-5666

"Locals serving locals for more than 20 years."

Support the local businesses, services & professionals who serve our area where you live, work and play!

Lennoxville Scouts host a busy Saturday at the races

By Gordon Lambie

The First Lennoxville Scouts, Cubs, and Beavers, their families and friends spent a large part of the day on Saturday at the Army Navy Air Force Unit #318 Hut on Saint-Francis Street for

the annual Kub Kar Rally. From mid-morning to mid-afternoon, Beaver Buggies, Kub Kars, and Scout Trucks, as well as the vehicles crafted by scouters and parents, made their way down the three-lane metal track in heat after heat to see who had created the fastest tiny cart.

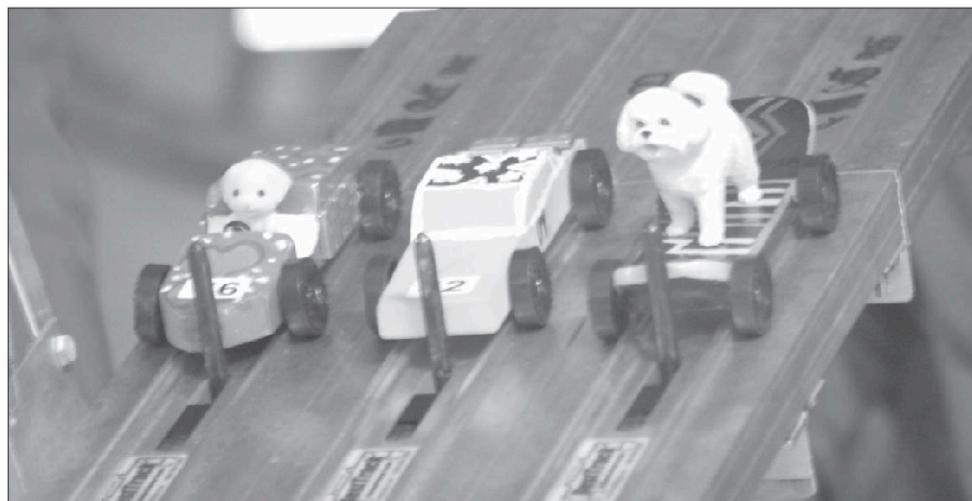
For the first time this year the competition was host to the neighbouring First Richmond Group, who also threw their hats into the ring across all age groups.

Aside from overall winners, participants were also judged by popular vote

on best design in each age group, encouraging builders to be creative in their creations. Many vehicles sported interesting paintjobs and impressive lighting systems, with some going the extra mile to create life-like replicas of everything from tow-trucks to steam trains.



PICTURES BY GORDON LAMBIE



EDITORIAL

Now it's Justin Trudeau's turn to ride out a "scandal," one with potentially more bite than an ill-advised vacation with the Aga Khan.

How will Trudeau's Liberals shape the SNC/Lavalin affair?



PETER BLACK

“Much more important than the content of even the most famous political scandals is the shape each scandal develops. The shape of a scandal is formed less by what happens, than by what is done about it by the government concerned.”

So wrote political journalist Richard Gwyn (who got his start in newspapers at the Quebec Chronicle-Telegraph) in the prologue to his 1965 bestseller, *The Shape of Scandal, A Study of a Government in Crisis*. The crisis the book explores, in meticulous, colourful detail, are the so-called winter scandals of 1964-65 that plagued the Liberal government of Lester Pearson.

The crisis became more popularly known as the Lucien Rivard affair, which, to boil it down to the basic story, was the attempt by mob types in Canada to influence government officials to let one of their own - drug boss Rivard - off the legal hook.

The story had the elements of a Hollywood caper movie, from shady connections to the assassination of president John F. Kennedy, to an improbable prison escape with a rink-watering hose. Indeed, in 2006, a film was made of Rivard's adventures, called *The American Trap*.

Gwyn wrote of the events of 1964-65, “in terms of headlines and column inches of newspaper space, they generated probably as much publicity as any other single issue in Canadian political history.”

The possible exception to that would be what some might call the mother of all Canadian political sleaze-fests, the Pacific Scandal of 1872-73, which, in

fact, led directly to the defeat of a government, that of Sir John A. Macdonald.

The Rivard affair did not bring down the Pearson government, although it did derail several political careers, notably that of justice minister Guy Favreau, a rising Quebec Liberal star. Nor did it put an end to subsequent notorious affairs in federal politics, with neither the Liberals or Conservatives holding the edge in incompetence or corruption.

One might deem the modern golden age of sketchy political behaviour to be the Mulroney-Chretien years where affairs dubbed Tunagate, Airbus, Adscam and Shawinigate spewed out oceans of copy, to harken back to Gwyn's definition.

Stephen Harper was beset by the Senate expenses flap - in which Mike Duffy was ultimately exonerated and Harper's Gerald Butts chief of staff equivalent, Nigel Wright, resigned.

Now it's Justin Trudeau's turn to ride out a “scandal,” one with potentially more bite than an ill-advised vacation with the Aga Khan. At its core, the furore seems to be over the definition of a word and the relevance of an obscure legal principle known as the Shawcross doctrine, which draws a nebulous line between pressure applied and advice offered to an attorney-general.

The “Pressure-gate” affair, shall we say, is complicated by the door-slammer farce quality of the Trudeau government's handling of it, including two confusing resignations, an unleashed top civil servant, and the delicate nuancing of the prime minister himself.

As in all such matters where public officials stand accused of betrayal of public trust, the root of the matter is the time-worn principle of “cui bono” or who would stand to gain from some presumed improper action.

From the perspective of the predictable Quebec-bashers, the SNC-Lavalin affair is yet another example of slime-drenched Liberals selling their souls for their corporate pals. For Quebec opinion-leaders, including the current and former premiers of the province, the government's actions are viewed as essential and reasonable to

safeguard the future and thousands of jobs of one of Canada's leading engineering firms.

In the “vomitorium of social media,” as the Clerk of the Privy Council, Michael Wernick, so graphically put it, the SNC/Lavalin flap is gasoline to stoke the already roiling anti-Trudeau rhetoric. The Conservative opposition, understandably, is loving it. While their current leader appears in public with

known extremists, Tory MPs, smelling Trudeau blood in an election year, are relentless in their pursuit of justice for the former justice minister.

It's serious business, but also hopelessly partisan theatre. In the end, to defer to the wisdom of Richard Gwyn, Canadians wait to see what shape the government gives to the alleged scandal before it.

Letters

Recycling And The Print Media: The Breaking Point

Quebecers are aware of the challenges that have faced print media for some time now. According to Ministère de la Culture figures, one weekly in four has permanently stopped its presses since 2010... and this situation is going to get much worse unless the government amends the Environmental Quality Act this year to give newspapers the same cultural protection as it does to books.

It is urgent because the dailies and weeklies are stuck in a vicious circle due to the obligations to finance newsprint recycling:

- Newsprint media entities are falling in numbers every year.
- The newsprint tonnage they produce is also dropping.
- However, their annual recycling costs are rising dramatically.
- Conclusion: an exploding recycling bill has been imposed on surviving newspapers.

The numbers are telling. 92,000 fewer tonnes of newsprint were produced between 2010 and 2019 (-68%). But the contribution demanded from the media rose by \$9 million over the same period (+340%). The per-tonne processing cost went from \$23.03 in 2010 to \$241.92.

It is true that the Ministry of Finance proposed the beginning of a solution two years ago. Therefore, if this support slightly reduces the financial burden of print media, it does not improve the aberration of the current system and its adverse effects. In addition, it remains a short-term support in the face of a structural problem that has been increasing year by year.

From the beginning, it was inconceivable that we are treating newspapers, beacons of democracy and cultural expression, in the same manner as tin cans and plastic bottles.

The news media contributes directly to our communities' vitality and their social and democratic life. As a result, they must benefit from a cultural protection analogous to that for books. Otherwise, the compensatory system for newspapers is about to drop the axe on other press organizations.

Since arriving in power, François Legault's government has shown great sensitivity to the difficult situation the media are facing pursuant to the dramatic drop in advertising revenue that was the foundation of their business model.

The government must now agree with us that the first step is to extricate the newspapers from a system that is financially asphyxiating the print media. This intervention must come as of the next budget; otherwise, more communities will lose their print media.

DENIS TÊTREAU
GENERAL DIRECTOR
RECYCLEMÉDIAS *

* RecycleMédias is a private, non-profit organization created in December 2000 with the mission of representing newspapers, which are required to contribute to the residual materials recycling and reclamation efforts in Québec. The organization has 149 members from the following organizations: Québec Média, Groupe Capitale Médias, Le Devoir, The Gazette, Hebdomadaire Québec, Quebec Community Newspaper Association (QCNA), l'Association des médias écrits communautaires du Québec (AMEQ) and many smaller independent newspapers and groups.

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

6 Mallory, Sherbrooke, Quebec J1M 2E2

TEL: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS

ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE

5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.
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

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

Local Sports

The A Event trophy and overall bonspiel are sponsored through annual donations from Global Excel and local real estate agent Danielle St. Vincent.

Mini Mardi Gras

CONT'D FROM PAGE 1

the Mardi Gras tournament.

Members of Doug and Johanne's families came to the club on Saturday to present the trophies named for their loved ones.

The A Event trophy and overall bonspiel are sponsored through annual donations from Global Excel and local real estate agent Danielle St. Vincent.

In a new twist this year, the Mini Mardi Gras coincided with the Lennoxville Curling Club's participation

in Curling Day in Canada. Curling clubs across the country were invited to send in the scores from all the games played on Saturday Feb. 23. Players were asked to contribute \$1 each towards scholarships for youth curlers. Every dollar sent to Curling Canada will earn the club one ballot for a chance to win \$10,000 for a renovation grant.

Since doubles games are much faster than full teams, six ends taking about 1 hour and 20 minutes each, Lennoxville ended up playing 13 games on Saturday.



FRANÇOISE CARDOU

Doug Guthrie Memorial Trophy: Top row: left to right: Carol Guthrie (sponsor), Linda Smith, Ann McVittie of North Hatley CC and Jill Guthrie (sponsor)
In front: Mariette Beaulac and Josée Boulanger of Sherbrooke CC defeated the North Hatley duo.



Chelsea Cote

FRANÇOISE CARDOU



MATTHEW MCCULLY

Some of the Mini Mardi Gras participants embraced the theme and came to the Sherry Party wearing masks.



FRANÇOISE CARDOU

Johannes Poulin Memorial Trophy: from left to right, Morgan Côté and Chelsea Côté from North Hatley CC defeated Carol McCormack and Judy Cassidy from Lennoxville CC.



FRANÇOISE CARDOU

Mardi Gras Trophy: From left to right, Lauren Cheal and Jessie Sutherland of Lennoxville Curling Club defeated Paule Guillemette and Céline Funk of the Sherbrooke Curling Club.



INTERNATIONAL WOMEN'S DAY CONTEST

Do you know someone who should be celebrated this International Women's Day (March 8)? If so, The Record wants you to send in a small message and photo, along with \$10 (visa or mastercard), to classad@sherbrookerecord.com and we will publish them in the paper on March 8. Your name will be put into a draw to win a

\$150 Gift Card to Strom Nordique Spa in Sherbrooke.

Messages must be sent in by March 5 and a name will be randomly drawn on March 8.

strom
SPA NORDIQUE
SHERBROOKE

1705 Roy St., Sherbrooke • 819.481.2772 • www.stromspa.com

Datebook

MONDAY, FEBRUARY 25, 2019

Today is the 56th day of 2019 and the 67th day of winter.

TODAY'S HISTORY: In 1836, Samuel Colt received the patent for his revolving-cylinder pistol.

In 1901, J.P. Morgan incorporated the United States Steel Corporation.

In 1913, the 16th Amendment to the Constitution, which gives Congress the power to levy income taxes, went into effect.

In 1991, the Warsaw Pact, a mutual defense agreement between Central and Eastern European communist states, was declared disbanded.

TODAY'S BIRTHDAYS: Pierre-Auguste Renoir (1841-

1919), artist; Enrico Caruso (1873-1921), opera singer; John Foster Dulles (1888-1959), diplomat; Zeppo Marx (1901-1979), actor; Bobby Riggs (1918-1995), tennis player; Ralph Stanley (1927-2016), musician; George Harrison (1943-2001), singer-songwriter; Jack Handey (1949-), humorist; Tea Leoni (1966-), actress; Sean Astin (1971-), actor; Chelsea Handler (1975-), comedian; Rashida Jones (1976-), actress.

TODAY'S FACT: Pierre-Auguste Renoir and Claude Monet were friends and often painted together; several of their works were painted at the same time in the same locations, from different angles.

TODAY'S SPORTS: In 1964, Cassius Clay defeated Sonny Liston in a stunning upset to win the heavyweight boxing crown. Clay changed his name to

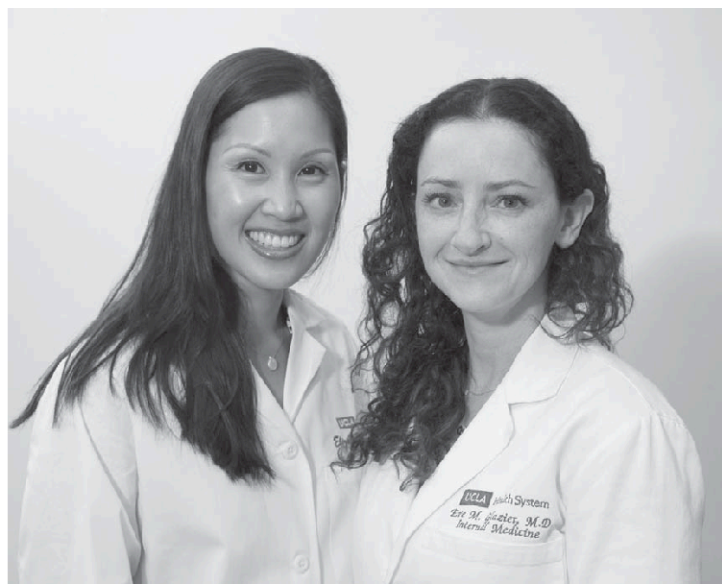
Muhammad Ali the following week.

TODAY'S QUOTE: "Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes." — Jack Handey, "Deep Thoughts"

TODAY'S NUMBER: 1,060 — pairs of shoes notoriously left behind by Philippine first lady Imelda Marcos when she and her husband, President Ferdinand Marcos, were forced to flee the country on this day in 1986.

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

Study reveals appendix may play role in developing Parkinson's



ASK THE DOCTORS

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

Dear Doctor: Is it true that there's a link between the appendix and Parkinson's disease? I thought all an appendix ever does is burst sometimes. Does this mean we should get our appendixes removed, the way our parents used to get their tonsils taken out?

Dear Reader: The appendix has always been a bit of a mystery. It's a narrow pouch, between 2 and 4 inches long, that sits in the lower-right quadrant of the abdomen near where the small and large intestines meet. The fact that the appendix serves no obvious purpose in adults had led to it be considered a vestigial organ. That is, an organ that has lost its function over time. As you point out, the appendix is mainly known for its ability to become inflamed. Since perforation then becomes a risk, which would cause infectious materials to spill into the abdominal cavity, an inflamed appendix is often surgically removed.

Ongoing research has shed new light on the appendix. It's known that during gestation, the appendix makes certain types of cells that play a role in normal fetal development.

After birth, the appendix takes on some immune functions. And though it was believed the appendix becomes inert in later adulthood, newer studies suggest that one role of the appendix is to harbor beneficial bacteria that are important to intestinal health. Now, with a study recently published in the journal *Science Translational Medicine*, a potential link between the appendix and Parkinson's disease has emerged.

Parkinson's is a progressive disorder of the nervous system. It arises due to the loss of cells in the brain that produce dopamine and which control movement. Why this happens is not yet known. The symptoms of Parkinson's disease emerge and progress gradually. They include tremors, muscle stiffness, movement that becomes progressively slower, problems with balance, changes to speech and handwriting, and a loss of facial expression.

The brain cells of many people with Parkinson's have been found to contain a protein called alpha-synuclein. This protein clumps together into structures known as Lewy bodies, and is believed to be so toxic to brain cells that it causes their death. This same protein has also been found in the intestines of Parkinson's patients. That's significant because some researchers believe that the vagus nerve, which runs from the gut to the brain, may serve as a pathway along which the toxic proteins can travel.

Because certain gastrointestinal symptoms often precede the motor effects of Parkinson's disease, researchers specifically designed this latest study to explore the potential of a gut-brain connection. In one section of the study, which analyzed the long-term hospital data of 1.7 million Swedish individuals, they found that people who underwent an appendectomy as young adults had a 20 percent lower risk of developing Parkinson's decades later. The study also found accumulations of alpha-synuclein, the protein mentioned earlier, in 46 out of 48 appendixes of healthy individuals.

As to whether all of this points the way to preventative appendectomies, the answer is no. While this research does open up new avenues of study into the causes of Parkinson's disease, it doesn't reach any conclusions. For now, unless it's inflamed, the appendix stays.

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



Here's something you should always buy the organic version of: raisins. Raisins are just dried grapes, and grapes have been shown to be one of the most heavily sprayed produce items, with up to 26 types of pesticides found in independent studies. Since raisins are made from fresh grapes, it's very questionable how well-washed they are before the drying process. Plus, grapes are thin-skinned, which means they absorb whatever is sprayed on them. Finally, raisins are a popular snack for kids, so to protect them from pesticides, go with organic.

800,000

QUEBECERS ARE ILLITERATE

Help us help them!

Online giving: www.fqa.qc.ca/en/ or 1-800-361-9142

Literacy Foundation
Words of hope

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clasad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Crushing on a friend

Dear Annie

MONDAY, FEBRUARY 25, 2019

Dear Annie: “Jeremy” and I have known each other for a few years and hung out as friends in group settings. Last year, he moved to my neighborhood, and we started occasionally grabbing a drink after work or carpooling to mutual friends’ things together. We have gotten to know each other really well, and at this point, I consider him among my closest friends. But a few months ago, I started to develop feelings for him — getting excited and nervous before seeing him, happy when he sends me text messages, etc.

I am not sure, but I think he likes me, too. He contacts me almost every day, and I’ve noticed he hasn’t gone on a date in a few months. He used to go out with women from dating apps pretty regularly. Maybe I’m reading into it too much. But even if I’m not and he does like me back, I want to stamp this out before it goes any further. He’s such a good friend, and I would hate to mess that up. How do I get over this and get back to our friendship? — Crushing Friend

Dear Crushing Friend: The value you place on friendship is admirable and wise. But you have feelings for Jeremy, and that fact changes the dynamics, whether or not you confess them. There’s no putting that genie back in the bottle.

If you should persuade yourself to move on without saying something, a part of you would always wonder what would have happened if you had. It’s the things we don’t do in life that we regret the most.

So say something. Tell Jeremy how you feel. If it should turn out he doesn’t feel the same, take some space and allow yourself to move on. You might find in a few months that you have no romantic feelings for him and can continue being friends, or you might never be close friends in the way you are now, and that would be OK, too. Sometimes Cupid’s arrow points our lives in different directions, and it’s nobody’s fault.

And if he does reciprocate your feelings, you may have just found a soul mate. There’s no better foundation for a long-term relationship than friendship.

Dear Annie: To me, “Stripped” sounded as if she was concerned about a possible personality change. I would have asked her to check with her doctor to make sure she doesn’t have a chemical imbalance or a tumor. I would not want a sudden change in habit to be overlooked. — Diane

Dear Diane: You bring up a great point about the letter from “Stripped.” A sudden personality change can indeed be the canary in the coal mine for health issues, and I appreciate your writing. The following is another response to her letter.

Dear Annie: I also am 69 years old and find that getting naked for a while during the day is very relaxing. I think your assessment of the situation was spot on. Years ago, when many people our age were raising families, there was no privacy to speak of, so we just didn’t do it. Now, with no distractions, we can. I think “Stripped” is very normal, and truth be known, there are many more doing the same thing but keeping it to themselves. — Stripped Also

Dear Stripped Also: It seems that this is a common habit, and aside from the point that Diane made in the previous letter, it seems totally harmless — provided that proper privacy measures are taken, of course.

Dear Annie: For the past few years at our summer holiday party, a family friend has taken to inviting his own guests without my knowledge. There have been as many as seven additional people showing up uninvited by me. They include various family members of his whom I either do not know or have only met briefly and would not typically invite into my home. This past

year, he showed up with a couple who had a baby. I had never met them. Before I knew it, they were pitching tents in my yard, intending to spend the night.

The next morning, I awoke to a total stranger rummaging through my refrigerator. She was looking for something to feed her baby, who was obviously hungry and fussy. It was all I could do to be polite.

I do not want this to occur again this year and am asking for your advice on how to handle the situation. The family friend is oblivious to the issue and has a tendency to be immature and impulsive if confronted. Our kids and grandkids are friends, and I am afraid that if I were to say something, they would be unhappy that their friends couldn’t come. Any advice you could give would be greatly appreciated. — Between a Rock and a Hard Place

Dear Between: Are you really stuck between a rock and a hard place? This seems like a pretty straightforward soft landing for you. It is preposterous to invite or, should I say, impose seven additional guests to your summer holiday party. Had your friend asked you in advance so you could have prepared for them, that would be a different story. But this past year took the cake, and I’m surprised that uninvited guest didn’t literally take your cake, as well, as she rummaged through your refrigerator.

I admire your diplomacy and kindness in being polite and giving the stranger and her baby some food, but by all means, this type of behavior must stop. And you are the one who has to draw a hard line in the sand with your children and grandchildren.

You need to have a direct conversation with them about the family friend, explaining that no one is allowed to invite guests without your permission. Pitching a tent and sleeping in your backyard is out of the question. If you don’t want to upset your kids and grandkids, you could always include them in your decision-making process. Ask them ahead of time whom the friend would like to invite. Tell them that you are fine with it as long as you know ahead of time. Keep the conversation light and fun.

Dear Annie: I am writing in response to “Broke but Still Spending.” I, too, am a senior widow and needed to reduce my Christmas gifts. A sister-in-law started a tradition when all of our children were small and our paychecks had to stretch. She gave each niece and nephew a Christmas ornament. I’ve resorted back to that tradition. I give family members a gift of a tree ornament, either homemade or purchased. I try to pick out something meaningful to the recipient. I put a sticky tab with the year on the ornament.

Last month, I shopped after-Christmas sales and got ornaments for 75 percent off — saving for next Christmas. I enjoy giving these ornaments because I can afford them and each is different. My children each had a box of special ornaments when they left home. — A Creative Gift-Giver

Dear Creative Gift-Giver: Thank you for a wonderful suggestion. I’m printing your letter to inspire others.

Dear Annie: I’m wondering whether you could weigh in on a disagreement my wife and I have.

As a daughter of former hippies, she was not taught etiquette or social graces when she was growing up. Most of the time, her irreverence is charming to me, and her questioning of authority and societal norms is attractive.

When it comes to me, I tend to be a pleaser and thus try to have good manners.

I mentioned the other day that etiquette exists so that we are kind to others. My wife balked at that idea.

From what I surmise, she basically thinks that a bunch of old men in wigs sat down one day and decided, for example, that people should not chew with their mouths full. I think the rule that people should not chew with their mouths full exists because other people find open-mouthed chewing disgusting.

Could you please give your thoughts on this? Honestly, I was completely floored by my wife’s opinion — somehow this had never come up in 11 years of marriage — but it explains so much about her. — Polite Guy

Dear Polite Guy: I’m with you. Etiquette, at its heart, isn’t a set of irrelevant rules that some pinky-raising white-gloved elites impose upon the masses; it’s a living, breathing collective agreement of how we ought to communicate respect to one another. Perhaps your wife could stop looking at manners as burdens and start regarding them as opportunities — chances to say “I care” with her actions. It’s not as if such actions demand too much effort. Sending a thank-you card, for example, takes five minutes and about 50 cents; chewing with one’s mouth closed requires no more effort than chewing with it open.

Unfortunately, as with a second language, it’s much easier to learn politeness as a child than as an adult. I’m not sure how much you or I could change her mind on the subject at this point. But you’re not wrong for trying. And if she continues to scoff at manners, rest assured that her behavior reflects on her alone, not you.

Dear Annie: I’d like to share my response to “74-Year-Old Wallflower,” the lifelong bachelor who was wondering how to break in to dating now:

Buy some dancing shoes and take up ballroom dancing! You’ll learn a skill that deters aging, improves memory, gets you moving, makes you happy and gets you socializing with wonderful people (and may win you a date with a wonderful woman). The benefits of social dancing are amazing, and you can usually find classes at your local senior center or American Legion post, or you can learn super fast by signing up for private lessons at a local dance studio. In no time, “Wallflower,” you will become a bright and happy daisy on the dance floor. — Janet S.

Dear Janet: You are not the only person who wrote in to say that “74-Year-Old Wallflower” should take up ballroom dancing. It sounds like a fabulous way to make friends and stay healthy. Thanks for the suggestion.

Dear Annie: Recently, someone wrote to you asking about whether men should always pay for dates now. I agree that the one issuing the invitation should pay for a first date. But I do not appreciate the term “to go Dutch,” which is an old slur based on the supposed excessive frugality of the people of Holland. Try “50-50” instead, please. — Diane

Dear Diane: I had no idea that some consider the origin of that phrase pejorative, and I apologize for using it. My dictionaries, which usually indicate when terms are offensive, do not note that. Some people say that the term stems from the concept of Dutch doors. Of course, I meant no offense to the people of Holland. Regardless, “50-50” works for me. Thank you for writing.

“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.

Send your social notes to: classad@sherbrookerecord.com

CELEBRITY CIPHER

by Luis Campos

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

" V ZWM YNDO WOL DWVRL VO UFR
YDNOA. ... BE KDWLPWUFRD WOL BE
YDNUFRD KWDDE ZRDR FJKR EWOIRRM
PWOM." — GROOE B WDMFWCC

Previous Solution: "When you value your family over anything else, you're always going in the right direction." — Amanda Seyfried

TODAY'S CLUE: *Y equals I*

REALITY CHECK



HERMAN



"Grandma, if you bought a motorbike, we could both use it!"

ALLEY OOP



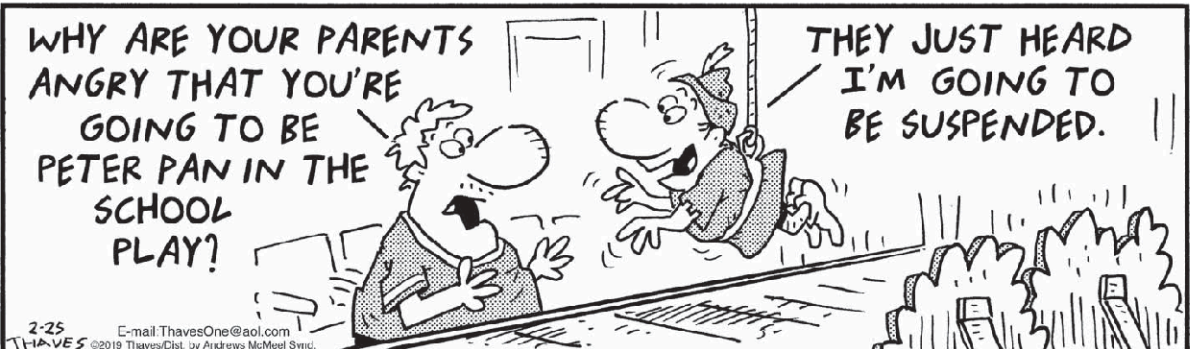
ARLO & JANIS



THE BORN LOSER



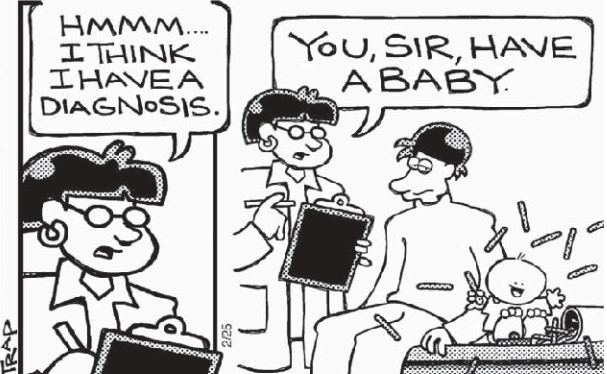
FRANK AND ERNEST



GRIZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259-3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

CLASSIFIED

065 Storage
BRAND NEW HEATED storage lockers with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

275 Antiques
 WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

145 Miscellaneous Services
LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

290 Articles for Sale
SAWMILLS from only \$4,397 - MAKE MONEY & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info & DVD: www.NorwoodSawmills.com/400OT 1-800-567-0404 Ext:400OT.

OUR CLASSIFIEDS GET RESULTS!
 Call today today to place your classified ad!
819-569-9525
450-242-1188

EMAIL YOUR CLASSIFIED TO US!
 Fast and convenient!
 classad@sherbrookerecord.com

Turning chicken soup into a comforting, nutrient dense meal

By America'S Test Kitchen

There's nothing like a bowl of steaming chicken soup when you're feeling under the weather, or even simply when fall turns to winter. But we wanted to transform this soup, often made with white rice or pasta and lacking in veggies, into a comforting, nutrient-dense meal.

We started by infusing our chicken broth with a megadose of garlic, before adding tender morsels of chicken. We tested our way through increasing amounts of garlic, starting with what we thought was a hefty amount - 2 tablespoons.

Much to our surprise and satisfaction, tasters rallied behind a whopping half cup of minced garlic, praising its bright yet balanced presence in our full-flavoured soup.

Mincing and blooming the garlic before adding liquid gave it a toasty sweetness without having to roast it. To build flavour, we added aromatic vegetables, thyme, bay leaves, and tomato paste along with our chicken broth. To incorporate a whole grain, we opted for toothsome wild rice, cooking it directly in the soup to infuse it with garlicky flavour.

To keep our chicken tender,

we simmered it during the last few minutes of cooking. Baby spinach and a generous amount of chopped parsley gave the soup a vegetal boost that complemented the deep garlic notes.

GARLIC-CHICKEN AND WILD RICE SOUP

Servings: 6

Start to finish: 1 hour, 15 minutes

- 3 tablespoons extra-virgin olive oil
- 1/2 cup minced garlic (about 25 cloves)
- 2 carrots, peeled and sliced 1/4 inch thick
- 1 onion, chopped fine
- 1 celery rib, minced
- Salt and pepper
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried
- 1 teaspoon no-salt-added tomato paste
- 6 cups unsalted chicken broth
- 2 bay leaves
- 2/3 cup wild rice, rinsed
- 8 ounces boneless, skinless chicken breasts, trimmed of all visible fat and cut into 3/4 inch pieces
- 3 ounces (3 cups) baby spinach
- 1/4 cup chopped fresh parsley
- Heat oil and garlic in Dutch oven over medium-low heat, stirring occa-

sionally, until garlic is light golden and fragrant, 3 to 5 minutes. Increase heat to medium and add carrots, onion, celery, and 1/4 teaspoon salt. Cook, stirring occasionally, until vegetables are softened and lightly browned, 10 to 12 minutes.

Stir in thyme and tomato paste and cook until fragrant, about 30 seconds. Stir in broth and bay leaves, scraping up any browned bits. Stir in rice and bring to simmer. Reduce heat to medium-low, cover, and cook until rice is tender, 40 to 50 minutes.

Discard bay leaves. Reduce heat to low and stir in chicken and spinach. Cook, stirring occasionally, until chicken is cooked through and spinach is wilted, 3 to 5 minutes. Off heat, stir in parsley and season with pepper to taste. Serve.

Nutrition information per serving: 231 calories; 76 calories from fat; 8 g fat (1 g saturated; 0 g trans fats); 28 mg cholesterol; 390 mg sodium; 25 g carbohydrate; 2 g fiber; 3 g sugar; 13 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like *Garlic Chicken and Wild Rice Soup* in "The Complete Diabetes Cookbook."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

2/25

© 2019 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Follow The Sherbrooke Record on Facebook and Twitter!

sherbrookerecord @recordnewspaper

IT'S WINTER...
 AND HERE ARE THREE THINGS YOU CAN DO TO HELP YOUR CARRIER GET YOUR PAPER TO YOU IN THE COMFORT OF YOUR HOME:

- 1 CLEAR** a path to get to your newspaper box
- 2 REMOVE THE SNOW** from around your newspaper box
- 3 LIGHT UP** the area where your newspaper box is located

Thank you for your help.

THE RECORD

NEA Crossword Puzzle

ACROSS

- 1 Ought
- 5 King, to monsieur
- 8 Lawn wetters
- 12 Canyon sound effect
- 13 Ms. Hagen of films
- 14 Brainstorm
- 15 Jai —
- 16 Max opposite
- 17 Fluctuate
- 18 Wings it (hyph.)
- 20 Titled ladies
- 21 Potato st.
- 22 Ike's rank
- 23 Midnight opposites
- 26 Defeats
- 29 Math course
- 30 Stoolie
- 31 Call in sick
- 33 Bidy
- 34 MOMA artist
- 35 — spumante
- 36 Approved
- 38 Censorship sound
- 39 Hunter's org.
- 40 Rent out
- 41 GM competitor
- 44 Alaska's capital
- 47 On any occasion
- 48 Sharp turn
- 49 Skips town
- 51 Simply
- 52 — been had!
- 53 Cleveland's lake
- 54 Kind of flurry
- 55 Apiece
- 56 Bits of info

DOWN

- 1 Call — — cab
- 2 West Coast sch.
- 3 Food fish
- 4 Plugging away
- 5 Ballroom number
- 6 Bluesman — Redding
- 7 Author Fleming
- 8 Couches
- 9 Party cheese

Answer to Previous Puzzle

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

- 10 Had been
- 11 Answers
- 19 Carder's demands
- 20 Work station
- 22 Left
- 23 Ultimate degree
- 24 Two-color cookie
- 25 Porker's plaint
- 26 Stretched the truth
- 27 Facilitate
- 28 Venue
- 30 Pesky hopper
- 32 Cup edge
- 34 Actress — Sedgwick
- 35 Modified
- 37 Prince Harry's uncle
- 38 Actor — Affleck
- 40 German pistol
- 41 Bottom edges
- 42 Roast cooker
- 43 Successor to Claudius
- 44 Fast-talk
- 45 Mystique
- 46 Single entity
- 48 Speed along
- 50 Mariner's milieu

Your Birthday

MONDAY, FEBRUARY 25, 2019

The possibilities are endless, but you can't do everything and be successful. Look at your options and choose what excites you the most to find a soul-satisfying activity. Friendship, romance and communication are highlighted and will lead to personal improvements and a healthier lifestyle.

PISCES (Feb. 20-March 20) — Think about what you want to do and travel down the path that draws you. What you accomplish will make a difference to you and your loved ones.

ARIES (March 21-April 19) — Knowledge is power. Learn all you can before you get into a debate or try to prove a point. Consider the outcome before you pick a side. Don't share personal information.

TAURUS (April 20-May 20) — Pick up the pace and finish what you start. How you go about helping others will determine your success. If someone tries to use you or take advantage of your hospitality, back away.

GEMINI (May 21-June 20) — Know how much you want to contribute before you offer to help. Promising too much and falling short will put a dent in your reputation. Be precise and honor your pledge.

CANCER (June 21-July 22) — Step up to the podium and let others know what you are capable of doing and what you are willing to contribute. The people you encounter will enrich your life.

LEO (July 23-Aug. 22) — Emotions will

surface if you don't like what's going on at home or work. Look at the big picture and avoid negativity. Do what's best and right.

VIRGO (Aug. 23-Sept. 22) — Participation will help you use pent-up energy constructively. Get out of the house, go to the gym or take part in whatever provides you a challenging and rewarding outlet.

LIBRA (Sept. 23-Oct. 23) — Learn as you go and bring about positive change that will encourage you to improve your life. Be willing to walk away from negativity, demanding people and bad relationships.

SCORPIO (Oct. 24-Nov. 22) — Create your own destiny. Consider what you want to do and start the ball rolling. Be innovative and seek out those who share your opinions and desires.

SAGITTARIUS (Nov. 23-Dec. 21) — Be careful whom you trust with personal information, secrets or your possessions. Lending and borrowing isn't a good idea. Someone will twist your words or misinform you.

CAPRICORN (Dec. 22-Jan. 19) — Try to find new ways to use your skills in ways that will improve your cash flow. Physical labor will encourage you to get in tip-top shape. Romance is on the rise.

AQUARIUS (Jan. 20-Feb. 19) — Listen, but don't share your opinion. The information you pick up will help you decipher who is worth spending time with and who isn't. A change will be financially beneficial.

MONDAY, FEBRUARY 25, 2019

It helps to be good and lucky

By Phillip Alder

Al Levy first organized a world computer bridge championship in 1997, and has run one every year since. He calls the programs bots (rather than robots).

The bots at Bridge Base Online use an updated version of Matt Ginsberg's GIB program, which won the second and third world championships. Since then, the most successful bots have been Jack (from the Netherlands), which has won 10 times, and Wbridge5 (from France), which has triumphed in six.

The final of last year's bot world championship was between Wbridge5 and Synrey Bridge from China. After half of the 64 boards, Synrey Bridge led 84 international match points to 79.9. (The fraction came from the carryover formula based on the result of the qualifying match between these two programs, to ensure that there could not be a tie.)

Looking only at the North-South hands, where would you like to land? How would you play the heart suit for one loser? Guess at the chance that that line will work.

This was the auction by Wbridge5. At the other table, Synrey North bid two no-trump over two spades, then raised three hearts to five hearts, asking South to bid six with good trumps. South

North		02-25-19	
♠ Q 10			
♥ J 10			
♦ A K J 6 4 3			
♣ A 3 2			
West		East	
♠ J 8 4		♥ 9 7 5 3	
♥ Q 9		♦ K 4 2	
♦ 10 7 2		♦ 9 5	
♣ J 9 8 7 5		♣ K 10 6 4	
South			
♠ A K 6 2			
♥ A 8 7 6 5 3			
♦ Q 8			
♣ Q			
Dealer: East			
Vulnerable: East-West			
South	West	North	East
1♥	Pass	2♦	Pass
2♠	Pass	3♦	Pass
3♥	Pass	4NT	Pass
5♥	Pass	5NT	Pass
6♦	Pass	6♥	All Pass
Opening lead: ♣ 7			

passed, which ended an excellent sequence that was "rewarded" by losing points.

Wbridge5 knew the right play in hearts: run the jack, then lead the 10, hoping to pin the nine in the West hand. As you can see, that 23.2 percent chance came home and gave Wbridge5 a lucky 11 imps.