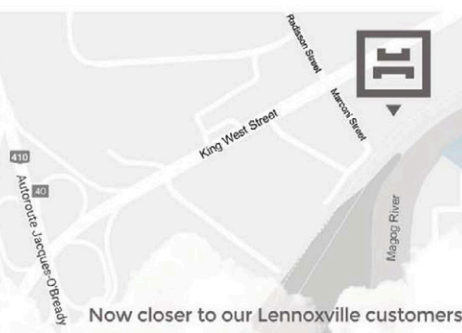


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Winter 2020 in a
nutshell

Page 3

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Frontier Animal
Society founder
dies

Page 4

\$1.00 + TAXES

PM#0040007682

THURSDAY, MARCH 5, 2020

Theatre
troupe Les
Matinclair
supports
Aube-
Lumière

By Taylor McClure
Special to The Record

Guy Gagnon, a volunteer at La Maison Aube-Lumière for the past few years and member of local theatre troop Les Matinclair, presented a cheque for \$10,100 to the palliative care centre yesterday.

The funds were raised by staging a production of Vivement lundi! written by Carole Tremblay. The show had a two-day run at the Salle Québécois du Salésien.

This is the second production put on by Les Matinclair in support of the Sherbrooke palliative care centre and it was nothing short of a success.

Last year, Les Matinclair put on their first theatre production for Aube-Lumière and they raised more than \$9,000.

Vivement lundi! attracted over 625 spectators during its two-day run and with the impressive turnout raised a

CONT'D ON PAGE 3

The Miracle Worker coming to
Centennial



MATTHEW MCCULLY

Cast members in the upcoming Bishop's University Drama production of *The Miracle Worker: The Story of Helen Keller*. Front row: Third year students Emilie Binet and Theresa Graham, alternating the role of Annie Sullivan, with Marianne Champagne (centre), who will play eight-year-old Helen Keller. The three actors are in period costumes designed by Candice Herring. Back row: cast members Adrianna Torres, Mariane Jutras-Bouvette, Peter Jarvis, Halley McKeown and Thomas Watson. (Absent from the photo: the all-important stage management crew, led by Jessica Bournival).

By Matthew McCully

The name Helen Keller is familiar to many, often referenced as an example of perseverance and determination. But do you know the story of Helen Keller?

Next week the Bishop's University Drama Department will stage a production of the iconic play *The Miracle Worker: The Story of Helen Keller* at Centennial Theatre.

Written by William Gibson and based on Keller's autobiography *The*

Story of My Life, the play was first produced in 1959.

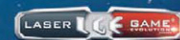
"It's probably among the top five American plays of all time," explained George Rideout, BU drama professor and director of the play.

CONT'D ON PAGE 3

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Weather



TODAY:
FLURRIES

HIGH 2
LOW -9



FRIDAY:
CLOUDY

HIGH 2
LOW -14



SATURDAY:
SUNNY

HIGH -4
LOW -7



SUNDAY:
CLOUDY

HIGH 1
LOW -3



MONDAY:
PERIODS OF
SNOW

HIGH -1
LOW -11

Part of something bigger



ROSS MURRAY

My son James was front and centre in a news photo depicting the thrilling 73-72 RSEQ championship win by the Bishop's University men's basketball team on Saturday. In the shot, he's not playing. Instead, he's on the bench with his teammates as, out of frame, Joany Castor-Thedal's three-point shot glides through the net with .8 seconds left on the clock.

Except he's not on the bench; he's mid-air, literally jumping for joy, letting out a howl, as are his teammates and the fans in the stands. The action was on the floor. The reaction was everywhere else.

(Bravo to photographer Maxime Picard for having the foresight to know where the emotion would be during this intense final moment.)

We've been attending Gaiters home games all season, back in the Mitchell Gym after a hiatus of a few years. We used to drive our basketball-playing kids down to the games on weekends when they were in high school, but when they started attending CEGEP in Lennoxville and could go without us, the Call of the PJs was too strong on those nights requiring the long ride

down the 143.

But after a year at Nipissing University and a year off, James came home to Bishop's in the fall and was able to earn a spot on the men's team. So down the road we found ourselves again.

With pleasure, of course. We love the game and love watching our kids play. While Deb played basketball in high school, I never participated in team sports outside the occasional woodwind quartet. (I can still hear the chanting: "O-boe! O-BOE! O-boe! O-BOE!")

Instead, I get to experience the highs and lows through my children, but never, I don't think, as a means of validating myself as a parent. Demonstrating sportsmanship, working hard, staying committed, I think Deb and I can take some credit for that, but ultimately their accomplishments are their own.

That said, there were times in the stands when we felt ourselves going full-on Mama/Papa Bear. "Why aren't they putting James on?" we grumbled. And in truth, some games he got minimal minutes. He's a rookie (again); it's to be expected. Some games, some of his teammates didn't sub in at all.

James wants to play, of course, and he would sometimes express his frustration to us. Mostly, though, he accepted reality, appreciated the minutes he got and made the best of his other role: being a good teammate. Cheering on his brothers. Being the first off the bench during timeouts to encourage the players coming off the floor. Enjoying being a part of something bigger.

Deb and I got on board too. We attended the games or I watched online never knowing for sure if or how much James would play, but learning to root

for the team, becoming emotionally invested in the season. It was James's team, therefore it was our team too.

So of course we would attend the championship game, especially when, against the odds, the #3 Gaiters were hosting #4 UQAM. Never, though, did we expect such a crowd as the one that showed up to cheer on Saturday. With nearly 950 in attendance, there was barely room to swing a cat.

It was thrilling to watch the two teams stay even for much of the first half, the fans roaring for every basket, every stolen ball, each blocked shot, then moan at the turnovers, go quiet as the Bishop's lead disappeared late in the fourth.

And then, down by 2 with 15 seconds left, came the shot. You really should see the video. No, seriously, you should.

I jumped out of my seat, and it wasn't the first time that night. It wasn't a conscious decision. Like the boys on the bench, I just leapt up, in excitement, in the exhilaration of being part of that moment, with all those people.

I know James would have given anything to be on the floor right then. Who wouldn't! He did play in the game, though; got four minutes, shot a three-pointer, missed (alas). He can say, though, that he played in the 2020 RSEQ championship game, a fact, he informed me this week, that may soon be memorialized in a discreetly located tattoo. Don't tell his mother.

But in the photograph, I don't think he's thinking any of that. I suspect he's thinking of that basket, the win, the team, his teammates, all of them soon to be wearing medals and goofy championship ball caps, hugging each other, proud to be a part of something bigger than themselves.



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Ben by Daniel Shelton



Local News

The site still has plenty to see for fans of large construction equipment, however, as the excavators work to clear debris and open up the hillside for construction to begin on the Espace Centro development.

Wide open spaces on Wellington South

By Gordon Lambie

Three weeks after demolition work got started on the old Wellington Hotel, little remains of the buildings. Wellington South has now reopened to southbound traffic, although the expansion of the demolition site to incorporate the rubble of the nearby parking garage that was demolished starting in December means that traffic on Depot Street faces occasional disruptions. The site still has plenty to see for fans of large construction equipment, however, as the excavators work to clear debris and open up the hillside for construction to begin on the Espace Centro development.

Three weeks after demolition work got started on the old Wellington Hotel, little remains of the buildings. Wellington South has now reopened to southbound traffic, although the expansion of the demolition site to incorporate the rubble of the nearby



Winter 2020 in a nutshell



This photo was taken by Micah Bayley at his grandmother's house on Beattie Street in Lennoxville. Snowmen are usually the last ones to complain about winter, but when the snow is up to their chins even they are wondering when it will end.

Les Matinclair

CONT'D FROM PAGE 1

grand total of \$10,100 for Aube-Lumière. The actors that took part in the production worked with an 80-page script and started rehearsing in September of last year to put on a high-quality performance in honor of the organization.

Christian Gagnon, Executive Director of Aube-Lumière, wanted to extend her thanks and appreciation to Les Matinclair, the actors, and the organizing committee of the event for their commitment to supporting the organization's mission. "It is a privilege to

have employees and volunteers so devoted to our noble cause! Thank you to each of you and to the spectators who contributed to this great success!"

La Maison Aube-Lumière depends on the support of the local community. For over two decades, the organization has provided services, free of charge, to over 3,300 people suffering from different forms of advanced cancer. These services include housing and high-quality palliative care and extended support to these individual's loved ones. To achieve this, the organization must raise about \$1 million a year from the community.



COURTESY

The Miracle Worker

CONT'D FROM PAGE 1

Rideout said last spring the drama department decided on The Miracle Worker as this year's winter production, knowing there was a talented group returning to take on the play.

"I knew we had a strong group of actors. It's very demanding emotionally and physically," Rideout said. "It's a tall task as a play and requires top notch people. We knew we had them," he said.

Anyone can Google Helen Keller (1880-1968) and see she was an extraordinary woman. An American author and activist, she was the first deaf-blind person to graduate with a university degree and spent her adult life lecturing and campaigning for women's suffrage and labour rights.

What's special about The Miracle Worker, Rideout said, is that it focuses on a different part of Keller's life.

"In the play Helen is eight years old," he said.

According to Rideout, the play is about language and learning.

"The thing that everybody can relate to is how much you feel for your child and want them to be happy," Rideout said. "You know they are unhappy, but you don't know how to fix that."

The play centres around the point in Keller's life when both she and her parents were frustrated and at a loss for what to do. With the help of teacher Annie Sullivan, Keller decoded the mystery of language and was able to communicate with the outside world.

"When I was growing up Helen Keller was still alive," Rideout commented. "People studied her in high school as an iconic American figure," he said. Part of his motivation to stage The Miracle Worker was to ensure her story continues to be told.

"It's important a figure such as Helen Keller be remembered. She is an inspirational human being in every sense of the word."

The BU Drama Department's winter production pulls out all the stops, Rideout said.

The set, laid out to represent the Kellers' large homestead in Tuscumba, Alabama, was made by Montreal Set Designer Adam Provencher.

Candice Herring, from BU, is handling Costume Design.

As for the 10-member cast, Rideout said Marianne Champagne suits the lead role of Helen Keller perfectly. In addition to the youthful appearance required to play an eight-year-old, Rideout said Champagne is incredibly expressive and brings a lot to the character.

As for the part of Annie Sullivan, Rideout said the casting was not so easy.

"We have two excellent actresses," he said. Unable to choose between the two, Rideout explained Emilie Binet and Theresa Graham will share the role of Annie Sullivan on alternating

nights.

The cast and crew are rehearsing all week while most of the BU student body relaxes for March break. But they're not complaining. Having the week to focus and prepare is a big help, they said, adding that working on the play was more fun than being bored at home with nothing to do.

The Miracle Worker: The Story of Helen Keller will run from March 12-15 at Centennial Theatre in Lennoxville. Evening performances will be at 7:30 p.m. and a matinee is scheduled for Saturday, March 14 at 2 p.m.

Tickets purchased before March 10 receive a \$2 discount, Rideout said.

The cost is \$22 for adults, \$20 for seniors and \$12 for students.

For more information or to reserve tickets call the Centennial Box Office at 819-822-9692.

"It really is a family show," Rideout said, explaining that the play is appropriate for audiences of any age.

2020 Jeep Cherokee Altitude Review: Free-Fallin'



The aging SUV tries to turn the tide after a tough year in sales

PHOTO: V. AUBE



By Vincent Aube

shipping and \$100 federal A/C tax. So above and beyond the starting price of \$36,745 for the Altitude, you can treat yourself to a richly equipped Cherokee... by dipping into the options. That may be part of the explanation for the model's difficulties in its segment: the asking price!

A dark interior

As is often the case with more accessible trims, the color of choice inside the Jeep Cherokee is black. It's indeed very dark inside this crossover, but hey, you can't criticize this colour scheme, which is admittedly easier to maintain, especially when snow and slush get in the way.

While most of the Cherokee's interior materials are of good quality, notwithstanding a few cheap plastics here and there, it's the cloth upholstery that leaves a little to be desired. Let's just say they're not worthy of an SUV that costs close to \$50,000 with taxes!

On the other hand, the space in both rows of seats is in line with the better entrants in the category; the same goes for the cargo space in back. The dashboard may not be the most elegant in the segment, but all controls are easy to use, from the thumbwheel to select the desired driving mode to the headlights on the left side, not to mention the climate control commands.

Finally, the 7-inch touchscreen isn't the largest in the industry in 2020, but image clarity more than makes up for it. Plus, the UConnect system is, we've said this before, impressively easy to use on a daily basis. However, I'd still like a return to basics for some of the main controls, like the heated seating and heated steering wheel. To adjust the former, you have to access the climate control menu on the screen.

Behind the wheel of the turbo model
Under the rounded hood of the 2020 Cherokee Altitude I drove sat one of the engines available as an option, the 2.0L 4-cylinder turbocharged engine that was added to the catalogue last year. This unit delivering 270 hp and 295 lb-ft of torque delivers more on paper than the alternative, a 3.2L Pentastar V6 making 271 hp and 239 lb-ft of peak torque.

Unfortunately, I was left wanting more after driving the 2020 Cherokee for a few days. Let's just say I never quite felt the full 270 horses of the engine during my accelerations. It didn't help that, to my ears, the sound of the turbocharged engine isn't the most melodious in the industry. The 9-speed automatic transmission still suffers from a few irregularities from time to time, but in normal, unrushed driving, the unit does a good job.

There's one negative aspect about this SUV that I couldn't ignore, because I had my hands on it, all the time, when driving it. As is the case with certain other FCA products, the steering wheel is not the most pleasant to handle. To be sure, the Cherokee is not a perform-

ance model, but no matter, the piece of equipment you put your hands on at all times should be pleasant to grip.

Otherwise, I had no complaints about the comfort of the Cherokee, as the suspension fortunately has very little in common with the one that abuses spines in the Jeep Wrangler Rubicon. As for fuel consumption, the weather during my wintry early-2020 test drive didn't make it easy for the Cherokee to shine in this department. Fortunately, the crossover still manages to be reasonably efficient on the highway when the engine is in cruising mode. My combined fuel-consumption reading was 11.4L/100 km after a week, above the Canadian EnerGuide average of 9.8L/100 km.

The last word

The Jeep Cherokee is the only SUV in its class (along with the Mitsubishi Outlander) to continue to offer an available V6 engine. While the flexibility of the V6 would have been welcome, the brand's lot in the medium term is to move away from bigger engines in favour of 4-cylinder turbocharged units. In my case, the results in terms of saving at the pump weren't fantastic, but given more favourable conditions, the Cherokee would certainly have done better.

As I mentioned, Jeep's compact SUV is suffering the slings and arrows of its high-quality and popular rivals in the segment. In recent years those rivals have stepped up their game substantially, so that in 2020, the Cherokee is starting to show signs of aging in comparison.

While it does have undeniable qualities, for instance its four-wheel drive system (the higher-end variants of the Cherokee are more sophisticated in that sense) and the ease of use of its infotainment system, these features don't outweigh the benefits delivered by sure bets like the Toyota RAV4 and the Honda CR-V. Factor in the asking price, and it's easy to see why the Jeep Cherokee doesn't dominate its category for sales.

We like

Its unique, 4x4 look

Off-road capabilities

Overall comfort

We like less

The cost of the 4-cylinder turbo

Some expensive options

Mediocre fuel consumption performance (in winter)

The competition

Chevrolet Equinox

Ford Escape

GMC Terrain

Honda CR-V

Hyundai Tucson

Mazda CX-5

Mitsubishi Outlander

Nissan Rogue

Subaru Forester

Toyota RAV4

Volkswagen Tiguan

Frontier Animal Society founder dies

Dekker was devoted to the animals she cared for

By Steve Blake
Special to the Record

Joyce Dekker was an activist who fought against cruelty to animals. The organization she founded in 1986 continues to advocate for better animal welfare.

Dekker, the founder of Frontier Animal Society (FAS), died Friday, February 28 at 82. She was nearly totally blind due to macular degeneration and she had been diagnosed with cancer, according to Caroline Kemp, a member of the FAS board of directors.

Dekker was born and was educated in the Stanstead area. She had been working in Florida but decided to return to her roots, and when she came home she brought with her a trailer full of cats and dogs, Kemp said in an interview Tuesday. She recognized that there were few resources in the area to care for stray cats. Dekker also started taking in dogs, boarding them at a facility in North Hatley while arranging for adoptions. She eventually built a shelter.

"For many years she took care of herself, and 40 dogs and cats," Kemp said. "She would often feed the animals before she fed herself."

Dekker was a staunch advocate for spaying and neutering. She set up a low-cost clinic for cats. She drove cats to Colchester, Vermont. Kemp estimates that in 22 years more than 8,000 cats were sterilized and vaccinated. The practice ended when the veterinarian retired in 2014.

Dekker retired in 2015 after 29 years as the FAS director. Since then she received two awards from the Guardian Best Animal Rescue Foundation, a non-profit group whose mission is to raise funds for animal rescue in Ontario and Quebec.

The FAS was given the Rescue of the Year Award in 2017.

Dekker was given the Lifetime Achievement Award from Guardian in April 2019.

The FAS directors were certain Dekker would not want to make a big thing of it, so they snuck up on her in order to give her the award.

"Joyce was not one for the spotlight," Kemp said, "and we knew she would never attend an event where she was the guest of honour so instead a few of us gathered at the Beebe town hall where Joyce was attending a dance and we sprung it on her there."

CONT'D ON PAGE 5



COURTESY FRONTIER ANIMAL SOCIETY

Joyce Dekker, the founder of the Frontier Animal Society, with a friend.



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The Border Report | *Curling proved to be a sport that required more teamwork, and more precision than any of the youth could have imagined.*

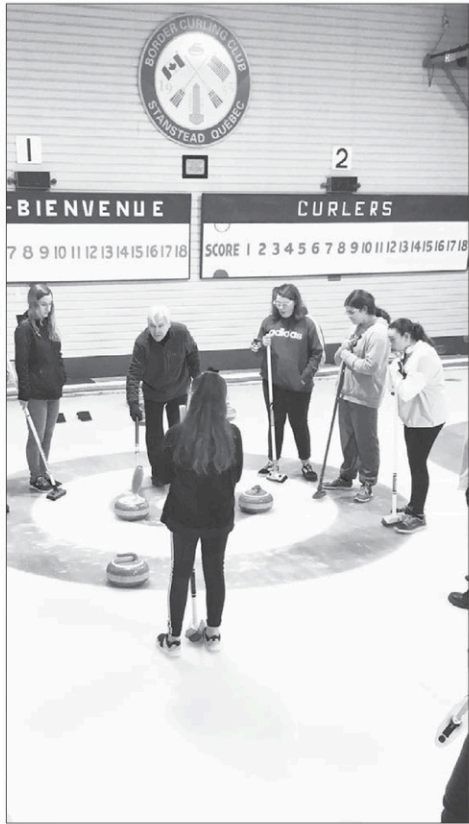
Mentoring takes to the ice with the Border Curling Club



sport, which prepared them for their very first friendly game of curling!

Curling proved to be a sport that required more teamwork, and more precision than any of the youth could have imagined. Their experience was very positive, and some were even interested in participating in the future within the Border Curling Club. Phelps would like to extend a big thank you to the club for making the mentors and mentees feel so at ease, all while learning something entirely new! Phelps looks forward to collaborating with the curling club again in the future.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.



Over the past few months, Phelps Helps' mentoring program has been providing a group of teenage mentors and mentees with a variety of experiences to build sustainable relationships to aid the transition towards high school. On February 29th, the mentoring group had the opportunity to partner with the Border Curling Club for a day to try out a new sport.

Organized in collaboration with Club President, Woody Page, mentoring

participants were welcomed with open arms by Mickey Morelli, Julie Jacques, and Wilmer Loewen. Our hosts were enthusiastic about curling and well prepared to scaffold the group's learning experience, carefully guiding them from start to finish. They began by showing the students how to prepare for a game of curling: stretching, introducing the layout of the ice, and teaching them the terms of the game. The group then learned the materials and manoeuvres used in the

FRONTIER ANIMAL SOCIETY

Featured pet: Lena

Lena has mastered being a cat. She is a survivor, she is playful, she is curious, she is affectionate and like every respectable cat, she also has an independent streak.

Prior to her rescue, Lena was not well cared for and basically living as a stray. While living as an outdoor cat, she had two litters of kittens. Sadly we don't know what happened to her first litter but the second time around, Lena brought her 4 newborn kittens to a neighbour's doorstep and we were contacted to help.

Despite being very young herself, Lena was a fiercely devoted mother who took excellent care of her babies.

Placed in a loving foster home, Lena seemed to know she was safe and settled into her new life with relative ease. All of Lena's kittens are now adopted, and we are hoping it won't be long before she too is settled into her loving forever home.

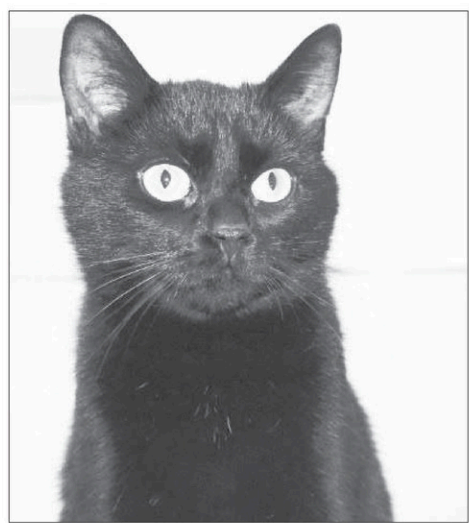
Always in search of an adventure Lena is Spunky and full of life and despite being a year old, she has a kitten-like exuberance. Who knows, maybe she's making up for lost time. She is happy, sweet and loves to play with her toys.

Lena projects self-confidence, but at the same time she has an endearing personality and there is something

about her that suggests a subtle sense of vulnerability.

With her sleek black coat and striking yellow eyes, Lena is a beautiful cat. She is living amongst the colony and although initially she was a little feisty with the other cats preferring to keep to herself, she is settling in nicely and should do fine in a home with another cat who respects her space.

To meet Lena, please stop by the shelter during our cat adoption open house which takes place every Saturday from 10 a.m to noon at 2405 Griffin (in Ogden). To schedule a visit, please give our cat adoption coordinator Linda a call at 819.868.2684.



FAS founder dies

CONT'D FROM PAGE 4

While presenting Dekker with the award, FAS President Charles Peacock said, "Joyce has a heart for every animal in need." He added that she went without in order to provide for the animals she cared so much about.

The FAS website has a section devoted to Dekker. "In her tenure as shelter director, Joyce was a caregiver, she was a mentor, she was an advocate and she was unrelenting in her commitment to making this world a kinder and gentler place for cats and dogs," the site reads.

The FAS vows to continue Dekker's mission to advocate for better animal welfare laws and promote responsible pet ownership through education and raising awareness, the site reads.

Kemp said Dekker challenged some people's approaches to caring for pets and that she likely "pissed some people off." But no one could question her devotion to the animals she cared for.



COURTESY FRONTIER ANIMAL SOCIETY
 Front, left to right: Wendy Linnington, Joyce Dekker, Dora Monette-Wood, Lucille Duquette. Back, left to right: Charles Peacock, Caroline Kemp, Phil Desormeaux, Troy Winter, Brenda Pratscher.

EDITORIAL

Perhaps we, as Canadians, should begin to wonder what other effects on our society The Donald has had.

The Trump effect: Little time to lose



TIM BELFORD

President Donald Trump can be blamed for a lot of things. He's steered the United States away from its post-war allies, NATO included, and cozied up to a whole raft of despots, dictators and ditzes including Russia's Vladimir "the Big Cheese" Putin and "Rocket Man" Kim Jong-un, both men who he can apparently "deal with."

He's also responsible for the policies that brand all refugees as nothing better than criminals, drug dealers and rapists; would-be immigrants who deserve to be separated from their children and caged. Not to mention the fact that Trump, we now know, has single handedly forced publishers to put out a new and expanded edition of the Oxford Big Book of Political Lies.

All this being said, The Man Who Would Be King seems to have outdone himself if recent research by a couple of wonks at Mount Sinai Hospital is correct. According to Ravi Retnakaran, a clinical scientist, statistics show that since Trumps election in November of 2016 the sex ratio of new-born babies in Ontario has shifted with far fewer males being born than could logically be expected. The shift came about starting in March of 2017. To put it in simple terms, Retnarkaran says this sort of thing would happen if mothers-to-be experienced higher levels of stress four months earlier. So, not only can Trump be blamed for trying to rewrite the U.S. constitution but he

could also be causing a demographic shift in Canada's population.

An added indicator of the importance of the Trump effect, is that the researchers looked at regional differences in the birth rate. What did they find? The male-female birth ratio didn't change in ridings that had voted Conservative in the Canadian election just a year earlier. Does this mean that only Liberals and social Democrats worried about Trump or possibly that Conservative voters realized Andrew Sheer was unlikely to turn into a Canadian version of Recep Tayyip Erdogan.

Perhaps we, as Canadians, should begin to wonder what other effects on our society The Donald has had. If his mere presence south of the border can regulate our birth ratio of males to females what else can he change? Will statistical analysis find a gradual increase in the number of seniors shifting to an orange tint for their hair? Could it be that the gradual shift from Tim Horton's to McDonald's for our morning coffee is something other than the worsening quality of Tim's coffee? Has he subtly succeeded in convincing Canadians that tweeting is actually a form of literature?

Maybe the time has come for Statistics Canada to do an in-depth study, correlating the changes in Canadian views and life style choices with the arrival of Donald Trump on the American political scene. Careful analysis could show if we are now subconsciously choosing to wear absurdly long ties. Collected data might indicate if more Canadians now cheat at golf. A broad survey might even reveal how many more Canadians now consider themselves to be "a very stable genius."

There is little time to lose. Donald Trump may yet win a second term in office and unless we act now we may find ourselves, in another four years, badly short of male children and blaming it all on immigrants.



Letters

DEAR EDITOR:

Hats off to Gordon Lambie for an excellent exposé of aboriginal land claims in Canada (March 02.2020). Trolling the media in this regard can be quite confusing. Title vs. land claims, Canadian Law vs. Aboriginal Law, treaty rights vs. aboriginal title, etc. That article lays it all out in very clear language. Now, watching the 5 pm national news will give me fresh insight. Hopefully the article gets picked up by other media outlets. Keep up the good work!

RON CREARY
MAGOG

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

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Local Sports | Mathys Poulin gave the winners a three-goal lead with his second goal of the series scored at 12:35 in the second period.

Victor Wanyama excited to play for coach Thierry Henry's Montreal Impact

The Canadian Press

Hotspur on Tuesday.

Wanyama took part in his first training session with his new teammates on Wednesday morning.

the best manager for me. He understands the game very well. I thought I could learn from him, what he's achieved and the career he's had. It's a no-brainer to want to work with him."

Victor Wanyama couldn't pass up the opportunity to play under head coach Thierry Henry.

The 28-year-old defensive midfielder was acquired on a free transfer before inking a three-year deal with Montreal.

The Kenyan international says it made sense to come to Major League Soccer because of Henry.

Wanyama joined Henry's Montreal Impact as a designated player from English Premier League side Tottenham

He becomes the Impact's second designated player. The other is midfielder Saphir Taider.

"It was easy for me," he said at his introductory press conference. "He's

Cantonniers double their lead against the Riverains

By Robert Legault

utes between them in the second half of the period.

of the game. He scored his first goal of the playoffs while the Cantonniers enjoyed a two-player power play advantage with just over three minutes left in the game.

If a fourth game is necessary, it will be held at the same location this Friday at the same time.

The Magog Cantonniers doubled their lead in their eighth Round 3-5 series of the Quebec Midjet AAA Hockey League by winning 4-1 against the Riverains du Collège Charles-Lemoyne.

Mathys Poulin gave the winners a three-goal lead with his second goal of the series scored at 12:35 in the second period.

The Cantonniers players directed 37 shots to goaltender Alexis Giroux while Rémi Delafontaine received 23 shots.

Township fans are invited to follow the local media, the Cantonniers website and social media to know the schedule of the next local game. If a fifth and final game is necessary, it will be held this Sunday at 1:30 p.m. at the Magog arena.

The 850 spectators at the Magog arena saw their favourites score two goals in the first period. Alex-Antoine Yargeau (1st) and Jacob Tessier-Gagnon (1st) scored their goals with two min-


Emanuelson Charbonneau-Joseph gave hope to his teammates by reducing the gap to two goals at 5:03 in the third period.

The series will move on to the Sportium de Sainte-Catherine for the third game of the series this Thursday at 7:30 p.m.

Zackary Michaud rounded out the scoring by taking advantage of the visitors' lack of discipline at the end



PHOTO CREDIT: JÉRÉMY ROBERT



****NEW** Computer Basics for Seniors**

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March 14th – May 2nd, 2020

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Winter slowly coming to an end

Record Staff

The City of Magog recently announced that their ice trail, the outdoor rinks and the municipal sliding area are now officially closed for the 2020 winter season.



COURTESY

With the weather conditions the region has been experiencing these last few days, the City of Magog stated that they could no longer ensure quality ice conditions and sliding conditions. They therefore decided to close the ice trail, rinks, and sliding area and hope that citizens had the opportunity to take advantage as to what they offered.

These infrastructures will once again be made accessible next December.

Today in History

Today in History for March 5:

On this date:

In 1496, King Henry VII of England granted a charter to John Cabot and his three sons, permitting them to claim any and all lands they might discover.

In 1755, Anthony Henday, an employee of the Hudson's Bay Co., camped about 32 kilometres downstream of present-day Edmonton where the Sturgeon River empties into the North Saskatchewan River. He paddled down the North Saskatchewan at the end of April to Fort Saint-Louis, 16 kilometres below the forks of the Saskatchewan. After trading there with the French, he returned to York Fort, on Hudson Bay, on June 23. Henday had explored farther west into the interior than any European to date, and his account of the Blackfoot Indians was the first by any European.

In 1770, the Boston Massacre took place when British soldiers fired on a mob who had been harassing a sentry. Five men were killed and historians credit the event as one of the incidents that hastened the American Revolution.

In 1827, Count Alessandro Guiseppe Volta, the Italian inventor of the electric battery, died.

In 1844, the seat of government for the united Upper and Lower Canada was moved from Kingston, Ont., to Montreal.

In 1844, the first issue of the "Globe," edited and published by George Brown, appeared in Toronto.

In 1874, the Prince Edward Island legislature opened its first session.

In 1910, an avalanche at Rogers Pass, B.C., killed 62 railway workers.

In 1933, Adolf Hitler and his Nazi party were voted into power in a German election.

In 1942, a U.S.-Canada defence board approved the construction of the Alaska Highway.

In 1946, Winston Churchill gave his Iron Curtain speech at Westminster College in Fulton, Mo. Said Churchill, "From Stettin in the Baltic to Trieste in the Adriatic, an iron curtain has descended across the continent."

In 1953, Josef Stalin died after ruling the Soviet Union for almost 30 years. He was 73. After his death, first secretary Nikita Khrushchev charged the dictator with the murder of thousands during purge trials and farm collectivization in the 1930s. In 1961, the 22nd party

Congress ordered his body removed from the Lenin Mausoleum in Moscow.

In 1966, a BOAC (now British Airways) Boeing 707 crashed in the side of Mount Fuji in Japan, killing all 124 people on board, including one Canadian.

In 1967, Gov. Gen. Georges Vanier died in Ottawa at age 78. Born in Montreal in 1888, Vanier studied law at Laval University before distinguishing himself in the public service and diplomatic corps. He was appointed governor general of Canada in 1959, the first French-Canadian and the first Roman Catholic to hold the post. His years in office were turbulent because of a troubled economic situation, a succession of minority governments, and the rise of violence and separatist sentiment in Quebec. The former general and diplomat won the affection and admiration of Canadians through his concern for the poor and the family. A deeply religious man, Vanier brought a spiritual and moral dimension to his office.

In 1969, Rejane Laberge-Colas became the first female judge of the Quebec Superior Court.

In 1970, the Nuclear Non-Proliferation Treaty went into effect after 43 countries ratified it.

In 1976, the British pound, once the pillar of the world's economy, fell below US\$2 for the first time.

In 1979, NASA's "Voyager 1" space probe flew past Jupiter, sending back photographs of the planet and its moons.

In 1980, Canadian-born actor Jay Silverheels, who played the part of the Lone Ranger's sidekick "Tonto," died at age 61.

In 1982, comic actor John Belushi was found dead of a drug overdose in Hollywood. He was 33.

In 1982, Steve Podborski of Toronto became the first North American to win the World Cup men's downhill skiing championship. He achieved the title with three wins and two seconds in the 10-race event. Later that year, he was made an officer of the Order of Canada.

In 1983, the Labor party, headed by Robert Hawke, who had been party leader for only one month, won the Australian general election, defeating the incumbent Liberal party.

In 1983, at Mount Tremblant, Que., Laurie Graham of Inglewood, Ont., won the first World Cup women's downhill

skiing championship ever held in Canada.

In 1990, to the cheers of hundreds of onlookers, workers in Bucharest, Romania, succeeded in removing a seven-metre, six-tonne bronze statue of Vladimir Lenin from its foundation.

In 1992, the trial of four Los Angeles police officers charged with beating motorist Rodney King opened in Simi Valley, Calif. Their acquittal sparked riots in the Los Angeles area. Two officers were later re-tried and convicted on federal charges.

In 1993, Canadian sprinter Ben Johnson was banned for life by the I.A.A.F. for failing a second drug test, five years after he lost his 1988 Olympic 100-metre gold medal.

In 1995, the disgraced Canadian Airborne Regiment was officially disbanded during ceremonies at CFB Petawawa in eastern Ontario. About 2,000 people attended a solemn church service. It was followed by the laying-up of the colours, where two regimental flags were placed in the base museum, and a final dismissal for the unit's 660 paratroopers.

In 1997, the Swiss government unveiled plans for a US\$6.3 billion fund to aid victims of the Holocaust and other humanitarian injustices.

In 1998, new DNA tests cleared the late Dr. Sam Sheppard in the 1954 murder of his wife, a case that inspired the television series and movie "The Fugitive."

In 1998, Eileen Collins, a U.S. Air Force lieutenant-colonel and veteran of two shuttle flights, was named the first woman to command a space shuttle mission.

In 1999, Paul Okalik was elected by his fellow MLAs as the first premier of Nunavut.

In 2003, hundreds of thousands of students across Canada and worldwide protested against the war in Iraq.

In 2004, Marc LeFrancois was fired as president of Via Rail in the wake of the sponsorship scandal.

In 2004, lifestyles guru Martha Stewart was convicted on all four counts of making false statements, obstruction and conspiracy in a stock-trading trial. She later received a five-month prison sentence.

In 2006, at the 78th Academy Awards, "Crash" won three awards, including Best Picture and Best Original

Screenplay for Canadian director-writer Paul Haggis and Bobby Moresco.

In 2009, Ontario PC Leader John Tory failed in his bid to regain a seat in the legislature, losing a byelection in the riding of Haliburton-Kawartha Lakes-Brock to Liberal Rick Johnson. Tory announced the next day he would step down as party head once an interim leader was selected.

In 2009, a new trial was ordered for Romeo Phillion as the Ontario Court of Appeal struck down his murder conviction for the 1967 stabbing of Ottawa firefighter Leopold Roy. Phillion spent 31 years in prison for the murder he confessed to, but then recanted. The Court, in ordering the trial, said it could not grant the acquittal Phillion was seeking. (In 2010, the Crown officially withdrew the charges. In 2012, he sued for \$14 million but the lawsuit was dismissed by the Ontario Superior Court of Justice. An appeal court then ruled Phillion should at least have a chance to put his case to a jury. In 2015, the Supreme Court of Canada cleared the way for him to sue police when it refused to hear the appeal to block the lawsuit. Phillion died Nov. 2, 2015.)

In 2009, Vincent Li (now known as Will Baker), a man who believed he was following God's orders when he stabbed and beheaded fellow passenger Timothy McLean on a Greyhound bus in 2008, was found not criminally responsible due to schizophrenia. He was placed in a psychiatric hospital but was given more freedom every year. In 2017, he was granted an absolute discharge.

In 2013, President Hugo Chavez, the fiery populist who declared a socialist revolution in oil-rich Venezuela, crusaded against U.S. influence and championed a leftist revival across Latin America, died at age 58 after a nearly two-year bout with cancer.

In 2013, U.S. discount giant Target opened its doors to customers in Canada for the first time. Its first stores were in three communities west of Toronto - Guelph, Fergus and Milton. (In January 2015, the retailer announced it would close all 133 Canadian stores after underwhelming sales showed it wouldn't turn a profit for several years.)

(The Canadian Press)



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NEA Crossword Puzzle

Your Birthday

THURSDAY, MARCH 5, 2020

LEO (July 23-Aug. 22) – A message you receive will lead to a revelation or change of heart. Don't withhold information. Share your feelings and map out your plans. Don't let emotional matters interfere with work.

VIRGO (Aug. 23-Sept. 22) – Make partnerships a priority. Work to find the best way to handle what's unfolding and take control. Set a specific course that pushes you toward success.

LIBRA (Sept. 23-Oct. 23) – You may have a creative idea, but you'll need to use charm and the power of persuasion to get others to share your enthusiasm and vision. Communication is key.

SCORPIO (Oct. 24-Nov. 22) – Embark on a physical or mental journey that will change the way you think and how you live. Don't let personal problems interfere with your destiny. Do what's best for you.

SAGITTARIUS (Nov. 23-Dec. 21) – Examine your financial situation. Collect or pay off debts. Stress relief will change how you handle personal matters. Don't get angry with someone for making an honest mistake.

CAPRICORN (Dec. 22-Jan. 19) – A career change looks promising. Use your ingenuity and make things happen. Be confident and assertive when making your case. Someone close to you may feel insecure, so include him or her in your success.

AQUARIUS (Jan. 20-Feb. 19) – You will learn something valuable that will help you choose a direction more suited to your personality and qualifications. An honest answer will be what counts if you want to gain approval.

A proactive approach to life, relationships and work will help you get things done this year. High energy, enthusiasm and discipline will influence others to pitch in and help. You'll accomplish plenty if you stay focused on implementing positive change. Love and romance will improve your personal life.

PISCES (Feb. 20-March 20) – Listen to others and respond respectfully. You'll have an impact on the way things unfold if you are kind and offer common sense. Make a physical change.

ARIES (March 21-April 19) – Make your surroundings comfortable. Look at real estate or make adjustments that will ensure a secure future. If you explain your choices to a loved one, you will gain valuable perspective.

TAURUS (April 20-May 20) – Be receptive, and opportunities will unfold. Make a change that will update your image and provide the boost you need to do your own thing. Romance is featured.

GEMINI (May 21-June 20) – Listen to someone before you respond or make a promise. If you are sincere about your needs, favors will come your way. Don't, however, ask what will be required of you in return.

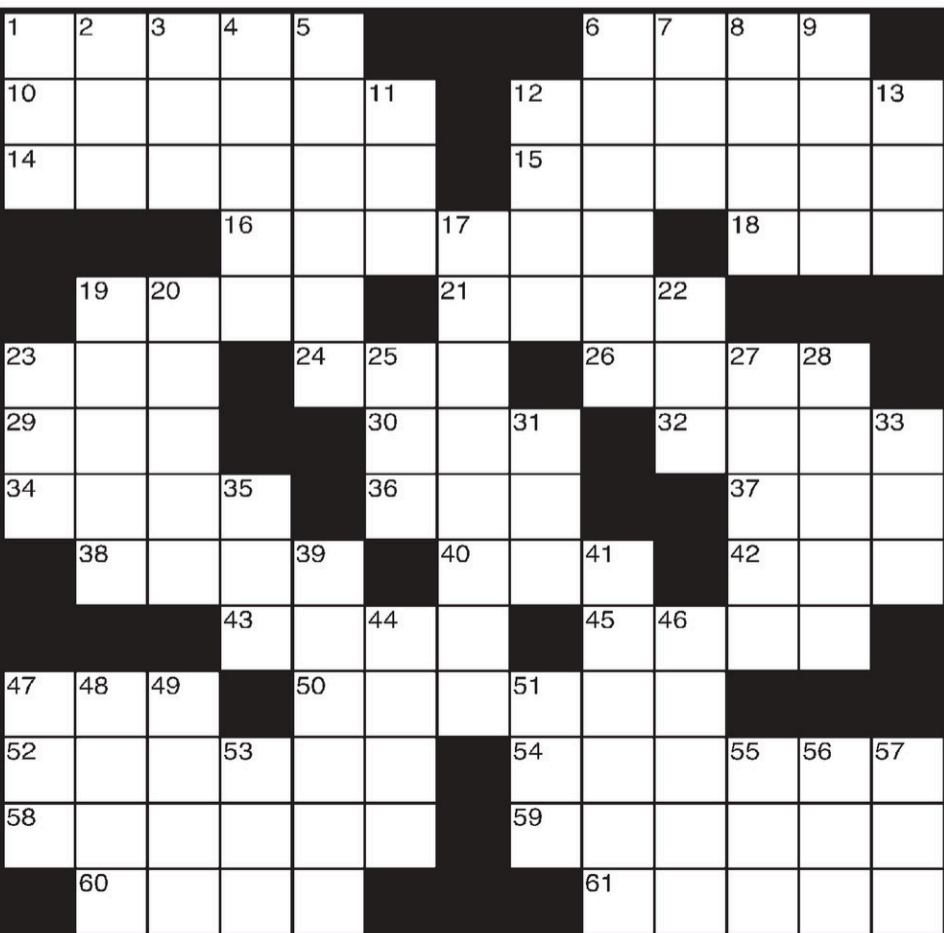
CANCER (June 21-July 22) – It's time to incorporate a new philosophy, lifestyle or attitude into your routine. Set new goals and get started. An emotional matter should not be allowed to lead you astray.

Answer to Previous Puzzle



- ACROSS**
- 1 Range
 - 6 Zero-shaped
 - 10 Most pristine
 - 12 Squeezed
 - 14 Maria Conchita
 - 15 Writer with acid
 - 16 Did the tango
 - 18 Uh cousins
 - 19 Toiling away
 - 21 Bone dry
 - 23 Watch chain
 - 24 Elton John's title
 - 26 Type of luck
 - 29 Way back when
 - 30 Once named
 - 32 Boxing match
 - 34 Campus area, briefly
 - 36 Fast food chain
 - 37 Prefix for cycle
 - 38 Wild guess
- DOWN**
- 40 Judge — Bean
 - 42 Muser's mumbling
 - 43 Part of a pump
 - 45 Famed lioness
 - 47 Climber's challenge
 - 50 Proper
 - 52 Most demure
 - 54 Niche
 - 58 Viennese desserts
 - 59 Era
 - 60 Honey wine
 - 61 Flirt

- 11 2,000 pounds
- 12 Catcall
- 13 JAMA readers
- 17 Happy-go-lucky
- 19 Counterfeit or fake
- 20 WWII craft (hyph.)
- 22 Add to a soundtrack
- 23 Online info
- 25 Pen fluid
- 27 Night-flying insects
- 28 Myanmar, once
- 31 "The Name of the Rose" author
- 33 Tiny —
- 35 Court figures, briefly
- 39 Ordered around
- 41 Raised one's voice
- 44 Authorizes
- 46 Spandex fiber
- 47 Play part
- 48 Tower over
- 49 Fiery heap
- 51 Explorer's sketch
- 53 Plato's H
- 55 Van Gogh medium
- 56 Library abbr.
- 57 Ben & Jerry rival



THURSDAY, MARCH 5, 2020

The relatively safe declarer-play

By Phillip Alder

Albert Einstein's Theory of Relativity confuses almost everyone. However, he did try to explain it in layman terms thus: "When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute - and it's longer than any hour. That's relativity."

In bridge, there are relatively safe contracts and relatively unsafe ones. But sometimes a contract that appears safe suddenly is jeopardized. Then the declarer may have to find a clever maneuver to reach home unscathed.

North might have shown his diamond suit, but he preferred to take the uncomplicated route to what he hoped was going to be a lucrative rubber.

After winning the first trick with dummy's club queen, declarer immediately called for a low diamond. East's heart discard was a rude shock. An apparently easy contract had suddenly turned nasty.

As East seemed to be short in both minor suits, South's first thought was to finesse the diamond jack. Later, he would play East for the spade queen. But in a fleeting moment, he saw that that was an unsafe line, requiring a finesse to succeed.

North				03-05-20
♠ A 3				
♥ Q 3				
♦ Q 7 6 4 3 2				
♣ K Q 5				
West		East		
♠ Q 7 6		♠ 9 8 5 2		
♥ 4		♥ 9 8 7 6 5 2		
♦ K 10 9 8		♦ —		
♣ J 10 9 7 6		♣ 8 3 2		
South				
♠ K J 10 4				
♥ A K J 10				
♦ A J 5				
♣ A 4				
Dealer: South				
Vulnerable: North-South				
South	West	North	East	
2NT	Pass	6NT	All Pass	
Opening lead: ♣ J				

Instead, South won trick two with the diamond ace, then he led the diamond five. West had to duck his king, so dummy's queen won. Declarer returned to hand by playing a club to his ace. Finally, South ran the spade jack through West. Whatever the outcome of the finesse, there were 12 guaranteed tricks: three spades, four hearts, two diamonds and three clubs. North and South were pleased when this line produced an overtrick.

CELEBRITY CIPHER

by Luis Campos

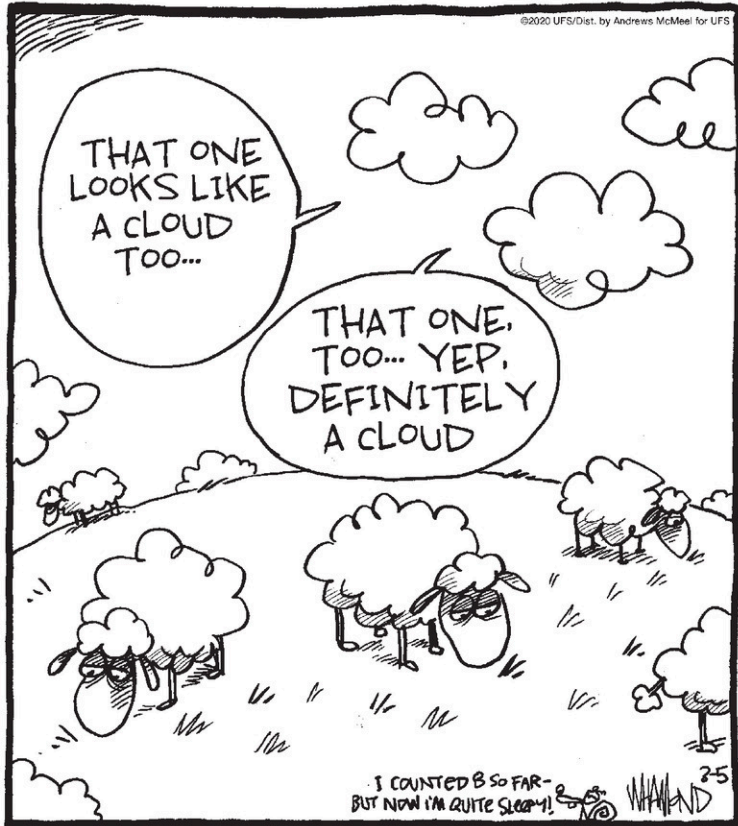
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ ZH FJLER BEXR, YG IZGH ER MEM
AZIKE ZAF ETFA, ZRI K ORED LXZL
ZRI K ZWWFML KL ZRI K'Y REL
CRXZMMG ZSECL KL.” — FJLER BEXR

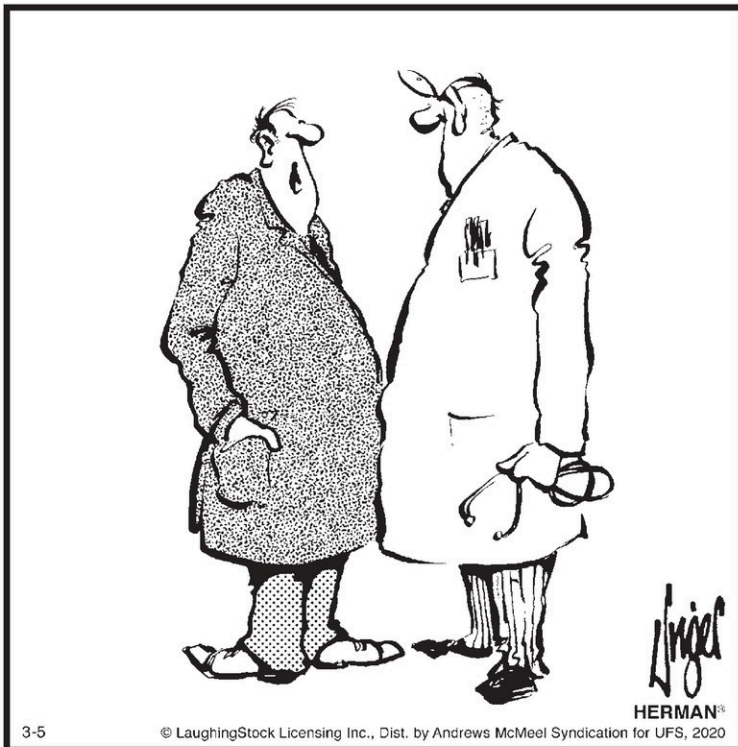
Previous Solution: “I am a very positive thinker, and I think that is what helps me the most in difficult moments.” — Roger Federer

TODAY'S CLUE: M sjenba q

REALITY CHECK

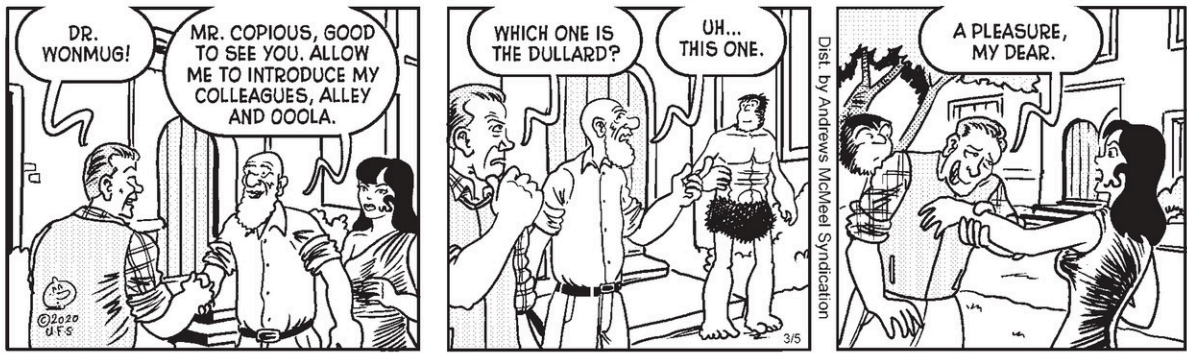


HERMAN

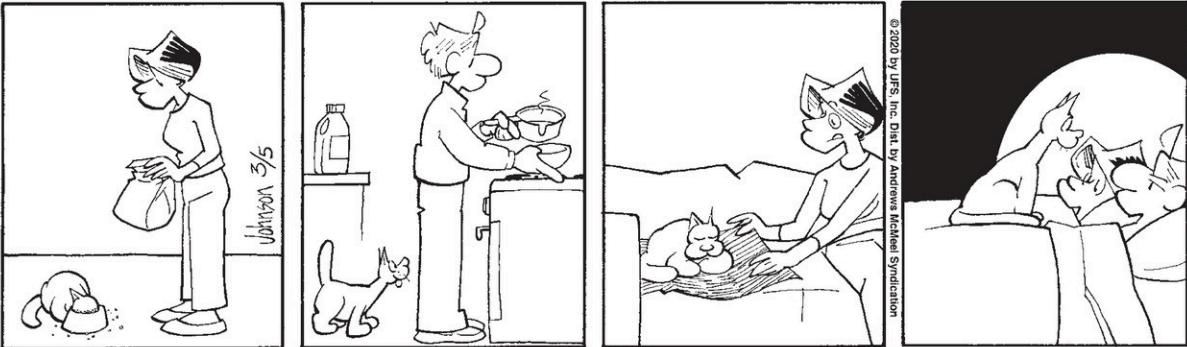


“I just seem to be walking around in circles all day!”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



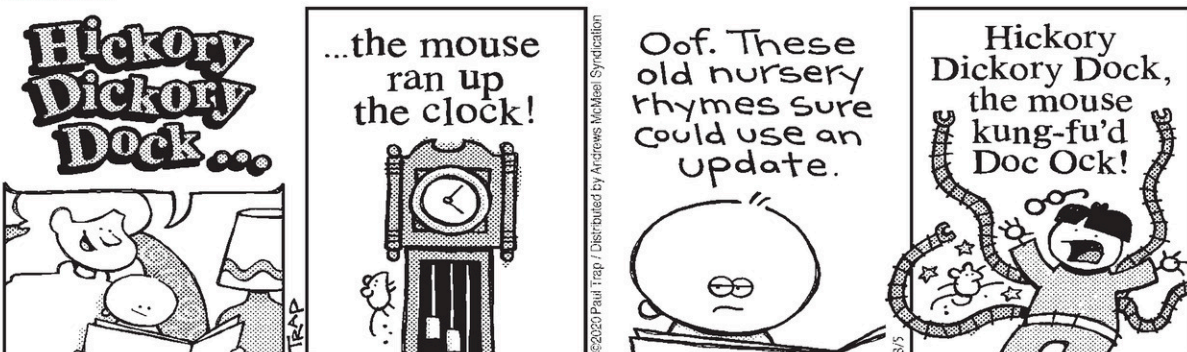
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THE RECORD

Job opportunity - Reporter

The Record is seeking a full-time reporter to work in its newsroom thanks to funding provided by the Local Journalism Initiative, a Canadian Heritage program, administered in Quebec through the Quebec Community Newspapers Association.

The Record is the only English-language daily newspaper serving the Eastern Townships and has been recognized as the 'Voice of the Eastern Townships' for 123 years. It covers some 27 communities with significant English-speaking populations situated throughout the vast territory of the Eastern Townships

The Record is seeking a bilingual reporter with excellent English-language writing skills who understands the mandate of community journalism and the important role the newspaper plays in keeping readers informed on the social, political and economic issues that concern them in their daily lives. The position would include covering municipal council meetings, school board meetings, environmental and agricultural consultations, the courts and researching subjects that affect the community.

Given the vast territory, the successful candidate would need to be bilingual, flexible, have access to a vehicle and able to work well with the newsroom team to produce stories of the highest standard for both print and the web.

Qualifications

- The ideal candidate is:
- . a graduate of a college or university journalism program and/or significant professional experience working as a journalist
 - . an excellent communicator in English with a good working ability in French
 - . familiar with basic computer software including InDesign
 - . a capable photographer
 - . a licensed driver, preferably with a car
 - . deadline-oriented

An ability to work some evenings and weekends is essential (with time off provided during the week as compensation). Appreciation of community journalism and familiarity with the Eastern Townships are strong assets.

Applicants are invited to send a one-page covering letter along with a résumé to Sharon McCully, Publisher, The Record, at outletjournal@sympatico.ca
Deadline for application: Immediate

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, March 6 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, March 10 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

MAGOG

Grief Support... a free 10-week workshop, in English, will be offered in Magog, beginning April 7. If you are mourning, Lorraine Holt and Michelle Jacques look forward to meeting you. Please call Michelle 1-514-696-5796.

RICHMOND

Spring is just around the corner! So to celebrate, there will be a sugaring off at the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, March 15 at 1:30 p.m. Come with a friend and enjoy a feast of homemade donuts, pickles, coffee and tea, and of course, sugar on snow. Admission is charged. Everyone is welcome! All proceeds will go to support the work of the church.

RICHMOND

The Wales Home is having a Craft Show on Saturday, March 14 from 9 a.m. to 4 p.m. on its main floor. A wide variety of items will be offered for sale. All welcome.

RICHMOND

Richmond Legion, Branch #15. It's that time again. Our Legion 'Green Sale' Auction will take place on Saturday, March 7 at 1 p.m. Donation of \$5. After the sale, a light lunch is served. P.S. You don't have to be a Legion member to participate in these events - everyone is welcome! For information contact 819-826-3444.

RICHMOND/MELBOURNE

As part of the Richmond Irish Heritage Festival there will be an Irish Tea on Sunday, March 8 from 2 p.m. to 4 p.m. at St-Andrew's Church Hall, 1169 Route 243, Melbourne Township. Come to enjoy a delicious Tea and wonderful violin music by Isabelle Gosselin. Reservations are not necessary. Donation.

LENNOXVILLE

Canada Reads (And So Does

Lennoxville): "One book to bring Canada into focus" to be held at the Amédée-Beaudoin Community Center, 10 Samuel-Grantham St. in Lennoxville, Wednesday, March 11, at 7 p.m. Five presenters, 5 books, 1 vote! Hosted this year exceptionally by Ali Hassan, Host of CBC Canada Reads, and Alison Brunette, host of CBC Breakaway. Find out more at bibliolennoxvillelibrary.ca or on our Facebook page. Free admission, local presenters, door prizes and refreshments. Hope to see you there!

AYER'S CLIFF

St. Patrick's Day Brunch on Sunday, March 15 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. Adults \$12, children 5yrs - 12yrs \$5, children under 5 are free. Richmond

A big day for the Richmond Irish Heritage Festival will be Saturday, March 14th with both workshops and the very popular Kitchen Party at Centre d'art, 1010 rue Principale N., Richmond. There will be the following workshops: Step-dancing with Courtney Drew at 1:30 PM, Square Dancing with Erin Scoble and 4-H Square Dancers at 2:30 PM and Ceilidh Dancing with Donald Dubuc at 3:30 PM. These workshops are free and open to everyone, no partner required. At 7 PM everyone is invited to the Kitchen Party with Celtic Music and finger foods with MC and caller, Donald Dubuc, The Eastern Minstrels, Nicholas Williams, Alex Kehler, Benoit Converset, The Rutherfords, Kyra Shaughnessy, Marie-Jeanne Brousseau, and Courtney Drew. Reserve by March 6th at 819-826-2535 or quincrichmond@gmail.com. Tickets are \$30 or \$25 with 2020 St. Pat's membership card. Richmond Irish Heritage Festival is sponsored by Government of Canada and local sponsors.

Richmond/Melbourne
 On Sunday, March 15th between 1:00 and 4:00 PM there will be the Heritage Arts and Crafts Demonstrations and Workshop at Melbourne Town Hall, 1257 Rte. 243, Melbourne Township. Demonstrations of needlework, quilting, rug-hooking, blacksmithing, and preparing Irish soda bread will be free. A workshop creating a marbling design on fabric and various media with Anne Pochat will also take place at a cost of \$15. Reservations for the workshop should be made by March 10th at 819-826-2267. Richmond Irish Heritage Festival is sponsored by Government of Canada and local sponsors.

Find the right person for the job in advertising in our

Career Section

Many Record readers want a career change and are looking for a new job.

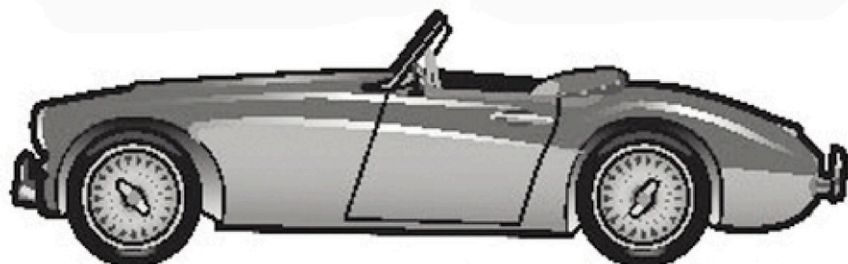
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For reservations or further information, please call

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Dear Annie

THURSDAY, MARCH 5, 2020

Dear Annie: I've been seeing a therapist for around five years, and I find myself unsure what to say. My wife first encouraged me to speak with a professional to help me better understand myself and deal with some buried anger. One of my major realizations in therapy has been that I have difficulty sharing my thoughts and emotions, and this can make therapy difficult. I've realized this is a common theme throughout my life, as nobody in my childhood ever tried to engage emotionally with me. My therapist will encourage me to discuss what I'm thinking; yet, I struggle to articulate it.

I do understand that the therapist is there to help me and that I should open up to her, but I can't. I tend to work through thoughts in my head and find it difficult to articulate what I'm thinking to my therapist. She believes that I never learned to express my anger, so I suppress it and move on. I can understand this, and yet I can't seem to change.

You frequently encourage your readers to seek professional help. How does one maximize the value of this help when they can't seem to open up? - Unable to Open Up

Dear Unable to Open Up: Therapy is a process to better understand ourselves: what built us and how we can learn to improve our lives. Just by seeing a therapist, you must be interested in improving yourself, and that is commendable. Based on the realization you've had about yourself and how you were raised, it seems that you've been making progress. Recognize these little steps, celebrate them and focus on building off of them. Each session, try discussing a thought or action that you from the last week and how it made you feel. These insights into your thoughts will help a therapist better understand you and will likely lead to insightful conversations. Like a Lego set, each brick adds to the finished product.

Dear Annie: I'm responding to "Confused" who

is frustrated with her mother's constant plea to call when she arrives home. I could have written that letter. When I was leaving my mother's house, she would ask me several times to call her to let her know I arrived home safely. I know it annoyed my husband, but I called nonetheless, even when it wasn't convenient. I could hear the relief in her voice when she picked up the phone. It was a brief exchange with reassurances that all was well, so I guess I got something out of it as well. As annoying as it can be sometimes, there is comfort in knowing that there is someone out there who cares that deeply for you. My mother is gone now, and I miss that sweet request. - Missing My Mom

Dear Missing Mom: I am so sorry for your loss. Thank you for offering a beautiful perspective.

Dear Annie: This is regard to listening to audiobooks to relieve stress. I am a retired mail carrier, and I listened to audiobooks for years to relieve the stress that my job could give me. Now that I am retired, I still listen to audiobooks while doing housework, yardwork and gardening, etc.

I discovered that libraries now carry Playaways, which are full audiobooks on small media player devices that are smaller than a flip phone. I have listened to thousands of books this way. The one thing I truly love about these Playaways is that I have listened to books that I would never have picked to read on my own. - Retired and Happy Carrier

Dear happy Carrier: That's a great reminder for readers to check out their local libraries for Playaways and other helpful devices. And thank you for working hard delivering our mail for so many years.

"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.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

3/5

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PREVIOUS SOLUTION

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

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



Your donations change everything.

A mental health resource has ~~not~~ been assigned to me.

John - \$30 donation

The money collected by the CHUS Foundation makes it possible to improve and humanize the mental health and child psychiatry services offered in the region. Thank you for contributing.

givetochange.ca