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PM#0040007682

THURSDAY, MARCH 2, 2017

## Dust off your tiara

### LDWC is giving International Women's Day the royal treatment

By Matthew McCully

**O**n the eve of International Women's day, celebrated world-wide since 1911, the Lennoxville and District Women's Centre will pull out all the stops to host a royal tea party to celebrate the occasion.

The Amédée-Beaudoin Community Centre, serving as the evening's royal banquet hall, will welcome women from all over the Townships on March 7 for an evening of music, food and entertainment.

The national theme for this year is 'Empowerment leads to Equality'.

With women in power being celebrated in so many television programs this year (The Crown, Victoria, Elizabeth, Reign), the LDWC decided to host a royal tea party as a Women's Day celebration as well as a fundraiser for the centre.

"Come as you are or adorned with a tiara, or dressed as your favorite royal lady whether it's Kate Middleton, or Cleopatra," the invite reads.

"Invite your girlfriends, and make an evening of it."

In addition to the food and entertainment, the event will include awareness campaigns and information kiosks of interest in the community.

There will also be a silent auction with items donated by local businesses and artists. The list includes a Kay Kinsman original watercolour, a Lucy Doheny original bowl, a collection of cookbooks, Vintage jewelry and Hand embroidered doilies to name a few.

"You will be entertained and fed like queens!" the LDWC promises.

Community Outreach Coordinator Kathyne Owen told The Record there is still time to book a ticket for the event.

She added that there will be a special guest visiting the royal tea.

While Owen wanted the guests name to be a surprise, she said all in attendance will likely be in awe when she enters the room.

Contact The LDWC to Reserve before Friday: (819)564-6626 OR info@ldwc.ca  
TICKETS cost \$20 (\$15 for members).

## A midsummer's night coming up in March



GORDON LAMBIE

The cast of the upcoming Bishop's production of *A Midsummer Night's Dream* rehearsing a face-off between the king and queen of the faeries and their followers near the beginning of the play.

By Gordon Lambie

**S**tudents from Bishop's University's Drama Department are hard at work in the halls of Centennial Theatre conjuring fairy magic, starting lovers' quarrels, and practicing up on their manual labour in order to mount a production of Shakespeare's classic comedy *A Midsummer Night's Dream*. Directed by BU alumnus Jesse MacLean, this performance will mark the fifth time that the royal court of Athens, the

land of the fairies and some local workmen all cross paths at the university, and the third on Centennial's stage.

"It was an honour to be asked to do it," MacLean said, recalling that the department's guest directors were some of the people who had the biggest impact on his time at Bishop's in the late 1990's and early 2000's. "I told the students at the very beginning that I'm approaching this as I would any professional show."

The BU grad called the play both an

experience of giving back and a "full circle" experience, having previously been involved in the 1999 production of the play, directed by Greg Tuck.

Though all of Shakespeare's stories have been told and retold countless times over the years, MacLean said that he felt the production was open to a wide range of possibilities.

"It's not a mistake that we're still doing these plays 500 years later," the

CONT'D ON PAGE 3

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## Weather



TODAY:  
CLOUDY

HIGH OF -8  
LOW OF -16



FRIDAY:  
SUNNY

HIGH OF -9  
LOW OF 20



SATURDAY:  
SUNNY

HIGH OF -13  
LOW OF -22



SUNDAY:  
SUNNY

HIGH OF -7  
LOW OF -7



MONDAY:  
60% CHANCE  
OF SHOWERS

HIGH OF 5  
LOW OF 0

# Memo re: New guidelines for the coming in/going out of March



ROSS MURRAY

The management would like to inform you that, in accordance to our recently adopted policy on heightened inclusivity and respect for species fluidity, March is no longer exclusively required to come in like a lamb and go out like a lion (or vice versa, i.e. coming-lion/going-lamb).

This policy is in accordance with non-binding recommendations by an independent panel convened to address a complaint brought against the calendar year by the Alliance for Animal-Mensual Plurality, which raised objections regarding the binary and mammalcentric approach to the third month of the year.

### Embracing simile diversity

Consequently, we urge you to be sensitive to the fact that March may come in and go out like any creature it chooses. For example, March may now come in like a spotted sandpiper – barely managing to remain balanced as it runs to and fro in a bit of a tizzy – and go out like a slug – wet, repugnant and leaving a regrettable trail of slime.

Or March may come in like an unfriendly housecat with a weepy eye and go out like the majestic blue wildebeest, as inscrutable as it is difficult to spell.

March may even come in like your neighbour's escaped python and go out like the bloated carcass of a beached whale.

In short, the animal kingdom is the limit.

Please note that if March does come in like a lion, which it is most certainly entitled to do, it is not required to go out like a lamb. March may come in like a lion and also go out like a lion. It may go out like a cuttlefish. It may even go out like seven chimpanzees on a first-name basis with Jane Goodall. That's the beauty of animal simile diversity.

### What about unicorns, etc.?

A number of you have asked about mythical beasts. Can March, for example, come in like a lamb and go out like a Yeti? We are sensitive to the need for openness regarding the varied interpretations of what is meant by "species" and at this point are willing to accommodate non-documented, faith-based species. This will be done on a case-by-case basis if the mythical species in question can be shown to be integral to one's cultural/religious heritage. Please speak to Human Resources.

At this time, however, we cannot entertain purely fictional creatures due to the possibility of copyright infringement, among other considerations. For example, March may neither come in nor go out like Hobbes from the beloved comic strip Calvin and Hobbes nor may it come/go like "a stuffed tiger that comes to life only in the imagination of its precocious and borderline sociopathic owner."

And while we are sensitive to the fact that humans are, indeed, animals, we at this time are unable to allow March to

come in like one's cousin Alice and go out like Don Ameche's loveable character in *Cocoon*.

Be aware as well that at this juncture we cannot countenance March coming in or going out like a box of chocolates, like a red, red rose, like a virgin, and so on.

### March-ish

Note as well that we now recognize that March is no longer constrained to a coming-going dichotomy. March may come in like a lamb, go partway out like a dolphin, come back in tentatively like a speckled trout in a cute bowtie, flit about briefly like an intoxicated Chihuahua and finally go out for good like an easily offended emu.

There is also the possibility, though unlikely, that March may come in like an antagonistic long-tailed weasel and simply not go out again. In such an event, please remain calm and await further instructions regarding vacation times, major league baseball schedules and fishing season.

In addition, we cannot predict the reliability of either the coming in or the going out of March now that, based on the recommendations of the panel, we have unfettered ourselves from the patriarchy-based calendar year and its artificial, linear construct. In fact, we have recently convened a separate non-partisan, cross-cultural advisory committee to examine the possibility of doing away with March and its related 11 months altogether. This would empower lions, lambs and all other sentient creatures to come and go in accordance to their natural rhythms.

Either way, we recommend rubber boots.

# Concordia University evacuates three buildings after bomb threats

The Canadian Press

Three Concordia University buildings in downtown Montreal remained closed on Wednesday after the institution received bomb threats targeting Muslim students.

Classes were disrupted for several hundred students as Montreal police searched the buildings for explosive devices.

Police said the threats appeared in emails targeting one specific group, while Concordia president Alan Shepard held a news conference to say he has been in touch with Muslim student leaders.

"With the Muslim student association, we have a good relationship," he said. "They have good leadership and we're in close contact with them."

Shepard said he had no knowledge of

reports that a letter warning of bomb threats was circulating Tuesday night.

The buildings were to remain closed until at least 6 p.m. eastern.

He denied it took too long to empty the buildings.

"These are large complex buildings and we want to evacuate everyone safely," he said. "And we did it as soon as we safely could."

## Ben by Daniel Shelton



# LOCAL NEWS

*"Come as you are or adorned with a tiara, or dressed as your favorite royal lady whether it's Kate Middleton, or Cleopatra," the invite reads.*

## South Stukely wins in court

Record Staff  
SHERBROOKE

after the termination of a snow removal contract.

In a decision rendered February 17, Judge Sylvain Provencher concluded that the municipality had acted in an acceptable and reasonable manner in terminating the \$700,000 four-year contract.

According to a report published in Granby's *Voix de l'Est*, municipal councillors came to the decision to end the contract in 2013 after receiving repeated complaints from citizens about the maintenance of the road network.

Subsequently, Mini Excavation G.A.L.

claimed that the contract had been cancelled in an unfair and abusive manner. A formal demand sent to the town remained unanswered.

The \$23,000 compensation granted to the brome lake company corresponds to the refund of the bond.

The Municipality of South Stukely will only have to repay around \$23,000 of the \$400,000 claimed by Mini Excavation G.A.L. of Brome Lake

## Overheated motor causes fire scare at Complexe Windsor

Record Staff  
SHERBROOKE

It turns out the abundant smoke originated in an overheated heating unit motor on the roof of the building and spread through the ventilation system.

An initial alert was triggered by a fire on a lamp post in front of the René-Lévesque Community Center, which led to a power failure. Half an hour later, firefighters received a second call about

the smell of smoke at City Hall. A team was dispatched and confirmed the presence of smoke on the first floor. A second team carried out an investigation and the entire building was evacuated. The general alarm system was manually triggered before firefighters determined that it was the heating unit motor on the roof that was involved. As a result of

the power outage caused by the lamp post issue, the three-phase motor ended up with only two and overheated.

By 11:40 am, things had returned to normal except for the lingering smell of burnt wires that should take a couple of days to fade.

The Complexe Windsor was evacuated Wednesday morning following what turned out to be a false general fire alarm. Smoke was visible on the first floor in the Egg's Eggs restaurant but no fire was reported.

## Anti-Islam protest planned for Sherbrooke Saturday

Record Staff  
SHERBROOKE

triotic citizens who still believe in freedom of expression".

No racist or hate-promoting banners will be tolerated, it adds, but Quebec flags and posters will be permitted. A similar event is planned for Drummondville the same day.

In response, Action Antifasciste Sherbrooke likewise took to Facebook to announce it is organizing a counter-demonstration. "The extreme right group Coalition of Concerned Citizens, backed by Sylvain Maikan, head of

the organization La Meute, is stopping in Sherbrooke for a disguised Islamophobic event," it said. "We invite you to a popular response in order to make it clear that there is no place in Sherbrooke for what is essentially a form of fascism. Nearly a month after the bombing in Quebec City let us not tolerate hate and the extreme Islamophobic right!"

The Coalition of Concerned Citizens is described as a "cross-Canada nationalist anti-Islamist organization." La Meute has been described as a "racist, Islamo-

phobic group, more generally anti-immigration."

Last September, a Sherbrooke woman who had been part of "La Meute" warned citizens in the region who might be tempted to join this movement. In an interview with Sherbrooke's *La Tribune*, Suzanne Tessier denounced the military and intransigent nature of the group set up in the fall of 2015 to "stand up to radical Islam".

The Canadian Coalition of Concerned Citizens and La Meute, two right-wing groups opposing radical Islam, have announced through Facebook their intention to hold a demonstration at noon in front of the Sherbrooke City Hall this Saturday.

The event announcement says the rally is being held to "protect our democracy and our freedom" by uniting all "pa-

## A midsummer's night

CONT'D FROM PAGE 1

director said "you could see a different person play Hamlet every year and they'll all bring a different perspective to the role."

By the book, *A Midsummer Night's Dream* takes place outside of ancient Athens. This particular production of the play is set in the future, in space.

"You can pretty much set midsummer anywhere and it would work, but I wanted to be free of cultural conventions," MacLean said, explaining that he felt free to make his own world but was careful to endure that the concept didn't overwhelm the story. "It's really fun; everyone has their own idea about what sci-fi is. The best thing about it is that you can make your own rules."

"It isn't really set in any specific time or world, really," explained Eddie Huband, who will play the trickster Puck, describing the setting as a sort of "oasis in space."

"It's enough to give an otherworldly atmosphere without having to designate an exact place or time," added Julian Dawson who plays Bottom the weaver.

Natalie Demmon, who takes on the role of Titania, queen of the fairies, described the environment as a sort of retro-futuristic call-back to a 1960's vision of science fiction.

"It's such a funny play," Huband said. "There's a lot

of positive energy going around when we're rehearsing it."

The three actors reflected on the challenges of playing parts that are simultaneously ridiculous and exaggerated in their actions but serious in their status.

"It's great to bring these well-known characters to life with our own little twists," Dawson said. "Bottom is clearly Shakespeare's parody of his own language. It's really a challenge to play a character who is meant to be so aloof and goofy and yet meaningful."

This play is also special in that it will mark 50 years of Theatre at Centennial. At 7pm on Saturday, March 11, prior to that night's performance, a bust of the late Dr. Arthur John Motyer, former professor at Bishop's University and instigator of Centennial Theatre, will be unveiled in honour of the occasion.

"It's really nice being able to see this all come together and honour Dr. Motyer," said Demmon, who has been working for the last year on organizing the drama department archives. "His vision was to provide a space for Bishops and for the Community. We still have this amazing venue and get to use it."

The student also noted that the anniversary is a bittersweet one for the Centennial community.

"This past year as Centennial was on the cusp of their 50th anniversary lost their regular sea-

son Demmon recalled. "It was a hard blow both to us in the drama department and to Centennial."

Being able to help highlight the ongoing significance of the theatre in light of that loss is, she said, a great honour.

"It's this beautiful space to learn and grow in," Demmon said, calling performance in Centennial both a vital learning experience and a sort of a pinnacle to the average Drama student's Bishop's experience. "There's so much flexibility of what can be done in here."

*A Midsummer Night's Dream* will run from Thursday March 9th to Sunday March 12th at Centennial Theatre, starting at 8pm.



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# UdeS offers new student athlete support program

Record Staff  
SHERBROOKE

Reconciling university education and competitive sport is a major challenge for student athletes. The University of Sherbrooke is showing its commitment to supporting its students by adopting a policy that offers supervision to athletes in their academic and athletic journey.

"The University of Sherbrooke focuses on the success of its students," says Vice-Rector of Sustainable Development Alain Webster. "For those who pursue academic and sports excellence at the same time, this new policy will provide an institutional framework to foster their de-

velopment in a process carried out in consultation with all faculties and several external partners.

The policy seeks to recognize the special needs of student athletes in their pursuit of academic and athletic excellence. It also highlights various administrative and pedagogical modalities offered to them at both the faculty and institutional level. For example, with a faculty agreement, a student can benefit from a postponement, a distance examination, a change of schedules for instructional activities, or training location.

UdeS is also committed to offering a scholarship program established in collaboration with the University of Sher-

brooke Sport Studies Corporation, chaired by Serge Savard, and supported by the Vert & Or Old-timers Association and the Fondation de l'Université de Sherbrooke.

Student athletes will have access to a study site directly at the Sports Center and will be supported by a Coordinator who will follow up with those responsible for the academic stream in the Faculties. Student athletes will also be able to benefit from follow-up in physiotherapy and the services of the University Clinic of Kinesiology. Finally, this policy will contribute to the development of research in the field of sports excellence.

"This is a great recognition from the institution to all of our student ath-

letes," enthused university Director of Sports and Physical Activity Jean-Pierre Boucher. "The adoption of this policy formalizes the status of student athlete at the University of Sherbrooke. In addition, it is not just for students who are members of the Vert & Or teams, but also for those who are recognized as athletes of excellence or elite.

The implementation of the new policy is timely, as UdeS joins the Canadian Olympic Committee in launching the Quebec match plan program.

The program brings together all Quebec universities and aims to help Olympians achieve success in their studies while representing Canada on the world stage.

# Canadian pension funds can help rebuild U.S., says Trump transition official

By Ross Marowitz  
THE CANADIAN PRESS

Canadian pension funds are well-placed to help rebuild America's aging infrastructure, a former director of U.S. President Donald Trump's transition team said Wednesday.

"The Canadian funds have a huge advantage," Dan Slane told reporters after speaking to a global infrastructure conference in Montreal.

He said funds such as Quebec's Caisse de depot have the expertise and deep pockets to partner with local U.S. funds

to invest in projects such as airports, hospitals and transit.

Slane, who is not involved in the U.S. administration but delivered a report identifying about 50 initial projects that should be funded, said he was disappointed that Trump didn't provide more details in his speech to Congress on Tuesday evening about his US\$1-trillion infrastructure project, including how much would be funded by taxpayers.

He believes the new administration is too overloaded dealing with promises to overhaul health care and taxes to deal with infrastructure. However, he said

early spending on projects should be among the top priorities.

Infrastructure is the best way for Trump to achieve his goal of growing the economy and creating millions of well-paid jobs for Americans, especially those lacking the skills required in modern manufacturing, Slane noted.

Although there are more than US\$2.5 trillion worth of projects available in the U.S., Slane said locking down global funding isn't a problem. He noted that sovereign wealth funds from Saudi Arabia, Japan, Norway and China are all looking to invest in projects.

So too is the Caisse de depot, whose CEO Michael Sabia met with Slane on Tuesday to discuss its interest in expanding its global infrastructure investments.

Canada's second-largest pension fund manager has created a subsidiary to invest in infrastructure projects around the world, including a \$5.9-billion light rail project in Montreal that it will fund, own and operate.

Involvement of pension funds could help offset public resistance in the U.S. to having facilities like airports owned by for-profit private companies, Slane suggested.

"Pension funds, as I see it, are kind of quasi-government," he said. "They have more of a duty to the public good."

Meanwhile, the conference was told that Canadian investors, including those with not-as-deep pockets as pension funds, are eagerly looking for investment opportunities in the U.S., including through the use of public-private partnerships.

The P3 funding model is rarely used in the United States but has grown in popularity over the last decade in Canada.

"Ten years ago the Canadian market was nothing, it was much like the American market is today," said Plenary Group CEO Brian Budden.

Transport Minister Marc Garneau, who addressed the conference, said he expects Canadian investment funds will be attracted to infrastructure projects on both sides of the border and will take advantage of the federal government's proposed infrastructure bank and planned \$180-billion of spending over 12 years.

Ottawa is contributing \$35 billion to the bank and Garneau said he expects details will soon be released.

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# The Border Report

*"You can see the growth in the students and that attending Phelps pays off."*



By Clea Corman

This week, the Phelps article will be showcasing one of our dedicated volunteers that help make our weekly programs a reality. Our volunteers contribute to the overall success of our sessions, tutoring students one-on-one and helping everything run smoothly.

Cleo is a local student attending Bishop's University and has been volunteering with Phelps' elementary and high school programs for over a year. She gave thoughtful responses to the questions asked about volunteering with

Phelps.

Q: Why do you volunteer?

A: Volunteering is something that comes naturally to me. I enjoy helping others whenever I get the chance to do so and I get to acquire new experiences and meet new people.

Q: Do you think that Phelps is important in a small community?

A: Yes, it is important because it is a centre where kids and young adults can get the educational extra help they may need but also have people to talk to about whatever may be on their mind; something they may not be getting at home or elsewhere.

Q: What aspect of Phelps do you like the most?

A: Helping the students with their school work and activities, which in the process leads to the students opening up and sharing different aspects of their life. This helps to better understand them and learn how to better communicate with them.

"Phelps is an awesome place! I hope it continues for a long time! You can see the growth in the students and that attending Phelps pays off."

Thank you, Cleo! If, like Cleo, volunteering interests you, please contact us. We are looking for volunteers with cars from the Lennoxville area on Tuesday and Thursday afternoons. Help make our programs a success and volunteer with Phelps!

Phelps Aide Phelps Helps is an educational non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to five unique programs, providing Stanstead area students with free tutoring, educational support and hands-on learning for both elementary and high school students.

To participate in Phelps's programs or to become a volunteer send an email to [info@phelpshelps.ca](mailto:info@phelpshelps.ca) or call 819-704-0799. For more information about Phelps or to make a donation, please visit [www.phelpshelps.ca](http://www.phelpshelps.ca)



## FRONTIER ANIMAL SOCIETY

# Featured pet: Meo

Meo is heartbroken and we are heartbroken for him.

On February 19, Meo settled down in the backseat of his family's car, something he'd probably done many times before and with his two young human companions beside him, he couldn't know that his life was about to be turned upside down.

On that day, Meo, a senior hound/beagle mix would become yet another homeless dog. His family said they had no choice to surrender him, that he was vocal when left alone and neighbours' were complaining. They also told us he is nine but his vet papers state his age to be eleven.

Today we have an opportunity to share Meo's story and we aren't going to turn it into a lecture about the respon-

sibility and commitment that comes with having a dog (or cat, or rabbit or any other pet) but the fact remains, Meo is the one paying the price. He is confused, he is lonely, and he has no idea why his family left him here.

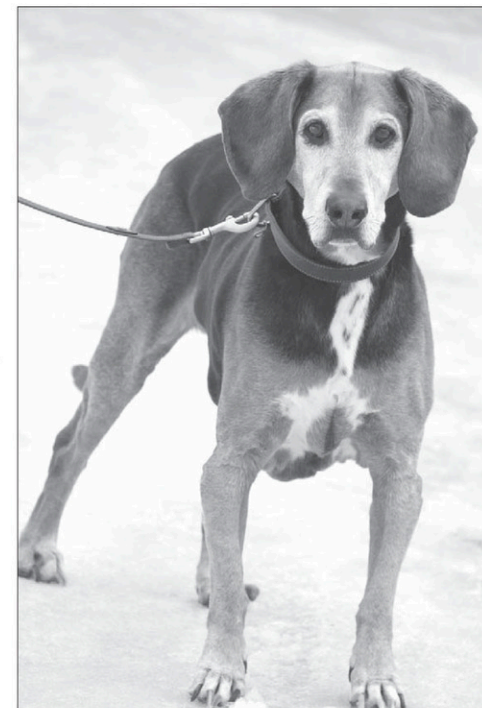
Meo is being cared for, he is being walked and fed, he has seen our vet and we are doing our best to keep him comfortable but he is sad, he is lonely and he is confused. Now we have to hope that someone, someone who has never met Meo, someone who has no connection to him, will give him a loving retirement home where he will live out his life, as all dogs should, knowing he is safe and loved.

A senior, Meo is not an overly active or high energy dog. He walks well on the leash but given his mix, he loves to sniff and explore along the wooded trails and when intrigued by a smell he does some-

times pull. Meo has a few fatty deposits on his body so he is a little lumpy and bumpy but our vet confirmed that they are harmless and pose no risk to his health.

Meo is a gentle and friendly dog who has lived with children and cats and gets along well with other dogs. Because he can be vocal, Meo will need to live in a house, not an apartment and ideally with an adopter who doesn't have a busy schedule and can spend time lots of quality time with him. He is otherwise well behaved in the house and we know that he will be much, much happier in a home environment.

To find out more about Meo please send an email to [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) or better yet, give our adoption coordinator Brenda a call at 819.876.7747.



# EDITORIAL

Donald Trump's rise to power and his Make America Great Again mantra is right out of a John Wayne movie.

## John Wayne takes on Congress



TIM BELFORD

Finally figured it out. All this time I've been plagued by why everything Donald Trump does or says looks so familiar. I couldn't quite put my finger on it. I didn't buy the more alarmist claims that The Donald is somehow a 21st century re-incarnation of Adolph Hitler or, more likely, with all the posturing, chin-jutting and arm-flailing, Benito Mussolini. No, it was something else.

Then it came to me. Watching Tuesday night's speech to Congress with the Republicans offering standing ovations with the regularity of so many jack-in-the-boxes and the Democrats, for the most part, sitting on their hands, it was obvious. Donald Trump's rise to power and his Make America Great Again mantra is right out of a John Wayne movie.

Think about it. The town (in this case all of the U.S.) has been taken over by the drunken, rowdy Mexican pistoleros, aka drug-selling, illegal immigrants aided by Muslim fanatics bent on creating havoc. They've made it unsafe for the good, tolerant and peace-loving townsfolk to walk the streets at night, or during the day for that matter.

The last lawman, Marshal Obama, spent most of his time drawing lines in the sand and then erasing them with the toe of his boot when the bad guys just laughed and ignored him. He wouldn't even call them the crooked, blood-thirsty hooligans that everyone knew they were. And stare them down? Not a chance.

Then along comes The Duke, excuse me, The Donald. He's a stranger to the political world, an outsider and the only

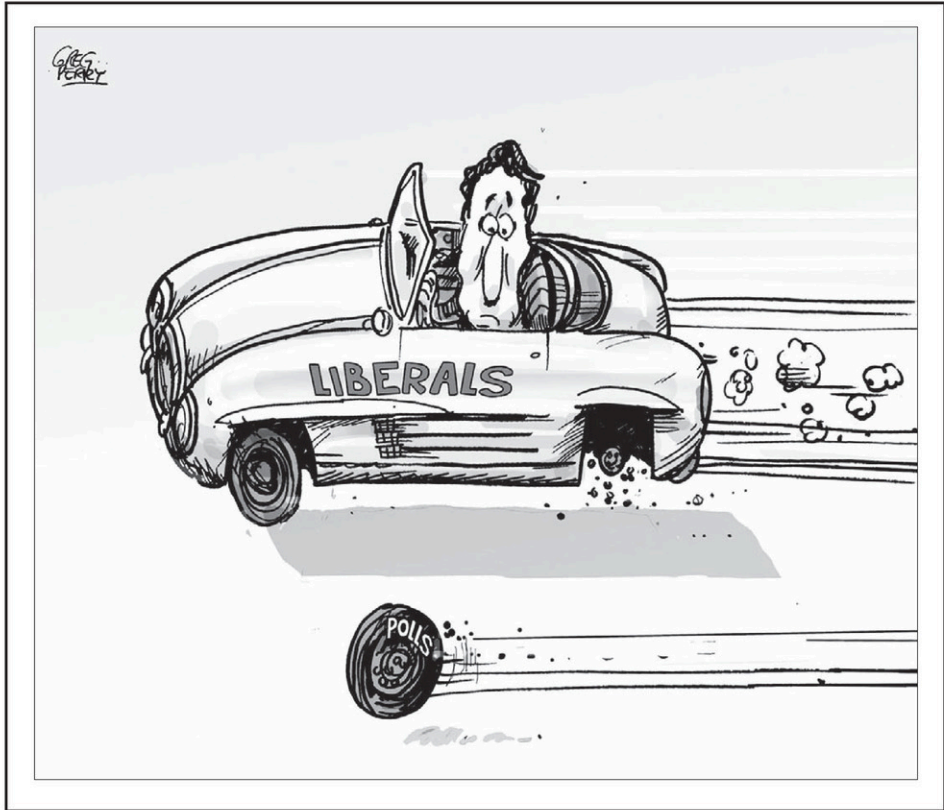
thing he has going for him is his reputation as a man with a fast lip and an unwillingness, or in this case an inability, to back down.

The people who run the town and own all the stores and pass the laws don't want anything to do with the him. They wouldn't mind if he cleaned up the problem but most of them don't want to risk anything, including their jobs or their seats on one of the many lucrative town committees. The rest of the people – the ordinary working man, the housewife, the unemployed, the town drunk – back him completely. They just want their town back the way it was.

There's a complete cast in this political horse opera. Kellyanne Conway, Trump's aide, appears as the bleached blond, world weary girl who puts her feet on the furniture but means well and has a heart of gold. The crusading editor of the local paper, The Congressional Clarion, who kept warning people about the problems but is personally against violence, is played by Bernie Sanders. Even Hilary Clinton gets a cameo as the embittered and spurned love interest but in this case she was spurned by roughly half the nation. And the Jimmy Stewart character who is the Duke's shy but tough best friend, and who quietly stays in the background, smiling and backing up his pal no matter what, goes to VP Mike Pence.

Tuesday night's speech was nothing more than the classic oater movie call to arms. The hero stood there in his white hat - okay white hair - and told the people that yes he'd save them but he couldn't do it alone. They had to help run the bad guys out of Dodge or L.A. or Baltimore or Palm Beach. He told them they couldn't rely on the government or the courts or the press but they could rely on him.

I guess all that remains to see is if The Donald can pull it off as John Wayne always seemed to do or if he ends up like the Duke when he played Davey Crockett dying at the Alamo. Either way it will be at least four years before they roll the credits.



## Letters

### On Registers and Referendums: Trust us!

What if the abolition of the obligation to keep registers in municipalities was a good thing? If, instead of muzzling citizens, this reform of our mode of governance became an open door to a new era of communication between elected representatives and the citizens whose interests they represent?

These are among the questions that I think should be reflected in the debate raised by the study of Bill 122 on local governance. Unfortunately, we tend to focus on what we want to abolish, rather than what we want to create. The debate is truncated and the proposal reductive.

If we listen to what is being said, we, the elected, are trying to be able to get things done quietly by silencing citizens and the opposition. On the basis of these premises, though registers are depicted these days as the last bulwark of municipal democracy, they are used more often than not to make the voice of a minority of individuals heard to the detriment of the majority of the population. Thus, the very nature of this democratic tool is perverted.

Let's look at the reasons why a majority of cities are asking for the abolition of the register. Let's understand, how much the current way can hurt a community by preventing the realization of interesting and promising projects that can revive aging neighborhoods or the creation of municipal services that will benefit everyone. The fear of change too often guides mobilization and paralyzes the municipality in its capacity to meet today the needs of tomorrow.

Contrary to what we hear, the abolition of the obligation to keep a register would instead stimulate the setting up of a consultation process where citizens' concerns are at the centre of discussions to assist municipal officials in their decision-making. It is no longer a question of fighting one against the other. It is about working together to define the best project.

If we want to make our municipalities more efficient and make room for participatory democracy, it becomes imperative to reform our ways of doing things. It isn't by keeping the same old regulatory framework that we are going to get there. Trust us!

NATHALIE SIMON  
MAYOR OF CHATEAUGUAY

DEAR EDITOR;

There's a lot to be proud of here in our Country, our Province, our Eastern Townships, a lot of things to gladden one's heart. Here's one...I went to the Lennoxville CIBC (yes, to me it's still the Lennoxville it's been in all my lifetime!) intending to see the manager, Lyne Tétreault, but she was busy – not with what one would expect, RRSPs, TFSAs, loans, mutual funds, whatever bank managers do... she was bent over a client who's suddenly felt a little unsteady at the bank machine. She'd dragged over a chair for her to rest a little and was tending to needs far more important than mine!

After a few minutes with a teller, I left, just in time to see Mme Tétreault driving her client safely back to her home.

Another day in the life of the special people we live amongst here in our area!

TOM MATTHEWS  
CANTON-DE-HATLEY

### THE RECORD

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#### PRINT SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	135.60	6.78	13.53	\$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

#### ON-LINE SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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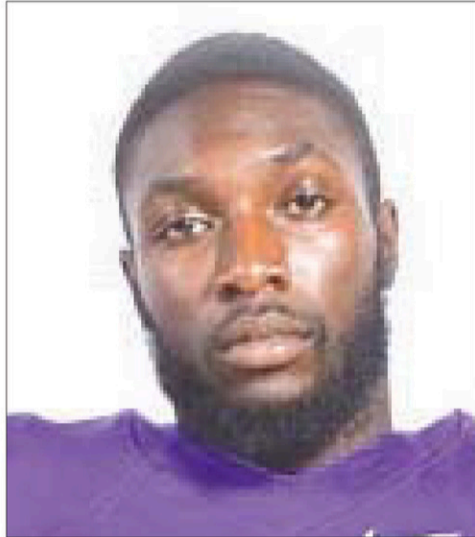
# Local Sports

The Gaiters' current offensive line coach Kyle Handy not only coached in the game last year at McGill but played in the game helping the East to a 34-27 OT win in 2011.

## Four Gaiters named to U Sports East-West Bowl Roster



Mathieu Breton



Michael Nelson



Dashaun Smellie



PHOTOS COURTESY OF GRANT SIMEON  
Matthew Ouellet De Carlo

By Dylan Konecny

Wednesday afternoon the roster for the U Sports East-West bowl was officially released.

Last year at the 2016 East-West bowl game in Montreal at Percival Molson Stadium on McGill University's campus Bishop's linebacker Etienne Morin stole the show earning the defensive player of the game honours.

Four members of the Bishop's Gaiters will represent team East at the annual showcase of the top players eligible for the following year's CFL Draft.

The four Gaiters that will be heading to Quebec City are defensive lineman Mathieu Breton, receivers Michael Nelson and Dashaun Smellie as well as offensive lineman Matthew Ouellet De Carlo.

In the Gaiters' 2016 campaign Breton played in seven games making 20 tackles, two for loss and one sack as well as having one fumble recovery.

Nelson played in four games with the gaiters catching 12 passes for 200-yards and one touchdown.

Smellie, in his third year with the Gaiters, caught 12 passes for 84-yards in seven games.

De Carlo started all eight games in 2016 at Left tackle on the Gaiters' offensive line.

Over his time at Bishop's, DeCarlo - a native of Pierrefond, Quebec - has received numerous accolades including the team's New Comer of the Year award his rookie season and is team's most recent Lineman of the year award winner from his Sophomore year in 2015. The third-year education major is also a two-time academic All-Canadian at Bishop's.

De Carlo and Smellie both won the Bol-d'Or championship with the Champlain Cougars before moving on to play for the Purple and Silver.

De Carlo was informed through email that he'd been chosen and is thrilled to be representing the East at the game on May 13th at Telus Stadium at the Université de Laval in Quebec City.

"I was pretty surprised but I was more happy than shocked," said De Carlo. "I'm looking forward to seeing how I match up against the best players in Canada and to learn from some good coaches."

The coaches for the exhibition game are pulled from the

CFL and other University squads across Canada. The Gaiters' current offensive line coach Kyle Handy not only coached in the game last year at McGill but played in the game helping the East to a 34-27 OT win in 2011.

"These guys have all worked hard since the first day they've been here and earned the right to play in this game with the best, it just goes to show you the talent that we have on this team getting ready for our first season in the AUS," said Handy. "It's a big stage for these guys who want to play at the next level and I'm glad that they will have the chance to showcase their abilities in the practices and the game. I know they will all represent the school very well."



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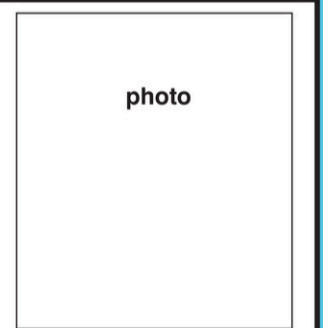
### March 8 is International Women's Day

March 8 is a day to celebrate women, whether they are stay-at-home moms, volunteers at the school or library or business owners, it's a way of recognizing the contribution of women in the community and saying thanks.

If you would like to recognize a special woman in your life, send us your message (50 words or less) with \$5., or \$10 with a photo, for publication in a special section on March 8.

Email your message (and photo) to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com) or drop them off at our office: 6 Mallory, Sherbrooke (Lennoxville), J1M 2E2  
Info: 819-569-9525

**DEADLINE FOR SUBMISSIONS: MARCH 3, 2017**



We would like to recognize

for her contribution to our family and community. She is truly a wonderful woman.

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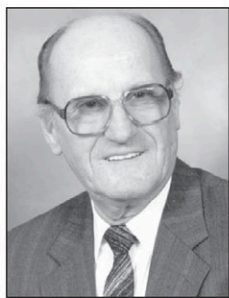


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Saving Lives, Supporting Victims

## Death



## Maurice PROTEAU

At the Hotel-Dieu Hospital, Sherbrooke, on February 24th, 2017, Mr. Maurice Proteau passed away peacefully at the age of 92 years. He was the husband of the late Sophie Xasterooles and the son of the late Louis Proteau and the late Marie-Ange Noël. Mr. Proteau leaves to mourn his beloved daughter Frances Laming Proteau (Les Vancer), his sisters Eliane Proteau (Harry Allen), as well as many nieces and nephews, cousins and friends.

He was the brother of the late Simone Proteau (the late Henri Rioux), the late Gaston Proteau (the late Grace Jones), the late Jean-Guy Proteau (Gabrielle Laliberté), the late Jeanne Proteau (the late Antonio Lefebvre), the late Madeleine Proteau (the late Roger Caron), the late Denis Proteau (Lise Boisvert), the late Béatrice Lareau (the late Philippe Pépin), the late Cécile Proteau (the late Willie Carrière), the late Maria Proteau (the late Edgar Lachance), the late Rachel Proteau, the late Irène Proteau and the late Henri Proteau.

The family will receive condolences Saturday, March 4th, 2017 at 1:30 p.m. at the St-Patrick's Church, 20 Gordon est, Sherbrooke, Que. The funeral mass will follow at 2:00 p.m. The interment will be held at the St-Michel Cemetery at a later date.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation (2630 King Ouest, Bureau 100, Sherbrooke, QC J1J 2H1).

STEVE L. ELKAS FUNERAL HOME  
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www.steveelkas.com

Member of the C.T.Q.

## Death

## In Memoriam

FOWLER, Lewis - In memory of Lewis Fowler, dear husband, father and grandfather who left us one year ago on March 2, 2016.

*Gone is the face we loved so dear,  
Silent is the voice we loved to hear  
Too far away for sight or speech  
But not too far for thought to reach.  
Sweet to remember him who once was here  
And, who though absent, is just as dear.*

JOAN (wife)  
AND FAMILY

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Take matters  
into your own hands

DO JUST ONE THING  
By Danny Seo

If you have some milk in the fridge that's spoiled or its freshness is questionable, don't pour it down the drain. The great thing about milk is that it's loaded with nutrients like calcium, protein, vitamin B and natural sugars that are also good for plants. Use old milk as an all-natural fertilizer by pouring it around the base of plants in the garden to give them a nutritional boost. The micro-organisms in the soil will love it, too, which helps to improve the overall health of the soil.

## MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

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Society of Canada  
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## Today in History

MARCH 2, 2017

## On this date:

In 1492, 800,000 Jews were banished from Spain by King Ferdinand V.

In 1699, French explorer Sieur d'Iberville located the mouth of the Mississippi River.

In 1791, English preacher John Wesley, the founder of Methodism, died. In 1738, at a religious meeting in London, he experienced an assurance of salvation through faith in Christ alone, which formed the basis of his message for the rest of his life. He is said to have preached 40,000 sermons. In 1831, Upper Canada's parliament passed an act legalizing marriages performed by Methodist ministers.

In 1835, Francis I - Emperor of Austria and the last Holy Roman Emperor - died. That ended an institution founded by Charlemagne more than 900 years before.

In 1836, the Republic of Texas declared independence from Mexico.

In 1863, the Union Pacific Railroad adopted a track width of four feet, eight and a-half inches (1.43 metres). It became the standard for most railroads.

In 1882, Roderick Maclean tried to assassinate Queen Victoria. It was the eighth recorded attempt on her life. Maclean shot into her carriage as she was leaving Windsor train station, but neither she nor the women travelling with her were hurt. Maclean was tried for high treason and found "not guilty, but insane."

In 1916, Ontario passed a Temperance Act.

In 1923, "Time" magazine published its inaugural issue.

In 1930, author D.H. Lawrence died in Venice, France at age 44.

In 1933, the movie "King Kong" had its world premiere in New York.

In 1938, Lutheran pastor Martin Niemoller, who helped found the Confessing Church, was sentenced to seven

months in prison for opposing German Nazi dictator Adolf Hitler. "First they came for the socialists and I did not speak out because I was not a socialist," he said. "Then they came for the trade unionists and I did not speak out because I was not a trade unionist. Then they came for the Jews and I did not speak out because I was not a Jew. Then they came for me and there was no one left to speak for me."

In 1943, the Second World War's "Battle of the Bismarck Sea" began. Australian and American warplanes intercepted a Japanese convoy en route to New Guinea. Most of the 16-vessel convoy was destroyed and more than 3,000 Japanese troops were killed.

In 1949, Joe Louis announced his retirement as the world heavyweight boxing champion.

In 1951, the first Canadian casualty list from the Korean War was issued. Six soldiers had been killed.

In 1958, Dr. Vivien Fuchs, a British explorer and scientist, completed the first overland crossing of the Antarctic. The vast continent had received little attention from explorers until comparatively modern times. But today, a number of countries, most notably the United States, Russia, Britain, Australia and Argentina, have claimed sovereignty over wide areas of the ice-locked land mass.

In 1961, a Saskatoon team skipped by Joyce McKee won the first Canadian women's curling championship. They went 9-and-0 in the round-robin event at the Ottawa Hunt and Golf Club. McKee went on to win four more national titles - as skip in 1969 and as second in 1971, '72 and '73.

In 1965, accused drug trafficker Lucien Rivard escaped from the Bordeaux Jail in Montreal, causing scandal for the federal Liberal government. Rivard escaped after being given a garden hose to flood the skating rink on a warm spring evening. Charges of bribery were raised and a royal commission into the affair criticized Guy

Favreau, minister of Justice, who then resigned. Rivard was caught four months later and was extradited to the U.S., where he was wanted for his part in a giant narcotics ring. Rivard was sentenced in Laredo, Texas, to 20 years in prison.

In 1969, the first of two prototype Concorde supersonic airplanes made its maiden flight from Toulouse, France.

In 1970, Keith Spicer was appointed Canada's first commissioner of official languages. The decision was unanimously approved by the House of Commons and the Senate. The post was set up under the Official Languages Act on July 7, 1969.

In 1976, the last issue of the Canadian edition of "Time" was distributed. It folded because of a loss of advertising after a change in government tax policy.

In 1984, the moon swung to a point 406,700 kilometres from the Earth - the farthest from the planet it had been since 1750, and an event that won't be repeated until about 2100.

In 1989, representatives from the 12 European Community nations agreed to ban all production of CFCs (chlorofluorocarbons) by the end of the 20th century.

In 1990, Nelson Mandela was elected deputy president of the African National Congress.

In 1993, proceedings at the Canadian Supreme Court were televised for the first time. The hearing involved a challenge to Canada's tax laws by a Toronto lawyer.

In 2000, world and Olympic champion curler Sandra Schmirler died in Regina of cancer at the age of 36. She skipped her team to three national and world curling titles in the 1990s, as well as the 1998 Olympic title in Nagano.

In 2003, Tiger Woods won the Accenture match play championship in Carlsbad, Calif. - becoming the first golfer to have won all four World Golf Championship trophies.

In 2006, Cpl. Paul Davis of Bridgewater, N.S., and Master Cpl. Timothy Wilson of Grande Prairie, Alta., were killed and

five other Canadian soldiers injured when their light-armoured vehicle collided with a taxi in Afghanistan.

In 2006, former "Beatle" Sir Paul McCartney and his then-wife Heather Mills staged a high-profile, anti-hunt protest at the annual seal hunt on barren ice floes in the Gulf of St. Lawrence.

In 2006, the Supreme Court of Canada struck down a Montreal school board's ban on the wearing of ceremonial daggers by Sikh students.

In 2007, Laval police Det. Sgt. Daniel Tessier, 42, was fatally shot during a cocaine-trafficking investigation at a Montreal area home.

In 2007, Doris Anderson, women's rights pioneer and the editor of "Chate-laine" magazine for more than two decades, died of pulmonary fibrosis. She was 85. After "Chatelaine," the Calgary-born Anderson went on to become president of the Advisory Council on the Status of Women. She was also a newspaper columnist and wrote several books.

In 2007, Pittsburgh Penguins' Sidney Crosby became the youngest player in NHL history to reach the 200-point plateau, achieving the milestone at the age of 19 years, 207 days. Wayne Gretzky is the only other teen to reach 200 points, doing it just before he turned 20.

In 2012, BP agreed to pay US\$7.8 billion to settle lawsuits over the 2010 Gulf of Mexico oil spill, making it one of the largest class-action settlements ever. The money would come from the \$20 billion compensation fund that it previously set out.

In 2012, Sears Canada announced the October closures of three high-profile stores in Vancouver, Calgary and Ottawa, affecting some 670 jobs.

In 2016, NASA astronaut Scott Kelly and Russian cosmonaut Mikhail Kornienko returned to Earth after an unprecedented year at the International Space Station, landing their Soyuz capsule in Kazakhstan.

# 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

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, March 14 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

## WATERVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, March 14 at the Town Hall from 10 a.m. to 11 a.m.

## NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, March 3 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

## LENNOXVILLE

Uplands Cultural and Heritage Centre is thrilled to kick off the 2017 season with a new art exhibition featuring the Aquarellistes du lundi: Colette Bélanger, Aline Bisson, Claire Blais, Jocelyne Brasseur, Héléne Breault, Gloria Couture, Yolande Fortier, Claire Gauthier, Claudelle Gosselin, Carolyn Jones, Lise Labbé, Huguette Lavoie, Denise Lieutenant, Jaya Pavate, Nicole Rainville, Estelle Rodier, Valeir Servant and Monique Trudeau. The exhibit will be on display until March 26, 2017. Uplands, 9 Speid Street in Sherbrooke (borough of Lennoxville) is open Wednesday to Sunday from 1 to 4:30 p.m. Info: (819) 564-0409.

## RICHMOND

Richmond Legion, Branch #15. It's time to circle the calendar for our "GREEN SALE" coming up on Saturday, March 4. Get that Piggy Bank replenished! Donations of articles for the auction would be greatly appreciated, call Elsie at 819-816-3284 or Debbie 826-2781. P.S. You

don't have to be a Legion member to participate in these events - everyone is welcome!

## LENNOXVILLE

Indoor Sale at Hope Community Church, 102 Queen, Lennoxville on Saturday, March 4 from 8 a.m. to noon. Proceeds for Cornerstone Food Bank. For more information, contact Don and Jackie Loughheed at 819-563-7750.

## LENNOXVILLE

Watoto Children's Choir on Friday, March 10, 2017 at 7:00 p.m. at Hope Community Church (102 Queen, Lennoxville). We will be taking up a free will offering during the event. ABOUT THE CHOIR - Watoto Children's Choirs have travelled extensively since 1994, sharing a message of hope for Africa's orphans and widows. To date, the choir has toured six continents and performed to enthralled audiences in schools, retirement homes, churches, parliaments, state houses and royal palaces. Each child in the Watoto Children's Choir has suffered the loss of one or both parents and now lives in a Watoto village. The experience of travelling on a choir helps the children to develop confidence and boldness, as well as broadening their worldview. Accompanied by a team of adults, the choir presents Watoto's vision and mission by sharing personal stories, music and dance. While on the road, the children act as advocates for the millions of other African children who have experienced the same heartbreaking pain and suffering as them.

## EUSTIS

Come and enjoy an afternoon of Sugar on Snow at the Eustis Church Hall on Sunday, March 5 from 1:30 p.m. to 4 p.m. Admission charged. Canteen available. Everyone welcome.

## DANVILLE

Country Gospel Hour on Sunday, March 5 at 2 p.m. at St. Augustine's Anglican Church, Danville. Music provided by Dave McBurney and friends. This is your chance to hear some of your favourite gospel hymns. Refreshments will be served.

## LENNOXVILLE

World Day of Prayer ecumenical service will be held at St. George's Anglican

Church in Lennoxville on Friday, March 3 at 2 p.m. Theme from the Philippines, "Am I being unfair to you?" Everyone welcome to come and enjoy an hour of fellowship.

## LENNOXVILLE

Military Whist will be played at "The Hut," A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, March 8 at 1:30 p.m. To reserve a place for yourself or a table for 4, please contact Judy Williams at 819-837-2973.

## LENNOXVILLE

Ladies Auxiliary meeting at "The Hut," A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, March 8 at 7 p.m.

## AYER'S CLIFF

St. Patrick's Day Brunch on Sunday, March 12 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, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

## SHERBROOKE

Sherbrooke Women's Connection will be held on Thursday March 9, 2017 at 9:30 am at the ANAF Unit #318 (The Hut) 300 St. Francis St. Sherbrooke Qc. There will be a 12 minute video featuring Jada who will share some of her experiences. Music by Matthew Dixon and Barbara Heath, Township Sun editor, will share tips on writing articles. Admission charged. Info: Pauline 819-563-8061

## LENNOXVILLE

St. George's Lennoxville will host the World Day of Prayer on Friday, March 3, at 2p.m. All welcome. Refreshments will be served after the service.

## SHERBROOKE

World Day of Prayer in Sherbrooke: The annual, ecumenical celebration will take place at Plymouth-Trinity United Church, 380 Dufferin Ave., on Friday, March 3 beginning with light refreshments at 5 p.m. All welcome.

## LENNOXVILLE

The Lennoxville & District Women's Centre would like to invite you to celebrate International Women's Day in style! Join us on Tuesday, March 7 (5:30pm) for a Royal Tea Party at the Amédée Beaudoin Community

Centre in Lennoxville and enjoy a lovely hot dinner, door prizes, a large silent auction, a photo booth and entertainment that will leave you in stitches! Admission charged and we have some complimentary tickets available for anyone who is on a tight budget. RSVP by Friday, March 3rd by calling (819)564-6626 or e-mailing: info@ldwc.ca.

## LENNOXVILLE

The Lennoxville & District Women's Centre is happy to offer two new YOGA sessions beginning on Wednesday, March 8 for 6 weeks, admission charged. Moms & Kids Yoga (from 4:30 p.m. to 5:30 p.m.) will focus on building a connection through movement and play. Yoga for Beginners (from 5:30 p.m. to 6:30 p.m.) will cater to those who are new to the techniques, those who have limited mobility, and to expectant moms. Please register by calling 819-564-6626 or e-mailing: info@ldwc.ca.

## LENNOXVILLE

Are you feeling bogged down by stuff? Don't know where to begin with the Spring cleaning? We understand! The Lennoxville & District Women's Centre is hosting a De-Cluttering Workshop on Thursday, March 16 from 6:30 p.m. to 8:30 p.m. Join us and facilitator Melanie Fillion who will offer practical, non-judgmental solutions to your real life clutter issues. Small workshop fee, but space is limited, so call us soon 819-564-6626 or e-mailing: info@ldwc.ca.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 6 Mallory, Sherbrooke, Quebec, J1M 2E2, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

# She makes how much?

THURSDAY, MARCH 2, 2017

Dear Annie

**Dear Annie:** I have 38 years of experience in the health care industry. I love my job and co-workers. I've been at my present job for 11 years. "Good work ethics, dependability, loyalty and honesty" is my work mantra. My co-worker "Samantha" has been here for a little over two years. She is doing a great job. Our duties are comparable. I enjoy working with her and care for her very much.

But she is a very close friend of my employer's and of my office manager's, and some time ago, I learned that she is making the same hourly wage as I am. Her past experience was teaching preschool.

Needless to say, it has been hurtful; I feel slighted, and it has rattled my work confidence. Over the past 10 years, I have turned down three job offers that would have paid me a higher wage. My employer doesn't know this or realize my loyalty to the office. Retirement is three or four years away for me, but in the meantime, I would like to be treated fairly, and I don't know how to handle this situation. Could you please offer me a solution or some advice? — Undervalued

**Dear Undervalued:** Your experience speaks to the power of perspective. You went from being extremely

satisfied to feeling cheated, not because of any change in your job or the way your employer treated you but because you gained knowledge about your co-worker's salary. Still, I understand why you're irritated.

If you haven't gotten a raise in a while, now is the perfect time to request one. Highlight your dedication and work ethic to your manager just as you did in your letter. And if you don't get the answer you're looking for, make peace with the situation. Get back to your mantra. Keep your eyes on the horizon and that promising rainbow that is retirement. You're fortunate to have a job you love enough to turn down higher-paying offers. Not many people can say that.

**Dear Annie:** So many people write to you about negativities in their lives. I wanted to write to you about a positive.

On Valentine's Day, my wife and I celebrated our 47th wedding anniversary.

In the mid-1960s, I lost a son; then in January 1969, I lost my first wife. I found myself single, living in a rural area with five children. I was overwhelmed.

In late 1969, I went on a blind date with my current wife. I told her I had five children, and she said, "So?"

This was unlike the one or two other dates I had gone on before; those women would not even let me drive them home when I mentioned my five children.

I drove home saying to myself, "I'm going to marry that woman!"

I feel blessed that my marriage has been full of love and respect. We made a vow to each other when we got married never to go to bed angry at each other. It was hard a few times, but we did it.

I am ready for another 47 years with her. I love her. — Larry G.

**Dear Larry:** Thank you very much for sharing your story. Life handed you some pretty sour lemons, and you made sweet lemonade. I am so happy for you and your wife and am sure that your son and first wife are smiling down from heaven.

What I love most about your letter is your gratitude. Having an attitude of gratitude has been scientifically proved to have many health benefits. A study from the University of California, Berkeley found that people who practice gratitude have stronger immune systems, lower blood pressure, fewer aches and pains, and better nights' sleep. Stay thankful.

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

### CELEBRITY CIPHER

by Luis Campos

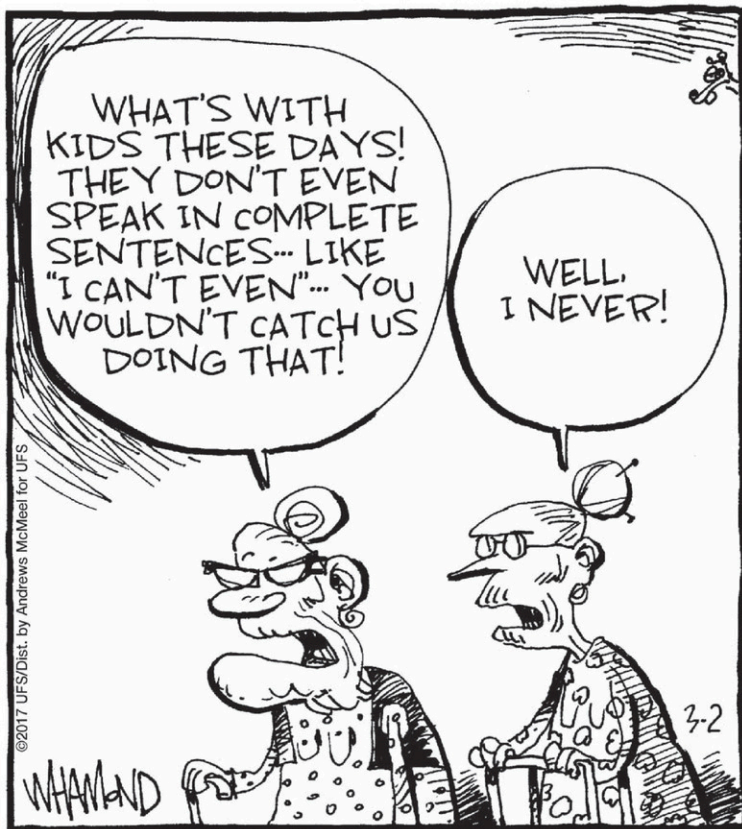
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ KGFT V RZX BL IZM ZT ‘NDYEA’  
... V WVWT ‘X XGVTE D IZM XGDX  
FCJFPPFTX JZOPW FCVAX UZY BF.”  
- TVJE ZUUFYBDT

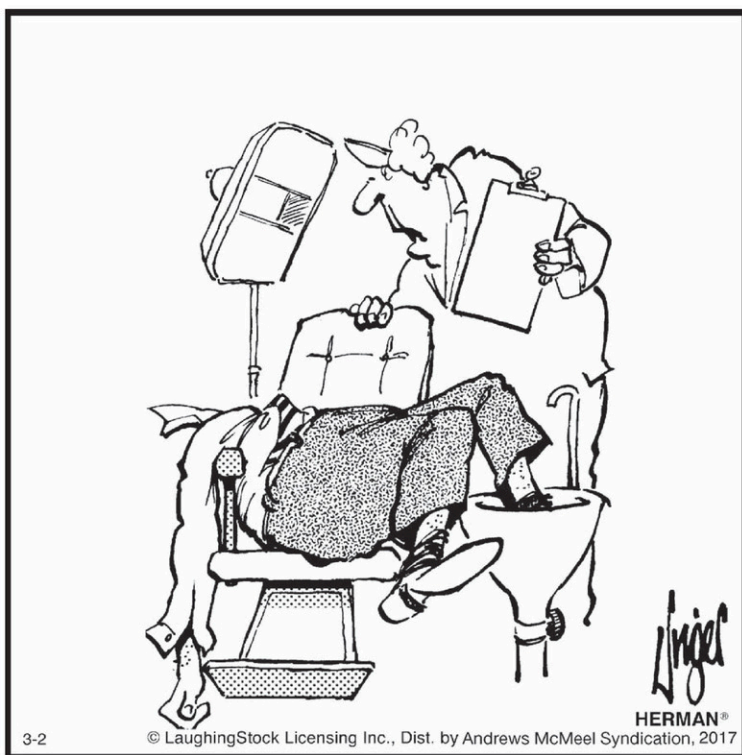
Previous Solution: “I have found that she is as kind and caring a person as she is hilarious. Simply put, Amy Poehler is my hero.” – Aziz Ansari

TODAY'S CLUE: B equals M

### REALITY CHECK

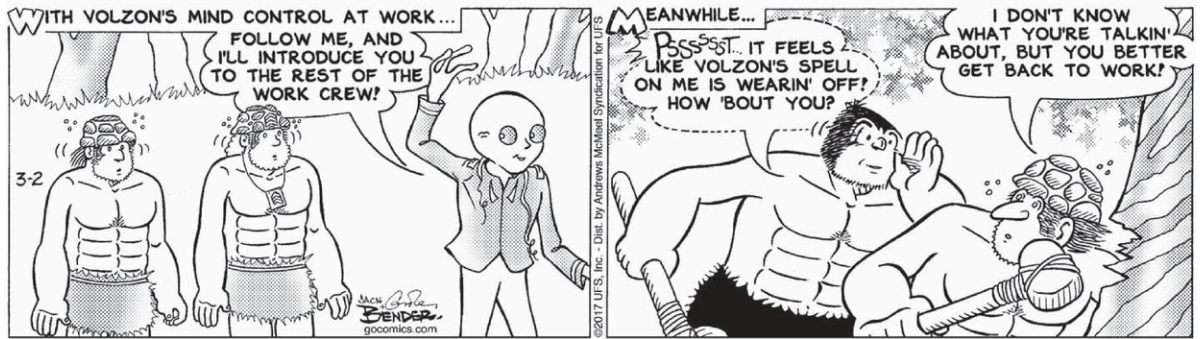


HERMAN



“Dr. Burns says you need two more appointments.”

### ALLEY OOP



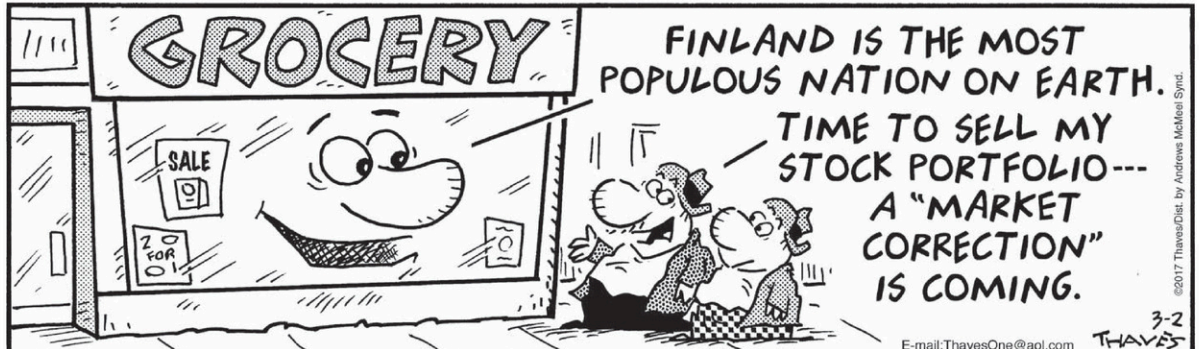
### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



### SOUP TO NUTS



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## Son's astigmatism can be corrected with contacts



### ASK THE DOCTORS

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

**Dear Doctor:** Our son recently went to the optometrist, and we were surprised to learn he has astigmatism and needs glasses. My friends say astigmatism is common, but that it means he'll never be able to wear contacts. Is this true?

**Dear Reader:** Your friends are both right and wrong. Yes, astigmatism is a common condition that occurs when part of the eye is not symmetrical. Instead of being perfectly round, the cornea – we'll talk more about this in a minute – is shaped more like a football. And no, having astigmatism doesn't automatically mean you can't wear contacts.

Let's start with a bit of anatomy. The human eye is a remarkable organ that is made up of more than 2 million working parts. Your eyes see light, shape, color, depth, distance and motion. They can focus on something a few inches from your face, on objects that are miles away and can detect peripheral motion in a surprisingly wide radius. Of all the organs in the human body, only the brain is more complex.

Our eyes are so crucial to our survival that they are seated deep within the protective casing of the skull. Only about 15 percent of the entire eye is visible. The visible parts are the mechanisms that admit and control light, much like a camera. And that's where astigmatism comes into play.

The clear, dome-shaped surface of the eye is called the cornea. Behind it sits the iris, the colored part of the eye, which controls the size of the pupil. As light passes through the cornea, it bends, moves through the pupil and bends again as it passes through the lens.

When the cornea is round, incoming light

hits just the right spot on the lens. The lens then sends a perfect image to the retina, a thin bit of tissue at the back of the eye. The retina is embedded with millions of receptor cells, which translate incoming light into the signals that the optic nerve will send to the brain.

When the cornea is less than perfectly round, this is known as astigmatism. Incoming light misses the target area of the lens and the retina gets an imperfect image. The signals sent to the brain are then interpreted as blurred vision.

The good news is that astigmatism is easily corrected with prescription eyeglasses. And while at one time individuals with astigmatism couldn't wear contact lenses, technological advances have made it possible.

Due to the asymmetry of the cornea, correction for astigmatism is directional. That is, the corrective lens must sit at a certain angle. Thanks to new technologies, contact lenses are now "weighted." Instead of spinning out of focus with every blink, the thicker bottom edge settles into place for optimal correction. Your optometrist can tell you whether contacts are an option for your son's particular kind of astigmatism.

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

## SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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### PREVIOUS SOLUTION

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

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

GET YOUR  
 TICKETS NOW  
 MAR. 3<sup>TH</sup> AT 7 P.M



VS



Presented By **maxi**

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# Your Birthday

THURSDAY, MARCH 2, 2017

Take time to figure out what you want to do next. Take a trip, educate yourself or choose a hobby or cause that you feel drawn to. Expanding your interests and friendships will encourage you to explore unfamiliar territory, philosophies and pastimes. Aim to get ahead.

**PISCES** (Feb. 20-March 20) — It's a good day to talk with people who share your experience, skills or concerns. Think carefully about what might need to be changed in order for you to meet your goals.

**ARIES** (March 21-April 19) — Size up your situation and then make a move. Don't give anyone a chance to dictate how you should live your life or do your job. If you try hard, you will gain respect.

**TAURUS** (April 20-May 20) — An emotional conversation will impart greater meaning to the way you want to do things in the future. Honesty will promote decisions based on trust and loyalty.

**GEMINI** (May 21-June 20) — Consider the consequences if you speak up about something you know little about. Gather all the facts before you misrepresent someone who needs your help and support.

**CANCER** (June 21-July 22) — You will find emotional comfort and peace through engaging in meditation and education and trying something altogether different. Broadening your scope will enhance your respect for others. Build strong alliances.

**LEO** (July 23-Aug. 22) — A couple of physical changes will boost your spirits. Refuse to let a jealous individual who feels threatened by you discourage your plan to succeed.

**VIRGO** (Aug. 23-Sept. 22) — A short trip will be informative. You are best off seeing something firsthand if you want to get involved. Gains will be made if you get the inside scoop.

**LIBRA** (Sept. 23-Oct. 23) — Pressure will lead to stress if you let it. Deal with emotional mayhem before it explodes in order to reverse any troubles that are brewing.

**SCORPIO** (Oct. 24-Nov. 22) — Share your feelings with someone you care about. Doing so will be a relief and will help you recognize how your ideas are being perceived and what degree of help will be offered.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Socialize and mix business with pleasure. An honest and open approach will ensure that you are not misinterpreted. Someone will be jealous of your popularity. Leave no room for error.

**CAPRICORN** (Dec. 22-Jan. 19) — Settle down and be satisfied with what you have. Too much of anything will lead to added stress and an inability to follow your dreams. Moderation will help you build greater security.

**AQUARIUS** (Jan. 20-Feb. 19) — An emotional incident in the past must not be allowed to interfere with a chance to move forward now. Make whatever changes are necessary to bypass trouble. Look inward for answers.

THURSDAY, MARCH 2, 2017

# Visualization is a visual art

By Phillip Alder

Robert L. Schwartz, a prominent lawyer, said, "The entrepreneur is essentially a visualizer and an actualizer. He can visualize something, and when he visualizes it, he sees exactly how to make it happen."

The other day, one of my students said to me, "You can visualize where the cards are. I find that impossible to do."

It is true — mentally seeing the cards in an opponent's hand makes it easier to visualize how the play will proceed. In this deal, it was not hard for South to see where the missing honor cards lay, but East could have set a small trap for declarer.

South was in three no-trump. How should he have played after West led the spade six?

Declarer began with seven top tricks: one spade, two hearts, one diamond and three clubs. Given that only 12 high-card points were missing — you did count those, didn't you? — the heart finesse was clearly winning. If a second diamond winner could be found, perhaps by endplaying East, then the contract would succeed.

South ducked the first spade trick and took the second, seeing that West began with a doubleton. Declarer cashed his three club winners, and East discarded the diamond seven. Then,

				North	03-02-17
				♠ 9 5 4	
				♥ K 7 2	
				♦ A Q 10 8	
				♣ Q 6 3	
West			East		
♠ 6 2			♠ K Q J 10 3		
♥ 10 8 4 3			♥ Q 9 6		
♦ 5 2			♦ K J 7		
♣ 9 7 5 4 2			♣ 10 8		
				South	
				♠ A 8 7	
				♥ A J 5	
				♦ 9 6 4 3	
				♣ A K J	
				Dealer: East	
				Vulnerable: Both	
South	West	North	East		
			1♠		
1NT	Pass	3NT	All Pass		
Opening lead: ♠ 6					

after taking three heart tricks with the aid of the finesse, South led his last spade. East took three winners in the suit, but at Trick 12 had to lead away from the diamond king-jack into dummy's ace-queen.

East should have thrown the diamond jack, not the seven, trying to look like someone who began with 5-4-2-2 distribution. It probably wouldn't have worked, but it was worth a try.

# CROSSWORD

**Across**

- 1 Bleach container
- 4 Shed door attachments
- 9 Like iceberg lettuce
- 14 Freudian topic
- 15 Marginally ahead
- 16 Relative of bongos
- 17 Queen's domain
- 19 Cause of a skid, perhaps
- 20 Tom Jones' "\_\_\_ a Lady"
- 21 Payroll service co.
- 23 \_\_\_-à-porter: ready-to-wear
- 24 Keep from happening
- 26 Queen's domain
- 28 Corporate big shots
- 29 With false modesty
- 31 Bubbly opener?
- 32 Hide from a hunter
- 33 Coppertone's 30, e.g.
- 34 Bit of IM mirth

- 36 Queen's domain
- 40 Versailles monarch
- 41 West \_\_\_: high-end furniture retailer
- 42 Related
- 45 Actress Arthur
- 48 Slyly disparaging
- 50 Back of a single
- 51 Queen's domain
- 53 Picked up
- 54 De Matteo of "Sons of Anarchy"
- 55 One in favor
- 57 Baseball analyst Hershiser
- 58 Odyssey on the road
- 60 Queen's domain
- 64 Of yesteryear
- 65 Keep down
- 66 Writer who inspired the Raven Award
- 67 Pineal or pituitary
- 68 Chef's creation
- 69 Soufflé need

- 27 Once-over giver
- 29 USCG rank
- 30 Took out
- 33 Gossip
- 35 Santa portrayer in "Elf"
- 37 Alguna \_\_\_: something, in Spain
- 38 Cavs, on a scoreboard
- 39 White way
- 43 Chem class suffix
- 44 "Game of Thrones" patriarch Stark
- 45 Covers stealer
- 46 Join the club

- 47 Guide for a chair
- 49 High standards
- 50 Scold
- 52 Weighted down
- 53 \_\_\_ boom
- 56 Met delivery
- 59 "Then what happened?"
- 61 Critter on the Australian
- 50-cent coin
- 62 Machine part
- 63 Beer source

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

**Down**

- 1 39th pres.
- 2 "Bummer"
- 3 Runs amok
- 4 Uncouth types, in Canadian slang
- 5 Severe anxiety
- 6 Yellow \_\_\_
- 7 Adidas rival
- 8 Left in the dust
- 9 Nos. that are beside the point
- 10 Actor Fiennes
- 11 It's across the Pyrenees from France
- 12 Tailor's measure
- 13 Auction spiel
- 18 Destroy
- 22 New York suburb bordering New Rochelle
- 24 Recipe amt.
- 25 Tinge

1	2	3		4	5	6	7	8		9	10	11	12	13	
14				15						16					
17				18						19					
			20					21		22		23			
24	25								26		27				
28						29	30						31		
32						33				34		35			
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45	46	47		48		49				50					
51				52						53					
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58					59			60		61				62	63
64								65					66		
67													69		