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TUESDAY, AUGUST 2, 2016

Amalgam festival back and bigger than ever

By Rachel Newcombe
Special to The Record

Anyone who has driven around downtown Sherbrooke has seen the walls of graffiti style art. This weekend, the Amalgam Urban Art festival will highlight those walls and showcase the talent of over 30 artists who are coming to decorate them.

Vincent Cloutier, the founder of Amalgam, said the festival was about to enter its fifth edition. Edition is the right word, as no year is ever quite the same in appearance. It does, however, have the same goal.

From the very beginning in 2012, Cloutier has attempted to draw attention to the importance of promoting and supporting public art. It's a passion that has lasted a lifetime.

"I grew up in Montreal where these types of events have been going on for over 20 years," he explained. Cloutier spent a lot of his time volunteering, and he said he learned a bit about how everything in that type of festival worked.

When he came to Sherbrooke for his studies, he realized that there wasn't a festival like that. However, there were legal walls designated by the city for public art. "I found that really interesting," he commented. "I felt the circumstances were right to create an event," he added.

Cloutier said that he wanted the festival to promote graffiti-style public art. "I'm passionate about visual arts. It's becoming a big movement," he explained. "I think public art is a really powerful form of communication," he added.

He wanted to communicate that Sherbrooke was a richly varied and culture-rich city. "It was a good way to show the rest of the world what Sherbrooke is made of," Cloutier explained, and so far the festivals in the past few years have been very successful.

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New salon opening in Lennoxville



RACHEL NEWCOMBE

Twenty year-old owner Terry Lynn Bachand getting her nails done in preparation for the big opening today.

By Rachel Newcombe
Special to The Record

There's a new storefront dressing up Queen Street, and it is the long awaited dream of TerryLynn Bachand. Bachand's salon, *Thérapie Beauté* will officially open its doors on August 2.

Bachand, just 20 years old, has been looking forward to this moment for a long time. "I've always wanted to open a salon," she said. While opening a new business comes with certain risks, she added, "I kind of just took the leap of faith."

Having experience as a hairdresser, and previous ownership experience of a salon in Waterville, which she ran with

two other girls, Bachand was ready to branch out on her own.

"I really wanted to have something of my own," she explained, glancing around at her new space, ready for the opening party that was happening on Monday night. "Something I can be 100 per cent proud of," she added.

The place is certainly one to be proud of. The fresh renovations to the retail space located next to the Royal Bank of Canada building could not be more appropriate for the salon, which will offer eyelash extensions, hair styling, and nail services.

Bachand admitted that it was a lot of work to get the space ready, especially because when she signed the lease, it

was not outfitted the way she needed it.

"Getting it ready was something," she laughed. Bachand sang the praises of her family and friends, saying, "I got a lot of support from my family. I'm super, super grateful." Between the help of her family, and the luck in purchasing necessary equipment from another salon that was closing down, Bachand said the preparation process went very well.

It took about six weeks to fully prepare, but Bachand wanted to hold firm to that timeline. "I wanted to be done before the students got back," she explained, adding that a new business on Queen Street always attracted attention to returning students.

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Weather



TODAY:
MIX OF SUN & CLOUD

HIGH OF 27
LOW OF 12



WEDNESDAY:
SUNNY

HIGH OF 27
LOW OF 13



THURSDAY:
MIX OF SUN & CLOUD

HIGH OF 26
LOW OF 16



FRIDAY:
MIX OF SUN & CLOUD

HIGH OF 26
LOW OF 18



SATURDAY:
60% SHOWERS

HIGH OF 25
LOW OF 12

I want you to listen very carefully



DISHPAN HANDS

SHEILA QUINN

"I want you to listen to me very carefully, Harry. You're not a bad person. You're a very good person, who bad things have happened to. [Harry nods his head] Besides, the world isn't split into good people and Death Eaters. We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are."

-Sirius Black, Harry Potter's godfather, to Harry, from the film adaptation of J.K. Rowling's book, *Harry Potter and the Order of the Phoenix*.



STÉPHANE BESSETTE

Pictured: Ben McAuley, dressed as Harry Potter, scores a point in a rousing tabletop game of Quidditch vs. Leander Sévigny (dressed as Fawkes the Phoenix), as Brome Lake Books book seller Danny McAuley (as Hagrid) looks on, at the *Harry Potter and the Cursed Child* book launch event on Saturday evening, July 30th, in Knowlton.

Nineteen years have passed since author J.K. Rowling's first book in the phenomenally successful Harry Potter series, *Harry Potter and the Philosopher's Stone*, was released (one June 30th, 1997). Determining what genre these books truly are leads more down several paths than one definitive category. "Coming of age," "fantasy," "drama" work, but most definitely the British category of "school story," a popular post-WWII style involving school children and adventure, mystery, horror, thriller, and romance. Rumour has it



STÉPHANE BESSETTE

Young fans wait for their personalized Hogwarts School of Witchcraft and Wizardry Admissions Letter at the book launch.

that J.K. Rowling herself considers dealing with death to be the main theme, sparked by the loss of her mother to multiple sclerosis in 1990.

A highly satisfying, easy read, throughout the series of seven books, Rowling also entertained themes of corruption, prejudice and madness. There have even been significant parallels drawn towards the persecution of the Jewish people during WWII and the playing out of the treatment of certain communities in the books.

Warner Brothers adapted the seven books into eight motion pictures, and as of the summer of 2015 it held the record of the second-highest grossing film series of all-time.

While book-to-movie adaptation can be an awkward and frustrating experience for fans, the films are in lock-step with the books in popularity. Most fans have explored both, hungry for the full experience.

On the 11th of January 2007, in room 552 of the Balmoral Hotel in Edinburgh, Scotland, J.K. Rowling completed her work on the final installment of the Harry Potter series, entitled *Harry Potter and the Deathly Hallows*. This book, dark, exciting, and overflowing with final reveals that fans had been waiting a decade for was just what the wizard ordered. The series finished with a nod to a future nineteen years later, a glimpse of couplings amongst characters and offspring who continue the scholarly tradition of wizardry at Hogwarts School of Witchcraft and Wizardry.

The considerable content of this single publication lead to a split in film production, producing Part 1 (released on

November 19th, 2010), and Part 2 (released on July 15, 2011). The final book had wrapped up the story for fans, and then that visual representation did so via the big screen. Fans experienced a mixture of relief at the tying up of the main story of their hero, and grief at it all being over.

On October 23rd of 2015, the following was released by publisher, Pottermore:

"It was always difficult being Harry Potter and it isn't much easier now that he is an overworked employee of the Ministry of Magic, a husband, and father of three school-age children.

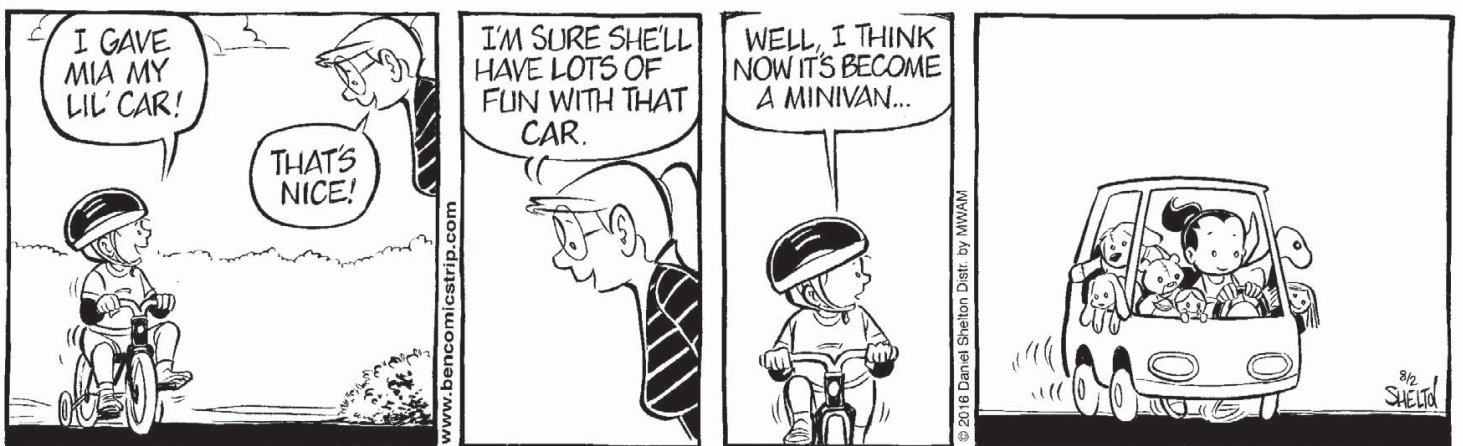
While Harry grapples with a past that refuses to stay where it belongs, his youngest son Albus must struggle with the weight of a family legacy he never wanted. As past and present fuse ominously, both father and son learn the uncomfortable truth: sometimes, darkness comes from unexpected places."

In a twist, new content in the Harry Potter world had been created for the stage this time. A two-part stage play in London's West End launched previews on June 7th, 2016, written by Jack Thorne, based on an original new story by Thorne, J.K. Rowling and John Tiffany, officially opening on July 30th, entitled "Harry Potter and the Cursed Child".

The rehearsal script, rather than a novelization of the play, was released on July 31st, 2016. Picking up where the books and films left off, nineteen years after the events that unfolded at the end of the series, Harry Potter is now working for the Ministry of Magic, and we are taken through a new tale, involving his second son, Albus Severus (named for

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Ben by Daniel Shelton



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LOCAL NEWS

"We think public art should be available to the community," he said. "It's important to us that it is accessible to everyone."

Amalgam is back



VINCENT CLOUTIER

For the second year in a row, a temporary art gallery has been set up on Wellington South, showcasing art by the artists who are spending the weekend painting.

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With so much happening in the contemporary art movement, Cloutier said that each festival was different. "It's dynamic, it changes every year," he said, discussing the vitality and colour brought in full force each time.

What makes this festival even more impressive besides the large concrete canvases is the fact that it is 100 per cent non-profit. Not only that, but Cloutier said, "It's entirely volunteer-organized."

Volunteers work tirelessly to make the

principal site of the event, the parking lot of the Maison du Cinema, the place to be. Besides the artists painting the large wall, there will be music performances, sales tables, and some parkour demonstrations.

Cloutier chuckled when he remembered past festivals. "It's been a wild ride," he laughed, but the work is definitely worth it.

"We think public art should be available to the community," he said. "It's im-

portant to us that it is accessible to everyone." That is why there is no cost to visit the site and enjoy the artwork.

This year, there are even more ways for Townshippers to see the creative public art displays. For the second year in a row, a temporary art gallery has been set up on Wellington South, showcasing art by the artists who are spending the weekend painting.

There will also be a documentary shown featuring a Montreal-based Cam-

bodian artist who went back to Cambodia to paint. It follows a big movement of people returning to Cambodia to connect with their past.

Each year is very different, and Cloutier is looking forward to that first fresh coat of paint.

Details for the Amalgam Urban Art Festival can be found at www.festivala-malgam.com.

New Salon

CONT'D FROM PAGE 1

Getting everything else she needed was fairly simple. Bachand already had her team in place. She knew the three other women working with her, and they were just as eager as her to join a business in Lennoxville.

Lennoxville was the perfect choice for Bachand because she had grown up there and wanted to stay. "We all know each other," she chuckled, which was an appealing reason for her to open her doors there.

Bachand said that there had already been some interest as to exactly when

those doors were open. She was already booked solid for the week after the grand opening. "I'm kind of freaking out," she laughed, but it sounded more happy and excited than nervous.

There is little doubt that already *Thérapie Beauté* is living up to Bachand's expectations. "It was busy, it was exhausting, but 100 per cent worth it," she said firmly.

Additional information can be found on the *Thérapie Beauté* Facebook page.



RACHEL NEWCOMBE

Owner Terry Lynn Bachand (left) with her excited staff. Bachand said they are eagerly looking forward to their first official day on August 2.

Puffing on the Main drag

Record Staff
SHERBROOKE

Two men were arrested in downtown Magog Saturday night while consuming marijuana and beer while driving.

To prevent blocking traffic in the busy area near Laurier St., the police carried out their intervention in a lane adjacent to Principale.

"If the two men had seen a police car,

they would have been more careful," said Memphremagog Police Deputy Director Christian Boily. "But obviously, they did not think about getting caught by bicycle police officers who could see

everything."

Both individuals will face a charge of possession of cannabis. In addition, the driver could be charged with driving while impaired.

Sherbrooke Wind Ensemble joins OSM series

Record Staff
SHERBROOKE

At the invitation of the Montreal Symphony Orchestra (MSO), the Sherbrooke Wind Ensemble under the direction of music director, François Bernier will appear in concert at Montreal's Parterre du Quartier des spectacles on Saturday, August 13, 2016. The Ensemble will give two performances as part of the 5th edition of the Orchestra Symphonique de Montreal Virée Classique.

The two forty minute shows will take place at 1:10 and 5:10 p.m.

To its summer celebration of classical music, the Montreal Symphony Orches-

tra has this year added an external dimension to the Parterre du Quartier des spectacles, close to the Maison symphonique. The contribution by the Sherbrooke Wind Ensemble will be broadcast live on Radio-Classique (99.5) as part of a program hosted by Marc Hervieux.

The repertoire chosen by Bernier will consist entirely of works specifically written for wind orchestra by American composers David Holsinger (Cityscape 1) and Christopher Tucker (Cotten's Country), Dutch composer Johan de Meij (Klezmer Classics), and Briton Philip Sparke (Atlantic Odyssey).

The Ensemble is also preparing a unique musical experience devoted en-

tirely to the best music composed for video games. This show will be presented at Place Nikitotek Wednesday August 24 at 8 p.m.

Created in 1982, the Sherbrooke Wind Ensemble gathers between 50 and 60 members each year and is currently considered one of the best big wind orchestras in Quebec, as evidenced by the numerous first prizes in "open Class" and the Yamaha trophy won steadily over the past decade at the Festival des harmonies et orchestres symphoniques du Québec.

According to conductor François Bernier who has led the group for 15 years, "The repertoire for large wind or-

chestra is a relatively recent creation. For a century, composers have become increasingly interested in more color, sound palettes, testifying to the power of the large wind orchestra, where wood, brass, and percussion of all kinds combine their voices in creating melodic and rhythmic effects each just as striking as the other. Thus recent decades have created a vast repertoire for large wind orchestra, an international directory that is constantly renewing itself each calendar year delivering a harvest of new works."

Tourism agency appoints new marketing agent

Record Staff
SHERBROOKE

Tourism Cantons de l'Est has announce the commissioning of Patricia Flanagan as Assistant in Sales and Marketing.

Flanagan was until recently employed by the Quebec Ministry of Tourism and during her 23 years in the ministry, she held various positions in the Client Services Department and, since 2006, in the Marketing Depart-

ment. Specifically she was involved in promotion, publishing, and logistics. Her duties included organizing grants, exhibitions, and fairs as well as awareness tours.

"It is with great pleasure that we welcome Patricia to our staff and her extensive experience is a definite asset that will increase the expertise of our team," said new director-general, Francine Pate-naude.

MCI chooses Board of Directors

Record Staff
SHERBROOKE

Memphremagog Conservation Inc. (MCI) has a new Board of Directors following its 49th annual general meeting.

Memphremagog Conservation Inc. is a nonprofit organization that works for the conservation of Lake Memphremagog, elected Robert Benoit as president, along with Board Chair, Jean-Claude Duff, Vice President Tom Kovacs, Johanne Lavoie Treasurer, and Vice-President and Secretary Catherine Roy, and members Marie-Joël Gagnon, Mary Pat Goulding, Charles Guay, Gisèle Lacasse Benoit, Christian Laporte, Peter Lepine, Sandra Marshall, and Erich Smith-Peter.

Members also discussed the MCI's

achievements over the past year and the future of the organization. Since last year, the MCI and its located erosion sites on the banks of the lake's tributaries, educated boaters and residents of the area, and made a portrait of the natural environment of the Fitch Bay watershed. It continued its support of owners of natural environments in their conservation efforts. Since 2009, MCI has been involved in the preservation of 777 hectares around Lake Memphremagog.

At the AGM, which was held in July, Neil Kamman, from the Vermont Department of Environmental Conservation also spoke on the action plan implemented in Vermont to ensure the water quality standards required by US law for the international lake.

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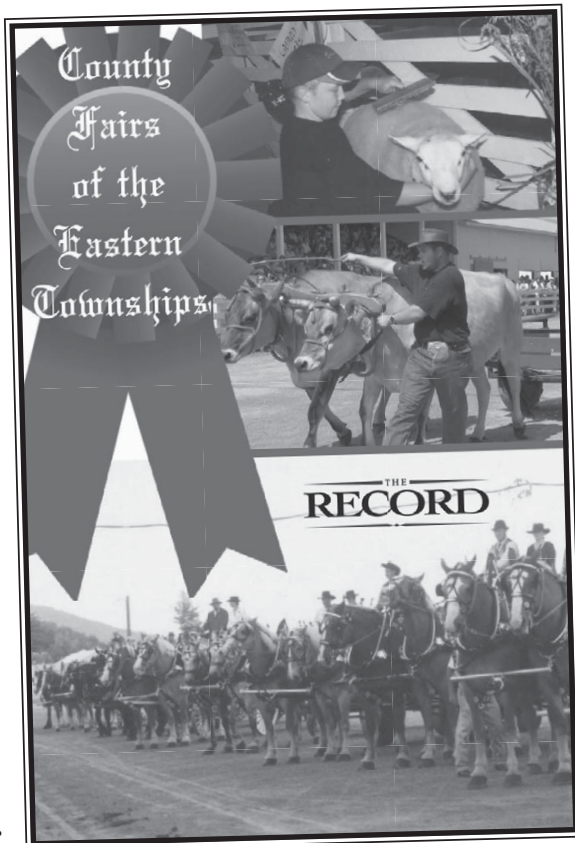
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Quebec mourns MNA Sylvie Roy



Arthabaska MNA Sylvie Roy passed away after a brief illness this weekend. COURTESY

"Passionate fighter who was not afraid to fight for her ideas. She represented the riding of Arthabaska with pride," he said.

Legault recalled that Roy was the first to call for a public inquiry on the construction industry. "She had a record of integrity tattooed on her heart. She will be greatly missed by all her colleagues in the National Assembly." Roy had been sitting as an Independent since last year.

Quebec Premier Philippe Couillard, said his "very first thoughts" were for Roy's children, family and friends, adding in a press release that Sylvie Roy had represented the riding for over a decade with heart and passion.

Roy was first elected as an MNA for the Action Démocratique du Québec in the riding of Lotbinière in 2003 and held that position until 2012 when the ADQ merged with Legault's CAQ. She was easily elected for the riding of Athabasca in that year. A trained lawyer, she had advocated for mental health and served as mayor of Saint-Sophie-de-Lévrard from 1998 until her election to the National Assembly.

Roy left the CAQ in 2015 to sit as an independent.

Record Staff
SHERBROOKE

Quebec's political class is in mourning following the death of Arthabaska Independent MNA Sylvie Roy, announced Sunday.

The Quebec flag hung at half-mast at the National Assembly to honour the 51-year old woman whose former party chief François Legault described as a

MY TAKE

By Gordon Lambie

The Eastern Townships fairs deserve a pat on the back when it comes to their midways. I know that the rides shouldn't be the focus of the coun-

try fair, but for younger folk who didn't grow up on a farm they can be a foot in the door to a greater appreciation of those celebrations of rural life.

I grew up in a community that had a

fair with a midway, but each ride took a ticket and each ticket was sold for an obnoxious price after the money it cost you to get onto the fair grounds to begin with.

I can appreciate the fact that nothing comes free and those costs need to be covered somehow, but I think it's really nice to not be trying to pull it out of kids who just want to have some fun.

Old Fashioned Day – A delightful way to spend a summer afternoon!

Eaton Corner Museum

Take a step back in time at **Old Fashioned Day**, an annual event presented by the Eaton Corner Museum, on Sunday August 14 from 1 to 5 p.m. Demonstrations and displays of heritage crafts and skills will be presented by local people who still know how to do them.

Old Fashioned Day gives visitors an opportunity to watch how to do things that our great-grandparents used to do: quilting, wool spinning and carding, weaving, needlepoint, chicken scratch embroidery, timber frame construction, wood carving, basket-making, can-

dle-making, and more. There will also be exhibits of many kinds of antique tools and machinery. New this year will be the opportunity to learn **how to research family genealogy**.

Adding to the ambiance will be Old Time music by Jan Graham on piano and Ronnie Haseltine on fiddle, horse and wagon rides, and a complimentary tea service with homemade scones and jam served between 1:30 and 4 p.m. in the Academy. Check our Facebook page and website for all the activities.

Demonstrations, displays and activities will take place at the Museum site in Eaton corner which includes the

Church, the Foss House and the Academy, all designated as historic sites and located at the corner of route 253 and Labaree Road in this historic village. Visitors may take the opportunity to explore the permanent exhibit in the church, **A Tale of the Townships**, as well as view part of the Museum's reserve collections dating back to the early 1800s in the Academy.

Admission to Old Fashioned Day is **\$10**. Children 12 years and under will be admitted for free. Parking is available next to the Foss House on Labaree Road.

The Museum is located at 374 Route

253, Eaton Corner, in Cookshire-Eaton. It is open Wednesday through Sunday, 1-4 p.m. until September. Visit our website for more information.

Event: Old Fashioned Day – Demonstrations of Heritage Crafts & Skills

Date: Sunday August 14, 2016 from 1 to 5 p.m.

Place: Eaton Corner Museum, 374 Route 253 (Eaton Corner), Cookshire-Eaton

Organizer: Eaton Corner Museum, 819-875-5256, info@eatoncorner.ca, www.eatoncorner.ca



ALL PHOTOS COURTESY OF EATON CORNER MUSEUM

Sherbrooke man arrested for violently extorting grandmother

Record Staff
SHERBROOKE

A 25-year-old Sherbrooke man has been arrested and detained for allegedly using violence to extort up to \$70,000 from his grandmother. It was the woman herself, in her eighties, who

notified Sherbrooke Police of her situation.

According to police, the grandson was suffering from a crisis and in discussing the situation with the grandmother; they discovered the extent of the problem.

According to the woman, the grandson had used various means of physical and psychological violence to get money from the senior since 2014, including damaging property. The money was used to pay what police believe were drug debts.

The grandson is well known to police, and he is expected to face charges of theft, extortion, and criminal harassment.

A small number of marijuana plants were also discovered in the home of the accused during the police investigation.

Dishpan Hands

CONT'D FROM PAGE 2

beloved headmaster Albus Dumbledore and complex character, Professor Severus Snape). Albus's Hogwarts schooling experience is challenging, and we follow his struggles and frustration with being the son of the wizarding world's most famous person.

Other favourite characters are revisited, with Hermione Granger, now the Minister of Magic, and her husband Ron Weasley, as Harry's best friends, among

others. Pairings and friendships in this return see unexpected directions, such as the introduction of Scorpius Malfoy, son of Harry's school rival, Draco.

Saturday night saw Townships booksellers Brome Lake Books launch the new paper adaptation of "Harry Potter and the Cursed Child," where Potter fans of all ages congregated in costume to celebrate the release. Complete with a tabletop version game of Quidditch (the

wizarding world's favourite sport), a keg of "polyjuice potion", contests and prizes, happy readers went home with their hardcover edition of new Harry material.

Reviews of the play have been positive, including that of Richmond resident, and board member of Centre d'art de Richmond, Louis-Philippe Hébert, who attended the two-part play in London, England this week, and raved about

revisiting beloved characters and the introduction of new ones to love, magnificent lighting and stage management, and even had the opportunity to meet several of the actors following the production.

The magic continues....

For your copy of "Harry Potter and the Cursed Child" contact Brome Lake Books at www.bromelakebooks.ca or call them to reserve your copy at 450-242-2242.

EDITORIAL

Despite the advantages, numerous problems have led many to question whether biofuels are a green alternative.

Will growing our fuels drive us to a cleaner future?

By David Suzuki

The shift from fossil fuels to renewable energy is occurring mainly at the power plant level. But what about transportation? Can we significantly reduce greenhouse gas emissions by switching to cleaner fuels? Or is this just an attempt to keep 20th century technology chugging along while trading one set of environmental problems for another?

Biofuels aren't new and they aren't used solely for transportation. Power plants can burn wood, for example, and many of the first autos, including Ford's Model T, ran on ethanol or peanut oil. But they're now seen as an alternative to fossil fuels for transportation.

Biofuels offer several advantages over fossil fuels. Most are less toxic. Crops used to produce them can be grown quickly, so unlike coal, oil and gas that take millions of years to form, they're considered renewable. They can also be grown almost anywhere, reducing the need for infrastructure like pipelines and oil tankers and, in many areas, conflicts around scarcity and political upheaval.

The main biofuels are ethanol and biodiesel. Biomass like wood can also be burned directly for fuel, although that usually produces more greenhouse gas emissions to produce the same amount of energy as burning fossil fuels. Biofuel greenhouse gas emissions are offset to a great extent because plants absorb and store carbon dioxide while they're growing and sometimes in roots left in the ground, so CO2 emissions are roughly equal to or less than what the crops store.

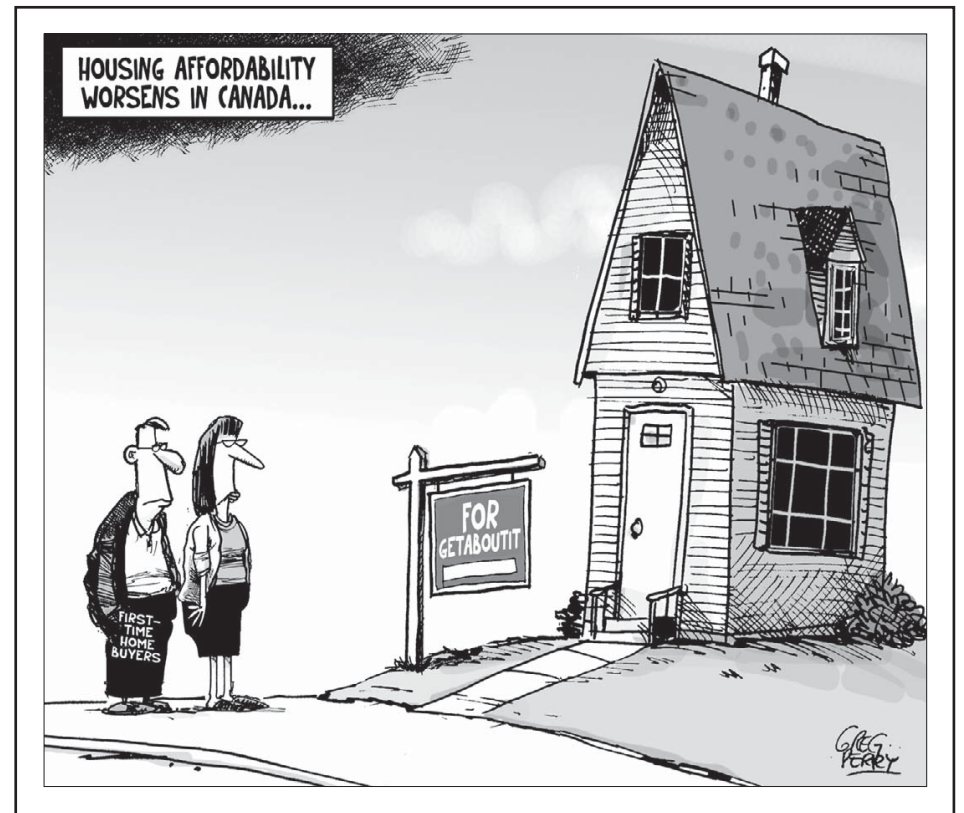
Despite the advantages, numerous problems have led many to question whether biofuels are a green alternative. Andrew Steer and Craig Hanson of the World Resources Institute noted in the Guardian that biofuel has three major strikes against it: "It uses land needed for food production and carbon storage, it requires large areas to generate just a

small amount of fuel, and it won't typically cut greenhouse gas emissions."

Producing biofuel with crops like corn often requires converting land from food to fuel production or destroying natural ecosystems that provide valuable services, including carbon sequestration. Crops also require fertilizers, pesticides and large amounts of water, as well as machinery for planting, growing, harvesting, transporting and processing. If forests are cleared for fuel crops, and if the entire lifecycle of the fuels is taken into account, biofuels don't always reduce overall greenhouse gas emissions. Palm oil, used for biodiesel, is especially bad, because valuable carbon sinks like peat bogs and rain forests are often destroyed to grow palms.

Using better farming methods and more efficient feedstocks and growing fuel crops on land that isn't good for growing food can reduce land use and climate impacts. For example, fast-growing grasses, agricultural and forest-industry wastes, and even household wastes can be used rather than crops like corn that are normally considered food. Some feedstocks are more efficient at producing energy than others. Ethanol from canola and sugarcane is better than from corn, as it delivers more energy compared to what's required to produce the fuel.

Cellulosic materials, including switchgrass and agricultural and forestry wastes, are even more efficient than sugar- and starch-based fuel stocks. They produce fewer greenhouse gases and don't normally displace food crops, but the process of converting cellulose to ethanol is more difficult than turning starch and sugars from corn or sugarcane to fuel. Some studies show switchgrass ethanol can produce 540 per cent more energy than that required to produce the fuel, compared to just 25 per cent more for corn-based ethanol. Experimental biofuels made from biomass like algae, as well as genetically synthesized organisms, show a great deal of



promise, as they're efficient and can be produced without large land bases.

Biofuels can play an important role in reducing greenhouse gas emissions, especially for applications like long-haul trucking and possibly air travel. Biodiesel and gasoline mixed with ethanol are already widely available. Research into new types of biofuels is also important, but the massive amounts of land, biomass and water required to produce conventional biofuels mean they aren't a panacea. We can get further in

transportation by focusing on fuel efficiency and conservation, increased public transit and other alternatives to private automobiles, and shifting to electric vehicles, especially as clean electricity sources become more widely available.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington. Learn more at www.davidsuzuki.org.

Letters

DEAR EDITOR,

When many English people moved away to find work or because they couldn't speak French, so went the congregation and support for the Island Brook United Church.

I tried to ignore Scott Stevenson as a newcomer to our community who doesn't know the circumstances and our history. Years ago, when a local church was sold and turned into a garage with the steeple still on top, our caring Cemetery Association didn't ever want a similar eyesore in front of our cemetery. We also wanted the land for parking and future expansion. The United Church of Canada agreed with our concerns and sold the land to the cemetery. The church could stay there as long as it was a church.

Many have fond memories of attending church, weddings or burials. The church and cemetery have been vandalized different times. The Sawyerville church had their bell stolen - the only souvenir of their church. We can't let emotions rule over practicality. The church has been deconsecrated so it is only a building. We attend Trinity United Church in Cookshire and would encourage others to join us, including Mr. Stevenson.

ILAH BATLEY
PRESIDENT, ISLAND BROOK CEMETERY ASSOCIATION

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

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

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Local Sports

"I have to praise my players for how they pushed until the end and believed that they could equalize."

Bernardello's late goal lifts Impact to 1-1 tie with United

The Associated Press
WASHINGTON

Hernan Bernardello scored in the 86th minute to give the Montreal Impact a 1-1 tie with D.C. United on Sunday night.

Bernardello, who signed with Montreal (7-5-9) on July 24, came on for Kyle Bekker in the 71st. His goal, off a feed from Matteo Mancosu, was his first in

MLS play. He played 28 combined matches for Montreal in 2013 and 2014.

"This wasn't our greatest game against a team that was giving everything to get back into the playoff picture, but we were able to come back late on," said Impact coach Mauro Biello.

"I have to praise my players for how they pushed until the end and believed that they could equalize. We will take

this point and move forward."

Patrick Mullins bounced a header, off the entry by Taylor Kemp, off the ground into the top-right corner in the 19th minute. It was the first goal of the season for Mullins, who was acquired from New York City FC on July 20.

United (5-8-8), which outshot the Impact 16-8, is winless in its last five games.

"In the first half, we were going up

and down, it was fast-paced," said Montreal midfielder Harry Shipp. "We could have done a better job at getting into the half and resting with the ball. But we found a way to get a point in the end, which is important."

Montreal has just one loss in its last nine matches (3-1-5).

The Impact's Didier Drogba received a red card in the 81st minute.

Destination Sherbrooke chooses potential Disc-golf location



WIKIMEDIA / MATT PECKHAM
Disc golf blends the attributes of golf and Frisbee, where Frisbee discs are tossed into suspended baskets.

Record Staff
SHERBROOKE

Sherbrooke's tourism bureau Destination Sherbrooke has decided on the Base de plein-air André-Nadeau as the future site for 'disc-golf', a sport activity blending Frisbee and golf.

Destination Sherbrooke began looking for a new area to construct a course for the sport ever since the rejection by citizen opposition to installing the course at Victoria Park.

Destination Sherbrooke plans on building an 18-hole course, which requires a relatively large area, reducing the options available.

The firm Albatroz Disc Golf will analyze the terrain for its ability to handle both local and tourist traffic stemming from the new installation.

The study should be completed in late August and if it concludes that the area is appropriate for such a set-up, the course could be ready by as early as next year.

2016 Canadian Summer Olympics Team, Quebec Athletes

The Canadian Press

List of Quebec-based athletes announced Monday by the Canadian Olympic Association which will compete at the 2016 Summer Games to be held in Rio de Janeiro, Brazil, from Aug. 3-21:

Fencing

Joseph Polossifakis, Montreal
Maximilien Van Haaster, Montreal

Judo

Arthur Margelidon, Montreal
Sergio Pessoa, Montreal
Antoine Valois-Fortier, Quebec City

Rowing

Julien Bahain, Sherbrooke

Rugby Sevens (Women)

Bianca Farella, Montreal

Karen Paquin, Quebec City

Triathlon

Sarah-Anne Brault, Quebec City

Volleyball (Men)

Nick Hoag, Sherbrooke

Wrestling

Dorothy Yeats, Montreal

Off-road chase runs down speeding motocross biker

Record Staff
SHERBROOKE

Memphremagog Police got into a high-speed chase with a young man on a motocross bike near a motocross track near Ch. des Pères in Magog.

According to Deputy Director Christian Boily, the police intervention began when an officer in an unmarked patrol car met the motorcyclist who was traveling at over 100 km / h in 70 km / h zone. Instead of stopping as instructed, the suspect tried to escape by charging

onto in a field along the highway. This attempt quickly failed as he was found a few minutes later, sitting on his motorcycle. Police found that the young man had been drinking despite the zero-tolerance to which he was subject. His license has been suspended for 90 days

and the bike was seized on the spot.

In total, the individual received four of statements of offense totaling more than \$1,700, including fees. In addition, seven demerit points were added to his driving record.

83-year-old has a record breaking run

Record staff
SHERBROOKE

Athletic Club member Alice Cole established a new world record for the 800-metre run during the provincial championships held this past

weekend at the University of Sherbrooke.

Competing in the 80 to 84-year-old senior category, walker finished the 800-metre race with a time of 3 minutes 42 seconds, breaking the record of 3 minutes 43 seconds set in Toronto in 1994.



LIGNE POU MON-9

1 888 POU MON-9

Quebec Lung Association

To help you quit smoking

Death

Death



**Esther (Farwell) Côté
(1925-2016)**

Passed away peacefully at the CHUS Hôtel-Dieu on July 28, 2016, at the age of 91. Beloved wife of the late Clovis Côté and daughter of the late Judson and Eliza Farwell.

She leaves to mourn her 4 children: Richard (Carole Huppé), David (Chantal Bernier), Robert and Louise; her 8 grandchildren: Simon, Hélène, Caroline, Eric, David, Sabrina, Roxanne and Michael; her 6 great-grandchildren: Olivier, Mathieu, Nellie, Adam, Lorianne and William; her sisters Norma and Jean (late Louis Monty); her brother Donnie (Olene); and many nieces, nephews, other relatives and friends.

Resting at the Cass Funeral Home, 3006 College, Sherbrooke (Lennoxville), on Monday, August 1, 2016 from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m., and on Tuesday, August 2, 2016 from 10 a.m. to 11 a.m., followed by the funeral service at 11 a.m. Interment in Notre-Dame-de-la-Paix Cemetery, Johnville, Que.

The family would like to give special thanks to the personnel at the St-Francis Manor for their dedication, the staff at the CHUS Hôtel-Dieu, and also to Dr. Zoltan Ferenczi and Dr. John Robb.

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

PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Datebook

TUESDAY, AUGUST 2, 2016

Today is the 215th day of 2016 and the 44th day of summer.

TODAY'S HISTORY: In 1790, the first official census of the United States was conducted.

In 1923, President Warren Harding died in San Francisco. Vice President Calvin Coolidge was sworn in as president before dawn the next day.

In 1934, Adolf Hitler united the chancellorship and presidency of Germany under the new title of Führer.

In 1939, Albert Einstein wrote a letter to President Franklin D. Roosevelt, requesting that the U.S. research the possibility of atomic weapons.

In 1990, Iraq invaded Kuwait.

TODAY'S BIRTHDAYS: Frederic Auguste Bartholdi (1834-1904), sculptor; Jack Warner (1892-1978), film executive; Myrna Loy (1905-1993), actress; Shimon Peres (1923-), Israeli president; James Baldwin (1924-1987), writer; Carroll O'Connor (1924-2001), actor; Lamar Hunt (1932-2006), sports executive; Peter O'Toole (1932-2013), actor; Wes Craven (1939-2015), filmmaker; Mary-Louise

Parker (1964-), actress; Kevin Smith (1970-), filmmaker; Sam Worthington (1976-), actor.

TODAY'S FACT: The familiar enlarged copy of the Declaration of Independence bearing the signatures of 56 congressional delegates was signed on this day in 1776.

TODAY'S SPORTS: The "Black Sox," eight former Chicago White Sox baseball players charged with defrauding the public in a conspiracy to throw the 1919 World Series, were acquitted on this day in 1921.

TODAY'S QUOTE: "Yet, it is only when a man is able, without bitterness or self-pity, to surrender a dream he has long cherished or a privilege he has long possessed that he is set free — he has set himself free — for higher dreams, for greater privileges." — James Baldwin

TODAY'S NUMBER: 3,929,214 — population of the United States as recorded in the 1790 census.

TODAY'S MOON: New moon (Aug. 2).

Exercise is good for your brain as well as your heart



ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR READER: I understand why that's puzzling. It's easier to see how regular moderate exercise could protect against heart disease, for example. The heart is a muscle, and exercise makes the heart exercise.

But the brain? We don't think of exercise as requiring a lot of brainpower. In fact, some people like exercise because it's a time when they can turn off their brain.

First, what's the evidence that regular exercise does protect the brain? There are many studies. As an example, a study published in February 2016 in the journal *Neurology* links better cardiovascular fitness to improved thinking skills in older adults.

The study included 877 adults with an average age of 65 years. Researchers used a measure called "VO2 max" to assess their fitness. This is the maximum amount of oxygen your body uses while you're exercising as hard as you can.

Study participants also took a variety of tests to gauge their thinking skills, memory and executive function. (Executive function is a term for mental skills used to manage time, plan and organize, and remember details.)

The researchers divided the participants into four groups based on their VO2 max values. They found striking differences in executive function between those with the highest and lowest VO2 max levels. In fact, those with the lowest VO2 max scores tested about seven years older than those with the highest VO2 max scores.

The trends were similar for memory and overall thinking ability. These corresponded to age differences

of six and four years, respectively. In each area measured, higher fitness matched up to stronger cognitive skills.

How does exercise contribute to brain health? We know of several ways, and there are surely more we haven't yet discovered. One possible way is by improving the blood supply to the brain.

For the brain to get an optimal blood supply, it needs two things. First, a healthy heart to pump blood to the brain efficiently. Second, brain arteries that haven't been narrowed by atherosclerosis, and therefore deliver blood to the brain efficiently. Regular exercise strengthens the heart and reduces the risk of developing atherosclerosis.

Exercise also stimulates the growth of new blood vessels in the brain, and fuels the growth and survival of new brain cells. It does this by stimulating the production in the brain of natural chemicals that encourage new brain cells to develop and that keep older brain cells healthy. Brain-imaging studies suggest that key brain areas responsible for thinking and memory are larger in people who exercise than in those who don't.

How much exercise do you need to keep body and mind working well? Two hours and 30 minutes per week of moderate-intensity aerobic activity, or one hour and 15 minutes of vigorous-intensity activity help keep your heart fit. And your brain fit, too.

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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 Village of North Hatley presents: Free Concerts at the Gazebo in Dreamland Park (Capelton & Main). Every weekend during July and August. This weekend: Saturday, August 6 at 7:30 p.m. - Macaulay / Drew Duo; Sunday, August 7 at 1 p.m. - Les Loups. In case of rain, concerts at the North Hatley Community Centre (3127 Capelton).

BROME

37th annual Townshippers' Day, Saturday, September 17, 9 a.m. to 5 p.m., Brome fairgrounds, 345 Stagecoach Road. Celebrate the English-speaking community, rain or shine, with 10 entertainers, 90 artisans and exhibitors, silent auction, activities, food, historical tours and more. Thank you for leaving your pets at home. Small fee for parking. Details: TDay.ca, 1-877-242-4421.

LENNOXVILLE

The Lennoxville and District Community

Aid will be holding Blood Pressure clinics on Tuesdays, August 9 and September 13, 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 Blood Pressure clinics on Tuesdays, August 2 and September 13, at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding Pressure clinic on Fridays, August 5 and September 2, at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

AUSTIN

MS Dance returned to Sundays! Next Sunday August 7 at 1:30 p.m. - 6 p.m. Austin Municipal Hall on Millington Road. In Austin Qc. Music by Country band "Mike Shelden & Compaq" with Special Guest Norma Pickens. Can you play or sing or tell a joke? Share your talent on the "Open Mike - Twice on the Mike so everyone gets a chance. Time 6 p.m. until 10 p.m. Light snacks served at 4:00 p.m. We appreciate it if anyone wants to bring a dessert or a few sandwiches to make it even better. Coffee and Tea are Free we are selling at a low-cost chips and soft drinks. Half /Half and exchange gift table. Donation for MS. Please try to bring the exact change. Looking forward to fine music and friendships! See you there. This Dance will make or break further dances, so

please bring your friends.

EATON CORNER

Come to Old Fashioned Day in Eaton Corner on Sunday, August 14, from 1 to 5 pm, to celebrate heritage crafts and skills demonstrated by local people who still know how to do them. You'll see everything from quilting, embroidery and lace making to basketmaking, candlemaking, timberframe construction, displays of antique tools and machinery and more. New this year: learn how to research your family genealogy. Adding to the experience will be Old Time music by Jan Graham and Ronnie Haseltine, horse and wagon rides, and complimentary tea and scones. Admission charged, children under 12 for free. Parking lot on Laberee Road. For info call Serena Wintle 819-875-5256. It's a delightful way to spend a summer Townships afternoon.

• • •

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, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, 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.

In Memoriam



SQUAWKI and DUSTY -

*You found me little lost boys
And gave me many years of joy
We didn't have time to say goodbye
And thinking about this makes me cry*

Love you both so much and miss you lots
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Proud owner

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Literacy Foundation
Words of hope

CROSSWORD

Across

- 1 Stare in astonishment
- 5 Phased-out jets
- 9 Duvet filler
- 14 October birthstone
- 15 Abbr. in an abbreviated list
- 16 Carne __: burrito filling
- 17 "My bad"
- 18 Singer Simone
- 19 Shoot down, in a way
- 20 *Many a smartphone download
- 23 Viola's sect.
- 24 Good to go, at NASA
- 25 Wields power
- 29 *Beef cut
- 33 Radiates happiness
- 35 Russian denial
- 36 Poetic tribute
- 37 Blades cut by a blade
- 38 Spider-Man Parker
- 40 Crossword diagram

Down

- 41 Part of a storm or a needle
- 42 Uber alternative
- 43 Frat party garb
- 44 *Traction aid for off-road vehicles
- 48 "New Hampshire's Gate City"
- 49 Fair-hiring abbr.
- 50 Clean Air Act org.
- 53 Influential groups, and what each of the answers to starred clues contains
- 57 Site with "Health A-Z" guides
- 60 Home Depot purchase
- 61 Farm grunt
- 62 Shake an Etch A Sketch, e.g.
- 63 In the buff
- 64 Fried corn bread
- 65 Woodland deity
- 66 Fired from the job
- 67 Hearty meal

Comaneci

- 28 RR station postings
- 30 Part of MYOB
- 31 Up to the time when
- 32 PBS "Science Guy" Bill
- 33 Gather a bit at a time
- 34 Clapton woman who's "got me on my knees"
- 38 Song of praise
- 39 Application file suffix
- 40 Head in a capital: Abbr.
- 42 Lightning follower
- 43 Row at Dodger Stadium

45 Capriciousness

- 46 Solve, as a cipher
- 47 Stirred up
- 51 Pasta often served alla vodka
- 52 Cockeyed
- 54 European volcano that is a UNESCO World Heritage Site
- 55 Butter-and-flour sauce thickener
- 56 Police
- 57 Director Anderson
- 58 Wisk rival
- 59 Baseball club

P	E	A	S		E	R	O	D	E		B	M	A	J	
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L	I	C	E		I	N	T	R	A		U	N	D	O	
I	N	K	S		T	A	T	E	R		T	E	S	S	

- 2 To the left, at sea
- 3 They're usually on a roll
- 4 "What __ is new?"
- 5 Graduate-to-be
- 6 Three sheets to the wind
- 7 Cranberry quality
- 8 Part of a window shutter
- 9 Sincere
- 10 Words upon making out a distant image
- 11 Apply daintily
- 12 Academic address ending
- 13 __ race
- 21 Knocks
- 22 Gavel-pounding demand
- 26 "Middlemarch" novelist
- 27 1976 Olympics star

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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.

" O JRHORLR DRBSRT OI Y ICRVETPG,
YBS O UYHH IKGRFNRTJR JREFRRB
VNYBBOBD EYEPG YBS FOBBOR ENR
CKKN." — IERCNRB VKHJRTE

Previous Solution: "Robbers broke into the Gap over the weekend. The suspects are described as being armed and casual." — David Letterman

TODAY'S CLUE: A sjanba 7

REALITY CHECK

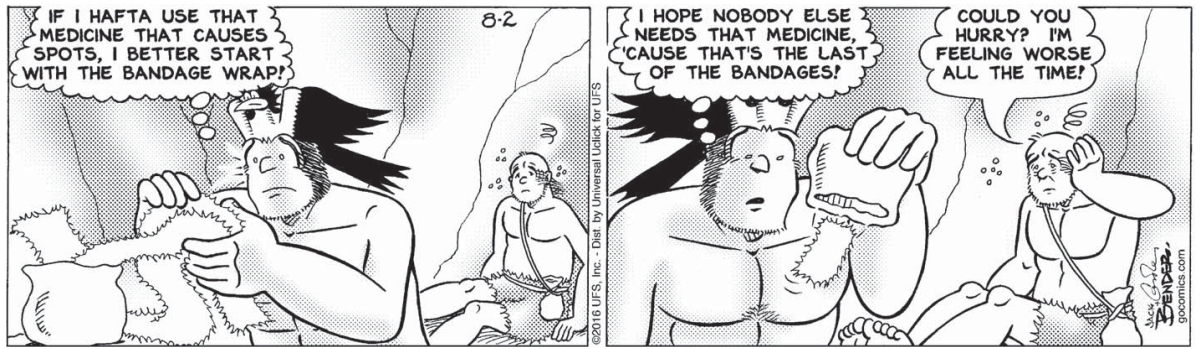


HERMAN

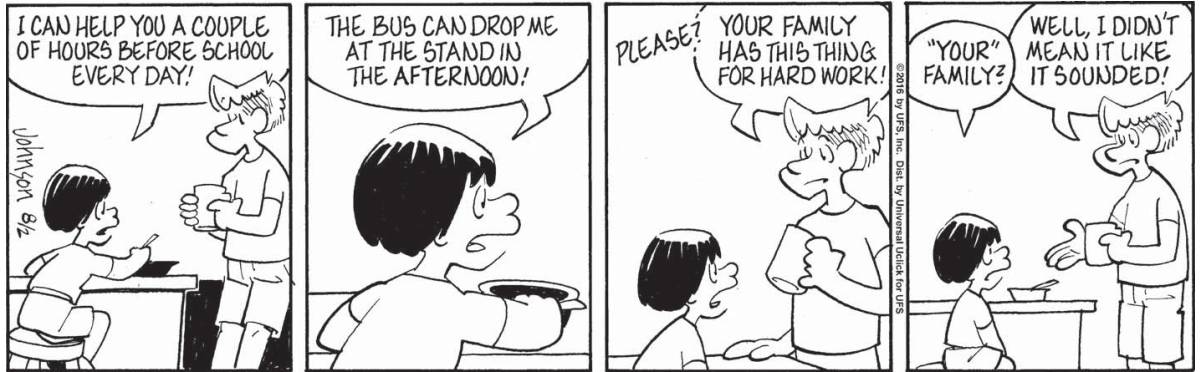


"Don't spill this; it's goldfish."

ALLEY OOP



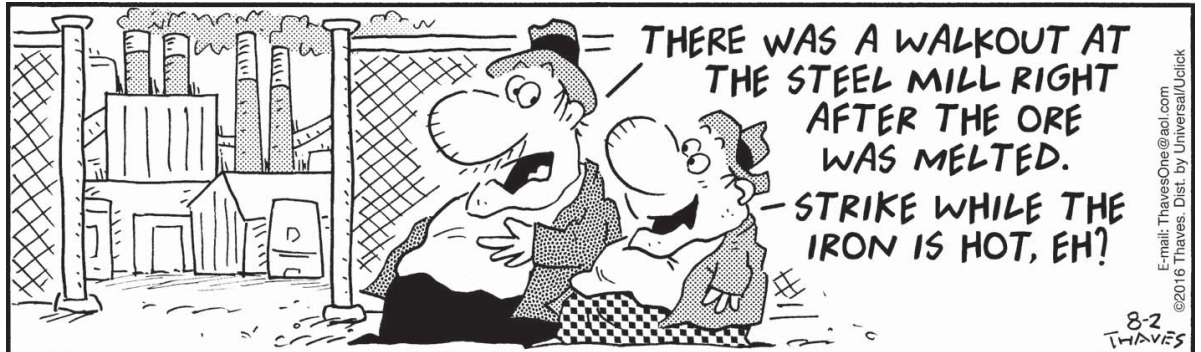
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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www.diabete.qc.ca

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

CLASSIFIED

Getting a career off cruise control

TUESDAY, AUGUST 2, 2016

Annie's Mailbox

001 Property for Sale

290 Articles For Sale

FURNITURE FOR SALE

State sale of Quebec and North Hatley antique cottage furniture. Wednesday August 3 from 10 a.m. to 2 p.m. 375 rue Hovery, North Hatley

294 Events

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035 For Rent

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100 Job Opportunities

ARE YOU A passionate caregiver, ARE you a night owl and want a stable schedule? We have a place for you. It is a 24 hour per week position. **St. Francis Manor** 125 Queen St, Lennoxville. Call Julie Lancourt at 819-562-0875

100 Job Opportunities

100 Job Opportunities

Dear Annie: I've been working at the same car dealership for five years, since I graduated high school. When I started, it was just a job. I thought I would do this and then figure out what I really want to do. Then I started to make some money, and I got decent at selling. A week turned into a month, which turned into a year, and here I am at 23.

I got married last year, and my wife and I now have a 6-month-old baby girl. She is the love of my life, and I wouldn't trade her for the world. But part of me regrets that I never went to college before starting a family. I don't want to be a car salesman my entire life.

I'd really like to pursue a degree and study business. I am only 23 and know that I have a long way to go, but the past five years have flown by so quickly, and I want to make sure that I am not on a path I will regret. I love my daughter and her mother. I don't hate my job, but I can't imagine doing this for the rest of my life. What should I do? — Stuck Salesman

Dear Stuck: Car salesmen get a bad rap, but really, it's not an easy job. They have to be persistent, quick-thinking

and good with people. If you have the finesse to be a good car salesman, you can probably do pretty much anything you set your mind to.

Look into seeking a degree online or through a local college that offers night classes so you can continue working and supporting your family while laying the groundwork for a new career path. The U.S. News University Directory can match you to a reputable online program that meets your needs.

The skills you've honed over the past five years will take you far. With real-world experience plus a degree, you'll be firing on all cylinders.

Dear Annie: I have two healthy, beautiful kids — one boy, one girl.

My daughter is 6, and she is really into reading. She can't wait to go to bed and devours her nighttime reading material. She was reading on her own before kindergarten. She sounds out words and sits and listens and figures things out.

But my son is 4 and can't sit still. I open a book and he gets up. When it's bedtime, he has zero interest in any of

the books on his bookshelf. We've tried every book there is, from Dr. Seuss to Eric Carle to Shel Silverstein to Mo Willems.

These kids have the same genes. How can one be so into books and the other want nothing to do with them? — Reading Rain-bro

Dear Reading: You're raising siblings, not clones. Of course they won't have identical aptitudes.

Although there's no definite "right" age by which all kids should be reading, it usually happens around age 6. It sounds as if your daughter was a bit of a prodigy.

As long as your son is in the healthy range of his age group and is getting a hang of the pre-reading fundamentals (such as identifying letters), he should be fine. Don't give up on trying to get him excited about books, though. Read to him for short periods of time to hold his interest. Pick stories about subjects he loves.

Your son may never be the book-worm your daughter is, but the bottom line is he will go to college knowing how to read.

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

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THE RECORD

SUDOKU

Difficulty: 3 (of 5)

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

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

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

URGENT

THE RECORD is urgently searching for carriers in and around **Sawyerville**

(Routes can be divided)

Motorized carrier(s) for Ch Sawyerille, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)

Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at billing@sherbrookerecord.com

Classifieds (819) 569-9525 (450) 242-1188

