



## Who's Who in Richmond- Arthabaska

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# THE RECORD

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## What kind of voter are you?

Editorial - Page 6

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THURSDAY, OCTOBER 17, 2019

## Sherbrooke Citizen Investment Fund attracts 31 projects

Record Staff

Sherbrooke MNA Christine Labrie announced yesterday that 31 projects have been submitted under the second call for proposals from the Fonds d'investissement citoyen (Citizen Investment Fund).

When the Quebec Solidaire candidate was elected last year, she opted to allow the citizens of the Sherbrooke riding to decide how her discretionary fund should be distributed among local community organizations.

"I am very pleased to see that the Sherbrooke organizations are responding positively to this second call for projects," stated Labrie in a recent press release. "The descriptions of the 31 project proposals are online on my website, as suggested, so I invite the public to consult them now to see how diverse they are!"

New this year, young people between the ages of 5 and 17 will also be able to vote for the project they would like to see carried out in their city.

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## Estrie school boards want Bill 40 withdrawn



MATTHEW MCCULLY

By Matthew McCully

The four school boards of the Estrie, the Commission scolaire de la Région-de-Sherbrooke, the Commission scolaire des Hauts-Cantons, the Commission scolaire des Sommets and the Eastern Townships School Board have joined forces in opposition to Bill 40, the provincial government's proposed school board reform.

The Chairs of the four boards held a press conference yesterday calling on the Legault government to withdraw Bill 40 abolishing school boards, and asking for a broad consultation on the issue.

"You can't fix something that isn't broken," commented des Hauts-Cantons Chairman Yves Gilbert. "The world of education faces much more urgent challenges than modifying structures

for ideological reasons," he said, like reinvesting in education, repairing infrastructure and working towards the educational success of students.

According to ETSB Chair Michael Murray, the Minister of Education is not only creating two classes of citizens, French-speaking and English-speaking citizens, with his project, "He will create new problems in the world of

CONT'D ON PAGE 3

## OPEN HOUSES

<p><b>PIPER'S</b></p> <p>ALEXANDER GALT   OCT. 19<sup>TH</sup> HIGH SCHOOL, SHERBROOKE   9 A.M. TO 12 P.M.</p>	<p>MASSEY-VANIER   OCT. 24<sup>TH</sup> HIGH SCHOOL, COWANSVILLE   5:30 P.M. TO 8:30 P.M.</p>	<p>RICHMOND REGIONAL   OCT. 24<sup>TH</sup> HIGH SCHOOL, RICHMOND   5 P.M. TO 7:30 P.M.</p>
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## Weather



TODAY:  
PERIODS OF  
RAIN

HIGH OF 7  
LOW OF 5



FRIDAY:  
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RAIN

HIGH OF 8  
LOW OF 2



SATURDAY:  
SUNNY

HIGH OF 9  
LOW OF 0



SUNDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 14  
LOW OF 3



MONDAY:  
SUNNY

HIGH OF 17  
LOW OF 6

# In my alternate-universe election, everyone chooses wisely



ROSS MURRAY

The federal election is Monday, and I can't remember ever feeling so conflicted about casting my vote. Do I vote with my head? With my heart? With a pink pencil crayon? So many variables!

It's especially hard here in Quebec where we have one more contending party than most Canadians, and the sole mandate of that party, the Bloc Pro-François, is to ensure that all federal legislation and initiatives are cast in the best interest of guys named François.

And while they don't come right out and say it, the party really has it in for white guys named Murray. In fact, their policy includes legislation that would force white guys named Murray to cover up their faces at all times and never be allowed in the 12-items-or-less checkout. I mean, I understand the face covering, but the cats need their Fancy Feast!

Naturally, I won't be voting for the Bloc Pro-François. But, surprisingly, support for the party is rising as people come on board with the whole face-covering thing, which I have to say is a bit hurtful, but, again, I get it. My friends tell me the only way to stop them from winning is to vote for the Smelly Fish Party, which is running on a platform of continuing to shove toothpicks under people's fingernails but in a totally charming way.

Plus, if Pro-François does take away

seats from Smelly Fish, that means the Flaming Turd Party will win the election and form the next government, which will mean cuts to social programs and thugs coming to your house every Sunday to drag you to church. And also toothpicks under the fingernails but in an entirely off-putting manner.

So people say I must - absolutely must! - vote Smelly Fish, in order to stop the Bloc Pro-François and the Flaming Turds.

But what if I don't want to vote for the Smelly Fish?

Certainly I don't want to vote for the Dead Puppies Party. Those people are nuts. Sure, they really like white guys named Murray, but they hate puppies! Especially foreign puppies!

But why can't I vote for, say, the Let's Play Nice Party? Or what about the Magic Rainbow Unicorn Party? "You can't vote for the Magic Rainbow Unicorn Party," they say, "because no one votes for the Magic Rainbow Unicorn Party, and if no one votes for the Magic Rainbow Unicorn Party, then voting for Magic Rainbow Unicorn Party is a waste of your vote."

But if you remove "winning" and "losing" from the equation, you get a whole new perspective. Take, for instance, this whole issue of burning down houses:

- The Smelly Fish say they will no longer burn your house down except when they do.

- The Flaming Turds say that, in order not to burn your house down, they will burn someone else's down.

- Let's Play Nice say they will continue burning some houses down, but here's a garden hose.

- The Magic Rainbow Unicorn Party says, "Call us crazy, but let's stop burning houses down."

Pundits do say that's crazy. If we don't keep burning houses down, they claim,

houses will no longer be burned. It's hard to argue against that logic. Not to mention the positive economic impact of replacing all those burned down houses with new houses that we can burn down again.

Others say that if we stop burning houses down, the government will need to stick even more toothpicks under our fingernails, which is bad for Canadians although great for the toothpick industry.

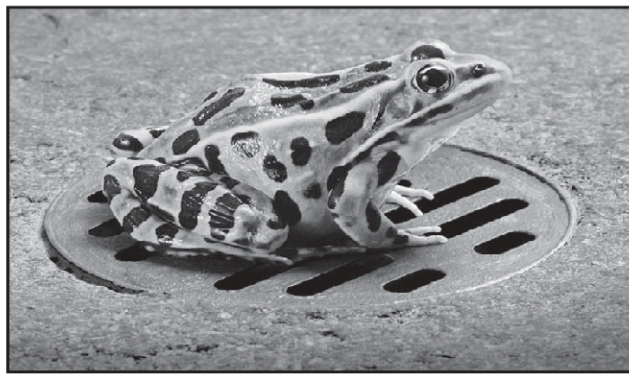
(The Dead Puppies Party, incidentally, wants to burn down all the doghouses. The Bloc Pro-François only wants to burn down my house.)

There are so many parameters when it comes to voting: the party platform, the party leader, the local candidate, whose campaign theme song is Foreigner's "Feels Like the First Time," which is just plain weird.

This isn't the first time, though, and it feels like this election is different, requiring more than gut instinct and fear that the toothless Bloc Pro-François will make me feel vaguely uncomfortable on an entirely theoretical level.

In fact, it's not about me at all. Nor is it time for you to get ahead. Instead, it's time for all of us to think selflessly about what's best for our country and our world. That means thinking differently, maybe voting not strategically or out of fear but positively in favour of something, considering all options. If we keep voting as we always have, nothing's going to change. After all, the definition of insanity is doing the same thing over and over again and expecting a different tax break.

So put some thought in your vote. And if you want to vote Pro-François, go ahead. I'll put on a brave face. Which will be covered.



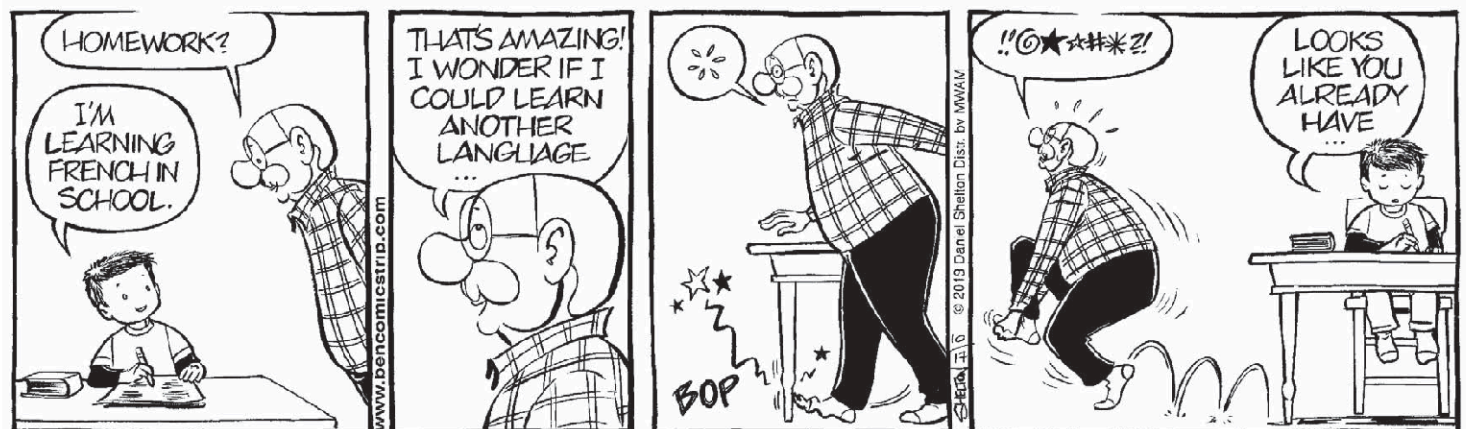
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## Ben by Daniel Shelton



# LOCAL NEWS

With mayors and dignitaries on hand, well wishers and members turned out to admire their new digs

## The Richmond - Melbourne Club de l'Age d'Or open doors to renovated club room

By Claudia Villemaire

The Richmond - Melbourne Club de l'Age d'Or officially opened the door last Friday on their renovated and rejuvenated club room located in the historic Mont St. Patrick convent.

It was a proud moment for the 60-plus members, many of whom turned out to lend a hand in remodeling storage units, applying fresh paint everywhere, just to name a few of the tasks which have resulted in a bright and cheery former classroom where activities are planned for every day of the week.

With mayors and dignitaries on hand, well wishers and members turned out to admire their new digs. Claude Pelletier, Richmond mayor Bertrand Menard and

Abbe Benoit Houde, (semi-retired from his fulltime duties at nearby St. Bibiane church) were on hand to welcome visitors and members.

They were quick to emphasize this club was quite bilingual, counting 30 anglophone members this year. "The membership cost is very reasonable," said Carole Gregory who looks after memberships and registration, "And we have all kinds of activities planned for each weekday as well as special days and events for the 2019-2020 season."

For a complete program, call 819-644-0418.



COURTESY

Abbe Benoit Houde, Bertrand Menard, Mayor of Richmond and Claude Pelletier, president of Club d'Age d'Or.

## Boards oppose Bill 40

CONT'D FROM PAGE 1

schools for purely ideological reasons," he said.

The proposed bill would preserve universal suffrage in English 'service centres' to fill certain positions, but not in French centres.

During the press conference, the chairmen each began by describing the demographics of their respective boards, the unique challenges faced by the schools and centres in each, and their accomplishments. They then shared their concerns about the proposed reform.

Des Sommetts Chairman Jean-Philippe

Bachand suggested that with Bill 40, the Legault government was following in the tradition of Quebec's centralizing governments, "Which, over the years, have abolished CRÉEs and Regional Health Authorities, and are now preparing to abolish school boards," he commented.

"I am also concerned about the cumbersome electoral process put in place by the Minister to replace school commissioners. Not only will this not be effective, but it may be less representative than current elections by universal suffrage," Bachand said, adding that he

questions the accuracy of the minister's figures on the cost of school elections in Quebec, one of the justifications for the bill. "He must have made these calculations in the same way as the estimated costs of 4-year-olds in kindergarten."

"School boards are not opposed to any reforms of school governance at the local and regional level, but they are keen to preserve the decentralization of powers to local and regional communities," Gilbert said. "We must defend our regions and their autonomy against the centralized power of Quebec."

Following the press conference, ETSB

Chairman Murray called the bill an irrational commitment to change. A true commitment to improving the education system in Quebec should include all aspects, Murray said, not just some improvised structure.

"There is no urgency," Murray added, saying that thoughtful analysis and consultation was needed before moving forward.

"So many things are not in the legislation," Murray said, explaining the bill is basically changing the structure of boards for the sake of change, in some ways in name only.

## Investment Fund

CONT'D FROM PAGE 1

According to Labrie, Many people came with their families last winter, and the young people were disappointed that they could not vote. Some even put a piece of paper with their choice in the box, because they were so interested in taking part in the vote. "By creating the Young People's Choice category, we allow them to learn about the exercise of democracy, while making their vote meaningful, because the project chosen by young people will also be funded," commented Labrie.


Citizens eligible to vote in the electoral division of Sherbrooke are invited to come and vote for the projects they would like to see carried out.

The organizations will present their project proposals at the Mitchell-Montcalm School amphitheatre on Saturday, Oct. 26, from 1:00 p.m. to 4:00 p.m.

Citizens of the Sherbrooke riding will be able to choose five projects and register them in order of preference. The projects that receive the most votes will be supported, up to a total of \$25,000.

For those who cannot attend the presentations, it will also be possible to vote at the constituency office (230 King West, Suite 301), between 10 a.m. and 4 p.m., on October 28, 29, 30 and 31, 2019.

The web link to consult the 31 proposals of the Citizen Investment Fund can be found at <https://christinelabrie.quebec/fonds-investissement-citoyen>.



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## 2019 Toyota Mirai



We treat ourselves to a week with the hydrogen-fueled car

PHOTO: V. AUBÉ



By Vincent Aubé

As new electrified vehicles continue to sprout on the automotive landscape, it's understandable that people wonder what else fuel-cell technology can really bring to the table, either on a global scale or closer to home here in Canada.

And yet, there are at present at least three big automakers with hydrogen-powered vehicles on their roster, somewhere. Honda has the fuel-cell version of its Clarity (found only in select American states), while Hyundai has its Nexo utility model available in Canada. And then there's Toyota, which has been selling the Mirai in Japan since 2016, and in Quebec since 2018. Most recently, since July of this year to be exact, British Columbians can now also acquire a Mirai.

Needless to say, I was eager to try out the Mirai for a short stint courtesy Toyota Canada; exceptionally, I was to pick up the car at the company's regional HQ in a suburb of Montreal. The reason for that is simple: hydrogen might be the most abundant element found in the universe, but it's still exceedingly difficult to find from a commercial pump. In fact, even the refilling pump located at the automaker's local offices is temporary, which helps explain why my tester's range between visits for a top-up was a mere 250 km. No matter, I was happy to try out one of the oddest cars to travel on a Canadian road in 2019.

**How does a hydrogen fuel-cell car work?**

Before we get into the meat of the test drive, it's worth taking a moment to understand how a futuristic system like this works in a vehicle (the word Mirai means "future" in Japanese). The basis of the system is in fact an electric motor, which helps deliver an output of 151 hp and 247 lb-ft of torque, sent to the front wheels. This of course explains the extreme quiet of the motor when starting up or leaving a stop.

Though the motor is fed by a nickel-metal hydride (Ni-MH) battery (notably for starting up and to support more-muscular accelerations), another set of batteries – this one of the fuel-cell kind – takes over as soon as startup is completed. In case you were wondering, you don't feel any of the transition when at the wheel.

In these fuel-cell batteries, lodged under the floor of the car, there's a chem-

ical reaction between the oxygen delivered via front air vents and the hydrogen housed in two fuel tanks. One of these is installed under the rear bench of seats, the other behind the bench. You can imagine how this directly impacts the trunk space available for placing cargo, and also prevents lowering the bench for fitting in longer objects.

The chemical reaction between the oxygen and the hydrogen is what produces the electricity required to "drive" the electric motor. And as it is an electric system, the transmission is of one single speed.

### About range

I should devote a moment to the theoretical range of the car, which, to my surprise, was listed as just 184 km on my departure from Toyota HQ. I had been promised 250 km, but it turns out those temporary stations can only fill up the tanks halfway. Sure enough, the screen on the top of the dashboard indicated a battery half-charged. And yet, at the same time, the range showed 184 km.

I sought clarification from Patrick Ryan, Toyota's regional head of sales, who explained that the onboard computer kept in memory the type of driving done by previous drivers. In other words, this Mirai I was in, which had under 3,000 km on its odometer, had already been driven by several different drivers, each with their own driving behaviour. From this I deduced that some of those drivers (most of them automotive journalists) drove with lead feet. A shocking revelation...

### A puzzling design and a "Priustic" interior

As a rule I try to stay away from dwelling too much on the outer design of a vehicle – tastes are so subjective, after all – but occasionally I let loose. My mandate is not to tear into the designers of cars, and not in this case of the Mirai. No doubt those who came up with it had to find a way to draw attention to it while satisfying the many and strict requirements that such a powertrain entails.

Honestly, take away the huge lettering on its side advertising its uniqueness, and the Mirai could go totally unnoticed in traffic. In fact, the car looks somewhat like a Prius, though with a more vertical aspect and with that notable separation between the hood and the front wings. Despite that, Toyota's Mirai does manage a generally "green car" look that will please those adventurous enough to acquire one now during the infancy of the fuel-cell genre.

The Mirai's creators also wanted to reward those curious enough to come take a close look with an appealing interior, and they chose to fashion one that approximates very closely what you get in a Prius. The interweaving curves, the asymmetrical screen, the transmission lever similar to the hybrid's, even the large data screen mounted higher up on the dashboard are all very close to what the Prius has.

The other touchscreen between the two front-row occupants, for the climate control system, is very modern, but as I always feel obliged to mention, this technology forces the driver's eyes off the road when it's time to adjust the interior temperature. It's attractive and it's easy to clean, but it's just not as intuitive as a series of buttons.

The Toyota Mirai is a high-sitting car, and it feels that way inside. The seats are of a height that makes you feel you're in a crossover. You slide into the car, not descend into it, and once there you're sitting on very soft seats that hint at the kind of drive Toyota wanted to deliver with its fuel-cell car.

In back, the central armrest precludes squeezing a third passenger in, but the upside is it provides natural separation if you have two kids back there. The armrest also contains controls for the heated seats and a bit of extra storage space.

### The verdict... at the wheel

And how does the Mirai actually drive? The word that comes to mind is "tranquility". The car seeks very hard to deliver a comfortable and quiet ride. Of course the electric powertrain produces almost no noise at all, though I found the zen stillness disturbed somewhat when accelerating hard, because the air compressor has to work a little harder to carry oxygen to the back to make the chemical reaction happen.

For the rest, the drive delivered by the Mirai is able and competent. There's a bit of roll when cornering and the soft suspension means the front end dips heavily down when braking hard. To be fair, of course, the Mirai wasn't designed to lay down terrific lap times on the track; it's mandate is of a whole other nature!

With 151 hp at its disposal, the Toyota Mirai is no galloping steed on acceleration, especially since at 1,850 lb it's a very heavy beast. Fortunately, the healthy torque helps it do a passable job of passing on the highway. The steering is very light (and even a bit shaky), but in the city at slow speed, the Mirai is a very easy car to handle. I would have been shocked to discover otherwise...

### The last word

The Mirai has been available in Quebec since the spring and in B.C. since July, but only as part of commercial fleets. The current lack of sufficient infrastructure makes private ownership and use too complicated right now. As expected, this vehicle that carries expensive new technologies is, well, expensive. Listed price? \$73,870.

I think it's still too early to gauge the staying power of hydrogen fuel-cell powertrains. For now, electric vehicles are far ahead in the clean-car segment. Still though, consider that you can drink straight from the exhaust tip the only emissions produced by the Mirai. (And that is what the small H2O button inside the car is for, when you need to drain the system after a drive!)

# Who's Who in Richmond-Arthabaska

By Gordon Lambie

The Richmond-Arthabaska riding includes the municipalities of Saint-Denis-de-Brompton, Saint-François-Xavier-de-Brompton, Melbourne, Kingsbury, Richmond, Cleveland, Ulverton, Windsor, Vol-joli, Saint-Claude, Danville, Asbestos, Saint-Georges-de-Windsor, Saint-Camille, Wotton, Kingsey Falls, Sainte-Séraphine, Sainte-Clothilde-de-Horton, Saint-Samuel, Saint-Albert, Sainte-Élizabeth-de-Warwick, Warwick, Tingwick, Saint-Rémi-de-Tingwick, Saint-Adrien, Saint-Joseph-de-Ham-Sud, Saints-Martyr-Canadiens, Ham-Nord, Notre-Dame-de-Ham, Chesterville, Sainte-Hélène-de-Chester, Saint-Christophe-d'Arthabaska, Saint-Norbert-d'Arthabaska, Victoriaville, Saint-Valère, Saint-Rosaire, Sainte-Anne-du-Sault, Daveluyville, Maddington, and Saint-Louis-de-Blandford. Since its creation in 1997 the riding has had three Members of Parliament. Progressive-Conservative turned independent André Bachand, who is now a member of the province's National Assembly for the corresponding provincial electoral district, represented the region in Ottawa from 1997 to 2004. André Bellavance, now the Mayor of Victoriaville, represented the Bloc Québécois in the riding from 2004 to 2014, when he left the party and sat out the rest of his term as an independent. Alain Reyes, former Mayor of Victoriaville, has been the Conservative MP for the region since 2015. In this election there are candidates running for the Conservatives, Liberals, Greens, Bloc Québécois, People's Party, and the NDP.

Incumbent Alain Reyes is leaning on his experience in office as well as his community involvement as the main argument in favour of his re-election.

"Over the last two years my role of political lieutenant has given me a lot of experience and has increased my network of contacts across Quebec and Canada," he said. "I feel that means I can bring even more to my region."

Rather than talk about local issues as if they applied uniformly across the riding, the conservative candidate pointed out that different communities have their own priorities, which range from the need to overhaul the drinking water reservoir in Victoriaville to investing in natural gas hookup in Richmond's industrial park, companies like Alliance Magnesium that are working with the mine tailings in Asbestos, and the development of Mont-Ham park. He did, however, point to internet access, protection of the agricultural sector, and the workforce shortage as major issues with a broader relevance. Asked if there was one he would prioritize, Reyes argued that they are all important and that it is possible to work on more than one file at a time.

The conservative said that he is not concerned about the presence of the People's Party of Canada in the political sphere, calling Maxime Bernier "radicalized" and arguing that his positions don't connect with the general population.

Marc Patry is running for the Liberal party because of a desire for balance. An engineer turned entrepreneur with strong family roots in the region; he said that although there is a tendency to imagine members of the business community as conservative supporters, his mix of centrist politics and progressive values makes the Liberals a natural choice.

Asked about the key issues in the region, Patry put the environment at the forefront, calling humanity's role in climate change undeniable.

"It's very clear to me that human beings are creating climate change right now," he said, arguing that the work being done right now in the Victoriaville region on sustainability could serve as a model for other parts of the country.

He shared a similar perspective with regard to what he called "social entrepreneurship," indicating that the region has a very particular tendency to foster grassroots projects that work for larger social benefit. If elected, he said he would like to see these initiatives given more funding and government support.

He also expressed an interest in working to help small and medium sized businesses, and to provide better recognition and support for "the sandwich generation," who find themselves caring for a young family at the same time they also look after aging parents.

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# Richmond-Arthabaska

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Patry was not ignorant to the fact that there has been no Liberal representative elected in the region in 30 years, but said that he is doing his best to be present and persuasive.

Jean Landry is a former Bloc Quebecois MP for the defunct riding of Lotbinière-L'Érable, but this time around he is running for the People's Party of Canada. He told The Record that he is "tired of being lied to" by political parties and feels that the PPC is bringing "new ideas and a new way of doing things" to the Canadian political sphere.

Landry put a strong focus on his party's call for reduced and more focused immigration, arguing that the country needs to crack down on asylum seekers in favour of more economic immigration.

He said he was ready to work with "good ideas" from all parties in the context of a minority government, adding that he feels governments should be more cooperative than competitive in general.

Like his Conservative counterpart, the PPC candidate said he is not concerned about vote splitting on the right side of the political spectrum, although for different reasons.

"People today are very well informed," Landry said, suggesting that it is easier now than ever before for people in the general population to break down lies.

Laura Horth-Lepage said that she chose to run for the Green Party because they were the only party that built the recommendations of the Intergovernmental Panel on Climate Change into its

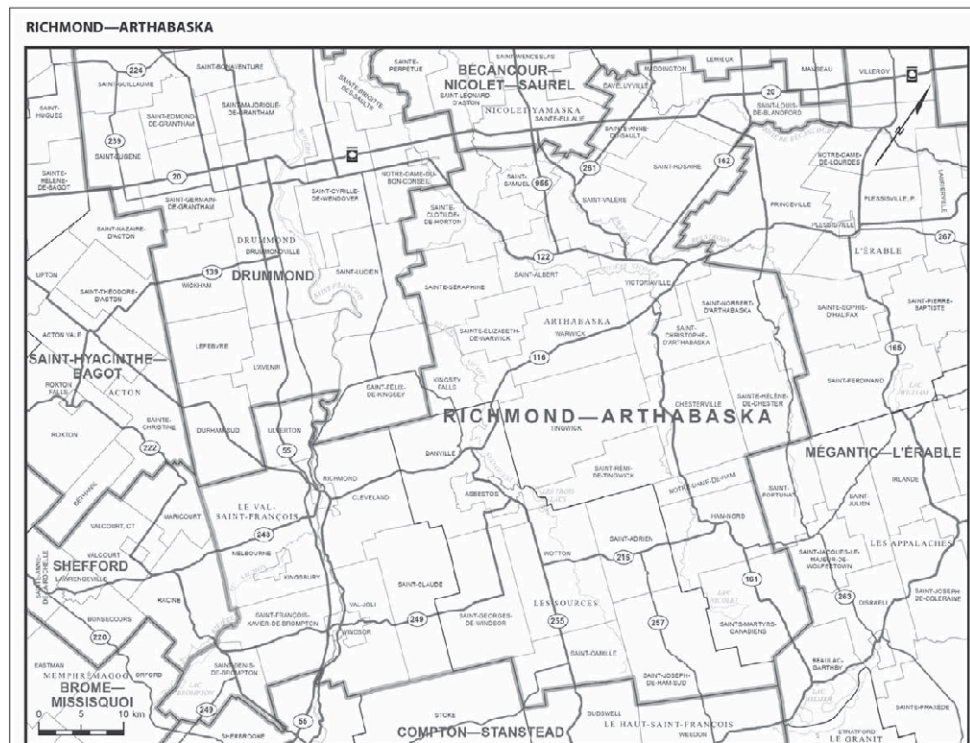
platform. A Project Manager at Excellence Composites in Victoriaville with a focus on reducing the business's plastic waste, Horth-Lepage's background is in civil engineering and environmental science, and her main concerns for the region and the country revolve around how the next government will address climate change.

Recognizing the riding's strong agricultural community, the candidate said that she wants to work with local farmers and the organic farming program at the Cegep in Victoriaville on a plan to transition agriculture to a more sustainable, lower-impact industry with a focus on feeding the population while also having a lower impact on the environment. At the same time she argued in favour of supporting the supply management system and providing financial incentives to support the agricultural industry in a difficult time of transition.

Ultimately, Horth-Lepage said that the Green Party wants to see the government response to what she referred to as "the climate crisis" move from being a debated issue into the hands of a multi-party action committee that could continue to work on pressing issues regardless of who is in power at any given time.

"We all agree that (climate change) exists," she said, "Everyone has to get on board."

Olivier Nolin feels that the Bloc Quebecois is the party that most aligns with the priorities of the riding. Looking back on the voting history in the region he argued that people have voted Conservative not because they agreed with the party but because the local candidates had popularity outside of the election



campaign from past experiences. Drawing on that belief, the candidate is taking a second try at running for the Bloc in the region after having finished fourth in the 2015 race.

Nolin pointed to cell phone service and the defence of supply management as two key issues in the very rural region, although he also made mention of Victoriaville's water supply.

The Bloc candidate suggested that a vote for his party represents an opportunity to make one's voice heard in a different way. With the focus of the party being on representing its interests directly rather than seeking to lead the country, he claimed that the Bloc Quebecois gives Quebecers the balance of

power in the political sphere in the case of a minority government which, he pointed out, seems increasingly likely in the current campaign.

The NDP candidate for the riding, Olivier Guérin, did not respond to any attempt on the part of The Record to get in touch other than a request not to be reached through his personal Facebook account. This includes a message to the email address specifically mentioned in that request. The Record could find no evidence that Guérin, who is the political attaché for Beloeil-Chambly NDP candidate Matthew Dubé, has even set foot in the riding, let alone actively campaigned.



Bloc Olivier Nolin




Conservative Alain Reyes



Green Laura Horth-Lepage



Liberal Marc Patry



## Celebrating 50 Years

**The Founding Friends of Massey-Vanier will publish a 50<sup>th</sup> Anniversary Memorial Book Nov. 29.**

The Golden Jubilee of Massey-Vanier 40-page full-colour book will be a compilation of photos and recollections from teachers, students and administrators over the past 50 years.

A limited number of books will be printed. To reserve your copy, please send an email to **billing@sherbrookerecord.com** stating your name and phone number. Put **MV-50 years** in the subject line. Payment due at time of delivery. Books are \$10 (plus shipping if not picked up).

**A portion of the profit from book sales will be given to The Friends of Massey-Vanier and the Scholarship Awards Committees**

# EDITORIAL

First, and I've heard this voiced a lot during the present campaign, there is what I like to call the "hold your nose and vote" elector.

## What kind of voter are you?



TIM BELFORD

Well it's almost time. Another four days and we all trot off to the polls to elect a new group of scoundrels. Of course, that's not counting the early bird vote which looks like it might be almost a quarter of eligible electors.

This also means that this is my last chance to give you, my faithful readers, some sage advice on how to vote. No, I'm not going to pick a party or offer you advice on any of the various leaders but I do have a suggestion. Before you enter the polling booth take some time to decide what kind of voter you are. Once you figure that out the rest is easy.

First, and I've heard this voiced a lot during the present campaign, there is what I like to call the "hold your nose and vote" elector. These are all the people out there who are disappointed with the present regime and don't like politicians who wear costumes but can't

bring themselves to vote for the alternative. It's a protest vote of sorts but won't change much.

A more traditional style is the "My father was a Tory and so am I" group. I grew up in this type of household where voting was easy because there was no choice. My great-grandfather was a Conservative member of the Ontario legislature and a descendent of United Empire Loyalists and therefore the family voted the only honourable way. My grandfather, according to family lore, went as far as placing a black wreath on the front door every time the wicked Liberals won.

A relatively new type in our political system is the "vote on the side of the angels" person. This includes those who vote for the party most likely to save the planet, ban all hydro carbons, build unisex washrooms, give Saskatchewan back to its native people, fund universal pharmacare, eye care, and dental services, whether they have a bats chance in hell of forming a government or not.

The "person" voter is a close cousin to the "hold your nose" type. In this case you may not care for any of the potential leaders or their parties but the incumbent has done a cracker jack job and shows up at every event in his or her riding. He or she may have also managed to get funding for the annual baked bean festival or new park benches. This also



includes voting for a spouse, a parent, a neighbour or a close cousin.

The most common type of voter in Quebec, if you believe the pundits, is the "strategic voter." Here, the voting population sits down for six or eight hours and weighs all the pros and cons of putting a Liberal or a Conservative government in power in Ottawa and then votes for the party most likely to be able to twist the federal arm to the benefit of la Belle Province. One has only to look at all the benefits we got from the Créditistes, the Bloc Québécois and the NDP to see how well strategic voting works.

Probably the most common-ballot caster is the "what's in it for me?" voter. In this case you just have to sit down and plow through about 200 hundred pages of campaign promises and figure out how much you'll get for being old or for having six children who all play hockey or maybe how big a mortgage you'll be able to afford with your first-time home purchase. Just remember, tax cuts can be reversed and promises can be forgotten.

So there it is. Figure out what kind of voter you are and follow your nose.

## Thanksgiving holiday driving report

### Record Staff

The Sûreté du Québec released its report for driving infractions committed over the Thanksgiving holiday, between Oct.11-14.

Officers intensified their interventions on the road network to ensure the safety of users during the high traffic period on Quebec roads.

Throughout the weekend, SQ officers issued more than 7,100 tickets, including

more than 4,900 speeding tickets; speeding being the leading causes of fatality or injury in collisions. In addition to speeding and reckless driving, the behaviours targeted were non-use of seat belts, impaired driving and cell phone use while driving.

Across the province, three people lost their lives in as many collisions during the long weekend. Last year one person died.

A total of 127 collisions with injuries

occurred this year in the territory served by the Sûreté du Québec, compared to 100 last year.

During the 318 roadside checks carried out in the province, police arrested 92 people for impaired driving ability due to alcohol, drugs or a combination of the two, which corresponds to 10 more arrests than last year.

For the Estrie-Centre-du-Québec region, 1,238 tickets were issued and 14 people were arrested for driving with impaired ability.

There was one death in the region this year. A person was killed in a collision involving a road vehicle in Saint-

Samuel. Last year there were no road vehicle deaths in the region.

Operations deployed during long holidays are aimed at reducing the number of casualties on our roads. It is essential to continue police action, combined with the dissemination of awareness messages encouraging road users to adopt more responsible driving, thereby reducing the number of collisions, injuries and deaths.

The main causes of collisions are often related to the human factor. Drivers must adopt responsible behaviour to make Quebec's roads safer.

### THE RECORD

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#### ON-LINE SUBSCRIPTIONS

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

Rates for out of Quebec and for other services available on request.  
 The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.  
 PM#0040007682

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

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## Letters

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

# The Border Report

With so many post-secondary options available, the best choice is not always evident.

## Need a compass?



By Phelps Helps

Deciding what to do after high school graduation can be very overwhelming. With so many post-secondary options available, the best choice is not always evident. In response, Phelps Helps created the Compass program to support local youth discover future career and educational paths.

The Compass program is offered to English and French-speaking youth, ages 14 to 30, in the Stanstead area who are transitioning into postsecondary education, seeking employment, or looking to return to adult education. They can meet one-on-one with our program coordinator, Elizabeth Courchesne, to develop a practical, pragmatic, and

realistic path to pursue personal success.

Compass participants can schedule one-on-one meetings to:

- Draft a CV and cover letter
- Research and identify jobs that would be of interest to them
- Get help applying for jobs and to practice interviewing
- Complete applications for submission to CEGEP, university or vocational training programs
- Find bursaries or scholarships for which they qualify
- And more!

Keep an eye out for local opportunities! Elizabeth often advertises local jobs, scholarships, volunteer opportunities, and other helpful and relevant information for career and educational growth through Facebook.



For more information on the Compass program or to make an appointment, please email Elizabeth Courchesne at [ecourchesne@phelps.ca](mailto:ecourchesne@phelps.ca), message us on Facebook, or call our offices at 819-704-0799.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Fanta

It is definitely time for Fanta to find a loving home.

Fanta was rescued from the streets of a remote community in northern Manitoba. Although just one of many strays, Fanta's friendly demeanour and sweet nature made him a favourite amongst locals who helped care for him as best they could. When his health took a turn, and it was clear he needed veterinary care, his caretakers reached out to a local rescue for help.

Fanta's life as a stray was finally over. Fanta was sterilized and treated for his infection and once fully recovered, he was transported to Montreal where he eventually made his way to our shelter.

Now he waits patiently for a family.

It's not difficult to understand why Fanta was so popular. He is such a friendly dog and is always eager to accompany on of the volunteers on a stroll through the woods or along the road. He LOVES to be with people. When out and about, he is polite and responsive and walks well on leash. Fanta gets along with most other dogs and has interacted nicely with those he has met at the shelter.

Unfortunately he cannot live with cats.

For the longest time, despite efforts to entice Fanta into a game of fetch, he showed little interest in playing. We as-

sumed he just didn't know how. Then one afternoon, without any prompting, he picked up a squeaky green ball and that was that. For almost an hour he played fetch with puppy-like enthusiasm yet he was always gentle when releasing the ball. We don't know all the details of Fanta's life prior to his rescue, but we do know it wasn't always easy. Dogs are complicated and sensitive beings and while resilient, for some, it can be a little harder to fully let go of their past. We choose to believe that on that day, Fanta was finally ready to embrace a new and happier life. To be truly happy though, Fanta needs a home.

Fanta is a great dog who develops a strong bond with the people he comes to know and trust. He will be a loyal and loving companion. Fanta can be a little insecure so he needs a home where he is not left alone for long periods at least until he settles in and feels safe. He has been through a lot of change and understandably, he needs a little extra reassurance. Ideally, he will share his new home with another dog who can help keep him company.

Fanta is 5-6 years old and weighs about 70 pounds. He is most likely a shepherd mix.

To meet Fanta, please give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m.



# Auto123's guide to the best winter tires for SUVs and pickup trucks in Canada in 2019-2020

By **Éric Descarries**, Auto 123

It's time to face facts. The wonderful summer we've enjoyed so much is behind us and wintertime is on the horizon. Its appearance is relevant particularly to vehicle owners who have to plan to have their rides equipped with winter tires. In some parts of Canada this ritual is not mandatory, but no matter where you live, automotive experts will tell you it's a smart thing to do. After all, we're now so many years removed from the snow grips of the past, and today's winter tires are designed to excel on icy roads and wet surfaces, and in the extreme cold.

## In Quebec

Motorists in Quebec should definitely take note of the changed deadline for having approved winter tires fitted on their vehicle this year; instead of December 15 as previously, it is now mandatory to have approved winter tires on your SUV or truck by December 1.

In certain parts of British Columbia, meanwhile, winter tires (or chains) are required as of October 1!

In both those provinces, if you're a visitor or just passing through the province on the way somewhere else, you are not subject to the regulations in place.

The Quebec law, by the way, applies to vehicles weighing 10,000 lb or less (with maximum load). In the case of pickups, that includes Class 2 trucks like the Ford F-250 (and the E-250 and T-250 vans), Chevrolet Silverado and GMC Sierra 2500 (including the Chevy Express and GMC Savana 2500 commercial vans), Ram 2500 (and Promaster 2500), as well

as other similar models like the Mercedes-Benz Sprinter 2500.

Obviously, we're talking for these vehicles about LT (Light Truck)-type vehicles, and it would be hugely unwise to try to place P-type tires for passenger cars on these bigger, more-rugged models, the way many people actually did with pickups back in the day.

On the other hand, several recommendations found in our guide to car tires apply as well to trucks, especially to SUVs and crossovers. In these two segments, of course, many vehicles are built on platforms also used for cars, and share many of their mechanical components. You can definitely find some valid advice for tires for your utility vehicle in our car tire guide.

The tires included in this guide have been tested on press vehicles or on privately owned vehicles. Others are brand-new products that have yet to be tested but are evolutions of tires we already know well. In general, you can safely assume the new versions are superior to the models they've replaced.

## Compromise solution

We feel it's important to reiterate that by definition, winter tires constitute a compromise solution, which do some things extremely well but others less so. Unlike summer tires the talents of which must include handling dry pavement or wet pavement, winter tires have to be able to deal with extreme cold, warm road surfaces, snow, ice and slush, and any combination of the above.

## Winter-approved "all-season" tires

As in the domain of car tires, a new configuration of winter tire is gaining traction on the market. These would be

all-season tires that have been adapted to meet certification requirements for approval as winter tires. Thus these products carry the official logo for winter-approved tires.

In some cases drivers will probably be satisfied with one of these, but it's taking a chance to try them if you live in more mountainous regions. We hope to take a closer look at this category of tires in the coming month.

Finally, take note that the tires included here are not presented in order of preference. As well, you'll see that there are no Chinese-made tires included here; again, we hope to go into detail regarding these tires in the near future once we've had the opportunity to evaluate them properly.

## Here then is our guide to the best winter tires in Canada for 2019-2020:

French manufacturer Michelin promised us a whole new Latitude winter tire, at the same time as it set about upgrading its plant in Nova Scotia. As of this moment, we've seen nothing concrete from the tire maker. Even if it stocked stores with the new product tomorrow, we wouldn't have been able to test it in time for this early-winter buying season.

Better then to talk about the current LTX tires for pickups (with 10-ply carcass) and Latitude X-Ice tires; the latter have been a bigger hit with consumers than the X-Ice 3 for cars. This might be because Latitude tires are often used with all-wheel-drive vehicles or those with on-demand AWD functionality.

Available in a wide range of sizes, the Latitude X-Ice tire is also known for its durability which is a good selling point for motorists. They're less appropriate, however, on rear-wheel-drive vehicles.

## Bridgestone Blizzak DM-V2

For motorists who know even a little about winter tires, the Blizzak name speaks for itself. The DM V2 model can be fitted on a number of SUVs and crossovers and offers exceptional grip and traction... but it ain't cheap!

Bridgestone also recently launched the Blizzak LT (as a replacement for the W965), which is tailor-made for the heaviest vehicles that often carry big loads - it also carries an E load rating. Perfect for full-size pickups...

## Goodyear Ultra Grip Ice WRT

In addition to producing Ultra Grip Ice WRT (Winter Reactive Technology) tires for cars, big American manufacturer Goodyear also makes a special series for SUVs that are heavier than cars (sold under the SUV banner, natch), and another one for pickups of different sizes and vocations. On the market for a few years now, the Ultra Grip Ice WRT has proven itself and then some.

Also worth a look from Goodyear is the Wrangler DuraTrac, created originally for off-roading but also well-suited to driving in deep snow. They can be had with studs as well.

## Nokian Hakkapeliitta 9

Less known by consumers, the now-legendary Finnish winter-tire manufacturer Nokian offers a Hakkapeliitta 9 tire for pickups like the Chevrolet Silverado. Take note, though, that this tire comes fitted with studs out of the fac-

tory.

Nokian also sells a whole range of winter tires outlined in our guide to winter tires for cars, but which are available in different sizes appropriate for many models of crossovers and SUVs. They're a little on the expensive side, but they are considered to be highly effective by automotive journalists who have done test drives on them.

## Nordman 7

Nordman is a kind-of division of Nokian that sells tires based on technologies developed for the Hakkapeliitta but now just slightly out of date. This is the case with the Nordman 7, now available for light pickup trucks with wheels up to 20 inches in diameter. This tire is another one that can receive studs, and its ideal for a number of crossover and SUV models, and even minivans like the Dodge Grand Caravan.

## Dunlop Maxx SJ8

Dunlop is no less than Goodyear's luxury brand. For years, Dunlop's go-to winter tire was the Grandtrek SJ6, which was happily snapped up by owners of SUVs of all sizes, and even some of light-duty pickups. Dunlop recently introduced a new and improved version, the Maxx SJ8, stuffed with a bunch of new technologies. This is a winter tire worthy of serious consideration.

## Yokohama Ice Guard IG52c

A few years back Japanese manufacturer Yokohama launched this tire, in fact a winterized version of the Geolander, a very popular tire for SUVs of all sizes. Sold at a relatively reasonable price, this Yokohama product is a great pick for minivans and vans.

## Toyo Open Country WLT-1

Another Japanese tire maker, Toyo, has for several years now been producing Open Country truck tires made for light pickups but also great for crossovers and SUVs. However, if you're looking for a winter tire tailor-made for a more rugged pickup like a Ford F-250 or Chevrolet Silverado HD 2500 or even a Toyota FJ Cruiser SUV, the WLT-1 should be on your shortlist. For smaller SUVs check out the company's Observe line of winter tires.

## Hankook

When it comes to winter tires for SUVs and pickup trucks, Hankook shouldn't be overlooked as an option. This South Korean tire manufacturer makes quality products, some of which are offered out-of-the-factory on American pickups. That's just one of the reasons why we have to include the Dynapro I'Cept (RW 08) and the I'Pike on this list of recommended winter tires. Add to those lines the RW-11 for pickups and all-terrain vehicles that are used in wintertime.

## Pirelli

The Italian manufacturer sells a great range of winter tires for a range of uses and vehicles types, including SUVs - especially the smaller ones. Take note that the company recently introduced a new all-terrain tire for pickups, called the Scorpion All Terrain Plus; it could very well serve as a pickup truck winter tire, especially given its aggressive tread design.

CONT'D ON PAGE 9

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# 4 tips to get you through winter driving season

We try as hard as we can to forget everything winter brings, but when the windchill and -20°C temperatures return, it's important to be prepared and remember proper driving techniques as roads get slick with ice. Here are four tips to keep you safe on the road:

1. Winter tires are the support you need. When the temperature drops below 7°C, the grip and function of your all-season tires diminish. Winter tires are essential because they are specially designed for freezing temperatures and the challenging weather conditions winter brings.

2. Make sure your car has enough fluids. With winter comes slush and unpredictable traffic conditions. As a driver, be prepared by ensuring your gas and windshield fluids are always topped up. Keep your gas tank at least half full for the duration of winter, because you never know when you'll need to keep your engine running out in the cold. We also know that when the snow melts, gross grey slush can splash up and dirty our windshield, so it's a great idea to keep a

container (or two) of windshield washer fluid in your trunk at all times.

3. Find calm while driving. Driving on icy roads, in blowing snow or through whiteout conditions can make drivers very tense. To help avoid even more dangerous situations, drivers should try to remain calm and remember key tips:

- \* Keep a light grip on your steering wheel – a tight grip can give you hand cramps and make you even more tense

- \* Reduce your speed to a safe and comfortable one to give you greater control – this will help prevent accidents

- \* Maintain a good distance from the vehicle in front of you and keep your hands at 9 and 3 o'clock

- \* Make sure your car is clear of snow before you set off and that your wipers are functioning correctly.

1. Know what to do in a slide-y situation. One of the scariest situations parts of winter driving is when you hit an icy patch. It's important not to panic or make any sudden manoeuvres. In an oversteer or fish-tail situation, keep your eyes focused on where you want your car



to go – not where it's taking you – and turn your wheel in that direction. If you do find yourself in a ditch or on the side of the road waiting for help, stay with your car (if it's safe), stay warm, stay visible (put a bright cloth on the antenna

and raise the hood), and run the engine and heater only 10 minutes every hour, keeping a downwind window open.

Find more tips on winter preparedness at [belairdirect.com](http://belairdirect.com).  
([www.newscanada.com](http://www.newscanada.com))

## What Canadians need to know about driving electric vehicles in winter

The popularity of electric vehicles continues to grow in Canada. But many still wonder if they have what it takes to tackle a Canadian winter.

“Electric vehicles actually make for great winter cars,” says Michael Bettencourt, managing editor at Autotrader.ca. “With proper care taken to winterize and prep for harsher driving conditions, these cars can be used all year long.”

Driving in snow? Relax: Just like gas vehicles, EVs can be fitted for the Canadian winter. It's still recommended that you use winter tires for maximum traction and follow typical winter-driving safety tips. Since there are fewer models available with four-wheel drive, be mindful of your car's capabilities before driving on unplowed roads.

Precondition your car: Preconditioning is when you warm up your car battery while it's still plugged in. Doing this helps EVs perform efficiently, since you won't deplete the battery reserve heating up the inte-

rior. Another perk: you'll step into a nice, warm car when you're ready to drive off.

Your range will decrease: Cold weather can affect the battery range of an electric vehicle, so it's especially important to ensure your vehicle is well charged to handle the length of your trip. Keep in mind that which model you have, how you drive it and how you heat it will all affect the range, so be prepared and avoid unwanted surprises.

Charge somewhere warm: If you have an electric vehicle, you likely have access to an indoor charging station at home. Parking and charging it indoors will decrease the time needed to fully charge the battery, compared to doing so in frigid outdoor temperatures.

([www.newscanada.com](http://www.newscanada.com))



## Best winter tires for SUVs and pickups

CONT'D FROM PAGE 8

### The others

Several other lower-end brands have been left off this list, first of all because there are so many of them and secondly because their products are often less ef-

fective than the ones we've discussed here. That's not say that some don't merit mention. And if your favourite brand is absent from our guide, take a minute or two to browse online for re-

views or road tests. But stick to the guiding principle that a cheaper tire generally means inferior performance on snow and ice. Sometimes, far inferior...  
Read more at

<https://www.auto123.com/en/news/guide-best-winter-tires-suvs-pickups-canada-2018-2019/65207?page=10#KpqxavaAE-HCX1xzc.99>  
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# Local Sports

Bishop's is back in action on Saturday when they travel to Sackville, N.B. for a tilt with the Mount Allison Mounties.

## Patton adds U SPORTS Defensive Player of the Week Honour

Bishop's Gaiters linebacker Liam Patton (Thornhill, Ont./Bill Crothers S.S.) is the U SPORTS Defensive Player of the Week. The recognition comes a day after earning the same honour at the AUS level.

A sophomore from Thornhill, Ont., Patton led the Gaiters with 7.5 tackles (six solo and three assisted) in Bishop's 23-15 win over the Saint Mary's Huskies Friday night in Lennoxville, Que.

He also had a sack for a loss of eight

yards in the Gaiters' victory. With the win, Bishop's (4-3) is now in sole possession of second place in the AUS standings.

Bishop's is back in action on Saturday when they travel to Sackville, N.B. for a tilt with the Mount Allison Mounties.

Stay up-to-date with everything Bishop's Gaiters at [www.gaiters.ca](http://www.gaiters.ca) or on social media by using @Bishops-Gaiters.



## Vasilevskiy leads Lightning to a 3-1 win over Canadiens

Andrei Vasilevskiy made 33 saves to help the Tampa Bay Lightning beat the Montreal Canadiens 3-1 on Tuesday night in the fifth game of a six-game road trip.

Braydon Coburn, Steven Stamkos and Tyler Johnson scored for the Lightning (3-2-1), who were coming off a 4-2 loss to the Ottawa Senators. Nikita Kucherov added two assists.

The 25-year-old Vasilevskiy improved to 8-1-2 in his career against Montreal.

Jeff Petry scored the lone goal for the Canadiens (2-2-2) while Carey Price stopped 19-of-22 shots in defeat.

The Canadiens came into the matchup with the league's fourth-best offence, scoring four goals per game, but they could only get one past Vasilevskiy.

### MAPLE LEAFS 4, WILD 2

TORONTO (AP) \_ Mitch Marner had a goal and two assists and Toronto overcame a slow start and beat Minnesota.

Andreas Johnsson had a goal and an assist, and Auston Matthews and John Tavares also scored for Toronto. Frederik Andersen made 27 saves.

Maple Leafs defenceman Morgan Rielly added four assists in the second period, tying a franchise record for assists in a period of a regular-season game set by Rick Vaive on March 12, 1984.

Luke Kunin and Gerald Mayhew scored for Minnesota. Devan Dubnyk stopped 30 shots for the Wild, who were coming off a 2-0 win at Ottawa on Monday.

### COYOTES 4, JETS 2

WINNIPEG, Manitoba (AP) \_ Christian Dvorak scored a pair of goals and Arizona beat Winnipeg.

The Coyotes had lost 10 straight games in Winnipeg, since the Jets franchise moved from Atlanta in 2011.

Nick Schmaltz had a goal and two assists for Arizona and Conor Garland also scored. Oliver Ekman-Larsson finished with two assists. Darcy Kuemper made 38 saves for the Coyotes.

Mark Scheifele had a goal and an assist and extended his point streak to five games with his team-leading fourth goal of the season for Winnipeg. Kyle Connor also scored for Winnipeg, and Josh Morrissey had a pair of assists. Connor Hellebuyck stopped 31 shots for the Jets.

### FLAMES 3, FLYERS 1

CALGARY, Alberta (AP) \_ Michael Frolik scored in his 800th NHL game and Calgary beat Philadelphia.

Frolik scored the 154th goal of his 13-season career, fifth as a member of the Flames.

Andrew Mangiapane also scored, and Elias Lindholm added an empty-net goal for Calgary, which snapped a two-game losing skid.

David Rittich made 21 saves and improved to 3-2 on the season.

Defenceman Matt Niskanen scored for the Flyers. Brian Elliott made 35 saves in his first start of the season.

### PREDATORS 5, GOLDEN KNIGHTS 2

LAS VEGAS (AP) \_ Pekka Rinne made 33 saves to remain unbeaten as Nashville topped Vegas.

Rinne is 4-0-0 this season and has been splendid in the net, stifling one of the NHL's most potent offences.

Kyle Turris, Colton Sissons, Calle Jarnkrok, Filip Forsberg and Nick Bonino scored for the Predators, who had nine players get points in the win. Seventeen of Nashville's 20 skaters to appear in a game registered a point.

Mark Stone and Reilly Smith scored for the Golden Knights, who had won their previous two games after outscoring their opponents by a combined final of 11-4.

Marc-Andre Fleury, whose five goals allowed was a season-high, made 34 saves.

### CANUCKS 5, RED WINGS 1

VANCOUVER, British Columbia (AP) \_ J.T. Miller had a pair of goals and Elias Pettersson and Alex Edler each had a goal and a two assists as Vancouver used a potent power play to beat Detroit.

Troy Stecher also had a goal and Brock Boeser finished with three assists for Vancouver.

The Red Wings' lone goal came from Dylan Larkin. Jonathan Bernier stopped 27 of 32 shots for Detroit.

Thatcher Demko had 26 saves and picked up his first win of the season in his first start for Vancouver.

The Canucks have won three games in a row, matching last year's best win streak.

## CALLING ALL ARTISTS AND ARTISANS

The Record will publish a special section on November 8 listing all the Christmas Craft Bazaars and Shows in the area.

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**In Memoriam**

**MACIVER, Dale Alexander MacIver:** August 29, 1947 - October 17, 2016.

*Gone are the days we used to share  
But in our hearts you're always there  
Never more than a thought away  
Loved and remembered every day*

In Loving memory of our son and brother, Dale, who left us suddenly on October 17, 2016.

**JEAN AND FAMILY**

**In Memoriam**

**PATERSON -** In loving memory of Winnie Paterson who passed away a year ago today.

*Think of her as living in the  
Hearts of those she touched,  
For those loved is ever lost  
And she was loved so much.*

**With love,  
YOUR FAMILY**

# Datebook

**THURSDAY, OCTOBER 17, 2019**

Today is the 290th day of 2019 and the 25th day of autumn.

**TODAY'S HISTORY:** In 1931, Al Capone was convicted of income tax evasion and sentenced to 11 years in prison.

In 1933, German refugee Albert Einstein immigrated to the United States, where he would live and work for the rest of his life.

In 1989, a 7.1-magnitude earthquake struck Northern California, killing more than 60 people.

In 2006, the U.S. population topped 300 million for the first time.

**TODAY'S BIRTHDAYS:** Jean Arthur (1900-1991), actress; Jerry Siegel (1914-1996), writer/illustrator; Arthur Miller (1915-2005), playwright/novelist; Rita

Hayworth (1918-1987), actress; Beverly Garland (1926-2008), actress; Evel Knievel (1938-2007), stunt performer; Michael McKean (1947- ), actor; Mae Jemison (1956- ), scientist/astronaut; Norm Macdonald (1959- ), actor/comedian; Mike Judge (1962- ), animator/writer/director; Ernie Els (1969- ), golfer; Wyclef Jean (1969- ), rapper/producer; Eminem (1972- ), rapper; Felicity Jones (1983- ), actress.

**TODAY'S FACT:** In 1952, Albert Einstein was offered the post of Israeli president, which he politely declined.

**TODAY'S SPORTS:** In 1968, the International Olympic Committee expelled American Olympic sprinters Tommie Smith and John Carlos from further participation in the Games for raising their fists in protest against racial discrimination during the victory ceremony the

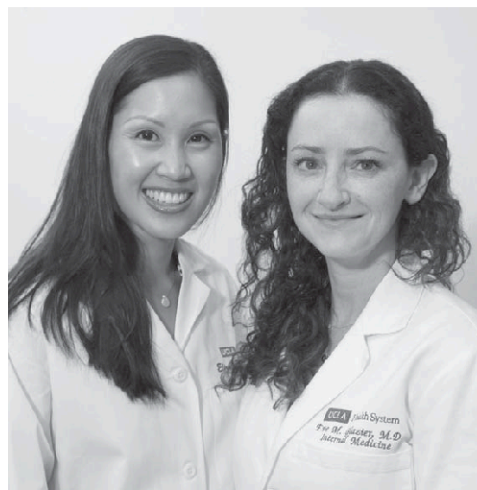
previous day.

**TODAY'S QUOTE:** "The apple cannot be stuck back on the Tree of Knowledge; once we begin to see, we are doomed and challenged to seek the strength to see more, not less." — Arthur Miller

**TODAY'S NUMBER:** 4 — performances in 1944 of Arthur Miller's first play, "The Man Who Had All the Luck," before it closed to poor reviews.

**TODAY'S MOON:** Between full moon (Oct. 13) and last quarter moon (Oct. 21).

## Moisture is the key to battling hemorrhoids



**ASK THE DOCTORS**

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

Hello dear readers, and welcome to the first letters column of autumn. Are we alone in wondering how summer flew by so quickly? Here at Ask the Doctors headquarters, you've kept our mailboxes full, so we're diving in.

— We got a lot of mail after a column about hemorrhoids, with writers ranging in age from a new mother in her 20s to older adults. The common theme in their advice to fellow hemorrhoid sufferers? Moisture.

A woman in her 70s, writing from Oklahoma, finds relief in the tub. "One way I've found to keep hemorrhoids

from being so painful is to take warm baths," she writes. "For me, this works much better than any medicine I have found."

A man in South Carolina, who has struggled for decades with the maddening itch, says his doctor suggested a bidet. "I ordered one that attaches to the toilet for about \$40," he writes. "I have not had any itching since, so it's worth a try!"

— A reader with dentures wonders about the potential health effects of the adhesive that keeps the devices in place. "I sometimes have to use the adhesive twice a day in order to eat meals, or else I wind up biting the insides of my bottom lip," she writes. "Is daily ingestion of denture adhesive harmful?"

Some denture adhesives contain zinc, a mineral that our bodies need for good health. However, an excess of zinc over time can cause health problems, including nerve damage, often in the hands and feet. There have been some reports of zinc toxicity among denture wearers, but in those cases the person used two or more tubes of a zinc-based adhesive per week. According to product instructions, a single tube is meant to last seven to eight weeks.

In this particular case, it's possible that the dentures no longer fit properly, which can happen due to bone shrinkage. We recommend seeing your dentist. Your existing dentures may need to be

relined, or you may need to be fitted for new ones.

— In response to a column about Lyme disease, a reader asks whether tests have improved since 1996, the year she had a run-in with a deer tick. The answer is yes, today's tests are more accurate. However, it takes several weeks for antibodies to Lyme disease bacteria to develop, so it's possible to get a false negative if one is tested too soon. It takes four to six weeks after infection for the Lyme test to show an accurate positive result.

— We'll close with a thought from a reader in Pennsylvania who thought something was missing in a recent column about mindfulness and meditation:

"As a former geriatric nurse, I have often seen patients calmed by prayer, a Bible reading and a Scripture quote as they face a serious operation or death," she wrote. "I think this deserves to be mentioned in reference to the calming and beneficial effect it promotes."

As always, thank you for your thoughts, kind words and ideas. We look forward to hearing from you, and will see you for another letters column next month.

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

## Do Just One Thing



By Danny Seo

There are lots of compost bins you can buy at the store that feature tight-fitting lids, integrated carbon filters (to absorb odors) and pretty designs so they look good on your kitchen countertop. Instead of buying one, you can always repurpose an old stock pot into a compost bin. A stainless steel one works best, since it can be washed easily, but any pot with a tight lid will work and keep odors and insects away. If you don't have one, there are plenty of used pots at any thrift store that will work, too.

### 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

## LENNOXVILLE

Uplands Cultural and Heritage Centre presents Connexions, the third and final component of our Art Bridge project that combines art and cultural mediation (funded by Canadian Heritage). The Connexions exhibition aims to initiate, inspire, and gather the public around the works of eleven innovative artists: Kaitlyn Card, Maya Cashaback, Joanna Chelkowska, Holly Fedida, Mira Doheny, Philip Dutton, Karine Guyon, Trevor McKinven, Regine Neumann, Catherine Ostiguy and Karl F. Ehrlich. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville) is open Wednesday to Friday 10 a.m. to 4:30 p.m. and on weekends from 1 p.m. to 4:30 p.m.

## RICHMOND

The Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, will be holding their annual fundraising Chicken Pie Supper on Saturday, October 26 from 4:30 p.m. to 6:30 p.m. A delicious meal of chicken and biscuits, squash, homemade rolls, coleslaw, and our famous selection of pies, will be served. Only 225 tickets will be sold at the door. We hope to see you there!

## LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, October 20 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

## LENNOXVILLE

The Bishop/Champlain Student Refugee Program is holding their annual used Book Sale at the Lennoxville United Church Hall on Thursday, October 24 from 4 p.m. to 8 p.m.; Friday, October 25 from 11 a.m. to 8 p.m. and Saturday, October 26 from 9 a.m. till noon. Fill a bag with books for \$5 between noon and 1 p.m. on Saturday. For donation of books, drop them off at the United Church Hall on Tuesday, October 22 between noon and 6 p.m.; on Wednesday, October 23 between 9 a.m. and 6 p.m. and Thursday, October 24 between 9 a.m. and noon, with thanks. For more information Lissa McRae 819-432-2755.

## (CANCELLED) SOUTH DURHAM

Talent Show at South Durham United Church on Sunday, October 20 at 1 p.m. Admission charged. Light refreshments served after the show.

## BURY

Annual Painting Exhibitions in Bury: On October 19 from 10 a.m. until 3 p.m., please come and enjoy the annual painting exhibition where talented local artists exhibit their paintings, at two places, the Bury United Cultural Center and the Armoury Cultural Center. Both buildings are located on Main Street in Bury. Lunch will be available at the Bury United Cultural Center for a modest cost. Please come and celebrate our talented local artists.

## RICHMOND

Story Time at the Daniel Ménard RCM Library, 820 Gouin St., Richmond on Friday, October 18 at 7 p.m. Theme: Halloween. All welcome.

## AYER'S CLIFF

Fall Roast Beef Supper on Saturday, October 19 to benefit Beulah United Church, 967 Main St., Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy, horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838 5815. Adults \$15, children 12 and under \$7. Everyone is welcome!!

## LENNOXVILLE

Advance notice: Lennoxville United Church's Christmas Bazaar and Turkey Supper will be held on Saturday, November 16. Doors to the Bazaar will be open from 3 p.m. to 6 p.m. Only 2 sittings for the Turkey Supper this year: 4:30 (Wendy Durrant: 819-346-6448) and at 5:30 (Frankie Noble: 819-348-9118). You might like to reserve early this year. No change in price.

## RICHMOND

The ladies of the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, will be holding their fall Rummage Sale on Saturday, October 19 from 9 a.m. until noon. So think of us when you are doing your fall clean up! Donations will be accepted on or before Friday, October 18. All proceeds go to the church funds.

## THETFORD MINES

Craft Sale at A.S. Johnson/St-Patrick Schools on Sunday, October 20 from 10 a.m. to 3 p.m. Hot dogs, drinks, sweets and coffee sold at noon. A painting by artist Roland Dostie to be raffled. Sponsored by the School Foundation. Join us!!!

## IVES HILL

Annual Turkey Supper and prize giving of Sherbrooke-Compton Plowing Match on Friday, October 25 at the Ives Hill Community Hall at 7 p.m. RSVP before Tuesday, October 22 by calling Felicia Kirby 819-572-2413.

## BISHOPTON

Annual Spaghetti Supper (Halloween theme), fundraiser for St-Clément Church in Bishopton, on Saturday, Octo-

ber 26 at 5 p.m., followed by a dance at 7 p.m., at St-Clément Parish Hall, 73 Main Street. Many draw prizes to be given. Adults: \$15, Children 5 to 12: \$6. Information: 819-884-2165.

## NORTH HATLEY

Veiled Like Me: About Bill 21. Rachel Garber: What I learned from the "Veiled Like Me" experiment, and reflections on Quebec's Bill 21 (An Act Respecting the Laicity of the State) that forbids some public employees to wear "religious symbols," including the hijab. Information about a possible court challenge to the law on the grounds that public debate was short-circuited in order to deny basic rights to Quebec citizens that would otherwise be guaranteed by the Quebec and Canadian Charters of Rights and Freedoms. Sunday, October 20 at 10:30 a.m. UUEstrie, 201 Main St., North Hatley. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie. All are welcome.

## LENNOXVILLE

St-George's Church Hall 84 Queen St. - 2019 Fall Rummage Sale, 10 a.m. to 5:30 p.m., on Thursday, October 31; 10 a.m. to 7 p.m. on Friday, November 1 and Bag Sale on Saturday, November 2, 8:30 a.m. to noon. Articles may be left at the Church Hall week of October 27. For further info or pick-up of articles please call 819-562-6245 or 819-346-5056. Save your \$\$\$ - Shop with us!

## LENNOXVILLE

Did you know that you have rights as a user of the health and social services network? Community Aid wishes to invite you to an information session with Josée Rourke, President of the CHUS

Users' Committee and Angela Moore, Complaints Advisor with CAAP-Estrie, to better understand your rights and responsibilities as a user of health and social services, the role of the Users' Committee, and CAAP-Estrie's services, including how CAAP-Estrie can help you if you are dissatisfied with the health and social services network. The session will take place on Thursday, October 24, 2019 from 1:30 p.m. to 3:00 p.m. at the Amédée-Beaudoin Community Center. For information, please call 819-821-4779.

## RICHMOND

The Richmond Legion invites you to their Brunch this Sunday, October 20, from 9 a.m. to noon. Reserve by calling 819-826-3444 or in person at 235 College Street, Richmond. Contribution. Welcome to all.

## HUNTINGVILLE

Grace Village welcomes you to be immunized in our upcoming Community Flu Vaccine Clinic on Wednesday, November 6 from 8:30 a.m. to noon and 1 p.m. to 4 p.m., 1515 Pleasant View Street, Sherbrooke, QC, J1M 0C6. Parking located in the front and back of the Care Pavilion. All are welcome! A \$10 service fee is applicable for visitors and family members. RAMQ card is required for immunization. Refreshments will be served. For more information call 819-569-0546 or email info@masscom.ca

## BULWER

The next 500 card party is on Thursday, October 24 at 1:30 p.m. at the Bulwer Community Center, Jordan Hill Road. Admission for cards and lunch with prizes following the card games.

Join  
THE  
**RECORD**  
in saying thank you to  
our veterans

PHOTO OF  
YOUNG  
CANADIAN  
SOLDIER

Name:

Hometown:

Age when enlisted:

Regiment:

Served:

A few words about him:

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.


They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

**The Record will publish a special section November 7** on Townshippers' contribution to the war effort.

**Send photos before October 31 to**  
[classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)



**If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525**

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# Disappearing daughter-in-law

Dear Annie

THURSDAY, OCTOBER 17, 2019

**Dear Annie:** My son was married eight months ago and now lives on the other side of the country. During their courtship, engagement and wedding, I did everything I could to be friends with his wife. I bought her a rehearsal dinner dress, which she approved of at first. I helped her dress for the dinner. I invited her to go shopping. I called. I texted. I reached out because I knew she would not be so inclined.

There were several things that happened with her parents and her during the wedding plans that were hurtful. The most hurtful was that their seating chart put my mother, my sister and me at the back of the room, while his father's table and her parent's table were in a place of honor.

The latest to occur was today, her birthday. I called first thing to wish her a happy birthday, but there was no answer. I left a very nice message. I also sent her a really cute card that my son said arrived yesterday. I received no text, at the very least, no acknowledgment and no thank you.

My question is this: Is straightening this out his responsibility? Shouldn't he be upset that she ignores and disrespects his mother?

I am not overbearing, though I know that the above may sound like I was pushing myself on her. This all took place over several years. I really don't call very often and try to be the opposite of what my own mother-in-law was. I eventually got divorced and she was probably one of the reasons.

Do I speak to my son and let him know that it is up to him to fix this? Do I tell him if his kids don't have any relationship with me, then it's because of him?

He is so grateful to this girl that he walks on eggshells. Right now, she is supporting him while he finishes school. She has made the comment that she is the breadwinner and he is the caregiver.

Meanwhile, I have mostly made peace with the situation and have decided that as long as my relationship with my son is good, that's all that matters. The above questions stem from my mother prompting me to have it out, so to speak, with my son. My instinct is to just let all this go.

What should I do? — Hurt Mother-in-law

**Dear Hurt Mother-in-law:** First, do not tell him that if his kids don't have a relationship with you, it is because of him. That is putting all the blame on your son and taking no responsibility.

It sounds like your daughter-in-law is tough. The question you have to ask yourself is how to best navigate this. If your goal is to be close to your son, daughter-in-law and grandchildren, maybe now is the time to pull back. Give them their space while letting them know that you would always love to see them.

It must be hard on your son to constantly we walking on eggshells in his marriage. Have compassion for him and keep being a kind and sweet mother.

All of the issues regarding the rehearsal dinner rein the past. Have a direct conversation with her and apologize if she felt that you were mean to her that night. Be direct and tell her that she is a part of your family now and you very much value family and love her.

I think your own instinct of letting it go will be far more useful than "having it out" with your son. Best of luck!

**Dear Annie:** I've been divorced for a long time. My ex-husband, "Joe," is living with "Sue." She is the one who broke us up. I don't care about that part anymore; she can have him.

I'm upset because my granddaughter got married recently, and they gave Sue a corsage, too. When I saw them give it to her, I said to myself, "What the heck?" My other daughter was with me and she said, "Get over it, Ma." I was hurt but said nothing.

After the wedding, when they were taking pictures, they said, "Let's have the grandparents." Sue walked up with my ex. Again, I said nothing.

My ex is not married to Sue, even though they have been together for a long time, which is why my other daughter said she got the flowers. Does sleeping with

Grandpa make you Grandma? These are my granddaughters. I birthed their mothers. I gave up my weekends to babysit the granddaughters. I picked them up from day care and took them to my house until someone could pick them up. I was always there. Do I have to share my title of Grandma with Grandpa's girlfriend? — Am I Wrong

**Dear Am I Wrong:** Love is not a finite resource. That your granddaughters show love to Sue does not mean they care any less for you.

The fact is that this isn't about you vs. Sue or even you vs. your ex. Whether or not you think it's fair, they are both going to be a part of your children's and grandchildren's lives. Now it's for you to decide how you'll behave. I suggest you try out being the bigger person. You might be amazed how much better you feel.

And remember, Sue is not the one who broke you up: Give your ex-husband the credit for that.

**Dear Annie:** I have been living with the same guy for 25 years. We have a 22-year-old daughter together. I am listed as a dependent on his taxes. I have not worked a job since our daughter was born. (Well, at least not a job in the sense of getting a paycheck).

This man promised me marriage and even proposed, but never went through with actually planning a wedding and getting married. He bought a condo 10 years ago, and just decided to sell it. And now he just tossed me away. Do I have any rights? — Left Behind

**Dear Left Behind:** By default, unmarried couples don't have any rights to each other's property. Unless you two had drafted a property agreement, I'm afraid you're out of luck here.

Additionally, according to the legal resource Nolo, "In most states, neither unmarried partner is entitled to receive any alimony-type support after a breakup unless there is proof of a clear agreement to provide post-separation support."

I am sorry that your 25-year relationship has come to an end. In time, you'll feel more set free than tossed away.

**Dear Annie:** This is in response to "Still Missing My Sweetheart," whose friends don't ask her how she's doing. When I lost my mother several months ago, I found it very annoying when friends and relatives would ask how I was doing. How, I wondered, am I supposed to put into tiny, little words the indescribable pain, loss and sorrow that I was experiencing — especially in a way that the other person would understand? To be honest, it was exhausting, and I came to dread seeing a loved one approaching me with that look of sympathy, knowing they were about to ask, "How are you?" — D.

**Dear D.:** People struggle with what to say to someone who is grieving, and that often leads to stilted, uncomfortable conversations. Thank you for sharing your insights. I am so very sorry that you lost your mom.

**Dear Annie:** Every day, I see kids in the front passenger seat with their feet on the dashboard.

This is incredibly dangerous. In a low-impact crash that does not signal air bag deployment, this body position has moved the seat belt, assuming it's being used, off the waist and onto the abdomen, and near the throat. Worse, though, is the knees are in completely the wrong orientation to flex and move with the force of the crash.

Air bags deploy beginning with moderate crashes, defined as hitting a parked car at about 20 mph. In other words, almost every crash deploys the air bags. An air bag deploying directly under the feet can lead to devastating, life-altering injuries to the feet, ankles, knees, hip and tendons.

An air bag system must detect a crash of enough force and then fully deploy the air bags in less than 80 milliseconds, which is less than one-tenth of one second. The fundamental

point is for the head and torso to contact a fully deployed air bag (now an air pillow). Contact with the surface of an air bag that is still expanding at great speed results in facial injuries, as well as possible upper torso injuries.

In fact, on impact, the air bag is already deflating. This is why air bags are in no way an excuse to not wear seat belts, which slow your body's forward motion until the air bag is fully inflated. — Concerned Driver

**Dear Concerned Driver:** Not only is putting your feet on the dashboard incredibly dangerous, as your letter points out, it's also unattractive and bad manners. It is on the same level of rudeness with putting your feet on the table. Yuck.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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DIFFICULTY RATING: ★★★★★

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10/17

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### PREVIOUS SOLUTION

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

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

### 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.

" M C H T H T R E W N S M N R M N L S N K Z G  
J N Z M S N X . . . O X E Z D M D E S M C H T F X K D ,  
E Z G M C D S D ' T Z N M C H Z L H J E Z G N ."  
— G E P H G F N U H D

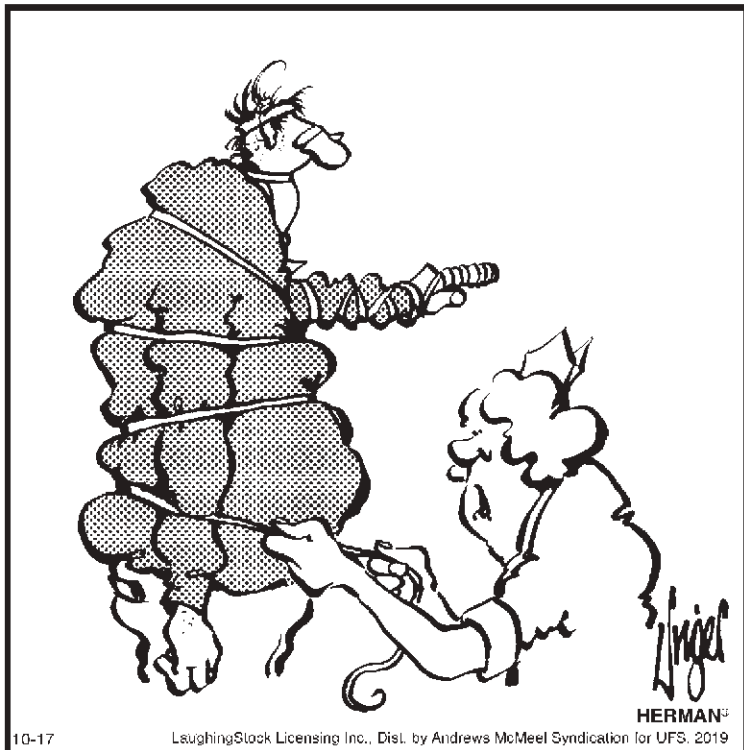
Previous Solution: "Someday girl ... we'll walk in the sun. But till then, tramps like us — baby, we were born to run." — Bruce Springsteen

TODAY'S CLUE: P s j e n b e M

### REALITY CHECK



HERMAN

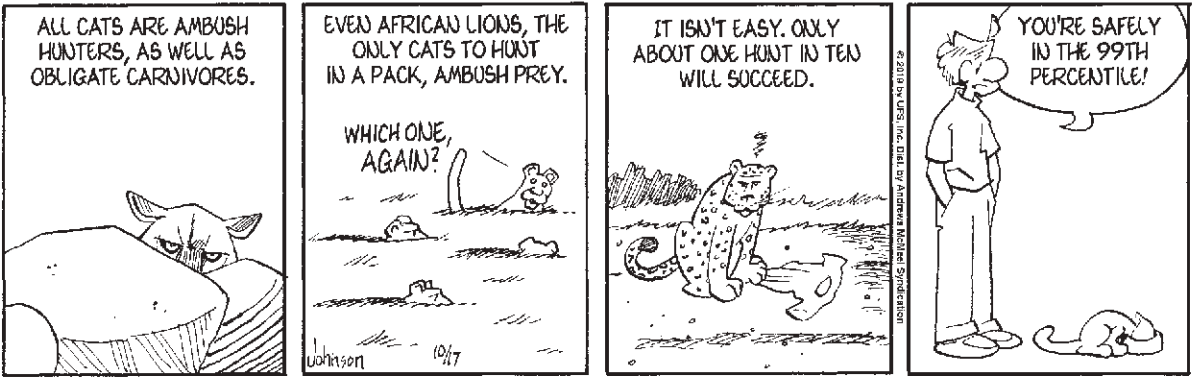


"I wonder why they make these finger bandages so long?"

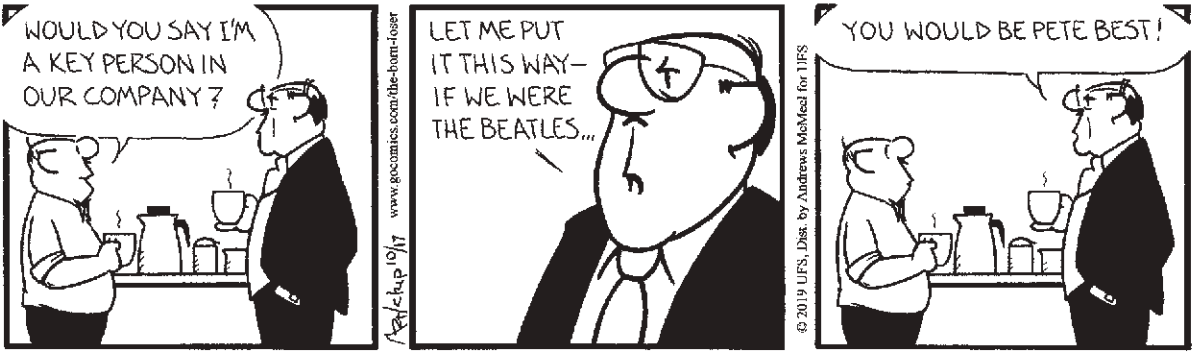
### ALLEY OOP



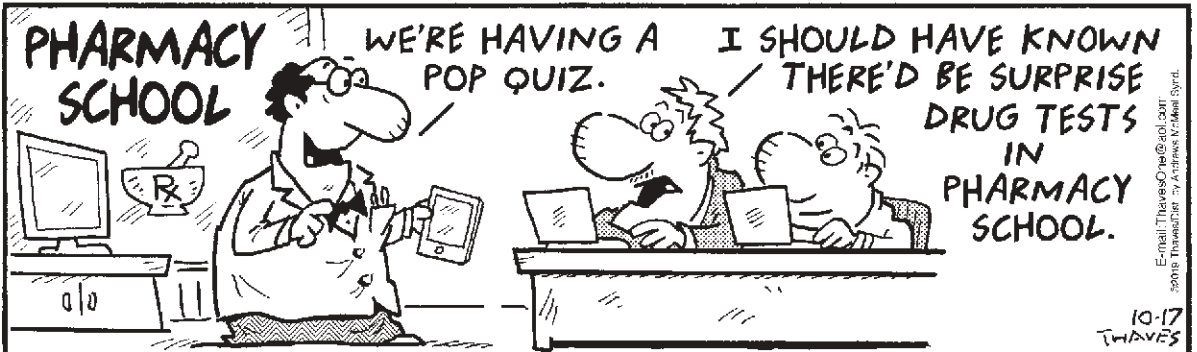
### ARLO & JANIS



### THE BORN LOSER



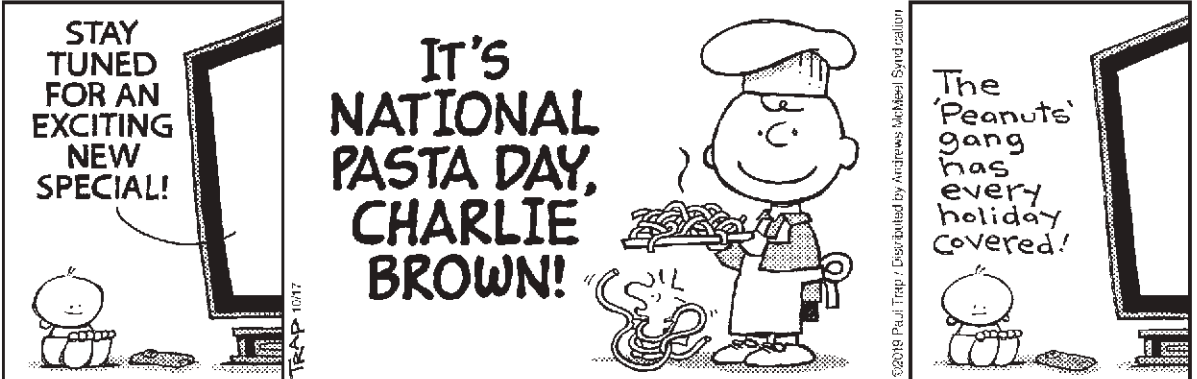
### FRANK AND ERNEST



### GRIZWELLS



### THATABABY



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 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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340 Garage Sales

Craft Sale - 6 Church St., Lennoxville on Saturday, October 19 from 9 a.m. to 3 p.m.

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**THE RECORD**

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## Compton Historical Society holds meeting

Compton - The members of the Compton Historical Society met on October 5 in the conference room at Wood's Restaurant (Compton) with an attendance of 8 (7 members and 1 guest).

The President, Jean Marc Lachance, opened the meeting, and the Lord's Prayer was recited in unison.

Sue Nichols, Secretary, read the minutes of the previous meeting, and they were approved as read.

The Treasurer, Ellie Bailey, gave the finan-

cial report, and it was approved as read.

A card was signed by everyone for one of our members who is still not doing very well.

Jean Marc spoke about the big new Town Hall building, which is now being constructed in Compton. It will hold a bank, town hall, post office and several conference rooms. It should be completed in the spring of 2020.

Our society's French group will meet on October 17 and November 14.

One of our members attended a showing of covered bridges in our area, which she found

very interesting. Louise Abbott was the tour guide.

Jean Marc showed us a copy of the 1798 map, showing land in our area, and gave information on some of the people who owned property there.

Next meeting April 4, 2020, same time, same place.

The meeting was adjourned.

Submitted by Sue Nichols

## Stop fiddling with the food! And other mistakes cooks make

By Katie Workman

We all love getting kitchen tips, those little tricks we should be doing to make us better cooks. But sometimes it's the things we should stop doing that matter.

A dozen common kitchen mistakes, and how to easily correct them:

### 1. NOT READING THE RECIPE ALL THE WAY THROUGH

Before you start cooking, make sure you a) have all the ingredients, b) think through the timing of the steps and c) look up directions that might be confusing. This way, you don't find yourself staring at the recipe in dismay when the words "marinate overnight" or "chill for at least four hours" pop up at the same moment your kids yell, "What's for dinner?"

### 2. USING TOO SMALL A TOOL

Ever try blending dough in too small a bowl? Transferring a casserole into a too-tight baking dish? Chopping a pound of spinach on a tiny cutting board? Using a paring knife to dismantle a squash? Bigger is mostly better when it comes to kitchen prep. It means less mess, less overflow in the oven and, often, more safety.

### 3. NOT PREPPING INGREDIENTS

As you get more comfortable in the kitchen, you will learn to multi-task, so you are mincing fresh herbs while the chopped onions are browning. But if you're still getting your kitchen sea legs, have all your ingredients prepped and ready to go before you begin cooking. The French call this *mise en place*, or everything in its place. It means that when the recipe says, "add onions, garlic and oregano to the pan," the onions are chopped, the garlic is minced and the oregano leaves are pulled from the stem before you start cooking any of them.

### 4. WORKING WITH A DULL KNIFE

Sharp knives are safer than dull ones that slip and slide. If you don't have a knife-sharpening tool, or feel intimidated by the task, "There are lots of stores and services that can help you out," says Alison Cayne, founder of Haven's Kitchen cooking school in New York City. "You are not expected to know how to sharpen yourself!" Many kitchen stores, like Williams-Sonoma or Sur la Table, will sharpen knives, and you can look for other places online. You might even be able to get your

knives picked up and dropped off.

### 5. FIDDLING WITH THE FOOD AS IT COOKS

"Leave it be!" says Cayne. "So many people feel the need to poke and stir and flip way too early. Let your meat char on the grill before trying to flip it. Let your broccoli sear in the pan before tossing." Only when food has some sustained time up against direct heat will it brown and caramelize.

### 6. TAKING THE SUGGESTED COOKING TIME ON THE PACKAGE AS GOSPEL

"When I cook pasta at home, I never follow the cooking times on the package. I generally cook it two minutes less. This way, after you strain it and it sits a little, it won't overcook," says Bill Telepan, executive chef at Oceana Restaurant in New York. "Even better," he says, "if you put slightly undercooked pasta directly into the sauce and let it simmer for a minute or two, it will flavour the pasta better."

### 7. OVERCOOKING

Remember to account for "carry-over cooking" - the fact that when you take food from the heat, it will continue to cook. Carry-over cooking is often discussed with meat, since meat's internal temperature will continue to rise even after you pull it from a hot pan. Pork chops can go from just done and juicy to dry and tough. But carry-over cooking also applies to lots of foods, including baked goods and vegetables. Roasted asparagus that comes out of the oven tender can get too soft upon sitting, so pull it out a few minutes before it's reached the doneness you are looking for.

### 8. CUTTING MEAT BEFORE IT'S HAD A CHANCE TO REST

Allowing meat and poultry to sit for a while after it is removed from the stove, grill or oven not only lets it finish cooking but ensures that the juices stay inside, where they belong. When meat cooks, its protein fibers contract, and if you cut into it right away they won't have had a chance to relax and reabsorb the juices. This is why you might cut into a steak right off the grill and see it perfectly cooked to a beautiful rare or medium rare, and then a few minutes later it seems to have lost its rosy hue, and all its juices are on the cutting board. Let thick steaks rest 8 to 10 minutes before cutting. Big roasts or whole birds should rest between 20 and 30 minutes before carving. This may seem like a long time, but rest assured the meat will still be warm.

### 9. GETTING DISTRACTED

Dana Cowin, editor in chief of Food and Wine Magazine for over 20 years, and author of "Mastering My Mistakes in the Kitchen," says that after working with numerous chefs and experts, "Here's what I learned NOT to do: Don't get distracted. Don't answer your email, help your kid with homework or catch up on the news. When you're distracted, that's when the pine nuts burn, the butter blackens, the caramel hardens, the chicken dries out, the meal gets ruined."

### 10. SEASONING THE DISH ONLY ONCE

Don't just salt the onions you are sauteing for the sauce and call it a day. Conversely, don't make the whole sauce recipe and add salt at the end. Add a bit of salt, and adjust other seasonings as you build the dish, tasting as you go, if possible.

### 11. FORGETTING TO SALT THE COOKING WATER

Add salt to the water - whether for pasta, vegetables, poaching shrimp or chicken - until it actually tastes salty. Your food won't absorb all this salt by a long shot, but it will become seasoned and more flavourful. For pasta, grains or some vegetables like potatoes, this really makes a difference, as the starch is absorbing the salted water as it cooks.

### 12. SKIMPING ON THE TIME IT TAKES TO FULLY PREHEAT YOUR OVEN

The beep indicating your oven has reached the desired temperature is probably a bit premature, says Dorie Greenspan, author of the cookbook "Everyday Dorie: The Way I Cook." Says Greenspan: "An oven repair person once told me that when the light on my oven indicated that it had reached temperature, I should wait another 15 minutes before putting in whatever I was baking. The oven needs that time to be truly at temperature, and to be able to hold its temperature when you open the door. This is particularly important with cookies because they bake for such a short time." She advises keeping a thermometer in your oven.

Katie Workman writes regularly about food for The Associated Press. She has written two cookbooks focused on family-friendly cooking, "Dinner Solved!" and "The Mom 100 Cookbook."

(The Associated Press)

# NEA Crossword Puzzle

# Your Birthday

THURSDAY, OCTOBER 17, 2019

tage of you. Stick to facts and to the people you know and trust. It's a good time to look at certain contracts.

**ARIES** (March 21-April 19) — Be passionate about whatever job you are given. If you do your best, you will be rewarded. An opening that becomes available will provide you with a chance to try something new.

**TAURUS** (April 20-May 20) — Don't make a fuss. Get whatever has to be done out of the way and move on to what you'd rather be doing. A discussion will help bring you closer to someone special.

**GEMINI** (May 21-June 20) — Get involved in matters that involve children or creative projects that allow you to use your skills in unusual ways. Keep busy and live within your means. Verify the information that someone offers.

**CANCER** (June 21-July 22) — A change will turn out better than anticipated. Get together with someone who brings out the best in you. Love and romance will improve your personal life.

**LEO** (July 23-Aug. 22) — Don't feel that you must make a move just because someone else does. You are best off putting your energy into projects that interest you and will lead to personal benefits.

**VIRGO** (Aug. 23-Sept. 22) — Keep your emotions well hidden from anyone who tends to take advantage of you. Focus on personal changes that will improve your body, mind and soul. Romance is on the rise.

Set goals that are doable, rewarding and commensurate with your long-term plans. Pay close attention to the rules and regulations and keep everything up to date. Being fully prepared is favored if you want to make the most of the opportunities you encounter. Make fitness and health priorities.

**LIBRA** (Sept. 23-Oct. 23) — Dig in and find out all you can before getting involved in a joint venture. Money matters should be handled carefully. Don't leave someone else in charge of your affairs.

**SCORPIO** (Oct. 24-Nov. 22) — Review your personal documents and make updates to them. A change should be welcomed, as long as it is geared toward adding stability to your life. An unusual form of entertainment will inspire you.

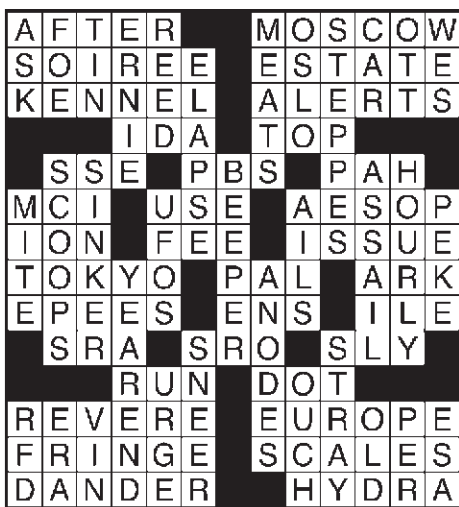
**SAGITTARIUS** (Nov. 23-Dec. 21) — Don't forget to look at the fine print. Having a broad view can be useful, but if you neglect small details, you will hit roadblocks at an inopportune time.

**CAPRICORN** (Dec. 22-Jan. 19) — Nothing happens overnight, but with a definite goal you'll be surprised at what you can accomplish. A discussion you have with someone close to you will lead to a change of attitude.

**AQUARIUS** (Jan. 20-Feb. 19) — Set up a budget for your next project. Rearrange your living quarters to better suit your current situation. Offer your space for a gathering or special-interest group.

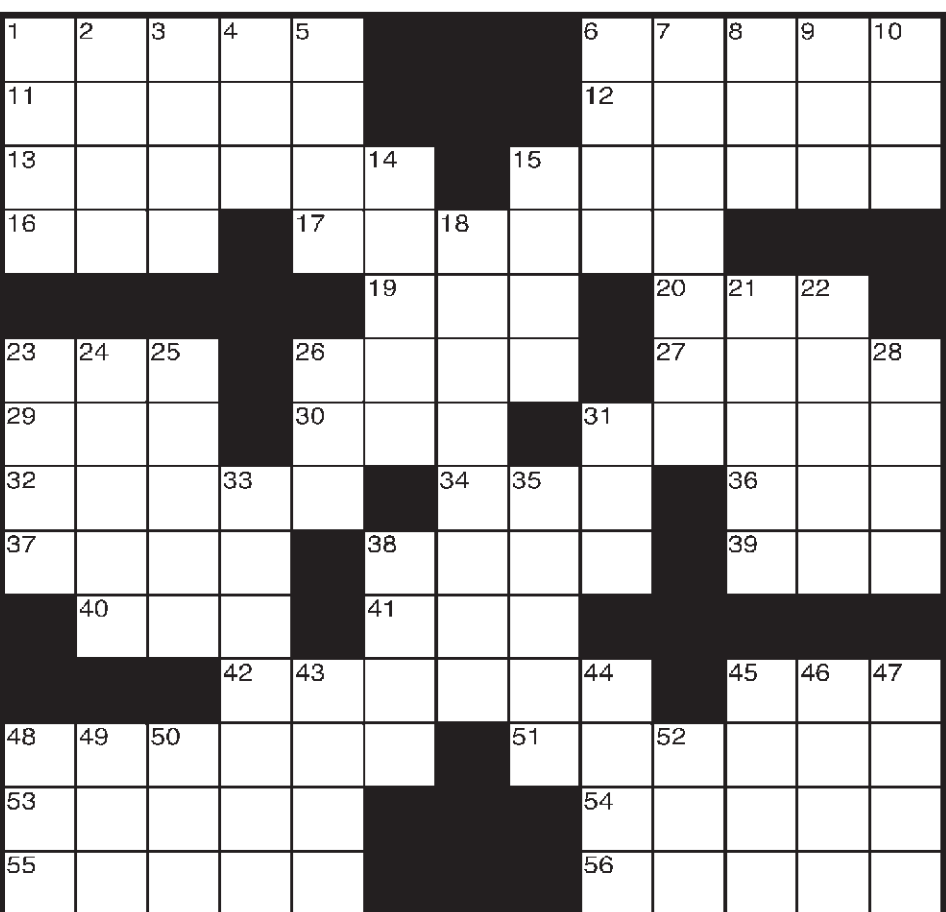
**PISCES** (Feb. 20-March 20) — Don't be fooled by someone trying to take advan-

Answer to Previous Puzzle



- ACROSS**
- 1 Bygone anesthetic
  - 6 Dog complaints
  - 11 Oar pin
  - 12 Bauxite giant
  - 13 Dubbing
  - 15 Norway neighbor
  - 16 Overwhelming feeling of wonder
  - 17 Seeping out
  - 19 Before Sept.
  - 20 John, in Aberdeen
  - 23 Shellac resin
  - 26 Inscribe indelibly
  - 27 Major Hoople's word
  - 29 Future fish
  - 30 Computer key
  - 31 Whisper on stage
  - 32 String quartet member
  - 34 Witch, to Shakespeare
- DOWN**
- 36 Utter a falsehood
  - 37 Busy Paris airport
  - 38 Roller coaster, for example
  - 39 Mess up
  - 40 Road topping
  - 41 Midwest st.
  - 42 More doubtful
  - 45 Chemist's hangout
  - 48 Back fence yowler
  - 51 Mar
  - 53 Wolf pack member (hyph.)
  - 54 Pep up
  - 55 Proof of ownership
  - 56 Leavening agent
  - 1 Vulcan's forge
  - 2 Defrost
  - 3 Domicile
  - 4 Cotton gin name
  - 5 Gamblers' mecca

- 6 Gape open
- 7 Poems of lament
- 8 Digital watch readout
- 9 Edgar Allan —
- 10 — Quentin
- 14 Fall guys
- 15 Relieved sound
- 18 Squash
- 21 Lithe
- 22 Rock bottom
- 23 Crazy
- 24 Ward off
- 25 Type of lily
- 26 Want ad abbr.
- 28 Big bucks?
- 31 Geological period
- 33 Melodious
- 35 Found the sum of
- 38 Fissure
- 43 Kismet
- 44 Trust
- 45 Molten rock
- 46 Does extremely well
- 47 Leaned over
- 48 Egyptian boy-king
- 49 — -Wan Kenobi
- 50 Bon — (witticism)
- 52 Archaic interjection



THURSDAY, OCTOBER 17, 2019

## How to slow declarer's advance

By Phillip Alder

Newman's first law: "It is useless to put on your brakes when you're upside down."

Paul Newman particularly loved Joanne Woodward, his seven children, acting and motor racing. Yesterday, we watched declarer zoom to the finish line in this four-heart contract by ruffing his low diamond on the board with the heart jack. But how could East-West have put the brakes on South's progress? Is it possible if West leads the club nine (or six)?

After West's minimum opening bid, North's takeout double and East's response, South bids what he thinks he can make.

Since declarer made four hearts yesterday by ruffing a diamond on the board, obviously the easiest way to defeat the contract is for the defenders immediately to play three rounds of trumps. Of course, that is easier said than done.

If West leads a spade (either the ace or a lower one), and his side shifts to hearts at trick two, that is also good enough.

But what about a club lead? At first glance, that might not appear

North		10-17-19	
♠	Q 9 7 2		
♥	J 4 2		
♦	8 3		
♣	A K J 4		
West		East	
♠	A J 3	♠ K 10 8 6 5	
♥	K 5	♥ A 8 6	
♦	Q J 10 9 7 4	♦ 5 2	
♣	9 6	♣ 10 7 3	
South			
♠	4		
♥	Q 10 9 7 3		
♦	A K 6		
♣	Q 8 5 2		
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	1♦	Dbl.	1♠
4♥	Pass	Pass	Pass
Opening lead: ♦ Q			

to be successful — but it is, if East and West are as skilled as Formula One drivers!

South wins the first trick, cashes his two top diamonds and ruffs his low diamond with dummy's heart jack. However, East overruffs with his heart ace and returns the club 10, the high card being a suit-preference signal for spades.

Declarer takes that trick and plays a trump, but West wins and shifts to the spade three. East wins the trick and gives his partner a club ruff. Vroom, vroom.