

75 CENTS + TAXES

PM#0040007682

THURSDAY, DECEMBER 7, 2017

Richmond Christmas choir celebrating 20 years of community music

By Gordon Lambie

The ecumenical Christmas choir is an annual tradition in the Richmond area that dates back decades; two, to be precise. It was in 1996 that the group first came together at the behest of Audrey Husk and Heather Barrie and under the direction of Francine Beaubien. Thanks to a year off in the winter of 1998, that makes this year the group's twentieth of singing together for the holidays.

The group, which draws its vocalists from Richmond and the surrounding communities, is known for its cantatas telling the traditional nativity story through song and verse. Under the musical direction of Richmond Centre d'art music teacher Diane Duguay since 1998, the composition of the choir has grown and changed over the years, accompanied by a wide range of instrumentalists.

"We've always had a violinist or a flutist, sometimes both, to add color to the performance," noted Beaubien, who has stayed on with the choir as pianist and a project coordinator over the years. "One year we had a string trio and other years I had students help out with percussion."

Baubien and fellow coordinator Charlotte Griffith both pointed out that many of the group's members have been involved since the early days, with other dedicated members having passed away.

Asked if the group is doing anything special for their anniversary year, Griffith explained that the choir has taken on a challenge.

"The format this year is not a Cantata," the choir member said, explaining

CONT'D ON PAGE 5

Mansonville Optimist Club celebrates with a family Christmas event



MABLE HASTINGS

By Mable Hastings

On Sunday, December 3, the Mansonville Optimist Club held a family fun day at the Baluchon School in Potton with over 150 in attendance. The event included inflatable games, miniature horse rides, outdoor games, indoor face painting, crafts, a hot dog lunch and a visit from the Snow Fairy, North Pole Elves and

Mr. and Mrs. Santa Claus.

The children lined up after lunch and had their photos taken with Santa and Mrs. Claus and each child shared their wish list and received candy bags from Santa. The young and young at heart were quick to find a free knee and whisper into Santa's ear as smiles were abundant with joy.

"This year we wanted to do some-

thing special in celebration of family," said organizer, Jennifer McGeean. "We normally have Santa come and distribute gifts but this year, we put our funds toward activities that the children and their parents could enjoy together."

Jennifer was quick to acknowledge the help of those who coordinated the event with her: Erin Oliver, Shana and

CONT'D ON PAGE 3

Clinique de denturologie Josée Lauzon

- Manufacture and repair of dental prosthesis
Free consultation
1 hour repairs

281 Sherbrooke St., Magog | 819 769-0552

Josée Lauzon d.d. Denturologist

The Record e-edition

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

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

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

Record subscription rates (includes Quebec taxes)

- 1 year print: \$155.91
- 6 month print: \$81.85
- 3 month print: \$41.57
- 12 month web only: \$82.21
- 1 month web only: \$7.46

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

Subscribing is as easy as 1,2,3:

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

Weather



TODAY:
CLOUDY

HIGH OF 0
LOW OF -4



FRIDAY:
CLOUDY

HIGH OF 0
LOW OF -5



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -1
LOW OF -9



SUNDAY:
SUNNY

HIGH OF -9
LOW OF -12



MONDAY:
60% CHANCE
OF FLURRIES

HIGH OF -3
LOW OF -9

House decorations just like me: simple and old



ROSS MURRAY

As a newly elected town councillor, my wife was invited to the town hall annual Christmas dinner, and as her spouse, I was invited along. That's right: I was political arm candy, and I've never been prouder.

Prior to leaving for the event, Deb informed me that dress was casual. It was decidedly not. Thankfully, I successfully convinced everyone that my look was "A Salute to the Denim-Clad Men Who Built This Town and the Women Who Knit Casual Sweaters for Them."

What do we learn from this? One: on domestic issues, my wife's credibility has taken a hit. And two: when it comes to Christmas, you don't need to go all out. It's all about attitude. As many people say, less is more. The people who say this usually have less to begin with and are merely trying to make themselves feel better, but there is a truth to it.

With that in mind, and as we ease into the Christmas season like a sexy elf costume that is nowhere near as sexy as you thought it would be (a story for another time, perhaps), I'd like to offer some tips on how to have yourself a Murray Little Christmas. This week: lighting up! The house, that is.

For starters: NO BLOW-UP THINGS!

You know who didn't have blow-up things? The Baby Jesus! Christmas decorations are supposed to symbolize elements of the birth of Christ - evergreens representing eternal life, lights representing the Christmas star, reindeer representing things we like to eat. The only thing a blow-up penguin represents is a spike in your Hydro bill.

Blow-up lawn decorations also open the door to overly broad definitions of "Christmasy." Down the street, there's a house that has a blow-up Christmas dinosaur. You know it's a "Christmas" dinosaur because it's wearing a Santa hat. (Any archeologist will tell you that you can't get near a dig without tripping over half a dozen fossilized Santa hats.) Next to the dinosaur is a blow-up Noah's ark.

This is crazy: Noah's ark and dinosaurs have nothing to do with Christmas; they're both in the Old Testament! But as the saying goes, those who don't know history are doomed to inflate it.

Mostly, though, you don't want inflatable things on your lawn because they are new. Yes, yes, they've been around for more than 10 years, but they're not old, like tradition old, like my-casual-sweater old. I feel the same way about any new Christmas songs by new singers, and not merely because they have titles like "Get All Up in My Chimney" or "You and Me and Mistletoe is a Harassment Suit Waiting to Happen."

Which brings me to the second rule of decorating your house the Murray Little Christmas way: DON'T CHANGE ANYTHING! Whatever you've been doing for the past 20 years, keep doing that. Otherwise your children will be confused. They'll see you buying new decorations

and think you have money and then they'll ask you for it. No one wants that.

Your spouse might also be upset with your messing with tradition, and she may take it out on you by vindictively downplaying holiday dress codes.

Stick with what you know. In my case, this is a string of lights outlining the edges of our front porch. We've been putting these lights up the same way for nearly 25 years, and we inherited the strings of lights from Deb's parents, which means we are keeping alive a longstanding Christmas tradition of electrical hazards.

Thankfully, unlike those seizure-causing projectors that turn your house into Studio 54, these older lights are completely inefficient and give off only the softest of glows and mildest of shocks.

Remember: Christmas is a time for the senses, not just lights and music but also smells. A mere whiff of the fake plastic holly we string along the railing of the porch and I'm whisked back to a time when manufacturing standards were merely suggestions, when asbestos was a miracle fibre and plastic contained the goodness of lead.

So what if you breathed in the dust of that artificial wreath that partially disintegrated in your hand after years in the basement exposed to damp and cat urine. This is what you do! Tradition! Why, I've been handling these mould-infused, disintegrating substances for years and I've turned out just Finland.

Keep tradition alive! You, on the other hand, can be replaced.

Next time: How to make small talk at Christmas parties that doesn't involve explaining why you're wearing sneakers.

Sherbrooke town council announces changes to cabinet staff

Lussier parts ways with chief of staff

Record Staff
SHERBROOKE

Sherbrooke Mayor Steve Lussier has announced the end of his working relationship with chief of staff Daniel Bergeron, citing a difference in values.

"Mr. Bergeron was an outstanding col-

laborator throughout the election campaign," Lussier said. "However, I noticed that we do not share the same values and I preferred to terminate our agreement. I thank him for his support and wish him the best of luck."

Bergeron assumed office on November 13 and had not signed a contract with the City.

The Mayor's Office says that current political attaché Sylvain Vessiot will assume the duties of acting chief of staff.

The Mayor says he will not give any media interviews on the subject for the moment and indicates that no file handled by the Office will be delayed because of the change of personnel.

Ben by Daniel Shelton



LOCAL NEWS

The garden project placed in the top five in its category thanks to votes from the public and then won over the jury, which awarded the funds in the "Community welfare" category.

Maison Aube-Lumière wins \$50,000 Aviva Canada prize

Record Staff
SHERBROOKE

Thanks to generous support from the Sherbrooke community, La Maison Aube-Lumière hospice care centre has won a \$50,000 prize in the Aviva Community Fund's Canada-wide competition. This money will enable the centre to build its long-awaited therapeutic garden, the first in Quebec dedicated to people at the end of life living their final days in a hospice.

The garden project placed in the top five in its category thanks to votes from the public and then won over the jury, which awarded the funds in the "Community welfare" category.

"We want to warmly thank the people of Sherbrooke who mobilized to vote for our project," says Maison President Élisabeth Brière. "We are very grateful because thanks to this support we will finally be able to realize our therapeutic garden, which will benefit patients and their families, as well as our employees and volunteers.

In hopes of improving the quality of if the some 2,500 patients, families and

loved ones every year, La Maison will build a therapeutic garden behind the main structure.

Studies have shown that therapeutic gardens provide benefits to the psychological, emotional, and physiological health of patients. Access to nature significantly increases positive feelings in patients and reduces emotions such as fear, anxiety, and sadness. Positive impacts are even felt at the physiological level by a decrease in blood pressure, cardiac activity, and muscle tension.

Usually, therapeutic gardens are advocated in a curative approach. However, the real health benefits of using a therapeutic garden are quite helpful at end-of-life, which is naturally anxiety-provoking.

The garden will include well-defined areas: an area for vegetable plants, apple trees and small fruit, an area for aromatic plants such as lavender, a water area with a fountain and bird houses, and islands of various plants and flowers. The therapeutic garden will also be fully lit for optimal use, even in the evening.

This cost of the project totals \$80,000.

The Coaticook Vocational Training Center is committed to providing the entire workforce for this project, with the support of the students and teachers of the "Landscaping" and "Horticulture and

Garden Center" programs. . This represents a contribution of \$20,000. The Sébastien Duchesne Fund will also provide a contribution of \$10,000 for the project.



COURTESY

Top left, Sylvie Bergeron, Director of Volunteering and Support Services; bottom left, Élisabeth Brière, President. Top right, Chantal Roy, Director of Financing and Communications, and bottom right, Marie Bécotte, General Manager of La Maison Aube-Lumière celebrate their Aviva Community Funds award for their Therapeutic Garden project.

Santa visits to Lennoxville Sunday

Record Staff
SHERBROOKE

The Borough formerly known as Lennoxville is inviting residents to its traditional Santa Claus visit this

Sunday, Dec. 10, from 1 p.m. to 4 p.m. at the fire station, located on Samuel-Gratham St. next to the borough offices.

Santa's visit has been organized as usual in partnership with the

Lennoxville Volunteer Firefighters Association Inc. and is aimed at young and old. In addition to treats for participants, several activities are also being planned including horse drawn sleigh rides, a

colouring table, crafts, games, face-painting and inflatable games.

Mansonville Optimist Club

CONT'D FROM PAGE 1

Laurianne Cherrier, Sophie Germain, Reilly House for donating close to 200 cookies! A big thank you to Lesters for the donation of hotdogs, Multi-Marque Boulangerie Canada Bread Ltd for the buns, the men in the kitchen: Raymond Cherrier, Mikey Mierzwinski and Stéphane Gauthier, Virgin Hill Coffee for the free coffee and hot chocolate, Marche Richelieu for all of the time given in organizing the food for the event. Dominique and Jacques

Ducharme for the use of their great Elf and Snow Queen costumes, the OPP of the Baluchon for decorating, and all of the other volunteers who made the event possible; a huge thank you to Santa and Mrs. Claus for their visit and the goodie bags made by Santa's little helpers Jasmine and Jaykob Mierzwinski.

"It takes a village to put something like this together and the Optimist Club is very appreciative to all who contributed," said McGeean. "We do this for the kids and with that in mind; everyone goes above and beyond to help."

The event began at 11am and ended at 3pm and after a day of indoor and outdoor fun, surely there were many tired but happy children as bedtime rolled around that evening. The only concern seemed to be how they were going to sleep and not disturb the face painting that was done with impeccable accuracy and artistic flair!

Next up, the Optimist Club will begin their Opti Ski program for the children from Potton attending either local elementary school. The program runs from January to March. For more informa-

tion, contact: Éric Deschênes at 450-292-0677 or eric.cultivart@gmail.com

If you would like to donate to the Mansonville Optimist Club, donations can be issued and sent to: Club Optimiste de Mansonville, CP 441, Mansonville, QC J0E 1X0

Christmas is a time for children and Optimist Clubs focus on bringing opportunities and joy to the kids in each community. Mansonville is one of many who celebrate its families and children.

PHOTOS BY MABLE HASTINGS



Anyone up for some high school drama?

By Gordon Lambie

Theatre fans in the Lennoxville area are in luck, with not one but two different high school plays coming up over the next two weeks.

First, starting tomorrow night at 7:30 p.m. the Bishop's College School Players' Club is mounting a production of *Murder on the Rerun*, a murder-mystery comedy written by Fred Carmichael.

Set in a Vermont ski lodge, the play offers a witty yet suspenseful look at the life of Hollywood celebrities through the eyes of Jane, an Oscar winning screen writer who was pushed down the stairs and Kitty, an angel from "up there" who is trying to earn her wings. While taking the audience through the journey of discovering Jane's killer, director and BCS Drama teacher Miranda McGie said that the work also shines a light on celebrity culture.

"I tend to pick plays that mock soci-

ety," the director said, "and our society idolizes celebrities."

Student Actress Grace Gardner, a veteran of the BCS stage, said that she particularly enjoys the way that the play explores the idea of life after death. Cast in the role of Kitty, the would-be angel, Gardner is in the position of trying to sort out the details and balance the moral scales among a group of off-again, on again egocentric friends.

"They're very self-important, stereotypical celebrities," Gardner said, adding that the production has been a fun experience.

Murder on the Rerun runs from December 7 to 9 starting at 7:30pm each night.

The following weekend, Alexander Galt Drama will be presenting a Christmas story of love and loss in *Searching for David's Heart* by Cherie Bennett.

"I've been wanting to do a drama for a while," said Galt Drama teacher Olivia-

Louise Grenier, explaining that she tries to keep each play different from the one before it so that students get a varied experience of the performing arts.

In brief terms, Grenier said that *Searching for David's Heart* is about a Christmas miracle. Set in the present day, the story deals with contemporary family struggles, the challenges of growing up, and the pain of losing someone close. Looking at the upcoming production, the teacher said that the story is one of the more challenging that has been put on in her time at the school because of its realism and the complexity of its staging.

This will be Kevin Parnell's sixth time involved with a play at Galt but because of the nature of the show, and his role as the titular character of David, he said that this time is very different.

"The goal isn't necessarily to make people laugh," Parnell said, noting that most of his previous roles have been in comedies. This time around he is faced with the challenge of connecting with the audience without necessarily relying on humour. "I've really learned a lot."

With a cast of only 13 actors, which Grenier pointed out is small for a high school production, there has been more time for the actors to develop their characters and really dig deep into what motivates them. This, the drama teacher noted, is important in the context of a story where there is no fantastic setting or magical force to fall back on.

Searching for David's Heart will be presented at the Alexander Galt Auditorium from December 14 to the 16th at 7:30pm



COURTESY

BCS cast (Top) Thuy Anh Doan, Ivannia Gomezgil Yaspik, Sebastian Colley, (Bottom) Robert Bohong Fu, Violetta Zeitlinger Fontana, Grace Gardner and Leah Annia Plante-Wiener



JENNIFER TAYLOR LOWD

Most of the cast and crew of *Searching for David's Heart* at AGRHS: Back Row (left to right): Elijah Frechette, Laurie Chenard, Caitlyn Gerrish, Mackenzie Christie, Michael Gearey, William Andrade Poulin, Natalya Jones, Abby Oakley, Nevada Lane. Center Row: Emma-Lee Bernais, Sara Thibodeau, Emily Fowler, Kaylee Deadman, Courtney Andersen Stubbart, Draven Grandshire Sawyer, Jordan Maysenhoelder Goodsell. Front Row: Josee-Anne Lafond, Gregory Ryan, Kevin Parnell, Evangelina Sheppard, Evan Andrews, Olivia Louise Grenier

Did you know...

That a gift of **life insurance** can have a far greater impact than you might think as it may allow you to make a larger gift than you could make from your current disposable income.

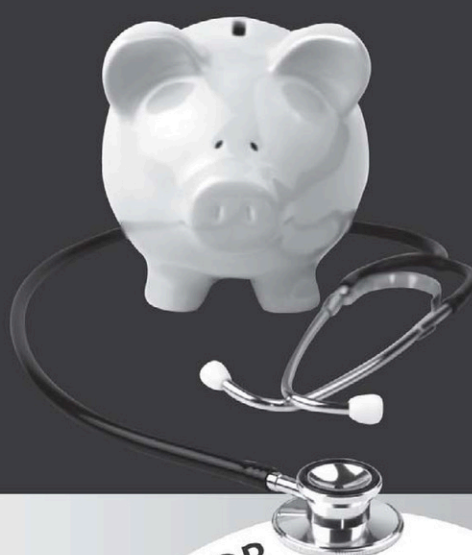


The CHUS Foundation will issue you official tax receipts for premiums paid on the policies it owns.

A planned gift: a gesture for life



For information on planned giving, please contact François Lefebvre at 819.820.6450 # 24752



TYPICAL DONOR

Healthy person, aged between 25 and 65, wishing to make a considerable donation to the CHUS Foundation but who might not necessarily have the financial means to do so during his or her lifetime.

Police nab two teens with stolen vehicle

Record Staff
SHERBROOKE

A call from a citizen led to the arrest of two hooded individuals lurking in the area of Evangeline St. in Sherbrooke.

Patrol officers from the Sherbrooke Police intervened shortly after midnight early Wednesday morning.

During a routine check, police discovered that the Chrysler 300 vehicle the two were in had been reported stolen.

The two suspects, aged 17 and 18, were arrested and face charges of possession of a stolen vehicle, possession of a stolen bank card, and breach of conditions.



CANADIAN CATHOLIC ORGANIZATION FOR Development and Peace 1 888 234-8533 www.dev.org

Missisquoi North Volunteer Centre celebrates its volunteers



THE SCOOP
MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) held a Volunteer Recognition Party on December 5 as part of the International Day of the Volunteer initiative. With 75 in attendance including Potton Mayor, Jacques Marcoux and council members, Jason Ball and Michael Laplume, the event held at the office of the CABMN was jam packed with a joyful buzz as attendees enjoyed cheeses donated by the Fromagerie St.Benoit du Lac, wine donated by the CAB Board and volunteers as well as meat platters prepared by the Marche Richelieu (Jacques Ducharme).

"We are proud to announce that the CABMN now has 166 registered volunteers that contribute immensely to the community and beyond in so many ways," shared CAB President, Charles Laurin.

As part of the evening, The Karen

Muzerall Memorial Award for outstanding volunteer contribution was awarded to three of the long-time CAB volunteers: Brenda Clark, Laurette Rouleau and Kenneth Wraight, all of whom have been giving of their time and talents for over twenty years as part of the CAB family of volunteers. The awards were presented by members of the CAB staff who spoke from the heart while addressing the recipients with emotion and pride.

"Volunteering is one of community's most valuable resources," said Potton Mayor, Jacques Marcoux (husband of Karen Muzerall). "Karen contributed as a volunteer to this community and she would be so proud if she were here to have this award given in her memory,"

he continued.

Musician, David Sturton was present at the event where he performed a song in memory of Karen entitled, "These are a few of my favorite things." Sturton was a lovely addition to the celebration and performed with ease bringing the crowd along with him as he gently strummed the guitar and sang.

The CABMN staff, Board of Directors, and Committee Members wish to extend their appreciation to volunteers everywhere for the tremendous contribution made and the time given. Without volunteers, community life would definitely suffer and Potton is proud to boast in regards to its people power.

For more information about the

CABMN, visit www.cabmn.org where you can sign up to receive their newsletter with weekly updates in regards to programs, events and special announcements. You can reach their office and Youth Centre by calling: (Main Office) 450-292-3114 or the (YC) at 450-292-4886



Madeleine Soucy, Janine Sourdif and Danelle Cousineau (member of the CAB Board of Directors) enjoying the party in recognition of CABMN volunteers



CAB Coordinator of Volunteers, Sarah Jersey presents one of the three Karen Muzerall Memorial Volunteer Awards to Brenda Clark who has been volunteering for close to 30 years with the CAB.

Richmond Christmas choir

CONT'D FROM PAGE 1

that although people in the community refer to the group and its annual performance as "the cantata," that term actually refers to a specific kind of musical composition. "We will call this a Christmas Concert, and we will sing the International Carol Suites written and orchestrated by Mark Hayes."

Once again under the direction of Duguay, the choir of 31 voices will be joined by Beaubien on piano and Julie Miller on flute and percussion in performing traditional carols of Europe and of the Americas, with narration being provided by Nick Fonda. Griffith said that the work has proven to be much more of a challenge for the singers than usual.

"This year's work has indeed been more challenging but it has inspired singers to work harder," Beaubien said. "The International Carol Suites is a collection of five suites of approximately 10 minutes each in duration, sung in roughly ten languages and providing an opportunity for ten soloists to sing a

short passage."

The accompanist pointed out that some of the soloists are called upon to sing in Polish or Russian, stretching their own linguistic comfort zones.

"The suites cover music from Western and Eastern Europe, from the British Isles and from South, Central and North America" she continued. "There is a medley of about five to seven carols in each suite, bringing the total number of carols to over 30."

As a part of the choir's annual outreach to the community, this year's work was already performed last weekend for residents of the Wales Home, but the full concert is set to take place again this coming Saturday night at and Sunday afternoon at the Richmond-Melbourne United Church. The Saturday night performance starts at 8 p.m. while the Sunday matinee will begin at 1:30 p.m. As always, the entrance fee is a free-will offering to help offset the cost of putting on the concert

"Everyone is welcome," Griffith said. "We look forward to sharing this gift of music with the community."



JACQUES BEAUBIEN

LOOKING FOR AN ORIGINAL GIFT?

In 2016, The Record published a commemorative book entitled "**County Fairs of the Eastern Townships**". This book includes pictures taken over the past century from all the fairs in the region. Cost is \$15 per book (taxes included).

We also have a limited number of Book 2 of "**Decades of Headlines**" compiled into one book. This book covers some of the most important headlines and stories from the front pages of the newspaper - wars, depression, floods, crime and punishment - from 1921 to 1930. Available at \$15 (taxes included).

For more information, call **819-569-9528** or email us at billing@sherbrookerecord.com.

EDITORIAL

"This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge . . ."

Don't dry your pet in the microwave and other important warnings



TIM BELFORD

I fear for the world. Everywhere about me there are signs of the apocalypse and I don't just mean the election of Donald Trump as President of the United States. It is becoming clear, on a daily basis, that under every celebrity rock there lurks a sexist snake. In the far east a chubby little maniac has his fat finger on a button that can only cause a nuclear holocaust. And warning notices for new appliances are now designed for fools.

Sure, new products, especially those involving electricity, fire or gasoline, need instructions. The problem is that manufacturers are now so terrified in this, the age of the lawsuit, that they've gone completely off the deep end. Not only that but because of the global economy these instructions are being written by the under-paid minions of an off-shore supplier toiling in a place where English is obviously the second, third or possibly fourth language.

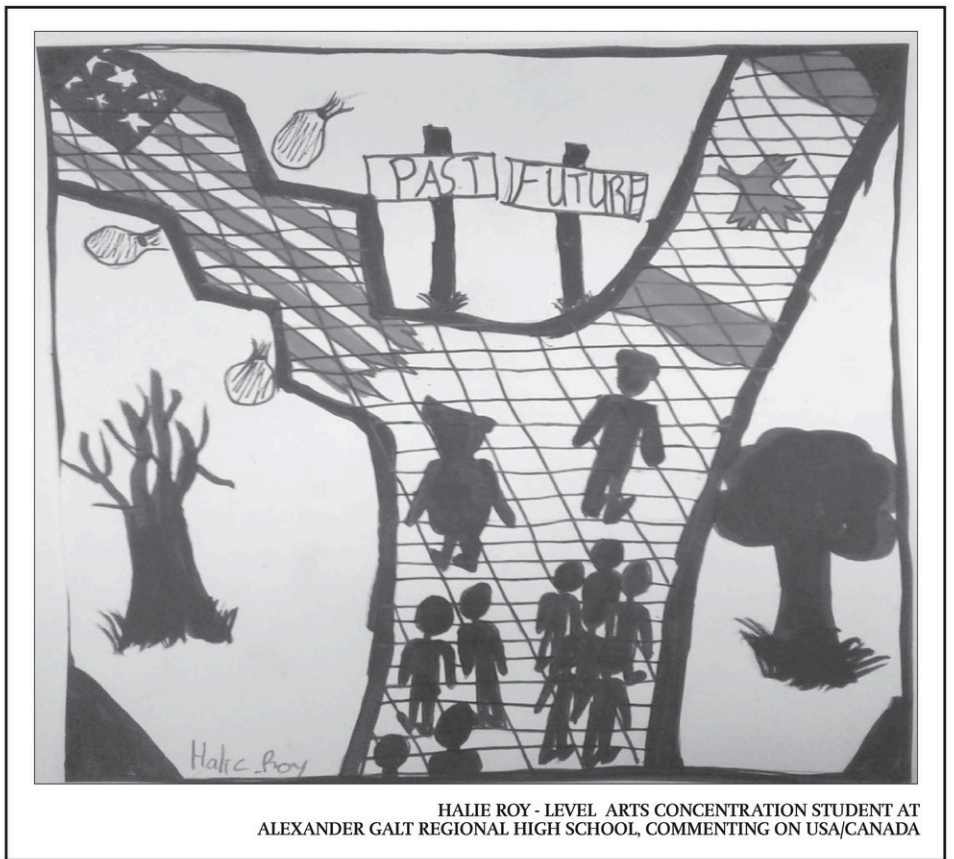
The love of my life recently returned home from a shopping jaunt with a brand, spanking new state-of-the-art microwave oven. Of course, it came with 27 pages of instructions on the assembly,

care, and operation of said oven. Covering everything from a "warning" section to the "auto reheat" function, the booklet is presumably designed to ensure hours of happy, accident-free use. It is also presumably written to be read by congenital idiots.

Take this gem for example. "During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven." Imagine that, an oven that becomes hot. Surely this would have come as an unpleasant surprise if not for the warning. There's more. "Do not use the oven for the purpose of dehumidification (for example, operating the microwave oven with wet newspapers, clothes, toys, electric devices, plants, soil, pets or any other living matter inside it)." I can see it now. Fluffy comes back from her walk a little wet around the edges? No problem. Just pop her in, set the "Quick Start" function for 30 seconds and no need for messy towels.

Interestingly enough, unlike the instructions, "This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge . . ."

She who must be obeyed also decided to pick up a new toaster while on the shopping spree and once again the story is a sad one. Now, I admit I come from a generation where toasting "instructions" consisted of 1.Open toaster. 2.Put in bread. 3.When bread is brown on one side flip over until brown on the other, but does a new toaster have to be so complicated.



HALIE ROY - LEVEL ARTS CONCENTRATION STUDENT AT ALEXANDER GALT REGIONAL HIGH SCHOOL, COMMENTING ON USA/CANADA

Once again we are told the toaster will get hot - the give away here being the word "toaster" - and to be careful not to touch the metal surface. We are also admonished "To protect against electrical shock, do not place any part of the toaster in water or any other liquid" which I suppose means a toasted tomato sandwich in the bathtub is out of the question. By the way, if there is any doubt in your mind over what should go into the toaster besides bread, bagels and biscuits there is this warning: "Oversized foods, metal foil packages or utensils must not be inserted in the toaster, as they may involve a risk of fire or electric shock." No kidding? Speaking of things in the toaster, it came with two cardboard inserts in the slots presumably to keep the elements from damage during shipping. Just so there would be no mistake, on each piece of cardboard was clearly printed, "Remove before using."

I did mention the language thing earlier and am fairly sure in the case of the microwave "the purpose of dehumidification" when applied to newspapers, puppies and the like really meant "drying." In the case of the toaster however, I was stumped by the use of the term "appliance garage" when referring to storage of the unit. We are told to always unplug the toaster when placing it in the "appliance garage" and to make sure it doesn't touch the interior wall of the garage and that the door of the "appliance garage" doesn't hit the toaster when it closes.

Either having an entire garage dedicated to your toaster is the latest rich people's thing or the writer of the pamphlet actually meant a specific cupboard in the kitchen for you toaster. Given the rest of the instructions, it could go either way.

Bibeau to hold pre-budget consultations

Record Staff

Marie-Claude Bibeau, Compton-Stanstead MP and Minister of International Development and La

Francophonie, is inviting members of the community as well as private, public, and community organizations in her riding and the Greater Sherbrooke area to take part in pre-budgetary consulta-

tions initiated by the Minister of Finance, the Hon. Bill Morneau.

"The Canadian economy is now growing faster than any other country in the G7 and the Government of Canada wants to ensure that this success benefits all citizens," Bibeau says. "To achieve this goal, it is important to consult the residents and organizations of our region."

Socio-economic stakeholders from all sectors of our region are invited to submit a short brief by December 14, 2017, to marie-claude.bibeau.c1@parl.gc.ca. The brief should describe the challenges faced and propose concrete examples of how

government support would enable their organization to address them.

A public event led by Bibeau will be held at the Old Lennoxville Golf Club on Wednesday, December 20, during which the briefs will be presented. The general public is invited to attend but can also actively participate in the consultation process by visiting the website www.budget.gc.ca/2018/prebudget-prebudgetaire/index-en.html and answering four short surveys.

"This initiative demonstrates my strong desire to work in partnership with local stakeholders and to be constantly listening to the people of the Eastern Townships," Bibeau concludes.

THE RECORD

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

SHARON McCULLY PUBLISHER (819) 569-9511
 STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS

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

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

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

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

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

The Record is published daily Monday to Friday. Back copies of The Record are available.

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

PM#0040007682

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

Member
 ABC, CARD, CNA, QCNA

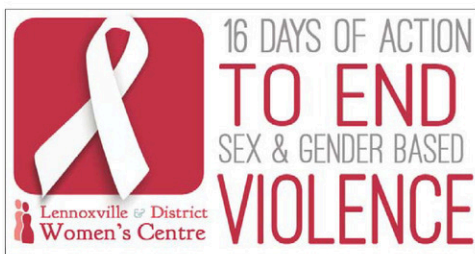
Follow The Sherbrooke Record on Facebook and Twitter!

[sherbrookerecord](https://www.facebook.com/sherbrookerecord)
[@recordnewspaper](https://twitter.com/recordnewspaper)

Editor's note:

This article gives the detailed account of an incest survivor and contains graphic and disturbing details of sexual assault which may be an emotional trigger for some readers.

The Brave ones



By Ocean Francoeur

“For the life of me I cannot remember him waking me. Not that first time.

I remember I was so scared. I wore my favorite little yellow and white night gown. It was long; tiny white flowers all over it, with ruffles on the sleeves and around the bottom. I felt like a princess when I had it on. He held my hand in his gently as we walked closer to the bathroom. My heart raced. Into the bathroom we went. He closed the door behind us: Locked!”

So begins Serena Davis’ testimonial. She was four-years-old the first time her father sexually assaulted her. The horror continued for ten years. Davis had kept this dark secret for 35 years before coming forth as an incest survivor.

“I lived in Austin, Quebec, in a house across the street from a beautiful family. We went to school together. The girls were so happy all the time. I wanted to be like them. I wanted their dad instead mine,” said Davis. “Please make it stop’. Those famous words... I have no clue how many times I got down on my knees and prayed to God to please make it stop. Nothing more, that's it. That one thing is all I ever prayed for, every single night on my knees. That is a lot of praying. But nothing, nothing at all. In fact, it got worse.”

Davis shared that she would silently beg her mother for help, but was too afraid to confide in her. “To make a sound would have brought severe consequences,” she said.

“When I was 9 years old I had chicken pox really bad: in my throat, my ears, my vagina even. I was so sick, but that didn't stop him at all. He took no pity on me, not even in that state,” said Davis. “I stopped believing in God that day. I can remember so well because it is not the kind of thing you can forget. From that day on I changed; I became someone else. I was not Serena anymore. I became very violent towards my brother. To this very day I can't even imagine how he can stand to be near me.”

“As I got older he became more and more obsessed with wanting to enter me. He wanted to be the one to take my virginity. I was terrified every time that he would just do it,” disclosed Davis. “The older I got the more sick he got. I think I was 15 when he sold me for \$20 to an old man. I was told to go meet up with him at his car in 15 minutes. I ran. I had to keep eyes in the back of my head that day. Every time he saw me he

screamed: "You owe me!" I had no one to run to. I could not go to mom. She had to stay with him and carry his beer. He would not even give her money to eat. She used to make peanut butter sandwiches so we could have some food.”

Along with sexually assaulting his daughter, Davis’ father was a violent drunk, terrorizing the entire household. “One time he beat my mom so bad. He always did it in front of us,” recalled Davis. “I stood there, screaming my lungs out at him to stop. He punched her so many times in the arm that night, it broke. Closed fist, he punched her over and over until he broke her arm.”

As a teenager, Davis turned to drinking and drug use to deal with the trauma of what she was living at home. “I was trying to stop the hurt,” she said. “Today, I cope with my meds, of course, and I do a lot of advocating.” To this day, she deals with anxiety and panic attacks when getting in cars because of her experience with her father’s drinking and driving.

“He was just such a nasty, miserable person. I could not and still do not understand what made him look at me and do those things, say the things he said, talk about me in such nasty ways,” said Davis. “He would tell other people that he couldn't figure out what was wrong with me, why I was such a slut, a whore. He would tell my boyfriends "Oh, you're going to put in a hard time with her" or "She won't keep you long." Stuff like that. Why? I will never know why.”

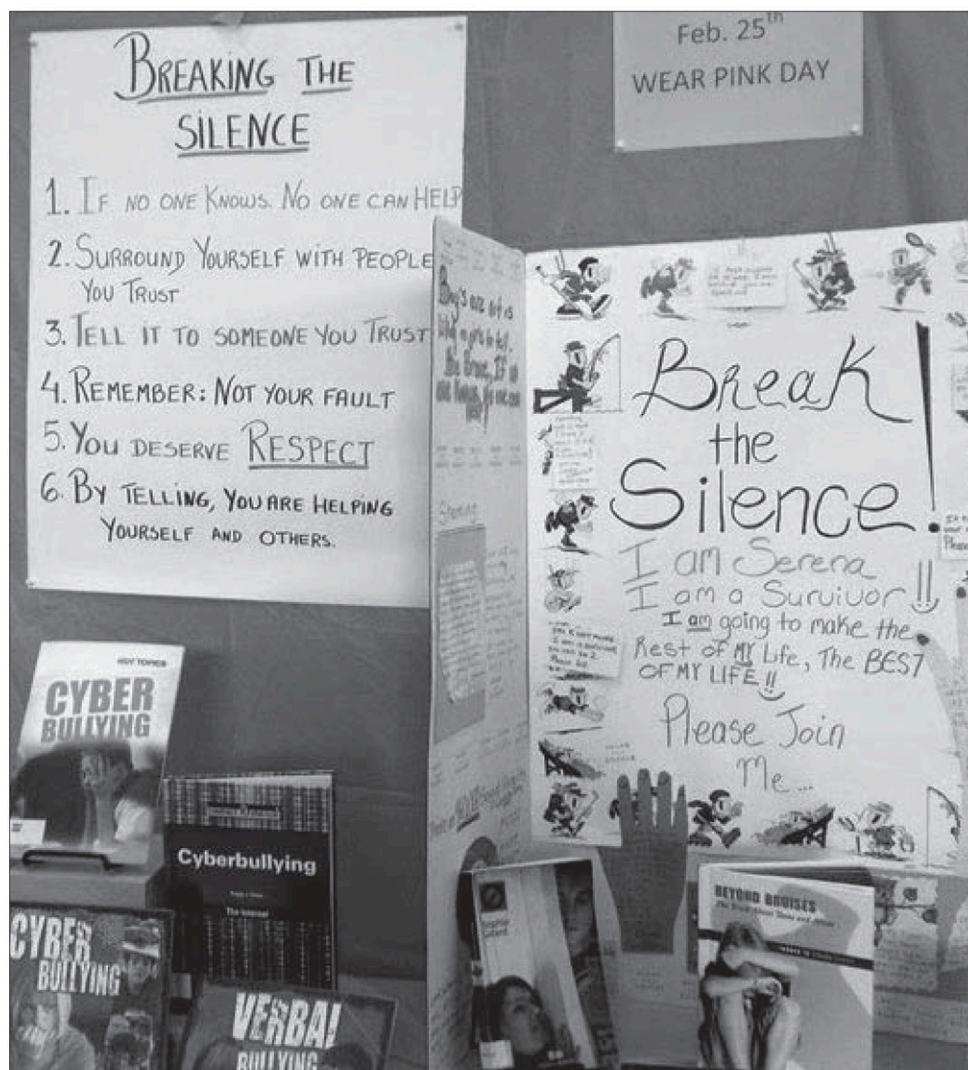
“He has this way of making me feel like I am nothing. He would cheat, steal, and lie right to your face. And you would believe him.”

After ten years, the sexual assault stopped and Davis chose to forgive her father. “When I thought I was the only one, it didn't seem to matter,” she confided. However, in 2011, she found out she was not her father’s only target. Another young girl, who was nine at the time, came forth and told Davis’ mother that she had been molested.

“After she came out with what he did, I honestly thought: I just want to die, this can't be,” she said. “I started out by going online and joining a few support groups. For months, I did not say a thing. I just read their stories. I came across one page for incest survivors, then I met a woman from another group and we started talking one on one. Her story made me think: if she can do it, I can too.”

Davis and the young girl talked a lot. According to Davis, she was the one who helped her heal the most. The young girl was the one who gave her the push she needed to share her story.

“I told mom, then the young girl and I made the report. He was picked up and charged with molesting and incest. I can't even begin to express how scared we both were. All the trips to the police



station, all the statement giving and interviews and just the having to say it in detail out loud. It was horrible and sick, but thank goodness for her, this brave one,” shared Davis. “No matter how scared and no matter how many times I puked my guts out, no matter how much I hate remembering, it is all worth it. She has given me part of my life back. I feel like I owe her my life. I love her, the little brave one. She is my everything!”

The court process was extremely grueling for Davis, yet, according to her, it was the first time she felt a little bit of freedom.

“I did well I think, I looked only at the judge. I choked up and wanted to throw up. My heart had never raced so fast I think. My legs were weak, but I stood there looking at the judge in the eyes and said what was asked of me,” recounted Davis. “When it was over, I don't know what happened. I think I was going to pass out. Everything was all black. I sat in my seat face in hand and broke down crying. It had all just been too much.”

Though Davis’ father has been convicted, he will only serve 2 years of prison, a sentence that, to her, is no where near long enough.

“I thought when he got his sentence I would feel better, but the crazy part is I hate the thought of my own father sitting in a prison cell. When we went for

his sentencing I cried. To see him like that hurt.” “I wonder am I crazy? After all he's done? I wish him no harm. How crazy is that? My brain knows better, but my heart still longs for a dad. They say it's a normal reaction; it's the 4-year-old in me.”

Serena now has a family of her own: a daughter and son. She continues to share her story, and work as an activist for abuse survivors like her.

“I continue to speak out. I was asked to speak at my old high school, which I did, nervously,” laughed Davis. “But it was so empowering. That alone healed me so much. I vowed to fight for the rest of my life. For me and for so many others like me. I fight with pride and honor, and with love in my heart.”

“I am happy to say that I now am no longer ashamed to talk about my experiences to date. I am no longer afraid of him. He can't do anything to me anymore. My greatest fear now is that he will get another and that many more are still so afraid to speak out.”

HELP & RESOURCES
CALACS Aggression Estrie
(819)563-9999
<http://www.calacsestrie.com>

SHASE (Soutien aux hommes agressés sexuellement durant leur enfance)
(819)564-5043 ext.250
<http://www.shase.ca/>

The Border Report

Until the work is complete, the US Customs and Border Protection (CBP) recommends checking the status of the Derby Line crossing before travelling.

Border crossing at Derby Line I-91

Know before you go

Record Staff
STANSTEAD

sults in the occasional lane closure.

Until the work is complete, the US Customs and Border Protection (CBP) recommends checking the status of the Derby Line crossing before travelling, especially as there is often an increase in cross border shopping and visiting dur-

ing the holiday season.

Their twitter account is a good place to start, according to CVP spokesperson Stephanie Mailn.

Travelers are also encouraged to download CBP's Border Wait Times app. They can check border-crossing wait

times by Port of Entry before starting their trip at CBP's Border Advisories and Wait Times website (www.bwt.cbp.gov).

There is also a free CBP's Border Wait Times app available for download from Apple's App Store and Google Play.

For the past 18 months the Derby Line border station in Stanstead has been under construction. The work being done inevitable re-



Thanks to the support of the community, Stanstead's 3rd annual Winter Clothing Sale was a success! This student-led fundraiser, hosted by Phelps in collaboration with Stanstead's youth centre, Le Lounge, received many gently used winter clothing donations and some delicious baked goods to sell. Enthusiastic student volunteers were key to the event's success. Not only did they enjoy baking sweet treats, but also had a blast working together to give back to the programs that they enjoy weekly. The fundraiser reached its goal; Phelps will be able to buy several ipad chargers for students who do their homework on ipads and Le Lounge will be investing in a flag-football kit for its active partici-

pants. Cookies, coats and gloves were sold, but above all many laughs were exchanged as the students spent the whole day with us at Phelps.

Phelps Aide Phelps Helps is an educational non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to seven unique programs, providing Stanstead area students with free tutoring, educational and career support and hands-on learning from Grade 3 to the end of high school and further.

Phelps' high school sessions are averaging 20 students per evening, and many benefit from one-on-one attention.



We therefore are actively seeking new volunteers, specifically on Tuesday and Thursday afternoons. If you have a couple of hours a month to spare and like helping others, please consider joining

our dynamic group of volunteers to contribute to the success of Phelps' programs! Please email us at info@phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pets: Oboe and Li'l Abner

What better way to spend the holidays than with your two newly adopted, super adorable, kittens

Oboe and Li'l Abner! Just imagine how incredibly cute they'll be cuddled up together on your couch each wearing a lit-

tle Santa hat. The photo ops will be endless!

Brothers, both come from a home where they were living with 10 other cats and kittens where they didn't have much, if any, meaningful contact with people. As a result, at first, Oboe and Abner were none too thrilled to suddenly find themselves in the presence of their foster mom Deborah. Fortunately, Deborah, being one of our more experienced fosters, didn't take their standoffishness personally. She knew they just needed some time to adjust.

With patience and love, both have settled nicely into their new routine and most importantly, they have become far more trusting and outgoing.

Oboe, who is the smaller of the two is still a little shy and can be slightly skittish but he likes to be cuddled and pet and every day his confidence grows. Abner, on the other hand, is quite affectionate and has come to enjoy being the center of attention. At just four months, they are still so young and are very responsive to their ongoing socialization. To watch as their little personalities begin to fully emerge is both rewarding

and more than just a little heartwarming. These two little snuggle buddies do enjoy each other's company so ideally, we would love for them to be adopted together. Two of their littermates were adopted as a pair and are doing great in their new home.

When left to their own devices, they are not at a loss for things to do. They like to play and have great fun chasing after their toys. Suffice it to say, they keep themselves entertained.

Oboe and Abner are learning to be happy and carefree kittens. We know they will grow up to be magnificent and contented cats.

To meet our two beautiful ginger brothers, please send an email to frontieranimalsociety@gmail.com or call the shelter at 819.876.7785. They are being fostered just a few miles from the shelter and visits can be easily arranged.

Don't forget, every Saturday from 10 a.m to noon we host a cat adoption open house at 2405 Griffin in Ogden. Even if you aren't looking to adopt, we welcome your visit. Our cats love the extra attention.



HUGS adding toothbrushes to Christmas wish list

By Matthew McCully

Mental Health Estrie's annual campaign 'Walk in My Shoes: HUGS (hats, underwear, gloves, socks and scarves) for the Homeless' is now well underway, collecting items that will be delivered in gift bags to clients of the Accueil Poirier homeless shelter in Sherbrooke over Christmas.

Executive Director Tanya Gibson contacted the shelter recently to see if there

were any specific needs this year.

According to Gibson, the shelter is currently experiencing a shortage of toothbrushes.

It may not seem like an extravagant gift, but after being exposed to the elements and walking around all day, simple things that most people take for granted can be a great comfort for homeless people; a pair of dry clean socks, a warm blanket, or just getting the chance to wash their face and brush their teeth

can be life changing, the shelter has told The Record.

While any donation is gratefully accepted, Gibson pointed out that the campaign always makes an effort to focus on what the shelter needs most.

Toothbrushes and other toiletries are in high demand this year, Gibson said, as are jogging pants, underwear and gloves for men (the majority of the Accueil Poirier clients are men).

Donations can be dropped off at the

Mental Health Estrie office located at 257 Queen Street, Suite 900. There is a red bin in front of the office to leave items if the office is closed.

Financial donations are also accepted. The organization uses the funds to make bulk purchases of any items missing to complete the gift bags, which are given out around Christmas to the shelter clients.

First degree murder charged in Rock Forest shooting

Record Staff
SHERBROOKE

A 45-year-old man shot and killed at his home in Rock Forest was attacked by his former business partner.

A father of two and the owner of a computer consulting business, Érick Lavoie succumbed to his injuries overnight Monday to Tuesday.

Pascal Gagnon, 49, has been charged with first degree murder in Lavoie's death.

First degree murder is the most serious charge in the Criminal Code and is punishable by life imprisonment without the possibility of parole for 25 years.

Gagnon was brought before Judge Helene Fabi of the Court of Quebec, late Tuesday afternoon, at the Sherbrooke courthouse. As provided by law on murder charges, Gagnon remains behind bars and Fabi ordered his detention until the end of the judicial proceedings. He will have to appeal to Superior Court if he wants to regain his freedom.

Gagnon reportedly went to Lavoie's house around 11:30 p.m. on Monday night. Armed, he allegedly shot his former business partner, who died of his injuries.

Pascal Gagnon is the former business partner of the victim and had written a blog on Lavoie's website, dated 2015.

Gagnon appears as a director of Érick

Lavoie Informatique on the Quebec Business Register, between January 2012 and March 2016 as treasurer of the computer services, support and repair company.

Shortly after the shooting, Gagnon contacted the Sherbrooke Police to turn himself in. He was interviewed by the Sûreté du Québec's Crimes against the

Person Division at SPS headquarters and SQ forensic identification technicians went through the Bordeaux St. crime scene with a fine tooth comb.

Police have not disclosed details of the circumstances surrounding the shooting.



Fig.11

> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



WE NEED A HELPING HAND THIS HOLIDAY!

ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2017



The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate in being able to rely on several partners and community members to help us fill the baskets with some staples and all the trimmings of a holiday meal. Thanks to great success last year, this holiday

season we will continue to focus on raising funds rather than food items (any such donations will be taken to the local food bank), baskets will be created from the funds received.

With the help of our local partner Lennoxville's Provigo Robert Lafond, we are able to create baskets filled with daily necessities, holiday essentials and fresh produce. Your overwhelming support has allowed us to move forward to better answer the needs of the community and we thank you.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

We hope we can continue to rely on your support, as it remains very important for the success of our Christmas basket campaign.

Please, make cheques payable to (tax receipts for donations of 10\$ and over will be issued):

AGRHS Christmas Basket Campaign

and mail to: **AGRHS, P.O. Box 5002, 1700 rue College, J1M 1Z9**

Thank you for your generosity!

Christmas

is just around the corner and it's time to be thinking about gift giving. Offer the gift of a subscription to The Record to keep family and friends linked to the events of the Townships.

- 3 months \$38** (reg. \$41.57)
- 6 months \$76** (reg. \$81.85)
- 12 months \$146** (reg. \$155.91)

With a 12-month print subscription, add \$5 to get a one-year online subscription for yourself or someone else!



Mail, email or fax this coupon to us at 6 Mallory, Sherbrooke, QC J1M 2E2, by Dec. 31/17. Tel: 819-569-9528, Fax: 819-821-3179, Email: billing@sherbrookerecord.com

PRINT SUBSCRIPTION TO:

NAME _____
 ADDRESS _____
 TELEPHONE _____
 EMAIL _____
 START DATE _____

FROM:

NAME _____
 ADDRESS _____
 TELEPHONE _____
 EMAIL _____

ONLINE SUBSCRIPTION TO: (if other than above)

NAME _____ EMAIL _____
 ADDRESS _____ TELEPHONE _____
 START DATE _____

GIFT CARD: Print Subs: Yes ___ No ___ / FROM _____

Online Subs: Yes ___ No ___ / FROM _____

PAYMENT BY: CASH ___ CHEQUE ___ VISA ___ MASTERCARD ___

TOTAL AMOUNT: _____

CREDIT CARD NUMBER: _____ EXPIRY: _____

Local Sports

"Even if it does flurry a little bit, I don't think it will affect anything," said Moor. "It was cold last year at MLS Cup, Both teams will remember that. It will be cold this year."

Toronto FC players make the best of a chilly training session ahead of MLS Cup

By Neil Davidson
THE CANADIAN PRESS

Mother Nature offered a taste Wednesday of what MLS Cup final day offers — chilly temperatures with a twist.

On Wednesday, it was a stiff, biting wind that swept across Toronto FC's largely unprotected practice fields like a Mongol horde. Three degrees Celsius was said to feel like -3 C but high gusting winds soon left exposed digits feeling like icicles.

The forecast for Saturday's championship game at BMO Field between Toronto and the Seattle Sounders calls for scattered flurries/some snow with a temperature of zero, feeling more like -5. Kickoff is 4 p.m. local time, as opposed to 8 p.m. last year.

"I'd rather it be 75 degrees (Fahren-

heit) and sunny to be fair," said Toronto defender Drew Moor, a Texas native. "But it is what it is. We're used to some pretty cold weather. The wind can be a bit annoying but it was a good (training) session."

Snow will not likely be a factor Saturday, given the stadium has heating under the grass.

"Even if it does flurry a little bit, I don't think it will affect anything," said Moor. "It was cold last year at MLS Cup, Both teams will remember that. It will be cold this year."

Added pragmatic wingback Justin Morrow: "This time of year it's always cold. So we expect it."

"We know it's going to be cold but once guys get running, then that becomes second to everything else going on," said Toronto coach Greg Vanney.

The league said temperature on the field at game time for the 2016 championship game was -2, the second-coldest temperature reading for an MLS Cup final. The temperature at the 2013 final in Kansas City hovered around -6 at kickoff, making it the coldest match since 2003 when the league first started recording game-time temperatures.

The Toronto players did their best to smile through the cold and seemed to have fun despite the chilly wind.

"For us a day like today was a little bit about relaxing, enjoying it, having a little fun on the field," said Vanney. "At the same time we had to work on a few things. But it's hard in this week to stay hyper-focused every single day and then be hyper-focused on the day of the game."

"For our group ... it's also to enjoy this moment and to be able to step on the

field with a good looseness that you're able to play but obviously everybody very locked in on what their responsibilities are."

Toronto striker Jozy Altidore did not participate in Wednesday's practice, working on his own to rehab a rolled ankle.

"He did what we needed him to do for today," said Vanney. "It was a very little on the field. Most of what he had to do was in the weight room and the training room."

Vanney denied there had been any setback.

"No, nothing. It's a process and (Thursday) he'll train with the group."

The average high for Dec. 9 in Toronto is two degrees, with the low at -5.5. Most snowfall for the day was 11.6 centimetres in 2005.

Hockey Canada announces selection camp roster for world junior championship

The Canadian Press

A core of seven players from last year's silver-medal winning team were named to Canada's world junior hockey championship selection camp roster on Wednesday.

Hockey Canada invited 32 players — 18 forwards, 10 defencemen and four goaltenders — to its selection camp roster at the Meridian Centre in St. Catharines, Ont., starting on Dec. 12.

Goaltender Carter Hart (Everett), defencemen Jake Bean (Calgary), Kale Clague (Brandon) and Dante Fabbro

(Boston University) and forwards Dillon Dube (Kelowna), Michael McLeod (Mississauga) and Taylor Raddysh (Erie) are the returning players.

Other notable players joining the returnees are OHL leading scorer Jordan Kyrou (Sarnia), WHL leading goal scorer Tyler Steenbergen (Swift Current), last year's WHL player of the year Sam Steel (Regina) and Memorial Cup-winning goaltender Michael DiPietro (Windsor).

Joining Hart and DiPietro in net will be Samuel Harvey (Rouyn-Noranda) and Colton Point (Colgate University).

On defence, Dennis Cholowski (Prince

George), Mario Ferraro (University of Massachusetts), Cal Foote (Kelowna), Josh Mahura (Regina), Cale Makar (University of Massachusetts), Logan Stanley (Kitchener) and Conor Timmins (Sault Ste. Marie) were invited.

Rounding out the forwards are: Jonathan Ang (Peterborough), Drake Batherson (Cape Breton), Maxime Comtois (Victoriaville), Alex Formenton (London), Jonah Gadjovich (Owen Sound), Cody Glass (Portland), Brett Howden (Moose Jaw), Tanner Kaspick (Brandon), Boris Katchouk (Sault Ste. Marie), Kole Lind (Kelowna) and Nick Suzuki (Owen

Sound),

There are six players currently in the NHL who are eligible to play at the world juniors but are not on Hockey Canada's selection camp roster: Arizona defenceman Jakob Chychrun, Montreal defenceman Victor Mete, Columbus centre Pierre-Luc Dubois, Philadelphia centre Nolan Patrick, as well as defenceman Samuel Girard and centre Tyson Jost of the Colorado Avalanche.

NHL teams have until Dec. 19 to decide if they will loan those players for the tournament.

Rogers considering sale of baseball's Blue Jays, stake in Cogeco

The Canadian Press

Rogers Communications Inc. is considering the sale of such assets as baseball's Toronto Blue Jays and a stake in media company Cogeco Inc. to free up capital for its main communications businesses.

The media giant's chief financial officer Tony Staffieri said Tuesday at an industry conference that the company is looking for ways to "surface value" from the Blue Jays — which he said is a "very valuable asset for us that we don't get full credit for."

He didn't discuss who might buy the team, or if a deal would include the domed Rogers Centre, or what they would be worth.

"To be clear, there isn't anything imminent that we are about to announce, but we're certainly looking at the alternatives. Again, would like to get the content without necessarily having the capital tied up on our balance sheet," Staffieri said.

He also said the company is currently going through its budgeting purchase for 2018 and the focus will be on revenue growth and better margins at its wireless and cable divisions.

Staffieri made the comments during an on-stage interview at the UBS Global Media and Communications conference in New York, according to transcripts of the event provided by Thomson Reuters.

Rogers (TSX:RCI.B) has previously indicated it is exploring ways to get more

value from its portfolio of assets, including the Jays, but Staffieri's comments in New York were more specific.

He said the company still wants rights to sports programming — which is core to the company's media business — but doesn't need to own a team to have that, pointing to the company's 12-year deal with the National Hockey League.

"Relative to our overall asset portfolio, media is small," Staffieri said.

But he said sports content continues to have "healthy" margins and can complement the Rogers wireless and cable operations as well.

"Our focus in media will continue to be on the sports side of it. So don't expect any type of expansion on the media side, other than continue to monetize

the sports assets that we have," Staffieri said.

As for the company's investment in Montreal-based Cogeco (TSX:CGO) and Cogeco Communications Inc. (TSX:CCA), a smaller cable and media company based in Montreal, Staffieri's said there's "probably better use" for that capital.

"There were some strategic benefits that we had hoped for with Cogeco and those seem to be further and further away," Staffieri told the conference.

The comments appeared to have little impact on stock prices at the Toronto Stock Exchange on Wednesday. Shares of the two Cogeco companies were down less than one per cent and Rogers shares were up about one per cent.

Death



Jean HESSE (Nee Dickson)
1932-2017

With heavy hearts, we announce the passing of Jean Anne Hesse (Dickson), at the CHUS Fleurimont in Sherbrooke on November 29th, 2017, at the age of 85 after complications from pneumonia.

Jean leaves to mourn, loving daughter Brenda Ramjohn (Tony) of Chateaugay, Cheryl Moreton (Alan) of Moncton and son David Hesse (Jill) of Calgary. Nana to Shian (Kim), Julie, Jeffrey, Samuel and Emma. Great-grandmother Nana to Arjay, India and Alice, also many loving nieces and nephews.

Sincere thanks to all family and friends for their love, support and prayers during our time of need.

Family and friends may join us for visitation on Friday, December 8th, 2017 from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. at the Désourdy Funeral Home, 1500, rue St-Paul nord, Farnham, Que. The funeral service will be held on Saturday, December 9th, at 11 a.m. at St-James the Apostle & Martyr Anglican Church in Farnham followed by the burial at Stanbury Cemetery in St-Ignace-de-Stanbridge. You are invited to go directly to the church on the day of the funeral.

In lieu of flowers, please consider a donation to a cause or charity of your choice, much appreciation from the family.

DÉSOURDY FUNERAL HOMES
1500, rue St-Paul nord, Farnham QC
info@desourdy.ca

PHONE: 450-293-4474
FAX: 450-293-8525
www.desourdy.ca

Death



Myrtle Elizabeth (Cullen) Wilkinson
1928-2017

It is with heavy hearts that we announce that our beloved mom has passed away peacefully at the Brome Missisquoi Hospital on December 3rd, 2017, in her 90th year. She was predeceased by her husband, Thomas Wilkinson and her brother, Raymond Cullen.

She leaves to mourn her son James, her daughters: Joan (Kevin Abdallah), Marilyn (Geoffrey McMillan), Barbara (Roberto Santos). She also leaves behind 10 grandchildren, 5 great-grandchildren, her sister Muriel McIntyre, and many nieces, nephews, and dear friends.

Family will receive condolences at Les Résidences Funéraires Bessette in Waterloo, on Sunday, December 10th, 2017 from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m., as well as on Monday, December 11th from 9 a.m. until the departure from the funeral home at 10:45 a.m. to the St-Paul's Church in Waterloo, where the funeral will be held at 11.00 a.m. Interment will be held at a later date at the Waterloo cemetery.

She will be remembered by many students from her years as a grade 1 teacher at Waterloo Elementary. She was a member of the congregation and UCW of St-Paul's United Church.

In lieu of flowers, donations to St-Paul's United Church in Waterloo, Que. would be greatly appreciated.

Les Résidences Funéraires Bessette
5034 Foster, Waterloo QC
www.famillebessette.com

PHONE: 450-539-1606
FAX: 450-539-3035
Member of the C.T.Q.

Death



Theo GREGGAIN
(1936-2017)

Passed away on December 2nd, 2017, at la Maison Au Diapason in Bromont, lovingly surrounded by his children and grandchildren. He was most precious husband of Linda Santo.

Thousands of students' lives were positively influenced by his kindness during his teaching career and many Sutton children were blessed to have him as a volunteer basketball coach for over 18 years.

He was a passionate outdoorsman who appreciated our region's environment to its fullest. He bravely met the health challenges he faced with his unflinching spirit and good humour.

Truly a generous life well lived. Cremation has already taken place, and respecting his wishes, a celebration of his life will be held at a later date.

Condolences may be expressed via our website at: www.complexebm.com
Funeral arrangements entrusted to:

BROME-MISSISQUOI
Funeral Complex
402 de la Rivière, Cowansville QC
PHONE: 450-266-6061
FAX: 450-266-6057
www.complexebm.com

Datebook

THURSDAY, DECEMBER 7, 2017

Today is the 341st day of 2017 and the 77th day of autumn.

TODAY'S HISTORY: In 1787, Delaware became the first state to ratify the U.S. Constitution.

In 1941, Japan launched a surprise attack on Pearl Harbor, Hawaii, killing 2,403 American soldiers and civilians.

In 1999, the Recording Industry Association of America filed a copyright infringement lawsuit against the on-line file-sharing service Napster.

In 2002, Iraq denied that it had weapons of mass destruction in a United Nations declaration.

TODAY'S BIRTHDAYS: Willa Cather (1873-1947), author; Eli Wallach (1915-2014), actor; Ted Knight (1923-1986), actor; Ellen Burstyn (1932-), actress; Harry Chapin (1942-1981), singer-songwriter; Johnny Bench (1947-), baseball player; Tom Waits (1949-), singer-songwriter; Larry Bird (1956-), basketball player; Jeffrey Wright (1965-), actor; Patrice O'Neal (1969-2011), actor-

/comedian; Sara Bareilles (1979-), singer-songwriter; Emily Browning (1988-), actress; Nicholas Hoult (1989-), actor.

TODAY'S FACT: Following the Japanese attack on Pearl Harbor in 1941, the Senate voted for a war resolution 82-0. The House of Representatives approved the resolution 388-1.

TODAY'S SPORTS: In 2007, home-run record holder Barry Bonds pleaded not guilty to lying to investigators about using performance-enhancing drugs.

TODAY'S QUOTE: "The great fact was the land itself, which seemed to overwhelm the little beginnings of human society that struggled in its sombre wastes." — Willa Cather, "O Pioneers!"

TODAY'S NUMBER: 64 — servicemen lost by the Imperial Japanese Navy during the attack on Pearl Harbor on this day in 1941.

TODAY'S MOON: Between full moon (Dec. 3) and last quarter moon (Dec. 10).



DO JUST ONE THING
By Danny Seo

More than \$750 million goes unspent every year from gift cards, and it's a shame, because the unused balances could be used to do some good. Many charities will accept your unused cards from almost any retailer. They'll either use the balance to buy much-needed items for their works — like clothing or food — or they'll sell the gift cards to raise funds for their nonprofit work. Take the time to rummage through your wallet, purse or junk drawer and give your unused gift cards away. Even a card with a few pennies left on it is better used than unused.



WETLANDS ARE DISAPPEARING
Protect them. Become a member today.

www.ducks.ca
1-866-384-DUCK



TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, December 12 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will NOT be holding a Blood Pressure clinic in December at the Town Hall.

AYER'S CLIFF

Join us for an Old Fashioned Christmas

on Saturday, December 9 from 10 a.m. to 4:30 p.m. and Sunday, December 10 from 11 a.m. to 4 p.m. There will be over 60 artisans, music, sleigh rides, children's activities and Santa (1-3 Sunday). Fun for everyone! Info: 81-838-5006.

RICHMOND

Come and begin your Christmas celebrations with us at the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Saturday, December 9 at 8 p.m. and again on Sunday, December 10 at 1:30 p.m. This event has been a peaceful and joyous part of the Christmas season in the Richmond community for 20 years. Our 31-voice ecumenical choir will sing a special selection of international carols, under the direction of Diane Duguay and accompanied by Francine Beaubien and Julie Miller. A free will offering will be taken at the door. Everyone is welcome!

LENNOXVILLE

Need help with your computer / tablet?

Come to Lennoxville and District Community Aid to ask us any question(s) you may have! If you have a laptop or tablet (for example, iPad), bring them along so that we can better assist you. We may not have all the answers, but we will see how we can help, or refer you if needed. When: December 12 between 1:15 and 2:45 - please call us for an appointment: (819) 821-4779. Where: Community Aid office, 164 Queen, suite 104, Lennoxville.

BISHOPTON

Bishopton United Church Carol Service on Sunday, December 10 at 7 p.m. with Rev. Tami Spires. Collecting to help local families for the holidays. Everyone welcome.

KNOWLTON

The Brome County Historical Society's annual Christmas Bake Sale will take place in the Centennial Building of the Museum (130 Lakeside, Knowlton) from 10 a.m. to 2 p.m., or until supplies run out! Browse our "Bounty of Brome

County" gift shop for great local products and enjoy a complimentary "Confederation Coffee" while you shop! We are also open from 4-7 p.m. for Mid-night Madness. Info. 450-243-6782.

BULWER

Family Fun Christmas Party at the Bulwer Community Centre on Saturday, December 9 starting at 7 p.m., 254 Jordan Hill Road. Pot-luck and donations only. Surprise visit from Santa, tree decorating for children, also special dancing with children. Enjoy dancing with music from the "Drews," even a square dance or two! *Important: person involved has "High Allergy to Nuts," please do not bring anything containing nuts. Thank you.

LENNOXVILLE

Service of Choral Evensong, this Sunday, December 10, 4 pm., at St. George's Church, Lennoxville (84 Queen St.). All are welcome to this time of beautiful music and prayer.

Help yourself

THURSDAY, DECEMBER 7, 2017

Dear Annie

Dear Annie: I'm at my wits' end dealing with my friend's glum, woe-is-me attitude. I've known "Max" since we worked together at a restaurant when I was in college. He was in his early 20s and had grown up in the town. He said he regretted not getting a bachelor's degree. As we became better friends and he saw the projects I was doing for my classes (I was an art major), he became inspired and started making plans to go to community college and then transfer. A year passed; then two. That never happened. (Not a big deal in itself, but I mention it as part of a pattern.)

Six years ago, I graduated and got a job in New York. Max and I have stayed in touch, and he visits about once a year. He's still in the same town, working at a different restaurant. I don't say that judgmentally. I don't think there's anything wrong with it. The problem is that Max does. He's been talking about wanting to change his life for years now, but he takes no steps to do so. I've tried every approach I can think of. I did the supportive thing at first - building up his self-esteem, encouraging him to try therapy, helping him research schools, offering to help get him a restaurant job in New York, etc.

After a couple of years, I realized he wouldn't act on any of this, so I stopped offering solutions and have just shown tough love. For example, when he complains about how none of his friends calls to hang out, I tell him that he can't expect people to always be thinking of him. But nothing seems to get through to him.

Max never asks about what's up in my life, and when I try to tell him, somehow he finds a way of bringing the conversation back to him. I'm starting to feel used and a little resentful, if you couldn't tell. I care about Max and think he's a good guy. But how can you help someone who doesn't really want to help himself? - Eeyore's Friend

Dear Eeyore's Friend: You can't. At this point, the kindest thing you can do for Max is to refuse to be his dumping ground any longer. Only after he's got

nowhere to unload will he be forced to confront the weight of his problem. A therapist could most likely help him a great deal, and you can encourage him to seek counseling one more time - but disengage and take space after that. Your friendship with Max can only be healthy after he's purged that toxic mindset.

Dear Annie: I enjoy your column, and you have great advice. In the case of the "bad" milk, though, not so much. Spoiled milk tastes bad but doesn't make you sick. Sour cream, yogurt, cheese and other dairy products are made from spoiled milk.

I have never thrown away milk. "Bad" milk makes the best pancakes, biscuits, banana bread, coffee cake, muffins and more. If I'm not able to use the spoiled milk right away, I freeze it in small containers for later use. I use it whenever a baking recipe calls for butter-milk. I couldn't bake without it! - Never Wasteful

Dear Never Wasteful: You make a great point that I failed to bring up. Milk can be used in baked goods after it's no longer good to drink. Waste not, want not.

Dear Annie: My spouse has a large family, but his mom, aunt and I are the only family members who have hosted holiday meals for the past 30 years. His sister, brother and cousin used to say their houses were too small. Well, his brother's family just did a huge remodel on their home, and his sister moved to a larger house - and they still don't offer to host. I think it's because they are cheap. These folks could squeeze change from a penny. I once heard them say that the reason they could afford to go on vacation was they had saved money by getting my kids' hand-me-downs. I now have a job five days a week and am too exhausted to go into full-on hostess mode this year. His aunt and mom are getting too old for hosting such large events. How do I get the siblings to step up? - Fed Up in Philly

Dear Fed Up: You might start by asking. Every family is a creature of habit, and I'll bet these relatives don't even think twice about your playing host each year. That's just what they're used to. In fact, they prob-

ably think you enjoy doing it. (Which is almost funny, given how very wrong they are.) The same goes for the comment about the hand-me-down clothes. Maybe they weren't bragging about being able to afford those vacations thanks to your charity. Maybe they were just expressing gratitude.

Regardless, I agree that it's way past time for them to step up. Now is a natural time to raise the subject, as you can cite all the factors you mentioned. And if they still manage to weasel their way out of the job? Write me again, and we'll set those freeloaders straight.

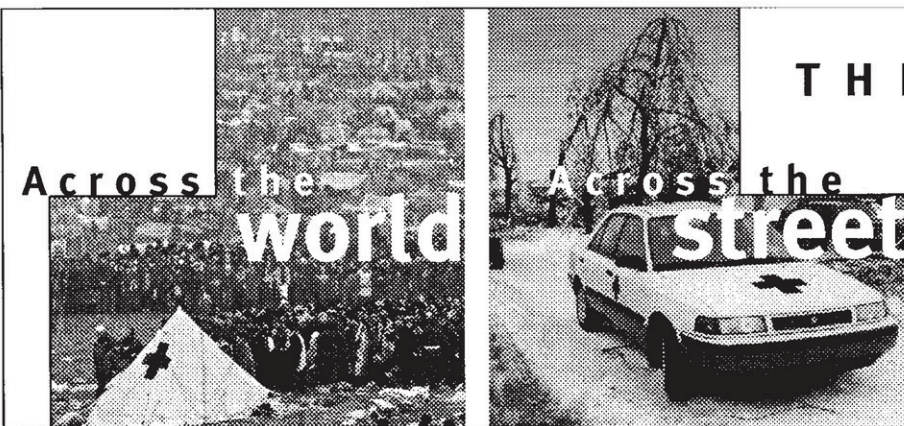
Dear Annie: I just read the letter from the woman wanting advice on her smelly husband. I, too, dealt with this for many years. It didn't matter how I approached my husband; he simply would not shower but once or twice a week. He would never change his clothes or his underwear and would then get furious with me for not wanting any kind of intimacy with him. He sat on his own couch. I changed the bedding almost every day.

I did everything, even to the point of putting clean clothes out for him. He would ignore them. I would try to make shower time "fun time." He still wouldn't budge. His excuse was always, "I don't need a shower. I don't smell." My mother even commented on his smell once, and it was completely embarrassing knowing that anywhere we went, everyone could smell him.

And you are right; he dealt with depression and utter laziness. There were many other factors that ultimately led to our divorce, but this was a very prominent reason. I couldn't help him, and he wouldn't get help for himself.

When I left, I let him keep our mattress, all of the bedding and his couch. I couldn't stand the thought of any of that filth in my new apartment. The point I am making here is that she really needs to try to get him help. There are serious underlying issues to her husband, and I hope he can turn it around. - Hygienic Ex-Wife

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



THE GIFT OF BEING THERE

24 hours a day - 7 days a week - 365 days a year

The Quebec Division responds to nearly 700 emergency situations every year, coming to the assistance of thousands of victims.

Help the Red Cross help others...



Canadian Red Cross
Québec Division

www.redcross.ca

1 800 JYCROIX
(1 800 592-7649)

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.

“ YX ANM HFLC CN KFES BSFVS HYCI
 ANMD SLSKA, ANM IFRS CN HNDE HYCI
 ANMD SLSKA. CISL IS GSVNKST ANMD
 BFDCLSD.” — LSOTNL KFLZSOF

Previous Solution: “If you’re given gifts or blessings in your life, it’s up to you to help the guy coming up behind you.” — Jimmy Smits

TODAY’S CLUE: N equate 7

REALITY CHECK



HERMAN



ALLEY OOP



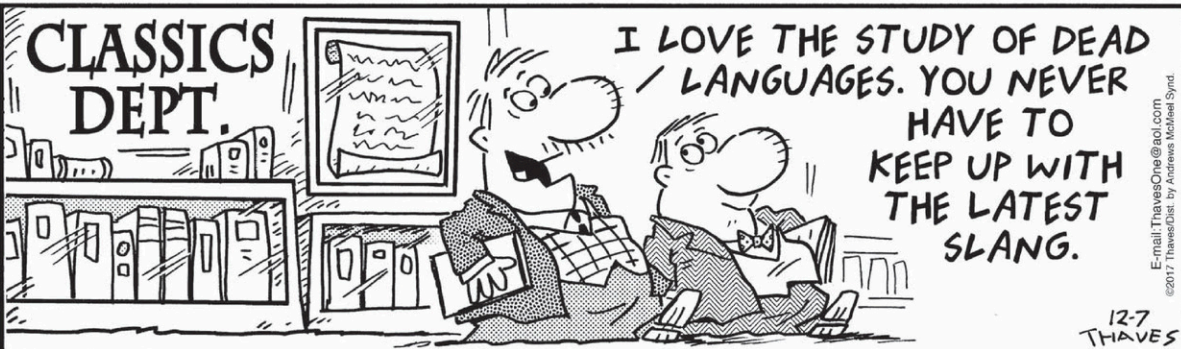
ARLO & JANIS



THE BORN LOSER



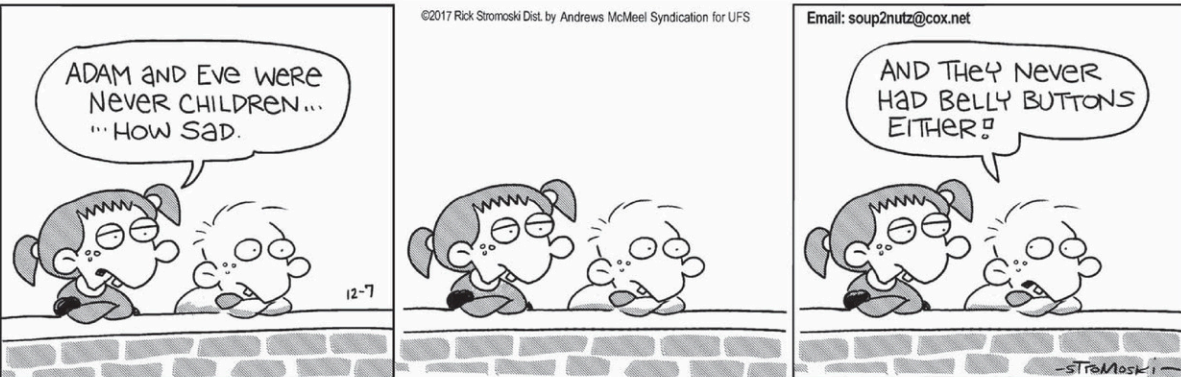
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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

Check for Health Check™

Diabetes The New EPIDEMIC



Diabetes Québec

Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

REACT NOW!

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

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

CLASSIFIED

035 For Rent

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

190 Cars For Sale


CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

290 Articles For Sale

METAL CHIMNEY, 6" interior, 36" lengths, 6 lengths plus attachments, \$200. Wood splitter, electric, low miles, \$150. Various box stoves, make me an offer. Warren 819-791-2768.

Not satisfied?


Look for better service through the classifieds!



AUCTION SALE at DUDLEY HALL
 544 Frontiere
 Hemmingford, Quebec
Sunday, December 10 @ 10 a.m.
 Partial listing: Coke machine, antique furniture, dishware and collectibles. Photos on internet.
RANDALL FINNEGAN, Auctioneer
 450-601-7111, 450-601-8218
 450-264-3653
 www.randallfinnegan.com

1st AUCTION SALE for the BETTY RIEL CANCER FOUNDATION at St. Josph Parish Hall Huntingdon, Quebec
Sunday, December 17 @ 11 a.m.
 Partial listing: Sealy - 1 set, mattress and box spring, 60" - donated by Roch Dumouchel Inc. (Noel Roy); Hockey Tickets - Mtl vs Dallas March 13, 2018; Limited edition lithogram by Quebec artist Paul Tex Lecor; Hockey Tickets to home MTL Canadiens game in the Desjardins section; Autographed hockey stick by Maurice "Rocket" Richard with papers of authenticity; furniture, dishware, tools, paintings, antiques and more. Photos on internet.
RANDALL FINNEGAN, Auctioneer
 450-601-7111, 450-601-8218
 450-264-3653
 www.randallfinnegan.com

LARGE 4 1/2 in Sherbrooke's old North, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

294 Events

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

Turn something old into something new with the Classifieds!

Turn an antique sofa or grandfather's clock into instant cash with an inexpensive ad in the Classifieds.
(819) 569-9525
(450) 242-1188

100 Job Opportunities

275 Antiques

LITERACY IN ACTION is hiring!
 Maternity leave replacement: **Projects & Communications Assistant.**
 10hrs/week. Starting January 2018. Check out our website or email us for more information. www.lia-estrie.org info@lia-estrie.org

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

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

100 Job Opportunities

100 Job Opportunities

THE RECORD

is looking for **replacement carriers** in the **Lennoxville area.**

You would need to be on stand-by, ready to fill in if one of our regular carriers needs to be replaced at the last minute (i.e. illness or other) or if a route opens up.

If you're interested in being on our list, please call

THE RECORD

819-569-9528
 between 8:30 a.m. to 4:30 p.m. or leave a message after hours, or e-mail:
billing@sherbrookerecord.com

Maque choux: Cajun corn and tomato stew

KITCHEN SCOOP
 By Alicia Ross

As I was cleaning and rearranging, I came across a recipe from seven years ago that I had completely forgotten I had developed. But its disappearance from the regular rotation of my new and old favourites had nothing to do with taste. The flavours of this Faux Maque Choux recipe are wonderful.

The origins of maque choux (pronounced "mock shoe") trace back to the Acadian French and Native American roots of Southern Louisiana. Like a lot of country cooking, this Cajun corn and tomato stew combines the best flavours of several culinary traditions.

Maque choux is usually made with fresh corn and tomatoes, and flavoured with tasso or bacon. But you can enjoy it any time of year by "faking" the fresh corn milk usually obtained by scraping fresh cobs with a combination of broth and pureed frozen white corn kernels.

Most of the cooking time required is for chopping vegetables, but you can chop and refrigerate the veggies for up to 48 hours beforehand if need be. One final note: Don't be intimidated by making the roux. This is a stew, after all, so by definition, it's extremely flexible. The stew is delicious, with all of the traditional flavours — even if your roux isn't precise.

Macque choux is filling enough for a main dish, but it's traditionally served as a side dish and makes a beautiful accompaniment to roasted chicken, pork or fish. I hope you enjoy!

Menu suggestion
 Faux Maque Choux (Cajun Corn and Tomato Stew)
 Rotisserie chicken

- Frozen biscuits
- Faux Maque Choux (Cajun Corn and Tomato Stew)**
 Start to finish: 25 minutes
 Yield: serves 4 as main dish, 8 as a side dish
- 1 tablespoon butter
 - 2 teaspoons vegetable oil
 - 4 slices cooked bacon, finely chopped
 - 1/2 cup onion, finely diced
 - 1/2 cup celery, finely diced
 - 2/3 cup green pepper, finely diced
 - 1 cup frozen white corn kernels
 - 1 cup fat-free, low-sodium chicken broth
 - 1 tablespoon all-purpose flour
 - 1 can (14.5 ounces) petite-diced tomatoes
 - 3 cups frozen yellow corn kernels
 - 2 teaspoons bottled minced garlic
 - 1 teaspoon sugar
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/8 teaspoon cayenne pepper, or more to taste (see Cook's Note)
 - 1/4 teaspoon dried thyme

In a 3-quart or larger pot with a lid, heat butter and oil over medium heat. Add bacon, onion, celery and green pepper. Stirring occasionally, cook until vegetables are soft, about 4 to 5 minutes.

Meanwhile, in a blender or food processor, puree white corn and chicken broth until corn is pulverized. Set aside.

When vegetables in onion mixture are tender, sprinkle flour evenly over veggies. Stirring constantly, cook about 90 seconds more, forming a blond roux. Add tomatoes with their juices and the corn-broth puree. Add yellow corn, garlic, sugar, oregano, salt, black pepper, cayenne pepper and thyme. Stir well, making sure to scrape the bottom of

the pot to remove any bits. Cover pot and bring to a low boil. When mixture boils, reduce heat to low and simmer for 10 minutes to blend flavours and thicken. Serve immediately or simmer until ready to serve, up to 30 minutes.

(Cook's Note: For an even spicier dish, add Tabasco sauce to taste. Leftovers are delicious refrigerated for up to five

days.)

Approximate values per side dish serving: 130 calories (27 percent from fat), 4 g fat (2 g saturated), 6 mg cholesterol, 4 g protein, 22 g carbohydrates, 3 g dietary fiber, 300 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!"

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

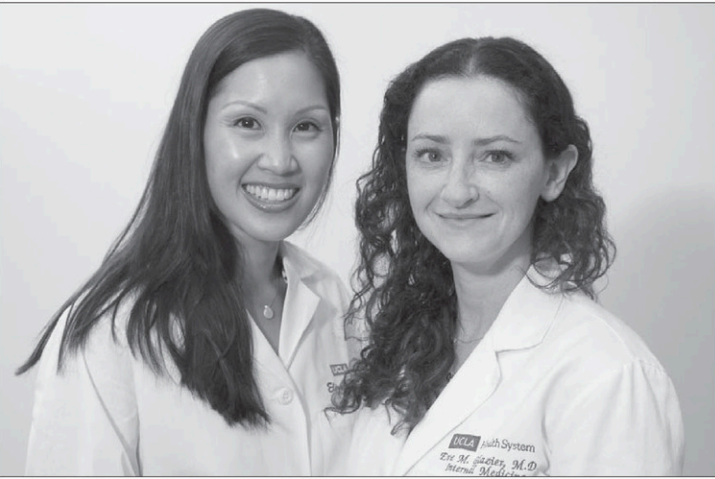
12/7 © 2017 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Ensure optimal health by creating a sleep schedule



ASK THE DOCTORS

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

Dear Reader: In our last column, we explored some of the links between sleep deficit and Alzheimer's disease. This was in response to a question from a reader who was worried that his poor sleep patterns, which are becoming more pronounced with age, might put him at risk.

As we said, poor sleep doesn't portend an Alzheimer's diagnosis. But it does have health effects that can range from serious to grave. In the short term, lack of sleep affects learning, mood, memory and coordination. In the long term, chronic sleep deprivation is implicated in diseases like diabetes, obesity, cancer and heart disease.

Experts in the field agree that a healthful night's sleep lasts about eight hours. It is made up of the dream state of REM (rapid eye movement) sleep and several levels of a deeper state known as non-REM sleep. Not only do we need all these phases of sleep for optimal mental and physical health, but we also need them in adequate quantities. There are no shortcuts. And due to the nature of sleep and its effect on the brain and body, it's not actually possible to make up for missed sleep.

The good news is you can take steps to ensure a better night's sleep, but the challenge is following the rules consistently. As we have seen in our own practice, where some sleep-challenged patients can't find the time or impetus to follow through, this can be easier said than done.

Watch the caffeine. From the moment you open your eyes in the morning, a chemical called adenosine is prepping your body for its next sleep cycle. It builds up throughout the day and attaches to receptors in the brain, which then send signals that eventually cause you to feel drowsy. Caffeine blocks those adenosine receptors, so a crucial part of the sleep cycle gets blocked.

While a morning cup of coffee probably won't throw things too far out of whack, caffeine in the afternoon or into the evening can be detrimental to sleep. Alcohol also disrupts sleep. If you're serious about sleeping better, switch to non-caffeinated beverages after breakfast, and skip the nightcap.

Make your life sleep-friendly. Start by putting the screens away at least an hour (some experts say three hours) before bed. Phones, tablets, computers and video games emit so-called "blue" light that disrupts sleep. To our brain and eyes, this light says it's morning. We need the natural light of evening, dusk and then night to signal our internal clocks that it's time to shut down.

Keep your bedroom dark and quiet. Blackout curtains, a sleep mask and earplugs can help overcome disturbances from outside or inside the house. Also, research shows we sleep best in a cool room, from 60 to 68 degrees Fahrenheit.

Set a sleep schedule. Go to bed at the same time each night and get up at the same time each morning. Keep the momentum going on weekends as well.

We know that enacting these changes can be challenging, but keep in mind that good-quality sleep is vital to our physical and emotional well-being. It's worth the effort and the follow-through.

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

2018 Hyundai Sonata 2.0T Sport



2018 Hyundai Sonata 2.0T Sport Dressed and Geared for Renewed Battle

PHOTO: D.Heyman



By Dan Heyman

Real quick: name the last time you saw a Hyundai involved in a car chase in a major motion picture.

Take your time.

Having trouble? OK, a few hints:

The movie I'm thinking of is not some low-budget art-house project. Or a student project, for that matter. It's not even a B-movie project. It's a full-fledged, I've-got-a-budget-of-80-million-and-here's-what-I'm-doing-with-it Hollywood action blockbuster that's actually part of a four- (or five) film series, based on a bestselling novel series.

Before the chase, the car is actually referred to by the film's titular character and is a fairly significant plot device as a result, putting him on to the fact that he and his girlfriend are about to be hunted down.

That's right; your nice, friendly, plucky South Korean sedan is what's being used by one super assassin to hunt down another super assassin, Jason Bourne, in the second entry of the series, *The Bourne Supremacy*. Our Bourne hunter is driving a Hyundai Sonata, a gold one, and he's going to get the job done, one way or another.

That, believe it or not, is what I thought of as I tested the car you see here: the 2018 Hyundai Sonata 2.0T Sport.

Power play

I'm fairly certain that Mr. Assassin would have been plenty happy with what the 2018 Sonata offers under the hood. Power from the 2.0L turbocharged 4-cylinder is rated at 245 hp and 265 lb-ft of torque, and while that comes up a bit short compared to the latest Honda Accord (assuming we're talking the 2.0 turbo model of that car), the Sonata is content to zip down the road with gumption. It's also more torque than what's made by the outgoing model. There's hardly any turbolag to speak of—what little there is does become that much more noticeable on full-throttle starts, however—and most day-to-day driving manoeuvres can be undertaken with little complaint. Whether on the highway or in town, power was never something that I felt we needed more of. In fact, it's quite the opposite: just how fast the car actually feels is the real takeaway, and the same thing can't be

said for all mid-size sedans powered by 4-cylinder motors.

While the power figures don't see a huge jump from last year, helping your forward progress is the addition of an 8-speed automatic transmission, which replaces last year's 6-speed. Its closely spaced ratios make for brisk acceleration, with reduced shift times. If you want to get the full-on experience, you can shift the gears yourself via wheel-mounted paddles.

If you want an even more custom-tailored drive, there are four - well, three and a half, really - driving modes to choose from. Eco, Comfort and Sport are fairly obvious in their application, but the .5 "Smart" mode is the interesting one. I say ".5" because it's not really a driving mode so much as a setting that actually learns your driving style and decides which mode—that is to say which throttle, climate and transmission settings you like—best suits said style. It's a new take on the whole drive-mode thing, and you have to wonder if more manufacturers are going to go this way, thereby effectively eliminating the need for drivers to select their own drive modes.

Me? Well, I was driving a "Sport" model, so that's how I kept it, and it worked out just fine for me. Not overly aggressive in its shift action, but hardly lethargic, either. Some may want a more intense set of settings for something called "Sport", but not me. This is the right balance for what is essentially a mid-size, mass-market sedan.

Nip n' tuck

The language on the Hyundai website is pretty clear: while they do claim it to be the "best Sonata ever", they are quick to point out that the exterior has been "refreshed" as opposed to "redesigned", in an effort to curb a decline in sales that started last year, as well as to compete with the Honda Accord and Toyota Camry, both of which are all-new for 2018.

Which is fine by us, since what they have done is very good. As is often the case with these kinds of mid-cycle design refreshes, the grille is the centre of attention, now adopting a larger, more aggressively-shaped opening as well as a honeycomb finish. They call it a "cascading" grille, whatever that means.

Typically, next up on the vehicle refresh checklist is the headlight design, and so it goes that the '18 Sonata gets a newly-shaped pair as well as LED headlights (that are labeled as such in way-cool text on the outside of the bulb) and vertical LED DRLs. Add a newly-reshaped hood, and you've got a very lithe and handsome-looking machine that does well to move the Sonata along an evolutionary path—if not a revolutionary one—in the styling sense when seen from

the front.

You don't see quite as much change from the rear, but the way the big "Sonata" lettering spans the width of the trunk lid is a first for all Hyundai models, and for some reason doesn't seem overly in-your-face or aggressive. They've also dropped the license plate holder down for a more squat effect overall, though I don't really see how much of a difference that makes. Kind of an adjustment for adjustment's sake, it seems.

From the side, the main difference is the addition of new 18" wheels you see here. They look fine, but they would do well to at least offer a 19" option as the 18s look a little overwhelmed by the enlarged side panels. Alas, 18" is the best you can do, even on the Sport trim you see here.

Tech advances

The other big additions that come as part of the 2018 refresh happen in the tech department. Lane keep assist, high-beam assist, pedestrian detection and adaptive headlights (the swivel when you turn the wheel) have all been added as standard to the car you see here. There's also wireless charging, assuming your mobile device supports this.

As far as the implementation goes, Hyundai has mostly got it right. The infotainment graphics aren't the most spectacular-looking things, but the screen is a good size and the interface is intuitive, providing a split-screen display if you so choose. I'm a big fan of that, and I like how easily you can switch between the split- and full-screen displays.

Returning this year are heated and cooled front seats (both to three levels), heated rear seats, heated steering wheel and two-setting memory for the driver's seat. Those are all good features, but I was especially impressed with how the seat temp controls worked; the airflow and heat distribution is such that I never felt my butt and lower back were being overwhelmed. Could the cooling be a little more aggressive? Perhaps, but I know plenty of cars where I would have preferred the opposite. Maybe I'm just not a fan of seat cooling.

So, is it the best Sonata yet?

Sure! Why not? Not that that comes as any surprise; after all, if a model line isn't advancing, then there's something wrong. So, as the Late Carroll Shelby may say, the next one should be the best one, as a rule.

With the advances in tech, tauter styling and the return of that great turbocharged motor, the 2018 Sonata has the goods to get that sales trend going the other way.

It should have an easier time in the next car chase it's in, however.



1205 Wellington St. S.
569-5959
563-0036

IMPORTS WELCOME HERE!



Locally installed...
Nationally guaranteed

Have a problem?
Talk to Fernand!

59664