

Bibeau recieves CARE Global Leaders Humanitarian Award

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RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Police warn of social media scam

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WEEKEND EDITION

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Parents told angry bus driver is off the road

By Matthew McCully

Parent Megan Crook, whose children were on the school bus leaving Princess Elizabeth Elementary School last Wednesday when the driver lashed out at kids, was told that he is no longer driving.

"The day after he was, but now he is supposed to never be allowed again," Crook said.

According to Crook, the trouble started before the bus even left the PEES parking lot last Wednesday after school.

"There were kids who wanted their windows down since it was hot that day, especially in the bus," she said.

The bus driver, who was a replacement, told the kids not to put down the windows, but Crook said the kids did it anyway.

According to Crook, the driver then began yelling at the kids to close the windows and be quiet. The yelling continued as the bus left the schoolyard.

"He got maybe 10 minutes max from the school and he decided to turn

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Ascot Masons support Lennoxville Scouts



GORDON LAMBIE

By Gordon Lambie

The 1st Lennoxville Scouts received a cheque for $1,750 from representatives of the Freemasons on Wednesday night. This marks the second time in six months that the Ascot Lodge has made such a donation to the local scouting movement, following another cheque in November.

"We found that the boy scouts fits in well with the general idea of Masonry," said Bruce Durrant, the Treasurer of Ascot Lodge #30, who presented the cheque along with Norman Green, the Worshipful Master of the Lodge. Durrant explained that one of the main goals of the organization is to encourage its members to be great men and said that the local lodge sees that same work at play in the Scouts; turning girls and boys into great women and men.

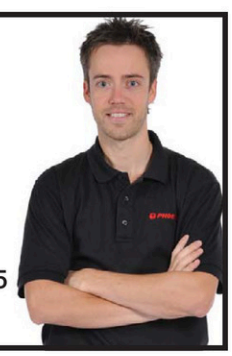
"We find they're an excellent organization," Green said, explaining that the funding was given to help with the Scouts' summer camping plans as well as the goal of buying a trailer to help carry equipment on the road. The group plans to continue to make a contribution to the local work of the scouting movement over the coming years.

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Weather



TODAY:
SUNNY

HIGH 26
LOW 16



SATURDAY:
PERIODS OF RAIN

HIGH 17
LOW 7



SUNDAY:
CLOUDY

HIGH 16
LOW 9



MONDAY:
CLOUDY

HIGH 15
LOW 13



TUESDAY:
60% CHANCE OF SHOWERS

HIGH 23
LOW 6

Break out the champagne! Frankenstein ('s monster) at 200!!

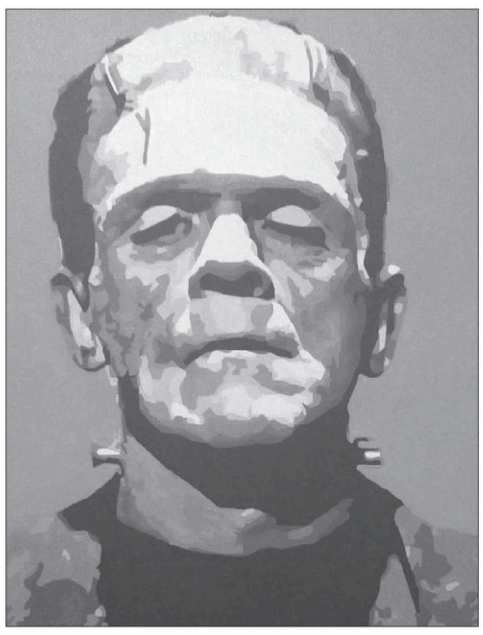


Good Reads

Lennoxville library

Well, in case you haven't heard, the literary world is positively a-buzz with the arrival of the 200th anniversary of the creation of Mary Shelly's mythic creature, Frankenstein's "monster". To explain, for those not in the know, the Boris-Karloff, flat-topped, bolt-necked, green chappie is NOT Frankenstein, but, in fact, the being who was constructed by the scientist Victor Frankenstein. Any confusion in this regard is the result of conflation in the popular imagination.

The creature was conceived by Mary Shelley on June 16th, 1816, and the work was published in early 2018 as Frankenstein; or, The Modern Prometheus. Shelley's story was clearly focused on the scientist Frankenstein and his effort to uncover the secret of life. Prometheus was the figure in Greek mythology who was punished by the gods for fashioning man out of clay and then, more audaciously, granting him the gift of fire.



When it comes to Mary Shelley's story, most of us have at least a passing familiarity, if not with the original, then with one of its many imitations. A "mad" scientist, ignoring warnings and the constraints of social norms, manages to cobble together body parts and animate them into a living creature. The creature, for whatever reason, goes berserk and presents a very daunting challenge to those who would control it.

A recent article in the Times Literary Supplement (March 16), deals with the power of this metaphor. According to the critic, the real fascination of Mary Shelley's story is how it has captured the popular imagination over the past two hundred years. Especially in our modern times of global warming, nuclear mishaps, threats from pollution, we witness almost constant reference to the "what-hath-man-wrought?" question. We can readily understand new coinages like "frankenfoods", "frankenfish", "frankenbabies" etc, again attesting to the degree to which the metaphor endures.

It is interesting to note that one of the factors in the begetting of the story was the Indonesian volcano Tamboro in April of 1815, which caused a subsequent year without a summer. (Side note: Rumour has it that a Township's farmer froze to death in his field in mid-summer that year!) In the case of Mary Shelley, the resulting cold favoured indoor evenings in the Geneva of June 1816, with her, her lover Percy Shelley, George Gordon (Load) Byron and several others gathered around a blazing fire for warmth. In that atmosphere, a challenge was issued (by Byron) that they should each write a ghost story. Mary Shelley was one of the few who actually produced one.

Her personal circumstances were exceptional. She was a child of the two radical philosophers William Godwin and Mary Wollstonecraft. By the age of seventeen she had taken up with Percy Bysshe Shelley, hugely prolific and accomplished poet of the Romantic Movement. She had, by the age of nineteen, already born and lost a child by him. She was plagued by dreams of trying to revive her dead child, images which no doubt played into the substance of the story.

Her parents and peers played an active part in the larger social and political context— the turn of the 19th century was a time of great turbulence. (The 1960's would be our closest approximation, although, truth be told, they put a little more reflection into the movement back then!) The American and French Revolutions, the scientific revolution, the almost globally scaled Napoleonic wars, the continued impact of enlightenment philosophy and radical political philosophy all gave rise to very profound questions about the nature of humanity, its moral underpinnings, freedom, social order, the foundations for the pursuit of happiness and good.

Shelley's story explores the extent to which human nature can be fashioned in accordance with science, philosophy, and/or rational principles. Frankenstein combines a fascination with traditional mysticism and alchemy with a thirst for knowledge. Much is made in the story of Frankenstein's creature's sense of loss as he is shunned by his creator, and then of his efforts to painstakingly learn reality, language, social interactions by observation, only to be met with revulsion and horrified reactions. Then we see the creature vengefully wreak havoc on the loved ones of the guilty Frankenstein.

The advocates of liberty, equality, and fraternity watched in dismay as the triumph of human freedom in the French Revolution was succeeded by years of bloody upheaval and mindless mob violence. Then, throughout the twentieth century we saw transformative social theory result in years of death and destruction in Europe, in China, Viet Nam, and Cambodia. Sadly, we now see the ideals of freedom and democracy being perverted by the forces of greed, exploitation, and wealthy elitism in many Western countries. The Frankenstein metaphor endures as we find, à la Pogo, that we have met the enemy and he is us!

By our standards what is really amazing about the figure of Frankenstein is how little Mary Shelley made on the deal. In our times, with successful print runs and movie spinoffs and merchandizing, Mary would probably be lunching out with J.K. Rowling and Jerry Seinfeld. Think Frankenstein II? The Return of Frankenstein? Frankenstein and the fight with ISIS? And spin-offs? The Adams Family? (Cha-ching!), The Munsters? Milton the Monster? (Cha-ching! Cha-ching!)

Instead, her work saw comparatively slow sales, and although she happily saw play adaptations and other literary imitations she benefitted little financially. In subsequent publications she was able to put the authorial gloss "By the Author of Frankenstein" but overall she benefitted very little from the Frankenstein "brand".

—Stephen Sheeran

Editions of Frankenstein, along with pale imitators, can be found at your local library.

Ben by Daniel Shelton



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LOCAL NEWS

The flower sale ends May 28th with the goal of $3,000 just a few dollars short already.

Flower fundraiser to repair pipe organ

By Claudia Villemaire
RICHMOND

The municipal park on Main Street here is filled with a symphony of color these past days, flowering plants, bushes,, hanging pots - a wide variety including herbs and spices and even trees.

Organized by two dedicated ladies. members of the Board of Managers at St Bibiane Catholic church determined to raise funds to repair the 'heritage pipe organ' have been up with the sun every day for nearly two weeks, setting out the colorful display. Jeanette Comeau and Delores Mayette bring at least three years of experience to this project which has seen funds increase with last year's total well over 2,000$.

"Our pipe organ was installed in 1905 and you can easily imagine the leather bellows are in desperate need of repair or replacement," said Comeau, a musician herself and singer as well. St Bibiane, itself a heritage site flanked by the old presbytery and St Patricks convent, (now the Centre d'Arts), all three constructed with brick made in Richmond more than one hundred years ago, is a major stop on the tourist map and one of few churches still functioning with two masses every Sunday - an early mass for the english population and another at 11 a.m., with a choir accompanied by the historic instrument, for the francophones or anyone choosing the later time slot.

The flower sale ends May 28th with the goal of $3,000 just a few dollars short already. The Board of Managers are very grateful for the community support this year, "This organ, made and installed by the well-known Casavant Brothers of St Hyacinthe is a very important part of our history and heritage," Mayette explained "and we thank everyone, including the volunteers who have turned out to help us."



CLAUDIA VILLEMAIRE

Delores Mayette, Carole St. Hilaire and Jeanette Comeau, the flower-ladies who are at the municipal park almost 'til sundown and will continue until May 28th, determined to raise the funds needed to repair the hsitoric pipe organ at St. Bibiane Church.

Bibeau receives CARE Global Leaders Humanitarian Award

Record Staff
SHERBROOKE

Compton-Stanstead MP and Minister of International Development and La Francophonie, Marie-Claude Bibeau, received the CARE Global Leaders Network Humanitarian Award in Washington Wednesday for her continued efforts to assist crisis-affected people around the world, particularly women and girls, and her leadership role as Minister of International Development since November 2015.

The award was presented during CARE's National Conference in Washington, D.C., which gathers members of civil society, diplomats and business leaders. The conference is a forum for persuading members of Congress and U.S. government officials to make humanitarian and development aid a priority.

"I'm deeply touched and humbled in accepting this award from the CARE Global Leaders Network," Bibeau said. "As a minister, I want to shed light on the outstanding work that humanitarian workers do every single day. They often work in difficult conditions, provide care for women and children who are traumatized by what they have seen or experienced, and selflessly care for others far away from their homes. I will continue to defend aid workers and ensure that humanitarian principles are respected at all times".

While in Washington, Bibeau also spoke with development experts and stakeholders at the Center for Global Development, sharing Canada's objectives for the upcoming G7 Development Ministerial meeting in Whistler, British Columbia.



(COURTESY MARIE-CLAUDE BIBEAU)

Care Canada President Gillian Barth (left) presents the CARE Global Leaders Network Humanitarian Award to Compton-Stanstead MO and Canadian Minister of International Development Marie-Claude Bibeau.

CLOGGING CONCERT
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U de S researchers granted over $700,000 for equipment

Record Staff
Sherbrooke

Two major projects led by Université de Sherbrooke researchers have been granted a total $705,605 from the John R. Evans Foundation Leaders Fund of the Canada Foundation for Innovation (CFI). The funding will enable them to acquire highly specialized equipment needed for research in the fields of precision medicine and civil engineering.

As part of the Canada Foundation for Innovation program, every dollar invested by the CFI is matched by the Government of Quebec, through the Ministry of Economy, Science and Technology and Innovation. An additional 50 per cent of the CFI investment is matched from private sector partners.

Of the total, $1,583,499 will go to Professor François-Michel Boisvert of the Department of Anatomy and Cell Biology in the Faculty of Medicine and Health Sciences for a Mass Spectrometer for the discovery of new protein biomarkers in cancer and other diseases.

The remaining $210,229 will benefit research by Professor Sébastien Langlois, from the Department of Civil Engineering, for a Digital image correlation system for assessing the behavior of steel lattice structures.

"When properly equipped, researchers can make discoveries that improve our quality of life and contribute to our economic development," said Compton-Stanstead MP and Minister of International Development Marie-Claude Bibeau. "This boost will enable the Université de Sherbrooke's scientific community to pilot innovative and promising research projects for the future,"

The Canada Foundation for Innovation (CFI) makes financial contributions to universities, colleges, research hospitals, and non-profit research organizations to increase their capacity to conduct high-quality research activities.



(COURTESY U DE S – MARTIN BLACHE)
Prof. François-Michel Boisvert and Minister Marie-Claude Bibeau examine the new mass spectrometer purchase by a grant from the Canada Foundation for Innovation.

A walk for Alzheimer's with Gregory Charles

Record Staff
Sherbrooke

The Walk for Alzheimer's will be held Sunday, May 27, in Sherbrooke, along with more than 100 Alzheimer Society walks across Canada. This year, the event is gaining momentum with a major ceremony that will highlight well-known Quebec performer Gregory Charles. The ceremony will allow those affected by the disease to come together, and enjoy a moment of respite.

Beginning at 1 p.m. participants will be greeted with music by the members of the Florilège choir at Sherbrooke's Basilica-Cathedral Saint-Michel. At 1:30 p.m. a special ceremony will be held in honor of people with Alzheimer's disease or in memory of a deceased loved one. During the ceremony, participants will hear Charles' testimony. Both the musician's parents had Alzheimer's disease. The multi-talented artist will also sing some songs. A 3 km walk in the streets near the Cathedral Basilica will conclude the event.

The funds raised during the event will allow the Estrie Alzheimer Society (SAE) to continue providing quality services to people with Alzheimer's disease and their loved ones, here in the Estrie region.

For the third year, Radio-Canada journalist Brigitte Marcoux has agreed to serve as an ambassador of the event.

Registration for the event is currently in progress and those interested in participating can register online at www.marchepourlalzheimer.ca, by phone at 819-821-5127, or in person at the society's office, or the morning of the event. The cost is $15 per person, or $30 per family of two adults and two children.

Those who have raised more than $200 in donations will be eligible to win a two-night package at the Château Laurier Québec hotel, the provincial partner of the event.



(COURTESY SAE)
Gregory Charles

GLIMPSES OF THE PAST



Myra and Maurice St-Pierre Collection. Sherbrooke Historical Society

Deeply rooted on the banks of the St. Francis River and crossed by the Grand Trunk Railway, the municipality of Brompton Falls is a key player in the logging industry of the Eastern Townships. Brompton Lumber & Manufacturing Co. was created by a man who would later become famous across the country, Edmond William Tobin. In 1901, he funded the construction of a sawmill on the site of the current Parc de la Rive in Brompton. For the next 28 years, the mill supplied the wood used to build or expand several buildings in Sherbrooke. Among those was the St. Charles Seminary, the Kayser factory, and the Olivier building at the corner of King-Wellington. Following a series of fires and the Crash of 1929, the mill was forced to shut down.

INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Faces of Sherbrooke, presented in the Andrée-Désilets room of the Sherbrooke Historical Society.*

275 Dufferin, Sherbrooke
Informations : 819-821-5406

LA SOCIÉTÉ D'HISTOIRE DE SHERBROOKE
www.histoiresherbrooke.org

Magog lifts ban on outdoor fires

Record Staff

The Magog Fire Department is advising the public that, following a recommendation from the Société de protection des forêts contre le feu (SOPFEU), it is now permitted to have outdoor fires in the city, provided that regulations are followed.

Before lighting a fire, however, it is strongly recommended to check the fire index on the City of Magog website the at www.ville.magog.qc.ca/indicefeu.

It is still forbidden to burn leaves and other green residue on municipal territory. Those materials should be placed in the brown recycling bins that are picked up every week or brought to an ecocentre during opening hours. The city turns them into compost which it distributes to citizens each spring.

For more information on regulations and tips on outdoor fires, visit www.ville.magog.qc.ca/feuxexterieurs.

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Police warn of social media scam

Record Staff
SHERBROOKE

Sherbrooke Police are warning the public about a social media scam aimed at young people currently making the rounds in the area.

According to the Sherbrooke Police Service (SPS), there are several cases of fraud and attempted fraud in recent days in which the fraudster contacts the victim via social media and lets them believe they have an opportunity to make some very easy money.

With the help of videos depicting large sums of money and gift cards, the fraudster then tries to convince the victim to hand over their bank card number and PIN. The suspect would then tempt the victim with a simple transfer via the account in return for compensation, leaving the victim with a financial loss, the possibility of recourse from his financial institution, and the potential for criminal charges for participating in a fraud.

The Sherbrooke Police Service want to warn the public and are advising anyone with any information on this scam to contact the SPS Criminal Investigation Division at 819-821-5544.

Police warn of mold removal fraud

Record Staff
SHERBROOKE

The Sherbrooke Police is advising the public to be wary of a private company that has been soliciting in the region for several days. The company offers decontamination of mold in attics by raising fears of serious health problems if nothing is done. The representatives of the supposed company show up without having an appointment and are very insistent, the police say.

Door-to-door solicitation, whether for profit or not, is forbidden in the City of Sherbrooke unless a permit or authorization has been requested and obtained from the Service des finances.

The City is recommending that citizens demand to see this permit or authorization when they are solicited at their home. If in doubt as to respect of municipal regulations, no one should hesitate to communicate with the Sherbrooke Police by calling 819-821-5555.

Sherbrooke approves wastewater management plan

Record Staff
SHERBROOKE

Sherbrooke municipal council has approved a wastewater overflow management plan linked to planned developments in the City of Sherbrooke. The plan includes offset measures to ensure that projected residential developments and redevelopment projects do not increase untreated sewage discharge into the Saint-François and Magog rivers.

These overflows are authorized by the Ministry of Sustainable Development, Environment and the Fight against Climate Change (MDDELCC) and occur in overflow structures during emergencies, heavy rains, or snowmelt. These overflows are primarily explained by the fact that part of the sewer system is unitary, that is to say that it receives rainwater and wastewater in a single pipe.

Sherbrooke's sewer system includes 138 overflow structures and of these, 39 will come under pressure because of projects included in the development plan. The management plan adopted by council deals with these 39 overflow structures.

Since 2013, work on increasing the capture capacity of the sewer system has been carried out on 13 of these 39 structures. This work required investment of $3.4 million, funded by grant programs.

For seven overflow structures, no compensatory measures are required since the current capacity is sufficient to allow for additions needed by real estate development.

Offset measures are nevertheless required for 19 of the 39 overflow structures. To deal with this issue, the proposal calls for an increase to the interception capacity of the sewer system or to compensate for additional flow by dividing the unitary network. The total investment associated with these offsets is estimated at $1.4 million. The work should be completed within three years by maximizing available grant programs.

For the last four years, the City of Sherbrooke has also spent approximately $10 million on separation work for its unitary sewer system. The City will continue this work when opportunities arise, depending on the grant programs available. The overflow management plan also provides for the construction of sewage treatment basins. This plan will now be submitted to the MDDELCC for approval.

Bus driver is off the road

CONT'D FROM PAGE 1

around and go back to school, Crook explained, adding that all the while the driver continued yelling and also swearing at the kids.

At one point, Crook said the driver pulled the bus over and got up to yell at the kids. The situation escalated further when the bus got back to the school.

"He shuts the bus off but then gets up and completely loses it," Crook said, "he isn't just yelling and swearing at them, he starts going down the aisle yelling 'sit down and shut the f- up."

Crook said the driver was also pushing and shoving the kids back into their seats.

Crook's oldest child video called her and she heard the commotion first hand. "He was telling the little ones they weren't going to see mommy ever again," commented Crook.

All the parents got a letter the next day, Crook said, adding that she also received a call from the ETSB transportation department.

The bus was equipped with video surveillance.

"The transportation guy said he saw it and everything happened in the video the same as what the kids said," Crooks said.

"It all started with one boy, then it went on like the kids said. It was the day after that we got the info that he had seen the video," she explained. "He said it on the phone that he knows what happened and that the guy will no longer be driving," Crook said.

The Record made two attempts to reach the ETSB communications consultant for a comment, but did not receive a response.



Career

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e-mail: wjohnson@bishopscollegeschool.com

We regret that only applicants to be interviewed will be contacted.

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Editorial

For humans, a change in body temperature is generally a sign of illness, that something is wrong. When a turtle's body temperature changes, it's simply because the environment has become warmer or colder.

The secret to turtle hibernation: Butt-breathing

By Jacqueline Litzgus
Professor, Department of Biology, Laurentian University

To breathe or not to breathe, that is the question.

What would happen if you were submerged in a pond where the water temperature hovered just above freezing and the surface was capped by a lid of ice for 100 days?

Well, obviously you'd die.

And that's because you're not as cool as a turtle. And by cool I don't just mean amazing, I mean literally cool, as in cold. Plus, you can't breathe through your butt.

But turtles can, which is just one of the many reasons that turtles are truly awesome.

Cold weather slow down

As an ectotherm — an animal that relies on an external source of heat — a turtle's body temperature tracks that of its environment. If the pond water is 1℃, so is the turtle's body.

But turtles have lungs and they breathe air. So, how is it possible for them to survive in a frigid pond with a lid of ice that prevents them from coming up for air? The answer lies in the relationship between body temperature and metabolism.

A cold turtle in cold water has a slow metabolism. The colder it gets, the slower its metabolism, which translates into lower energy and oxygen demands.

When turtles hibernate, they rely on stored energy and uptake oxygen from the pond water by moving it across body surfaces that are flush with blood vessels. In this way, they can get enough oxygen to support their minimal needs without using their lungs. Turtles have one area that is especially well vascularized — their butts.

See, I wasn't kidding, turtles really can breathe through their butts. (The technical term is cloacal respiration.)

Not frozen, just cold

We are not turtles. We are endotherms — expensive metabolic heat furnaces — that need to constantly fuel our bodies with food to generate body heat and maintain a constant temperature to stay alive and well.

When it's cold out, we pile on clothes to trap metabolic heat and stay warm. We could never pick up enough oxygen across our vascularized surfaces, other than our lungs, to supply the high demand of our metabolic furnaces.

For humans, a change in body temperature is generally a sign of illness, that something is wrong. When a turtle's body temperature changes, it's simply because the environment has become warmer or colder.

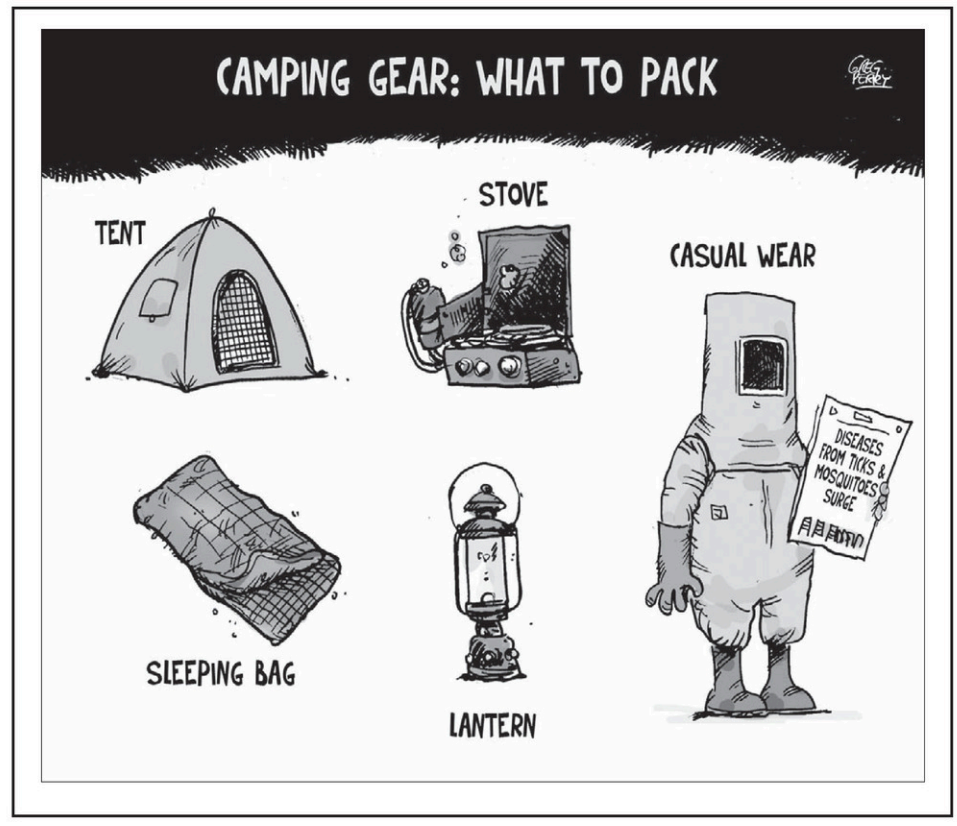
But even ectotherms have their limits. With very few exceptions (e.g., box turtles), adult turtles cannot survive freezing temperatures; they cannot survive having ice crystals in their bodies. This is why freshwater turtles hibernate in water, where their body temperatures remain relatively stable and will not go below freezing.

Water acts as a temperature buffer; it has a high specific heat, which means it takes a lot of energy to change water temperature. Pond water temperatures remain quite stable over the winter and an ectotherm sitting in that water will have a similarly stable body temperature. Air, on the other hand, has a low specific heat so its temperature fluctuates, and gets too cold for turtle survival.

Crampy muscles

An ice-covered pond presents two problems for turtles: they can't surface to take a breath, and little new oxygen gets into the water. On top of that, there are other critters in the pond consuming the oxygen that was produced by aquatic plants during the summer.

Over the winter, as the oxygen is used up, the pond becomes hypoxic (low oxygen content) or anoxic (depleted of oxygen). Some turtles can handle water with low oxygen content — others cannot.



Snapping turtles and painted turtles tolerate this stressful situation by switching their metabolism to one that doesn't require oxygen. This ability is amazing, but can be dangerous, even lethal, if it goes on for too long, because acids build up in their tissues as a result of this metabolic switch.

But how long is "too long"? Both snapping turtles and painted turtles can survive forced submergence at cold water temperatures in the lab for well over 100 days. Painted turtles are the kings of anoxia-tolerance. They mobilize calcium from their shells to neutralize the acid, in much the same way we take calcium-containing antacids for heartburn.

In the spring, when anaerobic turtles emerge from hibernation, they are basically one big muscle cramp. It's like when you go for a hard run — your body switches to anaerobic metabolism, lactic acid builds up and you get a cramp. The turtles are desperate to bask in the sun to increase their body temperature, to fire up their metabolism and eliminate these acidic by-products.

And it's hard to move when they're that crampy, making them vulnerable to predators and other hazards. Spring emergence can be a dangerous time for these lethargic turtles.

Cold weather turtle tracking

Field biologists tend to do their research during the spring and summer, when animals are most active. But in Ontario, where the winters are long, many turtle species are inactive for half of their lives.

Understanding what they do and need during winter is essential to their conservation and habitat protection, especially given that two-thirds of turtle species are at risk of extinction.

My research group has monitored several species of freshwater turtles during their hibernation. We attach tiny devices to the turtles' shells that measure temperature and allow us to follow them under the ice.

We've found that all species choose to hibernate in wetland locations that hover just above freezing, that they move around under the ice, hibernate in groups and return to the same places winter after winter.

Despite all this work, we still know so little about this part of turtles' lives.

So, I do what any committed biologist would do: I send my students out to do field research at -25℃. We are not restricted to fair-weather biology here.

Besides, there is unparalleled beauty in a Canadian winter landscape, especially when you envision all of those awesome turtles beneath the ice, breathing through their butts.

Jackie Litzgus receives funding from the Natural Sciences and Engineering Research Council, and Ontario Ministry of Natural Resources and Forestry's Species at Risk Stewardship and Research funds. She is affiliated with Laurentian University, the Algonquin Wildlife Research Station, Canadian Herpetological Society, American Society of Ichthyologists and Herpetologists, and Society for the Study of Amphibians and Reptiles.

THE RECORD

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COLUMNIST

Making wishes as adults is more difficult. What do we really want from life? Are we truly happy if our wishes come true?

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's Word: Wish

By Revs Mead Baldwin, W. Lynn Dillabough, Lee Ann Hogle, and Carole Martignacco

1) I have a Mason jar in my kitchen that I use to save wishbones from roast chicken or turkey. I use them to tell children's stories in church. For some reason children have an easier time making wishes and believing in them than adults do. Perhaps that's because so many fairy tales have a character who grants wishes, usually 3 for some reason. One of the first songs children learn is "Twinkle, twinkle, little star." They also look forward to blowing out the candles on their birthday cakes and making a wish. I remember a comedy show from my childhood called "I dream of Jeanie", about a genie and an astronaut. She was always nodding her head and granting him wishes. Usually mayhem and comedy ensued when this happened. The message seemed to be that when you get your wishes without any effort this causes more mischief.

We have all at some point pondered what we would wish for if given the chance. There is a passage in the Hebrew Scriptures where young King Solomon is told that he will be given any wish he desires. Instead of choosing the obvious, riches, power, or fame, he opts for wisdom. As the story unfolds we discover that eventually he receives all the other things as well.

Making wishes as adults is more difficult. What do we really want from life? Are we truly happy if our wishes come true? I think my wishes would not be for things. As I look around my house these days I am sure we have many more items than we need. I think I would wish for causes, like peace, a healthier planet, or compassion for less fortunate. One thing I do believe is that when we have a dream, we share that vision with friends, and then work hard enough, those dreams can come true. With the divine presence our wishes can become reality.

2) As a small girl I was always quite serious about making a wish before blowing out my birthday candles. Sometimes my wishes were personal and selfish, other times they were hopes for others. I suppose they involved a certain amount of magical thinking. I'm not sure when I stopped making wishes like this but it probably coincided with letting go of the notion that God grants wishes, like Santa Claus, if we are good enough. Nowadays my wishes come more in the form of prayers, intentions or a vision, less specific, more tentative and hopefully with more humility. Folk wisdom warns us to be careful what we wish for. Magic is still part of the equation but I have let go of the notion that I always know what is best, even for myself.

I leave the magic to God, which in turn leaves room for mystery and an admission that we live in a reality much bigger than we can grasp. Leonard Cohen states it well. "God is alive. Magic is afoot. God is afoot. Magic is alive. Alive is afoot."

3) Once upon a time I belonged to a group of colleagues that met every other Saturday morning to process the journey we were on. We called ourselves the Wisdom Women and we had a ritual for celebrating birthdays. You were only allowed to bring intangible gifts, and these were presented as a show of wishes. "Be careful! Don't step on the wrappings," I was cautioned when my turn came to be in the center. "How do you wrap a wish?" I asked. The answer came swiftly: "In hopes and dreams and polished with a little elbow grease!" The wishes were always very specific, and receiving them was humbling and sometimes prophetic.

Wishes are not just the stuff of childhood and fairy tales. Who cares if no genie will ever really jump out of the bottle, waving a magic wand and offering you three wishes? My younger sister once stopped me while reading such a tale to announce that her first wish would be for a thousand more wishes! So it helps to be specific. Like flipping a coin. Heads or tails - who cares? What matters is you know while it flips in the air how you want it to land. It matters that we go beyond wishful thinking.

Our wishes have power, not in whether they come true or not, but in knowing what we long for and having occasions for putting it into words. Along with dreams and hopes and prayers, they shape how we live into our future. "If wishes were horses, beggars would ride" was a saying I grew up with. "Wish if you will, but always have a plan," was another. And the classic warning: "Be careful what you wish for; you may get it." Like throwing the coin in the fountain, wishing requires a certain detachment toward the outcome. Whatever we think we want, our wishes may come true in ways we could hardly imagine.

So go ahead. Make a wish. Toss a coin if you will. And I'll wish with you! One or a thousand, it would always be the same. I wish for a world where the Golden Rule is observed as commonplace far and wide. Then every other good thing I long for - for you and me and everyone - would surely follow. To that I'll gladly add some elbow grease!

4) I'm not so keen on wishing. Too often, I think it can set us up for unrealistic expectations, disappointment, and inaction.

We can all wish for things. I wish I were thinner, wish my mother's health would improve, wish for peace on earth. My wishing isn't going to make any of those things happen. Wishing is sometimes little more than daydreaming or fantasy.

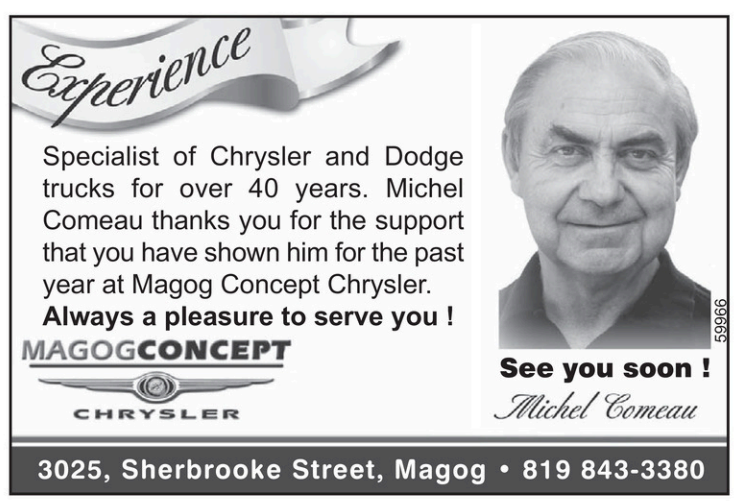
Wishing can also highlight disappointment, rather than gratitude. When we are wishing, we are wishing for something else - something different than what is already happening. I have gained weight due to injury, inactivity, and overeating. Those are the facts. Wishing for a different body just makes me sad about the one I have, when, really, I should be grateful. I am healthy and mobile and I get a lot of enjoyment from living in this skin. That is something to be thankful for. My mother is in her eighties and her health is not likely to get much better. When I focus on wishing things were different I am not grateful for the long and good relationship what we have. When it comes to peace on earth, well, that is a wonderful goal, but wishing does not make it happen.

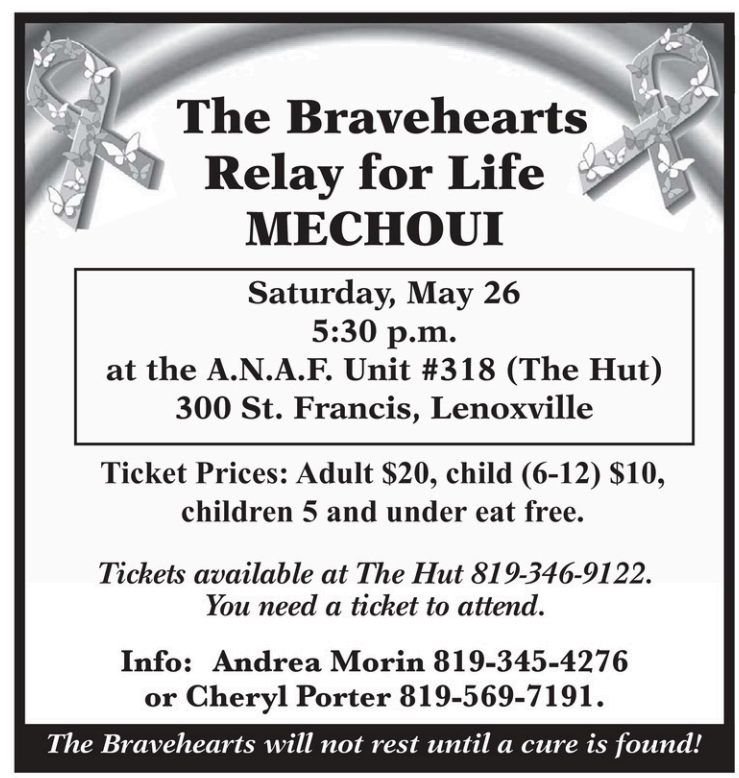
This brings me to my third point: inaction. When wishing is paired with disappointment about how things actually are, we can be immobilized. If you have a wish, and it is realistic, maybe turn the wish into a plan. Eat a salad, go for a walk, spend time with your mother to raise her spirits, make peace in concrete ways where you can. Don't just wish; make a plan and do something!

One word, four voices - and not it's your turn to reflect: If you were to make a wish, for what would it be?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.







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City opens the door to urban chickens

Record Staff
Sherbrooke

The City of Sherbrooke has planned a public consultation at City Hall for 7 p.m. on June 7 to discuss a draft by-law concerning standards and conditions for having laying hens within the city limits.

In response to interest expressed by members of the population for keeping chickens at domestic residences, the municipal council wants to allow the installation of chicken coops on its territory. The proposed by-law will govern, among other things, the establishment and design of the hen house and pen, the equipment, maintenance, the sale and the well-being of the hens, and the mandatory registration with the City.

The regulation allows the keeping of two to five hens, but bans keeping roosters.

The draft regulation can be viewed at sherbrooke.ca/poule.

U de S creates new Medical Cannabis Research Chair

Record Staff
Sherbrooke

Although cannabis is a well-known and recognizable plant, the fact remains that all of its secrets have yet to be revealed. As North American society is currently facing an opioid crisis, research projects looking into the possibilities of using different cannabis compounds as a medical alternative have so far been few and far between. The research that has been conducted, however, has shown that several therapeutic avenues seem promising: as analgesics (pain killers), anti-inflammatory drugs, as antioxidants, antidepressants, and as anxiety treatments.

To explore the full potential of cannabis plants and to identify their most promising molecules, CannaSher Inc., a privately-owned Quebec corporation headquartered in Sherbrooke that is aiming to become a licensed medical marijuana producer and distributor by the end of 2018, and the Université de Sherbrooke have announced the creation of the CannaSher Chair on Medical Cannabis.

This research chair has-been made possible by the investment of $900 000 from CannaSher. It also benefits from a contribution of $703,700 from the Université de Sherbrooke. As such the new research position will have a budget totalling $1,603,700 to carry out its work and the creation of the Chair will be used as leverage to obtain additional research funding in this area.

Led by Professor Kamal Bouarab of the Department of Biology, the CannaSher Chair will generate and improve cannabis shoots capable of producing various cannabinoids (molecules of therapeutic interest). In addition, Bouarab will test and optimise a new culture system developed by CannaSher to grow cannabis plants. The work of the Chair will also make it possible to train students in undergraduate and graduate studies as part of the research program.

"Today's announcement is an important milestone for CannaSher and is in line with our commitment to innovation and research in the field of medical cannabis," said CannaSher president Steven Blanchard. "We are very proud to be working in partnership with the Université de Sherbrooke and with Professor Bouarab. We are convinced that Professor Bouarab's research will contribute to increasing our scientific understanding of cannabis and its medical use and will ultimately improve the health of Canadians and patients around the world."

Professor Jean-Pierre Perreault, Université de Sherbrooke's Vice-President, Research and Graduate Studies, welcomed this investment in research, saying, "It is in the DNA of Université de Sherbrooke to develop innovative approaches both in partnerships and financing. CannaSher is a young company for whom quality research is fundamentally important. The business alliance we are beginning with these entrepreneurs is part of our vision for the university's research."

"Cannabinoids are substances produced by animals and humans as potent remedies against various symptoms including pain, depression, loss of appetite, anxiety, or inflammation, commented Professor Bouarab. "Cannabis plants produce a hundred cannabinoids, some of which have effects similar to the ones we produce ourselves. In collaboration with CannaSher, our research will help to promote certain molecules in plants, so that their effects can be studied in a therapeutic context."

The legalization of the therapeutic use of cannabinoids in Canada is still recent and although THC, used in particular for recreational use and CBD, is a molecule which has been the subject of some research, the various components of cannabis have largely been unexplored to date.

Gingues appointed Sherbrooke Deputy Mayor

Record Staff
Sherbrooke

Sherbrooke Mayor Steve Lussier has announced that Université de Sherbrooke district councilor, Paul Gingues, will serve as Deputy Mayor until at the end of 2018. Gingues replaces Marc Denault, Councilor for the du Golf District, who has held this position since the election last November. Gingues also serves as Chair of the Committee on Culture and Chair of the City of Sherbrooke's Toponymy Committee.

"I thank Mr. Denault for the service he has rendered over the last six months," Lussier said. "The position of acting mayor is very important and often incumbents are called in at the last minute. I thank Mr. Gingues for accepting this responsibility."

At the time of Denault's appointment to the role, which involves standing in for the Mayor in the event he should be unavailable or become incapacitated, Lussier indicated that he would be rotating the position of Deputy Mayor once every six months in order to take full advantage of the council's range of experience and approaches.

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Local Sports

The mayor told us we'd become the first couple to run around North America. We smiled and unlaced our 30th pair of destroyed Asics running shoes.

Run for One Planet ambassador Matt Hill celebrates 10th anniversary



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Meet Matt Hill, a Vancouver, BC actor, speaker, marathoner and Run for One Planet ambassador. Hill's mission statement, which can be found on his website is profound and bears repeating here: "To inspire in the world, with my energy and my love of people, running and our planet. Accomplishing this mission with every word, every character and every single step I take."

In a Q & A interview he shares his thoughts and goals for making our planet healthier. His dream to inspire through running first occurred while on a flight to Detroit in late 2006. While cruising at 28,000 feet, he received answers to questions he'd been asking since seeing his childhood hero, Terry Fox running his marathon of Hope across Canada in 1981.

Here is our Q & A:

Q: How did the idea for Run for One Planet begin?

A: It Started on May 4th 2008 with my self and Steph Tait, co-founders who ran across Canada and around the perimeter of America, totaling 11,000 miles. For 369 tour days, we ran a marathon each day, supported by an amazing dream team of 30 volunteers (that were) spread across the continent. We spoke to over 50,000 incredible kids in more than 220 school presentations, destroying 30 pairs of ASICS, burning over three million calories and raised $130,000 for our Legacy Fund for Kids. On May 8th 2009, we took our final steps on the final marathons - unlacing this last pair of runners, when the mayor (Gregor Robertson) declared May 8th official "Run for One Planet Day" in the City of Vancouver - their epic North America expedition was complete. The mayor told us we'd become the first couple to run around North America. We smiled and unlaced our 30th pair of destroyed Asics running shoes.

Run for One Planet is partnered with the Vancouver Foundation, (which is) Canada's largest, and one of North America's oldest, community foundations - to ensure our Legacy lives on.

Q: Congratulations on your 10th anniversary with Run for One Planet. Can you tell us what their mission is for the future?

A: The Run for One Planet is an ongoing run endeavor focused on "inspiring environmental action, one step at a time".

Q: Tell us about the Fit for Kids and what do you hope to achieve?

A: May 4th this year marked the tour's 10th birthday and so in R41P (Run for One Planet) fashion I spoke to my first elementary school where we learned how to run and I ran with the kids at Sacred Heart school in Ladner, BC and then to my home town of Tsawwassen to speak and run with the kids at Beach Grove elementary.



COURTESY

I (had to) speed-walk this year due to a hip flexor injury healing up and covered a marathon a day until Run for One Planet Day May 8.

Here's the tour's Top 10 Action Steps. We ask you to choose one, committing to a single, powerful change, for the health of our beautiful blue Planet.

1. Eat Local and Organic
2. Turn off your car
3. Eliminate plastic bags
4. Use green cleaners
5. Turn off the lights
6. Turn off the taps
7. Reduce, Re-use, Recycle (from a 6th grader in Texas "re-think")
8. Compost
9. Bring your own bottle
10. Teach your children well (R41P kids' magic tip #10: kids teach your teachers and your parents)

Q: What is next for you?

A: Run for One Planet's evolution and next mission to reach, inspire and empower the youth of the world is called Fit Kids for a Fit Planet - will launch next May!

www.runwithit.ca

Canadians Andreescu, Polansky off to final round of French Open qualifying

The Canadian Press

Two Canadians are one win away from joining Denis Shapovalov in the main singles draw at the French Open.

Mississauga teen Bianca Andreescu advanced to the final round of women's qualifying with a 6-1, 6-3 win over Viktoriya Tomova of Bulgaria on Thursday.

On the men's side, No. 14 seed Peter Polansky of Thornhill, Ont. defeated Serbia's Pedja Krstin 6-4, 6-2 to move on to the final qualifying round.

Andreescu will face No. 22 seed Richel Hogenkamp of the Netherlands in the third round of qualifying on Friday, while Polansky will meet unseeded Jozef Kovalik of Slovakia.

Shapovalov, a 19-year-old from Richmond Hill, Ont., is the top-ranked Canadian in the main draw at No. 26. He will take on No. 58 John Millman of Australia in the first round. Shapovalov faces a tough path to the quarterfinals, with a potential fourth-round matchup with Rafael Nadal looming large.

Nadal, a master of the clay court, is the top seed in Paris. He easily defeated Shapovalov in their only meeting on clay when he downed the Canadian 6-4, 6-1 in the third round of last week's Italian Open.

Vancouver's Vasek Pospisil, ranked 88th, also earned a direct berth in the main draw and will face No. 60 Marton Fucsovics of Hungary in the opening round.

Former world No. 3 Milos Raonic of Thornhill, Ont., withdrew from the French Open because of an undisclosed injury.

The main draw starts Sunday.

NFL teams with foundation to support veterans, families

The Associated Press

The NFL is joining an effort for nonprofit organizations to support healthy lifestyle programs for veterans and their families.

The league will contribute $2 million to the Bob Woodruff Foundation, which was established in 2006 after the television journalist was wounded by a roadside bomb while covering the war in Iraq.

The foundation has invested more than $55 million for programs that empower the military and their families. The NFL will work with the Woodruff group in creating a grant referral system for nonprofits.

Anna Isaacson, the NFL senior vice-president of social responsibility, says the league is committed to ``evolving its work in the military landscape and funding programs that will make a tangible, long-lasting impact."

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Datebook

FRIDAY, MAY 25, 2018

Today is the 145th day of 2018 and the 67th day of spring.

TODAY'S HISTORY: In 1787, the Constitutional Convention convened in Philadelphia, with George Washington presiding.

In 1935, Jesse Owens set three track and field world records and tied a fourth at the Big Ten Championships in Ann Arbor, Michigan.

In 1961, President John F. Kennedy announced his plan to put a man on the moon by the end of the decade.

In 1977, the first "Star Wars" movie was released in American theaters.

TODAY'S BIRTHDAYS: Ralph Waldo Emerson (1803-1882), poet/essayist/philosopher; Bill "Bojangles" Robinson (1878-1949), dancer/actor; Gene Tunney (1897-1978), boxer; Robert Ludlum (1927-2001), author; Raymond Carver (1938-1988), author; Ian McKellen (1939-), actor; Frank Oz (1944-), puppeteer/film director; Mike Myers (1963-), actor/comedian; Octavia Spencer (1972-), actress; Cillian Murphy (1976-), actor; Brian Urlacher (1978-), football player; Aly Raisman (1994-), gymnast.

TODAY'S FACT: In 1986, an estimated 6.5 million people in the United States joined hands to form a human chain in support of the Hands Across America charity campaign. The event raised $34 million to combat hunger and homelessness.

TODAY'S SPORTS: In 1935, just a week before playing in his last major league game, Babe Ruth went 4-for-4 with three home runs, including his major league record 714th, in an 11-7 loss to the Pittsburgh Pirates at Forbes Field.

TODAY'S QUOTE: "Sunshine cannot bleach the snow, / Nor time unmake what poets know." — Ralph Waldo Emerson

TODAY'S NUMBER: $7.4 billion — domestic box office gross (as of mid-May 2018), adjusted for inflation, of the 10 original and eight re-released films of the "Star Wars" movie franchise.

TODAY'S MOON: Between first quarter moon (May 21) and full moon (May 29).



Church Services

Anglican

GEORGEVILLE

Sunday, May 27: St. George's Anglican Church, Georgeville invites you to Holy Communion at 8:30 a.m. with the Ven. Dean E. Ross officiating.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

SHERBROOKE

Sunday, May 27: The Church of the Advent, 473 Bowen St. S., Sherbrooke welcomes you to a service of Holy Communion at 11:00 a.m. with the Ven. Dean E. Ross officiating.

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Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

SCOTSTOWN

St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon worship service and annual general meeting on May 27 at 2:30 p.m. Minister: Rev. Susan Smith.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, May 27 at 10:00 a.m. Last Sunday School of the season. 819-565-8449; website - lennoxvilleunitedchurch.com

United

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to a bilingual worship service on May 27, Trinity Sunday, at 10:30 a.m., with Sunday school, followed by a Mission & Service luncheon prepared by our francophone members. Le 27 mai, le dimanche de la Trinité, nous aurons un seul service bilingue, avec École du dimanche, à 10h30, et ce suivi par un repas communautaire Mission et Service preparé par nos membres francophones. Tout le monde est cordialement le bienvenu! Minister: Rev. Samuel V. Dansokho.

TRENHOLM

Trenholm United Church. Worship and song await you at our service on Sunday, May 27 at 2 p.m., followed by a "cookie hour" get-together. This is our first service of 2018 and everyone is welcome to join us.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, May 27, 11 a.m. service with worship leader Shirley Knutson. Sunday School. 819-837-1112.

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SUDOKU

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6	9	1	8	5	4	3	2	7
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SUDOKU

DIFFICULTY RATING: ★★★★★

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PREVIOUS SOLUTION

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6	5	3	2	4	1	9	7	8
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Death

Allan (Red) TURNBULL

Allan was born on January 25, 1928 in Verdun, Quebec. At the age of 16 he went to work at the MacGillivray Farm in Knowlton. Allan spent his happiest years showing and breeding his prized Ayrshire cattle at numerous fairs around Canada and the United States. Allan could always be found in the barn at the Brome Fair and was also very involved with the Sutton Curling Club.

Allan was a proud and long serving Master Mason of Brome Lake Lodge #35.

Allan passed away peacefully on May 10, 2018 at the Manoir Brome, he was 90 years old and will be dearly missed by his family and friends. Allan is survived by his sister Joyce Turnbull Lowe (Jim), his nephew James Lowe (Meta) and his niece Sharon Lowe (Doug).

Allan's family would like to thank the staff of the Manoir Brome for their kindness and care in Allan's final days. Thank you to the members of Lodge #35 for their visitations and support over the years.

As per Allan's wishes, there will be no service. A private family gathering will take place at a later date at his sister's home.

Celebration of Life

MASON, Jim - Celebration of life, "the best of Jim," Jim Mason, September 13, 1948 - January 15, 2018. There will be a gathering of friends and family, Sunday, May 27, 11 a.m. to 3 p.m., at the Fairview Hall in Brome, Quebec. Please join us to share stories and memories that celebrate the "best of Jim."

Cemetery Meeting

BROOKBURY GRACE UNITED CEMETERY

Brookbury Grace United Cemetery annual general meeting will be held on Monday, May 28 at 7:00 p.m. at the Brookbury Community Center. Everyone is welcome.

In Memoriams

LUCE, Delbert – In loving memory of my dear husband, father, grandfather and great-grandfather who passed away two years ago on May 27, 2016.

God has him in His keeping,
We have him in our hearts.

WANETTA (wife)
HOWARD & SUE
MURRAY & FRANCINE
ANDY & MARSHA
(sons)
4 GRANDCHILDREN and
2 STEP-GRANDCHILDREN
7 GREAT-GRANDCHILDREN

ROBINSON, Michael – In memory of our dear son, May 25, 2000.

A memory is a keepsake of time
That lives forever in the heart.
No length of time can take away
Our thoughts of you today.
Love's greatest gift – "remembrance."

MOM AND DAD
(John and Patricia)

Cards of Thanks

JUDGE, Douglas – We would like to thank Rev. Canon Giuseppe Gagliano for the lovely service, Penny Ward for arranging and assisting at the burial. Thanks to everyone who attended and supported us. A special thanks to Daniel and Tony Hunting for placing their grandfather's ashes in the ground. Thanks to the Sawyerville U.C.W. for the delicious lunch they served. We appreciate your acts of love and kindness.

LYDIA (wife)
LARRY, SUZANNE & FAMILY
(son)
DIANE, BILL & FAMILY
(daughter)

McELROY, Milton – The family wishes to acknowledge the many expressions of sympathy and gestures of kindness shown to us following the recent loss of my husband and our father. We offer a heartfelt thank you to family members, friends and neighbours for their thoughtfulness and kind words. Please accept this acknowledgement as an expression of our deepest gratitude.

Cemetery Meetings

MANSONVILLE CEMETERY COMPANY

The Mansonville Cemetery Company will hold their annual general meeting on May 31, 2018, 7:30 p.m., at 302 Principal, Mansonville (downstairs).

MILBY CEMETERY

Milby Cemetery clean up day and general discussion to be held on Saturday, May 26 beginning at 1pm. All interested parties are welcome.

Rare, poorly understood disease leaves skin red, hot and painful



ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: Will you please explain erythromelalgia? What can ease the pain other than pills? Why does it spread to my upper legs, and what makes it so crippling? And does it worsen with time?

Dear Reader: I'm so sorry to hear that you're suffering from this poorly understood and complex disease. For other readers, we should start by pointing out that the typical symptoms of erythromelalgia are red, hot and painful skin, typically affecting the legs or the arms. The feet are affected in about 90 percent of patients, while the hands are affected in only 25 percent. As in your case, the redness and extreme burning sensation can spread up the legs to the thighs.

Erythromelalgia is quite rare, affecting only 1 or 2 people per 100,000 every year. It's twice as common in women than men and has an average onset of occurrence at about age 55. The disease appears to have both a neurologic cause related to nerve dysfunction and a vascular cause. Even more rarely, a genetic cause — related to abnormal nerve firing — can play a role. Further, a Mayo Clinic study found that 50 percent of patients with erythromelalgia had a history of smoking, so lifestyle may be a factor as well.

Episodes can last from minutes to days — only about 3 percent of patients have continuous symptoms — and are often precipitated by an increase in temperature or by exercise. For 25 percent of patients, the symptoms are worse at night. Of note, the pain completely subsides between episodes, so much so that in two-thirds of patients, the skin is cold to the touch and takes on a purplish appearance.

The condition is diagnosed by a patient's symptoms. There are no blood tests or skin biopsies that can help diagnose the disease.

Treatment often amounts to avoiding circumstances that can bring on the symptoms, such as heavy exercise and excessive heat. When episodes do occur, many people find benefit in spraying the skin with cold water and then using a fan to further cool the skin. Elevating the affected leg or arm can also ease symptoms. Note, however, that the skin should not be overly cooled, such as with ice, because that can damage the skin.

Lidocaine, used as an anesthetic ointment or patch, can provide some pain relief, as can topical medications that constrict blood flow, such as brimonidine and midodrine, and topical gabapentin, capsaicin and the anti-inflammatory diclofenac.

Aspirin can reduce both pain and episode frequency when erythromelalgia is associated with bone marrow disorders, but it also has shown benefit — at 325 milligrams daily — in preventing an episode. A few reports support the use of oral steroids, such as prednisone, during an outbreak.

Although you'd like to avoid pills, case reports suggest that medications used for nerve pain can decrease episodes. These include gabapentin, pregabalin, amitriptyline and venlafaxine. Carbamazepine and diltiazem have also been used to prevent outbreaks.

Lastly, we should add that the course of the disease is variable. In a study of 94 patients with erythromelalgia — followed on average for 8.7 years — 32 percent said their symptoms worsened over time, while 29 percent said their symptoms improved and 25 percent said their symptoms were unchanged. Only 11 percent had no recurrence of symptoms.

Please talk to your doctor about managing the condition with medication. The disease may be poorly understood, but that doesn't mean it's cause for hopelessness.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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HAPPY BIRTHDAY

Happy 90th Birthday
ROBERT HARRISON
May 27, 2018



Keep sawing, but only 1 log per day!

Love your family and friends.

All Saints Guild Dunham

Guests gathered together on a lovely spring evening, May 19 to enjoy a delicious lasagna supper at All Saints Church, Dunham.

The hall was filled with tables set in soft spring colours of apricot pale green and white. Daffodils centered the tables reminding us that spring is here.

Rev. Sinpoh Han asked the blessing and the serving began.

The starters were small plates of celery, cheese, biscuits, celery curls and devilled eggs. Following the appetizers, the main meal was served. Everyone enjoyed a large helping of lasagna, enjoyed a large helping of lasagne, broccoli salad as well as leafy green salad and delicious homemade rolls. Lemon pie topped off the dinner, tea and coffee were served.

Half and half winners were Joyce Protor Martin and Shirley Robinson.

Door prizes of syrup, rolls and a beautiful basket were called. Prizes went to the following people – John Cormier, Jean Cogswell, Joan Lind, Melanie Robinson, Ernest Turner and Carole Soule.

A very special thank you is extended to Joseph of the Euro-Spa for his generous donation of lasagna. It was so appreciated by the ladies of the Guild. Thank you Joseph.

Thanks also to Ernest Turner who donated the rolls, furnished by Annie Jones, and beautiful gift basket of fruit and goodies from Antique Florist.

For all of you who came out and supported us with your presence, thank you. We hope to see you at our next event.

Submitted by Mary LeChasseur

Can't forget about her

Dear Annie

FRIDAY, MAY 25, 2018

Dear Annie: My family relocated the year I was entering ninth grade, and on the third day at my new school, as I was walking home, a girl I'll call Ann ran up to my side, introduced herself and insisted on carrying my books to my home, some three blocks away. The next morning, Ann and three other girls waited on the sidewalk outside my house so they could walk to school with me. This went on for the entire school year.

In 10th grade, Ann was in very few of my classes but would show up in unusual places where I might be in the evenings, and I would then walk her home, though we never even held hands. In the spring of our senior year, the school held a sports banquet, and as I was departing and in line to shake hands with the baseball coach, I glanced to my right, and some 30 feet away stood Ann. She was alone and seemed to be staring at me. I came very close to doing a U-turn to see what was bothering her but kept going, and I haven't seen her since that moment.

Recently, at a class reunion some 60 years later, her name came up in a trivia quiz, and I haven't been able to forget about my last contact with her since. The image of her seemingly staring at me shows up in my feeble mind way too often.

I have had a wonderful life shared with my lovely wife for 54 years and don't have any yearnings for Ann, but how does an old goat forget about her? — Losing My Mind

Dear LMM: Taking a stroll down memory lane can actually be a healthy mental exercise, according to researchers at the University of Southampton. They have found that nostalgia can increase positive self-regard and decrease boredom, loneliness and anxiety. Relatedly, geropsychologist Geoffrey W. Lane has observed and written at length about the "antidepressant effect of reminiscence in older adults."

That said, it sounds as if your preoccupation with Ann is bordering on unhealthy. At the very least, it's bothering you enough that you wrote to me. Rather than attempt to put the memory out of your mind, analyze it. Try to discern what emotional nutrient it's offering, and then work toward finding a source for that in the present. Memory lane is a nice place to visit, but it's no place to live.

Dear Annie: I am wondering whether you know of any organization that helps people who are dealing with addiction — whether it be themselves or someone they love — but doesn't have anything to do with religion. I am agnostic, and I have many friends who are, too. But every rehab center and help source we have found requires one to hand things over to this higher power that we are not sure exists. How are we supposed to trust that? Is there a way for us to get help? — Don't Buy It in Colorado

Dear Don't Buy It: For what it's worth, it is possible for agnostics and atheists to go through 12-step programs, as the only requirement when choosing your "higher power" is that it be something bigger than yourself. Still, people who are uncomfortable with the spiritual nature of such programs shouldn't despair. There are other options. One is SMART Recovery. As stated on its website, "participants learn tools for addiction recovery based on the latest scientific research." Find a meeting at https://www.smartrecovery.org. You might also consider LifeRing Secular Recovery. For more information, visit https://lifering.org.

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

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

When you have muscular dystrophy your muscles say stop,but your mind says go

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THE RECORD

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CELEBRITY CIPHER
by Luis Campos

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

"T L A Y K G L I W J E M J R M R Y A J L E A Y J F F B C A Y I Y G L K, M A W J I L O Y T K N J M E, E N M M G L I W F L S Y 12 E K Y I Y E J T J B E M P Y G L P Y E!" — O Y G I J C Z Y I G Y E

Previous Solution: "The technical aspect of filming is not overwhelming to me. That's where I actually feel at home." — Director Uta Briesewitz

TODAY'S CLUE: Y equals B

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.

"C'ZH L H Z H O V R L H 'Y R H C B E H, C'E U Y R E U L.' C S K R A I H X C Z H O B R E H G T C L V A L C D A H, G T U G'B G T H W O C G H O C U." — I C O H W G R O E C L N C H B F C O R

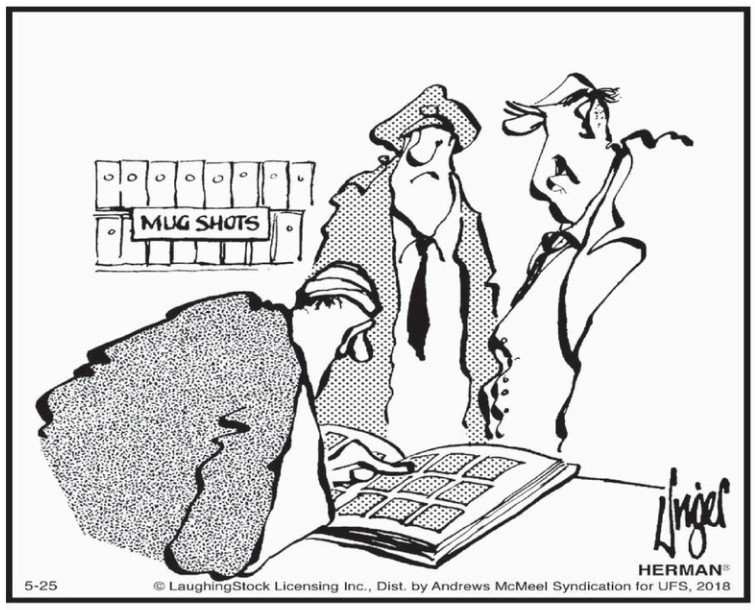
TODAY'S CLUE: Q equals D

Previous Solution: "Directing a soap opera is really frenetic, organized chaos, shooting like 12 scenes a day sometimes!" — Zeta Fuentes

REALITY CHECK



HERMAN



"He's having a tough time finding someone who hasn't mugged him!"

ALLEY OOP



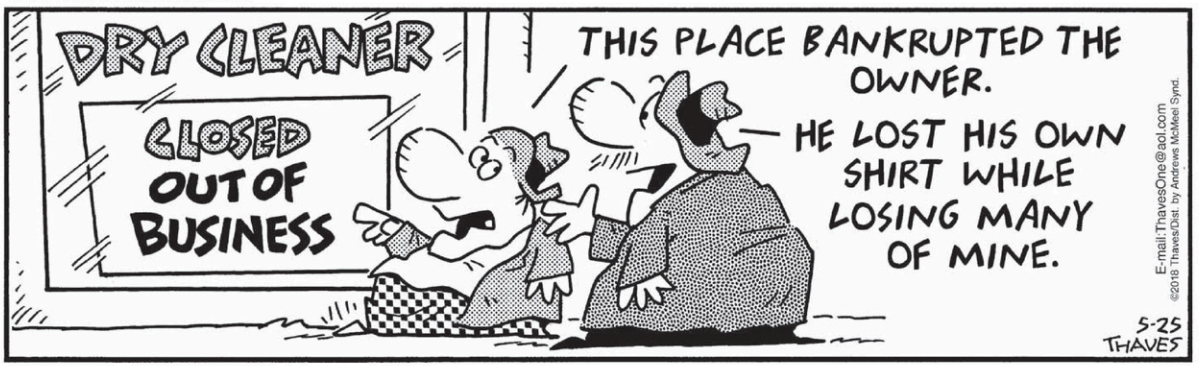
ARLO & JANIS



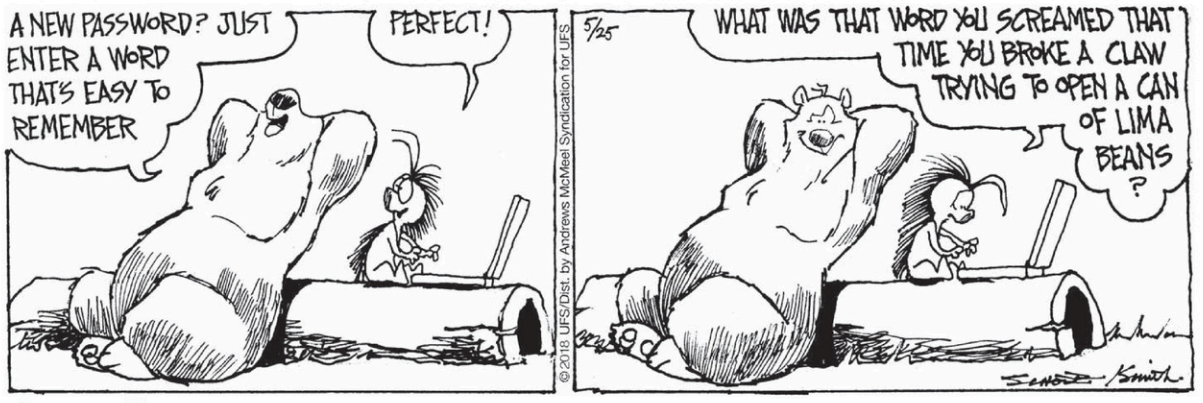
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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

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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

001 Property for Sale



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**

035 For Rent

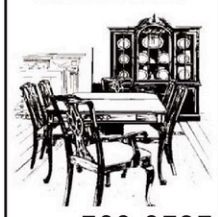
CLASSIFIEDS ONLINE! www.sherbrookerecord.com

NORTH HATLEY - By the river. 2 story loft apartment with wood and electric heat. Quiet location. Ideal for a couple. References needed. $660, heat not included. Available July 1. Call 819-842-2958 after 5 p.m.

100 Job Opportunities

ESL TEACHERS NEEDED for small groups of children, 3 week and 6 week summer contracts in Shefford and Orford, 20 hours per week (mostly mornings), great conditions. Bachelor's degree or equivalent experience in ESL as well as functional French are required. Please send resume to info@anglofun.qc.ca

Do you have furniture, appliances, machinery, etc. for sale?
Then place an ad in The Record classified section!



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

100 Job Opportunities

MANOIR HOVEY

Manoir Hovey, 5-star lakeside inn in North Hatley is currently hiring:

Experienced Dishwasher
- Maintain kitchen areas and equipment clean and in order.
- Wash dishes, silverware, pots and pans.
- Autonomy, courtesy and team spirit.

Housekeepers
- Clean rooms and public areas.
- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Maintenance Agent
- Maintenance, repair, simple construction
- Rapid intervention in the event of a malfunction
- Ensure compliance with safety standards

Servers
- Setting up the dining room
- Bring plates/clear away tables
- Bilingual French/English required

Please share your application by email at marketing@manoirhovey.com or in person at 575 rue Hovey, North Hatley, QC

100 Job Opportunities

THE RECORD

SALES REPRESENTATIVES

The Record is looking for dynamic, motivated sales representatives to join its sales team.

We offer

- Competitive salary
- Established clients
- Flexible hours

Job Requirements

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be creative and innovative to ensure client satisfaction

Interested candidates should send a letter outlining their interest and experience to

Jesse Bryant, Sales Manager
jbryant@sherbrookerecord.com

Don't miss your opportunity to join an amazing team!



CARETAKER SERVICES REQUIRED

in exchange for use of house and garage in Knowlton.

Call 450-306-1291
leave a message

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

275 Antiques

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.

290 Articles For Sale

COMPLETE BEER MAKING KIT including caps, capper, 2 bottle trees with bottle sprayer, 23 litre pail, two 23 litre bottles, approx. 90 empty 22 oz. bottles, $120. 160 cc 3 in 1 **self-propelled lawn mower,** Honda engine, $500 mower, asking $350, with bagger, used 2 hours. Call Dennis 819-933-6665.

290 Articles For Sale

RIDEAU MEMORIAL GARDENS in "Gardens of Christus" 2 side by side plots. Must sell, recently widowed, moving west. Good price. Call 450-242-1840.

290 Articles For Sale

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

REMINDER

AUCTION for the ESTATE of MRS GORDENE ELST
455 College St., Magog
Saturday, May 26, 2018 at 10 a.m
Viewing from 9 a.m. to 10 a.m.
ANTIQUES, HOUSEHOLD AND SHED STOCK
Enchères SCOTT GRAHAM Auctions
St. Isidore de Clifton
819-889-2876 • 819-919-2104
www.grahamauctions.ca
grahamauctions@hotmail.com
Graham Auctions at Facebook

340 Garage Sales

VILLE DE RICHMOND

ANNUAL GARAGE SALE WEEKEND
June 2nd and 3rd, 2018

Held by approximately 100 residents of the Ville de Richmond.
A list of all participating addresses, as well as a description of all the goods for sale, will be handed out on June 2nd between 7:30 a.m. and 11:30 a.m. at the Town Hall, 745 Gouin Street. The list will also be available on the Town's website on Friday, June 1st around 4 p.m.

www.ville.richmond.qc.ca

Note: In case of rain, the sale will still take place, however participants with no shelter are permitted to do the sale the following weekend.

340 Garage Sales

MOVING SALE
Terrific sale of antiques including pine furniture, glassware, porcelain and all kinds of collectibles.
Lots of household items too.
NOT TO BE MISSED!
Saturday, May 26th
8 a.m. sharp!
1065 Elie Road
(Corner Mont Echo)
Sutton
Look for The Lyon and the Wallrus sign!
EARLY BIRD CATCHES THE WORM!

340 Garage Sales

BONDVILLE
Mega 7 family Garage / Craft Sale on May 26, 8 a.m. to 3 p.m., Prouty Hall, 5 ch. Mill, Bondville. Details on groupecbh.blogspot.ca

340 Garage Sales

CLEVELAND
Garage Sale, May 26 and 27 starting at 8 a.m., 516 Route 243 North, Cleveland. Multi-family sale. Lots of items.

340 Garage Sales

LENNOXVILLE
Saturday, May 26, 8 a.m., 26 John-Wilson, Lennoxville. Baby items, clothing (baby, children, adult), household articles, furniture, books and much more. Rain or shine.

Want your ad to stand out?
For **.50** a word - **bold** it.

340 Garage Sales

ISLAND BROOK
Saturday, May 26, 8 a.m. to 3 p.m., at Chez Pierre et Celine's Restaurant, 1440 Route 212, Island Brook. Antiques, homemade preserves, crafts, perennials, vegetable and blueberry plants, etc. Also restaurant special. Postponed to May 27 in case of rain. 819-820-4667.

340 Garage Sales

LENNOXVILLE
26 Lorne St., Lennoxville, Saturday and Sunday, May 26 & 27. Household items, toys, books, tools and much more.

LENNOXVILLE
Advance notice. Mega multi-family garage sale at 36 Charles-Lennox, Friday, June 1 from 8 a.m. to 5 p.m. and Saturday, June 2 from 8 a.m. to noon. Antiques, vintage items, some furniture, household articles ++, craft supplies, quality jewellery, fine china, books, gardening items, etc.

SHERBROOKE
Mega Garage Sale, 1900 Prospect, Sherbrooke on Saturday, May 26 and Sunday, May 27 from 8 a.m. to 4 p.m. on Saturday and until 3 p.m. on Sunday. A wide variety of items available. Canteen on the premises. Everyone welcome.

395 Home Improvement

TAPIS STEVE - Closing Sale! **Liquidation of floor covering inventory.** Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. **11 Queen Street, Lennoxville. 819-566-7974.**

Find the right person for the job in advertising in our **Career Section**
Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section?
For reservations or further information, please call
THE RECORD
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NEA Crossword Puzzle

ACROSS

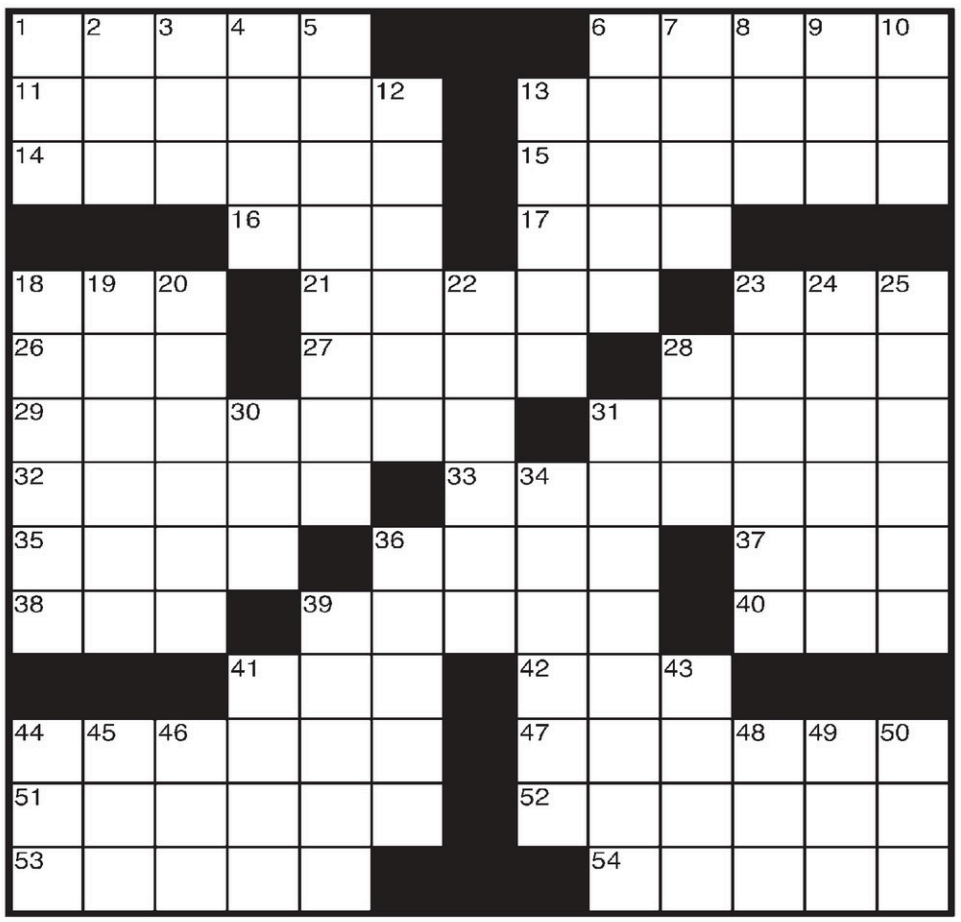
1 Suppress completely
6 Wrapping paper
11 Ragamuffin
13 Wig
14 Lead on
15 Floated down the river
16 Laptops, briefly
17 Visitor from Melmac
18 Near the stern
21 New York city
23 Moo goo — pan
26 TGIF part
27 Author's need
28 Use a blowtorch
29 Hay fever culprit
31 Small-time
32 Pungent
33 Monogram character
35 Principal
36 Veld grazers
37 Architect's wing
38 Winding curve
39 Take out to dinner
40 Female rel.
41 Tract of open land
42 Goose egg
44 Split
47 Less distant
51 Fancy, as a verb
52 Roll by
53 Humdrum
54 Ginger cookies

DOWN

1 What, in Seville
2 Coffee brewer
3 Fake it
4 Send, as a parcel
5 Made an impolite noise
6 Sluggish marsupial
7 Elizabethan collar
8 Fitting
9 Charge
10 Mr. Danson
12 Get cozy
13 Leaflet
18 Chalet (hyph.)
19 Brawl
20 It joins the Euphrates
22 Trace element in salt
23 Bottled spirits?
24 Caustic solution
25 Flirtations
28 Repartee pro
30 Collect a bet
31 Makes moonshine
34 Subtle difference
36 Jar
39 Earth, to Pierre
41 Cafe au —
43 Give credit
44 Banned insect killer
45 Constantly, to Poe
46 Air-pump meas.
48 Hydrotherapy haven
49 Sixth sense
50 Lawyer's thing

Answer to Previous Puzzle

P	T	S	■	P	A	L	M	■	D	A	T	E
E	E	O	■	I	D	E	A	■	U	F	O	S
C	R	U	S	A	D	E	R	■	M	O	P	E
S	A	L	I	N	E	■	C	A	M	U	S	■
■	■	■	A	I	D	A	■	W	I	L	Y	■
L	O	A	M	S	■	V	I	L	E	■	■	■
O	F	F	■	T	R	I	M	■	S	A	G	E
T	A	R	A	■	N	A	P	A	■	L	A	C
■	■	■	D	U	S	T	■	W	A	L	D	O
■	D	E	E	R	■	E	D	E	N	■	■	■
■	R	I	L	L	S	■	A	S	T	E	R	S
M	I	D	I	■	C	O	L	O	S	S	A	L
O	V	E	N	■	A	H	E	M	■	P	R	E
S	E	R	E	■	N	O	S	E	■	Y	E	W



5-25

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Your Birthday

FRIDAY, MAY 25, 2018

Gather information and collect your thoughts. Being fully prepared to take on new projects will motivate you to learn quickly and apply what you discover to your everyday routine. Expand your outlook and strive for personal and spiritual growth. A change of attitude will propagate new friendships and beginnings.

GEMINI (May 21-June 20) — Embrace change and make it happen. If you stay in control of what transpires today, you will find the success you are hoping to achieve. Don't settle for less than what you want.

CANCER (June 21-July 22) — Put more energy into your personal life and appearance and how you treat others. Be imaginative in your approach to finding solutions, and don't scoff at suggestions made by others.

LEO (July 23-Aug. 22) — Keep your life simple and your dealings with both peers and family toned down. It will be easy for bad situations to escalate if you aren't mindful of the way others feel.

VIRGO (Aug. 23-Sept. 22) — Get involved in community events, networking functions and expeditions that spark your interest. Gathering facts and knowledge will help you excel and gain popularity. Romance is encouraged.

LIBRA (Sept. 23-Oct. 23) — A disgruntled attitude will not help you get ahead. Think positive thoughts and spin any negative encounter you face into something worthwhile. How you handle others will determine your success.

SCORPIO (Oct. 24-Nov. 22) — Personal improvements will lead to greater happiness and good relations with the people you care about most. Learn from experience and don't make the same mistake twice.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't let anyone fully capable of handling matters him- or herself lean on you. If you waste time helping someone else get ahead, you will miss out on an opportunity.

CAPRICORN (Dec. 22-Jan. 19) — Make a statement. Dress to impress and be ready to make a commitment that will change your life, status and future. An unexpected opportunity looks promising.

AQUARIUS (Jan. 20-Feb. 19) — Pour your energy into making home improvements, hosting an event or embarking on a personal change that will encourage you to save more and spend less. Don't follow the crowd.

PISCES (Feb. 20-March 20) — What you do to help a cause will be appreciated and will lead to unexpected opportunities. Make plans to spend time with the people you care about most. Romance is in the stars.

ARIES (March 21-April 19) — Take better care of your health. Avoid situations that involve being subjected to physical challenges or contagious individuals. Share your feelings and be honest regarding your intentions and motives.

TAURUS (April 20-May 20) — Your desire to get things done will cause you to act prematurely. Find out what's involved before you commit to something precarious. Focus on personal improvements instead of trying to change others.

FRIDAY, MAY 25, 2018

Declarer should never concede

By Phillip Alder

Chess players say that you can never win a game if you resign. Similarly, a bridge player cannot make a contract if he concedes down one. Play on — you never know what might happen. Maybe an opponent will make an incorrect discard or renege.

Today's deal occurred during a six-table duplicate. How should the play go in five diamonds after West leads the spade queen?

North's negative double promised four hearts, but, as he had here, with only 6-9 points he could have five or six hearts. Some pairs would have made a three-heart weak jump response, but this would have been dangerous when partner might have had no hearts. Preempt with fit, not without.

Over East's nudge to two spades, South bid what he hoped he could make.

When the dummy came down, declarer could see three losers: two spades and one diamond. The best hope was to ruff a spade on the board. So, South ducked the first trick, playing the seven to leave West thinking that East wanted another spade led at trick two.

That happened at a couple of tables, and the contract made.

At one table, though, West astutely cashed the diamond ace at trick two, before continuing with another spade.

The contract was apparently hopeless. However, South won with the spade ace, crossed to the heart ace, returned to the club ace and ran all of his trumps. Each player had one card left. South had the spade seven, West the club king and East the heart king! So the spade seven took the last trick — contract made.

05-25-18

North
♠ 8 3
♥ A J 10 7 6 5
♦ 5
♣ Q 8 6 4

West
♠ Q J 9 6 5
♥ 9 3 2
♦ A
♣ K J 5 2

East
♠ K 10 4
♥ K Q 8
♦ 9 8 3
♣ 10 9 7 3

South
♠ A 7 2
♥ 4
♦ K Q J 10 7 6 4 2
♣ A

Dealer: South
Vulnerable: Neither

South	West	North	East
1♦	1♠	Dbl.	2♠
5♦	Pass	Pass	Pass

Opening lead: ♠ Q

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Your Birthday

SATURDAY, MAY 26, 2018

Traveling, learning and spending more time with friends, peers and relatives will enrich your life and give you greater insight into the best way to move forward and make improvements. Get going instead of just thinking about what you want to do. Actions speak louder than words.

GEMINI (May 21-June 20) — Get physical and get things done. It's up to you to initiate change if you want to move forward with your plans. Don't settle for less when you can have so much more.

CANCER (June 21-July 22) — If you look for a window of opportunity, you will find exactly what's required to put your ideas into play. Don't fear being different or following the road less traveled.

LEO (July 23-Aug. 22) — Erratic behavior on your or someone else's part will put you in a difficult situation. Avoid arguments, unnecessary changes and emotional outbursts. Keep your head down and take care of your responsibilities.

VIRGO (Aug. 23-Sept. 22) — Explore and discover. Open your mind to what others have to offer, and disclose what you have to contribute. Change will be productive and will enhance your life mentally, physically and emotionally.

LIBRA (Sept. 23-Oct. 23) — Take it upon yourself to finish what you start and to live up to what's expected of you. Complaints and criticism will come your way if you procrastinate or are lazy.

SCORPIO (Oct. 24-Nov. 22) — Explore what life has to offer. Taking a day trip, visiting someone who has something unique to offer or attending a retreat that will give you greater insight into personal growth is encouraged.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep your life simple and don't take everything you hear to heart. Someone will stretch the truth to grab your attention and persuade you to get involved in something risky.

CAPRICORN (Dec. 22-Jan. 19) — Talks will solve any pending personal problems. Explore your options and make your position clear. Much can be accomplished if you offer suggestions and are willing to compromise.

AQUARIUS (Jan. 20-Feb. 19) — Money matters should be looked at carefully. Go over contracts, settlements or medical options and you'll come up with a plan that will bring positive results.

PISCES (Feb. 20-March 20) — Make personal changes that will update your image and make you feel good about the way you look. Plan something special for yourself and someone you love.

ARIES (March 21-April 19) — Problems with older individuals will surface. Don't let anyone put pressure on you or cause you to miss out on something you are looking forward to.

TAURUS (April 20-May 20) — Your changing attitude must be monitored closely. If you make a rash decision, you will have regrets and possibly suffer losses. Stick to what you know and do best.

SUNDAY, MAY 27, 2018

Learn as you go and be open to new ideas to improve your standard of living. Change will motivate you to engage in activities that get you up and moving. Taking good care of your mental, physical and emotional health should be your top priority.

GEMINI (May 21-June 20) — Get cracking. Participation in life's affairs will broaden your outlook on how others think and do things. Understanding what you are up against will make your life choices easier.

CANCER (June 21-July 22) — Love who you are and embrace what life has to offer. Don't be afraid to share your feelings and let down your guard. Love and romance are featured.

LEO (July 23-Aug. 22) — Watch your step. If you overdo it, you are likely to suffer injury, get bogged down in arguments or get sick. Leave nothing to chance and live within your means.

VIRGO (Aug. 23-Sept. 22) — Open up about your feelings and what you would like to see happen. Get serious about your personal plans and make changes that will help you reach your objective.

LIBRA (Sept. 23-Oct. 23) — Take care of unfinished personal business by tidying up, purging items you no longer use and preparing for the changes you want to see take place.

SCORPIO (Oct. 24-Nov. 22) — Choose love over discord. If someone is being difficult, walk away and opt to spend time with someone who shares your interests and point of view.

SAGITTARIUS (Nov. 23-Dec. 21) — Think back and consider past experiences before you make a snap decision that may jeopardize your health or financial welfare. Protect personal information and possessions. Make personal improvement a priority.

CAPRICORN (Dec. 22-Jan. 19) — Make a decision that will whisk you out of a pending situation that has been slowing you down. The choice you make regarding a relationship or your residence will improve your life.

AQUARIUS (Jan. 20-Feb. 19) — Emotional situations will escalate quickly if you aren't artful in how you handle others. Keep your opinions buried until you're sure they won't lead to a dispute.

PISCES (Feb. 20-March 20) — You'll receive an unexpected gift or contribution. Celebrate your good fortune with a loved one. Personal improvements will encourage a positive lifestyle change. Romance is highlighted.

ARIES (March 21-April 19) — Focus on resting and taking a break from your fast-paced life. Catch up on your reading or other activities that will lower stress.

TAURUS (April 20-May 20) — Do whatever it takes to get along with others. Problems with an older relative or someone you live with will erupt if you are quick to blame others without due cause.



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