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**Fentanyl, carfentanyl showing up in Estrie**

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THE **RECORD**  
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



**WEEKEND EDITION**

95 CENTS + TAXES PM#0040007682 FRIDAY, JANUARY 26, 2018

**Announcement regarding Townshippers' Day expected "soon"**

By Gordon Lambie

When the Townshippers' Association announced that it would not be holding a Townshippers' Day in 2017, Association President Gerald Cutting put a strong emphasis on the fact that the decision was a temporary one aimed at reimagining the event for the future. While stating that its return might bring about some significant changes to the way the event is organized, the president was clear from day one that the annual celebration of the English Community in the Townships would be coming back.

Although not yet ready to comment on the details of their reflections, Cutting told The Record on Thursday that the Townshippers hope to be able to make a positive announcement very soon.

"We're 90 per cent there," the president said, explaining that the Townshippers are in the process of finalizing

CONT'D ON PAGE 3

**Louise Penny stops in at Brome Lake Books**



Submitted by Danny McAuley Brome Lake Books

Award winning author Louise Penny took some time to support local causes before she jets off to

Barcelona, Adelaide and Perth for their Literary Festivals. Louise matched a donation by Brome Lake Books of \$1000 from their profits of the sale of her newest book to the Yamaska Literacy Council and a \$1000 to La Maison Au

Diapason. At the launch of Louise Penny's latest book GLASS HOUSES, local coffee maker, Virgin Hill Coffee created a special Gamache Blend in

CONT'D ON PAGE 5



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## Weather



TODAY:  
SUNNY

HIGH -9  
LOW -13



SATURDAY:  
CLOUDY

HIGH 3  
LOW -1



SUNDAY:  
CLOUDY

HIGH 3  
LOW -8



MONDAY:  
CLOUDY

HIGH -3  
LOW -20



TUESDAY:  
SUNNY

HIGH -11  
LOW -19

# The Great Fire: Instant classic? Or riddle wrapped in a romance inside a social commentary?



## GOOD READS

### LENNOXVILLE LIBRARY

The time: 1947. The place: Japan and Hong Kong. The people: survivors....Such is the stuff that *The Great Fire* is made of. When this, Shirley Hazzard's final novel, was published in 2003 it won the U.S. National Book Award for Fiction and then in 2004 a Miles Franklin literary award. But the reviews have always been mixed. Perhaps this is because the novel is a bit of a platypus.

The story focuses primarily on Aldred Leith, a Major in the British army, who has been decorated for heroic service in the Pacific theatre. At 32 he has suffered grievous combat wounds, and, although on the mend, has experienced more than his fair share of man's inhumanity to man. (He is the son of a famous adventure/travel writer who has in the past, distastefully enough, appropriated his own son's lover-mistress!) Aldred's job now is to travel the Far East and write about post-War Chinese and Japanese society—the former in the throes of the Communist revolution, the latter adapting to life after the A-Bomb under U.S. occupation and reconstruction.

The main focus of the story is shared by another protagonist, Leith's former

comrade in arms, Peter Exley. Exley, who is stationed in Hong Kong, is in regular correspondence with Aldred, and his job is to document Japanese war crimes. The story flips back and forth between the two main characters, and their combined perspectives provide the reader with a stream of troubling insights into the post-war Far East. We see the vestiges of a corrupt and outmoded colonialism; we see the hollow triumphalism, hatred, and racism of the allied victors; and we are constantly reminded of the filth, the heat, and the carnage—in short the vastness of the human suffering that comes on the heels of war.

Major Leith is temporarily assigned to a compound on an island near Hiroshima that houses a military hospital. It is run by a most unpleasant Australian officer, Brigadier Driscoll, who embodies all the worst aspects of colonialism. (He savagely berates one of the Japanese underlings, who subsequently commits suicide in the garden.) Two of Driscoll's children—twenty-year-old Benedict, who suffers from terminal Friedreich's ataxia, and his sister Helen—are living in the compound. During the war years, the two had been buffeted and shuttled about among a succession of guardians and tutors. The miracle is that, despite their DNA and their adverse circumstances, both are highly intelligent, well-educated, and compassionate human beings. Benedict's illness has isolated him from mainstream society, and his sister has perforce become her brother's inseparable companion. Both take a shine to Leith. In short order the 17-year-old Helen and the 32-year-old Major fall in love and all manner of complications ensue.

This makes it difficult to assess this novel. It starts by addressing some fairly profound issues about war and peace, but turns itself into a variation on a gothic romance—i.e. Is the boy going to get the girl? Will she escape the clutches of her evil parents and Leith's rival suitors? It's as though you thought you were buying a muscle car and ended up driving a Cabriolet!

Hazzard owns that she was influenced by Henry James, and a lot of her prose is downright Jamesean. In this regard, the novel rewards a close read. At the compound, a Japanese girl serves dining guests, "her unobtrusiveness so notable that one watched to see how it was done." And then, "dishes and implements, and feathery amber flowers, had been placed

with such accuracy as to confer, by mere transforming human intention, some opaque beauty". There is at work a great subtlety as Hazzard reveals the exotic nuances of Eastern culture.

Another very positive aspect is her power to evoke accurate pictures of the sights, the sounds, the smells of the environment. She herself (daughter of a diplomat) was in Hong Kong in 1947, so it is first-hand experience that informs her sensory detail.

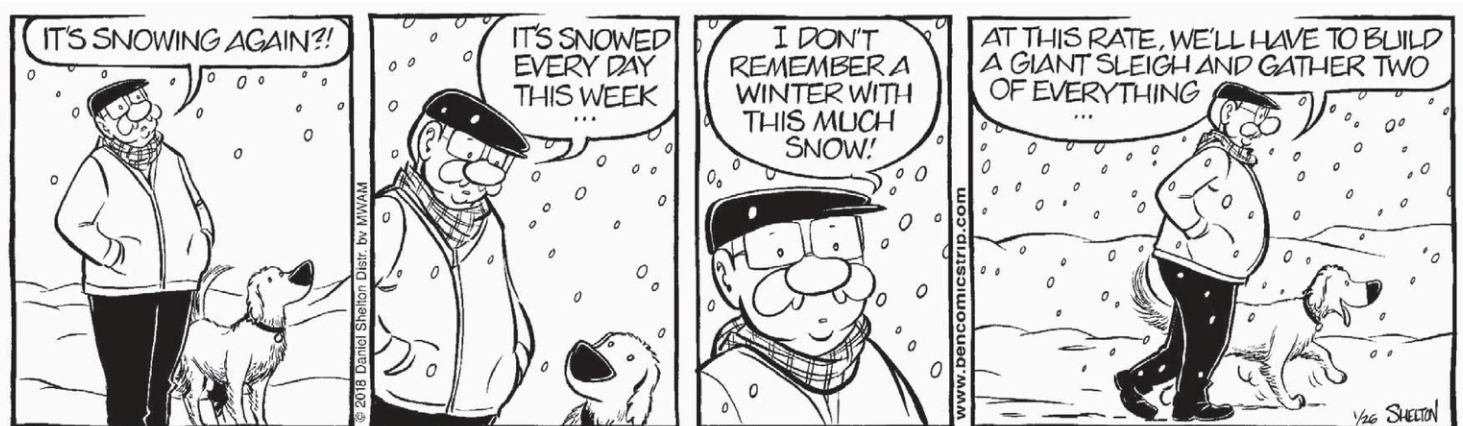
However, there are some puzzling disconnects between the narrative voice and the characters. The narrator is what textbooks call "third-person limited". That is to say that for the most part it hovers over the main personae and exists through their consciousness. But the narrative voice is sometimes jarringly at odds with the characters. Consider a scene when Leith is in a Jeep with his bone-headed Aussie driver Talbot, quizzing the latter about the general state of affairs: "How do you manage here?" [Leith] had a deep, low voice. If one had to put a colour to it, it would have been dark blue; or what people in costly shops call burgundy" [...Whaaa?] Later, we have the driver, the same young Aussie, rendered thus: "Talbot looked at his own hands, seemingly unveined, broad, supple, modestly capable, and with decent nails. He compared them with his companion's, resting on the wheel: brown, definite, broad in the palm, and long-fingered; like the man, experienced." Hmmm.... It is as if Sam Spade were to pause in the middle of a brawl to admire the quality of lace curtains.

Perhaps there are inherent difficulties when male or female writers attempt to create seamless characters of the opposite sex. Le Carré's female leads always seem a bit like male-generated caricatures. In the case of Hazzard, both of her very masculine male protagonists—Leith and Exley—are believable, but there are occasional blips. Certainly when it comes to expressions of lust and desire, the reader is left bemusedly scratching his head at the somewhat over-abstracted and anemic rendering of passionate encounters.

Even so, the story does finally stick together. Hazzard manages to link the ideas of global and personal healing together well. In short, it is far too important a work to be left unread. *The Great Fire* is available through the Lennoxville Library via inter-library loan. Alas, Shirley Hazzard—she dead.



## Ben by Daniel Shelton



# LOCAL NEWS

*"It is a very sad situation," Brink said, in a crowd funding appeal to help his friend. "We would love to help her enjoy her final days."*

## More strike action threatens Estrie CPEs

Record Staff  
SHERBROOKE

Another strike is threatening a dozen early childhood centers (CPEs) in region as the Le Syndicat des travailleuses (eurs) des centres de la petite enfance de l'Estrie - CSN has announced that its members have approved a mandate for four strike days in an attempt to speed up negotiations with the Association patronale nationale des centres de la petite enfance (APNCPE).

In a General assembly Thursday, members voted in favor of an action plan that involves a bank of four strike

days by a proportion of 98.4 percent, says a press release sent out Thursday morning.

"So far, we have held ten bargaining sessions and progress is moving at turtle speed considering that the APNCPE has filed no less than 386 applications," complains union president Stéphanie Vachon. "Our patience is being put to the test in this negotiation when you consider that collective agreements expired on March 31, 2015. Our goal is to reach a settlement by March 31, 2018, otherwise we unfortunately will have to resort to take strike days," Vachon added. "We are aware of the inconvenience these days can cause parents."

In all, the union represents some 35 CPEs employing 850 workers.

"Our workers feel that they deserve conditions that are not less than those subject to an agreement in principle elsewhere in the Estrie", Vachon said. "Indeed, we are pleased to have obtained a regional agreement in principle for workers whose employer is a member of another employers' association that represents 18 CPE in Estrie."

This agreement will be presented to members in the coming weeks. Vachon believes that it will be satisfactory to her members and will receive a positive recommendation from the bargaining committee.

The CPEs affected by this strike mandate are:

- Les amis du globe
- Balan-Mousse
- Le ballon rouge
- L'Enfantillage
- Entre amis
- Fafouin
- Imagéo
- Au jardin des merveilles
- La Jardinière
- Jeunestrie
- Passe-Partout et ses amis
- La pleine lune
- Les Stroumps.

## Benefit concert this weekend at The Lion

Tim Brink and guests supporting a friend in need

By Matthew McCully

The Golden Lion Pub in Lennoxville will host four bands on Saturday night for a benefit concert led by well-known local performer Tim Brink.

Proceeds from the show will be donated to a local woman in financial difficulty who is facing the final stages of terminal cancer.

"It is a very sad situation," Brink said, in a crowd funding appeal to help his friend. "We would love to help her enjoy her final days."

According to Brink, in addition to the physical and emotional stresses of a terminal illness, his friend is unable to work, surviving on a limited budget and few resources.

Brink took it upon himself to step in and try to relieve some of the financial

burden. He set up an account at [www.youcaring.com](http://www.youcaring.com) to gather donations, and has also called on some musical friends to help raise additional funds at the upcoming benefit concert this weekend.

Brink will be joined by groups Six Shooter, 19 Stone and the Beer Breaks for a night of music for a good cause on Saturday at the Lion beginning at 9 p.m.

Tickets to the show are \$10.

Brink added that there will be door prizes available thanks to local businesses and community members who wanted to help with the benefit.

Details about Brink's friend and links to donate and get tickets to the concert are available on the Facebook event page Benefit for Lucie as well as Tim Brink's musician Facebook page.



## Townshippers' Day

CONT'D FROM PAGE 1

the details on a new three-year partnership deal aimed at helping to keep the annual celebration of the English community in the Eastern Townships going.

"Things are looking very good," Cutting added, saying that he is very optimistic about the return of Townshippers' Day.

The Townshippers Association announced the temporary cancellation of Townshippers Day last April after declining interest from local communities in hosting the event resulted in a lack of new venue. That, combined with feedback from the community that the organization and annual event were no longer as relevant to particularly younger Townshippers pushed the organization into a period of reflection.

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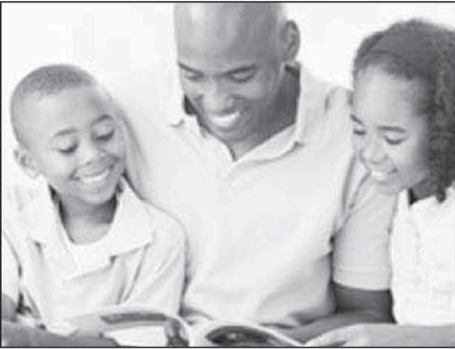
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**Taking time every day to read or do a learning activity with children is crucial to a child's development.**

**FAMILY LITERACY DAY**



**Inspiring Families to Learn Together**

Family Literacy Day® is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

Barbara Reid, award-winning Canadian author and illustrator, is the Honorary Chair of Family Literacy Day! ABC Life Literacy Canada encourages

families to "Learn at play, every day." Engaging in literacy activities as a family improves a child's skills and also helps adults keep their skills sharp. Here are a few ideas to get your family started!

**New Activities for 2018!**

- 1. Play With Your Food:** Get toothpicks and small pieces of apple, cheese, grapes, or whatever snack you want (marshmallows, yum). Now build a house, tower or circle by attaching your snacks with toothpicks. Best part is you can eat it (not the toothpicks, of course)!
- 2. Slumber Party Book Club:** Choose a book to read as a family, then watch the movie together in your PJs. Talk about what you liked from the book and the movie (and don't forget, lots of popcorn).
- 3. Pack Your Bags:** Have your teen plan a dream family trip. They can plan

the whole thing – from hotel, to adventures, to flights. Build research skills while having fun.

- 4. Favourite Food Find:** Create a grocery store scavenger hunt with your weekly shopping list. Maybe add a few special items you don't get all the time for a special treat (and an extra challenge for scavengers).
- 5. Draw Me A Home:** Get large sheets of paper and draw the rooms of your dream home. Add in the rooms you always wanted (trampoline in your bedroom and pool in the basement!) Get some of your favourite toys and play with them in the house.
- 6. Letter Model It:** With modeling clay, make the letters of your name using all the colours of the rainbow. See some ideas from Family Literacy Day Honorary Chair, Barbara Reid.

**7. Favourite Family Food:** Write down how to make your favourite family meal. Share the recipe with your friends and family or make a video showing how to make the meal.

**8. Text You Later:** Encourage older kids to read and write through texting. Send them a link to an article you think they'll like and ask them what they thought.

**9. The Punch Line Is:** Swap your favourite jokes with your friends. See if your parents know them! (What's a ninja's favourite drink? WATAAAAA!!!!)

**10. The Letter Train:** Say a word and have your friend say a new word that begins with the last letter of the word you just said (play, yellow, waffles, snow).



**The Lennoxville Library is hosting our first Family Literacy Day 'READ-A-THON' on Saturday, January 27.**

Join us for this fun event between **10 a.m. and 3 p.m.** to encourage your child to read! Enjoy piles of new books, participate in our reading challenge and activities and help yourself to snacks and juices sponsored by Provigo Lennoxville.

*All donations will be invested in improving your Library experience.*



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**LEARN AT PLAY EVERY DAY**

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1. Get an old deck of cards and enough different stickers to have one per card.
2. Put a sticker on the back of each card and then shuffle them.
3. Start the game! The first player draws a card and begins a story based on the sticker.
4. Take turns! Each player draws a card and continues the story with the picture on their card. Have someone write down your story.

### WHO AM I?

Here's how to play:

1. Get pieces of paper and make signs, each with the name or picture of a person, place or thing.
2. Mix up the signs and place one on each player's back with tape.
3. Pick a player to go first. Take turns giving them clues about the sign on their back.
4. Give clues until the player guesses who, where or what they are.
5. Continue the game with the next player. Who guessed the quickest?

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[info@yamaskaliteracy.ca](mailto:info@yamaskaliteracy.ca)

# Settler Story

## Bringing local history to life

Submitted by the Eaton Corner Museum

The Eaton Corner Museum has sponsored another original play based on real events from local history.

The play *Settler Story*, written, directed and produced by BU student Kendra Parnell from Sawyerville, will be staged twice on Saturday, Feb. 17; at 2 p.m. and again at 7:30 p.m. at the Sawyerville Community Centre located at 6, Church Street.

This year's dramatic presentation finds the Township of Eaton busy with change, going from a large space of uninhabited land to gaining several new owners by the turn of the 19th century.

The cast of over 30 local volunteers will illustrate the adventures of Captain Josiah Sawyer & his associates, along with their wives and children, as they overcome different hardships in the early days of their settlement.

The play will explore a few mishaps that occurred during the creation of the new settlement and delve into the characters of the first pioneers as they suffer through devastating times and shine in the happy moments that accompanied

their living as the first settlers to a new area.

While this is Parnell's first time writing a play for the Eaton Corner Museum, she has participated in some of the four previous productions that have been organized by the museum.

Tickets for the play are \$10 (children \$5) and are available from Elaine Lebourveau at 819-563-8700, or by emailing [elebourveau@videotron.ca](mailto:elebourveau@videotron.ca). Refreshments will be available. Early reservations are recommended.

Since 1959, the Eaton Corner Museum has been preserving and sharing local history going back to the late 1700s. The Museum has a unique and interesting collection of historical objects and archives depicting life in Eaton Corner and throughout historic Compton County, and sponsors many events and activities for the public.

### About the museum

During the summer season, the Eaton Corner Museum presents its permanent exhibit in the former Congregationalist church in the heart of this historic village. The exhibit, called *A Tale of the Townships*, tells the story of the early set-

tlers to this part of the Eastern Townships. Also open to the public are the Academy, a former secondary school (and later Town Hall), and the Foss House. All three buildings are fine examples of colonial style architecture built in the early to mid-1800s. The Foss House has a reception area for the Museum site and temporary displays of artefacts and local art. The Academy houses

part of the Museum's reserve collection and archival materials accessible for research. The administrative office of the Museum Society is also located in the Academy building. The Museum's 2018 season opens in early June. For more information about the Museum, our opening hours, our collections and exhibits, and our events and activities, visit our website [www.eatoncorner.ca](http://www.eatoncorner.ca).



KENDRA PARNELL

Austin Bailey, Don Atkinson and Lynn Rothney

# Caron-Lacroix Duo brings 'Nomadic Strings' to Plymouth Trinity

Record Staff

Michel Caron and Paulyne Lacroix, two friends and collaborators who have worked together for over 35 years and are considered among the region's most finely polished classical guitarists, will be presenting a performance called 'Nomadic Strings' at Plymouth Trinity United Church on February 18, at 3 p.m.

Last year, on learning that the duo was entering a new phase, La Maison d'Opéra et de Concerts de Sherbrooke hurried to add them to its program. The duo, founded in 1982, are considered masters of the classical repertoire. Caron and Lacroix also explore the sounds of world music and they will play the Irish bouzouki and acoustic guitar. The performance will include, among other things, South American, Cuban, Spanish and Irish pieces. The list includes Piazzolla, Machado, Granados, Bartok, Satie, and others.

Caron and Lacroix are both graduates of the University of Montreal in classical

guitar performance and are leaders in their field and are respected as teachers. Caron teaches in the Music department at the Université de Sherbrooke and Bishop's University, while Lacroix teaches for the Commission scolaire de la Région de Sherbrooke and has won the CSRS Award of Excellence for exceptional during his 33 year teaching career.

The duo has recorded two albums together: 'Adeus' in 1998, with the Atma label, and 'Danza de la seducción,' in 2001, with Series XXI. These two albums are often heard on the waves of the CBC, Radio-classique, and Radio-Canada.

The concert will be held at Plymouth Trinity Church, 380 Dufferin St. General Admission: is \$35.00; \$15 for those 25 years and under and for those 65 and over: \$30.00, Children 12 and under can attend for free. For more information, contact the Maison de l'Opéra de Sherbrooke. see [www.maisondoperaconcerts.com](http://www.maisondoperaconcerts.com) or contact [info@maisondoperaconcerts.com](mailto:info@maisondoperaconcerts.com), or call 819-578-2772.

# Louise Penny

CONT'D FROM PAGE 1

honour of the detective, Armand Gamache in Louise Penny's award-winning series and were giving it out for free. It was such a hit, that Louise Penny decided to partner with Virgin Hill Coffee and make the Melange Gamache available, with profits going to Yamaska Literacy Council. Louise Penny and Tara Moar from Virgin Hill Coffee presented a cheque to Wendy Seys of the Yamaska Literacy Council for the amount of \$450.

Louise Penny also drew four winning names out of the pot of over 320 entries in the Three Pines Friendly challenge!

This is the third time that we have drawn winners this year out of the thousand entries placed since spring. Twelve locations in the village of Knowlton have posters with a skill testing question about Louise Penny's village of Three Pines. Find one and make your guess and you are entered. And the winners for this round are Odette Morrison (from Longueuil who entered at Camlen), Yvonne Plater (who entered at The Star Cafe), Pierre Vincelette (from Boucherville who entered at Cafe Floral) and Tara Pauls (from Scarborough who also entered at Camlen) Congratulations to all the winners.

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# EDITORIAL

Gurria is Secretary-General of the Organisation for Economic Co-operation and Development, a group representing some of the richest, most industrialized nations on Earth.

## SCIENCE MATTERS

# On climate, OECD head embraces environmentalism

By David Suzuki

Angel Gurria sounds like the leader of an environmental or social justice group.

In a recent University of Toronto lecture, "Climate Action: Time for Implementation", he stressed that climate change is a public health issue "disproportionately affecting the most vulnerable as well as those least responsible for anthropogenic warming."

Gurria is Secretary-General of the Organisation for Economic Co-operation and Development, a group representing some of the richest, most industrialized nations on Earth.

He said the Toronto lecture was his third climate talk in recent years. In the first, he argued that fossil fuel emissions to the atmosphere must be "completely eliminated in the second half of this century." I disagree with his support of carbon capture — allowing carbon dioxide pollution to be created but storing it below ground. But his vision of worldwide net-zero emissions is breathtaking. We associate the words "completely eliminated" with Greenpeace, not the OECD.

He's certainly no friend of coal-fired power. He argues it's "no longer cheap given rapid advances in renewables and the heavy costs of air pollution." In a report, Investing in Climate, Investing in Growth, the OECD laments that "far too much coal-based power generation capacity is still being built." Given that many member states are economically vested in coal, Gurria's stance is ad-

mirable. He doesn't ignore the fuel's harmful effects nor is he afraid to critique his own constituents.

And he understands the situation's urgency: "Countries can no longer credibly argue that better evidence is needed before we take action." He has no patience for those who claim the science is unsettled or that climate remedies can be postponed. It's encouraging that someone of his stature believes the question is no longer "whether" but "how fast?"

He's a great supporter of the Paris climate agreement but believes it doesn't go far enough. Rather than adopt a cautious approach — perhaps waiting for nations to meet their current targets before embarking on more stringent ones — he urges greater ambition, arguing there is presently a "serious shortfall in the aggregate level of pledged emissions reductions." He notes that even if Paris commitments keep temperature rise below 2 C there will be more extreme weather events — including flooding and drought — and food insecurity.

Perhaps most encouraging, he calls for higher carbon prices and a phase-out of fossil fuel subsidies. Carbon prices, he says, "have been too low so far. Many carbon dioxide emissions are not priced at all, and over 90 per cent are priced at less than EUR 30 per tonne." In recent years, the debate in Canada has been over whether or not to implement carbon pricing. For Gurria that question is settled. The issue now is raising the price to levels that will achieve emission-reduction goals. By taking this po-



sition, the OECD provides the valuable service of putting opponents of pricing on notice that they are out of step with mainstream economic thought.

Fossil fuel subsidies, Gurria writes, function as "negative carbon price signals" furthering the uptake of oil and gas at the very moment when their use needs to be curtailed. He could have urged the subsidies' reduction; instead, he calls for their removal. He reminds us of their staggering global scale — about half a trillion dollars annually. He says they "disproportionately benefit" the well off. Criticizing these subsidies takes guts. It means targeting some of the world's largest resource companies.

The only serious flaw is his unquestioning support for economic growth. He believes that can be "inclusive and climate-compatible" but his argument is not wholly convincing. In a recent open letter, some 15,000 scientists raised concerns about "the role of an economy rooted in growth." At a mini-

mum, Gurria should recognize the work of thinkers such as Canadian economist (and former David Suzuki Foundation board member) Peter Victor, who argue vital societal goals, such as full employment, can be achieved without growth.

The lesson is not that the OECD still embraces some tenets of traditional economics. That's a given. The interesting thing is how far elite actors have come in acknowledging key drivers of the climate crisis, and the means to its solution. Sceptics take note: In Gurria we have one of the world's most influential economists urging dramatic climate action, including a higher, and rising, price on carbon.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Climate Change Policy Analyst Gideon Forman.

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

# Roommate fight leads to pot production bust

Record Staff  
SHERBROOKE

An individual from Sherbrooke, who was chasing his roommate around with an iron bar, brought Sherbrooke Police officers to his home, only to discover a cannabis grow-op in the residence.

Police received a call at 4:45 p.m. Wednesday afternoon concerning a quarrel between two roommates in an apartment on Quebec St. The 31-year-old suspect was allegedly threatening his

roommate with an iron bar, but the 29-year-old target was able to flee through a basement window, police say.

When the patrol officers arrived, the alleged victim was no longer there but a grow-op containing 30 marijuana plants was. Aside from the plants, police found fertilizer and other material used for production.

The 31-year-old suspect was arrested for assault with a weapon and cannabis production. The alleged victim is also expected to face charges related to cannabis production.

## THE RECORD

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### PRINT SUBSCRIPTIONS

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

### ON-LINE SUBSCRIPTIONS

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

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

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## C COLUMNIST

Most of all, my haven is people. I hope that you are lucky, as I have been, to find people who are safe, and kind, and trustworthy.

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

Today's Word: Haven

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

1) When I was a young girl my haven was a weeping willow in the back yard. I remember sitting between the roots that had pushed up from the ground and looking out at the world through a curtain of leaves. Some branches grew so low that they swept the ground. On a warm day I was protected by the shade of these leaves and if I close my eyes I can still hear the light tinkling sound as the breeze made them dance. Sometimes the cat would come and join me and I would feel completely at peace.

Today I have a few havens. My bed is one and I always make sure to have nice sheets and soft duvets and pillows. Sweet sleep, at my age, is one of the best havens I can find. Another is the retreat center where I visit four times a year: the dock by the Madawaska River, the chapel, and, again, a great willow that grows by the water.

Most of all, my haven is people. I hope that you are lucky, as I have been, to find people who are safe, and kind, and trustworthy. The world can be harsh and some people can be cruel. It was the weeping willow and a cat who first taught me about softness. And, now, I do my best to find that softness and to be that softness wherever I can.

2) It's so simple and universal, the need for warmth, safety, peace and infinite kindness, food for the body and love for the soul. Home as a haven where we are nurtured and given all we need to thrive. From a place of security and safety, our needs for belonging and sustenance are provided, that we may from little on gain confidence to venture out into the world and face whatever risks and opportunities call to us from beyond our walls. Knowing always we have that safe place to return to, where we are known, cared for and loved.

When my daughters were small, creating home as a haven was in the early years my fulltime job, and even on the most humdrum days I embraced the task with all my heart. Each morning I'd serve breakfast and pack lunches with homemade treats, finding shoes, tying scarves, handing out hats and mittens at the door with wishes of "Love you - have a good day!" as they went off to school. Later as I also was leaving for school or for work, we'd often pack the slow cooker together so the meal would be warm and ready when we returned

home.

The girls are grown now, and I am often struck by the memories they cherish from those days. Ours was the usual chaos of a busy household, a mad scramble to find one's belongings amid the disorder of several lives lived in close quarters. There were times of scarcity and needs of many kinds at times had to wait patiently to be met. Yet what they all remember is that they were loved, they were safe, they always knew where home was. They've taken their experience out into the world, created lives that nurture themselves and others, make safe havens in their hearts for new friends and family.

Conversely, that anyone should ever become homeless in our midst, with all the resources of food, clothing and shelter that are wasted daily on a collective scale, is a heartbreaking social scourge that should challenge us all to work for change.

3) The word haven can be a place or a person. What comes first to mind is an amazing woman who seems to embody the very spirit of that word. For the past couple years she has worked with humanitarian agencies on the island of Lesbos, welcoming refugees fleeing the Syrian war. She helps create the briefest of safe havens for those who've lost their homes, loved ones, country, all they possess, their entire way of life.

They arrive - those fortunate to survive the treacherous crossing - cold, wet, hungry, alone and terrified. She meets them coming off the flimsy dinghies with food and dry blankets, speaking words of comfort that transcend language barriers. Each one is greeted face to face as a guest, with dignity and love. In the camps as they await next steps on their journey, she circulates trying to discern individual needs, learns of their losses, comforts fears, offering any small gesture or token to ease the confusion. For a nursing mother she might find a shawl, for a scared lonely child a small toy.

Back home we her friends relish her long newsy letters describing in loving detail the real people she encounters, individuals and whole families whose stories would otherwise be unknown. There is so much to learn from her life that swings from frequent visits to the Greek island to create a safe haven for countless others, to returning herself to the haven of family and friends, to rest, regenerate, and gather resources to go back for another round. So comfortable is she in her own skin, so at home in the work she feels called to do, that whether at home or abroad she seems to radiate

calm and peace.

Perhaps if we have experienced safety, and been loved enough to have learned how to love in return, we could each become a safe haven for others seeking the same. Near or far, our world needs more people of good spirit who can generate the welcoming power of love in even the coldest corners.

4) When I was a teenager life could be a bit overwhelming. I had gone from a local school with less than 200 students to a brand new school with over 3,500 students. Noon hour in particular could be difficult, but early on I found a safe place, the library. I found a small group of friends, and each day we would meet there. Any place with books in it was welcoming, and we formed great bonds. I still love libraries. When I moved to the Townships, in a matter of months I had cards from 5 different local libraries. I also have memories of a safe space where I could be myself.

People all crave a haven, a place of comfort, a welcome harbour in the sometimes stormy seas of life. For many, a church congregation can be that place, if it offers unconditional acceptance and love. These days the life of a teenager, in particular, can be complicated. Social media, peer pressure, and parental expectations can be overwhelming without support. In my ministry I have found that retreats, summer camps, and youth forums can provide that safe space and nurture personal growth. The friendships that are formed can be a lifelong source of support.

Jesus once said, "Judge not, lest you be judged". He reached out to outcasts and strangers and created a new community of love. We are called to do the same. A true haven is a nonjudgmental place with acceptance and support. People are free to be themselves. Language, sexual orientation, religion, or race should never be seen as barriers. I hope that all our congregations can be havens of love and joy, where all are welcome.

**One word, four voices - inviting you to reflect: What does it mean to find or be a safe haven?**

*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.*

## STS signs 10-year advertizing deal with Quebecor Out of Home

Record Staff  
SHERBROOKE

The Sherbrooke Transit Corporation (STS) has signed a 10-year deal with Quebecor Media Out of Home engaging the latter to manage advertizing on its 88 ad spaces and its 28 bus shelters starting February 1, 2018.

Quebecor Out of Home has agreed to improve its

facilities in strategic locations throughout the city, as a way of introducing new services to enhance the customer experience. For instance, commuters will have access to bus schedules in real time.

STS President Marc Denault says he's thrilled with the agreement, which, he say, makes it possible to collect revenue from transit agencies. It also fits in perfectly with the City's bus fleet renewal plan.

**MASSAWIPPI DART LEAGUE**  
open mixed doubles Dart Tournament

for the benefit of  
*La Maison Aube-Lumière*

**Saturday, January 27**  
at The Hut, A.N.A.F. Unit #318  
300 St. Francis, Lennoxville

**Registration: 1 p.m. to 2 p.m.**  
**Starts at 2 p.m. sharp**

*Everyone welcome to come  
play darts for a good cause!*



# Fentanyl, carfentanyl showing up in Estrie

Record Staff  
SHERBROOKE

Estrie public health authorities have revealed that the deadly opioid fentanyl is starting to make an appearance in the region and the agency is concerned about the future.

Cases of fentanyl poisoning requiring hospitalization have been spreading recently and one individual has died after ingesting carfentanyl, an associated narcotic.

Fentanyl is about 100 times stronger than morphine. Carfentanyl, in turn, is considered 10,000 times more powerful than morphine.

In an interview with Sherbrooke's La Tribune, Public Health Director Mélissa

Généreux said "the case is under investigation."

Carfentanyl is used as a sedative for large animals, such as elephants, and is even considered too dangerous, not only for these animals, but also for those who handle it. According to police authorities, just 20 micrograms, or less than a grain of salt, is enough to kill a human. The drug is relatively cheap and easier to obtain than other street drugs, with which it is often mixed, like heroin and cocaine, it is usually distributed in the form of tablets that resemble prescription drugs. Fentanyl can, in fact, be prescribed for medical purposes. "There is no problem when it is properly used," Généreux is quoted as saying, "but it is also used for recreational purposes, un-

fortunately, and is transformed in illicit laboratories where it can become dangerous."

The Public Health Agency began an epidemiological survey Wednesday and is on the alert and following the situation. It is asking the public to be vigilant. Notices have sent to ambulance attendants, nurses, doctors, and those likely to be in contact with cases of this kind of intoxication to raise awareness.

The survey is designed so that as soon as an overdose is reported, Public Health is informed quickly and can get a portrait of how the situation develops.

Généreux assures the public that there is no cause for panic, but has chosen to be proactive. Other regions have also triggered similar kinds of investiga-

tion.

Carfentanyl made its initial appearance in Quebec a year ago at the Montreal-Mirabel International Airport in a form resembling grains of salt. Two packages had been sent to two different residences in the Montérégie by a private courier service, La Presse reported at the time.

The first cases of fentanyl in Quebec occurred in 2016 but the drug had been circulating in Western Canada killed more than 2,500 people across Canada between 2000 and 2016.

Estrie Public Health is organizing a meeting to bring together several involved stakeholders on February 9.

## Magog man charged with animal cruelty

Record Staff  
SHERBROOKE

The SPA de l'Estrie brought charges against a Magog resident Friday under section 445 (1) (a) (2) of the Canadian Criminal Code for intentionally causing unnecessary pain, suffering and injury to a kitten.

"On December 13th, we received a report of a suspicious situation where a kitten was thrown to the ground by its guardian," says spokesperson for the Estrie SPA, Geneviève Cloutier. On the basis

of that information, she says, an investigation was began immediately.

The kitten in question was barely two months old when it was reportedly thrown twice to the ground violently by the suspect after he found excrement on the floor of his apartment. The event took place on December 11, 2017. The animal needed veterinary care and was taken to the SPA shelter. The kitten will remain in the care of the SPA until a judge decides whether or not to accept a motion for disposition filed, January 19, 2018, at the time of the suspect's

court appearance.

The animal welfare organization is taking the opportunity provided by this case emphasize the importance of public denunciation in curbing animal abuse

SPA de l'Estrie is mandated to apply federal and provincial laws as well as municipal regulations regarding animal protection and welfare. It is encouraging citizens who witness animal negligence or cruelty to contact the organization without delay. "If you witness a situation of negligence or if you are suspicious, do

not hesitate to contact us without delay," says Cloutier. "Thanks to these completely confidential reports, we can help hundreds of animals here in Estrie."

Every year, more than 5,000 animals are hosted by the SPA de l'Estrie. The organization serves 27 municipalities in the Eastern Townships and has more than 40 employees, dedicated to improve relationships between humans and animals in the region. In the spring of 2018, in addition to marking the opening of its new shelter, the SPA de l'Estrie will celebrate its 40th anniversary.

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# Local Sports

*If you are new to running here are my top five gear tips to get you started, which should improve your experience by keeping you dry and comfortable.*

## Update your running gear for enhanced comfort and greater success

Part two of a three-part series on Christine's 'Tool box' for runners:



### A RUNNER'S MIND

CHRISTINE BLANCHETTE

Last week's column was on setting attainable goals to keep running for the long term, including having a reason to run, starting slowly at the 5km distance, focusing on stamina over speed, and recording your progress in a daily log.

Today's column is about choosing the right gear because it can be a difference maker. Think of a hockey player stepping on the ice with dull 10-year-old skates that are too big and I guarantee it won't matter how good his shin pads are. Once you've held a feather-light three hundred dollar carbon composite one piece stick, your wood stick days are likely done. It's the same with running. The best equipment will enhance your comfort on the road or trail, allowing you to stay out there longer without slowing down. If you are training for a 10k, the most important investment you make will be in your shoes. To be at the top of your game, you will need supportive shoes that fit perfectly and suit your fit-

ness level. The manufacturers are ahead of the curve, hence there is no shortage of fitness fashions to choose from.

If you are new to running here are my top five gear tips to get you started, which should improve your experience by keeping you dry and comfortable.

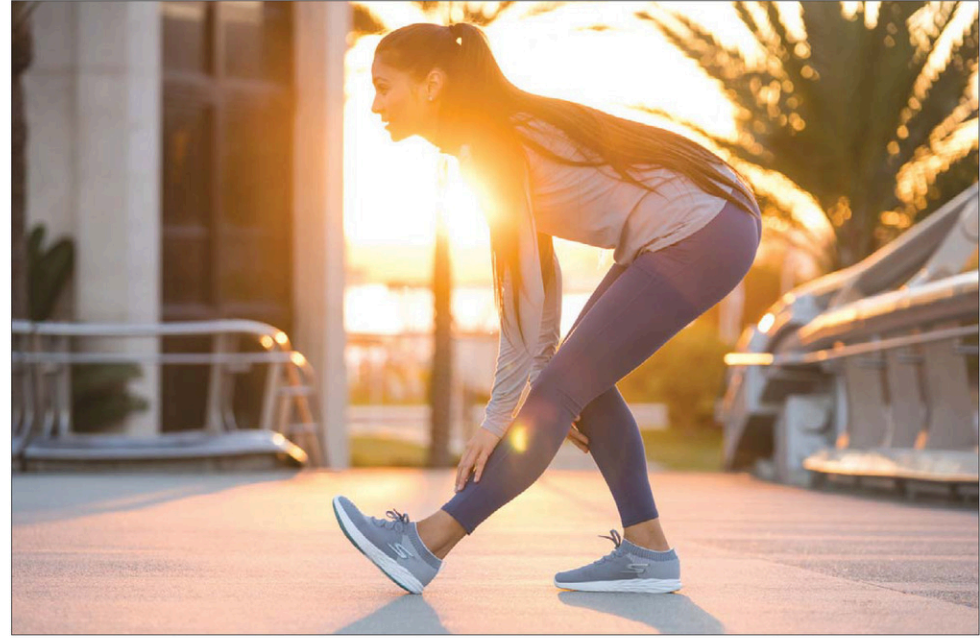
1. Invest in shoes that meet your needs. Visit a specialty store to find the best shoes and take advantage of expert advice just waiting for you to tap into.

2. Socks - find running socks with anti-chafe materials that will keep you blister-free. Note: good running socks can cost well over twenty dollars but the extended comfort you get makes them well worth it.

3. Clothing - dress for the weather conditions - avoid experimenting with new gear for a race event because unfamiliar garments may chafe your skin. Wear lightweight, breathable sweat-wicking fabrics to help keep you dry and comfortable. Choose reflective gear whenever possible. Wear a sports bra that gives proper support. Specialty running stores carry a wide selection of sports bras.

4. Wear a hat in all weather conditions to keep your head warm and dry during the colder months to protect you from the sun year round.

5. Invest in a watch to record your



progress. With myriad gadgets to choose from, this could turn out to be a fun exercise in choosing the best combination of style and technology.

Next week we will cover preparation/recovery tips.

[www.runwithit.ca](http://www.runwithit.ca)

Twitter: @christineruns

YouTube - runwithit

## Montreal Impact completes transfer of Ballou Tabla to FC Barcelona

He becomes the first Academy player to be transferred to a European club

The Montreal Impact announced Thursday the transfer of Quebec player and Academy product Ballou Tabla to FC Barcelona, for an undisclosed fee.

"This first transfer is an important moment in the history and evolution of our club," said Montreal Impact president Joey Saputo. "We take a lot of pride in seeing a young player, developed in our Academy, climb the ladder all the way to the first team and realize his dream to play in Europe with a big club like Barcelona."

Tabla, 18, played one season with the Impact in MLS, in 2017, earning two goals and two assists in 21 games, starting 11, and 1,146 minutes played. He be-

came the youngest player in the Impact's history to take part in an MLS game, aged just 17 years and 338 days, on March 4, in San Jose. The young player of Ivorian descent had joined the club's first team on October 20, 2016.

Ballou joined the Montreal Impact Academy for the first time in August 2012, before leaving in December 2013. He then rejoined the Impact U18 in April 2015, and played with FC Montreal (USL) the following season, in 2016.

Tabla played his youth soccer with the Pointe-aux-Trembles Jets and amateur Montreal club CS Panellinos.

Transaction: The Montreal Impact completed the transfer of Ballou Tabla to FC Barcelona.

# Church Services

## Anglican

### 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.

### SHERBROOKE

Sunday, January 28 at 11:00 a.m., the Church of the Advent, 473 Bowen St. S., Sherbrooke welcomes you to a service of Holy Communion with the Venerable Dean E. Ross officiating.

## Presbyterian

### LENNOXVILLE

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

## 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, January 28 at 10:00 a.m. Sunday School is available. Refreshments will be served after worship. 819-565-8449; website - lennoxvilleunitedchurch.com.

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819 346-6373, www.plymouthtrinitychurch.org welcomes all of you to our worship service. Sunday, January 28, we will celebrate the fourth Sunday after Epiphany at our regular 10:30 service. Notre culte en français se tient à 9h. Tout le monde est cordialement le bienvenu! Minister: Rev. Samuel V. Dansokho.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, January 28, 11 a.m. service with Rev. Mead Baldwin. Sunday School. 819-837-1112.

# Cribbage Tournament for "The Bravehearts" a huge success

The 7th annual cribbage tournament for the Relay for Life team "The Bravehearts" was held at "The Hut" ANAF Unit #318, on Saturday, January 20 and was a huge success. Forty-eight people participated in the tournament and many others came to support "The Bravehearts" and spend an afternoon with family and friends.

Colleen Matthews welcomed everyone and Linda Guillette, the team captain, explained that this team has taken in the Relay for Life in Coaticook since 2006. Last year the team raised over \$32,000 through various activities. Incredible!

Colleen explained the rules and the games began.

First place winners were Chantal and Francis Phaneuf with 719 who tied with Patsy and Daniel Bachand.

Second place winners were Nick and Keith Luce with a score of 718.

Third place winners were Suzanne Mailloux and Dale Kinder with 717.

The half-and-half was won by Ron Hazelton and Karen Guillette. Ron generously re-donated the funds to "The Bravehearts."

Raffle tickets are being sold for a beautiful granite mantel clock donated by Terry Smith from Stanstead. Thank you Terry for your generous donation.

Sandwiches and beverages were prepared by the Ladies Auxiliary and were donated by the cribbage club.

Everyone was very pleased with the event and enjoyed themselves tremendously.

Linda thanked Colleen for organizing the tournament and Judy Williams for her hard work collecting all the door prizes. Judy then thanked everyone for the donations she received. On behalf of Linda, Judy and myself, we wish to thank everyone for their support and generosity.

Over \$800.00 was raised, not including the amount re-donated by Ron. All funds raised go directly to "The Bravehearts."

Hope to see everyone next year.

Submitted by Colleen Matthews

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# SUDOKU

DIFFICULTY RATING: ★★★★★

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

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### PREVIOUS SOLUTION

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

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

# SUDOKU

DIFFICULTY RATING: ★★★★★

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

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### PREVIOUS SOLUTION

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

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



Fig.16

› If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.



**Death**



**Alison Watson (née Swift)**  
July 16, 1929 - January 16, 2018

Passed away, peacefully, at the Wales Home. She was the devoted daughter of the late John B. Swift Sr. and of the late Alice Best. Alison is survived by her loving husband Grant, as well as her children Cathy (Pierre), and Rick (Cindy). She was a devoted grandma to Matthew (Emmy) and Alissa Dionne, Alexandre, Bradley and Tyler Watson.

Also left to mourn her passing are her sister Patricia (late Arnold Alden, late Willard Karn), and sisters-in-law Ceona Roy (late Ben), and Joan Swift (late John), as well as many nieces, nephews, cousins and friends. She was predeceased by her brothers Jim (late Mary), and John (Joan) Swift, and sister Eileen Wiley (late Clare), as well as brothers-in-law Cecil (late Yvette), Nelson (late Gisèle), and Wayne Watson.

Funeral service and burial will take place and be announced at a later date. A memorial service will be held at the Wales Home on Saturday, February 24th, at 10:30 a.m.

The family wishes to recognize and thank the staff at the Wales Home for the loving care that Alison received over the past seven years.

In lieu of flowers, memorial donations to The Wales Home Foundation (506 Rte 243 N, Cleveland, QC J0B 2H0), or to the Windsor Protestant Cemetery, (c/o K. Morey, 153 Greenlay S, Windsor QC J1S 2J9) would be gratefully appreciated.



**Death**



**Barbara Margaret REID**  
(nee Pibus)

October 14, 1924 to January 18, 2018

Passed away peacefully in Knowlton, Quebec in her 93rd year. Barbara was predeceased by her husband Dr. E. A. Stewart Reid, infant son Duncan and daughter Jane.

Survived by her two sons Stewart "Tad" (Cheri), Dugald (Andrea), grandson Adam, and her sister Beverley Laurie and her children.

Raised in Magog, Cowansville and Knowlton, Barbara trained as a nurse at the Montreal General, but returned to her Eastern Township roots with her young family to settle in Dunham. Years of happiness ensued with horses, pets, gardens, skiing, antiques and big-hearted hospitality. Barbara was a generous and caring daughter, sister, wife, mother and friend. A woman of many interests and talents, Barbara always lent an enthusiastic hand and was deeply involved in her community. Her witty advice and ready laugh will be greatly missed by her family and loving, loyal friends.

The family would like to thank the members of this community, the friends and acquaintances who have stood by Barbara, for the love and the support they have shown her over the years and during her increasing frailty. We also wish to extend our heartfelt thanks to the wonderful staff of Manoir Lac Brome and Dr. Dominique Desy.

A celebration of Barbara's life will be held at Knowlton United Church on Saturday, April 28 at 4 p.m. In lieu of flowers, donations in her honour can be made to the SPCA Montérégie.



**Death**



**William John FRASER**  
"Mr. Bill"

(Dec. 1, 1936 - Jan. 23, 2018)

Passed away peacefully at the Wales Home, on Tuesday, January 23, 2018 at the age of 81. Beloved son of the late Merrill Fraser and the late Jessie Armstrong and loving husband of Evelyn Baker. He leaves to mourn his children Colleen (Jim), Karen and Kevin; his grandchildren: James (Mindy), Philip, Joshua and Sierra; his great-grandchildren: Adrianna and Trevor. He also leaves to mourn his sisters Laurie Walker (Johnny) and Pauline Smith (the late Frederick), his nieces and nephews: Judy, David, Fraser, Robert and Kenneth. He was predeceased by his brother-in-law William Baker. A celebration of life will be held at the Richmond Legion (235 College St. N., Richmond, QC J0B 2H0), on Saturday, January, 27, 2018 from 2:00 to 5:00 p.m. A private burial will be held at a later date. In lieu of flowers, donations made to the Wales Home Foundation, 506 Rte 243 N, Cleveland, QC J0B 2H0 would be gratefully appreciated.

**CASS FUNERAL HOMES**  
295 Principale S., Richmond QC  
PHONE: 819-826-2502  
FAX: 819-564-4423  
www.casshomes.ca

**Death**



**Helene (Bettschen) BEDARD**  
1943-2018

After a long battle with cancer, passed away in her 75th year,

Helene Bettschen, beloved wife of Wayne Bedard, at the Magog Hospital on Tuesday, January 23rd.

She leaves to mourn her children, Wendy (Kendall Tracy), Terry (Shana Hadlock) and Jason (Lynn Chapman), her grandchildren, James, Collin, Noah, Micah, Luke, Simon, Jonah and Jailyn, her brother late Otto (Janet) and her sister Trudy (Gary Aiken), many nephews and nieces, and other relatives and dear friends.

Resting at the Baptist Church, 359 rue Principale in Mansonville, where family and friends will be welcomed on Friday, January 26th, from 2 p.m. to 4 p.m., and 7 p.m. to 9 p.m. and on Saturday, January 27th, from 1 p.m. to 2 p.m., followed by the funeral service. Interment will be at Mansonville Protestant Cemetery.

In lieu of flowers, donations in her memory to the Baptist Church, 359 rue Principale, Mansonville, QC J0E 1X0 would be appreciated.

Arrangements entrusted to:

**DÉSOURDY FUNERAL HOMES**  
4 Vale Perkins, Mansonville QC  
PHONE: 450-292-3204  
FAX: 450-263-9557  
info@desourdy.ca  
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**In Memoriam**



**GIFFORD, Marina (nee Sells)** - In loving memory of a dear wife, mother and grandmother who passed away fifteen years ago, January 26, 2003.

*Beautiful memories are wonderful things  
They last 'til the longest day,  
They never wear out, they never get lost  
And can never be given away.  
To some you may be forgotten,  
To others part of the past,  
But to us who loved and lost you  
Your memory will always last.*

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# Replacing a beloved pet

Dear Annie

FRIDAY, JANUARY 26, 2018

**Dear Annie:** I have a problem with my friend "Julie" that I'm not sure how to handle. She's a really good friend in many ways. She's always there when I'm going through hard stuff. She's generous with food and gifts and other thoughtful gestures. For instance, last year, when she was watching my dog while I was out of town, she took him to the vet when he seemed sick, with no hesitation. And one time when there was an issue with my apartment that required me to be out of the unit for a few days, Julie let me stay with her even though it was on very short notice. You get the picture. When we're on good terms, you couldn't ask for a better friend.

But whenever we have a conflict, she does something I find frustrating and immature. She tells all our mutual friends about our disagreement — and from her own biased perspective. I've picked up on this over the years because these mutual friends have let slip things that she's told them about our fights. I've also put it together for myself because whenever she fights with another friend, she tells me all about it. I know that I'm not special and that when we have fights, she does the same thing.

Personally, I think it's wrong to talk negatively about someone to a mutual friend, so I never want to do that myself. But I worry that with everyone just getting one side of the story, people have a

skewed picture of me. Should I try to correct the record by letting these friends know my side or just be the bigger person and let it go? — Ears Burning

**Dear Ears Burning:** It's bad enough when high schoolers do this. There's no excuse for grown adults to be engaging in this sort of gossip mill. Rather than dive into the mud yourself by trying to explain your side of the story to friends, rise above and address the problem at its source. Confront Julie. Explain how her oversharing (to put it nicely) hurts you. If she continues talking behind your back after that, reconsider how close you want to be with her.

**Dear Annie:** I understand and sympathize with "Sleepless in Spokane." My husband of 36-plus years and I have successfully slept in separate bedrooms for over 10 years. I like your suggestion of twin beds. I might also suggest that "Sleepless in Spokane" put a nightstand between the twin beds and use a white-noise machine or even a fan. That is what I do whenever we have company or are on vacation and hubby and I share a bed. — Been There

**Dear Been There:** I'm glad to hear that separate bedrooms have worked out for you and your husband. That arrangement truly does seem to do wonders for many couples these days. The white-noise machine is an excellent tip that I should have mentioned in my original answer. Thanks for writing.

**Dear Annie:** Our beloved family dog, Dasher, passed away last year. Dasher

was a husky. She was the sweetest and best dog I ever could imagine. Good with the kids and our old kitty. When I contacted the breeder I bought her from, he said that he is no longer breeding. My friend suggested I look at adopting a dog from the local shelter or a rescue group. I really want a husky, and our shelter didn't have any but suggested I reach out to local husky rescue groups. Well, I did, and I found a great one.

After I filled out the application, a volunteer called me within 24 hours. She thanked me for considering adoption and gave me some very sad statistics about how many dogs get euthanized because of overpopulation. She then said my house will be a tricky place to find the right dog for. Most huskies have a strong prey drive and are not great with cats, small dogs or small children. I was taken aback because Dasher was so great with all of the above. When I told her this, she said my best bet would be to get a puppy and socialize the dog around kids and cats as much as possible. She said that her rescue group rarely gets pups in and that it could take a long time. I want to adopt, but I also don't want to put the lives of my cat and kids in danger. Do you have any advice as to what I should do? — Adopt or Shop?

**Dear Adopt or Shop:** Whenever possible, adopt; don't shop. I understand loving a particular breed and wanting a puppy of that breed. The way I see it, you have three options:

1) Wait until the husky rescue gets a

puppy in.

2) Go on Petfinder and search for husky puppies. You may have to travel a bit to find a puppy, or it may not be a purebred husky, but chances are great that you can find a husky puppy. Sometimes mixed breeds are healthier than purebreds.

3) If you do decide to buy a puppy, at least be sure you know where you're buying from. Kristina Lotz wrote a wonderful article for iHeartDogs titled "10 Signs That A Puppy Is From a Puppy Mill," and I would recommend reading it before buying from a pet shop or breeder.

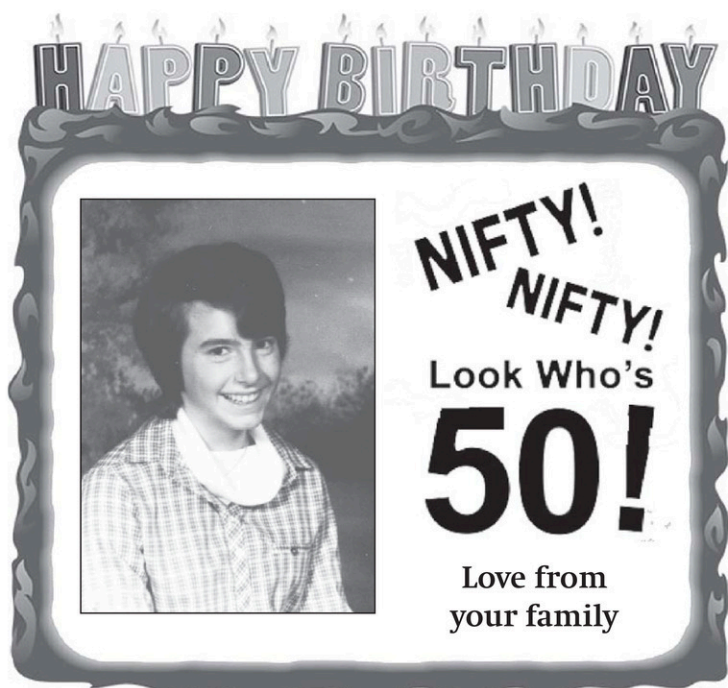
**Dear Annie:** Your column with the letter from widower "Neil" brings back sad memories for me. I lost my mother when I was 13 years old, and it was staggering. I had no siblings and an alcoholic father. Life was a mess.

Years later, I attended a seminar, and the most important thing I learned was how to handle major upsets. Here's the way to do it. When thinking about an upsetting incident, write down the following questions and your answers: When did it happen? Where did it happen? Who was involved? How did you feel? What happened?

You might want to write the same upset down several times. Just do it. It will work. — Art in Oregon

**Dear Art:** Writing is a wonderful form of therapy. I second your suggestion. Thanks for it.

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



## Bulwer Branch Quebec Farmers' Association Bursary

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to first year students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association. Applications must be received before February 8, 2018. Contact person: Mrs. Theda Lowry, 30 High Forest, Sawyerville, QC J0B 3A0.

## Datebook

FRIDAY, JANUARY 26, 2018

Today is the 26th day of 2018 and the 37th day of winter.

**TODAY'S HISTORY:** In 1802, Congress passed a bill that established the position of Librarian of Congress.

In 1837, Michigan was admitted as the 26th U.S. state.

In 1950, the Indian Constitution went into effect, marking the birth of the Republic of India.

In 1998, President Bill Clinton denied allegations of an extramarital affair during a televised speech.

In 2015, Libby Lane became the first woman to be appointed as a bishop by the Church of England.

**TODAY'S BIRTHDAYS:** Douglas MacArthur (1880-1964), military leader; Maria von Trapp (1905-1987), matriarch of singing family/memoirist; Paul Newman (1925-2008), actor; Jules Feiffer (1929- ), cartoonist/writer; Scott Glenn (1941- ), actor; Gene Siskel (1946-1999), journalist/critic; David Strathairn (1949- ), actor; Eddie Van Halen (1955- ), guitarist/songwriter; Ellen DeGeneres (1958- ),

comedian/talk show host; Wayne Gretzky (1961- ), hockey player; Vince Carter (1977- ), basketball player.

**TODAY'S FACT:** The first Library of Congress was burned (along with the rest of the Capitol building) by British soldiers in 1814, and its 3,000 books were destroyed. The library was rebuilt in part through the purchase of President Thomas Jefferson's personal library of 6,487 books in 1815.

**TODAY'S SPORTS:** In 1986, Chicago crushed New England 46-10 in Super Bowl XX, as the Bears' renowned defense held the Patriots to seven yards rushing.

**TODAY'S QUOTE:** "My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where the heck she is." — Ellen DeGeneres

**TODAY'S NUMBER:** 1.37 — weight (in pounds) of the Cullinan Diamond, the largest gem-quality diamond ever found. The 3,106.75-carat gem was discovered in the Premier Mine near Pretoria, South Africa, on this day in 1905.

**TODAY'S MOON:** Between first quarter moon (Jan. 24) and full moon (Jan. 31).

† When you can't breathe, nothing else matters!

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**CELEBRITY CIPHER**  
by Luis Campos

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

“ O A J U K F P X O Y H O J I V O Y A L E U D  
L I J F P P O Y H , T U L J X U L E M Y ' P X O M F  
A D U K O P . T U L J X U L E M K V W F O P I V D P  
U A T U L D E O A F O Y J P F V M . ” — Z V E F D O F  
X V D I F D

Previous Solution: “Betty (White) made every moment count ... I've declared her an American treasure, because she is just that.” — Gavin MacLeod  
TODAY'S CLUE: X equals M

**CELEBRITY CIPHER**  
by Luis Campos

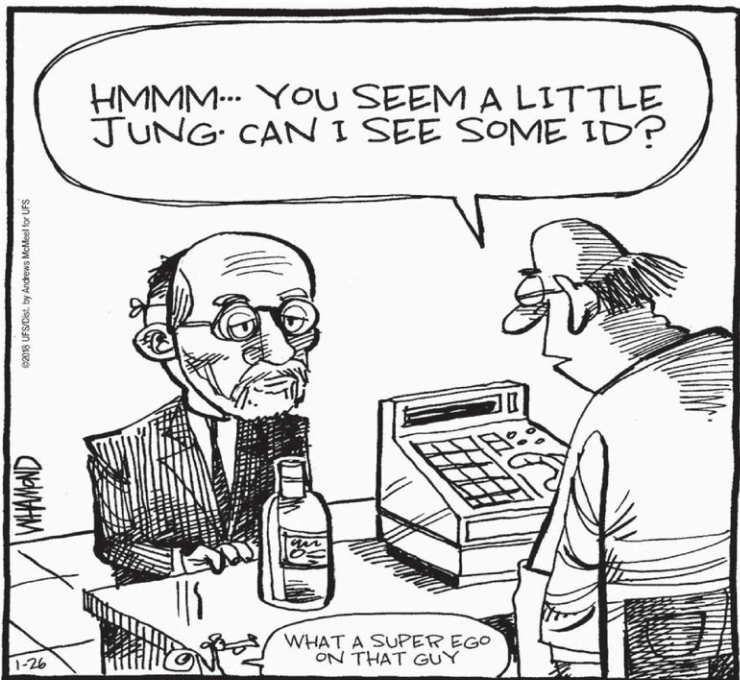
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ N J F E P E U B F N T T F B U L H B V K L P I  
V L J G B P B R J D V R I T K B V P I B K T F U V  
E T C O J D U L H B J W C U U M F T V C O P L H B  
U L W B . ” — G L U U L B Z B J D A L D X

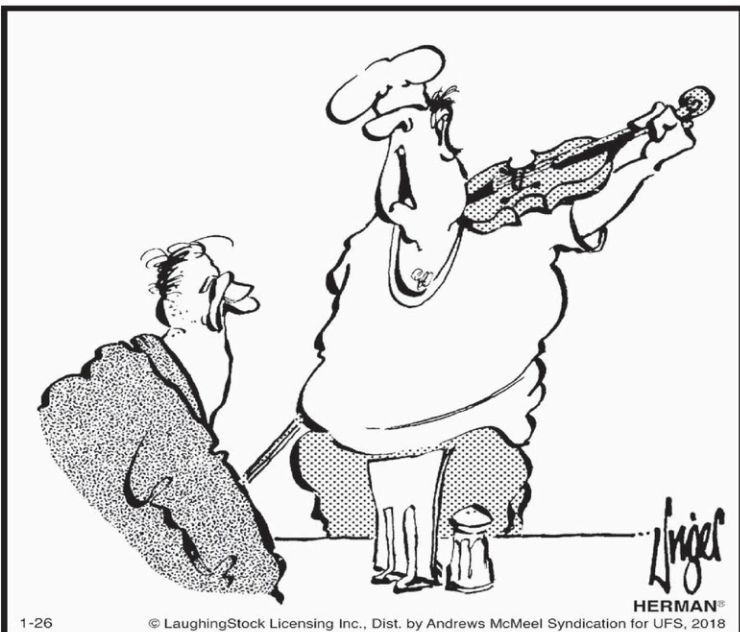
TODAY'S CLUE: X equals G

Previous Solution: “If something is painful or upsetting, you shouldn't hide from it. You should make it part of your life instead.” — Valerie Harper

**REALITY CHECK**



**HERMAN**



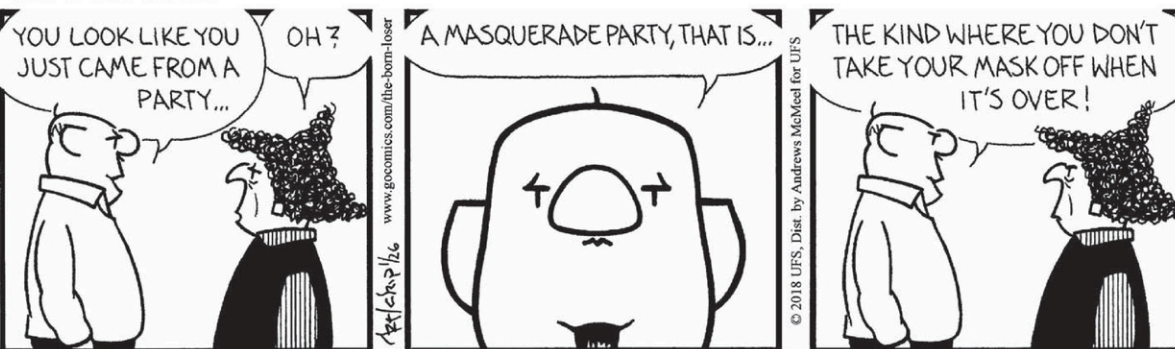
**ALLEY OOP**



**ARLO & JANIS**



**THE BORN LOSER**



**FRANK AND ERNEST**



**GRIZWELLS**



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100 Job Opportunities

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185 - Downs, Elmwood, Maple Grove, Queen (15 customers)

192 - Clough, Mount, Parkdale, William Paige (15 customers)

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**Work schedule:** days, evenings, nights and weekends.

**Salary:** \$12.75/hr to start

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Experience in long-term care is an asset. Communication skill: Primarily English. Bilingual would be an asset.

Interested candidates can submit their resumes to:

[tthibodeau01@outlook.com](mailto:tthibodeau01@outlook.com)  
 or by mail to  
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 592 Main St., Bury, QC, J0B1J0

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# Your Birthday

FRIDAY, JANUARY 26, 2018

Play catch-up this year. Before you start something new or take on too much, tidy up and put pending matters to rest. Know where you stand and how you can best serve both your needs and the needs of those you love. Be honest and do what's right.

**AQUARIUS** (Jan. 20-Feb. 19) — Only sign up for what you know you can handle. Problems with pushy or persuasive people are best dealt with properly. Live by the rules and ask for expert assistance, if necessary.

**PISCES** (Feb. 20-March 20) — Give a little and take a little to find common ground. If you reconnect with people you have collaborated with in the past, you will benefit from whatever transpires. Financial gain is apparent.

**ARIES** (March 21-April 19) — A money matter should be handled with care. Look over contracts and see if you can improve them in your favor. Control whatever situation you face.

**TAURUS** (April 20-May 20) — Keep your emotions in check and focus on being loving and kind when dealing with others. Too much of anything will be costly, emotionally and physically.

**GEMINI** (May 21-June 20) — Your progress will be fueled by an emotional high. Making personal improvements, spending time with people you enjoy collaborating with and relishing some special time with a loved one are all highlighted.

**CANCER** (June 21-July 22) — The

energy at social events will pump you up. Participate in activities that interest you, but don't sign up for something you don't have time to pursue.

**LEO** (July 23-Aug. 22) — A little time spent on self-improvement and nurturing a relationship with someone special will bring you much satisfaction. Stay active and do something nice for a loved one.

**VIRGO** (Aug. 23-Sept. 22) — Refuse to get swept into someone else's melodrama. Be a witness, not a participant, when it comes to discord and chaos. Use your intelligence to navigate your way through social unrest.

**LIBRA** (Sept. 23-Oct. 23) — Make a physical move or change the way you handle your money. By taking control of your life, you will feel empowered to make choices that suit you best.

**SCORPIO** (Oct. 24-Nov. 22) — Refrain from overreacting and overdoing it. Moderation will be necessary if you want to avoid a physical, emotional or financial problem. Protect your possessions and reputation.

**SAGITTARIUS** (Nov. 23-Dec. 21) — A job well done will be acknowledged. Do your part and take care of your responsibilities. Making a simple gesture and fulfilling a promise will change the dynamics of a relationship.

**CAPRICORN** (Dec. 22-Jan. 19) — Share your feelings and plans with someone you want to spend more time with. Knowing that you are not alone will bring you comfort and the confidence to follow through with your ideas.

FRIDAY, JANUARY 26, 2018

## The lead achieves two purposes

By Phillip Alder

Henri Frederic Amiel, a 19th-century Swiss writer, said, "For purposes of action, nothing is more useful than narrowness of thought combined with energy of will."

That applies to bridge players — the more unrelenting your concentration and tunnel vision, the better. But today's deal revolves around using cards for the purpose of telling partner how to defend.

What should West lead against four spades after the given bidding sequence?

Note that this is the right auction regardless of whether you use Standard American or two-over-one. In two-over-one, because a three-spade rebid by North would be forcing, the jump to four spades limits his hand to a minimum game-force.

West should realize that his partner is probably void of diamonds. Also, when you give your partner a ruff, the card you lead sends a suit-preference signal that tells partner which of the other two side suits to return to get you back on lead, so that you can deliver another ruff.

Here, that means West should lead the diamond seven, not because it is top of nothing, but because he wants a

North 01-26-18			
♠ A Q 9			
♥ 6 5 2			
♦ A Q 10 8 4			
♣ 8 3			
West			East
♠ 2			♠ 7 6 4 3
♥ A Q 10 9			♥ K J 7 4
♦ 7 6 3 2			♦ —
♣ 10 7 6 4			♣ K J 9 5 2
South			
♠ K J 10 8 5			
♥ 8 3			
♦ K J 9 2			
♣ A Q			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	Pass	2♦	Pass
3♦	Pass	4♠	All Pass
Opening lead: ??			

heart shift. And that is how it goes. East ruffs at trick one and leads back a low heart to his partner's nine. West gives his partner a second ruff, gets in again with a heart and delivers a third ruff for down two.

Note that if East shifts to a club at trick two, the contract cruises home.

Should East or West double the final contract?

No! There is a big risk that the opponents will run to five diamonds, which cannot be defeated.

# CROSSWORD

**Across**

- 1 Big sister?
- 7 Way more than a whimper
- 11 Pixie
- 14 Circus equipment
- 15 Online marketplace
- 16 Madhouse
- 17 First U.S. national park
- 19 Syncopated piece
- 20 Calvin Klein or Perry Ellis
- 21 Caution
- 22 Spilled the beans
- 23 Love personified
- 24 Letter writing, some say
- 26 Oenophile's concern
- 28 Bear with a purple bow tie
- 32 "Yada yada yada" letters
- 35 Co-star of the 1955 comedy "How to Be Very, Very Popular"
- 38 Revolutionary murdered in a tub
- 40 Groom's garb

- 41 Generous slices
- 42 Subject of a 19th-century famine
- 45 Menu general
- 46 Tar pits site
- 47 "Pretty please?"
- 49 Che's given name
- 52 State-spanning rds.
- 56 Cross by wading
- 59 Digging
- 60 The good dishes
- 61 "The Mikado" band?
- 62 Aquanaut's workplace ... or a hint to what's graphically represented four times in this puzzle
- 64 Dram
- 65 Thailand, once
- 66 Recess
- 67 Fictional vigilante's mark
- 68 Ballpark figs.
- 69 Christian of "Mr. Robot"

- 27 Bible book read during Purim
- 29 Frank's cousin
- 30 Gambling parlors, for short
- 31 Very
- 32 Expressionist painter Nolde
- 33 Plantation near Twelve Oaks
- 34 Nursery purchase
- 36 Rural road feature
- 37 One demanding payment, say
- 39 Comparable to a beet
- 43 Pressed sandwiches
- 44 Confucian ideal
- 48 Cornell's city

- 50 Conclude by
- 51 Parts of some flutes
- 53 First of a series
- 54 \_\_\_ of Hearts, accused tarts thief
- 55 Cavalry sword
- 56 With "the," TV character who first jumped the shark—literally
- 57 Village Voice award
- 58 Harvest-ready
- 60 Spreadsheet box
- 62 Employ
- 63 KLM rival

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

**Down**

- 1 Sanctuaries
- 2 Substitute players
- 3 Frodo inherited his ring
- 4 Queen of mystery
- 5 Small-runway aircraft acronym
- 6 Spokane-to-Walla Walla dir.
- 7 Software to debug
- 8 Scrub, at NASA
- 9 Aspirant
- 10 Drano compound
- 11 Biblical reformer
- 12 Library transaction
- 13 "Around the World ... " hero
- 18 Affirmed in court
- 22 Happy hour perch
- 24 \_\_\_-di-dah
- 25 Lighter brand

1	2	3	4	5	6		7	8	9	10		11	12	13	
14							15					16			
17							18					19			
20							21				22				
23					24					25					
				26	27				28			29	30	31	
32	33	34		35			36	37							
38			39			40				41					
42					43				44			45			
46								47			48				
				49			50	51				52	53	54	55
56	57	58			59					60					
61					62					63					
64					65					66					
67					68					69					

## Your Birthday

### SATURDAY, JANUARY 27, 2018

Put more time and effort into your personal life. Fix up your residence or consider making a move. Hold yourself accountable for money matters, and only spend what you can afford to part with. The changes you make should be conducive to lowering your overhead.

**AQUARIUS** (Jan. 20-Feb. 19) — Uncertainty will prevail if you let a friend or family member take advantage of you. Consider what's being asked of you and prepare to counter with what you feel is fair.

**PISCES** (Feb. 20-March 20) — Concentrate on self-improvement, not on trying to change others. Look inward and be objective about the past, present and your idea of the future. Honesty will encourage positive change.

**ARIES** (March 21-April 19) — Someone you have worked with in the past will make a difference to the way you move forward. Inside information will allow you to take a position that leads to greater success.

**TAURUS** (April 20-May 20) — Evaluate past choices and your current position. Recall what you wanted to achieve to find a way to incorporate old dreams into new prospects.

**GEMINI** (May 21-June 20) — Set plans in motion. Taking a pleasure trip, visiting friends or relatives, or attending a reunion will prompt you to try something new. Refuse to let doubt take charge due to someone's uncertainty.

**CANCER** (June 21-July 22) — Money matters, personal documents and any-

thing else that needs updating should be looked over carefully. Don't trust anyone else to take care of your affairs. Debt-free equals stress-free.

**LEO** (July 23-Aug. 22) — A deal must be looked at closely. Someone will not give you all the facts you require to make a good choice. Relationships are favored, and romance will improve your personal life.

**VIRGO** (Aug. 23-Sept. 22) — Emotional matters will escalate if you aren't being honest in your assessment of a situation that could alter your reputation or status. Be practical and use common sense.

**LIBRA** (Sept. 23-Oct. 23) — Taking a short trip or visiting someone who has knowledge about your ancestral background will help you gain insight into who you are and what you should strive to accomplish.

**SCORPIO** (Oct. 24-Nov. 22) — Take a close look inward and consider how well you are taking care of yourself mentally, physically and emotionally. Try to maintain a healthy daily routine.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Emotional matters will surface. Don't run and hide when you should stick around and find out where you stand. It will make your life easier and help you decide what to do next.

**CAPRICORN** (Dec. 22-Jan. 19) — Make personal changes that will boost your confidence and encourage you to try something new, but don't trust anyone with your personal possessions or information. Donate time, not cash.

### SUNDAY, JANUARY 28, 2018

Plan to get active and fit this year. Participate in physical challenges or activities that you enjoy. Make vacation plans with friends, family or a loved one. An active lifestyle will motivate you to live life fully. Personal improvements will change the way you move forward.

**AQUARIUS** (Jan. 20-Feb. 19) — Plan a social event or get together with people who share one of your interests or hobbies. A romantic or kind gesture will improve your relationship with someone special.

**PISCES** (Feb. 20-March 20) — Domestic issues are best handled in a positive manner. Criticism will not help you win favors or acceptance. Productive change and thoughtful actions will bring concrete results.

**ARIES** (March 21-April 19) — A trip will prove eye-opening. Imitate what you see to discover a better way to live your life. A change of pace and some indulgent relaxation should be included in your day.

**TAURUS** (April 20-May 20) — Jog your memory to come up with a solution that will help you get back on course. Connecting with old friends and relatives will spark renewed interest in something you enjoy.

**GEMINI** (May 21-June 20) — A conservative approach to spending will help you avoid a stressful situation. Changes should be budgeted carefully, and time and money spent on personal improvements cautiously and responsibly meted out.

**CANCER** (June 21-July 22) — Emotions

will be difficult to contain. Do your best to channel your energy into something positive that will promote comfort and joy. Be open to trying new things.

**LEO** (July 23-Aug. 22) — Don't limit what you can do for others. Reach out and offer friendship, hands-on assistance and emotional support. Your genuine desire to help will be impressive and appreciated.

**VIRGO** (Aug. 23-Sept. 22) — Make positive changes at home or to your lifestyle. Aim to achieve stability and security without going into battle. Walk away from discord and toward those who share your concerns.

**LIBRA** (Sept. 23-Oct. 23) — An emotional incident will arise if you disagree with an older friend or relative. Listen patiently, but don't let a difference of opinion come between you and a loved one.

**SCORPIO** (Oct. 24-Nov. 22) — A change in the way you handle your finances or deal with secret information may not be in your best interest. Consider the consequences of your actions before you proceed.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Bring about the changes you want to see happen. An energetic approach to improving your living arrangements or surroundings will give you a sense of peace and satisfaction.

**CAPRICORN** (Dec. 22-Jan. 19) — Before deciding to change your direction or take on a new title, do your due diligence. Knowledge is key to averting a mistake that could result from relying on emotion instead of intelligence.

## Avena con Leche: warm oats and milk served in a mug

### KITCHEN SCOOP

By Alicia Ross

My favourite part of travel is sampling a whole new cuisine. In fact, I make a point not only to sample but also to bring back recipes to try to duplicate the flavours at home. I do this for two reasons: First, so I can share them with you! Second, because once I nail a recipe, I'm transported back to the moment when I first tasted it.

Today's recipe was shared by the owner/manager of Posada de la Luna, a wonderful bed-and-breakfast in Antigua, Guatemala. My daughter and I were served this classic beverage the first morning we spent there. Officially the recipe is called Avena con Leche. Translated literally it is "oatmeal with milk," but translated figuratively it is a warm, homey hug in a mug. We were served it alongside el chapin tipico (the typical breakfast) of fried plantains, scrambled eggs with chopped onion and tomato, black beans, cheese and tortillas.

Oatmeal with milk is easy to make, and you probably already have the ingredients on hand. Even though our hosts don't wait for cool weather to savor its goodness, Avena con Leche can be enjoyed on a chilly winter morning. It also makes a fabulous drink to take along if you are running late, which makes hurrying to work more enjoyable than you thought possible.

### Avena con Leche

Start to finish: about 30 minutes

Yield: 8 servings (leftovers are delicious)

1/2 cup old-fashioned oatmeal  
4 cups water  
1/2 cup light brown sugar, packed  
6 cups whole milk  
1 large cinnamon stick  
1/2 teaspoon salt  
Ground cinnamon for garnish if desired

In an electric blender, process the oatmeal and water until oats are pulverized. Pour oatmeal mixture into a 3-quart or larger heavy-bottom pot and place over medium-high heat. Add sugar, milk, cinnamon stick and salt.

Stirring almost constantly, bring oatmeal to a low boil. Reduce heat to prevent oatmeal from boiling over and, stirring constantly, cook for about 5 minutes or until volume is reduced by one-third. Remove from heat and cool to a drinkable temperature. Serve in mugs with ground cinnamon atop each serving if desired.

Approximate values per serving: 154 calories, 6 g fat (3g saturated), 18 mg cholesterol, 6 g protein, 19 g carbohydrates, 0.4 g dietary fiber, 227 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006).

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