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THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**The Canada
Food Guide
Merry-go-round**

Editorial - Page 6

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PM#0040007682

THURSDAY, MAY 3, 2018

**Hosts wanted
for adults with
special needs**

Record Staff

The CIUSSS de l'Estrie – CHUS, the Eastern Townships' regional health and social services institution, is organizing an information meeting on May 9 for those who might be interested in operating a residence for people with a developmental disability or an autism spectrum disorder. The institution is currently looking for individuals in Sherbrooke and the surrounding areas as well as in the Memphrémagog and Val-Saint-François MRCs.

"Through their support, the applicants we're looking for will enable clients to live out their lives and promote their social integration and participation in the community," said Ghislain Massicotte, head of the housing support and home services division of the CIUSSS de l'Estrie – CHUS.

Candidates should be prepared to host up to four people with a developmental disability or autism spectrum disorder to provide the support, help, and guidance they need. To apply, candidates must meet the following basic criteria. They must be of legal age, have no criminal record, have not declared bankruptcy within the past three years, and be able to offer a living environment that meets specific standards of hygiene, comfort and safety.

As a first step in the process, interested persons should attend an information evening on Wednesday, May 9, from 7 p.m. to 9:30 p.m. in the auditorium at 1621, Prospect Street, Sherbrooke.

Those seeking additional information should contact Jean-Claude Langlois at 819-346-8471, ext. 208.

**Refugee sponsorship sale
coming up this weekend**



GORDON LAMBIE

A devoted team of volunteers is hard at work to prepare the annual garage sale in support of the Refugee Student Sponsorship program. The sale is set to take place this Saturday in the W.B. Scott Arena on the Bishop's Campus.

By Gordon Lambie

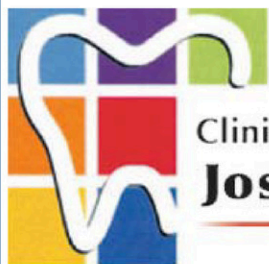
The annual garage sale organized by the BU/CRC Refugee Student Sponsorship Committee will be taking

place this coming Saturday, May 5, from 8 a.m. to 2 p.m. in the W.B. Scott Arena on the Bishop's Campus.

"It is our biggest fundraiser of the year and it has been for about ten or fif-

teen years," said organizing committee member Lissa McRae, noting that the group's runner-up fundraiser, the

CONT'D ON PAGE 3



Clinique de denturologie
Josée Lauzon

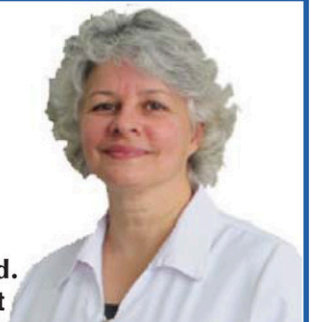
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Weather



TODAY:
CLOUDY

HIGH OF 19
LOW OF 10



FRIDAY:
PERIODS OF
RAIN

HIGH OF 22
LOW OF 10



SATURDAY:
SUNNY

HIGH OF 17
LOW OF 3



SUNDAY:
SUNNY

HIGH OF 13
LOW OF -2



MONDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 16
LOW OF 2

Meet the pets



ROSS MURRAY

Over the years, I have frequently referenced the many pets that have roamed this house, not always in a flattering light. Not ever in a flattering light. Sometimes you can't even see the light because it's blocked by too many pets.

This has been somewhat unfair of me and may have contributed to a general societal prejudice against pets, because, as with humans, nothing demonizes a group more than depicting them as a single faceless entity who lick themselves and poop in the basement.

Consequently, I would like to introduce you to the current roster of animals living under our roof.

Bella - dog

Bella is part Lab, part moron. She came to us from a litter just up the street. "Litter" is an appropriate word here because Bella loves garbage. If we don't put the garbage can on the kitchen table when we go out, Bella will tip it over. The thing is, we compost most of our food. There's not much in there but sharp tin lids and those meat diapers they use to line styrofoam butcher trays, so Bella is nothing if not optimistic. Also "Meat Diapers" is the name of my punk rock band.

Bella is almost 10 now and is starting to slow down, but she still gets super excited when we come home, as if she has-

n't seen us in weeks - wiggling, moaning with delight, licking and jumping. I'll enjoy this while it lasts because I know from experience with marriage that this behaviour usually stops sometime around year 11.

Positive: warms my feet; non-judgmental.

Negative: barks at pedestrians/temperature fluctuations; noisy eater; steals my chair

Nellie - cat

One of the triplets temporarily fostered from the SPA as kittens and then retained permanently because of their adorableness, which is a sneaky, dirty trick, SPA! Nellie used to be my least not-favourite because she was so friendly. She'd look you in the eye, and if you meowed at her, she would talk back. So cute. Now I wish she'd just shut up. Probably this is because what she's actually saying is, "Clean my butt!" Nellie is obese, too obese to properly clean herself, and each morning, after she drags her rear across the floor, leaving dubious streaks, she follows us to the bathroom, meowing aggressively, because that's where we keep the baby wipes. Yup, and then we use the baby wipes. She likes it, a little too much if you ask me.

Positive: always willing to cuddle on lap

Negative: always leaving dubious streaks on lap

Ollie - cat

Ollie is the cat equivalent of the classic middle child. She's average weight with no really distinctive colourings. She's friendly enough but pretty much keeps to herself. And sometimes I forget about her entirely. So clearly she is now my least not-favourite.

Positive: the only non-overweight cat
Negative: must have a tapeworm

Polly - cat

Polly is the reason I don't get a good sleep. A couple of times a night, fat Polly will come bounding onto our bed, springboarding off my sleeping body to get to my wife's side, where she will burrow in as close as possible to her head and snore loudly. She bounds past me because she knows she's not welcome on my side. In fact, I can just glare at her and she backs away. This is called chemistry. Like ammonia and bleach.

Polly thinks she's being friendly, but she's a complete boor, just barging in, sticking her claws into you to get on your lap, not taking no for an answer, loud, smelly. She's like Donald Trump, except in this case the pussy grabs you.

Positive: when she jumps up and hangs from the door screen and then has to be unlatched by a human, that's good comedy

Negative: pretty much everything else

The Boys - cats

Lincoln and Chandler belong to our daughter Katie, but we're temporarily taking care of them, and by "temporarily" I mean probably forever. The boys don't make a lot of demands, they eat reasonably, are friendly without being needy and seem to understand that they need to earn their keep through occasional cuteness. In fact, the majority of our communications with Katie are just Snapchats of her boys snuggling together.

Positive: don't ravenously devour every scrap of cat food put before them

Negative: the girls eat their leftovers = fatter cats = more baby wipes

I hope this gives you a better idea of the pets we live with and also a handy list of suspects after I fatally trip over one of them while walking down the stairs.

Help us.

1 800 361-9643
www.leucan.qc.ca

leucan
Association for children with cancer

Ben by Daniel Shelton

Panel 1: A man asks, "TA-DAAA!" and another man asks, "WHAT DO YOU THINK?"

Panel 2: The man replies, "I DON'T GET IT ..."

Panel 3: The man explains, "IT'S IN RESPONSE TO YOUR T-SHIRT..." and the other man says, "OH."

Panel 4: The man says, "ER, IT ONLY MAKES SENSE IF WE'RE TOGETHER..." and the other man replies, "THAT'S THE POINT!"

Both men are wearing t-shirts that say "same here".

LOCAL NEWS

The Eastern Townships School Board, which operates its own bus fleet, will not be affected by a strike, with the possible exception of some areas in its western sector near Granby.

School bus drivers schedule May 15 strike day

Record Staff

Thirty-one school boards will be hit by a strike by bus drivers for a day on May 15, and a second day scheduled for the week of May 28.

Some 44 unions belonging to the Federation of Public Service Employees, affiliated to the CSN, have received mandates for six days of strike, but so far only the initial date has been scheduled.

In all, the federation has 63 member unions, but 19 voted against the proposed strike mandate or did not vote, Stephen P. Gauley, president of the school bus sector, said at a press confer-

ence Tuesday. "The other 19 will continue their service as usual."

Some 2,170 union members out of 3,000 will be affected by the strike.

Union leaders would not say which school boards it would hit for the time being; adding that they notice would be given to affected parents when the time comes.

Other unions affiliated with the CSN, the FTQ, and Unifor have succeeded in renewing their contracts with their respective private carriers. Some of these held strike days, others did not.

In all cases, compensation is at the heart of the dispute but wages vary from

one carrier to another. School bus drivers earn between \$20,000 and \$25,000 annually, and some earn less than \$20,000.

School bus transportation is usually provided by private carriers, who enter into contracts with school boards, who in turn receive subsidies from the Ministry of Education to provide the service. Unions say the money allocated is not enough to improve the salaries of drivers enough.

Carrier contracts include a clause stating that "in the event of a strike or lockout of seven or more consecutive days, the school board, without preju-

dice to any other remedy, may terminate the contract for the relevant year and subsequent years, if any, for all or part of the contracted vehicles."

The contract also provides that "in the case of short-term work stoppages, if the transport company is in its second notice of default in the same year, the school board may terminate the contract".

The Eastern Townships School Board, which operates its own bus fleet, will not be affected by a strike, with the possible exception of some areas in its western sector near Granby.

Hosts wanted for special needs adults

Record Staff
SHERBROOKE

The CIUSSS de l'Estrie - CHUS is organizing an information meeting on May 9 for those who might be interested in operating a residence for people with a developmental disability or an autism spectrum disorder. It's currently looking in the Sherbrooke and sur-

rounding areas as well as in the Memphrémagog and Val-Saint-François MRCs.

"Through their support, the applicants we're looking for will enable clients to live out their lives and promote their social integration and participation in the community," says Ghislain Massicotte, head of the housing and support and home support service.

Candidates should be prepared to

host up to four people with a developmental disability or autism spectrum disorder to provide the support, help, and guidance they need.

To apply, candidates must meet basic criteria. They must be of legal age, have no criminal record, have not declared bankruptcy within the past three years, and be able to offer a living environment that meets specific standards of hygiene,

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Those desiring additional information should contact Jean-Claude Langlois at 819-346-8471, ext. 208.

Sherbrooke arrest two in burglary spree case

Record Staff

Police have arrested two people, a man and a woman, in connection with several cases of break and enter cases in Sherbrooke and the Haut-Saint-François MRC.

On Monday, police officers from the

Sûreté du Québec (SQ) Haut-Saint-François MRC station arrested the pair after an investigation into recent burglaries.

The 33-year-old man and the 31-year-old woman were arrested in East Angus after a careful investigation, says SQ spokesperson Sgt Aurélie Guindon. Po-

lice conducted a raid on an East Angus residence, finding several stolen items, she adds.

The male suspect has been detained pending his appearance in court as he was also the subject of an arrest warrant issued by the Correctional Service of Canada for being unlawfully liberty. The

female suspect will be arraigned at a later date.

The investigation makes it possible to resolve eight break-ins in connection with six incidents in the Haut-Saint-François and two in Sherbrooke.

Refugee sponsorship sale

CONT'D FROM PAGE 1

annual used book sale at Lennoxville United Church, doesn't come close to the same level in terms of money raised. Put together, however, the two events make up the lion's share of the money needed to support the work of the Refugee Sponsorship program throughout the year.

"All of this is to support the resettlement of refugee youth who would never have had access to post secondary education otherwise," said Mary Purkey, another member of the group, underlining the fact that the project is not providing short-term scholarships but access to permanent residency for Students fleeing their home countries. Purkey said that after attending Champlain College or Bishop's, the students remain in Canada, often becoming full citizens and developing productive lives in the country.

Although the cost of tuition and a room in residence is covered by the schools, Purkey and McRae explained that there are a great many costs to liv-

ing, even as a student, that need to be covered in order to support people who come to Canada with next to nothing. Everything from winter clothing to school supplies needs to be taken into account, and that is where the funds raised by the group go every year.

Exceptionally, the Bishop's and Champlain-based sponsorship program also makes the effort to pay the significant airfare costs of their refugee students, something they have no legal requirement to do.

"It's really critical" Purkey said, pointing out that otherwise refugees are left to pay for the bill, which can be several thousand dollars, themselves.

Husan Radd Al Saedi, one of the students currently being sponsored by the program, explained that it took four years of applications, tests, and interviews for him to get to Bishop's from Lebanon. In June of 2017, when he found out where he would be going to school in Canada, Al Saedi said he turned to the internet.

"I was amazed," the student said, explaining that he counts himself lucky to

have been matched with a school that has such high approval ratings from its students.

Al Saedi bid his family farewell and flew out on August 28 of last year.

"I couldn't sleep the night before," he said, calling the flight "a life-changing event."

Now a student of biology with an eye on medical school, Al Saedi said sometimes he still feels like he will wake up in the morning in Lebanon, as if all this has been a dream. Thanks to the work of the sponsorship committee, the student said that he has felt a tremendous welcome that has left him feeling free to express himself and his culture without fear.

"There are so many different people and cultures here," he said. "I've met a lot of really friendly people."

As for the sale itself, McRae said that things have come together for another great year, despite an ongoing challenge with having enough space. Last year the sale was forced to operate in a smaller space due to the fact that some of the books and furniture that were moved

out of the library for renovations were relocated to the arena. This year that problem remains, with the new challenge of furniture that was moved out of the Johnson Building for renovations in that space.

"Buildings and grounds has been very cooperative," McRae said, explaining that thanks to the combined efforts of students and volunteers, the floor of the arena was cleared to make way for the sale. "In the end we have just a bit less space than we did last year."

Looking ahead to Saturday, Purkey spoke to the popularity of the event by mentioning that in the past there have been as many as 200 people lined up outside the door as of opening time in past years, although she said that the volunteers do not keep a count of visitors from year to year. To capitalize on that crowd, the organizers run a half-and-half fundraiser that, this year, will go to support the Lennoxville and District Women's Centre's Operation Backpack program to give school supplies to underprivileged children in the community.

'Social solidarity' café opens on Dunant St.

Record Staff
SHERBROOKE

After several years of hard work, cooperation and mobilization, the Baobab Neighbourhood Café has opened its doors to the public. The café

offers a friendly place with a social solidarity flavour to study, have a coffee with friends, dine with colleagues, or just to pass the time.

Supported by the Accorderie de Sherbrooke, in close collaboration with Ascot en santé and an important network of

partners, the Baobab Neighbourhood Café offers a warm atmosphere, a unifying place as well as a healthy and affordable menu.

Profits from the café will be used to support the Accorderie de Sherbrooke in its mission to fight against poverty and

social exclusion by stimulating the exchange of services in Sherbrooke. Located at 1551 Dunant Street, the Baobab houses the premises of the Accorderie de Sherbrooke, extending the opportunity to network and build relationships in an area rich in cultural diversity.

City offers free fill soil to permit holders

Record Staff
SHERBROOKE

Once again this year, the City of Sherbrooke has fill soil available for Sherbrooke residents and de-

velopers.

The fill is of good quality and pieces of concrete or other building materials have been removed.

To be eligible, citizens must hold a permit to receive fill soil, which is valid

for one year and can be obtained at borough offices or from the Permits and Inspection Section, at 555, rue des Grandes-Fourches South. City of Sherbrooke inspectors will then forward requests from citizens to the service

concerned for delivery according to established procedures.

The cost of a permit varies from \$ 0 to \$100, depending on the volume of fill desired and each permit gives entitlement to an unlimited number of loads.

Maison au Diapason fundraising run Sunday

Record Staff

Bromont's au Diapason Foundation will be holding the 9th edition of The Walk / Run for The Diapason House, in which more than 600 participants will take part over Bromont's magnificent multifunctional trails.

In 2017, the event raised \$300,000 and

covered nearly 40 per cent of the Maison au Diapason palliative care centre's annual financial needs (which come from community donations) so that it can maintain free of charge palliative care and psychological and spiritual support to terminally ill patients and their loved ones.

This year again, participants will have

the choice of three different routes to walk or run. Spokesperson Richard Turcotte will be on hand to address the walkers and runners.

The event will take place Sunday May 6, 2018, with an opening ceremony at 8:30 a.m. and first runners will start at 9:35. There will be a break for lunch at 11 a.m. and the course will finish at 1

p.m. It is being held at the Bromont Arena, 20 John Savage St. in Bromont

The Maison au Diapason has welcomed more than 950 patients and their loved ones since opening in 2010, with its only goal: to ensure that one's last moments are full of serenity, compassion, and love.

Stoned driver busted twice in one weekend

Record Staff
SHERBROOKE

A Sherbrooke man was arrested for the second time in 48 hours for driving under the influence of drugs

in Magog on Monday.

At approximately 10:00 a.m. Memphremagog Police arrested a man on Sherbrooke St. under suspicion of driving under the influence of drugs. The 19-year old suspect was taken to the po-

lice station to be assessed by an appraiser and where he provided a urine sample for analysis.

As it turned out, the man had been arrested for similar reasons on Friday by police in Sherbrooke. As a result, he was

detained until his arraignment in Sherbrooke Tuesday.

Thanks to your donations

Clinical Simulation Laboratory



The Clinical Simulation Laboratory lets physicians, professionals, and residents reproduce complex cases in crisis and non-crisis contexts. The lab uses computerized mannequins that simulate a person's vital signs. The mannequins speak, breathe, and bleed and can reproduce virtually all complex clinical situations. Just like a real patient, the mannequin's condition improves with the right treatment. This laboratory helps professionals hone their skills so that they can constantly improve patient care.

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The Border Report

Not only was Phelps impressed by the front flips performed at the pool, but we were very pleased with the behaviour of all our participants.

Borderline Players presents dark comedy Fuddy Meers

Borderline Players' premier production, Fuddy Meers, will hit the Haskell Opera House stage for four performances May 11, 12 and 13.

Written by American playwright David Lindsay-Abaire, Fuddy Meers tells the story of an amnesiac, Claire, who starts each morning with no memory, her husband and teenage having to fill her in daily about her life. When she is kidnapped, Claire - and the audience - must piece together the ensuing mayhem. The original Broadway production was described by The New York Times as a "dark, sweet and thoroughly engaging comedy."

Performance times are Friday, May 11 at 7:30 p.m., Saturday, May 12 at 2 and 7:30 p.m. and Sunday, May 13 at 2:00 p.m. Tickets are \$15 and are available by calling the Haskell Opera House box office at 819-876-2471, ext. 205 or 819-873-3022, ext. 205, at haskellopera.com/event/fuddy-meers, through Catamount Arts or at the door.

Please note that this play contains

adult language and themes and is not recommended for young children.

The Borderline Players' production of Fuddy Meers is directed by Kim Prangley, a veteran of QNEK productions during the company's 25-year run as the Haskell as the resident theater company, a tradition that continues in 2018 with the debut of the new community-based company.

Prangley also takes on the role of Claire, accompanied by local actors from both sides of the border: Calvin Longe, Ross Murray, Chris Planetta, Mark Rumery, Pamela Frohn and Susan Neumann. Set by Bradleigh Stockwell.

Auditions for summer musical

Borderline Players' next production will be the musical favorite Little Shop of Horrors on August 10-12 and August 17-19 at the Haskell Opera House. Auditions will take place during the evening of Friday, May 18 and during the day on Saturday, May 19 at the First Universalist Parish Hall, 112 Main Street, Derby

Line, Vermont. More details are available on the Borderline Players Facebook page.

Borderline Players is a non-profit theater company registered in Vermont and Quebec, dedicated to producing memo-

orable performances and creating opportunities for the community to participate in quality theater, both on stage and behind the scenes.



COURTESY

Calvin Longe, Chris Planetta and friend in a scene from Fuddy Meers, playing May 11-13 at the Haskell Opera House.

PHELPS AIDE PHELPS HELPS

By Clea Corman

This week, Phelps' mentoring program took a trip to Bishop's University to tour the campus and swim in the indoor pool. Both the high school mentors and their grade 5 & 6 mentees were thrilled to be able to take part in this special Phelps excursion. Not only did this activity provide an opportunity for Phelps participants to get to know each other better in a fun environment

but it also gave local youth a glimpse of what it would be like to attend Champlain or Bishop's.

The Phelps' mentoring program was designed to help develop the leadership skills and confidence of its' participants while helping to create a greater sense of community among our local youth.

Not only was Phelps impressed by the front flips performed at the pool, but we were very pleased with the behaviour of all our participants. We wish to thank

Bishop's University & especially our tour guide Ryan Smith for a fun-filled day!

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

end of high school and further. We are currently looking for volunteers to help with our weekly sessions. If you have a couple of hours a month to spare and are available Tuesday or Thursday afternoons, please consider joining our dynamic group of volunteers. For more information, please email us at info@phelpshelps.ca or call our offices at 819-704-0799.



FRONTIER ANIMAL SOCIETY

Featured pet: George

We are urgently looking for a home for George.

It's sad when any cat loses their home and ends up at a shelter, but it is especially sad when that cat is a senior. Such was the fate of George who, at the age of 10, lost not only his home but the one person in this world who he could depend on for love, comfort and companionship. When George's caretaker passed away, nobody in the family was willing or able to take him in, so George was brought to our shelter.

Understandably, he was very unsettled by the sudden and monumental change in his life. After all, in a matter of

days, George lost all that was familiar and he no longer felt safe and secure.

The stress of the move from a home, where he lived contentedly as the only cat, into a shelter, was more than George could endure. Despite our best efforts to ease the transition, he stopped eating. Following treatment at our vet which included rehydration and force feeding, we were lucky to find him a foster home.

Although George was scared at first, he eventually settled into his foster home and has blossomed into the loving and affectionate cat he once was. He loves to sleep on the bed and is very quiet and sweet. He gets along fine with dogs but unfortunately, he does not do

well with other cats. His foster family has been wonderful to George but having him in their home is causing too much discord with the other cats in the household. This is why it is urgent we find him a new forever home, and soon.

We need to find George a place to call home; one where he can live happily as the only cat. He is a good boy and deserving of the chance to live out his life in peace and comfort.

George, who is now 11, is a compassionate adoption. This is not the best photo but he is a very handsome tabby.

If you can be the one to provide this sweet old cat with a comfortable and caring home, we'd love to hear from you. To

adopt George, please send an email to frontieranimalsociety@gmail.com or call the shelter at 819.876.7785.



EDITORIAL

The thing is, to put it quite simply, nutritionists apparently don't know roughage from rutabaga.

The Canada Food Guide Merry-go-round



TIM BELFORD

The Canada Food Guide is under revision. The last time the government decided to tell us what to eat and how much, was in 2007, so it's probably time for a change – not that the government should really be in the business of telling us what to eat in the first place. The idea of the guide, according to the revisionists, is to “improve health,” “meet nutritional needs,” and “reduce the risk of nutritional-related chronic diseases and conditions.”

Now, these all fall into the category of things that are good for us and will improve our overall lives. At the same time they also fall into the category of it's none of your business and why don't you concentrate on repaving highways and building bridges. You see, as much as the government wants us to be healthier and eat something other than a big whatsit or a smoked meat poutine with extra gravy, it should still be our choice.

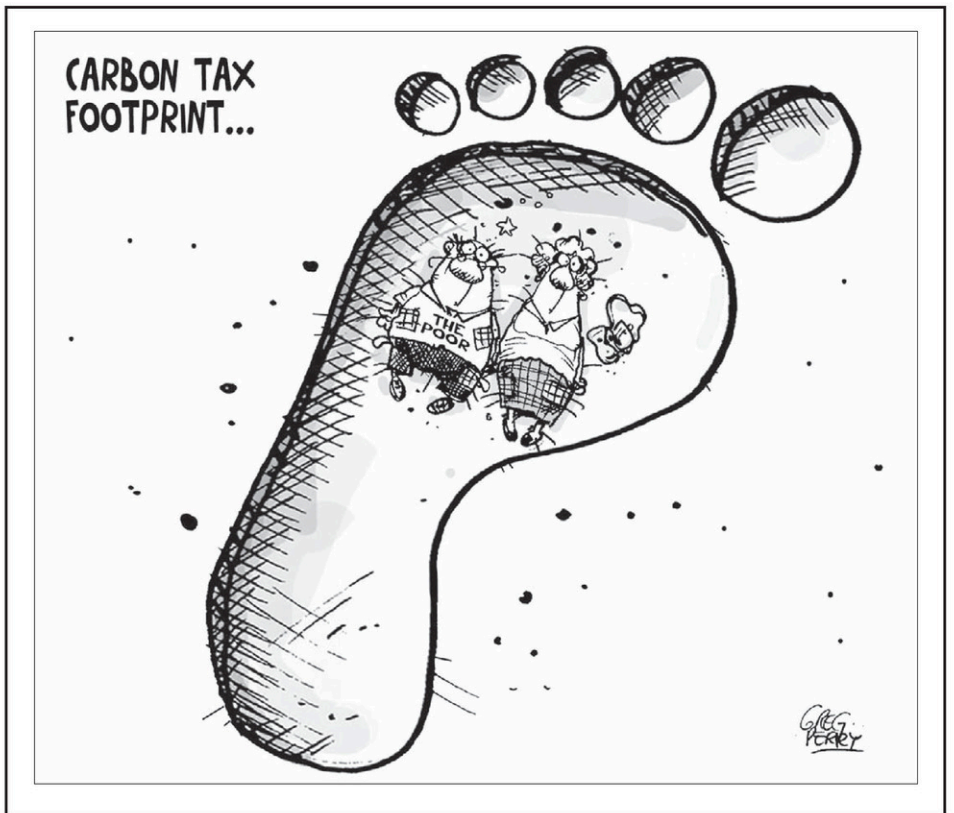
Right now there are probably thousands of people out there praying that the newest edition of the Canada Food Guide will reveal that broccoli causes

cancer or that kale has been linked to schizophrenia. They wouldn't necessarily be hoping in vain either. Just think of the changes we've seen in the last couple of decades. Eggs have gone from being cholesterol's hand maiden to one-a-day is perfectly okay. Coffee has jumped from a heart-stopper to a life-extender and don't get me started on vitamin enriched white bread.

The thing is, to put it quite simply, nutritionists apparently don't know roughage from rutabaga. No sooner do they tell us that a glass of orange juice is a morning must than they do a lateral arabesque and claim that sipping on a morning glass of oj is tantamount to drinking an entire cup-full of refined sugar. On one hand they sing the praises of whole grain, flax-laden, stone-ground bread and on the other they wail about an overdose of carbohydrates. There's no winning.

Just how far we've come hit home recently when I had a chance to peruse a copy of the Blue Ribbon and Pure Gold Cook Book, published in 1905. The one I looked at was the seventeenth Edition, and it must be good since a quick google revealed that this hard-covered dandy is now worth \$60 on the open market.

It is like an encyclopedia of cooking. The chapters vary from “Food and its uses” to “Common cooking mistakes.” There's a section on “Meal planning” and one on “Table service.” It also tells the reader what you should be serving children, adults and the aged, as well as how to reduce or gain weight. And it's here that the book becomes fascinating.



Who today would suggest, as the Blue Ribbon and Pure Gold Cook Book does, that a child should slurp down a full quart of milk a day. Mind you this was written in an era when the majority of Canadians still lived on farms and putting a gallon of milk on the table for three or four youngsters would have been de rigueur. The book also suggested that milk is the only food that could ensure that growing tots took in enough calcium.

At the same time, packaged cereals, and this was before Coco Puffs and Lucky Charms hit the shelves, were a decided no. Bread should be brown and meat should be reserved until after the age of four. Four to six glasses of water a day were prescribed as well as at least one

egg. For adults, the recommendations were just as clear. A pint of milk a day was important but could

be drunk or sipped in a soup. Vegetables, two a day, and one of those raw, was the minimum along with the ubiquitous egg. As for meat, it was all well and good but only once a day if you sat at a desk and twiddled your thumbs since too much meat created by-products that “throw an undue tax on the excretory system.”

As for the aged, Blue Ribbon and Pure Gold suggests that the diet should closely resemble that of the infant, easily digested and short on the meat... which makes me happy that it's no longer 1905.

Collège Mont Notre-Dame is the first 'fair trade' school in Estrie

Record Staff

Sherbrooke's Collège Mont Notre-Dame was recognized as the first Estrie school to receive Fairtrade

Canada's "Fair Trade School" designation on Tuesday May 1, the first day of Fair Trade Month. Collège Mont Notre-Dame is only the ninth school in Quebec and the 19th in Canada to receive the honor.

In order to obtain the designation, a school must meet four requirements: establish a steering committee, teach fair trade in the classroom, make fair trade products available to staff and students, and set up visibility, awareness, and commitment activities.

Sherbrooke has been certified as a Fair Trade City by Fairtrade Canada since 2011. A steering committee made up of organizations, store owners, representatives of the municipality, and commit-

ted citizens oversees the city's actions in the area of responsible trade. The Carrefour de solidarité internationale is responsible for coordinating the activities of the movement for the City.

Sherbrooke encourages any school or company interested in certification to contact the Carrefour de solidarité internationale, which coordinates the movement, for support, training, and animation.

Letters

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR ... (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER ... (450) 242-1188

DEPARTMENTS

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

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	1 MONTH	6.49	0.32	0.65	\$7.46

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

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

PM#0040007682

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

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Local Sports

The Blue Jays improved to 14-0 when leading after eight innings. Their relievers entered the evening with a collective 2.28 ERA, the second-best in the major leagues.

Morales, Blue Jays speed past Twins 7-4 in 10th inning

By Dave Campbell
THE ASSOCIATED PRESS

Kendrys Morales homered twice for Toronto and reached base all five times he batted, including an intentional walk in the 10th inning when the Blue Jays scored twice on wild pitches by Minnesota's John Curtiss and sped past the Twins 7-4 on Tuesday night.

The bullpen finished with five scoreless innings for the Blue Jays, with Tyler Clippard (4-0) taking the ninth for the win and Roberto Osuna working the 10th for his eighth save in nine tries.

The Twins, who've tumbled through an alarming two weeks after leaving Puerto Rico with an 8-5 record, have lost 11 of their last 12 games. The Blue Jays improved to 14-0 when leading after eight innings. Their relievers entered the evening with a collective 2.28 ERA, the second-best in the major leagues.

Eddie Rosario put the Twins in front 4-3 in the sixth with a two-run homer, before a sacrifice fly by Kevin Pillar tied the game in the eighth against Addison Reed. Pillar, whose last 10 hits have been

for extra bases, then led off the 10th against Curtiss (0-1) with a double.

Morales was walked with one out, and after Pillar swiped third he moved up with his first stolen base since Oct. 2, 2009, when Curtiss ducked late and catcher Mitch Garver didn't throw. Perhaps that rattled the young battery, because Curtiss couldn't find Garver's glove when it counted, let alone the plate. Luke Maile walked to load the bases, and Pillar came home on a wild pitch before Maile did the same. Another run scored between them on an infield single by Aledmys Diaz.

THE MORALES OF THE STORY

Morales used Twins starter Kyle Gibson to snap out of his slump, with a second-inning single that ended an 0-for-21 slide that was tied for the longest of his career. He followed with a solo homer to start the fifth. Justin Smoak's soft two-out single fell in shallow centre field to tie the game at 2 later that inning. Then with Ryan Pressly pitching in the sixth, Morales went deep again for the lead with two outs and his 21st career multi-homer game.

MAUER POWER

Joe Mauer homered for the first time in 35 games, taking Blue Jays starter Marco Estrada deep in the first, and Rosario added an RBI double later in the inning. Estrada, who tied for 10th in the majors last season with a career-high 31 home runs allowed, is tied for second this year with nine homers in 32 innings.

Mauer sent a 3-1 fastball left up in the strike zone over the wall in right-centre field for the early lead, his first long ball since last Sept. 17. Mauer took Toronto deep at Target Field with that one, too, a grand slam against Blue Jays reliever Chris Rowley in a 13-7 victory for the Twins. That was also the only one of seven homers last season that Mauer pulled. Mauer didn't homer last year until May, either.

BAT AND BARREL

Max Kepler, who has been batting third and playing centre field for the Twins with Miguel Sano and Byron Buxton on the disabled list, had his streak of 22 consecutive plate appearances without a single swing and a miss end dur-

ing his fifth-inning strikeout. That was the longest active streak in the majors.

TRAINER'S ROOM

Blue Jays: Morales was a late addition to the lineup as the DH, replacing Steve Pearce. The team cited a managerial decision, not injury, for the switch. ... 3B Josh Donaldson, who has missed 17 games with an inflamed shoulder, went 2 for 2 with a walk and an RBI for Class A Dunedin on his rehab assignment.

Twins: RHP Ervin Santana, whose recovery from surgery on his middle finger is running several weeks behind the original timetable, was scheduled to throw briefly off a mound Tuesday for the first time in his rehab. ... Garver started a second consecutive for the first time this season, with Jason Castro battling a sore knee.

UP NEXT

Blue Jays: RHP Marcus Stroman (0-3, 8.88 ERA), who turned 27 on Tuesday, takes the mound for the series finale. He has allowed four or more runs each start.



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Death



**Theresa
GUILBAULT
(1948-2018)**

At the CHSLD (Magog Hospital) Centre d'Hébergement Memphrémagog in Magog, QC, on Saturday, February 10th, at the age of 69, passed away Theresa Guilbault.

She leaves to mourn her brother Arthur (late Roberta Cote), nieces and nephews, Barbara, Penny, Pamela, Allan (Jennifer Daigneault), Joanne and Rolland, her great-nieces and great-nephews, special friend Catherine Cater and many other friends and relatives.

Family and friends will be welcomed at the Désourdy Funeral Home, 4 Vale Perkins, Mansonville, QC on Saturday, May 5th, opening at 10 a.m., followed by the service at the Anglican Church in Mansonville at 2 p.m. Interment will be held at Mansonville Protestant Cemetery.

Donations in her memory to the CHSLD Centre d'Hébergement Memphrémagog would be appreciated.

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www.desourdy.ca

Death



**Barbara
Kerr
(Nee Benoit)
1933-2018**

Peacefully passed into the presence of the Lord on May 1,

2018 at the age of 85. Beloved wife of Keith Kerr for 62 years. Mother of Karen (late Kerry) and Richard (Amy), cherished grandmother of Andrew, Nicole and Kara; Samantha, James, Abigail and Simon. Great-grandmother of Tye, Micah, Grady and Isaac.

Visitation will take place at the Cass Funeral Home, 545 Dufferin St., Stanstead, Quebec, J0B 3E0, on Sunday, May 6, 2018 from 2 to 4 p.m. followed by a celebration of life at 4 p.m. Interment at the Woodside cemetery. Reception to follow at the Kerr farm.

In lieu of flowers, donations to the Parkside Ranch Horse Mentoring Ministry, 1505, Alfred Desrochers, Orford, QC, J1X 6J4, or online at www.parksideranch, would be greatly appreciated by the family.

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www.casshomes.ca

Death



**Muriel
"Twink"
POW
(1934-2018)**

Passed away peacefully at her home in Knowlton, on April 30, 2018, at the age of 83, daughter of the late Lois Donoway and of the late Arthur Pow.

She leaves behind her children: Tim Hadlock and Tammy Hadlock, her grandchildren Zachary, Tim, Joshua, Kurtis, Gretchen, her brother Ron, her nieces and nephews and many other relatives, friends and special loved ones.

Visitations will take place on Friday, May 4, 2018 from 5 p.m. to 7 p.m. at the BROME-MISSISQUOI Funeral Complex, 402, rue de la Rivière, Cowansville, Que., 450.266.6061.

In lieu of flowers, donations to the BMP Hospital Foundation would be appreciated by the family.

Condolences may also be expressed via our website at:

www.complexebm.com

Arrangements entrusted to:

**BROME-MISSISQUOI
Funeral Complex**
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PHONE: 450-266-6061
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Datebook

THURSDAY, MAY 3, 2018

Today is the 123rd day of 2018 and the 45th day of spring.

TODAY'S HISTORY: In 1802, Washington, D.C., was incorporated as a city.

In 1921, West Virginia approved the first state sales tax.

In 1973, construction was completed on Chicago's Sears Tower (later renamed the Willis Tower), the tallest building in the world at the time.

In 2006, the jury in the trial of Zacarias Moussaoui, convicted of conspiracy in the 9/11 terrorist attacks, recommended a sentence of life in prison.

TODAY'S BIRTHDAYS: Niccolo Machiavelli (1469-1527), statesman/philosopher; Golda Meir (1898-1978), Israeli prime minister; Bing Crosby (1903-1977), singer/actor; Pete Seeger (1919-2014), singer-songwriter; Sugar Ray Robinson (1921-1989), boxer; James Brown (1933-2006), singer-songwriter; Frankie Valli (1934-), singer; Greg Gumbel (1946-), sportscaster; Amy Ryan (1969-), actress; Bobby Cannavale (1970-), actor; Christina Hendricks (1975-), actress; Dule Hill (1975-), actor; Cheryl Burke (1984-), dancer.

TODAY'S FACT: Residents of Washington, D.C., did not receive the right to vote in presidential elections until the 23rd Amendment was passed in 1961.

TODAY'S SPORTS: In 1987, Julius Erving of the Philadelphia 76ers played his final game, finishing with 30,026 points, 10,525 rebounds and 5,176 assists in his professional basketball (ABA and NBA) career.

TODAY'S QUOTE: "The first method for estimating the intelligence of a ruler is to look at the men he has around him." — Niccolo Machiavelli, "The Prince"

TODAY'S NUMBER: 23 — hours of solitary confinement each day for prisoners at the Supermax prison in Florence, Colorado, where Zacarias Moussaoui is imprisoned.

TODAY'S MOON: Between full moon (April 29) and last quarter moon (May 7).

— Change your diet: Say goodbye to refined and processed foods. Cut as much sugar from your diet as possible. Start getting your calories from lean proteins, whole grains and legumes, nuts, healthy fats, fresh vegetables and fruits, and plenty of leafy greens. A moderate drop in body weight, even just 5 or 10 percent, can have an effect on the body's ability to recognize and respond to insulin.

— Get moving: Walk instead of drive. Choose stairs over the elevator. Join a walking group. Start biking. Go for a swim. Start lifting weights. By choosing activities you enjoy and have done in the past, you'll have a better shot at sticking with it. And start small. Set goals that are realistic, manageable and sustainable.

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

Cemetery Meeting

RIVERSIDE CEMETERY COMPANY

The annual general meeting of the Riverside Cemetery Company will be held in the Town Hall, East Farnham, QC, at 10:00 a.m., Saturday, May 5, 2018. All interested parties are cordially invited to attend.

David Byers, Secretary
514-754-5007

Metabolic syndrome more prevalent among older adults

ASK THE DOCTORS

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

Dear Doctor: My doctor says I'm on the verge of being diagnosed with something called "metabolic syndrome." Is it serious? Can I get rid of it?

Dear Reader: Metabolic syndrome refers to a collection of largely preventable conditions that add up to a serious health threat. As family doctors, the "preventable" part of that sentence is at the core of our work, which means you've hit on a topic near and dear to our hearts. Our mission, as we work with our patients over the years, is to track the big picture of an individual's health. When it comes to metabolic syndrome, it's not a pretty one.

Individuals who have high blood pressure, elevated levels of cholesterol and triglycerides, abnormal blood sugar, and who carry excess fat in the abdomen and around the waist are considered to have metabolic syndrome. When these conditions are all present at the same time, they lead to an increased likelihood of developing diabetes and heart disease, and an increased risk of heart attack and stroke.

Researchers who analyzed data collected by the Centers for Disease Control and Prevention between 2003

and 2012 found that up to 35 percent of adults in the United States meet the diagnostic criteria of metabolic syndrome. When sorting by age, it turned out that almost half of all people over the age of 60 have metabolic syndrome. (By contrast, slightly fewer than 20 percent of adults between the ages of 20 and 39 qualify for the diagnosis.) That's because we slow down as we age, both physically and metabolically.

And while being overweight or obese, inactive and insulin resistant are primary causes of metabolic syndrome, the researchers found that race, age and ethnicity play a role as well. For reasons that are not yet fully understood, the condition is more prevalent among Asians, African-Americans, Native Americans and Hispanics, who have the highest rate of metabolic syndrome of all ethnic groups.

The good news is that metabolic syndrome is preventable. The even better news for the tens of millions of Americans now entering their senior years is that it's also reversible. The challenge is that it's as much about lifestyle changes as it is about medication. Yes, there are effective drugs to address issues of blood pressure and high cholesterol. But the addition of regular exercise to daily life, as well as wide-ranging dietary changes are also necessary.



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NEA Crossword Puzzle

- ACROSS**
- 1 Buddy, slangily
 - 6 Goose eggs
 - 11 Urban flyer
 - 12 Music featured in "10"
 - 13 Puts on guard
 - 14 Stole from
 - 15 "SNL" producer Michaels
 - 16 Mediocre (hyph.)
 - 17 Reach across
 - 19 Stick around
 - 23 Reimburse
 - 26 Cuzco founder
 - 28 Wildebeest
 - 29 Fozzie's frog friend
 - 31 More calamitous
 - 33 Whodunit award
 - 34 Up-to-date
 - 35 Tennis instructor
 - 36 Subsidies
 - 39 Ready
 - 40 Jot
 - 42 Strains, as an engine
- 44 Midterm or final**
- 46 Seeming
 - 51 Put on a play
 - 54 Rustle
 - 55 Trace element in salt
 - 56 ABCs
 - 57 — nova
 - 58 Chagrin
- DOWN**
- 1 About
 - 2.2 lbs.
 - 2 Disney CEO Bob —
 - 3 "Big Little Lies" Emmy winner
 - 4 Is overfond
 - 5 Switch positions
 - 6 Where monkeys swing
 - 7 Funny bone
 - 8 Johnny —
 - 9 Sour-dough's strike
 - 10 Turf
 - 11 Sidekick
 - 12 Wild horse

Answer to Previous Puzzle

	U	L	N	A			V	I	L	L	A		
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C	A	R	U	S	O			D	E	E	P	E	R
E	T	U	D	E				W	R	E	N		

- 16 Tokyo honorific
- 18 Peach center
- 20 Arrive at a settlement
- 21 Like helium
- 22 Bend in the road
- 23 Peter, in Panama
- 24 Lingo
- 25 Peruvian-born — Sumac
- 27 Bother
- 29 Military cap
- 30 Pique
- 32 Psyche components
- 34 Flavor enhancer
- 37 Propeller arm
- 38 Mooch
- 41 Patronage
- 43 Fancy name for 11-Across
- 45 Warrior princess
- 47 — Minor
- 48 Pierre's friends
- 49 No — luck!
- 50 1040 org.
- 51 Family mem.
- 52 As well as
- 53 Commercial pitches
- 54 Exec's degree

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57								58				

Your Birthday

THURSDAY, MAY 3, 2018

Don't give up when you should be finding new ways to move forward. Tidy up loose ends and set guidelines for the upcoming year that encourage sound financial planning. Take a closer look at what you can eliminate from your life to ease stress and create greater happiness.

TAURUS (April 20-May 20) — Making an adjustment to your expenses is a good place to start if you want to make your cash flow a little smoother. Stop talking and start taking action.

GEMINI (May 21-June 20) — Don't feel obligated to say yes to everyone who asks you for something. Draw the line if you don't want someone to take advantage of you. Know your limitations and boundaries.

CANCER (June 21-July 22) — By assisting others, you will help yourself. Giving back and sharing what you know with the people around you will help you gain support and give you greater self-confidence.

LEO (July 23-Aug. 22) — Do something different or get involved in a group that offers insight into new ways to use old skills. Expand your awareness by listening more and talking less.

VIRGO (Aug. 23-Sept. 22) — Taking part in an event will bring you in touch with someone whom you can benefit or learn from. Explore all possibilities and question anything that isn't clear.

LIBRA (Sept. 23-Oct. 23) — Use your intuitive intelligence when dealing with

domestic issues, partners or anyone who needs your help. Understanding what's going on will help you find a workable solution.

SCORPIO (Oct. 24-Nov. 22) — How you go about getting things done will make a difference. Make use of your physical abilities and get the grunt work out of the way to avoid complaints.

SAGITTARIUS (Nov. 23-Dec. 21) — Home, family and happiness should be your priorities. Don't let the little things get to you. Offer love and help to the people who mean the most to you.

CAPRICORN (Dec. 22-Jan. 19) — You may feel like talking and discussing your personal business, but be careful whom you open up to. Sharing information can change the way someone views you, causing an unfair response.

AQUARIUS (Jan. 20-Feb. 19) — Finish what you start. A positive change regarding how you make or handle your money is apparent. Home or personal improvements, along with romance and family fun are favored.

PISCES (Feb. 20-March 20) — Keep your story straight. Emotions can bring out the best and the worst in you and in others. Stick to the truth and offer compassion and understanding.

ARIES (March 21-April 19) — Do the best you can and avoid negative people. It's important to gravitate toward people who share your vision and spark your imagination. Romance will improve your life.

THURSDAY, MAY 3, 2018

The bidding painted the perfect picture

By Phillip Alder

Claude Monet said, "No one is an artist unless he carries his picture in his head before painting it, and is sure of his method and composition."

No one is a bridge player unless he carries his plan pictured in his head before playing a card, and is confident of his line.

This was an interesting deal at Bridge Base Online that had lots of color choices. Two Norths played in three no-trump. A couple of pairs bid a slam without first dipping their brushes in the Blackwood pot. Three Norths were in four hearts, which failed after losing one club, one heart, a spade ruff by West and a club ruff by East. No North cleverly dropped the club king under the ace at trick one, but after a spade shift, a heart to East's ace, and East's lowest spade led for partner to ruff, if West had trusted that suit-preference signal and returned a club, the contract would have lost all of its color.

Three tables were in four spades. In this auction, North's sequence showed two places to play, hearts and diamonds, but South preferred to repeat his excellent spade suit.

Two declarers misplayed and went

		North	05-03-18
		♠ A 10	
		♥ K Q 9 4 2	
		♦ A K Q 9	
		♣ K 10	
West		East	
♠ 2		♠ 7 6 5 4 3	
♥ 10 3		♥ A 8 6 5	
♦ 8 5 2		♦ J 7 4	
♣ A Q 9 7 6 4 3		♣ J	
		South	
		♠ K Q J 9 8	
		♥ J 7	
		♦ 10 6 3	
		♣ 8 5 2	
		Dealer: South	
		Vulnerable: North-South	
South	West	North	East
Pass	3♣	Dbl.	Pass
3♠	Pass	4♥	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ 2			

down. The third used the bidding to guide his brush. What did he do?

South won the diamond lead on the board and drew all of the trumps, pitching a diamond and two hearts from the board. Then, knowing that clubs were 7-1 and that East had the heart ace, declarer played a club to dummy's king, returned a heart to his jack and led another heart. He lost one heart and one club for the best score over all 14 tables.

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.

" Y WZF... TZJN MZSENP, KIU SNANP
TNZP YU. ... XOYCN RIP HRCMYNPH
JZS HUZSM ZSM TYEOU, Y JZS
HUZSM... ZSM SIPHN UONW."
— JCZPZ KZPURS

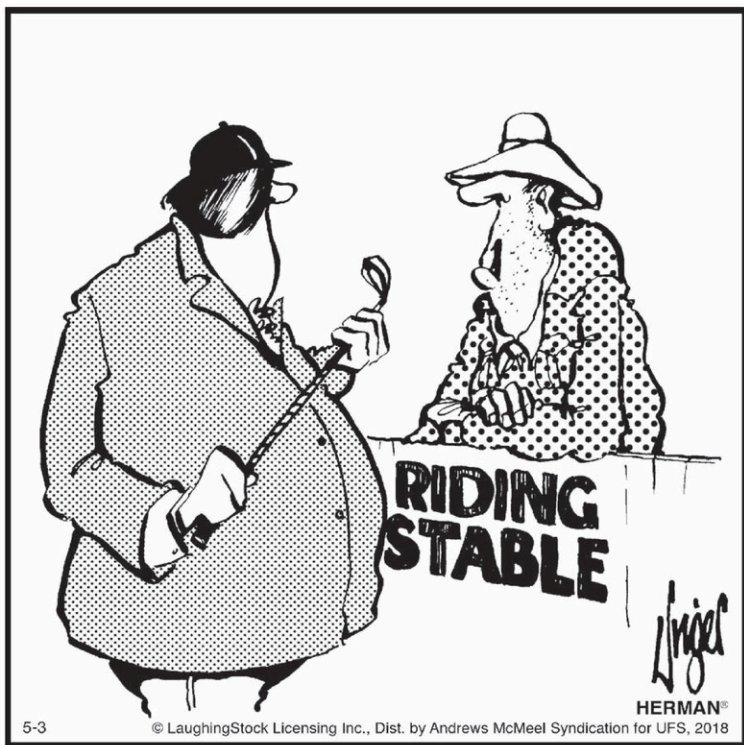
Previous Solution: "Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution." — Kahlil Gibran

TODAY'S CLUE: A s!enba v

REALITY CHECK



HERMAN

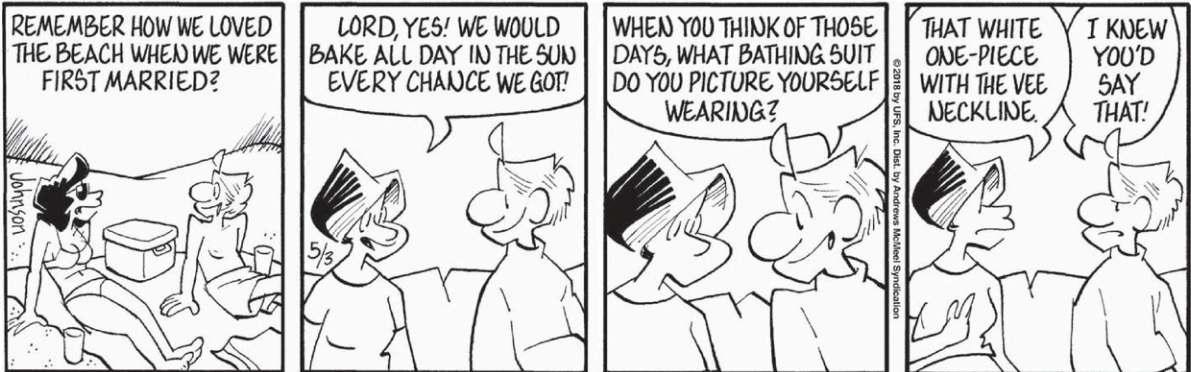


"Buttercup recognized your car coming and ran off."

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 137 Main St., Hatley (JOB 4B0)
 Saturday, May 5 at 10 a.m.

ANTIQUES TO BE SOLD: Rare old diamond point commode, round tables, raised panel cupboard, set of 12 chairs, 3 drawer pine stand, 7 rockers, grandfather clock, 2 walnut chairs, old canes, antique picture frames, large quantity of old paintings, Carnival, Crystal and Depression glass, pine and oak mirrors, knife boxes, bronze pieces, silver tray dated 1947, Maurice Richard signed picture, medicine cabinet, bedroom set original paint, beautiful brass bed, quantity of rare hooked rugs, quantity of ducks, copper pieces, large quantity of cups and saucers, rare painting signed BAU, large quantity of old comic books, wicker pieces, large quantity of jewellery, handmade quilts, oak antique dresser with mirror, quantity of stamps, pitcher and basin, wing back chair, old dolls, quantity of clothes, large quantity of dishes, other articles to numerous to mention! **Canteen on site. TERMS:** Cash only or cheques from know buyers accepted.

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Whatever you're after, just thumb through the Classifieds and you'll be good to go! That's all there is to it!

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Wales Home News April 2018



April was another busy month at the Home. Here are some of the highlights. Music with Paul Richard took place in the main living room on the afternoon of the 5th. The La Voix des Nations Choir from the Lumiere des Nations Church in Sherbrooke gave a musical performance in the main living room on the afternoon of the 7th. Keith and Vicky Whittall provided musical entertainment for residents on the afternoon of the 12th. Aquafitness was enjoyed in our therapeutic pool on the 12th, 26th and 30th. Residents of the CHSLD enjoyed a visit from their feathered and furry friends on the morning of the 19th. A Quilt Show/talk with Sheila and Marilyn Wintle was held in the main living room on the afternoon of the 17th. A musical concert was held in the living room on the afternoon of the 19th. It was a first performance at the Home for Ron

trip to Haiti. Diane Dugay's students gave a beautiful vocal concert in the living room on the afternoon of the 21st.

The April Birthday Party was held on the 18th and was hosted by St. Augustine's Church in Danville. Harry Morrill's family also hosted a special birthday party for him in the living room on the afternoon of the 28th. Happy birthday to everyone who celebrated in April.

The Roxton Singers came on the evening of the 23rd. Volunteer Evening took place on the evening of the 24th to highlight all of the amazing work that our more than 200 volunteers do for us throughout the year. Thank you volunteers for all the contributions that you have made and continue to make to our Home. A Nursing Care Unit Tea took place on the afternoon of the 25th. A Youtube request afternoon took place on the 26th. A Daniel O'Donnell movie was shown in the living room on the evening of the 30th.

Welcome to Naomi Sheshamush, Norman Bevington and Hazel Johnston. Our sympathies are extended to the family and friends of Milton McElroy and Dorothy Frost.

If you are looking for more information after you've read the details above, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/ResidenceCHSLDWales> for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, etc., or if you'd like to become a volunteer. We are currently in need of

volunteers to do one-on-one visiting (or reading etc). with residents.

If you are looking for ideas for an interesting book to read, copies of "Memories Everlasting," are still available for sale at the Wales Home, Papeterie 2000 in Richmond and The Townshipper's Association. They are \$20 and can be purchased by contacting Rebecca Taylor by phone at 819826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca or making a purchase at one of the locations listed above. Mailing from the Wales Home is available for an additional cost. We are currently working on the sequel which will be titled "Timeless Memories."

Our annual silent auction will take place on the afternoon of the 26th of May. There will be the silent auction tables, a white elephant table, bake sale and tea.

We have set the date for the Wales Home Foundation's candlelight evening of memories. It will take place on November 2nd at 7 p.m. in the main living room. The funds raised this year will be used to update our library. Pamphlets will be sent to previous contributors in the coming months, but in the meantime should anyone want to purchase candles, they can contact Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca.

Until next month, we wish you the best and thank you for all of the support that you give us. We are fortunate to have such an amazing community - near and far.

Submitted by Rebecca Taylor

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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PREVIOUS SOLUTION

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

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

Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE RECORD

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, May 8 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, May 15 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, May 4 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

NEWPORT, VT

Osher Lifelong Learning Lecture series, Spring 2018. Wednesday, May 9: Jeffery Packard, retired Geoscientist presents "Good Fences make Good Neighbors: The False 45th Parallel and our International Border" from 1 p.m. to 2 p.m. at the Hebard State Office Building in downtown Newport, 2nd floor conference room. Admission charged.. Beverage and conversation to follow. More info? www.learn.uvm.edu/osher or Suzi at 802-673-9499.

LENNOXVILLE

The 1st Lennoxville Scouts annual Bottle

Drive will be held on Saturday, May 5 from 9 a.m. to noon at SWM Peinture, 215 Queen, Lennoxville. If you have cans and bottles to get rid of, please drop them off. They will also be collecting non-perishable goods to be donated to the Corner Stone Food Bank.

LENNOXVILLE

Benefit Méchoui for Mental Health Estrie: Saturday May 5, 5:30 p.m. at the A.N.A.F unit 318, "The HUT," 300 St. Francis St in Lennoxville. Join us to celebrate Mental Health Week, with great food for a great cause. Enjoy a delicious meal of beef, chicken, pork, vegetables, salads and desserts. Reserve your tickets by calling Irene at 819-566-2067 or any member of the board of directors. Email mhe.info@bellnet.ca. Tickets are also available at Clark and Sons in Lennoxville. Admission charged.

STANSTEAD

Lecture Luncheon with Anne Leydet, Secret Gems of Stanstead County: The extraordinary story of Miss Jennie Audinwood. Saturday, May 5, 10:30 a.m. at the Colby-Curtis Museum, 535 Dufferin St., Stanstead. Reservations only. Admission charged.

AYER'S CLIFF

Early Mother's Day Brunch on Sunday, May 6 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

COOKSHIRE

Benefit Concert: Terry Howell & Friends - Country, Gospel, Bluegrass & Musique country par ses amis Francophonie - 7 p.m., Friday, May 4, to support the painting of our church. Trinity United Church, 190 Principale West, Cookshire.

Admission charged. Light refreshments. Information 819-875-3796 or 819-875-3863.

RICHMOND

The Richmond Legion Ladies Auxiliary will be holding a Soup Supper + Dessert Buffet on Saturday, May 5 at 6 p.m. The Legion opens at 3 p.m. - come early to socialize! Everyone is welcome, and you don't have to be a Legion member to participate. Tickets are available at the Legion. To reserve tickets call 819-826-3444.

DANVILLE

There will be a Rummage Sale on Saturday, May 5 from 8:30 a.m. to 1 p.m. at St. Augustine's Anglican Church in Danville. Come and see what treasure you can discover. The cafe corner will be serving coffee, tea and muffins. If you have items to donate the church, we will be open on May 2 and 4 between 2 p.m. and 4 p.m. and 5:30 p.m. to 7:30 p.m.

BULWER

The 500 card parties will be underway again at the Bulwer Community Center, Jordan Hill Road, on Thursday, May 10, 24 and June 7 at 1:30 p.m. Admission for cards and lunch with prizes following the card games.

STANSTEAD

Mother's Day coffee party on Saturday, May 12, 9 a.m. to 11:30 a.m., at Christ Church Hall, 548 Dufferin. Sales tables, crafts, attic treasures, homemade goodies. Join us for coffee and treats. Free drawing for Mother's Day cake. Everyone welcome. Thrift Shoppe also open.

RICHMOND

Cleveland Women's Institute will be holding their Jumble Sale on Saturday, May 5 from 8:30 a.m. to 11:30 a.m. at the United Church, 247 Principale St. South, Richmond. Everyone welcome.

LENNOXVILLE

Lennoxville United Church, 6 Church St.,

Rummage Sale on Thursday and Friday, May 3 & 4, 10 a.m. to 5 p.m., and Saturday, May 5, 9 a.m. to noon, bag sale.

NORTH HATLEY

Mother's Day Brunch at the North Hatley Legion, 95 Jackson Heights, on Sunday, May 13 from 10 a.m. to 1 p.m. Reservations please. Family tables available. Call 819-842-2933 after 2 p.m. Advance notice: Frank Bryan Memorial Golf Tournament, May 26. Call to reserve your foursome, 819-842-2933 after 2 p.m.

LENNOXVILLE

Lennoxville-Ascot Historical and Museum Society (LAHMS) is pleased to present Time and Image, an historical exhibit on local photography. Please join us on Sunday, May 6 from 2 p.m. to 4 p.m. for the exhibit opening, on the second floor of Uplands, 9 Speid Street, Borough of Lennoxville (Sherbrooke).

RICHMOND

Richmond County Historical Society invites all members to the annual general meeting to be held on Sunday, May 27 at 3 p.m. at the Museum, 1161 Route 243, Melbourne Township. Election of officers for 2018-19 will take place. Reports will be accepted and important information will be provided.

RICHMOND

Sherbrooke Connection (for men and women) will meet on Thursday, May 10, 2 p.m. to 3:30 p.m., at the Wales Home, 506 Route 243 North, Cleveland (near Richmond). Program: Potted Plant Exchange (if you are from the community, please bring 1 or 2 real, in waterproof pot, or artificial potted plants). Music by Ann Clark. Speaker: Chris Bassette from Michigan, "Growth Occurs in the Valley." For more information call Pauline at 819-563-8061 or email: sherbrookewc@yahoo.ca.

Whether to unfriend a negative person

Dear Annie

THURSDAY, MAY 3, 2018

Dear Annie: I reconnected with an old male schoolmate of mine, and we became friends. We would talk occasionally and send emails to each other. My husband passed away some time ago. This man is divorced. We have not visited with each other and live in different cities.

At first, I enjoyed chatting with him via the telephone and email. I think people tend to put their best foot forward at the beginning of a relationship, whether it be a romantic relationship or just a friend-

ship as was the case with us.

Over time, I noticed his conversations were very one-sided. He has a negative personality. He is a "woe is me" type of person. I no longer send him emails. I think people can outgrow each other and that's fine.

The problem is that we are also friends on social media. Though I do not comment on his posts, he occasionally will post on my page. I would really prefer not having contact with him on Facebook, either. Would it be rude or hurtful to unfriend him? This man does not have many friends and is somewhat of a recluse. — Unsure of Unfriending

Dear Unsure of Unfriending: He'd probably feel hurt by it, but it doesn't mean you can't do it. You could also block him rather than just unfriend him. That way, he couldn't see your profile at all. But if you're up for it, you could tell him that you're withdrawing because his negativity gets you down. It might make him rethink his attitude. Or it might just make him cranky. In any case, you're not beholden to his emotions. Decide what's right for yourself.

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

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