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\$42,866 in support for victims of crime in Estrie

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THE RECORD

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Sports - Page 7

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TUESDAY, MARCH 12, 2019

Downtown buses to move from Depot to King August 19

By Gordon Lambie

Sherbrooke's public transportation company, the STS, confirmed on Monday morning that it will cease operations at its downtown depot station as of August 19 in favour of new stops on King Street itself.

"The main preoccupation of the board of directors is safety," said Marc Denault, President of the STS, explaining that increased vehicle and pedestrian traffic in the area around the station has raised concerns about the safety of travelers and employees in recent years. Those concerns, coupled with a desire to increase service across the network, the addition of the Limocar intercity buses to the depot, and a general move toward more sustainable transport measures in the downtown core, led the company to its decision.

"The status quo is not feasible," Denault said, pointing out that there are currently 585 buses that pass through the station per day.

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Double speed skating gold medals for Amelia Blinn

By Emilie Hackett
Special to the Record



CLICLAVIE PHOTOGRAPHY

14-year-old Amelia Blinn poses with her two gold medals that she won over the weekend at the Jeux du Québec.

Fourteen-year-old Amelia Blinn won gold in both the 1,000 and 1,500-metre races and placed fourth in the 400-metre in short track speedskating at the Jeux du Québec (JDQ) in Quebec City last weekend. The Richmond resident will be heading to the Quebec speed skating championships in Trois-Rivières next weekend hoping to claim more titles.

In a phone interview with The Record, Blinn gave an overview of the competition. "The 1,000-metre race, which is 10 laps, was on the first of three days of competition, so I was well-rested," she said. "It was a really tight race, but I took the lead with a smooth inside pass in the fifth lap. I could see in the corner of my eyes that the girls behind me were super close, but I just kept skating as fast as I could and told myself that regardless of the result, I could be proud. Once I crossed the finish line, I realized I had won, and I started to tear up."

Blinn experienced more adversity in the 1,500, a long-distance race. "During the last of 15 laps, I was leading and the skater trailing behind me tried to do an inside pass. She didn't calculate it well because there was no room, so she clipped me and we both fell," she explained. "Because we were the two leaders of the race, the judges stopped the race and rescheduled it for the end of the day. It's standard procedure in speedskating but many people were unhappy."

CONT'D ON PAGE 5



SPECIAL MEETING

Saturday, March 16, 2019 from 9:00 a.m. until noon

Visit of facilities (if conditions are favourable),

the rationale and infrastructures of the future Engineered Landfill Site.

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Weather



TODAY: CLOUDY, 60% CHANCE OF FLURRIES HIGH OF -4 LOW OF -11



WEDNESDAY: CLOUDY

HIGH OF 3 LOW OF -3



THURSDAY: SUNNY

HIGH OF 11 LOW OF 4



FRIDAY: RAIN

HIGH OF 5 LOW OF -2



SATURDAY: CLOUDY, 60% CHANCE OF FLURRIES HIGH OF 1 LOW OF -10

Genevieve Cloutier: The dark side of breast implants



DISHPAN HANDS

SHEILA QUINN

In June of 2013, Sherbrooke resident Genevieve Cloutier went through breast implant surgery. She was nearing her fortieth birthday.

What ensued was not the body change she expected.

'Now that I know the symptoms, I can say that I noticed something was not normal in the following months.'

One was that she could no longer eat dairy products.

She had a touch-up procedure six months later.

'After that anxiety, fatigue, exhaustion and brain fog began.' Genevieve (who will be forty-five years old next week) recounts. 'At that time in my life, there was always something I could blame the symptoms on.'

Approximately a year later, the mother of three adult sons contracted Epstein-Barr virus, with complications (hepatitis). She was healthy before the implant surgery, but in the summer of 2016 her health took a serious turn for the worst.

'In July of 2016, I began to experience exhaustion. When I woke up in the morning, everything was a chore; I did not have the energy to do day-to-day tasks. I was training to be part of a team for the Tour du Lac (Memphremagog) and I powered through migraines (I've had them for years) which were increasing in frequency and intensity.'

Genevieve had to go to the ER because of one migraine that persisted even after four days. I had a reaction to the medication that was administered. She had massive mood swings, she no longer recognized herself.

'One day in August of 2016, I woke up in the afternoon after one of those intense migraines with a swollen left big toe; it was so painful! I thought I had been bitten by a mosquito or something,

but the next day, it was worse. I could not even stand a bed sheet on my foot! I went to the ER where they told me I had gout. It was supposed to be gone within ten days.'

Genevieve had yet another reaction to the medication. Eleven days later, it was worse.

'I met with the rheumatologist team. They told me that it could possibly be hydroxyapatite omarthritis. I had a treatment to undergo, but it did not work. I began to lose weight. Then pain spread through my body. My feet ached, the muscles in my legs were weak and painful, my hands, my arms...everything hurt.'

Since she had already had a psoriasis diagnosis at a young age, her rheumatologist speculated that Genevieve was suffering from psoriatic arthritis.

'I tried many treatments for it, and none of them worked, and they caused reactions. In November I began to gain weight. I tried the hypotoxic diet. It helped, but it was not enough.'

By January of 2017, Genevieve began having to use a wheelchair. Brain fog was so intense she could not drive.

'I could not organize anything! I couldn't even remember the route to get to my ophthalmologist's! I was completely lost. My eyes were becoming very dry and irritated, and I had difficulty swallowing my food. After many tests, I was diagnosed with Sjorgren syndrome. I was so discouraged.'

Around this time, Genevieve began reading everything she could get her hands on related to autoimmune diseases. She decided to see if she could do something more dietary-wise to help herself.

'That's when I found the Auto-Immune Protocol diet. It helped me so much! Two weeks later, I was able to walk and leave the wheelchair behind. Five months after that, I returned to work! Life was 'almost' normal; I say almost, because nothing was normal. Forget going to restaurants, forget having a night out with friends. Forget 'normality'. I had to cook every meal; my breakfasts were nothing like before, and I had to manage stress and sleep very strictly. I looked pretty normal on the outside, except that I had gained 25 pounds since November, and there was nothing I could do to lose it. At that point I just didn't care any more.'

At this point, occasionally she had flare-ups, inflammation in her shoul-



ders, usually one shoulder at a time. For her right shoulder the pain was so intense she had to make yet another ER visit.

'That's when I learned I was allergic to Demerol! After causing a Code Blue (Cardiopulmonary arrest)! Fun times! Everything looked normal on the outside for the people around me, but as time passed I became more and more intolerant to everything kind of food. Gastrointestinal symptoms of all types occur all of the time.'

In October of 2018, Genevieve discovered an article that linked autoimmune diseases to breast implants.

'In conceivable!' Genevieve explains the shock, 'My surgeon told me those implants were safe when I chose them! The saline ones were supposed to be the best!'

She then watched a documentary film on medical implants and asked herself...could it be possible? She then began scouring the web.

'It was not hard to find answers if you asked the right questions! It was an a-ha moment for me.' Genevieve experienced a battery of mixed emotions - hope, rage, panic, incomprehension, relief, fear, frustration...and guilt! 'I had decided to put implants in my body. I paid to hurt myself.'

Then the questions spiraled on. 'How could plastic surgeons insert implants, knowing people get sick? Why does Health Canada allow implants?'

CONT'D ON PAGE 4

Ben by Daniel Shelton



LOCAL NEWS

"By investing heavily in the road network, as we are doing today, our government is helping to improve and maintain our infrastructure," Bonnardel said.

Road work 2019-2021 - Nearly \$190 million to be invested in Estrie

Record Staff

The Government of Quebec has announced the list of road projects for the Ministère des Transports Estrie for the years 2019-2021. The Minister of Transport and Minister responsible for the Estrie region, François Bonnardel, made the announcement Monday.

The projects, which aim to have a concrete effect on the state of Quebec infrastructure, represent investments of \$189,808,000 in the Estrie region. Unlike previous years, the Québec government

claims it is opting for transparency by making public all the projects planned for 2019-2020, including preparatory work for projects beginning work in 2020-2021.

In the Estrie region, \$78,061,000 will be invested in road projects to ensure roads in good condition; \$39,721,000 will be invested in projects aimed at ensuring road structures in good condition, \$72,026,000 for road projects aimed at ensuring an efficient and safe network, including modifications recommended by the coroner's office.

Projects on the books include the final phase of the Highway 410 Extension in Sherbrooke, which includes construction of the new highway section between the 108-143 interchange and Highway 108; the paving of Highway 610 eastbound in Sherbrooke, between Highway 10-55 and Highway 112, and the reconstruction of the Lambton Iron Bridge on Highway 253 over St. Francis Lake.

"By investing heavily in the road network, as we are doing today, our government is helping to improve and maintain our infrastructure," Bonnardel

said. "Unlike the practices of the old governments, we are now focusing on transparency in road investments. This will allow citizens of Estrie and throughout Quebec to have a complete look at all projects for which work is planned over the next two years and to obtain accountability from the Department."

\$25,985,000 of the total amount invested in 2019-2021 in the region comes from partners.

\$42,866 in support of victims of crime in Estrie

Record Staff

The Quebec government announced a grant of \$42,866 Monday to support a project that helps victims of crime in the Estrie region. This grant is part of a program to promote research, information, awareness, and training in helping victims of crime.

For the 2018-2019 edition of the program, special priority has been given to projects for victims of sexual and domestic violence, as well as projects that facilitate access to support services.

The project funded in the Estrie is designed for the reintegration of victims of crime from cultural communities and comes from the Federation of Estrie Cul-

tural Communities - \$42,866

At the provincial level, the government is investing \$1,750,000 to support 26 projects.

The funds granted come from the Victims of Crime Assistance Fund (FAVAC), which is intended specifically for the financing of such projects, was established at the Quebec Ministry of Justice

in 1988. Its revenue come mainly from sums collected as a result of offenses under Quebec criminal law and the Criminal Code, as well as those related to the sharing of the proceeds of crime.

To find out more about the selected projects, visit the website of the Ministère de la Justice: www.justice.gouv.qc.ca.

Downtown buses

CONT'D FROM PAGE 1

"Sixty-three percent of our clientele only passes through the station du depot," said Patrick Dobson, the General Manager of the STS.

Dobson called the current configuration of the downtown transit network inefficient due, in large part, to the proximity of the depot to the CEGEP station. He argued that that station, built in 2009, is better designed and planned out, and ends up being where most people are making their transfers. Most people, he continued, are travelling either from the Carrefour de l'Estrie shopping centre or the university to the CEGEP (or the inverse,) but all have to pass through the depot anyway, losing time in the process.

"We have two stations side by side," he said, noting that the depot is only a kilometer and a half from the CEGEP station. "This is an opportunity for us to rethink this area."

Denault and Dobson said that the STS has already been in conversation with the local merchants about the planned change, and the General Manager explained that a public information session has been scheduled for March 19 to present the plan to the network's users and to hear concerns or questions.

Yves Tremblay, Sherbrooke's Director

of Urban Planning and Sustainable Development, explained that the relocation of the downtown buses fits into a longer term goal of redesigning the mobility of the downtown.

"We are putting pedestrians first," Tremblay said, explaining that alongside the Well Sud and Grandes-Fourches redevelopment projects, the elimination of the depot station will result in a broad change to the heart of the city that puts more of a focus on sustainable modes of transportation like car-sharing, cycling, walking, and public transit. Although in the short term the changes will mean some serious work projects, the end result is hoped to be a more attractive, interesting downtown core.

Although the first step of this redesign involves moving the busses onto King Street, the urban planning director said that the goal is to gradually make the space a "multimodal" hub of sustainable transportation that will improve quality of life while reducing downtown dependence on automobiles.

Asked about the potential for traffic congestion, Dobson acknowledged that there are risks but said that the STS is working on measures to help keep King Street moving.

"We are not talking about placing the station on the street; we're creating a stop on the street," the General Manager

said. "The concept of a station will no longer exist for the downtown."

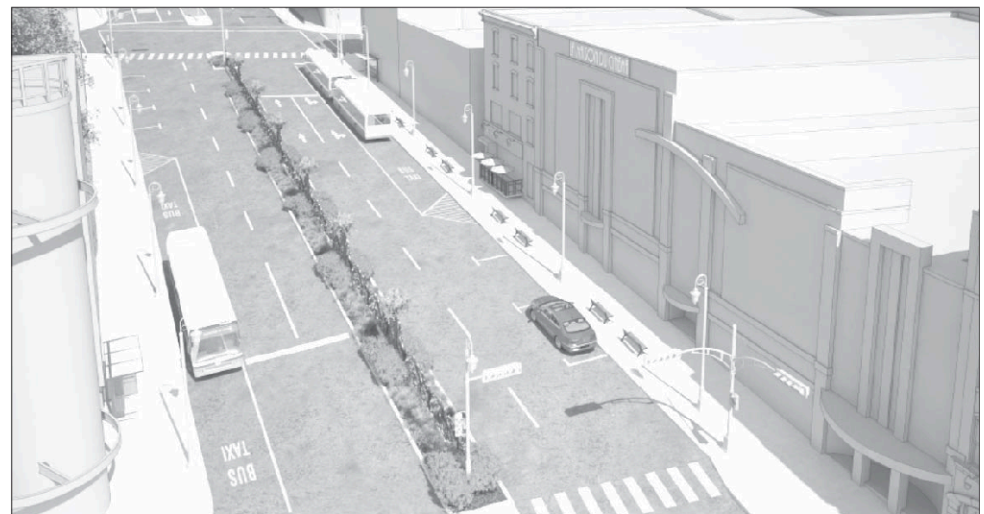
In the new vision some of the current parking spaces along King Street between Wellington and Depot Streets will be converted into an extended bus stop that can accommodate multiple vehicles at a time. Heated bus Shelters will be built alongside to help keep travelers comfortable in the winter.

Dobson said that the Depot is a busy stop and will continue to be so even after the change, but he argued that the new configuration will be better suited to its surroundings and serve the STS's customers better.

"There is no perfect solution, but we are convinced that it will be safer this way," he said.

The new arrangement brings people closer to Wellington Street and reduces the headaches bus drivers currently face getting into and out of the station.

A construction calendar for the redesign is due to be presented to the STS in April, and Denault estimated the cost of the work to be less than \$50,000. There is no plan as of yet for what will be done with the current bus station building, which belongs to the city of Sherbrooke.



COURTESY STS

George Foote Foss (1876-1968): Inventor of the first Gasoline Car in Canada

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Côté (Lennoxville-Ascot Historical and Museum Society)

In Nikitotek Place, close to the Abénaquis power-station, in Sherbrooke's historical downtown, there is a monument that all Canadians should know about. It tells the story of George Foote Foss, inventor of the first gasoline car in Canada. This granite monument, produced by Granit Williams, was put up in 1993 by Americana Auto Expo, near the location where George had his workshop. A particular tribute was paid to him on the 100th anniversary of his invention during the 13th edition of Americana Auto Expo, August 23, 1997.

George Foote Foss was born in Sherbrooke September 30, 1876. He was the fourth among the five children of Ellen Sophia Foote (1843-1925), who immigrated from Massachusetts, and of Edwin Sherrill Foss (1838-1919), from Eaton Township. Edwin settled in Sherbrooke and was Auction Clerk beginning as early as 1864. The couple were married in Lee, Massachusetts, on April 2, 1867. Around 1893, George started learning about industrial electricity when working for a Sherbrooke subsidiary of Whitney Electrical Instrument Co. He then went to advance his training with the Stanley Electric Co. in Pittsfield, Mass. In 1895, he opened a machining, blacksmithing and bicycle repair shop on Water Street (Abénaquis Street since 1933) under the trade name of Geo. F. Foss Electric & Machine Works.

Foss' name became history mostly because, at age 20, he invented the first gasoline car in Canada, four years before Henry Ford. The fact is that while visiting Boston in 1896, he had tried an elec-

tric brougham and had power failure because of the batteries. Wanting to solve the problem, during the winter of 1896-1897, he built in his Sherbrooke workshop a four-horsepower single cylinder automobile with a gasoline motor in the front and not under the seat as with earlier prototypes. Nicknamed the Fossmobile, his horseless carriage automobile ran 12 to 15 miles per hour and could easily go up all hills in Sherbrooke. Unfortunately, this car remained prototype because George Foote did not wish to undertake marketing it. This was despite the offer of the president of William Farwell, the Eastern Townships Bank in 1900, to finance his invention and an offer from Henry Ford's that they become business partners. In 1902, George sold his car for \$ 75 to a Montreal man who was on his way to Boston to buy a Crestmobile. On June 25, 1902, he married Gertrude Louise MacLagan (1876-1963). They had three children : Marshall MacLagan (1903-1993), Milton Anderson (1907-1975) and Dorothy Gertrude (1908-2008).

In 1905, George settled in Montreal and became a salesman for one of the first car dealers in the city. However, with slow sales in 1912, he gave up salesmanship and opened a new machining workshop serving Montreal. During World War I, he ran a good business selling military parts, but things went down during the 1929-1931 Great Depression. Combine with an illness, he had to retire early. In 1960, his work was acknowledged when he was made an honorary member of the Vintage Automobile Club of Montreal and of the Antique Automobile Club of America. He died in Châteauguay, November 23, 1968 and was buried in Sherbrooke's Elmwood Cemetery.

His grandson Ron Foss, Director of Fossmobile Enterprises, is now hoping to bring the story back to life and has taken on building of a Fossmobile replica to be

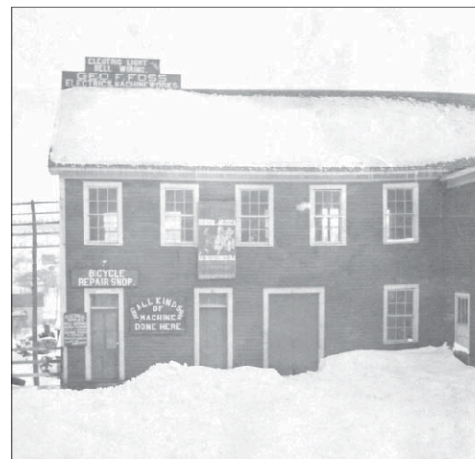
placed in a museum. Readers are encouraged to help achieve this goal by going to GOFUNDME at <http://www.fossmobile.ca>.



George Foote Foss ca 1896 (Courtesy of The Foss Family Archives)



Fossmobile, with his brother Harry and his cousin Marjorie Sherrill (Courtesy of The Foss Family Archives)



Geo. F. Foss Electric & Machine Works (Courtesy of The Foss Family Archives)



George-Foote-Foss Monument (Courtesy of Robert Blouin)

Genevieve Cloutier

CONT'D FROM PAGE 1

How will I find the money to remove the toxic sacs from my chest? Which surgeon will accept the challenge?

She found some private Facebook pages to support Breast Implant Illness Sufferers like herself, and she praises the support she has received there.

'I went to my family doctor and requested an enbloc/full capsulectomy breast implant removal. He asked if I could give him evidence that my state could be linked to my breast implants. As we found some on the web, he accepted me to sign a request, and sent it to the Plastic Surgery Department of the CHUS.'

In November of 2018, Genevieve had a major flare-up again - inflammation in her right hip and knee.

'I began to lose weight without changing anything in my diet whatsoever. My hair was thinning out as well, clumps of hair falling out in the shower. My rheumatologist wanted to conduct some tests, but I told him about my discovery about the link between autoimmune disease and breast implants.'

Her rheumatologist confirmed that this was possible, but there weren't any

tests they could perform to be certain before the explanation. They would have to perform the explanation and then 'see what happens'. Genevieve then told him that the request was already in her file. He contacted the plastic surgeon to see if this could be done shortly. The answer was that Genevieve's case was not a priority.

Given the challenge of the timeline towards explantation vs Genevieve's deteriorating health, she decided to travel to the United States in order to have surgery sooner. She booked her surgery with Dr. Lu-Jean Feng, one of the most competent surgeons in that field (according to Genevieve's research). With her reputation preceding her, the waiting list to see Dr. Feng is quite long, but Genevieve accepted to go this route since the wait would still be shorter than waiting for surgery in Quebec.

As time passed, however, other problems reared their ugly heads. Genevieve's kidney function was not optimal, and communications with Dr. Feng resulted the doctor's refusal to perform surgery if her kidney function was not normal.

'She (Dr. Feng) suggested that I eat less meat, but with my extremely limited

diet, it's very difficult! I can choose between 15 vegetables, 4 fruits and a little bit of meat. That's all I can eat. My weight is still going down....but she can't perform the surgery sooner. So, I desperately looked for, and found, a plastic surgeon in Quebec who sympathized with my case, and accepted to perform the surgery as soon as possible.'

When asked about the response from doctors, Genevieve states that she counts herself as fortunate to have had a rheumatologist who never dismissed her symptoms, however, she explains that the response from her family doctor was not the same.

'Maybe it's because I did not look so sick any more when he was finally assigned to me. When I went into his office in July of 2018, because I was so exhausted, he was willing to prescribe Adderall for my brain fog and anti-depressants. He did not listen to me. I was not depressed and I did not want to be on sick leave! I just wanted to 'be normal'. He never investigated my gastrointestinal symptoms. I finally had some sort of support when he learned that my rheumatologist believed everything was linked. I gave him a file with some medical articles to read on the sub-

ject.'

Genevieve Cloutier is currently awaiting explantation surgery, however it should take place within the following weeks. Thanks to her determination to advocate for her own health she has possibly, at last, gotten to the bottom of what has caused her such strife.

For more information, the following links have been recommended by Genevieve:

<https://healingbreastimplantillness.com>

Statistics remain challenging to acquire, since Breast Implant Illness (used to describe the symptoms experienced by some people who have breast implants) has yet to be an accepted diagnosis within the medical community.

There are a few private Facebook pages that Genevieve also found helpful:

French (820 members)
<https://www.facebook.com/groups/113448120049055/>

English - Canada (1600 members)
<https://www.facebook.com/groups/553040228225793/>

English - International (67 800 members)
<https://www.facebook.com/groups/Healingbreastimplantillness/>

Labrie's Citizen Investment Fund announces chosen projects

Record Staff

As part of the consultation and vote for the use of Sherbrooke MNA Christine Labrie's Citizen Investment Fund held on Saturday, March 2 at the Sherbrooke Multi Recreation Center, and March 4 and 5 at her constituency office, 340 people participated in the vote for their favorite proposed projects.

Labrie, who opened up her legislative discretionary budget to public input, is happy with the citizen participation and the comments received.

"The participative democracy formula for the Citizen Investment Fund has been very well received by the citizens of Sherbrooke. Many people did not even know that MNAs have a discretionary budget, so opaque is the traditional way of doing things," she said. "Several people came to tell me how happy they were to have their say in encouraging projects in the region, because for them, democracy should not be limited to one vote

every four years. The Citizen Investment Fund is also a popular education tool that allows people to discover organizations and measure the concrete impact of underfunding. Several mentioned that the choice was heartbreaking, and with all the notes given on the ballots, we saw that it was not easy. I am happy to be able to use these funds based on a collective decision," Labrie commented.

The \$25,000 envelope made available to citizens has enabled the funds requested to be awarded to nine very different projects.

"I am pleasantly surprised by the diversity of citizen's favorite projects. It's worth it to trust people," Labrie said. "And it allows me to see what is important to them. We feel that citizens are concerned about environment and social inclusion. They voted for projects that improve our living environment and allow people to integrate better and contribute to society. It guides my work as an MNA."

Project	Organization	Amount granted
Cleaning waterways	Action Saint-François	\$3,000
Redevelopment of community hall	Centre Multi loisirs Sherbrooke	\$2,905
Handicap access ramp	Refuge Le Château	\$3,000
Activity in support of mental health	Mon Shack, Mes choix, mon avenir!	\$3,000
Promotion of the conversion of a railway bridge into a multifunctional trail	Conseil régional de l'environnement de l'Estrie	\$2,000
Winter clothing project for Borough of Mont Bellevue	Les Volontaires de la Sensibilisation et de l'Action Humanitaire	\$3,000
Father-child activities	MomentHom	\$2,180
Projet Ô Cirque	Coalition Sherbrookoise pour le travail de rue	\$3,000
Jardin des jeunes entrepreneurs	Croquarium	\$3,000

Amelia Blinn

CONT'D FROM PAGE 1

When the time came for the second race, I just told myself that whatever the result would be, I was the winner because I was going to win the first one until the girl clipped me. Fortunately, I won that race as well. I was very happy," she added.

After two exciting races which resulted in a first place, Blinn experienced major disappointment after a mishap at the 400-metre short track race. "All five of us racers are the strongest speedskaters of our category in the province," she mentioned. "A racer clipped me at the start and that affected the part of my skate that facilitates turning and navigating. I wasn't able to accelerate properly after that and I ended up in fourth

place. I cried a lot after the race, but I realized I need to have a positive attitude because I've already accomplished a lot," she expressed.

Blinn attended the JDQ two years ago at the age of 11. Despite extensive training, she was rather young in the 11-and-12-year-old category, and subsequently finished in 12th place. "I'm 14 now, and I'm in the 13-year-old category because of my birth year. That's one of the reasons why I won't be going to the Canada Games this year, but I'm really hoping to go next year," she said enthusiastically.

As a Richmond native, she hoped to manage to find a way to practice her sport but also perfect her English. "I go to Alexander Galt and I'm in the sports concentration because the Triolet made a deal with the school allowing me to

CIUSSS signs with Administrative Staff

Record Staff

The Administrative Staff Union at the CIUSSS de l'Estrie - CHUS and the management of the CIUSSS de l'Estrie - CHUS formalized the agreement between the two parties by signing the new collective agreement Monday.

Several of the local provisions of the new agreement promote greater stability of teams and schedules as well as better use of resources when posting and awarding positions.

The agreement affects close to

2,400 employees, who were previously covered by 13 of the 56 agreements that the establishment inherited when it was created in 2015.

During the special tour held on the territory of the CIUSSS de l'Estrie - CHUS from October 22 to 30, the union members present at the general assembly voted 86 per cent in favor of the agreement of principle.

The agreement, negotiated in 40 meetings between the union and the establishment, will come into effect on March 31, 2019.



(COURTESY CIUSSS DE L'ESTRIE - CHUS) CIUSSS de l'Estrie - CHUS Director General Patricia Gauthier, and union president Vicky Ouellet sign the agreement which takes effect at the end of this month.

New traffic lights planned on Rte 141 in Magog

Record Staff

The Quebec Ministry of Transport announced Monday that it will install new traffic lights on Route 141 in Magog, specifically near the St-Hubert restaurant in the area of exit 118 off Highway 10.

Installation work is scheduled for 2020, while the next few months will be used to prepare the site. The plan is to install the lights at the intersection of the ramp on Highway 10 West near the St-Hubert restaurant. They will replace

the mandatory stops already in place.

In addition to the lights, the MTQ will also build a new entrance ramp leading to Highway 10. It will be located on the other side of the viaduct near Couture Rd. It will allow motorists heading towards Sherbrooke to access the highway more quickly.

Other major works are also planned for Magog by 2020, including the reconstruction of the Saint-Michel St. Bridge, which has been closed for several months. The MTQ hopes to complete the work this year.

train with them but to go to school at Galt, in English," she mentioned.

"I train several times a week," added Blinn, detailing her busy lifestyle. "On Monday, Wednesday and Thursday mornings, I train at the Triolet with my classmates in the speed-skating concentration. Then, I train Monday, Wednesday, Thursday, and Friday nights, and on Saturday mornings at 7 a.m. with the Sherbrooke speedskating club."

Blinn assured that she took things easier before the JDQ to make sure she was not too sore or overworked, which is standard procedure before big events. "I'll admit that balancing school and training is really difficult. I focus a lot on school, and it's always going to be my priority over skating. It takes good focus and a good work ethic to juggle both,"

she observed.

"Next weekend is the Quebec speedskating championships in Trois-Rivières," mentioned the 14-year-old. "I will be facing the same opponents as last weekend so it's going to be same big challenge. There will also be a few racers who didn't qualify for the JDQ."

Overall, Amelia Blinn is a young athlete with a remarkable work ethic and an indisputable talent in speedskating. "I'm very proud of where I've gotten so far. I won those two gold medals at the JDQ, as well as two golds at the provincial championship and a third place at the Canadian championships. My biggest dream is to make it to the Olympics. That's what I work towards," she concluded.

EDITORIAL

It noted that regulation and technological innovation are key, not just to reduce emissions but also to find ways to capture and sequester them.

SCIENCE MATTERS

Carbon, climate and corruption coalesce in concrete

By David Suzuki

Most of us rarely think about concrete, but it's the foundation of modern society – from roads, buildings and bridges to the economy, political power and crime. We use more of it than anything except water.

Concrete has been a great driver of human progress. It's allowed us to build up instead of out, made transportation and trade easier, protected us from the elements and even disease, and spurred economic growth and job creation – as well as population growth.

But it's one of many innovations we adopted wholesale without fully understanding the consequences. Producing and transporting it emits enormous amounts of greenhouse gases. It also destroys natural ecosystems – including carbon sinks like forests and wetlands – and consumes huge amounts of water and other resources. Even global sand supplies are dwindling, thanks to its use in concrete. And it doesn't always do as good a job as nature at protecting us from natural forces. Massive barriers sometimes offer less protection against tsunamis and flooding than the coastal mangrove swamps they displaced.

Even the recent scandal facing Canada's government has concrete at its base. As one of Canada's largest engineering and construction companies – employing 50,000 people through offices in over 50 countries and operations in more than 160 countries – SNC-Lavalin uses a lot of concrete. Infrastructure projects are important to industry and governments. They provide employment, keep GDP and the economy grow-

ing and offer "concrete" proof that progress is being made.

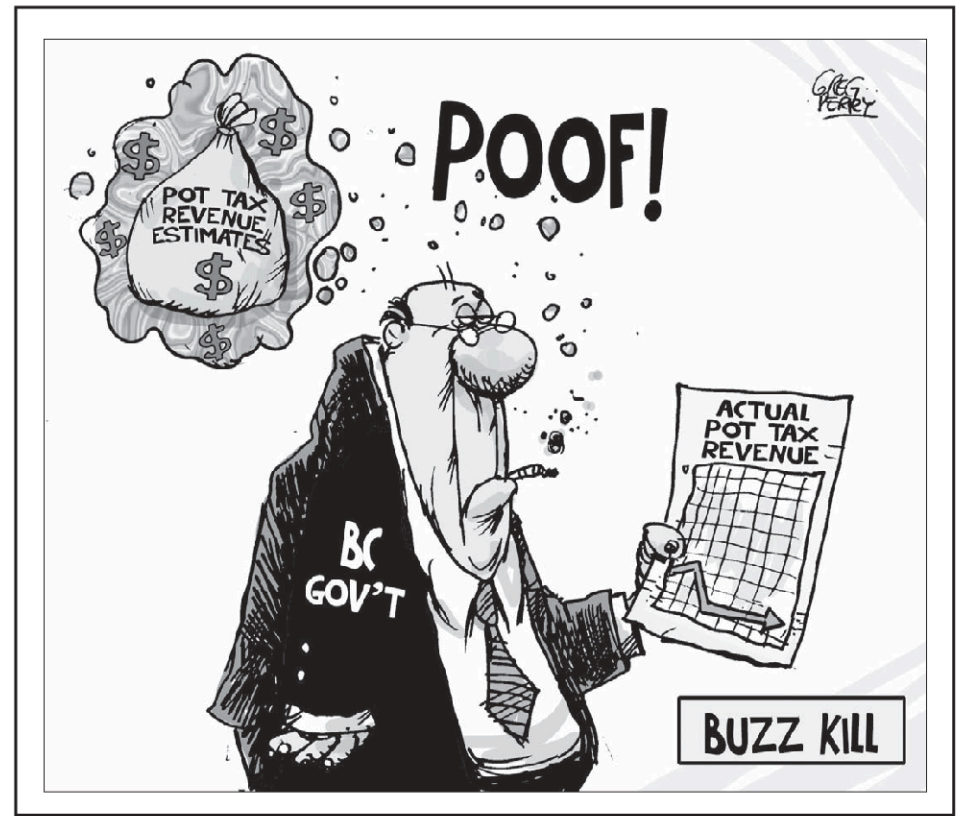
But, as the Guardian points out, "As well as being the primary vehicle for super-charged national building, the construction industry is also the widest channel for bribes. In many countries, the correlation is so strong, people see it as an index: the more concrete, the more corruption."

SNC-Lavalin, which has already been sanctioned by the World Bank for bribery and corruption, faces similar charges at home. But as a major Quebec-based employer with its hand in some of the country's largest infrastructure projects, it's seen by provincial and federal governments as too important to fail.

One problem is that we're basing economic decisions and government policy on economic systems that were designed when natural resources were abundant and built infrastructure was lacking. The opposite is now true, but to satisfy an appetite for continuous, rapid economic growth, we construct more roads, bridges, parking lots, dams and buildings without considering alternatives for progress and building materials.

To a large extent, it's about maintaining our fossil-fuelled car culture. And it could get worse as developing nations scramble to catch up, building their own massive infrastructure projects and facilitating increased automobile use.

The Carbon Disclosure Project estimates that cement production produces six per cent of global emissions, slightly behind steel production. Concrete, made from cement, is second only to coal, oil and gas for emissions. According to a Guardian article, "Its wider effects are



even more problematic, as the built environment accounts for more than a third of the world's carbon emissions." Shipping the heavy product also emits greenhouse gases, and the industry accounts for 10 per cent of global industrial water use.

With urbanization, population growth and economic development rapidly increasing concrete use, ecosystem destruction and greenhouse gas emissions will continue to rise. A Carbon Disclosure Project report, "Building Pressure", concluded, "Cement companies urgently need to more than double their emissions reductions or risk missing climate goals."

It noted that regulation and technological innovation are key, not just to reduce emissions but also to find ways to capture and sequester them.

Although the report notes that carbon capture and storage "is an important technology for creating low-carbon cement," progress has been limited, in part because the technologies haven't

yet proven to be viable. Carbon pricing and regulation, along with use of alternative fuels sourced from organic waste collection, are showing greater benefits.

We also have to find alternatives to massive concrete-based infrastructure projects and the economic systems that drive them. Reducing dependence on private automobiles could help curtail construction of the widespread infrastructure required to support them. Using renewable materials like wood for some construction is a step but comes with its own problems. Better concrete recycling and diversifying energy sources to reduce emissions from production and transport are also important.

It's time for concrete solutions.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at <https://david Suzuki.org/>.

The 12th Mayor's Blood Drive this Thursday, Friday

Record Staff

Every March, Héma-Québec and the City of Sherbrooke join forces and invite the public to donate the gift of life, on Thursday, March 14 and Friday, March 15 at the Carrefour de l'Estrie between 1:30 p.m. and 8 p.m.

"This year's goal is to collect 225 donations a day for a total of 450," said Sherbrooke Mayor Steve Lussier. "Every day, Héma-Québec needs 1,000 donations to

cover the entire provincial territory. The people of Sherbrooke can make a significant difference in the health of many people during these two days," he added.

The Mayor of the City of Sherbrooke's blood drive brought in 436 donations in 2018, 493 in 2017 and 524 donations in 2016.

To find out the eligibility conditions to donate blood, consult hema-quebec.qc.ca.

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Local Sports

Townships to host Canada/U.S. curling competition

Record Staff

For the first time in its history, the Gordon International Curling Competition, in existence since 1884, will take place in the Eastern Townships from March 14 to 16. The friendly annual event brings teams from the United States to Canada. It is one of the oldest all-sport competitions in North America.

Normally held in Montreal, this year a total of 115 games will be played out of eight curling clubs in the Townships.

More than 250 players from 60 teams, including 20 from the northeastern United States, will compete during the three days of competition.

On Saturday, March 16, the 20 American teams will face off against the 40 Canadian teams in the competition.

At the end of the 40 matches, the country with the most rocks will claim the Gordon International Medal.

The first duel between the two countries was played in Montreal on February 8, 1884 and was won by the Milwaukee Curling Club. Since 1890, both countries have alternatively received the event. But this year, it will be the first time that games will be played outside the Montreal area.

The eight participating curling clubs are:

- Bedford - 4 games;
- Border (Stanstead) - 18 games;
- Celanese (Drummondville) - 10 games;
- Cowansville - 14 games;
- Danville - 12 games;
- Lennoxville - 16 games;
- North Hatley - 16 games;
- Sherbrooke - 25 games.

During the banquet, which will take place on Saturday evening at 7:30 p.m. at the Sherbrooke Golf Club, the Gordon International medal will be awarded to the country with the most points.

The J.C. Stevens Memorial Shield Award will be presented to the country with that wins the most 'friendly' games outside the official Gordon matches. The Add Hastings International Bowl, which has existed since 1968, will be awarded to the team that has accumulated the most points in a single game.



GORDON INTERNATIONAL MEDAL (1884)

Canada's Bianca Andreescu beats Voegele to advance at BNP Paribas Open

The Canadian Press

Canada's Bianca Andreescu didn't waste any time on Sunday at the BNP Paribas Open.

Andreescu only needed 56 minutes to win her matchup against Stefanie Voegele of Switzerland, firing five aces en route to a 6-1, 6-2 victory in third-round action at the Masters-level tennis tournament.

The 18-year-old Canadian will meet China's Qiang Wang in the next round. The 18th-seeded Wang needed nearly three hours to beat Belgium's Elise

Mertens 7-6 (4), 6-7 (4), 6-3.

Andreescu, playing in her Indian Wells debut, has had a strong start to the WTA season with her latest victory improving her record to 24-3.

The Mississauga, Ont., native moved up to No. 60 in the world rankings last Monday after reaching the semifinals at the Mexico Open.

Andreescu won her first career WTA 125 Series event last month in Newport Beach, Calif., and is currently 15th in the Tour's overall points race.

The teen was a distant No. 152 at the start of the season.

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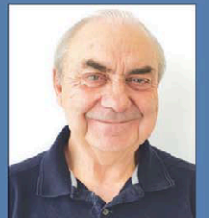
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Michel Comeau

Death

**Elbert
"Buzz"
SUTTON**

Passed away at Peterborough Regional Health Centre on Friday, March 8, 2019. Buzz Sutton of Lakefield at the age of 88, loving husband of Ethel May (Page). Sadly missed by his children Jay Sutton and Janice Sutton, both of Lakefield. Dear grandpa of Tianna and Kylyne. Also missed by his nieces and nephews. Predeceased by his sister Tacy Perkins (Clare).

A funeral service will be held at THE HENDREN FUNERAL HOMES, LAKEFIELD CHAPEL on Wednesday, March 13, 2019 at 11:00 a.m. with visitation one hour prior to the service. A reception will follow the service at the funeral home, followed by interment at Lakefield Cemetery. As expressions of sympathy, memorial donations may be made to the Canadian Diabetes Association. Friends may send condolences, arrange flowers or make donations by visiting the website: www.hendrenfuneralhome.com or by calling 705-652-3355.

In Memoriam



WHITE – Delmar White (Feb. 8, 1925 - Oct. 14, 2017)
Hazel White (Nov. 3, 1928 - March 12, 2018)

"Dad & Mom"

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*

GORD, ROB, AND FAMILY



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Datebook

TUESDAY, MARCH 12, 2019

Today is the 71st day of 2019 and the 82nd day of winter.

TODAY'S HISTORY: In 1912, the Girl Guides (later renamed the Girl Scouts of the USA) were founded in Savannah, Georgia.

In 1930, Mahatma Gandhi and more than 70 supporters began a 240-mile march protesting the British salt tax.

In 1947, President Harry S. Truman introduced the "Truman Doctrine," a policy that provided military and economic aid to Greece and Turkey to prevent the spread of communism.

In 2002, the U.N. Security Council approved Resolution 1397, endorsing the creation of a Palestinian state.

TODAY'S BIRTHDAYS: Elaine de Kooning (1918-1989), artist/critic; Jack Kerouac (1922-1969), author; Edward Albee (1928-2016), playwright; Andrew Young (1932-) activist/politician; Liza Minnelli (1946-), actress/singer; Mitt Romney (1947-), politician; James Taylor (1948-), singer-songwriter; Carl Hiaasen (1953-), author; Darryl Strawberry (1962-), baseball player; Aaron Eckhart (1968-), actor;

Jaimie Alexander (1984-), actress; Christina Grimmie (1994-2016), singer-songwriter.

TODAY'S FACT: Former President Harry S. Truman was the holder of Medicare card No. 1, which President Lyndon Johnson symbolically presented to Truman on the passing of Medicare legislation in 1965.

TODAY'S SPORTS: In 1966, Bobby Hull scored his 51st goal, becoming the first NHL player to tally more than 50 goals in a season and leading his Chicago Blackhawks to a 4-2 victory over the New York Rangers.

TODAY'S QUOTE: "You're alive only once, as far as we know, and what could be worse than getting to the end of your life and realizing you hadn't lived it?" — Edward Albee

TODAY'S NUMBER: \$18 billion — losses suffered by investors in the massive Ponzi scheme perpetuated by stockbroker Bernie Madoff, who pleaded guilty to 11 federal felonies on this day in 2009.

TODAY'S MOON: Between new moon (March 6) and first quarter moon (March 14).



To help blood pressure, eat more potassium and less sodium

ASK THE DOCTORS

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

Dear Doctor: I heard that getting more potassium will help with high blood pressure. Is that really true? I love salty food, and I really don't want to give up my chips and popcorn.

Dear Reader: The conversation about blood pressure focuses far more on salt — or the sodium it contains — than it does on potassium. That's because salt is so readily available. It's a potent flavor enhancer that finds its way into virtually all processed and prepared foods. This makes it easy to blow the daily sodium budget without adding even a grain of it yourself.

The maximum recommended amount of sodium for healthy adults is 2,300 milligrams per day. For certain groups, such as those with hypertension, diabetes, heart disease, chronic kidney disease and adults 51 or older, the maximum drops to no more than 1,500 milligrams per day. In reality, our average daily sodium intake is a whopping 3,746 milligrams per day.

Potassium recommendations are similarly ignored. The most recent research shows the average American adult consumes about 2,000 milligrams of potassium

per day. That's less than half the recommended 4,700 milligrams per day. The result is most of us are not getting the ratio of potassium to sodium that the dietary guidelines recommend, which is twice as much potassium as sodium. In fact, studies show that sodium consumption often significantly outpaces potassium in the American diet.

This imbalance is a problem because sodium and potassium are inextricably linked. To understand why, we need to nerd out a bit. Potassium and sodium are electrolytes, which means they carry a tiny electrical charge. Our cells use this to create a molecular pump. When the pump brings potassium into a cell and pushes sodium out, it creates a kind of chemical battery. The output of these batteries plays a role in nerve function and muscle health, including the heart. Sodium and potassium are also vital to kidney function and bone health, and to blood and fluid balance, which helps regulate blood pressure.

When we overdo it with sodium, our bodies compensate by getting rid of it in urine. But this starts a cascade of events that lead to a loss of potassium and an influx of water, which results in a net increase in blood volume. Not only does that adversely affect

blood pressure, the lack of potassium can cause electrical signals in the body to get disrupted. That interferes with the proper functioning of nerves and muscles, including the heart.

By following current United States dietary guidelines, we achieve the potassium-to-sodium ratio mentioned earlier, which is 2-to-1. Newer research leans toward ratios of 5-to-1 and higher. Unfortunately, most Americans miss even the more modest target by wide margins. Not only is that bad news for the vital functions we just discussed, but a new study published earlier this year also found that adults who took in more sodium than potassium increased their risk of stroke by 47 percent.

We understand your love of salt, but it's quite possible it has put you into potassium debt. Our advice is that not only should you make adding potassium-rich foods to your diet a priority, you should also reduce sodium. For a useful list of potassium-rich foods, visit health.gov/dietaryguidelines/dga2005/document/pdf/Appendix_B.pdf.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
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Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clasad@sherbrookerecord.com - They will not be taken by phone.
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For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
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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, March 12 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

LENNOXVILLE

Get your quarters ready! Join the Lennoxville Girl Guides' for their St. Patrick's Day Coffee Party fundraiser on Saturday, March 16 from 10 a.m. to 2 p.m. at 6 Church Street, Lennoxville. Come for coffee, tea, sandwiches and baked goods; and stay for their Caribou Social, silent auction, door prizes and more! Proceeds will go towards quality programming in Lennoxville. \$5 per person, free for children 5 and under. For more information please contact Esther Keller at 819-542-1962 or email us at lennoxville@guidesquebec.ca.

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

WATERVILLE

The Waterville-North Hatley United Church will hold their annual Pancake Breakfast on Saturday, March 16 from 8:30 a.m. to 11 a.m. Breakfast consists of pancakes, sausage, fruit cup, muffin and tea, coffee or juice. Admission charged.

LENNOXVILLE

John Luce Memorial Dart Tournament, "The Jolly," on Saturday, April 6 at The Hut, A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Registration at 1:30 p.m. Play starts at 2 p.m. Bring your own partner. Doubles men/men, ladies/ladies or mixed. Prizes will be given for 1st, 2nd and 3rd places. Admission includes the dance featuring Big River. Proceeds will

go to the Frontier Animal Society. Donations for the silent auction would be very much appreciated, please contact Danny Luce, Pete Sarrasin or Nina Stubbert by visiting our Facebook event on where to drop off your items. Everyone 18+ is welcome to come out and have fun and support the Frontier Animal Society and remember John.

BURY

Annual 500 card party to benefit Cookshire Fair on Monday, March 18 with soup & sandwiches, at the Armoury, 563 Main, Bury. Lunch at noon even if you don't play cards at 1:30 pm. Door prizes and grocery box. Admission charged.

BURY

Health Link Information Session: Eating Healthy on a Budget. Wednesday, March 20, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main, Bury. Lunch - \$5 donation (must reserve). To reserve, call Kim Fessenden at 819-872-3771, ext. 2.

LENNOXVILLE

Why are falls so worrisome? What can we do to prevent them? Lennoxville and District Community Aid is inviting seniors to a workshop led by instructors and students in Dawson College's Physiotherapy Technology and Social Services Programs on Thursday, March 21 from 2 p.m. to 3:30 p.m. at the Amédée-Beaudoin Community Center. Partici-

pants will discuss the subject of preventing falls, explore strategies for reducing fall risk, and learn exercises to help strengthen balance. Free admission. For information please call Community Aid at 819-821-4779.

NORTH HATLEY

The North Hatley Recreational Society (NHRS) is happy to invite you to its Spring Breakfast on Saturday, March 23, 8 a.m. to noon, at the North Hatley Community Centre, 3127 Capelton Road, North Hatley. Free parking. Admission charged. Proceeds from this breakfast will help finance NHRS activities and Meals on Wheels (North Hatley).

RICHMOND

ADVANCE NOTICE - The ladies of the Richmond-Melbourne United Church and community will be having a spring Rummage Sale at the Richmond United Church, 247 Principale Sud, Richmond, on Saturday April 27 from 9 until noon. Your donations are welcome after April 13. All are welcome to come and find a treasure or two. Refreshments will be available for purchase as you browse.

BULWER

The Bulwer Branch Quebec Farmers Association will meet at the Bulwer Community Centre on March 14 at 8 p.m. There will be a guest speaker. Potluck Lunch. All are welcome.

Left out at work

Dear Annie

TUESDAY, MARCH 12, 2019

Dear Annie: At my job, I'm the newbie on the team. The others I work with seem to know one another well, and they chat and make jokes in the office all the time. Meanwhile, some of my teammates are rather passive-aggressive with me. I don't understand why, though. I'm good at my job, and I always put in 110 percent effort. It seems to me that teammates who make more careless errors but are part of the "inside club" get far kinder treatment than I do. I'm a laid-back person and very open and honest, and I just want to be able to talk casually with these co-workers I feel have excluded me. I want to be a part of their fun conversations, but friendship can't be built instantaneously. How do I become more connected to these people and stop feeling so lonely in the office? It hurts to see them laugh with one another while I'm singled out. I've seen a co-worker curse in the office while laughing with another co-worker and then turn to me and speak coldly; it's like a 180-degree switch. Ugh. — The Odd One Out

Dear Odd One Out: If they're intentionally excluding you, you're the better for it. Those aren't the sort of people you should worry about impressing. But I doubt they're acting out of deliberate malice. More likely, you're just the newbie, and it takes time to build rapport at the office. Familiarity with co-workers is earned through years of working together.

Continue being yourself and doing good work, and

stop putting so much pressure on the idea of being friends with everyone. You may never end up being super warm and fuzzy with your colleagues, and that would be totally fine. Look at it this way: You'd be able to get more work done while others socialize and to go home and have a healthy social life that's not tangled up in work.

Dear Annie: This is in response to "Mulling Over Memoir," who wishes to record her father's stories. I help people write their memoirs, and there are a few methods I've used that are helpful if the interviewee lives some distance away.

For my own dad, I emailed him a question a day, and he replied with his answer, which I copied and pasted into a growing document. When our online interview was complete, I had amassed an entire memoir with relatively little effort.

If email is not an option, another way to gather stories is telephonically, using a speakerphone and an audio recorder. That way, your hands are free to type what is said, and the recording device captures anything that may have been missed.

I highly recommend a book called "To Our Children's Children," by Bob Greene and D.G. Fulford. It contains hundreds of questions that cover different eras of a person's life, from childhood to grandparenthood.

I hope this helps your readers record their loved ones' stories while there's still time. — Making Mem-

oirs in Michigan

Dear Making Memoirs: These are incredibly useful and practical tips for helping loved ones tell their stories. Thank you for writing.

Dear Annie: I would have added a few more things to the response to "Hurt, Frustrated and Appalled in Florida," whose husband has trouble saying "no" to his adult children and told his daughter she could have her wedding at their house. This is "Hurt, Frustrated and Appalled in Florida's" time to shine and rise above. She should put on a lovely event that everyone will remember. There are easy solutions to all of her concerns. She could move her personal belongings somewhere safe. She could have a port-a-potty or have a designated usher to show guests to the bathroom.

She could frame it differently and have everyone love her for it. — A Wife Also

Dear Wife: Well said. I agree with all your points. Our framing goes a long way toward shaping the picture. Thanks for writing.

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

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

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by Luis Campos

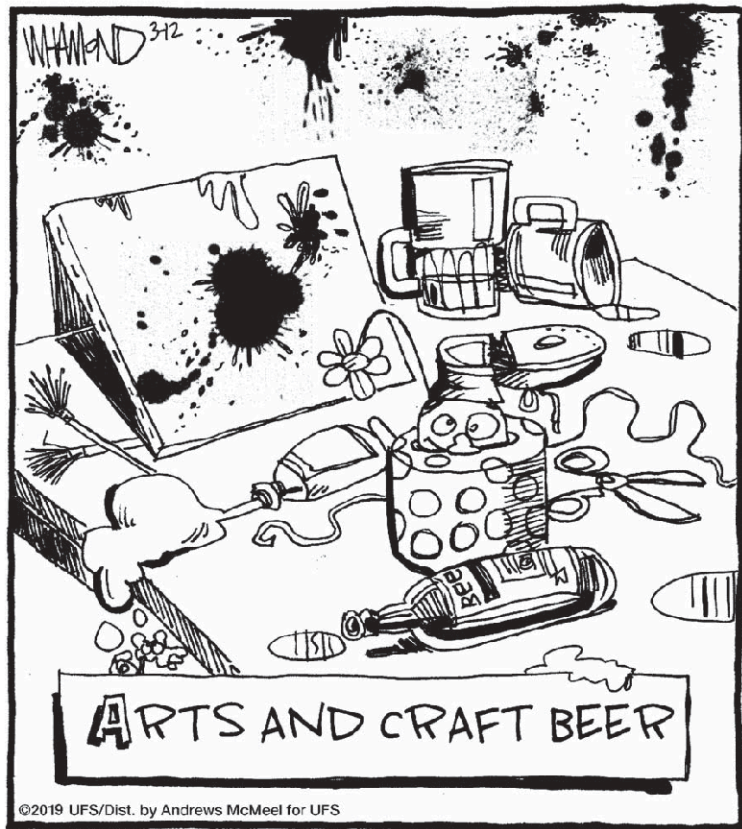
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"FKMWYR WN YX JEY EYDVNN WM 'N
TFGZ. W'L YXM MWMWDDFMVZ CO
FKMWYR ... EYDVNN W TFUV MX AXGS
TFGZ." — CXC XZVYSWGS

Previous Solution: "Better Call Saul' is a real capstone for me. ... I'm so happy they decided to invite me to their party." — Patrick Fabian

TODAY'S CLUE: *o s n b e x*

REALITY CHECK



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"I wish you wouldn't buy this cheap catsup."

ALLEY OOP



ARLO & JANIS



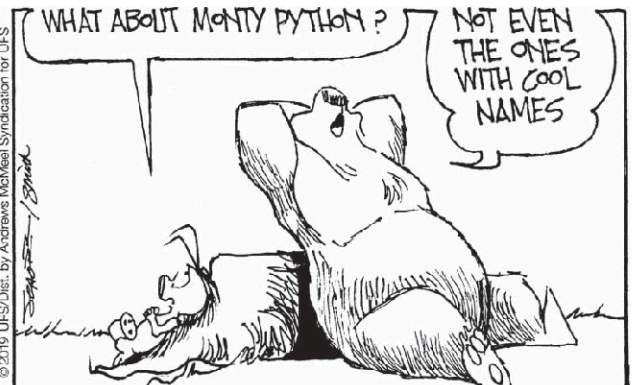
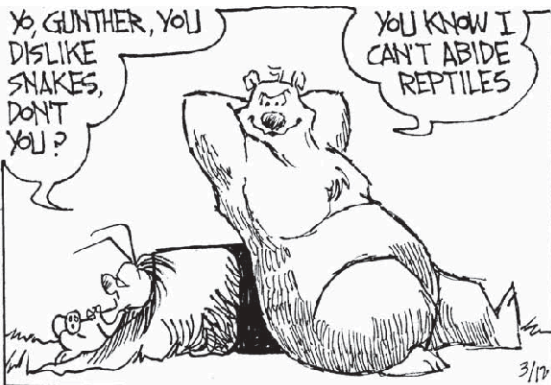
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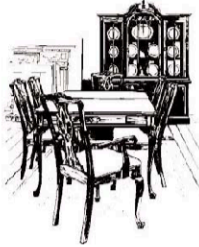
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You won't miss the meat in this vegetable packed lasagna

By America'S Test Kitchen

There's no reason why a vegetable lasagna made with the classic trio of eggplant, zucchini, and summer squash should be any less satisfying than a meat-based casserole, especially when the produce is in season and locally grown.

But we've rarely cooked one that we've been moved to make again. Some versions look tempting enough with a topcoat of bubbly cheese and thick tomato gravy, but cutting out a square of it invariably reveals trouble at the core. Often placed between the pasta sheets raw, the zucchini and squash turn out steamy and limp, flooding the dish with their juices_or, in some instances, undercooked and crunchy.

Then there's the eggplant, which is typically not only soggy, but greasy from pre-frying. Add to that the usual patches of dry, grainy ricotta and it's a wonder this dish ever became an Italian American standard.

So what would it take to make a full-flavoured lasagna with vegetables that could stand up to - not wash out - the cheese and sauce? Ridding the produce of some of its moisture and boosting its flavour before adding it to the dish would be steps in the right direction.

VEGETABLE LASAGNA

Servings: 8-10

Start to finish: 1 hour, 45 minutes

Part-skim mozzarella can also be used in this recipe, but avoid pre-shredded cheese, as it does not melt well. We prefer kosher salt because it clings best to the egg-

plant. If using table salt, reduce the amounts by half.

Tomato Sauce:

- 1 (28 ounce) can crushed tomatoes
- 1/4 cup finely chopped fresh basil
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes

Cream Sauce:

- 8 ounces (1 cup) whole-milk cottage cheese
- 4 ounces Parmesan cheese, grated (2 cups)
- 1 cup heavy cream
- 2 garlic cloves, minced
- 1 teaspoon cornstarch
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper

Filling and Noodles:

- 1 1/2 pounds eggplant, peeled and cut into 1/2 inch pieces
- Kosher salt and pepper
- 1 pound zucchini, cut into 1/2 inch pieces
- 1 pound yellow summer squash, cut into 1/2 inch pieces
- 5 tablespoons plus 1 teaspoon extra-virgin olive oil
- 4 garlic cloves, minced
- 1 tablespoon minced fresh thyme
- 12 ounces (12 cups) baby spinach

- 12 no-boil lasagna noodles
- 1/2 cup pitted kalamata olives, minced
- 12 ounces whole-milk mozzarella cheese, shredded (3 cups)
- 2 tablespoons chopped fresh basil

For the tomato sauce: Whisk all ingredients together in bowl; set aside.

For the cream sauce: Whisk all ingredients together in second bowl; set aside.

For the filling and noodles: Adjust oven rack to middle position and heat oven to 375 F. Toss eggplant with 1 teaspoon salt in large bowl. Line large plate with double layer of coffee filters and lightly spray with vegetable oil spray. Spread eggplant in even layer over coffee filters; wipe out and reserve bowl. Microwave eggplant until dry to touch and slightly shriveled, about 10 minutes, tossing halfway through microwaving. Let cool slightly. Return eggplant to bowl and toss with zucchini and summer squash.

Combine 1 tablespoon oil, garlic, and thyme in small bowl. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add half of eggplant mixture, 1/4 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until vegetables are lightly browned, about 7 minutes. Push vegetables to sides of skillet. Add half of garlic mixture to centre and cook, mashing mixture into pan, until fragrant, about 30 seconds. Stir garlic mixture into vegetables and transfer to medium bowl. Repeat with 2 tablespoons oil, remaining eggplant mixture, and remaining garlic mixture; transfer to bowl.

Heat remaining 1 teaspoon oil in now-empty skillet over medium-high heat until shimmering. Add spinach and cook, stirring frequently, until wilted, about 3 minutes. Transfer spinach to paper towel-lined plate and let drain for 2 minutes. Stir into eggplant mixture. (Filling can be refrigerated for up to 24 hours.)

Grease 13-by-9-inch baking dish. Spread 1 cup tomato sauce evenly over bottom of dish. Arrange 4 noodles on top of sauce (noodles will overlap). Spread half of vegetable mixture evenly over noodles, followed by 1/4 cup olives. Spoon half of cream sauce over top and sprinkle with 1 cup mozzarella. Repeat layering with 4 noodles, 1 cup tomato sauce, remaining vegetable mixture, remaining 1/4 cup olives, remaining cream sauce, and 1 cup mozzarella. For final layer, arrange remaining 4 noodles on top and cover completely with remaining tomato sauce. Sprinkle remaining 1 cup mozzarella evenly over tomato sauce.

Cover dish tightly with aluminum foil that has been sprayed with oil spray and bake until edges are just bubbling, about 35 minutes, rotating dish halfway through baking. Let lasagna cool for 25 minutes, sprinkle with basil, and serve.

Nutrition information per serving: 537 calories; 296 calories from fat; 33 g fat (14 g saturated; 0 g trans fats); 68 mg cholesterol; 928 mg sodium; 42 g carbohydrate; 6 g fiber; 9 g sugar; 25 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Vegetable Lasagna in "Revolutionary Recipes."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

3/12

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PREVIOUS SOLUTION

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

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

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NEA Crossword Puzzle

- ACROSS**
- 1 Crone
 - 4 Not outgoing
 - 7 Bear, to Brutus
 - 11 Smog monitoring grp.
 - 12 Cat's-paw
 - 14 Within sight
 - 15 Sports "zebra"
 - 16 Boleyn or Baxter
 - 17 — accompli
 - 18 Sturdy shoe
 - 20 Coral islands
 - 22 Large green parrot
 - 23 Good buddy
 - 24 Nose stimuli
 - 27 Humidity problem
 - 30 Ephron of "You've Got Mail"
 - 31 Viking letter
 - 32 Caught ya!
 - 34 Fem. saint
- DOWN**
- 1 Villain's foe
 - 2 Triangle tip
 - 3 Large fishhook

Answer to Previous Puzzle

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

- 4 Looks a long time
- 5 GM competitor
- 6 Over there
- 7 Develop
- 8 True
- 9 Go on a voyage
- 10 Fine and liberal
- 13 Pouncing
- 19 Green pod
- 21 Fable
- 24 Switch positions
- 25 Pixels
- 26 Two-color cookie
- 27 Bean for sprouting
- 28 French waters
- 29 Query starter
- 31 Caused resentment
- 33 Pop singer — Grant
- 35 Barber-shop sign
- 36 Prefix for billion
- 38 Wane
- 39 Least wacky
- 41 "The Prisoner of —"
- 42 Goes over big
- 43 Heroic
- 44 Emanation
- 46 Feeling low
- 47 Homer's daughter
- 48 Happily — after
- 51 Apply

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		

Your Birthday

TUESDAY, MARCH 12, 2019

You'll have plenty of opportunities to expand your interests, friendships and horizons this year. Take your time and make choices based on common sense and long-term goals. Rushing into something that sounds too good to be true will set you back. Let your intuition guide you.

PISCES (Feb. 20-March 20) — Only offer help if it's feasible to do so. If someone is asking for too much or is not being reasonable, put your energy into projects and concrete endeavors.

ARIES (March 21-April 19) — Formulate everything in your head and go over every detail before you decide to share your plans. Preparation will be a key element to reaching your goals.

TAURUS (April 20-May 20) — Take the helm and make things happen. Show your tenacity and ability to get things done to win points and support from influential people.

GEMINI (May 21-June 20) — Pay attention to your health and well-being. Look at what's being offered and consider whether it's in your best interest to get involved before you make a commitment.

CANCER (June 21-July 22) — Keep the peace, regardless of what others do. A partnership that offers equality, trust and teamwork will encourage you to revisit a project that hit a dead end. Be willing to accept help.

LEO (July 23-Aug. 22) — Refuse to give in to negativity. If you let others' actions

stifle your ability to get things done, you will lose. Let your achievement be your rebuttal.

VIRGO (Aug. 23-Sept. 22) — Take a step toward a better life. Size up your situation and make adjustments that encourage good health, financial prosperity and enhanced skills. Initiate worthwhile connections and strive for perfection.

LIBRA (Sept. 23-Oct. 23) — Learn more and say less. Observe the people you are dealing with to find a solution that will put an end to you or a loved one being bullied or taken for granted.

SCORPIO (Oct. 24-Nov. 22) — The people you encounter will offer suggestions. What you discover about yourself and your goals will result in greater determination to reach for the stars.

SAGITTARIUS (Nov. 23-Dec. 21) — Share emotions instead of stewing about something and letting it consume you. Once you clear the air, it will be easier to move forward and make positive adjustments.

CAPRICORN (Dec. 22-Jan. 19) — The changes you make will ease stress and comfort you. Consider with whom you enjoy spending time and make plans that will give you something to look forward to.

AQUARIUS (Jan. 20-Feb. 19) — Do things right the first time. You'll face complaints from someone critical if you take shortcuts. Make sure you understand what's expected of you before you start something new.

TUESDAY, MARCH 12, 2019

During the defense, recall the bidding

By Phillip Alder

George Burns said, "By the time you're 80 years old, you've learned everything. You only have to remember it."

Easy for him to say, since he lived to be 100. But when the card-play begins in bridge, the three active players should remember the bidding and use it to help place the unseen key cards.

In this deal, how should East plan the defense against four spades after West leads the heart king?

West made a weak jump overcall, showing a good six-card suit and some 6-10 high-card points. North's three-spade response indicated a respectable single raise. (You bid one level higher after an opponent's weak jump. If North had a game-invitational raise, he would have jumped to four spades; and with a game-forcing raise, he would have cue-bid four hearts. You hope that knowledge about the deal will help you to find a way home.)

East knew that they had only one heart trick coming because, from the auction, South had to have only a singleton. East also had the diamond king, so realized that it was right to attack

				North	03-12-19
				♠ J 10 7	
				♥ 8 5	
				♦ A Q J 9 7	
				♣ 6 4 3	
West				East	
♠ 6				♠ 5 4 2	
♥ K Q J 9 7 4				♥ A 10 3 2	
♦ 6 3 2				♦ K 4	
♣ K 8 5				♣ Q J 10 9	
				South	
				♠ A K Q 9 8 3	
				♥ 6	
				♦ 10 8 5	
				♣ A 7 2	
				Dealer: South	
				Vulnerable: East-West	
South	West	North	East		
1♠	3♥	3♠	4♥		
4♠	Pass	Pass	Pass		
				Opening lead: ♥ K	

clubs now. He carefully overtook his partner's king with the ace and shifted to the club queen.

South won and drew trumps. Then he wondered if the club queen had been an honest card. If so, West had at least 8 points in hearts and clubs, so couldn't have the diamond king. We can see, though, that declarer couldn't win. He had to lose one heart, one diamond and two clubs. But since four hearts would have made, it was a good sacrifice.