

Strawberry season has arrived

By Matthew McCully

While the season was off to a bit of a late start, this year's local strawberries are out and ripe and ready to eat.

For those who prefer to handpick their own, according to the Quebec Farmer's Union (UPA), the majority of the 15 U-pick farms in Estrie have opened their doors already or will within the next week.

The directory of U-pick sites in the province is available on lesfraiches-duquebec.com.

Raspberries are expected to ripen by mid-July.

More than 40 businesses in the Townships (Estrie Brome-Missisquoi and Haute-Yamaska) have joined forces to promote the picking of a wide variety of crops from June to December ranging from berries to Christmas trees.

A grower's grid and harvest schedule is available on the website www.createursdesaveurs.com.



MATTHEW MCCULLY

"The system failed"

CIUSSS de l'Estrie CHUS releases report on internal investigation into Granby girl's death



GORDON LAMBIE

Dr. Stéphane Tremblay, President and General Manager of the CIUSSS de l'Estrie - CHUS; Josée Paquette, Director of Human Resources, Communications, and Legal Affairs; Marie-France Thibeault from the communications service; Alain St-Pierre, Interim Director of youth protection services, and Johanne Fleurant, associate director of youth programs at the press conference unveiling the results of the investigation yesterday afternoon.

By Gordon Lambie

The report on the internal investigation into the death of a seven year old girl in Granby earlier this year was made public by the CIUSSS de l'Estrie - CHUS, the regional healthcare establishment, on Wednesday afternoon.

a systematic failure based on a large number of issues, and makes 14 recommendations on how to improve the situation.

"The investigation demonstrates that we cannot point the finger at a single person or service, but rather that an entire system that failed many times, in many ways, over the course of seven years," Tremblay said, noting that although the investigation pointed to a

wealth of services being offered over the years by different workers within the health and social services network, a succession of problems that never should have happened placed the child in a situation of elevated risk. "The social safety net was not effective enough to prevent this child's death," he added.

The 14 recommendations included in the report have been grouped into four

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Weather



TODAY: SUNNY

HIGH OF 32
LOW OF 16



FRIDAY: SUNNY

HIGH OF 32
LOW OF 19



SATURDAY: 60% CHANCE OF SHOWERS

HIGH OF 25
LOW OF 10



SUNDAY: SUNNY

HIGH OF 24
LOW OF 9



MONDAY: SUNNY

HIGH OF 27
LOW OF 11

A sizzling heap of...



ROSS MURRAY

Considerate person that she is, Deb offered the man with only two items to go ahead of us at the grocery checkout. But first, a condition:

"You're not getting lottery tickets, are you?" she asked.

The man, one of our many local characters, said, no, he never buys lottery tickets. A waste of money, he felt. Deb concurred. "You have better chance of getting struck by lightning," she said.

"My great-uncle [or some distant relation] got struck by lightning," said our fellow shopper. "It made him smart." He went on to explain that the lightning strike fused the two halves of his brain, creating new pathways that led to him to (big finish!) invent the manure spreader!

After he had left with his purchases, I leaned over to Deb and muttered, "I think someone was spreading a little manure himself..."

I thought of this exchange the next day while out for a walk with Deb, following the usual route (long) she likes to take daily in all weather (terrible). As we set out under grey skies, we looked down the length of Dufferin Street where the skies were a shade more apocalyptic.

"Uh-oh," I said.

Deb said, as always, "It'll pass."

It did not.

Quickly drenched by the steady rain, we (Deb) decided to trudge onward to

the walking path, Bella the dog hanging back as though daydreaming of sofas and dry spaces, much like me. She could also probably sense what was coming: Flash-KaPOW!

"Ummm, that was pretty close," I said.

"We're fine," said Deb. "The trees are taller than we are."

"I don't think you're supposed to stand by trees in an electrical storm."

"So what are you supposed to do?"

"I think you lie down flat."

Deb pointed to the puddle-covered path. "Help yourself," she said.

We walked on, thunder booming around us, the occasional bright flash.

"Maybe we'll get smart and invent a manure spreader," I joked. Really, though, a lightning strike probably wouldn't so much fuse the halves of my brain as fuse me and the dog to the sidewalk in a sizzling, furry heap.

"Doesn't this make you anxious at all?" I asked.

"What are the chances?"

"There's still a chance. That's why they're called 'chances.'"

"I'm not worried," she said. "Besides, you're a little bit taller than me."

Just for that, I started walking really close to her.

Ka-BOOOOM!!!!

"I think I just spread some manure in my pants," I said.

Obviously, we did not get struck by lightning and the halves of my brain have not been fused together, otherwise this piece would be a lot smarter.

But, after drying my face and draining my shoes, I did Google "manure spreader inventor" and learned from Wikipedia that "The first successful automated manure spreader was designed by Joseph Kemp in 1875. Manure spreaders began as ground-driven units which could be pulled by a horse or team of horses. At the time of his invention, he was living near Magog, Quebec,

Canada."

Well, now...

Through further research, I learned that Joseph Kemp was born on the shores of Lake Memphremagog, "about ten miles from the Vermont Line," on July 4, 1841 (Happy Birthday, Joseph!), and that at age 20 he began to learn the carpenter trade in Derby, Vermont, just over the line from here. After working in lumber in Lawrence, Mass., he returned to farming at Magoon Point near Georgeville in 1867.

A few years later, struggling with manure distribution (as one does), Kemp rigged a machine over an ox cart, which, Kemp wrote himself, "worked so well that a Mr. Allen, of Waterloo, PQ, wanted I should build him a spreader, which I did in 1875." [The Implement Age, Volumes 23-24, Implement Age Company, 1904].

Kemp entered a partnership with William Burpee of Derby, Vt., and the first practical manure spreaders began to be manufactured.

So our little grocery store friend may indeed have had a relative from around these parts who invented the first manure spreader.

BUT NOWHERE DOES IT SAY HE WAS STRUCK BY LIGHTNING AND HAD HIS BRAIN-PARTS FUSED! I think it would mention that.

So what have we learned? A) That Deb is not to be hindered from taking her walks, but we already knew that; B) that the Eastern Townships is home to one of the most important contributions to agriculture, and there should be a musical written about this (Look Who's Spreading! featuring the showstopper "Man, You're a Sure Cure, Manure!"); and C) that if lightning's not going to fuse your brain and make you smarter, what's the point of walking in an electrical storm... Deb!

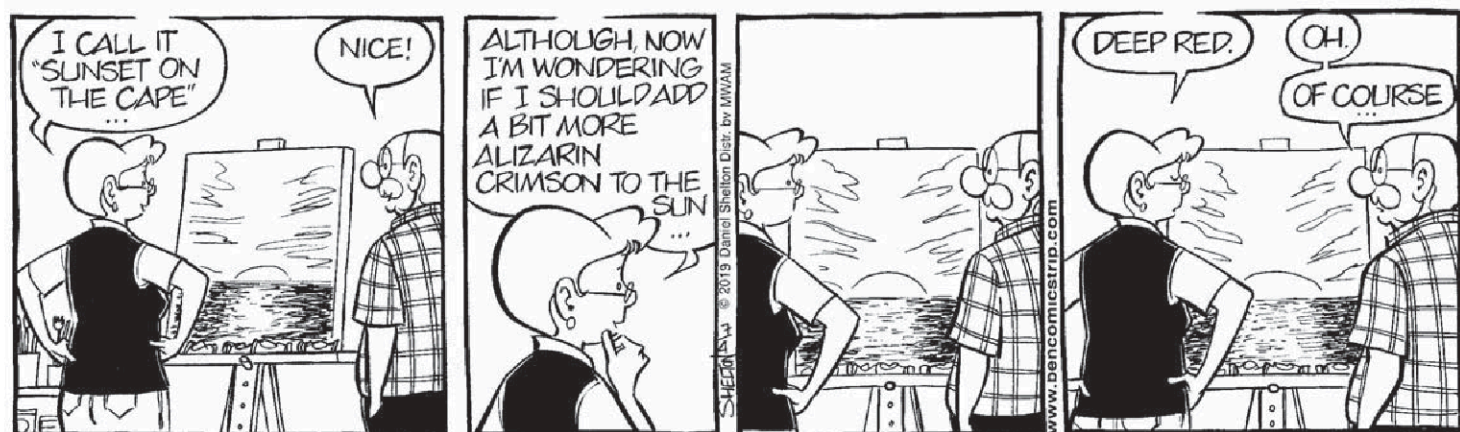
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Association for children with cancer

Ben by Daniel Shelton



LOCAL NEWS

"The Circuit art et mosaïques offers an excellent opportunity to admire works of art in Sherbrooke,"

Sherbrooke rolls out new, expanded circuit of living sculptures

By Gordon Lambie

After about a month of having the new works of art out in the open, the City of Sherbrooke officially launched the second year of its "Circuit art et mosaïques," which features a series of living sculptures created by a team of metal artists and the workers at Sherbrooke's municipal greenhouses. Adding to the installations that appeared last summer, mainly around the Lac-des-Nations walking path, this year's circuit has grown to include a series of mobile sculptures that will be popping up at various events over the course of the summer.

"The Circuit art et mosaïques offers an excellent opportunity to admire works of art in Sherbrooke," said Paul Gingues, Chairman of the city's cultural

committee, adding that the success of those sculptures that have already been spotted this summer bodes well for the weeks to come. "I have seen plenty of people take photos beside the duck so far during walks," Gingues said, referring to one of the stars of the new additions, a giant rubber duck named "Sherbyducky."

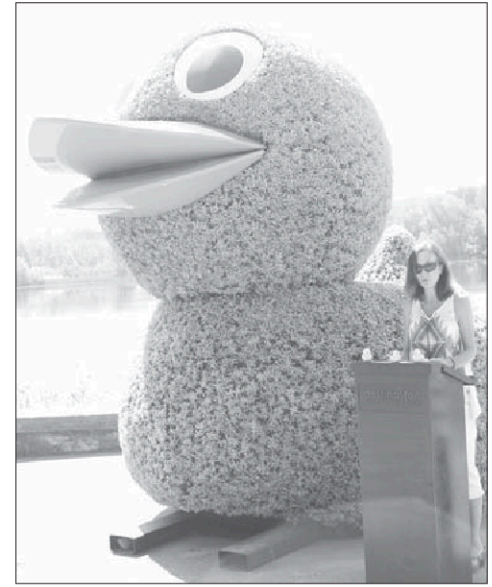
Other new additions to the circuit include a large flowerpot outside the municipal tourism office, and Gustave the Garden Gnome who was, until recently, standing at the corner of King and Belvedere Streets.

All of the sculptures have been created through the practice of "mosaiculture" which blends the art of mosaic, which combines small pieces to make a larger image, and horticulture, or the raising of plants. Sherbrooke's municipi-

pal greenhouses, located in the Domaine Howard Park, are a driving force behind the creation of the new attraction.

"The municipal greenhouses are part of the identity of Sherbrooke as this is one of only a rare few cities that have their own plant production service," said Lynne Blouin of Destination Sherbrooke, calling the greenhouses an institution that people can be proud of.

Destination Sherbrooke has produced a flyer with information about all of the stops on the circuit which can be found at the tourism office on King Street West and also online at www.destinationsherbrooke.com. The public is also invited to come meet the gardeners at the municipal greenhouses any time from 9 a.m. to 3 p.m., Monday to Friday, and from 10 a.m. to 3 p.m. on weekends.



GORDON LAMBIE

How to protect against theft in parking lots

Record Staff

The Sûreté du Québec (SQ) is warning members of the population against a scheme that is enabling thieves to distract and steal from citizens in commercial parking lots.

One or many suspects have been interacting with people, trying to distract them and then steal their wallet, handbag or other personal belongings.

The SQ has given a few examples of distractions.

One scenario involves the victim being called upon to try on a piece of jewelry. The jewelry is only a ploy to bring the victim close enough to try and

snatch their belongings.

SQ officers said in some instances, a thief will tell a victim they have dropped money on the ground.

The scheme is an attempt to have a victim take out and inspect their wallet, giving the perpetrator the opportunity to steal it.

Another situation involves the victim being lured out of their parked car by suspects asking for help with a road map or pointing to money or a wallet on the ground near their car that has supposedly been dropped.

As the victim exits the vehicle, an accomplice enters on the passenger side of the car to steal anything available.

The SQ explained that if approached, citizens have no obligation to interact with a stranger. They should keep a safe distance from the person talking to them, think about whether the claim makes sense, and take note of the surrounding environment and see if there are other people or possible accomplices nearby.

A citizen should not let a stranger get too close or touch them. They should also not take out their wallets or any other personal items under any circumstances.

If a stranger is insistent and forceful making a citizen fear for their safety, they should alert a security guard, com-

municate with local police service, or if necessary, flag a passerby for help.

If approached while inside a parked car, the SQ recommends that citizens stay in their car with the doors locked and open the window slightly to communicate with a stranger.

When in doubt, a person is under no obligation to interact with a stranger. The SQ suggests they pass on any offers being made. If the suspect refuses, it is probably a scam.

In case of danger, the SQ notes that the driver should honk to attract attention or simply drive off. They should also contact their police service and call 9-1-1 if there is an emergency.

"The system failed"

CONT'D FROM PAGE 1

categories based on their area of focus but not, Tremblay said, by order of importance. In the first category, which focuses on the security and development of children, the report recommends that the workers of the youth protection services (DPJ) who work directly with children and you see them as frequently as possible. It also recommends that children aged 0 to 5 who must be removed from their family homes be placed in a situation where a stable plan for their future development can be made, and that the Youth Protection Act be amended so that interventions can be made with regard to non-married partners in addition to biological parents, something that is currently only possible under exceptional circumstances.

The second category of recommendations, which focuses on helping workers

from various services provide better service to children, includes harmonizing CLSC services across the Eastern Townships so as to provide better communication from one area to another when transferring documents or making referrals for specialized care. The report also recommends that the transfer of documents be done in a personalized way to help maintain a continuum of care. Other recommendations in the same category include raising awareness about the role of workers within the DPJ to other parts of the health and social service network to make their expertise better known, improving communication with partner organizations (such as school boards and daycares) to reduce delays and clarify everyone's roles, ensuring that all members of each intervention team is aware of the role he or she is to play and is carrying them out, and making sure that, when a doctor's

intervention is needed, they are included in appropriate communications.

The third category of recommendations has to do with control and follow-up tools. It includes improving access to doctors in situations of neglect and physical abuse, formalizing time limits on the transfer of information from psychological evaluations to referring doctors, revising the procedures by which the living environments in which children are placed are checked for quality, and ensuring that an action plan is put in place to make sure that the report's recommendations are put into effect.

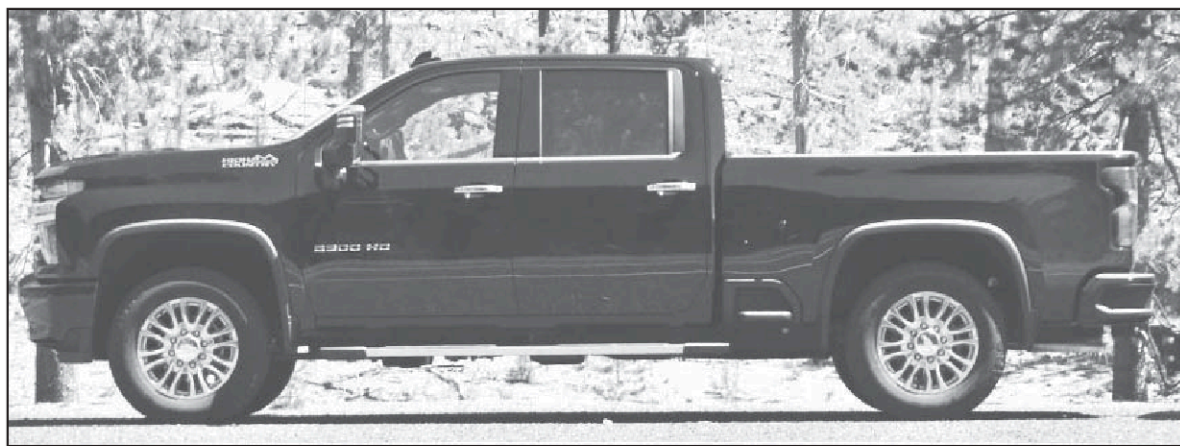
The fourth category, which focuses on support for human resources, contains only one recommendation: that the CIUSSS redouble its efforts to attract and retain personnel to work in youth protective services.

In presenting the recommendations, Tremblay acknowledged that some of

them are easier said than done under the current circumstances. He established, for example, that it will be impossible to increase the amount of visits that DPJ workers have with the children in their care without first hiring new staff. The CIUSSS Director also stated, however, that the administration has not been waiting around for the report to take action on this known issue and is already taking steps.

"The establishment will do everything in its power to ensure that this never happens again," the director said. "I remain convinced that everyone who intervened in this matter acted with the wellbeing of this young girl at heart," he added, explaining that he is leaving it to the ongoing police investigation to lay blame in the matter.

2020 Chevrolet Silverado HD



35,000: the number of pounds you can tow with the diesel-engine version

PHOTO: D. RUFIANGE



By Daniel Rufiange

Powell Butte, Oregon - Over the past decade, the long-simmering battle being waged in the pickup segments between the American Big Three has erupted into all-out war. This applies to both the light-duty and heavy duty (HD) categories. Each generation seems focused single-mindedly on offering more power, more torque and more towing capacity than before and, especially, than the competition.

And so it is with the new harvest of HD trucks from Chevrolet. This time, the automaker's big, blunt argument to win over consumers is their massive towing capacity of 35,000 lb.

In so doing, Chevrolet once again overtakes Dodge in the My Dad Is Stronger Than Your Dad sweepstakes.

Beyond this mind-bending number, however, is a product that's been entirely overhauled to better serve those who need heavy work done, reliably. Little if anything has been neglected, and the result is an overall exceptional product - except for a couple of notable missteps. We'll get to that.

The styling
The looks of a vehicle can be a subject of endless debate, and since personal tastes are entirely subjective that debate can be fun but it's ultimately futile. That said, there are exceptions. In the case of the new Silverado HD, rarely have I witnessed such a strong consensus regarding the looks. More specifically, how hideous this thing looks. Distinct this truck certainly is, but I think it's safe to say it won't win any beauty contests.

I can easily imagine that over at Chevrolet HQ they're discretely crossing their finger hoping sales aren't affected by the ugly mug of truck. Not many of us would be happy driving around in a vehicle that's the object of raspberries and ridicule - especially in the Heavy Duty universe!

Now that that's out of the way, know that the 2020 Silverado comes in five different flavours. They are, with expected percentage of sales of the model to individual buyers in parentheses, the Work Truck (5%), Custom (10%), LT (25%), LTZ (40%) and High Country (20%). There are a few distinctive visual features on each, notably as concerns the front grille and the wheels.

Then of course there are the 2500 and 3500 double-axle variants of the HD

series. Pricing, if you're wondering, will be announced later, closer to commercial launch date.

The crux of the matter: the engines

Under the hood we find an old acquaintance, which has gotten some substantial upgrading, plus a rookie still wet behind the ears. There's both good and bad here.

The good: First of all, the Diesel Duramax engine is back, better than ever. The 6.6L turbodiesel V8 delivers 445 hp and an impressive 915 lb-ft of torque. Most pertinently, its towing capacity is an astounding 35,000 lb. In fact, all double-axle versions equipped with this engine can pull at least 30,000 lb.

On our day of introduction to the HD, we were let loose in a version towing a load of 14,000 lb. The results were frankly impressive; we barely felt like we were pulling anything at all. Slight exaggeration, that, but only slight. You do feel the weight when first getting going, but once in motion it's child play for the truck.

Part of the credit for that must go as well to the 10-speed automatic transmission.

Our review of the 2020 Chevrolet Silverado 1500 Diesel

The bad: The other available engine is a new 6.6L V8 fed by gasoline; its specifications give its output as 401 hp and 464 lb-ft of torque. This version was provided to us with a 6,000-lb load attached to it, and this time around our enthusiasm was squashed. Of the 401 horses, we had the impression half of those were chilling out IN the trailer instead of working dutifully to pull it from under the hood of the truck. Worse, even when the truck isn't pulling anything you never feel like you're benefiting from all of the advertised power.

The pricing, when it's announced, will tell a fuller story. But even if it's scaled to make this second powertrain attractive, I can't see why I would opt for it in lieu of the diesel engine. Budget would have to be a major consideration. I wonder if Chevrolet even wants to sell any HD with this new engine. Any customer who test-drives both powertrains back-to-back is going to be entirely swayed towards the diesel option.

Each powertrain, by the way, can be configured with regular, double or crew cab format.

The art of towing

Chevrolet is conscious of the fact that folks who go in for a heavy duty truck like this tend to do a lot of towing. With that 35,000-lb capacity (an astonishing 52% increase over the previous Silverado HD), I can't imagine this truck coming up short for anyone. So how did Chevy manage that phenomenal increase? Inundating you with technical details

might bore you to tears, so suffice to say the company's engineers redesigned and reinforced just about everything. The chassis, for example, is built to handle some serious stress.

Beyond the massive capacity, Chevy also focused on making towing operations as easy as possible. Internal studies showed the company that 50% of people reported being stressed out by having to tow stuff. Clearly, there's room for improvement there, and users of the new Silverado HD should feel altogether more zen when operating it.

There is, for example, a system of eight cameras offering up to 15 different views. One serves for securing the trailer, another to help see what's going on behind that trailer; engage the turn signal and you even get side views. Another nice feature is the camera the user can place behind the trailer to get a better view of the space behind it. That view is shown on the central console camera, so that when you're at the wheel you can see if there's another vehicle close in behind you. That wasn't possible before. Own horses? A camera can even be placed INSIDE the trailer so you can keep an eye on your precious cargo while you drive.

In this regard Chevrolet scores some serious points. The only thing I can see that's still missing is a Ford-style system that allows for directing the trailer with a knob when backing up.

The rest

There are far too many new elements and functions in Chevy's new crop of HD trucks to mention here. We've touched on the essential ones, but just keep in mind there are a ton more waiting to be discovered when you take an in-depth, in-person look at the 2020 Silverado HD. Here's a quick rundown of some of them:

- 21 anchor points in back, including 9 movable ones
- The HD series gets its first power tailgate
- The fascia is designed to allow the installation of snow-clearing equipment without the need for any modifications
- The bloc-heater is integrated in the front grille (no more hanging cords)
- The driver can check the tire pressure of the trailer's wheels while driving the truck
- And tons more

Conclusion

Chevrolet's HD is a very, very solid product. And if you're in the camp of those who hate the truck's looks, you can always wait for the GMC version that will debut soon.

Otherwise, this segment, for consumers, is a question of needs, and Chevrolet has done everything it can to make sure all them are met with its new HD.

Up to you to see if it meets yours.

TOWNSHIPS HISTORY TIDBITS

When the headlines hit the streets

By Taylor McClure
Special to The Record

The Record recently came across a copy of its special centennial edition celebrating 100 years of the English daily newspaper.

The special edition looks back at the history of The Sherbrooke Record and how it progressed over the years with various former employees reminiscing about their time working for the paper.

Sarge Bampton, who worked at the Record as a teenager in the 1940s, recalled his role at the paper when it was located on Wellington Street.

Part of Bampton's job involved printing certain headlines on large boards. The large boards would then be hung on racks just above the shipping and receiving door on Wellington Street.

This allowed the public to read the headlines while they were walking up and down the street.

At times, Bampton said on occasion he would purposely misspell words to see how people would react when passing by.

Being the first people in town to hear the news had its privileges.

Bampton shared his recollection of VE (Victory in Europe) Day in May, 1945.

The information was under embargo and couldn't be shared until noon.

Bampton said he couldn't contain himself. With a brother overseas, he felt compelled to make an excuse to slip away from work and call his mother and share the news.

Bampton wasn't the only one to leak the information.

Before the paper hit the stands at noon, Bampton said Wellington Street was crowded, stores were closed, cars were honking, and folks were patting each other on the back.



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The Border Report

For Canadians returning home after a visit, it is important to remember what can come back across the border.

Party at the neighbour's house

Record Staff

Being a border town in Quebec has some perks.

Residents get to celebrate being a Quebecker on June 24, and then being a Canadian on July 1.

While most Canadians get back to business as usual after Canada Day, border towns can't help but notice the party brewing just down the road as American neighbours prep for July 4.

With fireworks, parades and a variety of activities happening just a hop, skip and a jump from Stanstead, locals can find it hard to resist the temptation to head across the border for one more party to ring in the summer.

For those interested in Independence Day celebrations in the U.S. there are plenty of options in the area.

Independence Day in the Northeast Kingdom is full of festive activities. The day begins bright and early with the Harry Corrow Freedom Run and the ever-popular Derby Parade. After a brief lunch break, families are invited to Gardner Park for an old-fashioned celebration including live music, food and games. The day will round out with, you guessed it, fireworks.

The following is a detailed schedule of July 4 activities in Newport/Derby.

Activities are open to all ages and run from 4 p.m. until 10 p.m. at Gardner Memorial Park, Newport.

Admission to the park is free.

8:30 a.m.- Harry Corrow Freedom Run
10 a.m.- Derby Parade

4 p.m.- Gardner Park Opens
4 p.m.- Live Music: The Hitmen
5 p.m.- Bed Races
7 p.m.- Live music featuring The Dirty Looks Band
8 p.m. Hula Hoop Contest
8:30 p.m.- More live music from The Dirty Looks Band
9:30 p.m.- Fireworks

The parade

For 50 years, the Derby Lions Club has hosted a July 4 parade boasting over 75 floats, live music, animals, equipment and vehicles of all shapes and sizes. The show begins at 10 a.m. and travels from the Derby Elks Lodge down VT Route 105 to Nelson Farms. One of the largest processions in our area, the spectacle attracts hundreds of visitors each year and is free to any group who wants to promote their organization by marching, riding or driving in the parade. Set-up begins at 9 a.m.

12th annual bed races

The Bed Races are a hysterical, patriotic display in Gardner Park where teams of five push rolling beds down a 300-foot runway toward a finish line. Each team includes four "runners" and one "rider" over the age of 16. The beds must consist of at least 3 wheels, a flat "bed-like" area, a mattress or cushion and a blanket. Race beds are powered by pushing, no motors or mechanics are permitted. After multiple heats and double elimination, one team will finish the tournament in first place, receive the coveted bed spring trophy and \$500 in

prize money.

Fireworks

As the night winds down and the sun sets, the grand finale of the Independence Day celebrations will take place at 9:30 p.m. with a brilliant fireworks display over the bay on Lake Memphremagog.

Festivities in Colebrook

Colebrook started Independence Day celebrations on Wednesday, July 3, at the Colebrook Athletic Field. On July 4th, the day's line-up of activities begins with an American Legion Pancake Breakfast from 7 to 10 a.m. at the Monadnock Congregational Church and a Fishing Derby for kids 12 and under at 8 a.m. at McKinnon's Pond on South Hill Road. The Main Street parade, with the theme of "Cartoon Characters" kicks off at 11 a.m., followed by a Kiwanis Chicken BBQ at noon on the Colebrook Academy lawn, with kids' menu and activities, and parade prizes.

Border crossing reminders

It's always a good idea to know before you go and be prepared when crossing the border.

Wait times for travelers heading across the border from Canada to the U.S. are updated hourly on the website travel.gc.ca/travelling/border-times.

Having passports and identification ready when crossing the border always helps things move quickly.

For Canadians returning home after a visit, it is important to remember what can come back across the border.

All goods must be reported, including any food, plant and animal products in a traveler's possession.

Keeping receipts handy and knowing the total spent in Canadian dollars is also helpful.

Travelers who spend more than 24 in the U.S. can declare up to \$200, not including alcohol or tobacco products. The goods must be in the traveler's possession at the time of the border crossing.

After a stay longer than 48 hours, travelers can declare \$800 worth of goods, including alcohol and tobacco products within prescribed limits.

Inspections are normal, don't panic

While the experience for many border crossers is a few questions with a border agent, travelers are sometimes directed to a secondary inspection.

According to the CBSA, secondary inspections are common. They are chosen at random, or if the CBSA would like further details about time spent abroad.

A search may be conducted in a traveler's vehicle to verify declarations made. Travelers may be asked to confirm guardianship of any children travelling with them. An inspection of luggage, purses or wallets, electronics (including laptops and cell phones) may also be done.

More information about crossing the border can be found on the CBSA website at:

www.cbsa-asfc.gc.ca/menu-eng.html.

FRONTIER ANIMAL SOCIETY

Featured pet: Missy

Missy came into our care in mid May when her owner was no longer in a position to care for her. Being a senior, we knew it would be a tough transition but we also knew we could ensure that in our care, she would be safe and placed into a loving and permanent home. This week, Missy had to say goodbye to her companion Molly who was surrendered along with her.

Although it would have been nice to find them a home together, in the five weeks we've had them posted for adoption, they did not receive a single inquiry. Despite their shared history, they were not a bonded pair and in anticipation of this outcome, over the last few weeks they have spent much of their time apart. Still, we can't help but feel a little sad for Missy.

Missy is a beagle mix who is 8 or 9 and who weighs in at just under 40 pounds. She is such a sweet, and friendly girl and we hate that she is spending even just a small part of her golden years at a shelter, waiting for a family. She deserves a home where she is doted on and where each and every day is filled with happiness and love. She is very easy going and not overly active or energetic but she

still loves her walks and enjoys exploring the great outdoors. Missy is dog social and is happiest when she has the company of people so we are looking for a home where she will not be alone for long periods on a regular basis. Unfortunately Missy can be a bit of a barker when left on her own so she isn't well suited to apartment living where neighbours might not appreciate her vocal range.

If you have an even just a little room in your heart and in your home for this gentle old gal, we'd love to hear from you so we can tell you more about Missy's specific needs. She has a sensitive tummy and is currently taking prednisone (a small pill) which costs about \$20 per month. To inquire, please send an email to frontieranimalsociety@gmail.com or better yet, give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.

We'd also like to share that our Annual General Meeting will be taking place on Tuesday July 16 at the Ogden Town Hall (70 Ogden Road JOB 3E3) at 6:30 p.m. It is open to all so please feel free to join us.



EDITORIAL

They air a special show featuring reruns of one of their more popular offerings like "Downton Abbey" or "As Time Goes By," interspersed with three hundred fundraising pleas each hour.

The Eve of Destruction... fifty-four years later



TIM BELFORD

It's pretty hard in this day and age to not worry about the state of the world and life in general. Each and every day the media has a feature or two on the latest thing we should be terrified of. Whether it's the Chinese buzzing one of our naval vessels, the Iranis announcing they're going ahead with the stockpiling of weapons grade uranium or Donald Trump simply getting up in the morning, the warning is clear: We're headed for disaster.

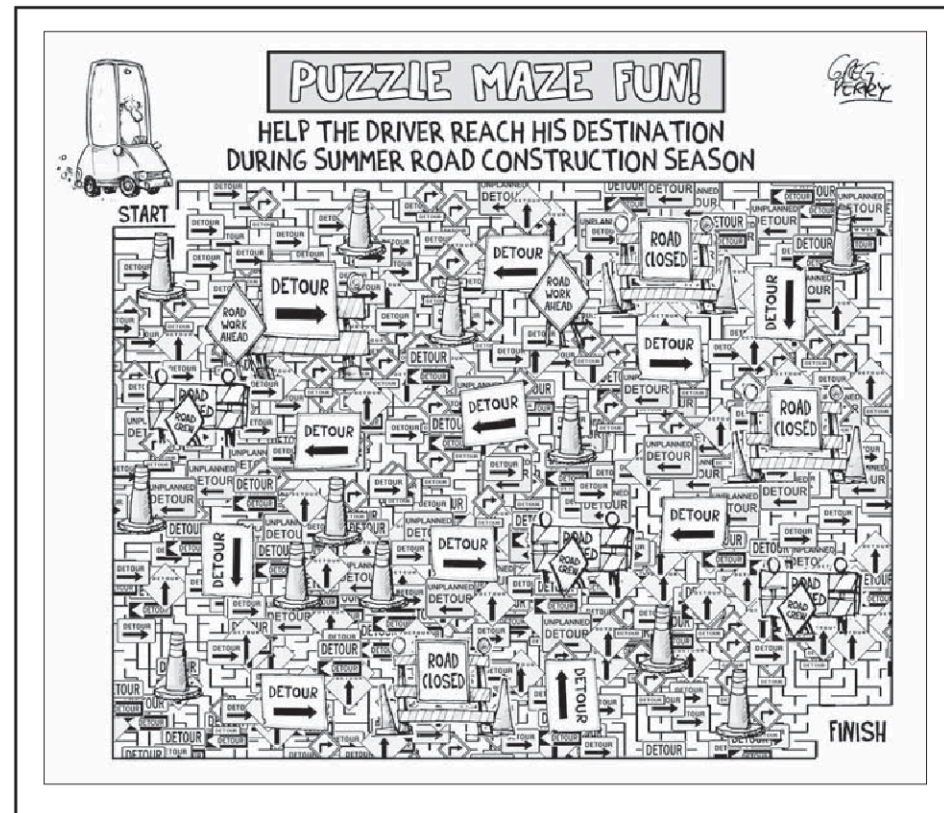
In the last couple of weeks alone there have been unprecedented forest fires in Spain, a killer heat wave in Europe, increasing alarms over a potential measles epidemic and the deaths of a half dozen Right Whales off the east coast of Nova Scotia. As important as each of these events are – and I truly believe

that to be the case – the media cannot resist heightening the problem by lending an air of Armageddon to each report.

Oddly enough this all came to mind earlier this week when I caught a bit of one of the local Public Broadcasting Station's fund raising appeals. You know the drill. They air a special show featuring reruns of one of their more popular offerings like "Downton Abbey" or "As Time Goes By," interspersed with three hundred fundraising pleas each hour. This particular show was a special on folk rock music from the early sixties.

One of the artists they showed, in a rather grainy black and white clip, was Barry McGuire. To you youngsters out there this probably means nothing unless you've dipped into Grandpa and Grandma's vinyl collection but take it from me, he had his ten minutes of fame. This particular number was one that he released in July of 1965, 54 years ago this month.

To fill in the blanks, this was at the height of the Viet Nam War when the United States found itself in an unwinnable conflict with a badly outnumbered, out-gunned and out-fed Viet Cong. Thousands of young Americans were being wounded or dying each week



while Washington debated whether to up the ante or find a way out. It not only caused a split along political lines but it tore the nation in two with anti-war activists – a large number of them young people, which is no surprise since they were the ones doing most of the fighting – heading to the streets in protest.

The song's title was "Eve of Destruction" written by P.F. Sloan a year earlier. The lyrics were, as you can expect, pretty much a compendium of 1960's anti-war, give peace a chance, equal rights thought with little hope for the future.

The chorus summed it up:

"And you tell me
Over and over and over again, my friend

Ah, you don't believe
We're on the eve
of destruction"

And yet here we are fifty-four years later. We're probably not much wiser or kinder and thinking the same gloomy thoughts but human resilience is a wonderful thing. I know because I heard that in another song.

Does Memphré Exist?

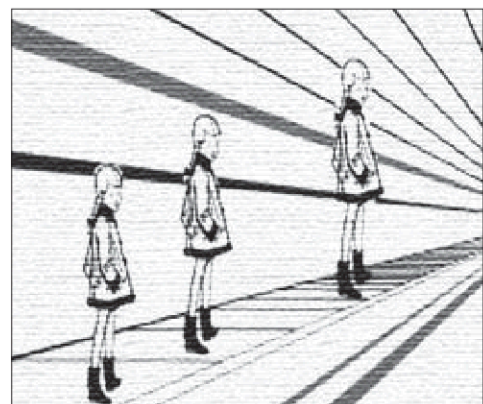
DEAR EDITOR:

In The Record of June 12, 2019 ("Do you believe in Memphré?"), there was a review of the Memphré "myth". Although its (his? her? their?) existence has been questioned, there have been numerous reports of a "sea serpent" in Lake Memphramagog. The Record story also contains a description and photograph of a recent strange disturbance in the water. According to the observer, "this was not a wave" and "There was something under the surface". He was not claiming to have seen "Memphré" but he "did see something". Readers were invited to share their experiences.

Whether or not The Record received any submissions, there have been reports of similar sightings in other places (e.g. "Wippi" in Lake Massawippi, "Champ" in Lake Champlain and Nessie in Loch Ness). In some cases, as with Memphré, people claim to have actually seen a creature/monster. Such experiences can be vivid and persuasive. There are also other media stories of unusual sightings that stretch the imagination: flying saucers, Bigfoot, Sasquatch, a face on the surface of Mars, an image of the Virgin Mary in a grilled-cheese sandwich, religious statues that bleed.

Assuming that these reports are honest accounts of what was perceived, how

can they be explained? Perhaps there are flying saucers. Perhaps statues can bleed. Perhaps there are water serpents. Unfortunately, people have also created fake flying saucers and fake monsters. But if there are no monsters, and no faking, real water turbulations may be caused by other natural events, and reports of monsters may be based on experiences that reflect an interpretation of something that is ambiguous. In the presence of ambiguity, a person may "see" what they expect to see or what they have read about, what they have been told or what they have seen in pictures. As a parallel, Record readers will doubtless be aware of compelling visual illusions in which we perceive things inaccurately or even perceive things that are not there. For example:



Are these people the same size?

It is often stated that we cannot prove a negative such as "Monsters do not exist". However, if we try to investigate these sightings from the scientific point of view, even with the goal of showing that monsters do exist, the apparently paradoxical but logical procedure is to assume that monsters do not exist (the so-called "null" hypothesis) and then try to disprove that. If alternative explanations of the sightings are weak and unlikely, we would reject the assumption of no monsters and accept the monster hypothesis (for now). However, if the alternative explanations provide strong and likely accounts of the sightings, we would not reject the hypothesis of no monsters (for now). As evidence accumulates, our current hypotheses may turn into beliefs.

Does Memphré exist? If the answer is "yes", this would be fascinating. But if people believe such things when they are not true, this is just as fascinating – perhaps more so, because it would demonstrate the power of the human mind to trick us and blind us to reality.

STUART MCKELVIE
SHERBROOKE

THE RECORD

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Local Sports

The Quebec Games are a provincial multisport competition that is held annually, alternating between winter and summer games.

Sherbrooke looking to host the 2023 Quebec Games

Record Staff

The City of Sherbrooke announced its intention to apply to be the host city for the 2023 winter Quebec Games.

In May, Sherbrooke mayor Steve Lussier attended an information session, along with public officials and partners, intended for cities interested in welcoming this sporting event. This helped better understand the Quebec Games' new assignment process and the related funding. A maximum capital budget of

\$5 million is available for the selected cities and the allocated budget for operations has also been enhanced. The changes make hosting the event more interesting in the eyes of the municipal council.

"We already have a great human and technical expertise to organize sporting events in Sherbrooke. We have hosted the Summer Games twice, in 1977 and 1995, but it would be a first for the Winter Games," admitted Lussier. "We have everything necessary to welcome the 3,000 participating athletes, coaches,

and officials. I am convinced that Sherbrooke's sporting community and our sports development partners will be enthusiastic about the project. Their commitment will be crucial to help solidify our application."

The Quebec Games are a provincial multisport competition that is held annually, alternating between winter and summer games. Since 1970, the Games have been a key event in the development of young athletes and are a stepping-stone to produce the next generation of provincial and national

champions. They are led by SPORTSQUEBEC, a non-profit organization comprised of 65 sports federations across Quebec, as well as 17 regional sports and recreation units and 18 partners.

The City of Sherbrooke will have to submit its technical file for October 21, 2019. Then, a preliminary budget will be submitted for March 13, 2020, and a final bid on July 31, 2019. The Quebec Games will officially announce the 2023 Games' host on September 15, 2020.

Canadiens sign veteran forward Phil Varone to one year, two way contract

The Canadian Press

The Montreal Canadiens have signed forward Phil Varone to a one-year, two-way contract.

The deal will pay Varone \$700,000 at the NHL level and \$450,000 in the AHL. The five-foot-10, 193-pound native of

Vaughan, Ont., had seven points (three goals, four assists) and eight penalty minutes in 47 games with Philadelphia in 2018-19. Varone added points (11 goals, 17 assists) in 22 contests with the AHL's Lehigh Valley Phantoms.

Varone, 28, has 17 career NHL points (eight goals, nine assists) in 97 games

with Buffalo, Ottawa and Philadelphia. He has 396 points (123 goals, 373 assists) in 488 career AHL games with Rochester, Binghamton and Lehigh Valley.

He won the Les Cunningham Award as the AHL's most valuable player in 2017-18.

Selected in the fifth round by the San

Jose Sharks (147th overall) in the 2009 NHL Draft, Varone collected 230 points in 230 Ontario Hockey League games with Kitchener, London and Erie from 2006 to 2011.

Montreal businessman Clifford Starke withdraws interest in purchasing Alouettes

By Dan Ralph
THE CANADIAN PRESS

Clifford Starke has withdrawn his offer to purchase the Montreal Alouettes.

The Montreal businessman made the announcement Tuesday. Last month, Starke sent commissioner Randy Ambrosie an amended proposal to buy the franchise.

Then Starke further bolstered his bid by adding former Alouettes running back Eric Lapointe to his group as a strategic adviser with an expanding role. But Starke also stated his offer would only stand until Tuesday.

"My partners and I firmly still believe that we have created the ideal ownership structure, offer, executive team and strategy that would have ensured the best possible outcome for the Alouettes," Starke said in a statement. "Currently there isn't a competitive offer that

would combine both a solid business understanding and a Canadian football related acumen, as my proposed offer.

"Our deadline for action from the CFL has expired, as to has the lifespan of our intent to purchase."

Starke first announced his intention to buy the franchise in April. The 35-year-old is the chair of Hampstead Private Capital and has acted as a consultant, adviser and/or director to more than 15 publicly listed companies.

Ambrosie has said the CFL is negotiating exclusively with one potential ownership group. A league source has indicated that's a partnership headed up by Montreal natives Peter and Jeffrey Lenkov, who were in Edmonton for the Alouettes' season-opening 32-25 road loss to the Eskimos on June 14.

Peter Lenkov is a Hollywood producer/writer while Jeff Lenkov is a lawyer and NHL player agent. The Alouettes are now being run by the CFL,

which took over ownership May 31 from American businessman Bob Wetenhall and his son, Andrew.

The Alouettes had reportedly lost \$50 million since 1997 when Wetenhall purchased the franchise. That included \$25 million the past three seasons and a whopping \$12.5 million last year alone.

Lapointe led one of three groups that went public with their interest in purchasing the Alouettes from the CFL. Starke and Vincenzo Guzzo, the president and CEO of Cinemas Guzzo, were the others before Guzzo dropped out of the bidding.

Lapointe was a running back with the Alouettes from 2001-2006. The five-foot-11, 208-pound Montreal native starred collegiately at Mount Allison and after being named Canadian university football's top rookie in 1995 claimed the Hec Crighton Trophy in 1996 and '98.

He was selected in the third round, No. 20 overall, of the 1999 CFL draft by

Edmonton but joined the Hamilton Tiger-Cats later that season after being released. Lapointe was traded to the Toronto Argonauts in 2000, then joined the Alouettes the following season.

Lapointe, 44, is currently a managing director with Stonegate Private Counsel in Montreal. His office assists high net-worth entrepreneurs with sustaining, growing and transitioning their wealth.

Starke and Brad Smith - a former CFL receiver and the son of longtime Alouettes player/president Larry Smith - grew up attending Montreal games at Molson Stadium. From 2000 to 2010, the Alouettes were a league powerhouse, appearing in eight Grey Cups, winning three.

But the franchise hasn't been to the Grey Cup since winning it in 2010 and has missed the CFL playoffs the last four seasons.



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Death

**Gareth FORGRAVE
(1917-2019)**

Miss Gareth Forgrave passed away peacefully on June 20, 2019 at the Wales Home in her 103rd year. Gareth leaves to mourn her many nieces and nephews. Predeceased by her sisters Geraldine Lowry (Hazen), Helen Johnston (Kenneth), and her brother Grant Forgrave (Evelyn).

Gareth served as Lieutenant of the Royal Canadian Navy and continued a long civilian nursing career in Montreal and Ottawa before retiring in Lennoxville.

A graveside service will be held at the Eaton Cemetery, Rte. 210, Cookshire-Eaton on July 13th, 2019 at 1:30 p.m. A celebration of life will follow at the Bulwer Community Center.

In lieu of flowers the family would appreciate memorial donations to the charity of your choice.

The family wishes to express their gratitude to staff at the Wales Home for the attentive care they provided.

**ASK THE DOCTORS**

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

Dear Doctor: Your recent column about how potassium can help lower blood pressure was quite helpful, but when I looked into supplements, they turned out to be almost useless. Why is that? What foods should I be eating?

Dear Reader: Potassium is a mineral that plays a key role in the optimal functioning of nerves, muscles, fluid balance, and, as we wrote about recently, the regulation of blood pressure. Although it's found in a wide range of whole foods, Americans' ongoing love affair with highly processed and fast foods has led to diets that fall short of adequate potassium.

The most recent guidelines for daily potassium intake were released last

March by the National Academies of Science, Engineering and Medicine. They recommend a minimum of 2,300 milligrams per day for healthy women, and 3,400 mg per day for healthy men. These newest recommendations are lower than those previously established in 2005.

Unfortunately, according to the National Institutes of Health, the majority of Americans get less than half the amount of the mineral that they need. It seems logical that, since you can boost your intake of just about any vitamin or mineral with a supplement, you should be able to do the same with potassium. However, it's not that simple. Potassium has the potential to interact with a variety of medications, including blood pressure meds, diuretics and some common pain medications. Depending on the specific medication, it can result in potassium levels that are dangerously high or dangerously low. Too much or too little potassium can lead to muscle cramping, nerve problems, problems with cognition and potentially life-threatening heart arrhythmias. As a result, the U.S. Food and Drug Administration requires over-the-counter potassium supplements, including multivitamins, to contain less than 100 mg, which is a fraction of the recommended daily intake.

The good news is that by eating a diet that draws from a wide variety of whole and fresh foods, you can meet your daily potassium needs. Foods that contain

high or moderate levels of potassium include fish like salmon, tuna, cod and snapper; most red meats; leafy greens like spinach and chard; black beans, pinto beans and white beans; avocados; bananas; apricots; potatoes; tomato sauce and tomato paste; watermelon; lentils; cantaloupe; yogurt; and coconut water. One quick and easy way to give a meal a potassium boost is with frozen spinach, which can easily be added to soups and stews and used as a side dish. Beans, beets and avocados make great additions to salads. Try swapping out sweet or salty ultra-processed snacks for cantaloupe or watermelon.

While you're busy revving up your potassium intake, don't forget to continue to be vigilant about salt. The American Heart Association wants adults to eat no more than 2,300 mg of sodium per day, and recommends we stick closer to a limit of 1,500 mg per day — or less. This is particularly important for people dealing with high blood pressure, or those who are at risk of cardiovascular disease.

Although getting enough potassium without the help of supplements may seem daunting at first, deliberate food choices and just a bit of advance planning will get you into the zone.

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.

Datebook

THURSDAY, JULY 4, 2019

Today is the 185th day of 2019 and the 14th day of summer.

TODAY'S HISTORY: In 1776, the Second Continental Congress adopted the Declaration of Independence.

In 1826, founding fathers John Adams and Thomas Jefferson both died on the 50th anniversary of the signing of the Declaration of Independence.

In 1960, the modern version of the American flag (with 50 stars) debuted at a ceremony in Philadelphia.

In 1997, NASA's Pathfinder space probe landed on Mars.

In 2012, the discovery of Higgs boson-like particles through experiments at the Large Hadron Collider was announced at the European Organization for Nuclear Research (CERN).

TODAY'S BIRTHDAYS: George Everest (1790-1866), surveyor/geographer; Nathaniel Hawthorne (1804-1864), writer; Stephen Foster (1826-1864), songwriter; Calvin Coolidge (1872-1933), 30th U.S. president; Eva Marie Saint (1924-), actress; Neil Simon (1927-2018), playwright; Al Davis (1929-2011), Oakland Raiders owner; George Steinbrenner (1930-2010), New York Yankees owner; Geraldo Rivera (1943-), TV personality;

Koko (1971-2018), gorilla.

TODAY'S FACT: Renowned advice columnists Eppie Lederer and Pauline Phillips, known as Ann Landers and Abigail Van Buren ("Dear Abby") respectively, were twin sisters, born on this day in 1918.

TODAY'S SPORTS: In 1939, New York Yankees slugger Lou Gehrig, who was suffering from amyotrophic lateral sclerosis, announced his retirement at Yankee Stadium, delivering the famous line, "Today, I consider myself the luckiest man on the face of the Earth."

TODAY'S QUOTE: "Would Time but await the close of our favorite follies, we should all be young men, all of us, and until Doom's Day." — Nathaniel Hawthorne, "Wakefield"

TODAY'S NUMBER: 1,000 — annual graduates from the United States Military Academy at West Point, New York, which officially commenced operations on this day in 1802.

TODAY'S MOON: Between new moon (July 2) and first quarter moon (July 9).

Do Just One Thing

By Danny Seo

Do you have an old bottle of ground cinnamon in the pantry and are unsure what to do with it? One natural attribute of cinnamon is that it has fantastic antifungal properties and can help keep fungus like slime mold and mushroom spores from sprouting in your garden or on household plants. To use cinnamon, simply dilute it with warm water and let it steep overnight. When the mixture is cool, transfer to a bottle and spray all over the leaves and on top of the soil of potted plants.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another

Record number is called. Rates: Please call for costs.

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, July 9 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, July 5 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

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. For more information, please contact Sam Borsman at 819 620 6058.

NORTH HATLEY

Summer has finally arrived and the Municipalities of the Village of North Hatley and the Township of Hatley will be presenting Dreamland Concerts in North Hatley's Dreamland Park (corner of Capelton and Main Streets), Saturdays at 7:30 p.m. and Sundays at 1 p.m. (until August 25). Saturday, July 6 at 7:30 p.m.: Slightly Haggard. Sunday, July 7 at 1 p.m.: La Dolce Vita. Admission is free so come and enjoy the music! In case of bad weather, concerts will take place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

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place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

NORTH HATLEY

Bowser & Blue return to The Piggery on Saturday, July 13 at 8 p.m. George Bowser & Ricky Blue travel with guitars, banjo, harmonicas and a whole bunch of songs and jokes. They have chronicled life in Quebec and Canada for more than 40 years. Tickets are \$20 and are available by contacting Janet McBurney at 819-578-3609 after 6 p.m. Proceeds to benefit the Plymouth-Trinity UCW.

MASSAWIPPI

Come join us for an Old Fashioned Strawberry Social - local vendors, live music and lots of goodies. To be held at the Massawippi Church Hall, 810 Route 208, Saturday, July 6 from 1 p.m. to 4 p.m. Fundraiser for the church and hall.

KINNEAR'S MILLS

The annual Church Supper will be held at the Community Hall on Saturday, July 13 from 4:30 p.m. to 7 p.m. Menu: roast beef, ham, baked beans, rolls, salads, with assorted desserts. All are welcome. **BURY**
Centre Communautaire de Brookbury. 500 card party at the Brookbury Hall, 571 Route 255, Bury, at 2 p.m. on July 9th. Admission charge. Lunch. Info: call Brenda Bailey 819-884-5984.

WATERVILLE

The Waterville-North Hatley United Church, 460 Principale South, Waterville will be holding their annual Ice Cream Social on Thursday, July 11 from 5:30 p.m. to 7:30 p.m. Ice cream sundaes with cupcakes, ice cream cones, hot dogs, chips, soft drinks and coffee. Rain or shine.

MANSONVILLE

Annual Strawberry Social & Porch Sale at Maison Reilly House on Saturday, July 6 from 9 a.m. to 4 p.m. for the Sale and 10 a.m. to 4 p.m. for the Strawberries. 302 Principal, Mansonville, 450-292-3109.

RICHMOND/MELBOURNE

Richmond County Historical Society invites everyone to visit the museum at 1161 Route 243, Melbourne Township with special exhibits on the heritage music theme. The museum opened for 8 weeks from June 19 until August 11, Wednesday to Sunday afternoons from 1 p.m. to 5 p.m. Events are planned with musical entertainment, beginning with Vicky and Keith Whittall on Sunday, July 7 at 2 p.m. Keith and Victoria Whittall, who now live in Île-Perrot, perform for occasions with songs to stir your memory. Come and enjoy their traditional music.

BISHOPTON

Bishopton United Church service at 10:30 a.m. on Sunday, July 7, followed by the annual congregational meeting. Rev. Tami Spires officiating. All welcome.

Unwelcome kindnesses of aging

Dear Annie

THURSDAY, JULY 4, 2019

Dear Annie: I find that I have a real problem with aging. When a flight attendant nicely says, "This way, young lady," I want to punch him. I can't stand the condescension! I hate being old. I am 76 and, while I still maintain an active life — teaching elementary school music and dance part time, and directing plays and musicals — I have found that I have finally begun to look my age.

This causes people in the Czech Republic, for example (where I am humiliatingly able to travel free on the trains and buses), to try to give me their seats and for people who don't know me to treat me with deference. While that seems like a good thing, it is not.

I think it is reasonable to be deferential to people with disabilities. I would very much prefer not being looked upon as someone with a disability because I am old.

The people who know me do not treat me as though I am old. I am vibrant and an active singer, dancer, director, teacher and church member in my community. It is only with people who do not know me that I am treated as though I am old. While I understand it, I resent it greatly.

Can't we just be nice to everyone and stop treating older people as aliens? Younger people: Hopefully you will get to be old, too. And then you will see what it is like to be treated differently just because you have lived longer. — Sick of Being Treated This Way

Dear Sick: I'm printing your letter as a wake-up call to anyone who might be guilty of this kind of behavior. Unfortunately for us both, not everyone will read this column, so there are always going to be those who continue acting this way. The key for you will be finding a way to rise above it. I'd be curious to hear from other readers about how they've dealt with this issue. I'll print their insights here.

Dear Annie: I'm 31, and in the last two years, people have started to ask me when I'm going to get married and have kids. Ninety percent of the

people who ask these questions are strangers. Most recently, it was an Uber driver. He asked if I was married. I told him no, but that I was in a committed long-term relationship. He frowned at this as though it didn't make sense. Then he said, "Well, when are you going to have children?" I told him that I wasn't sure if I was ever going to. Then he looked at me like I'd sprouted a third eye.

Just last month, I was getting a facial and the esthetician was talking to me about her kids. I candidly told her how I like kids but have been realizing I might not want to be a mom myself. She started saying that I shouldn't wait too much longer. She didn't mean I shouldn't wait much longer to just make a decision, mind you; she meant that I shouldn't wait much longer to have children. It was as though she totally ignored what I said about motherhood maybe not being for me.

Annie, I wish this didn't bother me, but it does. I'm realizing I might have to keep fielding these questions for a while. But I'm hoping you'll print my letter so that people realize how hurtful it can be when they act so judgmentally about strangers' life choices. — Child-Free

Dear Child-Free: I printed your letter alongside the previous letter because there's a clear through-line: No matter what stage of life we're in, there are going to be people who try to put us in boxes according to societal stereotypes. But like all the best things in life, you can't be put in a box and wrapped up neatly with a bow — and that can leave some people feeling unraveled. Do your best not to let it rattle you. You're exactly where you're supposed to be.

"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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SUDOKU

DIFFICULTY RATING: ★★★★★

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

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

CELEBRITY CIPHER

by Luis Campos

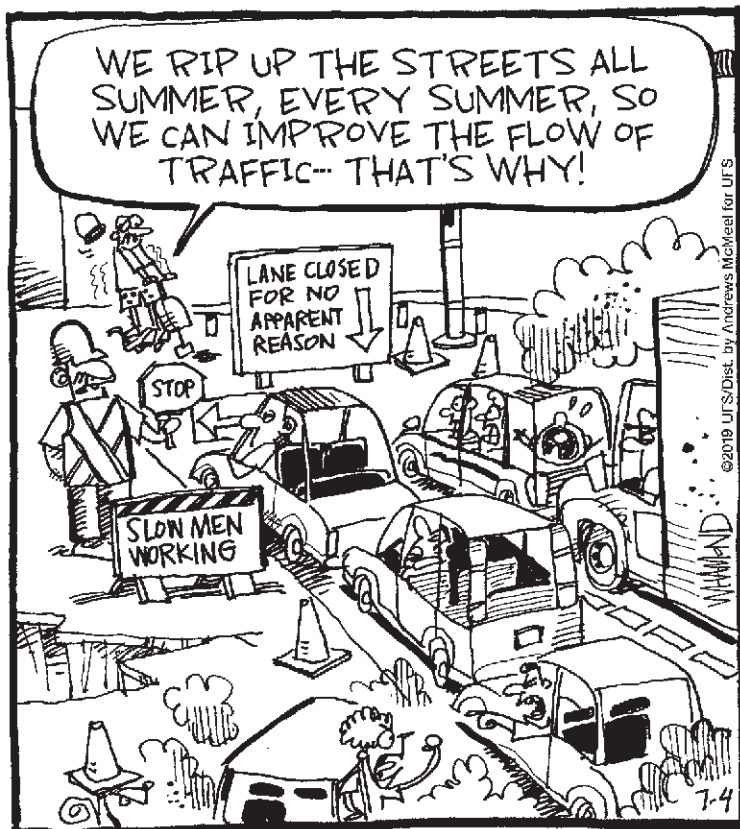
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"Z YIZEC YITJT OJT GTN YIZEMX URJT
SOYJZRYZP YIOE YOCZEM YIT YZUT
YR UOCT VRLJ PRLEYJV O WTYYTJ
SKOPT." — UZPIOTK URRJT

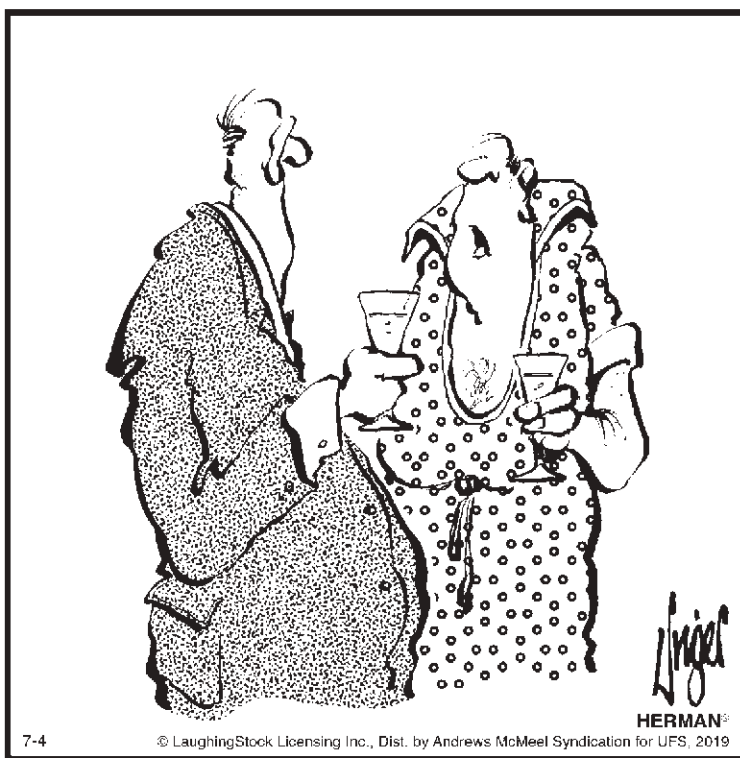
Previous Solution: "I think quite spiritually of myself. I feel like I'm here to support the human evolution." — Alanis Morissette

TODAY'S CLUE: *M srenbe N*

REALITY CHECK

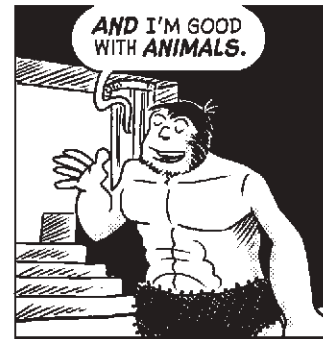
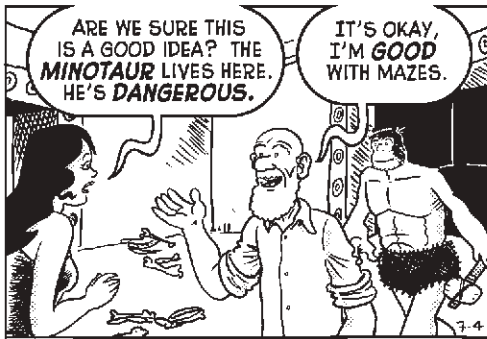


HERMAN

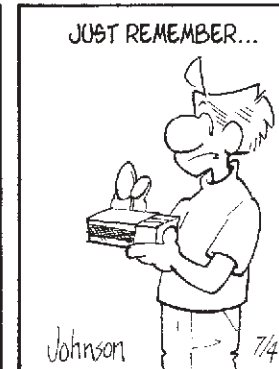
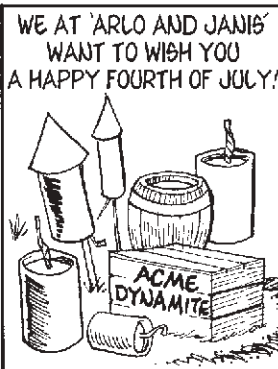


"The invitation said 'informal dress,' so I borrowed one from my sister."

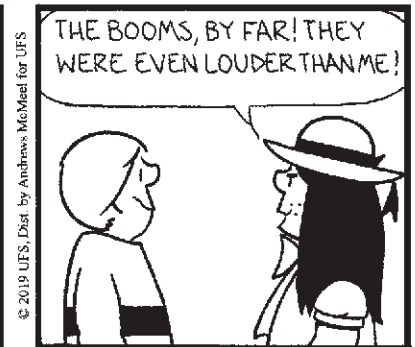
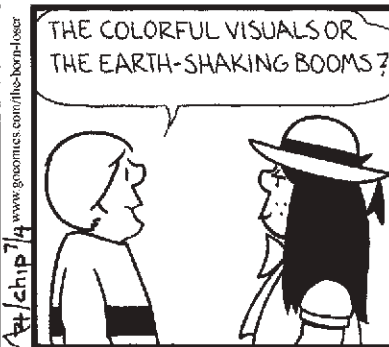
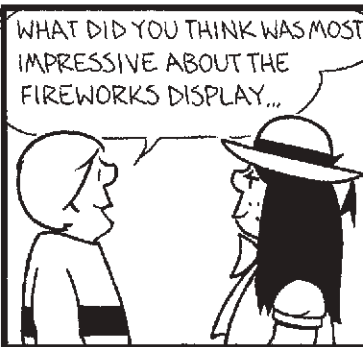
ALLEY OOP



ARLO & JANIS



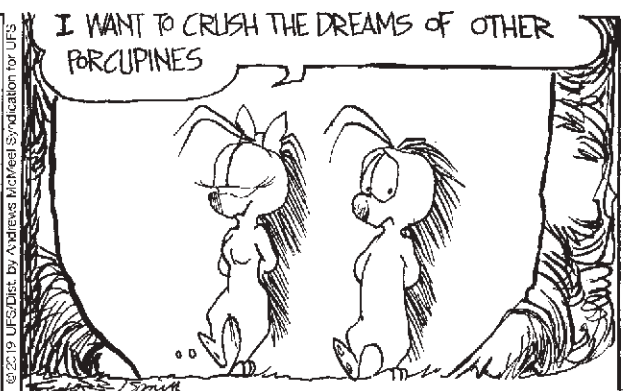
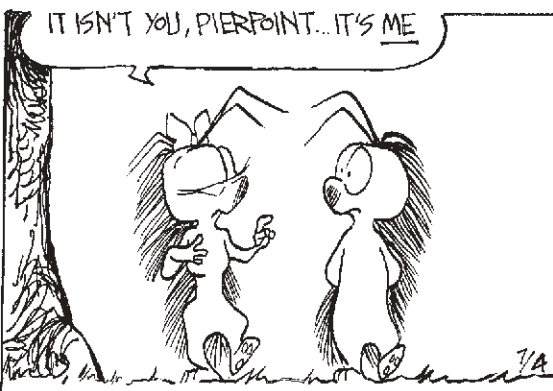
THE BORN LOSER



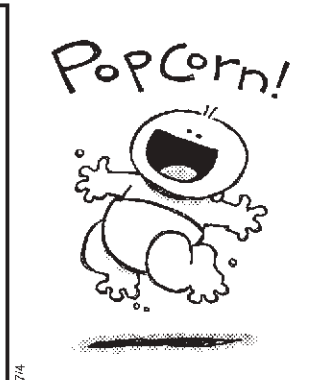
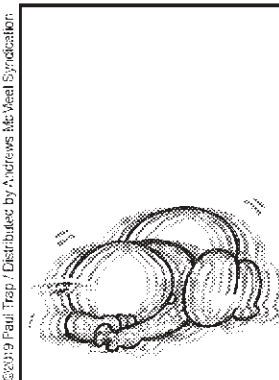
FRANK AND ERNEST



GRIZWELLS



THATABABY



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Dunham Women's Institute



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Eight members and one guest of the Dunham Women's Institute met on Wednesday, June 5, 2019 in Dunham at the home of Joyce Proctor. President Judy Jones called the meeting to order and thanked the hostess for her hospitality and the members for coming. The Mary Stewart Collect and the Salute to the Flag were repeated in unison.

The meeting centered around gardening. The motto was "Gardening is cheaper than therapy and you get tomatoes". The Roll Call was to tell about a specific plant pest or nutritional deficiency and the best (preferably organic) method of combatting it.

Judy Jones reported back to us about the May annual Quebec Women's

Institute Convention that she attended. Heather Scott and Candy Coates are going to attend the awards ceremony at Heroes Memorial in Cowansville on June 21. We donate funds to the school for the purchase of prizes, which we in turn present to deserving students identified by the school. We also confirmed that we will again be having our annual yard sale on Labour Day Saturday in Dunham. The sale will be advertised in local media.

We've been invited to join the Fordyce W.I. group on July 3 for a pot luck picnic at Davignon Park. Our annual August outing will take place on August 7, in the form of playing some golf, followed by lunch. Sadly,

summer is flying by and it will back to business at our September meeting.

Submitted by Candy Coates
 Publicity Chairperson



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Add succulent shrimp to quesadilla

By America's Test Kitchen

We love a simple cheese quesadilla, but add a filling of succulent shrimp spiked with tequila and lime zest and you turn Mexico's griddled cheese sandwich into a party.

To make them substantial enough for a meal, we started with 10-inch flour tortillas. To make four at once, we turned to the oven. By placing the quesadillas on an oiled baking sheet and then brushing their tops with oil, we were able to brown and crisp them on both sides without having to cook each individually.

To keep the quesadillas from getting soggy while ensuring juicy shrimp, we par-cooked the shrimp slightly on the stovetop with aromatics and tequila; this gave them a head start while evaporating most of the liquid. It was essential to cut the shrimp in half so that they released most of their moisture into the pan.

Cilantro, scallion greens, and lime zest provided welcome freshness, and Monterey Jack cheese offered melty richness.

TEQUILA-LIME SHRIMP QUESADILLAS

Servings: 4

Start to finish: 1 hour

- 3 tablespoons vegetable oil
- 12 ounces Monterey Jack cheese, shredded (3 cups)

- 1/4 cup minced fresh cilantro
- 2 scallions, white and green parts separated and sliced thin
- 1 1/2 pounds medium-large shrimp (31 to 40 per pound), peeled, deveined, tails removed, and halved lengthwise
- Salt and pepper
- 2 garlic cloves, minced
- 1 teaspoon minced canned chipotle chile in adobo sauce
- 1/3 cup tequila
- 1 teaspoon grated lime zest
- 4 (10 inch) flour tortillas

Adjust oven rack to middle position and heat oven to 450 F. Line rimmed baking sheet with aluminum foil and brush with 1 tablespoon oil. Toss Monterey Jack with cilantro and scallion greens.

Pat shrimp dry with paper towels and season with salt and pepper. Heat 1 tablespoon oil in 12 inch nonstick skillet over medium heat until shimmering. Add scallion whites, garlic, chipotle, and 1/4 teaspoon salt and cook until softened, about 2 minutes. Add tequila and simmer until tequila has evaporated and pan is dry, about 5 minutes.

Add shrimp and cook, stirring often, until cooked through and opaque throughout,

about 3 minutes. Transfer to bowl, stir in zest, and let cool for 5 minutes; drain well.

Lay tortillas on counter. Sprinkle half of cheese mixture over half of each tortilla, leaving 1/2 inch border around edge. Arrange shrimp on top in single layer, then sprinkle with remaining cheese mixture. Fold other half of each tortilla over top and press firmly to compact.

Arrange quesadillas in single layer on prepared sheet with rounded edges facing centre of sheet. Brush with remaining 1 tablespoon oil. Bake until quesadillas begin to brown, about 10 minutes. Flip quesadillas over and press gently with spatula to compact. Continue to bake until crisp and golden brown on second side, about 5 minutes. Let quesadillas cool on wire rack for 5 minutes, then slice each into 4 wedges and serve.

Nutrition information per serving: 789 calories; 375 calories from fat; 42 g fat (18 g saturated; 0 g trans fats); 290 mg cholesterol; 2145 mg sodium; 41 g carbohydrate; 2 g fiber; 3 g sugar; 50 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Shrimp Quesadillas in "New Essentials."

(The Associated Press)

For a zippy cauliflower salad, why not go to Morocco?

By America's Test Kitchen

Chermoula is a traditional Moroccan marinade made with hefty amounts of cilantro, lemon and garlic that packs a big flavour punch. While this dressing is traditionally used as a marinade for meat and fish, we decided to make it the flavour base for a zippy cauliflower salad in an effort to dress up a vegetable that can be bland and boring.

We focused first on the cooking method of the starring vegetable. Roasting was the best choice to add deep flavour to the cauliflower and balance the bright chermoula. To keep the cauliflower from overbrowning before the interior was cooked, we started it covered and let it steam until barely tender.

Then we removed the foil, added sliced onion, and returned the pan to the oven to let both the onion and the cauliflower caramelize. Adding the

onion to the pan once the cauliflower was uncovered ensured that they would finish cooking at the same time.

Finally, to highlight the natural sweetness of the cooked vegetables, we added shredded carrot and raisins, two traditional North African ingredients. Use the large holes of a box grater to shred the carrot.

CAULIFLOWER SALAD WITH CHERMOULA AND CARROTS

Servings: 4-6

Start to finish: 35 minutes

- Salad:
- 1 head cauliflower (2 pounds), cored and cut into 2-inch florets
 - 2 tablespoons extra-virgin olive oil
 - Salt and pepper
 - 1/2 red onion, sliced 1/4 inch thick
 - 1 cup shredded carrot
 - 1/2 cup raisins
 - 2 tablespoons chopped fresh

- cilantro
- 2 tablespoons sliced toasted almonds
- Chermoula:
- 3/4 cup fresh cilantro leaves
- 1/4 cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper

For the salad: Adjust oven rack to lowest position and heat oven to 475 F. Toss cauliflower with oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Spread on parchment paper-lined rimmed baking sheet, cover tightly with aluminum foil, and roast until softened, 5 to 7 minutes.

Remove foil and scatter onion on sheet. Roast until vegetables are tender, cauliflower is deep golden, and onion slices are charred at edges, 10 to 15

minutes, stirring halfway through roasting. Let cool slightly, about 5 minutes.

For the chermoula: Process all ingredients in food processor until smooth, about 1 minute, scraping down sides of bowl as needed; transfer to large bowl. Add cauliflower-onion mixture, carrot, and raisins and toss to combine. Season with salt and pepper to taste, sprinkle with cilantro and almonds, and serve warm or at room temperature.

Nutrition information per serving: 221 calories; 136 calories from fat; 15 g fat (2 g saturated; 0 g trans fats); 0 mg cholesterol; 332 mg sodium; 19 g carbohydrate; 4 g fiber; 13 g sugar; 3 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Cauliflower Salad in "Vegan for Everybody."

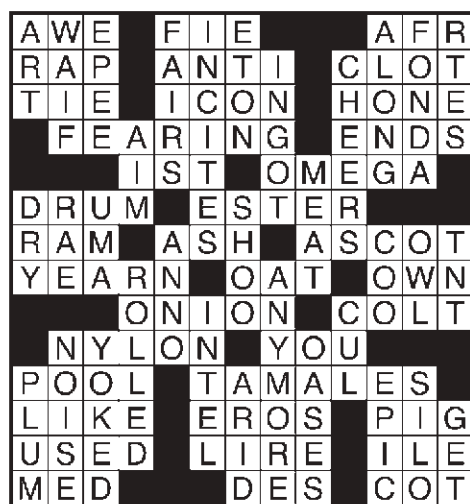
(The Associated Press)

NEA Crossword Puzzle

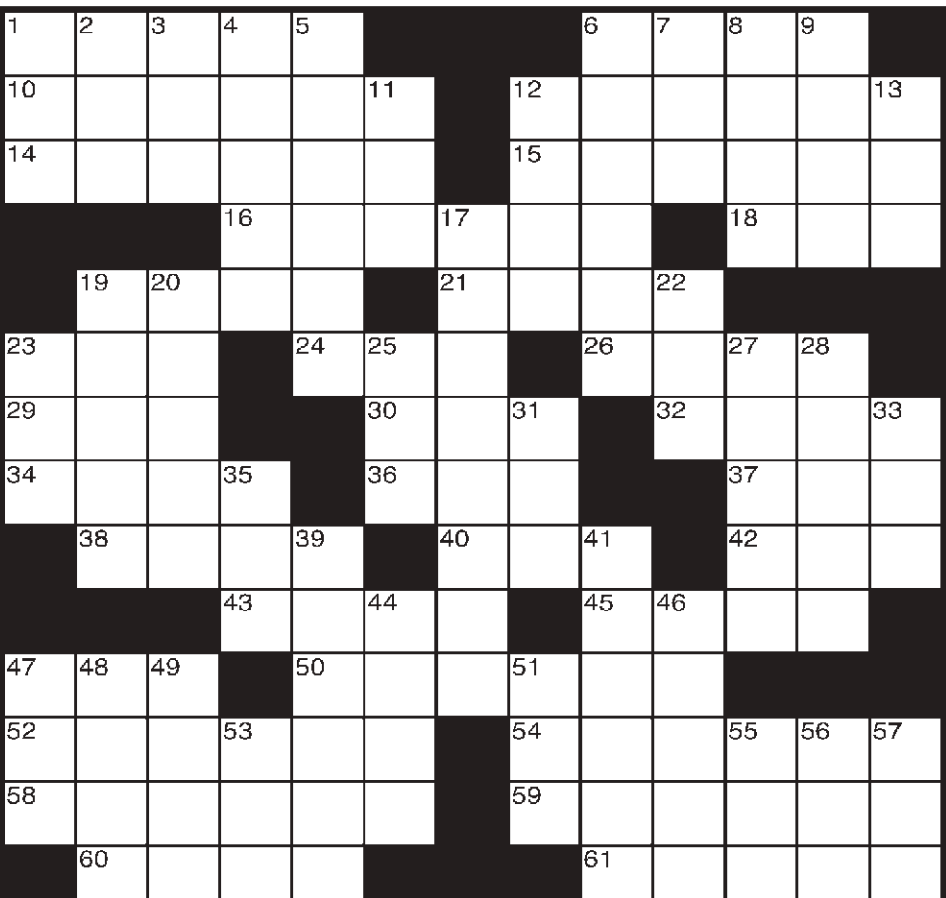
Your Birthday

THURSDAY, JULY 4, 2019

Answer to Previous Puzzle



- ACROSS**
- 1 Gross out
 - 6 Instance
 - 10 Panacea
 - 12 Naval force
 - 14 Remove the color from
 - 15 Blockhead
 - 16 Wheel wedges
 - 18 Bridal notice word
 - 19 Burlap fiber
 - 21 Barks shrilly
 - 23 Dumpster
 - 24 Habit wearer
 - 26 Wild tale
 - 29 Aardvark prey
 - 30 Tease good-naturedly
 - 32 Fellows
 - 34 Veer out of control
 - 36 Author Umberto —
 - 37 Henri's landmass
 - 38 Hunk of cheese
 - 40 Devotee
- DOWN**
- 42 Immediately
 - 43 Makes imperfect
 - 45 Give autographs
 - 47 Future flower
 - 50 Tree sprites
 - 52 Halloween hue
 - 54 Face
 - 58 Discussion groups
 - 59 More uncouth
 - 60 Bathe
 - 61 Physicist Nikola —
- ACROSS**
- 12 "Lonely Boy" singer
 - 13 Dined on
 - 17 Distrusting disposition
 - 19 High — (horseplay)
 - 20 Up to
 - 22 Succumb to gravity
 - 23 College degs.
 - 25 Banjo cousin
 - 27 Weeping over
 - 28 Synthetic fabric
 - 31 Musical scale notes
 - 33 Ply a needle
- DOWN**
- 1 Civil War soldier
 - 2 Building wing
 - 3 Bakery purchase
 - 4 Demand
 - 5 Rock plant
 - 6 Crunchy
 - 7 Lb. or oz.
 - 8 Hewn
 - 9 Actress — Falco
 - 11 Sweater letter
- ACROSS**
- 35 Equine mother
 - 39 Type of bracelet
 - 41 Casual top (hyph.)
 - 44 Bread grains
 - 46 Newsstand buy
 - 47 Early jazz
 - 48 Eurasian mountains
 - 49 Delaney or Carvey
 - 51 Garden hose plastic
 - 53 Comstock Lode st.
 - 55 TV spots
 - 56 Harden
 - 57 Pitcher's stat



Show reserve, and don't be too trusting or eager to help someone else when you should be paying closer attention to and taking care of your personal desires. Concentrate on updating and improving your skills and putting what you know to good use. Put yourself first this year.

CANCER (June 21-July 22) — Back away if someone is meddling in your business. Don't feel that you must follow the crowd or put others' goals ahead of your own. Stick to your plan.

LEO (July 23-Aug. 22) — Refuse to let your emotions cause you to say or do something you'll regret. Take a wait-and-see attitude and go about your business. Accomplish something meaningful and dismiss trivial matters.

VIRGO (Aug. 23-Sept. 22) — Don't put up with other people's indulgent or excessive behavior. Be realistic about what's going on around you and stick to the facts. The more direct you are, the better the outcome.

LIBRA (Sept. 23-Oct. 23) — Stay connected to the people who share your sentiments and are willing to pitch in and help. You can get things done without taking a risk or spending impulsively.

SCORPIO (Oct. 24-Nov. 22) — Make your actions count. How you deal with others will affect how you are treated. A change you make will improve your personal life and relationships.

SAGITTARIUS (Nov. 23-Dec. 21) — You

can wheel and deal, as long as you aren't misleading. Explicitly lay out your thoughts and plans to avoid someone misinterpreting your ideas.

CAPRICORN (Dec. 22-Jan. 19) — Discuss your plans before you start a new project. You are likely to meet with opposition if you don't get approval before you begin. Update your residence to suit your needs.

AQUARIUS (Jan. 20-Feb. 19) — Look at an opportunity, discuss your concerns and desires with someone close to you and make a decision that encourages positive change. Plan something special for a loved one.

PISCES (Feb. 20-March 20) — Feeling comfortable with your living situation and appearance will encourage you to push forward with a long-term plan you've been considering. Romance is on the rise.

ARIES (March 21-April 19) — Live and learn. Trust only what you know to be factual, and let others do as they please. Going about your business will encourage you to finish what you start.

TAURUS (April 20-May 20) — Going on a getaway, attending a conference or learning something about yourself that can help you better understand a loved one will lead to personal growth. If you love someone, let them know.

GEMINI (May 21-June 20) — Someone will offer a solution, but before you decide to take it, you'd be wise to check its validity. Refuse to let anyone tamper with your emotions.

THURSDAY, JULY 4, 2019

You can mislead during the auction

By Phillip Alder

I hope all of my American readers have a very happy Independence Day.

Today, let's look at a very clever auction by Richard Freeman, a three-time world champion who died in 2009. With that West hand, what would you do after partner opens one heart, and the next player passes?

The deal occurred during the 2005 Bermuda Bowl World Team Championship.

At the first table, West responded three hearts, which was pre-emptive. Eric Rodwell (North) made a takeout double, East raised to four hearts, and Jeff Meckstroth (South) bid four spades.

East found the winning defense. He won the first trick with his heart queen and shifted to a club to dummy's jack. South played a spade to his jack, ruffed his last heart and led the spade queen. East won with his ace, cashed the diamond ace and played another club to strand declarer in the dummy. South took dummy's club winners, then tried to cash the diamond king, but East ruffed to defeat the contract.

At the other table, Freeman (West) responded with a forcing one no-trump! North made a takeout double, Nick Nickell (East) redoubled to show a strong hand, and South advanced with two

		North	07-04-19
		♠ Q 10 8	
		♥ 2	
		♦ K 9 8 7 6	
		♣ A K Q J	
West		East	
♠ 6 5		♠ A 9 7	
♥ 9 8 7 5 4		♥ A K Q 6 3	
♦ Q 10 5 2		♦ A	
♣ 8 2		♣ 9 7 6 4	
		South	
		♠ K J 4 3 2	
		♥ J 10	
		♦ J 4 3	
		♣ 10 5 3	
		Dealer: East	
		Vulnerable: Neither	
South	West	North	East
			1♥
Pass	3♥	Dbl.	4♥
4♠	Pass	Pass	Pass
		Opening lead: ♥ 9	

spades. Now Freeman passed! He knew that his partner would act again given his redouble. East rebid two no-trump, South competed with three spades, and finally, kicking and screaming, Freeman bid four hearts. Since his opponents had shown their values, this was passed out.

Nickell won the trump lead, drew a second round and conceded one spade and two clubs.

Minus 50 and plus 420 gave the United States 9 international match points.