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Getting to know your communities: Ayer's Cliff

Page 3

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FRIDAY, JANUARY 25, 2019

Townships drop-out rate reaches record low for boys

Record Staff

The Estrie region has met and exceeded its 2020 goal related to the school dropout rate and reached its lowest rate among boys, according to the latest data from the Ministry of Education and Higher Education (MEES), for 2015-2016 in the public school network. These results come after more than 12 years of action in favor of school perseverance and educational success in the region by the partners of the Table estrienne de concertation interordres en éducation (TECIÉ) and the Partners for educational success Estrie (Project PRÉE)

The dropout rate is defined by the proportion of students without a diploma or qualification who are not enrolled in the Québec school system one year after leaving their institution.

The goal set by the TECIÉ and Project PRÉE has not only been met, but exceeded. According to the partners, the

CONT'D ON PAGE 7

Messy weather makes a splash in the Townships



GORDON LAMBIE

Consistent rainfall after last weekend's significant snow made for a messy day on Thursday. In Sherbrooke the runoff, combined with blocked drains and frozen ground, caused significant amounts of water to collect in the streets, resulting in a wet and slushy mess. Although a concerted effort was made to clear up drains on major arteries, there were still lakes on secondary streets well into the evening. As of this writing the rain was forecast to continue into the night, changing to snow as temperatures drop below the freezing mark. People living in low lying areas near bodies of water are encouraged to keep an eye out for flooding. The drop in temperature also raises the risk of slippery surfaces this morning. Drivers and pedestrians alike are being encouraged to take to the streets with care.



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Weather

	TODAY: PERIODS OF SNOW HIGH -6 LOW -15
	SATURDAY: MIX OF SUN AND CLOUDS HIGH -12 LOW -18
	SUNDAY: PERIODS OF SNOW HIGH -5 LOW -13
	MONDAY: SUNNY HIGH -13 LOW -14
	TUESDAY: 60% CHANCE OF FLURRIES HIGH -5 LOW -8

John Trevena: A case study in obscurity



GOOD READS

LENNOXVILLE LIBRARY

Once again I find myself drawing from the vault of the rare and curious. Author Ernest George Henham (1870 – 1948), a.k.a. John Trevena, has managed the rare feat of becoming as little known by his penname as by his real one. Oddly enough, at the turn of last century he was quite well regarded for a series of works (admittedly melodrama) based on his travels to Canada; he received positive reviews for such oeuvres as *Menotah: A Tale of the Riel Rebellion* (1897), and *The Plowshare and the Sword: A Tale of Old Quebec* (1903).

However, this early popular success was followed by an illness which drove Henham to Dartmoor, England, to improve his health. This gave rise to a series of novels based on Dartmoor life. Contemporaries had their doubts about the career move: “It is one of the stranger facts in literary history that a man, who had defined his place as a writer of fiction with nine novels or so, should have seen fit to begin his career

afresh and write a long series of commercially unsuccessful novels under a pseudonym” [Preface]. Talk about the triumph of hope over experience!

Sleeping Waters (1913) is autobiographical inasmuch as the main character, Catholic priest Father John Anger /and-jer/, has made himself deathly ill in the grinding service of his London slum parish and is told that he must “go west” to Dartmoor to save himself. It is hoped that the fairer climate and restorative waters will bring him back to health.

Anger is acquainted with two families, the protestant Wiggatons and the catholic Billcotts, who trace their ancestry back to Dartmoor. They are the ones who urge him to go, with a special injunction to seek out the elusive and perhaps mythical river Nympha, whose waters are historically reputed to have miraculous curative powers.

Following the example of his creator, go west he does, and Father Anger puts on sixty pounds, feels the blood flowing through his veins, as it were, for the first time, and begins to doubt his original vocation and the virtue of all his previous self-sacrifice. As he recovers his health he ventures to the tiny village of Youlstone and it is there that he finally drinks of the river Nympha.

From there, the plot develops in wild and weird directions. Anger becomes enchanted by the witch-like Petronel Vigar, crosses swords with an evil dwarf notary called Curgenven, unearths and tries to confound a dastardly plot to diddle backward farmers out of their lands and convert the village to a health resort. Pilloried by local scandal mongers he is hounded from Youlstone and then, and then.... The reader at length—at very great length—discovers that Dear Father Anger is not the most reliable witness to the events that pass. (The closest modern equivalent is Dallas, the 1970’s prime time soap that earned distinction by having an entire 9th season magically transform—poof!—into a dream to suit the whims of the directors and viewers.)

A similar device in *Sleeping Waters* resulted in some minor spine damage to my copy.

Soooo. How are we to appreciate this odd work? Reviewers at the time lauded it to the skies and had Henham/Trevena ranked on par with Turgenev and Dostoevsky. Gerald C. Monsman, the main (and perhaps only?) serious con-

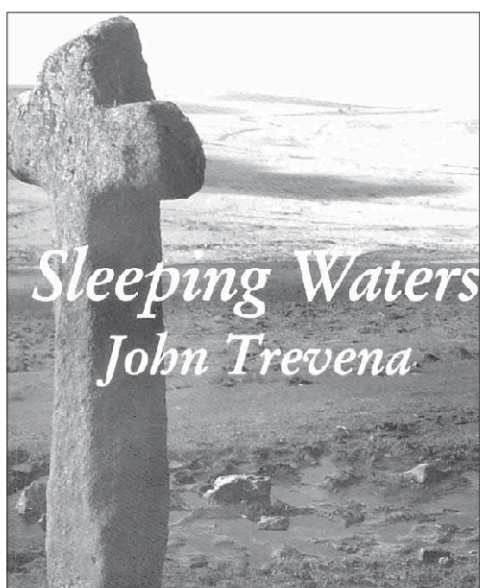
temporary critic of Henham/Trevena has devoted a great part of his life to the resurrection of this little known scribe. The publisher’s blurb pumps this latest edition—almost all of Trevena’s other works are long since out of print—as Monsman’s effort to have “a reconsideration of Trevena as an important Edwardian writer and regional novelist as significant as Thomas Hardy”.

Unfortunately, the work significantly underwhelms. Throughout there are indeed familiar lines, themes, and narrative techniques that we associate with late Victorian and Edwardian fiction. Henham/Trevena draws characters such as Petronel Vigar and her adopted changeling Whippity with a deftness reminiscent of Dickens. Some of the analytical parts—where the author/narrator discusses the value of faith, the virtues of socialism, the evils of industrial transformation, the eternal values of the rural population—rank along with the best of Elizabeth Gaskell, George Eliot, Thomas Hardy. He weaves in contrasts between the Church of England (1) and The Catholic Church (0); between the coldness of London industrialist/capitalist society and the warmth, passion, and directness of the moor-dwellers. However, in this case, astonishingly, the whole is less than the sum of its parts. The work overall lacks the deep sustained vision and consistency of better-known writers. And there is a seen-it-been-there-done-that-edness about encountering these themes and tropes that have been done previously...and done better.

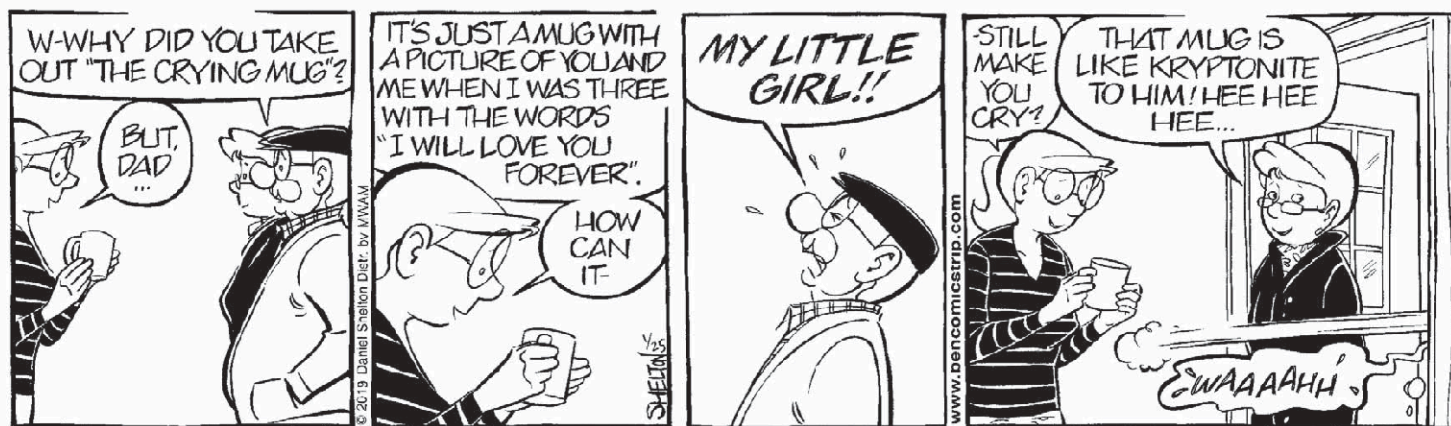
Henham/Trevena does show great imagination when it comes to superimposing supernatural with natural elements—this is evident in Anger’s verging-on-insane obsession for Petronel Vigar as he is essentially swallowed up by the history and mythology and naturalism of Dartmoor. In this regard Henham/Trevena has been heralded (again by fan #1 Monsman) as a ground-floor practitioner of Magic Realism. But his main “dream” device seems almost an afterthought. For the unsuspecting reader, it is as if one has reached the end of a lengthy shaggy dog story and discovered that it is, in fact, about a pot-bellied pig.

Sleeping Waters (the only copy, as far as I know, in Canada) will soon be in the Lennoxville Library, damaged spine and all.

Stephen Sheeran



Ben by Daniel Shelton



LOCAL NEWS

"We have a lot to offer. We have the public beach now, which we've acquired in partnership with the Massawippi Regional Park, which regroups Ayer's Cliff, North Hatley, Sainte-Catherine-de-Hatley, Hatley, and Hatley Townships.

Getting to know your communities: Ayer's Cliff

By Emilie Hackett
Special to the Record

When Vincent Gérin was elected mayor of Ayer's Cliff in late 2017, it felt like a déjà-vu. That is perhaps because he was back in the mayor's seat for the first time since 2009. Indeed, Gérin's involvement with the municipal council has been extensive. Municipal councillor from 1993 to 2001, and then mayor from 2001 to 2009, he was more than ready to return to the mayor position eight years later.

"So far, my mandate is going well. It helps that I had that experience. I had to take a break after 2009 because my employer made me decide between my job and the mayor position. I retired in 2016, so after a nice one-year break I ran for mayor again. It's a good opportunity for me to be involved and stay busy," said Gérin in an interview with the Record on Wednesday.

He added that although he loves being the mayor, "taking those eight years off made me realize how much everything changes. The urban development, employment, and the population has changed." In fact, the Ayer's Cliff community is now around 65 per cent francophone and 30 per cent anglophone. "Most of our newcomers are young French families and our English population is aging. When I moved here in the 1980s, Ayer's Cliff was about 75 per cent English. Thankfully, we've still managed to keep our official bilingual status," explained Gérin. The council also alternates between English and French most times: "Our agendas, regulations, and minutes of meetings are often translated to English. Our board meetings and workshop are also frequently bilingual."

According to the mayor, Ayer's Cliff has a lot to offer. "Tourism surrounding Lake Massawippi allows us to have excellent services for a small municipality. We have a grocery store, a gas station, a bank, a clinic, lodging, two elementary schools, and several restaurants and businesses. Someone who lives in Ayer's Cliff can live here stress free – driving over to Coaticook, Sherbrooke, or Magog for services is rarely necessary," he claimed.

Although the municipality offers excellent services, Ayer's Cliff's main challenge is to provide affordable housing for its citizens. "A lot of the homes for sale in the community are expensive

lake houses or century homes in the heart of the village. We need to find a way to develop residential areas at a reasonable price for the middle class. However, the Ayer's Cliff territory isn't vast, and it is mostly urban. There is no countryside we can work on so to speak," highlighted the mayor.

Ayer's Cliff's industrial sector is also booming, "with companies like Wulftec that are still expanding. It's been recently acquired by an American company and it has a solid foundation in Ayer's Cliff. It currently has around 250 employees, but it is going to increase to 300 shortly. Companies like Zen Metal and Everest also provide several jobs," added Gérin, maintaining that most workers are not originally from Ayer's Cliff. The town must find ways to provide housing within the community and encourage people to settle in Ayer's Cliff permanently.

"We have a lot to offer. We have the public beach now, which we've acquired in partnership with the Massawippi Regional Park, which regroups Ayer's Cliff, North Hatley, Sainte-Catherine-de-Hatley, Hatley, and Hatley Townships. We're also proud of the Wippi, which is a shuttle service we have started offering between North Hatley and Ayer's Cliff in the summer," declared Gérin. For \$10 each way, up to 12 people can sit back and take the one-hour trip across the lake to the other village. It was targeted towards cyclists, but Gérin noticed that it was also very popular among pedestrians and seniors.

The lake's health is always a concern for the council, and more now than ever, "as we've learned how the lake suffers at the hands of global warming. We work closely with Bleu Massawippi, a group which aims to protect Lake Massawippi. We will soon have to make concrete decisions, as the Lake could be threatened by the arrival of zebra mussels. There is already evidence of a few in Lake Memphrémagog," stated Gérin.

Zebra mussels are an invasive species that destroy a lake's ecosystem very quickly. "Although last year's tests have shown that the lake is free of zebra mussels so far, the chemical makeup of Lake Massawippi's water would be perfect for zebra mussels. It would be the Club Med of zebra mussels," he chuckled. "We've tightened regulations around boat washing stations and lake accesses. The regional park has an annual budget of around \$250,000 that is shared by the



EMILIE HACKETT

Vincent Gérin first became involved with the Ayer's Cliff municipal council in 1993 and is now at his third mandate as mayor.

five municipalities, but we contribute more than one fifth because of our larger territory and implication," he added.

Because he is still early in his mandate, Gérin hopes to assess properly what first needs to be completed in the community. "We have a few interesting projects we want to finish this year, including the renovations of the community center. Located at the old Royal Canadian Legion Branch, purchased by the town two years ago, we hope to finish the construction so it can be an accessible and friendly location that the citizens will make their own," he explained. "We're also hoping to launch our project for a sidewalk that will stretch on the main road from Whitcomb street all the way to the municipal dock. It's a very popular location for tourists and citizens so we want to make it safer and accessible by foot. We hope to add about 700 meters to the sidewalk."

For Gérin, a lot of Ayer's Cliff's issues are related to everyday life: "We want to improve the layout of the park on Tyler

Street since it's at the heart of the village. There is also our main intersection that is problematic. It's so busy. You have the bank, the Auberge, the clinic, Woods, the gas station, and the grocery store all within a few hundred meters. It's often frequented by heavy-duty trucks and we want to help our citizens feel safer. We are thinking of a few awareness-raising campaigns or perhaps a modification to our road signs. There's a new 50 km/h zone starting from the public beach and we've already started seeing the changes."

Ultimately, Gérin believes that Ayer's Cliff is a wonderful place to live. "We work to maintain the village's rustic look all while offering our citizens the best services. It's a small town and we have so much, and the built heritage is also remarkable. It is still a highly bilingual environment and our English community is still strong. Our citizens are very socially active, and I think that anyone who visits our village will find something to their liking."

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Memphremagog MRC adopts a policy of gender equality

Record Staff

The Memphremagog MRC Council adopted a Gender Equality Policy on January 16, becoming the first MRC in the Estrie region to formalise the promotion of concrete and sustainable action to advance gender equality.

"The MRC hopes that this Policy will make its living environment more responsive to the specific needs of women and promote the equal participation of women and men in the development of their community," said MRC Prefect Jacques Demers. "We also want this initiative to initiate a movement so that the municipalities in the territory also commit themselves to equality."

The MRC's Equality Policy has two main objectives: to ensure that the specific needs of women are taken into account in the implementation of measures or initiatives aimed at the development of the Memphremagog region and to integrate the policy in its various spheres of activity.

The policy is built around four axes of intervention:

- Governance of the MRC: Women must be able to participate actively in political life and be present in all decision-

making areas. The MRC is aiming for parity, which can be achieved by encouraging citizen participation and by raising awareness among municipal decision-making bodies

- The MRC, as a dispenser of public services: The services of the MRC must take into account the different realities of women and men and offer equitable and real access to women of all ages and from all backgrounds;

- The MRC, as an employer: Women need to be able to easily access the public service. This may include promoting work-family balance, promoting non-sexist and inclusive communication, and ensuring professional equality between women and men.

- Women's participation in the economic development of the MRC: The MRC encourages the contribution of all women to social and economic development, and ensures that the benefits accrue to women and men.

The new Equality Policy is the result of the work of the MRC's Joint Committee on Equality which was established in March 2018, and includes MRC Mayor Vicki-May Hamm and East Bolton Mayor Joan Westland-Eby.

"I would like to congratulate and sin-



COURTESY

cerely thank the elected members of the Memphremagog MRC for the adoption of an equality policy and an action plan, a first not only among the MRCs of the Estrie region but in all the other MRC that have followed suit in three other regions of Quebec. I would also like to particularly thank and congratulate the members of the Joint Equality Commit-

tee for their availability and expertise in the diligent conduct of the work that led to this first," said Gaëtane Corriveau, the creator and coordinator of the Défi Parité project.

The Policy and Action Plan are available on the MRC Memphremagog website (Document Center / Policies section).

Library and Archives Canada acquires rare book once belonging to Adolf Hitler

Record Staff

Library and Archives Canada has announced the recent acquisition of a rare 1944 book previously owned by Adolf Hitler.

The 137-page German language report, *Statistik, Presse und die Organisation of Jewery in the United States and Canada*, was compiled in 1944 by Heinz Kloss and contained data details the population in the United States and the American Jewish communities.

This work hints at the story of what might have happened in Canada had the allies lost World War II. It also demonstrates that the Holocaust was not a purely European event, but rather an operation that was stopped before it reached North America. The book adds a great deal of insight worthy of reflection for Canada about World War II, and is an important tool to fight Holocaust denial.

The bookplate bears a stylized eagle, swastika, and the words "EX LIBRIS ADOLF HITLER" indicating it from Hitler's personal library.

The acquisition of the book highlights the National Archive's mandate to acquire material that reflects the record of Canada as well as to preserve the memory of the Holocaust.

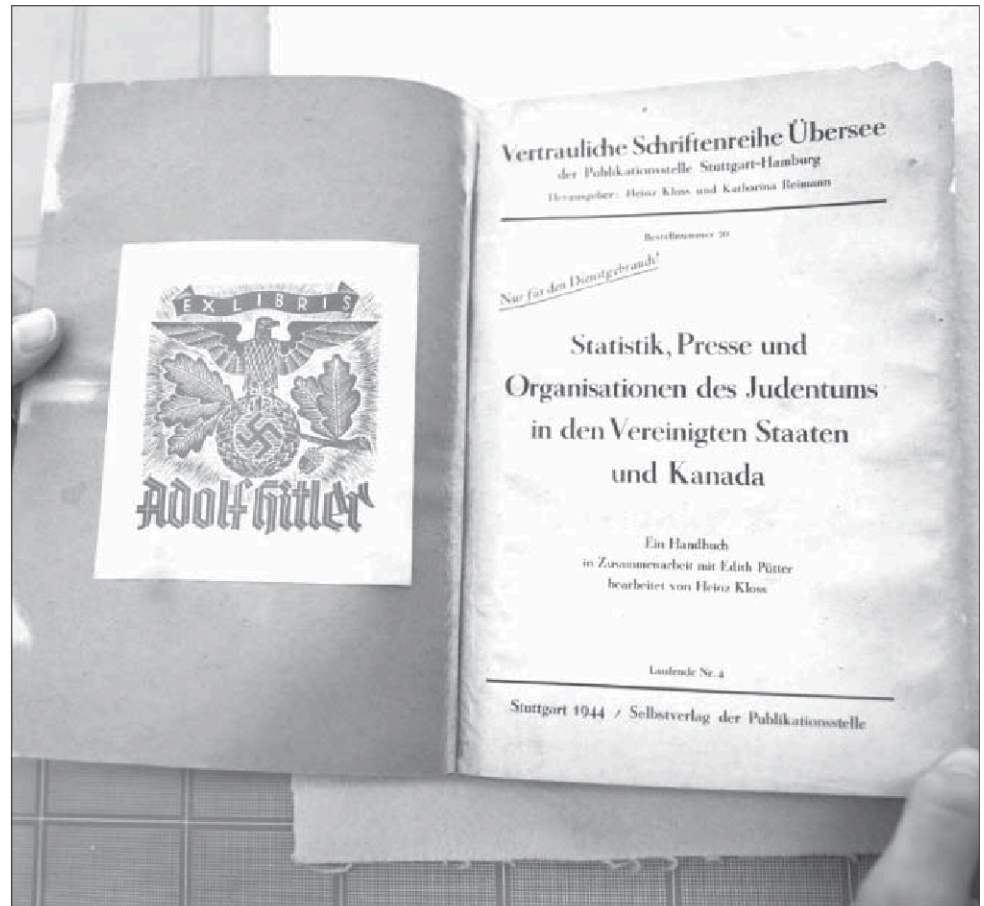
"It is important for a national institution like a Library and Archives Canada-

and other memory institutions around the world to acquire, preserve and make available documents no matter how controversial or contentious they could be, said Archivist Guy Berthiaume. "It allows us to educate and advocate for the most complete historical record possible. The truth of history is one of many sources, and it is only when it is presented in its entirety that it can support the exchange of ideas that lie at the heart of a democratic society."

The book is written in German, but many names are in English. The author, Heinz Kloss, was a noted German linguist whose specializations included German speakers living in the United States. Kloss visited the United States in 1936-1937 and had contacts among Nazi sympathizers in the United States. This book is part of a confidential series for official use only.

- The owner of this book, Adolph Hitler, was a prolific reader and book collector. Although his collection was never inventoried, the number of books has been between 6,000 and 16,000.

- This book was brought to the United States as a souvenir by American soldiers from the Nazi leader's alpine retreat outside Berchtesgaden in the spring of 1945. It was acquired from a reputable Judaica dealer.



(LIBRARY AND ARCHIVES CANADA)

This rare book, which once belonged to Adolf Hitler, has become the property of Library and Archives of Canada

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Isabelle Charest settling into her role as Brome-Missisquoi MNA

By Matthew McCully

The political arena is very different from the one two-time Olympic speed skating bronze medalist Isabelle Charest is used to.

After her first few months in office as Member of the National Assembly for Brome-Missisquoi and Minister for Education, Charest said things are going well.

“The first weeks were very busy,” she said, as she assembled her team and got a first look at all of the files.

“I’m very satisfied. I put together a very solid team,” she said.

Charest has also been busy meeting with the citizens in her riding.

“They are anxious to know what the new government has to offer.”

When asked if there were any surprises in her first three months in office, Charest said there were a few files with requests pending that needed to be addressed, but nothing problematic.

Charest, a member of Coalition Avenir Quebec (CAQ), won the riding, previously held for 36 years by Liberal

Party member Pierre Paradis.

Since Paradis had spent his last year in office on medical leave, The Record asked if Charest was busy playing catch-up.

According to Charest, the riding was still in good hands despite Paradis’ convalescence. His team was readily available to continue to serve the constituents.

The difference now, Charest said, is her visibility in the riding.

“People are happy to meet me,” she explained, pointing to her ability to be out, meeting with the population.

Charest said supporting the agriculture industry in the riding is an important aspect of her role as MNA for Brome-Missisquoi.

“There is enormous potential,” she said.

She referred to an announcement made this week providing just over \$1 million in financial assistance to Laiterie Chagnon in Waterloo for the purchase of new equipment and commercialization of products.

Education is a hot topic these days, considering the CAQ’s plan to replace school boards with services centres.

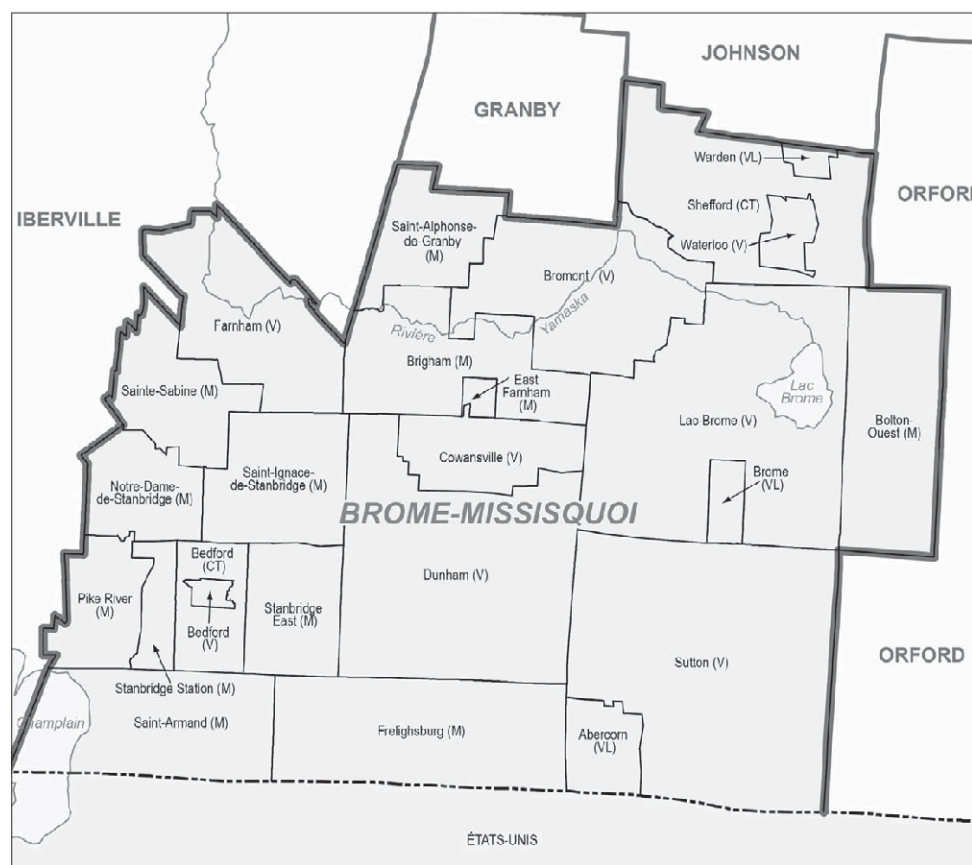
Charest was quick to point out that while she holds the Minister for Education position, she referred to the mandate as a ‘junior minister’, in relation to her colleague Jean-Francois Roberge, Minister for Education and Higher Learning.

Charest said her responsibility as Minister for Education is to focus on sports and leisure. She is also working on a program to add an hour at the end of school days that could be used for homework, tutoring or sports for students.

She did, however, defend the CAQ plan for service centres, saying the intention is to bring the decision-making power closer to those directly affected (schools and parents).

When asked how parents or schools could remain objective when facing situations where cuts or compromises might be necessary, Charest said a resource allocation committee would be in place to deal with those types of decisions.

On the health front, Charest entered



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COURTESY

office following the transfer of services for Bromont clients of the CIUSSS de l’Estrie-CHUS from Granby to Cowansville.

The MNA said the transition has proven a positive one, pointing out that the majority of the clients from Bromont already headed to Cowansville rather than Granby.

Charest is also following up on her promise to push for more home care services, in an effort to support seniors and allow them to stay in their homes longer.

An issue touching all aspects of the region, according to Charest, is the labour shortage in the area.

“We’ve taken steps to meet with MRCs and develop strategies,” Charest commented, to attract people to the region.

“It’s a pressing need,” Charest said, limiting the expansion of local businesses.

Brome-Missisquoi electoral division

The electoral division of Brome-Missisquoi includes the municipalities of Abercorn, Bedford, Bedford Township, West Bolton, Brigham, Brome, Bromont, Cowansville, Dunham, East Farnham, Farnham, Frelighsburg, Lac-Brome, Notre-Dame-de-Stanbridge, Pike River, Saint-Alphonse-de-Granby, Saint-Armand, Saint-Ignace-de-Stanbridge, Sainte-Sabine, Shefford, Stanbridge East, Stanbridge Station, Sutton, Warden and Waterloo.

24 accidents in 24 hours

Record Staff

The conditions on the road, coupled with inappropriate driving on the part of drivers, were major factors that led the Memphremagog Police Service to intervene with 24 accidents in 24 hours throughout its territory.

One accident involved a slight injury and another involved three vehicles.

Police services are reminding drivers to exercise caution, adapt their driving to the road and maintain a greater distance with the vehicle they follow so that they can react in time to sudden braking.

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EDITORIAL

Where did all the vitamins go that our parents and grandparents carefully preserved, jammed and pickled in the harvest from garden, woods and fields.

Where have all the vitamins gone?

By Claudia Villemaire

Does anyone really notice or read the ingredients on jars, cans, packages where in large letters the consumer is informed no artificial colors or flavours have been added. Perhaps it's time we paid more attention and took the time to wonder why so many television commercials claim our body needs vitamin supplements. probiotics, laxatives and medicine to control constipation.

So starting with a regular habit of keeping the magnifying glass nearby and reading ingredients lists and percentages of daily suggested nutrients would be, if not an eye opener, at least quite surprising. With processors claiming to modify dairy products with vitamin A as well as bread, quality and taste is never underlined except in foods to tempt the struggling dieter to put in their basket.

Where did all the vitamins go that our parents and grandparents carefully preserved, jammed and pickled in the harvest from garden, woods and fields. My generation grew up thinking fruit and vegetables of any kind were highly recommended, fresh, jammed or whatever process was used to stock up a winter supply. Cellars and root cellars were equipped with bins where homegrown potatoes, turnips, squash, apples were stored with several shelves above them laden with row upon row of jars. No they didn't have labels stating no significant amount of vitamins or minerals were in the container, but we new they were good for us - or that's what we thought.

Now I know root cellars and the long hours it took to grow and preserve the garden produce just isn't feasible any

more. But my question is what right do processors have to claim their bland and vitamin-less processed food is better. The pharmaceutical companies stole the 'ball' and have run with it uninhibited for at least two generations, realizing processors use chemicals we can't even pronounce or spell to prolong the life of processed foods, insist on stamping every single container or package with a 'best before' date which, if taken seriously, means the consumer will be back for a replacement even though we question the shelf life and are convinced that due date is a figment of the processors imagination. We now have serious health problems in our country - diabetes, obesity, intestinal problems, just to name a few modern concerns. Today's homemaker doesn't make jam, preserve vegetables or spice up a meal with homemade pickles. There's no time for that. So vitamin supplements, probiotics remedies, laxatives, stomach-coating pills and liquids and even 'sleep aids' line today's medicine cabinets.

But there's a little hope. The new food guide recommends fresh fruits, vegetables, leafy greens, (best grow it yourself to avoid E-Coli), dried beans and grains, less red meat and dairy products. Well that's good and bad and there's a lot of decision-making up to the shopper and consumer and their family. Fresh means you have to cook it or prepare it yourself. That takes time and that food usually costs more. It looks like we'll have to make do with a bit of iron and calcium in our store-bought jams and so many other foods. Eating moderate amounts should slow down the necessity of vitamins, and all the other purported health aids, eat less and walk more - if there's time.



Letters

Parents are the authority

Over the years Quebec governments have given parents greater roles to play in our public education system.

Think of Bill 88, in 2008, created by Liberal Education Minister Michelle Courchesne which basically called for the modernization of school board democracy. It shrank the power of school boards and made the administrative bodies more accessible and more accountable to parents.

The law declared more significant parental influence, not only at the school governing board, but also, provided for a greater number of parents' representatives at the school board level.

In 2015, the Liberal government put out Bill 86, an Act which modified school board governance by giving "schools a greater say in decision-making" and "ensuring parents' presence within each school board's decision-making body." Unfortunately, school boards fought this and won.

At any rate, in the past several days, parents of Quebec's largest two English boards really showed their mettle when they opposed decisions made by their boards.

Consider the petition started by Lester B. Pearson parents because the board had "no plans to do any upgrades" regarding carbon monoxide detectors in schools.

Parents demanded the "school board install detectors in their children's schools." (Global Montreal, Jan 17)

No question, this public protest had an effect on Education Minister Roberge who ordered all Quebec's school boards to install carbon monoxide detectors in their schools.

I was present to listen to the persuasive pleas made by parents at the Jan. 16, English Montreal School Board special meeting. They called for a more suitable solution to the overcrowding problem. The board listened and scrapped their plans. ("EMSb shelves plan to open new N.D.G. school," Montreal Gazette, Jan. 22)

Let's recall what's happening on the French side. Last year, three parent groups: « Debout pour l'école ! », « Je protège mon école publique » et « l'École Ensemble » told the government, and, by extension, school boards what they thought of some of their decisions. One effective act was the formation of human chains around schools.

The present Coalition Avenir Quebec government is transforming our school boards into parent-friendly entities to better serve our students.

Let's remember the words of Minister Courchesne: "Parents are the authority."

Indeed, parents rule.

CHRIS EUSTACE
MONTREAL, QC

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

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

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

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C COLUMNIST

Children remind us to pay attention and be amazed.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Amazement

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

Instructions for living a life:

Pay attention.

Be amazed.

Tell about it.

- poet Mary Oliver

1) Sometimes I take Mary Oliver's advice.

This morning my aging cat joined me for morning prayers and coffee in the big armchair by the window. He curled his now tiny body into a soft ball and purred quietly on my lap while I made my devotions. The morning sun slanted through the window, illuminating his orange fur and bathing us both in light.

I know there will not be many more mornings like this and, so, when he began to snore, I remained still. The words were done, and so was my coffee, but I remained: amazed at this trusting life in my lap, amazed that his fur could dance with light while the body beneath is so full of disease, amazed that we could be such close friends.

I was late for work, but the sun didn't mind. An hour of peaceful sleep, an hour of extra prayer, an hour not filled with so many words. On this day at least, permission was not required. Amazement was.

2) There are only two ways to live your life: as though nothing is a miracle, or as though everything is. Or at least that is what Albert Einstein thought.

I would wish to return to childhood for just one thing: to recapture that sense of amazement about all the life that surrounds us, amazement before the ants scurrying to and fro across the sidewalk, and the snow falling on my up-

turned face and the tickling feeling when an animal at the zoo licks my hand. In the eyes of the young everything is wonderment and delight, every day is an invitation to adventure and discovery.

Children remind us to pay attention and be amazed. As we grow up it's so easy become unmoved and unimpressed with the natural wonders of the world. We've seen it all before. Nothing surprises. We know how snow forms. We expect the garden to grow and the sun to shine. Yet each element of our lives can be an object of wonderment.

This afternoon I am considering this beautiful hand carved sculpture of praying hands. It sits on my desk. Its smooth surface invites me to touch it, to hold it, to admire the craftsmanship that went into its creation. I wonder about the artist who sculpted it. Was he old or young? Did he have worries or was he care-free? I wonder about the olive tree from Bethlehem, from which it was carved. How many sunrises did it see? How many human dramas played out before its eyes? It amazes me how an object of such beauty can be created in a place that holds the heartache and sorrow of a land continually in upheaval, a land where rockets and bombs continue to do what they were meant to do and children grow up without security and easily accessible drinking water.

There is much to be distressed about in our world. Yet when we look closely we can still see the spirit of all that is holy and precious and beautiful about life. It rises up despite the chaos and the violence; it gives me hope. Look around you - what do you see?

3) Amazement is a word that describes so many of my experiences with children. I love to hike up a local mountain called the Pinnacle. Each summer I make that trek many times. A few years ago I escorted a pair of twin

girls not quite eight, that I knew from summer camp. The hiking experience was magnified for me because of the amazement I saw in their eyes: standing on a rocky ledge, watching the eagle soar, gazing at a boat on the lake below, looking at the clouds in the blue sky.

Amazement for me can be many things: watching the recent Mary Poppins movie, seeing the musical based on the music of "Queen" at our local high school, watching a twenty-year-old holding her two-month old baby on Christmas Eve, while standing at the podium reading the nativity story. WOW!

My life has not always been like this. I had come through a difficult time personally and was invited to join a writer's group. This was partly to pursue creativity, but, truth be told, partly therapy. Many of the prompts came from the poet, Mary Oliver. Her open amazement at creation and people was quite inspirational. I have since obtained most of her poetry books and often use them in worship. One line from "The Summer Day" really challenged me. "Tell me, what is it you plan to do with your one wild and precious life." An answer perhaps is to live in amazement in this wonderful world.

4) Imagine what it would be like to spend your days more rather than less in a state of awe and wonder. Mindful of the infinite beauty of the universe that surrounds and upholds us all, in praise of the smallest grasshopper or a field of grass. If you've followed the work of poet Mary Oliver, you have an insider's idea of what it's like to live a life of amazement. Reading her poems is to be on intimate terms with astonishment at every turn as you move with her through landscapes of fascination, gratitude and joy.

Since her death on 18 January, tributes of love and appreciation have been flooding the media. Writer friends

have comforted each other by sharing favourite poems in a mutual sense of what, for those intimately inspired by her words, feels like a personal loss. Times without number I've used her words in sermons, as writing prompts and prayers, and memorized whole poems to "own" and hold them close to my heart. Now I find myself repeating fragments over and over. Amazed that simple unassuming language can convey such richness of spirit.

We are comforted by the generosity of one who felt compelled to write it all down, recording in a continual canticle of praise the amazements of everyday. Reminding us to stop, pay attention, not to waste this one precious life, to notice and listen to the wisdom of nature. "Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting - over and over announcing your place in the family of things." Truly her spirit speaks to our age and now echoes in our hearts.

I resolve to live more fully amazed, so at the last to be able to say with her: "When it's over, I want to say: all my life/I was a bride married to amazement./I was the bridegroom, taking the world into my arms."

One word, four voices - now it's your turn to reflect: What does it mean to you to live a life of amazement?

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

Townships drop-out rate

CONT'D FROM PAGE 1

goal was to decrease the dropout rate from a starting point of 30.2 per cent to 18 per cent in Estrie by 2020. Looking at the results for 2015-2016, the regional rate is already 17.3 per cent in the public network.

"These results are the product of collective work. Mobilizing in a consultative body allows not only improving actors' capacities to act, but also organization of the environment around young people in a coherent whole. Everyone has a role to play in the educational success of young people and it is through collective efforts that we have made a difference and we can go even further. Together, we can help each young person thrive and reach their full potential," said Marie-France Bélanger

and Christian Provencher, co-chairs of TECIÉ and Project PRÉE.

Although the two groups are encouraged by having met their goal, there is still some way to go.

As Josiane Bergeron, coordinator of Projet PRÉE, says: "We have made great strides forward and we can be proud. On the other hand, many young Townshippers still dropped out. In 2015-2016, no less than 388 young Townshippers left school without a diploma or qualification. We must not be content, but aim always higher, especially in the current context of scarcity of skilled manpower. Since we are comparing ourselves to Quebec as a whole, we can do even better. Despite this record low in Estrie of 17.3 per cent for the year 2015-2016, the dropout rate for all of Québec remains lower, standing at 14.6 per cent for the

same period. The gap is diminishing, but the fact remains that effort must be maintained and deployed in a concerted manner.

Another significant milestone is the fact that the Estrie region has the lowest annual dropout rate for boys in 10 years, with a 20 per cent rate in the public sector for 2015-2016. This is a significant decrease compared to 2014-2015, when the rate was 25 per cent. This result is all the more important considering that the dropout rate for boys has not changed much since 2010. This result is close to the dropout rate for boys in the public network in all of Québec, which is to 18.1 per cent for the year 2015-2016.

Several initiatives have been put in place in recent years to promote, among other things, educational success among boys. The different physical activity and

sport programs that have been put in place in many area high schools are a clear example, as these programs mainly attract boys and thereby allow them to enjoy their interests and passions. The various programs of concomitance set up throughout the region in recent years also allow boys, in particular, to persevere. These programs allow them to learn a job that interests them while continuing their general education, thereby ensuring faster access to the job market and the achievement of two diplomas at the end of their course (DES and DEP).

For girls, the dropout rate remains around 14 per cent for the year 2015-2016, which is rather encouraging since it was the lowest rate observed among all young Quebecers.



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JAN. 27th at 3 p.m

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Ville de
Sherbrooke

Local Sports

It was in 2010 Alex's life changed from being active and fit. She was diagnosed with stage four non-Hodgkin's lymphoma, a type of blood cancer

Cancer survivor Alex Van shares her fitness journey to inspire others



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Eating healthier and exercising is usually at the top of most everyone's New Year's resolutions. For cancer survivor Alex Van, her resolve to become fit was about survival and mental wellness. Many well-intentioned folks have already given up on their fitness plans for 2019 because it's a very hard thing to do, with no instant results. Yet meeting your fitness goals may have a profound impact on your quality of life. Resetting your mind to thinking it's never too late to get back on track makes Alex a living testimonial to taking one step at a time and never giving up.

It was in 2010 Alex's life changed from being active and fit. She was diagnosed with stage four non-Hodgkin's lymphoma, a type of blood cancer. After four months of chemotherapy the cancer went into relapse. The new chemotherapy she went through left her bed ridden. She had to re-learn basic motor skills and regain her range of movement, to learning how to walk and then, to run again. In a Q&A interview Alex described an uphill battle to recovery and shared how she got back her athletic body.

Q: What did it feel like the first time walking into Steve Nash Fitness World to start your fitness journey?

A: I was definitely nervous and felt a lot of resistance even stepping into a gym. I think a lot of people who've been through illness feel the same, so I would encourage them to find ways to ease that anxiety. Bring a friend or family member with you for the first consultation, and find a trainer or a routine that works for you. I was so lucky that I immediately clicked with my trainer and that I've always had an amazing support network. Listen to your body and honour it, no matter what it's feeling that day.

Q: You've recently won 'Steve Nash's Success Stories' award. How does it make you feel to be inspiring others?

A: Knowing that I can inspire others to pursue a lifestyle revolved around optimal health and fitness is, in itself, motivating. I think winning Steve Nash's Success Stories puts me in a position where I can be an advocate for others struggling to improve their well-being, especially those that have faced, or are still living with cancer or other chronic illnesses.

Q: What goals do you have for 2019?
I have a bunch of specific functional movement goals this year; I want to be able to do a pistol squat and five full pushups within six months time, which to me is a very daunting task as it tests all my weaknesses: strength, balance and coordination.

I would like to focus this year too on building a stronger, healthier gut to fight back the host of different side effects my body has experienced from cancer treatment. So...I've definitely got my work cut out for me!

Q: Describe a typical day for you?
A: I work mainly in community services, so I run programs for children, youth and in volunteer engagement. All of my work revolves around people and engaging with the public, so I'm on my feet most of time running around. It's a

pretty high-energy job so you wouldn't ever find me behind a desk! I try to get in something active each day whether it's doing a workout at the gym, hiking outside or playing ultimate Frisbee.

Setting realistic goals, less centered on resolutions is the best good health

choice you can make, according to Steve Nash Fitness. They say sometimes less is more, to focus on starting slowly, and appreciate the journey. If you need further evidence, Alex Van has a life-altering story she would love to share with you.



Saturday, February 2, 2019
from 10 a.m. to 2 p.m.

Meet members of the faculty and staff

Tour the campus
Visit residence

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What's your face?

Awareness campaign on immigrant integration in the Coaticook region

SADC DE LA RÉGION DE COATICOOK
Ce projet a été rendu possible en partie grâce au gouvernement du Canada
This project has been made possible in part by the Government of Canada

Canada MRC Coaticook Place aux Jeunes COATICOOK

I am François of the Ivory Coast and I am as dedicated to culture as a Thibault.

Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book *A Secular Age* and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

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

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English service at 10:30 a.m. on Sunday, January 27. All are welcome! And at 2 p.m., celebrate the ecumenical Week of Prayer for Christian Unity at the Église Marie-Médiatrice (3025 Galt West in Sherbrooke). Ce dimanche, à la place du culte en français, nous célébrons le service oecuménique de la Semaine de Prière pour l'Unité des Chrétiens. Venez prier avec l'ensemble de la communauté à l'Église Marie-Médiatrice (3025 Galt O à Sherbrooke) à 14h. Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, January 27, 11 a.m., Worship with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

This apple crisp gets an unlikely boost from cranberries

By America'S Test Kitchen

Although it's hard to imagine that apple crisp needs much improvement, we liked the tartness and texture that cranberries added to one of our favourite standard dessert recipes. The challenges were balancing the fruit flavours and making sure that the filling baked evenly while the topping stayed crisp.

We achieved the perfect fruit mix by combining fresh and dried cranberries, and we precooked all the fruit and added tapioca to thicken the juices. This step shortened the oven time and ensured that the classic butter, flour, sugar, cinnamon, and oat topping lived up to the name "crisp."

If you can't find Braeburn apples, Golden Delicious will work. While old-fashioned rolled oats are preferable in this recipe, quick oats can be substituted; do not use instant oats. Serve with vanilla ice cream or whipped cream.

2 1/2 pounds Braeburn apples, peeled, cored, and cut into 1/2-inch pieces

1 cup sweetened dried cranberries

3 tablespoons Minute Tapioca

For the topping: Adjust oven rack to middle position and heat oven to 400 F. Pulse flour, sugars, cinnamon, and butter in food processor until mixture has texture of coarse crumbs (some pea-size pieces of butter will remain), about 12 pulses. Transfer to medium bowl, stir in oats, and use fingers to pinch topping into peanut-sized clumps. Refrigerate while preparing filling.

For the filling: Bring cranberries, 3/4 cup sugar, and water to simmer in Dutch oven over medium-high heat and cook until cranberries are completely softened and mixture is jam-like, about 10 minutes; transfer to bowl. Cook apples, remaining 1/2 cup sugar, and dried cranberries in now-empty Dutch oven over medium-high heat until apples begin to release their juices, about 5 minutes. Off heat, stir in cranberry mixture and tapioca.

Transfer filling to 13-by 9-inch baking dish set on rimmed baking sheet. Smooth surface evenly with spatula and scatter topping evenly over filling. Bake until juices are bubbling and topping is deep golden brown, about 30 minutes. (If topping is browning too quickly, loosely cover with piece of aluminum foil.) Let cool slightly. Serve warm or at room temperature.

Nutrition information per serving: 639 calories; 165 calories from fat; 19 g fat (11 g saturated; 1 g trans fats); 46 mg cholesterol; 11 mg sodium; 120 g carbohydrate; 12 g fiber; 86 g sugar; 4 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Cranberry-Apple Crisp in "Complete Make-Ahead."

(The Associated Press)

CRANBERRY-APPLE CRISP

Servings: 8

Start to finish: 1 hour 30 minutes

Topping:

3/4 cup (3 3/4 ounces) all-purpose flour

1/2 cup packed (3 1/2 ounces) light brown sugar

1/2 cup (3 1/2 ounces) granulated sugar

1 teaspoon ground cinnamon

12 tablespoons unsalted butter, cut into 1/2-inch pieces and chilled

3/4 cup (2 1/4 ounces) old-fashioned rolled oats

Filling:

1 pound (4 cups) fresh or frozen cranberries

1 1/4 cups (8 3/4 ounces) granulated sugar

1/4 cup water

2 1/2 pounds Granny Smith apples, peeled, cored, and cut into 1/2-inch pieces

SUDOKU

DIFFICULTY RATING: ★★★★★

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1/25

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PREVIOUS SOLUTION

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8	5	7	3	4	2	6	1	9
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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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PREVIOUS SOLUTION

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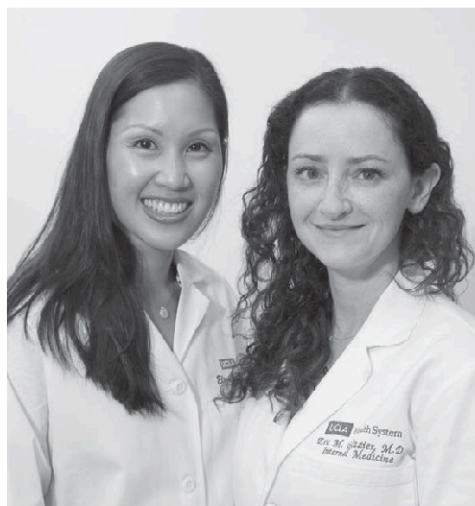
DIFFICULTY RATING: ★★★★★

SUDOKU

Have you thought of including a gift to charity in your will?



Readers check in with questions about vaccines and cookie dough



ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

completion of all early childhood vaccinations, follow-up vaccinations are actually necessary. The answer is emphatically yes. A child's immune system is not fully developed, and vaccination schedules are structured to address that. When subsequent boosters are called for, it's because they are needed to confer full protective immunity. If your family has fallen behind on vaccinations, get in touch with your family doctor. He or she will be glad to help you get back on schedule.

— Another extremely popular topic in our mailbox, likely in response to all the cookie baking that took place over the holidays, was whether eating raw cookie dough is really dangerous enough to warrant a warning from the FDA. Although it's true that the risk of illness is small, it's real. That's because two ingredients in raw cookie dough — eggs and flour — can be contaminated with dangerous pathogens.

— In response to recent columns about organic foods and pesticides, a number of you asked how to effectively wash apples, which regularly find their way into lunch boxes and snack trays. We did a bit of research and found a study published last October in the Journal of Agricultural and Food Chemistry that says a soak in baking soda is the most effective way to get rid of pesticide residue. According to researchers at the University of Massachusetts in Amherst, a 12- to 15-minute soak in a baking soda solution successfully removed common fungicides and pesticides from the apple peel. This worked better than rinsing with water or washing with bleach.

— In addressing the potential dangers of recent outbreaks of measles, mumps and chicken pox, we touched on the need to stay current with vaccines. Several of you wondered if, after initial

That said, if you can't reliably keep your little (or big) family members away from the mixing bowl, you can take steps to make the dough a bit safer. Regarding flour, check the Food and Drug Administration website for the latest information on any recalls. If your batch of flour is cited, dump it. As for eggs, consider baking with the pasteurized variety, which have been exposed to enough heat to destroy potential bacteria.

Some heat-sensitive vitamins, such as riboflavin, thiamin and folic acid, are lost as a result of the pasteurization process. However, when it comes to raw cookie dough, we suspect nutritional value isn't the main concern.

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.

Hello again, dear readers! We hope that amid the rush (and, let's face it, occasional stress) of the holidays, you were able to enjoy the season. We thank you for making the time to keep our mailboxes full. We will get right down to business.

However, because some pesticides penetrate the skin, the conclusion was that the only surefire way to avoid the chemicals was to completely peel the apple.

— In addressing the potential dangers of recent outbreaks of measles, mumps and chicken pox, we touched on the need to stay current with vaccines. Several of you wondered if, after initial

laureate; Steve Prefontaine (1951-1975), runner; Jenifer Lewis (1957-), actress; Geoff Johns (1973-), screenwriter/producer; Alicia Keys (1981-), singer-songwriter.

TODAY'S FACT: The Mars Opportunity rover continued to make scientific observations and report back to Earth until June 2018, more than 13 years beyond the duration of activity for which it was designed.

TODAY'S SPORTS: In 1924, the first Winter Olympic Games began in Chamonix, France.

TODAY'S QUOTE: "What makes old age hard to bear is not the failing of one's faculties, mental and physical, but the burden of one's memories." — W. Somerset Maugham, "Points of View"

TODAY'S NUMBER: 6 — wives of King Henry VIII. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

TODAY'S MOON: Between full moon (Jan. 20) and last quarter moon (Jan. 27).

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.
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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)

Card of Thanks

GRIEVE-BELL: With a grateful heart, I wish to thank my thoughtful neighbours and others for the delicious food brought to our home; for the donations given to Grace Village and the many, many beautiful cards received; also for the prayers as we go through this difficult time! It is all so overwhelming and I thank you from the bottom of my heart. I miss my beloved Stan so very much! His decency, sincerity and kind soul will stay with me forever! Again, I thank you! Please consider this a personal thank you.

**ELLA GRIEVE-BELL
AND FAMILIES**

Card of Thanks

SHADBOLT, Francis - Perhaps you sent a lovely card, or sat quietly in a chair. Perhaps you sent those beautiful flowers that we saw sitting there. Perhaps you spoke the kindest words, as any friends could say. Perhaps you were not there at all, just thought of us that day. Whatever you did to console our hearts we thank you so much for whatever part.

**Sincerely,
EVELYN DAWSON SHADBOLT (wife)
AND FAMILY**



In Memoriam



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

*Those special memories of you
Will always bring a smile,
If only we could have you back
For just a little while.
Then we could sit and talk again
Just like we used to do,
You always meant so very much
And always will do, too.
The fact that you're no longer here
Will always bring us pain,
But you're forever in our hearts,
Until we meet again.*

**Always remembered and sadly missed,
ALTON
CHILDREN and
GRANDCHILDREN**

Datebook

FRIDAY, JANUARY 25, 2019

Today is the 25th day of 2019 and the 36th day of winter.

TODAY'S HISTORY: In 1533, King Henry VIII of England secretly married Anne Boleyn.

In 1787, Shays' Rebellion forces failed in an attempt to overtake the U.S. arsenal in Springfield, Massachusetts.

In 1915, Alexander Graham Bell made the first transcontinental telephone call from New York to San Francisco.

In 1961, a few days after his inauguration, President John F. Kennedy held the first televised presidential news conference.

In 2004, NASA's Opportunity rover landed on the surface of Mars.

TODAY'S BIRTHDAYS: Robert Burns (1759-1796), poet; W. Somerset Maugham (1874-1965), author/playwright; Virginia Woolf (1882-1941), author/essayist; Etta James (1938-2012), singer-songwriter; Tobe Hooper (1943-2017), filmmaker; Paul Nurse (1949-), biochemist/Nobel

laureate; Steve Prefontaine (1951-1975), runner; Jenifer Lewis (1957-), actress; Geoff Johns (1973-), screenwriter/producer; Alicia Keys (1981-), singer-songwriter.

TODAY'S FACT: The Mars Opportunity rover continued to make scientific observations and report back to Earth until June 2018, more than 13 years beyond the duration of activity for which it was designed.

TODAY'S SPORTS: In 1924, the first Winter Olympic Games began in Chamonix, France.

TODAY'S QUOTE: "What makes old age hard to bear is not the failing of one's faculties, mental and physical, but the burden of one's memories." — W. Somerset Maugham, "Points of View"

TODAY'S NUMBER: 6 — wives of King Henry VIII. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

TODAY'S MOON: Between full moon (Jan. 20) and last quarter moon (Jan. 27).

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.

Dealing with the ex when a kid is involved

Dear Annie

FRIDAY, JANUARY 25, 2019

Dear Annie: There is an issue that has been going on for quite some time now, and I don't know what to do. I have a child who is 2, and his father treats me as if I were the biggest piece of garbage. So we split up. The good news is that I have a fiance who treats me and my son like gold. The problem is that I don't speak to the father of my child because of the way he treats me and because my fiance has an issue with it. My ex's mother has my son, and I am currently fighting for custody. Should I be speaking to only her about my child, or should I be speaking to the father, as well? Please help me out with this. — Confused Mom

Dear Confused Mom: Congratulations on finding someone who treats you and your son like gold. What a blessing. Still, your ex-husband is your son's father. Assuming there is no physical threat or danger, try to be as civil to your ex as possible. He gave you the gift of a

beautiful child. If your fiance has a problem with that, just explain to him that your son and his well-being come first and that being polite to his father will help you and your fiance get closer to your son.

Dear Annie: We have a close friend who always blows her nose vehemently at the dinner table at least several times while we are eating. Is this appropriate dinner behavior, or should we ask her nicely to excuse herself when she needs to clean her sinuses?

We really need your advice, as other guests are also repulsed. — Handkerchief Mary

Dear Handkerchief Mary: First off, I'm assuming your dinner guest has her own handkerchief, because if she doesn't and is using a napkin that was designed to lightly wipe one's mouth on her nose, you have even bigger problems. Assuming she has her own handkerchief or tissues, it is truly not too much to ask that she excuse herself for a moment to blow her nose in the bath-

room. Any bodily functions should be performed away from the dinner table. That most definitely includes blowing your nose or even discussing it. Pull your friend aside and tell her that you realize she may have some sinus issues but you'd appreciate it if she could refrain from blowing her nose at the table. Let her know that this rule applies to all guests and not just her. It's not only more polite but also more sanitary for all parties involved.

Dear Annie: This is in response to "Shortchanged," the woman annoyed by one roommate shortchanging her when paying a share of the utility bills. She should report to her roommates an amount that is rounded up on even-numbered months and rounded down on odd-numbered months. That way, people wouldn't have to type the pennies, and it should average out over time. — Adam J.

Dear Adam: Wish I'd thought of this handy, simple and drama-free solution for "Shortchanged" in the first place.

Thanks for writing.

Dear Annie: This is in response to "Bummed-Out Bibliophile," whose shelves are full of unread books. Another option for this person is to make a list of the books, donate them to the local library and check them out as needed. That way, the public library would be helped, and others could also enjoy the books. Our public libraries are a treasure. Sharing is caring! — Rhea L. in Illinois

Dear Rhea: Indeed it is. What a brilliant and practical suggestion. 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.creatorpublishing.com> for more information.

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

Your Birthday

FRIDAY, JANUARY 25, 2019

Press play and get moving. Helping others will lead to interesting opportunities. A chance to use your skills in a different capacity should not be ignored. What you learn will lead to a new adventure that could be quite profitable. Think on your feet and learn as you go.

AQUARIUS (Jan. 20-Feb. 19) — If you connect with former co-workers, an opportunity or suggestion will lead to a new beginning. Plan something special with a loved one.

PISCES (Feb. 20-March 20) — Rethink your current status and lifestyle. Consider the company you keep and the things you spend your money on, and make some improvements.

ARIES (March 21-April 19) — Emotions will run high, and you will need to channel your energy into something productive. Much can be accomplished if you focus on being helpful and loving.

TAURUS (April 20-May 20) — Keep everything in order. Don't lose sight of your goals. Focus on quality, not quantity. Take care of unfinished personal business, de-clutter your life and let new beginnings emerge.

GEMINI (May 21-June 20) — Socialize, travel and learn. Discuss your feelings, intentions and plans with a loved one. Change requires thought and a precise blueprint for you to follow.

CANCER (June 21-July 22) — Slow down and think before you make a move or say something you'll regret. Concen-

trate on projects that require you to learn something new or that challenge your imagination.

LEO (July 23-Aug. 22) — Aim to get ahead. Success will be yours if you mix business with pleasure. Personal improvements will lead to compliments, and romance will enrich your life. Live up to your promises.

VIRGO (Aug. 23-Sept. 22) — Live within your means. Learn from your mistakes. Don't let anger take the reins when the best revenge is your own success. Focus on what you can do, not on what you cannot.

LIBRA (Sept. 23-Oct. 23) — Know what you want, and don't let anyone come between you and achieving your goal. Let your charm and intelligence help you outmaneuver anyone trying to hold you back.

SCORPIO (Oct. 24-Nov. 22) — Stick to your game plan and refuse to let what others do interject and lead you off course. Taking a different approach and working alone will bring the highest returns.

SAGITTARIUS (Nov. 23-Dec. 21) — Pick up the pace and take care of unfinished business. Make plans that encourage exercise, proper diet and a chance to try something new. Plan a romantic evening or attend a social event.

CAPRICORN (Dec. 22-Jan. 19) — Walk away from unstable people and projects that aren't intriguing or realistic. Don't let anyone tamper with your emotions or box you into a corner. Know when to say no.

SATURDAY, JANUARY 26, 2019

Don't mix emotions and money this year. Protect what's yours and don't feel pressured to give someone something for nothing. Personal improvements will help you get ahead and attract people who have something to offer. A change to the way you do things will pay off.

AQUARIUS (Jan. 20-Feb. 19) — Invest more time in yourself and your assets. Update your skills, and show what you can do for someone who could use your expertise.

PISCES (Feb. 20-March 20) — Keep busy doing things that are helpful to you as well as to others. Refuse to let temptation or unreliable people trick you into doing things that aren't in your best interest.

ARIES (March 21-April 19) — Learn all you can and strive to look and do your best. What you put out will make a difference to how well you do. Make important relationships a priority.

TAURUS (April 20-May 20) — Dig deep and learn all you can. Being informed will help you avoid making a mistake or save you from getting involved in something that could end up being costly.

GEMINI (May 21-June 20) — Think matters through to the end before you make a move. Don't trust someone who is offering too much. If you want something done, do it yourself. Show a loved one how much you care.

CANCER (June 21-July 22) — Don't fall into someone's emotional trap. Offer suggestions, but don't pay for or take on

responsibilities that do not belong to you. Play nice, but know when to walk away.

LEO (July 23-Aug. 22) — Make plans well ahead of time. You'll have fun and meet interesting people if you socialize or get involved in activities that are physically and mentally challenging.

VIRGO (Aug. 23-Sept. 22) — Concentrate on what you want to accomplish. Hard work, precision and dedication will pay off. Take care of things on your own steam. Your trust in someone may be challenged.

LIBRA (Sept. 23-Oct. 23) — Attending a reunion or getting together with people from your past could lead to disillusionment if you believe everything you hear. Don't compare yourself to others; just do your best.

SCORPIO (Oct. 24-Nov. 22) — Listen to what people are saying and go to the source for verification. Chances are good you'll be misled by someone trying to take advantage of you. Avoid joint ventures.

SAGITTARIUS (Nov. 23-Dec. 21) — Make your place more inviting. Clear a space and start a new project. Explore your options and adjust your current living arrangements. Show a loved one how much you care.

CAPRICORN (Dec. 22-Jan. 19) — Choose your words wisely and don't be taken in by hearsay. Consider how to best use your strengths and look for interesting prospects. Don't get involved in secret activities.

Sunday horoscope on page 15

YOU'RE CANADIAN SAVVY, SEXY AND SOPHISTICATED

Most people believe what they read in the newspaper

People trust what they read in the newspaper, even the ads. It's true. Trust us.

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THE RECORD

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.

“ HULNL'A AZYLHUFEX PCZKH HUL
 OPHLN — HUPH AZMFHPNG DFEI
 ZW RLPTLWKM WLLMFEX. GZK'NL
 ZE LPNHU, CKH EZH VKFHL.”
 — BZUE T. NLFMMG

Previous Solution: “When I see friends from school, I think they've all grown old and I've stayed the same.” — Steve Coogan
 TODAY'S CLUE: X equals Q

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.

“ M VHTMUMPSDT IPY YPZDYU YDTIPYT
 PSKD... CPU GMST PI SDYBPHA...
 UPPG V AUDJ VST UYMJJDT VST IDWW
 PS LX IVKD.” — DURVS RVOGD

TODAY'S CLUE: X equals Y

Previous Solution: “There's something about the water — that solitary kind of peaceful feeling. You're on Earth, but not quite.” — John C. Reilly

ALLEY OOP



ARLO & JANIS



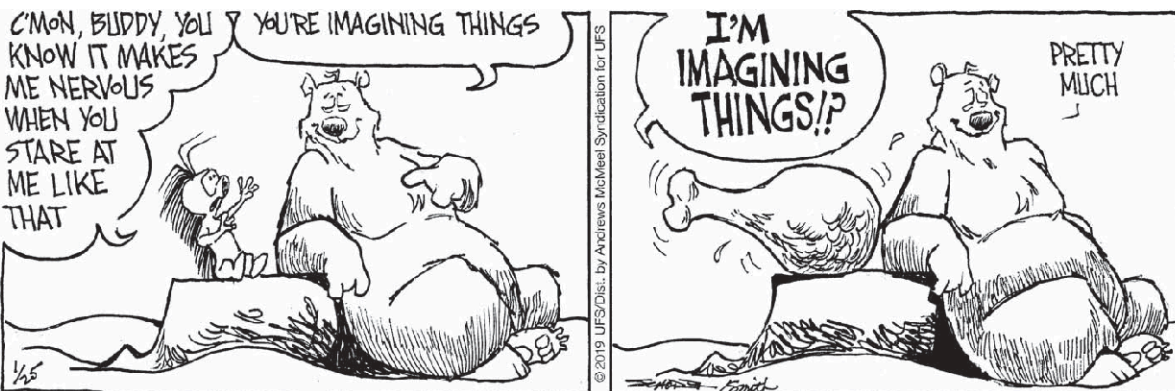
THE BORN LOSER



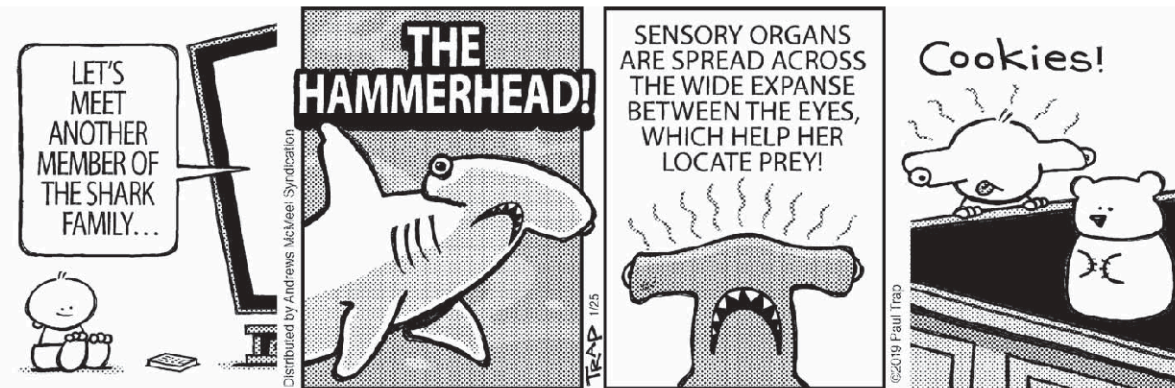
FRANK AND ERNEST



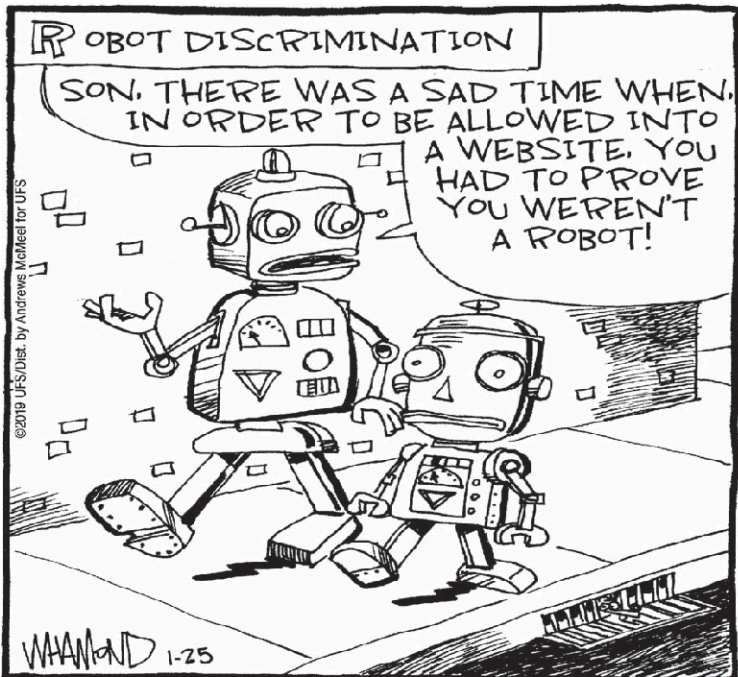
GRIZWELLS



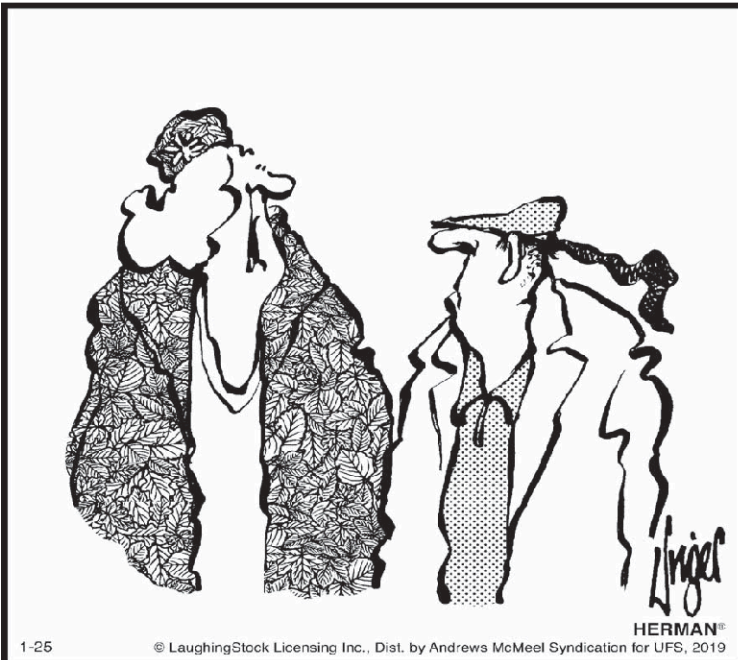
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OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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065 Storage
BRAND NEW HEATED storage lockers with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

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

295 Articles Wanted
LOOKING FOR OLD BOMBARDIER snowmobiles for parts or repair. As well as old Yamaha Enticer/Exciter/Phazer for parts or repair as well. Call 819-578-7929.

310 Arts & Crafts
ATTENTION EMERGING AND HOME-BASED ARTISANS. Marché des Artisans Dunham is an indoor year-round market dedicated to sales of locally made handi-crafts. Make your crafts be seen! Rent a table or display space and get seasonal discounts. A work room is available for light projects and workshops. Visit or call during business hours: 3786 rue Principale, Dunham. Thursday 1-5 p.m.; Friday 1-7 p.m.; Saturday 10 a.m.-6 p.m.; Sunday 10 a.m.-5 p.m. Call 450-295-2252. Visit Facebook@marche desartisansdunham.

100 Job Opportunities
HOUSESITTER REQUIRED for house, 2 dogs, 2 cats and house plants. Fitch Bay area. March 6 to April 5. Call 819-868-2684.

275 Antiques
WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

Having a garage sale, flea market or a farmers' market this week? Advertise in The Record classified section

100 Job Opportunities
LOOKING FOR CUSTOMER Service Agents for contact lens lab. Must be perfectly bilingual (French / English). Contact Micheline at 819-565-0988.

290 Articles For Sale
APPROX. 15 COLLECTOR PLATES, all in original shipping boxes, with some frames to go with them. All for \$200 or \$15 each. Also 25 VHS video tapes, the original Little House on the Prairie. All for \$300. Reason for sale: moving into seniors' residence. If interested, please call 819-838-1502.



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For **.50** a word - **bold** it.

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

NOTICE
Notice is hereby given that, following the death of **Gordon STUART**, during his lifetime residing and domiciled at **50 Saint-Patrice St. East, Magog, Quebec, J1X 3X3**, an inventory of the deceased's property was made by the liquidator of the succession, in accordance with the law.
This inventory may be consulted by all the interested parties, at the office of **Mtre Timothy LEONARD, Notary, at 520 Bowen South, Sherbrooke, Quebec J1G 2E1, 819 563-0500.**
Timothy LEONARD, Notary and Attorney for the Liquidator

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Chickpeas and escarole combine for a hearty flavour combo

By America'S Test Kitchen

In Sicily, chickpeas are the favoured legume to use in soup. In this version the mild bean shares the stage with escarole. We knew that dried chickpeas were the way to go for our traditional soup because we could infuse them with lots of flavour as they cooked.

For aromatics, we started with the classic flavours of the region: onion, garlic, oregano, and red pepper flakes. We also added fennel, which grows wild throughout Sicily; its mild anise bite complemented the nutty chickpeas. A strip of orange zest added a subtle citrus note, while a Parmesan rind bolstered the chickpeas' flavour with a nutty richness and complexity. When stirred in for the last 5 minutes of cooking, the escarole leaves wilted until velvety and the stems retained a slight crunch.

To speed up the process if you're tight on time, you can use our quick-salt-soak method for the beans: Combine the salt, water and chickpeas in a Dutch oven and bring them to a boil over high heat. Remove the pot from the heat, cover, and let stand for 1 hour. Drain and rinse the beans and proceed with the recipe. The Parmesan rind can be replaced with a 2-inch chunk of the cheese.

SICILIAN CHICKPEA AND ESCAROLE SOUP
Servings: 6-8

Start to finish: 2 hours 30 minutes
Salt and pepper
1 pound (2 3/4 cups) dried chickpeas, picked over and rinsed
2 tablespoons extra-virgin olive oil, plus extra for serving
2 fennel bulbs, stalks discarded, bulbs halved, cored, and chopped fine
1 small onion, chopped
5 garlic cloves, minced
2 teaspoons minced fresh oregano or 1/2 teaspoon dried
1/4 teaspoon red pepper flakes

5 cups vegetable broth
1 Parmesan cheese rind, plus 1 cup grated Parmesan for serving
2 bay leaves
1 (3-inch) strip orange zest
1 head escarole (1 pound), trimmed and cut into 1-inch pieces

1 large tomato, cored and chopped
Dissolve 3 tablespoons salt in 4 quarts cold water in large container. Add chickpeas and soak at room temperature for at least 8 hours or up to 24 hours. Drain and rinse well.

Heat oil in Dutch oven over medium heat until shimmering. Add fennel, onion, and 1 teaspoon salt and cook until vegetables are softened, 7 to 10 minutes. Stir in garlic, oregano, and pepper flakes and cook until fragrant, about 30 seconds.

Stir in 7 cups water, broth, drained chickpeas, Parmesan rind, bay leaves, and orange zest and bring to boil. Reduce to gentle simmer and cook until chickpeas are tender, 1 1/4 to 1 3/4 hours.

Stir in escarole and tomato and cook until escarole is wilted, 5 to 10 minutes.

Off heat, remove bay leaves and Parmesan rind (scraping off any cheese that has melted and adding it back to pot). Season with salt and pepper to taste. Sprinkle individual portions with grated Parmesan, drizzle with extra oil, and serve.

Nutrition information per serving: 455 calories; 120 calories from fat; 13 g fat (3 g saturated; 0 g trans fats); 11 mg cholesterol; 435 mg sodium; 65 g carbohydrate; 16 g fiber; 15 g sugar; 23 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Sicilian Chickpea and Escarole Soup in "All-Time Best Soups."

(The Associated Press)

THE RECORD

THE RECORD IS LOOKING FOR CARRIERS FOR THE FOLLOWING LOCATIONS

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J.A.Lowry	Rogers
Principale	Route 210
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If you need more information or are interested in delivering to all or some of these areas, please don't hesitate to contact us at **819-569-9528** or by email at **billing@sherbrookerecord.com**

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340 Garage Sales

LENNOXVILLE Estate Sale - Antiques, paintings, china, rugs, tables, clock, books, chairs, bookcase, desks, washer, dryer, fridge, stove, bedroom set, stacking bookcase, china cabinet with curved glass, knick-knacks and much more. 109 Archie-Mitchell Street, Sherbrooke, J1M 2J8, Saturday, January 26, 8 a.m. to 4 p.m.

395 Home Improvement

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


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NEA Crossword Puzzle

ACROSS

- 1 High card
- 4 1040 pro
- 7 Leafy vegetable
- 11 Juan's aunt
- 12 Rights movement word
- 13 Seattle's Sound
- 14 Paddle
- 15 Fish without scales
- 16 Diminish
- 17 Kind of bear
- 19 Cry out in pain
- 21 Small music maker
- 23 Midnight —
- 26 Baroness Karen
- 29 First-aid item
- 31 Resin
- 33 Lids
- 34 Whey opposite
- 35 A Gershwin
- 36 New York Giants hero

DOWN

- 37 Gleeful yell
- 38 Ms. Bovary
- 39 Zilch
- 40 In need of a shampoo
- 41 College VIP
- 42 Synthetic fabric
- 44 Go downhill
- 46 Toy block brand
- 48 Anesthetic
- 52 Sacred place
- 55 Chem room
- 57 Pay dirt
- 58 Good farm soils
- 59 Historical period
- 60 Pen part
- 61 Moon goddess
- 62 Bro or sis
- 63 Big green parrot

Answer to Previous Puzzle

	Y	O	K	E	L			C	R	A	B	S
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- 6 With competence
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- 8 Turkish official
- 9 Allowed
- 10 Paris season
- 13 In hock
- 18 Diving birds
- 20 Fish hawks
- 22 Writing on glass
- 24 Weather
- 25 Fate
- 26 Click-on item
- 27 Lustrous fabric
- 28 Suitably
- 30 "The Valley of Horses" author
- 32 "Misery" co-star
- 37 Swains
- 38 Fix typos
- 43 Camel relative
- 45 Shish —
- 47 Cheers for matadors
- 49 Beep
- 50 Toledo's lake
- 51 Ms. McEntire
- 52 Sum total
- 53 Reed or Gehrig
- 54 Light brown
- 56 "Exodus" hero

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Your Birthday

SUNDAY, JANUARY 27, 2019

Change will catch you by surprise. Be ready to act based on what's important to you. Don't give in to pressure or demands. Protect your integrity, reputation and standards. How you present who you are and what you have to offer will determine your success.

AQUARIUS (Jan. 20-Feb. 19) — An emotional incident will leave you feeling uncomfortable. Don't take part in something just because someone else does. It's OK to say no and follow your own path.

PISCES (Feb. 20-March 20) — A poor decision will lead to financial loss or legal implications. Look for a way to protect your investments, reputation and rights. Patience and honesty will be necessary.

ARIES (March 21-April 19) — Take care of your personal responsibilities before you move on to pleasurable activities. A change will encourage you to be more active and update your appearance.

TAURUS (April 20-May 20) — Emotions will mount if you let stress fester. Engaging in physical activity and getting rid of the things you no longer need will help relieve tension. Don't ignore what needs to be done.

GEMINI (May 21-June 20) — Listen more while revealing less. If you ask questions and show interest, you'll be offered information that will make you think twice about the people you associate with.

CANCER (June 21-July 22) — Getting

together with friends or relatives and engaging in projects or pastimes that are geared toward people of all ages will change your perspective on how you want to proceed personally.

LEO (July 23-Aug. 22) — Don't feel obliged to make a change. Listen to what others have to say, but don't buy into someone else's plan. An emotional decision will lead to regret. Bide your time.

VIRGO (Aug. 23-Sept. 22) — Look at your options, but don't make an impulsive move. You are better off being an onlooker for the time being if you want to avoid making a mistake.

LIBRA (Sept. 23-Oct. 23) — Have fun by going out with people who build you up. Don't feel you must make a decision if you aren't ready, regardless of what someone else does or says.

SCORPIO (Oct. 24-Nov. 22) — Emotional matters will escalate if you get into a debate with someone. Rely on past experience to guide you. Concentrate on a creative outlet to ease your stress.

SAGITTARIUS (Nov. 23-Dec. 21) — Make changes that will render your home more inviting. Don't lend or borrow money or possessions, or give anyone access to private information that could be used against you.

CAPRICORN (Dec. 22-Jan. 19) — Stick to the facts, live by the rules and regulations, and don't follow the crowd. Relying on your experience will help you avoid making a decision based on emotions instead of common sense.

FRIDAY, JANUARY 25, 2019

Let us cover more on covering honors

By Phillip Alder

Stephen Colbert, on his show in 2006, said, "I don't want someone shoving his views down my throat, unless they're covered in a crunchy candy shell."

That's ironic, since he gives his opinions to viewers every night. But, of course, one may change channels or turn off the television.

Politicians in particular try to persuade you to agree with them. Bridge players occasionally strive to get an opponent to help the cause. But often the persuader has to find a clever way to coerce the persuadee — if there is such a word.

How does that apply in this deal? South is in seven spades. What should he do after West leads the diamond queen?

North responded with the Jacoby Forcing Raise, showing four-plus spades and at least game-going values. South took over with Blackwood.

With no losers in the side suits, South just needs to draw trumps. That will not be a problem if they are 2-1, which the mathematicians tell us happens 78 percent of the time. If West has all three spades, the contract is hopeless. But if East has three, declarer can set a trap.

North		01-25-19	
♠	J 8 7 6 3		
♥	A Q 4		
♦	K 5		
♣	A 9 2		
West		East	
♠	—	♠	Q 10 2
♥	9 7 6 5 2	♥	J 10
♦	Q J 10 9	♦	8 7 4 3 2
♣	J 8 4 3	♣	10 6 5
South			
♠	A K 9 5 4		
♥	K 8 3		
♦	A 6		
♣	K Q 7		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♠	Pass	2NT	Pass
4NT	Pass	5♥	Pass
5NT	Pass	6♦	Pass
7♠	Pass	Pass	Pass
Opening lead: ♦ Q			

He should win the first trick with dummy's diamond king and call for the spade jack.

If East plays low smoothly, South will go up with the ace, assuming a 2-1 split — and here he will go down. But if East covers the jack with the queen, declarer wins with his ace, crosses back to dummy in either minor and finesse East out of his spade 10. Sneaky!

WALES

CENTRE D'HÉBERGEMENT ET DE SOINS
DE LONGUE DURÉE WALES INC.

The CHSLD Wales Inc., designated GOLD Planetree leader in person-centered care, is growing and looking for experienced Caregivers, LPNs and Nurses who are passionate about enhancing person-centered care.

The CHSLD Wales Inc. will soon have completed its expansion – we are adding 12 new beds to our long-term care unit which will increase our current capacity from 84 beds to 96. As our CHSLD receives government funding, we are paying the same salaries as the public sector, for all job titles.

The CHSLD Wales Inc. is currently looking for quality candidates to fill available positions within its facility, including:

Supervisor (AIC)	\$28.93 to \$43.06
Nurses	\$23.49 to \$38.05
LPNs (Licensed Practical Nurses)	\$22.04 to \$29.72
Caregivers	\$19.86 to \$21.80
<i>Evening Premium \$1/hour & night premium \$2/hour</i>	

Should you or anyone you know be looking for an employer of choice, search no more! Apart from competitive salaries, the CHSLD Wales Inc. offers many benefits that can only be found in a facility such as ours. The CHSLD Wales Inc./Wales Home is one of the largest employers of the Val-St-François with over 160 employees.



Do you want to be part of a team where patients are respected and engaged in their care? Do you want to be part of a healthcare team which involves their staff and patients in quality improvement? If you answered YES to these questions, the CHSLD Wales Inc. is the right team for you.

We are the first and only long-term care facility in Quebec to have been awarded Gold Certification by Planetree International for its excellence in Person-Centered Care. The essence of Person-Centered Care are Quality, Compassion, and Partnership. Person-Centered Care includes listening to, informing and involving residents in their care.

It is the spirit of Planetree that the board of directors and management of the CHSLD Wales Inc. invest in their staff through regular consultation with employees on various questions, active participation of employees in decision-making, and hosting regular employee recognition activities, to name only a few. We are proud to rely on the best employees to offer high quality care and services to our seniors.

To apply, please contact the Human Resources

Department of the CHSLD Wales Inc.:

Email: info@waleshome.ca

Telephone: 819.826.3266 ext. 223



Santa paid a visit to the employees and residents of the CHSLD Wales Inc. in December 2018.