

CHUS Foundation gives \$200K to local research projects

By Gordon Lambie
SHERBROOKE

The CHUS Foundation's Jean-Luc Mongrain Fund announced \$200,000 in support for four different local medical research projects on Wednesday morning. Each of the initiatives, covering topics such as the treatment of anxiety, regeneration of damaged tissues, better diagnosis and treatment of breast cancer, and use of medical imagery in the prediction of type-two diabetes, will split the funds evenly and thus receive \$50,000 each.

Doctor William Fraser, Scientific Director of the research centre of the CIUSSS de L'Estrie - CHUS, highlighted the significance of the donations by pointing out that good research is the basis of discovery and development in the healthcare system.

"If we didn't have research, medicine would not be as advanced as it is today," Fraser said, arguing that ongoing research projects are essential to the improvement of hospital care throughout the world.

"These funds allow our researchers to better understand, diagnose, and treat mental and physical diseases that impact more and more people," the Scientific Director said, adding that the donation from the CHUS Foundation is also beneficial in seeking other grants, as it shows proof that others support the projects in question. CONT'D ON PAGE 3

Community groups unite to demand government support



MATTHEW MCCULLY

By Matthew McCully
SHERBROOKE

It was a busy day for community organizations in Sherbrooke and across Quebec yesterday.

United in a common front, some 4,000 organizations in different parts of the province used strike action, held demonstrations and presented petitions

to local politicians demanding that more funding and resources be allotted to community organizations in the upcoming budget.

In Sherbrooke, the morning started off with demonstrators gathered in front of the offices at 200 Belvédère Street North in Sherbrooke to hold a staged disruption as part of the "Engagez-vous pour le communautaire" initiative.

tiative.

The message delivered by the common front was for the provincial government to end budget cuts and a call for major reinvestment in public services and social programs, respect for the autonomy of community organizations and the recognition of their work as an engine of

CONT'D ON PAGE 4

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CLEARING

HIGH -9
LOW -12



FRIDAY:
SUNNY

HIGH -9
LOW -13



SATURDAY:
FLURRIES

HIGH 0
LOW -5



SUNDAY:
SNOW

HIGH -2
LOW -12



MONDAY:
MIX OF SUN
AND CLOUD

HIGH -6
LOW -14

Setting death goals



ROSS MURRAY

What do you want to do," I asked Deb, "when you die?"

It's a funny way to phrase it, I admit. It's not like she's going to have a packed itinerary. No sightseeing tours, no dinner with friends. Bowling is out the question.

I meant what does she want us to do with her when she dies — eventually; don't worry.

It's a legitimate question. Deb turns... a certain age this year, and I'm a couple of years ahead of her. We're healthy, but we might as well plan ahead while we can, even though right now we couldn't pay for a funeral to save our life.

"I don't want to be buried," Deb answered. "Cremation."

"But what about your ashes? What do you want us to do with them?"

"It depends on what the kids want. They might want a place where they can visit us."

Deb's a municipal councillor now, and she likes to walk the local trail. I suggested spreading her ashes along the path during a particularly icy day, which would simultaneously honour her memory and make a civic contribution. Tribute and traction.

"Do you want a service? Visitation?"
"No visitation," she said. "All those people standing around... Have a party. Or a potluck. Rent a hall or something."
"I want a parade," I said.
"Okay."

Easy for her to say; I'll be dead. For all I know, she could bury me lying on my stomach so that, at least in the afterlife, I'll finally stop snoring. She could sneak my ashes into a construction site, mix them into the cement, and next thing I know I'm a Domino's Restaurant. (Rest in pizza.) She could bury me in the back yard along with the pets (a cat, two hamsters and counting), which actually isn't outside the realm of possibility.

I won't have a say in the matter. Nor should I really. Funerals and burials aren't for the dead. They're for the living, a way for them to manage their grief, say goodbye, get free casseroles. That's why it gets under my skin (decomposition joke) when someone says, "Alfred would have loved this," or, "It's what Alfred would have wanted." What Alfred really would have wanted, probably, was to still be alive.

Deb and I were walking while we were having this conversation, one of those crazy long walks she likes. (Her funeral procession will be a 10K hike; "Debbie would have loved this.")

"What about you?" she asked. "Do you want to be cremated?"

"I think so, yeah," I said. "But what would you do with me after that? I don't want to be on a shelf. I don't want to be clutter." We have enough clutter. The thing with clutter is you stop noticing it after a while, and then one day you wind up in a garage sale for 50 cents.

"I can bury you in the park and build a statue of you," Deb suggested.

"Cool. Can you enhance the statue? Know what I mean? 'Enhance'?"

"Maybe I'll make it really tall so the kids can swing on you." Always thinking about her community that wife of mine. (Re-elect Debbie Bishop 2021.)

The conversation continued at home, circling back to consulting our children on the matter, or in this case, child.

"It's up to you," Abby said. "You're the one in the ground. Or how about we throw your body in the sea."

"Let's go on a cruise and try it out," said Deb. "But do it on the way back so at least we get our money's worth."

The discussion eventually led to a contemplation with Abby on the very nature of death, whether there's an afterlife or whether all that awaits us is the black void of final, unfathomable nothingness.

"I want to come back as an eagle!" she said.

We may laugh in the shadows but there's no getting over the fact that it's death, the last thing anyone wants to deal with, except perhaps insurance. "I don't want to think about this anymore," Abby said. "You're not going to die for like another 20 years." I'm grateful she's at least allotted me my three-score and ten.

We ended up no further ahead. No solid plans made, no novelty urns ordered, no sing-alongs selected. ("Feeling Yourself Disintegrate" by The Flaming Lips?) We'll have to get real about it at some point, but I do know one thing right now: no selfies with the corpse. It's what I will have would have wanted.

Sherbrooke to proceed with two new parks this year

Record Staff
SHERBROOKE

The City of Sherbrooke will get two new parks in 2018. One will be on rue de Mère-Teresa in Borough 4 (Mont-Bellevue), and the other new park will be near Lemire Rd in Borough # 2 (Fleurimont). These two projects come at an estimated cost of \$425,000 that will be drawn from the 2017 Remaining Budget Envelope and the 2018 Capital Budget.

The first park will be located between LaRocque School and Immaculée-Con-

ception-de-la-Très-Sainte-Vierge-Marie Church. As announced last fall, the park will take up a part of Mère-Teresa Street and its layout will be integrated with the unfenced schoolyard.

The park near Lemire Rd will begin at the intersection of Roger-Caron and François-Xavier-Bureau streets. The project has been on area residents' wish lists for several years and will be named "Diane-Vaillancourt Park", a tribute to a committed volunteer who died in 2011. The park will include play areas suitable for children up to 12-years-old, as well as

swings for infants and young children.

Since the adoption of the city's Parks and Green Spaces Master Plan in 2012, two new parks have been built each year in Sherbrooke. "The year 2018 is no exception and with these two new parks, we will continue to provide a quality living environment for Sherbrooke families," said Sherbrooke Mayor Steve Lussier.

The work required will be done in the summer of 2018 and Citizens will be able to take advantage of them by the beginning of autumn.

Ben by Daniel Shelton



L'Espérance accused of fraud, theft in private complaint

Record Staff
SHERBROOKE

Prominent Magog businessman André L'Espérance, owner of the Le Grand Cru tour boat, the Orford Express, and the OMG restaurant, has found himself in court following the filing of a private complaint accusing him of theft of more than \$ 5,000 and having defrauded maintenance firm, Piervan of more than \$5,000 in 2011. Piervan be-

CHUS funding

CONT'D FROM PAGE 1

Mongrain, a well known Quebecois journalist and media personality who has been working with the foundation since 2003, was present to introduce the four projects chosen.

"These scientists devote their lives to their research in order that ours will be better," the spokesperson said, praising the CHUS as an extraordinary research environment that is under appreciated because it is not in a large city. "Oxford is not in London, Cambridge is not in London; they are outside a major capital but that does not take away from the quality of their research," he said.

The projects selected by the foundation are as follows:

1) Behavioural cognitive therapy to counter anxiety disorders: led by researcher Pasquale Roberge, this project aims to better address the growing needs in the world of mental health by bringing in behavioural therapy as a front-line approach. In this way, the researchers hope to improve access to and effectiveness of the treatment of anxiety disorders and depression.

2) Regeneration of damaged tissues: Florian Betzinger and Dimitri Ryczko are drawing inspiration from the regenerative powers of the salamander in working to try to help the human body restore itself following massive injury or damaging diseases. Focusing specifically on spinal cord tissue at the moment, the researchers speculate that their findings could someday have positive implications for those living with diseases like muscular dystrophy or, potentially, the loss of limbs.

3) Use of medical imagery for better diagnosis and personalized treatment of breast cancer: this study, led by Éric Turcotte, is the first in the world to combine two different methods of medical imaging to improve diagnostic and treatment plans for women with breast cancer.

4) Medical imaging and diabetes: Doctor André Carpentier is working on finding clearer warning signs of the development of type-two diabetes using molecular imaging technology. With a better understanding of early markers for the disease, the hope is that doctors will be better placed to treat it early on, and that emergent treatments will be more effective.

"We often speak of re-searchers", Mongrain said, "but here we have a group of finders."

According to Sophie Warren, chair of the CHUS Foundation's board of directors, 30 per cent of the annual revenue of the foundation is given to medical research.

longs to the Groupe Yvan Frappier. The parties involved gathered at the Sherbrooke courthouse on Tuesday morning for the laying of the charges.

According to information from Radio-Canada, the alleged facts are related to the installation of the Grand Cru in Lake Memphremagog.

The Crown dismissed the complaint, but the alleged victims chose to pursue a private prosecution and a judge then authorized the charges himself.

As part of this complaint, the preliminary inquiry will be held before a judge with Jean-Pierre Rancourt, representing the complainant. If the judge finds the evidence sufficient, he could order a criminal trial and the Director of Criminal and Penal Prosecutions would take over the case for further action. The case goes to court on March 26 for further proceedings.

A civil suit for damages has also been filed against L'Esperance's company, Es-

capade Memphremagog for having "illegally" retained the services of (Piervan employees) and used, without its knowledge, its tools and equipment.

Piervan claims that Escapade Memphremagog acted illegally in paying Piervan employees in cash without declaring it to the competent government authorities. Piervan is claiming nearly \$73,000 from L'Espérance and his company Escapades Memphremagog for loss of income and punitive damages.



GORDON LAMBIE

Sophie Warren, chair of the board of the CHUS Foundation standing with researchers Florian Betzinger, Dimitri Ryczko, Pasquale Roberge, Eric Turcotte, and Andre Carpentier, as well as CHUS research centre Scientific Director William Fraser, CIUSSS de L'Estrie - CHUS Associate General Manager Johanne Turgeon, and Quebec media peronality Jean-Luc Mongrain.



The CHUS' leading-edge sectors

Did you know that the CHUS has gained a reputation for excellence in several cutting-edge sectors, such as:

- Cerebral chemotherapy through the transient opening of the blood-brain barrier
- Advanced 3-D MRI-guided neurosurgery
- Gamma knife neurosurgery
- Colorectal cancer screening
- Cyclotron production of radioisotopes

The expertise of neurosurgeon and neuro-oncologist David Fortin and researcher Maxime Descoteaux was recognized in an article entitled "Secrets of the Brain" published in the February edition of *National Geographic*.

Innovating and pushing the limits of technology to benefit patients and the public are challenges addressed by the experts at the CHUS and its research centre on a daily basis.



Photo Credit: National Geographic



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Community groups demonstrate

CONT'D FROM PAGE 1

social progress.

The demonstrators were also asking for full funding for the overall mission of all

autonomous community action organizations, and an annual indexing of grants to track the increase in operating costs.

The common front includes 244 different organizations in the Townships. Among them are youth centres, collective kitchens, literacy groups, rights advocates and environmental groups, to name a few.

Following the brief demonstration in the morning, a larger group of demonstrators, roughly 300, gathered at the Granada Theatre on Wellington Street for a brief meeting before taking to the street at the corner of King and Wellington to make their voices heard.

According to representatives from the common front, the government continues to turn a deaf ear despite several appeals for consistent funding.

The assembly at the Granada featured speeches from representatives of the five umbrella groups that form the common front.

According to the speakers, the government should take a preventative approach rather than a curative approach, and investment in social programs would benefit the whole of society in the long run.

They added that it was unfair that community organizations be used to patch the holes created by insufficient community support.

Following the assembly, the demonstrators bundled up, and carried signs and noise makers to the corner of King and Wellington to raise their voices and demand that the upcoming provincial budget take the needs of community organizations into consideration.



PHOTOS BY MATTHEW MCCULLY

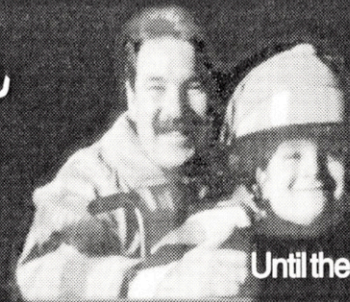
Dominique Vigneux (Table ronde des organismes volontaires d'éducation populaire de l'Estrie, Claudelle Cyr (Regroupement des organismes communautaires de l'Estrie), Lucie Roch (Regroupement des organismes communautaires Famille de l'Estrie), Marie-Eve Rhéault (ConcertAction femmes Estrie and Jimmy Forgues (Solidarité Populaire Estrie), representing the common front, gave speeches at the Granada theatre yesterday about the importance of consistent funding from the government for community organizations. The attendees of the assembly, coming from over 240 local organizations, then took to the streets to make their demands heard.



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Police seek two in bold robbery

Record Staff
SHERBROOKE

Sherbrooke Police are looking for two individuals in connection with the theft of nearly \$ 3400 from a Sherbrooke residence.

The two suspects entered a residence at 655 Ch. du Sanctuaire on Jan. 26 and stole several electronic devices and tools, an Acer laptop, two pairs of headphones, a sound column, and two chain saws.

The suspects apparently forced a garage door window with a piece of wood, stole the items before fleeing by car to Stoke. The theft took place between 8:30 a.m. and 12:30 p.m. police say.

The first suspect is about 35 years old, six feet tall, weighs about 200 pounds, has dark hair with a beard. He wore a dark coat with a fur hood, beige camouflage cargo pants, work boots, and a coin purse with right side chain.

The second suspect stands 5' 7" tall and weighs about 180 pounds. He wore a black tuque with a red NL inscription.

The suspects fled the scene in an old-model brown Toyota Corolla or Camry, with a white stripe above the windshield.

Police are asking that any information regarding this theft be sent to the SPS at 819-821-5544 or Crime Stoppers at 1-800-711-1800.

Sketch leads to arrest of sexual assault suspect

Record Staff
SHERBROOKE

Thanks to a sketch generated by the Sherbrooke Police department that was circulated in the media, a Sherbrooke woman identified a suspect under investigation for and alleged sexual assault.

The sketches were released in mid-January. When she recognized the man in question, the woman was able to lead authorities to the suspect.

He was located on Wednesday, January 31 by patrol officers and formally arrested the next day. He has been

identified as a 17-year-old of Afghan origin. He will be charged with sexual assault and harassment of five victims. He was released on a promise to appear in court. He has no previous history with police.

The suspect was wanted for incidents dating back to last October when he allegedly showed up in stores and asked the women present some very personal questions and attempted to kiss them. After hearing from victims, the Sherbrooke Police released three different photo-sketches, one of which was recognized by a local.

New gender neutral version of O Canada becomes official

By Geordon Omand
THE CANADIAN PRESS
OTTAWA

Members of Parliament broke into applause Wednesday after singing the new, gender-neutral lyrics to O Canada in the House of Commons, just hours after the change became law.

The new wording became official earlier in the day, capping off a years-long effort to make the anthem more inclusive that was spearheaded by late Liberal MP Mauril Belanger.

It changes the second line of the anthem's English version to "in all of us command" from "in all thy sons command."

Belanger died two years ago after being diagnosed with ALS or Lou Gehrig's disease.

His widow, Catherine Belanger, was present in the Commons on Wednesday and said that while the road has been long she is overjoyed her husband's dying wish has been fulfilled.

"I'm sure that Mauril is smiling down at us," she said. "My granddaughters and

I are on Cloud 9."

Canadian athletes in Pyeongchang, South Korea, for the Winter Olympics sang the new version while raising the flag Wednesday morning, said Canadian Heritage Minister Melanie Joly.

"Today is a really good day," she said.

"Now, women across this country will be well reflected in their own national anthem."

No extra money has been earmarked to promote the revision, which Joly said will be accomplished through her department's existing budget.

Online materials will be the first to change, and Canadian Heritage will notify schools and other groups to make them aware of the updated wording.

The English version of O Canada has changed multiple times since Montreal lawyer Robert Stanley Weir wrote it in the early 20th century, though not since it became the country's official national anthem in 1980.

The music to O Canada was composed by Calixa Lavallee in 1880, after which Quebec judge Adolphe-Basile Routhier wrote the original French lyrics.

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EDITORIAL

At best we are doomed to spend our declining years looking for our keys and trying to remember our spouses' maiden names. But never fear; there is hope.

The cognitive benefits of home renovation



TIM BELFORD

Many of us are at a certain age when cognitive functions start to fail. At worst, dementia looms on the horizon. At best we are doomed to spend our declining years looking for our keys and trying to remember our spouses' maiden names. But never fear; there is hope. All you have to do is renovate your kitchen.

I should point out here that the love of my life (maiden name Loiselle, which is easy since she didn't changed it after we married) never met a room she didn't think could be renovated, renewed or re-modeled. When I found her, several months back, standing in the middle of the kitchen gazing at the counters, cupboards and walls, I instinctively knew change was in the air. Three months later we're almost done.

The fascinating thing about re-doing a kitchen is that before you start putting in the shiny new cupboards, doors and floors you have to take all the old stuff out. That's where I came in. Always looking to save money, I volunteered to do

the demolition work and cart it all away to the eco-centre myself. No hired help, no dumpster rental, and a minimum of fuss. This, however, turned out to be a somewhat utopian view of the task ahead.

Take the floors, for example. Note that I say floors, plural. It turned out that the original vinyl tiles had been the victim of a previous renovation. Not wanting to take the trouble of lifting them off the floor, the owners at the time merely placed new plywood on top and added a more suitably coloured tile. Some years later, a new owner took exception to that colour in turn and covered it with another layer of plywood and new tiles. We now had a choice. Take out two layers of plywood and three layers of tile or do as the others had done, just add on. The latter, unfortunately would have also necessitated the installation of stairs leading from the den and the dining room up into the kitchen, so removal it was.

At this point you are probably wondering what all this has to do with improving cognitive function. It's simple. To take up the floors the counters had to come out along with the refrigerator, stove, dish washer, microwave and the entire contents of the cupboards. All of this was distributed to adjacent rooms filling every available space, nook and cranny. Luckily the stove could be shuffled around the kitchen and plugged in for the preparation of meals.

It became immediately apparent that



we had become accustomed to moving in a certain direction to locate essential items that were no longer there. Nothing is quite as disconcerting as turning to the refrigerator to find a blank space where it had once stood and realizing it was now in the dining room. Searching out cutlery, which had once been stored next to the stove, became an adventure that involved a three-room hunt. Bread and muffins were on the bookshelves and frying pans in the garage. If you wanted water it was off to the bathroom. If you needed a wine glass check behind the living room sofa.

To further complicate matters, She Who Must Be Obeyed insisted on rearranging the placement of various items on a daily basis insisting that the new positioning made more sense. What it meant, however, was that no sooner had I become accustomed to finding mixing bowls in a box on the floor of the den next to the flour and rice containers, than they appeared behind the plant stand in the hallway.

Life has become a daily, mental and directional challenge. Like a laboratory rat seeking out the cheese at the end of a maze I move from room to room in search of whatever item I require at any given time. With each successful discovery I also, like the test animal, experience a burst of endorphins that brings a glow of pleasure. In short, my mind and memory are being challenged on a daily basis in a way that Sudoku puzzles and crosswords can't begin to match. The only question is, what room will we do next?

A second photo tour making its way to downtown Sherbrooke

Record Staff
SHERBROOKE

The City of Sherbrooke is putting on its second exhibit as part of the Sherbrooke Photo Tour, developed in collaboration with Destination Sher-

brooke and the Sherbrooke Museum of Fine Arts. The exhibit, called "Territorial Point of View", brings together 32 works by 17 photographers from the Estrie region.

The Tour, set up in 2017, consists of

three locations where photographs are displayed, namely the Marché de la Gare, Jacques-Cartier Park, and the area around Lac des Nations, near Vanier St. The images on display come from both the City of Sherbrooke's Collection of

Works of Art and Memorials and a call for portfolios launched in the fall of 2017 among members of the Sherbrooke Photo Club.

The exhibition will be open to the public until August 19.

THE RECORD

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The Border Report

By discussing historical topics such as slavery and the underground railroad, students realize the full extent of the meaning and importance of perseverance.



By Clea Corman

February is Black History Month, and at Phelps, we took the opportunity to talk about this subject with our elementary students during our literacy lesson on Tuesday. In Quebec, we are also heading towards Hooked on School week, when the importance of perseverance is showcased. In a small rural community, Black History Month is an opportunity to learn about a different culture. By discussing historical topics such as slavery and the underground railroad, students realize the full extent of the meaning and importance of perseverance. Phelps' literacy lesson this week, with the help of a book called Henry's Freedom Box, challenged stu-

dents to think about the realities of a different time in history. Our students talked about hope, courage and family, noting the importance of freedom. Phelps Aide Phelps Helps is a rural community non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to seven unique programs, providing Stanstead area youth with free tutoring, educational and career support and hands-on learning from Grade 3 to the end of high school and further. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.



Frontier Animal Society

Featured pets: Snow and Rey

Today we would like to introduce two of our cats, Snow and Rey. They do not have to be adopted together. Snow and Rey are not related and they arrived at our shelter weeks apart but they do share a common bond. Both were living on the streets of Montreal and both were fortunate enough to find their way to Tiffany's back balcony. Tiffany is an amazing individual who, in the past few years alone, has rescued well over 30 stray cats. She feeds and shelters them and once she has gained their trust, she coaxes them indoors. Tiffany often has them vetted at her own expense and will either find them a home or have them placed with a rescue. When we can, we are glad to lend a

hand. Yes it takes a village, but never underestimate the positive difference each and every one of us can make in the life of a homeless animal. Snow is a lovely cat who is lucky to be alive. As with all new arrivals, we immediately took him to our vet only to discover he was suffering from a severe urinary tract infection (UTI). Without treatment, not only would Snow have endured terrible pain but he would have eventually succumbed to the infection. Happily, brighter days were ahead for this handsome fellow. He is now fully recovered and patiently waiting his turn to find his very own forever family. At approximately 3.5 years old, Snow is a very easy going cat with a gentle and



affectionate nature. He has an endearing way about him and we just know he will be an appreciative and engaged companion. If you are looking for a sweet, friendly, loving and elegant cat with whom to share your life, please consider Snow. Because of his UTI, Snow will require a special diet of urinary food for the rest of his life. The food can be easily purchased at any vet and is no more expensive than most quality foods. You can also speak to your own vet about other dietary options. Rey, is a great cat. He is an absolute love bug who quickly won over our vet and her entire team. They couldn't get over how loving and affectionate he is and they meet a lot of cats! Rey, like Snow is a happy and easy going cat who is chatty and quite gregarious. Since being released into our colony he is proving to be quite chill and

interacts well with the others cats. Rey, who is approximately 3, is a beautiful tabby who has the most lovely butterfly markings on his back just below his neck. He is good natured and friendly and given how quickly he adapted to his shelter routine, once adopted, he will no doubt be right at home in no time. If you have room in your home and in your heart for one (or both!) of these cats and would like to inquire about adoption, please send an email to frontieranimalsociety@gmail.com or call the shelter at 819.876.7785. To meet Snow and Rey or any of our adoptable cats, please consider dropping by our cat adoption open house which takes place every Saturday from 10 a.m to noon at 2405 Griffin (Route 247) in Ogden. Visits by appointment can also be arranged.

2018 LINCOLN NAVIGATOR



2018 Lincoln Navigator First Drive: Aluminum for the win

PHOTO: D. HEYMAN

QUTO
123.com

By Dan Heyman

Now that Ford has begun rolling out its all-new, aluminum-bodied Expedition for the masses, it's time we switch our focus to that model's luxury variant, the Lincoln Navigator. Like the Expedition, it's got an aluminum-alloy body as well as a single powertrain: a 3.5L EcoBoost turbo mated to a 10-speed automatic transmission and AWD. That's your only choice in Canada; Americans get a RWD model. It's available in two trims – Select (MSRP \$87,500) and Reserve (MSRP \$90,500) – each of which can be had in either short- or long-wheelbase form (long wheelbase models cost \$90,500 and \$93,500, respectively). Here's the thing, though; when I sampled the Expedition in late 2017, it was so good that I actually found myself wondering what the heck the Navigator would do to move the chains enough to warrant earning luxury brand status, as well as a \$3,651 price jump at base over the top-spec Expedition Max long wheelbase.

Aluminum digs
As mentioned before, the Navigator now has an aluminum-alloy body. You can feel the weight savings as soon as you open the doors (and no; they aren't of the gull-wing variety as seen on the Navigator Concept at the 2016 New York Auto Show); they're light to the point where I found myself slamming them overly hard on more than one occasion. The other place where you can really tell the difference is when lifting the hood. While only about 0.00006 per cent of eventual Navigator owners are going to do this more than twice a year, it does well to demonstrate just how much has changed after the switch to aluminum.

While it remains a little heavier than the Expedition, it still sets off from a standstill with gumption, even ferocity if you leave it in the "Excite" drive mode. Yes; "Excite" is the actual name, and it joins Conserve, Normal, 4x4 Auto Normal, Slippery, Deep Conditions and Slow Climb, all of which can be accessed by spinning the console-mounted wheel. As an added bonus, the gauge cluster changes depending on what mode you're in; "Normal", for example, leaves you with a single gauge – the speedometer – which is cool in that only the speed you're going lights up as all the other numbers 'round the speedo stay hidden. It's a neat way of helping drivers focus on their speed. Then, when you switch to "4x4 Auto Normal", you get a tach, too, so you can get a better look at what the powertrain's up to. The fact that each switch is accompanied by a different hi-res graphic is icing on the cake.

You may wonder why I'm spending so much time discussing something as trivial

as a gauge cluster, but I do so because it serves as a nice microcosm for how the Navigator is upping the ante in the luxury SUV game. There's also a head-up display that's wider than any I've seen previous, and what it shows (and where; it's height-adjustable) can be adjusted though steering wheel-mounted buttons, which I rather like. The interior does well to echo the exterior styling, with its slab-ish-but-handsome door panels and hood, grille with illuminating Lincoln star logo and standard 22" rims, which get an even classier design if you select the Reserve model.

Seats fit for a king
Of course, that blingy stuff is all well and good, but at this level, you need to ensure that the occupants are comfortable, too. In the case of the Navigator, it starts with the multi-contour seats which are adjustable about a million ways from Sunday. There are Mercedes-esque door-mounted seat controls, yes, but that's only half the story. The rest of the seat adjustments are made through the 10-inch infotainment display, which includes three different lumbar adjustments, two sets of side bolsters and if you've selected the optional Perfect Position seats, you get massaging seats up front, too. The second row, meanwhile, can slide forward and back but unfortunately, there's no massage feature there. That may seem like an extraneous complaint, but when you're buying a \$100K luxury SUV, a massaging second row would be a nice option to have.

Better you make the third row more easily accessed, which Lincoln has done by employing the same tilt-and-slide second-row seating seen in the Expedition. Now, you can leave a baby seat installed in the second row and are still able to access the third row. Which, as it happens, is surprisingly roomy and should have no trouble accommodating most adults, let alone the kids that are more likely to be sitting there. You get the same amount of room back there whether you're in the long- or short-wheelbase model; the extra length only improves rear cargo space, to the tune of 3,407 litres of total space if you flatten both the second- and third-row seats, and 1,019 behind the third row. Short wheelbase models get a total of 2,929 litres, and 591 behind the third row.

Speaking of the kids: They'll likely be impressed by the optional (\$2,350) Lincoln Play rear seat entertainment system, which adds dual 10-inch tablet-like displays that can link with mobile devices and access video streaming apps such as Netflix. That's a big plus, and up to 10 devices can be paired to the vehicle's 4G LTE hotspot, or to one of the 12 (!) available USB ports, including two in the third row. If that's not enough, wireless charging comes standard. The included headphones, however, do well to sound like a part of the fantastic Revel Audio system. Available in both 14- and 20-speaker configurations with three audio modes – Traditional, On-Stage and Audience – this is a very rich-sounding system that's been developed from the get-go to work within the confines of the Navigator's various door panels et cetera. It's all controlled via the responsive SYNC3 touch screen that also has Apple CarPlay

and Android Auto support. Still one of the best systems in the biz.

EcoBoost for all
The Navigator's take on the 3.5L EcoBoost turbo V6 is good for 450 hp and a somewhat startling 510 lb-ft of torque, the latter available at 3,000 rpm. Forget the Ford Expedition; those are Ford Raptor figures, and more than what the heavier Cadillac Escalade makes. It does a good job of disguising the extra weight the Navigator has over its Ford cousin (which makes 375 hp and 470 lb-ft), especially at launch when the AWD grip, 10-speed auto (operated via buttons mounted in the bottom left quadrant of the centre stack; works rather well and looks the part) and boosted engine all come together in response to stomping your right foot. A car that looks this hefty and slab-like shouldn't feel this light on its feet, but it does.

Helping the cause in the "athleticism" department is the standard adaptive suspension, which can change its settings on the fly depending on driver inputs and what's going on beneath the vehicle. It takes a lot to keep a body like this in check, and these dampers do a good job – for the most part. The more aggressive turns will still lead to a little more body roll than I'd like to see, and you'd have to think the addition of some self-levelling air suspension would be nice to have. Alas, it's not even an option for 2018, though we wouldn't be surprised if we saw something like it for the '19 model year.

One thing that doesn't need any adjustment, really, is the way unwanted noises such as road noise or wind noise are metered out; all manner of electronic and engineering trickery such as noise-cancellation tech and double-laminated windshield and side glass has been employed to ensure the drive is as serene as possible, and they hit the bullseye. According to Lincoln, the Navigator has the quietest interior in its lineup.

In addition to electronic noise reduction and that great infotainment system, Lincoln offers pretty much any electronic driver aid you could ask for. If you're willing to pay, that is. Blind spot warning, forward-sensing system and backup camera are all standard, but you have to pony up an extra \$3,000 for the Tech Package, which provides lane-keep assist, adaptive cruise control with stop-and-go, heads-up display and pre-collision assist. This is a vehicle that costs almost 90 grand at base; certain parts of that package – namely adaptive cruise and lane-keep assist – should come as standard. Even if you select the top-flight reserve trim, you have to pay to add that tech package.

Fully-realized
The bottom line is that with the Navigator, we're being treated to yet another piece of fine engineering from Lincoln, which continues to ride the wave of momentum created by the MKC, MKX (renamed Nautilus for 2019) and Continental before this. The 2018 Navigator looks the part, it kept us in supreme comfort when, uh, navigating over some wintry mountain passes and it comes laden with tech, not to mention the fabulous 30-position seats.

CAA-Québec calls for tougher Highway Code revision

Record Staff
SHERBROOKE

CAA-Quebec is endorsing measures proposed by the Quebec government to update the Highway Safety Code, but questions the lack of administrative penalties for drinking and driving with a blood alcohol content above 0.05 and the maintenance of the status quo in terms of demerit points for distracted driving.

In a communiqué released Wednesday, CAA-Québec Vice-president of communications Sophie Gagnon says, "Administrative penalties for levels between 0.05 and 0.08, such as a 24-hour license suspension, are in effect in every other Canadian province and it's very clear, they work! They save lives and avoid tragedies. It is time for us to move forward as well."

"When we know that the vast majority of the 15,000 driver's licenses suspended each year for impaired driving are linked to a first offense, it is easy to understand that the introduction of administrative measures would have an extremely deterrent effect for those who walk a fine line," she added.

CAA-Quebec applauds that the new measures target recidivism by requiring convicted drivers to equip their vehicles with an alcohol ignition interlock, but suggests that this kind of awareness for all drivers is desirable. Administrative measures allow this to occur without criminal consequences.

"Such measures may be unpopular," says Marco Harrison, Director of the CAA-Quebec Foundation, "but it is up to the government to put the effort into making them socially acceptable. As such, we believe that the improvements made in the balance sheets in other provinces are the best argument. If the measure works, what are we waiting for?"

The government is also proposing more severe punishments for repeat offenders in terms of seatbelt and electronic device use by increasing fines. However, CAA-Québec considers it unfortunate that no additional impact in terms of demerit points is included in the new proposals

"A heavier fine will make you think for how long?" asks Gagnon. "One week? By all means review the fines, but we believe that this alone is insufficient to change behaviour. The accumulation of demerit points has a direct impact on insurance rates for two years. And the threat of losing your driver's license makes you think."

On Wednesday, CAA-Quebec presented eleven recommendations during consultations on Bill 165 regarding the revision of the Highway Safety Code. Its brief is available on the CAA-Québec website.

Brompton winter carnival

Record Staff
SHERBROOKE

The entire population of Sherbrooke is invited to the 15th Brompton Snow Day this Saturday, February 10, from 1 to 4 p.m. at Parc Nault, on Saint-Jean-Baptiste St.

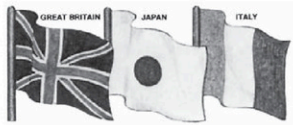
A number of activities will be offered throughout the afternoon including inflatable games, free hockey and lucky throw, skating, sliding, snowshoeing, fat bike, a mini-zipline, horse drawn carriage ride, a campfire, a creative workshop, and a small disc golf course.

Snacks will also be provided on site and all activities are free of charge.

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Local Sports

The Olympic opening ceremony is set for Friday night, and the participation of the Russian athletes continues to be a distraction.

Proposed LaRuche sports plex awaits gov't subsidy

Record Staff
MAGOG

The project for a two-rink sports complex at La Ruche high school in Magog is awaiting the approval of a grant application submitted to the Quebec government.

The non-profit organization (NPO) that oversees the file hopes for a subsidy of at least 50 per cent of the estimated implementation costs of \$25 million,

without which the project might not move forward.

Jean-Guy Gingras, Chair of the board of directors of the NPO, is hoping for a positive response from the Quebec Ministry of Education and Higher Education. "We presented a solid file. The approach and the financial structure are based on a partnership between two institutions (City of Magog and Commission scolaire des Sommets) which have a good reputa-

tion and an exemplary credibility as for their capacities to realize and manage such a project," he said in a press release. Gingras also pointed out that the City's financial contribution, which is limited to the annual ice time rental, is an "undeniable advantage" for the citizens and the Municipality.

A public information session will be held shortly to present the plans and specifications of the new structure, as

well as its schedule and financing. Citizens will also be able to speak on this occasion, the date of which will be announced later.

In addition to two ice surfaces, the new complex would also include a physiotherapy center, a sporting goods store, a food court, and an indoor running track.

Playoff prospects bleak as Canadiens soldier on through losing season

By Bill Beacon
The Canadian Press

The chances of making a late charge for a playoff spot are so slim the Montreal Canadiens don't really think about it much these days.

Sitting 14th in the 16-team NHL Eastern Conference with a 22-25-6 record, they are only eight points behind Columbus who hold the final playoff spot, but there are five teams to climb over to catch them.

Even a pair of wins at home last weekend didn't get them past any rivals.

"For us now, we're just trying to focus on what we need to do," forward Brendan Gallagher said this week. "There's so much that needs to go right here, all we can control is ourselves."

"If we focus on that, you can be proud of your work at the end of the day. We played pretty good the last couple of games and hopefully we can keep that going."

The Canadiens are back in action Thursday in Philadelphia, where the 25-19-9 Flyers are currently in a wild card

playoff spot despite going 1-3-1 in their last five outings. Goalie Brian Elliott returned from a lower-body injury Tuesday night for a 2-1 overtime win over Carolina to end the Flyers' four-game skid.

Montreal got a boost from victories of 5-2 over Anaheim and 4-1 over Ottawa in afternoon games Saturday and Sunday after scoring only once in two road losses last week. They chased Anaheim starter Ryan Miller in the first period and used a hot power play, which went five-for-10 on the weekend to move up to seventh best in the NHL with a 21.6 per cent success rate, to beat the Senators.

But even captain Max Pacioretty cautioned against getting overly excited.

"We know the situation," he said. "We chased the goalie early against Anaheim and Ottawa has been struggling, but still we want some momentum in our game, especially individuals, to build off that and contribute to more wins."

"We know in a couple of days (against the Flyers) there's going to be a little less space out there. Our power play's been really good of late. That's been the differ-

ence."

Canadiens fans are divided these days. Some want them to lose games and finish as low as possible to boost their chances for a high draft pick. Many are clamouring for a rebuild of a team that will almost certainly miss the playoffs for the second time in three seasons.

And most expect that general manager Marc Bergevin will soon start dealing veteran players like Pacioretty and centre Tomas Plekanec to Stanley Cup contenders for draft picks and prospects.

Bergevin is also under the gun for letting forward Alexander Radulov and defenceman Andrei Markov leave as free agents and not filling a gaping hole by finding a top-line centre, all while his prize off-season acquisition Jonathan Drouin struggles to adapt to playing at centre.

The defence is a mess, especially with top rearguard Shea Weber out with a foot injury since December. They are 27th in goals scored per game at 2.58 and eighth worst in goals allowed at 3.06.

Coach Claude Julien surely had no

idea it would be like this when, a week after being fired by Boston last Feb. 7, he signed on with Montreal. Last season, the Canadiens had 103 points to finish first in the Atlantic division, although the attack went south as they fell to the New York Rangers in the first round of playoffs.

"What we're focused on is getting better," said Julien. "We hope that by focusing on that, things will take care of themselves."

"We know where we are in the standings and we really need to push hard to get back in the hunt because we're quite a few points behind. We're focusing on game to game. Now, we're focused on Philadelphia."

There was encouraging news at practice Wednesday as Weber skated for the first time since an outdoor game in Ottawa on Dec. 16. He skated about 20 minutes with centre Phillip Danault, who is recovering from a concussion. Neither is ready to return to action.

Russian athletes in limbo as CAS adjourns latest appeals

By John Pye
The Associated Press
PYEONGCHANG, SOUTH KOREA

Two groups of Russian athletes seeking late entry for the Pyeongchang Olympics had their appeals adjourned Wednesday, leaving decisions on their participation to the eve of the opening ceremony at the earliest.

A group of 32 Russians who were denied invitations to the Olympics because of evidence linking them to past doping had their case heard Wednesday by the Court of Arbitration for Sport but no decision was made.

A second group of 15 lodged an application Wednesday seeking to force the International Olympic Committee to in-

vite them to the games. They were all banned last year for doping at the 2014 Sochi Olympics, but those verdicts were overturned last week by CAS, sports' highest court. The 13 athletes and two coaches in that group included cross-country skiing gold medallist Alexander Legkov and skeleton gold medallist Alexander Tretiakov.

CAS secretary general Matthieu Reeb said the first hearing started Wednesday but had been adjourned to Thursday, resuming at noon, "in order to hear also the second case."

"They want to consolidate the two cases," Reeb said. "Possibly a final decision can be rendered at the end of the day tomorrow. If we need more time,

perhaps it will be Friday morning."

The Olympic opening ceremony is set for Friday night, and the participation of the Russian athletes continues to be a distraction.

The group of 32 athletes — including six-time Olympic gold medallist Viktor Ahn, three former NHL players and world biathlon champion Anton Shipulin — failed to pass mandatory IOC vetting, imposed as a result of Russian doping at the 2014 Games.

"While CAS is sitting today and considering us, I'm out training. I'm not giving up and I'm hoping for a positive result," Shipulin said in a video he posted on Instagram. "Today I'm skiing with my phone and after each lap I'm

checking to see if I've got my dream SMS."

The IOC expects 168 Russian athletes to compete under the neutral banner of "Olympic Athletes from Russia." Many more have been barred.

If the Russian athletes appealing their exclusion this week are successful, though, it would mean the medal contenders in some sports change dramatically.

Reeb said he was confident the matter would be resolved when the CAS ad hoc division makes its ruling in Pyeongchang.

"If their appeals are upheld, their participation will be granted," Reeb said, "and it will be the end, I think."



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Study suggests link between teen depression and social media

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

Dear Doctor: I read that spending too many hours on social media is linked to an increase in teen depression and suicidal thoughts. I worry about my own kids, but what can we do? Everything is online now, and I don't want my kids to be outcasts.

Dear Reader: Navigating the often-fraught transition from childhood to adulthood has never been easy. Whether we're reaching back centuries to the passions of Shakespeare's doomed pairing of Romeo and Juliet, glancing back decades to the alienation of Holden Caulfield in "The Catcher in the Rye," or clicking the "follow" button on any of the current crop of pretty-please-look-at-me young social media stars, the challenges of being a teenager remain the same.

Adolescence is a time of swift and bewildering change. It's often accompanied by hyper-awareness of one's self, a deep need to fit in, and the sometimes-contradictory wish to stand out. It's no surprise that in the thundering echo chamber of social media, where every move gets not just scrutiny but also instant (and often merciless) judgment, kids get emotionally overwhelmed.

The goal of the study was to learn whether the online ecosystem, which devours so much of our kids' time and attention, has a role in the recent increase in symptoms of depression and suicidal thoughts among adolescents. Headed by a psychologist from San Diego State University, researchers parsed the results of national surveys whose questions delved into the mental health of 500,000 young people between the ages of 13 and 18.

The findings, published last November in the journal Clinical Psychological

Science, suggested that increased screen time may indeed contribute to, or worsen, adolescents' feelings of alienation and loneliness. This proved to be particularly true of girls, whose screen time skews to social media platforms, with their highly visible currency of accumulated "likes." Boys tend to gravitate to online games, the study said, where prowess is valued over looks or personality. Overall, increased screen time equaled increased feelings of depression.

Though the study results do suggest a link between increased online time and feelings of isolation, researchers admit they fall short of proof. Based on the data, though, the authors recommend keeping online time to less than three hours per day.

And, yes, we can hear your sigh of frustration from here. Because the truth is that being online is quite literally addictive. As you said in your question, kids who don't take part can get left out. Limiting screen time is, at best, an ongoing struggle. At worst, it's a bruising battleground.

Still, basic online hygiene is important. A good starting point would be no screens at meals and no screens overnight in bedrooms. This has to apply to adults as well, or it's not going to work. We believe that the other half of the equation is increasing human contact. Have your kids invite friends over to your house for activities on a regular basis. Start a weekly family fun day. Get your teens involved in volunteer work. (Something that correlates to existing interests has the best chance of success.) Even a small shift offline and into the real world can make a difference.

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

In Memoriam

WRIGHT, Forrest – In loving memory of a husband, father and grandfather who passed away February 8, 2015.
*We all miss you greatly,
And the heartache of losing you
Will never go away.*

**Loved by your family,
MARION (LITTLE) WRIGHT
CHILDREN and
GRANDCHILDREN**

Card of Thanks

BOGIE - Really there are no words to express our heartfelt thanks for the sympathy, kindness and support extended to us at the time of the loss of the late Ross Bogie.

**RACHEL (partner in life)
BYRNA (sister)
NEPHEWS & NIECES**

Bulwer Branch Quebec Farmers' Association Bursary

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

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Death



**Sonia
MAHEU**

At the Hotel-Dieu Hospital, Sherbrooke, on January 27th, 2018, Mrs. Sonia Maheu passed away at the age of 48 years. She was the wife of Eric Winters and the daughter of Daniel Maheu and Lise Beaudoin. Mrs. Sonia Maheu leaves to mourn her brother Michel, her husband's children: David and Sabrina (Kevin), her grandchildren: Zak, Rose and James, her brother-in-law Steve Winters (Bianca), her parents in law: Gilles Winters and Francine Lessard, her niece as well as many uncles, aunts, cousins and friends.

The family will receive condolences on Sunday, February 11th, 2018 at 9:30 a.m. at the Steve Elkas Funeral Home (4230 Bertrand-Fabi, Sherbrooke), followed by the funeral services at 12:30 p.m. at the Steve Elkas Chapel.

In memoriam donations may be made to the Société Pose un Geste (953, rue de Courcellette, Sherbrooke, QC J1H 3X8).

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THURSDAY, FEBRUARY 8, 2018

Today is the 39th day of 2018 and the 50th day of winter.

TODAY'S HISTORY: In 1587, Mary, Queen of Scots, was executed on suspicion of plotting to murder her cousin Queen Elizabeth I.

In 1910, the Boy Scouts of America was incorporated.

In 1915, D.W. Griffith's "The Birth of a Nation" premiered in Los Angeles with the title "The Clansman."

In 1971, the NASDAQ stock exchange began trading.

In 1996, President Bill Clinton signed the Telecom-

munications Act of 1996 into law, leading to a drastic overhaul of U.S. media regulations.

TODAY'S BIRTHDAYS: William Tecumseh Sherman (1820-1891), U.S. general; Jules Verne (1828-1905), author; Lana Turner (1921-1995), actress; Jack Lemmon (1925-2001), actor; James Dean (1931-1955), actor; John Williams (1932-), composer; Ted Koppel (1940-), journalist; Nick Nolte (1941-), actor; Robert Klein (1942-), comedian/actor; Mary Steenburgen (1953-), actress; John Grisham (1955-), author; Gary Coleman (1968-2010), actor; Mary McCormack (1969-), actress; Seth Green (1974-), actor/producer; Klay Thompson (1990-), basketball player.

TODAY'S FACT: The first movie ever to be screened privately at the White House was "The Birth of a Nation," which Woodrow Wilson viewed in 1915.

TODAY'S SPORTS: In 1998, Finland beat Sweden 6-0 in the first women's Olympic ice hockey game.

TODAY'S QUOTE: "While his heart still beats, while his flesh still moves, I cannot accept that a being endowed with will-power can give in to despair." — Jules Verne, "Journey to the Center of the Earth"

TODAY'S NUMBER: 2.35 million - estimated youth membership of the Boy Scouts of America in 2017.

TODAY'S MOON: Between last quarter moon (Feb. 7) and new moon (Feb. 15).

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NORTH HATLEY/LENNOXVILLE

The Estria Quintet's concert season continues with presentations on Saturday, February 17 (at St. Elizabeth's Church in North Hatley) and Sunday, February 18 (at the Uplands Cultural and Heritage Centre in Sherbrooke) at 3 p.m., with a program for violin, clarinet and piano. This production will feature the talented pianist Tristan Longval-Gagné, who will join the outstanding musicians Julie Garriss (violin) and Pauline Farrugia (clarinet) for a program of virtuosic works by composers Lutoslawski, Stravinsky, Prokofiev and Bartok. Admission charged for the concert plus afternoon tea (tea available only at Uplands and reservations are mandatory). Contact 819-842-1072 or estria@cgocable.ca to reserve or for more information. Estria thanks Le Conseil des Arts et des Lettres du Québec for their generous support.

LENNOXVILLE

Pre-Valentine's Day Brunch at the A.N.A.F. Unit 318, 300 St. Francis,

Lennoxville on Sunday, February 11 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

RICHMOND

St. Anne's Church, 171 Principale St. South, Saturday, February 10, from 11:30 a.m. to 1 p.m., a lovely meal of casseroles and salads, followed by pies for dessert. Also available is the Attic Treasures Table and a Food Table, which opens at 11 a.m. Come and share a Valentine treat.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, February 13 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

NORTH HATLEY

12 Steps to a Compassionate Life, six discussion sessions led by Rev. Carole Martignacco, based on the book and TED project, 12 Steps to a Compassionate Life, by leading scholar of religion Karen Armstrong. How to experience and express compassion, step by step. Tuesdays, February 13 to March 20, at 7:30 p.m., at the Unitarian Universalist Community (UUEstrie), 201 Main. All are welcome. Admission charged. Registration strongly encouraged. Please contact 819-842-1387. Info: info@uuestrie.ca, www.uuestrie.ca, Facebook UU Estrie.

AYER'S CLIFF

St. Valentine's Day Brunch on Sunday, February 11 at Beulah United Church, 967 Main Street, Ayer's Cliff, from 11

a.m. to 1 p.m. Bring that "EGGS"tra special someone and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. It's the event you have BEAN waiting for!! Admission charged, under 5 are free.

LENNOXVILLE

The Uplands Cultural and Heritage Centre opens its new exhibition season with Marcel Carey, photographer and piano tuner. You are all invited to meet the artist during the vernissage which will take place on Sunday, February 11 from 2 p.m. to 4 p.m. at 9 Speid Street in Sherbrooke (Borough of Lennoxville). The "Des pianos et des homes" photography exhibit will continue until April 29, 2018

DANVILLE

The Directors of the Danville Curling Club are pleased to invite everyone to the Club's Brunch on Sunday, February 18, 2018 from 10:00 a.m. to 1:30 p.m. at the Danville Curling Club 1449 Route 116 Danville, Que. Curling being played during day.

BULWER

The Bulwer Branch of the Quebec Famers' Association will NOT meet on February 8 at the Bulwer Community Centre. We'll see you in March.

LENNOXVILLE

Need help with your computer/tablet? Come to Lennoxville and District Community Aid to ask us any question(s) you may have! If you have a laptop or tablet (for example, iPad), bring them along so

that we can better assist you. We may not have all the answers, but we will see how we can help, or refer you if needed. When: February 13 - please call us for an appointment (819) 821-4779. Where: Community Aid office, 164 Queen, suite 104, Lennoxville.

RICHMOND

Richmond Legion, Branch #15. Sunday, February 11, 2 p.m. to 6 p.m., come and enjoy an afternoon of music and dancing with Gary Darling. Admission charged. Door prizes and snacks. It's time to circle the calendar for our 'Green Sale' coming up on Saturday, March 3. Get that Piggy Bank replenished! Donations of articles for the auction would be greatly appreciated. If you have items to donate, please call the Legion at 819-826-3444.

LENNOXVILLE

Lennoxville and District Community Aid. Just a reminder for our clients and volunteers who have not yet sent back their survey - there is still time! We will be closing the project in the next week and we would really appreciate your feedback. If you need help with this survey, please contact us at 819-821-4779.

RICHMOND

The Richmond-Melbourne United Church, 247 Principale Sud, Richmond, invites you to mark our Roast Beef Supper in your calendar. On Saturday, April 21 we will once again serve up a delicious meal of roast beef, veggies, potatoes, rolls, and our famous homemade pies. Admission is charged. All are welcome!

Cut the chitchat

THURSDAY, FEBRUARY 8, 2018

Dear Annie

Dear Annie: I recently went to see my doctor about some troublesome symptoms I had been experiencing, and the entire time he was examining me, he kept up a running monologue about the holidays and politics and other assorted topics. I responded as necessary, but mostly I found myself wondering how he could be doing a good job of listening to my heart and lungs over the sound of his own voice. He did not spend nearly as much time discussing my treatment as he did chatting about unrelated subjects.

I realize that a certain amount of casual conversation helps to put the patient at ease and to convey understanding and empathy, but enough is enough. And seeing as he came in to see me nearly two hours past my appointment time, I'm guessing his tendency to make excessive conversation is what makes him run late.

Although I am always friendly and appropriately responsive, I also have issues with my hairstylist and manicurist and other service professionals who talk nonstop while delivering their services. I don't see the need for all the chitchat beyond what is called for in terms of common courtesy and professionalism.

I am not a crabby old lady who always finds fault. I just want people to focus on the task at hand. Multitasking has been proved to negatively affect performance, so why don't people just be quiet and do their jobs? Is it just me, or is there an epidemic of too much chattiness going on? - Enough Chatter

Dear Enough Chatter: Small talk isn't for everyone. But it's less and less common these days, when so many people prefer texting faraway friends to talking with people who are in the same room. So try to appreciate this chitchat for the attempt at human connection it is. That said, your doctor, of all people, should recognize and respect your boundaries as a patient. So don't be afraid to express how you feel with a simple statement (and a smile, if you'd like to soften the edge): "Really, I am much more interested in your observations about my health than in talking about politics." Saying this with a warm smile will help.

Dear Annie: I can respect your answer to "New Grandma," who felt shut out of her grandchild's life, but I thought a little more was needed - namely, a word to parents on how important it is for grandpar-

ents to be allowed to see their grandchildren at least occasionally. I can feel "New Grandma's" pain, because I haven't seen my grandson in over a year and get to FaceTime him only four times a year. We beg my son and daughter-in-law to come visit or to allow us to visit. We offer to cover any flights, hotels and rental cars, as well as lunches and dinners for us all. We, too, have many friends who invite us out, but it's not the same as seeing our only grandson. He's 7 now! I even started volunteering to read to schoolchildren so I can feel a little like a grandma. But the hurt and heartache are still there. - Heartbroken

Dear Heartbroken: I'm so sorry you've not been able to spend more time with your grandson. I commend you for signing up for the reading program. You could have easily just wallowed in your heartache, as so many of us do when we're feeling down. Instead, you took steps to feel better - and to better your community in the process. How constructive and positive. Your son is missing out by not involving you more in his grandson's life, because it sounds as though you'd be a wonderful example for the boy. I hope things change for you soon.

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

CFUW Sherbrooke and District meeting

CFUW Sherbrooke and District is pleased to present Mr. Philippe Grenier, project manager of the Fédération des coopératives d'habitation de l'Estrie who will explain the various forms of social housing available in Quebec. Did you know there are various types of Co-ops for various types of clientele? Mr. Grenier will explain what is needed to join a co-op, how to start a co-op project and information related to the issues. A question period will follow his presentation. Please note that this

presentation will be held in English. Wednesday, February 14, conference room of Cass, 3006 College, behind the Lennoxville Library (our CFUW flag outside will indicate the side entrance).

The CFUWSD business meeting starts at 1:30 p.m. and will be followed by Mr. Grenier's presentation at 2:15 p.m. Doors will open at 1 p.m., refreshments will be served. Reservations are not necessary. The premises are handicapped accessible.

Are you looking for some volunteer

activities? Interested in helping to support students and young women? Are you searching for interesting workshops and lively discussions? We would be pleased to meet you and explain the Mission and Vision of CFUW Sherbrooke & District.

Feel free to contact us via email: cfuwsherbrooke@gmail.com

Submitted by
Liane Chacra on behalf of CFUW S&D

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by Luis Campos

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

“PH M IVUMF AVLW YSL WMUL ZVE MW
M UMF, WSL WSVTOA EL KMPA YSL
WMUL MUVTFY VH UVFLD. WSL ZTWY
WSVTOA.” — NPVOM AMNPW

Previous Solution: “We need to stand together with all of the victims (of sexual harassment) and make sure they are not silenced.” — Gretchen Carlson

TODAY'S CLUE: M equals I

REALITY CHECK

M. NIGHT SHYAMALAN REDOES A DR. SEUSS CLASSIC, WITH A TWIST, OF COURSE:

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2-8

APOLOGIES TO DR. SEUSS AND M. NIGHT!

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Email: soup2nuts@cox.net

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CLASSIFIED

Can a healthier angel food cake still have flavour? Sure.

By Melissa D'Arabian

Is there anything dreamier than the tender crumb of a light-as-air angel food cake? I've loved angel food cake ever since I first tasted it as a child. It reminded me of cotton candy. No wonder: angel food cake is essentially a fluffy blend of a super-sugary meringue laced with just enough flour to give it a little structure. In other words, there was very little to get in the way of the pure-sugar flavour that my childhood palate adored!

In the 80's, low-fat became the "healthy" battle cry, and angel food cake came into vogue, with no fat weighing it down, but plenty of white processed sugar fluffing it up. In fact, fat-

free-but-sugary baked treats were practically a diet fad unto themselves for well over a decade. Of course, modern science (and let's just say it: common sense) tells us that we could all benefit from cutting down on processed sugar.

So how to bring back the flavour and texture of the angel food cakes I adored as a child without throwing our blood sugar levels out of whack? Today's recipe is the solution.

First, I cut the sugar down by about 25 per cent over typical recipes and it worked great. Secondly, I skipped purchasing "superfine" white sugar, and tried less-processed organic versions. I pulsed the coarser sugar in

the blender myself to make it powdery-fine. (It's still sugar, but even baby steps toward healthy eating count!).

Instead of using super-starchy, lower-protein cake flour, I pulsed up regular flour in the blender to mimic the lightness. Also, I made the cake in a loaf pan, which resulted in us eating smaller slices versus tube pan versions by some visual trick of nature that I don't fully understand, but have proven multiple times with my own family.

For flavour, since I'm not a huge plain-sugar fan anymore, I added lemon zest and lovely-speckled vanilla bean. I served it with a quick lemony glaze made from Greek yogurt that my family loves, but you can consider optional, if you are an angel food cake traditionalist. Or, try a slice of this cake with a tiny square of dark, bitter chocolate for a perfect pairing.

LEMON AND VANILLA BEAN ANGEL FOOD LOAF CAKE

Servings: 12

Start to finish: 2 hours, including inactive cooking and cooling time

2/3 cup organic sugar
1/2 vanilla bean, grains scraped from pod
2 teaspoons lemon zest, finely grated
1/2 cup all-purpose flour
1 cup egg whites, from approximately 7-8 eggs
1/4 teaspoon table salt
3/4 teaspoon cream of tartar
Glaze (optional):
1/4 cup nonfat plain Greek yogurt
1 teaspoon lemon zest
2 tablespoons lemon juice
1/4 cup organic powdered sugar

Preheat the oven to 325 F (310 F if using convection heat).

Place the sugar, zest and vanilla bean in a dry blender and pulse until well-blended

and sugar is fine and fluffy. Pour about half the sugar into a small bowl and set aside. Add the flour to the remaining sugar in the blender and pulse again a few times to create a fine flour mixture. Pour into a small bowl and set aside.

In a stand mixer with a whisk attachment, beat egg whites, salt and cream of tartar on medium speed just until frothy (under a minute). While mixing, carefully add the fine sugar (without the flour) to the egg whites, a tablespoon at a time. Continue beating the eggs until soft peaks form. Remove the bowl from the stand mixer, place a sifter or sieve over the bowl and sift in half the flour and sugar mixture, and fold gently five or six times with a rubber spatula.

Sift in the remaining flour mixture and gently fold until no flour streaks remain. Scrape batter into a standard sized ungreased loaf pan. Bake for 35-40 minutes, or until top is golden.

Remove from oven and place the loaf pan upside down, resting on two cans on the counter to cool (upside down, not touching the counter) completely (45 minutes).

Once cooled, remove the cake by sliding a knife around the edges of the cake. Whisk the glaze ingredients in a small bowl and drizzle on the cake when serving, if desired.

Nutrition information per serving: 84 calories; 1 calories from fat; 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 84 mg sodium; 18 g carbohydrate; 0 g fiber; 14 g sugar; 3 g protein.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, "Supermarket Healthy."

Online:

<http://www.melissadarabian.net>

(The Associated Press)

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			4			8		

2/8

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PREVIOUS SOLUTION

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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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Your Birthday

THURSDAY, FEBRUARY 8, 2018

Look out for others. Show compassion and understanding and be willing to give up things that bother someone you love. Avoid overreacting and spending money on items you don't need. This is a year to be frugal and to focus on personal growth, faith and hope.

AQUARIUS (Jan. 20-Feb. 19) — Care more and worry less. Forgo lavish pastimes and look for something that requires little from you monetarily, but plenty of time and energy. Offer to help those less fortunate than yourself.

PISCES (Feb. 20-March 20) — Take better care of your health, wealth and emotional well-being. Don't give in to temptation or follow someone who makes poor choices. Live smartly, not excessively.

ARIES (March 21-April 19) — Don't get anxious when something doesn't add up. Gather the facts, ask questions and take a stand against something you feel is unfair. Don't wait for someone else to make a difference.

TAURUS (April 20-May 20) — Channel your energy wisely. Don't lose sight of your intentions if someone interferes. Choose your words with care and your actions and responses thoughtfully. Love and peace will conquer hate and chaos.

GEMINI (May 21-June 20) — Channel your energy into your one-on-one relationships. Set time aside to spend with the people who need you the most. Don't give up on someone going through a tough time.

CANCER (June 21-July 22) — Money issues are apparent. If someone short-changes you, speak up as soon as you notice. The longer you prolong what needs to be done, the less likely you are to find a resolution.

LEO (July 23-Aug. 22) — Get out with friends. Socialize or get involved in physical activities that will challenge you. A passionate approach to life and love will result in a romantic encounter.

VIRGO (Aug. 23-Sept. 22) — Emotional manipulation or ulterior motives will lead to deception and discord. Honesty and integrity will be necessary for both you and those you deal with if you want to keep the peace.

LIBRA (Sept. 23-Oct. 23) — Draw on your experience to help you gain perspective on what to do next. If you put your energy into using your skills diversely, you will succeed.

SCORPIO (Oct. 24-Nov. 22) — Problems with loved ones, health issues or domestic matters will surface. Refuse to let your emotions take the reins. Avoid excessive behavior and people who tend to be abusive.

SAGITTARIUS (Nov. 23-Dec. 21) — Health issues should not be left unattended. Taking care of your interests first will be necessary if you want to avoid physical, financial or legal setbacks.

CAPRICORN (Dec. 22-Jan. 19) — Emotions will mount, and financial problems will escalate if you have joint holdings with a friend or family member. Keep the peace and look for suitable solutions that will be beneficial to everyone involved.

THURSDAY, FEBRUARY 8, 2018

It is all in the ruff timing

By Phillip Alder

Pierre Trudeau said, "The essential ingredient of politics is timing."

He should have concentrated on bridge! In our game, timing is often critical for winning as many tricks as you elected to take during the auction.

In this deal, how should South play in six spades after West leads a low diamond? What was West's more effective opening lead?

When South responded one spade, North added two points for his singleton and rebid three spades, promising 15-17 support (high-card plus shortage) points. He also had six losers (two spades, one heart, two diamonds and one club), which is the number for the jump rebid. South used 14-30 Roman Key Card Blackwood to learn that his partner had either two aces and the spade king or three aces.

South realized that his basic plan had to involve ruffing hearts on the board. So, needing hand entries, he won the first trick with dummy's diamond ace, a key play. Declarer continued with a heart to his ace, a heart ruff low, a diamond to the king and a heart ruff high.

If East had discarded, South would have trumped a diamond in his hand, ruffed the heart jack high and, if East threw a club, led dummy's last trump.

		North		02-08-18
		♠ K 9 4 3		
		♥ 4		
		♦ A 8 5		
		♣ A Q 6 5 2		
West			East	
♠ 6			♠ A 7 2	
♥ Q 10 9 6 5			♥ 8 3	
♦ J 7 4 3 2			♦ Q 10 9	
♣ J 4			♣ K 10 9 8 7	
		South		
		♠ Q J 10 8 5		
		♥ A K J 7 2		
		♦ K 6		
		♣ 3		
Dealer: North				
Vulnerable: Neither				
South	West	North	East	
		1♣	Pass	
1♠	Pass	3♠	Pass	
4NT	Pass	5♦	Pass	
6♠	Pass	Pass	Pass	
Opening lead: ♦ 3				

Instead, when East overruffed with his ace and returned a trump, declarer won in his hand, ruffed the heart jack, ruffed the diamond eight, drew East's last trump and claimed.

Then West wondered if he should have found the killing trump lead. Two rounds of trumps would have defeated the slam.

CROSSWORD

Across

- 1 Color changers
- 5 Allowing for the uncertainty of the future
- 10 Fairy tale bear
- 14 Set
- 15 Greenland coin
- 16 Holiday lead-ins
- 17 Aerialists' insurance
- 19 Days in Durango
- 20 Side by side?
- 21 Medical priority system
- 23 Visually transfixed
- 26 Porsche Boxster, e.g.
- 29 Mauritania neighbor
- 30 Make a big stink
- 31 Immobile
- 32 Lining fabric
- 34 Zebra hunter
- 36 Breakfast order ... and a hint to the

last words of 17-, 26-, 51- and 58-Across

- 41 Loaves that may be seeded
- 42 Printing goofs
- 44 Narrow groove
- 48 Take to heart
- 50 "Yikes!"
- 51 Like some pizza ovens
- 53 Decorative draperies
- 54 Brand name for the sleep aid zolpidem
- 55 Culture starter?
- 57 Tropical tuber
- 58 Conflict in Tennyson's "The Charge of the Light Brigade"
- 64 Tiny bit
- 65 Broadcaster
- 66 Sticking point
- 67 Many Christmas presents
- 68 Involuntary muscle contraction
- 69 Jet black

24 Some square dancers

- 25 Baldwin brother
- 27 "Maybe"
- 28 1930s migrant to California
- 30 Beverage company — Cointreau
- 33 Coffee server
- 35 Binged (on)
- 37 Paint brand sold at Home Depot
- 38 Got big enough for
- 39 "Born This Way" Lady
- 40 Antlered animal
- 43 Program interruptions
- 44 Try to hit, as a fly

45 Minestrone ingredient

- 46 Drink named for a Scottish hero
- 47 Make a scene and act up
- 49 One of a '50s singing quartet
- 52 Ancient empire builders
- 53 Madrid Mrs.
- 56 Start of an idea
- 59 Fabric flaw
- 60 Yo La Tengo guitarist Kaplan
- 61 Break the tape
- 62 Whichever
- 63 King of ancient Rome

E	S	S		S	A	V	E	R	S		A	R	A	L
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A	R	E	A		E	N	S	U	R	E		F	L	Y

Down

- 1 Wedding reception VIPs
- 2 Vote for
- 3 Cookie baker in the Hollow Tree
- 4 More disreputable
- 5 Terrier breed from Scotland
- 6 Richly decorated
- 7 Rival
- 8 Colony crawler
- 9 Stops working for a while
- 10 Highway divider
- 11 Pilot
- 12 Scanty
- 13 State strongly
- 18 Little Italian number
- 22 "Stand By Me" director
- 23 Bowling alley initials

1	2	3	4		5	6	7	8	9		10	11	12	13
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67						68					69			

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LIMITE 3/CLIENT

**DU 8 AU
11 FÉVIER 2018**
The first 50 customers
of each day will receive
500* familiprix points.
Wow!
It's a \$5 reward!



500 POINTS
familiprix
500 POINTS
familiprix

* Pour recevoir les 500 points, vous devez être parmi les 50 premiers clients et faire activer une carte Familiprix à la caisse (ou présenter votre carte existante) entre le 8 et le 11 février 2018 inclusivement. Pour pouvoir utiliser vos dollars de récompenses, vous devez compléter votre profil au familiprix.com/familiprix, sur l'application Mon Familiprix ou en appelant au 1 844 704-8040. Un carton par personne.

Specials available exclusively at familiprix at
2377 Principale Ouest, Suite 101, Magog. Until stocks run out.
819 201-6464

OPEN HOURS: MON-FRI 8:30 AM TO 8 PM - SATURDAY 9 AM TO 5 PM • SUNDAY FROM 10 AM TO 4 PM