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TUESDAY, AUGUST 11, 2015

## Crown says it could call as many as 300 witnesses at Hells trial in Montreal

The Canadian Press  
MONTREAL

A murder trial for five alleged Hells Angels began Monday with the Crown saying it might call as many as 300 witnesses.

The trial is expected to last between 12 and 18 months.

Yvon Tanguay, Claude Berger, Francois Vachon, Sylvain Vachon and Michel Vallieres are facing charges of murder and conspiracy.

The Crown alleges the five took part in the biker war between 1994 and 2002 to help the Hells expand its turf and control the trafficking of drugs.

They were arrested as part of a 2009 police operation called SharQc that netted more than 150 people, including 111 suspected members of the Hells.

More than 100 of the accused pleaded out in the case, while a judge released another 31 in May 2011 due to unreasonable delays in the court proceedings.

Two anglophones who are charged will have a trial in English, beginning in January.

Several people wanted in the case are still on the lam and three accused have died since 2009.

With files from Julie-Christine Gagnon, *Cogeco nouvelles*

## University women headed back to school



MATTHEW MCCULLY

A group of students from the Canadian Federation of University Women attended a course at Champlain College in Sherbrooke on Monday afternoon to learn about the use of social media.

By Matthew McCully  
SHERBROOKE

A group of 15 women from the Sherbrooke and district branch of the Canadian Federation of University Women started school yesterday at the Ontario Street campus of Champlain College.

By the end of their nine-hour course, the group will have become social media mavens.

Pierre Harvey, co-ordinator of business services and continuing education said the school was approached by CFUW member Heather Keith.

"We would like to be able to com-

municate with our grandchildren," he remembered Keith saying.

She asked if the college could put together a course on the subject.

"This is what continuing education has to be," Harvey said. "It has to answer to community needs."

Harvey contacted Champlain professor Michel Cabana, who was able to build a program in two weeks.

The nine-hour course will cover all aspects of social media, Cabana said, including security.

"Hackers are a big problem," Cabana said, stressing the importance of choosing a secure password to avoid identity theft.

The course will define timelines and news feeds, explain the difference between a post on a page and a private message, and teach the group how to adjust their account settings to keep their Facebook page as public or as private as they like.

*The Record* interrupted the first day of class to find out what the group felt the biggest challenges were related to social media.

"I've never tried it before," one woman answered.

"We're pretty spotty on a few things," was another response.

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## Weather



TODAY:  
SHOWERS

HIGH 20  
SUNRISE: 5:43  
SUNSET: 8:02



WEDNESDAY:  
SHOWERS

HIGH 21  
LOW 14



THURSDAY:  
40% CHANCE  
OF SHOWERS

HIGH 22  
LOW 12



FRIDAY:  
RAIN

HIGH 21  
LOW 15



SATURDAY:  
MIX OF SUN  
AND CLOUD

HIGH 26  
LOW 12

# Dreading back-to-school



DISHPAN HANDS

SHEILA QUINN

Back-to-school everything is in full swing. We are bombarded with commercials for all the things we apparently “need,” and any advertiser that can possibly jump on the back-to-school-bargains-bandwagon is doing so.

For some of you, that means an exciting time — new clothes, a new school bag, new shoes — after hardly wearing actual “shoes” for the entire summer, the old friends from the last school year likely no longer fit. Yup, lots of new stuff — new teacher, old friends, in ETSB schools, growing up for us that meant maybe a new kid in the class, or two.

For some of you, all of this means other stuff. Maybe going back to school isn’t something you’re looking forward to at all. Maybe you feel worried about what it’s going to be like. Maybe there are people you really don’t feel like being around... maybe there are those “ghosts of years past” that you would rather not have to contend with. That can weigh heavy, and it can alter how you feel every time you see one of those noisy, busy, somewhat obnoxious commercials.

Sometimes school can feel like we’re bogged down by someone else’s definition of us. We feel like we lug that definition around like an encyclopedia all day long — like some stinky thing on a leash, attached to us. That can impact how we feel in class, how we learn, how we act around not just the person who used those words with us in the first place, but around a lot of people... sometimes around everyone.

In there somewhere, among the commercial and definitions, the real “us” lives though — and believe it or not, as much as others can be awful, we can still push through all of that and rise above it - even if they carry on. We don’t have to take on their words, we don’t have to wear them and become them. Sounds easier said than done; doesn’t it? In a

way, it is.

It is easier to say than do, because it really does require that we do something. We have decisions to make and resolutions to stick to — not the New Year’s fluff that lasts three weeks, but the kind where we decide that the year is going to be different, because we are going to approach it differently, and then it will be. The crappy thing about how people treat us is that some people are always going to be jerks — and they’re always going to have just a little edge on us. Most people have some kind of person who just pushes their buttons, or behaves in such a way that our reaction is to shrink, or to darken, to grow quiet, to just want to hide.

School can be a challenging place, and back-to-school buzz can create an atmosphere where we feel like we have to have certain things or look a certain way in order to succeed. We may feel that the people who are teaching, guiding or leading us don’t really know our reality, and maybe they really don’t. That doesn’t mean that we can’t learn something from it all. Every year, no matter how it starts, unfolds or finishes, is ripe with possibility. The trick is to not shrink so far back into our own shadows that we miss out on them. Beware the wallowing — lurking around in our own misery can be a self-made trap, a comfortable, limited, icky thing that is started by someone else and carried on by ourselves.

Most people who are nasty or miserable and hope to have an impact on others, just have to get something started — they don’t have to even do a single thing if they start it off good and mean at the very beginning. The idea is that the person they preyed upon be able to maintain that awful feeling all by themselves. If a mean person is lucky, the person they focus on will think about that every time they see them, they won’t even have to say anything.

That’s where the hard part comes in... because while a big part of surviving school has to do with having good, caring people who work at your school who will be there for you, it is also one of the most important times in terms of who you decide you are going to be, and who is going to have what kind of impact on you. And, the secret is, that you are always the one who controls that, even when it feels like you’re not.

Really and truly, it belongs to you and only you. That’s not to say that how people treat us is our responsibility — that is fully theirs. How we respond to it really does, at the bottom of it all, belong to us. People can be full-on nasty, and when we

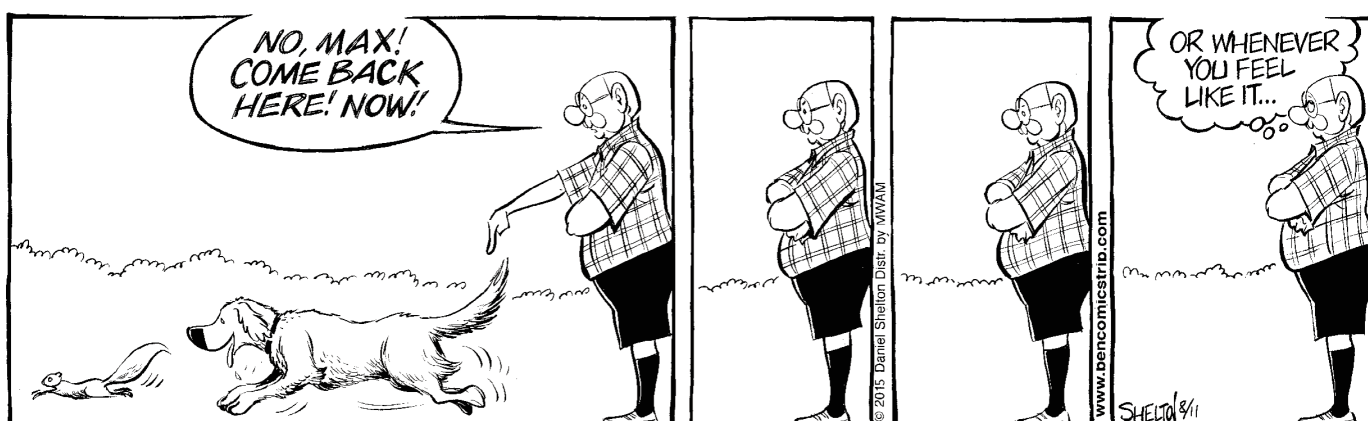
work to manage how we feel inside their ways go from being like a monster to a mosquito. Yes, mosquitoes are annoying, sometimes very annoying — I wasn’t going to say they are reduced to nothing, but they’re a lot easier to live with... or squash.

The other thing may be that you don’t have all that you require to get off to a good start for the beginning of the school year. Maybe you’re missing school supplies, or clothing and footwear. That makes those ads that much more difficult to watch — perhaps you’re wondering how you’re going to make that aspect of things happen, and you don’t know how you’re going to be prepared enough. Second-hand clothing shops are a great start, and if that is even a challenge, make a few phone calls — contact the school, the local CLSC, churches, resources like the Lennoxville and District Women’s Centre or the volunteer centre that serves your area. Ask about services that are set up to help in that way. If you know of someone who volunteers with a group, ask them. Many organizations earmark funds to support people in the community, and back-to-school is an expensive experience. One phone call might not do it — it may require a few, but don’t give up. Keep trying, and get this year off to as good a start as you can. If it doesn’t work out, and in spite of making a series of phone calls you still don’t manage to acquire what you think you need, make a point of meeting with someone at school at the very beginning of the year, or before, and explain this privately. You deserve the right start.

If you are not experiencing what has been outlined in this column, but are returning to school, excited to see friends, happy about learning and a new year, perhaps keep an eye out for your peers who may not be feeling the glow quite the way that you are. Find out how you can help others have a more positive experience at school. A sense of belonging is one of the most important aspects of life, and often what impacts the way we feel about everything else. This isn’t always easy, especially if someone has been struggling with some time with miserable peers or leadership — however, it is always worth the investment in time and energy to help that person through it, and can be life-changing for all involved.

If you’re reading this and you haven’t been to school in ages, but would like to help out, open a phone book and look for your local schools. Find out how you can help out. Such a gesture can impact how an entire year feels.

## Ben by Daniel Shelton



## LOCAL NEWS

## Regional co-op 'Accelerator' calls for projects

Record Staff  
SHERBROOKE

The regional co-operative creation accelerator has launched its first call for projects.

Until Sept. 8, promoters of job-creating co-operative projects are invited to submit their project on the website of the regional co-op development agency, CDR Estrie.

Projects will be selected

based on their potential for job and wealth creation in the region. Promoters will be invited to present their projects before a selection committee composed of regional development partners who will choose the projects that will be offered personalized mentoring by the accelerator.

For a full year, the co-op accelerator will mobilize a variety of resources, both financial and professional in favor of selected

projects. In addition to financial support that will facilitate startup and increase the credibility with other financial partners, the accelerator will provide developers with access to specialized resources (tax, accounting, specialized business development, and marketing) as well as specialized training courses.

The accelerator's services also include a personalized follow-up by a mentor/coach from

the business community for a one-year period, as well as many opportunities in local and regional networking.

It was from a desire to stimulate and accelerate the emergence of co-operatives that generate employment and wealth in the Eastern Townships that the Quebec federation of regional development co-operatives and the regional co-op development agency developed the accelerator.

"The objective is really to target two or three promising projects and offer value-added to enable them to emerge and create jobs and wealth for the Estrie region quickly" said CDR Estrie director general Janvier Cliche in a press release.

To submit a project, potential applicants are invited to complete the form on CDR Estrie's website ([www.cdrestrie.coop](http://www.cdrestrie.coop)) and file the required documents.

## Memphremagog palliative care unit renamed



COURTESY

In recognition of the longtime contribution of the Bannerman Foundation to the Memphremagog Hospital, the institution's palliative care unit has been renamed the Bannerman Palliative Care unit. Above, Memphremagog Hospital Foundation President Jacques Théorêt joins (left to right) Bannerman Foundation director Paul Bannerman, Palliative Unit Head Liette Compagna and Bannerman Foundation director Claude Lagacé to announce the new name.

## ELECTION 2015: ONLY 69 DAYS LEFT

## Liberal, NDP anti terror strategy just 'dropping aid on dead people': Harper

The Canadian Press  
OTTAWA

The Liberals and the NDP would fight insurgents overseas by doing little more than "dropping aid on dead people," Stephen Harper said Monday as he doubled down on the Conservative party's tough-on-terror strategy.

With this week's return of Mike Duffy promising another barrage of banner headlines and awkward campaign-trail questions, Harper struck a defiant tone as he defended putting Canada front and centre in the global fight against militants in Iraq and Syria.

He showed a softer side, promising to take in 10,000 more refugees from both countries over the next four years and to spend \$90 million to help protect artifacts and places of worship from the Islamic State of Iraq and the Levant.

But when talk turned to Canada's aggressive military approach, Harper's language grew sharp as he described how ISIL was engaged in "mass slaughter at an alarming, lightning pace" when the Conservative govern-

ment got involved.

"If your policy is humanitarian assistance without military support, all you're doing is dropping aid on dead people," he said during a campaign stop in Markham, Ont., describing the position of "diaspora groups" in Canada.

"That's not acceptable. We're a country that can contribute militarily and in a humanitarian sense, and we are doing both."

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who have rejected military action and called for Canada to stick to providing humanitarian aid.

Offering safe haven to refugees simply isn't enough, he added.

"ISIS, left to its own devices, will create millions — tens of millions — of refugees and victims on a monthly basis," Harper said. "That's why the international community intervened ... President Obama and our allies felt we had no choice."

Harper has been busy making headlines of his own so far this week, perhaps hoping to

starve the rebooted Duffy trial of oxygen — star witness Nigel Wright, Harper's former chief of staff and the man responsible for a controversial \$90,000 payment to the disgraced senator, takes the stand Wednesday.

Harper said Monday that a re-elected Conservative government would bring in 10,000 additional religious minority refugees from Syria and Iraq, targeting refugees in the region who face persecution or the threat of extremist violence — a promise meant to woo voters in ethnic communities the Conservatives have long targeted.

And when asked about his eyebrow-raising promise Sunday to impose an outright ban on travel to regions controlled by terror groups, Harper repeated the day's sound bite of choice, saying such travel is "not a human right."

Political posturing, Trudeau scoffed during a morning event in Montreal, calling the idea a distraction meant to draw attention away from the Conservatives' dismal economic record.

"Canada is a country that respects people's rights," Trudeau said.

"And any time a government

chooses to limit those rights, it has to be able to answer very direct and complete questions about why it's necessary, about how it will work, about what the clear plan is, and Mr. Harper has done none of that."

NDP Leader Tom Mulcair began the day in Toronto, attending a book-signing event that had been scheduled long before the election campaign was.

Politics, however, stood up and demanded attention.

Friendly protesters armed with banners stood up and confronted the NDP leader about his position on the Energy East pipeline, demanding to know if he would oppose the project if it proved incompatible with national action on climate change.

Sure, Mulcair replied.

"That's what the whole purpose of coming in with a new system is: to make sure that we take into account climate change whenever we analyze a project."

The New Democrats were also expected to announce later in the day which of the proposed leaders' debates Mulcair would be participating in. The

## Lyme disease survey

Record Staff  
SHERBROOKE

The region's public health authority wants to know more about the public's level of awareness of Lyme disease in order to improve messages for the prevention of the rapidly spreading disease.

To this end, the Public Health Department has put a questionnaire online designed to assess the perceptions of and attitudes towards the disease, designed by a team of medical students from the Faculty of Medicine at U de S.

The form is online until Tuesday and the team hopes to reach at least 1,000 respon-

dents.

To encourage response, a contest is attached to the questionnaire in which participants have a chance to win a voucher for \$50 at the Atmosphere sporting goods store. The questionnaire is available via the public health department's Facebook page.

Concern about Lyme disease has been growing and eight cases have been confirmed since the beginning of the season and four more are still awaiting test results, more than in previous years.

The analysis of survey responses will be made in the days after the questionnaire is taken down.

party has already said it won't take part in any debates that don't include the prime minister.

Harper also made a multi-million-dollar pledge Monday to fund groups that are trying to protect places of worship and religious artifacts targeted by ISIL.

The Conservatives want to spend \$9 million over three years on the project through a fund overseen by the Office of Religious Freedom that the Conservatives created in 2013.

Earlier this year, the Conservative government made a similar commitment to resettle 10,000 refugees from the war-torn Middle East, but has steadfastly refused to say how many people have actually been allowed in thus far.

The prime minister said his latest refugee target would give priority to religious minorities threatened with persecution of extremist violence.

"A re-elected Conservative government will continue to champion religious freedom and the protection of religious minorities as a pillar of Canadian foreign policy," Harper said.

## WHO'S WHO IN THE PEWS

## UU Estrie seeking spiritual community



GORDON LAMBIE

SHERBROOKE

When looking to interview local religious and spiritual communities in the Eastern Townships, the decision of where to start presents an interesting challenge. Like trying to buy apples at the grocery store, there seem to be too many options that, at a quick glance, all seem remarkably similar. While each community, like each apple, will have its own flavours and particularities once "tasted," it's hard to form an opinion based on a quick glance.

Consider, then, the Unitarian Universalists in North Hatley. In their own words, the group describes itself as a "dynamic, welcoming, free thinking, multi generational spiritual community committed to universal sacred values." Those values assert a firm belief in respect for each person, a call for social justice and peace, and an acceptance of great diversity of possible understandings of truth and meaning in the world.

Rev. Carole Martignacco, who serves as minister for the community, called the Unitarian Universalists a gathering of liberal thinkers.

"I think if you were to come down to one basic characteristic, it's a belief in the freedom of religion," Martignacco said. "Religionism is a choice. You can-

not impose belief on someone else, but we are all on a spiritual journey. We come together as a community to share what that journey is for us and learn from each other."

The Minister described the local community as a gathering of 30-40 people from diverse religious and spiritual backgrounds. While some would identify themselves as Christian, she said that others are from Jewish or Buddhist traditions. No matter the background or personal belief, however, these people come together to support each other in seeking what ever kind of spiritual understanding they each hold.

Though not necessarily the highest-profile church in the area, Martignacco said that the Unitarian Universalist community has been active since the mid-1800s.

"A lot of people may not know that universalists have been in the area for at least a century and a half or more," the minister said, describing the group as

having grown out of an opposition to classic "hellfire and brimstone" preaching of the time.

"Some of our history comes from Unitarianism in England and in Eastern Europe, but it's evolved to be a more interfaith welcoming of the entire span of possible religious beliefs."

Today the community, UU Estrie, operates both locally and as a member congregation in the Canadian Unitarian Council, a national organization of Unitarian congregations across the country.

Asked about the work that UU Estrie does in the area, Martignacco stressed the community's focus on human rights and social justice. Putting their energy into education work, the minister said that the congregation has a history of inviting guest speakers to the area with an expertise in various causes.

"We celebrate people in the community who are doing good work," Martignacco said. "I call it the church of the future; we come together on themes of

common value and meaning."

Given the Unitarians' principle of universal acceptance, it would be easy to imagine that the community enjoys a great deal of support. While not suggesting that the church has any opponents, Martignacco said that the community is not without its challenges.

"Our culture today makes survival for small churches very difficult," the minister said. "For people to take time out of their super-busy lives, and with so much vying for their attention on any day of the week, many families find Sunday morning is the only time they have for a leisurely breakfast. Who can argue with family time? We are challenged now to find new ways of doing church, and new ways of bringing that vehicle that religion has always been for making meaning to people that are challenged time-wise."

Stating that the church is looking particularly at reaching out to those individuals who identify as having a personal spirituality without feeling drawn to a particular religion, Martignacco explained that sometimes the very openness that is at the heart of the community's identity can be its biggest challenge.

"It's a little bit like a one room schoolhouse, with people at all different levels and stages," the minister said. "People covenant to support each other and learn somehow to deepen their tolerance and acceptance of diversity so that diversity is not divisive but delightful. That's the goal, in all relationships the closer you get the harder the work becomes."

As the church works toward that goal, Martignacco says that the community is seeing growth and increasing diversity. As an example she said that more young families have joined in the last year.

"I think we're seeing the results of a community and interfaith outreach program," the minister said. "People still long for those ways of making meaning (...) I think it is intensely committed work that we are doing."



RACHEL GARBER

Rev. Carole Martignacco, Heather Lewis, Phyllis Baxter, Debra Fougere and Janet Cowan Weber at a meeting last spring in UUEstrie's Stoddard Hall. Rev. Carole is holding a banner that depicts a flaming chalice, the international symbol of Unitarian Universalism.

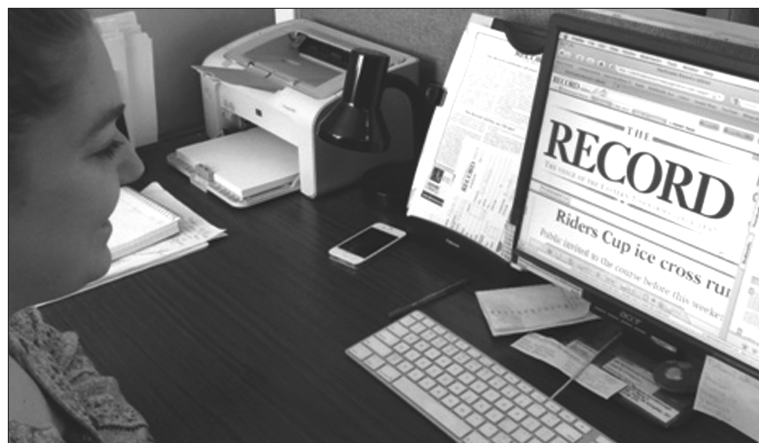
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RACHEL GARBER

A child dedication led by Rev. Carole Martignacco in UUEstrie's wood-paneled church building in North Hatley.

# Another successful Missisquoi County Fair

By Claudia Villemaire  
Record Correspondent  
BEDFORD

They are still adding up the numbers at this Fair office. With four days of perfect weather and activities and events to please all ages, Missisquoi County Fair organizers are already talking about attendance records being surpassed on a daily basis. Last year's attendance hovered round the 17,000 mark, but in the office where final calculations are tallied, the consensus was that record would be surpassed by a large margin.

"I couldn't believe the line-up at the gate on Sunday," said Kayla, still counting attendance results Monday afternoon. "They sent me out to help at the ticketing booth Sunday and the line-up stretched a long way back down the street leading to the gate," she described.

With new events such as the blacksmith competition and the War of 1812 re-enactment battle, the town's 150th anniversary luncheon on Sunday and the variety of pulls (both mechanized and with horses), the demolition derby, this year's event will go on record as the high point of a long struggle up from several lean years when the future of this oldest of local fairs didn't look very promising.

Richard Grimard, in his second term as president, could barely contain his elation as he

watched thousands of children arriving by the busload on Friday, kids' and seniors' day. His beloved poultry project was soon transformed into the most popular spot on the grounds.

"We have incubators and so far, the timing has been pretty good, allowing children to watch a baby chick or duckling tap its way through the egg shell. The kids are not intimidated by these tiny balls of fluff and they soon forget about the large rooster nearby that frightened them at first."

The VKR Farm exhibit with their herefords, Shorthorns and three donkeys (Molly, Surprise and the newest addition, Arthur) with the Robinson family still participating after nearly 65 years exhibiting at this fair. "Oh yes, Mom and I cook up a storm of cookies and squares and such things to show, I do a little sewing and gardening, we grow flowers too and each year it's always the same - planning what ever the project might be so that it's good enough to take to the fair," Ruth says, her quiet smile giving no indication of the long hours of preparation for so many years.

At another stable, a buzz of folks and kiddies were gathered around an Alpaga display.

Lyne St-Hilaire and Alain Guimet brought out their friendly, fleecy animals, set up stables and shop and while Alain introduced visitors to these friendly beasts, Lyne was

busy at her spinning wheel, forming the strands she is so expert at turning into colorful garments of all kinds.

In the arena, crafts, artisans, fruits, vegetables, homebaking foods, jams, jellies and pickles were on display. Fair visitors lingered here enjoying the booths and kiosks as well as the refreshing cool atmosphere.

Beauce Carnaval provided just the right number of rides to keep young people lining up again and again, tractors and farm equipment attracted a steady stream of youngsters, climbing, sitting on the seat and pretending to drive, hands clasped on steering wheels, peeking out to see where their pretend trip was taking them.

Kids were handed balloons and free pony rides, seniors travelled from strategically placed park benches, munching on fair foods not usually available to them, parents tried to keep track of gamboling groups of youngsters and organizers simply smiled with satisfaction.

"We are very pleased with the support we have had from local businesses, volunteers and of course, the huge numbers of people who came to our fair. We are definitely back on track and our plans hopefully will bring even better information about agriculture and entertainment," president Grimard said, "Everyone worked very hard and we have no complaints, just good words of encouragement from the public," he concluded.



CLAUDIA VILLEMAIRE

There were attractions of all sizes at last weekend's Bedford fair. Top: One of the many tractors on display at last weekend's event. Bottom: A child feeds a small animal at the fair.

## Massey-Vanier golf tourney raises \$34K



COURTESY

The 37th edition of the Massey-Vanier Classic, held on June 25 at the Cowansville Golf Club, raised over \$34,000 for the two schools. Standing around the novelty cheque are (back row, left to right) Richard Staples, Dave Scott (Vice Principal, Massey-Vanier High School), Bill Duke (Duke CPA Inc.), (middle row left to right) Joe Michel (Chemrec), Douglas Johnston (JFS Group), Normand Phaneuf (Principal, Ecole secondaire Massey-Vanier), (front row, left to right) Helene Sactouris (Desjardins) and Johanne Coiteux (National Bank Financial).

## Antique machinery show in Compton this weekend

Record Staff  
SHERBROOKE

Once again this year the Eastern Townships Antique Machinery Club will be holding its annual exhibition of machines and objects from rural life of long ago. The 2015 gathering will take place Saturday and Sunday at the Fromagerie de la Station, on Route 208 in Compton.

"This synergy between the gathering of collectors of machines and tools tied to rural

life in the first half of the 20th century and the summer business activities of La Fromagerie will be mutually beneficial to our respective businesses in this tourist period," the club said in a press release issued on Sunday.

Admission to the exhibition sites is \$5 per person or \$10 for a family.

The event also features an auction on the afternoon of Saturday, August 16, at 4 p.m. followed by a barbecue at 6 p.m. at \$17 per person.

## CFUW

CONT'D FROM PAGE 1

One of the biggest concerns mentioned by the women was privacy, and understanding who sees what on Facebook and other social media.

"There's a gap in information," they said, explaining that while signing up on social media may be easy enough, knowing how to use the tools

safely and effectively is important.

With a mandate to promote education, the CFUW took the bull by the horns, wanting to learn the dos and don'ts of social media for themselves in order to communicate with the grandkids, but also to share information on the recently created CFUW Facebook page.

# EDITORIAL

Feeling blue? There's a meme for that. Over tired? There's a recipe for that. Mad at the world? There's a petition for that.

MATTHEW McCULLY AND THE GREATER GOOD

## More platitudes please

By Matthew McCully

If I see one more rainbow shooting out of a translucent well of eternal happiness, I'm going to quit Facebook. Again.

And then I'll come back. Again. And rejig, and then be bombarded with posts about climate change, and more government lies uncovered, and palm oil, and sport hunting.

Is anyone else having trouble finding balance on social media?

How is it possible to be in complete control of our newsfeeds, our notifications, our event invites, and still feel completely out of whack?

Too many kittens, not enough puppies. Exhaustion from vicarious vacationing. So many causes, so little time.

Click here, that's activism, don't click there, that's slactivism, share this or you hate unicorns.

The other day my phone vibrated in my pocket, and it was the equivalent of a tap on the shoulder, only to turn around and get slapped in the face by a total stranger.

Happy Monday, guess what, the world is running out of water and it's your fault, sign my petition or get off the planet.

Maybe you have to be over 30 years old to remember the days of only having a handful of friends, and seeing everything they posted. A status update per day at most.

Now, accepting a friend is a two-step process. Accept, and then lock it down.

Don't poke me or tag me, it makes me feel like a deer draped over a car during hunting season.

Sorry, but I can't follow you, I can't risk being outraged by something you post and then starting a thread.

Who came up with the word thread to describe the list of comments? It's brilliant. It's like an expensive sweater you just bought with that one little thread sticking out under the armpit. Give it a tug, get a friend to help, come on, it's almost at the end.

How'd that work out for you? Topless, and holding a ball of yarn.

Even the comment with the best intentions will shoot you in the foot. Say you comment on a post, hey, that was re-

ally offensive and inappropriate.

Do you know what your friends see? So and so commented on this (big flashing arrow pointing down) offensive and inappropriate joke. Do people read the comment? Nope. Do they read the joke? Of course.

Oof, this milk is sour, taste it and see for yourself.

Here's my biggest problem.

Somehow, in my conservative social media participation, mostly as a voyeur, I ended up engineering what I see keeps repeating the same message.

You're a hot mess.

I must read 20 memes per day telling me not to worry about being different, just take it one day at a time, if people don't understand me, it's their problem.

And then there are the lists. Seven habits of healthy people. The 12 ways you are your own worst enemy. The 30 things you need to know about dealing with introverts (because you're an introvert). I think that was actually a suggested post from Facebook, based on an algorithm that scanned my photo albums and discovered I own an unhealthy number of hoodies.

Where did all the College Humour posts go? More kittens or puppies or horses.

No, sorry, you're past that point now. Facebook had to bring in the big guns. You need Confucius, maybe even Buddha to set you on the right path.

I like a sunset and a shoreline as much as the next guy, but when I see words of wisdom across a landscape in an enchanting old timey font, I can't help but cringe. Didn't Kevin Costner say that in Field of Dreams? I think that's a line from a Britney Spears song.

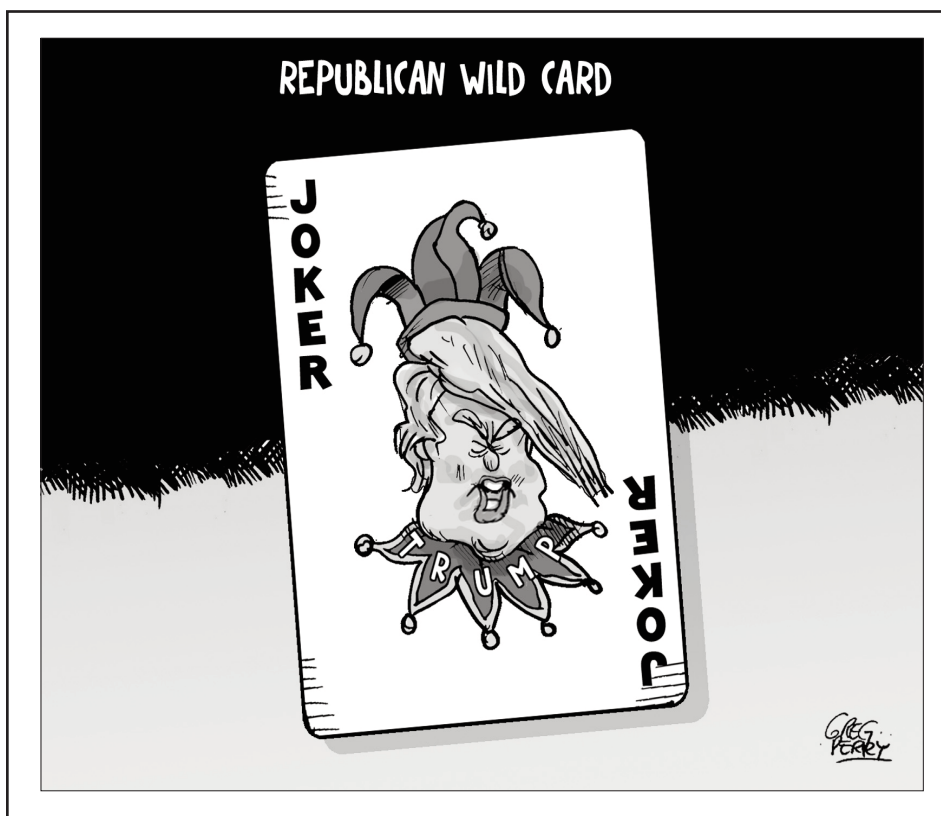
Time is not passing like the waves in my ocean. My ocean is fine.

Ok, my ocean is polluted, but it's completely my fault.

I'm pretty sure none of the seven habits of healthy people include reading lists on Facebook.

Feeling blue? There's a meme for that. Over tired? There's a recipe for that. Mad at the world? There's a petition for that.

I think the trappings of social media, which I also refer to as the prison I built around myself, are a reflection of what



I put out into the world. The thing is, even if it is inspiring in the beyond, it is not what I am putting out into the world. It is what I am virtually putting out there. Just like my dishes are virtually spotless.

I don't need a close-up of a dewdrop on a rose petal.

I deserve roses.

I don't need to see someone else cuddling the cutest puppy in the world. I have a dog of my own, begging me for a walk.

Let's all remember that the barefoot monk that walked through the forest and found inner peace actually walked through the forest to find it. He didn't just like a Photoshopped post and transcend.

## Picture of the Day



AP PHOTO/WILSON RING

People place flowers, Sunday at the site where Vermont social worker Lara Sobel was killed on Friday in Barre, Vt. About 300 people attended a vigil that began at a labor hall and ended at the site where Sobel was shot Friday as she left work. Jody Herring, the woman charged with Sobel's death, was in court yesterday.

### THE RECORD

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#### PRINT SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	135.60	6.78	13.53	\$155.91
6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

#### ON-LINE SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and for other services available on request.

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

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# Local Sports

## UVM basketball camp attracts Canadian campers

By Mike Hickey  
Special to the Record  
BURLINGTON, VT.

It is a hot August day but the over 150 basketball campers assembled in the University of Vermont's Patrick Gymnasium are oblivious to the weather conditions. Their eyes are transfixed on Vermont head coach Lori Gear McBride as she explains the finer points of the game of basketball to the campers at the Next Level Girls Basketball Camp.

While most of the camp at-

tendees were from New England there was a strong Canadian contingent, including a pair of Eastern Townshippers.

"It is a great camp," Ogden's Mackenzy St. Pierre said during a break from the action Wednesday.

Her Stanstead College teammate Alyssa MacPherson added that she enjoyed receiving individual instruction.

"The coaches are available to work with you individually," MacPherson said. "It was a lot of fun."

For her part Gear McBride is

pleased that her camp has proved popular with Canadians.

"One of my responsibilities is to develop young players in Vermont," Gear McBride said. "It is great that we have some many Canadians coming to our camp to take their game to the next level. There is a strong basketball tradition in the Eastern Townships and I glad to see it continuing."

Gear McBride, who was a standout student-athlete at Alexander Galt Regional High School and Champlain College, won an NCAA national champi-

onship at the University of North Carolina in 1994. She also played in the Canada Basketball system from 1992-1995. She represented her home country in two World University Games and played for the Canadian National Team in 1995.

At North Carolina, Gear McBride played on three Atlantic Coast Conference championship teams in her four years and was a co-captain her final two years. She was the North Carolina women's basketball scholar-athlete in 1997

and was selected to the ACC Athletic Honor Roll all four years.

Following her collegiate career, she played one season of professional basketball in Portugal.

A former Ella Hoy Trophy winner as Galt female athlete of the year, she came to Vermont after spending the past five seasons as the head women's basketball coach at Colby College. During her stint at Colby, Gear McBride quickly turned Colby into one of the top Division III teams in the U.S.

## Baseball U-18 nationals returning to the Townships

Record Staff  
SHERBROOKE

Eleven teams will take to the fields as the national U18 baseball championship gets underway to Coaticook, Sherbrooke and Magog this Thursday

This is the second of three consecutive years that the event will be held in this region.

Every Canadian province will be represented, with Quebec fielding two teams. Team Quebec is the province's main under 18 team. Their coach Michaël Bélanger will be look-

ing for the team to repeat of last year's gold medal performance. The second Quebec team is the Ailes, a development team comprised of under 17 players who just returned from the tournament Baseball Canada Cup in Saskatoon.

Both Quebec teams will be in

a division with Ontario, Alberta and British Columbia, while the other six provinces will make up the other division. The main matchups will take place at the Julien-Morin stadium in Coaticook, while Amédée-Roy stadium in Sherbrooke and Parc de l'Est in Magog will also host games.

"The level of competition is very high and we hope that baseball fans many will attend the games of the championship. This year we plan to send the Quebec teams play matches on our three sites so that lovers three host cities can cheer them," explained Simon Therrien, president of the organizing committee.

Games officially kick off at 8:30 a.m. Thursday as Newfoundland takes on Manitoba in Coaticook, Prince Edward Island meets New Brunswick in Magog and Saskatchewan bat-

ties Nova Scotia in Sherbrooke.

The opening ceremonies will be at 7:30 p.m. at Julien Morin stadium as the two Quebec teams will face off one hour later.

The medal games are scheduled for Sunday at 4 p.m. at the Julien-Morin stadium, although the schedule of the championship could change needed if rain disrupts the competition. Fans are encouraged to consult the schedule at any time [www.baseball.ca/18u](http://www.baseball.ca/18u).

Tournament ticket packages for the championship will be available all day Thursday at any of the competition venues for \$30.

These packages give access to all three competition venues at all times during the championship.

One day tickets are \$10 and single game tickets will also be available for \$5 each.



COURTESY

The Canadian U-18 Baseball Championships will be held this weekend in Coaticook, Magog and Sherbrooke. Standing with their backs to the field at Julien Morin Stadium in Coaticook on Monday were Guylaine Blouin (Coaticook town councillor), Anthony Quirion (member of the Quebec U-18 team), Maxime Lamarche (Baseball Quebec director general), Michaël Bélanger (head coach of Team Quebec), Simon Therrien (organizing committee president) and Paul-Émile Thibeault (honorary president).

## Roy comes up golden in Toronto rain

Record Staff  
SHERBROOKE

Despite the rain, Diane Roy picked up her first gold medal at the Parapan Am Games early Monday evening. The five time Paralympian laid down a season best time of 2:01.24 in the Women's 800-metre T54 event to secure her place on the top of the podium.

It was a tight race between Roy and Hannah McFadden of the United States with McFadden was in the lead at the 400 meter mark. However, Roy was victorious in the end as she overtook the American to win by 1.2 seconds. Cheri Madsen of the U.S. nabbed bronze.

Roy will look to double her gold medal haul tonight in the Women's 400m T54 event.



THE CANADIAN PRESS/FRANK GUNN

Diane Roy of Sherbrooke celebrates as she crosses the finish line to win the gold medal in the women's T54 800m event at the 2015 Parapan Am Games in Toronto on Monday, August 10, 2015.

## Sherbrooke Phoenix training camp roster

The 2015 training camp roster for the Sherbrooke Phoenix, who opened camp yesterday.

### Red Team

Goalies: Dalton Ewing, Mickael Mercier, Félix-Antoine Leblond

Defencemen: Daniel Little, Alexis Vanier\*, Scottie Greene, Jacob Dupont, Mathieu Samuel, Antoine Cantin, Alexandre Bolduc, Julien Bahl\*, Jérémy Roy\*

Forwards: Dominic L'Abbé, Matt Allen†, Raphael Sawyer\*, Bain Cunningham, Franco Gagnon, Nick Marois, Trevor Stacey\*, Benjamin Leduc, Jérémie Thibault†, Yan Doggett, Brock McLeod†, Derek Osik†, Jan Dufek ††, Olivier Plourde, Guillaume Gauthier, Chase Harwell\*, Kay Schveri\*

### Blue Team

Goalies: Evan Fitzpatrick\*, Nathan Ward-Raymond\*, Alexandre Carle.

Defencemen: Thomas Grégoire\*, William Lachapelle†, Guillaume Bernard, Christopher Izzo, Félix Joubert†, Vincent Lampron†, Ludovic Karsh, Mikael Sabourin\*, Carl Neill\*.

Forwards: Julien Pelletier, Nicolas Roy†, Jason Imbault†, Tristan Kleine-Fournier†, Hugo Roy, Kevin Gilbert, Ryan Chiason, William Jacques, Charles Marcoux, Logan Johnston†, Kevin Groulx, Austin Kozluk, Vincent Deslauriers\*, Lyam Cripps, Édouard Michaud, Nicolas Poulin\*, Daniel Audette\*.

\* - Returning player  
† - 2015 Phoenix draft pick (†† - 2015 Import draft pick)

# Datebook

## TUESDAY, AUGUST 11, 2015

Today is the 223rd day of 2015 and the 52nd day of summer.

**TODAY'S HISTORY:** In 1934, the first federal prisoners were incarcerated at the Alcatraz Island prison in San Francisco Bay.

In 1965, rioting began in the Watts district of Los Angeles.

In 1972, the last U.S. ground combat unit left South Vietnam.

In 2003, NATO took over command of peacekeeping forces in Afghanistan.

**TODAY'S BIRTHDAYS:** David Atchison (1807-1886), legislator; Enid Blyton (1897-1968), children's author; Alex Haley (1921-1992), historian/author; Arlene Dahl (1925- ), actress; Steve Wozniak (1950- ), Apple co-founder; Hulk Hogan (1953- ), wrestler/actor; David Brooks (1961- ), journalist; Viola Davis (1965- ), actress; Joe Rogan (1967- ), actor/comedian; Anna Gunn (1968- ), actress; Chris Hemsworth (1983- ), actor; Pablo Sandoval (1986- ), baseball player.

**TODAY'S FACT:** The Mall of America,

which opened in Bloomfield, Minnesota, on this day in 1992, cost \$650 million to build and generates more than \$50 million in taxes for the state each year.

**TODAY'S SPORTS:** In 1984, Carl Lewis replicated Jesse Owens's 1936 performance at the Summer Olympics by winning his fourth and final gold medal, all in the same track events Owens had won nearly 50 years earlier.

**TODAY'S QUOTE:** "If you love what you do and are willing to do what it

takes, it's within your reach. And it'll be worth every minute you spend alone at night, thinking and thinking about what it is you want to design or build. It'll be worth it, I promise." — Steve Wozniak

**TODAY'S NUMBER:** 1,545 — federal prisoners interned at Alcatraz during its 28-year use as a prison.

**TODAY'S MOON:** Between last quarter moon (Aug. 6) and new moon (Aug. 14).

## Odd Fellow News April

On April 23, 2015, Grand Master Ed Copping, made his Official Visit to Knowlton no.28. Prior to meeting Noble Grand, Peter Flynn, was busy at BBQ cooking up delicious sausages, while others prepared all the other goodies. After that meal, all gathered in the Hall for the meeting. Some felt it should be nap time after stuffing their faces! All dignitaries were introduced and properly greeted. It was nice to see so many members in the Hall. All expressed many thanks and congratulations on meal and meeting. Ed extended "Greetings" from G.L. and Ernestine from Rebekah Assembly. Ernestine was there to support the GM and to play for Ceremonies. Many thanks to Knowlton for all the courtesies and fellowship!

Submitted by Ernestine Whipple



Sec., Bernard Gravel; Warden, Howard Foster; and RSN, Larry Royea.



Deputy G.M., Arnold MacKeage; G.Sec. Wilhelm Loken; G.M. Ed Copping; & his Marshal, Joyce Copping, and PGM Tom Barton.



Honorary Musician and V.P R A Q, Ernestine Whipple.



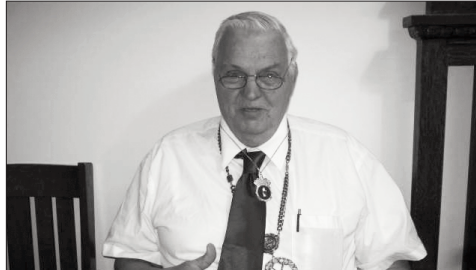
Cond., Allen Talbot; Fin. Sec., Lynn Jones, PDDGM; Treas. Frank Matthews, PGM



Chap. Eugene Jones; L. Support V.G. and Grand Treas., Roger Jones; and VG. Bryan Mitchell.



Bryan Mitchell, Vice Grand



## Odd Fellow and Rebekah Lodge News May 13, 2015



Several Odd fellows travelled to Kinnear's Mills for Grand Master Ed's Official visitation and Dist. Mtg. Prior to the meal, there was an Executive meeting with those officers present. There was a delicious meal with great food, fellowship and greetings exchanged. These odd fellows excel at making everyone feel very welcome and at ease. All dignitaries were introduced and properly welcomed. It is hoped that a Grand master will be from this area. Any of their members would do a great job!

Many thanks from all of us for all the hospitality and courtesies.

VP., Ernestine PGM.

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## RICHMOND

Annual Richmond Legion Golf Tournament on Saturday, August 22. T-off at 1:15 p.m. at Richmond-Melbourne Golf Club For information call Hughie Lancaster at 819-826-3495, or call to register at the Legion 819-826-3444. (Registration deadline Friday evening August 21 at 5:00 p.m.) There will also be a supper available at the Legion, after the tournament - admission charged.

## RICHMOND

Salad & Sandwich Supper on Saturday evening, August 22. Following our Legion Golf Tournament, we will be serving a Salad & Sandwich Supper which includes dessert and coffee/tea. The Legion opens at 3 p.m. and supper will be served at approximately 6 p.m. Everyone is welcome. You don't have to be a Legion member to participate. Hope to see you there. Admission charged at door.

## LENNOXVILLE

On the 30th of August, 3 p.m., immerse yourself in the extraordinary atmosphere of wonderland at the Mad Hatter Tea Party, a unique fundraising event for Uplands Cultural and Heritage Center. Tea, bubbly, finger food and more will be served. A croquet demonstration and live classical music will enhance the atmosphere for a fun filled, if slightly unusual, afternoon. Tickets are available at 9 Speid Street in Sherbrooke (Borough of Lennoxville).

## AUSTIN

M.S. Branch 2000 Fun Afternoon will be held on Sunday, August 16, 1:30 p.m. to 6 p.m., at the Municipal Hall, Milling-

ton Road, Austin. Entertainment by Jimmy Edwards and the Country Folks. B.Y.O.B. Chips and soft drinks for sale. Please bring sandwiches or dessert to help with costs. Free lunch, tea and coffee. Half and half. Door prize exchange. Admission charged.

## COMPTON

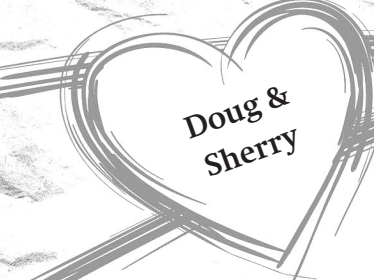
The ET Antique Machinery Club presents its 23rd Exposition, August 15th & 16th, at the Fromagerie de la Station, 440 chemin de Hatley, Compton. Gates open at 9. Everyone welcome. Admission charged (visitors). 819-837-2261.

## TRENHOLM

Trenholm United Church. In celebration of our 175th Anniversary we will be holding a Sing Along Gospel Evening on August 16, 2015 at 7 p.m. Candles purchased in the names of loved ones will "light up the cemetery."


...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.



## Happy 25<sup>th</sup> Anniversary

### Doug & Sherry Gunter



Today as both of you look back  
With happiness and pride  
Upon the twenty-five years  
That you've spent side by side,  
May every moment that you share  
Of dreams you've seen come true,  
Help make this special Silver day  
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With Love, the Drew & Gunter Families

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# Here's the real problem: over the past few years, I have seen my husband developing this same need..

TUESDAY, AUGUST 11, 2015

## Annie's Mailbox

**Dear Annie:** It is a modern kind of problem to have such a long life expectancy. My husband and I are in our early 60s. His parents are in their early 90s. They still live independently and are fairly healthy. We often have family get-togethers with his parents, our children and our grandchildren.

My husband's father tells the same stories over and over. He completely monopolizes conversations and will interrupt a speaker and start telling his own tale from days long gone. His wife will sometimes say, "Dear, you've told this story before," and he will momentarily pause, but his brain is stuck on one track and he'll keep going. He is unable not to continue, complete with the same jokes and dramatic pauses that he has learned through repetition. We try to be polite and listen, but I see how my children's eyes glaze over and eventually, they find reasons to leave.

Here's the real problem: Over the past few years, I have seen my husband developing this same need to speak. Usually, he wants to make a point or he has some complaint. But he seems unable to just let it go. He also has started telling long stories, over and over,

about his younger days. Yesterday, he ruined a family lunch by fighting about something minor that he absolutely could not let pass.

I don't want to spend years hearing the same stories and putting up with a husband who is unable to be silent and listen to others. My father-in-law is oblivious to others, and I can see that his son is headed the same way. What can be done? — L.

**Dear L.:** You're overlooking the possibility of an inherited neurological problem behind this tendency. It is not uncommon for some seniors to become repetitive and focus on their younger days. But the inability to drop an issue when asked, even when it causes family fights, has an element of compulsive behavior. Please talk to your husband about this when he is in a more reasonable mood. Ask him to speak to his doctor about an evaluation, or better, go with him. But please work on your tolerance levels. Your husband isn't being annoying on purpose. Instead of allowing your frustration to boil over, try to understand how difficult it is for him to control himself, and then help oth-

ers be understanding, as well.

**Dear Annie:** Has the definition of "fiance" changed? It used to mean one's intended spouse, one's betrothed, the person one has agreed to marry after an engagement period. Now, it seems to mean merely the person one is currently having sex with. Marriage no longer appears to be a necessary element of the word's meaning. Am I right about this? — Curious

**Dear Curious:** No. A fiance is still someone you intend to marry. However, the length of the engagement could be quite long - years - and in the meantime, some couples choose to live together. While there are a few optimistic folks who refer to themselves as a "fiance" even when they are not, in fact, engaged to be married, it doesn't change the meaning of the word. It only shows the expectations of the person using it.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnies.

### 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.

"HX GXUKEWG WPR TGRXGEM VP MTKG  
EVIX ... LFWL MTK OWM HX SVTEXPL  
WPR TGVUVPWE VP MTKG YTGD."  
— UKNLWSX IEWKHXGL

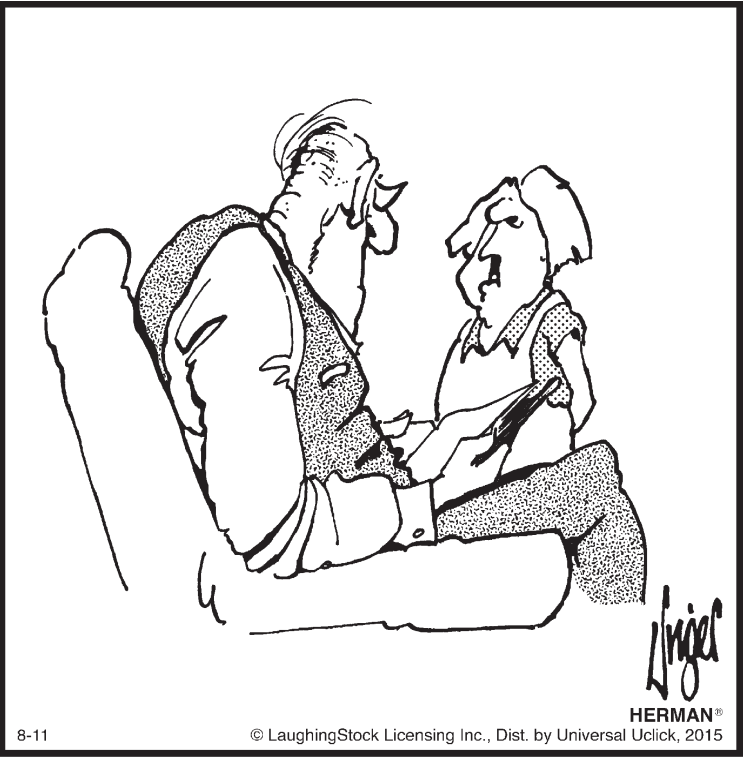
Previous Solution: "My philosophy is that when I go out of my room, I'm prepared to love everybody I meet, unless they're bad." — Omar Sharif

TODAY'S CLUE: S sjenba N

### KIT N' CARLYLE

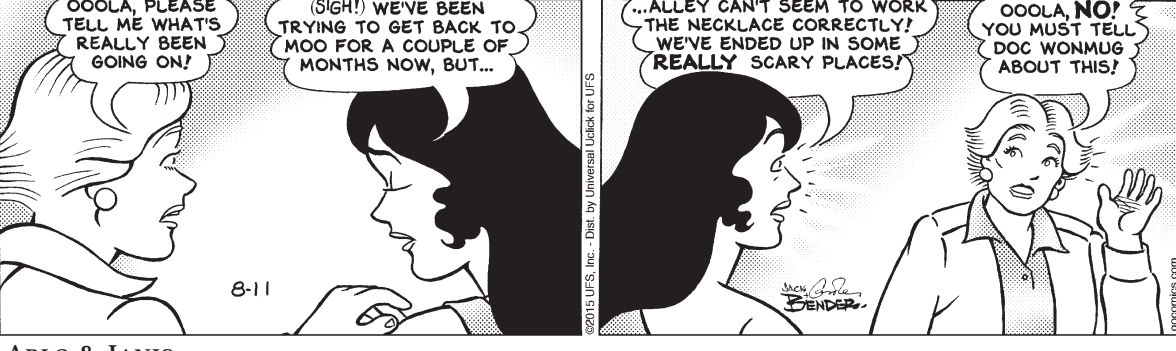


### HERMAN

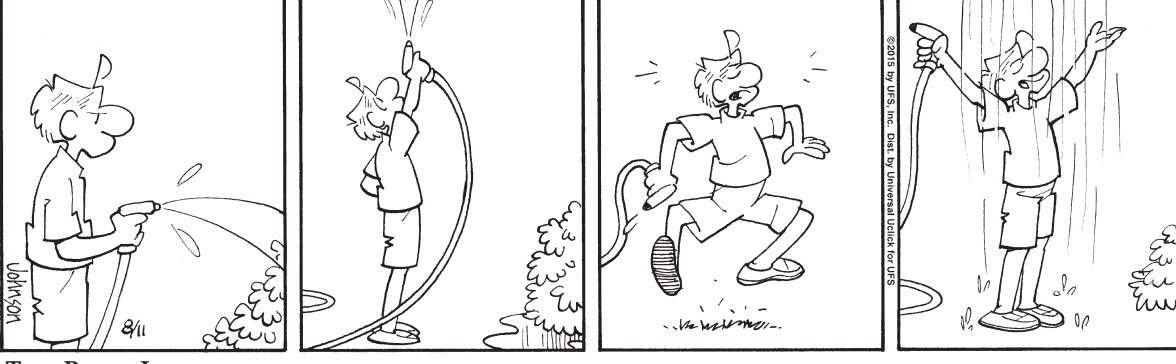


**"You're not allowed to be a grandfather anymore; you're a 'grandperson.'"**

### ALLEY OOP



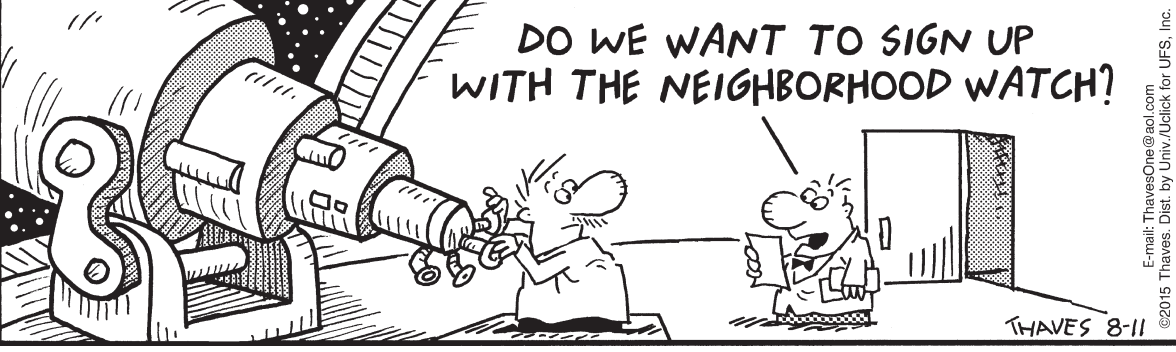
### ARLO & JANIS



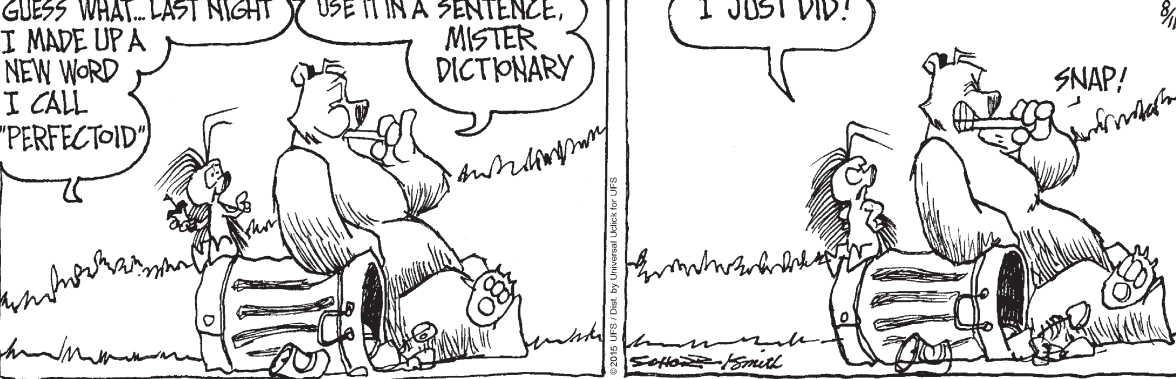
### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



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THE RECORD

### SALES REPRESENTATIVES

The Record, the Eastern Townships' only daily English newspaper since 1897 has an immediate need for dynamic, motivated sales representatives to join its sales team on a number of special projects for both its print and online editions.

The ideal candidates will be bilingual, client-focused, results-oriented individuals seeking to forge a successful career as commission-based sales representatives.

**Job Requirements**  
As a sales representative, you will:

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be self-directed with the ability to effectively interact with staff and clients
- Be creative and innovative to ensure client satisfaction
- Demonstrate an ability to build lasting client relationships
- Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and experience to

Sharon McCully, Publisher  
1195 Galt Street East  
Sherbrooke, QC J1G1Y7  
or by email to  
outletjournal@sympatico.ca

**100** Job Opportunities

**FULL TIME POSITION** on hog farm near Lennoxville. Required qualifications reliable, punctual, willingness/ability to learn. Tasks involve animal care and general cleaning maintenance. Can train motivated candidate. Call 819-562-6432

**LA TRIBUNE IS looking for a person to DELIVER NEWSPAPERS, BY CAR, in the NORTH HATLEY, WATERVILLE AREA. Please call 819-564-5465.**

**LA TRIBUNE IS looking for motorized carriers to deliver newspapers (including the Record) in the NORTH HATLEY, WATERVILLE AREA. Please call 819-572-2568 if interested**

**MAKE \$1000 WEEKLY** mailing brochures from home! Genuine Opportunity! No Experience Required. Start Immediately! www.newmailers.com

**145** Miscellaneous Services

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

**190** Cars For Sale

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**290** Articles For Sale

**STEEL BUILDINGS / Metal Buildings.** Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

**294** Events

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**LA TRIBUNE IS looking for carrier(s) in the East Angus. Please call 819-564-5465**

**365** Landscaping

**CLEANING OF YOUR FLOWER beds,** rearranging of your garden and property. 15 years of experience. Free estimate. **Flora Concept 819-578-5857.**

**425** Bus. Opportunities

**5 QUARTERS,** 4 deeded, 1 lease. Large mature yard. 1600 sq.ft home. Double garage, fully finished basement. 50x100 shop partly heated. Barns, corral, 90 acre foot dam. 12 miles south of Seven Persons AB \$1,300,000 Call Marvin 403-548-9896

**440** Miscellaneous

**CRIMINAL RECORD?** Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-nowpardon (1-866-972-7366). www.RemoveYourRecord.com

**RATES**

**25¢ per word**  
**Minimum charge \$7.00 per day Mon. to Thurs., \$8.00 on Fridays, for 20 words or less.**  
Discounts for prepaid consecutive insertions without copy change  
3 to 20 insertions - less 10%  
21 insertions - less 20%  
#84 Found - 3 consecutive days - no charge  
We accept Visa & MasterCard  
**DEADLINE:** 12:30 p.m. working day previous to publication.  
Classified ads must be prepaid.

Thank You  
For Checking

Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

# TAKE A LOOK...

at  
what's  
in the  
Classifieds.

THE RECORD

819-569-9525 - 450-242-1188  
classad@sherbrookerecord.com

## SUDOKU

Difficulty: 3 (of 5)

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PREVIOUS SOLUTION

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

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

# Your Birthday

TUESDAY, AUGUST 11, 2015

Emotional challenges will make you react impulsively if you don't take time to think matters through before taking action this year. It's important to size up each situation you face methodically and to look for practical applications that will not jeopardize you personally, professionally or financially.

**LEO** (July 23-Aug. 22) — As you learn and grow spiritually, your plans for the future will take on a new direction. Look ahead with optimism, not anxiety. Direct, honest communication will ease your transition.

**VIRGO** (Aug. 23-Sept. 22) — Take off your rose-colored glasses if you plan to renew a previous personal relationship. By romanticizing the past, you risk making the same mistake again.

**LIBRA** (Sept. 23-Oct. 23) — Someone will not like the choices you make today, but you are better off looking out for yourself first. Refuse excessive demands and don't sacrifice your needs to appease others.

**SCORPIO** (Oct. 24-Nov. 22) — Rely on your skill, experience, knowledge and intuition. You have what it takes to get ahead, so ignore anyone who tries to hold you back or stifle your creative dreams.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Your words and actions will have a strong influence on others. Rely on tact and self-control in your personal and professional dealings to avoid a mishap.

**CAPRICORN** (Dec. 22-Jan. 19) — Cut ties

with the people who have been causing you anxiety or making you sad. If you are to achieve your goals, you have to direct your energy into independent pursuits.

**AQUARIUS** (Jan. 20-Feb. 19) — Consider taking on extra work or looking for a better-paying job. A positive change is brewing, so take the initiative and make things happen.

**PISCES** (Feb. 20-March 20) — Don't forget about people who have always stood by you in the past. Show those who count what they mean to you by sharing your feelings and extending a helping hand in return.

**ARIES** (March 21-April 19) — Deal with troublesome issues by making positive changes to your living arrangements. This will help dissipate any tension that is building up. Getting along with others will help you find a workable solution.

**TAURUS** (April 20-May 20) — Forget about sticking to your schedule today. Social activities will relieve your stress and recharge your batteries. Get out and enjoy time spent with friends, relatives or a loved one.

**GEMINI** (May 21-June 20) — Try not to overreact to matters that you can't change. Take a moment to reflect on all the positive aspects and situations in your life in order to improve your outlook.

**CANCER** (June 21-July 22) — Before you place blame on someone else, look at the reasons for your own behavior. Unless you have all the facts, you are likely to make an inaccurate judgment.

TUESDAY, AUGUST 11, 2015

# If not three in one, four in the other

By Phillip Alder

John Maynard Keynes, an English economist who died in 1946, said, "It is better for one's reputation to fail conventionally than to succeed unconventionally."

Not for bridge players — it is much better to reach the right contract without using a bidding convention than to get to the wrong spot after using a convention. However, this week we are looking at the useful New Minor Forcing. After one of a minor - one of a major - one no-trump, if responder rebids two of the unbid minor, it is artificial, guaranteeing at least game-invitational values and asking opener for more information.

The first priority for opener is to show three-card support for responder's major. If he cannot do that, he indicates four cards in the unbid major — as in this deal.

West leads the diamond queen against four hearts. How should South plan the play?

If South had bid two spades over two diamonds, North would have continued with three hearts, natural and game-forcing, in case South also held four hearts. Usually a 4-4 fit is better than a 5-3.

South has one loser in each suit. He

08-11-15			
North			
♠ K Q J 6 2			
♥ Q 10 8 7			
♦ A 5 4			
♣ 3			
West		East	
♠ 7 4		♥ A 10 9 5	
♥ 6 5 3		♠ A 2	
♦ Q J 10 9		♦ 8 6 3	
♣ A 8 7 4		♣ 9 6 5 2	
South			
♠ 8 3			
♥ K J 9 4			
♦ K 7 2			
♣ K Q J 10			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♣	Pass	1♠	Pass
1NT	Pass	2♦	Pass
2♥	Pass	4♥	All Pass
Opening lead: ♦ Q			

must eliminate his diamond loser immediately, discarding it on a club winner in his own hand. Also, as declarer is establishing his club suit, he needs a fast hand entry, which is the diamond king. So, South must win the first trick with dummy's diamond ace and play a club. West takes the trick and leads another diamond, but declarer wins in his hand, discards dummy's last diamond on a high club, and plays on trumps.

# CROSSWORD

**Across**

- 1 Lute-like Indian instrument
- 6 Genesis brother
- 10 Golfers' goals
- 14 Technique-sharpening Chopin piece
- 15 \_\_ fide
- 16 From scratch
- 17 Argument
- 19 Response to "Marco!" in a pool game
- 20 Spreading tree
- 21 Chicago's Michigan, e.g.: Abbr.
- 22 Hibachi spot
- 23 \_\_ de Janeiro
- 24 1960 hit for Dion and the Belmonts
- 27 H.G. Wells genre
- 29 Have regrets about
- 30 Genesis mother
- 31 Bias
- 33 Skin blemish
- 34 Raised, as horses

- 35 Extremely impressive quality, informally ... or, when read differently, what the four longest puzzle answers all have
- 38 Cooking oil source
- 41 Many a mountain whose name ends in "horn"
- 42 Tickle
- 45 Bauxite, e.g.
- 46 Michelle of the LPGA
- 47 Scarfed down
- 49 Do the seemingly impossible, à la Jesus
- 54 Uni- + bi-
- 55 Smelled a lot
- 56 Bikini top
- 57 Skin art, for short
- 58 Pueblo-dwelling people
- 59 1937 Laurel and Hardy film involving a prospector's daughter and a gold mine
- 63 Old-style "once"

- 18 Stroller cry
- 22 Lead-in for heat or cook
- 24 Derelict overdoing the grape
- 25 Idle of Monty Python
- 26 "I'm \_\_ here!": "Bye!"
- 28 Baby deer
- 32 Creator of Finn and Sawyer
- 33 Microwave
- 34 Very dry, as Champagne
- 36 Aviated
- 37 Poet Khayyàm
- 38 Bovine shelter
- 39 Cicero's skill

- 40 Health setback
- 43 Hunting dogs
- 44 Landmass divided by the Urals
- 46 Stir-fry pan
- 48 Half of a rain rhythm
- 50 Gentle washer setting
- 51 Vast chasm
- 52 Runs easily
- 53 \_\_ de Cologne
- 59 Spider's creation
- 60 Little battery size
- 61 Tic-toe filler
- 62 Very little, to a Scot

- 64 Sunup direction
- 65 Eagle's home
- 66 Tinting agents
- 67 Jazz group instrument
- 68 Actor Romero

- Down**
- 1 Underground waste conduits
  - 2 Slanted letters
  - 3 Confused state
  - 4 "Much \_\_ About Nothing"
  - 5 NFL official
  - 6 Higher in rank than
  - 7 Destructive beetle
  - 8 Conclude
  - 9 \_\_ Vegas
  - 10 Large edible fruit
  - 11 One more
  - 12 Ease, as pain
  - 13 Fainted

F	R	E	E		B	O	A	T			W	H	I	M	
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