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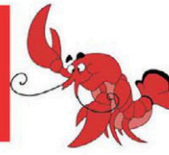
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**Richmond  
students  
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Page 3

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THURSDAY, MAY 10, 2018

**Piironen  
clarifies  
Wales Home  
concerns**

By Gordon Lambie

Recently the Record received an anonymous letter claiming to be from a group concerned about the future of the Wales Home. Specifically, the letter raised concerns about the new agreement with the CIUSSS de l'Estrie - CHUS that makes the home's long-term care facility (CHSLD) a part of the public health network, stating that the administration of the home has given up control in a way that will result in ballooning deficits and, consequently, a loss of jobs.

In brief, the letter's writer argues that staffing increased and occupancy went down after the agreement was signed, with the home's ability to fill new beds taken out of the administrations hands. This combination of factors, mixed with the fact that the home only gets half the funding for an empty bed, suggested to the letter writer that the home is headed for disaster.

Asked about the issues raised in the letter, Brendalee Piironen, Executive Director of the Wales Home, said that many of the statements made by the writer are either misleading or just false.

"There is no real issue here," Piironen said encouraging both the home's staff and the wider community not to be

CONT'D ON PAGE 4

**Sunnyside bikes get a tune-up  
from 'Adopte un Vélo'**



MATTHEW MCCULLY

By Matthew McCully

Sunnyside Elementary School (SES) in Stanstead is ready to roll thanks to a bike repair clinic provided by the La Ruche 'Adopte un Vélo' program. SES has around 40 bicycles in a vari-

ety of sizes, donated to the school by the Free Wheeling program, based in Cowansville.

A similar program, 'Adopte un Vélo', started up by Jacques Bureau, a teacher from Magog's La Ruche High School, offered the SES students some tips to keep

their bikes rolling at peak performance.

On Wednesday, Bureau brought seven of his La Ruche students to work on the SES bikes and offer short clinics, teaching the elementary students a few

CONT'D ON PAGE 3

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## Weather



TODAY:  
SUNNY

HIGH OF 22  
LOW OF 1



FRIDAY:  
SUNNY

HIGH OF 10  
LOW OF -2



SATURDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 15  
LOW OF 2



SUNDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 16  
LOW OF 1



MONDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 20  
LOW OF 5

# What I wore to the Met Gala



## ROSS MURRAY

“The Met Gala is fashion’s biggest night and this year’s theme was ‘Heavenly Bodies: Fashion and the Catholic Imagination.’... Rihanna wore a papal crown and cape designed by Margiela. Katy Perry wore 6-foot angel wings.” – CNN.com, May 7, 2018

Having been raised Protestant in a very Catholic town, it was difficult for me to decide what to wear to the Met Gala, whose theme was “Heavenly Bodies: Fashion and the Catholic Imagination.” The only thing I remember those Catholics imagining was, “Hey, let’s get that skinny Protestant kid.” But maybe that was more in keeping with next year’s theme: “Fashion and the Protestant Persecution Complex.”

Thankfully, just like the other famous, beautiful guests, I didn’t have to think at all. That’s what we have designers for. And so I called up my second-favourite designer, Pongello Ribisquik. (My favourite designer, Corsagie, went into hiding in January after he was accused of sexually harassing several bolts of fabric, although if you ask me the #mesew movement has gone too far.)

“Pongello,” I chirped (I was in a chirping mood), “Ponchy, baby, I need you to whip up something ornate but spiritual, humble but gaudy, tasteful but hinting at stigmatic bleeding. Can you do that for me, you wonderful polyamorous nee-

dle-bobbin you! You diaphanous feather duster!”

I heard Pongello pause on the phone. Then he took a deep breath, cleared his throat and said, “Who is this?”

Once we got that straightened out and I demonstrated my ability to procure payment in unmarked bills, we began brainstorming.

“I see webbing, I see gauze,” he blueskied. “I see metal, I see jade.”

“I see London, I see France,” I spitballed.

“I see purple papal pants!” he postulated.

We work so well together, he and I, and unlike Corsagie, in my experience Pongello has always been nothing but respectful to linen.

“I want it to be classical in its beauty yet almost too painful to look at due to its great sadness and the tragic weight of regret,” I weighed in.

“Like Melania Trump!” Pongello conjectured.

“Eureka!” I blurted.

(An aside: how, you must be wondering, moving your lips as you think in that adorable but ultimately unflattering way of yours – how did I procure an invitation to the most exclusive celebrity fashion event of the year? And why am I so fond of the word “procure”? It’s quite simple, really: this year’s gala was co-hosted by Amal Clooney, I’m the only person who can properly shave George Clooney’s back, and voila!)

I won’t go into detail about the hours of planning and child labour that went into my outfit. And it’s best left unsaid the environmental impact, not to mention the decimating illnesses introduced into indigenous populations. Such is the price of art, religion and getting your photo in *The Times*.

Instead, I’ll let the results speak for

themselves – except for the right kneepad, which speaks in the voice of Ian McKellen reciting the Book of Leviticus. But as Moses said to the kid collecting shells during the parting of the Red Sea, that’s not important right now.

The final product was reminiscent of the famous tunic St. Polycarp wore in AD 124 during the final episode of “Smyrna’s Got Talent,” except instead of sackcloth it was made entirely of reflective tape, gold leaf and silver-plated juice boxes. Over this, I wore a flowing garment encrusted with jewels. Was it a robe? Was it a gown? Was it agape? Yes it was, momentarily, which was embarrassing for both me and that poor woman at the bus stop.

My shins were encased entirely in ostrich feathers, because nothing says “Catholic imagination” quite like ostrich feathers.

In my arms, I carried a baby, representing the infant Jesus, and that baby carried an even smaller baby, representing an even tinier infant Jesus. Pongello wanted the smaller baby to hold a smaller baby still, but I told him I didn’t want to look ridiculous. Pongello flew into a rage. What that rage was doing there, I have no idea.

Halo? Do you even have to ask?

But the highlight was the eight animatronic cherubs attached to long, flexible poles strapped to my back so that they hovered above me singing an angelic version of “I Just Called to Say I Love You.”

I was truly fabulous, a showstopper. But when I got to the Met, I saw that Ariana Grande was wearing the exact outfit. Horrors! So I scurried back to my hotel, put on sweatpants and watched “American Pickers” for six straight hours. My sweatpants were also encrusted.

# City to invest over \$100,000 in new fire safety equipment

Record Staff  
SHERBROOKE

The City of Sherbrooke is investing more than \$100,000 for the purchase of machinery, vehicles, life-

saving equipment and road signs to improve its emergency rescue operations in remote areas such as snowmobile and ATV trails, the Magog River Gorge and Mont Bellevue.

Thanks to a \$101,230 grant from the

Ministry of Public Security, the City will improve its equipment stock to support the implementation of the future intervention protocol for isolated emergency rescues prescribed in the 2016-2020 fire safety protocols.

## Ben by Daniel Shelton



# LOCAL NEWS

The students raised more than \$2,600 in total for their run which is being split between the student activity fund at the school and the cancer foundation.

## Richmond students overcome obstacles to fight cancer

By Gordon Lambie

15 to 39 years old living with cancer diagnoses.

"It's not the same, having cancer when you are young," said Marie-Claude Borja, Special Events Coordinator with the foundation, who hailed the donation as exceptional. Borja explained that the "Programme à Félix" is named in ho-

nour of Félix Deslauriers-Hallée, the Sherbrooke football player who died at the age of 20 in the summer of 2011.

The students raised more than \$2,600 in total for their run which is being split between the student activity fund at the school and the cancer foundation.

Lori Cloutier, the teacher in charge of

the school's running club, said that the activity is a new idea, but one she hopes will grow in coming years. Although RRHS has previously hosted community "fun run" activities, this event saw students of all levels invited to run a hilly forest trail and face six obstacles that challenged their physical fitness skills.

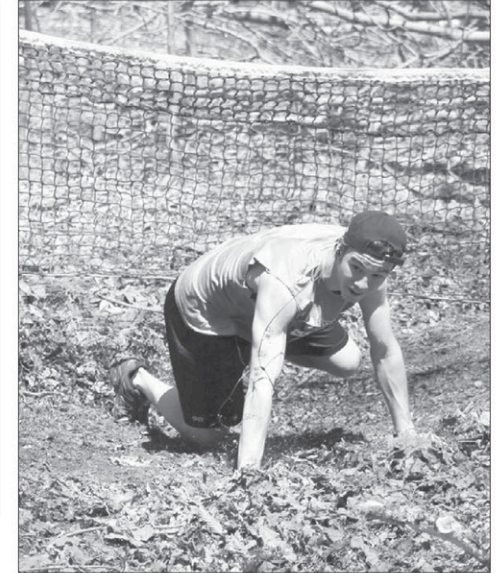
A group of students from Richmond Regional High School ran a relay obstacle course at Richmond's Gouin Park on Wednesday afternoon for the benefit of the Quebec Cancer Foundation's "Programme à Félix" for youth



COURTESY



GORDON LAMBIE



GORDON LAMBIE

## SQ blood drive at Carrefour de l'Estrie

Record Staff  
SHERBROOKE

Spring is finally upon us. In the spirit of renewal, the Quebec Regional Security Center Estrie / Center-du-Québec, in collaboration with the Association of retired police officers is inviting the public to participate in a blood drive.

The drive will be held on Thursday, May 10 and Friday, May 11, between 1 p.m. and 8 p.m. at Carrefour de l'Estrie on Portland Blvd in Sherbrooke. The goal is to welcome 450 donors.

According to Héma-Québec, someone in Quebec needs blood from Quebec's

collective supply every 80 seconds. No matter where blood is collected, it is transformed and tested, and then routed where it is needed to help save lives. Every day, Héma-Québec has to collect at least 1,000 donations in order to meet all the needs of Quebec hospitals.

Most people in good health over the age of 18 can donate blood. It is advised that donors who have traveled recently check if their destination is considered to be at risk for malaria, the Zika virus, or other similar viruses. Before going to a blood drive, it is possible to check eligibility with Donor Client Services at 1 800 343-7264 or visit the Héma-Québec website at [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca).

## Sunnyside

CONT'D FROM PAGE 1

key things to keep in mind regarding bike maintenance.

Adopte un Vélo started in 2015. According to Bureau, The goal is to offer a technical program for students whose strengths lie outside the traditional academic stream.

After learning the ins and outs of bike maintenance, the bikes worked on in the program end up donated to the community. So far, over 120 bicycles, tweaked and tuned by Adopte un Vélo, have been donated to local families in need.

In addition to helping the La Ruche students learn about bike repair, Adopte un Vélo does outreach, visiting local

schools to share the skills they have learned.

They also teach the kids how to ride with skills workshops, setting up jumps and obstacle courses.

SES teacher Chantal Menard said the timing was perfect for SES bike tune-ups. The students, in groups of five, got the chance on Wednesday to learn the basics of bike maintenance.

According to Menard, Adopte un Vélo will visit the school again on May 30 to help the students work on their bike riding abilities and learn the rules of the road. Later that week, the older students will strap on their helmets, hop on their bikes and take "the big ride to Wood's", an end-of-year tradition for the school.



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# Sherbrooke's first zero waste restaurant

By Ocean Francoeur  
Special to The Record

A new bistro will soon open in downtown Sherbrooke, but it is not a restaurant like any other. The three young entrepreneurs opening La Buvette du Centro are committed to making their new vegetarian dive 100 per cent waste free.

Back in 2016, Charles Picard-Duquette and Noémie Lavoix began a pret-à-manger vegetarian service. They rented out the kitchen at La Capsule, on Wellington. As clients began to accumulate, Picard-Duquette realized that the small space they were using would not be enough.

"It was bad for business," said Picard-Duquette. "We'd have to open whenever La Capsule was closed, so either super early in the morning or at night. Plus, the space was really small. It just wasn't practical, thinking in the long-term. We realized that opening our own restaurant would be better for the clients and would cost just about the same."

A year later, Julien Fortier-Chicoine joined the team and the idea of the bistro La Buvette du Centro was born. Like Ciboulette, La Buvette is going to cater vegetarian meals. Picard-Duquette has been a vegetarian for years, for environmental reasons, he said.

"I did research and when I saw the statistics, I thought they were abhorrent. The amount of CO2 required to run the meat industry is just not sustainable, and I thought to myself, the planet can't go on like this, so neither can I."

The group decided that their restaurant should reflect their values, and Picard-Duquette explained that being as environmentally friendly as possible was a cause close to their hearts.

"Restaurants create three times more waste than your kitchen at home, and most places don't bother sorting their recycling, compost and garbage. They just throw everything out with the plastic. That made no sense to us," said the young restaurateur.

La Buvette is planning to be 100 per cent waste free, but that remains a substantial challenge according to Picard-Duquette, because the city of Sherbrooke does not provide compost collecting for businesses; only households. To bypass the problem, Picard-Duquette, Lavoix and Fortier-Chicoine have contacted Entosystem, a Sherbrooke-based company that reuses waste to create fertilizer and other products, like flour, using larvae.

"They've agreed to take all of our compost," said Picard-Duquette. "The bugs need about 100 kilos of food a day so it's a win-win situation."

The new bistro will also take other measures to be as "green" as possible. Picard-Duquette stated that, as much as possible, their food will be made from locally sourced ingredients.

"We try to find alternative products that leave a smaller ecological footprint. For example, we will be selling local wine that is made in bulk, in barrels instead of bottles. We often think that just recycling the empty bottles is enough to have a clean conscience, but in fact, buying in bulk like that is going to reduce waste by 93%."

"It won't be easy," he admitted. "It's going to be a long process and be a lot of work, but these are great starts."

The group turned towards La Ruche, a crowdfunding non-profit, for help with their eco-friendly plans.

"It was a superb campaign," said Véronique Vigneault, the director of La Ruche Estrie.

"It really mobilized the community. They busted their objective, collecting 185% of their desired amount; that's over \$9 000 compared to the \$5 000 they were asking for. Obviously, it's very exciting, and it's promising to see how the community is willing to get involved and help locals."

According to Picard-Duquette, the ease with which they raised the sufficient

funds came as a surprise.

"Véronique, at first, was warning us that it would be a lot of hard work, that we would constantly be on the phone," he said. "But the money started coming in right away. Within two days we had 30% of our objective fulfilled. We gave ourselves 30 days to reach 100%; we hit it in two weeks."

"The restaurant is great because it combines healthy food with delicious food, something that we tend to kind of separate in our everyday lives," Vigneault laughed. "On top of it, it's good for the environment. I'm not surprised that the community was so enthusiastic."

La Buvette du Centro will be located at 117 on North Wellington Street, which, coincidentally, happens to be the very first office of The Sherbrooke Record, back in 1908.

"It was love at first sight," declared Picard-Duquette. "The restaurant is on the second floor, but we have a gorgeous view and a huge terrace of 300 square feet, which is unheard of in downtown areas. We're super excited."

The bistro is planning to open July 15. It will offer vegetarian meals, micro-brewed beer, and locally sourced alcohol, produce and coffee.

## Wales Home concerns

CONT'D FROM PAGE 1

writer are either misleading or just false.

"There is no real issue here," Piironen said encouraging both the home's staff and the wider community not to be concerned about the adjustment period that the home and the healthcare network are

currently going through.

"We don't have a budget deficit" the Executive Director began, pointing out that the home's previous financial challenges were wiped out by the agreement with the Provincial Government last year.

On the question about unbalanced staffing, Piironen said that the home did not significantly increase its staff in the

last year.

"We added an extra head nurse, but we didn't increase the staffing because we already had good staffing before," she said.

Piironen acknowledged that the home currently has some empty beds in its CHSLD, and confirmed that an empty bed only receives half funding, but she ex-

plained that the vacancies are the result of seven residents having recently reached the natural end of their lives over a very short period of time.

"We don't usually have seven people die in two weeks," the Executive Director said, explaining that four of those spaces have already been filled with new admissions.

On the question of whether or not the CHSLD maintains control over its admissions, Piironen explained that there is an evaluation process that is carried out by the CIUSSS de l'Estrie - CHUS.

"The way that it works is that anybody who is receiving government money for their beds has to go through an access mechanism. They confirm that a person meets the criteria for the CHSLD," the Executive Director said, explaining that the only reason someone would be rejected is if their profile indicated that they do not need long-term care. "Let's say that somebody calls us and they want to admit their mom to long-term care, we submit the request to the access mechanism and then they check it. Nobody is refused unless they don't meet the criteria."

Piironen expressed, several times in the conversation, what a good relationship is forming between the CIUSSS and the Wales Home.

"I feel very positive about the partnership that we are developing with the CHUS, but it is a learning curve for them as well as for us," the Executive Director said.

Piironen did say that there have been challenges to overcome within the new agreement, pointing out that the CIUSSS social workers needed to be familiarized with the fact that there was a new home within their network, but she explained that the healthcare institution has been very open and cooperative in helping to sort these issues out. Following what she called a "very positive meeting" with CIUSSS administrators at the end of April, the Executive Director said she feels things are on the right track.

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# The Border Report

Despite the drizzle, the students embraced the spirit of the afternoon and were pleased to give back to the community that welcomes them year after year.

## Students take to the streets for Community Day

Submitted by Ross Murray

Students and teachers of Stanstead College left class and entered the community last Thursday afternoon, rakes and shovels in hand, as part of the school's annual Community Service Day.

Divided into groups, the student body fanned out around Stanstead and even Ayer's Cliff, Magog and Derby, Vt. to help with spring cleaning, raking, gardening, digging, sorting, even walking the dogs and petting the cats.

At Sunnyside Elementary School, for example, students transplanted raspberry bushes, turned over mulch on the

playground, painted lines on the soccer field and prepared a tetherball playing area.

Students trimmed branches on Railroad Street and raked leaves and debris in Hackett Park and at the Colby-Curtis Museum. Others picked up garbage at the ball park.

Other groups visited shut-ins at Manoir Stanstead and gave some love to the pets awaiting adoption at the Frontier Animal Society.

Despite the drizzle, the students embraced the spirit of the afternoon and were pleased to give back to the community that welcomes them year after year.



By Clea Corman

Last week, Phelps was lucky enough to have 20 volunteer students from Stanstead College during their annual community service day.

Phelps' weekly sessions are volunteer based, so with the extra help, we were able to put together a special activity for our Elementary Educational Program: bionic

hands! Students were challenged to think like engineers, building bionic hands with simple materials like paper, straws and string. With this one-on-one help, Sunnyside's students made some pretty impressive hands that were - almost - able to pick up foam cubes. For many Stanstead College students, this was an opportunity to get to know their extended school community better and to share some of their experience and perspectives with a younger crowd. Phelps students had the opportunity to talk to high school level students who are focused on academics and value the importance of education. It's great to see youth instinctively encouraging school perseverance!

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. We are currently looking for volunteers to help with our weekly sessions. If you have a couple of hours a month to spare and are available Tuesday or Thursday afternoons, please consider joining our dynamic group of volunteers. For more information, please email us at info@phelpshelps.ca or call our offices at 819-704-0799.

Phelps Aide Phelps Helps is a rural

### FRONTIER ANIMAL SOCIETY

## Featured pet: Patty

When we received the call asking if we would be willing to take 1 year old Patty under our wing, we knew there was a good possibility that finding her a home would be somewhat more challenging. Not because she has any behavioural or temperament issues but because she has been diagnosed with epilepsy. We know her perfect forever family is out there, we just have to make the connection.

We were told she has had two seizures, the first one at approximately four months. Based on the circumstances surrounding each of her seizures, stress definitely seems to be a trigger. She is now on medication which costs \$35.00 per month. Patty has not had a seizure since arriving at the shelter which is a good sign given that it was a big change.

We are happy to talk to you more about her health and encourage you to speak to your own veterinarian so you have a better understanding of the implications of adopting a dog with this condition.

Patty is a lovely girl who gets along with other dogs. She enjoys her walks and is happy to spend time in our dog park where she indulges in the one-on-one attention she gets from volunteers.

Patty comes to us from a breeding facility where her quality of life was not a priority so although we hope to find her

a loving forever home soon, she is certainly better off than she was.

Just like any other dog, she deserves to experience and enjoy life to the fullest and we're determined to ensure that happens. If you are ready to open your heart and your home to this wonderful dog, we'd love to hear from you. Please send an email to frontieranimalsociety@gmail.com or better yet give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m. Patty is not well suited to a home with young children.

We also want to take this opportunity to let readers know that our annual dog walk fundraiser will be taking place on Saturday June 2nd. Once again we will be walking along the beautiful Tomifobia Nature Trail. It's our biggest fundraiser of the year so we hope to see you there! More details to come next week.



Happy Mother's Day

THE

# RECORD

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Happy Mother's Day

# EDITORIAL

An angry Fred, obviously at the end of his tether and disappointed that the firefighters could do nothing for him, took matters into his own hands,...

## Smoke alarms, shot guns and the American way of life



TIM BELFORD

sons only known to the contractor who had installed the device, the alarm was directly over the stove.

Fred asked the firefighters if they could just disconnect the alarm so he could cook in peace. After a quick inspection the firefighters told Fred that this wasn't an option because the alarm was not battery powered but wired directly into the home's electrical system. Here's where things went south.

An angry Fred, obviously at the end of his tether and disappointed that the firefighters could do nothing for him, took matters into his own hands: In this case in the form of a shot gun that he fetched from another room. He then, "allegedly," remember the law suit I spoke of, proceeded to dismantle the alarm by firing a round into the appliance. Just for good measure he then, "allegedly," racked another round into the chamber and blasted away for a second time. Problem solved, and it hadn't even required a ladder or a screw driver.

Understandably, this sudden gun fire, to say the least, startled the firefighters who I presume headed for cover. When the smoke cleared, however, they somehow managed to relieve Fred of his home improvement kit and stashed it in the back of their truck obviously fearful that there might be other appliances that irritated Fred.

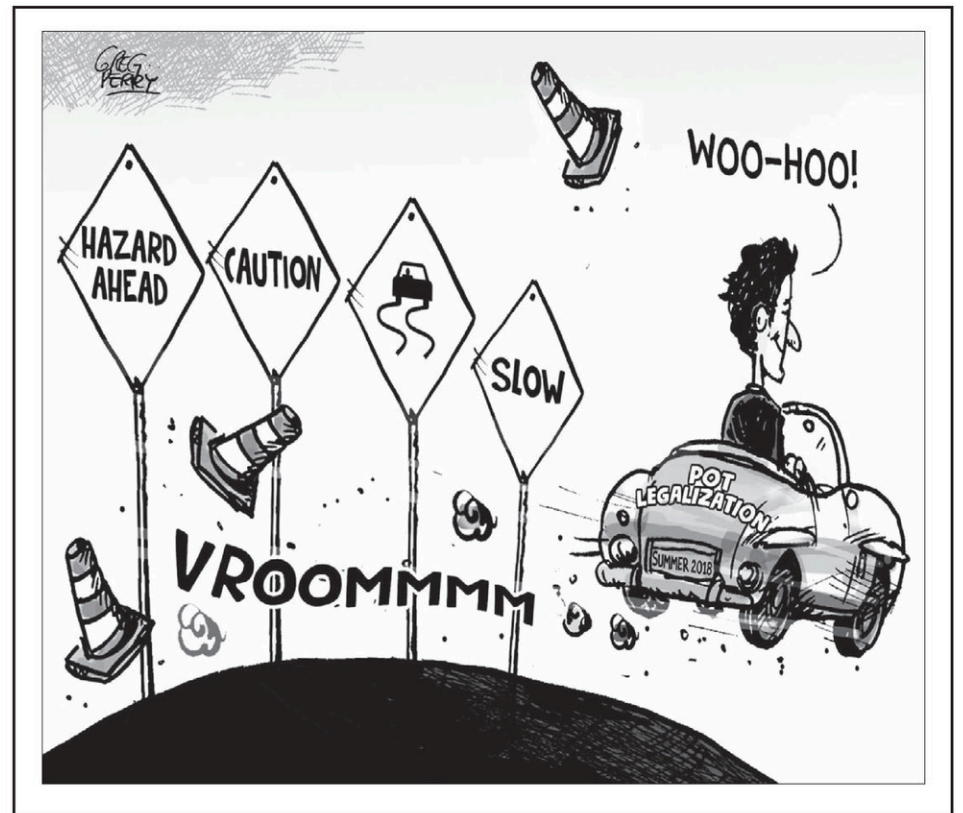
Here's where the difference in attitude towards fire arms that I talked about earlier came into play. An increasingly angry Fred, "allegedly," returned to the house, where I presume he rummaged around in his small arms locker - a facility common to many American households - and procured a hand gun. Waving the hand gun he then, "allegedly," demanded that the first responders return his shot gun. When they, unsurprisingly, refused to do so he threatened to do to them what he had done to the smoke alarm, yelling "You Mother (bad word) I'll shoot you (bad word.) Thankfully the police, just like the Wild West marshals of old, arrived

I like Americans. For all their flag-waving bravado and their decidedly skewed view of history I find them, for the most part, kind and generous. I grew up right on the border - Niagara in this case - and had friends and family in the states. I suppose this is why I am saddened by the way the country seems to be fracturing so badly under the sway of an increasingly partisan Congress and an increasingly bizarre president.

There has always been a violent side to things south of the border. Whether this is a result of the wrenching revolution that gave birth to the nation, the gun-fueled conquest of the west or the catastrophic civil war, I don't know. But it's there and likely won't go away. A perfect example of just how different the attitude to fire arms is in the U.S. of A. occurred a week ago in Vermont.

Now, I won't use names here since none of this has been proven in court but the witnesses are numerous and their testimony is in agreement and has found its way into the local paper. Still, a law suit is a law suit and one doesn't like to put one's employer in an awkward position. So let's just call the protagonist, Fred.

It seems the local first responders were called to Fred's home one evening recently when a fire alarm went off. When they arrived Fred explained that there was no problem and that it was merely the smoke alarm that had commenced beeping while he was cooking supper. He pointed out this was a frequent and annoying event since, for rea-



in the nick of time and talked Fred into dropping his weapon. He was then taken into custody.

This is where the story now stands. Fred has since pleaded not guilty to a felony charge of aggravated assault with a deadly weapon, on the first responders not the smoke alarm, and also not

guilty to the lesser charge of reckless endangerment. A screener, hired by the court, has told the judge that she found no psychological problems with Fred and the trial is pending. Let's hope Fred's do-it-yourself initiative doesn't herald a trend.

## Letters

DEAR EDITOR:

We, The Prom Fairies, would like to extend our deepest gratitude to everyone who made our 6th annual Bingo fundraiser a tremendous success!

Thank you to all of the Galt students who gave up their recess and spare time to wrap bottle caps, make signs and put them up for us.

To the volunteers: Students, Teachers, Friends, Husbands, Children, Galt's Student council, The Cooks, Supervisors, The Tech team, Lennoxville Town Council, The 1st Lennoxville Scouts/Beavers and their Leaders, Thank you for giving up your Sunday to come out and help us! Your time and effort on this day was invaluable. We wouldn't have been able to do this without you.

To all of you who donated prizes, or made a monetary contributions, We thank you from the bottom of our hearts. Without the support of local businesses and individuals who make these crucial contributions, The Prom Fairies wouldn't be able to thrive. Thank you so much.

Thank you to everyone who attended our Bingo, without your support, we wouldn't be able to be successful in helping so many students attend their prom.

NANCY GREY

DEAR EDITOR:

On May 5th Mental Health Estrie held its annual Méchoui fundraiser and it was a resounding success. Thank you to all our wonderful volunteers, the people at the Hut and most importantly those who came and had supper or made donations to an important cause. A special thank you to: Clarke & Sons in Lennoxville who helped us sell tickets, Paulette Losier for her organizational skills and the students from Bishop's College School for their capable assistance.

Mental illness directly affects 20% of the population but it also impacts families and friends of those who are ill. Our organization offers help and hope to both groups.

SINCERELY,  
ESTHER BARNETT  
PRESIDENT, MENTAL HEALTH ESTRIE

### THE RECORD

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# Local Sports

*Pauline, who was competing in the nationals for the second time, won her first gold this year.*

## Biathlon runs in the family

By Matthew McCully

**L**ennoxville residents Pauline and big brother Leo Grandbois recently picked up matching gold medals at the National Biathlon Championships, held at the end of March in Charlo, New Brunswick.

Both have since been invited to join the Canadian national team next year.

Pauline, at 16-years-old, will compete in the youth category. Leo, now 18-years-old, will be in the junior category.

Leo's success on the biathlon course is well-documented. When he was 16, he went to Lillehammer, Norway to represent Canada in the Youth Olympics. He also has a run of gold medals from previous national biathlon championships.

Pauline, who was competing in the nationals for the second time, won her first gold this year.

When asked how the family ended up with two elite biathletes, Leo and Pauline's mom explained that it was no coincidence.

"They had no choice," she said, explaining that once Leo gave biathlon a try and took a liking to it, the family wasn't in a position to drive the two children all over town at different times for different sports. Pauline's pragmatic introduction to biathlon turned out to be the perfect choice. "She liked it too."

When asked about the two young athletes' plans for the summer, they said they will continue a twice-a-day training regiment in preparation for the next competition season, training both here in Quebec and on occasion in Alberta.

This coming winter they will have the benefit of Bishop's University's newly developed cross-country ski trail.

"It's amazing for us," Leo said, to have a FIS-certified trail just two km from their doorstep.



MATTHEW MCCULLY

*Lennoxville residents Pauline and big brother Leo Grandbois recently picked up matching gold medals at the National Biathlon Championships, held at the end of March in Charlo, New Brunswick.*

### 2018 FORD ESCAPE TITANIUM



A solid small-family SUV that doesn't need the esthetic extras

PHOTO: K. LAJOIE



I had the opportunity to spend a week road testing the new 2018 Ford Escape, and not just any Escape - I had the Titanium edition! This is a multi-faceted SUV that constitutes a serious option in the compact utility segment. Here are some of the strong and less-strong points that made themselves manifest during my week behind the wheel of one of Canada's top-selling utility models across all categories for the past several years.

#### Looks

No doubt about it, the Escape is a nice-looking compact SUV. To my eyes, it looks good on the road and its proportions are nicely-balanced. You feel as if the vehicle was designed with the right focus on the uses families will make of it. The Titanium version shown here rides on 19-inch black alloy wheels that come with the Sport Appearance package; with it you also get a number of black exterior accents here and there.

For sure these elements enhance the visual appeal of the Escape, although, if you think about it, this might not be a top priority for those shopping for a compact SUV in this price range. It's precisely because the 2018 Escape met my driving expectations that I would probably bypass these esthetic add-ons. I even wonder if this Sport Appearance package isn't forcing things where it doesn't need to. I almost prefer the model in its more-natural state with chrome elements. But that's a question of taste, obviously. What really matters are the driving experi-

ence, space and cargo capacity, versatility, comfort and reliability!

#### Inside

First thing I did once I climbed inside was to look at the various comfort elements. Now, I'm not a true-blue fan of the blue oval brand, but I found little or nothing to complain about! This Titanium Escape's interior, almost all of it decked in leather, is not only attractive but well designed as well. There's no shortage of space, and the power-adjustable sport driver's seat (included in the Sport Appearance package) coddles the body.

The configuration of the central console provides easy access to all the commands, and standard infotainment systems are plentiful. The dashboard is split into two levels: the upper part has the navigation screen and all of its related commands, while in the lower section you find the buttons for the climate control system. It's all very clear and concise! The Apple CarPlay and Android Auto are really well-presented in the 8-inch touchscreen integrated into the upper part of the dashboard. The many different safety systems ensure smooth and worry-free driving, while the power sunroof draws sunlight into all parts of the cabin. The inside of the 2018 Ford Escape is definitely a nice place to spend time!

The SUV also provides proper cargo capacity for a vehicle of its dimensions and vocation. I was looking forward to using the hands-free (foot-activated) power hatchback, but could never get it to work, alas! Not sure if my tester was deficient in this respect...

#### Capabilities

The 2.0L turbo engine embedded in my test vehicle is certainly one of the better choices available in the segment. I found it performed adequately in all situ-

ations, including when accelerating. The Escape's performance inspires confidence, which is quite satisfying. The 6-speed automatic transmission comes with a manual mode that I barely used other than to test it. Personally, I'm not sure that that feature serves much of a purpose in a model like this, especially as its automatic gearbox works perfectly well.

As for fuel consumption the Escape falls into the "meh" category - not great, but not terrible either. I happen to do a lot of highway driving between home and work, and I came up with an average of 10.2L/100 km. This is ok, but the fact is some other, larger SUVs are able to do better. Still, the Escape is undeniably fun to drive. The suspension makes life comfortable for occupants, in fact it does this better than many others in the category. Reliability, of course, is a question only longer-term owners of the model will be able to discern. I mention this because the Ford Escape has amassed one of the weaker reliability ratings in the segment (when measuring owner satisfaction and rates of complaints over the years).

#### Conclusion

In my view the 2018 Ford Escape Titanium is a choice that won't force compromises on buyers looking for a contemporary-looking but not overly flashy small-family SUV. This vehicle delivers a positive driving experience and fulfills its mandate as a utility model by offering ample space and cargo capacity, comfort and advanced technologies.

Given the choice I'd opt for the Titanium version, which starts at \$38,189 with the 2.0L EcoBoost engine and all-wheel drive, but I'd probably skip the Sport Appearance package, especially as it adds another \$1,200 to the price tag. Keep in mind that the 2018 Escape is available in several less-costly versions that are worth considering as well.



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**Brieflet**

**EATON CORNER**

The Board of Directors invites you to the annual general meeting of the Eaton Corner Museum on Friday, May 11, 2018 at 7:00 p.m., 374 Route 253. For members and other interested persons. Find out what our volunteer Board has accomplished in the last year, and what we plan for the future. Business meeting includes election of Board members. Refreshments served.

**DO JUST ONE THING**



By Danny Seo

Are your outdoor solar lights not looking so bright? This is usually a very easy fix and may involve just replacing the battery. Solar lights use rechargeable batteries that are charged from the sun's rays on integrated solar panels. Those batteries can be recharged about 1,000 times before they wear down or die out. To replace, remove the old battery and replace with a new rechargeable battery. Then recycle the old batteries for free in collection boxes at almost any hardware store. Also, wipe down the solar panels, since dust and pollen can make them less effective.

*A charitable bequest is a heartfelt gesture everyone can make.*



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**Datebook**

**THURSDAY, MAY 10, 2018**

Today is the 130th day of 2018 and the 52nd day of spring.

**TODAY'S HISTORY:** In 1837, after months of economic downturn, several New York banks refused to convert paper currency to gold or silver, setting off the Panic of 1837.

In 1869, a golden spike was driven in Promontory, Utah, in ceremonies marking the symbolic completion of the U.S. transcontinental railroad.

In 1940, Winston Churchill was appointed prime minister of Great Britain.

In 2013, the spire of One World Trade Center was completed, making it the tallest skyscraper in the Western Hemisphere.

**TODAY'S BIRTHDAYS:** John Wilkes Booth (1838-1865), actor/assassin; Fred Astaire (1899-1987), singer/dancer/actor; David O. Selznick (1902-1965), film producer; T. Berry Brazelton (1918-2018), pediatrician/author; Pat Summerall (1930-2013), football player/broadcaster; Donovan (1946- ), singer-songwriter; Bono (1960- ), singer-songwriter; Linda Evangelista, (1965- ), supermodel; Kenan Thompson (1978- ),

actor; Odette Annable (1985- ), actress; Salvador Perez (1990- ), baseball player.

**TODAY'S FACT:** When Prime Minister Neville Chamberlain's government fell in 1940, King George VI himself summoned Winston Churchill to Buckingham Palace and asked him to form a government.

**TODAY'S SPORTS:** In 1970, Bobby Orr of the Boston Bruins scored the game-winning goal in sudden-death overtime to give Boston the Stanley Cup title over the St. Louis Blues.

**TODAY'S QUOTE:** "There comes a day when people begin to say, 'Why doesn't that old duffer retire?' I want to get out while they're still saying Astaire is a hell of a dancer." — Fred Astaire

**TODAY'S NUMBER:** 140,000 — miles of freight railroad track currently in operation in the United States.

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

**Soaking in a hot bath may offer benefits similar to exercise**



**ASK THE DOCTORS**

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

**Dear Doctor:** Can a hot bath really burn as many calories as a brisk walk? If so, give me the hot bath any day!

**Dear Reader:** For readers who missed this story, scientists at Loughborough University in England were concerned about people who can't (or won't) exercise. They wondered if there might be a passive alternative, like a long soak in hot water, with similar health benefits. To find out, 14 men were split into two groups — those who were lean, and those who were overweight. All were healthy non-smokers with no signs of cardiovascular disease. None of the men

did more than 90 minutes of physical exercise per week, so all were considered inactive. The researchers targeted changes to markers of chronic inflammation, insulin resistance and glucose control, which are key factors in metabolic syndrome, an indicator of potential heart disease, diabetes and stroke.

The men were assigned to one of two activities — relaxing in a 104-degree bath for one hour, or riding a stationary bike set at pre-determined resistance and speed for one hour. In the hours after the trial, the men ate similar meals. Blood was drawn several times, both before and after each trial. Changes to core body temperature and muscle temperature were monitored.

It's not all that surprising that the men assigned to an hour of stationary cycling burned significantly more calories than the bathers. However, it was discovered that while lounging in that hot water, the bathers burned 140 calories, or the equivalent of a 30-minute walk. Even more intriguing was the fact that while both groups had similar blood sugar trajectories before, during and after a subsequent meal, the blood sugar levels among the bathers peaked at a level that was 10 percent lower than among the cyclists. And when it came to anti-inflammatory response, which is one of the immune system's first lines of defense, the passive bathers did as well as the active cyclists.

The idea that a hot bath can offer benefits similar to those of exercise sounds counterintuitive, but the results of a couple of other studies suggest that passive heating is an important new area of research. In 2015, scientists in Finland saw a connection between the frequent use of saunas, an important part of Finnish culture, and a decrease in the risk of heart attack or stroke in men. A year later, researchers at the University of Oregon found passive heat therapy resulted in lowered blood pressure and decreased arterial stiffness in both women and men.

But don't trade your running shoes for an inflatable bath pillow just yet. Two of the three studies looked solely at men, so whether that research translates to women is not yet known. And all three studies had fairly small sample sizes. While the area of passive heat is indeed exciting and appears promising, we need more information to corroborate the existing findings.

Our take is it's a good idea to stick to the goal of at least 30 minutes per day of physical activity, which offers a host of long- and short-term physical and mental health benefits. And as you relax in a long, hot bath afterward, know that it is more than just an indulgence.

*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.*

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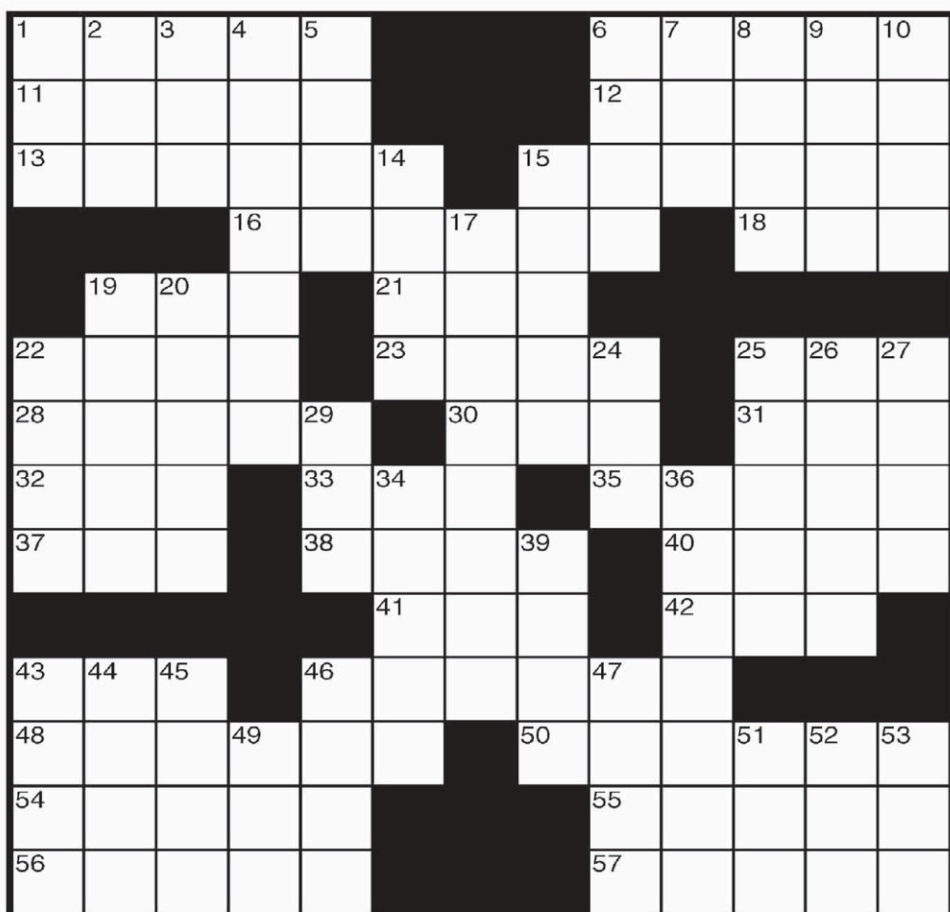
# NEA Crossword Puzzle

- ACROSS**
- 1 Tall and lanky
  - 6 Firms up
  - 11 D-Day beach
  - 12 Inbox filler
  - 13 Jaime Sommers for one
  - 15 Plaster
  - 16 Junk food
  - 18 Barely scrape by
  - 19 Wrestler's pad
  - 21 Chaotic place
  - 22 Gloomy atmosphere
  - 23 Panache
  - 25 Skippy rival
  - 28 Gives a thumbs-up
  - 30 Flamenco shout
  - 31 Hail, to Caesar
  - 32 Rare mineral
  - 33 Fortify
  - 35 Hunting knife
  - 37 Pizarro's quest
  - 38 Jeer at
- 40 Comb producers**
- 41 Through
  - 42 Bradley and Sneed
  - 43 Visibly embarrassed
  - 46 Per annum
  - 48 Aftershock
  - 50 Rackets
  - 54 Gauguin's prop
  - 55 No-see-ums
  - 56 Offend the nostrils
  - 57 Nash of humorous poems
- DOWN**
- 1 Transport for Sinbad
  - 2 Singer — Grant
  - 3 Seize suddenly
  - 4 Like a haunted house
  - 5 It's spun
  - 6 Hot tub inlets
  - 7 Grounded Aussie
  - 8 Tighten a corset

## Answer to Previous Puzzle



- 9 Beat soundly
- 10 — -eyed
- 14 Watch the stars
- 15 "Bottoms up!"
- 17 Bogota's land
- 19 Productive one
- 20 Crockett's last stand
- 22 Walt Kelly strip
- 24 Bird beak
- 25 Chewed the fat
- 26 Dorm coverers
- 27 Service charges
- 29 Droop
- 34 "A — Runs Through It"
- 36 Doing as told
- 39 Get by effort
- 43 Hwys.
- 44 Latin I verb
- 45 Hubby of Lucy
- 46 Egg core
- 47 Corporate symbol
- 49 Uncles and brothers
- 51 Heart-rending
- 52 When Paris sizzles
- 53 9-digit no.



# Your Birthday

THURSDAY, MAY 10, 2018

Stand up and be counted. You can make a difference if you volunteer or support people fighting for rights that you believe are threatened. Communication and hard work will pay off and will bring you closer to solutions that will improve your life and the community you live in.

**TAURUS** (April 20-May 20) — Gather as much information as possible. Knowledge is power, and being able to use what you learn to your advantage will bring you closer to the success and respect you deserve.

**GEMINI** (May 21-June 20) — Get your facts straight before you voice your opinion. An emotional situation will escalate if you let someone from your past interfere in your personal life. Truth matters.

**CANCER** (June 21-July 22) — Share your insight and offer suggestions. Getting involved in activities or events that will expand your association with people sharing your beliefs or heading down a similar path will be advantageous.

**LEO** (July 23-Aug. 22) — Observation will help you get to know and understand your peers better. Discovering what others have to offer will put you in a good position. An unexpected change is heading your way.

**VIRGO** (Aug. 23-Sept. 22) — Travel, conferences, trade shows and communications are all favored. Let your intuition guide you when dealing with peers or people you can learn something from. Someone you least expect will dis-

appoint you.  
**LIBRA** (Sept. 23-Oct. 23) — Domestic problems will surface. Added responsibilities will get to you, and criticism and demands will lead to a dispute. Take a break, relax and focus on personal growth.

**SCORPIO** (Oct. 24-Nov. 22) — Sign up for something artistic, unusual or entertaining. The diversion will do you good and give you plenty to think about. Be open to trying something new.

**SAGITTARIUS** (Nov. 23-Dec. 21) — A change will do you good. Make plans with a good friend or get together with colleagues to talk shop. Networking and focusing on getting ahead is encouraged.

**CAPRICORN** (Dec. 22-Jan. 19) — Apply your skills to accommodate new trends or look for diverse ways to use your services and attributes. Offering something unique will drum up interest and opportunity.

**AQUARIUS** (Jan. 20-Feb. 19) — Don't let anyone talk you into taking on too much or coax you into doing something that is not good for you. Bad habits will be difficult to break.

**PISCES** (Feb. 20-March 20) — Use your imagination when it comes to money matters. An opportunity to invest in something unique will result in personal gains and growth. Someone close to you will be evasive or disappoint you.

**ARIES** (March 21-April 19) — Don't get angry when you should get moving. It's up to you to take care of your responsibilities and to protect your position and reputation. Finish what you start.

THURSDAY, MAY 10, 2018

## Do not rush to draw careless conclusions

By Phillip Alder

Cornelius Tacitus, a senator and historian of ancient Rome, said, "Keen at the start, but careless at the end."

In this deal, it is easy to be careless at the start, and at the end keen to do better the next time one is declarer.

How should South play in three no-trump after West leads a fourth-highest heart three?

Note that West chose a major, not a minor, even though the clubs were stronger than the hearts. If North had major-suit length, he probably would have used Stayman or a transfer; but with minor-suit length, he would have just plunged into three no-trump.

This deal is much harder for those who play regularly in matchpointed duplicates, where overtricks can be extremely valuable. In this deal, for example, in a pairs event, you would play low from the board at trick one, hoping that at least one of the finesses in hearts, spades or diamonds will win. In theory, at least one will succeed 87.5 percent of the time.

However, if you only care about making the contract and also wish to accommodate the other 12.5 percent, you should win the first trick with dummy's heart ace, cross to your hand

North		05-10-18	
♠ 6 5 2			
♥ A Q 4			
♦ A J 8 6 5			
♣ Q 2			
West		East	
♠ K 4 3		♠ J 10 9 8 7	
♥ 10 7 5 3		♥ K 8 6	
♦ 3 2		♦ K 7	
♣ 10 9 7 6		♣ J 5 4	
South			
♠ A Q			
♥ J 9 2			
♦ Q 10 9 4			
♣ A K 8 3			
<b>Dealer: South</b>			
<b>Vulnerable: Both</b>			
South	West	North	East
1NT	Pass	3NT	All Pass
<b>Opening lead: ♥ 3</b>			

with a club and take the diamond finesse. Even though it loses, you have nine tricks via one spade, one heart, four diamonds and three clubs.

Note that with this layout, if you finesse at trick one, you ought to go down two. East should win with his heart king and shift to the spade jack. Your queen loses to West's king, and West returns a spade. Then when the diamond finesse also fails, East runs his spades.

### 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.

“ J J R C H J A L B T L M L C M L B T J A H P J  
O V I U Z A ' B Z V , K I B J T C N L A ' B K L L A  
V G G L M L Z B T V P L M L S L A B U X L J B T L M . ”  
— R . L R R L B O C U P T

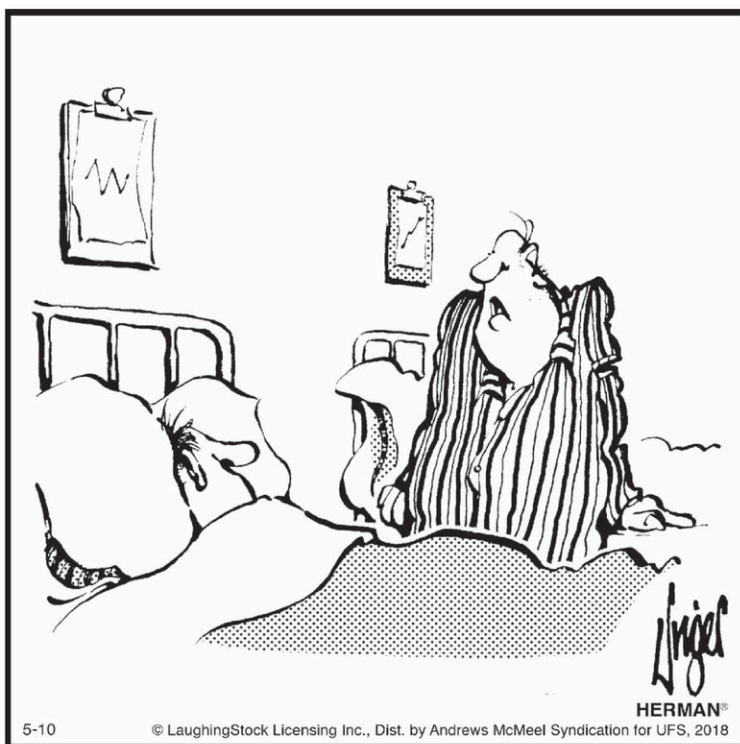
Previous Solution: “A rich person should leave his kids enough to do something, but not enough to do nothing.” — Warren Buffett

TODAY'S CLUE: *o s j a n b a s*

### REALITY CHECK



HERMAN



“Don't talk to me during visiting hours. My wife thinks I'm in a coma.”

### ALLEY OOP



### ARLO & JANIS



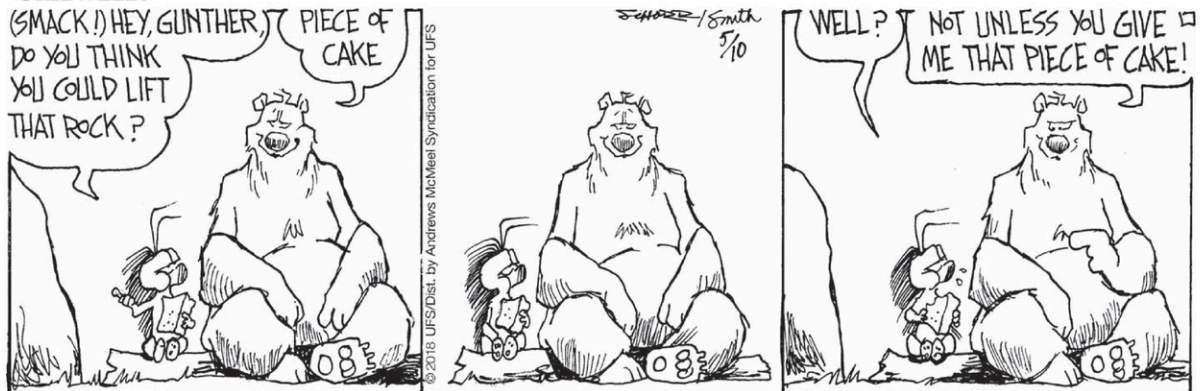
### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



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## Cooking on deadline: Broccolini Strascinati

By Katie Workman

One of the amazing things about Italian food (besides it being, you know, Italian food) is that the best dishes are often so completely, refreshingly simple. Like, four-ingredients simple. (No, we don't count olive oil and salt. Or water. Or air.)

I love broccoli. I can roast broccoli with olive oil and salt all day long. I use it in stir-fries too, and casseroles, and quesadillas, et cetera, et cetera. I rarely just steam or blanch it, however, because I find steamed broccoli to be kind of disappointing. But this dish? This is the opposite of disappointing.

The "dragged" (strascinati) technique is most often used with broccoli in Italy, though other vegetables can be prepared the same way, such as broccoli rabe or cauliflower. With this method, the common step of parboiling the vegetable before sauteeing is skipped, and the result is that the vegetables stay firmer and the flavour is more concentrated.

A generous amount of olive oil along with hot peppers and garlic are usually used, and I saw no reason to tamper with tradition there. You'll see that the garlic and pepper flakes are added toward the end - this lets you cook the broccolini over nice high heat without the garlic and pepper flakes burning.

Don't keep flipping and fussing with the broccoli too often or it won't brown, which gives it that nutty caramelized flavour that makes this dish pretty sublime. Also, this dish works best when there is a little crunch left in the broccoli - though you should feel free to cook it until it is as tender as you like.

I made this with regular broccoli first, then with broccolini, which is like broccoli but with longer slimmer stalks and a smaller head of florets, all of which are edible and have a slightly milder flavour than broccoli.

### BROCCOLINI STRASCINATI ("DRAGGED" BROCCOLI)

Servings: 4 to 6  
 Start to finish: 20 minutes

- 1-1/2 pounds broccolini
- 3 tablespoons extra virgin olive oil
- Kosher salt to taste
- 3 cloves garlic, very thinly sliced
- 1/2 teaspoon red pepper flakes, or to taste
- 1/4 cup dry white wine

Trim the broccolini and cut it into 1-inch pieces, using the stems and the florets.

Heat the olive oil over medium-high heat in a large skillet (with a lid), the biggest one you have. Add the broccolini and cook, stirring to flip the pieces around occasionally, until they start to turn golden brown but are still crisp tender, about 8 minutes.

Season with salt; add the garlic and red pepper flakes; and saute for 30 to 60 seconds, until you can smell the garlic.

Add the wine and cover the pan for 2 minutes, allowing the liquid to come to a simmer. Remove the lid and saute for another minute until the liquid is almost evaporated and the broccolini is as tender as you like it. Remember that it will soften a bit more off the heat. Serve hot.

Nutrition information per serving: 86 calories; 58 calories from fat; 6 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 198 mg sodium; 4 g carbohydrate; 3 g fiber; 0 g sugar; 4 g protein.

*Katie Workman has written two cookbooks focused on easy, family-friendly cooking, "Dinner Solved!" and "The Mom 100 Cookbook." She blogs at <http://www.themom100.com/about-katie-workman>.*

(The Associated Press)

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	9			8				4
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### PREVIOUS SOLUTION

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

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

## 60<sup>th</sup> Wedding Anniversary



60th Wedding Anniversary congratulations to **Gordon and Loretta Irwin** of Richmond, QC who are celebrating their anniversary on May 17.

Best wishes from family and friends

# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## LENNOXVILLE

Mother's Day Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, May 13 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.

## NEWPORT, VT

Osher Lifelong Learning Lecture series, Spring 2018. Wednesday, May 16: Daniel Miller, Ph.D. Bishops University presents "Persia Resurgent: The Islamist Triumph in Iran" from 1 p.m. to 2 p.m. at the Hebard State Office Building in downtown Newport, 2nd floor conference room. Admission charged. Beverage and conversation to follow. More info? www.learn.uvm.edu/osher or Suzi at 802-673-9499.

## BULWER

The 500 card parties will be underway again at the Bulwer Community Center, Jordan Hill Road, on Thursday, May 10, 24 and June 7 at 1:30 p.m. Admission for cards and lunch with prizes following the card games.

## STANSTEAD

Mother's Day coffee party on Saturday, May 12, 9 a.m. to 11:30 a.m., at Christ Church Hall, 548 Dufferin. Sales tables, crafts, attic treasures, homemade goodies. Join us for coffee and treats. Free drawing for Mother's Day cake. Everyone welcome. Thrift Shoppe also open.

## RICHMOND

Upcoming events at the Royal Canadian Legion, Branch #15, 235 College St. North. There will be a Cribbage Tournament on Saturday, May 12 at 1 p.m. Come and join in the fun. Entry fee charged at door. We will also be holding our Legion Brunch on Sunday, May 20 from 9 a.m. until noon. Admission charged and half price for children under 12 yrs. Beginning Friday, May 11 we will be hosting Country Folklorique with Raynald et ses Musiciens. (1- 5 p.m.). This activity will continue for the next 4 weeks and we hope to make this a regular activity, if there is enough interest. Admission charged. We will be holding a Sunday afternoon Country Music Jam-boree + Karokee on Sunday, May 20 from 1- 6 p.m. An assortment of musicians will be participating. There is no admission charge - a donation would be appreciated. Everyone is welcome!

## NORTH HATLEY

The Memphremagog Community Learning Centre is hosting a fundraiser on Friday, June 1, 8 p.m., at the Piggery Theatre in North Hatley. Back by popular demand, Ray Seguin "The Country Stranger" will be singing traditional country music. Each ticket we sell will benefit our group, call Christine 819-

847-2769 or Patsy 819-843-7687.

## BROOKBURY

There will be a Pot-luck Supper and Silent Auction on Saturday, May 12 at 5:30 p.m. This will take place at the Centre Communautaire de Brookbury (former Brookbury Hall) at 571 Route 255. The annual general meeting will follow the supper. Everyone is welcome.

## BISHOPTON

Bishopton United Church, 54 Main Street, service at 2:30 p.m. on Mother's Day. Wear your old clothes, bring a shovel and a container of water to help build our Labyrinth.

## LENNOXVILLE

Alexander Galt Regional High School will hold its Spring Concert on Friday, May 11 in the Alexander Galt Auditorium starting at 7 p.m. Performing will be Beginner, Intermediate and Advanced Bands, along with pianists and singers. There is no entrance fee, but donations are accepted.

## BULWER

The Bulwer Branch of the Quebec Farmers' Association will meet at the Bulwer Community Centre on Thursday, May 10 at 8 p.m. Pot-luck lunch. Everyone welcome.

## SOUTH DURHAM

Mother's Day Service at South Durham United Church on Sunday, May 13 at 9:15 a.m. Tracey Badger will be leading the worship service. Everyone welcome.

## BURY

Health Link: You and Your Pharmacist. Wednesday, May 16, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main, Bury. Lunch - donation (must reserve).

To reserve, call Kim Fessenden at 819-872-3771, ext. 2.

## RICHMOND

Everyone is invited to the Richmond County Historical Society Museum, 1161 Route 243, Melbourne Township. The theme this year is heritage music and you will discover some fascinating old-time musical instruments and displays. The museum will be open for 8 weeks starting June 20 on Wednesday to Sunday afternoons from 1 p.m. to 5 p.m.. Several events are planned with musical entertainment, beginning with the Opening Tea on Sunday, May 27 at the Museum from 1p.m. to 3 p.m. During the Tea, Julie Miller will play her harp. The annual general meeting follows at 3 p.m. with nominations for Directors and reports being presented. On Sundays in July, there will be musicians to entertain visitors from 2 p.m. to 3 p.m. The annual Ice Cream Social will take place on Sunday, June 17 and the Lawn Party will occur on Sunday, August 25. Please mark your calendars and plan to attend.

## EATON CORNER

The Board of Directors invites you to the annual general meeting of the Eaton Corner Museum on Friday, May 11, 2018 at 7:00 p.m., 374 Route 253. For members and other interested persons. Find out what our volunteer Board has accomplished in the last year, and what we plan for the future. Business meeting includes election of Board members. Refreshments served.

# Consider a plant-based diet

Dear Annie

THURSDAY, MAY 10, 2018

Dear Annie: Most people say they care about our planet and the humans and animals living on it. So what can you do to make the biggest positive impact? The answer may surprise some readers: Switch to a plant-based diet. Not to discount the value of biking to work, recycling or buying less plastic, but here are just a few key facts:

Producing 1 pound of beef requires 1,799 gallons of water, whereas producing 1 pound of soybeans requires 216 gallons of water. Many other vegetables and grains require even less.

It takes 27 times more fossil fuel to deliver a calorie's worth of beef to your plate than it takes to deliver a calorie's worth of beans.

Because most chickens are factory farmed (and approximately 9 billion chickens are killed each year in the United States alone), our environment is contaminated by microbial pathogens, feed additives and manure production, affecting both human and animal

health.

This type of information - and much more - has been reported in major media outlets, such as CNN, the Los Angeles Times and National Geographic, and can be found in science and ecology journals. Readers should check out the facts for themselves.

Many people seem to think that becoming a vegetarian is still some sort of fringe choice for granola crunchers or that it's too difficult to get your kids or your parents to eat new foods. Or it won't fit into "traditional" meals or occasions throughout the year. Or you just won't find enough to eat in restaurants, in airports or even at your company's summer picnic. Well, all of these concerns can be met with the great variety and flexibility in food stores and on menus these days. And if you don't see a veggie meal, simply ask.

One final suggestion: If you cannot imagine giving up meat or dairy, just try doing so for one day per week. Then try two. It doesn't have to be all or nothing, as even some reduction in consumption will help. - Earthling Who Cares

Dear Earthling Who Cares: Though this didn't arrive in time for Earth Day, the information is still valuable and offers some food for thought. I encourage readers who are considering going vegetarian (or trying any new diet) to first talk to their doctors.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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