

North Hatley bridge to be replaced this summer

By Matthew McCully

Residents and tourists driving through North Hatley will have quite the detour this summer and fall, thanks to work scheduled by the Transport Ministry (MTQ) to reconstruct the bridge in the centre of town.

According to North Hatley Mayor Michael Page, the town has known for years that bridge work was inevitable.

"Safety first," the mayor said.

"We were warned for a few years," Page explained, that major work would soon be required. "We kept putting it off to try for grants to do a signature bridge, to have something special for the town."

The town was unable to secure funds to embellish the bridge. They were, however, able to negotiate an arch bridge to liberate space underneath for passing boats, Page said.

The bridge replacement is scheduled to begin Aug. 1. The work is supposed to be completed before Christmas, Page added, but no specific timeline is in place at the moment.

When asked if road closures would be gradual and intermittent, Page said no. Once work begins, the bridge will be closed to traffic in both directions.

The detour via Capelton and Route 143 is roughly 20km, according to Page.

"We tried to negotiate a shorter route using the Vaughn bridge and a temporary road," commented Page, but the MTQ opted for the official detour on recognized roads.

While vehicles are out of luck, Page mentioned that a foot bridge (the old railroad bridge) will be accessible to the public during the construction period.

"We'll manage," Page said, adding that the town will allow vehicles to stay in the municipal parking lot overnight while the bridge is under construction to help locals avoid the 20km detour whenever possible.

Celebrating a local "Hero of Everyday Life"



GORDON LAMBIE

Award-winner Trudy MacKenzie-Lessard with Gaëtan Vivier, General Manager of Dewhurst Dining Hall

By Gordon Lambie

Every year Sodexo Canada's Stop Hunger Foundation celebrates commitment and leadership by company employees in projects that combat hunger in communities across the country. Among the three people recognized for the year 2019 is Trudy MacKenzie-Lessard, the head super-

visor at the Dewhurst Dining Hall at Bishop's University who was named a "Hero of Everyday Life" for a food drive she held for the Cornerstone Food bank last April.

"I call it a can nosh," MacKenzie-Lessard said, explaining that the event invited people to bring in a minimum of three non-perishable food items in exchange for a free breakfast. "It went

really, really well" she added. "we had about 1,200 cans."

Although not originally from the area, the Sodexo supervisor is going into her ninth year working at the university dining hall and said that she opted to support the Cornerstone Food Bank because it is a cause close to her heart and to the community in which

CONT'D ON PAGE 3

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Weather



TODAY:
CLOUDY

HIGH OF 1
LOW OF -11



WEDNESDAY:
SUNNY

HIGH OF -8
LOW OF -14



THURSDAY:
SNOW

HIGH OF -2
LOW OF -2



FRIDAY:
SNOW

HIGH OF 0
LOW OF -10



SATURDAY:
60% CHANCE OF
FLURRIES

HIGH OF -5
LOW OF -12

Flu season and purge urge



DISHPAN HANDS
SHEILA QUINN

Maybe it was all of the sickness that kick-started the purging. By sickness I mean mostly my youngest son's pneumonia that kept him home from school for a week, and by purging I mean this sudden urge to empty out every storage space and determine to get rid of at least half of what was in there.

It felt a bit seasonally off. Late January wasn't a purge season - it was a roll up in a napping ball season, a perhaps stay inside a wee bit more season, a 'Hey, wasn't it JUST Christmas, yet it's a hundred light years past since' season.

But when my son arrived home from the weekend at Dad's, and the report was that he had felt unwell and spent a lot of time sleeping, it wasn't surprising that a Monday morning walk-in clinic visit revealed that something was indeed amiss, and its name was pneumonia.

Perhaps it was all of the vitamin C. Chewable pill format, juice, and beautiful, rather expensive Sumo mandarines from IGA. I spent a king's ransom on them, just two or three at a time, so that the price tag didn't feel so bad... but I did go back pretty much on a dai-

ly basis. So let's say \$50 was spent, just on Sumo mandarines. The peels were thick and came off like a perfectly ripe clementine. The sections were juicy and only one from the whole series of purchases had seeds, two of them. Does vitamin C contribute to purge urge?

Or the elderberry extract! I was boosting my vitamins several times a day with the locally produced Vitalité Sureau Elderberry product, since I knew my body was likely struggling to remain healthy. Perhaps that was fueling my desire to clean up my surroundings.

Maybe it was cabin fever. Sticking around (with a few work exceptions) to care for my patient meant doing what felt like non-stop laundry and dishes, wiping things down, being relieved that the boys were spending a fair amount of time apart, so hopefully they wouldn't share the illness. The more I looked at my surroundings, the more I felt like there was too much clutter. Even looking at a piece of furniture that contained things, I felt tempted to empty it out and sort what was inside.

Some things I came across I realized I had rarely used. I remembered how much they cost me, in some cases. My purging would slow down in these moments, as I contemplated whether I should indeed receive some money in exchange for them - potentially an easy online secondhand items social media post sale...but then I felt bogged down. I would take it out only to have to put it somewhere else while I waited for the sale. Was I really earning something back? Was it actually worth it?

I decided that it wasn't. I began boxing and bagging, thinking of which places should have what items, bringing some to the St. Edouard church basement drop-off, other things to the Karma Friperie, and some to the Friperie

Knowlton where the Sears counter used to be, and where folks still drop off their dry cleaning. I needed it to go, and all of these places had been great spots for finding neat pieces for myself and others in my entourage. So I would give back. The thing I would receive in exchange was the peace of mind that the stuff was gone.

And that really does have a price. I was amazed on a regular basis how I would take things out of whatever storage they found themselves in, and sometimes feel an emotional connection, or a contemplation of how I had hoped that something would look when I wore it, but that once I had put it in a bag to give away, or with a collection of things that would be boxed for the same fate, and somehow the energy ties would fade. It would suddenly seem like a thing I didn't need or want to keep any longer. I would stare at some items and wonder if I would even bother to buy them if I had a chance. I often couldn't respond positively. They were all just things that I 'had'.

I had started to feel that some of my stuff 'had me'. Letting things go on to other homes was exciting in and of itself. I thought of some of my favourite thrifting moments, and the discoveries that other people might make with mine. Maybe they'd make someone else feel good. That was also part of the payback factor.

As we make our way through that slightly darker, slightly stranger stretch of winter, here's to finding those creative ways of bring light into our spaces. Shedding the winter weight of what we don't need is some kind of ritualistic cave cleansing. Here's to the last stretch of hibernation, and making it as functional and good for us as we can!



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Ben by Daniel Shelton



Local News

"Our whole school loves getting involved in composting, planting and harvesting the colourful vegetables in our garden,"

Knowlton Academy featured at WE Day in Montreal

Record Staff

On Monday students from Knowlton Academy were among the nearly 2,000 students from over 120 schools and groups across Quebec came together at Montreal's Théâtre St-Denis for WE Day, a large-scale youth empowerment event organized by WE Charity, the organization formerly known as Free the Children. Held in a range of cities throughout the year, WE Day brings together a collection of inspirational guest-speakers to inspire young people to make a difference in the world and celebrate those who have created lasting change in their local and global communities.

More than just being present, however, the students of Knowlton Academy were featured as a part of the programming for the day because of the work being done in the school's community garden.

"Our whole school loves getting involved in composting, planting and harvesting the colourful vegetables in our garden," said Jacob Rumsby, the school's Student Parliament Prime Minister, speaking on stage to represent Knowlton during the event. "Because of all our hard work, our garden continues to remind us that it's so important to know where our food comes from. Now, we're able to produce enough food for

our school's cafeteria and feed our local community. Our view on healthy food has changed so much and we want to share that with others and encourage them to make good food choices too."

The 13-year-old spoke as a part of the "Raise a Food Lover initiative," sponsored by Provigo.

Rumsby shared the stage at the event with a number of notable figures including Anishinaabe activist Sarain Fox, WE Charity co-founder, Craig Kielburger, and social advocate Margaret Trudeau.

Although there was no monetary cost to participate, all of the students in attendance were invited based on their level of action and social engagement in their own communities. In the 2018/2019 school year, WE Schools students and teachers across Canada volunteered over 3.4 million hours and raised millions of dollars in support of 4,760 local and global causes or charities. In the 2019/2020 school year there will be 15 WE Day events held across North America, the United Kingdom, and the Caribbean.

Founded as Free the Children in 1995 and renamed in 2016, WE is now a collection of organizations focused on making positive change in the world. More information on the work of the organization is available at we.org



COURTESY ANNIE DIOTTE

Jacob Rumsby, the Prime Minister of Knowlton Academy's student parliament, spoke on stage as a part of Monday's event

Memphrémagog MRC population invited to reflect on development plan

Record Staff

The second of three public consultations on the objectives of the new development plan for the Memphrémagog MRC will take place on Wednesday night, February 5, at the Ayer's Cliff community hall on Rosedale Street. Doors open at 6 p.m. for a 6:30 p.m. meeting.

The consultations come as a part of an ongoing process of revision for the existing plan, which was adopted in 2019.

"This is an essential step in the context of the revision of the development plan, since the guidelines and objectives will serve to define the actions and provisions that the MRC will put in

place over the next 20 years," said MRC prefect Jacques Demers. "We therefore hope to hear from citizens on this subject, because their participation is essential to enable us to create a forward-looking project that will increase the dynamism of the MRC."

More information on the proposed objectives is available, in French,

on the MRC's website at <https://www.mrcmemphremagog.com/revision-du-schema-amenagement/>

The next consultation meeting after Ayer's Cliff will take place in Magog at the MRC offices on MacDonald Street on February 13.

The formal adoption of the development plan will take place in 2021.

Everyday hero

CONT'D FROM PAGE 1

she works. The drive having taken place in April, she said it also provided a good opportunity to remind people that foodbanks need donations all year long.

"That's what it was for me," she said. "At Christmas time they all give, but in the middle of the year, between the winter and the spring, not as much."

This was not MacKenzie-Lessard's first charitable undertaking, having led other food drives both here and elsewhere before, and the supervisor was quick to point out that although she

was the one given the award, the success of this and other food drives is dependent on a large team effort.

"I don't do it on my own, I have a huge body behind me," she said.

Looking ahead to the year to come, the supervisor said that she expects to do the food drive again this year but might mix up the formula a bit in an effort to make more of a connection with elementary school children in the community.

On top of the initial donation of food, the Hero of Everyday Life award also includes a \$500 grant from the Stop Hunger Foundation that MacKen-

zie-Lessard said that she also gave to the food bank.

"It was put to good use," said Cathy Hortop, part of the team that helps run the food bank sharing that the surprise extra donation ended up being just one of several generous contributions from the Bishop's community over the course of the year. She pointed out the Sodexo is already in the habit of making a financial donation to the work of the food bank that the \$500 grant only added to. "It's been really nice," she said.

In addition to MacKenzie-Lessard, Jennifer Merrett of Ottawa and Tane-

sha Greaves from northern Manitoba were each presented with awards as well. Merrett is Sodexo's Director of Food and Beverage at the Lord Elgin Hotel in Ottawa and organized a barbecue and raffle with her colleagues and staff from local hotels to raise money for the Stop Hunger Foundation. Greaves is Sodexo's Retail Manager at Keeyask Camp, and led food drives, summer camp activities and sandwich-making that helped feed 1,700 children. Merrett and Greaves donated their grants to the Ottawa food bank and Canadian Feed the Children, respectively.

RRSP's and spousal RRSP's



Ask the Money Lady.ca

CHRISTINE IBBOTSON

Ask The Money Lady,

I plan on contributing to my RRSP as I always do, but wondered how it works if I also contribute to a spousal RRSP. Does this count towards my con-

tribution limit or my partner's limit. It is quite confusing. Could you let me know.

George

Dear George – RRSP Saver!

RRSPs are Registered Retirement Savings Plans and a fabulous way to help you save for your future ensuring your invested funds grow tax free until the withdrawal. Nowadays most people agree that we cannot base our retirement future on government pension allowances. Trying to live on a small government subsidized pension income would be virtually impossible for most Canadians with debt. This is why planning and saving early is so important and RRSPs should be an integral part of everyone's investment portfolio.

Contributing to a spousal RRSP is a great way to even out the contributions

so each partner has similar savings portfolios. We recommend this often when incomes are varied between couples so that the higher income earning spouse can contribute to the lower income spouse's portfolio. The thing to remember is that any contributions you make to your spouse's RRSP will be deducted from your RRSP limit and not your spouse's limit. The tax deduction is given to the contributor and would be limited to their personal CRA limit.

Essentially this is a form of income splitting between spouses and ensures that registered account balances are kept fairly even for both partners. Once retired, each partner should plan to have approximately the same amount of income that they are drawing out of their investments to ensure they are in the same marginal tax rate.

One thing that you must keep in mind when you contribute to a spousal

RRSP is the rule of attribution. If the spouse who received the contribution withdraws the money from their RRSP during the year of the contribution or up to and including the two preceding years, the contributing spouse would be taxed. Now knowing this, make sure you do not contribute to a spousal RRSP if you are nearing retirement and foresee future withdrawals.

Hope this helps George. Don't forget, the RRSP deadline for 2019 contributions is March 2, 2020.

**Good Luck and Best Wishes,
Money Lady**

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" If you have a money question, please email on my website at: www.askthemoneylady.ca Follow on Facebook and Instagram

Valcourt introduces SAM to the population

Record Staff

At the beginning of 2020 the City of Valcourt acquired a new mass alert system, named SAM, beginning of 2020.

According to Jacinthe Charron, Executive Assistant and Communications Manager at the City, "it was important to find a name for the system so that people would talk about it! They won't subscribe to the City's automatic calls, they'll subscribe to SAM, it humanizes the system," she explained, adding that SAM will inform the population of ma-

ajor events happening in the City.

For several years now, Valcourt has made an effort to be transparent with citizens and has tried to quickly disseminate information.

With more and more people abandoning landline telephones in favour of cell phones, it has become increasingly difficult to reach people quickly.

A cell phone and e-mail is all well and good, but it's not in the phone book. Mailing is effective, but too slow in an emergency situation. Moreover, according to Charron, "some generations hardly ever go to the post office

anymore since they receive most of their communication by e-mail, so it's not the most effective way to communicate an urgent situation to them."

With S.A.M., people will be able to sign up to receive notices by phone, on a cell phone or landline, by text message, by e-mail or even all four! They will be able to choose the most efficient way to receive important notices. Signing up is easy on the City's website and takes only two minutes. During an emergency situation, in less than five minutes the town will be able to notify citizens of important information.

From an ecological and economic point of view, SAM will be very advantageous for the City. For example, when a boil water advisory and the lifting of the advisory must be sent by mail, that's 2,400 sheets of paper, each time, that will be saved, not to mention postage.

Residents of Valcourt can register for automated notices on the City's website at www.valcourt.ca to stay informed of situations requiring their attention in a short period of time.

Federal Liberals to host pre-budgetary consultation

Record Staff

Local MPs Élisabeth Brière and Marie-Claude Bibeau are inviting citizens, organizations and socio-economic stakeholders of Compton-Stanstead and Sherbrooke ridings to a consultation to discuss what locals consider should be the highest priorities in the preparation of the next federal budget.

The consultation will take place on Monday, Feb. 10, 2020 from 1 p.m. to 3

p.m. at the Èva-Sénécal library, 450 rue Marquette, Sherbrooke, rooms 3 and 4.

Anyone interested in attending should register by sending their name and a short summary of their perspective by Feb. 5 to emilie.rouleau.373@parl.gc.ca. The summary should state any concerns as well as possible solutions (maximum five pages).

Speaking priority will be given to people and groups who have submitted a brief.

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A carnival-and a hockey game-to remember

By Matthew McCully

There is lots for locals to look forward to during winter carnivals in the Townships. Some go for the sugar on snow, others line up for the sleigh rides.

For Stan Holmes, the highlight at Ayer's cliff carnival is the Winter Classic.

For decades now, a group of old timers from Ayer's cliff and Stanstead have had a friendly rivalry on the ice.

Each year, usually the first week of February, the players lace up their skates for a game of shinny.

"What a game it was," commented Holmes, who coaches the Ayer's Cliff team.

"It was very competitive. It was a one goal game right to the end," he said.

In the end, Ayer's cliff won the game 5-4 against the gang from Stanstead/Rock Island/Beebe.

According to Holmes, even though around 60 per cent of the players are 50 or older, the annual Winter Classic is always an intense match.

"Hockey is quite a game," he explained, "It makes men, even older men, into boys again. Some of those older guys had more energy in the third period than they did in the first."

"Sometimes it's tough weather," Holmes said. There have been years when there was so much snow, they had to divide three periods into four so the players could keep clearing the snow off the ice.

Weather cooperated this year, according to Holmes.

"We had good ice. Peter McHarg was out there flooding the ice at midnight the night before the game," he said.

"The fans are really enthusiastic," Holmes said, which adds to the excitement.

"These guys are playing like they're 14-15 years old," Holmes commented, impressed by the level of play. "They just can't wait to get back on the ice."

Following the game, the Winter Classic trophy was presented to the winning team.

While Ayer's Cliff won this year, it was Stanstead that took home the trophy last year in an equally close game, winning 3-2.

"We all know each other-but we want to win," Holmes said, explaining that the rivalry is exclusive to the time the players are on the ice.



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2020 Carnival Committee



2020 Carnival Costume Contest

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EDITORIAL

Bus electrification is part of an overall move to electrify most of our economy.

SCIENCE MATTERS

More federal transit money, e-buses could be climate lifesavers

By David Suzuki

If we're going to tackle the climate crisis, we have to reduce transportation emissions. Good public transit — fast, reliable, affordable — can help by weaning us off of gasoline-burning automobiles.

Especially important to address the climate crisis is transit that runs on electricity, which could be subways, light rail or trolley and battery-powered buses.

Subways are only practical in population-dense cities such as Toronto, Montreal and Vancouver. Light rail is great in many settings. Calgary, Edmonton, Ottawa and Kitchener-Waterloo have light rail, and Toronto is building a crosstown system that will massively benefit the city, especially in neighbourhoods not currently well-served by rapid transit. But one vehicle is often overlooked: the all-electric bus.

E-buses have many virtues. They can be built quickly — no small thing during the escalating climate emergency.

Bus electrification is part of an overall move to electrify most of our economy. David Suzuki Foundation policy analyst Tom Green's 2019 report, "Zeroing in on Emissions," says we need to "electrify just about everything." He writes, "Multiple research projects have concluded that electrifying as much as possible will be a pillar of Canada's decarbonization effort."

Transportation is the second-largest source of Canadian greenhouse gases, eclipsed only by the oil and gas sector. In 2017 (the year with the most recent data), transportation in Canada accounted for a staggering 174 million tonnes of CO2 equivalent; oil and gas development contributed 195 million tonnes.

e-buses are considerable. Even in provinces like Alberta, where power is generated mostly by burning fossil fuels, electric buses stack up well against diesel. Clean Energy Canada, a think tank at Simon Fraser University, says, "When plugged into Edmonton's grid, a battery-electric bus is expected to emit 38% to 44% less CO2 than a diesel equivalent — and as the electricity gets cleaner, so will the buses." A 2019 David Suzuki Foundation report, "Shifting Gears," states, "Electrification of buses would further reduce the GHG impacts of transit use."

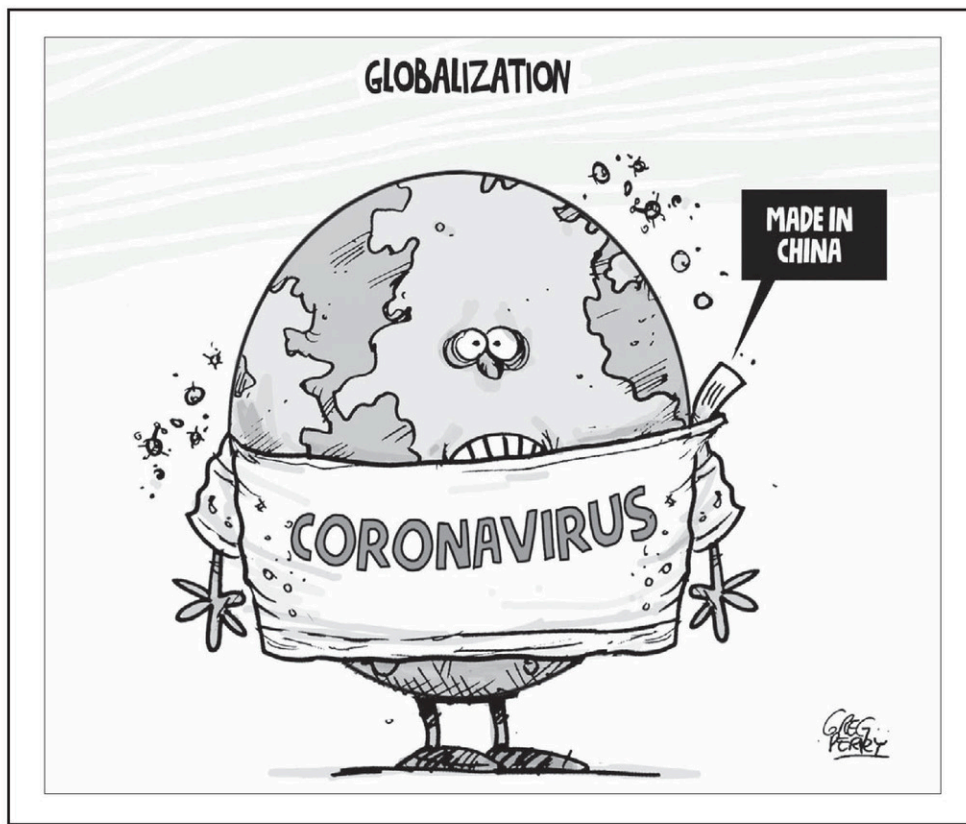
E-bus production can also strengthen Canada's clean tech sector and create jobs. Our country has a number of companies that produce vehicles for domestic and international markets. New federal funding could give these businesses — including Quebec-based Nova Bus and Winnipeg's New Flyer Industries — an additional boost.

There could even be benefits for national unity. The buses could support manufacturers and transit riders throughout the country, demonstrate Ottawa's commitment to ensuring all regions reach their potential and advertise the message, "This clean-air transit service supported by the Government of Canada."

It's something the federal government should consider seriously as it prepares this year's federal budget.

During the election, the Liberals — who formed a minority government — pledged to make transit funding permanent (as opposed to occasional) and said this money would increase by \$3 billion annually. They also said that, starting in a few years, transit investments would be for buses and rail that don't emit carbon.

The prime minister's mandate letter to Infrastructure Minister Catherine McKenna tasked her with fulfilling



these promises: "Make the federal commitment to fund public transit permanent and rise with the cost of construction over time. Ensure that new federal investments in public transit are used to support zero-emission buses and rail systems starting in 2023."

These are good policies, and we need to ensure they're implemented — even enhanced — quickly. Scientists tell us we must reduce emissions dramatically within the decade.

To capture these opportunities and prevent electric bus manufacturing from going to the U.S., the government needs to act fast. Clean Energy Canada argues, "Canada is home to multiple North-America-leading e-bus manufacturers that, as the world moves to electrify transit, are well-positioned to capitalize — provided transit authorities and policy makers seize the opportunity."

Some cities have already purchased

e-buses, but the numbers are relatively small. Toronto just bought 60 (out of a total fleet of some 2,000 buses) and Edmonton recently ordered 40 (out of about 1,000). These are good steps, but new federal money could turbocharge them.

Ottawa plans to fund zero-emission vehicles beginning in 2023. This means the feds could pay for diesel-burning buses for another three years. In a climate crisis, that doesn't make sense.

Canadian technology can produce high-quality electric buses (and good jobs) now. In the upcoming federal budget, let's make cleaner, healthier public transportation a priority.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Climate Change and Transportation Policy Analyst Gideon Forman.

Learn more at www.davidsuzuki.org.

Letters

Climate change

When democracy fails, people turn to a rebel leader. Rebel leaders tend to ignore established norms and constitutions. History is written by winners; their way. Not always the best way. While we pray for the 'better angels' in America, say a few for 'lefties' too. We must be the change that we want to see in the world. His 'acquittal' means nothing! Sometimes we have to stand up and speak out in spite of the adverse political climate.

ERIC LANCASTER
SHERBROOKE

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Local Sports

Demosthene, a third-year psychology student, continued his strong season with a pair of electric performances as the Gaiters (5-6) split of a pair of games against the Concordia Stingers (7-4).

Kabunda and Demosthene Named Provigo, Robert Lafond Bishop's Athletes of the Week

By Luke Connelly, Bishop's Sports Information

Jael Kabunda (Montreal, Que./College Montmorency) of the women's basketball team and Nervens Demosthene (Terrebonne, Que./Cegep de Montmorency) of men's basketball team are the Provigo, Robert Lafond Bishop's Athletes of the Week for the week ending Feb 2nd.

Kabunda, a first-year psychology student, was a dominant force this week as the Gaiters (7-4) swept the Concordia Stingers (3-8) in pair of games. On Thursday night, the rookie sensation grabbed 21 rebounds, an RSEQ-high this season, and put up 18 points in the Gaiters 57-48 victory in Montreal. She followed that up with a 14-rebound performance in Mitchell Gym on Saturday night giving her a total of 35 rebounds in two games. She also added nine points to help Bishop's to a 69-66 win over the Stingers.

The Gaiters are back in action this week with a pair of games against the McGill Martlets (5-7). Game 1 will be in Montreal on Thursday night, and the rematch will be in Mitchell Gym on Saturday night. Opening tip for both games is set for 6 p.m.

Demosthene, a third-year psychology student, continued his strong season with a pair of electric performances as the Gaiters (5-6) split of a pair of games against the Concordia Stingers (7-4). On Thursday night in Montreal, he finished the game with a 'double-double' as he put up 22 points and grabbed 11 rebounds in the Gaiters 91-74 loss. He followed that up by finishing one rebound shy of a 'triple-double' with 29 points, 10 assists, and nine rebounds as Bishop's came away with an 89-77 victory against the Stingers in Mitchell Gym on Saturday night.

Bishop's returns to the hardcourt this week for a home-and-home series against McGill (8-4). Game 1 will take

place in Montreal on Thursday night, and the Gaiters will host the rematch in Mitchell Gym on Saturday night. Opening tip for both games is set for 8

p.m.

Stay tuned to www.gaiters.ca and #GaiterNation or @BishopsGaiters on social media to follow the Gaiters.



CLARE WEBB

Provincial Junior-Midget Fleurimont Hockey Tournament starts Thursday

Record Staff

The 28th edition of the Fleurimont Junior-Midget hockey tournament will start on Thursday, Feb. 6 with opening ceremonies scheduled to begin at 6 p.m. at the Centre Julien-Ducharme.

The tournament will include 48 teams competing in Midget AA, Midget B, Midget A and Junior A categories,

and will take place from Feb. 6-9 for Midget AA and B, and Feb. 13-16 for the Midget A and Junior A categories.

The first two teams to face off Thursday evening will be the Victoriaville Tigers against the Sherbrooke Phoenix in a round robin match.

The opening ceremony will also include the presentation of the Jean Arel trophy, given this year to TVA sports commentator Sébastien Goulet.



PHOTOCREDIT: TVA SPORTS AGENCY PHOTOBANK

The opening puck drop from last year's tournament. Opening ceremonies and the first match of this year's tournament will take place on Thursday at the Centre Julien-Ducharme at 6 p.m.

DONALD
LECTURE SERIES

WEDNESDAY, FEBRUARY 5

7:00 P.M. - BANDEEN HALL

Victoria Kaspi, Astrophysicist

THE FAST RADIO SKY:
IS SOMEONE OUT THERE
TRYING TO COMMUNICATE WITH US?

In 2007, astronomers discovered a new mysterious cosmic phenomenon: Fast Radio Bursts. These events consist of short, intense blasts of radio waves arriving from far outside our Milky Way galaxy. Their origin is unknown, however Fast Radio Bursts appear ubiquitous in our Universe, with roughly 1,000 arriving every day over the full sky. Dr. Kaspi will describe the Fast Radio Burst mystery and what is currently known about it. She will also present a revolutionary new radio telescope being built in Canada that is enabling astronomers to make major progress in our understanding of the Fast Radio Burst puzzle.

FREE ADMISSION - NON-TICKETED EVENT - WWW.UBISHOPS.CA/DONALDLECTURES

Death

Death

Datebook



Donald Davidson

It is great sadness that we announce the passing of Donald L. Davidson on January 31, 2020, born on August 2, 1938. A loving and treasured husband of Helen, for over 60 years, and cherished father of Sandra, Susan (François) and Donna (Gilles). Beloved grandfather to Carolyne (Bruno), Stéphanie (Sébastien), Eric and Tyler. A great father to Nathan, Leah, Jacob and Catherine. He is also survived by his sisters Evelyn Davidson and Barbara Ann Davidson and

his brother Ross Davidson. Retired Bank Manager at the CIBC and esteemed member of the Huntingdon, Quebec community; where he serviced on many community boards and foundations, among them was his 30 plus years on the Huntingdon County Hospital Board and Foundation. Donald was a long-time member of the Rotary Club and former councilman for Hinchinbrook, Quebec. Donald will be deeply missed by his loving family, friends and the communities he served, for his devotion and great sense of humor.

Visitations will be held Friday, February 7 from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. and on Saturday, February 8 from 10 a.m. at Rodrigue Montpetit & Fils Funeral Home, 170 Châteauguay Street, Huntingdon, Quebec, 450-264-5331. Funeral service will take place on Saturday, February 8 at 11 a.m. at the Funeral home's Chapel.

In lieu of flowers donations may be made in his memory to the Huntingdon County Hospital Foundation or the St. John's Anglican Church in Huntingdon, Quebec.

Online condolences and tributes may be made at:
www.rodriguemontpetitfils.com

Rodrigue Montpetit et Fils Inc.
170 rue Châteauguay, Huntingdon QC
PHONE: 450-264-5331
www.rodriguemontpetitfils.com

TUESDAY, FEBRUARY 4, 2020

Today is the 35th day of 2020 and the 46th day of winter.

TODAY'S HISTORY: In 1789, George Washington was unanimously elected the first president of the United States by the Electoral College.

In 1938, "Snow White and the Seven Dwarfs," the first feature-length Walt Disney animated film, was released in the United States.

In 1974, the Symbionese Liberation Army, an American revolutionary group, kidnapped newspaper heiress Patty Hearst in Berkeley, California.

In 2004, Harvard sophomore Mark Zuckerberg launched thefacebook.com, the site that would eventually become Facebook.

TODAY'S BIRTHDAYS: Fernand Leger (1881-1955), artist; Charles Lindbergh (1902-1974), aviator; Dietrich Bonhoefer (1906-1945), theologian/Holocaust victim; Rosa Parks (1913-2005), activist; Betty Friedan (1921-2006), writer/activist; George Romero (1940-2017), filmmaker; Lawrence Taylor (1959-),

football player; Clint Black (1962-), singer-songwriter; Rob Corrdry (1971-), actor/comedian; Oscar de la Hoya (1973-), boxer; Gavin DeGraw (1977-), singer-songwriter.

TODAY'S FACT: Snow White has a star on the Hollywood Walk of Fame.

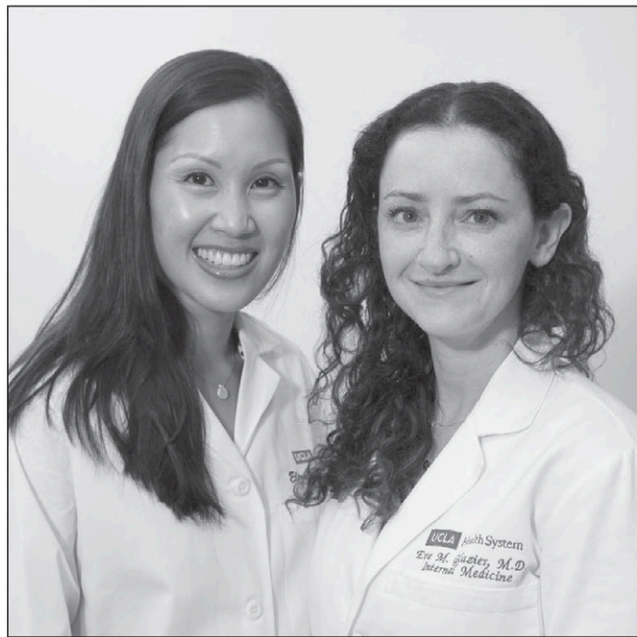
TODAY'S SPORTS: In 1987, skipper Dennis Conner sailed to victory in the America's Cup yacht race, redeeming his loss in 1983, which was the first time an American had failed to win the 132-year-old event.

TODAY'S QUOTE: "I did not get on the bus to get arrested. I got on the bus to go home." – Rosa Parks

TODAY'S NUMBER: 2.45 billion – monthly active users of Facebook, as reported by the company in September 2019.

TODAY'S MOON: Between first quarter moon (Feb. 1) and full moon (Feb. 9).

B12 vitamin vital to the body



ASK THE DOCTORS

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

Dear Doctor: I'm 19 years old, and I switched to a vegan diet six months ago. I'm careful about getting enough vitamin B12. However, some of my girlfriends say it's not that important and your body makes all the B12 you need. Is that true?

Dear Reader: This is a serious issue, and the answer is that nothing your friends are telling you about vitamin B12 is correct. In fact, their advice puts you and any vegans who heed it in real danger. First, vitamin B12 is vital to good health. (More about that in a moment.) And no, your body does not manufacture it. That makes it imperative for everyone following a plant-based diet to make getting adequate B12 a priority.

For those not familiar with the specifics, a vegan diet excludes all animal-based food. That means no meat, fish, seafood, dairy products and eggs. The restrictions also cover honey, which comes from bees, and gelatin, a protein obtained from the bones and connective tissue of animals, often cows or pigs. Because B12 is naturally available only in the major animal products that vegans don't eat, getting enough becomes a daily goal.

So what is B12 exactly? It's the most complex of the 12 B vitamins, and it is categorized as an essential vitamin. That means the body requires it, but doesn't make it. Instead, B12 is produced by certain bacteria that flourish in the gut microbiomes of animals. The B12 they make gets distributed throughout the animal's body, where it binds to proteins. When you eat an egg, drink some milk or have a burger, the process of digestion releases the B12 from the animal protein and makes it available for your body to use. The vitamin is essential to a wide range of functions involved with the formation of normal red blood cells,

the proper functioning of the nervous system and the synthesis of DNA.

A B12 deficiency can result in chronic weakness; mental issues such as poor thinking, confusion or depression; heart palpitations; vision loss; exhaustion; pain and tingling in the extremities; loss of balance; muscle weakness; or difficulty walking. And it's not just vegans who are at risk. As people age, their digestive systems become less efficient at extracting the nutrient. Those with digestive issues such as Crohn's disease or celiac disease, immune system disorders such as lupus or Graves' disease, and those who have had gastrointestinal surgery are also at increased risk of a B12 deficiency.

So how much B12 do we need? For the average teenager and adult, the magic number is 2.4 micrograms a day. Women who are breastfeeding need 2.8 micrograms per day. The vitamin is available to vegans in vitamin supplements; fortified food products such as cereals, some plant milks and brewer's yeast; and by prescription. The vitamin is not stored in the body, so it's best to get it daily.

If you're not sure about your B12 status, your health care provider can check your levels with a simple blood test.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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.

NEA Crossword Puzzle

Your Birthday

TUESDAY, FEBRUARY 4, 2020

you'll realize that you are in a good position with plenty of opportunities heading your way.

Learn, improve and travel this year. The more contact you have with people from different backgrounds, the easier it will be to come up with new ideas. Chasing a dream will keep you motivated to do and take on more. You'll have increased discipline to help you achieve your goals.

AQUARIUS (Jan. 20-Feb. 19) - A change at home will encourage you to start a creative project. If you turn something you enjoy doing into a lucrative pastime, it will boost your confidence.

PISCES (Feb. 20-March 20) - Emotional issues will surface if you live in the past. Anger is a waste of time. Let go of what you have no control over and put your energy into something positive.

ARIES (March 21-April 19) - Spend time doing something you enjoy with a person who brings out the best in you. Distance yourself from people who bring you down. Choose love over discord.

TAURUS (April 20-May 20) - Your strong sense of value and need to get your money's worth will surface if someone you share expenses with has been excessive. If someone sugarcoats a situation, look for flaws or a mistake.

GEMINI (May 21-June 20) - Don't let criticism get to you. Focus on being and doing your best instead of trying to keep up with others. Your only competition is you.

CANCER (June 21-July 22) - Don't reveal secret information or overreact. Once you gather all the information,

LEO (July 23-Aug. 22) - If you are too busy paying attention to others, you will upset someone you should be appreciating more. Be selective when it comes to romantic partners, friends and colleagues.

VIRGO (Aug. 23-Sept. 22) - A career change may not end up being what you expect. Do not make decisions regarding your position until you have had a chance to look over a contract.

LIBRA (Sept. 23-Oct. 23) - Traveling and getting together with peers or relatives will confirm that you should not take on responsibilities that don't belong to you. Prepare to say no to demanding people.

SCORPIO (Oct. 24-Nov. 22) - Take on only what's important to you, and spend time with people who are beneficial to you. Plan your actions carefully and make the most of your time. Romance is on the rise.

SAGITTARIUS (Nov. 23-Dec. 21) - Channel your energy into something that counts. You will attract the attention of someone who is deceptive. Be careful not to rely on anyone but yourself when it comes to achieving your goals.

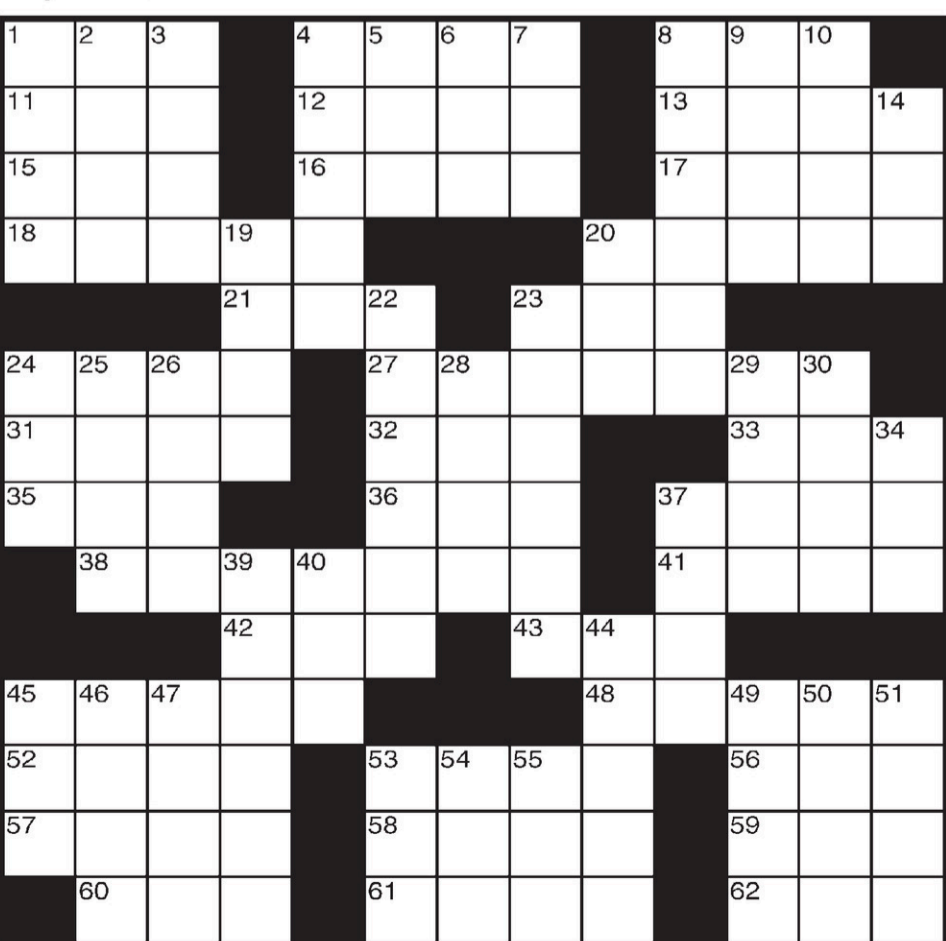
CAPRICORN (Dec. 22-Jan. 19) - If you take stock of the past and the present, you will know what you have to do to reach your goal. Don't be afraid to try something different.

Answer to Previous Puzzle



- ACROSS**
- 1 Gist
 - 4 Seines
 - 8 Stein filler
 - 11 Egypt's cont.
 - 12 Memorable times
 - 13 Mineral deposit
 - 15 Worthless coin
 - 16 Chopped down
 - 17 Occupation
 - 18 Late bloomer
 - 20 Type of wave
 - 21 Prompt
 - 23 Exist
 - 24 Calcutta nanny
 - 27 Made up one's mind
 - 31 Kahuna's spud
 - 32 Henri's island
 - 33 Noon, on a sundial
 - 35 — tai
 - 36 Make doilies
 - 37 Mr. Carvey
 - 38 Wireless pioneer
- DOWN**
- 41 Portent
 - 42 Royal pronoun
 - 43 Debate side
 - 45 Prior's superior
 - 48 Stinging insects
 - 52 Verbal abuse
 - 53 Satyr
 - 56 "Norma —"
 - 57 Hatcher or Garr
 - 58 Feed the kitty
 - 59 Pedro's aunt
 - 60 Hilo guitar
 - 61 Changed color
 - 62 Body part

- 7 Form
- 8 In the pact
- 9 Burglar's "key"
- 10 Millay or Ferber
- 14 Moray
- 19 Mountain refrain
- 20 Prefix for pod
- 22 Newspaper staffer
- 23 Mild acid
- 24 PIN
- 25 Sir's companion
- 26 Diva's tune
- 28 Gusto
- 29 Reason to cram
- 30 Eat out
- 34 Mr. McKellen
- 37 Lisbon lady
- 39 Beginner
- 40 Snipped
- 44 Had
- 45 Toward the stern
- 46 Cordon —
- 47 Fox's sound
- 49 Mlle. in Barcelona
- 50 Set of two
- 51 Bed of coal
- 53 Craze
- 54 "Have you — wool?"
- 55 Navajo foe



TUESDAY, FEBRUARY 4, 2020

Crazy distribution blunts high cards

By Phillip Alder

First today, apologies to the typesetters, who dislike seven-card suits in the East hand, and here we have a 10-bagger! But I was shown this deal by my wife, who sat South.

What do you think of the auction? The East hand, despite its winners, is not a two-club opening. Only 12 high-card points are too few. That call should also assure partner that the opponents cannot make a game contract unless they have a good fit and voids. This hand has scant defense.

South's overcall in such a weak suit was debatable. But it was hard to pass a hand with 14 points. (My wife could not double to show both majors.)

North, wondering how many points were in the deck, used Roman Key Card Blackwood. Hearts losers? What heart losers?

Surely East should have shown his suit at this point. Why not tell partner? Also, maybe the opponents had not discussed counteracting intervention over Blackwood.

South, ignoring the double, gave her normal answer to RKCB. (A sensible agreement is ROPI: Redouble with zero key cards, pass with one key card, bid five clubs with two, and so on. Partner can then ask for the trump queen and

		North	02-04-20
		♠	A K Q 10 7 4 2
		♥	J 7 6 5
		♦	—
		♣	A 6
West		East	
♠	5	♠	—
♥	9 4 2	♥	K 10
♦	9 3	♦	A K J 10 8 7 6 5 4 2
♣	10 9 8 7 5 4 3	♣	J
		South	
		♠	J 9 8 6 3
		♥	A Q 8 3
		♦	Q
		♣	K Q 2
Dealer: East			
Vulnerable: East-West			
South	West	North	East
2♠	Pass	4NT	2♣
5♦	Pass	6♠	Dbl.
Pass	Dbl.	All Pass	
Opening lead: ♣ 10			

side-suit kings if he wishes.) North jumped to six spades, hoping for the best in hearts.

West believed that he had to double, following his partner's opening bid. After he led a club, my wife won with dummy's ace, cashed the spade ace, played a heart to her queen and cashed the heart ace. When the king dropped, she claimed an overtrick for plus 1310.

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 ’ P Y V X C N B S T N J W D K A T O X Y B W M ’
K S M J E W O M W Y M , R J M W Y B J B V W C
I R Y Y W N C C G K O E O B G W D Y X C R R J B V
M W C B Y M . ” — M O C J X M Y X C B O B

Previous Solution: “Saoirse (Ronan) is ... really the co-creator of this with me. There is no my ‘Little Women’ without Saoirse.” — Greta Gerwig

TODAY’S CLUE: A s i e n b a v

REALITY CHECK



HERMAN



“Up and left.”

ALLEY OOP



ARLO & JANIS



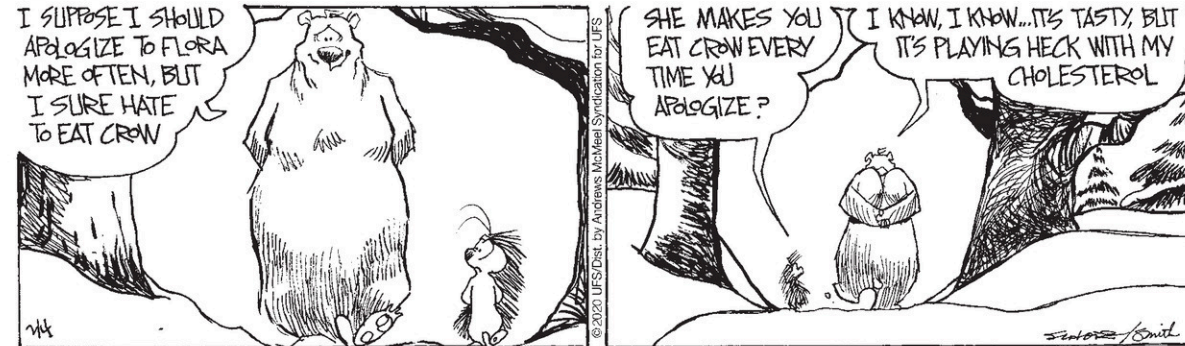
THE BORN LOSER



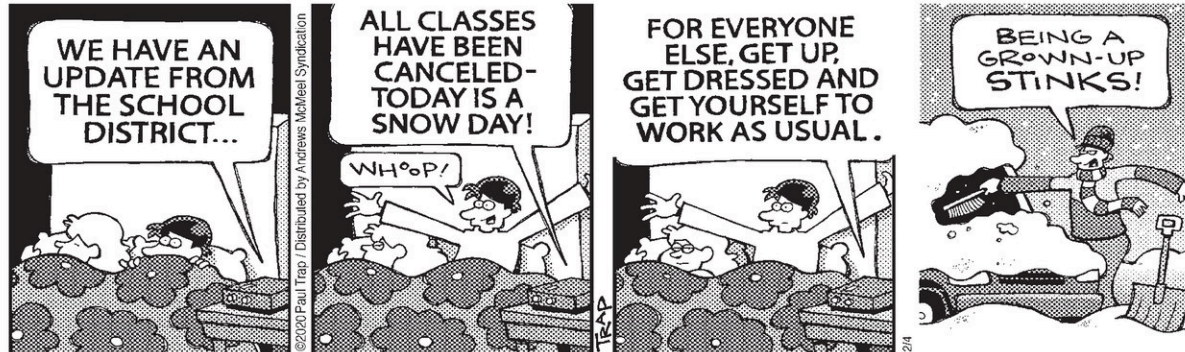
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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LENNOXVILLE

10th annual (and final) Bravehearts End Game benefit dance for Relay for Life on Saturday, February 8, 9 p.m., at the A.N.A.F. "Hut," 300 St. Francis, Lennoxville. Music by Slightly Haggard. Admission \$10. Door prizes. Info: 819-837-2363 or janet@macelreavy.com

RICHMOND

Tea & Talks. February 11, 2 p.m. to 4 p.m., at RRHS (375 rue Armstrong). With the SQ to discuss Fraud Prevention. A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

LENNOXVILLE

Lennoxville and District Community Aid is inviting seniors and those caring for a senior to a presentation by DIRA-Estrie entitled "It's Not Right!" The presentation will discuss a new approach to help those who witness elder abuse identify the signs of elder abuse and provide support in a safe and respectful way. Please join us on Thursday, February 6 from 1:30 p.m. to 3 p.m. at the Amédée-Beaudoin Community Center, 10 rue Samuel-Gratham, Borough of

Lennoxville. For information, please call 819-821-4779.

RICHMOND

Walk for your health. Avoid ice and snow. Walk at Richmond Regional High School every Tuesday and Thursday from 3:30 p.m. to 4:30 p.m. Please wear dry running shoes or walking shoes. Everyone welcome.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday February 4 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, February 7 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, February 11 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

LENNOXVILLE

Valentine's Tea at St. Andrew's Presbyterian Church, located at 256 Queen Street, Lennoxville, on Saturday, February 8 from 2 p.m. to 4 p.m. \$7 per person. All welcome.

SAWYERVILLE

"Murder Mystery at the Museum" is a fundraiser for the Eaton Corner Museum. Join us for an evening of mystery, mayhem and enjoy a three-course meal (\$30/person) on Saturday, February 15, 5:30 p.m., at the Sawyerville Community Centre. Reserve by Sunday, February 9. Call Elaine 819-563-8700.

RICHMOND

Canada Revenue Agency (CRA) will host a live and interactive webinar for seniors, Thursday, February 6, starts at 2 p.m. (please arrive early), Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free to join. No reservation required.

LENNOXVILLE

On Wednesday, February 12, the Canadian Federation of University Women (CFUW), Sherbrooke & District, will welcome Mr. Serge Malenfant as guest of its Speaker's Program. Mr. Malenfant is the instigator of M.U.R.I.S., the organization responsible for the Sherbrooke Murals Circuit, the first of its kind in Canada. His presentation will focus on the history and mission of this unique project which has transformed the Sherbrooke downtown area into a true open-air museum, bringing alive the city's art, history and culture. Everyone is welcome. Wednesday, February 12 at 3 p.m., St Andrew's Presbyterian Church Hall, 256 Queen Street, Lennoxville. The venue is accessible to persons with reduced mobility.

AYER'S CLIFF

St. Valentine's Day Brunch on Sunday, February 16 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Bring that "EGGS"tra special someone and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. It's the event you have BEAN waiting for!! Adults \$12, children 5-12 years \$5, under 5 are free.

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DIFFICULTY RATING: ★★★★★

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

2/4

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PREVIOUS SOLUTION

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

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

Don't forget to call

Dear Annie

TUESDAY, FEBRUARY 4, 2020

Dear Annie: Every Sunday, my family and I go over to my mother's house for dinner. My father passed away a few years ago, and the dinners are a way to help her not feel so lonely. We usually have a lovely time during dinner, and she adores spending time with her grandchildren. The problem is when I leave. She asks me to call her to make sure I got home safely. We live roughly 10 miles from her house. And the nagging starts before we even leave the house. The last 20 minutes of our visit are filled with pleas to not forget to call her. It is really starting to bother me. I know at some level that she worries, but I find her nagging so annoying. Am I wrong to feel frustrated? - Confused

Dear Confused: I'm not sure if you are right or wrong to feel frustrated, but the fact remains that you are frustrated. The only way to alleviate some of this frustration is to tell her exactly what you said in your letter.

Before you do so, take a deep breath. Sometimes people "nag" because they are anxious. She says she wants to make sure that you got home safe, and the thought of you getting lost or something bad happening makes her very nervous.

Try and cut her a little slack. Next Sunday night, give her a quick call when you get home and reassure her that you all made it safe. It's a small gesture for your mother's sanity.

Dear Annie: I am a 95-year-old man whose wife of 65 years died two years ago after a long illness. I am still self-sufficient; cook my own meals; drive and shop for myself.

But I am ever so lonely most of the time. I am sure that there are women who have similar situations. But how does a 95-year-old man find a woman, maybe 80-85, who would enjoy be-

ing with someone? - Lonely

Dear Lonely: I am very sorry for the loss of your wife of 65 years, and it sounds like you are trying to take time to properly grieve for her. At this point, I would suggest that you look for support groups and other friends who have had similar experiences.

Perhaps in sharing your grief with others, you will find more connections, and, who knows, you might just meet a new woman.

Dear Annie: I appreciated your response to the parents struggling with a grown child with mental illness. I wanted to add one thing. In many states, the Department of Mental Health is an incredibly important resource. I don't know where my son (with personality disorder and schizoaffective) would be without his DMH worker. - Grateful

Dear Grateful: Thank you for your suggestion. I am printing your letter in hopes that it helps other families dealing with similar situations.

"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.

Weekday dinner wins start with pantry staples

There are few tasks less desirable than making dinner after a long day. Finding something to please picky eaters that doesn't break the bank or take hours to prepare – can feel impossible. Keep things organized and get a delicious, wholesome dinner on the table as fast as possible stocking your pantry with staples like olive oil, instant rice, or pasta.

The next time you face a dinnertime dilemma, try this quick and easy go-to by Julie Albert and Lisa Gnat, cookbook authors and moms to a total of seven children between them.

Asian Chicken and Rice Salad
c/o Julie Albert and Lisa Gnat,
Bitememore.com

Ingredients:

Rice:

- 2 cups water
- 1/2 tsp kosher salt
- 2 cups Minute Rice Premium Instant Long Grain White Rice

Asian Dressing

- 1/4 cup rice vinegar
- 1/4 cup creamy peanut butter
- 2 tbsp. soy sauce
- 2 tbsp. honey
- 2 tbsp. vegetable oil
- 1 tbsp. sesame oil
- 2 tsp toasted sesame seeds

Salad

- 2 cups roasted deli chicken breast meat, shredded
- 1 red pepper, sliced into thin strips
- 1 large carrot, peeled and shredded
- 1 cup cucumbers, unpeeled and chopped
- 1/2 cup flat leaf parsley, chopped
- 1/2 cup roasted peanuts

Garnish

- 2 tbsp. green onions, chopped
- 2 tsp toasted sesame seeds
- lime wedges

Directions:

1. To prepare rice, bring water and salt to a boil in a small saucepan. Stir in rice, cover and remove from heat. Allow to sit covered for 5 minutes. Place rice

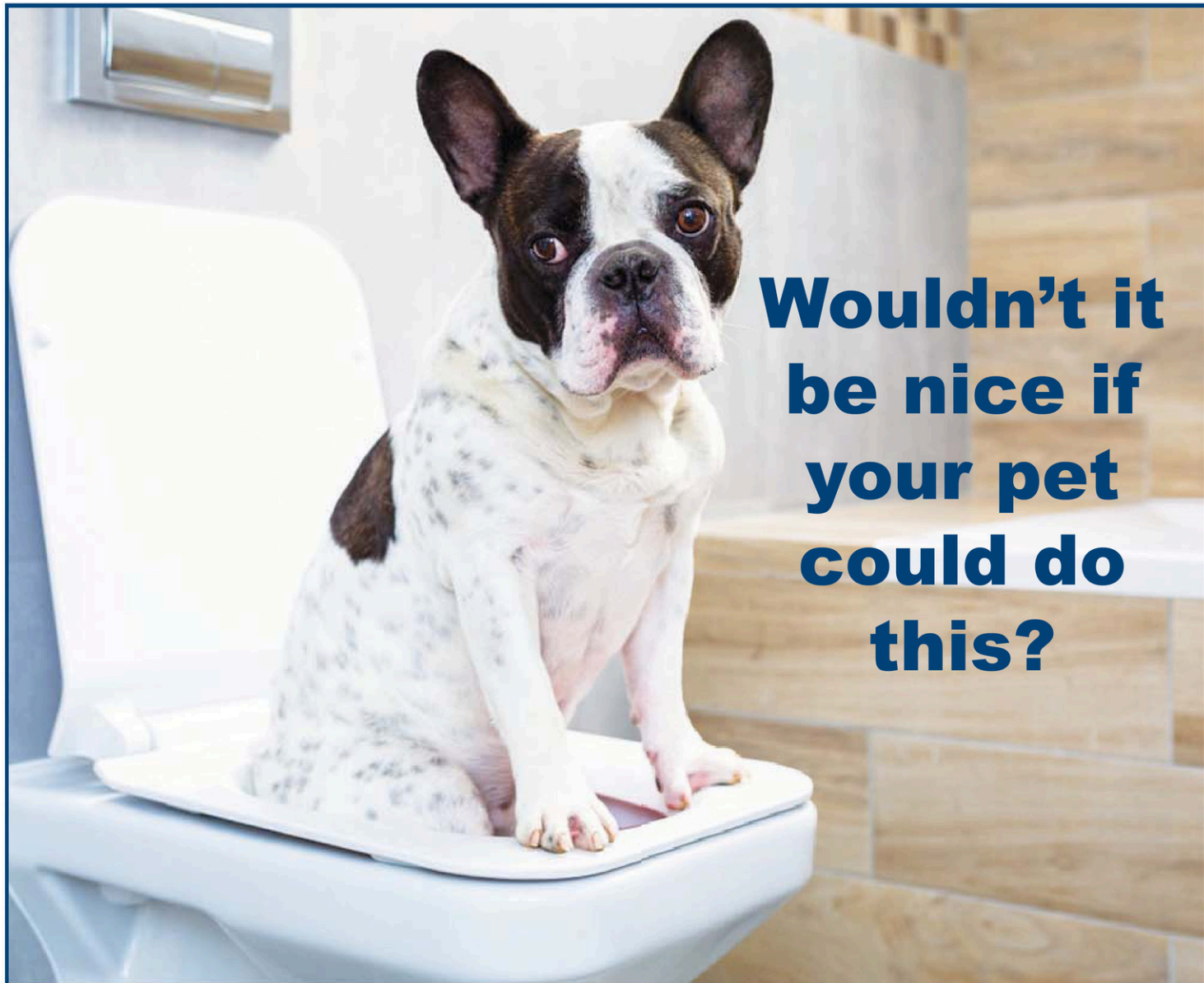
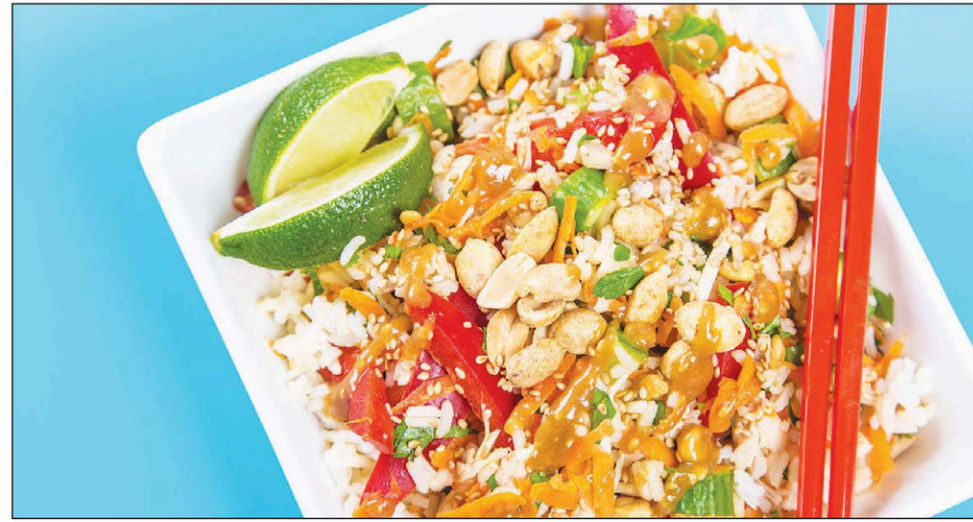
in large serving bowl and set aside.

2. For the dressing, in a medium bowl whisk rice vinegar, peanut butter, soy sauce, honey, vegetable oil, sesame oil and toasted sesame seeds until smooth set aside.

3. To prepare salad, add chicken, red pepper, carrots, cucumbers, parsley and peanuts to the cooked rice. Pour dressing over, coating well. Garnish salad with green onions, sesame seeds and lime wedges.

For more mom-sourced and approved recipes that will surely be a weekday win with your family, visit ThirdoftheWay.ca.

(www.newscanada.com)



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