

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, AUGUST 14, 2019

Garbage causing a stink in Cookshire-Eaton

Record Staff

Cookshire-Eaton is anxious for answers about Valoris, the company handling the town's waste management, after meetings to address landfill rates, requested in July, has been put off until October.

Following an increase of landfill rates at Valoris in April, which represent an amount of \$200,000 not accounted for in the budget, the Cookshire-Eaton mandated a waste management committee, comprised of Mayor Sylvie Lapointe, executive director and secretary-treasurer Martin Tremblay, and councillors Louise Gosselin and Mario Gendron.

On July 2, Cookshire-Eaton requested a meeting with Valoris's president, vice-president, and executive director to address concerns and ensure stability of costs for the municipality's tax payers in coming years.

On August 6, the town got confirmation for a meeting the week of August 12 with the president of Valoris, Steve Lussier, the vice-president Robert Roy, and the executive director Denis Gélinas.

On Aug. 7, the town was informed that the meeting would take place because the issues raised in the proposed agenda for the meeting (the organization's business plan, its recovery plan, reinvestment projections, and the timeline to cover those steps) couldn't be addressed without the input of the Valoris board of directors. Valoris then proposed that a meeting be rescheduled for mid-October.

"In the name of our citizens and taxpayers, the town must be rigorous towards this situation. There seems to be no orientation, or organization, or clear action plan that could guarantee our citizens the stability of the cost for waste management in the next few years," the town stated in a recent press release. "Valoris's budgetary problems have been known since November 2018, and their refusal and incapacity to answer our questions leads us to believe that little has been done to rectify the situation," indicated the town.

Rebello looking to get all aboard for passenger train service in lead-up to federal election



RECORD ARCHIVES

By Gordon Lambie

In the months leading up to this year's federal election, Sherbrooke to Montreal train-project promoter Francois Rebello said that his main goal is to secure commitments from all of the federal parties for his project and also solidify the private sector deals that he hopes will help make the return of regular passenger service a reality be-

tween the two cities.

"You don't have a deal until everyone is at the table," Rebello said, sharing that although he has made himself and his project present during the most recent municipal and provincial elections and gained promises of support through both of those efforts, the position of the Federal government is a vital component of any project that involves train travel.

In July NDP Party Leader Jagmeet Singh announced, during his visit to Sherbrooke, a commitment to help fund the passenger link and Rebello said that the local Green Party candidate has made a similar promise. The Liberal party, he said, has yet to make a firm commitment, although he shared that Compton-Stanstead MP Marie-Claude Bibeau said the party would "try

CONT'D ON PAGE 3

THE RECORD

is available online too!

Visit our website at www.sherbrookerecord.com

To **SIGN UP** (e-edition), or You can contact our offices.

And by adding **\$5** to your 12-month print renewal, you can get online for 1 year also. Just remember to include the email address.**

You can reach us at 819-569-9528 or by email at billing@sherbrookerecord.com

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00.

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 23
LOW OF 7



THURSDAY:
SUNNY

HIGH OF 24
LOW OF 13



FRIDAY:
60% CHANCE
OF SHOWERS

HIGH OF 22
LOW OF 13



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 24
LOW OF 14



SUNDAY:
60% CHANCE
OF SHOWERS

HIGH OF 25
LOW OF 17

HAND-IN-HAND

British Home Children Advocacy & Research Association

From 1869 right up to 1948, over 100,000 children of all ages were emigrated right across Canada, from the United Kingdom, to be used as indentured farm workers and domestics. Believed by Canadians to be orphans, only two percent truly were. These children, known as the British Home Children ("BHC") and Child Migrants, were sent to Canada by over 50 organizations including the well-known and still working charities: Barnardo's, The Salvation Army, Quarrier's and Fairbridge, to name a few. BHC are an integral part of the fabric of our nation - often, rightfully, called Canada's Nation Builders. Their vast contributions to our country should never be forgotten. Descendants of BHC, number in the millions in Canada alone.

The British Home Children Advocacy and Research Association ("BHCARA") is a Canadian-based not for profit organization dedicated to the BHC. The BHCARA reaches thousands of people through their Facebook group of over 6,700 members and their mailing list of over 4,000 subscribers. Their website now has over 1 million hits and they have a high media presence. The mandate of the organization is to promote the story of the British Home Children, to advocate for those who no longer have a voice and to provide free research help to those seeking their family histories; often providing closure from painful pasts.

Although the association has no current physical presence in the Eastern Townships, Lori Oschefski, the CEO of BHCARA, explained that there used to be an organization in Sherbrooke which represented the children sent to the receiving home in the community, which was known as the Gibb's House.

"The children came to Sherbrooke

under the "Church of England, Waifs and Strays" society," she said, explaining that Pauline Bampton, who ran the local group, is still in the area. With regard to the physical history, Oschefski pointed out that the church and school in Sherbrooke are still standing. "There are plaques both on the home and in the church acknowledging the children and their service in the Wars. In the auditorium of the church, behind the walls of the stage are many names which were written there by BHC themselves."

BHCARA's Consultant/advisor Perry Snow, is a descendent of a Gibb's child. His book "Neither Waif nor Stray" is available on the association's web site for free.

This year the BHCARA is asking communities to participate in the "Beacons of Light for British Home Children Tribute" and illuminate memorials, monuments, buildings or other areas with the colours of the BHCARA; red, white and blue. 2019 marks the 150th year since the first BHC arrived in Canada.

The tribute is a symbolic gesture showing these children, in their sesquicentennial year, are not

forgotten. Many Canadian cities have agreed to participate with twenty-six supporters to date,

including the iconic Niagara Falls, Toronto's CN Tower, The Northern Lights Display in Vancouver and St. Andrews House - headquarters of the Scottish Government in Edinburgh, Scotland. A full listing of the supporters can be found at www.britishhomechildren.com. The Town of Midland, Ontario is participating by proclaiming September 28th 2019 as BHC Day in Midland.

September 28th is commemorated nationally as British Home Child Day in Canada, a unanimous passage of MP Guy Lauzon's private member's motion M-133 in the House of Commons, Feb. 7, 2018. Please consider participating in the Beacons of Light tribute, it would mean a lot to the living descendants. It is our request that tributes be held on September 28th this year, however we realize that it is not possible for some venues; we would be grateful for alternate dates.

For more information about the association, see their web sites: www.british-homechildren.com and www.canadianbritishhomechildren.weebly.com, or their facebook group: www.facebook.com/groups/Britishhomechildren/. Lori Oschefski, the CEO of BHCARA can also be contacted directly at info@BritishHomeChildren.com

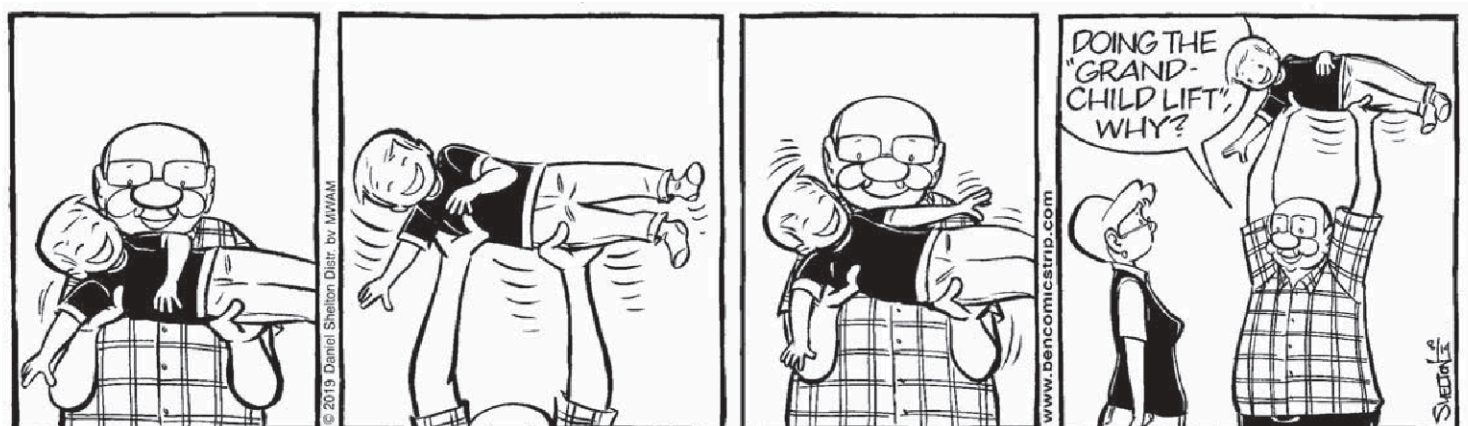




Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



LOCAL NEWS

The passenger rail project is meant to be a public/private partnership, and Rebello said that the discussions are ongoing on the private side of things as well.

Ayer's Cliff man still missing

Record Staff

The Sûreté du Québec is asking the public for help to find Jonathan Vallières-Desrochers, 35, from Ayer's Cliff. He was last seen on August 5, around 5:45 p.m. walking on foot behind a business at 1185 Main Street, Ayer's Cliff, toward the bike path.

He may be walking, or could possibly have taken public transit to Mon-

treau, or any other area where there are bus routes.

His relatives have reason to fear for his health and safety.

Vallières-Desrochers is 1.88 m (6 ft 2 in) tall and weighs 105 kg (230 lb). He has brown hair and

brown eyes, and a malformation of the ears.

The last time he was seen, he was wearing a black t-shirt and gray cotton

sweatpants.

Anyone who sees Jonathan Vallières-Desrochers is asked to contact 911. In addition, any information that may help to locate him can be communicated, confidentially, to the Central Criminal Information of the Sûreté du Québec at 1 800 659-4264.



SQ confirms identity of Stanstead body found

Record Staff

The Sûreté du Québec has confirmed that the lifeless body found on Sunday afternoon on Dufferin Street in

Stanstead is Garry Ellis.

Ellis went missing on Aug. 6.

A group of community volunteers had assembled on Sunday to assist the SQ in a search of the area, but within 20

minutes, the search was called off when Ellis' body was discovered in a field in an area behind the grocery store on Dufferin Street.

An autopsy was performed on Mon-

day. According to the SQ, no signs of foul play were detected, although an investigation is still underway to determine the circumstances surrounding Ellis' death.

PM won't release McLellan report on SNC Lavalin until ethics report released

By Joan Bryden
THE CANADIAN PRESS

Justin Trudeau says he's received what he calls a "great" report from former Liberal cabinet minister Anne McLellan on the SNC-Lavalin affair.

But the prime minister won't make it public until federal ethics commissioner Mario Dion releases his own report into the explosive affair that rocked the government last winter and sent Liberal popularity on a downward slide from which the party has not yet fully recovered.

Dion's office won't comment on the status of his investigation but Liberal insiders privately expect the report will be released in early September — just as the campaign for the Oct. 21 election moves into high gear.

Trudeau is likely hoping to blunt the impact of a potentially damaging report from the ethics commissioner by releas-

ing McLellan's report at the same time.

He appointed her as an independent adviser to analyze and make recommendations on questions that arose out of the SNC-Lavalin affair, including whether the roles of minister of justice and attorney general should be separated.

The affair revolved around an allegation by former attorney general Jody Wilson-Raybould that she was improperly pressured by the Prime Minister's Office to halt a criminal prosecution of the Montreal engineering giant, as allowed by law.

Trudeau has maintained that no one did anything wrong and has attributed the controversy to a breakdown in trust between his staff and Wilson-Raybould, who quit cabinet in February, followed by her friend and ally, Jane Philpott. Both former ministers are running for re-election as independent candidates.

McLellan was to have reported back to

Trudeau by June 30. In a statement Tuesday, deputy Conservative leader Lisa Raitt questioned why Trudeau has not yet released McLellan's recommendations and put it down to another example of "just how far (Liberals) will go to cover up the truth."

Asked about the report later Tuesday at an event with Toronto Mayor John Tory, Trudeau acknowledged he's received it and said he's given it to Dion.

Liberals, he said, recognize the importance of looking at the possibly incompatible roles played by someone who is both justice minister, involved in political and policy decisions of government, and the attorney general, who is supposed to exercise independent, non-partisan judgment about prosecutions.

"That's why we were very pleased to have a great report written by Anne McLellan. We have provided that report to the ethics commissioner to allow the ethics commissioner to finish his own

investigation and we will be releasing the report at the same time as the ethics commissioner makes his report public," Trudeau said.

Raitt scoffed at the notion that McLellan was "independent," noting that she was scheduled to be a headliner at a Liberal party fundraiser at the time she was appointed to look into the SNC-Lavalin fiasco. Raitt accused Trudeau of trying to distract Canadians from his government's political interference in the justice system by launching McLellan's study of the dual justice minister/attorney general role.

Trudeau also tasked McLellan with analyzing the "operating policies and practices across the cabinet, and the role of public servants and political staff in their interactions with the minister of justice and attorney general of Canada."

Passenger train service

CONT'D FROM PAGE 1

to find some money." The Conservative Party has apparently also expressed an openness to discussing the matter.

"For now it is positive," the promoter said, adding that "It would be impossible to do this kind of project with only one player because it is a lot of money.

As of the most recent study into the cost of the project, the cost of implementing rail service has jumped to \$300 million from the initial estimate of \$100 million, but Rebello stressed that the increase is due in large part to additions to the project requested by partners and the integration of upgrades for the freight network. He offered the example of the town of Farnham's desire to relocate the rail yard in the heart of their

community, noting that such a project on its own adds \$125 million to the tag.

The passenger rail project is meant to be a public/private partnership, and Rebello said that the discussions are ongoing on the private side of things as well.

One obvious and important private partnership in the project is the Central Maine and Quebec company that currently owns the railway. On this front, Rebello said that he would like to see one of two options. The first is that the railroad buys into the project and pays 50 per cent of the upgrade cost themselves. The second is that the company sells the lines to Rebello and retains the right to ship freight over them.

"It could be a good deal to reverse it," he said.

Overall the promoter said he is looking to secure \$100 million from the private sector, and that largely from real-estate.

"This is where we need to succeed in the next few months if we want to see this project happen."

Although the \$300 million figure is intimidating, Rebello also pointed out that the full amount to complete the project is not needed to get started. If the project is broken down into individual smaller components it becomes easier to complete one stage at a time.

In the meantime, Rebello is organizing another Montreal to New York "train hotel" journey for Thanksgiving weekend. Although the promoter said that he organizes the trips more out of a love of trains than in direct connection to the

project, he also shared that after these trips, there is usually more support for his dream.

"If people live the experience, afterward they become ambassadors for the project," he said.

With tickets for the New York Trip ranging from \$600 to \$1300 each, it is also a way for the promoter to make some money.

This trip is built around guest host André Ménard, co founder of the Montreal Jazz festival, who will be onboard to help show off some of his favourite New York Clubs, as well as on-train performances by jazz signer Liza Melfi.

"We're very lucky," Rebello said, noting that Melfi signed on in part for the experience.

Public consultation to help protect Fitch Bay ecosystem

By Emilie Hackett
Special to the Record



PHOTO BY PHOTOHÉLICO.COM, COURTESY OF THE MUNICIPALITY OF STANSTEAD TOWNSHIP

Memphremagog Conservation Inc. (MCI) and the municipality of Stanstead Township are working together to host a conference, “Fitch Bay and its watershed, a sensitive area in need of protection!” and a public consultation regarding the boating practices around the bay on Thursday, Aug. 22, at 6:30 p.m. at the Stanstead Township town hall.

Speakers Ariane Oriekh, Healthy Fitch Bay project coordinator and MCI general manager, and Pierre Simard, environmental inspector for the municipality, will discuss MCI and the Township’s initiatives to ensure the bay and its watershed’s health as well as the future actions needed to preserve the natural landscape and improve water quality. Later, there will be an overview of the steps taken with Transport Canada, and attendees are invited to share their comments, ideas, and vision for the future of Fitch Bay.

“We’ve conducted many studies and done lots of work around the Memphremagog,” remarked MCI president Robert Benoit. “We’ve even removed some invasive aquatic plants and we’re working closely with the federal government to see what we can do about boating policies. MCI has invested a lot in Fitch Bay.”

There is a lot at stake in the bay due to its particular configuration, wildlife, and occupation. “In the Memphremagog MRC, Fitch Bay makes for a large proportion of areas where wetland separates residential lots and open water. Cohabitation between open water and wetland allows diverse ecosystems to flourish,” said Simard. “However, the bay is iso-

lated and current is almost unidirectional, as water flows much more into the lake from the bay than vice versa.”

“The high usage of boating, especially wake-surf boats, creates for an important stir up of the bay’s bottom. It could only be naturally comparable to a large storm, so this constant movement is far from the lake’s natural dynamics,” explained the geomorphologist. “The movement stirs up nutrients that should otherwise be stable once sedimented, like phosphor and nitrite and any other pollutant that would have otherwise been ‘trapped’ in the sediment. The bay is also relatively shallow which means that its entirety can be affected by the stir up.”

“It destabilizes the bay’s bottom and makes it difficult for aquatic animals

and vegetation to follow natural cycle. Nutrients are harder to acquire, and the haze of sediments makes it harder for sun to come through,” added Simard. “It’s all about balance. A warmer water contains less gas, and the opacity generated by the suspension of sediments makes the water keep more heat. In the case where an invading species would be more adapted to this type of environment, it would easily take over the native species. It also prevents the formation of a thermocline, the transition layer between warmer surface water and cooler bottom water.”

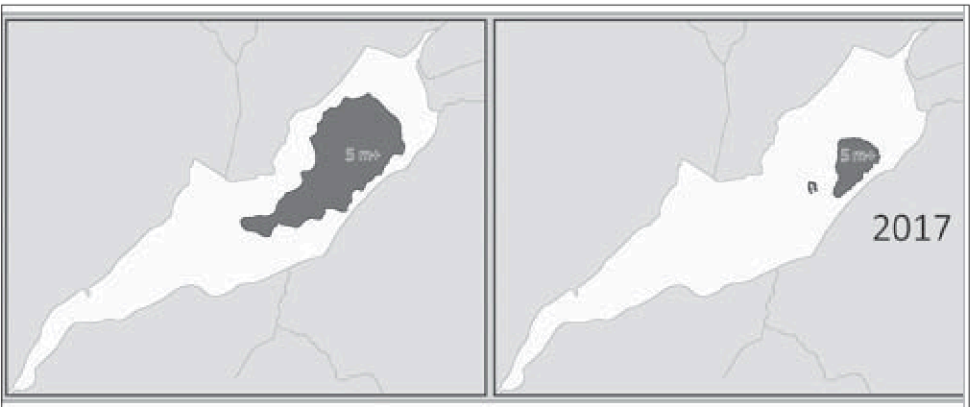
Nautical use contributes to the accelerated ageing of the bay. All lakes are bound to eutrophication and to eventually fill up again. Eutrophication, as explained by Simard, is the cyclical process in which a lake becomes excessively full of nutrients and has a growth of plant life. These plants’ decomposition depletes the supply of oxygen in the water and results in the death of animal life. “However, the difference between a lake in its natural state and a lake under strong human pressure is the period necessary for the water body to disappear. Fitch Bay will not disappear in the short term, but many clues indicate that the ageing process is up and running,” he added.

“Looking at the long-term tendencies for human occupation if we maintain current activities, we will have a dimin-

ished quality of life for residents in the Fitch Bay area,” he mentioned. “As for the area’s flora and fauna in short, medium, and long term, the environmental changes brought by recurring human occupation and usage at Fitch Bay results in a loss of habitat and ecosystem. The ecosystem’s carrying capacity is more fragile and can easily lose ground to alien invasive species.”

“We’ve received complaints for many years from people who see a danger on the environmental level of the bay. There is not the same harmony between nautical use and the environment. The bay has become more and more busy, and science has shown us that there are consequences,” remarked Simard. “We need to work with Transport Canada’s Office of boating safety, as open water bodies are federal property. We can increase awareness and come up with propositions, but we cannot regulate the lakes. It’s a long process and it’s the Treasury Board that will make the final decision.”

“It’s essential for us to be transparent and have a conversation with the residents and the lake’s users, so we have started distributing surveys about their perception and usage of Fitch Bay,” he maintained. “The public consultation will allow us to express the concerns regarding boating practices, the bay’s health, and what steps we can take to make sure Fitch Bay stays in good shape.”



COURTESY OF PIERRE SIMARD

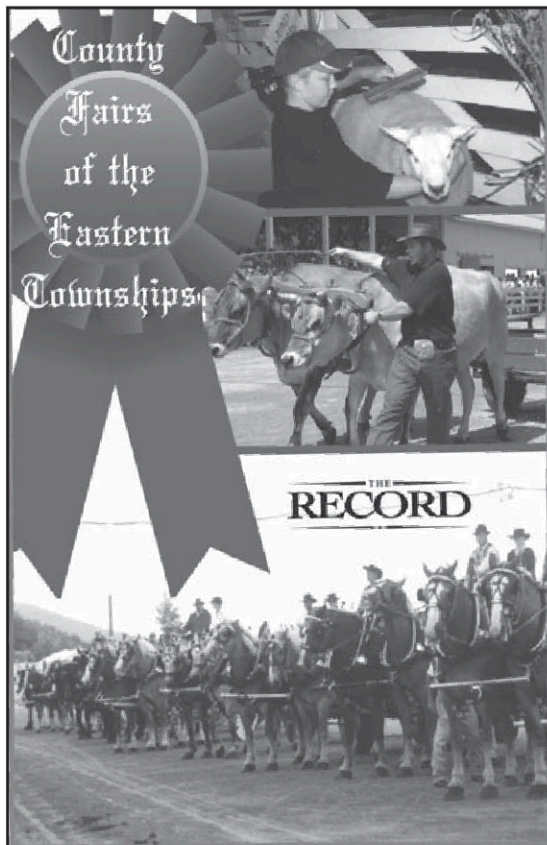
The image on the left shows what was believed to be deep water (darker colour) in the bay that would be unaffected by disturbances from boat traffic. The image on the right, updated in 2017, shows the deep water area is much smaller, meaning a larger portion of the bay is affected by boat traffic than originally thought.

County Fairs of the Eastern Townships Commemorative Book

A commemorative book of photos and recollections of County Fairs in the Eastern Townships for nearly 200 years.

Only \$8 if picked up at The Record office, or \$12 if mailed by Canada Post.

Pick up your copy at:
THE RECORD,
6 Mallory,
Sherbrooke, QC
J1M 2E2



St. Pat's Camp progress report and open house

By Matthew McCully

The St. Pat's Camp in Stoke, formerly operated by the St. Pat's Old Boys Association (SPOBA), will hold an open house on Saturday and offer a progress report on the plan to convert the camp to accommodate disabled youth and potentially serve as a paralympic training facility.

In September of 2016, SPOBA voted unanimously in favour of merging the historic Stoke summer camp and its assets with the Quebec Society for Disabled Children (SEHQ-now la Fondation Papillon).

Since then the property has undergone a major overhaul, leaving Stoke residents and former SPOBA members wondering what has become of the camp.

According to Larry Pye, SPOBA President at the time of the devolution, everything is going according to plan.

"The main dining hall is now a parking lot," Pye said, "Down near the water the cabins are all gone," he added.

While the site is a shadow of its former self, Pye assured the vision agreed upon when the camp was transferred to la Fondation Papillon, is on track.

Pye explained that the demolition of the buildings, built between 1948-1951 was necessary because they did not meet current building codes and accessibility requirements for the camp's new clientele.

"People around the lake saw the

buildings coming down," Pye said, which caused concern.

It was an emotional meeting in 2016 when the members voted for the devolution of the camp. SPOBA also passed a resolution immediately after to dissolve its association, which could no longer respect the letters patent after relinquishing the camp.

According to Pye, the gesture was a passing of the torch to ensure the camp would continue in the absence of SPOBA, whose members were aging.

The association was comprised of graduates from St. Patrick's, a Catholic high school for boys that opened in Sherbrooke in 1911.

The last graduating class out of St. Patrick's was in 1969. From then on, the students moved to Alexander Galt.

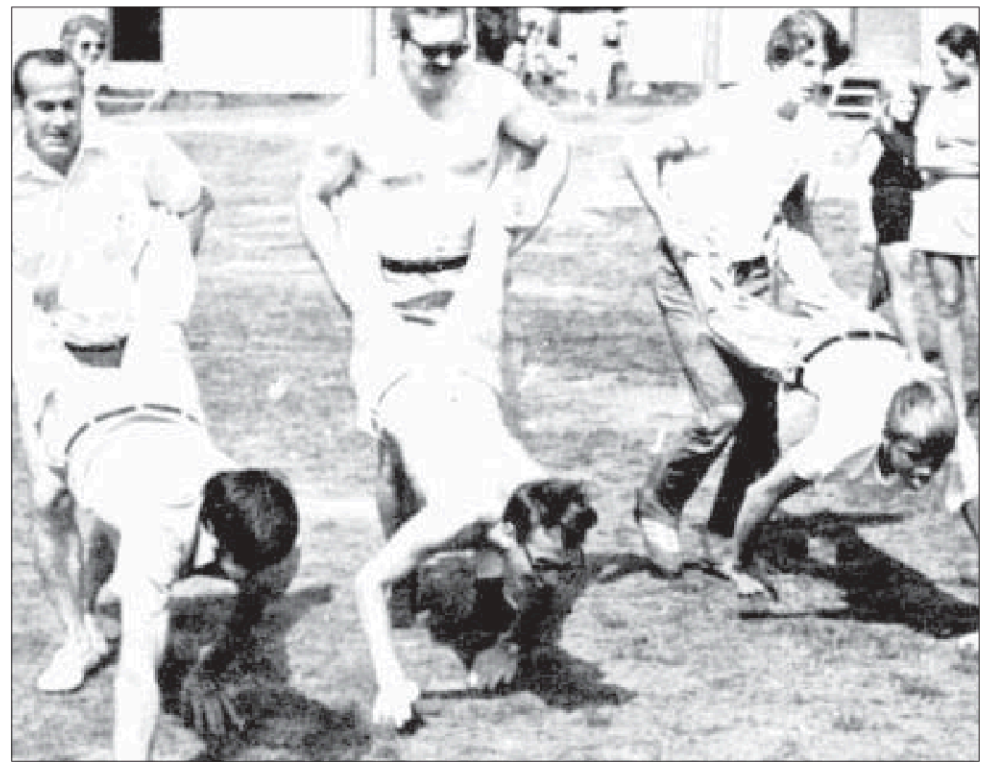
SPOBA had approximately 70 members, drawn from 58 years worth of graduates from St. Patrick's.

The camp in Stoke had been in operation for 68 years, serving as a summer getaway for disadvantaged youth.

The camp's new mandate, under ownership of la Fondation Papillon, will be a retreat for disabled youth with potential to develop a training facility for Paralympic athletes.

When ownership was transferred, a number of conditions were included in the resolution to preserve aspects of the original camp.

The foundation was asked to add service at the camp for disadvantaged youth as well as youth with disabilities,



RECORD ARCHIVES

In operation for 68 years, St. Pat's camp served as a summer getaway for disadvantaged youth.

thereby providing an inclusive, integrated environment. All issues with the Commission de protection du territoire agricole du Québec (CPTAQ), needed to be addressed to ensure that construction and renovation of the site could move forward. The foundation agreed to settle all outstanding debts held by SPOBA related to the camp. It was asked that the name, St. Pat's be protected. Remaining SPOBA members reserved the right to occasionally hold special events on the site.

It was also asked that a representative from SPOBA be granted a seat on the board of directors for the new camp.

"It's been a long time coming," Pye said, but the plan for the new camp is moving forward.

On Saturday, members of the public can visit the historic site in Stoke and see the progress that has been made so far.

The camp is located at 263 chemin du Lac. The open house will begin around 10 a.m. according to Pye.



MATTHEW MCCULLY

It was an emotional day in September, 2016 when SPOBA members voted in favour of the transfer of St. Pat's Camp to the Quebec Society for Disabled Children (La Fondation Papillon). During the meeting, the logo for the new camp, which will accommodate disabled youth was unveiled.



RECORD ARCHIVES

The cabins that used to be down by the water will be replaced by new, fully accessible buildings.



20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"



20 years 10,000 Wishes

1-800-267-WISH | www.childrenswish.ca | The Children's Wish Foundation of Canada

EDITORIAL

It's getting harder for anyone to deny the reality staring us in the face. Those who continue to spread doubt and confusion about climate science are starting to look even more ridiculous with their many conflicting, insubstantial arguments.

SCIENCE MATTERS

Deniers deflated as climate reality hits home

By David Suzuki

Climate science deniers are becoming desperate as their numbers diminish in the face of incontrovertible evidence that human-caused global warming is putting our future at risk. Although most people with basic education, common sense and a lack of financial interest in the fossil fuel industry accept what scientists worldwide have proven through decades of research, some media outlets continue to publish inconsistent, incoherent opinions of people who reject climate science.

Over the past few weeks, Canada's Postmedia chain has run columns denying or downplaying the seriousness of climate change, by Fraser Institute senior fellow Ross McKittrick, defeated politician Joe Oliver and fossil fuel executive and Fraser Institute board member Gwyn Morgan, who is also former chair of scandal-plagued SNC-Lavalin.

McKittrick, an economist, has also signed the Cornwall Alliance Evangelical Declaration on Global Warming, which says, in part, "We believe Earth and its ecosystems — created by God's intelligent design and infinite power and sustained by His faithful providence — are robust, resilient, self-regulating, and self-correcting, admirably suited for human flourishing, and displaying His glory. Earth's climate system is no exception." Other prominent deniers, including Roy Spencer and David Legates, have also signed.

South of the border, the Heartland Institute, a leading U.S. denial organization with ties to Canadian organizations such as the misnamed International Climate Science Coalition, still holds its annual denial-fest. But even that organization is feeling hard times in the face of evidence — similar to the proof that made it walk back its previous support for the tobacco industry to the point that its members now admit smoking is bad but defend vaping and other "smokeless" tobacco industry products.

Heartland's 13th International Con-

ference on Climate Change — held at the Washington, D.C., Trump International Hotel — was down from three days to one. It once attracted more than 50 sponsors, but this year drew just 16 — and one was fake! Fossil fuel companies have also cut funding, realizing denial is not an effective way to gain social licence. Attendance was limited to a couple hundred mostly older white men.

As usual, the conference speakers' reasons for denying climate science were all over the map.

Some simply rejected all evidence. According to British eccentric Christopher Monckton, who has no scientific credentials, droughts, wildfires and hurricanes are decreasing; sea levels are falling, not rising; and rising carbon dioxide emissions are improving life on Earth!

Others argued that CO₂ levels aren't rising, while some claimed the planet is cooling. In other words, the arguments were mostly easily debunked, contradictory nonsense in service of the most profitable and polluting industry in human history.

You'd think Heartland would be riding high under a government that shares its anti-science views. But even holding the conference in a Trump hotel blocks from the White House didn't gain it the profile organizers would have liked. Tom Harris, a discredited Canadian fossil fuel promoter who works with Heartland and the International Climate Science Coalition, penned a sad article with fellow denier, Heartland "science director" and convicted criminal Jay Lehr, crying, "no one from the Trump administration will be in attendance," which, they whined, is "a huge loss since ICC-13 will reveal that neither science nor economics back up the climate scare."

Lehr, a groundwater hydrologist by training, also worked for The Advancement of Sound Science Coalition, an organization founded by Phillip Morris and by PR firm APCO Worldwide to cast doubt on the scientific evidence regarding harms caused by tobacco. Harris also worked for APCO Worldwide.



It's getting harder for anyone to deny the reality staring us in the face. Those who continue to spread doubt and confusion about climate science are starting to look even more ridiculous with their many conflicting, insubstantial arguments.

Even some prominent deniers have come around. Political consultant Frank Luntz — who once advised the U.S. government to cast doubt on scientific certainty around climate change and to use the term "climate change" rather than "global warming" because it sounds less scary — now says, "I was wrong in 2001."

In recent testimony before the U.S. Senate, Luntz said, "Rising sea levels, melting ice caps, tornadoes, and hurricanes more ferocious than ever. It is happening."

Yes, it is happening. And it's time for deniers to accept evidence and reason or get the hell out of the way.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor and Writer Ian Hanington.

Learn more at davidssuzuki.org

Letters

TO THE EDITOR,

What to do with the useless gun:

The gun in all its shapes and forms must be taken from the citizen.

Why you say?

Because it has become a toy to play with and be destructive by a society of people who appreciate smashing stuff.

Destructive video scenes, demolition derbys, shock and awe stuff.

A nation who can't get a thrill from anything intellectual.

It's everywhere, in fiction, games, sports, advertising; all a big smash up.

Here's what's to be done:

Continuous random roundups to seize weapons from citizens. Circle a bunch of cars in a parking lot, look for hidden weapons and destroy weapons on site using a pile driver.

No questions, no apologies, no excuses, no refunds; just eliminate, eliminate.

Hunting? What about hunting?

Go back to the club, it's quieter.

WARREN BEGBIE
SHERBROOKE

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

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

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

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

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

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

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

Local Sports

The athletes return this week to training with their respective teams to prepare for the last event of the season, the provincial championship U16, in Laval on Aug. 24.

Estrie wins silver at U16 ultimate frisbee tournament

Record Staff

For the first time in the history of the Fédération québécoise d'ultimate (Quebec Ultimate Frisbee Federation), the regional tournament bringing together the U16 regional selection teams was held in Plessisville from August 9 to 11. For this first edition, eight regions participated in the event and the Estrie team proudly defended the region by winning the silver medal.

The federation tried to reproduce the concept of the Jeux du Québec, offering accommodation to the participants at La Samare polyvalente including meals, entertainment and opportunities to socialize with other teams after games.

Upon arrival, each athlete and coach received a colour uniform for the competition. The 150 participants from Capitale-Nationale (Gold), Chaudière-Appalaches, Mauricie, Estrie (Silver), Richelieu-Yamaska, South Shore, Outaouais and Abitibi-Témiscamingue (Bronze and Sportsmanship Trophy) had

a lot of fun and an unforgettable experience.

In terms of performance, the Estrie saw its impeccable course marred by a very windy final (35km / h and more) where the impressive athletic abilities of the Capitale-Nationale team prevailed over the system of methodical and technical play of the Estrien team by a score of 10 to 5. In the end, Estrie ended the tournament with a record of five wins and one loss, compiling an impressive record of 69 points scored against 26 points awarded, the best differential of the tournament.

The Estrie delegation consisted of 15 athletes (9 boys and 6 girls), as well as 3 coaches, all of them from Sherbrooke's Les Fringants junior ultimate program.

The athletes return this week to training with their respective teams to prepare for the last event of the season, the provincial championship U16, in Laval on Aug. 24.

The team wishes to warmly thank the Fédération québécoise d'ultimate for an



CATHERINE LADOUCEUR

First row: Anthony Roberge. Second row : Éléonore Besozzi, Anna Lunkenbein, Daphnée Ladouceur, Emmanuelle Beaulieu, Corine Lambert, Mallory Leonard. Third row: Nicolas Vanasse (coach), William Morin, Simon Gagné, Tristan Perron, Nikolas Rocque, Raphaël Mongrain-Desgagné, Olivier Couture, Elliot Christin, Louis-Simon Fournier, Antoine Lambert (coach Marianne Sullivan (coach)

almost impeccable organization, as well as the Ultimate Frisbee Association of Plessisville and its president, Mr. Patrick Lemieux, for an exceptional welcome.

Local athletes at Pan Am Games in Lima

Record Staff

Excellence Sportive Sherbrooke is proud to present the results of

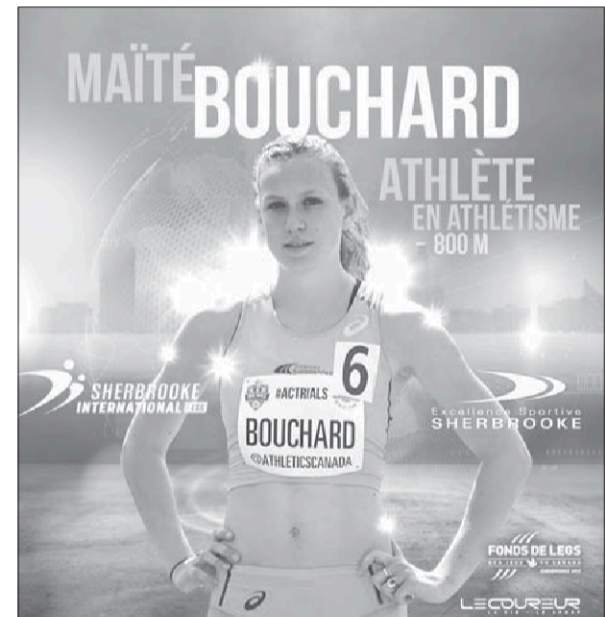
athletes from the region who participated in the Pan American Games in Lima, July 26 to Aug. 11.



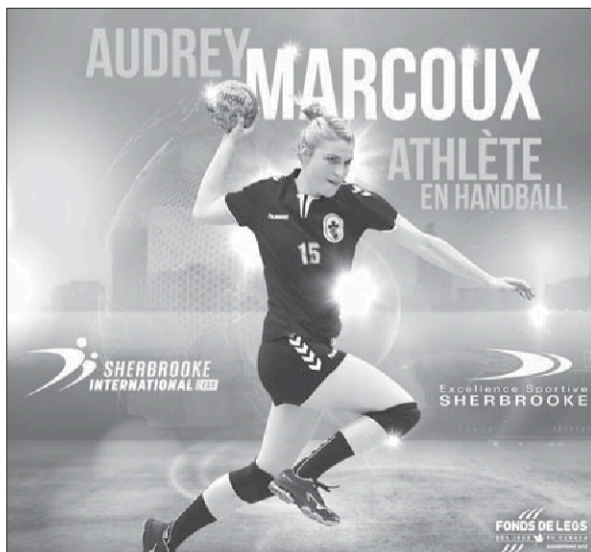
Canada's Table tennis team, including local player Marko Medjugorac had one win, two losses. Marko and his teammates on the Canadian team lost in the quarterfinals against team Cuba, by a score of 1-3.



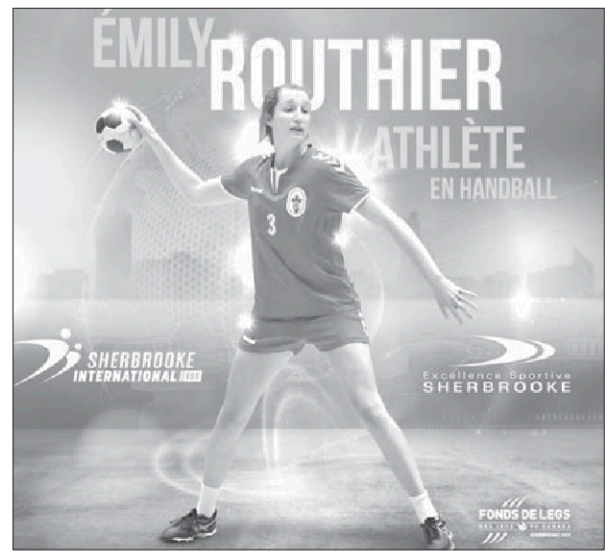
In a few days, wheelchair basketball player Jonathan Vermette will take part in his tour, at the Parapan Am Games, taking place from Aug. 23 on Sept. 1.



Maïté Bouchard competed in the 800-metre race, making it to the semi-finals before being eliminated from the competition.



Handball players Audrey Marcoux and Emily Routhier ended the games with one win and three losses. Canada's handball team finished 7th overall.



Death



RUTH CORMIER (née Picken)

At the Dr. F.H. Wigmore Regional Hospital peacefully on Wednesday, August 7, 2019, Ruth Evelyn Cormier, wife

of the late Cedric Cormier. Ruth was born in Danby, Quebec on December 13, 1931, daughter of the late Ernest and Lillian Picken. Ruth was a devoted and loving mother to her 3 children: Judy (Simon) Preston of Devon, England, Wayne (Tricia) of Swift Current, SK, and Howie of Moose Jaw, SK. Ruth was also the proud grandmother of 5 beautiful grandchildren: Kier (Sophie), Maya and Asher, Trista and Preston. As well as being a kind and loving grandmother, Ruth was also blessed with a great-grandson, Joshua. Ruth Cormier will be missed by her loving family, relatives, friends and acquaintances.

Rest in peace Mom, Grammie Ruth.
A celebration of Ruth's Life will be held on Friday, August 16 at 11 a.m. in Moose Jaw Funeral Home with Dave Foley officiating. As an expression of sympathy, donations in Ruth's name may be made to the Providence Place Resident's Council, 100 - 2nd Ave NE, Moose Jaw, SK S6H 1B8.
Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. Todd Sjoberg, Funeral Director 306-693-4550, www.moosejawfuneralhome.com

Death



Catherine Jane Smith Lowd 1925-2019

Catherine, our Mum, Mimi, Aunt and friend, went to be with her Lord on August 6, 2019 at Grace Village. She leaves to mourn her son Scott (Jennifer) and her grandchildren Brittany, Nathaniel (Kaitlin) and Brianna, as well as her nieces and nephews. Predeceased by her husband Gerald, her brothers Bryce (Dorothy) and John Smith and her sisters Geraldine Spaulding (Clifford), and Edythe Bradley (Bruce).

The visitation will be held on Saturday, August 17th at Grace Village (1515 rue Pleasant View, Sherbrooke, Qc.) at 1:00 p.m. followed by the funeral service at 2:00 p.m., and a reception at the same location. Interment at the Eaton Cemetery at 4:30 p.m.

In lieu of flowers the family would appreciate donations to the W. J. Klinck Foundation.

Thank you to the staff at Grace Village for the care they provided.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Datebook

WEDNESDAY, AUGUST 14, 2019

Today is the 226th day of 2019 and the 55th day of summer.

TODAY'S HISTORY: In 1935, President Franklin D. Roosevelt signed the Social Security Act, guaranteeing income for retirees and the unemployed.

In 1945, President Harry S. Truman announced Japan's unconditional surrender and the end of World War II.

In 2003, 50 million people in the northeastern United States and Ontario, Canada, lost power in one of the largest blackouts in history.

TODAY'S BIRTHDAYS: Doc Holliday (1851-1887), gambler; David Crosby (1941-), singer-songwriter; Steve Martin (1945-), actor/writer/musician; Danielle Steel (1947-), novelist; Gary Larson (1950-), cartoonist; James Horner (1953-2015), composer; Rusty Wallace (1956-), race car driver; Earvin "Magic" Johnson (1959-), basketball player/businessman; Halle Berry (1966-), actress; Mila Kunis (1983-), actress; Tim Tebow (1987-), athlete/sportscaster.

TODAY'S FACT: The New York Times

reported in 1945 that an estimated 2 million people flooded New York City's Times Square following the announcement of the Japanese surrender in World War II.

TODAY'S SPORTS: In 2007, Braves manager Bobby Cox was ejected from his 132nd major league game, passing the record previously set by John McGraw. Cox retired in 2010 with 158 regular season and three post-season ejections in his career.

TODAY'S QUOTE: "You know, a lot of people come to me and they say, 'Steve, how can you be so funny?' There's a secret to it, it's no big deal. Before I go out, I put a slice of bologna in each of my shoes. So when I'm on stage, I feel funny." - Steve Martin

TODAY'S NUMBER: \$47 million - price paid by pop legend Michael Jackson when he purchased the company that owned the publishing rights to the majority of the Beatles' catalog (251 compositions) on this day in 1985.

TODAY'S MOON: Between first quarter moon (Aug. 7) and full moon (Aug. 15).

As temperatures rise, readers should head inside



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

Hello again, dear readers, and welcome to the oh-yes-it's-summer edition of our monthly letters column. To date, it seems no part of the nation has escaped the unique misery of a heat wave. Please be careful when temperatures spike, and take all local heat advisories seriously. It's easy to underestimate the

effects of extreme heat and humidity and to overestimate our ability to withstand it. Limit outdoor or strenuous activities, particularly during the peak hours of 10 a.m. to 4 p.m. Use air conditioners or fans if you have them; if not, take refuge in an air-conditioned mall or a cooling center. Drink plenty of water and avoid alcohol. Check in with children and the aged, who are particularly susceptible to heat exhaustion and heat stroke.

And now, your letters. We recently answered questions about a study that found the sustained scent of a tempting food had the unexpected effect of actually easing the craving for a snack. Several of you wrote to say you've experienced this phenomenon, including a reader from Grand Island, Nebraska. After two years of working in an ice cream shop, she developed an aversion to the sweet treats she was working with. "Now, 40 years later, I finally like small servings of ice cream occasionally,

but no gooey toppings - ever!" she wrote. "I would joke that the perfect diet would require me to work full time for two years each for a bakery, a pizza parlor, a steakhouse, etc. Aversion therapy does work! Ice cream may not have much aroma, but the sensory overload did the trick!"

A column about the fairly new idea of creating an advanced care directive specific to a dementia diagnosis rang true for many of you, who said it prompted important conversations and even some decision-making. We heard from a paramedic in Terre Haute, Indiana, who asked families and caregivers to honor the advanced care directives of their loved ones. "Too many times I have been called on a respiratory/cardiac arrest, and when I ask if the patient has a DNR (do not resuscitate) or advanced directive, there is one person who says, 'Yes, she has a DNR, but I'm revoking it. Save her!'" he wrote. "I understand that sudden death can cause people to act con-

trary to people's wishes. However, if a person has taken the time to have their wishes properly documented, family members and caregivers need to understand that this is what the patient wants."

We continue to hear from older readers about their pets and the companionship, joy and sense of purpose they bring. An 87-year-old reader in Simi Valley, California, says her two small dogs get her out of the house for a walk several times a day. "The exercise keeps my legs moving so I don't end up in a wheelchair," she wrote.

Thank you, as ever, for taking the time to write to us. We look forward to hearing from you, and will see you back here next month.

(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: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Torn between marriage vows and well-being

Dear Annie

Wednesday, August 14, 2019

Dear Annie: I have a problem I've been struggling with for quite some time. I am in my late 40s and have been married for over half my life. For the past five years or so, I have been dealing with the idea that I may be gay. I have always kind of felt that I could be, but I went the traditional route and married a man.

Thinking back to my younger days, I was never interested much in the boys or men around me. I dated many, but I never felt anything for them. My husband was different; I actually did have feelings for him, and I still love him very much. I have told him that I have these other feelings and can't help but fear I may have missed out on something more. He's heard me out but hasn't had much to say about it. Instead, he's pretty much just ignored it, probably hoping it would go away.

My husband and I have not been very close for quite a while, so I can't help thinking I could be experiencing a life more in line with my true self. I don't want to have any regrets when I get older, but I did make a commitment when I married. I am so torn. I have been seeing a therapist, but we never seem to talk much about this issue. She plays it off, almost the same as

my husband. Am I making too much of this? Should I give up thinking about it? Do you have any suggestions as to how I could deal with this? — Married, But Maybe the Grass Is Greener on the Other Side

Dear Married, But: It sounds like you are not so much thinking about these things but rather feeling feelings, and no one is listening to you. If your husband and therapist are both sweeping your feelings under the rug, it's time to find a new therapist. Seek the help of a real professional and go to marriage counseling with your husband. Whether this is a midlife crisis or your real feelings, you deserve to be happy.

Dear Annie: I read your column every day, and though sometimes I do not agree with your advice, I take it with the grain of salt that I should. However, we are on the same page when it comes to the terrible practice of smashing wedding cake in people's faces. "Playful" is absolutely wrong in defending this practice.

I attended a beautiful wedding recently. It was quite lavish and tasteful — until the cake cutting took place. The bride and groom smacked each other in the face with cake. They then proceeded to grab handfuls of the icing-loaded cake and throw it at each other, much to the disapproval of guests close by. The attendants then

got into the melee and also started to toss cake and icing. Before long, the room was smeared with icing and cake, and some guests were so disgusted that they got up and left.

After the cake was destroyed and the wild tossing was over, the bride, groom and attendants were covered with the mess, as was the whole room, and they all were exhausted.

The beautiful expensive gowns of the bride and bridesmaids and the expensive rented tux of the groomsmen were all covered in cake crumbs and gooey icing. I can't describe how I felt after that display of utter waste and foolishness.

At another recent wedding, I remarked that if people were going to smear each other with cake, I might just leave. This is a total abandonment of common sense. — Disgusted by Cake Smashing

Dear Disgusted: Well put.

"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.

Try a deluxe burger this barbecue season

(NC) With but a few key ingredients including a duxelle, sharp Comté cheese and a homemade sauce — this is the kind of burger that needs nothing else.

Duxelle Burger

Prep time: 15 minutes

Cook time: 30 minutes

Serves: 4

Ingredients:

Duxelle:

1 tbsp butter

1 shallot

1 clove garlic

1/2 lb mixed mushrooms (shiitake, crimini, porcini)

Pinch dried thyme

Salt and pepper, to taste

Burger sauce:

1/4 cup mayonnaise

1 1/2 tsp. Dijon

1 small shallot

3 gherkins

Patty:

1 lb. medium ground beef

salt and pepper

1 cup finely grated Comté cheese

Assembly:

4 hamburger buns 1 cup arugula

salt and pepper

Directions:

For the duxelle, pulse shallots and garlic in a food processor until finely minced. Heat butter in a large skillet over medium heat. Add the shallots and garlic; cook 3 minutes until soft. Pulse the mushrooms in the food processor until finely chopped. Add the mushrooms to the skillet with a pinch of salt and thyme. Cook, stirring frequently,

until the mushrooms have released their liquid, about 15 minutes. Season to taste with salt and pepper.

For the burger sauce, add the ingredients to a food processor. Process until well combined. Refrigerate until use.

Divide ground beef into four portions. Season with a pinch of salt and pepper. Form each into a ball then flatten into a patty. Season well all over with salt and pepper. Heat oil in a heavy cast-iron skillet over medium-high heat. Cook two burgers at a time until well browned, about 3 to 5 minutes. Flip and cook another 3 to 5 minutes, depending on desired doneness. Repeat with remaining burgers. Top with cheese, cover and let steam until cheese is melted. If desired, toast buns.

To serve, top bottom bun with duxelle, a burger and arugula. Spread burger sauce on top bun and enjoy.

65th Wedding Anniversary



*Freda Clark
&
Evan Coote*



1954 - 2019

65 years of marriage
780 months of hugs
3390 weeks of laughter
23,725 days of patience
569,400 hours of love.



Freda Clark & Evan Coote of South Durham will be celebrating their 65th on August 14, 2019. They were married on this day in 1954.

Family and friends wish to congratulate the couple and best wishes for health and happiness.



Send your social notes to: classad@sherbrookerecord.com

CELEBRITY CIPHER

by Luis Campos

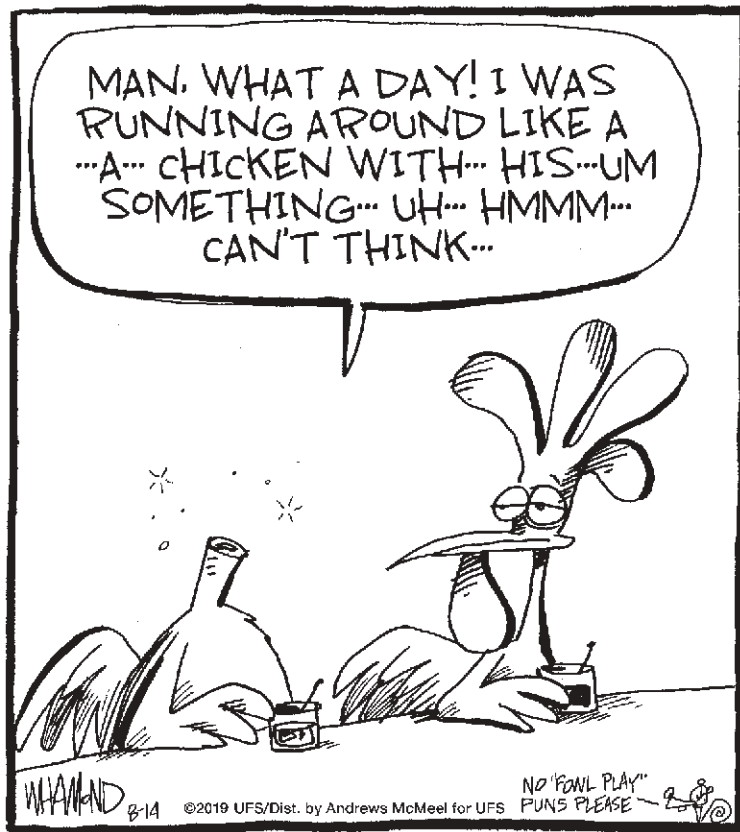
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" UH RUSVA, N ILHA AU INH. UDD
RUSVA, N ILHA AU GZ L GZAAZV
WZVOUH. AZHHNO NO L WLAX AU PC
DSASVZ." — PLVNL OXLVLWUML

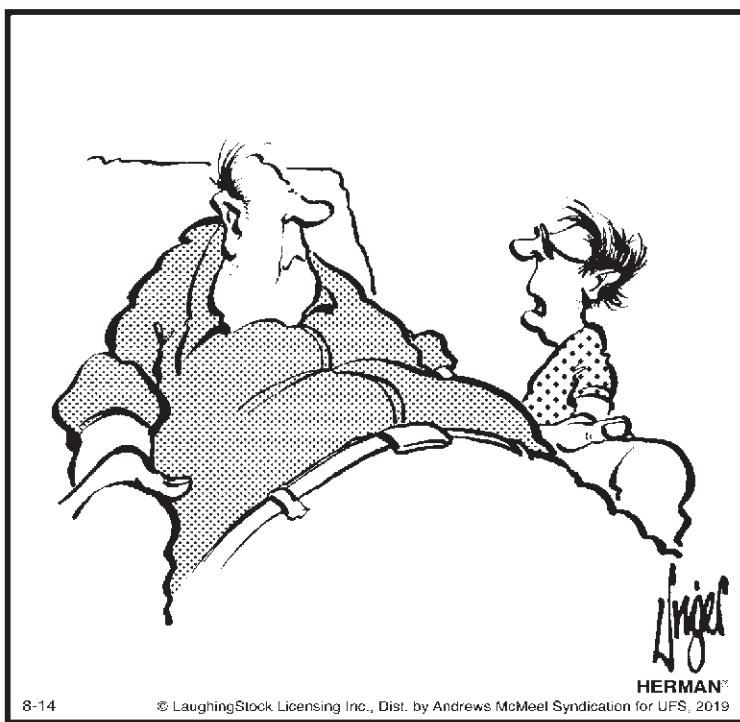
Previous Solution: "A successful competition for me is always going out there and putting 100 percent into whatever I'm doing." — Simone Biles

TODAY'S CLUE: *A sjenba O*

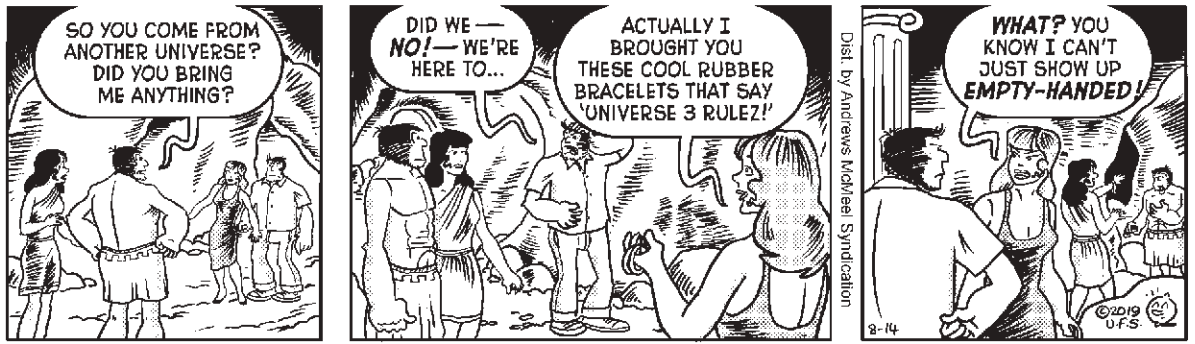
REALITY CHECK



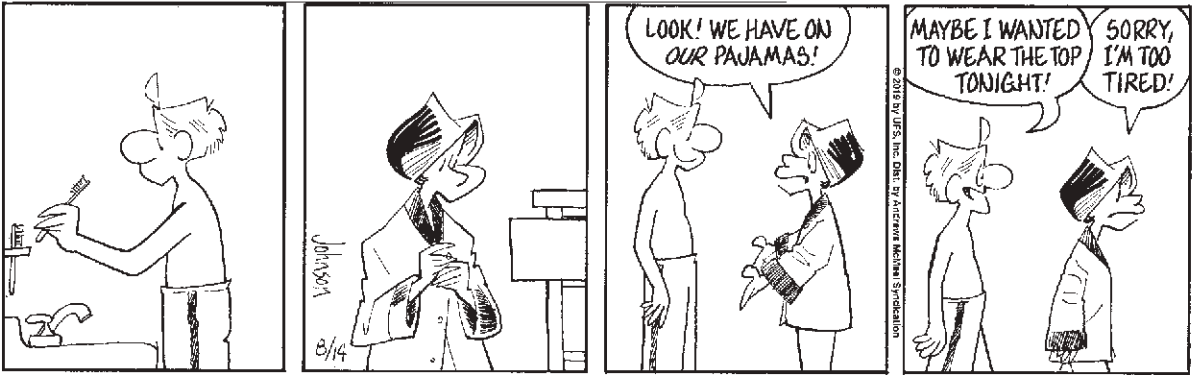
HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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

Check for Health Check™

Diabetes The New EPIDEMIC



Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

REACT NOW!

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON


40 Wanted to rent
 LOOKING FOR A ROOM, quiet man, non-smoking, in Lennoxville. Call 819-564-8388.

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

THE RECORD
 OUR CLASSIFIEDS GET RESULTS!
 Call today today to place your classified ad!
 819-569-9525
 450-242-1188

Do you have
CASH
in your attic?

Turn those unwanted items into cash.
Sell them in the Classifieds!
 They may be just the thing someone else is looking for.



THE RECORD 819-569-9525
 450-242-1188

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

As temperatures rise, readers should head inside



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

Several of you wrote to say you've experienced this phenomenon, including a reader from Grand Island, Nebraska. After two years of working in an ice cream shop, she developed an aversion to the sweet treats she was working with. "Now, 40 years later, I finally like small servings of ice cream occasionally, but no gooey toppings – ever!" she wrote. "I would joke that the perfect diet would require me to work full time for two years each for a bakery, a pizza parlor, a steakhouse, etc. Aversion therapy does work! Ice cream may not have much aroma, but the sensory overload did the trick!"

A column about the fairly new idea of creating an advanced care directive specific to a dementia diagnosis rang true for many of you, who said it prompted important conversations and even some decision-making. We heard from a paramedic in Terre Haute, Indiana, who asked families and caregivers to honor the advanced care directives of their loved ones. "Too many times I have been called on a respiratory/cardiac arrest, and when I ask if the patient has a DNR (do not resuscitate) or advanced directive, there is one person who says, 'Yes, she has a DNR, but I'm revoking it. Save her!'" he wrote. "I understand that sudden death can cause people to act contrary to people's wishes. However, if a person has taken the time to have their wishes properly documented, family members and caregivers need to understand that this is what the patient wants."

We continue to hear from older readers about their pets and the companionship, joy and sense of purpose they bring. An 87-year-old reader in Simi Valley, California, says her two small dogs get her out of the house for a walk several times a day. "The exercise keeps my legs moving so I don't end up in a wheelchair," she wrote.

Thank you, as ever, for taking the time to write to us. We look forward to hearing from you, and will see you back here next month.

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

Hello again, dear readers, and welcome to the oh-yes-it's-summer edition of our monthly letters column. To date, it seems no part of the nation has escaped the unique misery of a heat wave. Please be careful when temperatures spike, and take all local heat advisories seriously. It's easy to underestimate the effects of extreme heat and humidity and to overestimate our ability to withstand it. Limit outdoor or strenuous activities, particularly during the peak hours of 10 a.m. to 4 p.m. Use air conditioners or fans if you have them; if not, take refuge in an air-conditioned mall or a cooling center. Drink plenty of water and avoid alcohol. Check in with children and the aged, who are particularly susceptible to heat exhaustion and heat stroke.

And now, your letters. We recently answered questions about a study that found the sustained scent of a tempting food had the unexpected effect of actually easing the craving for a snack.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆☆

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

8/14 © 2019 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

101

Math solves problems

- You have 9 teenage boys and a few seconds to divide a pizza equally. Too late.

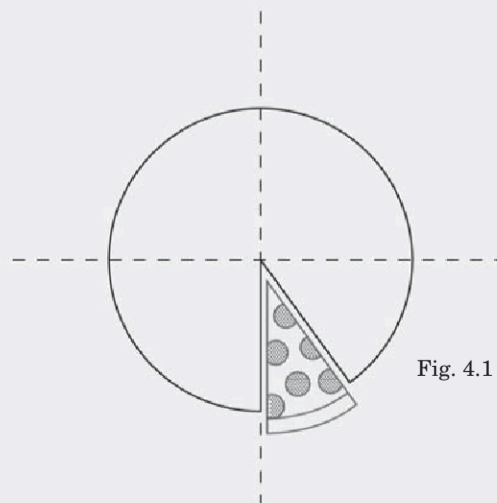


Fig. 4.1



> For millions of Canadians, *easy as 1-2-3* isn't. If you need help with everyday math, visit mathliteracy.ca or call 1-800-303-1004.

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, AUGUST 14, 2019

- ACROSS**
- 1 Measurement system
 - 7 Hangs listlessly
 - 13 Not genuine
 - 14 Scolding
 - 15 Bach contemporary
 - 16 Attractive
 - 17 Water, on the Seine
 - 18 Arm opposite
 - 19 Portuguese title of respect
 - 22 Chinese chairman
 - 24 On a rampage
 - 28 Afore
 - 29 Memorial Day weekend race
 - 30 No, to Fraulein
 - 31 Storage container
 - 32 Weather-vane dir.
 - 33 Eucalyptus muncher
 - 34 Give feedback
- 36 Grade school org.**
- 38 Reno loc.**
- 39 Cuzco founder**
- 40 Remain in one spot**
- 41 Fury**
- 42 Stair part**
- 43 Tilde neighbor**
- 44 Curvy letter**
- 45 Pipe material**
- 47 Lock turner**
- 50 Noose in trains**
- 57 Maria Conchita**
- 58 Type-setting mistakes**
- 59 Chanteuse**
- 60 Oozed**
- DOWN**
- 1 Dashboard info
 - 2 That, in Acapulco
 - 3 Decade
 - 4 Uncouth
 - 5 Inkling

Answer to Previous Puzzle

T	O	Y		K	I	D	D		G	I	L	A
A	R	I		M	O	U	E		I	C	E	S
R	E	P		A	N	E	W		B	O	N	E
P	O	S	E	R					G	E	N	O
			A	T	A		C	A	D			
B	U	M	S		D	R	U	B		C	O	P
A	G	U	E		D	E	C			H	A	L
I	L	L			I	N	K			F	E	T
L	Y	E			I	N	T	O		U	R	S
			L	A	G		O	D	D			
Y	E	M	E	N					A	D	L	I
A	D	A	M		O	D	I	N		O	B	I
K	I	L	O		W	A	L	E		L	E	D
S	E	E	N		E	Y	E	S		A	X	E

- 6 Newspaper features
- 7 Position, as troops
- 8 Like some steaks
- 9 Spaghetti sauce herb
- 10 Frequently, in a poem
- 11 Stock option
- 12 Cunning or wily
- 19 Wreckage
- 20 Familiarize
- 21 Threaten
- 23 Pros
- 25 Cruel dude
- 26 Fuel carriers
- 27 Dishonest person
- 29 Adherent
- 33 Scarpetta or Starr
- 35 Setting a limit on
- 37 Undertakes
- 40 Zone
- 46 Bud holder
- 48 Blarney Stone site
- 49 Antiquity
- 50 Refrain syllables
- 51 Muhammad —
- 52 Howard or Perlman
- 54 Sleep briefly
- 55 Paris season
- 56 Boy

1	2	3	4	5	6	7	8	9	10	11	12	
13						14						
15						16						
			17			18						
19	20	21			22	23			24	25	26	27
28				29					30			
31				32				33				
34			35			36	37			38		
39					40					41		
42					43					44		
			45	46			47	48	49			
50	51	52					53			54	55	56
57							58					
59							60					

Take pride in what you do this year. Choose to be meticulous and patient and to walk away from extravagant or unnecessary situations or expenses. Put your energy toward improving your life, relationships and health. Aim to lessen stress and to gain physical strength. Make romance a priority.

LEO (July 23-Aug. 22) — Focus on productivity. Get along with others and avoid letting your emotions take charge in professional situations or when you are making decisions that can lead to trouble with authority.

VIRGO (Aug. 23-Sept. 22) — Let others do as they please, and get on with your own business. Don't give anyone the upper hand in situations that concern money, home or partnerships. Strive for equality and fair play.

LIBRA (Sept. 23-Oct. 23) — Get into the swing of things and take part in events that excite you. Updating your appearance or consorting with people who motivate and inspire you should be your focus.

SCORPIO (Oct. 24-Nov. 22) — Take care of business before someone complains or tries to take charge. A change may not be expected or wanted, but it should be considered and dealt with responsibly.

SAGITTARIUS (Nov. 23-Dec. 21) — Personal gains and improvements are heading in your direction. Don't miss out because you are too busy doing things for someone else. Upgrade, update and outdo. Romance is in the stars.

WEDNESDAY, AUGUST 14, 2019

Devious opponents can be sneaky

By Phillip Alder

Winston Duke, a Trinidadian actor, said, "The panther is sleek. The panther is sneaky. The panther is covert. Meanwhile, the gorilla will show up and bang on his chest."

Some bridge players are like gorillas, and others resemble panthers; it helps to know who is who. In today's deal, for example, South is in six spades. West leads the diamond jack. Declarer wins with his ace, plays a heart to dummy's king and runs the spade jack. When that wins the trick, how should South continue?

North preferred to raise spades with only three rather than rebid one no-trump with two low diamonds. This prompted South immediately to launch (Roman Key Card) Blackwood.

If the spade finesse is working, declarer has 12 top tricks: five spades, two hearts, three diamonds and two clubs. But if he runs the spade 10 at trick three, he will learn that West is a panther, having made a sneaky duck. West will take the trick and return his last spade to defeat the contract. South would need the club finesse to work, and, as you can see, it isn't.

However, South should realize that as

CAPRICORN (Dec. 22-Jan. 19) — Size up whatever situation you face and make the necessary adjustments. Emotions and money won't mix well. Avoid joint ventures that are risky or could potentially ruin a relationship.

AQUARIUS (Jan. 20-Feb. 19) — Express your thoughts, take action and do what you promised you'd do. Set the standard instead of being subject to someone else's rules. Romance is highlighted.

PISCES (Feb. 20-March 20) — Stick to what's essential. Don't go overboard or let anyone push you into something outlandish. Discipline will be required if you want to get things done. Avoid temptation.

ARIES (March 21-April 19) — Head in a direction that you feel drawn to and stick to the people you love to be around. Much can change if you follow your heart. Romance is encouraged.

TAURUS (April 20-May 20) — Change can be expected. Be careful how you proceed and whom you trust. Take your time and focus on detail, precision, facts and truth. Discipline will pay off.

GEMINI (May 21-June 20) — Use your intelligence, and make choices based on what you see, not on what you hear. Home improvements and romance will enhance your personal life and lead to positive change.

CANCER (June 21-July 22) — You'll be drawn to unusual people and events, but before you immerse yourself in someone else's beliefs or lifestyle, take a moment to think about it. Don't be fooled into thinking the grass is greener elsewhere.

				North	08-14-19	
				♠	J 10 3	
				♥	A K 8 5 4	
				♦	5 2	
				♣	A J 6	
West				East		
♠	K 7 2				♠	6 4
♥	Q 10 9 6 2				♥	J 7
♦	J 10 8				♦	9 7 6 4 3
♣	9 5				♣	Q 10 8 3
				South		
				♠	A Q 9 8 5	
				♥	3	
				♦	A K Q	
				♣	K 7 4 2	
				Dealer: North		
				Vulnerable: Both		
South	West	North	East			
		1♥	Pass			
1♠	Pass	2♠	Pass			
4NT	Pass	5♥	Pass			
6♠	Pass	Pass	Pass			
				Opening lead: ♦ J		

long as spades are 3-2, he can afford one loser there (and still has chances if East began with four trumps). So, at trick three, he plays a spade to his ace. He continues by cashing his two remaining diamond winners, discarding a club from the board. He leads a club to the ace, throws a club on the heart ace, plays a club to the king and ruffs his last club on the board. Declarer loses only one trump trick and feels like banging his chest in good gorilla fashion!