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TUESDAY, MAY 16, 2017

Bridge tensions ease with new detour, pedestrian information

By Gordon Lambie

Caroline Gravel, Director of the City of Sherbrooke's Urban Infrastructure Division, says that Glenday Road will be at least partially open to traffic when the time comes for the Bishop's Bridge to close this summer. The city received confirmation yesterday afternoon that the work will begin June 23 with one week of alternating traffic before closing completely for six weeks of reconstruction work.

"People will be able to pass," Gravel said. "The two will not be closed at the same time; that is certain."

The Urban Infrastructure Director explained that although part of Glenday is currently closed in connection with the work on the Huntingville water connection, the road will not be closed to all traffic for long. This, she said, will make it a viable option over the eight week period when College Street is partially or completely closed for the reconstruction of the Bishop's Bridge.

"The window for doing work is very short, so it is certain that the work will start during the eight weeks," Gravel said, although she did not clarify when the projects on Galt East, Bowen South, and St-Francis will begin. "We will advise the citizens of where to go to get where they want to be. We do not want to send drivers from one detour right into another."

Lennoxville Borough President David Price added that the city now has confirmation that pedestrians will be

CONT'D ON PAGE 3

Ascot Masons celebrate 150 years



GORDON LAMBIE

By Gordon Lambie

The Freemasons of Ascot Masonic Lodge, number 30, welcomed visitors from as far away as Houston, Texas to a special reconsecration ceremony held in Lennoxville on Saturday afternoon in recognition of that lodge's 150th anniversary.

"This lodge actually predates confederation," noted James Ross, Grand Master of the Grand Lodge of Quebec, who was present to preside over the ceremony recognizing the fraternity's milestone. Over the course of the afternoon different members of the assembly made a point of highlighting the fact that the lodge predates the formation

of Canada by several months and that its founders played an important role in separating the Grand Lodge of Quebec from the Grand Lodge of Canada.

The reconsecration ceremony, itself, involved the pouring of small amounts of corn, wine, olive oil, and salt onto a small model of a Masonic Temple. Each of the components has its own symbolic meaning (plenty, joy, peace, and friendship, respectively) and would traditionally have been scattered about the temple, but the use of the model allows for the same symbolic effect without the cleanup afterward.

Ross explained that the Freemasons trace their traditional history back to the builders of the Temple of David in

Jerusalem and explained that the four components of the ceremony are used because they are thought to have been the wages of those original stonemasons. Although Ross pointed out that the various branches of the fraternity cannot actually trace the history of freemasonry back that far, he noted that Masons are known to have played a significant role in human history over the last several hundred years.

"We really don't know when our actual beginnings are," the Grand Master said.

"We're not a secret society, we're a society with secrets," said local Mason

CONT'D ON PAGE 4

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TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 21
LOW OF 7



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 28
LOW OF 20



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 32
LOW OF 18



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 26
LOW OF 4



SATURDAY:
SUNNY

HIGH OF 20
LOW OF 7

Learn, practice, adjust, repeat



DISHPAN HANDS

SHEILA QUINN

Learn, Practice, Adjust, Repeat.

Were these four steps towards understanding offered by:

- A) A Lacrosse coach
- B) A musician specializing in hammer dulcimer and flute
- C) A children's author (including *The Tale of Rosy Bun-Bun*)
- D) The husband of a CÉGEP-level psychology teacher
- E) The father of a grade-school aged daughter
- F) Someone with Dwarfism
- G) A child from a family of six children
- H) Someone who spent part of their childhood growing up in the Townships
- I) All of the above

You probably had a hunch that I was leaning towards "i"; if so, you are correct.

All of those features are some significant elements in the life of Frank (François) Verpaelst - now living in Montreal - who has just self-published his memoirs, a powerful paperback entitled "Tales of a Gutsy Dwarf".

As mentioned, Frank is one of six children. He is also one of three (Frank, a brother and their only sister) from that family who have Dwarfism. He and his wife Bonnie (yes, the CÉGEP-level psychology teacher mentioned above) live in Montreal (no, Bonnie does not have Dwarfism), with their daughter, Annika (no, Annika does not have Dwarfism either), where they inspire one another through their love of music, the arts, and generally being witty, brilliant folk.

Frank's book takes us immediately to places we don't expect. He outlines forms of bullying that are almost impossible to imagine - including that of a fellow patient on one of Frank's many long

stays in hospital. There is zero word-mincing, but there is most definite reflection and calculated retaliation that brings readers to the raw place that some people forget is a part of childhood (and that we find hard to fathom in children's hospital wards).

Learning to find his ground in situations that were once all-too-common in the medical world, that border on justified freak show exhibit, have produced a person who has an awareness of how one cultivates dignity, pride and self-respect while being called upon as a specimen, a study, a category, a check box.

Frank takes us beyond check boxes, beyond expectations, beyond limitations, while sharing a great love and understanding related to his upbringing, appreciation and humour related to his observations, and also boldness and authenticity when naming some of the less pleasant (or downright nasty) experiences he has gifted his readers with a window into.

Exploring self-esteem and how to manage in a world inundated with imagery telling us who/how/what we're supposed to be, Frank Verpaelst makes no bones about calling out mullarkey particularly on how people with disabilities are often told to cope. Instead of hanging his head and taking all of the stares, the comments, the mistreatment with a mountain of salt, he actively sorts his surroundings and his community into what is nourishing to him as a person, all the while naming what doesn't work out there in the land of make-believe (yeah, that's pretty broad chunk of society). On this topic he states, "It's not the person with low self-esteem who

needs the most help, it's those nasty ninety-nine people who need a lesson in manners. It's those ninety-nine bullies who are the ones who need serious therapy and lessons on how to treat people better."

This book is so well-rounded when it comes to topics - it's reading that takes us to places that are right around us, yet that we can't visit unless invited in. Frank has taken the time to bring us there. He brings us through rock 'n roll, the discomfort of dating (if you haven't felt discomfort while dating, you were probably not paying attention), purple aliens, toddlers, determination, self-perception, chess, Lacrosse, creativity, family memories and more.

Tales of a Gutsy Dwarf is an invitation to the beautiful fringe. An invitation that will hit close to home for many, and offers a viewpoint that only Frank could take us to, and no, that's not a 'short' joke, because Frank takes us far beyond any of the heights you or I have witnessed, with his unique viewpoint, and the time and effort he has put into sharing with us.

The book is currently available on www.lulu.com - although a simple search of Tales of a Gutsy Dwarf and/or Frank Verpaelst's name will yield the link where the book is featured for sale at the modest price of \$12.95.

Congratulations Frank Verpaelst on doing the Townships proud! With any luck, in time, a book tour will take place...and readers of *The Record* will be among the first to know.



FRANK (FRANÇOIS) VERPAELST

Ben by Daniel Shelton



LOCAL NEWS

The Sherbrooke downtown area was ranked eighth in Quebec and is the only one in the top ten not to be located in Montreal.

Public breach leads to arrest

Record staff
SHERBROOKE

A 37-year old Magog Man faces charges of breach of commitment after being found extremely inebriated on a park bench in downtown Magog.

At 5:00 a.m. Monday, police officers from the Memphremagog police received information that there was an individual sitting on a bench and that he appeared to be injured.

Police located the man in question on

a bench on Principale West with scratches on his face that appeared similar to someone who had fallen on the ground. He was so intoxicated that he could hardly speak and could not identify himself.

Police eventually identified the man and learned that he had been charged with impaired driving in March and had signed a promise to not consume alcohol.

He was immediately arrested and appeared Monday in Sherbrooke

Sherbrooke ranks high in new music scene

Record staff
SHERBROOKE

Sherbrooke's downtown area has been named one of the Quebec neighborhoods where there are the most new authors, composers and music publishers by the Society of Composers, Authors and Music Publishers of Canada (SOCAN). SOCAN compiles data on music creators to better understand where music is made in the country.

The Sherbrooke downtown area was ranked eighth in Quebec and is the only one in the top ten not to be located in Montreal.

The listing represents the first time that SOCAN has carried on this kind of research, focusing on "new" SOCAN members, who have become members in the past year.

Last year, the organization carried out a survey that included the neighborhoods that had the highest number of

SOCAN-licensed professional creators in which Sherbrooke did not even rank in the top 15.

The results of this year's compilation show that more new music creators live in Montreal's Rosemont neighborhood than in any other neighborhood in Quebec. It is described as a place in the east-central Montreal area that is full of musical and business talents, a press release said.

"Not surprisingly, neighborhoods with flourishing arts communities, theaters and other elements of Canada's musical ecosystem are also the fastest growing," said SOCAN CEO Eric Baptiste.

"It's hard to say if it's the neighborhood that attracts creators and music publishers or if they're the ones who built the neighborhood, but one thing is certain, there's a symbiotic relationship there. Music undoubtedly plays a key role in the fact that these communities are so dynamic and cool."

Masonic Foundation donates to Bedford health services initiative



COURTESY

The Masonic Foundation of Quebec, Stanbridge Lodge 19 recently gave a donation of \$675 to the Lévesque Craighead Foundation. The cheque was presented by Fred Gilman, representing the Masonic Foundation, to Yves Lévesque, a director of the Levesque Craighead Foundation. Founded in 1988 in honour of two former Bedford Mayors, Richard W. Craighead (mayor from 1968-1971) and Joseph Oscar Lévesque (mayor from 1961-1966), the foundation has a mission to maintain and develop health care offered to clientele in Bedford and the surrounding region.

Merry Pier boat launch project a success

Record staff
SHERBROOKE

Thanks to the success of a pilot project at Magog's MacPherson Pier the city will have its downtown sailboat

launch ramp. The project allowed for the launching of 23 boats.

Although some at Town Hall were uncertain about the feasibility of launching from the wharf, the pilot project that ran last week from Thursday to Sat-

urday seems to have alleviated all doubts.

A team of volunteers that included Councillor Jean-Guy Gingras took care of the launchings and everything went smoothly with the help of a crane.

This initiative came about as a result of requests from Magog boat owner who until now had to make a 45-minute drive to the Bryant wharf use the privately-owned facilities of the Merry Club marina with its additional costs.

Bridge tensions

CONT'D FROM PAGE 1

able to cross the bridge throughout the summer.

"We will have a pedestrian crossing"

Price said, expressing confusion about why the transport ministry has not made the information public in light of the obvious concern expressed in the community over the accessibility of the

Bishop's campus over the summer.

Based on the timeline provided to the city, the Borough President estimated that work on the bridge will continue until around the 21 of August. Price has

previously remarked that the possible end date of August 18 was "cutting it close" with regard to the start of the school year at Champlain College.

Official Remembrance Ceremony of new tulip garden at the Richmond legion

By Claudia Villemaire
RICHMOND

Blue skies and pale sunshine helped turn the Marjorie Lancaster Memorial Garden inauguration ceremony at the Legion Branch 15 into a memorable event on Saturday, May 13. With a brilliant display of hundreds of red and white tulips donated through the Canada's 150th anniversary Garden project.

"Marjorie had already entered this Legion into the government sponsored project which encouraged development of similar projects across the nation," explained Debbie Knowles, president at this branch. Lancaster, whose support and tireless energy for community groups such as the Women's Institute, local schools, to name just a couple, had,

over the years, recognized this committed volunteer with several awards as well as the Lieutenant Governor's Silver medal. Her sudden passing is still keenly felt by all who knew her.

Saturday's ceremonies included a full Remembrance Service complete with marching on the colors, (flags), prayers, hymns, the Last Post and Moment of Silence. The Lancaster family were proud to unveil a stone memorial to their mother and townsfolk assembled for the occasion will long remember the hundreds of silently bowing the bright red and white tulips in full bloom.

Vicki, Scott and Heidi, daughters and son of Marjorie Lancaster were present for the ceremony. Also present were Melbourn Township Mayor James Johnston and Ulverton councillor Robert Belanger, Alain Rayes, Federal Conservative deputy

was represented by Antoine Tardif. "We are very proud of our new garden and especially of the stone memorial to our past president. She was a long-time member of this Legion, always ready to

help wherever needed and was one of the first female Legion presidents in the country and definitely the first here. We still miss her greatly," commented Debbie Knowles, President.



CLAUDIA VILLEMAIRE

The color party under the leadership of Simon Langeveld

Jacques-Cartier Bridge opens to cyclists Wednesday

Record staff
SHERBROOKE

Sherbrooke's Jacques-Cartier Bridge will be accessible to cyclists as of Wednesday as marking will be carried out during the night of Tuesday to Wednesday to develop the path. Unidirectional bicycle paths will run alongside motorway lanes. The southbound lane will terminate at the end of the bridge. Last year, a pilot project carried out resulted in some significant traffic problems that the city's Urban Infrastructure Department has been trying to solve.

Ascot Masons

CONT'D FROM PAGE 1

David McCormack, explaining that those secrets form the basis of how Masons recognize each other and differentiate themselves from others. McCormack, a third generation Mason, described freemasonry as a system of ethics based on allegory and symbolism, with the belief in a higher power as a central principle. While structured around historical guilds of stonemasons, he said that the groups now serve a largely philanthropic role; trying to make the world a better place, each in his own way.

Ross, for his part, highlighted the fact that many of the fathers of the American Revolution as well as revolutionaries like Simón Bolívar were known to have been Masons. The Grand Master speculated that the secretive nature of the Freemasons provided a safe space for freedom fighters to discuss their ideas and argued that the organization has played an important part in the foundation of modern democratic government as a result.

Speaking to the matter of the day, however, Ross invoked another fruitful 150 years for the Ascot Lodge.

"I'm sure none of us will be here," the Grand Master joked.

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Hardy supports burying Northern Pass Hydro Line

By Matthew McCully

Saint-François MNA Guy Hardy announced last week that he supports burying the Hydro line in the Mount Hereford section of the Quebec-New Hampshire Interconnection project, commonly referred to as the Northern Pass project.

The project involves the construction of a 320-kV direct-current transmission line from the Des Cantons substation in Val-Joli to the Franklin substation in southern New Hampshire.

The 79.2 km line would pass through Ascot Corner, alongside Johnville Bog and Forest Park, and around the west side of Mount Hereford before reaching the U.S. border.

The \$125 million project was in-

tended to begin construction this spring and be in service by 2019.

The project is still pending approval from the ministry of environment. Complicating the issue are recommendations from a Bureau d'audiences publiques sur l'environnement (BAPE) hearing made public in February, suggesting Hydro Quebec re-examine the possibility of burying part of the line crossing the Hereford community Forest.

A number of local environmental groups have also been gathering support through the website www.sos-hereford.org, calling on Hydro Quebec to respect the protected green space and bury the line.

Hardy said that after months of deliberation and discussions with support-

ers and opponents of the project, his conclusion was that the majority of the population is not against the project, but wants the Mount Hereford portion buried.

"It's my job to represent the citizens and bring their concerns to the government," Hardy said.

The Saint-François MNA added that he will be delivering his report to Pierre Arcand, Minister of Sustainable Development, the Environment and Parks, relaying the concerns of his constituents.

"The process isn't over," Hardy commented.

Ultimately the decision lies with the minister of environment, he said.



MATTHEW MCCULLY

UdeS campaign hits \$96.8 million

Record staff
SHERBROOKE

As of the end of last week, the Université de Sherbrooke has raised \$95.8 million in its major 'Futures and Passion' financing campaign, of which a major portion came from the university community.

According to Rector Luce Samoïsette, the last campaign, "raised \$6 million

from our employees, students, and so on. This time, we raised \$24 million internally, four times more, it's been a tremendous success and that is important leverage because when we go to the donors with our projects, the first question we are asked is: does the university community believe in it? We are now able to tell them that it believes in it so much that it contributed 24 million.

Members of the academic community and donors met on Friday morning in the library of the Faculty of Law to learn the amount raised since the start of the 2012 Futures and Passions campaign. The library, has been completely renovated at a cost of over \$4 million thanks to the funds raised.

It should be noted that this major funding campaign is the sixth deployed

by the Université de Sherbrooke. The campaign puts forward large-scale projects that have spin-offs in all spheres of society. It is scheduled until 2020.

Samoïsette, who completes her mandate in June, will leave office with a sense of duty accomplished. "I pass the baton on to the new rector (Pierre Cossette) who is very motivated to continue the work, so I am very happy," she said.

Wood chip distribution at Michel-Ledoux ecocentre

Record staff
SHERBROOKE

The City of Sherbrooke is advising the population that the distribution of shredded wood chips is back again this year at the Michel-Ledoux ecocentre.

Those interested in obtaining this material must first make an appointment by contacting the Michel-Ledoux ecocentre at 819-822-6010. The distribution will take place between 7:45 a.m. and 2:30 p.m., from Tuesday to Thursday. A fee of \$5 per visit will be collected by direct payment only: credit or debit card,

regardless of the quantity carried.

Loading must be completed in 45 minutes by the client and the City provides only tools such as shovels and rakes. It is the responsibility of the citizen to provide a trailer, bags or containers to transport his or her load.

Fragmented (ramial) branch wood is a

mixture of residue from grinding fresh wood branches of several species reduced to chips. It has several uses but is used in particular as mulch in horticulture. It also reduces watering requirements and minimizes weed control.

Monsignor Cyr returns from the Vatican

Record staff
SHERBROOKE

Archbishop Luc Cyr of Sherbrooke has returned home following his Ad limina apostolorum visit to Rome which took place from April 20 to May 14.

On two occasions, the gathered bishops had the opportunity to share their experience on issues that concern Quebec, first at a meeting, on Thursday May 4, with Pope Francis and some of his collaborators and then, on Thursday, May

11, with the Pope himself.

These meetings took place in the Apostolic Palace, in Italian, and some twenty people took part. The atmosphere was relaxed and conducive to exchange. The Holy Father usually takes advantage of these opportunities to listen to the subjects submitted to him and invites his collaborators to do the same.

During the first week of his trip, Monsignor Cyr performed a retreat of meditation, prayer and silence with his fellow bishops.

The other two weeks included visits to

and Eucharistic celebrations at the tomb of St. Peter in St. Peter's Basilica in Rome, as well as to the major basilicas of St. John Lateran, Paul's tomb in St. Paul's Basilica outside the Walls and Sainte-Marie-Majeure.

"This visit was for me a great moment of brotherhood and provided me with a privileged contact with the universal Church," Cyr said on his return. "This time of exchange is also an encouragement to act with all our collaborators for the well-being of everybody."

(PHOTO COURTESY ARCHDIOCESE OF SHERBROOKE)



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EDITORIAL

It's time to pause and consider better ways to live.

SCIENCE MATTERS

Long work hours don't work for people or the planet

By David Suzuki

In 1926, U.S. automaker Henry Ford reduced his employees' workweek from six eight-hour days to five, with no pay cuts. It's something workers and labour unions had been calling for, and it followed previous reductions in work schedules that had been as high as 84 to 100 hours over seven days a week.

Ford wasn't responding to worker demands; he was being a businessman. He expected increased productivity and knew workers with more time and money would buy and use the products they were making. It was a way of spurring consumerism and productivity to increase profits — and it succeeded. Ford, then one of America's largest employers, was ahead of his time — most workers in North America and elsewhere didn't get a 40-hour workweek until after the Second World War.

Since standardization of the 40-hour workweek in the mid-20th century, everything has changed but the hours. If anything, many people are working even longer hours, especially in North America. This has severe repercussions for human health and well-being, as well as the environment.

Until the Second World War, it was common for one person in a household, usually the oldest male, to do wage work full time. Now women make up 42 per cent of Canada's full-time workforce. Technology has made a lot of work redundant, with computers and robots doing many tasks previously performed by humans. People get money from bank machines, scan groceries at automated checkouts and book travel online. Many people now spend most or all of their workdays in front of a computer.

Well into the 21st century, we continue to work the same long hours as 20th century labourers, depleting ever more of Earth's resources to produce more goods that we must keep working to buy, use and replace in a seemingly

endless cycle of toil and consumerism.

It's time to pause and consider better ways to live.

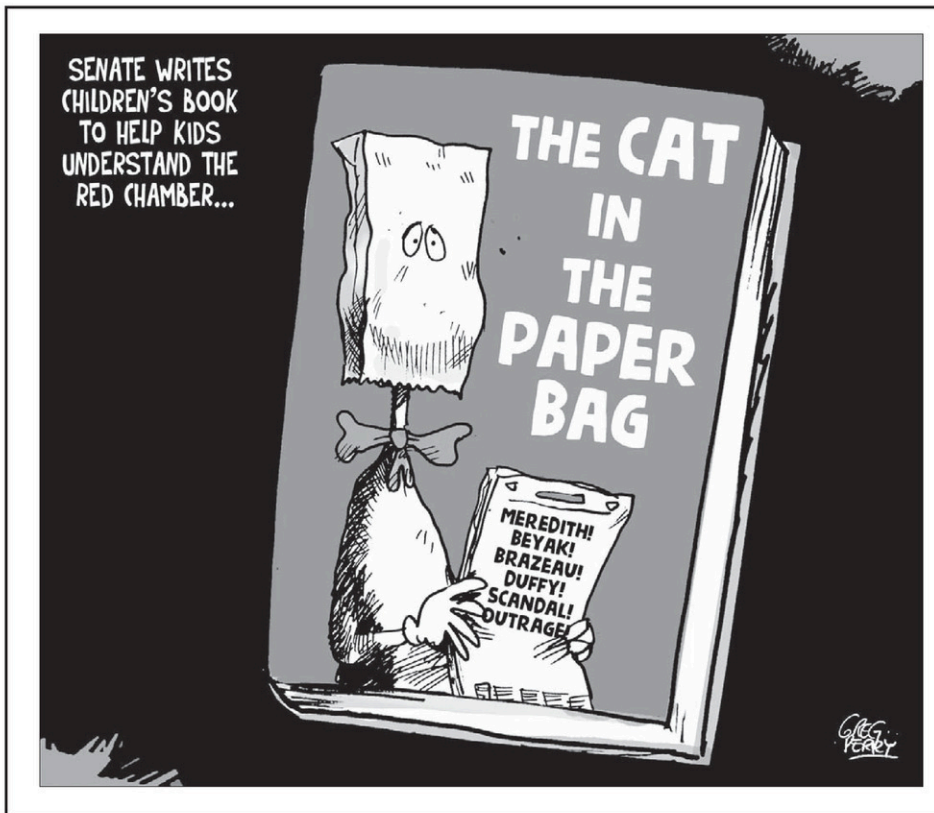
Like shifting from fossil-fuelled lifestyles, with which our consumer-based workweeks are connected, it would have been easier to change had we done so gradually. In 1930, renowned economist John Maynard Keynes predicted people would be working 15-hour weeks within 100 years. We're clearly not on track to achieve that. As we reach the combined tipping points of overpopulation, resource overexploitation, environmental degradation and climate change, we may no longer have the luxury of taking our time to make necessary changes.

Rather than reducing work hours to spur consumerism, as Henry Ford did, we must reduce both. We have to get beyond outdated notions and habits like planned obsolescence, excessive packaging and production of too many unnecessary goods.

The U.K. think tank New Economics Foundation argues that a standard 21-hour workweek would address a number of interconnected problems: "overwork, unemployment, over-consumption, high carbon emissions, low well-being, entrenched inequalities, and the lack of time to live sustainably, to care for each other, and simply to enjoy life." It points out that "the logic of industrial time is out of step with today's conditions, where instant communications and mobile technologies bring new risks and pressures, as well as opportunities."

Economist David Rosnick, author of a 2013 Center for Economic and Policy Research study on work hours and climate change, argues that reducing average annual hours by just 0.5 per cent per year through shorter workweeks and increased vacation would "likely mitigate one-quarter to one-half, if not more, of any warming which is not yet locked-in."

Beyond helping break the cycle of constant consumption and allowing people to focus on things that matter — like



friends, family and time in nature — a shorter workweek would also reduce rush-hour traffic and gridlock, which contribute to pollution and climate change. It could help reduce stress and the health problems that come from modern work practices, such as sitting for long hours at computers. And it would give people more options for family care. (David Suzuki Foundation employees enjoy a four-day workweek.)

A transition won't necessarily be easy, but it's time we stopped applying 20th century concepts and methods to 21st century life. Economic systems that require constant growth on a finite

planet don't make sense. The fact that the world's richest 62 people now have more wealth than the poorest half of the world's population is absurd and tragic.

It's time for a paradigm shift in our economic thinking.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington. David Suzuki's latest book is *Just Cool It!: The Climate Crisis and What We Can Do* (Greystone Books), co-written with Ian Hanington.

Learn more at www.davidsuzuki.org

Letters

DEAR EDITOR

To all my great customers and many distributors over the past 30 years, on behalf of my mom, sister, girlfriend Christine, staff and most of all Sue, the one that made it all work. I would like to give a huge thank you for all the years of great support, thanks again.

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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
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
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Local Sports

As for the women's hockey team, Maxime Gosselin leaves following two years as head coach, and one year as assistant.

Change in leadership for the Cougars

Champlain College Lennoxville has announced a change in head coaches for the men's basketball and women's hockey teams.

Mathieu Beaudoin leaves the position of head coach of the basketball team after five years of loyal service. His professional and family obligations require that he step down.

"Mathieu established very high standards for our basketball team. Under his guidance, the team participated in the Provincial Championships five times and was undefeated in regular season play

the past two years. Mathieu announced his decision to his players last week at an emotional meeting. Mathieu will be missed, but he has prepared well for the turnover, and his recruiting was excellent, so I am convinced that the team will remain competitive" stated the Director of Athletics, Sylvain Laflamme.

The new head coach has already been named. Matt McLean will be the new pilot of the team. Mr. McLean possesses vast experience as a player, and also as an assistant coach with the Bishop's Gaiters.

"When Mathieu Beaudoin announced his departure, we immediately contacted the coaches at B.U. to locate suitable candidates for the position. We were provided with a list of potential individuals, and following a few interviews, our choice was clear" said Mr. Laflamme with conviction.

As for the women's hockey team, Maxime Gosselin leaves following two years as head coach, and one year as assistant. His new professional responsibilities have forced him to resign.

"Maxime provided us with excellent

services and I would like to thank him for his involvement with our women's hockey team. The choice for his replacement should be announced shortly. The search for the new coach is already underway" concluded Laflamme.

Champlain-Lennoxville is a public institution with a student population of approximately 1200 students. With excellent classroom, laboratory, residence and athletic facilities, Champlain offers its students a variety of pre-university and technical programs leading to a college diploma (DEC).

Pens, Sens, Preds, Ducks traded their way to NHL's final 4

By Stephen Whyno
THE ASSOCIATED PRESS

Draft and develop is the most common way to win in the salary-cap NHL, and with eight of the past 11 playoff MVPs being homegrown, that hasn't changed.

But the four teams left vying for the Stanley Cup this spring — the Pittsburgh Penguins and Ottawa Senators in the East and Nashville Predators and Anaheim Ducks in the West — all made a handful of significant trades to get to this point. As much as general managers complain that it's hard to make deals because of the cap, Pittsburgh's Jim Rutherford, Ottawa's Bryan Murray and Pierre Dorion, Nashville's David Poile and Anaheim's Bob Murray have shown a knack for getting good ones done.

Sometimes the trades have been with each other, with mutual benefit or close to it. Maybe their success will show that trades aren't so bad or difficult after all.

PITTSBURGH PENGUINS

No team in the NHL has benefited more from big trades than defending-champion Pittsburgh.

Weeks after he was hired, Rutherford acquired Patric Hornqvist from Nashville for James Neal at the 2014 draft. He sent Robert Bortuzzo to St. Louis for Ian Cole during the 2014-15 season. The following summer, he got Phil Kessel from Toronto for prospects and Nick Bonino for Brandon Sutter.

And that was just the start. Last season, he traded Rob Scuderi straight up for Trevor Daley, got Carl Hagelin from Anaheim for David Perron and paid a value price of a third-round pick to acquire Justin Schultz from Edmonton.

The result of those moves was a Cup celebration and parade last summer, and they continue to pay dividends. Kessel has five goals, Bonino a game-winner and Schultz has filled the void with top defencemen Kris Letang and Daley out. Rutherford bolstered his defence at the 2017 trade deadline by acquiring Ron Hainsey from Carolina, and the veteran has proven important as the injuries piled up.

But perhaps Rutherford's smartest move this season was the trade he didn't make. Goaltender Matt Murray

won the Cup last year and was the No. 1 of the present and future, so Rutherford took calls on Marc-Andre Fleury that "didn't go very far" before holding on to him.

With Murray injured, the Penguins wouldn't have gotten this far without Fleury's play, and as happy as Rutherford is for the veteran, his teammates are over the moon about his playoff success.

"Whoever was in, we had a ton of confidence in," captain Sidney Crosby said. "Certainly for him, I'm sure there was a little adjustment. He's handled it great and he looks comfortable in there."

OTTAWA SENATORS

The Ducks' desire to dump Bobby Ryan in the summer of 2013 is finally starting to work out for the Senators, who paid a hefty price of Jakob Silfverberg and prospect Stefan Noesen (more on that later) to get the scoring winger. Ryan has had his share of slumps, even this season, but three of Ryan's five goals this post-season are game-winners — including the overtime goal in Game 1 of the East final to beat Pittsburgh — and he has 11 points in 13 games.

"When we traded for him a few years ago, we were expecting the Bobby Ryan we've got right now," said goaltender Craig Anderson, acquired in a 2011 trade with Colorado for Brian Elliott.

The Senators also got third-leading scorer Derick Brassard in a trade last summer with the Rangers, defenceman Dion Phaneuf from Toronto during the 2015-16 season and centre Kyle Turris from Arizona in 2011. Ottawa picked up forwards Alex Burrows and Viktor Stalberg at the most recent deadline for depth.

NASHVILLE PREDATORS

Hornqvist for Neal has worked out for Nashville, too, but nothing like the three other swashbuckling moves Poile has made: getting then-prospect Filip Forsberg from Washington at the 2012 deadline for Martin Erat and Michael Latta, trading Seth Jones to Columbus for Ryan Johansen last season and shocking the hockey world by getting P.K. Subban from Montreal for Shea Weber last June.

Subban for Weber looked like a long-term steal for the Predators as they got a younger, more mobile puck-moving defenceman in part

because Montreal preferred a safer style of play. Subban is now part of arguably the best blue line in hockey, featuring homegrown Roman Josi, Ryan Ellis and Mattias Ekholm.

Johansen for Jones was one of the best pure hockey trades in recent history with benefits for the Predators and Blue Jackets, who are happy to have a young right-handed-shooting defenceman like Jones for the long term. But Nashville had never had a No. 1 centre, and Johansen was arguably the missing piece of a Cup contender.

The Predators in previous years picked up now-captain Mike Fisher in a deal with the Senators. The price? A first-round pick that turned into Noesen, the pot-sweetener Ottawa used to get Ryan.

ANAHEIM DUCKS

As good as the Ryan trade is now for Ottawa, it has been superb for Anaheim as Silfverberg had 18 points in the 2015 post-season and this year is tied with captain Ryan Getzlaf for the team lead in goals with eight, one behind Pittsburgh's Jake Guentzel for the most in the playoffs.

The Ducks also got two important pieces from Vancouver: shutdown centre Ryan Kesler at the 2014 draft and defenceman Kevin Bieksa a year later. Kesler was crucial in slowing Edmonton's Connor McDavid in the second round, and the price just happened to include now-Penguins hero Bonino.

Anaheim seemed to steal ironman Andrew Coglianor from the Oilers in 2011 for a second-round pick and have gotten a higher-than-expected offensive output from Nate Thompson, who cost spare parts in a 2014 trade with Tampa Bay. Bob Murray also cleared the way for goaltender John Gibson to be the man, sending Frederik Andersen to Toronto last summer in a trade that could be talked about for years to come if the Dane helps the Maple Leafs on a run like this.

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Death

**Edna May
MEIGS (née Salter)**

(Oct. 22, 1936 - Mar. 11, 2017)

It is with great sadness that the Salter, Edmond and Meigs families announce the passing of our beloved Edna.

She was an incredibly strong and loving person who touched and gave so much to more people than can be named.

Edna was the daughter of the late Edward and Vera Salter, first married to the late John Edmond (Marianne) and the widow of Guy Meigs.

She leaves behind her 4 children, Margaret (Myles), Jack (the late Gayle), Frances (Todd), and Alison (Keith) Edmond, Guy's 2 children Donna (Dennis) Tobin and Edward (Sylvie) Meigs, her 17 grand-children, her 10 great grand-children, her sisters-in-law and brother-in-law, and her many nieces and nephews. She also leaves behind her "adopted" family, Andree Cantin and Missy Margelony and so many other friends.

Edna will be laid to rest with her husband Guy, in the North Hatley cemetery on May 20, 2017, at 11 a.m. and a celebration of her life will be held after at the Ayer's Cliff Legion, at 12:30 p.m. In lieu of flowers, the family asks that donations in her name be made to The Pet Connection.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
900 Clough St., Ayer's Cliff QC

PHONE: 819-876-5213
FAX: 819-849-3068
www.casshomes.ca

Death

**Irene SIXT
(née Standing Bleasdale)**

Irene Sixt, daughter of Margaret and Ernest Bleasdale, deceased, of Montreal, Quebec, and beloved wife of the late Frank Joseph Sixt to whom she was married for sixty-one years, passed away peacefully in her 94th year at Knowlton House in Knowlton, Quebec, on the May 10, 2017.

She was loved and will be missed by her daughter, Mary-Margaret Burgess (Peter) of Dartmouth, Nova Scotia, her son Frank Sixt (Anne) of Hong Kong, her granddaughters Natasha Burgess Johnson (Craig) of Dartmouth, Nova Scotia and Mandy van Butselaar (Elmer) of Irvine, California, her grandson Ted Sixt of London, England, her great-granddaughter Geneva Johnson of Dartmouth, Nova Scotia, her brother Roy Bleasdale (Carmen) of Toronto, Ontario, her nephew Roy Bleasdale Jr. of Toronto, Ontario, her great nieces Robyn and Randy Bleasdale of Toronto, Ontario, as well as her beloved caregiver Carole Anderson of Knowlton, Quebec and all her dear friends in Knowlton and Montreal, Quebec, and in Clearwater, Florida where she was for many years a much loved member of the "snow-bird" community.

Memorial Services will be held at the Knowlton United Church, 234 Knowlton Road, Knowlton, Quebec at 11:00 a.m. on Wednesday, May 17, 2017. Reception in church hall to follow.

Death

Memorial Service

NUGENT, Eileen - A memorial service will be held for Eileen Nugent (Henderson) of Woodstock, NB, formerly of Lennoxville, on Saturday, May 20, 2017 at the Oasis Christian Church, 219 Queen Street, Lennoxville. Visitation 1-2 p.m. Service 2 p.m. Reception to follow. Interment at the Malvern Cemetery.

In Memoriam



SAYERS, Buck - In loving memory of Buck (Francis) Sayers who passed away on May 16, 2016.

Beloved husband of Ellen Rever, father of Randy (Jen), Shelley (Ross), Carroll (Colleen), grandfather and great-grandfather.

**He will also be missed by his music and songs.
He was a legend in his time.
He will always be in our hearts.**

Cemetery Meeting

NORTH HATLEY (REEDSVILLE) CEMETERY
North Hatley (Reedsville) Cemetery will hold its annual general meeting at the Chapel on Saturday, May 20, 2017 at 2 p.m.
Wendall Conner, President
819-842-2636



Datebook

TUESDAY, MAY 16, 2017

writer: Matt Ryan (1985-), football player.

Today is the 137th day of 2017 and the 59th day of spring.

TODAY'S HISTORY: In 1792, 24 brokers and merchants signed the Buttonwood Agreement, forming what would become the New York Stock Exchange.

In 1954, the Supreme Court, in *Brown v. Board of Education of Topeka, Kansas*, ruled unanimously that segregation in public schools is unconstitutional.

In 1973, televised Senate hearings began in the Watergate scandal.

In 2004, Massachusetts became the first U.S. state to legalize same-sex marriages.

TODAY'S BIRTHDAYS: Horace Elgin Dodge (1868-1920), automobile manufacturer; Dennis Hopper (1936-2010), actor; Bill Paxton (1955-2017), actor; Sugar Ray Leonard (1956-), boxer; Bob Saget (1956-), actor/comedian; Jim Nantz (1959-), sportscaster; Enya (1961-), singer-songwriter; Craig Ferguson (1962-), comedian/TV personality; Trent Reznor (1965-), singer-songwriter/musician; Tony Parker (1982-), basketball player; Passenger (1984-), singer-song-

TODAY'S FACT: Thurgood Marshall served as the NAACP's chief counsel in *Brown v. Board of Education of Topeka, Kansas*. He was confirmed as the first African-American associate justice of the Supreme Court in 1967.

TODAY'S SPORTS: In 1970, Hank Aaron of the Atlanta Braves collected his 3,000th hit, becoming the first player with 3,000 hits and 500 home runs.

TODAY'S QUOTE: "I told the record company I didn't feel the need to be out there at red-carpet events. I wanted a career. But I wanted to keep myself intact as a person." — Enya

TODAY'S NUMBER: 911 — length (in feet) of the USS Oriskany, an aircraft carrier that was decommissioned in 1976 and intentionally sunk on this day in 2006 to create an artificial reef off the coast of Florida in the Gulf of Mexico.

TODAY'S MOON: Between full moon (May 10) and last quarter moon (May 18).

Do just one thing



By Danny Seo

When you pump gas and smell it, it's not just obnoxious — it could also be toxic. The fumes you smell are likely benzene and toluene, which can lead to health problems. When pumping gas, the proper way to fill up is to insert the nozzle into the tank, and use the "hold-open latch," which pumps gas continuously without needing to hold the nozzle. Stand a few feet away to avoid the fumes, and be sure to not top off the tank, which can release additional fumes into the atmosphere.

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: clasad@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.

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LENNOXVILLE

Mental Health Estrie will hold a Mechoui Fundraiser on Saturday, June 3, 6 p.m. to 8 p.m., at the A.N.A.F. Unit #318, "The Hut," 300 St. Francis Street, Lennoxville. Enjoy a delicious meal of beef, chicken, pork, vegetables, salads and dessert prepared by the Hut and meet the guest of honour, the Honourable Marie-Claude Bibeau, P.C., MP Compton-Stanstead. Tickets available at Mental Health Estrie, 257 Queen, Office 900, Lennoxville, 819-565-3777, mhe.info@bellnet.ca, or from any member of the Board of Directors. Admission charged. All welcome.

LENNOXVILLE

Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, May 17 at 1:30 p.m. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067. Please note this is the last card party of the season. Have a great summer and see you in the fall.

NORTH HATLEY

Easter Townships annual Antique Car Show & Shine on Sunday, June 4 at the Municipal Park of North Hatley, 3125 Capelton Road, North Hatley from 10 a.m. to 3 p.m. Rain or shine. See you there!

STANSTEAD

Plant Sale, organized by the museum boutique, on Saturday, May 27 from 9 a.m. to noon at the Colby-Curtis Museum in Stanstead. Perennials. Raffle. For donations of plants, please identify them and bring them to the Colby-Curtis Museum on May 26 between 9 a.m. and 4 p.m.

AYER'S CLIFF

Come see what's at our annual Spring Rummage and Bake Sale at St. George's Church, 1002 Main St., Ayer's Cliff on Saturday, May 27 from 9 a.m. to 1 p.m. Fresh Baked goods, lots of clothes, household items, sports equipment and much more. Sponsored by St. George's Anglican Church.

MELBOURNE

"Kirking of the Tartans" with piper Mathieu Fowler leading them into St. Andrew's Presbyterian Church, 1169 Route 243, on Sunday, May 21 at 2:30 p.m. Rev. Barbara Fotheringham will have dedications with

worship and praise. Everyone is invited into McIver Hall to read and view histories of our Scottish heritage. Welcome everyone, enjoy refreshments!

LENNOXVILLE

Lennoxville Youth Center annual general meeting and public information session, June 13, 2017 at 6 p.m., Salle Amedée Beaudoin, located at 10 Samuel Gratham Street. Please confirm your attendance by June 1 at 819-821-4805 or info@lennoxvilleyouthcenter.org.

AYER'S CLIFF

Sunday Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff on Sunday, May 28 from 11 a.m. to 1 p.m. Come 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 juice. All are welcome.

EATON CORNER

Reminder: The annual general meeting of the Eaton Corner Museum will be held on Friday, May 26, 2017 at 7 p.m. in the Foss House on the Museum grounds in Eaton Corner. All are welcome, but only members can vote. Yearly reports of Museum doings, a special report on the Housewife Heroines exhibit, and elections of Board members for 2017-2019 are on the Agenda. While you are there, you can buy your yearly or lifetime membership, and you can browse the books, videos of plays, and artworks we have for sale. Refreshments will be served. For more information or for a copy of our current newsletter, contact us at 819-875-5256 or info@eatoncorner.ca. The Museum opens for the season on June 3.

RICHMOND

Richmond County Historical Society invites the community to a Victorian Tea at St. Andrew's Church at 1169 Route 243 in Melbourne on Sunday, May 28. An English Tea with sandwiches and desserts will be served from 2 p.m. to 4 p.m. A special exhibit featuring Local Women in History in Richmond County and Vicinity will be exhibited at the Museum (1161 Rte. 243), together with many other collections. Also, visit the book fair at the Museum. All are welcome.

BURY

Centre Communautaire de Brookbury pot-luck supper and silent auction at 5:30 p.m. on Saturday, May 29 at the Brookbury Hall, 571 Route 255, Bury.

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be

\$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 6 Mallory, Sherbrooke, Quebec, J1M 2E2, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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5/16

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PREVIOUS SOLUTION

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

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

E-mail your social news to classad@sherbrookerecord.com

All-consuming video game

TUESDAY, MAY 16, 2017

Dear Annie

Dear Annie: I gave my 5-year-old son a PlayStation 4 for Christmas. He has since logged countless hours on his new favorite game, "The Elder Scrolls V: Skyrim." I would have no problem with this, except he has played the game so much that he has mastered the made-up language and, whenever I try to talk about his new-found obsession, pretends that he can't understand me and that he can speak only the dragon language. He keeps running around the house in a loincloth trying to pickpocket his siblings and me. When he is discovered, he swats at us with whatever his sword is that day. We've been paddled with spatulas, wooden spoons, empty paper towel rolls and more. The most recent time I tried to take the system away, he ran into the woods and tried to call dragons out of the sky.

Annie, how do I remove such unnatural and annoying tendencies from my son? It has gone beyond cute, and it is now obnoxious. Any advice? — Worried Parent in New York

Dear Worried: Imaginative play is important,

healthy and intellectually stimulating. (Just think how impressive it is that at 5, your son learned a whole new language.) But it's not so wonderful when he starts to imagine himself as the boss of you (with an army of dragons at his command, to wit). I would limit the amount of time that he is allowed to play the game, and I'd provide other outlets for his creativity, such as arts and crafts.

When his behavior becomes too much, talk to him and tell him to stop. Explain that no one likes to be hit with any instrument or have her pockets picked. Be firm, as children crave boundaries. Remember that you are in charge, not him.

Dear Annie: I read the letter from "Stuck in a Rut" and wanted to offer another resource to him. Though he identified himself as having "a mild form of autism called Asperger's syndrome," that mild form and his lack of work history may be enough to qualify him for services through his state vocational rehabilitation

program. VR is a type of program that helps people with diagnosed disabilities gain employment. These programs have a variety of services that they provide at no cost, and the counselors who work in the programs are skilled at identifying and alleviating the barriers certain people have, whether it's their own impairment or a societal bias. The counselors focus on abilities and strengths and do amazing work helping people to achieve success in the professional world. I would really encourage "Stuck in a Rut" to explore that option in order to obtain employment that may be more in line with his strengths and abilities than his previous work of busing tables. — Wishing You Well

Dear Wishing: Thank you for this excellent practical tip. I've passed it along to "Stuck in a Rut," with the hope that it can get the ball rolling for him.

People looking for more information can check with their state's department of rehabilitation or comparable agency.

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

“ LUPXU WUZPSDHU EUWSPV
LJPSSUIDWZ ... OUXXDDEXE NVFWSX
SJU STTVX BTF WUUM ST XFLLUUM .”
— NIFLU VUU

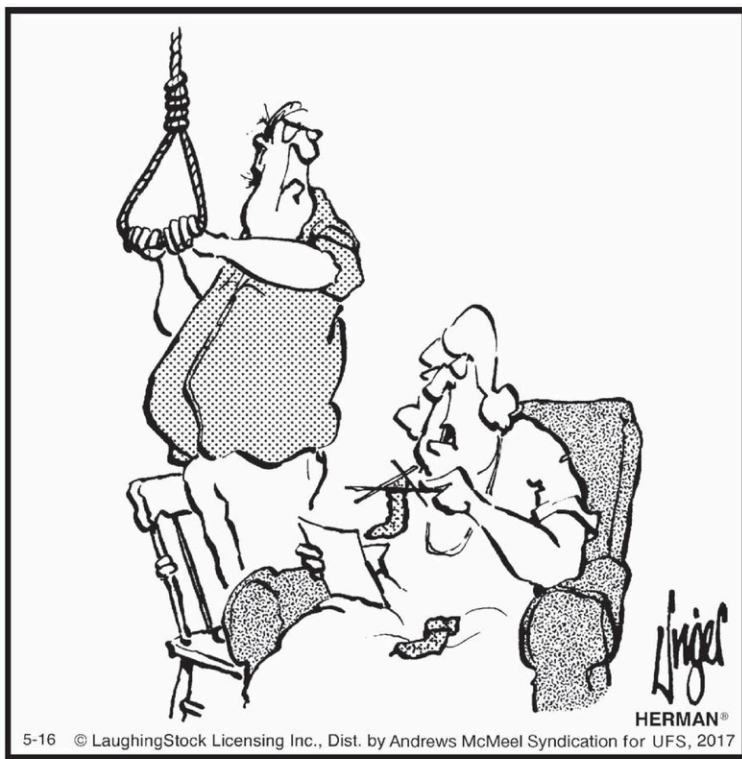
Previous Solution: “Every time I decide I want a child I get another pet. I have 3 dogs, 13 birds and 3 horses.” — Alyssa Milano

TODAY'S CLUE: A equals H

REALITY CHECK

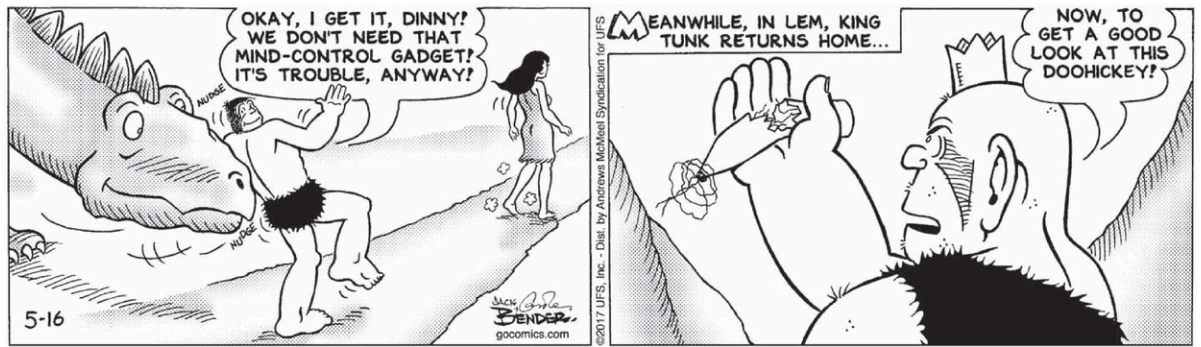


HERMAN



“Get down. I'm knitting this stuff for the girl next door.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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190 Cars For Sale

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294 Events

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345 Flea Markets

LENNOXVILLE
 Lennoxville Night Market starting this June. Looking for 50 stall holders. 4 p.m. to 8 p.m., 3 nights per week. From \$20/day 10x10 ft. Call 819-238-9333, roypatterson3@gmail.com

at what's in the Classifieds.

THE RECORD

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CROSSWORD

Across

- 1 Latvian capital
- 5 Sites for vows
- 11 Blues great __ Mahal
- 14 Turow book set at Harvard
- 15 __ pork: Chinese dish with pancakes
- 16 Yellowfin tuna
- 17 Two-time Emmy winner for "30 Rock"
- 19 Bart, to Homer
- 20 Vixen teammate
- 21 '80s Indiana senator Quayle
- 22 Underworld river
- 23 Dug up dandelions, say
- 25 Like some bank accounts
- 27 Doles (out)
- 29 Place for bottom feeders
- 32 Red gemstone
- 35 Walked (on)
- 37 Avoid capture by
- 38 Artist Yoko
- 39 San Francisco neighborhood
- 41 Poorly lit
- 42 The South
- 44 Boo Boo's pal
- 45 Analogy words
- 46 Squirreled away
- 48 Records for later watching
- 50 Castro of Cuba
- 52 Electric cars named for a physicist
- 55 Sports officials
- 57 Chinese chairman
- 59 Monopoly square with a question mark

61 Former White House Press Secretary
 Fleischer

- 62 Unofficial means of communication, and a hint to each set of circled letters
- 64 Attack, to Fido
- 65 Five Nations tribe
- 66 Tennis drop shot
- 67 Text giggle
- 68 Most weird
- 69 Catches sight of

Down

- 1 "Rocky __ to Dublin": Irish tune
- 2 Kin by marriage
- 3 Sixth-day-of-Christmas gift
- 4 Lead-to-gold pseudoscience
- 5 Almond-flavored liqueur
- 6 Tweeter's titter
- 7 Broadway barber Sweeney __
- 8 Dam on the Nile
- 9 Safari herbivores
- 10 Word with screen or block
- 11 Umami detectors
- 12 Nautical cry
- 13 Bring bad luck
- 18 George Eliot's "Adam __"
- 22 Navy commando
- 24 Annual Kentucky event
- 26 Intuit
- 28 Really sexy
- 30 Clean up Time?
- 31 Trade show model
- 32 Anglers' gear
- 33 Textbook division
- 34 Where to pick up "will call" tickets
- 36 Entry in a sudoku square
- 39 "All You __ Is Love"
- 40 Online customer service option
- 43 Eye part
- 45 Cruise stops
- 47 Insist on
- 49 Labor Dept. arm
- 51 Tied, as skates
- 53 "Tomorrow" musical
- 54 Movie trailer segment
- 55 Itchy red area
- 56 Buffalo's Great Lake
- 58 Sooner migrant
- 60 Part of BPOE
- 62 Ghostly greeting
- 63 Fixed-term investments, briefly

C	R	A	B		G	E	S	T		U	N	C	A					
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Evidence not conclusive that talc causes ovarian cancer

ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: Some women, and juries, say that talc causes ovarian cancer, but doctors say it doesn't. Where's the evidence either way?

Dear Reader: Talc is a mineral composed of magnesium and silicate. Talcum powder, commonly known as baby powder, was first marketed by Johnson & Johnson in 1894. It was first used, and is still used, to prevent diaper rash. The concern regarding ovarian cancer is that talc may pass into a woman's uterus and then move up the fallopian tubes during menses. In fact, talc particles have been found in the fallopian tubes of women who have used talcum powder on sanitary napkins or pads.

The suggestion that talcum powder may lead to ovarian cancer first came from case-control studies. The largest of these was a combined analysis of eight different studies that compared 8,525 women (cases) who had ovarian cancers and 9,859 women (controls) who did not. In the studies, researchers asked women if they had used talcum powder in the genital area previously and how frequently. The authors concluded that the use of genital powder was associated with a 20 to 30 percent increase in some types of ovarian cancer.

One problem with that analysis is that some powders contain cornstarch, not talc. The other problem is that of recall bias. Women with ovarian cancer may report previous use of powders because they believe there may be a link between the powder and their ovarian cancer. Further, the authors did not find any dose response associated with powder use, meaning that they did not find a link between greater amounts of powder and ovarian cancer.

Other case-control studies have come up with similar conclusions. Based on such data, many lawsuits have contended a link between talcum powder and ovarian cancer. Two of these lawsuits have led to judgments of \$72 million and \$55 million against Johnson & Johnson.

One difficulty with analyzing statistical links to ovarian cancer is that the disease is somewhat rare; over her lifetime, the average woman has only about a 1 percent chance of developing it. To truly study a potential link between ovarian cancer and talcum powder, you would need large studies. You would also need prospective studies. A prospective study in this case would assess talcum powder use and follow women over time to see if they developed ovarian cancer.

Several studies have attempted to do this. The Nurses' Health Study included 78,683 women followed for nearly 13 years. These women were asked about their use of talcum powder and, over the course of 13 years, 307 cases of ovarian cancer were found. Note that researchers did not find talcum powder to be associated with ovarian cancer, although they did find a 9 percent increase among women who used talcum powder.

The Women's Health Initiative included 61,000 women followed for more than 12 years. In that study, researchers also

found a minimal increase in ovarian cancer, but not a statistically significant one. The biggest problem with these prospective studies is that they need to be even larger and longer.

It's possible that there is a minimal increase in ovarian cancer among menstruating women who use talcum powder. However, this may have more historical relevance than topical relevance because fewer women are using talcum powder today than in years past. If you do use a genital powder, cornstarch powder would be a good alternative to talc.

(Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.)



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