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TUESDAY, MARCH 27, 2018

Annie Godbout seeks Richmond Liberal nomination

Record Staff

Annie Godbout, who is currently sitting on Sherbrooke's City Council for the District of Rock Forest, will be seeking the nomination of the Quebec Liberal Party on April 29 to succeed Karine Valières in the County of Richmond.

Now living in Rock Forest, Godbout comes originally from Windsor and says her roots are firmly planted in the riding and in the MRC des Sources where professional activities have allowed her to connect with dynamic people who are proud of their region.

Godbout will continue to sit on Sherbrooke municipal council until the start of the official provincial election campaign at the end of August, saying she wants to avoid any potential conflict of interest. Godbout was approached by the Coalition Avenir Québec prior to last year's municipal election but saw that door close when the CAQ nominated former Asbestos mayor and federal MP André Bachand to represent it in Richmond.

Godbout is currently a sales and marketing consultant and has worked for several years in entrepreneurial development. She was first elected as an independent Councillor in 2013, and was re-elected in November last year. She currently sits on the Smart Cities Commission of the Union des municipalités du Québec.

Prepping local youth to hit the links



Record Staff

A group of volunteers gathered at the Amaron Gymnasium at Stanstead College last week to introduce students from local elementary schools to the game of golf. Additional sessions are scheduled for this week.

Organized by Stanstead College teacher Lisa Smith and in conjunction with the Junior Golf program at Dufferin Heights Golf Club, 170 youngsters from Sunnyside Elementary, Jardin des Frontières, Ayers Cliff Elementary and École St. Barthelemy were taught the basics of chipping, driving and putting in makeshift indoor stations in the gym.

Smith, who co-ordinates the Junior Golf Program at Dufferin Heights Golf Club, recruited volunteers to work with the local students.

"It is a wonderful opportunity to expose these attentive youngsters to the great game of golf," commented Smith.

Two 90-minute sessions were held on March 20, 22 and will take place again March 27 and 28.

According to volunteers, there were plenty of smiling faces at the end of the sessions, suggesting the program was a success.

PHOTOS COURTESY



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HIGH OF 8
LOW OF 0



WEDNESDAY:
60% CHANCE
OF FLURRIES

HIGH OF 6
LOW OF 1



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 11
LOW OF 1



FRIDAY:
RAIN

HIGH OF 7
LOW OF 1



SATURDAY:
PERIODS OF
RAIN OR
SNOW
HIGH OF 2
LOW OF -11

Easter in the Townships



DISHPAN HANDS

SHEILA QUINN

Growing up, Easter had a really special significance in our family. As a society, we had just stepped beyond families that spent almost all of their time together to families that spent special occasions and celebrating the “holidays” together. As a result, our family usually did everything twice, since we were blessed with not just living grandparents, but grandparents who still managed to rustle up all kinds of food, fun and conversation at every one of those celebrations. Birthdays, Thanksgiving, Christmas and Easter tended to be the thing, usually with something for Mother’s Day and Father’s Day too.

We were a blend of Catholics and Protestants (as our family on both sides has been through the ages), so there were a variety of services and masses, braided palms hung around the house, and my Bampie Quinn mumbling and snoring his way through Hail Marys in the afternoon in his rocking chair (as usual).

On particularly exciting years we had THREE Easter egg hunts. The one at home, another at Gran and Bampie Quinn’s and a third on several occasions over the years with Bampie Chatfield in NDG. There was never any care taken to make sure we had even amounts of candy – it always seemed to balance out, and I don’t recall any of us every feeling that we hadn’t gotten “enough” candy. There was a lot of candy...

Our cousin Lynn, just three months older than me, but a July baby to my October, was a year ahead of me in school. Lynn was a little accountant. She obsessively did most things related to numbers – and perpetuated all of the fun childhood superstitions like holding our breath going past the cemetery, or holding our heads going over railroad tracks, lifting our feet over a bridge. As an adult I’ve long broken myself of these behaviours (I’d better, or I’d never be able to properly drive across a bridge without a foot on the gas), but I think of them just

about every time I encounter those situations. Lynn’s little accountant was always in full swing at Easter, and she did what she called “inventory” constantly – counting and re-counting her Easter haul. Jelly beans, those weird bigger eggs with bright pastel slightly hard exteriors and mushy white insides, Easter eggs, chocolate and jelly (and Peeps) animals were sorted, and the perfect of all Easter surprises, Cadbury Easter Creme Eggs were in a nest of their own. We counted before lunch. And after lunch. We counted after coming in from outside. There was no suspicion of thievery, Lynn was just keeping track and reminding herself of what she had. I followed suit because it was so much fun.

Easter of 1984 I was ten years old, in grade four at St. Francis Elementary School in Richmond. Our teacher was Mrs. Elsie Morrill. Although we were a small group; that was one of the few years we were all in one class together. We reviewed the news every morning. I was obsessed with politics.

Our Mum was really good at making sure we got some special thing for the celebrations during the year. I remember a little heart-shaped cardboard box of chocolates with Peter Pan and Tinkerbelle on it for a Valentine’s Day one year that went on to other uses, holding small things that needed a place to live. Easter was no exception, and for Easter of 1984 I got my yellow dress (made of that strange netting type fabric with three-dimensional white polka dots on it), and I don’t know if I’ve had a dress since that I’ve loved so much. I felt like springtime itself in it. I also got my ears pierced.

I was so excited by this, after years of begging and being told I was too young, Mum had decided I was ready. Mr. Poirier pierced my ears on Easter weekend of 1984. I had little plain gold studs in for the required amount of time before being able to branch out into other fun little styles, including the pair of gold daisies with tiny pearl centres that Mum bought me that Easter as well. I think I still have one of those somewhere.

We had annual egg decorating contests at school, and a few prizes were won along the way. Mum had the best ideas for us, one year decorating eggs with rice that gave our egg bunnies a neat coat and little wire-rimmed glasses we bent into shape, and another year my Geisha in her lilac and white flowered Kimono was a prize winner. We still have her dress, made around a toilet paper tube of course, but her head suffered irreparable damage (and likely

smelled as high as the hills), so the headless Easter Geisha lives on in the china cabinet, with my brother’s rice bunny.

My brothers and I usually made it to church, usually with my Mum, to the United Church in Richmond, where my brothers and I had been baptised, where my brother Chad and I were confirmed, likely around this time of year too, if memory serves me correctly, after a truly fun stint of confirmation classes with Reverend Monteith, who talked about everything from the usual biblical stuff to his Stephen King collection. We watched movies that had great messages; we had fun with our little group of six friends. We were a motley crew, and it was the only time that the six of us would spend time together like that.

I’ve done the walk of the cross through town in Richmond with a collection of the local churches (Catholic, Anglican, Protestant), pushing a baby carriage, and we all enjoyed the community experience, eating soup together in the church basement afterwards. I’ve done that walk at Beauvoir too – something interesting to see, and what a view, with a look through the little chapel with the crutches hung on the wall for those who, the stories go, walked in aided and left without them.

As an adult, my boys were baptized in the spring, my son Angus on Easter Sunday itself. There was something magical about that – his godfather is my cousin Andy, his godmothers my cousin Laura and my boys’ Auntie Marie. Easter and my cousins again - and a special rite of passage.

When we’re children, we don’t really know for sure what we’ll be nostalgic about when we’re adults one day. We’re usually pretty busy being in the moment. But we do know what is good and what we love and makes us feel loved, and Easter was that for us.

Today, I try to make Easter fun for the kids – Easter egg hunts, little gifts, fun visits with family and friends. And Bampie’s Hail Mary rocking chair lives in my boys’ room, sitting vigil at their bedsides as he always did with us. Full of grace.

Pastel colours, eggs, ribbons, Easter grass in baskets, crosses, Auntie Heather’s hot-crossed buns, good clothes, snow melting for good for the year, sap running, stuffed animal bunnies, peeling coloured aluminium foil from chocolate eggs that are perfect to pop in your mouth, and probably one-too-many Cadbury eggs and no regrets.

Happy Easter, Townshippers! May this time of year be one that feels a little easier on your hearts and minds!

Ben by Daniel Shelton



LOCAL NEWS

In addition to the growth of subsidized places at CPE Jardins DAMIS and the 21 places developed at the Acier Orford premises, 25 more spaces have been reserved for the borough in a call for specific projects.

Magog Biergarten idea resurfaces

Record Staff
MAGOG

Over 2100 people have signed an online petition in support of the Biergarten project in Magog, a result that has stunned city officials.

The open-air Biergarten proposal for downtown Magog was rejected in Council last week by a vote of five to three.

About 30 people had previously asked

for a registry on the Lovering Biergarten, which would have consisted of a large terrace and game areas located at the corner of Main and Merry streets. Rather than move forward with a register, the proposal was rejected by council.

Although an online petition of this nature has no force in law, council is expected to revisit the idea in the near future.

Easter weekend bus schedule

Record Staff
SHERBROOKE

The Sherbrooke Transportation Corporation (STS) is advising its clientele that administrative and customer service offices will be closed on Friday, March 30 and Monday, April 2, for the Easter holiday.

Transit service will be as follows:

Urban network

- Good Friday and Holy Saturday (March 30, 31 and Easter Sunday: regular service)

- Easter Monday: Sunday service
Adapted transport

Regular Transport: Good Friday and Easter Monday: 8 a.m. to midnight (holiday schedule)

Holy Saturday and Easter Sunday: 8 a.m. to midnight

Appointments: Good Friday, Holy Saturday and Easter Monday: 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

Easter Sunday: closed

For more information, visit the STS website or download the Vermeille mobile app.

New subsidized child care spaces for Rock Forest

Record Staff
SHERBROOKE

Sherbrooke MNA and Family Minister Luc Fortin and Richmond MNA Karine Vallières announced the creation of 76 new subsidized day-care spaces at the CPE Jardins DAMIS, 21 of which will be built in partnership with Acier Orford at its premises on Panorama Street.

The announcement follows a review of child care services recently unveiled to determine parents' child care needs. Fortin also announced the cre-

ation of 2,000 new subsidized spaces across Québec as part of a targeted call for projects, as well as the implementation of measures to develop 3,800 spaces in inadequately served areas, such as the borough of Rock Forest-Saint-Élie-Deauville in Sherbrooke.

In addition to the growth of subsidized places at CPE Jardins DAMIS and the 21 places developed at the Acier Orford premises, 25 more spaces have been reserved for the borough in a call for specific projects.



(COURTESY KARINE VALLIÈRES)

Family Minister and Sherbrooke MNA Luc Fortin (left to right) Richmond MNA Karine Vallières, Acier Orford President Catherine Marquis, CPE Jardins d'AMIS, Executive-General Johanne Levasseur, and Sherbrooke Mayor Steve Lussier announce new child care spaces.

Man, 53, charged with sexual assault

Record Staff
SHERBROOKE

Memphremagog Police were called to a residence in Omerville at about 11:00 p.m. Friday following a dispute between a 53-year-old man and a 50-year-old woman. When police

arrived, they met the woman outside the house.

After speaking with her, the officers learned that she had only known the man in question for a few days. During an evening together, he allegedly made advances and began touching her but the complainant resisted. The situation

then allegedly degenerated and the man resorted to blows, hitting the woman in the head several times.

After receiving this information, the police arrested the man and he was detained at the police station until his appearance in Sherbrooke Monday morning. He has been charged with as-

sault, sexual assault, and breach of probation. The suspect, who has a criminal record, had conditions to meet following a similar case, including keeping the peace and maintaining good behaviour. He is being detained pending further proceedings.

Farm succession show at Cégep de Sherbrooke

Record Staff
SHERBROOKE

The Estrie region will be hosting its first Agricultural Succession Show, organized by the Syndicat de la relève agricole de l'Estrie (SYRAE) and several partners.

This event, which is open free of charge to agricultural students, young farmers, and the general public, will be held this Thursday at the Cégep de Sher-

brooke.

Well-known Magog school perseverance activist Christian Vachon has agreed to be the spokesperson of the event and will deliver a conference on self-confidence and perseverance as an engine of success, a press release says.

"I am very happy to be the spokesperson for this first edition Salon Agri-relève," Vachon said. "Entrepreneurship, especially in the agricultural world, requires a great deal of courage and deter-

mination. Many students will be here during the day and I cannot wait to deliver my message on perseverance."

The day will be an opportunity for participants to attend conferences on specific agricultural issues. Martine Deschamps from Syneraction Management, Valérie Giguère from the Agricultural Training Collective, and Nathalie Gobeil from the Union des producteurs agricoles will talk about such topics as communication in the work-

place, the lack of labor in agriculture, and the Quebec Committee for the Protection of Agricultural Territory (CPTAQ).

Organizations like the Ministry of Agriculture, Fisheries and Food (MAPAQ), the Financière agricole (FADQ), the Farm Investment Fund (FIRA), and several others will be present to discuss current or future projects.

The Memphremagog MRC will be featured at the event with virtual tours of farms from the region.

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CIUSSS Workplaces help integrate those with intellectual or autism spectrum disorders

Record Staff
SHERBROOKE

CIUSSS de l'Estrie Workplace Integration helps some 160 people with intellectual disabilities or Autism Spectrum Disorder to acquire different skills as they gradually adapt to the workplace.

Integration Workplaces are environments set up in businesses, institutions, or community organizations where the clientele perform valuable tasks that are useful to society, while working alongside regular workers.

Workplace integration can help teach concentration, dexterity, punctuality, compliance with guidelines, decision

making, and any number of social skills.

"They prepare users for possible internships in the workplace and for some they have even been a stepping stone to paid employment," says Work Integration Services Chief, Paul Marier. The responsibilities entrusted to them have a very positive impact on their self-confidence and socialization."

East Angus

Since last November, the East Angus Multiservice Health and Social Services Center has housed an integration workplace where participants perform a number of tasks under the supervision of a specialized educator.

Here, they carry out the disinfection of switches and handrails, fill disinfect-

ant foam and soap dispensers, clean toys used in services for the physically impaired, prepare work trolleys for volunteer attendants, and assist in preparing snacks for CHSLD residents.

"We receive them on Mondays, Wednesdays and Fridays," Marier says. "The schedule is usually from 8:30 a.m. to 2 p.m. The workplace can handle eight users per day, and five people are currently registered."

The CIUSSS de l'Estrie - CHUS has 18 workplaces in Estrie in places like Canadian Tire, Home Depot, the Cégep de Sherbrooke, Cooper Standard, Gîte du Bel Age, Défi Polytech, Estrie Aide and others. All welcome users with intellectual disabilities or autism spectrum dis-

order.

Other integration services are available to people with intellectual disabilities or autism spectrum disorder as well, such as workshops where contracts are made with various companies. Unlike the Workplaces, which are located outside the institution, the workshops are located in the intervention milieu. This allows a clientele with greater management needs to be served.

Users who have a physical disability also benefit from workplaces, through community organizations. The same goes for mental health users. The Hôtel-Dieu in Sherbrooke offers a paper recycling workshop for its mental health clientele.



Special Educator Maylissa Allaire, client Gail Mills, Nursing Assistant Angelica Veilleux, client Christopher Nobel, Nursing Assistant Kathleen Maheux, orderly Pamela Gauthier, and client Marie-Ève Paradis-Rivet.



(COURTESY CIUSS DE L'ESTRIE - CHUS)
Vanessa Lequin and Stéphanie Lecours-Couture help prepare snacks for clients in East Angus.

Pair busted with drugs and 9-year-old

Record Staff
SHERBROOKE

A routine traffic stop by Memphremagog Police early Saturday morning on St-Patrice St. in Magog led to a drug seizure and the arrest of

two people. A nine-year-old child who was with the pair at the time has been placed in the care of Child Protection Services.

During a search of the vehicle, police seized nearly 90 tablets of methamphetamine, an ecstasy pill, a prohibited

weapon, and a small amount of cannabis. Charges of possession of cannabis will be filed in court regarding the driver, a 36-year-old man and charges of possession of methamphetamine for the purpose of trafficking, possession of a prohibited weapon, and

possession of ecstasy will also be filed against the passenger, a 32-year-old woman. The suspects were released by summation and the tablets will be sent to the laboratory for analysis.

\$45,000 grant helps young mothers get back to school and into the labor market

Record Staff

The Quebec Ministry of Education and Higher Education has granted the sum of \$45,000 for the establishment of the Eastern Townships Mother's Schooling Program, which includes the 'Smart Mom' and Groupe MOUV. The purpose of the program is to promote the return to school and the integration into the labour market of mothers in the region. It is an initiative of the partners of the MRCs of des Sources and Granit, in collaboration with the Commission scolaire des Sommeils.

Richmond MNA and Parliamentary Assistant to the Premier for Youth Affairs, Karine Vallières, and the Mégantic MNA and Parliamentary Assistant to the

Minister of Transport, Sustainable Mobility and Transportation Electrification, Ghislain Bolduc, made the announcement Monday, on behalf of the Minister of Education, Recreation and Sports and Minister responsible for the Capitale-Nationale region, Sébastien Proulx.

The grant will allow for the completion of the first phase of the program, which includes both academic and entrepreneurial components, through which workshops on socio-professional, parental or psychosocial topics will be discussed. While promoting the graduation of mothers, the program also aims at the educational success of children and the desire to better meet the needs of families in the area.

"We all know that work-study-family reconciliation is a constant challenge,

and even more so for people who are in a vulnerable situation," said Vallières. "The Richmond CJE initiated this approach to schooling mothers a few years ago and the results have been concrete. Some are returning to school full-time, some are pursuing studies at a higher level and some have even started businesses. In addition, these mothers are now confident and feel able to help their children in their own learning. The government has a duty to give women living in such a situation the opportunity to go to school and get a job in a field they are passionate about. With this investment, that's exactly what we are doing."



(KARINE VALLIÈRES)
Richmond MNA Karine Vallières with one of children who benefits from the continuing education program for young mothers.

Quebec announces \$206 million for Estrie roads

Record Staff
SHERBROOKE

The Quebec Ministry of Transportation (MTQ) unveiled its annual investment plan for roads and highway infrastructure in the Estrie region last week, announcing over \$206 million in funding for projects over the next two years. The announcement was made Friday by Minister of the Family and Minister responsible for the Estrie, and Sherbrooke Member of the National Assembly (MNA) Luc Fortin with fellow MNAs Karine Vallières (Richmond), Guy

Hardy (Saint-François), and Pierre Reid (Orford.)

"The investments announced today demonstrate beyond a shadow of a doubt that our government is always there to support major public infrastructure projects," said Fortin. "I am thinking of the completion of the last phase of Highway 410, the investment of \$26 million for the reconstruction of the Grandes-Fourches Bridge in downtown Sherbrooke, and the repair work on the Jacques-Cartier Bridge that will begin soon. This is decisive support for the development of the city of Sherbrooke and

the entire Estrie region."

The 2018-2020 plan includes funding for upkeep of road surfaces, bridge reconstruction, traffic light installation, and highway resurfacing as well as money for major projects like the moving of the Grandes-Fourches Bridge in Sherbrooke as well as the completion of the Highway 410 extension.

A few of the more noteworthy projects on the list include work on the Jacques Cartier Bridge in Sherbrooke, the reconstruction of the Main Street Bridge in North Hatley, and a complete resurfacing of Highway 610 from one

end to the other.

The program aims to improve the existing road network by redeveloping intersections, adding turning lanes or turning curves. As a result, paving work involving the correction of inclines on curves will be undertaken in several municipalities to provide road users with safer travel.

In total, the investment program is expected to create 115 worksites and 1,315 jobs with projects that will affect 17 ministry-controlled structures and 25 in municipal networks.

STS expands smart-card service

Record Staff
SHERBROOKE

Sherbrooke's public transit corporation, the STS, is upping the ante with its smart card, la Vermeilleuse, which it launched in a limited way in September. Between now and June 30, the card will become available in each of the city's boroughs one at a time.

In order to maximize the efficiency of this approach, the STS has added two temporary points of service, one at the

Carrefour de L'Estrie mall and one Downtown, to its three permanent sites. At these sites, customers can go and get the smart card that offers three monthly passes (regular, reduced and family) as well as an electronic wallet that allows customers to charge anywhere between a minimum of \$10 and a maximum of \$50 to pay fares.

The implementation of La Vermeilleuse is more than a simple replacement for monthly card holders. It also involves people who want to use the system by paying cash or borrowing it spo-

radically without having to worry about having the exact change.

STS President Marc Denault points out that the card is a smart, personalized and secure medium that can collect information to simplify and secure the perception of rates, to measure and analyze the use of routes as well as to optimize the planning and operation of the network.

"The deployment of the Vermeilleuse card is part of the STS approach to ticketing aimed in particular at increasing efficiency and improving the customer

experience," he said.

"The traditional public transit offering has focused primarily on fares, schedules, and traveling back and forth," Denault added. "The Vermeille brand is keeping its promise with this new step forward, making smart mobility a reality for Sherbrooke residents. They now have access to an increasingly wide range of mobility tools to choose means of travel that work best for them, when they want and where they want to go."

Val-Saint-Francois sets up gender-equality committee

Record Staff

The Val-Saint-François Regional County Municipality (MRC) Council of Mayors has decided to create a joint committee on women's equality that will focus on developing a policy and an action plan to promote equality between men and women in the region. Martha Hervieux, Mayor of Kingsbury, and Gérard Messier, Mayor of Saint-François-Xavier de Brompton, will lead the committee with an advisory body to promote communication between male and female elected representatives and the participation of women in the development of the region.

The creation of a joint equality committee is part of the Défi Parité project wherein municipalities and MRCs are invited to recognize the principle of gen-

der equality and to contribute to gender equality in local governance.

"MRCs can play an important role in various fields of action that have an impact on gender equality, such as the participation of women in decision-making bodies, the setting up and promotion of gender equality measures like work-family balance, taking into account the needs of women in spatial planning, as well as their involvement in economic development" said Joanie Martin-Guay, a coordinator for the Promotion des Estriennes pour initier une nouvelle équité sociale (PEPINES).

PEPINES is an organization that promotes women's access to decision-making and empowerment, as well as the participation and involvement of women in the development of their region.

Join us in recognizing local heroes - our Firefighters & First Responders

The Record will be publishing a special section entitled, "Keeping our Community Safe," on April 17 dedicated to thanking the men and women of the fire departments and first responders.

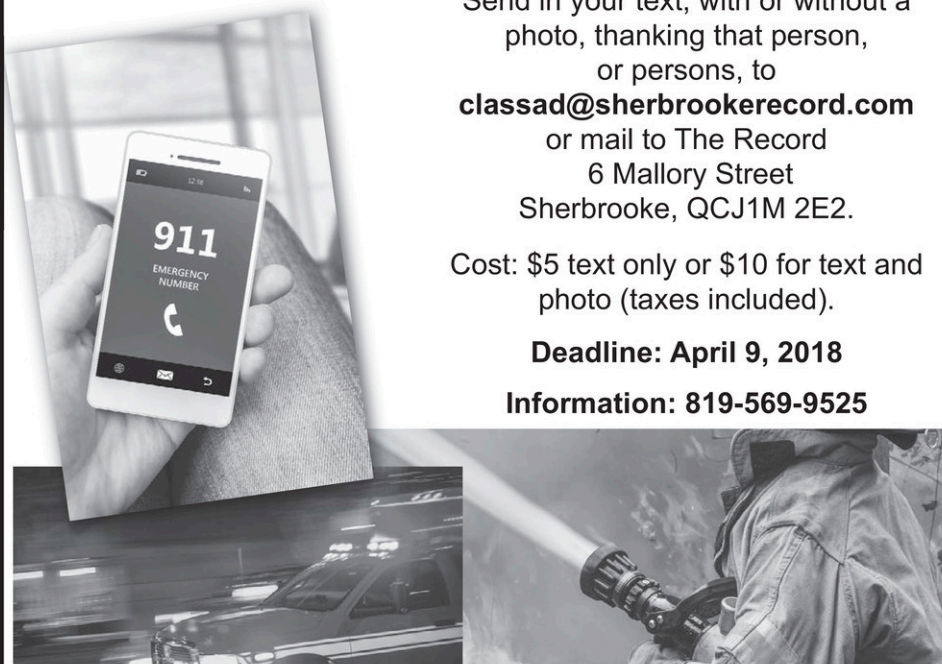
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EDITORIAL

In absolute values, emissions caused by smartphones will jump from 17 to 125 megatons of CO2 equivalent per year (Mt-CO2e/yr) in that time span, or a 730 per cent growth.

How smartphones are heating up the planet

By Lotfi Belkhir, Associate Professor & Chair of Eco-Entrepreneurship, McMaster University

When we think about climate change, the main sources of carbon emissions that come to mind for most of us are heavy industries like petroleum, mining and transportation.

Rarely do we point the finger at computer technologies.

In fact, many experts view the cyber-world of information and computer technologies (ICT) as our potential saviour, replacing many of our physical activities with a lower-carbon virtual alternative.

That is not what our study, recently published in the Journal of Cleaner Production, suggests.

Having conducted a meticulous and fairly exhaustive inventory of the contribution of ICT—including devices like PCs, laptops, monitors, smartphones and tablets—and infrastructure like data centres and communication networks, we found that the relative contribution of ICT to the total global footprint is expected to grow from about one per cent in 2007 to 3.5 per cent by 2020 and reaching 14 per cent by 2040.

That's more than half the relative contribution of the entire transportation sector worldwide.

Another disconcerting finding is that all this extraordinary growth is mostly incremental, essentially shattering the hope that ICT will help reduce the global carbon footprint by substituting physical activities with their virtual counterparts.

The impact of smartphones

Perhaps the most surprising result of our study was the disproportionate contribution of smartphones relative to the

overall ICT footprint.

We found that the relative emissions share of smartphones is expected to grow from four per cent in 2010 to 11 per cent by 2020, dwarfing the individual contributions of PCs, laptops and computer displays.

In absolute values, emissions caused by smartphones will jump from 17 to 125 megatons of CO2 equivalent per year (Mt-CO2e/yr) in that time span, or a 730 per cent growth.

The lion's share of this footprint (85 to 95 per cent) will be caused not by the use of the device, but rather by its production. That includes, in addition to the manufacturing energy, the energy for material mining for gold and the so-called rare-earth elements like yttrium, lanthanum and several others that today are almost exclusively available only from China.

Another guilty participant in this excessive carbon footprint are the phone plans that encourage users to get a new smartphone every two years. That accelerates the rate at which older models become obsolete and leads to an extraordinary and unnecessary amount of waste.

These findings pertain to the device side.

Every text, download, email uses server energy

On the infrastructure side, we predict the combined footprint of data centres and communications networks will grow from 215 megatons of CO2 equivalent a year (Mt-CO2e/yr) in 2007 to 764 MtCO2-e/yr by 2020, with data centres accounting for about two thirds of the total contribution.

For comparison purposes, the entire carbon footprint of Canada was about 730 MtCO2-e in 2016 and is expected to decrease by 2020.



The growth in smartphones and data centres aren't unrelated.

Indeed, it's the dizzying growth in mobile communications that's largely driving the pace for data centres. For every text message, video download, photo exchange, email or chat, there's a 24/7 power-hungry server in some data centre that's making it happen.

It's the energy consumption that we don't see.

Software companies spur growth

Finally, and perhaps the most ironic aspect of all this, is that it's software that is driving the overall growth in ICT as a whole, devices and infrastructure included.

Software companies like Google, Facebook, Amazon, Microsoft and Yahoo boast some of the largest data centres in the world. The rise in dominance of the mobile operating systems, namely Apple's iOS and Google's Android, along with the millions of mobile applications that are built on top of those platforms, has spawned the mobile communica-

tion age.

The incredible—as well as unsustainable—growth in the emission footprint of all this hardware is there for only one purpose: To support and serve the software universe.

In other words, while it's the hardware that does all the dirty work, it's the software that's calling all the shots.

The way out?

At the societal level, we must demand that all data centres run exclusively on renewable energy.

At the individual level: Hold on to your smartphone for as long as you can, and when you do upgrade, make sure you recycle your old one. Sadly, only one per cent of smartphones are being recycled today.

This article was originally published on *The Conversation*, an independent and non-profit source of news, analysis and commentary from academic experts. Disclosure information is available on the original site.

Coaticook MRC accepts Smart Cities Challenge

Record Staff

The Coaticook MRC has decided to participate in the Canada Infrastructure Smart Cities Challenge and wishes to submit a project based on ideas heard during public consultations with municipalities and local organizations.

Infrastructure Canada is challenging cities and municipalities across Canada

to deliver a project with innovative solutions to address the challenges they face using innovative data and connected technologies.

Projects are aimed at improving the quality of life and social participation of the citizens of the MRC, to offer opportunities for innovative and optimal business development. The exact nature of the project to be submitted will be determined within the next few weeks.

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THE RECORD

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PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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

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Local Sports

At noon on Saturday, the contestants in the bonspiel were entertained at the annual "Pie" Banquet prepared by members of the Lennoxville Curling Club and held in the basement of the United Church.

Lennoxville Men's and Senior Men's Bonspiels

A week of curling came to an end this past Saturday evening with Lennoxville Curling Club's teenage sensation, Greg Cheal, overcoming a strong Sherbrooke foursome skipped by André Garceau in an exciting final match to win the 86th anniversary of the John Nichol Trophy. Playing with Greg Cheal were Spencer Richmond, Hayden Richmond and Todd Rivett. The runners-up in this bracket were André Garceau, Michael Daigle, Patrice Baril and Martin Arsenault.

In the middle event, sponsored by the family of Bill Smith, Matt McCrea's Danville four outlasted a determined Lennoxville squad skip by Marc Richard to take the Smith Trophy. The rest of Matt's team included Ethan Leibrecht, Chris Lodge and J.P. Tremblay. The rest of Marc Richard's team included Ghyslain Richard, Simon Collin and Robert Léveillé.

The Mooney Trophy for the third event was taken by a team from Otterburn Curling Club consisting of Bruce Derry, Steve Upton, Rob Derry and Marc Auclair. The Derry rink defeated a group from Danville skipped by Richard Webb and included Terry Patterson, Jason Bowering and Alex Major.

Running concurrently with the three Men's brackets were two Senior Men's brackets. The main event trophy, The Global Excel Trophy, was won by Ritchie Harnish of Thetford Curling Club. His team consisted of Normand Gagnon, Michel Labbé and Claude Nadeau. The Harnish foursome defeated a Sherbrooke

rink of Pierre Corbeil, Richard Pinette, Gaston Guilmette and Daniel Ayotte. The consolation event, The Clarke & Sons Trophy, was taken by Yvan Labrecque, Jeff Bromby, Jean-Paul Brillon and André Jean who defeated the Lennoxville's Rolie Dionne foursome of Jeff Bailes, Denis Singher and Michel Bérard.

At noon on Saturday, the contestants in the bonspiel were entertained at the annual "Pie" Banquet prepared by members of the Lennoxville Curling Club and held in the basement of the United Church. A highlight of the banquet was a speech given by columnist and guest speaker Ross Murray who humorously highlighted his difficulties in his attempt at giving up alcohol. A presentation of a plaque by Jim Thompson was

given to Roy Billings for his dedication to curling and to the Lennoxville Curling Club.

Submitted by Allan Rowell



Ross Murray



Jim Thompson presenting to Roy Billings.



Global Excel Trophy: Winners, standing; Thetford CC; Ritchie Harnish, Normand Gagnon, Andrew McCully - presenter, Michel Labbé and Claude Nadeau. Runners-up, front; Sherbrooke CC; Pierre Corbeil, Richard Pinette, Gaston Guilmette and Daniel Ayotte.



PHOTOS BY ALLAN ROWELL

Clarke & Sons Trophy: Winners, standing; Cowansville CC; Yvan Labrecque, Jeff Bromby, John Crease - presenter, Jean Paul Brillon and André Jean. Runners-up front; Lennoxville CC; Rolie Dionne, Jeff Bailes, Denis Singher and Michel Bérard.



Nichol Trophy: Winners, standing; Lennoxville CC; Greg Cheal (skip), Spencer Richmond, John Nichol - presenter, Hayden Richmond and Todd Rivett. Runners-up, front; Sherbrooke CC, Martin Arsenault, Patrice Baril, Michael Daigle and André Garceau (skip)



Smith Trophy: Winners, standing; Danville CC; Chris Lodge, Matt McCrea (skip), Ethan Leibrecht and J. P. Tremblay, and Ralph Fanning - presenter. Runners-up, front; Lennoxville CC; Marc Richard, Ghyslain Richard, Simon Collin and Robert Léveillé.



Mooney Trophy: Winners, front; Otterburn CC; Bruce Derry, Steve Upton, Rob Derry and Marc Auclair. Runners-up, standing; Evan Mooney - presenter, Danville CC, Richard Webb, Terry Patterson, Jason Bowering and Alex Major

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ALTITUDE

Death

Doreen JEANPRETRE

At Valence, France on March 21, 2018, Doreen E. Jeanpretre (nee Kerr), age 96 years, beloved wife of the late Norbert Jeanpretre of Valence.

Dear mother of Francois Jeanpretre (Dominique) of Coulommiers, France and grandmother of Anne Sarah and Elsa.

She was the daughter of the late Hazel and Franklin Kerr of Island Brook, Quebec and the sister of Douglas (the late Sheila), Elaine (Douglas Parker), Bruce (Hazel) and the late Russell.

The funeral and interment were held in Valence, France on March 24, 2018.

Studies show that flu virus can be spread by just breathing



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

ing (and acting on) this information all the more crucial.

You're correct that the assumption has been that it's by coughing that we pump aerosolized droplets of moisture, which contain the flu virus, into the air and onto the surfaces around us. We've known for some time that these droplets can hang in the air for up to several hours and can live on hard surfaces for several days. But the results of a recently published study by scientists at the University of Maryland's School of Public Health show that by simply breathing, a person who is sick with the flu is exhaling the virus.

The researchers examined the mechanics of how 142 university students with confirmed cases of influenza sent the virus into the air around them. The participants in the study sat in front of a device that could measure various sizes of the aerosolized droplets they dispersed while coughing, sneezing, talking or breathing. In 218 sessions that lasted 30 minutes each, it was revealed that close to half of the airborne droplets that contained the flu virus were collected in the absence of coughing. Since the participants rarely sneezed, the takeaway was that people with an active infection are dispersing the virus into the air around them when they breathe.

An earlier study from the University of Hong Kong concluded that half of flu infections within households are passed

along via aerosolized droplets. The study also looked into your question of whether wearing a surgical mask would prevent infection. The answer echoes the findings of several similar studies — basically, no. Though masks may slightly reduce risk by screening out the largest droplets, they are not effective against the fine aerosolized mist from the breath. According to the Centers for Disease Control and Prevention, the people who really should be wearing facial masks are individuals who are ill.

It's important to note that the University of Maryland study did not tackle the specific question of how the flu is transmitted. Still, the findings do suggest that, even in the absence of coughing, people with the flu can send the virus into the environment around them.

All of which leads to advice that physicians have been giving — and which patients have been ignoring — for generations. And for emphasis, we're putting it into a paragraph of its own:

Stay home when you're sick.

Not only do you really and truly need to rest in order to give your body the best shot at recovering from influenza, but venturing forth while you're actively ill puts everyone around you at risk.

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

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



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Datebook

TUESDAY, MARCH 27, 2018

Today is the 86th day of 2018 and the eighth day of spring.

TODAY'S HISTORY: In 1794, the U.S. Congress passed the Act to Provide Naval Armament, establishing the force that would become the U.S. Navy.

In 1886, Apache leader Geronimo surrendered to U.S. forces at Skeleton Canyon in Arizona.

In 1915, Mary Mallon, better known as Typhoid Mary, was quarantined on North Brother Island in New York City.

In 1964, the largest recorded earthquake in U.S. history (magnitude 9.2) struck Alaska, killing more than 120 people.

In 1998, the Food and Drug Administration approved Viagra, a medication to combat impotence.

TODAY'S BIRTHDAYS: Wilhelm Roentgen (1845-1923), scientist/inventor; Henry Royce (1863-1933), founder of Rolls-Royce Limited; Ludwig Mies van der Rohe (1886-1969), architect; Gloria Swanson (1899-1983), actress; Sarah Vaughan (1924-1990), singer; Quentin Tarantino (1963-), filmmaker; Mariah Carey (1970-), singer; Nathan Fillion (1971-), actor; Fergie (1975-), singer-songwriter; Buster Posey (1987-), base-

ball player.

TODAY'S FACT: Silver prices plummeted on this day in 1980 when brothers Nelson Bunker Hunt and William Herbert Hunt attempted to corner the silver market and failed.

TODAY'S SPORTS: In 1939, Oregon defeated Ohio State 46-33 to win the first NCAA men's basketball tournament.

TODAY'S QUOTE: "I've always thought my soundtracks do pretty good, because they're basically professional equivalents of a mix tape I'd make for you at home." — Quentin Tarantino

TODAY'S NUMBER: 5 — consecutive No. 1 singles for singer-songwriter Mariah Carey, beginning with her August 1990 debut single, "Vision of Love," and ending with her October 1991 single, "Emotions." Carey is the only artist in history to reach No. 1 with her first five singles.

TODAY'S MOON: Between first quarter (March 24) and full moon (March 31).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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LENNOXVILLE

Easter Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, April 1 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

LENNOXVILLE

Men's general meeting, A.N.A.F. Unit 318, Wednesday, March 28 at 7 p.m. on the main floor.

LENNOXVILLE

The Uplands Cultural and Heritage Centre art gallery is exhibiting "Des pianos et des hommes" by Marcel Carey until April 29, 2018. After a career as a commercial photographer, Marcel Carey chose to follow in the footsteps of his grandfather and his father and become a piano tuner. Thanks to this profession, he has met many people who welcomed him into their homes and he discovered the special relationship they have with music. With this exhibit he wishes to pay tribute to them. Uplands, 9 Speid Street, Borough of Lennoxville is open

Wednesday to Sunday from 1 p.m. to 4:30 p.m.

LENNOXVILLE

The John Luce Memorial Dart and Pool Tournament is back at the A.N.A.F. Unit 318 "The Hut", 300 St. Francis Street, Lennoxville on Saturday, April 7 starting at 1 p.m. This year's proceeds are going to 1st Lennoxville Scouts. The canteen will be open. Entertainment with Black Dog starting at 8:30 p.m.

LENNOXVILLE

Participants wanted: English tea, a treasured heritage. Uplands Cultural and Heritage Centre is looking for men and women from Lennoxville (or any other English-speaking community of the Eastern Townships), who participated in traditional teas between the years 1940 and 2010, whether in their family homes or during social activities (charitable fundraising, various celebrations, parish meetings, etc.). We're hoping to hear your stories, in order to help us learn as much as we can about the tea tradition in this region, with the goal of creating new interpretive material for our visitors. We would ask for approximately 45 minutes of your time for an interview. If you are interested in this project, or if you would like more information about it, please contact Julie at 819-564-0409.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, March 29 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next lun-

cheon will be held on April 26.

AYER'S CLIFF

English Grief Support Group. If you are grieving the loss of a loved one, L'Envolée (Palliative care volunteers) will be offering a free 10-week support workshop. This will take place in Ayer's Cliff beginning in April. A maximum of 10 participants will be accepted. Hosted by Claudie Séguin, Lorraine Holt and Liette Compagna. For more information call Lorraine 819-868-8641.

LENNOXVILLE

Cribbage "BACKWARDS" Tournament to be held at the A.N.A.F. Unit #318 "The Hut", 300 St. Francis, Lennoxville on Thursday, March 29. Registration at 7 p.m. All profits go to Men's Sports at "The Hut". Everyone welcome, must bring your partner.

LENNOXVILLE

You are cordially invited to join us at 10 a.m. on Sunday, May 6 for our annual "Service of Hope and Inspiration" to be held at the Lennoxville United Church, 6 Church Street, Sherbrooke (borough of Lennoxville) when we will honour family members and friends whose lives have been affected by, or lost to, a life-threatening illness such as cancer. If you wish to join us in honouring your loved one with a floral tribute please call Frankie Noble (819-842-1035) between April 2 and April 25 or simply join us on May 6 and be inspired. Proceeds of sales of flowers will be shared between La Maison Aube Lumière and Leucan (Shaved Head Project).

LENNOXVILLE

St. Francis Valley Naturalist Club meet-

ing, Wednesday, March 28 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel Gratham Street, Lennoxville Borough. Program - Hereford Community Forest: Conservation and Future Projects. Presented by Dany Senay, ing. F., Directeur, and Francois Bouchy-Picon, President. Come and learn about this Eastern Townships treasure. Everybody is welcome.

LENNOXVILLE

Prom Fairies Family Bingo on Sunday, April 8. Noon: Opening of the canteen, spinning wheel, Fairy Drop and bottle caps games. 1:30 p.m. sharp: Bingo starts with paper cards being used, so please bring your dabbers. Adult and child winner each game. Location: Alexander Galt Regional High School, 1700 College Street, Sherbrooke (Lennoxville)

SHERBROOKE

Plymouth-Trinity United Church (at 380 Dufferin, in Sherbrooke) invites you to share in an interfaith Passover Seder. The seder, a festive holiday meal, actually means "order." It is called this because the meal is done in a certain order which takes us from slavery to freedom. The ritual will be led by Rabbi Laurence Edwards, our guest from Chicago, assisted by members of the local Jewish community. Dinner will be a potluck (but please no leavened bread or pastries, and no pork or shellfish). Thursday, March 29, 6 p.m. RSVP to 819-346-6373 or PlymouthTrinityChurch@gmail.com, and tell us what you'll bring! Bring your friends and neighbours, children welcome! This will be a fun and relaxing evening.

Lamenting invitations on social media

Dear Annie

TUESDAY, MARCH 27, 2018

Dear Annie: Recently, I missed a large birthday party for a close family member. I was not aware of the party until several weeks later, when other family members asked where I was that day. My answer was that I had not been invited and knew nothing about it. I was then promptly told the invitation had been on Facebook. It is as if I am expected to read Facebook each day instead of the regular mail. I checked my Facebook page and found no such invitation or mention of a party. I really don't know how to use Facebook, so the invitation might have been somewhere unseen by me even if I logged on regularly.

I have missed several invitations and events because of this. Am I wrong for not checking Facebook for such information? Is this the new norm? If it is, then I suppose we can expect to see obituaries posted on Facebook in the future — and birth announcements and wedding announcements.

What is expected these days? — Home Alone

Dear Home Alone: If friends and loved ones really want you to be at their event and they know you don't use Facebook, they should reach out to you separately, whether with a phone call, an email or — don't hold your breath — a good old-fashioned paper invitation. That said, they may not know you don't use Facebook. You do have an account, after all. One option would be to delete your account so there's no confusion over whether or not you're receiving invitations that way. Another option would be a tech solution for this tech problem: If you use a calendar on your computer, tablet or smartphone, you should be able to sync your Facebook account with it so that any events you're invited to will automatically be added to the calendar. For what it's worth, I am with you. I don't think social media should be the hub of our social lives.

Dear Annie: "News Junkie," who finds himself obsessed and stressed by the 24-hour news cycle, is not alone. Cable news ratings are at record highs. The

major newspapers have the highest readership they've had in years. Investigative reporting has never been more diligent. Most Americans think the country is on the wrong track. And most responsible citizens believe that now, more than ever, is not the time to not be paying attention.

Your advice to "News Junkie" is what I try to do myself: take periodic breaks from the news cycle to do something soul-restoring. In my case, I take my dog out every day, weather permitting, to a nearby nature area where you can let your dogs run and play off leash. The only other thing I would suggest for "News Junkie" is that he take action of some kind, such as volunteering for a political campaign, a "get out the vote" effort or a social service organization whose mission he respects. It is a great stress reliever, too, knowing that you are doing something, however small, to make the world a better place than it is right now. — Kay C.

Dear Kay C.: I'd like to second your advice and encourage "News Junkie" and other overwhelmed Americans to volunteer. Though it's crucial to take periodic breaks from the news cycle to avoid stress, fatigue and ultimately apathy, it can also be therapeutic to take action.

Dear Annie: "Susie" and I are long-term friends. We've known each other for 40 years. My husband and I moved to another state a few years ago, and Susie subsequently followed me. I introduced Susie and her husband to another friend of mine, "Linda," and Linda's husband. We enjoyed many good times together, the six of us.

As time went on, Susie's husband and Linda's husband became the best of friends, pushing my husband out and excluding him altogether. I decided I no longer wanted to associate with Linda's husband as I thought he instigated the estrangement of my husband. Linda, in turn, got angry and unfriended me on social media and in real life. Now, Susie — a friend of 40 years — has resumed her friendship with Linda, and I feel that she is disloyal to me and does not value my friendship as

she knows this hurts me. What say you? — Pushed Out

Dear Pushed Out: Friendship is not about owning or owing one another. The fact that Linda's and Susie's husbands get along well doesn't mean they're excluding your husband. It just means they get along well. Why begrudge them that?

Instead, I encourage you and your husband to get out and meet new people: Join a community league; pick up a new sport or hobby — anything that offers a social aspect. The more people you meet and the larger your circle becomes, the smaller the current drama will look. There are as many fish in the sea of friendship as in the sea of love.

Dear Annie: I have always considered myself a gentleman and was taught from an early age to open doors for women, and let them through first. This is where my pet peeve comes in.

I arrive first to the door of my local coffee shop. I wait for a woman who is making her way to the door. As a gentleman, I open the door for her and let her through first. Nine times out of 10, that same woman thoughtlessly snags my rightful place in the coffee line! What's with that? And if your response is that if I were a true gentleman I would let women go in front of me in a line, consider that it could take me all morning just to get a coffee. — Just Saying

Dear Just Saying: You minded your manners; they missed their cue. It happens. As a poet wrote nearly 1,000 years ago, "The test of good manners is to be patient with the bad ones." Hopefully, some line-cutters will see your letter and not try others' patience quite so much.

By the way, I believe it's always polite to hold the door for someone who's following close behind you, regardless of gender. Nobody likes having a door shut on his or her face.

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

CELEBRITY CIPHER

by Luis Campos

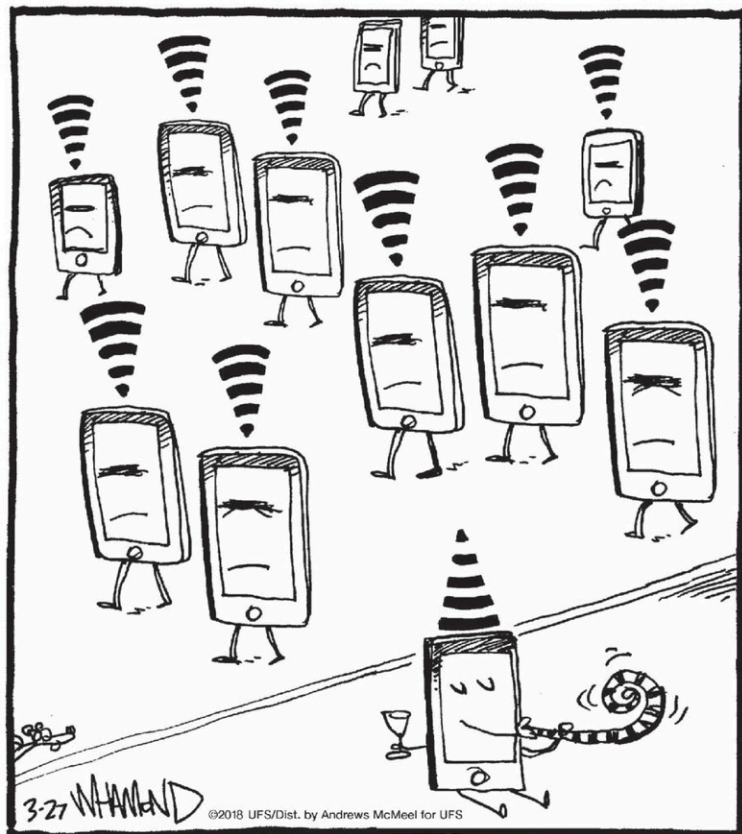
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ SWC RCLZ VR OCLSW RVNNVGP RZVF
SWC RCLZ VR NJRC. L FLA GWV NJMCP
RXNNH JP TZCTLZCO SV OJC LS LAH
SJFC.” — FLZD SGLJA

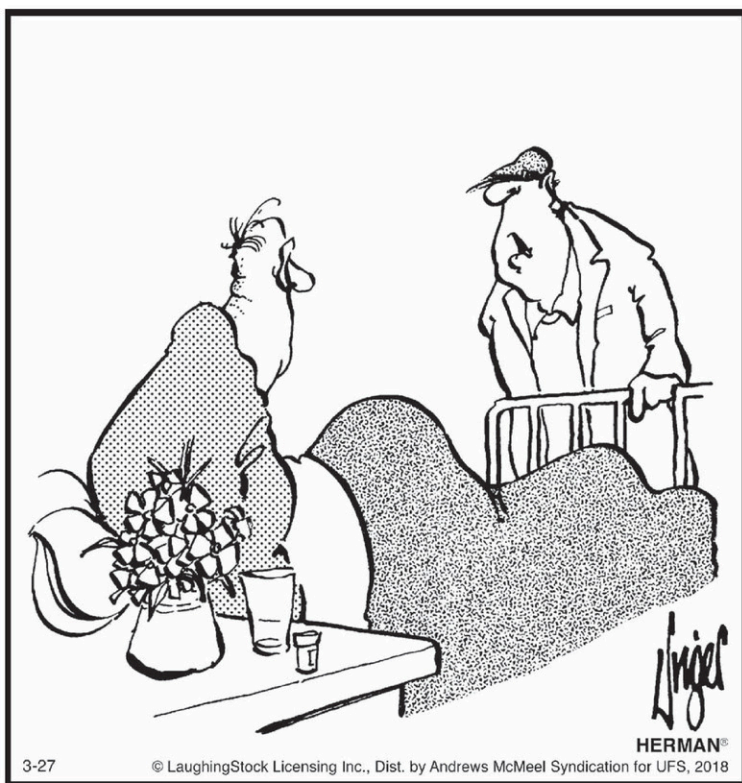
Previous Solution: “Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.” — Martin Luther

TODAY'S CLUE: A sjanbe W

REALITY CHECK

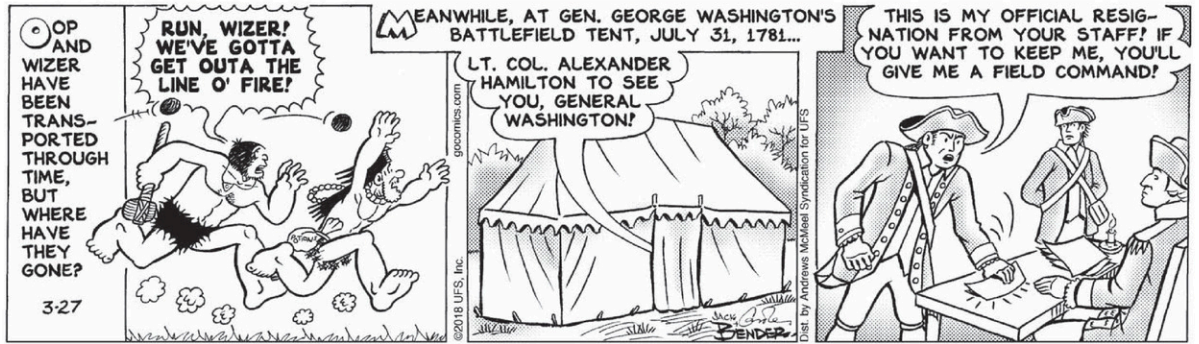


HERMAN

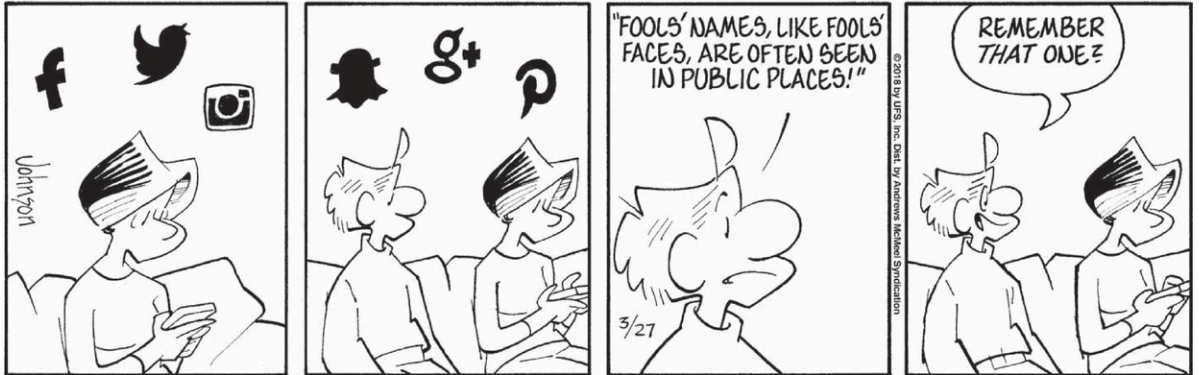


“Is hernia contagious?”

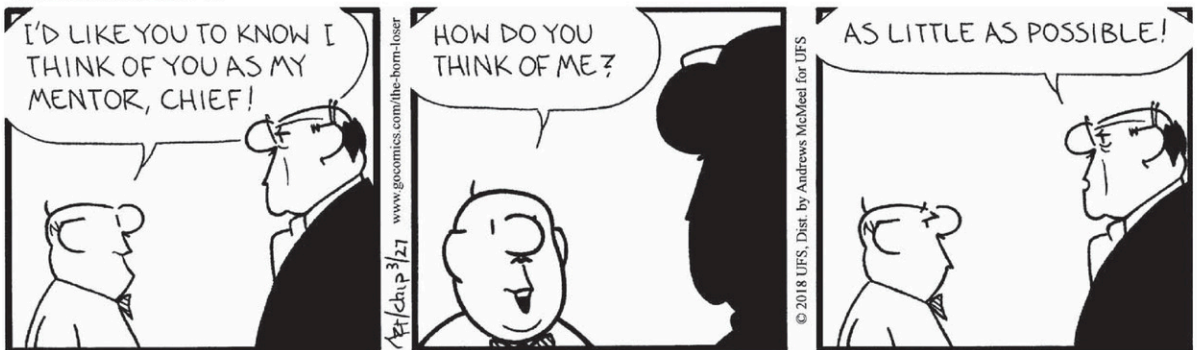
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How to be mere minutes away from a tasty crusted salmon

By Melissa D'Arabian

It seems like mere moments after I get the last dish dried and put away, it's time to make dinner again. Is it me or are the days actually getting shorter, whizzing by in a blur and then coming to a screeching halt at 6 p.m. when every person in my household starts wandering into the kitchen, casually asking what's for dinner, usually while opening up a cupboard to peruse available snacks?

The solution is to have a small repertoire of dishes that require hardly any prep, and that use ingredients you have on hand. And, then of course, keep these ingredients on hand! Stock your pantry with frozen wild salmon fillets and Dijon mustard and you will never be more than a few sheet-pan minutes away from a tasty crusted salmon. While the ingredients might change up a bit depending on your mood and your pantry, the basic strategy is the same: Stir a few flavourful ingredients into some Dijon mustard, spread on salmon, and bake at 400 F until done, about 10-15 minutes depending on the thickness of the fish, and whether it is

thawed or frozen.

Today's recipe for Mustard and Dill Crusted Salmon is but one example of this recipe blueprint. Once you've mastered it (which won't take long), you can venture out on your own on a given Tuesday night and create your family's own version.

I'll share a few best practices based on many years of mustard-crusting salmon. Add a little something sweet, like a touch of honey, pure maple syrup or agave. Also, include one or two aromatic ingredients, like minced shallot, garlic, spices or dried herbs. If you don't mind a little extra fat, a tiny bit of olive oil or even mayonnaise will keep the dish juicy and tender, for just a few extra calories a person. But, don't fret if you want to skip the oil and keep things super lean. Finally, you can add a little texture if you want by topping with breadcrumbs or crushed nuts, but this is totally optional.

MUSTARD AND DILL CRUSTED SALMON

Servings: 4

Start to finish: 30 minutes



- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons fresh lemon juice
- 4 fillets of salmon, about 5 ounces each

Mustard Crust:

- 3 tablespoons Dijon mustard
- 2 teaspoons mayonnaise
- 2 teaspoons pure maple syrup
- 2 garlic cloves, minced
- 1 1/2 teaspoons dried dill (or 1 tablespoon fresh dill, chopped)
- Freshly ground black pepper

Preheat the oven to 400 F. Place the soy sauce and lemon juice in a shallow bowl, and dip both sides of each salmon fillet in the mixture and let the marinade soak into the salmon for a few minutes. Meanwhile, in a medium bowl, mix together all the ingredients for the mustard crust and set aside. Line a baking tray with parchment paper. Gently pat any excess liquid off the salmon fillets. (They do not need to be completely dry; just not dripping.)

Divide the mustard mixture among the fillets, and use your hands to coat the fish entirely in

the mustard mixture. Place the fish on the parchment-lined baking sheet and bake just until fish is cooked through (about 135 F internal temperature). This will take between 10-15 minutes depending on the thickness of the fish. If the fish is frozen, add about 5 minutes. In general, the salmon will be ready a few minutes earlier than you think. Serve with vegetables and brown rice for a quick weeknight meal.

Chef's Note: This recipe can be prepared with frozen fish fillets. Let sit on countertop for 15 minutes to thaw the outside just enough for the soy sauce and lemon mixture to soak in a little. Proceed with recipe, adding cook-time as needed.

Nutrition information per serving: 247 calories; 97 calories from fat; 11 g fat (2 g saturated; 0 g trans fats); 79 mg cholesterol; 635 mg sodium; 6 g carbohydrate; 0 g fiber; 2 g sugar; 29 g protein.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, "Supermarket Healthy."

THE ASSOCIATED PRESS

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

3/27

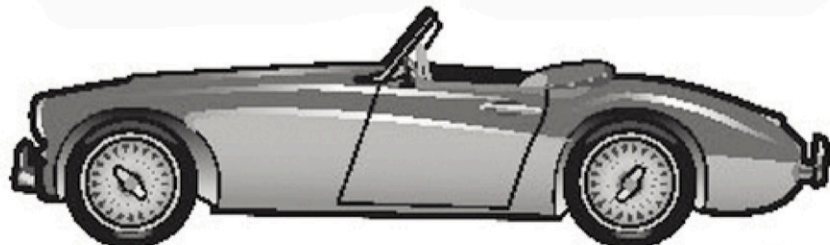
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PREVIOUS SOLUTION

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

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

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Your Birthday

TUESDAY, MARCH 27, 2018

Take note of what's going on around you. Make sure you have a clear path to carry out your plans. Being organized will make a difference to how well you do this year. Positive change will be the result of open communication and free choice of your personal and professional counterparts.

ARIES (March 21-April 19) — Get involved in events or projects that you feel drawn to. Share your feelings with someone you are close to or who has the clout to help you get ahead.

TAURUS (April 20-May 20) — Go about your business. Don't make a fuss or get into a discussion regarding domestic issues. Keep life simple and your relationships amicable, and move forward with confidence.

GEMINI (May 21-June 20) — Discuss any personal plans before you put them into play. An emotional shift with someone you love will give you reason to pitch in and help more.

CANCER (June 21-July 22) — You'll be called upon to help a friend or relative, but before you sign up for duty, make it clear what you are and are not willing to do.

LEO (July 23-Aug. 22) — You'll be eager to gain experience and apply whatever you learn to your current situation. Refuse to let someone who tends to overreact or has bad habits influence you.

VIRGO (Aug. 23-Sept. 22) — Do some re-

search before you engage in something that will take you into unfamiliar territory. Your thoroughness will pay off and will encourage you to look for alternative ways to get what you want.

LIBRA (Sept. 23-Oct. 23) — The help you offer will determine if someone takes advantage of you. Instill standards that you can live with and don't let anyone adjust the boundaries you set.

SCORPIO (Oct. 24-Nov. 22) — Keep your thoughts to yourself and don't make a fuss. Give any situation you face a chance to unfold. Knowing the facts before you make a move will change your response.

SAGITTARIUS (Nov. 23-Dec. 21) — Taking a short jaunt to visit someone you haven't seen in a long time or to attend a seminar or retreat that is geared toward self-improvement will result in personal gains.

CAPRICORN (Dec. 22-Jan. 19) — Don't get angry when you should be expressing your thoughts and feelings with diplomacy. Have a backup plan in case someone you are dealing with lets you down.

AQUARIUS (Jan. 20-Feb. 19) — You'll know what to do and what not to do. An opportunity will help you take positive steps forward. A partnership will help sell what you have to offer.

PISCES (Feb. 20-March 20) — It will be difficult to figure out what's best for you. An unusual opportunity should be looked into and considered. A personal gain is possible, and a challenge will excite you.

TUESDAY, MARCH 27, 2018

What is the play for three tricks?

By Phillip Alder

Dave Kellett, the creator and cartoonist of the webcomics Sheldon and Drive, wrote, "The English language was carefully, carefully cobbled together by three blind dudes and a German dictionary."

I doubt everyone — anyone? — would agree with that, but this deal needs to be played carefully, carefully by declarer to gain three diamond tricks.

North, who knew the partnership had 34 or 35 points between them, might as well have jumped straight to six no-trump. Using Gerber to check on aces was unnecessary. North-South could not be missing one ace and one king, and a grand slam rated to be at best on a finesse.

South has 11 top tricks: three spades, four hearts, two diamonds and two clubs. A minor-suit squeeze is possible, but unlikely. Instead, try to collect a third diamond trick. But how should declarer attempt to do that?

Since South can afford to lose one diamond trick, there are two possible plays. First, cash dummy's king, then play low to the jack. Second, cash the ace, cross to dummy's king and lead a third round toward declarer's jack.

The difference in probability is not great. Finessing the jack succeeds whenever East has the queen, or West has a

North 03-27-18			
♠ K 6 5		♥ A J 10 9	
♦ K 4 3		♣ K 7 2	
West		East	
♠ J 9 4 2		♠ 10 8 3	
♥ 8 4 3		♥ 7 5 2	
♦ Q 9		♦ 10 8 7 6	
♣ J 10 9 8		♣ Q 6 5	
South			
♠ A Q 7		♥ K Q 6	
♦ A J 5 2		♣ A 4 3	
Dealer: South Vulnerable: North-South			
South	West	North	East
2NT	Pass	4♣	Pass
4NT	Pass	6NT	All Pass
Opening lead: ♣ J			

singleton queen (it drops under dummy's king) or West has queen-third. That comes to approximately 69 per cent.

Playing two rounds, then leading toward the jack, also works whenever East has the queen or West has a singleton queen or West has queen-third, but in addition it brings home the Speck when West has queen-doubleton (see the diagram). This improves the odds to 77 per cent.

CROSSWORD

Across

- 1 "__ show time!"
- 4 Get some rays
- 8 Weak, excuse-wise
- 14 Stanley Cup org.
- 15 "See ya"
- 16 Change from five stars to three, say
- 17 Drink with jam and bread, in song
- 18 "You think anyone cares about MY opinion?"
- 20 Nocturnal birds
- 22 HBO miniseries "Big Little __"
- 23 Easy-to-scam people
- 24 Boatload (of)
- 27 Caramel-filled candy
- 28 "Hold the Hellmann's"
- 29 Protein-building acid
- 31 Mother in Calcutta
- 35 "On the Beach" novelist Shute
- 36 Texter's #1 pal

- 39 "Let's see here ..."
- 41 Finish
- 42 "You win"
- 44 Ophthalmologist's concern
- 46 Myanmar, once
- 47 Gives the go-ahead
- 51 Scent
- 52 Overall concept of the universe
- 55 Guthrie of folk
- 56 Manufacture
- 57 Designer Gucci
- 58 Eye-of-newt concoction
- 62 Sense of self
- 63 "You can say that again!"
- 64 Christmas season
- 65 U.S. House member
- 66 "You can say that again!"
- 67 City near Tulsa
- 68 Radical '60s campus gp.

- 26 Achy
- 27 Acted without restraint
- 30 Overused, as jokes
- 32 Shade tree
- 33 Foxy
- 34 "I'll take that as __"
- 36 Lobster eater's protection
- 37 The "F" element in CFC
- 38 Full-size cars of the 1960s-'80s
- 40 Lustrous white gem
- 43 Kissy-kissy
- 45 Thomas __ Edison
- 48 Persian Gulf ships

- 49 Crammed (into) ... and, when aptly hyphenated, like 18-, 24-, 39-, 52- and 58-Across
- 50 Descends suddenly
- 52 Used to be
- 53 "All right, so long"
- 54 "Friends" episode, now
- 55 Not 1-Down
- 56 Kitty sounds
- 59 Groundbreaking invention?
- 60 Quarterback Manning
- 61 Marry

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

Down

- 1 Visiting the area
- 2 "My Generation" rock band
- 3 Zigzag ski event
- 4 "Before I forget," in texts
- 5 "Say __": doctor's directive
- 6 Buy time
- 7 Longtime "Today" co-host Couric
- 8 Some big dos
- 9 Kauai garland
- 10 Exasperating
- 11 "Holy smokes!"
- 12 Drop by, colloquially
- 13 Evergreens shrubs
- 19 Drops on the grass
- 21 Wood strip
- 25 Glasses and goggles

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	61		62		
63									64					65	
66									67					68	