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## SAQ workers take to the streets again

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## The long-awaited learning commons opens its doors

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PM#0040007682

THURSDAY, AUGUST 23, 2018

## Montreal police bike through Lennoxville to raise funds for youth sports

By Gordon Lambie

There was a strong police presence at Bishop's University on Tuesday afternoon, but for a different reason than one might think. Just after 4 p.m. a group of nearly 20 officers from the Montreal Police force, the SPVM, biked onto the campus as a part of the 22nd edition of the SPVM Police Officers' Bike Tour benefitting the Défi sportif AlterGo, an annual multisport event in Montreal designed for athletes with disabilities from across Quebec. By the end of their tour, the officers will have covered more than 1,000 kilometers in six days in support of their chosen cause.

"The Defi Sportif is an annual event that lasts seven days that runs from grassroots to high level," explained Maxim Gagnon, Director of the program. "We have youth coming from 125 schools across Quebec, all of whom have some form of disability."

In 2018, for the 35th edition of the Défi sportif AlterGo, more than 6,000 youth participated in the event which included more than 15 sports disciplines

CONT'D ON PAGE 4

## Guess who's coming to Gillygooly

Kevin Whitaker spices up The Last Supper



MATTHEW MCCULLY

Following a diagnosis of Parkinson's and Lewy Body Dementia, Superior Court Judge Kevin Whitaker took off his robe and picked up a paint brush to explore his creative side while raising money for Parkinson's and LBD research. He is seen here with his wife Marie Moliner, beside one of his paintings that will be shown this weekend at the Gillygooly Gallery in Hatley Township.

By Matthew McCully

Rosa Parks. Hannah Arendt. Joan of Arc. Frida Kahlo. Emma Goldman.

Just a few of the women who, based on their accomplishments, artist Kevin Whitaker believes would have merited an invitation to The Last Supper.

Their portraits, along with several

others, will be featured in Whitaker's upcoming art exhibition at the Gillygooly Gallery in Hatley Township this weekend.

CONT'D ON PAGE 3

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## Weather



TODAY:  
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HIGH OF 23  
LOW OF 9



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 28  
LOW OF 11



SATURDAY:  
SUNNY

HIGH OF 28  
LOW OF 14



SUNDAY:  
60% CHANCE  
OF SHOWERS

HIGH OF 25  
LOW OF 17



MONDAY:  
CLOUDY,  
SHOWERS

HIGH OF 24  
LOW OF 10

# This is why we can't have anything nice



ROSS MURRAY

This week we say goodbye to the living room sofa we've had for the past 16 years. That sofa holds a lot of memories. And urine.

Tip for young families: never, ever purchase a suede sofa. Suede is the least wipeable of all the fabrics. We had a sense of this when we purchased the thing those many years ago. That's why we opted for the post-delivery ScotchGuard treatment that, the salesman assured us, would cause spilled liquids to bead upon its pristine surface like fresh morning dew on springtime meadows.

I can confirm that the ScotchGuard guy did show up, but I feel like he applied the stuff the way one would gently mist the leaves of an oversensitive houseplant. In short, it didn't take. Spilled liquids were not, in fact, whisked away with the simple wipe of a cloth but were quickly absorbed into the very molecular structure of the sofa.

We learned this quickly, within hours of the so-called treatment, in fact. In the intervening years, the cumulative food that has been spilled on and into the sofa would be sufficient to make a small stew. The other day, while looking for the remote between the cushions (al-

ways a queasy experience, like putting your hand into a potato bag you're sure contains something rotten), I found a fork. Who doesn't notice their fork has gone missing, and what does this say about my children? The point is, you would also have utensils to eat your sofa stew.

In a pinch, you could suckle on a cushion and live off the nutrients for five to seven days. But then you would die, because the sofa is undoubtedly teeming with bacteria and possibly the primordial ingredients for the creation of life. It has been peed upon, it has been vomited upon. On too many occasions to recall, I have caught the dog on the sofa slurping away at its various parts and leaving behind a wet patch of saliva.

And the dog herself has been wet, rolling around on the sofa in ecstasy, grinding sand and dirt into the fabric. There is fur. There is so much fur.

As a result of all these years of abuse, pet care and sub-par eating skills, the beige suede of the sofa has acquired a glossy, tar-like coating, one that never entirely feels dry, a kind of Cronenberg couch. It has a sheen, and it's a Charlie sheen, not Martin.

Oh, and it also smells, but at this point that probably goes without saying.

I haven't even touched on its physical deterioration, the result of years of slouching, jumping, humping. Humping? God, I hope not, but there's no guarantee. From the very beginning, this couch was physically abused, starting with the time someone slashed the fabric in the back, an act of vandalism our son denies to this day and cites as an example of unfair persecution, and we

are very sorry, but, let's be honest, who else could it have been?

The sofa goes this week. It is obviously long overdue, particularly from a public health standpoint.

And yet part of me is filled with regret, and not only because it's in my nature not to throw anything out until it is entirely unusable, and, technically, you can still sit on the sofa, albeit with hand sanitizer at the ready.

I'm sad because so much has happened on that sofa, and not all of it gross. The family sitting around watching movies, snuggled under blankets and passing popcorn, said popcorn finding its way between the cushions. Late nights flicking through infomercials trying to get the baby back to sleep. Stretched out reading a book with the dog warming my feet. The time we took photographs of ourselves leaping from the chair to the sofa, making it look like we were suspended in air. Falling asleep on it, with its surprising back support, though always being sure to avoid skin contact.

It's no secret that our objects are imbued with sentiment, or in this case apple juice. Often we protect and cherish these precious things, keeping them from harm, polishing them, showcasing them, not squishing grapes into them. But sometimes those things become ugly because they are not just full of stains but lives. Getting rid of the sofa is another sign of those lives passing and the end of childhood, that messiest of all business.

The sofa goes this week. We'll put it out by the curb. It's yours if you want it. Comes with bonus DNA.

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## Ben by Daniel Shelton

"AND SO THE PRINCESS WENT INTO THE FOREST TO RETRIEVE THE GOBLET..."

"THERE SHE MET A FOX AND... A..."

GRANMA? HOW COME YOU HAVE ALL THIS HAIR IN YOUR NOSE?

I THOUGHT YOU WERE READING TO MIA...

THERE WAS A SUDDEN -GNN- EMERGENCY!

PLUCK PLUCK

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## LOCAL NEWS

According to the union, 70 per cent of SAQ workers are part-time, and between 700 and 800 of those work between 0 and 10 hours per week at certain times of the year.

## SAQ workers take to the streets again

By Gordon Lambie

SAQ workers were on strike again on Wednesday, this time holding a midday demonstration in front of the office of Luc Fortin, Member of the National Assembly for Sherbrooke and Minister responsible for the Estrie region. The strike marked the second day of protest for the employees of the Crown corporation and was part of pressure tactics that were applied across the province.

"The SAQ is attacking the foundations of the collective agreement by reducing the number of regular positions available as well as the protection that allows the most senior employees to have quality schedules," said Katia Lelièvre, Presi-

dent of the union representing the employees. "These measures add to the instability that is already too present in our ranks."

According to the union, 70 per cent of SAQ workers are part-time, and between 700 and 800 of those work between 0 and 10 hours per week at certain times of the year. The group adds that it takes an average of 12 years to secure a permanent post.

The 5,500 members of the SEMB-SAQ union voted 91 per cent in favour of six days of strike action in June, after 16 months of failed contract negotiations.

Fortin was out of town the morning of the protest, announcing the new liberal candidate for the Brome-Missisquoi riding.

PICTURE BY GORDON LAMBIE



## New GM at the CHUS Foundation

Record Staff  
SHERBROOKE

After a rigorous selection process, the Board of Directors of the CHUS Foundation has chosen Martin Clermont as its new general manager. Clermont has worked with the Metropolitan Montreal Chamber of Commerce, Desjardins, and Raymond Chabot

Grant Thornton. He is recognized for his experience in business development and marketing and will have the mandate to optimize the Foundation's processes and increase its revenues.

"His roadmap is eloquent, it's results-oriented," said Sophie Warren, Chair of the Foundation's Board of Directors, adding that she believes that Clermont is the person to lead the CHUS Founda-

tion to another level. "He has chosen to come to Sherbrooke and pursue his career with us and I am convinced that the Fondation du CHUS is in good hands for the next few years. We can be confident that, through his experience, he can face the challenge of propelling our work forward."

"I am excited to join an organization recognized for its dynamism and I in-

tend to actively contribute to its development," Clermont said when introduced to employees on Monday. "The Fondation du CHUS is in good hands for the next few years, and I am particularly motivated to participate in its growth and the many projects and challenges ahead."

## Artist Kevin Whitaker

CONT'D FROM PAGE 1

The show is called The Last Supper (Guess who's coming to dinner).

If you were to invite Whitaker to dinner, you would enjoy the company of three different characters: the retired Superior Court Judge, the artist, and the 61-year-old husband and father, diagnosed with Parkinson's and Lewy Body Dementia (LBD).

The three are inseparable. They each take their turn surfacing in conversation as Whitaker fends off a dual attack on his body and his mind.

"I started to notice there were things going wrong with my head, to put it bluntly," Whitaker explained. He started having difficulty remembering things. Normally a very space conscious person, Whitaker said he started to back into things with his car and having to swerve at the last minute to avoid hitting things.

By 2014, he was formally diagnosed.

While both Parkinson's and Lewy Body Dementia are chronic, progressive diseases that affect the nerve cells in the brain, Parkinson's is considered a movement disorder while LBD is a cognitive disorder.

"It's a full attack on the body," Whitaker said, explaining the mental and physical effects of the double diagnosis.

He retired from the Superior Court in 2016, and since then he and his wife Marie Moliner, have been traveling and spending their time at a family home in Hatley.

Time and space are leaving Whitaker; but colour, texture, creativity. These are things on which Whitaker has a firm grasp.

Whitaker has turned to art several times in his life as a means of working through stressful periods. He broke into his childrens' set of watercolours when his father fell ill and slipped into a coma. When Whitaker was appointed Chair of the Ontario Labour Relations Board, he painted a pair of eyes guarding an empty seat, seeming to ask 'would you dare sit in this chair?'

Since his diagnosis of Parkinson's and LBD, Whitaker has taken up the brush again and discovered that he has a lot to share.

The upcoming Gillygooly exhibition is only his second formal show.

His first was this past April in Toronto and was called Chasing Monsters. The paintings were personal, related to the hallucinations that he faces daily, a symptom of the disease.

The show sold out and the proceeds, amounting to \$20,000, were donated to LBD and Parkinson's research.

The new show, The Last Supper, has a very different theme.

It's not morbid. It's not his last supper. Whitaker does not have a seat at the table.

Whitaker's idea was to draw on the symbolism of Jesus' last supper, and develop a guest list for such a momentous occasion.

"My thinking was that I wanted a set

of criteria that assessed contributions in a grand way," Whitaker said, "Thinking about leadership, a special role-something more universal."

The Last Supper guest list is almost exclusively women, which also suggests a feminist perspective.

Before his second exhibition has even been unveiled to the public, Whitaker is already at work on his next show, exploring notions of social justice, the things that define conflict and the relationship between youth and violence in the world.

"We should all be shouldering re-

sponsibility and taking action where we see things that should be addressed," Whitaker said.

"You can't be limited only dealing with things that are particular to your community," he added.

The vernissage for The Last Supper (Guess who's coming to dinner) will take place Saturday, Aug. 25 from 11:30 a.m. till 2 p.m. The gallery will also be open Sunday, Aug. 26 between 11:30 a.m. and 3 p.m.

After the weekend, visits will be available by appointment until Labour Day.



# SPA closed for move over the weekend

**Record Staff**  
SHERBROOKE

at 145 Sauvé Street in Sherbrooke, near Highway 410 and Val-Estrie Ford dealership on King St. West. Hours of operation will remain the same, i.e. from 10:00 am to 5:00 pm, Monday to Saturday. The phone number will remain unchanged at 819-821-4727.

Over the course of those four days more than a hundred animals will be moved into their new spaces with help from the help of a dozen volunteers in

addition to the regular staff. All offices and administrative materials will also be moved, with the aim to be fully operational by Tuesday, August 28 at the official opening.

For any emergencies that may occur during the four days of closure, citizens should contact their local police department, who will contact SPA patrollers to transmit details of the situation. The latter will then be able to intervene 24/7.

This new space will offer optimal living conditions for all its residents, in addition to being more comfortable. The central objective of the project is to improve conditions of care for animals housed within the shelter, by building environments meeting the specific needs of each species.

The Eastern Townships SPA is reminding the public that it will be closed for four days this weekend while it moves to its new location.

The SPA will be closed from Friday, August 24 to Monday, August 27 inclusively. Activities will resume on Tuesday, August 28 in the new building, located

# Montreal police bike through Lennoxville

CONT'D FROM PAGE 1

The bike tour, according to Gagnon, raises funds to cover the transportation costs of these children. This year is the fifth year that the two organizations have partnered, and the fundraising goal of this year's ride is \$35,000.

Officers Andy Fréchette and Peter Viglione are both participating in the ride this year.

"The first year I participated (in the ride) and then again the year after, I actually participated in the opening of the games," said Viglione, who is riding for the third time this year. "I spent the whole day there and it was such an amazing experience to see the kids with these disabilities, the smiles and the joy it brought to them; it was priceless to see."

Fréchette, meanwhile, has been participating in the police bike tour for 13 years.

"I first started because I had a little

cousin who was in a motorcycle accident and ended up in a wheelchair," the officer said, explaining that even before the ride was affiliated with the Défi sportif, it still sought to support organizations that helped young people with special needs. "To them we are heroes, but they are the real heroes because they are fighting hard every day," he added.

"It makes you look at life in a completely different way," Viglione added. "We have so much, but sometimes we complain. This makes you take a step back and think."

The riders set out for Thetford Mines Wednesday morning and should be leaving for Lévis today. They will make a stop in Shawinigan after that before returning to Longueuil on Saturday.

More information on the Défi sportif AlterGo, including how to make a donation is available at <http://evenement.defisportif.com/en/> or by calling 1 514 933-2739.



GORDON LAMBIE



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The expertise of neurosurgeon and neuro-oncologist David Fortin and researcher Maxime Descoteaux was recognized in an article entitled "Secrets of the Brain" published in the February edition of *National Geographic*.



Photo Credit: National Geographic

Innovating and pushing the limits of technology to benefit patients and the public are challenges addressed by the experts at the CHUS and its research centre on a daily basis.



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# The long-awaited learning commons opens its doors

By Gordon Lambie

Although there are still half-filled boxes in corners and a sign out front reminding visitors to be careful and respectful of the construction workers, the new Bishop's University Learning Commons is now open to the public after its massive, year-long renovation. The space opened its doors to the public for the first time in over a year on Monday.

"We decided to open to accommodate the Champlain students," said Gary McCormick, one of the University's interim librarians, explaining that the trade-off to the early start is the not-quite complete state of things. The new facility officially launches on September 4 with the start of the Bishop's school year, but in terms of its general functionality, the librarian said that everything is either

up and running or will be soon.

"It is wonderful," said Nancy Beattie, Campus Director of Champlain College. "I have to give full credit to the folks over in the learning commons because they really pushed last week to make sure that the doors would be open."

For students who only ever knew the schools' temporary library, which was set up last year in a series of interconnected trailers next to the sports complex, the newly renovated facility must seem like stepping into a whole new world. Even for a few veterans of the older library who were wandering the stacks on Monday morning, it was hard to believe that the Library and the Learning Commons are, in fact, the same building.

McCormick explained how the space in the new library has been totally re-

imagined, with a greater emphasis on meeting and work space. In order to do this without changing the dimensions of the building, the amount of books on display had to be reduced, but off-site storage means that there is still a significant collection to draw from,

Asked about how the library team prioritized what books to display, the Librarian said that they looked to the resources that were the most appealing, most recent, and most relevant.

"We didn't shelve anything that hasn't been taken out in 30 years," McCormick said, adding that the reorganization of the library provided a good opportunity to check the collection for texts that are now out of date or incorrect.

Within that idea of a "learning commons" the librarian pointed out that the

work done was not just a renovation of a library but also a bringing together of a variety of resources including the peer tutoring team, the school's writing centre, and the IT department.

"We have access to more and better technology," McCormick said. "It's helpful to the students and it's helpful to us."

Although certainly not the priority of the changes, the librarian also said that as far as he is concerned, the building is lovely to look at and spend time in.

"It's very photogenic," he said, pointing to the large amounts of natural light and integrated wood paneling that have been built into the new design.

The official inauguration of the new learning commons is scheduled for 11 a.m. on Tuesday, September 4, but in the mean time anyone interested can walk in the door and have a look around.



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# EDITORIAL

Another story related to me by my sister concerns a nephew who is, as are most young people born with an iPad in their cradle, completely at home with new technology.

## Generation Z meets the standard shift



TIM BELFORD

A lot has been written about the difficulties faced by boomers, seniors and other assorted old people in adjusting to a world of new technology where manipulating a key board, sending a tweet and watching events happen live on a smart phone have become a daily part of living the good life. Oddly enough, there hasn't been much said about what we're leaving behind and how much generations X, Y and Z have lost on this journey to the brave new world. Thus I found myself fascinated by a recent news item.

Apparently, two young would-be car jackers found themselves in a spot of trouble recently when they grabbed the car keys from a woman in a parking lot as she was about to do her shopping. The miscreants leapt into the car turned the switch and sat there. The woman meanwhile raised the alarm, yelling for help expecting her vehicle to disappear over the horizon. Not to be. The two just sat there for a couple of minutes and then jumped out and ran away. They were later apprehended by the police as they

fled on foot.

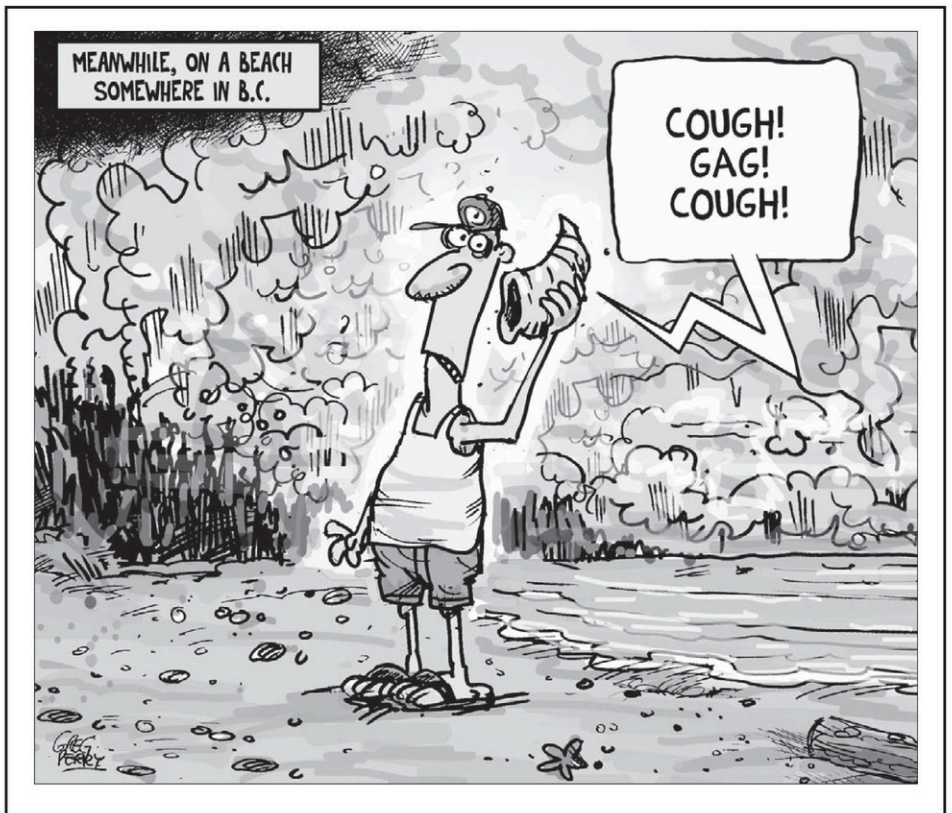
It turns out the novice thieves had picked the wrong car. Instead of just sliding it into drive and making their escape they found themselves seated in an increasingly rare standard shift vehicle. You can almost hear the conversation.

"How do you put it in drive?" "I don't know. It's got three peddles. There's the gas peddle. That's got to be the brake. What's the other peddle for?"

It was a perfect example of the past catching up to the present. Nor is it the only example of how technology sometimes causes unforeseen difficulties for the next generation as it navigates the overlap between what is and what was.

Another story related to me by my sister concerns a nephew who is, as are most young people born with an iPad in their cradle, completely at home with new technology. At a young age he was visiting friends and had to call for a ride to his hockey practice. Unfortunately, the friends, obviously fighting a rear-guard action against progress, still possessed a dial phone. Faced with this he was stumped. His mother recounts how, after a moment or two studying the strange device, he very slowly put his finger into the holes and carefully punched the numbers.

The same sort of thing holds true for many devices that were once necessities and have now found themselves on the junk heap of history. How many young people could actually change a flat tire? Never mind that, how many old people could still change a flat tire? In my case,



I'm not sure I could even get the spare off the back of my car and I definitely have no idea where the jack is even if I wanted to do the job. Actually, with the advent of tubeless tires and the improvement in tire quality, I can't remember the last time I even had a flat tire. Besides, it's so much easier to phone CAA. Don't get me wrong, I am not pining for the past particularly for things such as the television aerial. Moving from the old rabbit ears that sat on the top of the TV to an aerial attached to the roof of the house was a major step into the future and when that aerial became rotatable we were in heaven. With a touch of the button you could home in on all seven channels. Gone were the horizon-

tal and vertical hold buttons on the set since the image on the screen no longer flipped up and down or side to side. Progress was sweet.

In my short life I have gone from an ice box to a side by side refrigerator and two freezers. We've progressed from a galvanized washing tub to a washer-dryer set that has a control panel designed by NASA and the barbecue I use all summer bears no resemblance to the tin box that my father filled with charcoal for our burgers and hot dogs.

At the same time, like those would-be car thieves, we've lost a whole set of skills along the way. Heaven help us if the power grid ever does truly crash.

## Infrastructure agency hands \$1.28 billion loan to Montreal rail project

The Canadian Press

A nascent federal agency designed to find new ways to finance construction of transit systems is making its first investment in a multibil-

lion-dollar electric rail system in Montreal.

The Canada Infrastructure Bank says it will provide a \$1.28-billion loan to help build the system, best known by its French acronym REM.

The loan includes an interest rate of one per cent, rising to three per cent over the 15-year term of the loan.

The \$6.3-billion electric rail system, largely managed and funded by Quebec's pension scheme, was high on the federal government's wish list for the infrastructure agency when it launched late last year.

The loan will replace previously pledged federal cash for the project, which Prime Minister Justin Trudeau has said could be freed up for other provincial projects.

The province is on the brink of a provincial election campaign, with voters going to the polls Oct. 1.

### THE RECORD

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# The Border Report

Needless to say, it was a busy week for our campers and camp animators.

## Phelps' S.T.E.A.M. Summer Camp



By Jayme Marrotte

Last week, Phelps Helps' held their annual week-long day camp with 21 campers and 6 camp animators from the Stanstead area taking part. The theme of our camp and inspiration for each activity was S.T.E.A.M. (Science, Technology, Engineering, Arts, and Math). Engineering was a particularly exciting topic for the campers. They built bridges out of spaghetti and created devices that protected eggs being dropped from 10 feet high. The art of music was showcased through a series of activities: campers learnt about sound waves, created their own musical instruments, and a special guest gave a rhythm workshop. The campers also had the chance to explore our community with a variety of excursions; they went swimming at the Lac Frontière Campground, descended into the famous Capleton Mine, and hiked Mount Pinnacle, to name a few.

The camp, while aiming to instill an interest in the sciences, also had a few other goals up it's sleeve.

The importance of a healthy lifestyle was encouraged through physical activity and healthy food choices. Each day,

campers were responsible for making their own snacks and lunches, providing an opportunity to learn about healthy food preparation. Furthermore, the structured environment - incorporating a daily routine and guided activities - aimed to prepare students for the return to school over the coming weeks. We even had a few goals in mind with our camp animators. Their roles provided an opportunity to build leadership skills and valuable employment experience. They acted as instructors, friends and mentors to our campers throughout the week.

Needless to say, it was a busy week for our campers and camp animators. We wish you all a wonderful return to school and will be excited to see you at our sessions beginning September 11th.

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine unique programs, providing Stanstead area youth with free educational and career support from Grade 3 to the end of high school and further. For more information or to volunteer, please email us at [info@phelpshelps.ca](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.

## New England Governors and Eastern Canadian Premiers Conference

Submitted by Vincent Illuzzi

STOWE -- Four high school students from Vermont, New Hampshire and Quebec served as student volunteers during the recent New England Governors and Eastern Canadian Premiers Conference, which was held at the Stowe Mountain Lodge on August 12 and 13.

The Province of Quebec sent the

largest delegation and they were pleasantly surprised to be greeted by French speaking students who attend a high school in Quebec, Stanstead College in Stanstead.

From left, Vincent Illuzzi III of Derby, Tyler Vosinek of Monroe, N. H., Quebec Premier Phillippe Couillard, Ian Bissonnette of Derby and Will Huckins of Knowlton, Quebec.



FRONTIER ANIMAL SOCIETY

## Featured Pet: Finn

Finn is a fabulous cat. He is engaged, he is smart and he is very outgoing and friendly. He loves attention and loves people almost as much as he loves his treats.

Finn, who was found as a stray, tried his best to befriend a couple of neighbourhood cats but they sensed his vulnerability and would chase him away. Clearly in need of some TLC, we were contacted about taking him in.

Following a standard blood test, we discovered that Finn is FIV positive. While we know testing positive for Feline immunodeficiency virus (FIV) will be a deterrent for some adopters, we successfully placed Bronx (who was also FIV positive and featured in this column last April) who is currently in foster pending a move to his permanent adoptive home. Cats with FIV have the same potential to live a full and happy life and they definitely deserve the chance to live out their lives in a loving home.

FIV is a very manageable disease which is NOT contagious to humans and NOT contagious to other species of animals. FIV is spread from cat to cat primarily through bite wounds so cats with FIV CAN live healthily and harmoniously in a house with non-infected cats if they are all on friendly terms. Sharing food and water bowls, litter pans, and even grooming each other will NOT spread the virus.

Because we are a shelter with an ever changing dynamic of cat personalities, we have no choice but to keep Finn separate from the colony. For his part, Finn seems curious and calm with other cats. Unfortunately, we have a few in our

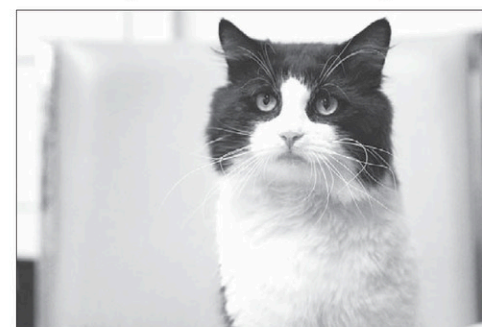
colony who can be a little surly and we can't take the chance that any of these cats would behave aggressively towards Finn.

Being isolated in our quarantine room, Finn is living a very lonely existence and he is so in need of attention. We do give him free run of the large reception area when all the dogs are secured in their outdoor pens but usually this occurs when nobody is around to play or spend time with him. We do our best to ensure he gets some one-on-one attention each day but what he really needs is a family of his own.

Finn is such an amazing cat. He is big and beautiful and it's really hard not to fall for this guy!

To inquire about adoption, please send an email to [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) or call the shelter at 819.876.7785. We also hold a cat adoption open house every Saturday from 10 a.m to noon at 2405 Griffin in Ogden and Finn will be more than happy to greet you and show you where we keep the cat treats.

Please consider sharing his story by visiting our facebook page at [www.facebook.com/frontieranimalsociety](http://www.facebook.com/frontieranimalsociety)



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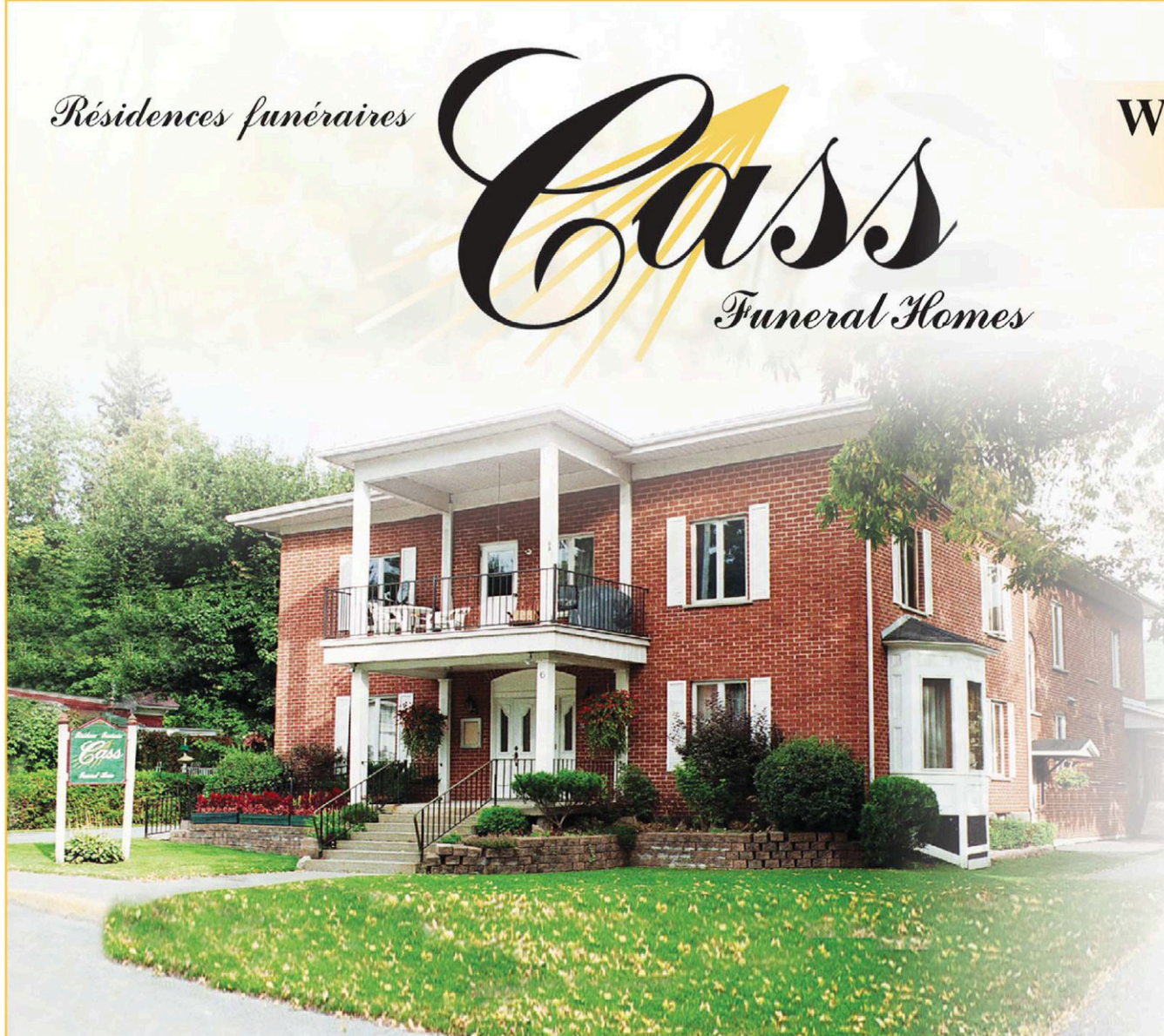
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# Local Sports

"Having Coach Pomykala on board is in line with our vision to become an elite program," said Norman.

## Pomykala joins women's basketball coaching staff

Submitted by Marty Rourke,  
Bishop's Sports Information

"I'm back baby!" Eddie Pomykala gleamed on Tuesday morning at the Bishop's Gaiters women's basketball team's first official practice in Mitchell Gym.

Pomykala is indeed back on the hardwood where he patrolled the sideline from 1984-2008 as bench boss of the Gaiters' men's team. He returns this year as a consultant coach to help support Bishop's women's basketball bench boss Craig Norman.

The addition of Pomykala means the 2018 Bishop's Gaiters will have two Stuart W. Aberdeen Memorial Trophy winners on staff. The award is given annually to the top men's basketball coach in U SPORTS. Pomykala won in the Gaiters' national championship season of 1998 while Norman claimed the prize in 2004 while at the helm of the RMC Paladins.

The two have a relationship dating back to when Norman was in his teenage years playing for team Quebec. They also have coached against each other over the years, but this will be the first time they

are wearing the same colours.

"I've coached against Craig when he was at RMC and McGill and he was one of the toughest coaches to prepare against," said Pomykala who has spent the last 10 years working in the Bishop's University Recruitment Department. "Everyone likes to be recruited and when Craig asked me to think about joining the staff, I did just that. I helped out a bit last year and truly enjoyed it a lot; this was the next logical step."

"Having Coach Pomykala on board is in line with our vision to become an elite program," said Norman. "Eddie is undoubtedly one of the top coaches in Canadian basketball history. He solidifies our coaching staff and all staff and players will benefit greatly from his presence. Furthermore, Eddie has been part of my life for decades and has positively impacted my basketball career - I finally get to work with him and pick his brain on a daily basis. This makes us better immediately."

The pair went onto say that Pomykala will not sit on the bench during games but he will be present.

"I want to help provide a positive basketball experience for the players and



Eddie Pomykala won the W. Aberdeen Memorial Trophy in the Gaiters' national championship season of 1998 while Norman claimed the prize in 2004 while at the helm of the RMC Paladins.

coaches on the women's basketball team," Pomykala added. "I really had a lot of fun back in the gym and am looking forward to it each day. Both Craig and I have already told the team that to make this work, every practice must be great."

The Gaiters women's basketball team will open their non-conference season at

the Ottawa Tournament on Sept. 29-30. In the meantime, with a pair of legendary coaches preparing them, they will try to win each drill and make sure they have great practices.

Stay up-to-date with everything Bishop's Gaiters at [www.gaiters.ca](http://www.gaiters.ca) or by following @BishopsGaiters and #GaiterNation on social media.

## Montreal Alouettes quarterback Johnny Manziel remains sidelined

The Canadian Press

Johnny Manziel missed another practice on Wednesday, meaning he's all but certain to miss his second game in a row with the Montreal Alouettes on Friday.

The former Heisman Trophy-winning quarterback was placed in concussion

protocol last week after suffering an injury on Aug. 11 in Ottawa.

He has not been on the field for either of the Alouettes' two practices this week. Last-place Montreal (1-8) has a walk-through Thursday before a home game against the Toronto Argonauts on Friday.

Antonio Pipkin took first-team reps on Wednesday and is expected to start

Friday.

Alouettes coach Mike Sherman expressed hope that Manziel could return to the field on Thursday.

"He's doing better every day," Sherman told reporters. "I texted him last night (and) he said he felt great. Every day, there's an improvement. Hopefully tomorrow there's significant improve-

ment and we go from there."

Sherman insisted he wasn't hiding any information.

"I know you guys think I'm being Belichickian on this thing, but I'm just telling you what I know," he said. "They tell me he's out. I'm not a doctor, tell me when he's coming back."

## Jays open 2019 season vs. Detroit, will face Yanks in Rogers Centre anniversary

The Canadian Press

The Toronto Blue Jays will open the 2019 season on March 28 against visiting Detroit.

The Jays will also mark 30 years at Rogers Centre when they host the New York Yankees on June 5, the anniversary of the first game at the ballpark then known as SkyDome.

The season starts March 20-21 in Tokyo with a series between the Oakland Athletics and Seattle Mariners. The domestic Opening Day is scheduled for March 28, the earliest in MLB history excluding special season openers abroad.

The Jay host the Orioles in a three-game series after the opening four-game set with Detroit. Then it's an 16-game stretch with a home series against

Tampa sandwiched between road games in Cleveland, Boston, Minnesota and Oakland. The April 9 game against the Red Sox is the Boston home opener.

The season features 20 interleague games for the Jays with home series against San Francisco (April 23-24), San Diego (May 24-26), Arizona (June 7-9) and Atlanta (Aug. 27-28).

Toronto hosts the Twins, White Sox,

Red Sox and Padres in May, closing out the May long weekend with a game May 20 against Boston.

The Jays host the Chicago White Sox on Mother's Day (May 12) and the Kansas City Royals on Canada Day (July 1).

Toronto wraps up the regular season with a six-game homestand against the Baltimore Orioles (Sept. 23-25) and Tampa Bay Rays (Sept. 27-29).



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**Death**

**Lyle MOSHER**



Passed away peacefully at the Ottawa Heart Institute on Tuesday, August 21, 2018 at the age of 90. Beloved husband for 67 years to Helena Mosher. Loving father of Keith (Lori) Mosher and Wendy (Bruce) Gibson. Cherished grandfather of Jeff Gibson, Jennifer (Brandon) Saikaley, Alex Mosher and Lydia Mosher and great-grandfather of Ariel Saikaley and Jagger Mosher. Lyle will be sadly missed by extended family and many good friends.

Private family services will be held. Contributions in Lyle's name may be made to the Ottawa Heart Institute or the Canadian Cancer Society.

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**In Memoriam**

**McMILLAN** - In loving memory of a dear father, Alexander Joseph, who left us August 23, 1982.

*Your life was a blessing,  
Your memory a treasure,  
You are loved beyond words  
And missed beyond measure.*

**Sadly missed, always remembered by  
daughter  
ROSALIE**

**SAYERS** - In loving memory of my husband, Charlie, who passed away on August 23, 1982.

*God called your name so gently  
Only you could hear,  
No one heard the footsteps  
Of the angel drawing near.  
Softly from the shadows  
There came a gentle call,  
You closed your eyes and went to sleep  
And quietly left us all.*

**Still sadly missed and loved by  
SHIRLEY (wife)**

**In Memoriam**

**THOMPSON, Douglas Gordon**  
May 6, 1928 - August 23, 2006

To My Darling Husband,  
*Sometimes I just sit quietly  
Reflecting for a while  
Imagining your voice, your face  
Your warm and loving smile.  
For it's so lovely to recall  
The happy times we had  
When you played such a special role  
As both Husband and Dad.  
And at this very special time  
I only wish you knew  
That I'd give all the world today  
For one more hour with you.  
But I still have my memories  
And since we've been apart  
It comforts me so much to know  
That you're right here in my heart.*

I will always love you,  
**FERN**

To Our Dear Dad and Papa,  
*He never looked for praises  
He was never one to boast  
He just went on quietly working  
For the ones he loved the most.  
His dreams were seldom spoken  
His wants were very few  
And most of the time his worries  
Went unspoken too.  
He was there ... A firm foundation  
Through all our storms of life  
A sturdy hand to hold on to  
In times of stress and strife.  
A true friend we could turn to  
When times were good or bad  
One of our greatest blessings  
The man that we called DAD.*

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**Datebook**

THURSDAY, AUGUST 23, 2018

Today is the 235th day of 2018 and the 64th day of summer.

**TODAY'S HISTORY:** In 1305, Scottish leader William Wallace was executed in London.

In 1939, Germany's Adolf Hitler and the Soviet Union's Joseph Stalin signed a nonaggression pact.

In 1942, the Battle of Stalingrad began as Nazi and Soviet troops fought for control of the city.

In 1966, the Lunar Orbiter 1 spacecraft transmitted the first photo of Earth from orbit around the moon.

In 1999, the first cases of West Nile virus in the Western Hemisphere were reported in New York City.

**TODAY'S BIRTHDAYS:** William Ernest Henley (1849-1903), poet; Edgar Lee Masters (1868-1950), author; Ernie Bushmiller (1905-1982), cartoonist; Gene Kelly (1912-1996), actor/dancer; Vera Miles (1929- ), actress; Barbara Eden (1931- ), actress; Shelley Long (1949- ), actress; Rick Springfield (1949- ), singer/musician; Jay Mohr (1970- ), actor/comedian; River Phoenix (1970-1993), actor; Ray Park (1974- ), actor/stuntman; Kobe Bryant (1978- ), basketball player; Jeremy Lin (1988- ), basketball player.

**TODAY'S FACT:** In 1973, an attempted bank robbery led to a hostage situation in Stockholm, Sweden. The behavior of the victims gave rise to the term 'Stockholm syndrome' to describe the condition in which hostages develop sympathetic feelings toward their captors.

**TODAY'S SPORTS:** In 1969, Taiwan won its first Little League World Series. The nation went on to win nine more titles in the next 12 years.

**TODAY'S QUOTE:** "The tongue may be an unruly member — / But silence poisons the soul." — Edgar Lee Masters, "Dorcas Gustine"

**TODAY'S NUMBER:** 22 — listings with the surname Hitler in the New York City phone book prior to World War II. None were listed there when the war ended.

**TODAY'S MOON:** Between first quarter moon (Aug. 18) and full moon (Aug. 26).

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Words of hope

**Stretching before bedtime can help prevent nighttime leg cramps**

**ASK THE DOCTORS**  
By Robert Ashley, M.D.

**Dear Doctor:** Everyone I know has leg cramps at night. Other than the multitude of "home remedies" and stretching (which is the advice my doctor gave that make mine worse), what can I do? They interfere with my sleep.

**Dear Reader:** Nighttime leg cramps are very common, especially as we grow older. National surveys found the prevalence of nighttime leg cramps to be 40 percent in people 50 and older. The cramps normally occur in the calf and/or the back of the thigh or in the foot. Although leg cramps usually have no known cause, sometimes they're related to electrolyte abnormalities, pregnancy, diabetes, hypothyroidism, alcoholism and medications. Also, structural abnormalities of the foot, genetic muscular disorders, prolonged sitting and walking, or standing for prolonged periods on hard surfaces can lead to leg cramps.

Your doctor has likely already evaluated whether your leg cramps are related to medication, electrolyte abnormality or neurologic abnormality, so let's move to actions you can take. Stretching the calf can ease leg

cramps when they occur and, although you said that stretching didn't help you, daily stretching and compression massage of the calf with a foam roller can indeed help prevent the cramps from occurring. The key is to make the stretching a regular routine.

A 2012 study of 80 people with leg cramps showed a decrease in the severity and frequency of cramps when participants performed daily calf and hamstring stretching immediately before bedtime. You also might want to try riding a stationary bike at night, ensuring that your shoes are well-fitting and have good arch support, avoiding dehydration and reducing your intake of alcohol and caffeine. None of these have been well-studied for their effects on muscle cramps, but they could ease symptoms.

As for supplemental vitamins and minerals, a 1998 study showed some benefit from high doses of B complex vitamins in 14 patients with leg cramps when compared with placebo, but high-dose B vitamins can pose the risk of side effects (nerve dysfunction and nerve pain) when taken over the long term. For that reason, I don't recommend them.

People with lower iron levels may find benefit from iron supplements, but they should consult with their doctor before taking additional iron. Magnesium is

reputed to help leg cramps, but studies haven't found this to be the case.

Muscle relaxants such as methocarbamol and carisoprodol can ease nighttime muscle cramps but, because they cause drowsiness, should be used with caution in the elderly. The anti-seizure medication gabapentin can also provide relief from nighttime leg cramps, but it too may cause excessive drowsiness.

When I began my practice, physicians normally recommended quinine for leg cramps, which provided significant relief — as verified by studies. Doctors, including myself, stopped recommending quinine, however, due to its adverse effects on the bone marrow, which led to low platelet counts, anemia and a severe lowering of the white blood cell count. But tonic water contains a small dose of quinine, so I now recommend a small glass — less than 6 ounces of tonic water — before bedtime. This has helped many of my patients.

I hope one of these recommendations eases your nighttime leg cramps. You can't overstate the importance of a good night's sleep.

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

## TOWNSHIPS' CRIER

### TOWNSHIPS

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

### LENNOXVILLE

The Uplands Cultural and Heritage Centre art gallery is exhibiting recent work of painter Sara Peck Colby. Sara Peck Colby has been painting landscapes of Quebec for over forty years. She is drawn to the patterns of nature, rhythms and repeats, shadows, branches, distant fields and forests defining informal glimpses of a peaceful life. Uplands, 9 Speid Street, Borough of Lennoxville is open Tuesday to Sunday from 10 a.m. to 4:30 p.m. The exhibit will run until September 2, 2018.

### LENNOXVILLE

The annual Summer Market of The Canadian Federation of University Women (CFUW), Sherbrooke and District, will be held in the Scott Hall of the Lennoxville United Church, 6 Church St.,

Friday, August 24 from 9 a.m. to 6 p.m. and Saturday, August 25 from 10 a.m. to 2 p.m. There will be a giant book sale, a Penny Sale and a Silent Auction; items will range from books, CDs, gift certificates, baked goods, jams and more. This is CFUW's main annual fundraiser. All money raised supports scholarships and bursaries for local students as well as our annual Public speaking contest.

### WATERVILLE

Annual general assembly of the Compton-Stanstead Federal Liberal Riding Association on August 26 at 11 a.m. followed by a free BBQ and corn roast with M.P. Marie-Claude Bibeau from noon to 2 p.m. at the Waterville Golf Club. All are welcome! Information: 1-873-200-9376.

### RICHMOND

Visit the Richmond County Historical Society archives and museum at 1161 Route 243, Melbourne Township on Sunday, August 26 from 2 p.m. to 5 p.m. The theme this year is heritage music and you will discover some fascinating old-time musical instruments and displays. There will be a Garden party with a gin garden and free non-alcohol beverages. This is a family event with music, games, and community spirit. A special "making history" event at 3 p.m. will be a group community photo taken on the

lawn of the museum.. Everyone is invited to bring friends and family (and chairs) so that this archival event represents who is making history today!

### BISHOPTON

Bishopton United Church service 10:30 a.m. on Sunday, August 26 with Rev. Spires. Important meeting following service to discuss the future of the church. Members urged to attend.

### LENNOXVILLE

Lennoxville and District Community Aid is inviting seniors and their families to a presentation on ticks by Dr. Jade Savage, Professor of Biological Sciences at Bishop's University. Dr. Savage will discuss the changing distribution of tick species, how some tick species can have an influence on human health, and new methods to monitor the presence of ticks in Canada. The presentation will take place on August 30 from 2 p.m. to 3:15 p.m. at St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville. Free admission. For more information, please call Community Aid at 819-821-4779.

### LENNOXVILLE

St. George's Parish Guild and Evening ACW invite one and all to visit the Lennoxville Quilters' annual Quilt Show taking place in St George's Church Hall. Friday, September 7, 10 a.m. to 5 p.m.,

and Saturday, September 8, 10 a.m. to 4 p.m. Enjoy muffins, cookies, tea, coffee and juice. Lots of door prizes. Admission charged. Hope to see you all there!

### MAGOG

Benefit Car Wash on Saturday, August 25 from 10:30 a.m. to 4 p.m. at St. Paul's United Church, 211 rue des Pins, Magog. Hot dogs, chips and juice will be on sale. Raising funds to help our neighbours in need.

### CANTON DE HATLEY

The Last Supper by Kevin Whitaker. Opening/Vernissage Saturday, August 25, 11:30 a.m. to 2 p.m., at the Gillygooly Gallery, 96 Hatley Centre Road, Canton de Hatley. Proceeds will be donated to Parkinson's Research. On Show August 26, 11:30 a.m. to 3 p.m. Visits available by appointment up until Labour Day. Contact Marie Moliner 657-960-6819 or mariemoliner88@gmail.com

### BALDWIN'S MILLS

Decadent Desserts and Photography Exhibit, Saturday, September 1, 2 p.m. to 4 p.m., at the Baldwin's Mills United Church. Come taste our gloriously sinful desserts - including our gluten-free options - and enjoy the photography of Holger Richter. All proceeds for charity.

# Boyfriend's problematic prescription drug use

THURSDAY, AUGUST 23, 2018

## Dear Annie

**Dear Annie:** I'm worried that my boyfriend is abusing his prescription drugs. He goes for days without taking them and then takes several times the recommended doses all at once. He says he likes the intense rush he feels when he takes them this way. (They're stimulants.) I've expressed concern repeatedly. Every few months, things get really bad, and he vows to cut back. But after a couple of weeks, it's back to the same scary routine. It makes me so sad to see him treating his body and mind this way. The past six months has been exhausting for me, and I'm about ready to give up. Is there anything I can do to help him stop, or is he a lost cause? I've been thinking about issuing an ultimatum: It's me or the drugs. — Very Worried in Virginia

**Dear Very Worried:** Your boyfriend is definitely abusing his prescription drugs. He is deliberately taking them in a way that is inconsistent with the way his doctor prescribed them to achieve a high. That is textbook abuse. He needs to seek help for his problem. You can encourage him to do so, but you can't make him. Nothing you do can control his addiction, not even an

ultimatum — though you can certainly still give him one, for your own sake. It should be said more as a statement of fact than as a threat: "I can't be with you if you continue to abuse drugs." Only say this if you really mean it; otherwise, you'd end up undermining yourself.

Remember that you can't live your life around another person's addiction — though I know that's easier said than done. You might find some strength and comfort through Nar-Anon, a 12-step program for the family and friends of addicts. Find a meeting in your area at <https://www.nar-anon.org>.

**Dear Annie:** I am writing to remind those who have good hearing to show some sensitivity to those of us who do not. I wear hearing aids and try to be courteous if I don't hear something that is said to me by politely asking for it to be repeated. Quite often, the response is, "Aren't you wearing your hearing aids?" And it is spoken irritably (particularly by my husband). This comment is hurtful and usually results in my withdrawing from the conversation. Yes, I am wearing my

hearing aids. I have them serviced regularly, and they are the best ones I can afford. So please, think about how your words affect others. Hearing loss is difficult enough. Please don't make it worse for us by being rude. — Sad Senior, Age 70

**Dear Sad Senior:** Sometimes our patience is shortest with those whom we've known the longest. That doesn't make it OK for your husband to snap at you, however. Let him know how it makes you feel when he immediately asks whether you're wearing your hearing aids anytime you ask him to repeat something. Let's hope he'll make an effort to be more patient and compassionate — something we could all stand to do. Thank you for writing.

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

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

## High Tea held at Grace Village

Grace Village residents were delighted to welcome friends and family from the Manoir St. Francis to a High Tea on August 15.

It was a wonderful afternoon of sharing tea and treats where a total of fifty residents from both locations filled the Grand Hall with friendly chatter, laughter, smiles and reminiscence.

Many of the Grace Village residents spent wonderful years living at the Manoir and were happy to welcome their friends and show them around their new home, especially the blooming garden courtyards. It also presented many people with the chance to reconnect with old friends and visit with people they had not seen in years.

Organizers from both locations were inspired by the event and believe that it

was a great way to nurture the wonderful sense of community that is so unique to the Eastern Townships area.

General feedback from all involved was highly positive and everyone is looking forward to more opportunities in the future!



**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.

“ YBMW GKZMUBJWS JG JZCKDUEWU  
 MWKFSB, AKF PK JU MLMW JX UBM  
 KPPG EDM WKU JW AKFD XELKD.”  
 — MNKW ZFGR

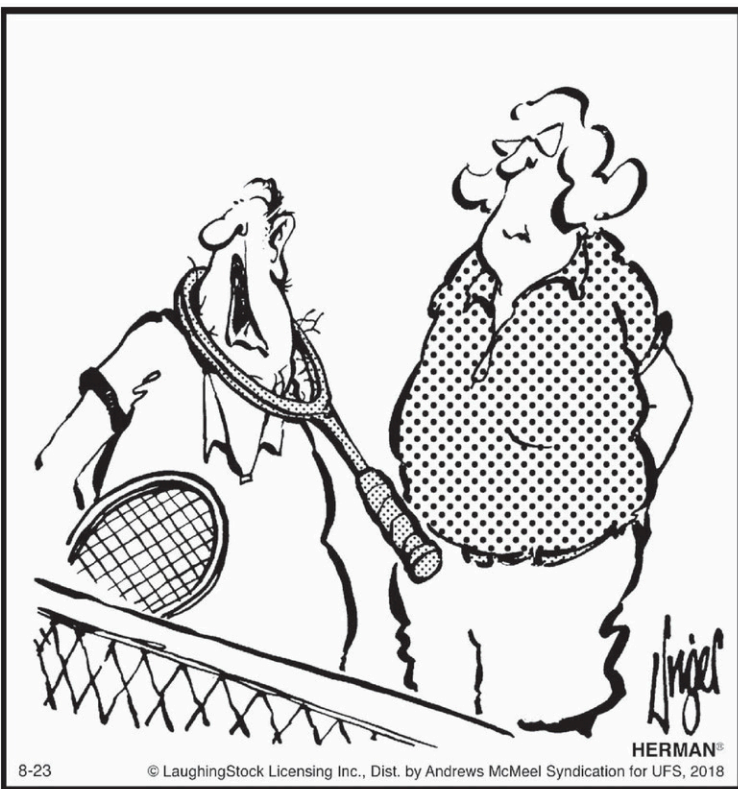
Previous Solution: “You have to work your hardest, and if you do, if you stay positive, you have a shot at a silver lining.” — Bradley Cooper

TODAY'S CLUE: M sjenbe A

**REALITY CHECK**



**HERMAN**



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REACT NOW!

# NEA Crossword Puzzle

## ACROSS

- 1 Kind of train
- 6 Pucker up
- 11 — out (resolved)
- 12 Ramble
- 13 Glare protectors
- 14 Snake sounds
- 15 Edit, as text
- 16 Theater
- 17 Bed and breakfasts
- 19 Super Bowl cheers
- 23 Whodunit herring
- 26 "Puppy Love" singer
- 28 Library abbr.
- 29 Annoying
- 31 Literary genre
- 33 Entertain
- 34 Pan or rave
- 35 Goose egg
- 36 Legendary ox
- 39 Under-handed

## 40 Blues

- singer — James
  - 42 Wooden trunk
  - 44 Watered down
  - 46 The fabulous Garbo
  - 51 Some pearls
  - 54 Swapped
  - 55 New cop
  - 56 Human herbivores
  - 57 Possessed
  - 58 Legs, slangily
- ## DOWN
- 1 Bleak
  - 2 Stood up
  - 3 Familiar auth.
  - 4 Opera composer
  - 5 Fabric meas.
  - 6 No —, no gain
  - 7 Bobby of Indy fame
  - 8 Hwys.
  - 9 Notice
  - 10 Uh cousins
  - 11 — had it!

## Answer to Previous Puzzle

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

- 12 Egg beater
- 16 Cooper's channel
- 18 Pester
- 20 Do the trick
- 21 Comfy and cozy
- 22 Burger side
- 23 Pay by mail
- 24 Shout for joy
- 25 Bad-mouth
- 27 Sugary drink
- 29 Windmill blade
- 30 Omaha's st.
- 32 KOA visitors
- 34 Aunt or bro.
- 37 Lower in dignity
- 38 — choy
- 41 Came around
- 43 Snowy-white bird
- 45 Novelist — Bagnold
- 47 Go postal
- 48 Party tray cheese
- 49 Sawbucks
- 50 Yellow Pages
- 51 Conquistador's quest
- 52 Immediately
- 53 Electron gainer
- 54 Sports bar fixtures

# Your Birthday

THURSDAY, AUGUST 23, 2018

You've got the discipline, stamina and wherewithal to bring about positive change. Your ability to see what will and won't work should help you move forward without hesitation. Trust your instincts and set your expectations and goals high. It's time to believe in yourself and live the dream.

**VIRGO** (Aug. 23-Sept. 22) — Participate in life. Embrace new beginnings and learn from experiences you share with people you find stimulating. You'll inspire others with your tenacity and vision.

**LIBRA** (Sept. 23-Oct. 23) — Don't limit what you can do just because someone puts demands on you or because you fear failure. If you don't succeed, pick yourself up and try again. Practice makes perfect.

**SCORPIO** (Oct. 24-Nov. 22) — Remain focused, precise and sensible. Keeping your head down and pushing forward with your plans will bring the results you are looking for. Don't allow anyone to intervene.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Refuse to let someone dictate what you can do. Trust in your own assessment of whatever situation you face, and speak on your own behalf.

**CAPRICORN** (Dec. 22-Jan. 19) — Look for a unique way to use your skills to get ahead. Opportunity knocks, but it's up to you to consider what's available and the adjustments you are willing to make.

**AQUARIUS** (Jan. 20-Feb. 19) — Share

your feelings regarding how someone is treating you. Face the elephant in the room and don't back down or give in. Unless progress is made, you are best off walking away.

**PISCES** (Feb. 20-March 20) — Know ahead of time what you are doing and don't deviate from your plans just because someone else makes a last-minute change or tries to emotionally manipulate you.

**ARIES** (March 21-April 19) — Get involved in activities that will improve your health, appearance and emotional outlook. Socialize, network or make plans with someone you love. Interaction will be exhilarating.

**TAURUS** (April 20-May 20) — Size up your current situation and make choices that will ease stress and lower your emotional angst. Sometimes it's best to give a little to get a little. Stubbornness won't solve anything.

**GEMINI** (May 21-June 20) — Look for a physical outlet that will stimulate and challenge you. Test your agility, stamina and ability to think and do whatever it takes to reach your goal. Romance is in the stars.

**CANCER** (June 21-July 22) — You can make a difference if you take part in a protest or movement. Stand up for your rights, but don't step into a perilous situation. Peace will be relevant.

**LEO** (July 23-Aug. 22) — Listen carefully. Someone will color a situation to fit his or her needs. Don't feel you must be a follower. Set boundaries and do only what you feel comfortable doing.

THURSDAY, AUGUST 23, 2018

## Which black suit do you play first?

By Phillip Alder

Michael Friedman, a philosopher of science, said, "The scientific name for an animal that doesn't either run from or fight its enemies is lunch."

The scientific name for a bridge player who attacks the wrong suit first is loser (usually).

Don't join that endangered list in today's deal. South is in three no-trump, and West leads the heart queen. What should declarer do at trick one? And when on lead, which black suit should he play on first?

South starts with five top tricks: two hearts, two diamonds and one club. If the club finesse is working, that will provide the necessary extra winners. But if it is losing, declarer will also need a spade trick.

But let's begin with trick one. If South lets West's queen hold the trick, West will probably lead another heart; but if he is a genius, he will shift to a diamond, which kills the contract here.

Then, after taking the first trick, South perhaps will have a natural reflex to run the club jack. Here, though, East would take the trick and return a heart. Then, when South plays a spade, West would win with his ace and cash two heart winners to defeat the contract.

				North	08-23-18
				♠ K Q 10 9	
				♥ 7 4	
				♦ 8 5 3	
				♣ A Q 7 2	
West				East	
♠ A 5 4				♠ 7 6 2	
♥ Q J 10 8 5				♥ 9 3 2	
♦ J 7 2				♦ Q 10 9 6 4	
♣ 8 6				♣ K 3	
				South	
				♠ J 8 3	
				♥ A K 6	
				♦ A K	
				♣ J 10 9 5 4	
<b>Dealer: South</b>					
<b>Vulnerable: Both</b>					
South	West	North	East		
1NT	Pass	2♣	Pass		
2♦	Pass	3NT	All Pass		
Opening lead: ♥ Q					

The defenders would take three hearts, one club and one spade.

The danger hand is West, the defender with the long hearts. His (potential) entry should be driven out first. Declarer must play a spade at trick two. If allowed to win the trick, he could continue spades, or cross to hand with a diamond and take the club finesse, when he must take at least one spade, two hearts, two diamonds and four clubs.

	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					

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## For a veggie packed frittata, swap the potatoes for broccoli

By America's Test Kitchen

FRITTATA WITH BROCCOLI AND TURMERIC

A frittata is a hearty brunch option but is often loaded with potatoes, cheese, and sausage or bacon. For a more nutritious version, we nixed the meat and swapped out potatoes for broccoli.

To make a substantial, veggie-packed frittata, we used a dozen eggs and a full 4 cups of broccoli, chopping the florets small so they would be surrounded by the eggs, ensuring a cohesive whole.

Adding healthful turmeric and black pepper gave the filling a bold, slightly spicy flavour. But we weren't ready to omit cheese entirely. We opted for Parmesan, since a little bit goes a long way in terms of cheesy flavour; just 1/4 cup was all we needed.

To ensure our frittata cooked fully and evenly, we started it on the stove-top, stirring until a spatula left a trail in the curds, and then transferred it to the oven to gently finish. Adding milk and salt to the eggs ensured they stayed tender and fluffy, as the liquid makes it harder for the proteins to coagulate and turn rubbery, while the salt weakens their interactions and produces a softer curd. This frittata can be served warm or at room temperature. When paired with a salad, it can serve as a meal.

- Servings: 6  
 Start to finish: 45 minutes  
 12 large organic eggs  
 1/3 cup organic 1 per cent low-fat milk or water  
 1/4 cup grated Parmesan cheese  
 2 tablespoons cold-pressed extra-virgin olive oil  
 1 tablespoon minced fresh tarragon  
 Salt and pepper  
 12 ounces broccoli florets, cut into 1/2-inch pieces (4 cups)  
 1 shallot, minced  
 1 teaspoon ground turmeric  
 3 tablespoons water  
 1/2 teaspoon grated lemon zest plus 1/2 teaspoon juice

Adjust oven rack to middle position and heat oven to 350 F. Whisk eggs, milk, Parmesan, 1 tablespoon oil, tarragon, and 1/4 teaspoon salt in bowl until well combined.

Heat remaining 1 tablespoon oil in 12-inch oven-safe nonstick skillet over medium-high heat until shimmering. Add broccoli, shallot, turmeric, 1/4 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring frequently, until broccoli is crisp-tender and spotty brown, 7 to 9

minutes. Stir in water and lemon zest and juice and continue to cook, stirring constantly, until broccoli is just tender and no water remains in skillet, about 1 minute longer.

Add egg mixture and cook, using rubber spatula to stir and scrape bottom of skillet until large curds form and spatula leaves trail through eggs but eggs are still very wet, about 30 seconds. Smooth curds into even layer and cook, without stirring, for 30 seconds. Transfer skillet to oven and bake until frittata is slightly puffy and surface bounces back when lightly pressed, 5 to 8 minutes. Using rubber spatula, loosen frittata from skillet and transfer to cutting board. Let sit for 5 minutes before slicing and serving.

Nutrition information per serving: 221 calories; 134 calories from fat; 15 g fat (4 g saturated; 0 g trans fats); 434 mg cholesterol; 306 mg sodium; 7 g carbohydrate; 2 g fiber; 1 g sugar; 15 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Frittata with Broccoli and Turmeric in *Nutritious Delicious*.

(The Associated Press)

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

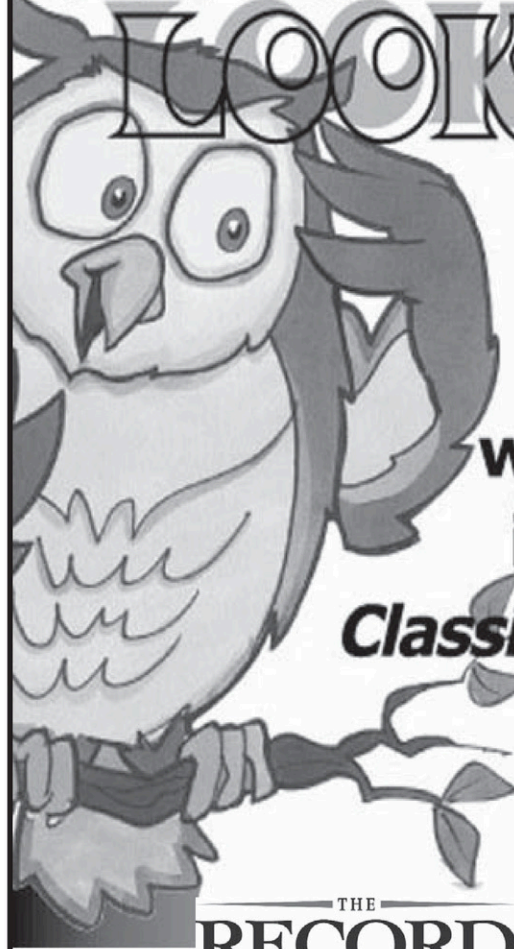
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### PREVIOUS SOLUTION

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

**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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# Queso dip great when fresh corn around

By Katie Workman

I've always loved the saying, "everything in moderation, including moderation" This is how I think about cooking and eating in general; I usually like to cook and eat pretty healthily, but sometimes I like to just roll around in cream and butter and cheese. And not low fat cheese.

This hot queso dip is that kind of recipe. But look . there's corn in it too! And scallions! And you can sprinkle radishes on top! That's kind of healthy.

Maybe we should just call this "Hot Corn Dip" Or, "Hot Corn Dip That's So Good You Might Cry a Little, But Not in an Undignified Way."

Yes, definitely, absolutely make this when fresh corn is still around. It's a lovely way to use up those ears of corn that seem to be exploding in the markets from July through September. And even though the corn is of course slightly smothered in cheese and creaminess, you can still taste that sweet, clean flavour.

But don't be shy about using frozen corn off-season, either. Did I mention that it's smothered in cheesy creaminess?

Topping the sultry mixture with some slivered radishes and additional scallions adds more colour and crunch and a welcome pop of freshness. I also have added some pickled jalapenos on the top, in case you'd like to bump up the heat.

Basically, you should feel free to poke around in your fridge and find whatever you think would add some colour, crunch, heat, texture, etc., and sprinkle that thing all over this dip.

## HOT CORN QUESO DIP

- Servings: 8
- Start to finish: 30 minutes
- 2 cups fresh or frozen and thawed corn kernels
- 1 cup half and half or whole milk (or a combo)
- 2 teaspoons pureed chipotle in adobo
- 1 tablespoon canola, vegetable or olive oil
- 4 scallions, white and light green parts, thinly sliced
- 2 cups (1/2 pound) shredded Monterey Jack cheese
- Julienned radishes, sliced scallions, and/or chopped pickled jalapenos to sprinkle on top (optional)
- Tortilla chips or pita chips to serve

In a food processor or a blender, pulse the corn with the milk and chipotle puree until it becomes a coarse puree.

Preheat the broiler. Heat a heavy, medium-size skillet, preferably cast iron, over medium high heat. Add the oil, then add the 4 sliced scallions and stir for about 3 minutes, until they become tender. Add the corn puree and the cheese, and stir frequently until everything is blended and the cheese is melted, about 4 minutes. Transfer the pan to the broiler for about 1 minute until the top is nicely browned. Let it sit for a couple of minutes to thicken up a bit.

Sprinkle on the radishes, scallions and jalapenos as desired and serve in the skillet, warning everyone to mind the hot pan. Serve with the tortilla chips.

Nutrition information per serving: 175 calories; 106 calories from fat; 12 g fat (6 g saturated; 0 g trans fats); 28 mg cholesterol; 210 mg sodium; 10 g carbohydrate; 1 g fiber; 4 g sugar; 9 g protein.

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

(The Associated Press)

# 2018 DODGE CHALLENGER HELLCAT REDEYE



We take the Challenger for a little spin on the track

PHOTO: E. DESCARRIES



By **Éric Descarries**

There was a time when pony cars (name inspired by the Ford Mustang and its rivals at the) were considered the ultimate incarnation of the sports car in North America. Today, the only ones still standing are the Mustang, the Chevrolet Camaro... and the Dodge Challenger. (The cemetery of muscle car models is littered with evocative names like Mercury Cougar, Pontiac Firebird, Plymouth Barracuda and AMC Javelin).

No doubt about it, the Mustang, which has been in continuous production since its launch back in 1964 (the Camaro and Challenger have had their runs interrupted on occasion), is the undisputed king of the castle. Over time, its GT, Boss and Shelby versions have only added to the popularity of the brand. The Camaro has also attracted its share of fans with the SS and ZL-1. Still, FCA (Fiat Chrysler Automobiles) has to be commended for its genius move of buffing up its Dodge Challenger (revived in 2009) with the new Hellcat division, introduced in 2015.

FCA's Dodge division is proposing a revised range of its now-legendary Challenger for 2019. The design has been largely left alone (anyways, the career of the original Challenger was so short that it would be futile to present another version!) except for a few esthetic revisions. In short, this range consists of a rear-wheel-drive SXT, an all-new GT with rear-wheel drive, an all-wheel drive SXT, an all-wheel drive GT, and R/T, an all-new R/T Scat Pack, an SRT Hellcat and, especially, the new SRT Hellcat Redeye that we drove and are writing about here.

Leaving aside the exterior (or even interior) physical characteristics that differentiate these Challengers, it's the mechanics that most interest us. It's important, for starters, to keep in mind that the Challenger models (still built in Brampton, Ontario), are still based on the same platform, based on an "old" Mercedes-Benz architecture; luckily it has been revised and upgrad-

ed over the years. Does it really need to be modified or transformed? We'll see further down.

The best engine of the Challenger models is still the now-legendary Chrysler Pentastar V6, a reliable engine that produces 305 hp. Out of the factory it comes with rear-wheel drive and an 8-speed automatic transmission developed conjointly with German design firm ZF.

You may have noted that all-wheel drive is available, but only with the V6 engine (an option also found with the Dodge Charger and Chrysler 300, both of which share the same platform, and also with the V6 only).

Most of the Challenger's R/T versions still come with the 5.7L HEMI V8 generating 375 hp and 410 lb-ft of torque with the same 8-speed transmission, or, only with this engine, a 6-speed manual gearbox.

And here's where it gets interesting. The 2019 Challenger is now available with the 6.2L (or 392 cubic feet) HEMI V8 that delivers 485 hp and 475 lb-ft of torque! And, yes, the manual gearbox is available as well.

But fans of straight-line racing, who are familiar with the 840-hp Demon (770 lb-ft of torque), the production of which has just ended after its 3,300-unit production run, will be most impressed by the new 1320 version. That name, by the way, is taken from the 1,320-foot unit of distance, better known as the quarter-mile!

That 1320 version, you should know, is only available with the automatic transmission. As you'll see further down, this is not exactly a fatal flaw for fans of road racing! And if you don't like the 1320 name, go with the Scat Pack nomenclature, available with the Widebody wing extensions.

### SRT Hellcat Redeye

But the showstopper is the 717-hp Hellcat version (available at a more affordable price than before) that is now offered in an incredible SRT Hellcat Redeye version. Its 6.2L HEMI supercharged V8 delivers (hold on to your hat) 797 hp and 707 lb-ft of torque, and takes it from a stop to 60 mph (96 km/h) in only 3.4 seconds, and that quarter-mile can be covered in 10.8 seconds at 131 mph (211 km/h) in Launch mode to minimize wheel spin!

### On the track

Unsurprisingly, the Dodge Challenger SRT is at its very best on the track. And this is what FCA wanted to prove to us by having us drive the Scat Pack on a 4-km closed mountainside circuit, complete with tight corners,

climbs and descents.

Accompanied by an experienced instructor, we were quickly introduced to the capabilities of the Scat Pack with its Pirelli performance tires and electronic package. In Track mode it manages not only the power of the engine and distribution of power to the wheels but also the automatic transmission, which reacts to accelerations and downshifting without the driver having to do anything but touch the pedals!

The Challenger Scat Pack holds the track really well and the driver need only use a bit of common sense (or follow the instructor's directives) to steer the car right. So, to answer the question posed earlier, no, the old Mercedes architecture does not necessarily need to be rejigged!

On to the Hellcat Redeye, a whole other story. This Challenger version (797-hp HEMI engine) comes only with the automatic transmission. The Redeye retains the powerful acceleration of the Demon but grips the track wonderfully. It is, as Steve Beahm, head of FCA's North American Dodge, SRT, Chrysler and Fiat division said, "a Hellcat possessed by the Demon!"

When in Track mode the Uconnect screen displays the new functionalities of the engine, transmission, power-assisted steering and electronic shocks. This info reveals the true nature of the big Challenger, at heart a big tourer more than it is a straight-line dragster!

With the help of the extra-sticky Pirelli tires, this big coupe takes corners with ease, its big size be damned. Modulate the accelerator properly, and you can clearly hear the compressor "scream" and even "whistle" to optimize the power of the HEMI engine. Most impressive is the automatic transmission, which climbs up the gears with notable bumps and downshifts automatically when the driver applies the brakes with force.

Despite the Challenger's age and its older platform, it continues to perform impressively. This pony car has benefited from many technical improvements.

On the day of our first drive no one spoke about fuel consumption, which would have seemed a silly thing to do. FCA does say that the Hellcat Redeye V8 functions optimally with 91-octane super gasoline, so no need to go digging around for 93- or 94-octane fuel to exploit it to the fullest. Did we mention its top speed? No? 203 mph, or 326 km/h. And no, we did not put this claim to the test!

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