

## What to expect when you're expecting... an election

By Gordon Lambie

Although Election Day, itself, is still 19 days away, most Quebeckers are free to cast their vote in this fall's provincial election as soon as the end of next week. That in mind, it might be a good time to catch up on the ins and outs of just how that is done.

Documents from Elections Quebec, the organization that oversees and administers elections across all levels in the province, have already been mailed out, but in case, for some reason, that information misses your mailbox, here are a few things to keep in mind.

**Step one: If you plan to vote, make sure you are registered.**

People are eligible to vote if they are registered on the list of electors, are 18 years of age or older, are a Canadian citizen have been living in Quebec for six months, and are not under curatorship or have been deprived of voting rights.

The list of electors the While is It is not possible to register on election day, one can register and vote at the same time at their local returning office on September 21, 22, 25, 26 and 27. A card mailed out to every address should indicate who is registered to vote at your address, but if you want to check or change where you are registered you can call elections Quebec at 418 528-0422 or toll-free at 1 888 353-2846. Officials at that number should also be able to confirm information about local offices and advance polling locations.

**Step two: come prepared**

Being prepared and eligible to vote is all for nothing if you don't bring valid identification. You may be legally

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## International crowd disapproves of lakeside dump expansion



STEVE BLAKE

About 100 people from both sides of the border participated in a meeting Monday about the proposed expansion of the Casella landfill near Lake Memphremagog and its tributary, the Black River.

By Steve Blake  
Special to The Record

Many residents who live around the Casella landfill in Coventry, Vermont, and residents of Que-

bec, don't want the facility to nearly double in size. But the Vermont Agency of Natural Resources (ANR) says the expansion would be safe.

Casella is the only operating landfill in Vermont, receiving municipal

garbage from all around the state, and "special waste" like sludge and construction waste from several other states. It is located near the Black River,

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THURSDAY:  
SUNNY

HIGH OF 27  
LOW OF 11



FRIDAY:  
SUNNY

HIGH OF 27  
LOW OF 13



SATURDAY:  
SUNNY

HIGH OF 26  
LOW OF 12



SUNDAY:  
SUNNY

HIGH OF 27  
LOW OF 13

## HAND-IN-HAND

# Musécole is cooking up a kitchen party



Submitted by Musécole

**M**usécole is a non-profit organization supporting music in schools and communities in the Eastern Townships.

Its goal is to highlight local talent by hosting a fundraising concert each year, and pay forward any profits to local schools to help with the purchase of instruments or to support music-related projects.

In addition to bringing together talented Townships artists, Musécole also integrates young up-and-comers in its concerts, giving them an opportunity to perform alongside professionals and gain valuable stage experience.

To date, Musécole has raised over \$4,200, which was used to purchase

band instruments for Sherbrooke Elementary School, ukuleles for Students at Sutton Elementary School, and guitars and amps for Richmond Regional High School.

Now in its third year, the organization is gearing up for its annual fall fundraiser which will be held on Saturday, Oct.20 at Centennial Theatre in Lennoxville.

This year's theme is Canadian Kitchen Party.

So what's a kitchen party?

Well, whether there is music involved or not, it's no secret that most good parties end up in the kitchen. It is the heart of every home-and where the goodies are baked.

Kitchen parties are a popular maritime tradition.

According to some, the origin was a practical one; everyone gathered in the kitchen because it was near the stove, which was the warmest place in the house. They would sit around the kitchen table, grab an instrument, sing, tap their feet or dance around the room

to stay warm and keep themselves entertained. Others suggest kitchen parties came about because it was only natural to want to stay close to the food.

In any case, the tradition is about gathering together and sharing music. Homes all across the country have their own version of a kitchen party, where kids often get to see and hear live music up close for the first time.

Musécole's upcoming kitchen party will feature a collection of Canada's classics by artists like Stan Rogers, Bryan Adams, Shania Twain, The Tragically Hip, Joel Plaskett, a few hidden gems by Bruce Cockburn, Old Man Luedecke, Whitehorse, Diana Krall, and even some hits from our own backyard, performed by local singer songwriters Kate Morrison, Sarah Biggs, Tim Brink and Matthew McCully, along with several surprise special invited guests.

Tickets for Musécole's Canadian Kitchen Party will go on sale next week.

For more information about the show or the organization, email [musecolproductions@gmail.com](mailto:musecolproductions@gmail.com).



COURTESY

Students from Sutton Elementary School showing their new ukuleles, purchased with the help of funds donated following last year's Musécole fundraiser.





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## Ben by Daniel Shelton



# LOCAL NEWS

During the 45-day pilot project, the 13 buses recorded an average of 3.8 offenses per day.

## Quebec drivers ignoring stopped school buses

Record Staff

Motorists in several Quebec cities have been caught in the act of neglecting to stop in for a halted school bus.

A series of clips filmed by cameras installed on 13 school buses from different regions of Quebec were posted on the Facebook page of a member of Bus Patrouille Inc., which was part of a pilot project launched March 12 with the Ministry of Transport.

During the 45-day pilot project, the 13 buses recorded an average of 3.8 offenses per day.

With nearly 8,000 school buses in circulation in Quebec, it is estimated that there are approximately 30,000 offenses of this kind per day in the province.

The law requires motorists to stop more than five meters from a school bus whose red lights are on and the mandatory stop sign is open. Failure to stop for a school bus with lights flashing or passing it is an offense that can result in a fine of \$200 to \$300 and 9 demerit points.

The video clips can be viewed at: [www.youtube.com/watch?time\\_continue=9&v=b53-gjqApEE](http://www.youtube.com/watch?time_continue=9&v=b53-gjqApEE).



MATTHEW MCCULLY

## Poulin promises to invest in agriculture

By Matthew McCully

Liberal Party candidate for the Saint-François riding, Charles Poulin, held a press conference yesterday to announce his intention to work towards getting a new building for the Centre d'initiatives en agriculture de la région de Coaticook (CRIAC) if he is elected.

The building, according to Poulin, would compliment the existing resources of the CRIAC by adding a state-

of-the-art school, teaching the latest farming techniques.

"Agriculture is at the centre of my thoughts," Poulin commented, adding that the Coaticook MRC has around 560 farms.

"To guarantee the future of dairy farms in the region, in the Townships and the rest of Quebec, we need to offer quality training that will prepare future farmers to deal with the challenges of tomorrow," he added.



MATTHEW MCCULLY

## What to expect

CONT'D FROM PAGE 1

allowed to vote, but the people operating the polling station need to be able to confirm that you are who you say you are. Acceptable forms of ID are, a valid Quebec driver's license, a Quebec health insurance card, a valid Canadian Passport, a valid certificate of Indian Status, or a Valid Canadian Forces Identification Card.

### Step three: make a decision

Although there can be a lot of steps involved in getting ready to vote, arguably the most difficult one is figuring out who to vote for. Technically new candidates can submit their names to be added to the ballot in each riding until this coming Saturday, September 15, but at this point voters across the province should have gotten a pretty good sense of who is running by the posters and door to door visits that have been taking place. At the moment four parties have elected members in the National Assem-

bly: The Quebec Liberal Party (PLQ), the Coalition Avenir Quebec (CAQ), the Parti Québécois (PQ) and Quebec Solidaire (QS), although representatives from as many as 20 registered parties are running in different parts of Quebec, not counting all independent candidates who might want to throw their name into the ring.

For those following the election from out of province, it is worth remembering that today, September 12, is the last day to apply to vote by mail. To vote outside Québec, you must meet the basic requirements for voting, have been living in Québec for at least 12 consecutive months at the time of your departure, intend to return to Québec, have been outside Québec for two years or less or be posted outside Québec to a position with the government of Québec or Canada, an international organization of which Québec or Canada is a member and to which it pays a contribution, or the Canadian Armed Forces. Anyone

wishing to fill out an application before it is too late can find the appropriate form on the Elections Quebec website under the heading "Voting Outside Quebec."

A wealth of additional information on the voting process and the current election is available in English on the elections Quebec website at [www.electionsquebec.qc.ca/provinciales/en/](http://www.electionsquebec.qc.ca/provinciales/en/)

### INVITATION TO THE COOKSHIRE PARISH DINNER



On September 16th 2018, the St-Camille-de-Lellis parish in Cookshire wishes to invite you to its annual parish dinner. This event will take place from 16h00 at the Guy-Veilleux community centre, Castonguay St., in Cookshire-Eaton. On the menu, there will be: Turkey, stuffing, vegetables, salads and home made desserts. During this fraternal meal, we will point out the 150<sup>th</sup> anniversary of the foundation of our parish, which took place in September 1868.

**COST: Adults: \$15.00 | Children (5-12 years old): \$6.00**

**Everybody is welcome!**

**Lucille Chabot & Solange Roy, organizers**

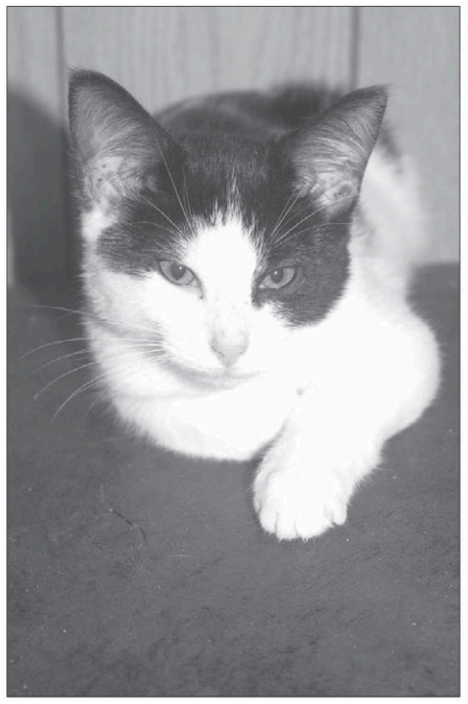
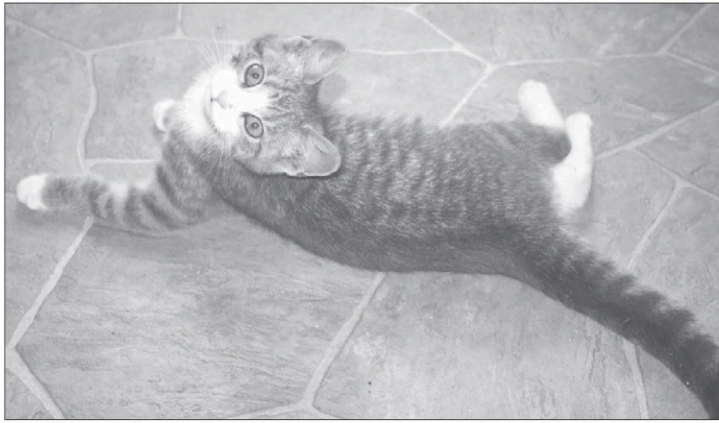


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Jen Young

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# A positive 2017-2018 balance sheet for La Maison Aube-Lumière

Record Staff

The Chair of the Board of Directors of La Maison Aube-Lumière, Élisabeth Brière, presented the palliative care centre's 2017-2018 annual report Monday at its Annual General Meeting, drawing a positive assessment of the past year.

The report shows an occupancy rate of 91 per cent with over 3,982 days of attendance. The average duration of stay was 22.0 days (19.1 days excluding stays

longer than 3 months); The Centre received 330 admission requests with 172 patients admitted.

Overall family satisfaction rate for services: stood at 98.3 per cent; and the centre employs 40 employees (full and part time) and 388 volunteers in both operations and fundraising activities; with 32,000 hours of volunteer work and 3,200 volunteer hours at fundraising events.

The Centre enjoyed a surplus of \$143,397, which will be deposited into

the contingency fund for more difficult years.

A grant from the Ministry of Health and Social Services represents 40 per cent of revenues, while the "self-financing" portion represents 50 per cent of revenues. The amortization of deferred contributions related to fixed assets represents the remaining 10 per cent of revenues.

"The highlight of the 2017-2018 fiscal year is undoubtedly the announcement of the award won in the Aviva Commu-

nity Fund Canada Contest," said Brière. "We are currently working on our therapeutic garden project. In addition, we celebrated the 20th anniversary of La Maison Aube-Lumière, which opened on December 1, 1997, with dignity as more than 3,100 people with advanced cancer have benefited from the high-quality palliative care provided by La Maison Aube-Lumière."

## Sherbrooke's Desgraff Institute starts video game training and seeks 10 'future geniuses' for September

Record Staff

The Desgraff Institute of Sherbrooke ([www.desgraff.com](http://www.desgraff.com)) is looking for talent to meet the enormous demand for trained digital arts personnel. "We have 10 places open in September for young people motivated by a stimulating career," said Desgraff's general manager, David Deschesnes.

Nearly 200 video game companies are recruiting graduates from Desgraff through its online investment platform, offering employment opportunities in all corners of the globe.

In order to help people to discover the Institute and its cutting edge training and equipment, Desgraff will hold an

open house on Saturday, September 15, from 10 a.m. to 5 p.m. in its new premises at 2831 King Street West in Sherbrooke. Candidates will be able to meet recruiters, professors, and see the work of former graduates.

The Desgraff institute has updated its training offering this year to make it more competitive, connected to the needs of the industry, and especially unique in Quebec in its formula. "We have opened a more advanced course level on Zbrush and Substance Painter software, including the latest versions of Unity and OpenGL. We are the only ones doing this province-wide," said Deschesnes. "Suddenly, we face a good problem: more and more employers

want to recruit our graduates, but we lack candidates."

The Institute has also been rolling out a new version of its online placement platform for the past few months. This allows graduates to get in touch with more than 200 employers from around the world. Graduates have already found jobs at Ubisoft, Electronic Arts, Beenox, Triotech, Eidos, Gameloft, Rayonfx, and GolemLabs Studios in Sherbrooke.

In addition, Desgraff has recently offered its graduates a free, exclusive continuing education component (advanced courses, master classes and webinars, always taught by experts) that allow graduates to consolidate their skills and improve their skills - a unique initiative

in Quebec.

In addition to establishing itself as a training institution recognized by the industry and by Employment and Social Development Canada, Desgraff is also a studio that, in 2017, launched the role-playing video game (RPG) Legends Of Iona. Sold on Steam, the world's #1 platform for PC games, it is the result of ten years of work by Desgraff students and teachers. The studio is already working on World of Iona, a Massive Multiplayer Online (MMO version- an online game played by a large number of players at once).

## Lakeside dump expansion

CONT'D FROM PAGE 1

a major tributary of Lake Memphremagog, from which more than 170,000 people in the Eastern Townships get their drinking water.

About 100 people from both sides of the border crammed into the Gateway Center in Newport, Vermont Monday night to participate in a panel discussion on the proposed expansion.

Casella has applied to the ANR for a permit to expand its operation by 51 acres, which would allow it to stay open for an additional 22 years. Without the expansion the landfill would be full in four years.

If the ANR grants the permit, the company would have to apply for a permit from the Act 250 commission, the state's land use regulator.

The meeting Monday night was set up by a Vermont group of expansion opponents known as DUMP, an acronym for "Don't Undermine Memphremagog's Purity."

Included on the panel were Robert Benoit and Arieane Orjikh of Quebec's

Memphremagog Conservation Inc. (MCI); environmental lawyer Jen Duggan of the Conservation Law Foundation (CLF) of New England; Chuck Schwer and Cathy Jamieson of the ANR; and Charlie Pronto of DUMP.

The MCI representatives expressed their concern over contaminants entering the lake.

"It's like my neighbour putting his garbage near my well," Benoit said. "This garbage is close to the water we drink. To tell you the truth, we are very worried."

The leachate that gathers at the bottom of the landfill after rainfall passes through the garbage is treated at the municipal sewage treatment plant. According to Benoit, Newport City had not been testing the leachate after treatment before it is released into the Clyde River, a short distance from Lake Memphremagog. Pronto referred to it Monday as "garbage juice."

The Newport treatment plant has recently resumed testing the leachate after treating it, Jamieson said.

"This site should never have been authorized as a landfill in the first place,"

Orjikh said of the Coventry dumpsite. She pointed out that the earliest cells at the landfill are not even lined.

Journalist Robin Smith reminded the ANR that the state had several years ago thought about moving the garbage from the unlined section to a lined area but reconsidered because disturbing it could release more contaminants.

Jamieson said the agency is still considering that, but it wants to do more testing to determine the levels of PFAS (per- and polyfluoroalkyl substances). According to the US Environmental Protection Agency (EPA) website, PFAS is a chemical that can cause a variety of health problems. "Drinking water can be a source of exposure in communities where these chemicals have contaminated water supplies," the website says.

Schwer said PFAS is "very dangerous." It is measured in parts per trillion.

Pronto said the EPA has evidence that leachate will migrate from a landfill.

Liners are subject to deterioration," he said. "All landfills will eventually leak."

The CLF has asked the ANR to deny

Casella's application until it can show that the landfill is not leaking, and it's cleaned up, Duggan said. She called on Vermonters to reduce the amount of waste they generate.

"Sixty-seven per cent of waste can be composted or recycled," she said.

Neighbours of the landfill complained of the odour the landfill emits and of the mountain of garbage that is piling up. Others said surrounding towns are affected by the amount of truck traffic heading to and from the landfill.

"Irasburg gets 90 per cent of the traffic," said Tom Stelter. Towns other than Coventry should get benefits, he suggested. And the trucks are contributing to climate change, Lindy Sargent of Barton added.

"What makes it the perfect site?" Newport resident Mike Deslandes asked.

"It's not the perfect site," Schwer replied. "But Casella has met its standards."

# EDITORIAL

Election cycles and the bottom line stand in the way of long-term thinking. The Trans Mountain project is just one of many fossil fuel developments

SCIENCE MATTERS

## Trans Mountain decision is good, but we still have far to go

By David Suzuki

**S**aved by the whales! The federal Appeal Court decision on August 30 to quash the government's approval of the Trans Mountain pipeline expansion project was largely based on the National Energy Board's failure to consider the environmental impacts of a seven-fold tanker traffic increase off the B.C. coast, including how it would affect endangered southern resident orca whales. "The unjustified exclusion of marine shipping from the scope of the Project led to successive, unacceptable deficiencies in the Board's report and recommendations," the decision states. "As a result, the Governor in Council could not rely on the Board's report and recommendations when assessing the Project's environmental effects and the overall public interest."

Not to diminish the efforts of Indigenous Peoples, environmental groups, politicians with integrity and citizens from all walks of life who stood strong for protection of land, air, water and climate — but it's interesting that the whales we're trying to save may have saved us from this anachronistic project.

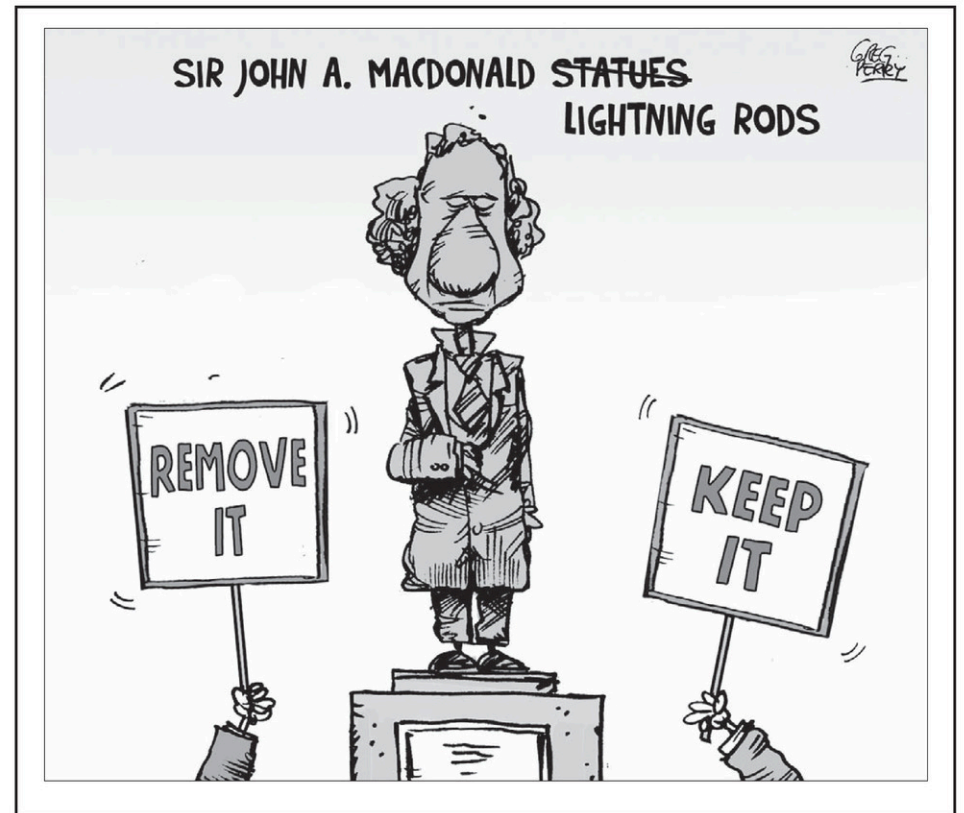
Another key element was Canada's failure to properly consult with Indigenous Peoples. The court found that, although "Canada acted in good faith and selected an appropriate consultation framework," it "failed in Phase III to engage, dialogue meaningfully and grapple with the real concerns of the Indigenous applicants so as to explore possible accommodation of those concerns."

The decision doesn't spell the end of the 1,150-kilometre project. The government is determined to go ahead, with Finance Minister Bill Morneau calling it "critically important for our economy." The court has ordered the government to redo Phase 3 of the NEB process if it wants to proceed.

Elevation of short-term economic considerations over reconciliation with Indigenous Peoples and the fact that Kinder Morgan shareholders immediately voted to accept our government's generous offer to buy this white elephant on our behalf — for \$4.5 billion! — illustrate the momentous challenges we face to transition off fossil fuels.

For some pipeline proponents, sacrificing a pod of whales is justified by the possibility of increased profits from selling oilsands bitumen to expanded markets. For many politicians and business people (and their supporters in media and business-oriented "think tanks"), economic growth is the highest aspiration and they've convinced many citizens no goal is more important. If that means devastated landscapes, extinction of plants and animals, polluted air and water, and climate disruption, at least the economy's growing and jobs are being created.

Election cycles and the bottom line stand in the way of long-term thinking. The Trans Mountain project is just one of many fossil fuel developments. It was stopped because of a failure to consider impacts on the marine environment and to properly consult with Indigenous Peoples. Those are incredibly important, but so too is the fact that projects like



this are predicated on expanded fossil fuel development and use, which is pushing Earth's climate into a more unpredictable, less hospitable phase.

Projects like Trans Mountain and the expanded oilsands development on which they depend conflict with our Paris Agreement commitments to limit greenhouse gas emissions and rising global temperatures. As people choke on smoke-filled air and refugees flee drought-stricken lands, and as polar ice caps melt and sea levels rise, it often feels like we're playing whack-a-mole with fossil fuel development. We stopped the Northern Gateway pipeline only to see Trans Mountain emerge. Keystone XL was halted by one U.S. administration and revived by the next.

It's good that courts and governments are recognizing that they must address issues around the environment and the duty to consult with Indigenous Peoples for resource development to proceed, but there's much to sort out in

those areas. And we can't continue to ignore the climate impacts of increasing fossil fuel development. Think what could be accomplished if the \$4.5 billion Canada plans to shell out to buy Trans Mountain and the many billions more to complete the project were invested in energy efficiency and clean energy!

Until we shift from short-term economic thinking that pits the environment, Indigenous rights, species at risk and human health and well-being against short-term profit and "growth," we'll likely be stuck in this rut for some time.

But we don't have time. It's up to all of us to keep the pressure on to move away from fossil fuels.

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

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Canada EU trade deal boosts container traffic at Montreal port

The Canadian Press

**M**ontreal port officials say the free trade deal between Canada and the European Union has boosted container shipping and prompted a hiring spree at the docks.

The Maritime Employers Association says the volume moving through its gates jumped 19.7 per cent in July compared to the same month last year, hitting the equivalent of about 147,000 20-foot containers. Container imports increased 7.8 per cent to nearly 4.33 million tonnes in the first seven months of this year versus the same period in 2017, with the bulk of that traffic coming from Europe.

The employers association, which

handles training for the port workforce, as well as the Montreal Port Authority attribute much of the container inflow to the Comprehensive Economic and Trade Agreement signed by Canada and the European Union in 2016.

CETA came into provisional effect last September, offering Canadian companies broader access to one of the world's largest markets. The extra dock traffic spurred the association to start hiring 50 more longshoremen and 15 more auditors, and resulted in several key terminals nearly doubling their operating time to 17 hours each workday. The goods range from imported wine, cheese and steel beams to exported ball bearings.

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

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

PM#0040007682

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# Local Sports

*Tatar, 27, scored a combined 20 goals last season with the Detroit Red Wings and Golden Knights.*

## New Canadiens Tomas Tatar and Nick Suzuki ready to roll in Montreal

By Julian McKenzie  
THE CANADIAN PRESS

The start of training camp can't come soon enough for the two newest Montreal Canadiens.

Forwards Tomas Tatar and Nick Suzuki, acquired from the Vegas Golden Knights along with a draft pick in the deal for ex-captain Max Pacioretty early Monday morning, told reporters on Tuesday that they're pumped to hit the ice for camp later this week.

"It took me five minutes to realize what's going to really happen," Tatar said on a media conference call. "Then after the excitement took over, I was starting to get really excited to join Montreal."

Suzuki echoed Tatar's sentiment. "The last couple days, I've just been thinking about getting to Montreal and finally getting there to show what I can do," he said.

Tatar, 27, scored a combined 20 goals last season with the Detroit Red Wings and Golden Knights.

The Stanley Cup finalists acquired Tatar at the trade deadline for three draft picks. But Tatar didn't make a huge impact in Vegas, playing just eight play-off games while notching a goal and an assist.

"It wasn't easy. It was my first trade," Tatar said. "Obviously I knew I (should've) been better."

Tatar, however, doesn't seem to mind another change of scenery. He said he

waived a no-trade clause to come to the Canadiens.

"I'm really excited and looking forward. Montreal is a great team with a big history and it's an Original Six (team)," Tatar said. "It's well respected, so for me it's a huge honour and opportunity."

Suzuki, 19, was drafted 13th overall by the Golden Knights last year. The five-foot-11 forward has lined up at centre with the OHL's Owen Sound Attack, where he scored 42 goals and 100 points during the 2017-18 season.

Canadiens general manager Marc Bergevin told reporters Monday that Suzuki was "the key piece" in the trade, and mentioned he could play at centre and wing.

"I'm going to do whatever I can to

make (the team), and prove that I can be there," Suzuki said. "If there's an opportunity to make the NHL, I'm going to do everything I can to do that."

Suzuki said he's comfortable playing both positions, but remarked he grew up playing at centre. He models his game after Boston Bruins centre Patrice Bergeron.

"I think the style of play that I like to play is a good two-way," Suzuki said. "I think I'm really good in the D-zone. I think I'm a great playmaker. I can shoot the puck. I like to put up points."

Tatar and Suzuki will arrive in Montreal from Vegas on Wednesday before attending the Canadiens' medical day on Thursday.

## Canada's Schnoor makes mark in international rugby and Legends Football League

By Neil Davidson  
THE CANADIAN PRESS

It was called the Lingerie Football League when Stevi Schnoor started. Now, it's the Legends Football League.

The game has changed and so have the uniforms. While there is still no shortage of cleavage on display, the focus is more on football. And Canada's Schnoor is one of the LFL's best, a three-time championship MVP who has no problem standing up for her sport.

"The athletes that are all playing in there now are no joke," said Schnoor, who did double duty as a linebacker/safety and running back for the Nashville Knights this season. "If you don't know what you're doing and you go in, you will get hurt."

"I've been hit probably just as hard or harder in this arena football league than I have playing (rugby) league or union."

Schnoor, who turns 33 on Friday, knows of which she speaks. Having represented Canada in both rugby codes, most recently at the 2017 Women's Rugby League World Cup in Australia, contact sports are nothing new to her.

And that is only part of Schnoor's story. Away from the playing field, she is a middle-school teacher in her native Coquitlam, B.C.

Asked what her students think of her athletic exploits, Schnoor says they "think it's pretty cool."

"And honestly I don't mind sharing with them because they get to see what goes into doing all these things," she said.

Her students know she gets up at 5 a.m. to hit the gym before school and stays up late to study film of her opponents. And they see her eating healthy

every day.

"It's kind of cool that they get to see the behind the scenes and not just the glory of it all," she added.

Schnoor says she's had to get good at time management to make it all work.

"If you don't plan it out right, you definitely don't have enough hours in the day, that's for sure."

Schnoor started rugby union at 14, working her way up to B.C. and national age-group teams before winning three caps with the senior women's side. She has coached high school rugby and continued to play club rugby until the schedule began to conflict with her LFL duties.

Her foray into rugby league came after she learned Canada was putting a team together for the World Cup. She made the team, which went on to beat Papua New Guinea for its first international win and reach the semifinals of the six team-tournament in Australia.

"Honestly, it was so awesome," she said of the World Cup.

She credits coach Mike Castle and his assistants for bringing the Canadian team so far in such a short period of time. She also fell in love with rugby league.

Schnoor had to dig deep into her vacation allotment to play for Canada, counting her lucky stars that her school district and principal were so supportive of the endeavour. Others supported her via a GoFundMe page.

"The bills don't stop when you go on tour," said Schnoor.

Schnoor joined the then-Lingerie Football League in 2012 when the league expanded to Canada and a high school friend suggested she join her in trying out.

She won the 2012 title with the B.C.

Angels. The Canadian league took a hiatus the next season so she joined the Seattle Mist. She commuted five years to play for Seattle, winning titles in 2015 and '17.

She played for Nashville this year, making it as far as the semifinals before losing 18-6 to the eventual champion Chicago Bliss in the Eastern Conference championship.

Schnoor has a sense of style. After scoring against Omaha this season in a July game, she leapt on the boards and borrowed a beer from a nearby fan, taking a chug before handing it back.

A free drink is one of the few perks. LFL players don't get paid.

Schnoor aside, Legends Football League is still fighting its earlier cheese-cake image.

In a March 2013 article for the International Review for the Sociology of Sport called "Garters on the gridiron: A critical reading of the lingerie football league," Bobbi A. Knapp of Southern Illinois University wrote: "The level of sexual objectification of the women in the Lingerie Football League was comparable to soft porn."

The LFL uniforms have come a long way, although not far enough for some. LFL players wear leggings (instead of the booty shorts used in the past), hockey-style helmets with visors, shoulder-pads and a shrug-like mini-jersey that leaves plenty of room for sports bras with a player's number on the left breast.

"But if you look at beach volleyball in the Olympics and other sports, you still have super-skimpy outfits," argued Schnoor.

"They are moving in the right direction but I guess it just takes time to do that," she said of the LFL.

Schnoor, like some of her teammates,

has taken to fundraising again to cover the costs of commuting to Nashville. But she says the sacrifice is worth it.

"I honestly love it. The atmosphere playing indoors \_ and they're usually the smaller stadiums \_ you get 3,000, 4,000, 5,000 people out to a game, you fill that stadium and it just feels like there's 60,000 people in there."

"In the 2015 Legends Cup, when we were in Seattle, I literally at one point had to stop and I was just like 'Holy cow, this is so cool' because it was so loud in there and just the atmosphere was so amazing. Honestly it's not really something easily that's come by in women's sports because even (if) you go to certain sports, World Cup, Olympics and things like that, you're still not getting massive crowds out. Maybe those big-time games, but anything else ... you don't have crowds like that."

Schnoor's nickname is The Bull. She doesn't remember exactly when she got it, although she says she fought it for a while. Now she's used to it and admits it fits when she runs over an opponent.

Somehow she has escaped injury, other than a broken nose (in Grade 7 rugby) and torn meniscus (in football).

"Besides those two injuries in over 20 years of contact sports, I'd say that's pretty good," she said.

And while she ponders whether her schedule can take another year of commuting to play in the LFL, she is keeping all doors open.

"I'm always open to new sports and new opportunities," she said. "You never know where something's going to take you and I love that about life. I think that I've got a lot of really cool opportunities from playing sports."

Death



**Beverley (Hallam) Lambert (1937-2018)**

In Magog, on September 9, 2018 at the age of 81, Beverley (Hallam) Lambert passed away. She was the wife of the late Yves Lambert. Loving mother to Sandra (Sylvain), Peter (Doris) and Paul; grandmother to Francis, Patrick, Vincent and Mélodie. Survived by her sister Shirley and her brother Gordon (Wilma), her sister-in-law Pierrette (Laramée) Lambert and her cousin Dorothy Baranek. She will be sadly missed by her family and friends. According to the last will of the deceased, there will be no funeral. However, at a date to be determined, there will be a private ceremony during the burial.

The family wishes to thank the 6th floor and palliative staff of the Memphremagog Hospital for their care.

Donations in her memory may be made to Memphremagog Hospital Foundation (Fondation de l'Hôpital Memphremagog) via their website at: [fondationhopitalmagog.org](http://fondationhopitalmagog.org).

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# Our understanding of how to stop cancer is growing exponentially



## ASK THE DOCTORS

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

**Dear Doctor:** Is it just me or has it been forever since we've seen any real advances in cancer treatments? The new miracle drugs work only in very specific cases and the rest of us cancer patients are left with 20th-century treatments. Are there breakthroughs we aren't hearing about?

**Dear Reader:** When it comes to big cancer breakthroughs, it can seem like there isn't much new to report. As you correctly point out, the newest treatments emerging from the fields of precision medicine and immunotherapy are geared to cancers with very specific characteristics. However, when it comes to the future of cancer treatment, there's a revolution in progress.

Powered by the decoding of the human genome, which has allowed scientists to explore the human body at the cellular level, our understanding of what cancer is, how it behaves and

how to stop it is growing exponentially. One bright spot is recent research funded by the National Institutes of Health, which has collected detailed data about more than 10,000 tumors arising from 33 different types of cancer. The analysis of that data, known as the PanCancer Atlas, is found in a collection of 27 different scientific papers. The information contained within was 10 years in the making. Taken together, these papers outline the findings of more than 150 researchers and examine the selected cancers at the molecular level.

One important advance has been how we talk about various cancers. Rather than approach tumors based solely on the part of the body where they originate, the shift is to classify them based on their molecular similarities to one another. For instance, after analyzing the tumors in the database, it was discovered that one type of tumor with a specific genetic profile was located in 25 different parts of the body. According to the body-location way of thinking, this one tumor would have had multiple treatment approaches.

Researchers also found a marked diversity in the genetic glitches in the tumors they studied, in the ways that the tumors grow, and in the cellular pathways they either use or outright hijack to ensure their survival. This line of inquiry has made possible the creation of important sub-groupings of various cancers, which aids in the search for targeted treatments. It has also helped scientists to identify potential vulnerabilities in various types of cancer.

Instead of focusing on how to poison the rogue cells with radiation or chemotherapy, researchers are now looking at ways to starve tumors, weaponize the immune system and even rewrite the tumor's own genetic code. So-called "smart" cancer drugs, which just a few years ago seemed like a fantasy, are now in the testing stages. One promising line of inquiry is looking into ways to harness tiny microparticles to deliver cancer-fighting drugs directly to the tumor, and even to deliver tiny imaging agents for more precise visualization.

Many of the cancer researchers and oncologists we know agree that we are presently in the midst of a revolution into our understanding of this complex and challenging disease. The "war on cancer" that we grew up hearing about may not yet be won, but battle by battle, things have never looked better.

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

## Datebook

WEDNESDAY, SEPTEMBER 12, 2018

Today is the 255th day of 2018 and the 84th day of summer.

**TODAY'S HISTORY:** In 1940, four teenagers discovered prehistoric paintings, estimated to be 15,000 to 17,000 years old, in a cave in Lascaux, France.

In 1953, Sen. John F. Kennedy of Massachusetts married Jacqueline Lee Bouvier in Newport, Rhode Island.

In 1992, Dr. Mae Carol Jemison, science mission specialist aboard the space shuttle Endeavour, became the first African-American woman in space.

In 2011, the National September 11 Memorial opened to the public in New York City.

**TODAY'S BIRTHDAYS:** H.L. Mencken (1880-1956), journalist/critic; Jesse Owens (1913-1980), Olympic athlete; Ian Holm (1931- ), actor; George Jones (1931-2013), singer-songwriter; Barry White (1944-2003), singer-songwriter; Joe Pantoliano (1951- ), actor; Hans Zimmer (1957- ), composer; Ben Folds (1966- ), singer-songwriter/musician; Paul F. Tompkins (1968- ), actor/comedian; Paul Walker (1973-2013), actor; Yao Ming (1980- ), basketball player; Jennifer Hudson (1981- ), actress/singer; Andrew Luck (1989- ), football player.

**TODAY'S FACT:** The long-running Western series "Bonanza" premiered on NBC on this day in 1959.

**TODAY'S SPORTS:** In 1984, Dwight "Doc" Gooden of the New York Mets threw his 246th strikeout, breaking

the rookie record for strikeouts in a single season. He finished the season with 276, a record that still stands.

**TODAY'S QUOTE:** "An idealist is one who, on noticing that a rose smells better than a cabbage, concludes that it is also more nourishing." — H.L. Mencken

**TODAY'S NUMBER:** 76 — bronze plates on the walls of the memorial pools at the September 11 Memorial and Museum, inscribed with 2,983 names: the 2,977 victims of the 9/11 terror attacks and the six victims of the 1993 World Trade Center bombing.

**TODAY'S MOON:** Between new moon (Sept. 9) and first quarter moon (Sept. 16).

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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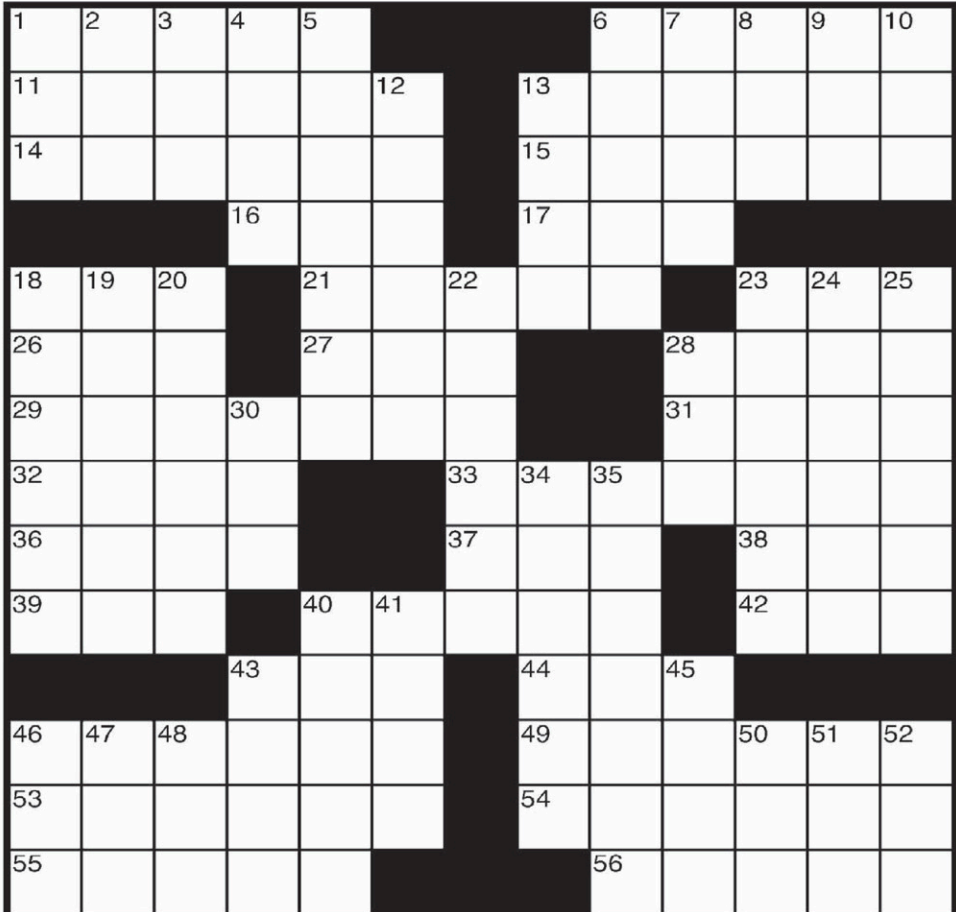
# NEA Crossword Puzzle

## Answer to Previous Puzzle



- ACROSS**
- 1 Walrus tusk
  - 6 Hoofbeats
  - 11 Hawks' refuges
  - 13 Stevedore
  - 14 With precision
  - 15 Gives commands to
  - 16 Pacino and Unser
  - 17 Honey-suckle sucker
  - 18 Charlotte of "Bananas"
  - 21 Aquatic mammal
  - 23 Corporate ending
  - 26 Skill
  - 27 Extremely small
  - 28 Fly high
  - 29 Rifts
  - 31 Garfield's canine pal
  - 32 John, in Germany
  - 33 Adenoids' neighbors
  - 36 Do magazine work
- DOWN**
- 37 "Green" prefix
  - 38 Table tennis divider
  - 39 Wine category
  - 40 Washes out
  - 42 Harris and O'Neill
  - 43 Faint
  - 44 Blow away
  - 46 False
  - 49 Delicious drink
  - 53 Shout out
  - 54 Dromedary's milieu
  - 55 Shipboard romance
  - 56 Venom, for one

- 8 Byron work
- 9 Part of mpg
- 10 Almost-grads
- 12 Computer network
- 13 Ear part
- 18 Allergic reactions
- 19 Pinball palace
- 20 Cultural
- 22 Proven
- 23 Trace element in salt
- 24 Hit dead-center
- 25 Ridges
- 28 Plea at sea
- 30 Devotee
- 34 Bodies of water
- 35 Piece of cake! (2 wds.)
- 40 Friend of Che
- 41 Love, to Livy
- 43 Blunt
- 45 Nymph who pined away
- 46 Frat letter
- 47 Instant lawn
- 48 Ron who played Tarzan
- 50 Surcharge
- 51 Onassis nickname
- 52 Kept in shape



# Your Birthday

WEDNESDAY, SEPTEMBER 12, 2018

A change of scenery will do you good. Visit destinations you've never been to before or look for educational pursuits that will open your mind to the unfamiliar. It's up to you to navigate your way to victory.

**VIRGO** (Aug. 23-Sept. 22) — Sort through any differences you have with a friend or relative calmly if you want to make progress. A change of pace, location or mode of communication will improve your outlook.

**LIBRA** (Sept. 23-Oct. 23) — Don't make a big deal out of a trivial situation. Let things unfold naturally, and adapt to the changes happening around you. Do your share and avoid complaints.

**SCORPIO** (Oct. 24-Nov. 22) — Don't let an emotional situation lead to an argument. You'll do better if you are less aggressive and more empathetic to other people's needs. Don't disrupt things when you should be facilitating them.

**SAGITTARIUS** (Nov. 23-Dec. 21) — How you help others will make a difference. If you take over other people's responsibilities, they will never learn how to take care of themselves. Oversee rather than overdo.

**CAPRICORN** (Dec. 22-Jan. 19) — If you give whatever you do your best shot, positive change will come about. Money is heading your way. Collecting an old debt, making an investment or looking over your resources is favored.

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

well enough alone. You are best off taking a breather and figuring out a way to move forward with the least amount of stress. Reject temptation.

**PISCES** (Feb. 20-March 20) — You've got plenty to gain by following your instincts. A chance to collaborate with someone should be considered carefully. Don't mix business with pleasure. A change of heart is likely.

**ARIES** (March 21-April 19) — Do your best to work amicably. You'll accomplish more if you can get along with others and concentrate on doing what you do best. More action and less talk will get the job done.

**TAURUS** (April 20-May 20) — Embrace change and don't look back. Use your intelligence and knowhow to get things done properly. A kind gesture will help you avoid upsetting a loved one.

**GEMINI** (May 21-June 20) — Take a closer look at what others are doing. You may have to make an adjustment to uphold your end of a bargain. Don't trust someone making idle promises.

**CANCER** (June 21-July 22) — Go over every detail and size up your situation before making a move. Look for the best way to bring others together to lighten your load. If you coordinate well, you will control the outcome.

**LEO** (July 23-Aug. 22) — Don't initiate change. Wait and see what needs to be done, and choose the amount of time, money and effort required rather than overdoing it.

WEDNESDAY, SEPTEMBER 12, 2018

## Where will you find the needed winners?

By Phillip Alder

Henry David Thoreau wrote, "It is not worth the while to go round the world to count the cats in Zanzibar."

I always thought that the key stat about Zanzibar is that the whole population of the world could stand on it. However, for a bridge player, this should become: It is worth the while to count the tricks in every deal. How should South do that in this example? He is in four spades. West cashes his two top hearts, then shifts to the club king.

North's redouble promised at least 10 high-card points. Then, when he bid spades on the next round, he showed exactly three-card support with game-invitational values. If worth a game-force, North would have rebid four spades. South's game-bid was ambitious. Also, note that East was right to bid two hearts. Since one player had opened, another doubled, and the third redoubled, East was marked with a near-Yarborough. His bid only expressed a definite preference among the three unbid suits.

After winning trick three with the club ace, the original declarer drew trumps ending in hand and took a diamond finesse. It worked all right, but

		North	09-12-18
		♠ Q J 6	
		♥ J 7	
		♦ A Q J 10	
		♣ 9 8 5 4	
West		East	
♠ 9 5		♠ 7 4 2	
♥ A K 6 3		♥ 10 9 8 5 2	
♦ K 9 8 4		♦ 6 3	
♣ K Q J		♣ 7 3 2	
		South	
		♠ A K 10 8 3	
		♥ Q 4	
		♦ 7 5 2	
		♣ A 10 6	
<b>Dealer: South</b>			
<b>Vulnerable: Both</b>			
South	West	North	East
1♠	Dbf.	Redbl.	2♥
Pass	3♥	3♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♥ A			

South was stranded in the dummy. He had to concede two club tricks: down one.

Declarer needed five spades, four diamonds and one club. Here, that required taking three diamond finesses, and speed was of the essence. At trick four, declarer should have played a diamond to dummy's 10. He would have continued with the spade queen, a spade to his king, a second diamond finesse, a trump to the ace, a third diamond finesse and claim.

### CELEBRITY CIPHER

by Luis Campos

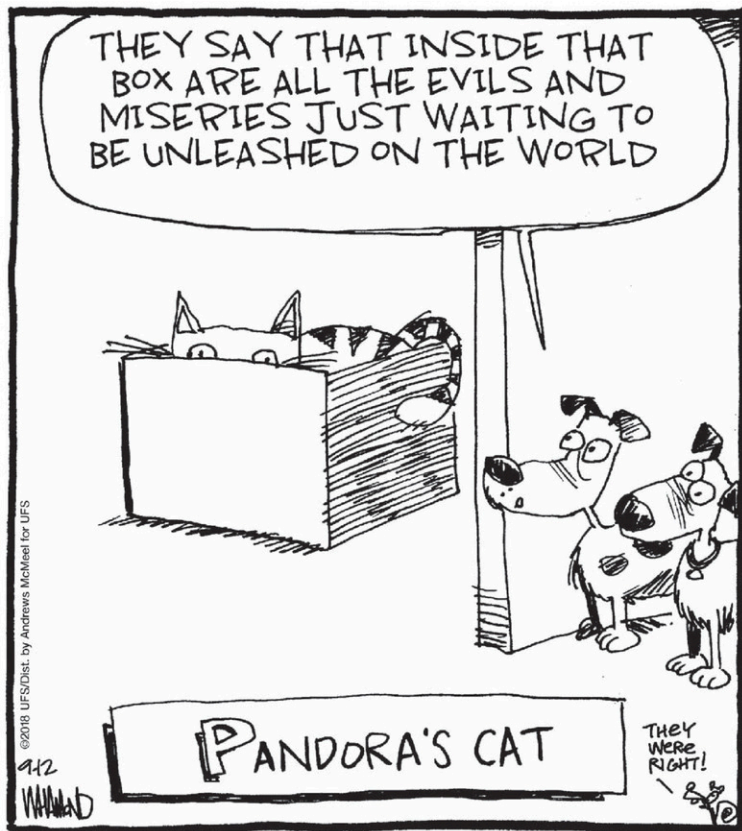
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" Z UZUX 'V DXMO VKF IZVW TV THH ,  
YGV Z OTN NM KTJJW VM YF ZX XFO  
WMED , Z IEZFU . Z OTN NM FCIZVFU ."  
— REFVT RFEOZR

Previous Solution: "Every time I come to New York, I remember how powerful the spirit of this city is... NYC, I love you." — Ellen DeGeneres

TODAY'S CLUE: n sraeb g

### REALITY CHECK



### HERMAN



### ALLEY OOP



### ARLO & JANIS



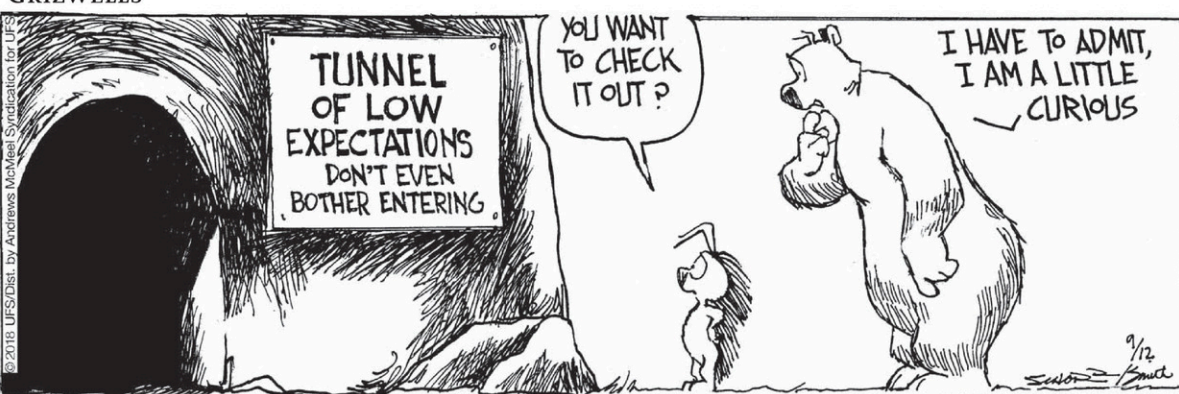
### THE BORN LOSER



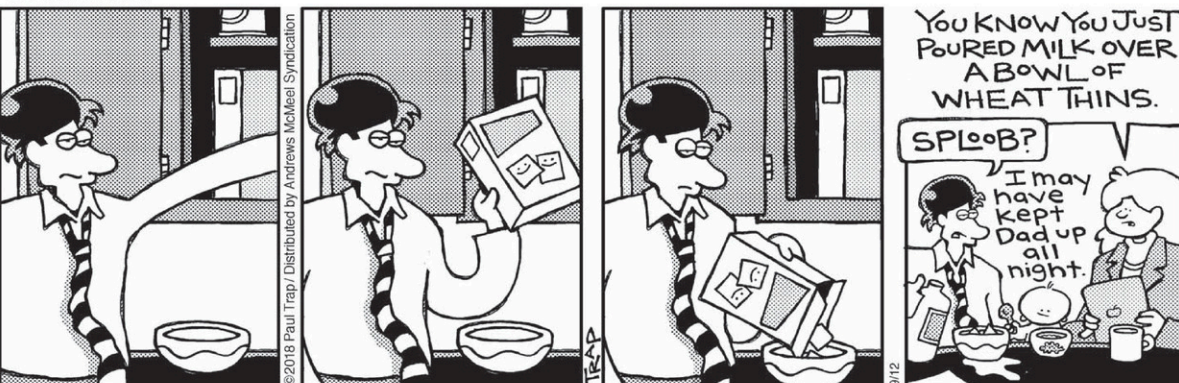
### FRANK AND ERNEST



### GRIZWELLS



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# CLASSIFIED

## We make our cheese bread with flour, milk and sour cream

By America'S Test Kitchen

We start our cheese bread with all-purpose flour and add whole milk and sour cream for a clean, creamy flavour and rich, moist texture. Just a few tablespoons of butter adds enough richness without greasiness, and using less fat makes the texture heartier and less cakelike.

Most recipes for cheese bread call for shredded cheese. We prefer our cheese (cheddar or Asiago) cut into small chunks, which, when mixed into the dough and baked, create luscious, cheesy pockets throughout the bread. For added cheesy flavour and a crisp, browned crust, we coat the pan and sprinkle the top of the loaf with grated Parmesan. Run-of-the-mill cheese bread is at once dry and greasy, with almost no cheese flavour at all. We wanted a rich, moist loaf topped with a bold, cheesy crust.

### QUICK CHEESE BREAD

Servings: 10

Start to finish: 1 1/2 hours

**Chef's Note:** A mild Asiago, crumbled into 1/4- to 1/2-inch pieces, can be used instead of the cheddar. Aged Asiago that is as firm as Parmesan is too sharp and piquant. If, when testing the bread for doneness, the toothpick comes out with what looks like uncooked batter clinging to it, try again in a different, but still central, spot; if the toothpick hits a pocket of cheese, it may give a false indication. The

texture of the bread improves as it cools, so resist the urge to slice the loaf while it is piping hot. Do not use skim milk for this bread. We developed this recipe using a loaf pan that measures 8 1/2-by-4 1/2-inches; if you use a 9-by-5-inch loaf pan, start checking for doneness 5 minutes earlier than advised in the recipe.

- 3 ounces Parmesan cheese, grated on large holes of box grater (1 cup)
- 2 1/2 cups (12 1/2 ounces) all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon pepper
- 4 ounces extra-sharp cheddar cheese, cut into 1/2-inch cubes (1 cup)
- 1 cup whole milk
- 1/2 cup sour cream
- 3 tablespoons unsalted butter, melted and cooled
- 1 large egg, lightly beaten

Adjust oven rack to middle position and heat oven to 350 F. Spray 8 1/2-by-4 1/2-inch loaf pan with vegetable oil spray, then sprinkle 1/2 cup Parmesan evenly in bottom of pan.

In large bowl, whisk flour, baking powder, salt, cayenne, and pepper to combine. Using rubber spatula, mix in cheddar, breaking up clumps, until cheese is coated with flour. In medium bowl, whisk together milk, sour cream, melted butter, and egg. Using rubber

spatula, gently fold wet ingredients into dry ingredients until just combined (batter will be heavy and thick; do not overmix). Scrape batter into prepared loaf pan; spread to sides of pan and level surface with rubber spatula. Sprinkle remaining 1/2 cup Parmesan evenly over surface.

Bake until loaf is deep golden brown and toothpick inserted in centre of loaf comes out clean, 45 to 50 minutes, rotating pan halfway through baking. Let cool in pan on wire rack for 5 minutes, then invert loaf onto wire rack. Turn right side up and let cool until warm, about 45 minutes. Serve. (To freeze, wrap cooled loaf tightly with double layer of aluminum foil and freeze for up to 3 months. When ready to serve, adjust oven rack to middle position and heat oven to 375 F. Bake wrapped loaf until it yields under gentle pressure, 8 to 10 minutes. Remove foil and continue to bake until exterior is crisp, about 5 minutes longer. Let loaf cool on wire rack for 15 minutes before serving.)

Nutrition information per serving: 156 calories; 117 calories from fat; 13 g fat (8 g saturated; 0 g trans fats); 58 mg cholesterol; 627 mg sodium; 3 g carbohydrate; 0 g fiber; 1 g sugar; 6 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Quick Cheese Bread in "The Cook's Illustrated Baking Book." (The Associated Press)

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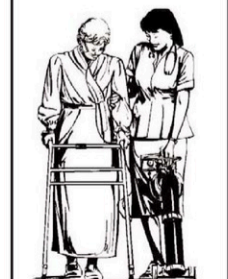
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## SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

9/12

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### PREVIOUS SOLUTION

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

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

## Stanstead County Women's Institute Scholarships

The Stanstead County Women's Institute is offering three Scholarships.

The Estella Holmes Scholarship is awarded to a student from the Stanstead County who is continuing his or her education beyond high school.

The Maud Kezar Scholarship is awarded to a graduating student who will be pursuing studies in a household science program (including food sciences and dietetics).

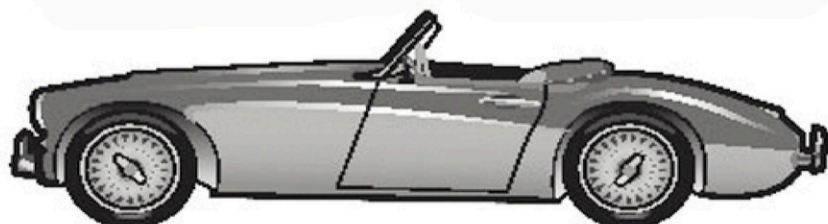
The Dr. C. L. Brown Memorial Scholarship is awarded to any graduating student from the Stanstead County who will be pursuing higher education in a health science profession (physician, nurse, veterinarian, etc.).

Please write a letter of application indicating your career goals and a description of your activities and community involvement. Also include a copy of your report card and statement of marks.

Please send these documents to: Debbie Smith, 19 Pine St., Stanstead, QC J0B 3E5.

Send before September 28, 2018.

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“YOU PAY WHAT WE PAY.  
EASY AS THAT.”

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FORD CREDIT



# EMPLOYEE PRICING\*

**ENDS OCTOBER 1<sup>ST</sup>**

RIGHT NOW, GET THE FORD YOU WANT AND YOU ONLY PAY WHAT A FORD EMPLOYEE PAYS\*. IT'S THE EVENT YOU'VE BEEN WAITING FOR.

## 2018 ESCAPE TITANIUM

# \$5,075<sup>^</sup>

IN TOTAL PRICE ADJUSTMENTS  
(with optional features selected)

# + \$750<sup>†</sup> BONUS CASH



2018 ESCAPE

VISIT [FORD.CA/FEP](http://FORD.CA/FEP) TO BUILD IT AND TO FIND YOUR NEAREST FORD STORE.

IT'S EASY TO  
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Available in most new Ford vehicles with 6-month pre-paid subscription.

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP).

\* Ford Employee Pricing ("Employee Pricing") is available from July 4 to October 1, 2018 (the "Program Period"), on the purchase or lease of most new 2018/2019 Ford vehicles (excluding all cutaway/chassis cab models, F-150 Raptor, F-650/F-750, Shelby® GT350/GT350R Mustang, Ford GT, Focus RS, and Expedition). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor-/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs.

<sup>^</sup>Between July 4 and October 1 2018, receive \$5,075 in Total Ford Employee Price Adjustments with the purchase or lease of a new 2018 Escape Titanium with Ruby Red Paint, Safe & Smart package, and Panoramic Vista Roof. Total Ford Employee Pricing Adjustments are a combination of Employee Price Adjustment of \$3,575 and delivery allowance of \$1,500. See dealer for details. Employee Price adjustments are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives.

<sup>†</sup>Offer valid between September 1 and October 1, 2018 (the "Offer Period") to Canadian residents. Receive CAD\$750 towards the purchase or lease of a new 2018/2019 Ford model (excluding 2018: Focus, C-MAX, 2018/2019: Fiesta, F-150 Super Cab diesel engines, Shelby® GT350/GT500 Mustang, F-150 Raptor, Ford GT, F-650 and F-750 and all Cutaway and Chassis Cabs) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable.

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