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JANUARY 22 - FEBRUARY 2 2018

First ETSB meeting in the new year with the new DG

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THE RECORD

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Border Report - Page 8

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THURSDAY, JANUARY 25, 2018

Local organizations host rally for remembrance and inclusion

By Gordon Lambie

This coming Sunday, January 28, Sherbrooke will be host to a public rally to remember the victims of terrorism and to affirm the desire for a just and open society.

"We all know that tragic events happen. What is more important is what we do as a result of these events," said Abdelilah Hamdache, President of the Institut du Monde Arabe et Musulman de L'Estrie.

Hamdache, joined by Hakim Hadj Ali, President of the Centre Islamique de Sherbrooke, and the representatives of ten other local organizations, extended

CONT'D ON PAGE 4

Beware the blind spots



MATTHEW MCCULLY

By Matthew McCully

This is the view from a vehicle directly behind a snow plow. Everything in red surrounding the truck illustrates what the driver cannot see.

The Ministère des Transports de Québec (MTQ) held an information session

yesterday at its Coaticook office to demonstrate the challenges faced by snow removal vehicle operators and make recommendations for drivers who encounter them on the road.

According to MTQ chief of operations Rock Beaudet, driving a heavy vehicle is already a challenge. Adding a shovel

and plow wing on the side makes the job even harder he said, adding that the additional equipment increases the blind spots surrounding the vehicle.

MTQ spokesperson Dominique Gosselin explained that there are accidents

CONT'D ON PAGE 3

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## Weather



**TODAY:**  
MIX OF SUN  
AND CLOUDS

HIGH OF -14  
LOW OF -22



**FRIDAY:**  
SUNNY

HIGH OF -9  
LOW OF -12



**SATURDAY:**  
CLOUDY

HIGH OF 4  
LOW OF 2



**SUNDAY:**  
CLOUDY

HIGH OF 4  
LOW OF -6



**MONDAY:**  
PERIODS OF  
SNOW

HIGH OF -5  
LOW OF -17

# Does a runny nose mean your brain is leaking?



ROSS MURRAY

Those scientists, always doing studies. It's as if they have nothing better to do. Instead of "studying" things, why aren't they working on those jet cars we were promised? Where's my pill in a meal? And the current lack of teleportation is the great disappointment of my generation, second only to the career of Judd Nelson.

A co-worker recently sent me a link to a study that determined that people (like me) who drink their coffee black are more likely to be psychopaths. I swear if she sends me a link like that again, I will cut her!

Of course, for every study there's a counter study. In response to the coffee findings, I decided to Google "Why black coffee drinkers are the best." I found a reply, of course, but it was from some website called "BroBible," which didn't convince me that black coffee would allow you to "get shredded, show your Dad Bod the middle finger and get laid," but it did make me fully embrace the impending demise of the Y chromosome, as predicted in, yes, a recent study.

My favourite study of the past year was one that concluded that middle-aged sex keeps the brain sharp. I imagine this finding led to countless husbands turning to their wives and saying, "Hey, honey, you're looking kind of stupid tonight, so howzabout..." In other research, middle-age divorce rates continue to climb.

This week, though, I read about a newly released study that found that having a cold nose means you are thinking too hard. The news story didn't explain how researchers quantified "thinking too hard." Did it mean trying to work out a difficult math problem? Or trying to remember the title song for the madcap 80s sit-com "Perfect Strangers"?

The cold-nose researchers are hoping to use these findings to measure workload stress in employees without disrupting actual workflow. Instead, facial monitoring will indicate when employees need a break. Of course, they will also need hidden cameras to ensure that workers aren't sneaking off to stick their face in the ice machine.

The reason the nose gets cold is that heavy concentration alters breathing. (Heavy breathing also alters concentration, but let's leave what the judge explained to me about "improper phone behaviour" for another time.) This diverts blood to the brain at the expense of the extremities, your nose being one such extremity.

But like Gene Hackman in the late 90s, blood is everywhere, which means other extremities must be vulnerable as well. This leads one to wonder what the cooling of other body parts might indicate, and by "one" I mean "me" and not researchers, who, it turns out, do have better things to do.

**Cold ears:** You are thinking too hard about all your exes and wondering whether they are living happy lives, though you secretly hope not.

**Cold forehead:** You are driving with your head hanging out the window again.

**Cold left hand:** You are on the verge of creating a new literary genre, Oh-

Wellian fiction, in which everybody lives in an oppressive, dystopian society but just kind of deals with it.

**Cold feet:** Studies show that there is a 40 percent chance you will soon be sleeping on the sofa.

**Tingling Ring Finger:** You have just come to the realization that the totality of your life's romantic success has nothing to do with looks or personality but consistently good lighting.

**Throbbing kneecap:** You have just come to the realization that morning riots are the most important m el e of the day.

**Sensitive inside elbow:** Don't let a difference of opinions keep you from your goals, sensitive inside elbow person. Friends and co-workers will come around to your point of view through a combination of reasoned argument and anonymous threatening texts. Remember that there is no "I" in "team" but there is an "I" in "grapefruit," so you should probably eat more grapefruit. Pisces figures promiscuously. Money matters.

**Frosted tips:** No.

**Frosty reception:** Should have brought a hostess gift.

**Chilly Willy:** A highly underrated cartoon character.

**Cool Runnings:** An underrated 90s movie that did not star Gene Hackman or (obviously) Judd Nelson.

I hope this guide will be useful to you so that you know at all times what your body is doing. And I can assure, as I'm certain you can guess, that right now my nose is very, very warm.



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## Ben by Daniel Shelton



# LOCAL NEWS

A handy rule to remember, according to the MTQ, is if you don't see the mirror of the vehicle in question, its driver does not see you.

## Vermette to step down as Sherbrooke DG this summer

Record Staff  
SHERBROOKE

December 2013. Formerly, he spent 21 years in the Canadian Armed Forces, six years as a consultant, and almost 15 years with the City of Sherbrooke.

While working for the City, he became responsible for the Sherbrooke's Winter Road Safety Policy and the completion of many major renovations, in-

cluding those of the Léopold-Drolet Sports Center, and the construction of the Exposition Centre and the new Police Station.

Vermette also established an ongoing improvement program and an optimization plan that now allows recurring annual savings of more than \$10 million

and ensures the renewal of collective agreements for all employee groups

The City soon be posting the position of Executive Director and Vermette has promised Council his collaboration in the transition.

**Y**ves Vermette, the Director-General of the City of Sherbrooke has informed City Council of his intention to step down this summer.

Vermette has managed the City since

## Uplands hosts musical photo exhibit

Record Staff  
SHERBROOKE

11, from 2 to 4 p.m. at 9 Speid Street Lennoxville.

The photography exhibition will continue until April 29, 2018.

Pianos and men  
"After studying photography at CEGEP du Vieux Montreal and a career as a commercial photographer, I chose to follow in the footsteps of my grandfa-

ther and my father and become a piano tuner" Carey says. "Thanks to this profession, I have met many people who welcomed me into their homes, and I discovered the special relationship they have with music. Having arrived at the dawn of my retirement, I wish to pay tribute to them and thank them for their trust and loyalty. Inspired by music

and piano, they have inspired me in return; although they did not all have a career in music, music embellished their souls. If your visit can give you even a glimpse of what music can bring to a life, my goal will have been achieved."

Uplands is open Wednesdays to Sundays from 1- 4:30 pm. Admission is free.

**T**he Uplands Cultural and Heritage Centre begins its new exhibition season with a show by photographer and piano tuner Marcel Carey,

The public is invited to meet the artist during the vernissage, Sunday, February

## Beware the blind spots

CONT'D FROM PAGE 1

every year involving snow removal equipment and vehicles and pedestrians.

She referred to 2016 statistics where there were 85 accidents in the winter, three of which were fatal.

Gosselin added that there was an accident as recently as Jan.5 on Highway 10.

The main point repeated during the demonstration was that drivers should maintain a safe distance from snow plows.

In addition to the substantial blind spots around the vehicles, they often perform manoeuvres drivers might not expect.

A handy rule to remember, according to the MTQ, is if you don't see the mirror of the vehicle in question, its driver does not see you.

For pedestrians, it is best to try to make eye contact with a plow driver to make sure they have seen you.

"People should plan for extra time in the winter," Gosselin said, which should include travelling behind a snow plow on some occasions.

While plowing, trucks travel at a maximum speed of 40-50km/h. If the driver exceeds that speed an alarm will sound in the cab of the truck reminding them to slow down.

The Record got the opportunity to take a ride in a snow removal truck with driver Brian Cragg. With 35 years of trucking experience, he has been doing snow removal with the MTQ for eight years.

"People are impatient," he said, explaining one of the biggest challenges is aggressive drivers trying to pass. When someone is bold enough to try it on the right, it is especially bad because

of the wing on the side of the truck, Cragg said.

"I used to feel the pressure of people behind me," Cragg commented, adding that when he first started, he often felt the urge to pull over and let people pass.

During a five minute drive down Route 108 in Cragg's truck a lineup of five cars built up behind him.

To put the driving challenge in perspective, Cragg said the width of the plow from the driver's side all the way to the tip of the wing on the passenger side of the truck is close to 17 feet.

The lane width of the average rural route is between 3.6-3.8 metres (12.f feet max).

Cragg is driving a vehicle close to three times as wide as the average vehicle on the road, and he is doing it during the worst weather imaginable, sometimes at night.

"Some days you just can't win," Cragg said, explaining that all the plowing in the world won't help road conditions with the wrong combination of weather. On Tuesday morning, he was plowing a stretch of road that was wet before the snow fell. He plowed the snow, but uncovered a layer of ice underneath.

Extreme cold reduces the efficiency of salt and abrasives, he added.

"There's always something to keep us busy," Cragg said, explaining that even if there isn't snow on the road, like the other day when he was busy clearing slush away from drains to prevent flooding.



MATTHEW MCCULLY

The Record got the opportunity to take a ride in a snow removal truck with driver Brian Cragg. With 35 years of trucking experience, he has been doing snow removal with the MTQ for eight years.

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By Maurice J.O. Crossfield

# Magog's Fête des Neiges reveals 2018 program

Record Staff  
SHERBROOKE

The City of Magog unveiled the program for the 2018 edition of its Fête des Neiges snow festival at a press conference Monday. The festival takes place over two weekends, February 3-4 and February 10-11 at Merry Point.

Mayor Vicki-May Hamm reminded her constituents that it has now been 24 years since the festival has become the major winter family meeting in the city.

Isabelle Creusot, the 2018 coordinator of the event, explained that "the organizing committee has chosen this year to celebrate under the theme of the Olympics. It's a small nod to the PyeongChang Winter Olympic Games and a reminder that it is possible to try out a variety of winter sports for free. She adds that, as in past years, each weekend offers surprise activities in addition to those that will be held over the four days.

On February 3rd and 4th, sport will be the main feature. Soccer and snow basketball, an introduction to curling, a Ferris wheel, ice fishing, and a pony carousel provide a great opportunity to enjoy the outdoors with family or on one's own and festival participants will be invited to admire snow sculpture

techniques and, for the first time, to take the Infiltration challenge, an immersive game where teams solve puzzles.

On February 10 and 11, a zip line, euro bungee, bubble football, a mini farm, and the Snowshoe cardio fitness have been arranged and fans of ice and snow sports will be able to hone their skates for free before beginning on the ice trail or skijoring - horse-drawn skiing.

Throughout the festival there will be tube sliding, inflatable games, stage performances, walking animation, skating on the ice trail, fatbike, cardio, Zumba and a parade.

Fans of night-time activities will be able to extend their enjoyment on Saturdays February 3 and 10 as, for the first time; skaters are invited to take part in the Skate Challenge, which consists of skating as many laps as possible in an hour, alone, in a team, or with their families, on the frozen trail. Prizes will be offered in different categories.

On Saturday, February 10, the traditional fireworks, preceded by line dancers, will amaze young and old alike, beginning at 6 p.m.

### An eco-responsible event

The Magog Snow Festival is a Level 3 eco-responsible event. The city is relying above all on the collaboration of festival-

goers to meet the classification's standards. As Creusot mentioned, "we have to make every effort to save drinking water, limit greenhouse gas emissions, ensure good waste management, promote sustainable development, and protect fragile environments, but we need the collaboration of participants."

Festival details and scheduling are

available at [www.fetedesneigesdemagog.com](http://www.fetedesneigesdemagog.com) as well as on the Fête des neiges Facebook page.

The festival runs on Saturday, February 3 and 10, from 10 a.m. to 6 p.m. and on Sunday, February 4 and 11, from 10 a.m. to 4 p.m..



(COURTESY VILLE DE MAGOG)

Caisse Desjardins de Memphremagog president Danielle Ouellet, (left to right) Magog Mayor Vicki May Hamm, Pierre-Olivier Pinard, owner of Kin Impact and representative of the Carrefour Santé Globale Équipe de la Fête des neiges : Coordinator Isabelle Creusot, Nancy Duchesne, Benoît Morin, and Marie-Pier Hinse celebrate the announcement of the 2018 Fête des Neiges program schedule.

## Rally for remembrance and inclusion

CONT'D FROM PAGE 1

an open invitation to Sunday evening's gathering, explaining that despite the timing and its particular significance to Quebec's Muslim

population, the purpose of the event is to unite people of all backgrounds.

"We want to remember the victims of terrorism; all the victims of terrorism," Hadj Ali said. "We invite anyone who wants to participate and speak, loud and

clear, in favour of inclusion and against terrorism."

Although remembrance is the starting point for the rally's role, both organization presidents said that the organizing group wants to use this event

as an opportunity to promote the idea of an inclusive society.

"The easiest way to have a society built on mutual respect is through open dialogue," Hamdache said, pointing out that condemning a whole community for the acts of individuals is not right. By standing together and opposing all acts of violence and terrorism in the world, he argued, a community works toward making the world a better, more inclusive place to live together. "Respecting someone does not mean having to share their opinion," he added, pointing out that mutually respectful communities benefit from their diversity.

So far Sunday's rally is a collaboration of the Centre Islamique de Sherbrooke, the Association des musulmans de l'Université de Sherbrooke, the Association Bel Agir, the Institut Al Qalam, the Institut du Monde Arabe et Musulman de L'Estrie, the Association Éducative Transculturelle, the Association Afgane Québec, the Cimetière Islamique du Sud-Est du Québec, the Fédération des Communautés Culturelles de L'Estrie, and Actions Interculturelles. The organizers encouraged other community organizations of all backgrounds and missions to join in, however, stating that anyone interested can contact Actions Interculturelles at 819-822-4180.

"We decided to organize this event with all of the associations in order to include everyone in this message," Hadj Ali said, clarifying that the gathering is, however, separate from another memorial event planned by the ACIE, the association culturelle islamique de l'Estrie, the following night.

The "Je me souviens" rally will take place in front of Sherbrooke's city hall from 5 p.m. to 6:30 p.m. on Sunday. ACIE's remembrance event will be held at 1200 rue Massé in Sherbrooke from 5 p.m. to 7 p.m. on Monday.



### Centre de recherche du CHUS Expansion

Did you know that the CHUS' research centre, the Centre de recherche du CHUS or CRCHUS, is among Quebec's five largest research centres and that it has the good fortune of having 224 researchers, 571 students, and 173 research staff working on more than 850 active research projects?

Having financially supported the expansion of the Centre de recherche through a contribution of \$ 6.5 Million, the CHUS Foundation is proud to have played a role in innovative scientific and technological leadership at the regional, national, and international levels.

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# First ETSB meeting in the new year with the new DG

By Matthew McCully

Newly appointed Director General Kandy Mackey addressed the Eastern Townships School Board (ETSB) council of commissioners and guests publically for the first time at Tuesday evening's meeting.

While the tradition is usually for a new DG to introduce themselves to the council, Mackey, with 21 years of experience with the ETSB as a teacher, principal and director, referred to the small learning curve and said she was ready to get to work.

"It's a privilege to be your DG," Mackey said, explaining that a focus of hers would be on leading with heart.

She mentioned four key words, collaboration, (continuous) improvement, excellence and trust as the basis of her leadership approach, and said she looks forward to continuing her work with the board in her new role.

During opening question period Appalachian Teachers Association President Megan Seline asked the board if anything had come from the discussion of the policy on employment practices on the agenda at the recent Human Resources Advisory Committee meeting.

The board said yes, revisions had been made and the changes were expected to go through a consultation process in the coming weeks.

Seline also asked if the board was sending representation to an upcoming consultation on vocational education. Chairman Mike Murray replied that the board was allowed to send the chairperson as well as one member of the general directorate, which they will.

In new business, the board passed a

resolution to approve the expulsion of a student from Richmond Regional High School.

The resolution explained that over the last two years, 'student A' had been suspended regularly for reasons related to violence and not respecting rules. The student was out of school for most of last year.

According to the resolution, the student refused the option of a transfer to a program that might be more suitable at a different school. After breaching a contract signed at the beginning of the year to be respectful of school rules and because of the level of difficulty and the potential of putting other members of the school population at risk, the board determined that 'student A' should be expelled from RRHS.

Commissioner Richard Gagnon pointed out that it should be specified that the student has been expelled from RRHS, not the ETSB, and still had the right to explore other resources within the ETSB.

The board confirmed an amendment to the head office administrative structure. In simple terms, Mackey and new Assistant Director General Michel Soucy's internal moves as well as a vacancy in the International Student Program have left some holes to fill. The board will try out a new organogram in the coming months with the modification of some roles as well as the fusing of the Director of Pedagogical Services position with Technology Integration, to see how things work.

A recommendation to implement an extended model (part-time) Community Learning Centre at Sunnyside Elementary School was approved by the board.

The new CLC was made possible by a \$15,000 grant awarded to the ETSB. No timeline was mentioned as to when the initiative will launch. ETSB Communications Consultant Sharon Priest said the CLC coordinator position will be posted next week and could have someone in place by March break.

During the Chairman's report, Mike Murray referred to a recent announcement of \$340 million in additional resources for Quebec schools. He also mentioned the upcoming reduction in school taxes expected to take effect in the coming school year.

Murray also mentioned that it is an election year for school boards. In an effort to make the process more meaningful, Murray said the board has been in touch with Townshippers' Association to discuss ways to engage with the Anglophone population and generate interest before the vote this fall.

The majority of the advisory committees have not yet met in the new year and had little to report.

During the comments portion of the meeting, commissioner Frank MacGregor expressed concern about governing boards' requirements to approve school activities as simple as bringing a class for a field trip down the street.

"It's a burden for administrators and schools," MacGregor said, suggesting things could be done more efficiently if more power were delegated to the principal, as was the case when he was an administrator. At a recent meeting MacGregor attended there wasn't quorum so all decisions needed to be emailed to members for approval.

Murray pointed out that the participation of a governing board in school de-

cision-making is a stipulation in the Education Act.

During the second question period of the meeting, Megan Seline referred to a recent incident at Heroes' Memorial where the building temperature was cold for a prolonged period of time. According to Quebec occupational health and safety regulations, students require a minimum temperature of 20 degrees Celsius for classroom learning.

While buildings and grounds workers arrived quickly, Seline said students spent a substantial period in the cold. She asked what the protocol was for situations of that type.

The board replied that the case in question could be considered an emergency and the lowering of the temperature was not intentional.

While it may have been cold in the school, Murray and assistant DG Michel Soucy explained that the board would be reluctant to send kids home not knowing if there were a parent or guardian there to receive them.

Soucy added that the board is working with Santé Publique to try and improve the response to incidents like the one at Heroes'.

Seline pointed out the recent amendments in the Quebec Charter of Human Rights and Freedoms which now include gender identity and expression as a prohibited ground for discrimination, asking if ETSB policies were aligned with the changes.

Murray referred the question to Director of Complimentary Services Gail Kelso, who said meetings have been held with administrators and the issue is currently under consideration.

## Winter fest at Fleurimont's Gilles-Charland Park this Saturday

Record Staff  
SHERBROOKE

Sherbrooke's Fleurimont district is hosting its annual winter celebration at Parc Gilles-Charland on Saturday, January 27, from 2 to 6 p.m. This park is accessible by Galvin Rd and Lehoux St.

The festival includes animation, in-

flatable games, a slide, campfire and fireworks, in addition to a public entertainer and a singer. Hot chocolate and a snack will also be served on site. Citizens are encouraged to bring their skates.

In the event of cancellation, a message will be published Friday on the Facebook page of the City of Sherbrooke: facebook.com/villedeshbrooke.



### 20th Anniversary of the 1998 Ice Storm

The Record is planning a special publication at the end of January on the 20th anniversary of the ice storm that paralyzed Quebec. We would love to hear your stories of coping and challenges during the historic storm.

Readers are invited to send their memories from the ice storm and any pictures they may have. Submissions can be emailed to newsroom@sherbrooke.com or delivered to the office at 6 Mallory. All submissions will be entered into a draw for a prize.

Deadline for submissions: January 26, 2018.

THE  
**RECORD**

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# EDITORIAL

The Liberals are basking in the fact that the new Champlain bridge, under construction as we speak, is on time and under budget.

## Let the promises begin and the cash flow



TIM BELFORD

The signs that a provincial election is coming are multiplying on a daily basis. Some of the early harbingers of the anticipated fall madness are the ruling Liberals being blamed for everything including the bad weather, Pierre-Karl Péladeau musing about a return to politics and a veritable blizzard of promises being made by all and sundry.

Party leaders are falling all over each other in a rush to offer the electorate impending good times if only you mark your ballot in their favour. The latest lure was cast this week by CAQ leader François Legault. Not content with an earlier Liberal promise to ensure that school taxes would be leveled on a regional basis for both French and English systems, Legault promised a province-wide system that would guarantee tax payers paid the same rate whether they lived in Westmount or Waskaganish. He's also promised to get rid of school boards entirely but that's another story.

The Parti Quebecois hasn't waded into this debate yet but insiders say the PQ will come out shortly with a proposal

promising no school board taxes at all. This won't likely affect the English-language boards since the PQ is also in favour of getting rid of English education anyway.

At the moment the Liberals have an edge since they control the purse strings which allows them to actually put forth a variety of crowd-pleasing legislation. Mind you, they are cognizant of the fact that they have some fences to mend with their usually loyal English-speaking voters. To this end they've done their best to ease the strife over the bonjour-hi fiasco. But the CAQ, who have also been on an Anglo-wooing binge, have tried to down-play the "greetinggate" kerfuffle. Rumour has it that the CAQ will now support the use of a bonjour-only salutation but allow it to be accompanied by a wink and a nudge from the sales person. As for the PQ, leader Jean-François Lisée says it was all a big misunderstanding and unimportant since even anglos know what bonjour means.

The battle to one up the government will likely escalate over the next few months. The Liberals are basking in the fact that the new Champlain bridge, under construction as we speak, is on time and under budget. Look to the CAQ to promise, if elected, to ensure that the bridge is finished early and with money to spare. The PQ will then promise new bridges for Quebec City, Trois Rivières, Drummondville and Huntingville all to be completed at no cost to tax payers.

If the Liberals promise to reduce hospital waiting times for knee-replacement surgery by 60 days, the CAQ will



vow to reduce the delay by 90 days. The PQ will then promise to eliminate knee injuries altogether and end the problem for good. If Premier Philippe Couillard points out that his government now has a Minister responsible for Relations with English Speaking-Quebecers, CAQ head François Legault will ensure, if elected, that his government will make sure the new minister has an office and a phone. Jean-François Lisée will point out that there is no need for special representation for Anglos since the PQ already knows what the English want and they can't have it.

The money will flow from government coffers in all directions. Newspaper coverage and television highlights will feature an endless parade of MNAs

handing over cheques for business development, infrastructure projects, food banks, hockey tournaments and community gardens. The opposition will shout to anyone listening that the Liberals are just spending some of the money they stole from us by devastating the education system, the hospital system, day-care, and pretty much every other social service. At the same time, they will promise to cut taxes and open the spending taps to give us what we so richly deserve. It was ever thus.

Which brings to mind two old adages to cling to over the next nine months. If it sounds too good to be true, it probably is, and, voters always get the government they deserve.

## LAMRAC announces 2018 Cherry River marshland activities

Record Staff  
SHERBROOKE

The Association du Marais-de-la-Rivière-aux-Cerises (LAMRAC) has unveiled its 2018 Consumer Program,

which includes activities for all tastes, all ages as well as some new features.

Activities for young and old  
Animator Larry Hogdson will demystify some beliefs about plants for the sec-

ond year as part of the 15th Horticultural Fair.

The "Kayak Embarkation" activity is back for the summer and a special sunrise outing is offered this year accompanied by an ornithologist.

The 2018 general program also provides an opportunity to leave one's comfort zone with "Insects on your plate", a tasting conference or to acquire tools for a more active life thanks to open-air training. The program also offers an op-

portunity to learn through a "Workshop on making homemade body products with everyday ingredients." In all, more than a dozen activities are proposed.

LAMRAC is a non-profit organization that has been protecting and promoting the Cherry River marshland since 1997. As part of its educational mission, LAMRAC offers a diverse program of educational activities for all ages, while ensuring the conservation and development projects within its territory.

### THE RECORD

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## Letters

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

## C COLUMNIST

The couple buy their coffee from a Montreal-based distributor who deals in organic, fair-trade coffees.

## Racer Café: rural roasters settle in Maricourt

By Nick Fonda  
MARICOURT

**R**acer Café, a small start-up selling organic, fair-trade coffee and located in rural Maricourt, is not to be confused with café racers, the light-weight motorcycles especially popular in European cities.

"There's nothing like a good coffee after an arduous run," says Monika Sosinski who, with her husband, Sébastien Metzger, launched Racer Café some eight months ago. She speaks from experience; she is a runner who has participated in several marathons.

The couple, who met in Toronto, moved to the Townships from Montreal less than two years ago. The coffee business was not so much a pre-established plan as a natural outgrowth of their move to Maricourt; a serendipitous case of things falling into place.

"We both lead active lifestyles," she explains. While Monika is an avid runner, Sébastien is a member of the Canadian Ski patrol and is currently assigned to Mount Orford.

"We like the outdoors. A rural setting, as opposed to an urban one, appealed greatly to us. We also saw a move to the country as a way to raise our children in a positive, healthy environment."

"We saw this place advertised on Kijiji," says Sébastien, "and we fell in love with it."

Their home, a renovated farm house on 42 acres of land, offers a commanding view of the countryside; on a clear day they can look out on Mount Orford from the comfort of their front porch. Sébastien cuts his own cordwood for heating.

Prior to moving to Maricourt, Monika worked in the fashion industry. "I worked as a designer for a couple of different companies," she says, "and for a while, I had my own company, Namoda. Even so, I was supplementing my income with other jobs; I worked part time as both a bartender and a spinning instructor."

For his part, Sébastien, who grew up in St. François de Montmagny, held several different jobs. "After finishing school," he says, "I worked in a small grocery store in Lévis as a clerk and assistant baker. I also occasionally worked in an adjoining coffee shop. Later, I became a bike mechanic, and eventually an electrician. It was an electrician's job that permitted us to move out here."

While Sébastien had had at least a passing acquaintance with the coffee

business, for Monika coffee was something she had always loved. "Although," she notes, "I have had coffees that have not sat well with me."

"When I was pregnant," she continues, "I drank decaffeinated coffee and there's a big difference between coffee that has been decaffeinated by a water process compared to a process using chemical solvents. But in all cases, if you want good coffee you have to start with good coffee beans. Similarly, if you want to claim that your coffee is organic or fair-trade, you need certification."

The young couple began their venture into the coffee business with the purchase of a roaster.

"We saw it advertised on Kijiji," Sébastien recalls. "It was shipped to us from Rouyn-Noranda and it was missing a few parts. A neighbour, who is a machinist by trade, was able to make replacement parts for it and it now works perfectly well."

The couple buy their coffee from a Montreal-based distributor who deals in organic, fair-trade coffees. The beans are delivered in burlap bags that weigh between 60 and 80 kilograms. They then roast the beans in five kilogram batches before bagging it for sale in bean form. Coffee aficionados inevitably want to grind their own coffee immediately before brewing it.

"Every batch is just a little different," Monika points out. "In part this is because there are variations in the beans themselves depending on a variety of factors beyond their place of origin, but also because we work in a small atelier attached to the house. It's not a climate-controlled environment such as you'd find with industrial operations."

"We've been helped by the fact that business models have changed," Sébastien adds. "Coffee has become a little like beer and wine, in that there is a growing market for small, artisanal producers like ourselves. The relationship between small operators is often one that is closer to companionship than to competition. Coffee drinkers, even if they have a favourite coffee, are often inclined to want to try tasting other coffees."

Roasting coffee beans is one thing, but finding a market for those roasted beans, however good, is another.

"We've been making Racer Café known by bringing our coffee to different events," says Monika. "For example, last summer we brought our small trailer to La Grosse Lanterne, a wonderful, intergenerational music festival in



COURTESY

"There's nothing like a good coffee after an arduous run," says Monika Sosinski who, with her husband, Sébastien Metzger, launched Racer Café some eight months ago.

Bethanie, and we did very well. Next month we're going to be bringing our trailer to Valcourt for the Grand-Prix event there. We also have an association with Mountain Equipment Co-op and we've brought our coffee to several of their events."

"We're also selling our coffee through a small number of retail outlets," adds Sébastien. "For example, at La Bouchère du Village in Richmond, the IGA in Valcourt, Pain Pain in Granby, as well as L'Amour du Pain in Montreal."

"We also sell on-line," Monika continues. "Those sales only make up five to ten percent of our volume and generally these are people from outside the area but who have tasted our coffee at an event and don't have a place near to home where they can buy it."

After only eight months in business, Racer Café is still very much a fledgling enterprise but the feedback has been encouraging. "We've had good feedback," Monika says, "from the outlets that sell our coffee, but also from people who have posted their appreciative com-

ments on social media."

"It's difficult to predict how long it's going to take to get a business up and on its feet," she continues, "but we're hoping that we'll reach our break-even point in a couple of years."

In the meantime, the young couple are settling in to their new lifestyle in the Townships.

"There are adjustments that we have to get used to," Sébastien notes. "We're not entirely used to distances. Getting our kids into activities is sometimes challenging; for example, we have to drive to Sherbrooke for our son's swimming lessons."

"But the people have been amazing," adds Monika. "Townshippers are welcoming and inviting and kind and helpful. Just as an example, on Friday the other week, our son, who is in kindergarten, forgot his lunch pail on the school bus. On Sunday morning a car came up the driveway. It was our son's bus driver. Not only did he bring back the forgotten lunch pail but he had even washed out the thermos bottle."

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# The Border Report

*I volunteer because I want to make a positive impact on others...*

## Border town is best of both worlds

**A** jewel in the crown of the Eastern Townships, known for its rich deposits of granite and the famous Haskell Opera House that sits squarely on both sides of the Canada-US border, Stanstead continues to evolve as a small town with big ideas.

From the transformation of buildings

that hug the border, to the repurposing of the railway bed that winds through town to a bicycle path, a dynamic group of business and community leaders continue to host events that highlight the rich history of the town and attract tourists and new families to settle there.

As a former county seat of govern-

ment in the 1800s, many of the town's buildings, such as the Eastern Townships Bank (1859) Stanstead College (1829) and the town registry office (1839), reflect the opulent architecture of the mid to 1800s. The Colby-Curtis heritage museum protects and preserves historical archives and the lifestyle of the early pi-

oneer families, with regularly scheduled events that reflect life in a different era.

A newly-elected town council, led by Mayor Philip Dutil, oversees affairs in the town of 2850, which since 1995, includes neighbouring villages of Stanstead Plain, Rock Island and Beebe Plain.



By Clea Corman

**P**helps' weekly elementary and high school sessions have started back up again this week, and we are once again looking for volunteers to help make our programs thrive. We welcome cegep and university students, as well as community members young and old. Over the last couple of years, we have had several education students from Bishop's University volunteer with our organization. Samantha, a student in the elementary of education program and a Bishop's rugby player started volunteering with Phelps in the fall. She

wanted to share some of her Phelps experiences:

### Why do you volunteer?

I volunteer because I want to make a positive impact on others and give back to the community. I also think it is a great way to gain experience working with students.

### What do you think students gain by attending Phelps' sessions?

I think students gain a sense of inclusion and belonging. Phelps raises students' confidence and also makes them feel important and cared about.

### Can you describe one of your favourite moments with the students?

One of my favourite moments was a day when I was doing math homework with an elementary boy. He told me he did not know how to do the work so he wasn't going to do it. After explaining the steps to him he was more willing to try. Once he completed the homework and I checked that the questions were done correctly he was very happy. I think I helped the student feel capable and confident which is very important to me. I also really enjoy playing sports with the students to help raise their confidence and make sure all students are included and having fun!

Phelps Aide Phelps Helps is a rural community non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to seven unique programs, providing Stanstead area youth with free tutoring, educational and career support and hands-on learning from Grade 3 to the end of high school and further. For more information and to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.



## FRONTIER ANIMAL SOCIETY

# Featured pets: Zoey and Lola

**Z**oey and Lola were recently rescued from a puppy mill. Used for breeding, neither received the attention, love and socialization that is so critical to the well being of all companion animals. During the first six years of their lives they were deprived of so much; they did not go for walks, they did not enjoy family time, they did not receive affection and they experienced no joy.

Older and in need of medical care, they became a financial burden to their owner. No longer profitable, they were released into the care of a former employee who was determined to ensure their lives would turn around for the better.

Fearful and lacking confidence each will need an adopter who is patient and loving and who is willing to help them overcome their insecurities. In the few weeks that they have been with us, they are slowly but surely beginning to come out of their shell. They can now be patted without their little bodies going rigid. They've never tried to snap, they are just very uncertain and will need time to build their confidence and learn to trust. At the shelter, they simply aren't getting the consistency and attention they need. They are paper trained but will definitely need work on their house-training (with the extreme cold we can't really work much on this).

Zoey, who is pictured in the front left, is definitely the feistier of the two and we have come to the realization that she does not do well with other dogs so a home where she is the only pet is best. Although initially they were kennelled together, Zoey was becoming a bit of a bully to Lola so we now keep them apart. Lola is more reserved and needs a little more coaxing to come to us but she is improving day by day.

Recently they spent some time outdoors in our dog park and it was nice to see them running around and enjoying their freedom.

As you will note from the photo, Zoey has slight cherry eye but at this time the

vet is not recommending surgery.

It's very sad that any dog experiences such extreme neglect all in the name of profiting from the sale of their puppies. If you think you can provide a loving and patient home and can bring a little happiness into the lives of these deserving dogs, we'd love to hear from you. To inquire, please send an email to frontieranimalsociety@gmail.com or better yet contact our adoption coordinator Brenda any day of the week between 8 a.m and 8 pm at 819.876.7747.



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Chantal Richard, pharmacienne



Circle your calendar, bundle up and prepare to have some winter fun. The 2018 Stanstead Winter Carnival is on! Activities tailored to appeal to every member of the family, all ages have been organized by a team of volunteers to make this a memorable event. Just to name a few: sign up for the broomball tournament, while the kids play on the jumpy castle, appropriately on the Frozen theme. There will be skill testing 4- Wheeler rides, tobogganning,

plus costume contest for kids. There will be a canteen on site with hot chocolate to keep you warm. It all happens February 10, beginning at noon and running all afternoon til 4 o'clock. This is a winter event not to be missed! For more information, please visit the Facebook page of Stanstead Recreational Association at:

<https://www.facebook.com/events/>

## Dates to remember

Feb 10  
Winter Carnival  
10 February @ noon to 4 p.m.

Feb 13  
Mardi Gras Lunch at the Colby Curtis Museum  
13 February @ noon - 2 p.m.  
Stanstead

Mar 05  
Regular Town Hall Meeting  
5 March @ 7 p.m. - 9 p.m.  
Stanstead

Mar 17  
Saint Patrick's Day Irish Tea  
17 March @ 11 a.m. - 2 p.m.  
Stanstead

# Borderline Players in the House



Chris Planetta, president of Borderline Players, and Matthew Farfan, president of the Haskell Free Library and Opera House, display an agreement making Borderline the official theatre-in-residence at the Haskell. The agreement provides the fledgling community theater group with rehearsal and performance space during their upcoming season. Borderline Players is a non-profit theater company registered in Vermont and Quebec, dedicated to producing memorable performances and creating opportunities for the community to participate in quality theater, both on stage and behind the scenes. Auditions are this Saturday, January 27 from 1 to 3 p.m. in the First Universalist Parish Hall in Derby Line for the troupe's spring production, *Fuddy Meers*, a comedy by David Lindsay-Abaire, to be performed May 4-6 and 11-13. For more information, visit Borderline Players' Facebook page.



## History: By your side since 1913

Founded in 1913 by Mr. Melvin A. Cass, Cass Funeral Home started their operations in Fitch Bay.

In 1920 Lewis Cass moved the business to Beebe and remained there until the completion of a new funeral home in Rock Island in 1945.

Finally in 1962, Harold Cass purchased the Stevens house in Stanstead, where it is located to this present day.

In 1965 the company expanded once again with the opening of the funeral home on Clough Street in Ayer's Cliff. They also acquired many more funeral homes in the Eastern Townships.

In February 2015, the Centre funéraire coopératif de la région de Coaticook acquired Cass Funeral Homes in Stanstead and Ayer's Cliff.

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# Local Sports

*"We did what we had to do today," Soucisse said. "We are just coming from (Canadian championships) and we were ready and pumped to go. It was a short turnover time but I think we delivered."*

## 2018 Honda Accord: Both turbo engines tested!



The 10th-generation Accord is all about sobriety and efficiency

PHOTO: D. DUQUET



By Denis Duquet

While it's true that SUVs continue to explode in popularity, the folks at Honda are confident that sedans still have dibs on their share of the market. The company's representatives are wont, in fact, to brandish numbers indicating that the Accord continues to figure among the world's most popular models, especially in the North American market where midsize sedans still hold significant sway. The Canadian market is somewhat different, and while the Accord continues to attract its share of buyers, it is perennially unable to catch the ubiquitous Civic, still the automaker's best-seller, alongside the CR-V.

For Honda, a more-immediate incentive that certainly pushed it to produce a new and improved Accord was the arrival on the market of a freshly rejuvenated and reinvigorated Toyota Camry, which now sports more aggressive styling. The Accord has clearly been modernized in response, but the tone is notably more reserved than at Toyota. To be sure, the changes to the new 2018 edition go beyond the merely cosmetic: the mechanics and the interior have been revisited as well. Honda's strategy is, as usual, built around perpetual refinement, although it did make the decision this time around to forego the Accord's V6 in favour of two 4-cylinder turbo engines. Given how little enthusiasm the Japanese manufacturer showed in the past for adding turbochargers to its engines, this amounts to a revolutionary change for it in 2018!

### A coupe, but not a coupe

Among the changes brought to the range of 2018 Honda Accord models, immediately noticeable - by its absence - is the two-door version. Perhaps to compensate for dropping that version, the company's designers sculpted for the Accord a four-door coupe silhouette, an increasingly à-la-mode trend among manufacturers. To add more attention-grabbing punch to the exterior presentation, the front end is very vertical, even a bit squarish. The grille displays a sharp contrast between the very narrow top end, set

apart by a transversal line that holds in its centre the Honda badge, and the lower end made up of fairly prominent grating. At each extremity of that front end sit headlights made up of tiered rows of small lights aligned next to each other. In the back, meanwhile, the lights form a C shape and are an integral part of the new Accord's visual signature. Another notable standout is the set of alloy wheels decked with highly stylized spokes.

The cabin is marked by a return to a simplicity of sorts, a trademark of Accord models prior to the latest generation. There is of course the floating-style screen display on the dashboard, surrounded by control buttons for the majority of the main functions. There's also a physical button for the radio volume. Overall, the quality of the materials and of the finishing is pretty much beyond reproach.

The front seats are comfortable and offer good lateral support, while no fault could be found with the driving position. Traditional knobs have been replaced by a screen. As for the rear seats, they are fine in and of themselves but getting to them requires some bending down due to the slanted roofline. Once in place, though, occupants sit in comfort and head room is more than adequate thanks a sculpted roof that adds some extra room above.

### Into the land of the turbo

As mentioned above, the V6 engine has been cast aside, replaced in the 2018 Accord by a pair of turbo engines. The 1.5L version produces 192 hp and 192 lb-ft of torque via a CVT transmission; the other, a 2.0L 4-cylinder, generates 252 hp and 273 lb-ft of torque, or 26 more than the previous V6, and works with a 10-speed automatic transmission. On top of that, even as many competitors finally begin to drop a manual transmission from the available options, Honda offers an available 6-speed manual gearbox with either of the two new Accord engines.

Whichever powertrain you choose, the car it powers is lighter than before, thanks to the switch to lighter high-quality steel, even as the structure is much firmer. The platform the Accord is built on is new and offers increased torsional and bending resistance (32% and 24% better, respectively).

### Staying put in Ohio

The arrival of a new generation of a model is often accompanied by a move to a different assembly plant. In the case of the Accord, however, construction will remain at Honda's Marysville, Ohio facility. This is worth mentioning because the plant has won numerous awards for its productivity and, even more importantly, for the quality of

the vehicles built there.

Several new construction-process innovations make their debuts with the 2018 Accord, most notably the removal at one stage during assembly of the transversal front section, which makes life easier for the workers on the assembly line and improves overall quality. Honda is also very proud of its new technique for soldering inside the chassis and not just on the outside. In addition, the juncture where the roof meets the body has been made seamless thanks to an ingenious laser soldering system.

### Touring or Sport

My first contact with the 2018 Honda Accord took place behind the wheel of a version equipped with the 1.5L engine; this configuration, I must admit, failed to impress. The engine itself is fine, but the car seemed afflicted by a certain soullessness and steering that lacked precision. Here's hoping it was just an exception...

My second go-around was at the controls of a 2.0L Accord Touring, and here things looked quite a bit rosier. The performance of the bigger engine and the efficiency of the 10-speed automatic transmission (the first to feature in a front-wheel drive vehicle, by the way) left me quite satisfied. It does, however, take some getting used to the button controls on the central console. After that I was also able to have a spin in the Sport version equipped with the manual gearbox. This transmission worked marvellously well with the 252-hp turbo engine, although I couldn't help but feel it doesn't quite reach the heights of the manual transmission found in the Mazda6.

For the rest, I was impressed by the quiet ride delivered by the 2018 Honda Accord, as well as the increased rigidity of its body and the precision of its steering - all qualities that have contributed to earning the model its solid reputation and that have been improved since the previous edition. I also got a (brief) opportunity to compare the new Accord with the next-generation 2018 Toyota Camry. There's little air separating the two long-time rivals, but I did feel in the end that the Honda offers a better-quality and more-precise ride - although the Toyota is itself certainly no slouch in this regard.

Overall, the tenth-generation is unlikely to disappoint anyone. It has many qualities, not the least of which is the legendary reliability that the Honda name as for so long been associated with. Pricing starts at \$16,490 (with the 1.5L engine) and \$32,790 (with the 2.0L engine). Click here for detailed specifications.

# Canada's Soucisse, Firus in third after short dance at Four Continents

The Canadian Press  
TAIPEI CITY, TAIWAN

Canada's Carolane Soucisse and Shane Firus skated a personal best score to put them in third place after Wednesday's short dance at the ISU Four Continents figure skating championships.

Americans Kaitlin Hawayek and Jean-Luc Baker lead the 14-couple field with 69.08 points, followed by Japan's Kana Muramoto and Chris Reed, with 65.27. Soucisse, from Chateauguay, Que., and Firus, from North Vancouver, B.C., have 65.11.

"We did what we had to do today," Soucisse said. "We are just coming from (Canadian championships) and we were ready and pumped to go. It was a short turnover time but I think we delivered."

Barely two weeks from the Pyeongchang Games, Canada sent skaters to Four Continents who missed qualifying for its Olympic team.

Haley Sales of Burnaby, B.C., and Nikolas Wamstecker of Langley, B.C. are eighth, while Sarah Arnold and Thomas Williams of Vancouver are ninth.

In pairs, Lubov Ilyushechkina and Dylan Moscovitch of Toronto are fifth after the short program, but their score of 64.50 was only 2.26 points off the leaders Ashley Cain and Timothy Leduc of the U.S.

"Our goal was to go out there and have fun today," Moscovitch said. "We kept an upbeat feeling throughout the program. We really committed ourselves to the choreography and the characters and we felt that came out."

Sydney Kolodziej of Montreal and Maxime Deschamps of Vaudreuil-Dorion, Que., are eighth and Camille Ruest of Rimouski, Que., and Drew Wolfe of Calgary are ninth.

Japan holds down the top three spots in women's singles, with Satoko Miyahara in the lead. Alaine Chartrand of Prescott, Ont., is eighth, Alicia Pineault of Varennes, Que., 14th and Michelle Long of Newmarket, Ont., 17th.

"It wasn't perfect but I was happy with my fight," Chartrand said. "It's good to have that kind of feeling in my last short program of the season."



(AP PHOTO/CHIANG YING-YING)

Carolane Soucisse and Shane Firus of Canada perform their short program in the ice dance event at the ISU Four Continents Figure Skating Championships in Taipei, Taiwan, Wednesday, Jan. 24, 2018.

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## Death

**Helene  
(Bettschen)  
BEDARD  
1943-2018**

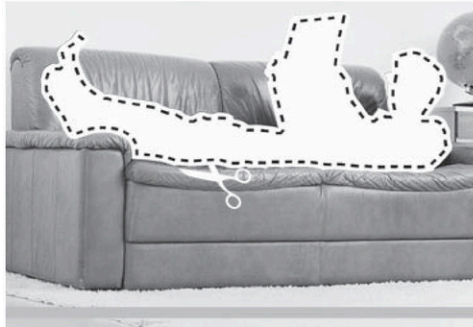
After a long battle with cancer, passed away in her 75th year, Helene Bettschen, beloved wife of Wayne Bedard, at the Magog Hospital on Tuesday, January 23rd. She leaves to mourn her children, Wendy (Kendall Tracy), Terry (Shana Hadlock) and Jason (Lynn Chapman), her grandchildren, James, Collin, Noah, Micah, Luke, Simon, Jonah and Jailyn, her brother late Otto (Janet) and her sister Trudy (Gary Aiken), many nephews and nieces, and other relatives and dear friends.

Resting at the Baptist Church, 359 rue Principale in Mansonville, where family and friends will be welcomed on Friday, January 26th, from 2 p.m. to 4 p.m., and 7 p.m. to 9 p.m. and on Saturday, January 27th, from 1 p.m. to 2 p.m., followed by the funeral service. Interment will be at Mansonville Protestant Cemetery.

In lieu of flowers, donations in her memory to the Baptist Church, 359 rue Principale, Mansonville, QC J0E 1X0 would be appreciated.

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# Today in History

## Today in History for Jan. 25:

### On this date:

In AD 749, Emperor Leo IV of Byzantium was born. He led the Eastern Christian Church away from iconoclasm and towards a restoration of icons.

In 1533, England's King Henry VIII secretly married his second wife, Anne Boleyn. She gave birth to Queen Elizabeth I but was later executed.

In 1579, the "Treaty of Utrecht" was signed, marking the beginning of the Dutch Republic.

In 1627, Canada's first doctor, Louis Hebert, died in Quebec City.

In 1759, poet Robert Burns was born in Alloway, Scotland. Best known for his descriptions of country life and for satires against the religious and political hypocrisy of the day, Burns wrote much of his poetry in his broad Scots dialect. He lived a life of hard labour and poverty while struggling with his father on a series of poor farms. Burns nearly emigrated to Jamaica in 1786, the year his first volume of poetry was published to great acclaim. Later in his life, Burns helped support himself as a tax collector. He died in 1796.

In 1791, the British Parliament approved a bill splitting the old province of Quebec into Upper and Lower Canada. Upper Canada later became the province of Ontario, while Lower Canada became Quebec.

In 1858, Britain's Princess Victoria, the eldest daughter of Queen Victoria and Prince Albert, married Crown Prince Frederick William (the future German Emperor and King of Prussia) at St. James' Palace.

In 1890, reporter Nellie Bly of the New York World returned home, completing an around-the-world journey in 72 days, six hours and 11 minutes. That beat the fictional 80-day trip of Jules Verne's Phileas Fogg.

In 1907, American social reformer and author Julia Ward Howe, composer of "The Battle Hymn of the Republic," became the first woman elected to the National Institute of Arts & Letters.

In 1915, Alexander Graham Bell inaugurated transcontinental telephone service in North America - more than 40 years after developing the invention in Brantford, Ont. The call was from New York to San Francisco.

In 1924, the first Winter Olympics began in Chamonix, France. (Hockey and figure skating competitions had been staged in conjunction with previous Summer Olympics.)

In 1932, the Trans-Canada telephone system was inaugurated as the Governor General, the Earl of Bessborough, spoke to the lieutenant governor of each of the nine provinces.

In 1947, American gangster Al Capone died in Miami Beach, Fla., at age 48.

In 1953, the "Empress of Canada," a luxury liner of the Canadian Pacific fleet, was destroyed in a dockside fire at Liverpool, England. The ship sailed between Canada and Britain for years and was used as a troop ship during the Sec-

ond World War.

In 1955, the Soviet Union formally ended its state of war with Germany.

In 1959, Roman Catholic Pope John XXIII announced he would convene the Second Vatican Council, the first ecumenical council since 1870, in an effort to reunite the Christian churches separated from the Vatican. It officially opened in Oct. 11, 1962 and closed Dec. 8, 1965.

In 1959, American Airlines began jet flights between New York and Los Angeles on the Boeing 707.

In 1961, U.S. President John F. Kennedy held the first presidential news conference carried live on radio and television.

In 1965, Pope Paul VI appointed 27 new cardinals, including Archbishop Maurice Roy of Quebec.

In 1969, Vietnam War peace talks resumed in Paris, with the inclusion of representatives from South Vietnam and the Viet Cong.

In 1971, Charles Manson and three young women were convicted in Los Angeles in the August 1969 slayings of actress Sharon Tate and six other people.

In 1976, Dr. Stuart Smith was elected leader of the Ontario Liberal Party, succeeding Robert Nixon.

In 1977, in his first major international speech since becoming Quebec's premier late the previous year, Rene Levesque told the Economic Club of New York that Quebec independence was inevitable.

In 1978, four women in Dubuque, Iowa - bucking mind-boggling odds - were dealt perfect bridge hands in the same game, allowing that spades is the true perfect hand.

In 1979, the report of the Task Force on Canadian Unity was released. It said Quebec should have the power to maintain its culture and language, and that federal powers should be reduced.

In 1981, the 52 Americans held hostage by Iran for 444 days arrived in the United States.

In 1983, Pope John Paul II signed a new Roman Catholic code of canon law. Among other things, it recognized new rights for women and barred clergy involvement in politics.

In 1990, Pakistani Prime Minister Benazir Bhutto gave birth to a baby girl. She was the first head of government to give birth while in office.

In 1996, an Alberta judge ordered the provincial government to pay \$740,000 to a woman who had been sterilized by the province's Eugenics Board in 1959. Leilani Muir had been wrongly diagnosed as mentally disabled and kept in a Red Deer home for 10 years.

In 1997, syndicated astrology writer Jeanne Dixon died at the age of 79. She shot to fame for her prediction that the man elected U.S. president in 1960 would be assassinated (John F. Kennedy was elected president in 1960 and assassinated in 1963). Dixon also acted as adviser to the rich and famous, including Ronald and Nancy Reagan in their years at the White House.

In 1999, Quebec Superior Court Jus-

tice Robert Flahiff was convicted of laundering \$1.7 million in drug money when he was a lawyer. Flahiff was sentenced to three years in prison for the most serious conviction ever delivered against a higher court judge in Canada.

In 2003, CN Rail, Canada's largest railway, announced it was buying B.C. Rail, the third-largest railway, in a \$1 billion cash deal.

In 2004, NASA's "Opportunity" rover zipped its first pictures of Mars, showing a surface smooth and dark red in some places, and strewn with fragmented slabs of light bedrock in others.

In 2006, Hamas won a huge majority in parliamentary elections as Palestinian voters rejected the longtime rule of the Fatah party. The radical Islamic group became the target of a crippling international aid boycott after refusing to accept demands that it recognize Israel's right to exist.

In 2007, Ford Motor Company posted the biggest loss in its 103-year history - US\$12.7 billion in fiscal 2006.

In 2010, Saddam Hussein's cousin Ali Hassan al-Majid, nicknamed Chemical Ali, was hanged for ordering the infamous poison gas attack on the northern Iraqi Kurdish village of Halabja in 1988 that killed 5,000 people.

In 2010, Canadian director James Cameron's 3D blockbuster "Avatar" became the highest grossing film of all time, having taken in US\$1.859 billion worldwide. It surpassed his 1997 epic "Titanic." ("Avatar" went on to gross over US\$2.7 billion in worldwide ticket sales.)

In 2012, Arizona congresswoman Gabrielle Giffords, who was shot in the head by a would-be assassin more than a year ago, formally resigned from the U.S. House of Representatives to focus on her recovery.

In 2013, by a slim majority, the Supreme Court of Canada ruled that Quebec does not have to give common-law spouses the same rights as married couples.

In 2014, the Anaheim Ducks beat the Los Angeles Kings 3-0 at Dodger Stadium in the NHL's first warm-weather outdoor game.

In 2016, Toronto police officer James Forcillo was cleared of second-degree murder but found guilty of attempted murder for continuing to fire after dying teen Sammy Yatim had fallen to the floor of an empty streetcar in July 2013. The shooting was captured on cellphone videos and went viral online, sparking public outrage. In July, Forcillo was sentenced to six years in prison, but was granted bail pending an appeal of his conviction.

In 2017, the Dow Jones Industrial Average closed above 20,000 for the first time.

In 2017, TV's beloved actress Mary Tyler Moore died at age 80. She gained fame in the 1960s as the frazzled wife Laura Petrie on "The Dick Van Dyke Show." In the 1970s, she created one of TV's first career-woman sitcom heroines in "The Mary Tyler Moore Show."

(The Canadian Press)



**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

**NORTH HATLEY/LENNOXVILLE**

The Estria Quintet's concert season continues with presentations on Saturday, February 17 (at St. Elizabeth's Church in North Hatley) and Sunday, February 18 (at the Uplands Cultural and Heritage Centre in Sherbrooke) at 3 p.m., with a program for violin, clarinet and piano. This production will feature the talented pianist Tristan Longval-Gagné, who will join the

outstanding musicians Julie Garriss (violin) and Pauline Farrugia (clarinet) for a program of virtuosic works by composers Lutoslawski, Stravinsky, Prokofiev and Bartok. Admission charged for the concert plus afternoon tea (tea available only at Uplands and reservations are mandatory). Contact 819-842-1072 or estria@cogocable.ca to reserve or for more information. Estria thanks Le Conseil des Arts et des Lettres du Québec for their generous support.

**LENNOXVILLE**

8th annual Benefit for the Relay for Life Team Bravehearts on Saturday, February 3 at the A.N.A.F. "Hut", 300 St. Francis, Lennoxville at 9 p.m. Entertainment by Slightly Haggard. Admission charged. Door prizes. Info: 819-837-2363, janet@macelreavy.com. Please join us in our fight against Cancer!

**LENNOXVILLE**

HCC Senior luncheon will be held at

noon on Thursday, January 25 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next luncheon will be held on February 22.

**LENNOXVILLE**

Massawippi Dart League open mixed doubles Dart Tournament, for the benefit of La Maison Aube-Lumière, on Saturday, January 27 at The Hut, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville. Registration: 1 p.m. to 2 p.m. Starts at 2 p.m. sharp. Everyone welcome to come play darts for a good cause!

**MAGOG**

Cribbage Tournament on Sunday, January 28 at 1 p.m., 95 Merry St., Magog (enter via parking in rear). Registration: noon. Prizes for first 3 positions, high hand and others. This tournament is for the Association of Retired People in Magog. All welcome.

**STANSTEAD**

Mardi Gras Luncheon at Colby-Cutis Museum on Tuesday, February 13 at noon. Admission charged. Reserve your table before February 8, info@colbycutis.ca or 819-876-7322.

**LENNOXVILLE**

Lennoxville Girl Guides are collecting donations for their annual St. Patrick's Coffee Party and Auction that will be held on March 17. If you wish to donate or volunteer please contact Barbara Keller at 819-542-1962 or email us at lennoxville@guidesquebec.ca

**LENNOXVILLE**

St. Francis Valley Naturalist Club meeting, Wednesday, January 31 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., Lennoxville Borough. Annual general meeting. Program: members and friends are invited to bring photos, items of interest, or tales of nature to share.

# Trying to get a handle on the past

Dear Annie

THURSDAY, JANUARY 25, 2018

**Dear Annie:** I am a 32-year-old married man with two children. I am trying to come to terms with my childhood. I grew up in a dysfunctional family, with an alcoholic father and a mother who had numerous affairs.

My elder brother, "Michael," was my world. He is only three years older than I am, but he practically raised me. He is the one who got me dressed and ready for school every morning, fed me, helped me with my homework, and tucked me in at night.

When I was 12 years old, my parents were going through a nasty divorce, and our home had become a war zone. I began to cling to my brother even more for comfort and safety.

I am ashamed to admit that our relationship became inappropriate and sexual in nature. To this day, I am not sure

how it happened. It was never the same after that, and we never discussed what we had done.

About a year ago, I started to go to therapy to deal with my past. I still love Michael and want to try to understand what we did and how it happened.

I approached him about meeting with my therapist, but he reacted with anger. He claims to have no memory of any sexual encounters between us. He says it never happened and I must be imagining the whole thing.

As God is my witness, I remember what happened between us. I am not looking to accuse. I just want to understand. He has told every member of the family, including our divorced parents, that I am some kind of a pervert with bizarre, sick fantasies about him. Unfortunately, the family believes him.

My therapist says that there is little I can do to get Michael to admit to our

past, that I need to reach peace of mind on my own. Is there anything you can suggest to get him to at least sit down with my therapist and me? — Recovering

**Dear Recovering:** I am so sorry for what you went through, but I'm very glad to hear that you're in therapy. I believe that your therapist is right — that there is little you can do to get Michael to admit the past. I encourage you to stay in therapy, as I believe you'll find that you have many pathways to recovery that don't require Michael's participation. Call the Rape, Abuse & Incest National Network's hotline anytime if you need someone to talk to: 800-656-4673.

**Dear Annie:** Though your answer to "Craving Kicks" was good, I think it was slightly incomplete.

She said she felt completely free, present and powerful when she scored her first soccer goal and was indeed recall-

ing those feelings. But I submit that any endeavor also has the potential to give those exact feelings of freedom, power and presentness when it is pursued with practice and then success is achieved. It depends on the intensity of the pursuit, the amount of focus and practice, and how crowd-pleasing accomplishments are. It does not have to be soccer. Successful professionals in all sports and in other endeavors — music acting, academics — experience the same power, freedom and presentness, which come from concentration and focus. This makes me wish I had practiced the piano more. — Kathy in Virginia Beach

**Dear Kathy in Virginia Beach:** I'm printing your letter because I agree completely. Great points. And it's never too late: Go tickle those ivories!

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

## Datebook

THURSDAY, JANUARY 25, 2018

Today is the 25th day of 2018 and the 36th day of winter.

**TODAY'S HISTORY:** In 1533, King Henry VIII of England secretly married Anne Boleyn.

In 1787, Shays' Rebellion forces failed in an attempt to overtake the U.S. arsenal in Springfield, Massachusetts.

In 1915, Alexander Graham Bell made the first transcontinental telephone call from New York to San Francisco.

In 1961, a few days after his inauguration, President John F. Kennedy held the first televised presidential news conference.

In 2004, NASA's Opportunity rover landed on the surface of Mars.

**TODAY'S BIRTHDAYS:** Robert Burns (1759-1796), poet; W. Somerset Maugham (1874-1965), author/playwright; Virginia Woolf (1882-1941), author/essayist; Etta James (1938-2012), singer-songwriter; Tobe Hooper (1943-2017), filmmaker; Paul Nurse (1949- ), biochemist/Nobel laureate; Steve

Prefontaine (1951-1975), runner; Jenifer Lewis (1957- ), actress; Alicia Keys (1981- ), singer-songwriter; Patrick Willis (1985- ), football player.

**TODAY'S FACT:** The Mars Opportunity rover continues to make scientific observations and report back to Earth in 2018, more than 13 years beyond the duration of activity for which it was designed.

**TODAY'S SPORTS:** In 1924, the first Winter Olympic Games began in Chamonix, France.

**TODAY'S QUOTE:** "Now the world in general doesn't know what to make of originality; it is startled out of its comfortable habits of thought, and its first reaction is one of anger." — W. Somerset Maugham, "Great Novelists and Their Novels"

**TODAY'S NUMBER:** 6 — wives of King Henry VIII. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

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

## Bulwer Branch Quebec Farmers' Association Bursary

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to first year students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association. Applications must be received before February 8, 2018. Contact person: Mrs. Theda Lowry, 30 High Forest, Sawyerville, QC J0B 3A0.

*A bequest to charity has many advantages; talk about it with your legal or financial advisors.*



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**CELEBRITY CIPHER**

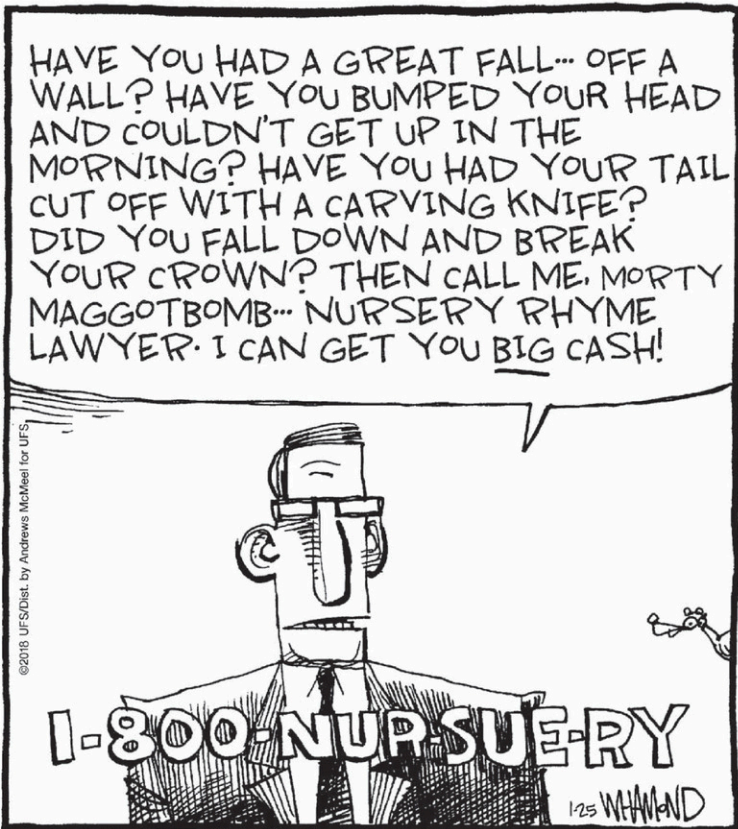
by Luis Campos

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

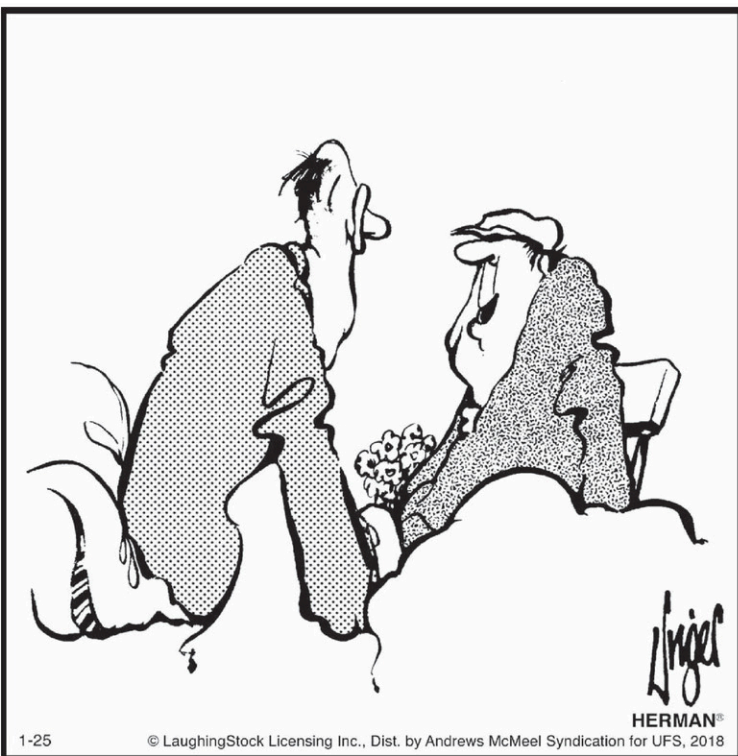
“ C M A A R ( V G B A M ) K X L M M Z M H R  
 K T K M E A J T N E A . . . B ' Z M L M J F X H M L  
 G M H X E X K M H B J X E A H M X D N H M ,  
 C M J X N D M D G M B D Y N D A A G X A . ”  
 — W X Z B E K X J F M T L

Previous Solution: “You can't become a professional mourner ... Replay the good times. Be grateful for the years you had.” — Betty White  
 TODAY'S CLUE: 7 equals L

**REALITY CHECK**

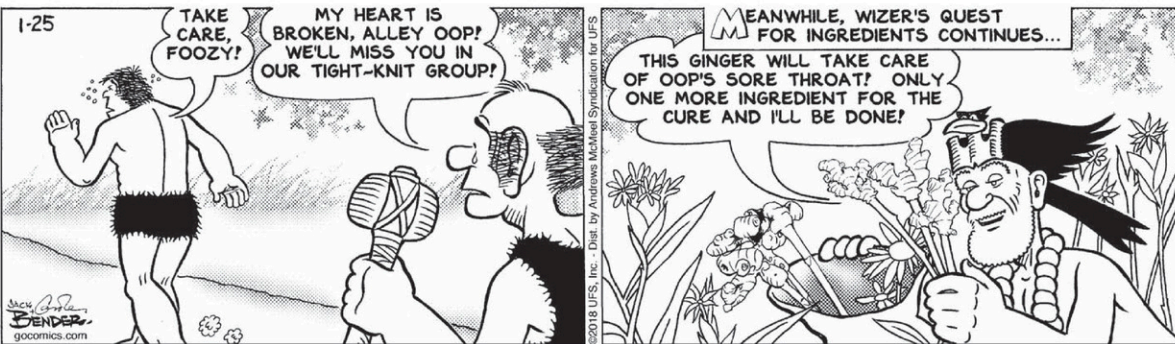


**HERMAN**



“That guy who’s filling in for you at the office is a real worker.”

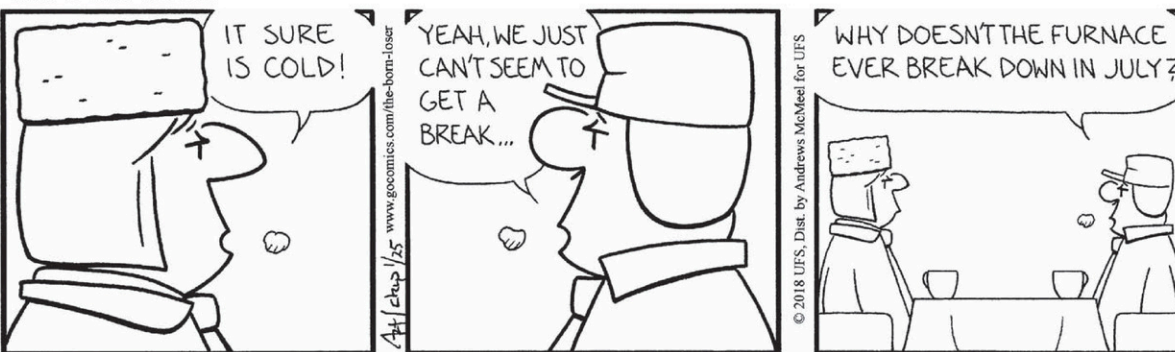
**ALLEY OOP**



**ARLO & JANIS**



**THE BORN LOSER**



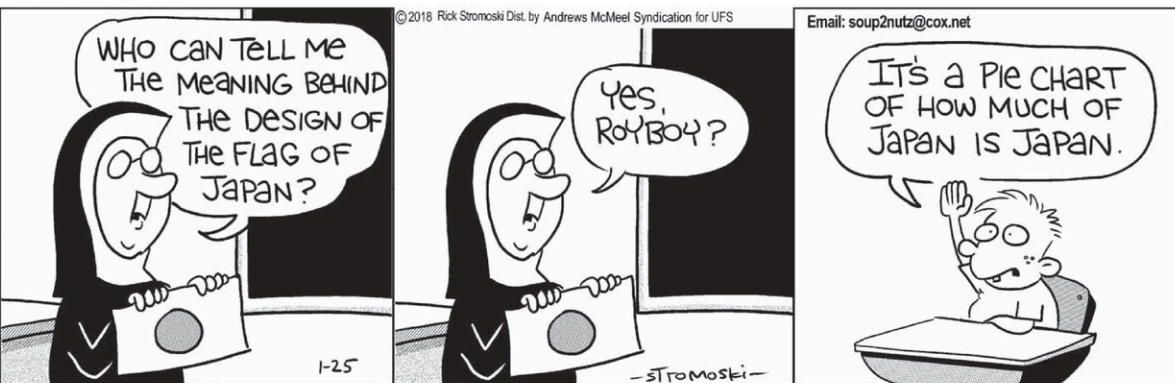
**FRANK AND ERNEST**



**GRIZWELLS**



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 E-MAIL: classad@sherbrookerecord.com  
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 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

001 Property for Sale

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100 Job Opportunities

100 Job Opportunities

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**\$139,000. Fully renovated,** single family house, 7 rooms. New roof, floors, etc. 50x170 lot. Sherbrooke (Borough of Bromptonville). Call 819-769-1654.

**THE RECORD**

is looking for a carrier in **Lennoxville** to deliver door-to-door at St. Francis Manor, 125 Queen St. (44 customers)

If interested, please call

**THE RECORD**

**819-569-9528**

between 8:30 a.m. to 4:30 p.m. or leave a message after hours, or e-mail: [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

035 For Rent

**LARGE 4 1/2 in Sherbrooke's old North,** duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

190 Cars For Sale



**Make your classified stand out,** add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

290 Articles For Sale

**SNOW BLOWER -** Cub Cadet, 13 hp, 33", electric start, power steering. Commercial. Used 8 times, like new. Asking \$1,500. Call 819-876-2976.

294 Events

**ASTROLOGY READINGS** with Michael O'Connor, [www.sunstarastronomy.com](http://www.sunstarastronomy.com), by phone, internet or in person on Saturdays, 10 a.m. to 1 p.m., at Les 3 Fees, 139 Queen St., Lennoxville, 819-933-4949.

275 Antiques

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

**ATTENTION!** Let everyone know your classified ad is **NEW** on its first day of publication! Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

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is looking for a carrier in **Lennoxville** for the following route:

Oxford Crescent, Archie Mitchell, College streets (41 customers)  
**TO START IMMEDIATELY**

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**THE RECORD**

**819-569-9528**

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**CERTIFIED CAREGIVERS**

**ST-PAUL'S REST HOME INC.** is a non-profit organization operating a senior's residence in Bury, Québec. We provide essential care for seniors that have experienced a loss of autonomy. We are currently seeking Certified Caregivers to join our team. This person attends to the needs of residents, providing assistance in the activities of daily living.

**REQUIREMENTS:** DVS Home Care Assistance or Assistance in Health Care Facilities or equivalent CPR, First Aid, PDSB Certifications.

**Work schedule:** days, evenings, nights and weekends.

**Salary:** \$12.75/hr to start

We have a full time and a part time position.

Experience in long-term care is an asset. Communication skill: Primarily English. Bilingual would be an asset.

Interested candidates can submit their resumes to:  
[tthibodeau01@outlook.com](mailto:tthibodeau01@outlook.com)  
 or by mail to  
**St-Paul's Rest Home Inc**  
 592 Main St., Bury, QC, J0B1J0

Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section?

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**THE RECORD**

**819-569-9525**

**SUDOKU**

DIFFICULTY RATING: ★★☆☆☆

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

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**PREVIOUS SOLUTION**

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

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

## Ladies Auxiliary Branch #15 Richmond

On the evening of January 12 twelve members gathered at the Legion Hall for our first meeting of the New Year.

Pres. Cmdr Donna welcomed everyone and called the meeting to order at 7 p.m. with the opening ceremonies. Regretfully our Past Pres. and musician Cmdr Ann was absent and in my opinion music forms an important part of our opening and closing ceremonies.

Pres. Cmdr Donna asked for Roll Call, followed by Sec. Cmdr Lucie reading the minutes of our last session, minutes were accepted. Treasurer Cmdr Ann Nixon gave her report and it also was accepted.

Correspondence - Thank you notes were received for donations given and thank you for Christmas gifts, plus a request for a donation to the M.S. Society.

Committees

Health and Welfare - Cmdr Anne Knowles had sent out "get well" cards.

Membership - Cmdr Elsie was absent.

Publicity - Cmdr Mildred had nothing to report.

Kitchen - Cmdr Linda reported a big clean-up has been done.

Ways and Means - Cmdr Donna reported on the Ham and Bean Supper to be held after the Cribbage Tournament on the 20th. Plans were complete for the card party on the 25th. Also a short discussion was held pertaining to our upcoming Flea Market and Bake Sale in April. It was also decided that our Ladies will hold a Bake Sale at the Wales Home on the 10th of February.

Cmdr Ann Nixon brought us up-to-date on the snacks and dinners at the schools and how much they were appreciated.

Donations were made to the Local M.S. Society and to Cmdr Ann for funds to support the School Project.

Being no further business, meeting was adjourned and closed in the usual manner, followed by a light snack.

Half and half was won by Cmdr Linda. Congratulations.

*In Comradeship*  
 Cmdr Mildred E. Holliday, P.P.

# Your Birthday

THURSDAY, JANUARY 25, 2018

Rely on your past to help you move forward. Putting your experience to good use will help you avoid getting into a dispute with someone trying to control you or manipulate your personal or professional situation. Follow your heart and do your own thing.

**AQUARIUS** (Jan. 20-Feb. 19) — Keep a low profile and work quietly on your own to get things done. Refuse to let personal matters deter you from taking care of your responsibilities.

**PISCES** (Feb. 20-March 20) — Share your wisdom, imagination and experience with people you want to impress. A chance to make a difference for someone you look up to will be helpful when you need something in return.

**ARIES** (March 21-April 19) — Indulgent behavior will get you into trouble. Partnerships will take a dive if you aren't a team player. Choose to make a romantic gesture over creating a hostile impasse.

**TAURUS** (April 20-May 20) — Engage in talks that will broaden your outlook or help you make wise decisions regarding your position, status or relationships with others. Hard work will lead to personal gain.

**GEMINI** (May 21-June 20) — Discussing matters regarding a joint venture, family inheritance or settlement will shed light on when things will wrap up. A personal claim can be made.

**CANCER** (June 21-July 22) — Don't shy away from an unusual opportunity. Embrace the future with optimism and

openness. You have plenty to gain if you use your intelligence and experience to get ahead.

**LEO** (July 23-Aug. 22) — Overreacting will lead to trouble. Try to understand what's actually happening, instead of acting on an assumption you've made. Keep situations in perspective and your attitude mellow.

**VIRGO** (Aug. 23-Sept. 22) — A short trip to visit someone from your past or to attend a reunion will be enlightening. If you express your feelings openly, you'll discover that someone you like shares your thoughts.

**LIBRA** (Sept. 23-Oct. 23) — Look over and take care of money matters, negotiations or settlements. Act on your own behalf and refuse to let personal or emotional influences get in the way of you doing what's right.

**SCORPIO** (Oct. 24-Nov. 22) — Your emotions will be close to the surface. Get what's bothering you off your chest. Speak up and find out how others feel before you make a move or final decision.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Discipline will go a long way. Sort through all the information offered before you commit to help someone else get ahead. You'll have regrets if you sell yourself short.

**CAPRICORN** (Dec. 22-Jan. 19) — Make a positive lifestyle change. Contribute to your savings and update any documents before they lapse. Home improvements should be budgeted carefully with the intent to boost efficiency and cut overhead.

THURSDAY, JANUARY 25, 2018

## Use your assets to help partner

By Phillip Alder

Edward G. Bulwer-Lytton, a 19th-century English author who coined the phrases "the great unwashed," "pursuit of the almighty dollar," "the pen is mightier than the sword," and the well-known opening line "It was a dark and stormy night," said, "In science, read, by preference, the newest works; in literature, the oldest. The classic literature is always modern."

In bridge, if you cannot make an encouraging signal or discard to tell partner which suit to lead, try to help him with a suit-preference play. However, I will admit that this is advanced defense, not made any easier by requiring both you and your partner to watch all of the cards like a pair of hawks. But if you do, suddenly you will be defeating contracts that were making before.

This deal highlights two ways to achieve the desired end.

Against four spades, West leads the club king; three, two, ace. What happens after that?

South would have done well to rebid three no-trump. North, despite four-card support, would surely have passed with such a soft hand, and that contract would have made easily.

Suppose declarer draws trumps immediately. East should follow eight-

North 01-25-18			
♠ Q J 7 4			
♥ Q 8 3			
♦ Q 8 3			
♣ J 4 3			
West			East
♠ —			♠ 8 6 5 2
♥ 10 9 6 2			♥ A K J
♦ 10 9 6 2			♦ 7 5 4
♣ K Q 10 8 7			♣ 9 5 2
South			
♠ A K 10 9 3			
♥ 7 5 4			
♦ A K J			
♣ A 6			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♠	Pass	2♠	Pass
4♣	Pass	Pass	Pass
Opening lead: ♣ K			

six-five-two, always playing his highest spade to show interest in hearts, the higher-ranking of the two red suits. Then, when South plays his second club toward dummy's jack, West goes in with the queen, and East should drop the nine. The higher remaining club again signals for hearts. With luck, partner is watching.

South does better to return his club six at trick two. Again, East must drop the nine.

## CROSSWORD

**Across**

- 1 Apple Store display
- 5 Centipede developer
- 10 Farm digs
- 13 Tennis legend for whom a "Courage Award" is named
- 14 French upper house
- 15 Hershey bar
- 16 \*Tony Hawk legwear
- 18 Helps out
- 19 Unpretentious
- 20 Turned it down
- 22 Nadal's birthplace
- 23 Snatch, as a toy?
- 24 Composer Franck
- 26 Luggage attachments
- 29 Soak up the sun
- 32 Blue Grotto resort
- 34 Boy king
- 35 "That's gross!"
- 36 \*Stick in the snow

- 38 Premier \_\_: wine designation
- 39 Word before watch or window
- 40 Signs away
- 41 Israeli politician Barak
- 42 Nurses, as a drink
- 44 Chills out
- 47 "No harm done"
- 49 Waited nervously, perhaps
- 52 Wheat protein
- 53 Tree with durable wood
- 55 Fellas
- 56 \*Drawing needs
- 59 Inauguration words
- 60 Dairy mascot
- 61 Canal completed in 1825
- 62 Belly dance muscles
- 63 Kennel cries
- 64 "Hairspray" mom

**Down**

- 1 British side
- 2 Words on a help desk sign
- 3 Ring leader?
- 4 Reversal of fortune
- 5 Trees of the species Populus tremula
- 6 "Eat Drink Man Woman" drink
- 7 Former Texas governor Richards
- 8 "Midnight Cowboy" con man
- 9 Delivery room cry
- 10 \*Medicated dermal strip
- 11 Fuss
- 12 Cen. components
- 15 1978 Peace co-Nobel
- 17 Tahari of fashion
- 21 Many a low-budget flick

hint to the answers to starred clues

- 43 Flatten
- 45 Garage units
- 46 Dash dial
- 48 A high-top hides it
- 50 Hallmark.com choice
- 51 Bumped off
- 52 Snatch
- 54 On the Pacific
- 55 Showgirl's accessory
- 57 Course for intl. students
- 58 Lead

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# Peanut sauce makes Thai chicken tempting

**KITCHEN SCOOP**  
By Alicia Ross

microwave before slicing it and cooking it in the skillet.

cayenne pepper in a small bowl and whisk until well combined.

into short strips about 1/2-inch wide, adding them to the skillet as you cut. Add the garlic and ginger and cook until the chicken is no longer pink, about 5 to 7 minutes, stirring frequently.

No matter how you make this delicious dinner, I hope you get to sit down and enjoy it!

(Cook's Note: Control the level of heat in the Spicy Peanut Sauce with the amount of ground cayenne pepper. For those who really like hot sauce, throw in some crushed hot red pepper to taste.)

**Suggested Menu**  
Tempting Thai Chicken With Spicy Peanut Sauce  
Hot steamed rice  
Cabbage salad with Thai dressing

**Tempting Thai Chicken**  
Start to finish: less than 30 minutes  
Yield: 2 to 3 servings

**Spicy Peanut Sauce**  
Start to finish: less than 10 minutes  
Yield: makes about 1/2 cup

2 teaspoons vegetable oil  
2/3 pound skinless, boneless chicken breast halves  
1 tablespoon bottled minced garlic  
1 tablespoon bottled chopped ginger  
1 to 2 bunches green onions (makes 3/4 cup chopped)  
1/3 cup unsalted peanuts  
1 tablespoon reduced-sodium soy sauce  
1 tablespoon dry sherry  
1 teaspoon sugar  
Spicy Peanut Sauce (see recipe above)  
Hot steamed rice for serving

1 1/2 tablespoons creamy peanut butter  
2 tablespoons vegetable oil  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons sugar  
2 teaspoons white wine vinegar  
1/2 teaspoon dark sesame oil  
1/8 teaspoon ground cayenne pepper (see Cook's Note)

Heat the oil in a 12-inch nonstick skillet over medium-high. Cut the chicken

While the chicken cooks, chop the green onions into 1/4-inch slices, using the white and enough of the tender green tops to make 3/4 cup; chop the peanuts. Set each aside.

When the chicken is no longer pink, add the green onions, peanuts, soy sauce, sherry and sugar. Stir well, then add the Spicy Peanut Sauce and stir well again. Cook until heated through, about 2 minutes. Serve over a bed of rice.

**Approximate values per serving (1/3 serving without rice):** 455 calories, 28 g fat (6 g saturated), 58 mg cholesterol, 30 g protein, 19 g carbohydrates, 11 g sugar, 3 g dietary fiber, 681 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap, Fast, Good!" (Workman, 2006).

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