

Former Bishop's student undertakes world record adventure

By Rachel Newcombe
Special to The Record

Stephanie Tavares is planning the excursion of a lifetime. The sports studies major and recent graduate of Bishop's University is planning a three-year trip that will take her to every country in the world.

Tavares, who is planning to leave at the end of June, is aiming to break not one, but three Guinness World Records.

Upon the completion of her entrepreneurial project, called Solo Steph, Tavares would hold the record for first female to travel to every country in the world in a single journey. She would also hold the records of youngest individual to complete the same, and the fastest journey to every country in the world.

The project started as only a thought at the beginning of the last academic year, and rapidly evolved into Solo Steph.

"I've always thought about travelling to every country in the world," said Tavares.

She first became interested in travel when she took a four-week trip alone to Guatemala. "It was really spur of the moment," she added, having only bought the tickets two weeks before her departure. "I wanted to learn Spanish, and I like travelling alone," Tavares said when she explained her motivation behind the trip.

After that, travel became extremely important to her. Once the decision to start Solo Steph had been made, planning the trip became Tavares' top priority.

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Eastern Townships roads to get \$124.5 this summer and next



GORDON LAMBIE

MTQ one is Liberal MNAs Guy Hardy, Pierre Reid, Karine Vallieres, and Ghislain Bolduc announcing \$124.5 million in infrastructure investments in the region over the next 2 years.

By Gordon Lambie

The Provincial Government will be investing \$124.5 million into infrastructure projects across the Eastern Townships over the next two summers, mostly in the form of surface and structure maintenance. Speaking on behalf of Transport Minister Jacques Daoust on Monday morning Pierre Reid,

Member of the National Assembly for Orford, said that the work comes as a part of \$4.7 billion committed to infrastructure work across the province last month.

"The scale of the investments budgeted for our regional road network demonstrates the attention our government is paying to the transportation of people and products, road safety, and

quality of life," Reid said. "It goes without saying that these investments represent a significant driving force in the local economy."

According to Reid the money is to be divided up between 121 different projects, creating some 768 jobs over the course of the next two years.

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 13
LOW OF -2



WEDNESDAY:
SUNNY

HIGH OF 17
LOW OF 1



THURSDAY:
SUNNY

HIGH OF 22
LOW OF 8



FRIDAY:
CLOUDY

HIGH OF 21
LOW OF 9



SATURDAY:
60% CHANCE
OF SHOWERS

HIGH OF 17
LOW OF 6

Can you remember the particular sneezes in your life? Dates, times?

Townships resident Nancy McClure can



DISHPAN HANDS

SHEILA QUINN

On September 28th of 2015, one sneeze brought moyamoya disease to the surface for her.

And that's nothing to sneeze at. According to the Stanford Medicine Neurosurgery Department, specializing in this rare disease, moyamoya is:

"One of the rarest forms of occlusive cerebrovascular disorders encountered in neurosurgery is moyamoya disease. Fragile blood vessels proliferate around a blocked artery in an attempt to bypass an occlusion. Their appearance on a cerebral angiogram resembles a 'puff of smoke' or 'moyamoya' a term coined by a Japanese team who first described the disease. It can affect both children and adults, usually with symptoms of TIAs, strokes, headaches and seizures. There is no effective drug treatment for moy-

amoya disease and surgery is aimed at bypassing the blockage with another artery to restore normal blood flow."

At first, after a trip to a local hospital, Nancy was not told that that was indeed what the results determined. That moyamoya had been lurking in her brain and was sneezed forth in one burst. She was told by the professionals at the hospital, where she had been rushed by ambulance, that she had a hole in her heart, and that a blood clot had traveled to the brain. With further investigation her heart was fine, and she was given a diagnosis of cerebral vasculitis. She continued to pursue help, but it was only when an intern at a Montreal hospital noticed moyamoya on her charts that she learned what it was.

At first, she misheard him.

"I thought he said, 'MayaMaya'." When he left the room briefly, I googled it. It said something about something being "all in her head". I was so mad. I was sure they weren't taking me seriously. When he came back into the room I was ready to tell him off"

Now, Nancy can laugh it off, but at the time, it was upsetting and confusing news. MayaMaya wasn't what he had said, and so even though she was relieved to not express feeling upset at not being taken seriously, she was now faced with a rare disorder...and it was actually all in her head.

What were the odds that Nancy would develop moyamoya?

Had she had radiation? Had she suffered a head injury? Did she have Asian roots?

No, no, and no.

All points that increase your chances of this rare disease. While approximately 57% of people with moyamoya are Caucasian, 31% are Asian.

71% are female.

This variable, Nancy has.

The odds were slim, but it turned out that she had 100% developed it.

In a sneeze, in a puff of smoke, she was suddenly rendered so vulnerable – at the mercy of her own body.

Folks coping with rare disorders and diseases will understand. With the onset of diagnosis you're on something of an ice floe – and there is a real sense of loneliness in that.

Since September, Nancy has been very proactive regarding research and exploring options. The challenges, how-

ever, have been that virtually all options incur expenses, and now, due to not having intervention or treatment since the onset in September, but rather simply observation and continued mini-strokes, Nancy is out of work. She is not letting that stop her.

Nancy has become a medical tourist.

Sensationalized in the media a great deal, often readers and viewers with little information on the subject imagine folks paying handsomely for sketchy treatments in shoddy establishments from unskilled practitioners. While there are most definitely tragic stories with unfortunate (and heartbreaking) results, there are far more success stories of folks exploring their options when it comes to healthcare treatments, retreats, therapy, and professional services. Many right here in the Townships.

Tourism doesn't mean absolutely leaving the country either. Medical tourism can involve becoming a tourist in every sense of the word - within your own community, your own province, your own country, and the world.

Medical tourists are health and well-being explorers. They are motivated to learn more about feeling better, about changing their own lives. They are willing to be pioneers in some cases. Medical tourism means recovery, care, comfort, and being in the right place with the appropriate professional services.

There are fantastic opportunities for treatment for many disorders, diseases and conditions right within our own public healthcare systems, but sometimes there are big challenges – wait times in particular.

Nancy McClure can almost feel the clock ticking at times. This motivated her to think outside the public system. It was her life after all. Her health. Her brain. Not those of the professionals treating her.

She explored her options with Stanford, but alas, while the expertise was top-of-the-line the virtually \$350,000 price tag was more than unsettling. Instead, she was able to locate surgical treatment in Kingston, Ontario. The cost would range around the \$5000 mark. Yes, even within Canada, there are elements that are not covered from province-to-province.

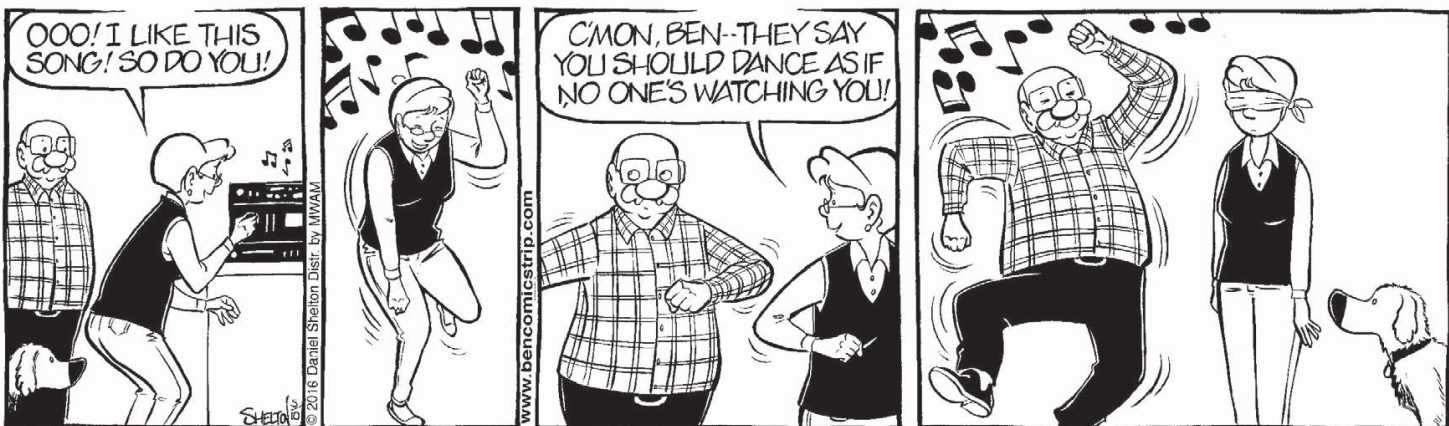
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COURTESY NANCY MCCLURE

Nancy McClure

Ben by Daniel Shelton



LOCAL NEWS

Marie-José Auclair, president of Appalachian Corridor, also thanked donors, saying. "We are fortunate to be able to rely on your support and your generosity."

Wood chips available from City as of May 17

Record Staff
SHERBROOKE

Again this year, the City of Sherbrooke will provide residents the opportunity to get Ramial Chipped Wood (RCW), commonly referred to as wood chips, at the Michel Ledoux eco-

center.

Interested citizens should make an appointment by contacting ecocentre staff at Michel- 819 822-6010. Distribution will be from May 17 to October 13, between 7:45 a.m. and 2:30 p.m., Tuesday through Thursday. A fee of \$5 per visit will be applied, payable only by direct

payment: credit card or debit card, no matter how much is taken. However, loading must be completed in 45 minutes and the city only provides tools such as shovels and rakes. It is therefore the responsibility of the citizen to provide a trailer, bags, or other containers to transport their load.

Fragmented RCW is a mixture of residue from grinding, fresh wood twigs, and young branches of all kinds of trees cut into chips. Its use serves several purposes, including as mulch in horticulture. They also reduce the need for watering and weeding.

Appalachian Corridor's fundraising hits \$1 million

Record Staff
SHERBROOKE

Appalachian Corridor announced on Monday that it has reached its major fundraising campaign's ambitious goal and raised a million dollars for the next five years. The money will be used to consolidate Appalachian Corridor's trans-border conservation strategy and increase the organization's strategy to raise awareness.

"We are thrilled to have reached our target thanks to the generosity and commitment of corporations, foundations, and the many people who chose to make a difference," says campaign co-president Robert Tessier. "We offer a million thanks to all those who contributed to this vital campaign."

Alain Lemaire, also co-president, stressed the unfailing support of local communities. "The people in the area really came together to protect their greatest assets: natural habitats. These

landscapes and the biodiversity found within have an important ecological and economic value we must protect. Thank you for showing your solidarity."

Appalachian Corridor is aware that the support of its donors is a huge privilege. The campaign will continue for some time, as many more projects need funding.

Marie-José Auclair, president of Appalachian Corridor, also thanked donors, saying. "We are fortunate to be able to rely on your support and your generosity. Our projects are ongoing and our campaign continues. At a time when the situation is particularly critical for the environment and biodiversity, we want to give ourselves the tools to respond to the ever-growing needs for its preservation."

The campaign is ongoing and people can make a donation by calling (450) 297-1145.

The money collected during this major fundraising campaign will be

used to create two strategic funds: a \$700,000 Emergency Bridging Loan & Safeguard Fund, and a \$300,000 Influence & Education Fund.



COURTESY

Appalachian Corridor president Marie-José Auclair, and campaign co-presidents, Robert Tessier and Alain Lemaire congratulate each other on reaching their goal of \$1 million to preserve the trans-border area.

City alters work project safety policy

Record Staff

The City of Sherbrooke had made improvements to its procedures for curbside road projects. Hoping to ensure the safety of both citizens and workers, the City will increase its oversight of pedestrian traffic in the vicinity

of its road projects.

Specifically, the sites will now be closed to pedestrians, depending on the specific activities being undertaken. Signalers will pay particular attention to specific circumstances, as they arise.

"As for all municipal services, we are revising our processes as part of a

process of continuous improvement," says Transport Division and Infrastructure chief Jocelyn Grenier. "This improvement in the way we do things is being done preventively, to increase pedestrian safety and that of our employees."

Nearly \$35 million will be spent on

about 145 road projects in the City this year, not including work in parks or repairs to pools, among other things. For more information on major work projects planned in the various districts this year, visit sherbrooke.ca/travaux.

Eastern Townships roads

CONT'D FROM PAGE 1

While more than half of the money, \$79.3 million, is going into general maintenance and repaving work on roads and highways in the region, the politician pointed out that \$27.1 million will also be spent on the reconstruction or repair of 48 local bridges and road structures.

"We are working to conserve assets," said the Ministry of Transport's Regional Director Gilles Bourque. "The programming unveiled today covers two years, the summer of 2016 and the summer of 2017."

Pointing out that some of the work to be done is ready to get started as early as this coming weekend, Bourque said that project prioritization and planning is all based on the MTQ's five year plan.

"We have a program we've outlined over five years, but the government only approves two at a time," the Regional Director explained.

Also present at Monday's announcement were fellow MNAs Guy Hardy, Karine Vallières, and Ghislain Bolduc, each of whom highlighted projects they were happy to see going forward in their respective ridings. Among the more significant projects slated for the coming construction seasons are repaving work on Highway 10-55 and Highway 610, repaving and recon-

struction work on Routes 108, 116, 141, 216, 220, and 222, as well as the reconstruction of the King Street overpass spanning Highway 410.

Given the significance of some of the roads to be worked on, the assembled MNAs urged patience and caution in drivers passing through work sites in the coming months to help maintain the safety of all.

Missing from the list of projects is any further development on the Highway 410 extension. Asked about where things stand on the highway, Hardy said that after the opening of the route to the south end of Lennoxville last October, the work has shifted from construction to acquisition.

"The process is proceeding at a normal rate," Hardy said. "Negotiations are ongoing, but until all of the terrain has been acquired we cannot say anything more."

Estimating that the remaining length of roadway to be completed is about four kilometres long, the MNA said he couldn't be sure whether there would be any more work done before 2018.

Bourque repeated Hardy's point that the land needs to be acquired in order to move forward, but added that the ministry should not

be seen as idle even if people can't see work crews digging in the ground.

"We are in acquisition mode for the land but we are also in preparation mode," the regional director said. "We are taking soil samples, planning structures, and studying the terrain."

**Lennoxville
Elementary School
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Lennoxville

featuring
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All proceeds will go towards the
L.E.S. extra-curricular activities.

Magog to set up water games

Record Staff
SHERBROOKE

Magog Mayor of Magog Vicki May Hamm broke symbolic sod on the site of the future water games to be located at Horan Park, and unveiled model of the plans at the same time.

Hamm was quick to point out that "for several years, citizens have expressed the desire to have water games in Magog. I'm extremely glad that we decided to go ahead. When we began to revise the urban plan, one of the four questions posed in public web consultation concerned the desired location for the water games. Several respondents suggested Horan Park. Following a thorough technical analysis of the best potential sites, council confirmed this choice. This beautiful large neighborhood park already has several recreational and sports facilities, including tennis courts, petanque and children's games, making it a place where all generations can gather."

"The addition of water features will only increase the popularity of this site," adds Steve Robert, Chair of the Committee on the family and the home. "In the

spirit of Magog's family policy we hope that families have access to safe and inviting places where they can spend more time together."

Director General, Armand Comeau says he is happy to see tangible results of the teamwork from City divisions. "Organizational values are there and we always remain focused to ensure the best service to citizens, which is our main goal."

The model unveiled by the Mayor and Linda Gagnon, Director Culture, Sports and Community Life, suggests the games will cater to two age groups: 0-5 and 5-12.

Gagnon explains, "There are two areas that allow sensory experimentation, visual stimulation, development of imagination, creativity, and interaction among young people."

To make sure that Magog's first water games meet the desires of the young people who will use the installation, the City has requested the collaboration of students from three area schools. Two working sketches were proposed and the students had to nominate their favorite. Of the participants, 72 per cent chose plans that will be completed shortly at Horan Park, after minor technical im-

provements.

The work estimated at about \$325,000 will be carried out by Grondin Excavation inc. and is expected to be completed by mid-July so that families can enjoy the set-up during the summer construction holiday.

To ensure the safety of children and other park users, the site will be closed and the path between Percy and Bowen streets will be closed for the duration of the work. Playground equipment, tennis courts, and pétanque will remain accessible.



COURTESY

An example of what plans are being made for the new water park

Allore wants to keep the heat on cold cases

By Matthew McCully

Now 37 years after the unsolved murder of his sister Theresa, John Allore returned to the Townships last weekend to re-tell his sister's story and draw attention to the importance of properly gathering and protecting physical evidence to avoid unsolved crimes.

On Nov.3, 1978, Theresa Marie Allore, 19, went miss-

ing from the King's Hall residence of Champlain College in Compton.

Five months later, on April 13, 1979, her body was found in a nearby ditch, wearing only a bra, panties, earrings and her watch.

At the time, her disappearance was treated as a runaway; when her body was found, the cause of death was determined to be drug-related, possibly an overdose.

It wasn't until the Allore family pushed for further investigation in 2002 and connected Theresa's death with two other women killed in the area in the same time period that her death was declared a murder.

By that point, key pieces of evidence, including Theresa's clothing which could have provided DNA evidence, had been destroyed.

Allore's trip back to the Townships from his home in North Carolina was at the invitation of prominent crime reporter Claude Poirier, to feature Theresa's story in the upcoming French TV series, Poirier Enquête.

The episode about Theresa Allore is scheduled to air in May or June, 2017.

"No one recognizes the silliness of this more than me," he said, after spending the weekend recounting the details of his sister's case and returning to area crime scenes with metal detectors to search for new evidence.

"I frankly don't think it can be solved at this point," Allore said, fully aware the perpetrator could be over 70-years-old, or possibly dead.

The recent search did, however, uncover a number of articles 'of a feminine nature from that era,' but Allore could not elaborate.

"Things found now are to set an example," he said, frustrated that police were not more proactive in 1979 when his sister's body was found.

"You should have done what we're doing now 30 years ago," he said.

"Things have not changed," Allore said, adding that he and seven other families made a request last month to Minister of Public Security Martin Coiteux for a public inquiry into Quebec cold cases.

While he is one of eight families pushing for a public inquiry into unsolved crimes, Allore said that there are easily 30 cold cases from the 70s and 80s in Quebec alone.

"Over a 30-year period, that's a systemic failure."

Over the weekend, Allore had breakfast with Patrick Villemare, one of the investigators's involved in his sister's murder. While discussing the specifics of the case and the fact that key evidence was destroyed, Allore asked what the protocol was supposed to be.

"It is never supposed to happen," Allore was told. Villemare added that for a major crime, evidence is supposed to be kept for eternity, regardless of whether the case is solved or not.

"It's bad enough our crimes won't be solved, but what's intolerable is the thought that these mistakes continue," Allore said.

While he is no longer out seeking media attention regarding his sister's unsolved murder, Allore said he does not pass up on an opportunity, when approached, to remind people of how her disappearance was handled, hoping investigators will take note and be more vigilant and prudent in the evidence gathering process.

"This kind of thing gets a lot of attention and then people forget," Allore said.



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Operation Backpack is an initiative of **The Record** in conjunction with the **Lennoxville & District Women's Centre** and volunteers whose goal is to ensure every child in need starts the school year with a new backpack filled with school supplies.

The committee is seeking sponsors to purchase a backpack and supplies, estimated at \$75.

The goal is to equip 85 children for the coming school year. To become a sponsor, contact Sharon McCully at outletjournal@sympatico.ca

IT TAKES A COMMUNITY

While donations of school supplies form the foundation of our program, financial donations will allow the committee to purchase additional supplies. We are enlisting the support of the business community to become

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Plymouth-Trinity hosts United Church leader

By Gordon Lambie

The Right Reverend Jordan Cantwell, the elected head of the United Church of Canada, was in Sherbrooke on the weekend to participate in the regular Sunday worship service at Plymouth Trinity United Church. Cantwell delivered the sermon and benediction for the morning service, leading worship in partnership with Reverends Samuel Dansokho and Mead Baldwin, but stayed after to eat lunch and engage in a question and answer period with those in attendance. Elected to her position at a time when her Church is working on a major internal restructuring, Cantwell spoke to the importance of not letting fear get in the way of faith.

“Jesus didn’t say, “come, follow me, and I will help you create the best institution possible. I will help you figure out how to be an awesome bureaucracy.” That doesn’t even come up in the gospels,” the Moderator said to the group of more than 100 who turned out to hear her speak. “It is the church’s role to be a community that lives an alternative version of what the world can be. A vision of love and of inclusion and of hope in the face of whatever life can bring our way.”

Though not everyone stayed for the luncheon after, Plymouth-Trinity member Vivienne Galanis said that the attendance count for the service reached 117, helped by the fact that several local congregations opted to cancel their own services in favour of coming to hear the

Moderator speak. A member of the team who helped to organize the visit, Galanis said she was “delightfully surprised” by the turnout.

“We had planned for 75,” the organizer said, explaining that the planning team had expected the fact that the visit overlapped with Mothers’ Day to be a conflict.

Those who crowded the church hall after the service heard Cantwell answer questions ranging from how she feels about her new job to her perspectives on the language divide in Quebec as it relates to the church. On many of the divergent topics, the United Church leader tied her responses back to the morning bible lesson in which the apostle Peter steps out of his boat on a stormy sea to follow Jesus, who was walking on the water.

“There are many boats that we need to step out of,” Cantwell shared. “Structures, buildings, money, bank accounts; all of those can be great tools that can help us in the work of being disciples of Jesus, but they are not discipleship (...) Whenever we find that our building or our bank account or our structure or our fears are getting us nowhere, we’ve got to step out of that boat.”

Offering the point of view that people never know what they can or cannot do until they try, the church leader argued that even “baby steps” of faith can be enough to make a difference in a difficult situation.

Though advocacy for the crisis in Fort McMurray was not the focus of her visit,

the message shared by Cantwell inspired the local churches to take up a special collection to support aid initiatives underway in the besieged community. A total of \$317 was raised.

This was Plymouth-Trinity’s second visit by a moderator of the church in recent years as the church was host to a similar visit by then-Moderator Gary Pa-

terson in early 2013. Reflecting on the visit, Galanis said that fact raised some questions on Sunday.

“People asked why we got the Moderator again,” the organizer said, explaining that as far as she is aware, the answer is simply a matter of having asked. “Apparently they have to be invited; the moderator doesn’t impose.”



United Church one is The Right Reverend Jordan Cantwell, the Moderator of the United Church of Canada, speaking to a crowd of over 100 at Sherbrooke's Plymouth-Trinity United Church on Sunday morning.

World adventure

CONT'D FROM PAGE 1

She plans on spending at least 24 hours in every country, with an estimated average of four days per country. She commented that this would no doubt vary.

There is a big motivator behind a project of this magnitude for Tavares.

“One of the goals of my project is to empower women,” Tavares said, adding that there are a lot of things said in society about the dangers of women travelling, particularly alone. “There are some risks, but there are some risks in everything.”

Tavares joined with the Tostan charity, which also seeks to empower women. Based in Africa, the charity has a mandate to affect positive change. According to Tavares, the organization has helped place 19,000 women in leadership roles in their communities.

She stressed the importance of inspiring women to dream big and have ambitions. “We can accomplish anything,” Tavares said.

The trip is not only a massive time commitment, but a financial one as well. “I emailed companies for sponsorship,” she said, adding that she had saved a little money of her own.

One company, Jet-Setter, based in Montreal, is supplying her with some travel gear. Tavares said she hoped other travel and adventure companies would also take an interest.

It is important to save money when possible, and Tavares hopes to minimize costs by joining couchsurfing.com. This online network allows people to get in touch with local hosts in countries around the world, and stay with them for free.

Tavares added that she would most likely also be taking a tent, and camping in some countries whenever possible.

While Tavares has contacted Guinness about her

trip and the records she hopes to break, she said she had not heard back from them as of yet.

Once the trip is underway, Tavares said she plans to be very active on several social media platforms, including Facebook and Instagram. “I’m going to start posting a lot more stuff,” she said, in the lead-up to her departure.

Tavares said she has selected the date June 27 as the start of her journey, give or take a few days. Her first stop will be Iceland. She has planned to spend the first seven months in Europe, followed by the next seven months in Africa.

Tavares expects to complete her Solo Steph tour and return to Canada in July, 2019.

Follow the Solo Steph project on Facebook and other social media platforms to stay informed of her progress.



Stephanie Tavares in Grand Prismatic Spring, in Yellowstone National Park, Wyoming

Do you have old fair photos and stories to share?

Just in time for this year's fair season, THE RECORD will publish a COMMEMORATIVE BOOK of photos and information from COUNTY FAIRS for more than a century.

If you have photos or anecdotes from early fairs you'd like to share, please send them to Sharon McCully at outletjournal@sympatico.ca



If your photos or stories are selected for publication, you will be given a free copy of the book.

Anyone wishing to advertise in the commemorative magazine to show appreciation to the farm community that has kept this tradition alive since the mid-1800s, can contact Jo-Ann Hovey at jhovey22@gmail.com or 819-571-0325

EDITORIAL

"To give money back to the programs for youth is an important and positive way to invest in our future," said Gregoire.

Quebec Provincial Police make donation to Potton's Youth Centre



THE SCOOP
MABLE HASTINGS

Coordinator of Community Prevention and Quebec Provincial Police Sargent, Patrice Gregoire made a visit to the Missisquoi North Youth Centre on Friday evening, April 29 to present a cheque to some of the youth from Students Against Destructive Decisions (SADD) and Junior SADD.

The donation was made possible following a lobster/crab supper fundraiser

held in May of 2015 by the QPP Memphremagog who attended the event held at "Le Dauphin" in Sherbrooke, along with over 100 people including, partners, businesses and the public. As a result of this fundraiser, eight groups received donations in the same amount. Recipients were suggested and then, members of the "conseil securite publique" approved the recipients.

"To give money back to the programs for youth is an important and positive way to invest in our future," said Gregoire. "The aim of the donation was to help youth that are doing positive things in the community."

Gregoire has been working for the QPP Memphremagog based in Sherbrooke since 2003. For the past six years, he has been focusing on the community prevention dossier since 2009.

"I am known as Patrice la Police," laughs Gregoire. "It helps to have a catchy title and most of the kids know



my face and name by now."

Gregoire does prevention work in many of the schools, youth centres and community programs in the area. He is well known and well liked. He takes the time to get to know the youth and any question he cannot answer, he writes down and returns to answer on a future

visit.

Mansonville's youth centre hopes to use the money donated in the area of prevention and the youth quickly started coming up with ideas.

For more information about SADD, Junior SADD or any of the other volunteer centre programs, visit www.cabmn.org



"Patrice la Police" and some members of SADD and Junior SADD

Nancy McClure

CONT'D FROM PAGE 2

Often the kind of thing you learn because you are in need. Medical professionals assisting Nancy are now working to cover as much of the procedures necessary as possible. In the meantime, a series of rushed trips to the ER via ambulance has also left a financial challenge in its wake.

Nancy's family and friends have established a fundraising campaign to raise money for her trip. The aim is to raise \$10,000, as aside from the main surgery there will be plenty of other expenses.

She is heading to Kingston for treatment on May 18th. The date approaches, and yet still feels far away at times. She fluctuates between just wanting to get surgery over with, and worrying about who will emerge from that surgery. She is relying on the expertise of the professionals involved to do their absolute best to help to make the necessary changes so that she is not so fragile, and to retain her brain function so that the person who wakes up from surgery is the one who went to

sleep waiting for it.

The team at Destination Health (Canada's Medical Tourism Trade Show), whose head office is located in Knowlton, is helping to bring Nancy McClure's story to the world. This is the first chapter. The outcome is uncertain, but the team is determined to support Nancy's journey and to tell her story as it unfolds. To follow Nancy's unfolding story, visit www.destination-health.ca.

May is moyamoya month - follow the hashtag #MyMoyamoya for more stories.

In true Townships fashion, her community has come together to organize a spaghetti supper fundraiser on Friday evening, May 13th at the Mansonville Town Hall - \$15.00 per adult, \$8.00 per child, children under 3 eat for free. All funds raised will go towards Nancy's expenses.

To learn more about contributing to Nancy's cause, please contact destination@cansante.com, who will forward information on to the appropriate parties.

THE
RECORD

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PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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

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ABC, CARD, CNA, QCNA

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. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

Local Sports

Canada has now outscored its opponents 20-2 in three games and sits at the top of the Group B standings with nine points...

O'Reilly scores twice as Canada routs Belarus 8-0 at hockey world championship

By Carol Schram
THE CANADIAN PRESS

Matt Duchene says opponents always bring their best when they face Canada at the world hockey championship.

So far the defending champions have been able to respond to the challenge, even if it takes them a while to get going.

Buffalo Sabres forward Ryan O'Reilly scored twice Monday as Canada improved to 3-0 at this year's championship

with an 8-0 rout of Belarus.

Playing their third game in four days, the Canadians followed a similar pattern to previous wins over the United States and Hungary. Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

"We're going to get every team's best game," said Duchene, who had a goal and two assists against Belarus and is tied for the team lead with five points. "The kid yesterday on Hungary that

scored picked up the puck. That kind of tells you what it means to score against us and what it means to play against us. So we're going to get everybody's top game right off the bat and it's all about just staying patient, weathering the storm, and then once we get one or two, we're going from there."

The Canadians once again deployed a balanced attack, with seven different players scored in all situations.

O'Reilly's first goal of the tournament came from a second-period short-handed marker that was ruled to have deflected into the net off his skate following a pass from Boone Jenner. The second was an own goal off the skate of a Belarusian defender at 1:26 of the third.

Corey Perry, Taylor Hall and Mark Stone contributed at even strength while Derick Brassard, Duchene and Michael Matheson all scored with the man advantage as the Canadian power play went 3-for-5, rewarding coach Bill Peters for showing patience with his special teams.

"We talked about making some adjustments," said Peters of a power play that had gone 1-for-10 in Canada's first two games. "We talked about possibly changing our power-play units. We felt we gained a little bit of momentum in the last game, we left them together and I think that familiarity paid off."

Kevin Lalonde, a 29-year-old native of Kingston, Ont., was lifted from the Belarusian net at the 11:39 mark of the sec-

ond period after giving up five goals on 18 shots. Dmitri Milchakov stopped 19 of 22 shots the rest of the way.

Cam Talbot was perfect in goal for Canada, making 13 saves for his first shutout of the tournament.

Duchene was a member of Canada's gold-medal winning squad in Prague in 2015, and says this year's team is similarly focused on keeping good habits.

"We only allowed 13 shots so I think we're as pleased with that as with the goals we're scoring."

He also sees the team improving as it goes along in the tournament. "We didn't love parts of our game against Hungary. It was a tough game to play in—they worked really hard-but so do these guys (from Belarus). We were more structured today and played a much better game today."

Canada has now outscored its opponents 20-2 in three games and sits at the top of the Group B standings with nine points, pending a later game between 2-0 Finland and the 1-1 Americans. Slovakia, also 2-0, will face Germany on Tuesday.

In Group A action in Moscow, Russia beat Latvia 4-0 to move to 2-1 in the tournament, while Sweden faced off against the Czech Republic.

Canada will enjoy a day off on Tuesday, then practice on Wednesday before facing Germany in its next game on Thursday.



CANADIAN PRESS

Auston Matthews of the United States, left, challenges Canada's Ryan O'Reilly during the Hockey World Championships Group B match in St. Petersburg, Russia, Friday, May 6, 2016

Injured Raptors' centre Jonas Valanciunas unsure of potential return

By Lori Ewing
THE CANADIAN PRESS

Jonas Valanciunas hobbled around in a walking cast Monday morning, appearing like he won't be back playing any time soon.

The Toronto Raptors centre was ruled out for the rest of the Eastern Conference semifinals with a sprained right ankle, but whether he's done for the season is unclear.

"We're just going to see what's happening," Valanciunas said at Monday morning's shootaround. "It's already got a little bit better overnight. The plan is ice, keeping it high and resting. You do this and see what happens."

The seven-foot centre from Lithuania has been huge for the Raptors in the post-season, averaging 15 points, 12.1 rebounds and 1.4 blocks. Through three games against the Miami Heat, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 rebounds when he injured his ankle in Saturday's Game 3.

The Raptors took a 2-1 series lead into Monday night's Game 4 in Miami. The series shifts back to Toronto for Game 5 on Wednesday.

Valanciunas spoke with reporters on Monday morning, scoffing at a chair the Raptors media relations staff had set out for him.

"I can stand," he said, pushing the chair out of the way.

He said the pain's not too bad, "but (playing with the injury) can affect the future so we're treating, doing everything to get better, to heal and we'll see day by day."

"It's tough because I was enjoying playing basketball. I was doing work so right now I cannot think about it, have to just get better and come back."

The blow of losing Valanciunas was lessened when the Heat lost their starting seven-foot centre Hassan Whiteside in Game 3. Whiteside is listed as day-to-day with a sprained knee ligament, but left the arena Saturday in a walking cast.

"It sucks to see both of the go down, honestly," said DeMar DeRozan. "I wish both of those guys could out be there and play. But it's an adjustment we have to make and I'm pretty sure they have to make, too."

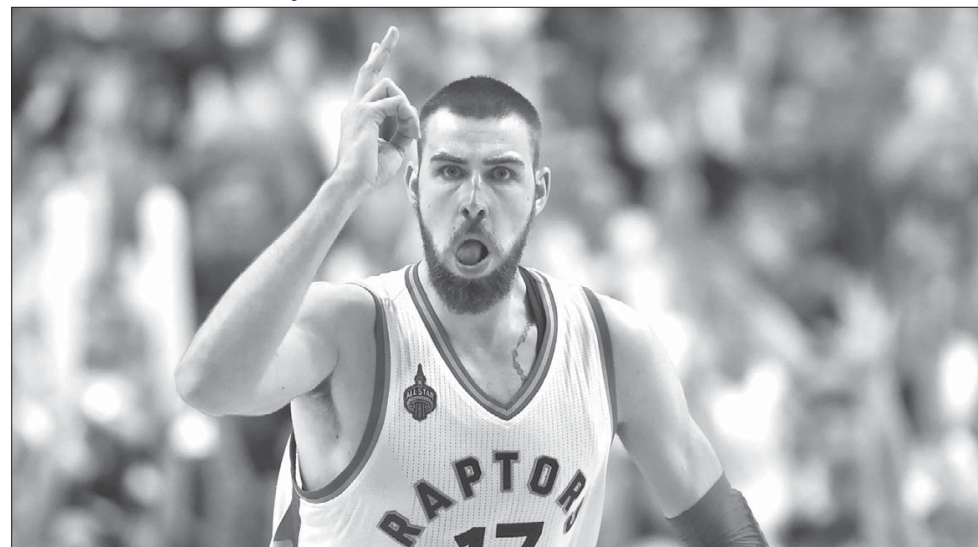
The Raptors lost Valanciunas for 22 games to a broken hand in the regular season, and went 16-6 in his absence.

"We deal with injuries all year," DeRozan said. "We dealt with him being out a while at a critical point of the season and we figured out a way to go from there but it's going to be hard to duplicate the things JV was doing."

The Raptors are hoping to make their first Eastern Conference final appearance in franchise history. The Cleveland

Cavaliers await the winner of this series after they swept Atlanta in their semi.

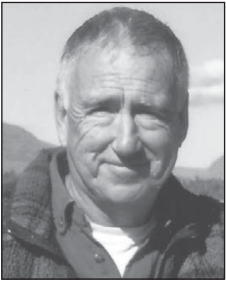
"I have faith in my teammates and they are doing a great job," Valanciunas said. "I'm going to be cheering, going to be doing what I can do to support them and hopefully they're going to win this series and next series I can help them."



CANADIAN PRESS

Toronto Raptors' Jonas Valanciunas (17) reacts after scoring during overtime NBA playoff basketball action against the Miami Heat in Toronto on Thursday, May 5, 2016.

Death



Trevor
CONNIFF
(1946-2016)

Peacefully at the Brome Missisquoi Perkins Hospital in Cowansville, Que., on Sunday, May 8th, at the age of 70, passed away Trevor Conniff, beloved husband of Ann Munday. He leaves to mourn sister Brenda Lacoursière, his nephews and his niece, Ron, Suzanne (Ken), Matthew (Stephanie) and Mark (Chantelle), many other relatives and good friends.

A celebration of his life will be held at a later date.

In lieu of flowers, donations in his memory to any charity of your choice would be appreciated.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
31 Principale Sud, Sutton QC
PHONE: 450-538-2306
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death

Klaus GROTJAN

Mr. Klaus Grotjan passed away peacefully at the Coaticook hospital on May 5th, 2016 at the age of 60. The son of Klara Bergman and the late Werner Grotjan, Klaus leaves to mourn his sister Susanne, brother-in-law Michael Dion and his nephew Nicholas and niece Jessica Dion.

A private ceremony will be held in Nova Scotia.

Klaus's family would like to thank those who cared so lovingly for him during his many years at the Dixville home. As well, we are extremely grateful for the loving care provided by the staff at the Coaticook hospital where he lived for the past 2 years.

CASS FUNERAL HOMES
545 Dufferin St., Stanstead QC
PHONE: 819-876-5213
cass@salonfunerairecoaticook.com
www.casshomes.ca

Death



Evelyn
MACEY
(nee Aiken)

Passed away at the CHSLD La Sapinière East Angus on May 3rd, 2016 in her 99th year. Beloved wife of the late Floyd Macey. Dear mother of Elsie (Michael), Burton (Margaret) and Edith (Ian). Cherished grandmother of Robert (Dawn), Lisa (Real), Mark, Sara (Cyrille), Karen and Curtis (Holly) and great-grandmother of 5. Evelyn will be missed by her nieces, nephews cousins and dear friends.

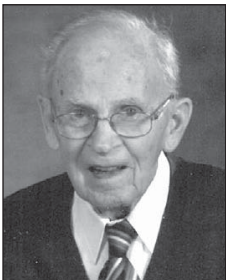
Resting at the Cass Funeral Home, 15 Station St., Sawyerville, on Thursday, May 12th, 2016 from 7 to 9 p.m. There will be a family burial on Friday.

In lieu of flowers, donations to the Sawyerville Baptist Church, 33 Cookshire St., Sawyerville, QC J0B 3A0 or to the Mansonville Baptist Church, c/o Helen Bedard, 84 West Hill Rd., Mansonville, QC J0E 1X0 would be appreciated by the family.

The family would like to thank the staff at the CLSC Cookshire and also La Sapinière East Angus for the wonderful care given to Mrs. Macey.

CASS FUNERAL HOMES
15 de la Station St., Sawyerville QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Death



Ronald
George
TAYLOR
(1921-2016)

Passed away at the Hotel Dieu hospital on Friday, May 6, 2016. Born July 18, 1921 to Charles Taylor and Jessie Frappied. Ron was a proud veteran of World War II. Beloved husband of 56 years to Lorna Dustin and dear father of the late Scott. He leaves to mourn his wife, sister Helen Nutbrown (late Ibrey), brothers and sisters-in-law, Weldon Dustin (late Lois), Leta Dustin, Lillian Sharman (late Don), Wynn Dustin (late Faye), and Monique Taylor (late Mac). Predeceased by his brothers Mac (late Anna) and Russell (late Marian). Special uncle to Nancy and Trudy, numerous other nieces and nephews as well as a friend to many. Graveside service at the Massawippi Cemetery on Thursday, May 12, 2016 at 1:00 p.m.

In lieu of flowers donations to the Massawippi Cemetery Association C/O Tom Schopflocher, 610 ch Harvey, Hatley, QC J0B 4B0, would be appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Cemetery Meeting

LAKEVIEW CEMETERY

The annual meeting of the Lakeview Cemetery will be held on May 18 at 7 p.m. at the North Hatley Community Centre. All interested are invited to attend.

Cemetery Meeting

MALVERN CEMETERY

The annual meeting of the Malvern Cemetery will be held on May 19 at 7 p.m. at the United Church. All interested persons are invited to attend.

Cemetery Meeting

NORTH HATLEY CEMETERY

North Hatley Cemetery Association will hold its annual general meeting at the Chapel on Saturday, May 14, 2016 at 2 p.m.
Margaret Cheal, Secretary

Datebook

TUESDAY, MAY 10, 2016

Today is the 131st day of 2016 and the 52nd day of spring.

TODAY'S HISTORY: In 1837, after months of economic downturn, several New York banks refused to convert paper currency to gold or silver, setting off the Panic of 1837.

In 1869, a golden spike was driven in Promontory, Utah, in ceremonies marking the symbolic completion of the U.S. transcontinental railroad.

In 1940, Winston Churchill was appointed prime minister of Great Britain.

In 2013, the spire of One World Trade Center was completed, making it the tallest skyscraper in the Western Hemisphere.

TODAY'S BIRTHDAYS: John Wilkes Booth (1838-1865), actor/assassin; Fred Astaire (1899-1987), singer/dancer/actor; David O. Selznick (1902-1965), film producer; T. Berry Brazelton (1918-), pediatrician/author; Pat Summerall (1930-2013), football player/broadcaster; Donovan (1946-), singer-songwriter; Bono (1960-), singer-songwriter; Linda Evangelista, (1965-), supermodel; Kenan Thompson (1978-), actor; Odette

Annable (1985-), actress.

TODAY'S FACT: When Prime Minister Neville Chamberlain's government fell in 1940, King George VI himself summoned Winston Churchill to Buckingham Palace and asked him to form a government.

TODAY'S SPORTS: In 1970, Bobby Orr of the Boston Bruins scored the game-winning goal in sudden-death overtime to give Boston the Stanley Cup title over the St. Louis Blues.

TODAY'S QUOTE: "The idea that anything is possible, that's one of the reasons why I'm a fan of America. It's like 'Hey, look there's the moon up there, let's take a walk on it, bring back a piece of it.' That's the kind of America that I'm a fan of." — Bono

TODAY'S NUMBER: 140,000 — miles of freight railroad track currently in operation in the United States.

TODAY'S MOON: Between new moon (May 6) and first quarter moon (May 13).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.



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

SHERBROOKE (LENNOXVILLE)

Saturday, May 21 at 3 p.m.: ESTRIA presents "trio Uplands" at The Uplands Cultural and Heritage Centre (9 Speid). With selections for clarinet, cello and piano by Kahn, Muczynski, Barber and Lutoslawski, performed by clarinetist Pauline Farrugia, cellist Erich Kory and pianist Daniella Bernstein. Come and hear this wonderful Eastern Townships music ensemble. Admission charged. To make a reservation, please contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec.

NORTH HATLEY

Sunday, May 22 at 3 p.m.: ESTRIA presents "Trio Uplands" at St. Elizabeth's Church (3115 Capelton). With selections for clarinet, cello and piano by Kahn, Muczynski, Barber and Lutoslawski, performed by clarinetist Pauline Farrugia, cellist Erich Kory and pianist Daniella Bernstein. Come and hear this wonderful Eastern Townships music ensemble. Admission charged. To make a reservation, please contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, May 10 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, May 10 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Frontier Animal Society benefit night at The Piggery Theatre, North Hatley on May 13 at 8 p.m. featuring David Francey, promoting his new album Empty Train. Limited number of tickets. To reserve call Mary at 819-838-1421 or Linda Peacock at 819-868-2684. If you wish to support our Shelter, please buy your tickets from us.

NORTH HATLEY

THE MASSAWIPPI MUSIC FESTIVAL IS BACK IN 2016! Concerts every Saturday at 8 p.m. during the month of June in North Hatley's beautiful St. Elizabeth's Church (3115 Capelton Road). With spectacular artists such as the concertmasters of the Toronto and Montréal Symphonies, Jonathan Crow and Andrew Wan, the internationally renowned Ensemble Caprice, the principal clarinetist of the Metropolitan Orchestra of Montréal, Simon Aldrich, and two of our very own talented regional soloists, cellist Erich Kory and pianist Tristan Longval-Gagné. Don't miss your chance to see these world class musicians. Special subscription price for all four concerts. Tickets: Pauline Farrugia 819-842-1072 / estria@cgocable.ca.

MAGOG

Green Burials and Home & Family-centred Funerals. Funeral Director Stephan Elkas will speak about environmentally friendly, alternative burial options that are locally available. Wednesday, May 11, 10 a.m. to noon, at the Memphremagog Community Learning Centre, Princess Elizabeth School, 120 Bellevue. Free of charge. Small donation for refreshments. All are welcome. Session 3 in "Happy Endings" series of 5 workshops. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie.

NORTH HATLEY

Green Burials and Home & Family-centred Funerals. Funeral Director Stephan Elkas will speak about environmentally

friendly, alternative burial options that are locally available. Friday, May 13, 10 a.m. to noon, at UUEstrie, 201 Main (downstairs). Free of charge. Suggested donation for refreshments: \$2. All are welcome. Session 3 in "Happy Endings" series of 5 workshops. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie.

LENNOXVILLE

There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, May 11, at 1:30 p.m. Everyone welcome.

LENNOXVILLE

Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, May 11, at 7:00 p.m.

BULWER

500 card party at the Bulwer Community Center, on Jordan Hill Road, Thursday, May 12 at 2 p.m. Card game followed by distribution of prizes and light lunch. Admission charged. For more info contact Peggy Roy (evenings) at 819-875-3571, and mark your calendars for the next one May 26!

RICHMOND

Richmond Legion Brunch, 235 College N., Sunday, May 15 from 9 a.m. to 12:30 p.m. Our menu consist of: eggs, sausages, ham, home fried potatoes, pancakes, home made beans, toast, coffee, tea, juice, jams, and much more. Adults \$8., children under 12 years old \$4. All welcome to great brunch.

AYER'S CLIFF

Sunday Brunch on Sunday, May 15 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

LENNOXVILLE

1st Lennoxville Scouts BottleDrive and Food Drive on May 14, from 9 a.m. to noon. Bottle & Can collection to benefit the 1st Lennoxville Scouts. Collection of non-perishable food items to benefit the Cornerstone Food Bank of Lennoxville (thanks for checking the best before

dates!). Drop off point: SWM Peinture (215 Queen St., Lennoxville). Call for pick up: Melissa (819) 562-4969, please leave message on answering machine. Leave your bottles & cans and food items at the end of the driveway for us to pick up! Please only put them out in the morning and by 9 a.m. Thank you for your support!

DANVILLE

Country Gospel Hour featuring Dave and the Wranglers on Sunday, May 15 at 2 pm. at St. Augustine's Church in Danville. Refreshments to follow. For tickets or information contact Marilyn Mastine 819-839-2554 or the Rev. Lynn Dillabough 819-239-6902.

BURY

The Bury United Cultural Center will have '500' card parties this spring on Mondays, May 16, 23, and 30; beginning at 2 p.m. Then on Thursday, June 9, there will be a 'MILITARY WHIST'. All events will be held at the center and will be accompanied by the usual great lunch and lots of prizes. Everyone is welcome.

BULWER

Bulwer Quebec Farmers' Association will meet at the Bulwer Community Centre on Thursday, May 12 at 8:30 p.m. Pot-luck lunch. All welcome.

LENNOXVILLE

Sherbrooke Women's Connection meeting, May 17, at 9:30 a.m., at the A.N.A.F. #318 (The Hut), 300 St. Francis St., Sherbrooke. Annual Plant Exchange and speaker Melody Well-Thomas. Info 819-563-8061.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

What is the polite thing to do with a guest who carries a gun

TUESDAY, MAY 10, 2016

Annie's Mailbox

Dear Annie: What is the polite thing to do with a guest who carries a gun?

I do not like guns in my house, but I have a friend who adamantly refuses to leave his gun at home when he comes here. Do people who carry a concealed weapon have an obligation to notify the host before entering their residence? — Pennsylvania

Dear Pennsylvania: Yes. More importantly, it's your house. You get to set the rules, and if you don't want guns, say so. You can't force him to be honest about having a concealed weapon, but you certainly can inform him of your preferences.

If your friend won't leave home without his gun, you can ask him to put it in a drawer, cabinet or closet that you can lock. If he insists on wearing it in your house when you have asked him not to, we'd politely tell him to leave. If he says he won't visit anymore unless he can bring his gun, regretfully say that you'll miss him. People who are guests in your home should be respectful of their hosts.

Dear Annie: I would like to share some additional thoughts in regard to the letter from "Befuddled Grandma," whose grandchild has a food allergy, and

who was unable to buy treats for her other, allergy-free, grandchild.

We have a young grandchild with a life threatening milk allergy. According to Food Allergy Research and Education, 1 in 13 children has a food allergy. Unfortunately, many people do not know about or understand the seriousness of an allergic reaction. It can be more than itchy hives or an upset stomach. In our case, my grandchild can go into anaphylactic shock, which can lead to death.

It is stressful for families. Reading food labels is a must, as allergens can crop up in unexpected places. There is often cross-contamination in processed foods, and in food preparation in homes and restaurants. It is not required by law for food companies to disclose if multiple foods are processed on shared equipment.

Sensitivity and understanding are tremendously appreciated by those dealing with a serious food allergy. Inclusion is important so that children are not made to feel left out when so many activities involve food. Perhaps schools (and others) will consider eliminating food treats altogether and choose some other

"reward." You often don't know that a child has a food allergy until there is a first-time reaction, which can result in an unexpected life-threatening situation.

For more information, please tell your readers to look at foodallergy.org. The website covers such topics as food culprits, treatment of reactions, how to manage allergies, foods and their ingredients, and alerts. We can all help. — Concerned Food Allergy Advocate

Dear Concerned: People often think food allergies are minor, or worse, optional. They think it's silly to have to cater to all of these food issues, and we hope your letter will open their eyes. We especially like your idea of nonfood prizes and treats, not only because it eliminates the danger of anaphylaxis, but also because it helps re-program kids to stop rewarding themselves with unhealthy, high-calorie edibles.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at [Facebook.com/AskAnnies](https://www.facebook.com/AskAnnies).

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.

“ BR TNGDPT ABFX TNWXRLBDS YMNW
C ZNNPI SGRLMBX TND S, JGR BR'T
RMGX; B ZCT MCBTXP BD C YMXBSLR
HCM.” — WXMAX LCSSCMP

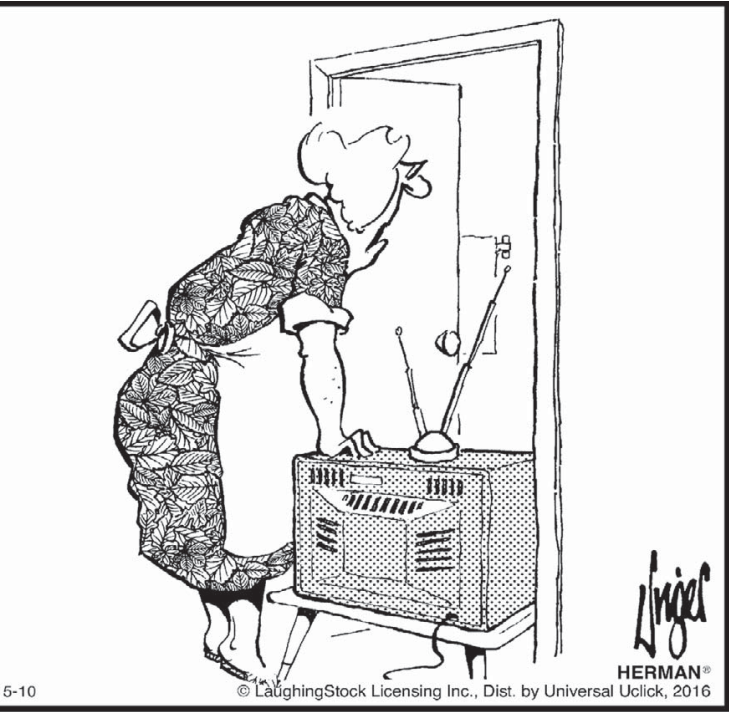
Previous Solution: “Garry Shandling was as kind and generous as he was funny and that is saying a lot.” — Jimmy Kimmel

TODAY'S CLUE: C equals H

REALITY CHECK

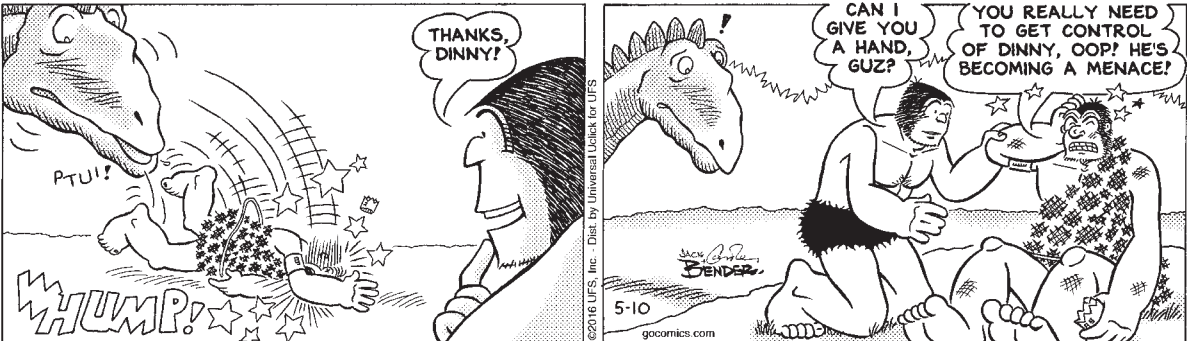


HERMAN

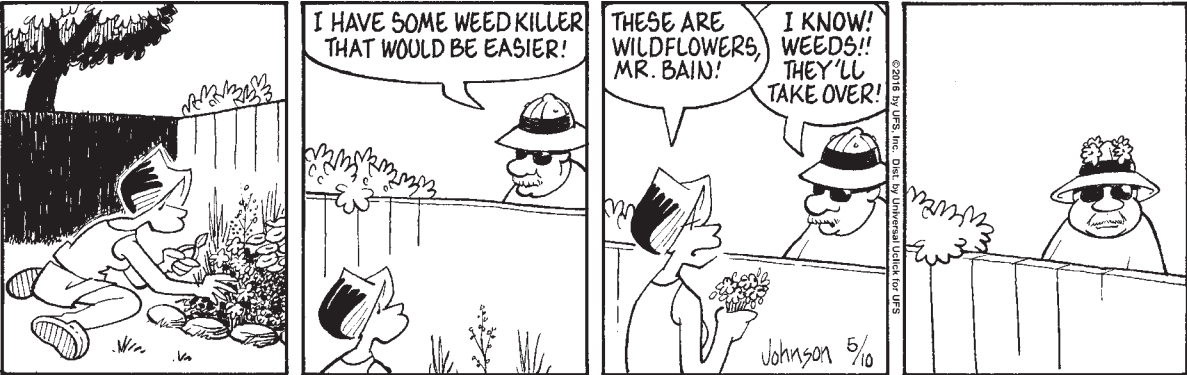


“How much longer you gonna be in this bathroom?”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



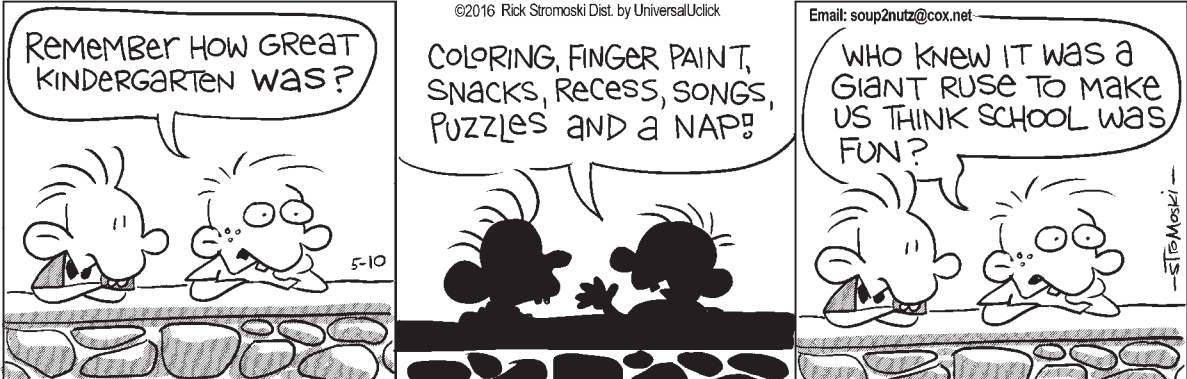
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Wales Home news April 2016



By Rebecca Taylor

With April came sunshine and some warmer days. This meant that more residents took walks outside, sat out under the covered roof at door 6 and in the sun porch. It was also a busy month for our activity department. We said goodbye to our stagiaires Lisa Astrologo and Claudie Levesque. We wish them the best of luck in the future.

A dance was held in the main living room on the afternoon of the 6th. Paul Richard provided the music for this entertaining afternoon.

Our annual Volunteer Evening was held on the 11th. A huge thank you to our more than two hundred volunteers for all the contributions that they make to the Home. During the evening participants enjoyed a chance to visit, refreshments and a few songs from members of the Lumiere des Nations Church.

A Chocolate Sale (Mami Lou) was held in the living room on the 14th. Collection Normandin held a Clothing Sale in the living room on the 21st. Residents and their drivers enjoyed an outing to the Temps de Cerises Restaurant in Danville on the 19th. The Birthday Tea was held on the 4th floor on the 20th by St. Augustine's Church Women. Thanks ladies!! Zootherapy took place throughout the building

on the 21st. Thanks to Caroline and her furry friends. We were joined by eight animals. A Girl Guide cookie sale took place on the afternoon of the 23rd. The official inauguration of the 4th floor Mitchell Wing took place on the afternoon of the 23rd with a special open house. Our thanks to the Mitchell Family for their generosity.

On the afternoon of the 25th, a Happy Hour with music by the Castaways Band was greatly enjoyed. On the evening of the 25th, the Roxton Singers joined us in the living room for some more musical entertainment. Storytelling by Louis Lavoie was much enjoyed on the afternoon of the 28th. He recounted the story of Jacques Cartier. He wore the costume and told the story in first person to make it come alive. On the afternoon of the 29th, Rebecca Taylor held a Poetry Afternoon in honour of poetry month. When she was finished reading poems that she herself had written as well as some she had found online, punch and cookies were served while Robin Goodfellow gave a wonderful musical performance on the piano. On the afternoon of the 30th, Diane Duguay's students gave a beautiful melodic concert in the living room.

Welcome to Charles Catchpugh, Rick Thomson, Carole Quinlan and Clarence Kendall. Our sympathies are extended to the family and friends of Charles Clarke and Jean Humphries.

The Wales Home Foundation's golf tournament will be on August 18th this year. If you would like to play or be a sponsor, please contact Brendalee Piironen (bpiironen@waleshome.ca, 819-826 3266 ext.247) or Courtney Grainger (cgrainger@waleshome.ca, 819-826-3266 ext.251).

Copies of "Memories Everlasting," are still available for sale exclusively at the Wales Home. They are \$20 and can be purchased by contacting

Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca. Mailing is available for an additional cost. All proceeds from the sale go to the Wales Home Foundation. We are currently working on the sequel which will be titled "Timeless Memories" and if you have a story which they would like to share for this book, please send me an e-mail or a note and I will consider including it.

Are you interested in learning more about what is going on at the Wales Home? Visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/pages/R%C3%A9sidence-Wales-Home-CHSLD-Wales-Inc/359173890897086> for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, pricing etc., or if you'd like to become a volunteer.

We hope that you have enjoyed your read. Keep your eyes out next month for another edition of the Wales Home News.

SUDOKU

Difficulty: 3 (of 5)

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

5-10-16

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

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Your Birthday

TUESDAY, MAY 10, 2016

Your intuition will point you in the right direction. You can turn your ideas into tangible projects. Your creative imagination and desire to finish what you start will help you reach your goals. Delve into different cultures in order to gain insight into new possibilities.

TAURUS (April 20-May 20) — Solutions will be found if you discuss your concerns openly. Persuasive tactics will help you get your way. You will be offered the chance to travel or reunite with someone special.

GEMINI (May 21-June 20) — Go over details carefully before moving forward with a project that someone is shoving on you. Your talent and skill will be in demand, so pick and choose carefully.

CANCER (June 21-July 22) — Your emotions will surface easily. Don't make impulsive moves. If you plan your actions, you will stay on top and win the favors required to excel. A romantic gesture will impress a loved one.

LEO (July 23-Aug. 22) — You'll be tempted to meddle. Don't let anyone drag you into a no-win situation. Keep your distance and focus on making personal changes. Your job will be affected if you take sides.

VIRGO (Aug. 23-Sept. 22) — Show some confidence and lay out your plans. You will impress the people you encounter if you get involved in educational pursuits or functions related to your work.

LIBRA (Sept. 23-Oct. 23) — Look for a

way to bring about change without upsetting too many people. You'll be ripe for pursuits that require travel, discipline and learning. Do what's best for you.

SCORPIO (Oct. 24-Nov. 22) — The level of your accomplishment will depend on how willing you are to follow your dreams. Don't be afraid to do things differently. It's your unique ideas that will take you furthest.

SAGITTARIUS (Nov. 23-Dec. 21) — You won't get a unanimous vote of approval, no matter what you do. Be wary of the person too eager to help or offering something that sounds too good to be true.

CAPRICORN (Dec. 22-Jan. 19) — You've got everything you need at your fingertips, so don't hesitate to make your move. Take the initiative to bring about domestic and financial changes.

AQUARIUS (Jan. 20-Feb. 19) — You'll face opposition if you are too vocal regarding your plans. Bring about change quietly and do your due diligence when it comes to money matters and professional gains.

PISCES (Feb. 20-March 20) — You'll gain support if you rely on people you've worked with in the past. If you stick to information that has been tested or proven to work, you'll avoid criticism.

ARIES (March 21-April 19) — Emotional issues pertaining to your home and family will escalate if you bring about changes without getting approval first. A money matter is best handled delicately.

TUESDAY, MAY 10, 2016

Allow for both of the bad breaks

By Phillip Alder

Emmeline Pankhurst, who was the best-known of the suffragette movement in England, said, "We are here, not because we are law-breakers; we are here in our efforts to become law-makers."

In bridge, we have suit splits, and those players who best accommodate bad breaks will be win-makers — if there is such an expression.

Here is another deal I was sent by a reader. What do you think of South's opening one-no-trump bid? How should he have planned the play in three no-trump after West led the heart five: queen, seven, two?

Opening one no-trump whenever holding 15, 16 or 17 points has reached almost epidemic proportions with non-experts. I have seen players open one no-trump with a six-card major and, even worse, 5-5 in the majors!

When you have a five-card major and 5-3-3-2 distribution, it may prove costly to open one no-trump; although, it must be agreed, if you open in the major, especially when it is hearts, you may face an awkward rebid.

Your rebid is a critical consideration. Here, if South opens one club, he has an

		North		05-10-16	
		♠ 10 7			
		♥ Q 9 3			
		♦ A Q 10 7			
		♣ Q 10 6 3			
West				East	
♠ J 3				♠ K Q 9 6 4	
♥ K 10 6 5 4				♥ J 8 7	
♦ 5 2				♦ K J 6 4 3	
♣ J 8 7 4				♣ —	
		South			
		♠ A 8 5 2			
		♥ A 2			
		♦ 9 8			
		♣ A K 9 5 2			
Dealer: South					
Vulnerable: Both					
South	West	North	East		
1NT	Pass	3NT	All Pass		
Opening lead: ♥ 5					

easy one-spade rebid. Then, North might rebid one no-trump (a tad cautious), two no-trump (a tad aggressive) or three clubs (despite the soft hand). Regardless, three no-trump rates to be the final contract.

The play should not be testing. The risk is a 4-0 club break, but by cashing the club ace (or king) first, declarer can finesse through either opponent to gain five club tricks. So, at trick two, declarer should lead a low club to his hand. Here, he wins one spade, two hearts, one diamond and five clubs.

CROSSWORD

- Across**
- 1 Big celebration
 - 5 ___ guy: dependable sort
 - 9 Paper size
 - 14 Village People song with arm motions
 - 15 Samoan capital
 - 16 Send packing, as a delinquent tenant
 - 17 "Peanuts" outburst
 - 19 Towel material
 - 20 Arg. neighbor
 - 21 Fruity soft drinks
 - 22 Student's organizer
 - 23 Self-indulgent period
 - 25 Grooves from wagon wheels
 - 26 Distress call at sea
 - 32 Where many a lanyard is woven
 - 35 Two-handed hammer
 - 36 ___ Claire, Wisconsin
 - 37 Spectral array

J	U	L	E	P		M	O	A	N		S	H	E	S	
A	N	I	T	A		E	X	P	O		M	I	N	T	
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E	S	A	U			A	S	P	S		E	X	I	S	T

- 38 Zig when you should have zagged, say
- 39 Dry as the Mojave
- 40 Tax-auditing org.
- 41 Maritime measure
- 44 Zippo
- 45 Off-the-cuff comment
- 48 Hunter's target
- 49 Discuss again and again
- 53 Regular on the slopes
- 56 Slope overlooking a loch
- 58 "Who, me?"
- 59 Makes less difficult
- 60 Oil metaphor
- 62 Those girls, in Spain
- 63 Word of honor
- 64 First chip in a pot
- 65 Rodeo rope
- 66 Sledder's cry
- 67 Pre-weekend shout ... and a hint to the first word of 17-, 26-, 45- and 60-Across

- Down**
- 1 Old-fashioned "How about that!"
 - 2 Love, to Luciano
 - 3 Talent finder
 - 4 Consumed
 - 5 Flower exhibits
 - 6 TV role for Ronny
 - 7 Garbage bag closers
 - 8 Bungler
 - 9 Beatles title after "Speaking words of wisdom"
 - 10 Despite that
 - 11 Encircle with a belt
 - 12 Orchard measure
 - 13 Space travel dist.
 - 18 Explorer Vasco da ___
 - 22 Town
 - 24 Little pranksters

- 25 "The Shining" mantra
- 27 Chicago Fire Mrs.
- 28 Brink
- 29 Prefix with space
- 30 Picnic spoiler
- 31 "C'mon, bro!"
- 32 Stylish
- 33 Otherworldly radiance
- 34 Sticky situation
- 39 Pharaoh's cross
- 41 Hall of Fame manager Tony
- 42 Grade sch. level
- 43 Common swimmer's ailment

- 46 In high spirits
- 47 Smell really bad
- 50 Mixed in with
- 51 Conductor Sir Georg
- 52 Part of HDTV, briefly
- 53 Visionary
- 54 Curly cabbage
- 55 Land surrounded by agua
- 56 Boring
- 57 Hourly charge, e.g.
- 60 Present decoration
- 61 Thug's gun

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