



Attempted bank robbery in Brome Lake

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Exhibit at Ye Olde Blacksmith gallery

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THURSDAY, AUGUST 22, 2019

Province investing in local roads

Record Staff

The Government of Quebec announced financial aid totaling \$2,429,734 to towns and municipalities in the Eastern Townships on Wednesday in order to improve local road networks. The communities of Compton, Sainte-Anne-de-la-Rochelle, Lawrenceville, and Sainte-Catherine-de-Hatley all benefit from the new funding, which is being drawn from the Acceleration of investments in the local road network and Rehabilitation of local road infrastructures components of the Local Road Assistance Program.

"The financial assistance announced today will support cities and municipalities in the maintenance and improvement of their road network," said Transport Minister François Bonnardel. "I would also like to point out that \$ 4.7 billion will be invested over the next two years in the highway system under the responsibility of the Department of Transport."

The breakdown of the funds is as follows: \$239,267 to Compton, \$149,475 to Sainte-Anne-de-la-Rochelle, \$1,540,992 to Lawrenceville, and \$500,000 to Sainte-Catherine-de-Hatley. The Rehabilitation of local road infrastructures component of the Local Road Assistance Program aims to improve the overall state of the local road network by providing financial assistance for the realization of work identified by cities or municipalities as part of an intervention plan. The Acceleration of investments in the local road network aims to improve the overall condition of the local road network by providing financial assistance for works that are not eligible for the Rehabilitation of local road infrastructures component.

PM Trudeau comes to Sherbrooke to endorse Élisabeth Brière



Compton-Stanstead MP and Minister of Agriculture and Agri-Food Marie-Claude Bibeau celebrated the investiture of Sherbrooke candidate Élisabeth Brière, alongside Canadian Prime Minister Justin Trudeau on Tuesday, as Canada inches towards a crucial federal election.

By Emilie Hackett
Special to The Record

Canadian Prime Minister Justin Trudeau made his way to Sherbrooke on Tuesday, August 20, to announce the investiture of Élisabeth Brière as the Liberal candidate for Sherbrooke in for the 2019 federal election. Brière is facing a great challenge, as the Sherbrooke riding was last represented by a Liberal MP in 1984. Compton-Stanstead MP Marie-Claude Bibeau and many other

Liberal representatives were present at the Times Hotel for the event.

Brière works as a notary in Sherbrooke and has been highly involved in the community. She is the Maison Aube-Lumière's chair of the board of directors and has been a lecturer at Sherbrooke University since 1995. Her investiture with the Liberal Party of Canada (LPC) is her first experience in federal politics.

"I can really feel the energy in this room," said Bibeau to the several dozens of Liberal supporters gathered as she

introduced Brière. "We have a positive energy because our politics are positive. In 2015, there was a red wave on the Atlantic, with 40 Liberal representatives in Quebec. It has been 26 years that Sherbrooke has been sitting on the opposition benches in Ottawa, and it's time for that to end."

"Élisabeth Brière is an exceptional candidate. She has a big heart with strong values. She is a notary, a conference

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LOW OF 11



FRIDAY:
SUNNY

HIGH OF 21
LOW OF 11



SATURDAY:
SUNNY

HIGH OF 23
LOW OF 9



SUNDAY:
SUNNY

HIGH OF 25
LOW OF 6



MONDAY:
SUNNY

HIGH OF 24
LOW OF 8

Have you tried turning it off and on again?



ROSS MURRAY

In the British series “The IT Crowd,” the running gag is the incoming phone call to the IT Department, with the standard and immediate response being, “Have you tried turning it off and on again?” It’s a great gag because we (the tech-savvy viewers) get to scoff at the unidentified callers (moronic drones) who can’t troubleshoot their way around the most basic problems with their computer/printer/internet/yea, even unto the fax machine.

I laugh with smug delight because I can certainly find my way around a network printer. I can even install a network printer, which impresses the ladies no end. I can send things up and down from the cloud like I was the water cycle personified. In my house, I’m the person they count on to fix all technology problems, when, trust me, they don’t ask me to fix anything else.

I’m called on to fix these things, mind you, because, as with real-world IT guys, there’s the sense that I’m the one who broke it in the first place. That’s why when I got home last week and found that the internet was out, I knew it was imperative to get it running as soon as possible. Otherwise, it would be, “Dad!

The internet’s not working! It’s not working! What’s wrong with it? Why? My world is collapsing! Make it work! MAKE IT WORK!”

So I did what you’re supposed to do when the internet goes out: I tried turning it off and on again. I rebooted the router, the modem, my devices. It was connecting, but the message kept popping up, “Server not found.”

I looked at the power supply. The black plug was in the wall, as always. I removed the jack from the modem, waited 10 seconds, and put it back in. I did the same for the router. Finally, I gave in and phoned our provider.

“I’ve tried turning it off and on again,” I said pre-emptively because I thought my technician might appreciate the reference. Also: it’s good advice.

“Let me look into it,” he said. “Hmmm, there’s no interruption of service. Are there lights flashing on your modem?”

I walked over to where the modem and router were, on the desk with the afternoon light streaming in. “It’s hard to see the white lights because of the sun, but I think they’re on,” I said.

“That’s your router,” said the tech guy. Embarrassing. “The modem, the small box, are there lights?”

I squinted at it. “Really hard to see any. Like I said, it’s really bright over here.”

“Is it plugged in?” he asked.

“Yes, it’s plugged in. It’s right here.” I followed the cord of the black plug from the wall socket and found... the jack plugged into nothing. I then followed the cord that led from the modem to discover its plug sitting on the table behind the books.

“It was unplugged!” I told the IT guy. “Someone unplugged it and plugged in another black plug that looked just like it.”

“Is there anything else I can do for you today, Mr. Murray?”

I wanted so badly to explain to the IT guy. I wanted to demonstrate to him that I’m not like those other dunderheads who call because they’ve accidentally cut the power supply. I wanted to describe in detail the mess of cords that tangle like weeds in our own little IT corner of the house. I wanted him to drop everything, grab his car/scooter and get over here so I could show him how bright the afternoon sun is; we don’t even have blinds on that window. I wanted him to meet my family, who would provide testimonials – written affidavits, if necessary – that I do indeed know my way around software without having to use air quotes when I say I “fixed” it. I wanted to tell him about all the stereos I’ve hooked up over the years. I wanted to explain to him what a stereo is. I wanted to introduce him to my children so he could understand that there are people – savages, really – who unplug plugs without considering that those plugs might be powering important things, like the internet, my God, the internet! The INTERNET! I wanted to demonstrate to the IT guy – nay, I needed to demonstrate, like my entire self-worth depended on it – that I was not the type of person to whom you have to sardonically suggest, “Did you try turning it off and on again,” though it turns out I apparently am.

“No, I’m fine. Thanks,” I said.

“Have a good day, sir.”

What a joke.



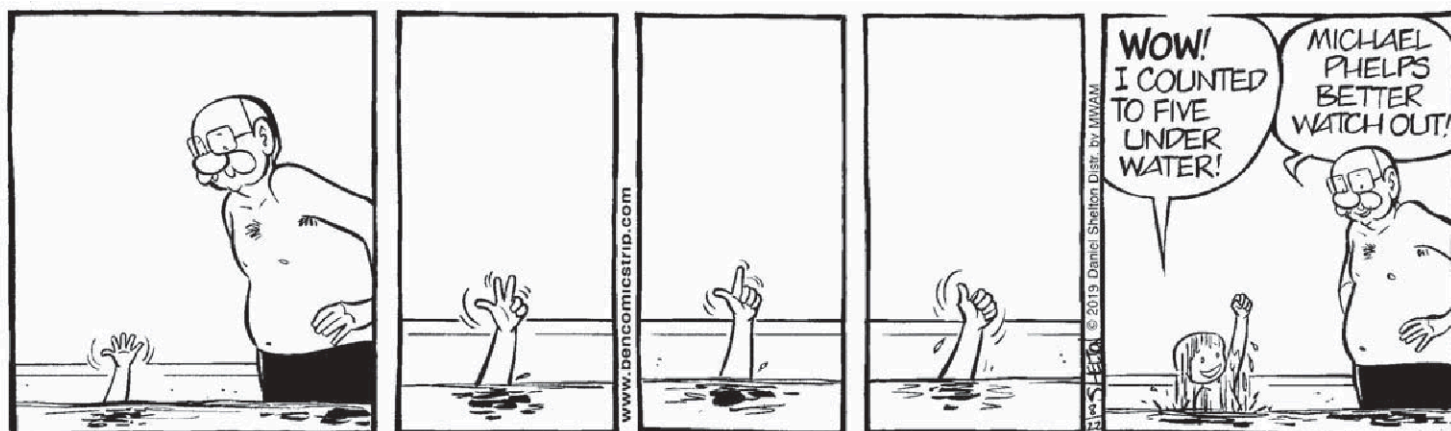
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LOCAL NEWS

"Usually I don't talk about the disease. I try to make people think I'm healthy," she said

Magog to host multiple myeloma march in early September

By Gordon Lambie

On Saturday, September 7, Magog will host its first ever edition of the Multiple Myeloma March, a nation-wide fundraiser aimed at raising awareness about and funds to combat the world's second most common form of blood cancer. Scheduled to start at 8 a.m. at the Marais de la Rivière aux Cerises, this inaugural local walk is looking to attract as many participants as possible with the goal of raising at least \$15,000.

Multiple myeloma, also known as myeloma, is an incurable blood cancer that affects the plasma cells which are found in bone marrow. According to Myeloma Canada, eight Canadians are diagnosed every day, yet in spite of its growing prevalence, the disease remains relatively unknown.

Venus Bélanger, the organizer and spokesperson for the Magog walk, said that one of the factors in the lack of awareness around the disease is the way

that people living with the condition may try to fly under the radar.

"Usually I don't talk about the disease. I try to make people think I'm healthy," she said, explaining that after being diagnosed with myeloma at the age of 32 in 2003, she did her best to continue to live a normal, active life despite chronic symptoms like bone lesions and daily pain.

"I want to be the person who helps, rather than the person who needs help," Bélanger added. "My life changed from one day to another."

Myeloma, according to Bélanger, is a complicated condition because of the fact that it affects each individual differently.

"Everyone has a different type of the same disease," she said, using that as a point to underline the importance of research because of the fact that it means that every person with myeloma will need to be treated in different ways. Typically understood to be a disease that comes later in life, Bélanger said that myeloma is also starting to be diagnosed in younger age groups, showing how much remains unknown.

"Now we have to talk about it," she said, sharing that it took two years for her to be diagnosed with the disease because she was considered too young. "The goal of this march is to not only raise awareness for myeloma, but to also encourage people to donate to help fund future research. This is essential, because it will allow patients like me to have access to treatments which can help improve our quality of life and increase our life expectancy."

The Multiple Myeloma March is the flagship fundraiser of Myeloma Canada, a charitable organization, whose mission is to improve the lives of those impacted by myeloma and to support research toward finding a cure. While it



COURTESY

Venus Bélanger is the spokesperson for Magog's first-ever Multiple Myeloma March.

PM Trudeau

CONT'D FROM PAGE 1

speaker, instructor, and she is known for her professionalism. She is involved with the community, she believes in the well-being of people, and she believes in preserving the environment," added the Minister of Agriculture and Agri-Food. "She's a mother of three and her family is there to back her up. Trust me, you need a strong support to dive into politics. Élisabeth is also an athlete and she is ready to put on her running shoes to run this campaign."

"I'm proud to be part of Justin Trudeau's team. His leadership and the overview of what he's done over the last four years make me want to join the team to help build a stronger community in Sherbrooke," began Brière after a warm welcome by the crowd. "The LPC has im-

proved social programs such as the Canada Child Benefit (CCB) and taken 825,000 people out of poverty, including 300,000 children. They have created over one million jobs, have recorded the lowest unemployment rate in 40 years, they have invested in this country's infrastructure, and so much more."

"I have to highlight the great work that Marie-Claude Bibeau and her team have done. They have worked on major projects that have had positive impacts, such as the \$1.75 B that was announced in support of dairy farmers," added the aspiring representative, who, if elected, would become the first woman to represent Sherbrooke in Ottawa.

According to Brière, she joined the LPC because of her convictions and a convergence of three elements: her career, society's current condition, and the

Attempted bank robbery in Brome Lake

Record Staff

An attempted robbery took place at the BMO on Lakeside in Knowlton yesterday.

According to the SQ, the incident took place around 1 p.m.

The suspect entered the BMO and attempted to rob the bank.

The man was unarmed, the SQ said, adding that the robbery was unsuccessful.

He fled the scene and by mid afternoon had yet to be apprehended by police.

An investigation is in progress, the SQ spokesperson explained.



RECORD STAFF

is just getting started in Magog, the march is in its 11th year, across the country and the national fundraising goal has been set at \$550,000.

"Myeloma patients have seen their treatment options increase exponentially over the past decade. Thanks to major strides in research, not only has quality of life improved but we're encouraged to say that life expectancies have more than doubled in the past 15 years and this is continuing on an upward trend," said Dr. Michel Pavic, Head of the Hematology-Oncology Department at the CIUSSS de l'Estrie - CHUS. "We're now seeing incredibly promising treatment options that are helping us to stay ahead of the disease, such as such as CAR T-Cell therapy, Bi-specific T-cell engagers (BiTEs), immunotherapies, and many more advances that are in development. For the first time, we can actu-

ally say that we're getting closer to finding a cure. Investing in research is critical, which is why raising funds is more important than ever."

Magog is one of a record 28 communities across Canada participating in this year's Multiple Myeloma March.

"The annual Multiple Myeloma March is not just a fun, but essential, community-building and fundraising event. Through the march, those whose lives have been touched by myeloma get to meet and connect with one another while raising funds for advancing critical clinical research. Each step taken is one that brings us closer to finding a cure," said Martine Elias, Executive Director of Myeloma Canada.

More information on the myeloma march is available at myelomamarch.ca.

Conservative threat. "If I look at my career in the last 30 years, I can say that I've been privileged. I have helped a lot of people, I have listened to them, supported them, informed them, and accompanied them in happy moments, but sad ones as well," she said, referring to her work at the Maison Aube-Lumière, a non-profit palliative care hospice in Sherbrooke.

"I have been able to involve myself in the community and I support many causes and community organizations, like Aube-Lumière, the Alzheimer Society, and the Orchestre symphonique de Sherbrooke. And despite my heavy involvement, I've always tried to conciliate my work life and my family life," she admitted. "Family is the very foundation that our society is built on, and Trudeau's commitment to middle-class families is at the heart of my decision to join the LPC. It was

also a family decision with my husband and sons to enter politics."

"Although my work life is already very fulfilling and my involvement in the community very rewarding, I know I can do more and I want to do more," affirmed Brière. "When I see the challenges we're facing here at home and around the world like the rise of populism, the growing cynicism, the apathy, and the lack of compassion, I'm reminded of how lucky we are to live in Canada and I want to take part in protecting and promoting our values."

She mentioned that she wanted to build a better future for the Sherbrooke community, the country, and the planet. "Am I an idealist?" she asked. "Maybe. But I think it's always possible to do better. I don't want a rule under Andrew Scheer, which would basically be Harper 2.0, with

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2020 Subaru Outback



It's a wagon, no it's an SUV, no it's a...

PHOTO: SUBARU



By Derek Boshouwers

You would think that when people can't agree on what a product is, that might be a marketing problem. Not so with the venerable Outback, an adopted favourite son of Canadian consumers. Is it a wagon? Is it an SUV? Does it matter?

Apparently not. Subaru is currently riding a wave of relative success with a majority of its products, a benefit of the years-long head start it got in the field of utility models ahead of the current craze. Ironically, though, the brand's top-selling model in the U.S. remains... a wagon. OK, Subaru persists in calling it an SUV, but in reality we're dealing more with a wagon in slightly high heels.

Whatever, the Outback is deeply appreciated for the comfortable cabin and drive it delivers, and even the simplicity but high quality of its interior finishing. Then of course there's Subaru's excellent all-wheel-drive system, the Japanese brand's defining element and a valuable plus for Canadian motorists.

The Subaru Outback is, as we await a revised 2020 edition, still an excellent choice in 2019 for those who want a versatile, spacious ride that's heavy on the safety features and can go almost anywhere, within reason. Crucially, this edition does nothing to incite the brand's loyal fans to head elsewhere.

Technical specifications of the 2019 Subaru Outback

Do no harm
In terms of esthetics there's little change for the 2019. What modifications have been made for the new edition mainly involve the technologies and a few visual tweak.

My model for the week, the Subaru Outback 2.5i Limited, gets 18-inch alloy wheels as well as directional LED headlights with projection beams, not available on the two lower models on the food chain (the 2.5i and the 2.5i Tourism).

The Dark Blue Pearl finish has made way for two new colours, the Cinnamon Brown Pearl and Abyss Blue Pearl.

Driver comfort: Priority number-one
The interior of the 2019 Outback is still as "simple" and straightforward, and still as well-conceived and constructed as always, notably thanks to the wood touches. The seats are in soft leather and are 10-way power adjustable with shape memory. Everything, clearly, is thought

out with driver comfort in mind. However, you will have to go for the Limited trim or above to get the heated, telescopic and leather-wrapped steering wheel.

The front passenger is not neglected either, with power adjustment for their seat. In back, the seats are heated in the Limited version, and passengers get two USB ports.

The central console features a 6.5-inch infotainment screen, which in this age of ever-growing monster screens seems almost a bit Grinch-like. Fortunately that inflates to 8 inches in the 2.5i Limited we drove. Also, Subaru has included both Apple CarPlay and Android Auto compatibility as standard functions on every trim, as well as GPS navigation.

The Limited comes with an impressive premium audio system from harmon/kardon that seduces you with 12 speakers and 576 watts. Take note that you won't get this with the two entry-level versions.

Starting with the Outback 2.5i Tourism edition, the EyeSight safety suite is available as an option. This includes pre-collision braking, pre-collision brake assist, pre-collision throttle management, adaptive cruise control, lane departure warning, sway warning, lane keep assist and forward vehicle departure alert.

Overall, the space offered inside is one of the Outback wagon-cum-utility model. The cabin is extremely roomy and the sightlines are great, plus the back-seat passengers enjoy enough legroom to make long road trips pleasant. On top of which, Subaru still manages to offer up 1,005 litres of cargo space, which grows to 2,075 litres with the back bench folded down. This is really practical, as I was able to appreciate when fitting in quantity of hockey bags one night with little fuss.

The mechanics
The current Outback comes with a choice of two engines. Our tester, as its designation indicates, is fitted with a 2.5L 4-cylinder engine making 175 hp and 174 lb-ft of torque, wedded to a continuously variable transmission.

The other possibility is a 3.6R engine for the Tourism, Limited and Premier; this setup features a 3.6L 6-cylinder engine generating 256 hp and 247 lb-ft of torque.

Of course, Subaru symmetrical all-wheel-drive system is what's made the Subaru name among those who want/need to drive in tougher conditions than your average trip to the mall. And of course, it's included standard here as in all Subaru models and trims, and it's as effective as ever in helping make driving easy when the snow falls and the road ices over. My test took place at the very end of winter, with the last bits of snow still on the ground, so I had at least some chance to confirm once more how well

Subaru vehicles grip the snow in comparison with, say, my own FWD compact SUV.

Now, that does have at least some effect on fuel consumption. The official figures for the Outback are 9.4L/7.3L/100 km (city/highway); for someone like me who does most of their driving in the urban jungle this can mean some big spending at the pump. My total for the week in fact was a miserable 14L/100 km. Yes, it was almost all in the city, with some snow on the ground and coldish temperatures, but that's still pretty bad. In fact I'm at a bit of a loss to explain the huge discrepancy with Subaru's official numbers. A longer test drive would surely provide a more-accurate reading of how gas-guzzling this Outback is...

On the road

For starters, let me say the ride you get from the Outback is generally a very quiet one. Whether you're in the city or cruising on the highway, the Outback is not unpleasant to drive; it's, overall, a competent distance traveler. But competent, and not unpleasant. Don't add up to exciting. In fact the drive is like the interior of my tester: beige. To be honest, when driving the Outback in usual conditions you'll be had-pressing to squeeze many sensations out of it. The CVT, for one, does its job competently but without much of a soul. And while it weighs but a relatively sprightly 1,600 kg, the Outback is not exactly nimble.

On the other hand, when you push the Outback at a series of successive curves, for example, you do see where this Subaru outdoes rivals. The vehicle stays quite stable and firmly stuck to the ground, even with that slightly elevated suspension. Steering is crisp and the AWD system combined with the tires ensure strong road grip.

Acceleration is acceptable if not pulse-raising. That AWD system sends 60% of power to the front wheels and 40% to the rear axle, and there's nothing to complain about regarding its effectiveness.

X-Mode

One of the added benefits of Subaru's AWD system is the X-Mode function, a parameter that allows the driver to head securely off-road on challenging terrain at a speed of up to 40 km/h. The system maintains a lower gear than the CVT would use on the road all while applying a little harder on the accelerator, which allows the stability control to turn the wheels at a steady, slow speed. For lovers of off-roading, this function will quickly feel indispensable.

- We like • Interior space and visibility
• Very comfortable cabin
• A decent distance traveler
• Standard AWD, of course
• X-Mode for the more adventurous types
We like less
• Gas gluttony

PM Trudeau

CONT'D FROM PAGE 3

his opposition to women's rights and his obsession with austerity and cutting public services. We have to protect our values."

"If I'm elected, I will make sure to implement measures to protect the environment. Every gesture counts, no matter how small. I will continue to invest in hybrid public transport, stop the use of single-use plastics, and promote and support the development of eco-friendly technologies," added Bernier. "Only the PLC can make a real difference. I also care deeply about the condition of women. Lately, there has been a resurgence of anti-abortion groups and ideologies. This is unlike the values of equality, tolerance, and inclusivity that the PLC has advocated. We need to protect the rights we have worked hard to achieve and to keep fighting for equality," she maintained. "I also want to advocate for immigration, for our need for it and the way we welcome immigrants. We need immigration for our workforce, and we need to fight against the Conservatives and those who want us to believe that immigrants are a threat. We also need to integrate immigrants by supporting community organizations and promoting cultural exchange with events like the Festival des Traditions du Monde. I'll also prioritize families. The CCB has really made a difference in the lives of Canadians and we need to save it from the Conservatives' heartless budget cuts," asserted Briere. "As of January 2019, the CCB helped over 10,000 families, including 18,000 children, right here in this riding, as they received over \$6 M in assistance. The LPC has done a record level of investments during its mandate, but better is always possible. I also want to modernize Sherbrooke's infrastructures, to make our city a true hub of innovation, research, and tourism."

"I invite citizens to vote for the LPC this fall. We do not want to go backwards with the Conservatives, we don't want to choose a representative with no real power, and we don't want to bring back old constitutional wrangling," she contended. "We will give ourselves a strong voice by voting for determined and committed women like Marie-Claude Bibeau and myself to represent Sherbrooke in Ottawa."

Premier Trudeau took the opportunity to celebrate Bernier and say a few words himself. "I know that when we look at politics nowadays, it's easy to feel depressed and frustrated. There's always something to fight about and to be negative about. But what I see here is a room full of people involved in their community, who are optimists, and want to support this extraordinary candidate. I see people who believe in positive politics," he expressed.

"Unlike the Conservatives' choice of austerity, we want to invest in our communities, in our infrastructures, in our middle-class families and in everyone working hard to join that class. Everything that we have accomplished so far was not the work of the LPC," he ensured. "All our successes were brought here by Canadians. Your ambition, your hard work, your positivity, your involvement, and your compassion have made this possible. I see this spirit in Sherbrooke, in Quebec, and in all of Canada."

"A lot of politicians out there have chosen to play up fears, amplify divisions, and exacerbate polarization and partisanship to turn people off of politics and to have them stay at home and believe that better isn't actually possible," explained Trudeau. "In 2015, Canadians made a clear choice to make a positive step forward, and to say that they want a government that is ambitious for their country, that is willing to step up and invest in our future, in Canadians, and in a better world. That's what we have done."

According to Trudeau, the choice is clear between what the LPC offers and a populist vision that has been more and more present in the last four years. "In 2015, I told myself that if we were able to pull off a positive campaign that didn't rely on attack ads and the politics of negativity and division, that if we put forward a positive vision of our country and our ability to step up, we could change politics because we would show that a positive vision could mobilize and indeed win an election over polarization and negativity. But I was wrong," conceded the prime minister.

"We've seen an intensification of negativity, polarization, populism, protectionism, excessive nationalism in the world, insular ideas, and division. All these can brew strong feelings, they can bring people to the polls, but they will never let a government rule fairly for all," he declared. "We know that fear will never solve the great challenges that lie ahead of Canadians. Fear won't solve our economic challenges, fear won't save the environment, fear won't give Canada a better place on the global stage, and fear won't improve reconciliation with Canada's Indigenous Peoples." Prime Minister Trudeau recognized that there was a lot of work that still needed to be done in the country. "We will have many discussions in the upcoming weeks. You are all part of our team: ministers, representatives, candidates, volunteers, activists, organizers, and citizens. We all have a social duty to reflect on how to provide a better future for our children and grandchildren," he said. "Our opponents want you to be afraid, they want you to doubt our abilities to build a stronger country, to create opportunities and to solve problems. The last four years have been the stage for incredible progress but there is a lot of work to do, and we'll do it together."

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The Border Report

“My husband loved the Eastern Townships,” she said. “The last house we looked at, we bought it. We fell in love with the house.”

Exhibit at Ye Olde Blacksmith gallery featuring three local artists

By Steve Blake
Special to The Record

The next exhibition at the Ye Olde Blacksmith art gallery in Rock Island will focus on three local artists – two photographers and a collage artist. Collage is the art of creating pictures using multiple photos from other

sources, like magazines.

The vernissage will be Saturday, August 24, from 5 p.m. to 7 p.m.

Denise Canuel

Denise Canuel moved to Stanstead with her husband about 10 years ago after retirement from the Magdalen Islands.

“My husband loved the Eastern Townships,” she said. “The last house we looked at, we bought it. We fell in love with the house.”

Canuel learned the technique of putting pictures together seven years ago from Julis Garnier. The result looks like a picture or a painting. She gained an interest in the art form out of neces-

sity.

“I was not good at drawing,” she said explaining that when her job required her to make a poster, she created a collage. “For me, it’s the best way to express myself. It’s a surprise to myself.”

She sometimes has a theme in mind

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Phelps Camp – What a blast!



By Phelps Helps

Last week Phelps hosted the fourth week-long S.T.E.A.M. (Science, Technology, Engineering, Arts, Math) camp and it was a wonderful success! Teamwork, perseverance and innovation were the key themes of the week. The 28 participants, aged 10-13 enjoyed a variety of building challenges, cooking workshops, guest speakers, and even a trip to the Bombardier Museum of In-

novation in Valcourt, Qc.

New this year, Phelps had equal enrollment from both the local English and French elementary schools, emphasizing the importance of bilingualism and helping to foster new friendships between the two student groups. Phelps is very proud of all the participants for their willingness to practice their second language.

With such enthusiastic participation, we are hoping to be able to expand to 2



weeks next year! Thank you to all who helped to make this year possible. Check out our Facebook page to see more photos from our action-packed week.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring

program to six unique programs, providing the Stanstead area with free educational and career support. For more information or 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 pet: Juliette

Generally, small dogs, even the seniors, are adopted pretty quickly so we're a little stumped as to why Juliette has yet to find a home. She has been with us for almost 3 weeks with very little interest.

Juliette and another dog named Shanna were surrendered by a commercial breeder. Prior to coming into our care, they likely had no contact with one another, but it was really nice that they had each other as they adjusted to their new routine at the shelter. On Friday, Shanna was happily adopted, and while we are thrilled she is enjoying the comfort of a loving home, we can't help but feel a little sad for Juliette.

Juliette is safe, and we will continue to provide her with the care and socialization she needs but what she needs most, is a home and family of her own. Lacking socialization and having been denied the most basic of freedoms, she has had a lot to get used to. Even just walking on a leash was new and challenging. We're pleased to share that since her arrival, Juliette is progressing

nicely. She is very at ease with one of our regular volunteers and can now be coaxed over to others with a liver treat which she loves. She is also learning that the outdoors isn't such a scary place. She enjoys the warmth of the sun and the smells of the outdoors. She can now walk all the way to the end of the walking trail, which is huge in and of itself, but to be by her side as she finally begins to experience and enjoy the world around her is priceless.

Juliette is still timid, loud noises startle her, but she is gentle, sweet and loving. In a quiet home with a kind and patient adopter we know she will blossom. She just needs time. There are so many wonderful things that Juliette has yet to experience and discover. What she needs now is someone with whom to share these special moments. Juliette who is a long haired chihuahua, will be 6 in December and weighs 9 pounds.

Her ideal home is one where she is not left alone for long periods on a regular basis. She is fine with cats and ok with other dogs but she might be a little overwhelmed by a dog who is too big or

too energetic. As for kids, they must be calm and caring and old enough to understand and respect her needs.

To inquire about adoption, please give

our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m.



EDITORIAL

Well that's all changed. Most days now I ache, as Leonard Cohen so succinctly put it, "in places where I used to play."

Aging, aching and listening to your body



TIM BELFORD

To look at me now it's hard to imagine I was once a bit of an athlete. My name is on the Niagara Falls Sports Wall of Fame a couple of times (they couldn't afford a "Hall") for football and soccer. I played for the Under 21 Ontario provincial soccer champions and for the Nova Scotia Senior champions a few years later. I even have a cup for playing in the Ontario provincial Bantam Lacrosse championship.

You name it and I've tried it. I've been on championship hockey teams, softball teams and I was a better than average tennis player. But the thing is I always played with a certain gay abandon and that has its costs.

Each time I would come home with a broken ankle, a broken leg, a fractured arm, or a dislocated finger or two, my mother would shake her head and say, "You'll be sorry." It didn't matter. I fractured my skull, ruptured a kidney and tore a ham string so badly the only way I could climb stairs was to sit on the bottom step and using my arms lift myself up one tread at a time. I still didn't get it.

Well that's all changed. Most days

now I ache, as Leonard Cohen so succinctly put it, "in places where I used to play." I can predict bad weather or tell you what the humidex is better than Environment Canada, although that's not saying much. In short, my past has come back to haunt me.

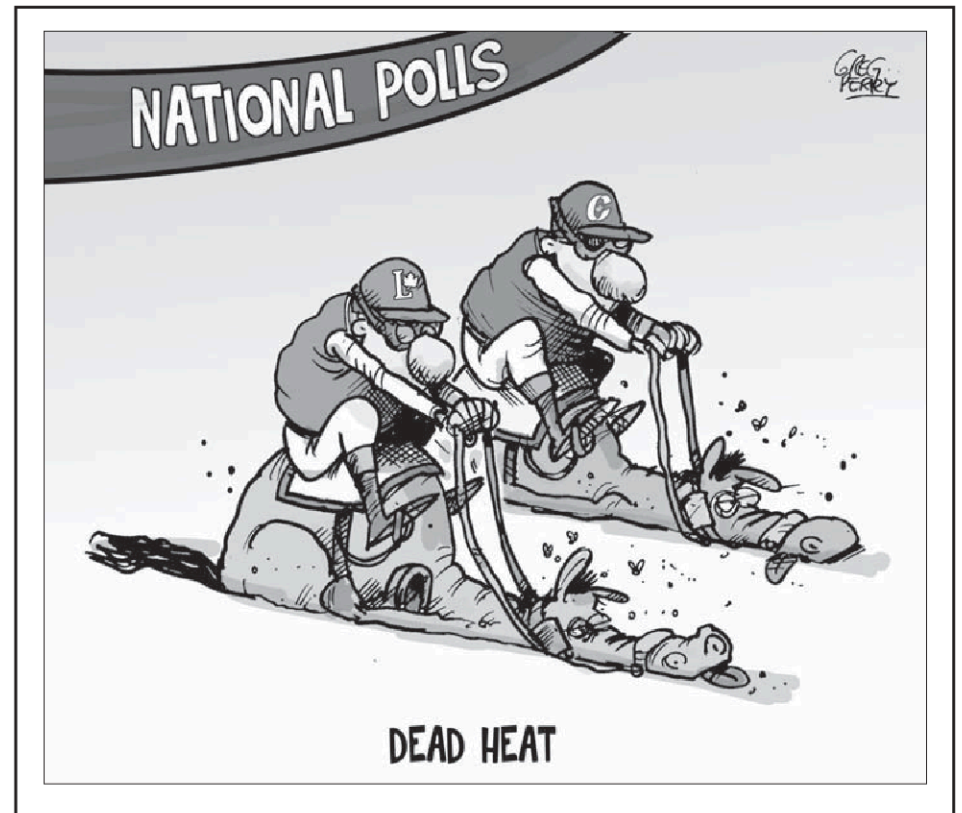
The one thing I have learned is that it pays to keep an eye on things. Like most jocks I have always shunned doctors. A little pain, a small ache, they'll pass. No big deal. After all as I told my bride, "I treat my body like a temple," to which she replied, "Yeah, the temple of doom."

But, as I said, I have learned. Things like blood pressure, sugar levels, cholesterol and hearing should be monitored regularly. Unfortunately I learned the hard way.

Last week I went to the optometrist for a routine check-up. I had been noticing for some time a number of what they euphemistically call "floaters" sliding across my vision. One in particular appeared to be more frequent and larger than the others. After the standard exam which included the usual chart reading, blowing air into my eyes, flashing lights etc. the doctor suggested an in-depth x-ray scan, something I hadn't bothered with for several years. It was a good idea.

Putting the results on the computer screen, he said, "I want to show you something. You have a detached retina and it's serious." True enough my retina had slid about two thirds of the way down the side of my eyeball. "If it slides to here," he said, pointing at the screen, "You could lose your eye."

This was at 3 o'clock. By 4 o'clock, thanks to the optometrist, I was in the hospital ophthalmology department going



through the same air-blowing, light flashing, finger-following tests. The ophthalmologist agreed. It was a detached retina and it was serious. Another phone call and I had a 7 a.m. appointment with the surgeon. The following day this ophthalmologist explained that he was going to put an air bubble into my eye that, if all went well, would shift the retina back into place. All I had to do was go home and sit with my head turned to the right and lowered to a forty-five degree angle for that night and the next day. Saturday couldn't come quick enough.

At 8 a.m. I got the good news. It had worked. The retina was back in place. The bad news was that he was now going to re-attach it with laser surgery, a procedure akin to sticking thirty-six needles into your eyeball. But it's done and all

that's left is to wait a couple of weeks to make sure it worked

The point in all of this is that it's best to check when you see or feel something isn't quite right. You know your own body better than anyone. Listen to it. I was lucky and blessed. Lucky because, despite rumours to the contrary, our health system can react quickly in a crisis. Blessed, because the love of my life is able to change from her Nurse Ratched whites to chefs toque to lawn mowing sweats with ease and grace. She even makes a perfect Sea Breeze, although her idea of last call is a lot earlier than mine.

I'm writing this with one eye so don't look for a column next week. I will be in one of my favourite places, relaxing with my feet up and my head at a forty-five degree angle enjoying the waning days of summer and counting my blessings.

Anglo-Quebecers must act and support CAQ education plan

Some of the thoughts of Opposition Critic for Relations with English-Speaking Quebecers, Gregory Kelley, regarding Quebec's education system are partly forgivable because of his youth. ("Now is the time to act on Anglo needs," The Record, Aug. 21, 2019).

While it is understandable for him to fight for his mother, an appointed school board commissioner, and his fa-

ther, a former Liberal MNA, now chair of APPELE-Québec, a new organization created to maintain elected school boards, it is unforgivable to squander taxpayers dollars on a lobby group and other expenses. Ironically, it was only three years ago, MNA Geoffrey Kelley fought to scrap board elections and commissions.

Let's back up.

As another school year begins, I'm reminded of former Parti Québécois Education Minister Pauline Marois, who was most responsible for some of the most radical changes in the Quebec education system since the time of Confederation.

In addition to the formation of linguistic school boards two decades ago, I believe the creation of governing boards, composed of parents, staff members, principals and other educators becoming "educational communities," was her greatest accomplishment.

Since then, successive education ministers have pushed for greater decision-making power for parents at the school board level. Generally, they called for shrinking the power of school boards and making them more accessible and more accountable to parents.

Think of Liberal Education Minister Michelle Courchesne with her Bill 88, in 2008, which reduced the number of commissioners but increased the number of parent representatives at the board level. Consider Liberal Education Minister Sébastien Proulx and his Bill 105, in 2016, who granted voting rights for parent commissioners.

Last week, Quebec Community Groups Network president Geoffrey Chambers, the Quebec English School Boards Association executive-director Russell Copeman and APPELE-Québec chairman Geoffrey Kelley, met Education Minister Jean-François Roberge to discuss the CAQ plan that intends to transform boards into education service centers.

Presumably, they told Roberge that their organizations can do a better job of controlling and managing our English school system than what is proposed by the CAQ government.

Not so. Parents are at the centre of the system. After all, parents are the first educators. The aforementioned organizations do not have a monopoly on everything involving Anglo Quebecers.

I believe with the help of high-tech communication tools and social media, in our Internet era, our schools possess the knowledge, skills and expertise to do what is best for our children.

CHRIS EUSTACE
MONTREAL, QC

THE RECORD

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Stanstead to celebrate tenth anniversary of Stone Circle on September Fest

By Steve Blake
Special to The Record

The Stanstead Recreation Committee is planning the biggest September Fest celebration in conjunction with the tenth anniversary of the Stone Circle of Notre Dame Boulevard. The party will start at 1 p.m. on Saturday, September 14, and last until 11 p.m., long after the fireworks are complete. The committee has been in the plan-

ning process for four months.

A mechoui has been added to this year's festivities and there will be a microbrewery along with the entertainment.

"There will be things for adults and kids," Councillor and Recreation Committee member Helen Hamel said at a recent committee gathering at the Stone Circle. The committee wants to attract new people and keep them there longer.

The committee is having some place-

mats printed to advertise the event and local businesses. The placemats will be distributed to restaurants around the Townships.

The committee praised the support from local businesses and individuals. They helped pay for the water pad at Beebe Memorial Park, Hamel said.

Thanks to major contributors ticket the town can offer tickets at a reduced price, Hamel said. And the fireworks and the mechoui will be sponsored by local

industry. Mike Goudreau will perform beginning at 7:30 p.m., taking a break during the fireworks, then resume immediately after they end.

A plaque explaining the idea of the Stone Circle will be unveiled at 4 p.m. The plaque will be installed on a block of granite.

The committee also asks people to send in any photos they have taken at the Stone Circle over the years.

Ye Olde Blacksmith

CONT'D FROM PAGE 5

when she begins a project, but mostly, she said, "I look for pictures that talk to me."

Canuel has a collection of collages created by family photos her mother took, some on the farm where she grew up. She said she can do the same for other families too. It could be a comfort to those with Alzheimer's disease, she added. "The pictures together make sense."

Richard Roy

Richard Roy is a photographer-turned cop-turned-photographer. His mother was a photographer so the form came naturally to him when he started taking pictures when he was six with his first camera, a Browning Hawkeye. He still has his first photos, pictures of his grandmother and grandfather taken separately.

When he was first married, photography made the couple their living. He hired out to photograph weddings,

which, he said were sometimes boring. "But sometimes you meet some great people."

Roy became a policeman in Montreal in 1968. "I always wanted to be a cop," he said. He was able to use his photography skills for the police department with crime scene photos. He eventually moved to Lennoxville, which he said was quieter.

He also worked as a journalist for The Record and the Stanstead Journal.

"I probably wrote about 350 stories, and took even more photos," he said. "I worked with John Mahoney and Ross Murray, and Charles Bury and Perry Beaton."

As well, he taught developing and printing color at Concordia University.

Roy stays up-to-date with the latest technologies that allow him a greater range of artistry in his field. "I know my settings and can set them up quickly," he said.

He has a photo on display that is black and white, yet some objects are in colour. He explained that he shoots in

colour with his digital camera, turns it to black and white, and puts some of the colour back in on his digital dark room.

Roy also described how he gets contrast in a photo by using three different exposures - called a "three-shot burst."

Roy enjoys passing on his knowledge and experience to aspiring photographers.

Paraphrasing a well-known photographer whose name escaped him, he said, "All photographers are voyeurs."

Tanya Mueller

Tanya Mueller also started taking picture at a young age. She began taking portraits and photographing weddings, but for the past ten years she has been developing art photography.

"I believe nature is the perfect canvas," she said. Everything is a potential subject. "Scenery, anything I interact with, there are no boundaries - whatever I feel is tasteful."

Her grandmother's maiden name was Lenz, Mueller said. "She kicked me off with photography at 10 years old."

Mueller named her gallery "Through My Lenz."

"It translates, 'The world through my eyes,'"

Mueller worked for two years with Zone V Photography, a studio from Montreal that had a presence in Stanstead. Zone V focused on fashion, and that's where she learned studio lighting. She has since developed her own technique with ambient lighting.

She said she always knew she wanted to be a photographer, and she was never daunted during the process. "I've always thrived with it," she said.

"The digital age changed everything," she added. "And not too many people are getting married anymore."

Mueller doesn't get as technical with her work as does Roy, preferring to keep it simple.

"Simplicity for me is best," she said. "I'm interested in getting the perfect frame. To get the perfect picture, practice makes perfect."



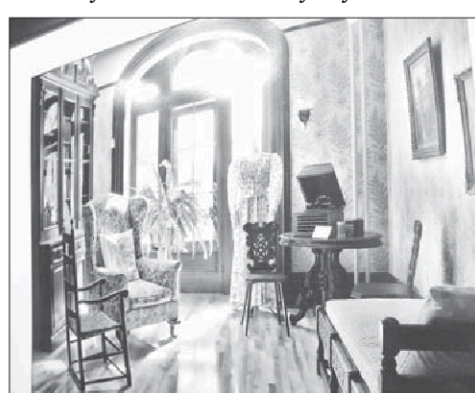
PICTURES BY STEVE BLAKE
Denise Canuel stands near some of the collages she has created.



Richard Roy adjusts a photo of his friend Bernard Blachere, who wanted to attend the vernissage Saturday but can't because of illness. Roy said he is there anyway.



Tanya Mueller shows one of the photos she will have on display at the exhibition.



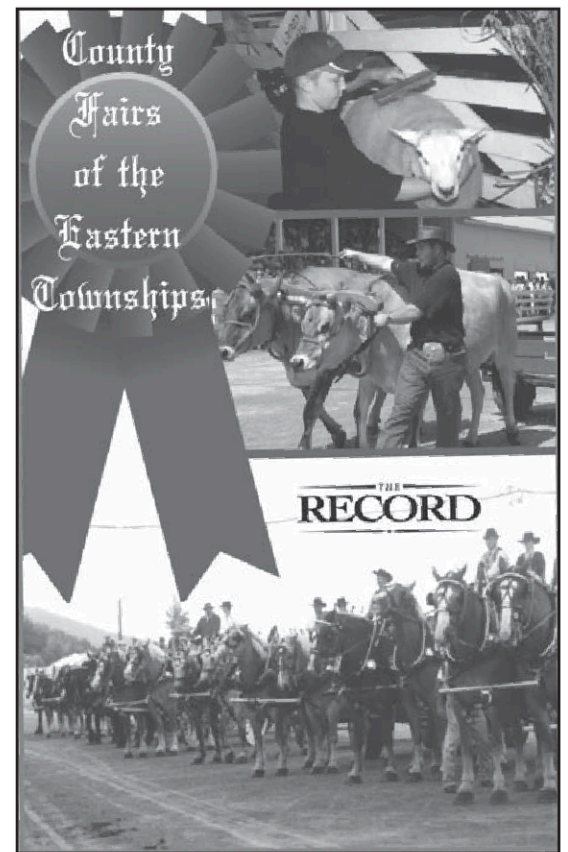
Richard Roy took this photo in colour, turned it to black and white, and then added colour back on the chair and the dress in his digital darkroom.

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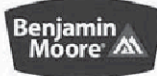
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Local Sports

Montreal (10-13-4) has a precarious hold on the seventh and final Eastern Conference playoff spot, tied on points at 34 with Orlando City and Toronto FC but with one more win than the other two clubs.

Canadian men's basketball team completes pre World Cup sweep of New Zealand

The Canadian Press

Phil Scrubb scored 24 points as Canada's men's basketball team completed a two-game sweep of New Zealand with a 103-100 overtime win in pre-FIBA World Cup action on Wednesday.

Canada is now 4-2 in exhibition play heading into its final friendly on Monday against the United States in Sydney. The Canadians open World Cup play

Sept. 1 against Australia in China.

Khem Birch of the Orlando Magic currently is the only NBA player with the Canadians in Australia, but Canada coach Nick Nurse says another is on his way.

Nurse, also coach of the Toronto Raptors, told reporters Sacramento Kings point guard Cory Joseph is "100 per cent still coming," and has a flight booked to China. Joseph was in Canada's camp at home earlier this month, but

did not make the trip to Australia and has missed the past four games.

It was the second win in as many days for Canada over New Zealand. The Canadians won 122-88 on Tuesday.

Kyle Wiltjer added 18 points and five rebounds on Wednesday, Kevin Pangos had 17 points and nine assists. Oshae Brissett had 12 points and 12 rebounds and Owen Klassen also had a double-double (10 points, 10 rebounds).

Corey Webster scored a game-high 33

points for New Zealand.

New Zealand erased a 10-point deficit in the final 7:05 to force overtime after Klassen and Wiltjer missed attempts in the final seconds.

But Canada opened overtime on a 7-0 run with five points from Wiltjer and two from Pangos. Wiltjer had 11 points in overtime.

Impact fire coach Remi Garde as they struggle to hold on to last playoff spot

The Canadian Press

The Montreal Impact have fired head coach Remi Garde and replaced him with Wilmer Cabrera.

The Impact announced the move Wednesday. It comes 27 games into the Garde's second season with the club, which is struggling to hang on to a Major League Soccer playoff spot.

Assistant coach Joel Bats and fitness coach Robert Duverne were also dismissed, while assistant coach Wilfried Nancy and goalkeeper coach Remy Vercoutre join Cabrera's staff. Former Impact captain Patrice Bernier will also

join the staff as an assistant.

The Impact have just one win in their last eight league matches (1-6-1) and are coming off a shocking 3-3 draw with FC Dallas at Saputo Stadium on Saturday that saw the visitors erase a 3-0 deficit with three goals in just over 30 minutes.

Montreal (10-13-4) has a precarious hold on the seventh and final Eastern Conference playoff spot, tied on points at 34 with Orlando City and Toronto FC but with one more win than the other two clubs. However, Toronto has played one fewer game.

"Because I have so much respect for Remi as a person and as a professional, it was a very difficult decision to make

and it was well thought, but our latest series of failures in the past couple of months and the way the team acts on the field led to that change," said Montreal Impact president and CEO Kevin Gilmore said in a statement.

Garde, a former France international, led the Impact to a 24-29-8 MLS regular-season action record. The club missed the playoffs last year after a 1-0 loss to the New England Revolution on the final day of the regular season.

Cabrera joins the Impact after being fired by the Houston Dynamo last week.

The 51-year-old led the Dynamo to the Western Conference finals in the 2017 MLS Cup playoffs and a US Open Cup

title in 2018, but Houston (9-13-4, 31 points) has struggled this season and is six points back of Portland for the final playoff spot in the Western Conference.

The Colombian was also head coach of Chivas USA during the club's final season in 2014, and was assistant coach with the Colorado Rapids during the 2012 and 2013 seasons. He coached the U.S. under-17 team from 2007 to 2012.

He spent most of his playing career in Colombia with stints in Argentina and Costa Rica.

He earned 48 caps and scored three goals with Colombia's national team between 1989 and 1998.

Canada's Shapovalov downs Sandgren to advance to third round at Winston Salem

The Canadian Press

Canadian Denis Shapovalov advanced to the third round of the Winston-Salem Open with a 6-2, 6-4 win over American Tennys Sandgren on Tuesday.

Shapovalov, the No. 2 seed at the ATP 250 tournament, received a bye into the second round.

He converted 5-of-12 break points to beat the 73rd-ranked Sandgren in one hour 17 minutes.

The 20-year-old from Richmond Hill,

Ont., came into the week ranked No. 38.

He was coming off back-to-back second-round exits at the Rogers Cup in Montreal and the Western & Southern Open in Cincinnati, both Masters 1000-level events.

Shapovalov, the third-highest ranked

Canadian behind No. 19 Felix Auger-Aliassime and No. 22 Milos Raonic, will play 49th-ranked Miomir Kecmanovic of Serbia in the next round.

The two young rising stars _ Kecmanovic is 19 _ have never played each other before on the ATP Tour.

Canadian Steven Diez advances to final round of U.S. Open qualifying

The Canadian Press

Canada's Steven Diez is one victory away from his first main-draw berth at a Grand Slam after winning his second-round U.S. Open qualifier on Wednesday.

The Toronto player defeated Yosuke Watanuki of Japan 6-2, 5-7, 6-0 to advance to the final round of qualifying for the

last major of the tennis season.

Diez, ranked No. 175, saved 4-of-6 break points and converted on 6 of 11 to knock out his 228th-ranked opponent.

The 28-year-old Diez will face No. 3 qualifying seed Soonwoo Kwon of Korea for the right to play in the main draw, which begins Monday. Kwon is ranked 90th in the world.

Diez's best career result at a Grand

Slam was reaching the third round of qualifiers at the 2016 U.S. Open.

Peter Polansky of Thornhill, Ont., faces Sumit Nagal of India in a second-round qualifying match on Thursday.

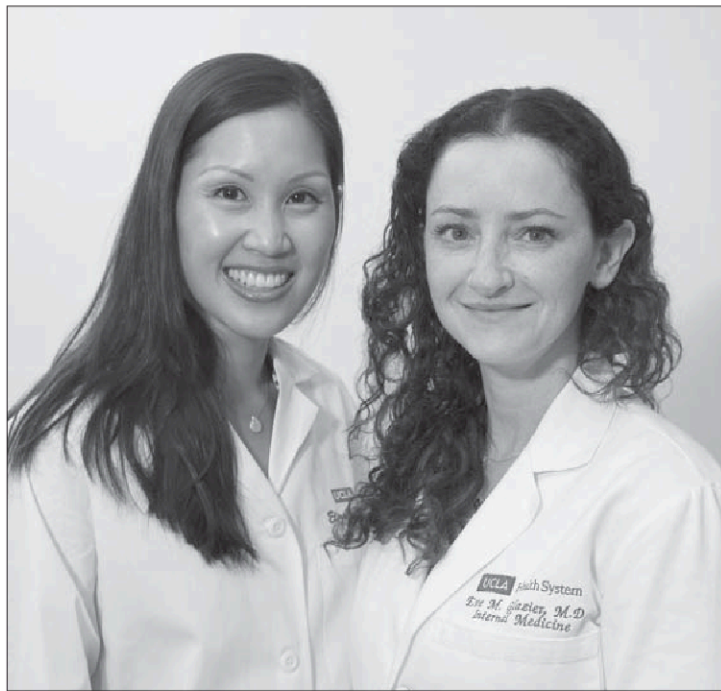
If Polansky or Diez can advance through qualifying, it would give Canada a record six players in a Grand Slam main draw for men's singles.

Montreal's Felix Auger-Aliassime,

Thornhill's Milos Raonic, Denis Shapovalov of Richmond Hill, Ont., Vancouver's Vasek Pospisil and Brayden Schnur of Pickering, Ont., have automatic berths by virtue of ranking.

Five Canadian men played this year at Wimbledon, at the 2018 U.S. Open and the 1990 Australian Open.

New mosquito-borne diseases grab headlines



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

animals across the state, prompting a statewide alert.

Symptoms, which appear from three to 10 days after infection, come on quite suddenly. They include headache, which becomes progressively more severe, fever and body aches. The virus is fatal in about one-third of patients and puts survivors at risk of ongoing neurological problems. The virus can lead to encephalitis, which is inflammation and swelling of the brain.

Signs that the virus has begun to affect the brain include loss of muscle control, weakness or paralysis; changes to sensation, including tingling or numbness; decline in cognitive function; and the onset of seizures. There is no human vaccine for the virus at this time, and medical treatment focuses on managing symptoms and offering supportive care.

In the past, the number of reported cases of EEEV, which was first recognized in humans in 1938, has been extremely low. According to the Centers for Disease Control and Prevention, the number of reported cases of EEEV annually is fewer than 10. The actual number of EEEV cases may be higher because it's likely that some cases of the rare disease are undiagnosed or misdiagnosed.

Zika virus, which is linked to severe birth defects in infants whose mothers became infected while pregnant, is still a problem. The only thing that has disappeared are the headlines addressing it. In the U.S., widespread use of screens, air conditioning and the presence of mosquito control districts have sharply limited the Zika threat. So far in 2019, there have been five confirmed cases of Zika in the U.S., each acquired during international travel. There have been no known cases due to local mosquito-borne transmission.

Limit exposure to mosquitoes with the use of screens, mosquito repellent and by covering bare skin. Remove standing water near your home. Be aware of the times of day the specific mosquitoes in your area are active. Mosquitoes are frail and fly best in still air. A fan can stir enough breeze to keep them from reaching their target.

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

Card of Thanks

MOFFAT - The family of the late Rev. R. Deane Moffat wish to express sincere gratitude and appreciation to all their relatives and many friends, for the support and comfort in our great loss. We wish to thank you for your kind words, prayers and actions expressed in the many cards, donations to the church, cancer society, other groups, and especially Ayer's Cliff-Georgeville-Magog Pastoral Charge for the food and reception following the service. Also special thanks to Rev. Dr. Bill Close for the service celebrating Deane's life, the medical staff and the Palliative Care of the Memphremagog Hospital for their care and support.

Datebook

THURSDAY, AUGUST 22, 2019

Today is the 234th day of 2019 and the 63rd day of summer.

TODAY'S HISTORY: In 1851, the American yacht America won the first America's Cup.

In 1864, the first Geneva Convention, which established protections for those wounded in active warfare, was signed by 12 European nations.

In 1902, the Cadillac Automobile Co. was founded.

In 1996, President Bill Clinton signed the Personal Responsibility and Work Opportunity Reconciliation Act welfare reform into law.

TODAY'S BIRTHDAYS: Claude Debussy (1862-1918),

composer; George Herriman (1880-1944), cartoonist; Dorothy Parker (1893-1967), author; Leni Riefenstahl (1902-2003), film director/actress; Ray Bradbury (1920-2012), author; Norman Schwarzkopf (1934-2012), general; Valerie Harper (1939-), actress; Bill Parcells (1941-), football coach; David Chase (1945-), screenwriter/producer; Tori Amos (1963-), singer-songwriter; Layne Staley (1967-2002), singer-songwriter; Kristen Wiig (1973-), actress/comedian; James Corden (1978-), TV personality.

TODAY'S FACT: The Comics Journal named George Herriman's "Krazy Kat" the best American comic strip of the 20th century in 1999.

TODAY'S SPORTS: In 1989, Texas Rangers pitcher

Nolan Ryan struck out Rickey Henderson of the Oakland A's, becoming the first major league pitcher to reach 5,000 strikeouts.

TODAY'S QUOTE: "We never sit anything out. We are cups, constantly and quietly being filled. The trick is knowing how to tip ourselves over and let the beautiful stuff out." — Ray Bradbury

TODAY'S NUMBER: 30 — Major League Baseball record number of runs scored by the Texas Rangers in a 30-3 victory over the Baltimore Orioles on this day in 2007.

TODAY'S MOON: Between full moon (Aug. 15) and last quarter moon (Aug. 23).

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)

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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

The Municipalities of the Village of North Hatley and the Township of Hatley will be presenting Dreamland Concerts in North Hatley's Dreamland Park (corner of Capelton and Main Streets), Saturdays at 7:30 p.m. and Sundays at 1 p.m. (until August 25). Saturday, August 24 at 7:30 p.m.: The Singles. Sunday, August 25 at 1 p.m.: The Coaticook Big Band. Admission is free so come and enjoy the music! In case of bad weather, concerts will take place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

LENNOXVILLE

You are cordially invited to join us for the 18th Music Achievement Awards Jam and Celebration at "The Hut," A.N.A.F Unit 318, 300 St. Francis, Lennoxville on Saturday, September 28 from 3 p.m. to 9 p.m. The recipients are Willie Fisk and Bubba Lacroix.

MAGOG

A free 10-week Grief Support Group will be offered in Magog on Tuesday evenings from September 3 to November 5. For information please call Lorraine Holt at 819-868-8641.

MELBOURNE

Come to St. Andrews Presbyterian Church, 1169 Route 243, Melbourne on August 25 for church service at 10:30 a.m. On August 24 at 8 a.m. for a Garage & Rummage Sale + Barbecue at 11:30 a.m. Silent Auction closes at 11:30 a.m.

RICHMOND

Visit the Richmond County Historical Society archives and museum at 1161 Route 243, Melbourne Township on Sunday, August 25 from 2 p.m. to 5 p.m. The theme this year is heritage music with some fascinating old-time musical instruments and displays. There will be a

Garden Party with a gin garden and free non-alcohol beverages. A special feature this year is QAHN's travelling exhibition with panels of photos and information showing diversity and achievement in Anglophone Quebec. A special "making history" event at 3 p.m. will be a group community photo taken on the lawn of the museum. Everyone is invited to bring friends and family (and chairs) so that this archival event represents who is making history today! Join us for this family event with music, games and community spirit.

LENNOXVILLE

The annual Summer Market of The Canadian Federation of University Women (CFUW), Sherbrooke and District, will be held in the Scott Hall of the Lennoxville United Church, 6 Church St., on Friday, August 23 from 9 a.m. to 6 p.m. and Saturday, August 24 from 10 a.m. to 2 p.m. There will be a Giant Book Sale, an Attic Treasures Sale and a Silent Auction; items will range from books, CD's, gift certificates, baked goods, jams and more. This is CFUW's main annual fundraiser. All money raised supports education for our community. The annual Public Speaking competition and the Lampe Foundation (www.lampfoundation.org) are two of the beneficiaries. In 2018-19, Lampe awarded over \$40,000 in scholarships and bursaries to deserving young women and men from the Eastern Townships.

LENNOXVILLE

St. George's Parish Guild and Evening ACW invite you to enjoy refreshments when attending the Lennoxville Quilters' annual Quilt Show from 10 a.m. to 5 p.m. on Friday, September 6 and Saturday, September 7 from 10 a.m. to 4 p.m. at St. George's Church Hall, 84 Queen St., Lennoxville. Door prizes and raffle of hand-made quilt. Admission charged and everyone welcome.

TRENHOLM

Trenholm United Church. Come and join us in worship and fellowship on Sunday, August 25 at 11 a.m. The service will be followed by our annual Steward's Barbecue. We'll be serving hot dogs and fresh corn on the cob as well as potluck salads and desserts. All you need to bring is a beverage and your lawn chair! Everyone is welcome to join us!

65th Wedding Anniversary Hugh and Jeannine Lancaster

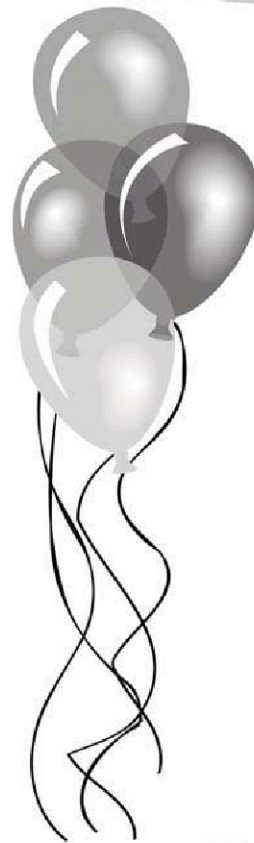


Enjoying a special day this summer, Hugh and Jeannine Lancaster celebrated their 65th Wedding Anniversary on July 3 with their family and friends.

80th Birthday card shower

Gayland Piercy
turns 80
on August 31.

If you would like
to wish him a
happy 80th birthday,
cards can be mailed to:
4910 ch. Laflamme
Ogden, Quebec
JOB 3E0



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NEA Crossword Puzzle

- ACROSS**
- 1 Long, easy stride
 - 5 Sheltered
 - 9 Many times
 - 12 Fore-warning
 - 13 Swerve
 - 14 Taro product
 - 15 Hospital floor, maybe
 - 16 Inventor — Sikorsky
 - 17 Before, to bards
 - 18 Marshal's badge
 - 20 Golden statuette
 - 22 Jai —
 - 23 — -Magnon man
 - 24 Return the favor
 - 27 Fly, to a spider
 - 31 Puppy sound
 - 34 DEA operative
 - 35 Boxcar rider
 - 36 Former flames
 - 38 Giza's river
- DOWN**
- 40 Computer pioneer
 - 41 First-quarter tide
 - 42 Optimal
 - 44 Handy abbr.
 - 46 Suit part
 - 49 Owned apartment
 - 52 Distinct stages
 - 54 401(k) kin
 - 55 Box office
 - 58 Low-cal
 - 59 Bar bill
 - 60 Stratford's river
 - 61 Millay or Ferber
 - 62 Raised railroads
 - 63 Cliques
 - 64 Take 10
 - 1 Rainy weather systems
 - 2 D-Day beach
 - 3 Hazard
 - 4 Win over
 - 5 Hungry for more
 - 6 Limb

Answer to Previous Puzzle

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

- 7 Want ad letters
- 8 Fielder's blunder
- 9 Sheik's cartel
- 10 Public meeting places
- 11 Wedding cake part
- 19 Bank holding
- 21 After frosh
- 23 Bike
- 25 Take fright
- 26 Moistureless
- 28 Pierre's monarch
- 29 Recede
- 30 — Kippur
- 31 Craving
- 32 Stone Age tool (Var.)
- 33 Legume
- 37 Rushed
- 39 Per
- 43 Stevedore
- 45 Forum attire
- 47 Put — (save)
- 48 Young adults
- 49 Make a footnote
- 50 Kind of surgeon
- 51 Snatches
- 52 Markers
- 53 RBI or ERA
- 56 Forum hello
- 57 Youngster

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18				19				20	21			
	22						23					
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54				55	56	57			58			
59				60					61			
62				63					64			

Your Birthday

THURSDAY, AUGUST 22, 2019

Think about where you are headed and what would make you happy. Consider your connections, overhead and the changes you want to see happen. Look for solutions that will ease stress and free up time for you to focus on the things and people that bring you joy.

LEO (July 23-Aug. 22) — A snap decision made while under emotional pressure will cause anxiety. If you aren't sure about something or someone, trust your instincts and take a step back.

VIRGO (Aug. 23-Sept. 22) — Live and learn. The experience and knowledge you receive interacting with people who have something to offer will be enlightening. A change is favored and romance is encouraged.

LIBRA (Sept. 23-Oct. 23) — Be smart and take care of business on time. If you do your best, it won't matter if you can't please others. It's how you feel about what you do that counts.

SCORPIO (Oct. 24-Nov. 22) — Take the plunge and make a change you've been considering for some time. Follow your creative instincts and turn your dream into reality. Romance will enhance your life.

SAGITTARIUS (Nov. 23-Dec. 21) — Explore your options, test your knowledge and communicate with people who can offer insight into the dos and don'ts that will make your journey stress-free. Implement a healthier lifestyle.

CAPRICORN (Dec. 22-Jan. 19) — Home improvements will enhance your rela-

tionship with a loved one. Do as much of the work yourself as you can to save a bundle. A commitment will add to your security.

AQUARIUS (Jan. 20-Feb. 19) — Refuse to let emotional instability take the reins. If you are uncertain, ask questions. If you feel left out, say so. If you want something, make a request.

PISCES (Feb. 20-March 20) — Don't be fooled by the hype. If something sounds too good to be true, take the time to do some thorough research. Positive change is the result of hard work, discipline and practicality.

ARIES (March 21-April 19) — Take a moment to go over all the little details that could pose a problem if they're not implemented properly. Trust the facts, not what others try to lead you to believe.

TAURUS (April 20-May 20) — Slow down and enjoy the moment. You have plenty to look forward to, so relax and lower your stress for now. Refuse to let anyone rile you up emotionally.

GEMINI (May 21-June 20) — You'll have a choice to make, but first consider the validity or source of the information you have been given. Keep your life simple and frugal, and surround yourself with trustworthy people.

CANCER (June 21-July 22) — If you make a change, you'll make a difference. How you use your knowledge, experience and skills to help others will influence the way you are viewed. Earn respect and gain popularity.

THURSDAY, AUGUST 22, 2019

Each side can make nice plays

By Phillip Alder

Who said, "Everyone wants to be Cary Grant. Even I want to be Cary Grant"?

In today's deal, what do you think of the auction? How should the play proceed in three no-trump after West leads the diamond five?

The first round of the auction is fine. But North should not rebid a nonforcing one spade. He should either jump to two spades, which guarantees at least four spades and five clubs, or two no-trump, according to choice. (I slightly prefer two no-trump.)

It is sensible for West to lead the unbid suit, and he selects the five because the 10 is technically an honor-card (although I tend not to count it as such after trick one).

South starts with only four top tricks: two diamonds and two clubs. He can get at least two more winners from spades and two or three more from clubs. The best line is to take the first trick with the diamond king and immediately play a club to the 10. If that finesse loses, the contract was probably always failing. Here, though, the finesse wins. Declarer continues with a spade to his king. If that wins, he takes a second club finesse. In this layout, though, West takes the trick and leads another

		North	08-22-19
		♠	Q J 8 3
		♥	K 4
		♦	A J
		♣	A K J 10 5
West		East	
♠	A 7 2	♠	10 9 6
♥	A 8 7 3	♥	J 6
♦	10 6 5	♦	Q 9 8 7 3 2
♣	Q 9 3	♣	7 4
		South	
		♠	K 5 4
		♥	Q 10 9 5 2
		♦	K 4
		♣	8 6 2
		Dealer: West	
		Vulnerable: East-West	
South	West	North	East
	Pass	1♣	Pass
1♥	Pass	1♠	Pass
1NT	Pass	3NT	All Pass
Opening lead: ♦ 5			

diamond. However, when the club queen drops, South makes an overtrick.

At the table, declarer played a club to the king at trick two, followed by a spade to the king. Now West won with his ace and carefully led the diamond 10 to unblock the suit. South went down two.

The initial observation was made by ... Cary Grant!

CELEBRITY CIPHER

by Luis Campos

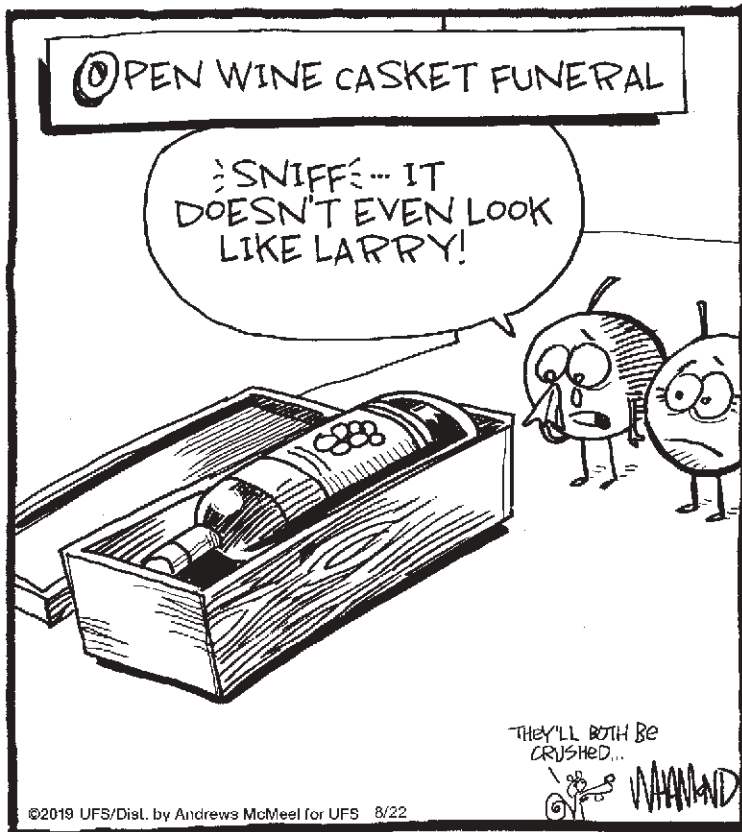
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"SDE VHS IZGZM OZ JDDW ZIDEJX CDM
ZGZMSODWS, OEB SDE RNAA HARHSP
OZ BXZ OZPB CDM PDVZODWS."
— MNXHIH

Previous Solution: "I love to dance ... but I'm not teachable. I couldn't learn 'five, six, seven, eight' if my life depended on it." — Sia

TODAY'S CLUE: *W stnba A*

REALITY CHECK



HERMAN

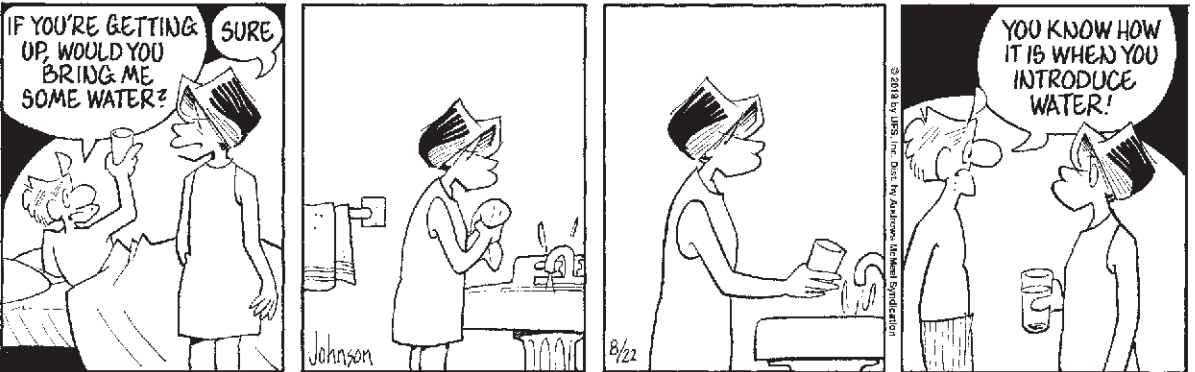


"I can't seem to make up my mind about this one!"

ALLEY OOP



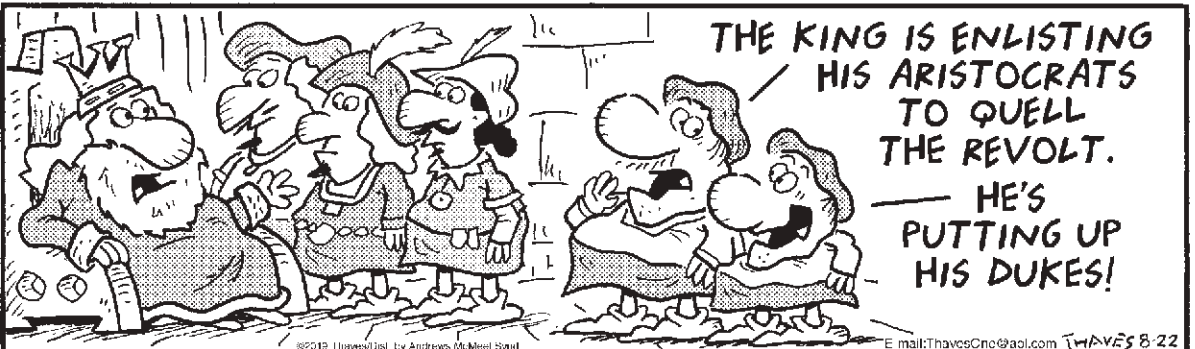
ARLO & JANIS



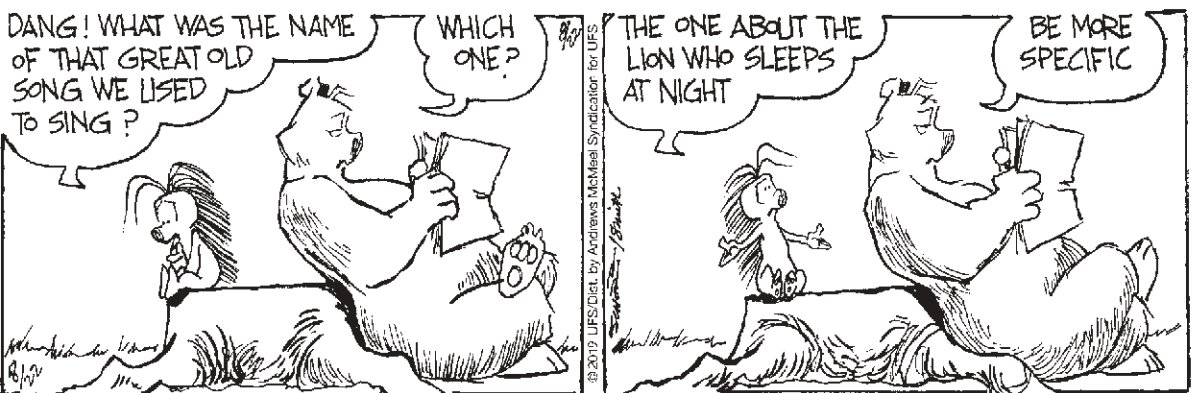
THE BORN LOSER



FRANK AND ERNEST



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THURSDAY, AUGUST 22, 2019
Dear Annie: I'm heading to college next year and am scared of making new friends. While I have don't have trouble talking to new people or getting along with most of them, I feel like none of them will understand my weirdness the same way my high school friends do.

My parents and I moved here from a different country, and my current group feels like my family because they are the ones who taught me American mannerisms and accept me for my neuroticism and other quirks. I even talked about the fact that it took me a week to learn what "knock on wood" meant in my college essays! While I know that we will still remain friends after we are spread out across the country, it obviously won't be the same, and I know it is unhealthy to latch onto old friendships and hold them in the same regard as they were before.

How do I find a comparable group of people in college? I don't want to go through the same thing I did in the beginning of high school, where I bounced around groups for a year before I found my "people." — Freshman Once Again

Dear Freshman Once Again: Your concerns are understandable. Just like you found your "people" in high school,

I have no doubt that you will find them once again. Now that you know what you are looking for, and because you are older and wiser, you will be able to find new friends faster.

One of the best ways to predict future behavior is to look at past behavior, and your past looks pretty good. While you had a bit of a rough start, you were able to make great friends. Focus on your success and know that you will have more in college. Your neuroticism and quirks are what make you uniquely you! And anyone who is fortunate enough to be your friend will love that about you. If we were all the same, this world would be a very boring place.

As for your high school friends, some will be your friends for life and others will go their separate ways.

Dear Annie: This is in response to the woman whose husband would not go on walks with her. My husband walks every day, just like this woman. It has helped him to stay healthy in many ways. For years, he wanted me to go walking with him. Once he even said to me, "I don't understand why you won't go walking with me!" I was just as adamant that I was not going walking. I hate walking and find it boring.

Like her husband, I had joint pain and weight to lose. I found my own way

to exercise. I bought a bike and have been an avid cyclist ever since. My joints are less painful when I ride. My mental health issues have improved, and I have lost weight.

I encourage this woman to back off the walking issue. He needs to figure out what exercise works for him. If it isn't on his terms, he won't do it. She might want to encourage him to find the best exercise for him and then support that decision.

My husband is very supportive of my cycling. He has rescued me from many downpours and flat tires. I appreciate his support greatly, and we both bolster each other in our quest to be healthy. — Feeling Healthy

Dear Healthy: Thank you for sharing your story, and congratulations on your newfound healthy habit. The best exercise is the one that you do, and it sounds like you found a great one! Keep cycling.

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

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Fresh fruit mixes well with this muffin recipe

KITCHEN SCOOP by Alicia Ross

I love fruit breads and muffins. But one problem with heavy fresh fruit is that it sinks to the bottom of the muffin. That's because the fruit is large and heavy and most quick bread batters are thin.

Today's recipe is one of my favorite summer berry muffin recipes. It has a heavier cakelike crumb, so the fruit is not as likely to sink. But just in case, the solution is simple: Dust the fruit with a couple tablespoons of flour from the recipe; do not add extra flour. Also, chop the larger fruit pieces into smaller bits, so the fruit is better distributed throughout the muffin.

This trick works with dried fruit and frozen berries as well. Just be sure to scoop a few tablespoons from the measured amount and toss the fruit in it. Then as the very last step, gently fold the berries into the batter. If you have other recipes you want to try this trick with, let me know how it goes.

Suggested Menu
 Summer's Fresh Berry Muffins
 Fried egg
 Coffee

Summer's Fresh Berry Muffins
Start to finish: 45 minutes
Yield: makes 12 muffins
 2 1/2 cups all-purpose flour, divided use
 2 1/2 teaspoons baking powder
 1/4 teaspoon salt
 1/2 cup plus 6 teaspoons sugar, divided use
 1 cup whole milk
 2 large eggs, lightly beaten

- 1/2 cup melted butter
- 2 teaspoons vanilla extract
- 1 cup fresh strawberries, capped and chopped (see Cook's Note)
- 1 cup fresh blueberries, stemmed (see Cook's Note)
- 1 cup fresh blackberries, chopped if large (see Cook's Note)

Center an oven rack and preheat oven to 400 degrees.

In a medium bowl, combine all but about 2 tablespoons of flour with the baking powder, salt and 1/2 cup sugar. In another bowl combine milk, eggs, butter and vanilla. Gently stir the wet ingredients into the dry just until mixed. Sprinkle the remaining flour over berries and toss to coat. Fold berries into batter.

Spoon batter into 12 paper-lined muffin cups. Sprinkle 1/2 teaspoon of the remaining sugar over the top of each muffin. Bake for 22 to 25 minutes or until muffins are light golden brown. Muffins will not test done with a wooden pick because of the fresh berries. Allow to cool 5 minutes before removing. Serve as desired or remove to a wire rack to cool completely. Store muffins in a tin or a glass-sealed container for up to three days. (Plastic will make the muffins sticky.)

Cook's Note: Any combination of fruit will do as long as there are 3 cups.

Approximate values per serving: 246 calories, 9.5 g fat (5.5 g saturated), 53 mg cholesterol, 5 g protein, 38 g carbohydrates, 2 g dietary fiber, 126 mg sodium.

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

THE RECORD

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Eastern Townships cultural communities benefit from confederation funds

The Fédération des communautés culturelles de Éstrie (FCCE), the Sherbrooke-based group working to bring together cultural community organizations for common advocacy and support in the Eastern Townships, received over \$115,000 from the Federal...

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