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TUESDAY, JANUARY 8, 2019

# January is Alzheimer's Awareness Month

Record Staff

January is Alzheimer's Awareness Month and the Estrie Alzheimer Society is marking the occasion by taking part in a massive Canada-wide campaign featuring people affected by the disease. In addition, following last year's success, the organization will present the 2nd edition of its symposium for health care staff.

There is no doubt that Alzheimer's is a difficult disease; however, it is only one aspect of a person's life. After being diagnosed with a neurocognitive disease, life goes on. That's the premise of the Alzheimer Society's national campaign: Yes. I live with Alzheimer's. Let me help you understand, the goal of which is to put an end to stigma and change attitudes surrounding cognitive diseases.

Danielle Sharpe is the Estrie ambassador of the campaign. Diagnosed at age 61 with Alzheimer's, Sharpe hasn't given up; and tackles life despite everything. "I am a laughing and dynamic person. I practice several activities, I lead an active social life and I always have a lot of fun in life," she said.

Sharpe continues to go to the movies, go out with friends and family, and dance. Of course, the disease has had repercussions on her life. For example, the loss of her driver's license was particularly difficult, but she found a lot of support around her. Her testimony and those of many others affected by the disease can be found at <https://ilivewithdementia.ca/>.

On January 29, The Estrie Society will present the 2nd edition of its symposium on Alzheimer's disease. Organized under the theme 'The power to make a difference in the lives of people

CONT'D ON PAGE 4

# Christmas tree pickup this week around Sherbrooke



MATTHEW MCCULLY

By Matthew McCully

For anyone who hasn't already noticed the many trees lying out on the edge of properties, this week the City of Sherbrooke will circulate to pickup unwanted Christmas trees.

The number of trees picked up each year has remained fairly stable over the years, according to a City of Sherbrooke

representative.

While this year's pickup has yet to be done, in 2017 between 7,000 and 8,000 trees were picked up in and around the city, weighing close to 70 tons.

The trees will be mulched and used as compost.

A Record article published January, 2011 put the Christmas tree count at around 8,500 Christmas trees, weighing

about 85 tons, collected from 74,000 homes.

The City said the lower estimate in recent years isn't evidence of a downward trend in people buying real trees. Since only the ones picked up by the city are counted, it is impossible to know whether less people got a tree, or if they simply brought it to an eco centre or composted or disposed of it themselves.

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## Weather



TODAY:  
SNOW

HIGH OF -1  
LOW OF -2



WEDNESDAY:  
PERIODS OF  
SNOW

HIGH OF 1  
LOW OF -4



THURSDAY:  
PERIODS OF  
SNOW

HIGH OF -4  
LOW OF -17



FRIDAY:  
SUNNY

HIGH OF -14  
LOW OF -22



SATURDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -12  
LOW OF -19

# Tidying up with Marie Kondo: The KonMari Method comes to Netflix



## DISHPAN HANDS

SHEILA QUINN

In October of 2014 Japanese clutter-master Marie Kondo released her first book, *The Life-Changing Magic of Tidying Up*. Her simple, yet strict method of sorting and truly appreciated what we have, in order to decrease clutter and release ourselves from the grip of having too much 'stuff' was done up artfully in this neat little edition with its watercolour hardcover.

Applying a sorting regime and steps that are easy enough to follow, Marie Kondo's approach is called the KonMari method, based on her name.

Her second book release, in January of 2016, was entitled *Spark Joy*, its name the key portion to determining what of our possessions we decide to keep.

While her website [www.konmari.com](http://www.konmari.com) and her YouTube channel have put her actual face on her brand, on January 1st, 2019, Netflix brought it all home with a new series of *Tidying Up* - where Marie Kondo and her translator visit a variety of families in their homes to help them learn how to apply her pulling out, sorting, showing gratitude for, releasing and/or storing methods to their own belongings.

She sweeps in like a tiny, delightful Mary Poppins, takes time to greet the people, sees their home, 'greet' their home in a brief moment of silence and reflection, and sets the residents to work

with one step at a time - beginning with clothing.

Through her approach, people are often faced with the sheer amount of stuff that they own, yet they are supported one week at a time with tasks that work towards a tidier, more organized dwelling, yet that is still representative of the residents themselves.

While many décor shows out there are increasingly popular, including competition shows such as *The Great Interior Design Challenge* - an entertaining British series where budding designers re-think a space in a home, involving changes in colour, new or revamped furnishings, etc. - *Tidying Up with Marie Kondo* is more about dealing with what we already own, and shaping up our living spaces in a way that diminishes stress in the household for all dwellers, big and small.

The series visits families in different ages and stages of life, some downsizing in a new space, others rethinking their living space with small children, families dealing with the loss of a loved one and their belongings left behind, and empty-nesters approaching several generations once living in the same home down to one, as grandparents have died and children have moved out on their own.

Marie Kondo works on attempting to integrate all members of the family in the process of tidying, initiating small children in the sorting of their things, and even in being present while their parents take care of tasks such as folding laundry. She also works to relieve pressure on family members who find themselves tasked with the lion's share of the work of running a household, by incorporating other family members' contributions towards keeping a home sorted and picked up.

The main sorting method developed by Marie Kondo is whether or not an item 'sparks joy' - whether or not there is a feeling of joy that the participants

feel when they hold each item (be it clothing, or décor, mementos), and when there is not, the item is placed in a bin to donate or dispose of in some fashion.

Participants profess a determination and eagerness towards maintaining new household practices, although there are bound to be relapses in old ways of hoarding or perhaps falling off of the KonMari folding wagon (Marie Kondo has a specific folding method designed to keep all clothing (and cloth items, such as sheets) visible in drawers, and therefore easier to use and access).

While there are bound to be those who are bothered by Kondo's sweet appearance and gentle gracious acknowledgement of joy, the simplicity of her enthusiasm towards organization is admirable. This obsession with sorting could most definitely be paired with a diagnosis of sorts, however, rather than be hemmed in by a tidying problem in her own home, at least Marie Kondo is determining how to use her powers for good, as they say.

The internet is, of course, abuzz with the usual point-counterpoint response to the Netflix series - some praising the refreshing nature of an easily-applicable homemaking guide, and others condemning *Tidying Up*, saying that Kondo 'barely does anything to help' (via *The Guardian's* piece that gave the series two stars).

If you have issues with joyful people, or want to avoid reorganizing your home like the plague, then chances are, this isn't for you. However, if you are open to new things and feel joy yet in that soul of yours, well, this is worth a gander.

The eight part first season Netflix series is available now, and Marie Kondo's books are available via your local bookstore (I purchased mine at Brome Lake Books). She also create a graphic novel called *The Life-Changing Manga of Tidying-Up*.

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## Ben by Daniel Shelton

Panel 1: A man in a suit looks at a coat in a window display.

Panel 2: A woman says, "THERE! ISN'T THAT BETTER?" and a man replies, "SURE! BUT WE'RE GONNA BE LATE FOR OUR MOVIE!"

Panel 3: The man says, "IT'S AMAZING HOW A LITTLE CHANGE, A FRESH COAT, CAN MAKE SUCH A DIFFERENCE!"

Panel 4: The man says, "LIKE I SAID..."

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# LOCAL NEWS

"She was a very outgoing person," Everett said, "and I don't think there was any obstacle too high for her to overcome."

## A legacy of friendship and determination: Lennoxville remembers Muriel Brand

By Gordon Lambie

In the final days of 2018, a major figure in recent Lennoxville history passed away. Although she had been living in Picton, Ontario for nearly the last two decades, Muriel Brand left a lasting legacy in the community she once served as municipal councillor and community volunteer.

"She was totally devoted to the town," said former Lennoxville Mayor David Price, calling Brand a "driving force" on the council who was committed to getting things done.

Price was one of many The Record spoke to who pointed out that the annual Friendship Day celebrations were Brand's idea.

Meant as a celebration of the strong connections between Lennoxville's French and English-language residents, Friendship Day will turn 30 this coming June.

Alberta Everett said that there was no overlap in her time working on the Friendship Day planning committee and that of Brand, but that she got to know the former councillor because their children went to school together.

"She was a very outgoing person," Everett said, "and I don't think there was any obstacle too high for her to overcome."

Praising her determination and ap-

proachable nature, Everett said that Brand seemed to be well liked in all that she did, whether it was as a teacher, a politician, or through her other work in the community.

Janet Angrave, a former neighbour and teaching colleague of Brand's, said that although the former councillor's creation of an annual summer celebration has been significant, there is another significant legacy Brand left for the community.

"Getting Uplands preserved as a museum and cultural centre was a real coup," reflected Angrave, who got to know Brand they started carpooling to work together in 1969.

"I remember she had this little mauve car," Angrave recalled. "We travelled to work together the first year Galt was opened."

The former teacher noted that when Brand put her focus on the preservation of the Uplands house, the community had already lost several landmark structures and properties that she felt should have been protected.

"I think she probably got me to do a few things over the years," Angrave said, pointing out that she has done quite a bit of volunteering at the cultural centre over the years and noting that Brand could be quite persuasive. "I always think of her when I go inside."

Both Everett and Angrave noted that,

despite having moved away, Brand made regular return trips to Lennoxville, help-

ing to maintain her connection to the community she cared for so deeply.



RECORD ARCHIVES

File photo of Muriel Brand, who was feted on July 14th, 1999 at a special farewell tea held at Pitman Cottage on Lac Magog. Members of the Lennoxville Women's Institute and friends gathered to wish Muriel happiness in her new home in Ontario and to thank her for her work with the WI and her contributions to the community as a town councillor, a member of the United Church, the Historical Society, the university Women's Club and many other organizations.

## Magog wants to know citizens' views on Exit 118 development

Record Staff

The City of Magog is inviting the public to participate in a brainstorming session to imagine the development of the area of exit 118 off Highway 10. This participatory consultation will take place on Tuesday, Jan. 29, from 7 to 9 p.m. at the Magog Community Center. Interested persons must register before Wednesday, January 23 at 5 p.m. online at [ville.magog.qc.ca/sortie118](http://ville.magog.qc.ca/sortie118) or by phone at 819 843-3333, extension 336.

"The area around exit 118 is one of the most important entrances to the City of

Magog with nearly 10,000 vehicles passing through every day, not counting the traffic during the tourist season. This is the first image of the city that many people have when arriving here," said Mayor Vicki-May Hamm. "We have an interest in developing the sector, but before we begin our reflection, we want to hear from citizens and include them in the discussion from the beginning."

Participants will be encouraged to share their vision of the sector. More specifically, the study area includes the land located on the periphery of Rivière-aux-Cerises Rd (between Highway 10 and Orford) and that located on Merry

North, south of the highway.

The Director of Planning and Land Development at the City of Magog, Réal Girard, said that all ideas will be welcome: "We want citizens to let their imagination run and express their vision of this nerve sector. What do they want to see on the outskirts of Exit 118? Should the City extend its water and sewer services? These are the kinds of topics to be discussed on Jan. 29, and it is hoped that many people will be part of the discussion."

The consultations will take the form of small-group workshops where citizens will express their vision of sector devel-

opment in different ways. A pooling of the proposals made during the evening will take place later. The urban plan will be able to rely on the proposals and the consensus that emerge from this exercise and discussions will also serve to guide council members if a project in this area is proposed to them.

For the session, the City of Magog will be accompanied by a team from the Department of Political Science of the Université de Sherbrooke, with whom it is starting a process to develop a Citizen Participation Policy, details of which will be given shortly.



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# Memories of the wood stove

By Linda Knight Seccaspina

**M**y Grandmother, somewhat of a warrior, would bring in armloads of split hardwood and kindling every morning and evening and pile it in the wood box beside the old wood stove. There were six round covers on top of the stove and you could take one off if you needed a really hot place to put the frypan, as it would fit right inside the biggest hole. The little shelves on either side at the top was where I dried my wet mittens in the winter.

Grammy said the trick of cooking on top of a cook stove was knowing where to place your pots, and to shift them around to get a decent temperature. She always said there was a "sweet spot" on the top of her stove, and that the plates over the fire box were the warmest. Her boiling pots sat directly above the fire-box; and the place for stewing, which was an all day event, was just a couple of spots away.

When she made bread the warming oven was a good place to let bread dough rise and it was also the spot she warmed cold plates and serving dishes before meals. Grammy always said you just couldn't put food on the stove and leave it, and it just wasn't practical for women who had a job— which she frowned upon too.

Grammy would giggle when I would mention that her tiny electric stove in the corner which held everything else but cooking pots. She said she would rather cook on a wood stove than on an electric range as the wood stove produced the most wonderful meals: baked beans, fresh bread, and lots of roasts and stews. Not to mention delicious cakes, pies and cookies of all kinds.

Muffy, their cat, would always be asleep on top of the wood box, except when I came in. Then she would hightail it under the stove and I would crouch down and try to pull her out to no avail. Grammy always had a little clothesline in the corner of the kitchen behind the stove for drying her dish towels which Muffy tried to hide behind too.

It still intrigues me that a woman could spend her whole life cooking for generations on one stove. It's metaphoric, I suppose. Mary Louise Deller Knight never got rid of her wood stove until the day she moved into a senior residence on South Street. The next day in the now empty house, the stove stopped being the centre of activity in her small kitchen. Summer days of sitting in the warm kitchen while she baked a cake and constantly wiping her forehead while I drank fresh lemonade were now just memories.



# Alzheimer's Awareness Month

CONT'D FROM PAGE 1

with Alzheimer's disease', the conference aims to equip health professionals in their work with clients with neurocognitive disorders. Conferences will touch on many aspects of the disease, in terms of science, the living environment of the person affected, and human

relationships.

"Last year, we welcomed nearly 150 people for the very first edition of our conference, which proves the need for training of stakeholders working with affected clients. For a second year, they will come to gain inspiration from the conferences and will be able to acquire new knowledge to apply daily," explained Caro-

line Giguère, General Manager.

The conference will be held at the Sherbrooke Golf Club from 8:45 a.m. to 4:00 p.m. People can register online at [bit.ly/colloque-alzheimer2019](http://bit.ly/colloque-alzheimer2019). An Early Bird rate is available until Jan. 11.

The Estrie Alzheimer Society is a non-profit organization that is positioned as a key player in the region to support people with Alzheimer's or a related disease as well as their loved ones. It is the gateway to a wide range of services offered by a united team motivated by the same mission and approach. Through its various representations and involvement in the Estrie region, it works to improve the well-being and quality of life of people with the disease and their families.

For practical tips on how to support people with dementia, visit [www.alzheimerestrie.com](http://www.alzheimerestrie.com) or call us at 819-821-5127.

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# Memphremagog MRC plans consultations on future development

Record Staff

The MRC Memphremagog has announced the holding of public consultations, in the coming weeks, on the draft strategic vision statement on the development of the region.

The creation of a strategic vision for development is the first step in the review of the development plan for the MRC Memphremagog. The result of an exercise in mobilizing elected officials, this strategic vision is intended to be a global image of what the community wants to achieve in a long-term planning horizon of 15 years or more. It will address future issues, make choices, and define a common language for the cultural, economic, social, and environ-

mental development of the territory.

A strategic development vision has been worked out in recent weeks, following a process of reflection and consultation with elected officials and municipalities of the territory. The MRC now wants to involve citizens in the process and allow them to express their ideas.

"The strategic vision must be shared, accepted and motivating. It must be a unifying project for the future and the dynamism of the MRC. We want to move towards a "collective project". It is for this reason that three consultations will take place in the coming weeks, in order to be able to hear the citizens on this subject," explained MRC Prefect Jacques Demers.

The public is therefore invited to participate in one of three public consultations that will take place on the following dates:

January 23, at 7 p.m. in MRC Council Chamber at 455 MacDonald St. Magog)

January 30, 7 p.m., at the North Hatley Community Hall, 3127 Capelton Rd, North Hatley)

February 6, 7 p.m. at Saint-Étienne-de-Bolton City Hall, 9, Rang Montagne Rd, in Saint-Étienne-de-Bolton.

The holding of these public consultations should lead to the adoption of the new strategic vision of development by the council of mayors in March 2019. The process of revision of the development plan will then continue in the coming months, since the MRC is aim-

ing for the official adoption of a new scheme in 2021.

Anyone interested can consult the strategic vision of development project at the office of each municipality in the MRC Memphremagog, at the office of the MRC located at 455 MacDonald St. in Magog, or on the website of the MRC.

The Land Use Planning and Development Act periodically provides for the revision of development plans, in order to allow MRCs to review their development orientations according to the evolution of their territory. For the MRC of Memphremagog, its latest version dates back to 1998, while the strategic vision statement of development was updated by the members of the council of mayors in July 2005 and May 2014.

# Grandbois siblings set to dominate Canadian youth biathlon scene in 2019

By Emilie Hackett  
Special to the Record

Léo and Pauline Grandbois are decidedly two names to watch out for in 2019. The two biathletes, 19 and 16, competed over the weekend in the hopes to qualify for the Biathlon Junior World Championships (BJWC) and the Canada Winter Games (CWG).

Their first significant competition of the year, the two found success, as Léo and Pauline both qualified for the CWG. "I also qualified for the BJWC," mentioned Léo, adding that he won all three qualifying races. "Pauline did well, she qualified easily for the CWG but because of her young age, qualifying for the World Championships was much more difficult."

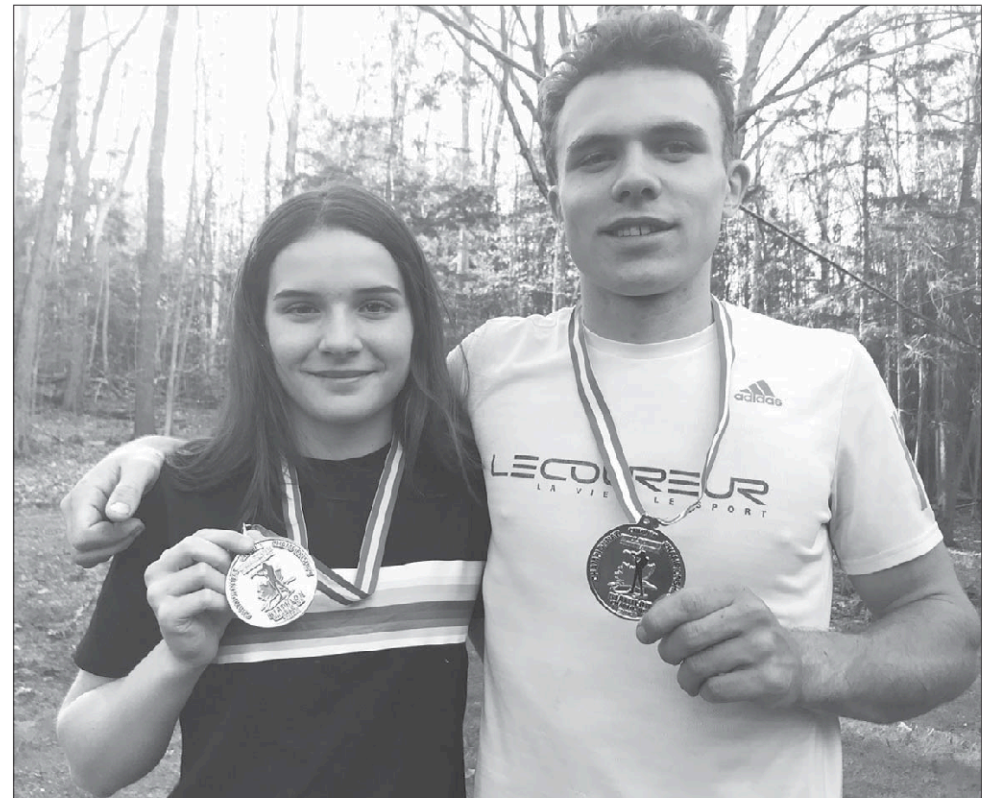
"I finished the first race one minute and 30 seconds ahead of the other competitors, and with a two-minute lead on my third race as well," explained the Sherbrooke native, adding that only the two best races are compiled in the final rankings. Despite him also winning the second race by six seconds, he "only really needed to win two races out of three." Léo has already won gold at the BJWC back in 2017, where he even achieved a perfect score during the rifle shooting portion of the competition.

The Grandbois are now training for the CWG, held in Red Deer, Alberta,

from February 15 until March 2. Léo will only have just returned from Slovakia, where the BJWC are held from January 26 until February 3. They will be training every day, taking a break once every two weeks, "because we need to rest and not overwork ourselves looking forward to the championships," said Léo. "Biathletes are made in the summer, and that's when our workouts are more rigorous. We can train up to 25 hours a week during the off-season."

Léo is looking forward to being able to train on the newly opened cross-country ski trail on the Bishop's University campus. In partnership with Club de ski de Parc du Mont-Orford, the trails offer over 5km of Fédération Internationale de Ski certified trails. "We live five minutes away from the trail. There has been a lack of snow lately but they have been producing fake snow over at the golf course so we are hoping to train there soon. I am also planning on participating in a few cross-country ski competitions held there this year," he mentioned.

The eldest Grandbois started practicing biathlon nearly ten years ago. "Pauline and I both started when we each turned eight," he said. "Our mother is German and biathlon is the country's national winter sport. She read up about biathlon in the newspaper and she felt like this was something we could do. We



Lennoxville residents Pauline and big brother Leo Grandbois picked up matching gold medals at the National Biathlon Championships, held at the end of March 2018 in Charlo, New Brunswick.

were both very active kids, so I guess this was a way to calm us down," Léo added, chuckling. The Grandbois will be ending

their 2019 season in Whistler for the Canadian Biathlon Championships.

# What does the future hold for Quebec school boards?

By Matthew McCully

While the Coalition Avenir Québec (CAQ) has made abolishing school boards and replacing them with service centres a major part of the party's platform, no explanation has been offered as to how or when that will happen.

Eastern Townships School Board

Chairman Mike Murray said the board has no official comment at the moment given the fact that only general statements have been made so far by the government.

"We know he (Quebec Education Minister Jean-François Roberge) is clear about his intentions, but the details seem impossible to discover," Murray commented in an interview just before

the holidays.

"There have been general statements, but no plan, no legislation proposed."

Murray also pointed out there is no public recognition of the successes of the current Quebec school system, which ranks near the top worldwide.

"There's more of a risk of making it worse than opportunity to make it better," Murray said, sharing his personal

opinion and not that of the board.

"We're looking forward to an open and sincere consultation with the population," Murray said.

While improvements are always welcome, Murray agreed that energy spent defending school boards could be better spent in the interest of student success.

# EDITORIAL

"There is no scientific justification to minimize the role of milk products in a healthy diet as they are a key source of 6 of the 8 nutrients that most Canadians already fall short of."

## Dairy producers concerned over revisions to the Canada Food Guide

Health Canada is set to publish a revised Canada Food Guide later this month. Indications are that the document would de-emphasize the scientifically proven nutritional value and health benefits of dairy products by eliminating the Milk and Alternatives group and actively advocating that Canadians shift towards consuming more plant-based sources of protein.

Not only could this be detrimental to the long-term health of future generations by leading them to erroneously think that dairy products are unhealthy, it will also have an effect on a sector that continues to be negatively impacted by the concessions granted in recent trade agreements.

"There is no scientific justification to minimize the role of milk products in a healthy diet as they are a key source of 6 of the 8 nutrients that most Canadians already fall short of. The current scientific evidence clearly demonstrates that the daily consumption of 2 to 4 servings of milk products has a beneficial role to play in promoting bone health and preventing several chronic diseases that Health Canada wants to address with the new Food Guide such as hypertension, colorectal cancer, type 2 diabetes and stroke," said Isabelle Neiderer, Dairy Farmers of Canada's (DFC's) Director of Nutrition and Research, and a registered dietitian.

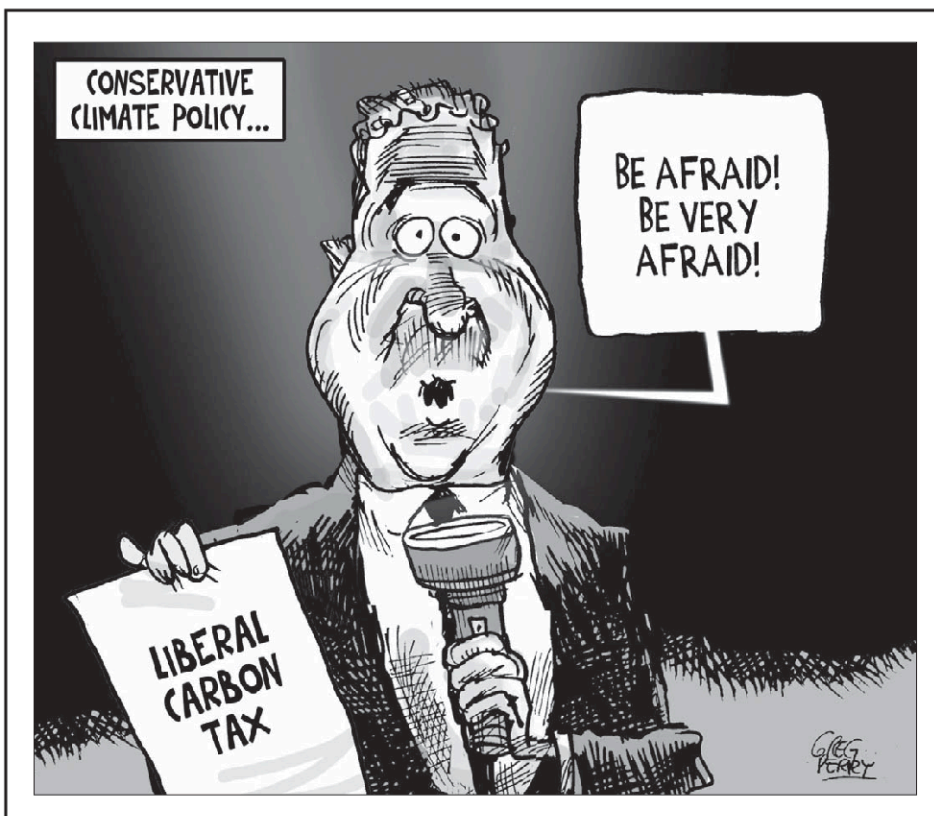
Research continues to confirm that

milk proteins rank as some of the highest quality protein available, and are particularly important for growing children and preserving healthy bones and muscles in aging Canadian adults.

This is especially true when compared to the plant-based proteins Health Canada is considering prioritizing over dairy within the new Food Guide. Unlike milk products, these plant-based sources of protein do not even meet Federal requirements to be called "source of protein" on their packaging.

"Milk products and other protein foods are not interchangeable. Milk products provide different nutrients aside from protein that are important to health. Lumping milk products together with other protein foods will lead to inadequate intakes of important nutrients," she added.

To make matters worse, these changes to Canada's domestic health guidelines come at the same time when the dairy sector is still reeling from the latest rounds of concessions made by the federal government to secure recent trade agreements. "This would cause further harm to the dairy sector by deliberately diminishing the nutritional value of dairy in the eyes of Canadians – in spite of scientific evidence," said DFC president, Pierre Lampron. "Not only will this harm the dairy sector and the hundreds of thousands who depend upon it for their livelihoods, it also risks



harming Canadian consumers by creating confusion about the nutritional value of dairy", he continued.

For more than 75 years, milk and dairy products have been clearly recognized within Canada's Food Guide as playing a key role in a healthy, balanced diet. The scientific evidence supporting a role for milk products in the prevention of chronic diseases, is stronger than ever, and new evidence continues to accumulate. As highlighted by members of Canadian Clinicians for Therapeutic Nutrition, which consists of nearly 3,000 member clinicians, in a letter written to the Health Minister, there are many scientific studies now showing the benefits of full fat dairy.

The direction proposed by the new Food Guide is not evidence-based, and could have further long-lasting consequences on a sector that has already been placed in a difficult position by

this Government. Dairy Farmers of Canada asks that Prime Minister Trudeau direct the Minister of Health do her homework by considering and taking into account all available scientific evidence prior to the release of the new Food Guide. The health of Canadians, and the health of a vibrant Canadian sector, are at stake.

Dairy Farmers of Canada (DFC) is the national policy, lobbying and promotional organization representing Canada's farmers. DFC strives to create stable conditions for the Canadian dairy sector, today and in the future. It works to maintain policies that foster the viability of Canadian dairy farming and promote dairy products and their health benefits.

SOURCE Dairy Farmers of Canada (DFC)

## Quebecers with degenerative diseases in court to challenge assisted dying laws

### The Canadian Press

Two Quebecers suffering from incurable degenerative diseases are in court yesterday challenging provincial and federal laws that have left them ineligible for medically assisted death.

Jean Truchon and Nicole Gladu don't qualify to have a physician end their lives because, despite their suffering, they are not at the end of life.

Gladu suffers from post-polio syndrome and Truchon has cerebral palsy. Their requests for medically assisted death were refused because a natural death was not imminent, as required

by federal and provincial law.

They are in court asking Quebec Superior Court to allow doctors to provide them with medical aid in dying and to invalidate certain articles of the federal and provincial laws.

They argue that the requirement that someone be at the end of life is ambiguous and creates uncertainty, leading some people to consider other methods, such as a hunger strike or suicide.

Their lawyer, Jean-Pierre Menard, plans to argue that the laws infringe Charter protections of the right to life and security as well as the right to equality. The trial is scheduled to last 33 days.

### THE RECORD

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

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

PM#0040007682

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# Local Sports

*"Hugo had a brilliant collegiate career and continuously showed progression, while winning numerous team and individual awards," said Alouettes General Manager Kavis Reed.*

## Alouettes sign former Rouge et Or quarterback Hugo Richard

The Montreal Alouettes announced on Monday that the club has signed national quarterback Hugo Richard to a two-year-deal.

Richard (6'2", 225 lbs.) concluded his collegiate career on the best possible note when he led the Université Laval Rouge et Or to a 34-20 win over the McMaster University Marauders on November 24, allowing his team to hoist the Vanier Cup in front of its fans at Stade Telus-Université Laval. The 24-year-old quarterback completed 23 of 31 passes

for 348 yards and two touchdowns, while adding 60 rushing yards and a major. During his five seasons in Quebec City, Richard led the Rouge et Or to two Vanier Cup championships, earning the game MVP honours both times.

"Hugo had a brilliant collegiate career and continuously showed progression, while winning numerous team and individual awards," said Alouettes General Manager Kavis Reed. "He deserves a chance to showcase his ability at the quarterback position and we will give

him the opportunity to do so with his hometown team, which he is already familiar with."

Indeed, Richard took part in the Alouettes' training camp in 2017 as a guest quarterback.

In 38 career games with Laval, the Saint-Bruno-de-Montarville, QC native completed 782 of his 1,145 passes for gains of 10,271 yards, while throwing 70 touchdown passes. Richard was also a rushing threat for opposing defences as he also kept the ball 200 times for gains

of 1,228 yards and 30 majors. He is the only player in RSEQ history to score 70 passing and 30 rushing touchdowns.

The former Vanier Cegep Cheetah received many awards while sporting the Rouge et Or uniform, as he was named the RSEQ player of the year in 2014, 2017 and 2018, as well as being voted rookie of the year on the provincial and national levels in 2014. Richard also received second team All-Canadian honours in 2014 and 2017.

## Impact completes transfer of Alejandro Silva to Club Olimpia

The Montreal Impact is able to announce today the transfer of Uruguayan midfielder Alejandro Silva to Paraguayan side Club Olimpia, for an amount of more than C\$4,000,000, the biggest transfer in club history.

"I thank Alejandro for his important

contribution this past season," said Impact head coach Rémi Garde. "His daily professionalism and his desire to win greatly helped the team progress. He was very keen to take a new sporting opportunity that would also allow him to be closer to his family. I wish him a lot of success in the future."

After joining the Impact in March 2018, Silva scored five goals and registered 11 assists in 31 regular season games, including 27 starts, and 2,368 minutes of play. He also scored one goal in two Canadian Championship games.

Silva had previously played with Club Olimpia on two occasions during his ca-

reer, notably helping the team reach the Copa Libertadores final in 2013.

Transaction: The Montreal Impact completed the transfer of Alejandro Silva to Club Olimpia.

**NEXT GAME**  
**PALAIS DES SPORTS**  
**JAN. 9<sup>th</sup>**  
**at 7 p.m.**  
 game presented by **BUFFET DES CONTINENTS**  
**HOCKEYPHOENIX.CA**

Ville de Sherbrooke

# Winter Wonderland - Order of the Eastern Star

Since taking the office of Worthy Grands, Worthy Grand Matron Janet Patch and Worthy Grand Patron Robert Weidner have been very busy as they were asked to officiate at all the Installations of Officers for the year 2019. They have enjoyed doing it very much as it gives them the opportunity to get to know the members in a happy atmosphere.

Their theme for the year is "Believe in the Magic of Christmas" and their aim is to give to those in need. Their Watch Words are Peace, Love, Hope, Faith and Family and W.G.M. Janet's Scripture is "My peace I give to you, not as the world gives do I give to you. Let not your heart

be troubled neither let it be afraid" and W.G.P. Robert's is "Now when Jesus was born in Bethlehem in Judea in the days of Herod, the king, behold, there came wise men from the east saying" Where is he, that is born to be King of the Jews?

For we have seen his star in the East and have come to worship him. Their Motto "The change, you want to see in the world" and their project for the year is Mental Health, Estrie, Sherbrooke with HUGS - H (hats,) U (underware) G (gloves, mittens) S (socks, scarves) Fun Symbols W.G.M. Janet Elves and Christmas trees and W.G.P. Robert Snowflakes with a star in the middle.

Congratulations to the members of

our local chapters who have joined the grand family - Sisters Brenda Stone P.G.M. # 17 Grand Secretary), Donna Jenne P.M. #2 (Grand Conductress), Donna Mitchell P.M. #17 (Associated Grand Conductress), Elaine Young #35 (Grand Chaplain), Louise Smith #17 (Grand Adahj.Amanda Patch 35 (Grand Martha, Grace Hadlock #2 (Grand Electa) and Brothers Robert Farnam #35 (Grand Organist) and Edward Lowry #35 (Grand Warder).

Coming events - February 22/23 Can Am Games; March 9th Bowl-a Thon, March 17th St. Patrick's Day Parade.

There was no new news from the chapters to report so with best wishes to

all for an enjoyable holiday season and Best Wishes for 2019.

Just a Chuckle: A little boy was looking through an old family bible when he found an old dried leaf, that someone had pressed between the pages. Excited he called out to his mother, "Come here and see what I have found." As his mother came into the room, he held up the leaf and said, "Mum, I think I found Adam's underwear."

Star Love,  
Evelyn Beban Lewis (Publicity)

## Fordyce Branch Women's Institute

Members and guests gathered at the Legion on December 5, 2018 for a short meeting and the annual Christmas lunch. Norma Sherrer welcomed everyone and the members repeated the Mary Stewart Collect. It was announced that there would be no January meeting due to the difficulties of getting around in winter weather. It was moved and seconded that a \$100.00 donation be given to the Heroes Memorial School for the Hot Lunch program; it was moved and seconded that a \$100.00 donation be given to Emmanuel Church for the use of the hall. Norma read a letter from the council members at Heroes Memorial thanking the W.I. for their support.

A letter was then read from the BMP thanking the W.I. for their support, informing us as to future goals as well as

making an appeal for further donations. A discussion ensued and it was moved by Louise Smith, seconded by Micheline Dubeau that a \$100.00 donation be given to the BMP if funds permit.

The newsletter was presented by Micheline Dubeau. The QWI business is print form in black and white. The full newsletter with county news and color photos will be available online. Printed copies may be requested from the president.

Micheline mentioned one piece of news that had been left out of the newsletter, the death of Jim Kenton.

Grace was said and a wonderful lunch was enjoyed by all. All present were given a number for the game to follow. When your number was drawn you could choose a gift off the table, or if

one that another person had already chosen took your fancy, you had the option of 'stealing'. Although not everyone ended up with a gift, there was much laughter as presents were stolen away almost as soon as you got back to your seat after choosing your gift!

I owe a big thanks to a friend, who offered to take notes and even wrote the above as, although I attended the meeting, I wasn't feeling that great due to a fall.

Just a chuckle: The Lone Ranger and Tonto had to spend the night in the desert. After putting up the tent and getting into their sleeping bags, they were soon fast asleep. During the night, Tonto woke up then woke the Lone Ranger up. "What do you see?" he asked. The Lone Ranger said "I see millions of stars and it

makes me think of the sky with the moon, sun and planets and what a beautiful world we live in. What are you thinking about Tonto?" Tonto replied "I think you are dummer then I thought for not realizing that someone stole our tent."

This is my last publicity report for the W.I. After seven years, I feel that it is time to "hand the pen" to someone else. I want to thank the Record for printing my reports and readers, who told me that they enjoyed reading what I had written. I know that I enjoyed doing it.

I hope you have a lovely holiday and best wishes for 2019.

Evelyn Beban Lewis (Publicity)

## Datebook

TUESDAY, JANUARY 8, 2019

Today is the eighth day of 2019 and the 19th day of winter.

**TODAY'S HISTORY:** In 1790, President George Washington gave the first State of the Union address.

In 1877, Crazy Horse lost his final battle against the U.S. Cavalry at Wolf Mountain in Montana Territory.

In 1918, President Woodrow Wilson outlined his "Fourteen Points" peace plan.

In 1982, AT&T agreed to give up its 22 local "Baby Bells."

In 2011, a gunman opened fire at a public event for Democratic Rep. Gabrielle Giffords of Arizona, killing six people and injuring 13, including Giffords.

**TODAY'S BIRTHDAYS:** Jose Ferrer (1912-1992), actor; Soupy Sales (1926-2009), TV personality; Elvis Presley (1935-1977), singer/actor; Bob Eubanks (1938- ), TV game show host; Graham Chapman (1941-1989), actor/comedian; Stephen Hawking (1942-2018), physicist; Terry Brooks (1944- ), author;

David Bowie (1947-2016), singer-songwriter; Michelle Forbes (1965- ), actress; R. Kelly (1967- ), singer-songwriter; Rachel Nichols (1980- ), actress; Kim Jong Un (1984- ), North Korean leader.

**TODAY'S FACT:** About 600,000 people annually visit Elvis Presley's Graceland estate in Memphis, Tennessee.

**TODAY'S SPORTS:** In 1901, the first tournament sanctioned by the American Bowling Congress was held in Chicago.

**TODAY'S QUOTE:** "If you do not hear music in your words, you have put too much thought into your writing and not enough heart." — Terry Brooks, "Sometimes the Magic Works"

**TODAY'S NUMBER:** 641 — projected width (in feet) of the Crazy Horse Memorial in South Dakota, which will be the largest sculpture in the world if it is completed.

**TODAY'S MOON:** Between new moon (Jan. 5) and first quarter moon (Jan. 13).

## Do Just One Thing



By Danny Seo

Does your kitchen or bathroom drain have an unpleasant odor? Instead of dumping chlorine bleach down the drain to neutralize the odor, try this nontoxic solution: regular salt. Sometimes decomposing organic matter like food scraps can be stuck on the sides of pipes. The salt helps dislodge the stuck-on waste and acts like a mini scrubber for your pipes. Simply pour about 1/2 to 1 cup of salt down the drain and turn on the tap to try this tip.

## 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' CRIER

## TOWNSHIPS

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

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 8 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 Blood Pressure clinic on Tuesday, January 8 at the Town Hall from 10 a.m. to 11 a.m.

## RICHMOND

Fun Darts at the Richmond Legion, Branch #15, is set to begin Wednesday, January 9 at 7:30 p.m. Pick-up team format. Admission charged. All are welcome.

## NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

## LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing a group discussion on Seeking God in a Secular age. Charles Taylor, a Roman Catholic Québécois, is considered one of the world's most important philosopher and his book, A Secular Age, will be at the center of the discussions. The group meets every Wednesday from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information,

please contact The Rev'd Canon Giuseppe Gagliano, ggagliano@quebec.anglican.ca, 819-570-3433.

## LENNOXVILLE

Are you concerned about falling? Are you having difficulty with your balance? Join the Stand-Up program to help you with your balance with the aim at preventing falls! New session starts January 22. Call to sign up now! It's free! Sessions takes place at Lennoxville & District Community Aid, 164 Queen street, suite 104 Sherbrooke (Lennoxville). For more information and to sign up, call 819-821-4779.

## HUNTINGVILLE

Three Link Fraternity, Unity Lodge #8, IOOF, 4150 Route 147, Waterville (Huntingville), is starting the New Year with a revival of our all-you-can-eat Sunday Brunches, to benefit community projects, on Sunday, January 13 from 10:30 a.m. to 1:30 p.m. Scrambled eggs, bacon, sausage, beans, pancakes, toast, coffee, tea and juice. We will have take-out available. Just call 819-679-8493 and it will be ready when you show up. We also have a "family price". For information about Unity Lodge or any of our Projects show up and we will be happy to explain

the good work we do in the Community. You can also call 819-820-5672, email unity8ioof@yahoo.ca or visit us on Facebook at - three link fraternity unity lodge #8 ioof.

## BULWER

Bulwer Branch Quebec Farmers Association will NOT meet on Thursday, January 10 at the Bulwer Community Centre. See you in February!

## RICHMOND

A Robbie Burns event at Beechmore Manor, 310 River Road, Cleveland on Saturday, January 26, 2019 will be hosted by Richmond County Historical Society. The cocktail soirée from 7 p.m. to 11 p.m. will entertain by the ambiance of the setting, the poetry of the bard, music of the highlands, as well as the best of Scottish hors d'oeuvres. The RCHS theme for 2019 is music, and how it influenced local culture. Revelers could support the RCHS at the dram bar where shots of scotch and the famous Robbie Burns cocktail will be provided. Ticket price includes access to the event as well as hors d'oeuvres, wine, and non-alcoholic beverages. Tickets are limited so please reserve at 819-620-4071 or loupfi@me.com.

# Words fail a writer

Dear Annie

TUESDAY, JANUARY 8, 2019

Dear Annie: I am a published author and have been struggling to write my next book. I've written a handful of adult-oriented fictional books. My most recent published book came out almost five years ago. I've tried several times to start the next book, but I haven't been able to get any thoughts together or gather any momentum in the writing process.

I never previously experienced any writer's block, so this five-year period is challenging. My frustration has also compounded during this period, and I've walked away several times for extended periods of time. Any advice from one writer to another? — Writer's Blocked

Dear Writer's Blocked: Writing about your own block is a great way to get the creative juices flowing again. Start every day by writing a stream of consciousness. Don't focus on specific time requirements or topics. Just write creatively. Don't go back and read your writings immediately. Let what you've written age a bit, and start the next day anew. Speak with your spouse, a close friend or your therapist about the meaning behind these writings. Inspiration and meaning will find you as you let go of the search for the perfect topic and uncover what's already hiding inside you.

Dear Annie: My dad is full of interesting stories. And he's getting older; he'll be 70 soon. Though he's in great health, I know that my time is running out with him. And I want to preserve his stories so that they don't die with him. Do you have any advice on how to go about this? — Mulling Over Memoir

Dear Mulling Over Memoir: It is terrific that you're thinking of this. What a gift it would be to your father, yourself and future generations of your family to preserve these stories. On top of that, the process of gathering this information will bring you and your dad closer than ever before.

Try to set aside one afternoon a month to conduct "life interviews" with your dad, accompanying him on a stroll down memory lane. Record the conversations using your smartphone or a recorder. If you're not sure where to start, the website <https://legacyproject.org> has a helpful list of questions.

Dear Annie: As a therapist specializing in eating disorders, I applaud your telling "Supportive Sibling" to talk with her sister who has an eating disorder before holiday dinners and to devise a safe word to use in conversations if the sister becomes uncomfortable. I would add that "Supportive Sibling" should ask her sister what would help her rather than guess and should urge her to find a therapist to help her overcome her problems. Most people with eating disorders cannot and do not resolve them without therapeutic help, as this is a biopsychosocial problem.

Additionally, "Supportive Sibling" should advise everyone in the family that no one should be telling any adult how or what to eat or what to weigh. Though often well-intended, these remarks are counterproductive and must be banned during the holidays and year-round. — Karen, LCSW

Dear Karen: I'm printing your letter for the benefit of "Supportive Sibling," as well as the friends and family of any of the 30 million people in the United States who have eating disorders. Thank you for sharing your expertise.

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

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

# SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

2		7	8					5
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1/8

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## PREVIOUS SOLUTION

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

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

When thirty people each give \$25 per month, a national campaign is organized in El Salvador to protect and collectively manage water resources. Thank you for giving.

# Justice Solidarity Dignity

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### CELEBRITY CIPHER

by Luis Campos

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

" H GFDZKA LKPM WCRI ZX TK  
 HDLXELKA HD ZIK WXZHXD OHRZCPKU,  
 UX H RXCEA RIFDYK HZ FDA AX  
 UXWKZIH DY DKFPKP ZIK ZPCZI."  
 - WFPEXD TPFDA X

Previous Solution: "Each film I make is kind of a return to poetry for me, or at least an attempt to create a poem." — Bernardo Bertolucci  
 TODAY'S CLUE: A sjenbe W

### REALITY CHECK



HERMAN

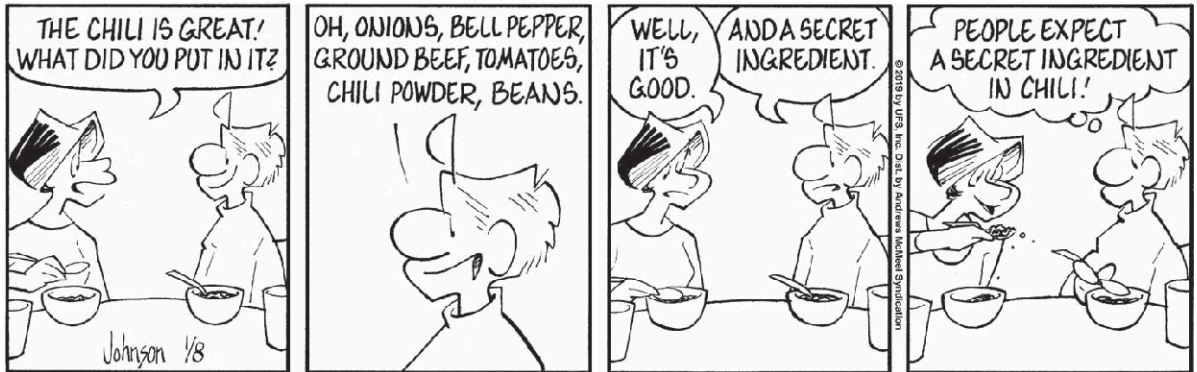


"Is that for a pool?"

### ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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**Please note: the solutions that appeared in the Thursday, January 3 & Friday, January 4 editions for the crossword puzzles were incorrect. Here are the correct solutions. We apologize for any inconvenience.**

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Hurd Hunt	Learned Plain
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Principale	Route 210
Randboro	Route 212
Saint Germain	Taylor

If you need more information or are interested in delivering to all or some of these areas, please don't hesitate to contact us at **819-569-9528** or by email at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

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# NEA Crossword Puzzle

# Your Birthday

TUESDAY, JANUARY 8, 2019

**GEMINI** (May 21-June 20) — Temptation will lead you in the wrong direction. Stick to your budget and don't indulge in activities that could lead to trouble. Focus on romance and fitness.

**CANCER** (June 21-July 22) — Take an interest in what others do, but don't feel compelled to participate in something that makes you uncomfortable. If you stick to your principles, you'll gain respect and friendship.

**LEO** (July 23-Aug. 22) — Get moving and take charge. Your outgoing personality and ability to pivot and compromise will put you in a leadership position. A personal relationship will take a positive turn.

**VIRGO** (Aug. 23-Sept. 22) — Get out with a friend or an older confidant who has offered you sound advice in the past. Don't let an emotional issue at home stand in the way of your professional responsibilities.

**LIBRA** (Sept. 23-Oct. 23) — If someone is looking for a fight, sit the situation out. You'll do better if you focus on what you can contribute or on personal gains. Refuse to get annoyed. Choose peace and love.

**SCORPIO** (Oct. 24-Nov. 22) — Listen well to pick up valuable information that will help you determine if someone is being straight with you. A change you make will pay off.

**SAGITTARIUS** (Nov. 23-Dec. 21) — A certain memory will help you make an unexpected change. Embrace new beginnings and a healthier lifestyle. Romance is on the rise.

Slow down and think matters through. Don't feel pressured to take on responsibilities that don't belong to you. Take advantage of opportunities that encourage you to look and feel your best. Proper diet and fitness will result in less stress and greater vitality. Choose peace and love over discord.

**CAPRICORN** (Dec. 22-Jan. 19) — Participate in something that will benefit you as well as others. Working with someone who has similar goals will spark an interest in forming a partnership. Romance is highlighted.

**AQUARIUS** (Jan. 20-Feb. 19) — Make your own opportunities. Check out the online job market or network with associates who can help you advance. Share your thoughts, but not your feelings or emotions.

**PISCES** (Feb. 20-March 20) — Keep your life simple, moderate and peaceful. Walk away from drama or people looking for a fight. Find individuals who are a help, not a hindrance.

**ARIES** (March 21-April 19) — Take care of your personal finances, medical issues or pending legal matters. Staying on top of things will help you ward off criticism from someone close to you.

**TAURUS** (April 20-May 20) — Your dedication and determination will give you the edge you need in a competitive situation. Keep your cool when dealing with institutions and government agencies. Don't let someone else's decision fluster you.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Taro product
  - 4 Pea container
  - 7 In — (as found)
  - 11 Cinemax rival
  - 12 Imitates
  - 14 Third-rate
  - 15 Morse click
  - 16 Taunt
  - 17 Had bills to pay
  - 18 Add herbs
  - 20 Olivia Newton-John tune
  - 22 Shelley offering
  - 23 Pull hard
  - 24 Volcano output
  - 27 LA cagers
  - 30 Very mean person
  - 31 Family members
  - 32 German physicist
  - 34 Sweater letter
  - 35 Smack
  - 36 House part
  - 37 A Skywalker
- 39 Pieces of sugar**
- 40 Smack talk
  - 41 Loud noise
  - 42 Rich pastry
  - 45 Applied salve
  - 49 Burn soother
  - 50 Mideast VIP
  - 52 Bravo!
  - 53 PC list
  - 54 Have supper
  - 55 Finish first
  - 56 Catches a glimpse of
  - 57 Aunt or bro.
  - 58 Musical notes
- DOWN**
- 1 Advanced degs.
  - 2 Stage award
  - 3 Scintilla
  - 4 Far East temple
  - 5 Express a view
  - 6 New socialite
  - 7 Ocean dweller
  - 8 Missouri neighbor
  - 9 — the line (obeyed)
  - 10 Pakistan's language
  - 13 Navigator's aid
  - 19 A portion of
  - 21 Bering Sea birds
  - 24 Janitor's tool
  - 25 — Khan
  - 26 Smile ear-to-ear
  - 27 Cash advance
  - 28 Dorm unit
  - 29 Boutique
  - 31 Rustled
  - 33 Malprop or Miniver
  - 35 Tackles a slope
  - 36 Silent
  - 38 Departures
  - 39 Hardy's other half
  - 41 Salt water
  - 42 River tamers
  - 43 Helm position
  - 44 Fewer than one
  - 46 Try for a strike
  - 47 Director — Kazan
  - 48 Lairs
  - 51 First space lab

1	2	3		4	5	6		7	8	9	10	
11				12			13		14			
15				16					17			
18				19				20	21			
				22				23				
24	25	26				27				28	29	
30						31				32	33	
34						35				36		
	37			38					39			
				40					41			
42	43	44						45		46	47	48
49						50	51			52		
53						54				55		
56						57				58		

TUESDAY, JANUARY 8, 2019

## To avoid a guess, ignore the Greek

By Phillip Alder

Alice May Brock, a former owner of three restaurants in the Berkshires, wrote, "Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good."

Of which ethnicity is this deal? South is in four spades and gets the heart-eight lead. What should he do?

This deal won last year's Richard Freeman Junior Deal of the Year award from the International Bridge Press Association. The declarer was Matt Smith and the original article author Paul Lavings, both from Australia.

Smith and his partner, Nico Ranson, had a textbook transfer auction.

Smith assumed that West had the diamond ace, and if so, South was faced with four minor-suit losers. Declarer set out to ruff his low clubs on the board. But Smith saw that his communications were tenuous. So, he ignored the Greek gift hidden in the opening lead, taking the trick with dummy's king. He cashed the club ace, played the heart four to his jack and pitched the club 10 on the heart ace. Smith continued with a club ruff high, a trump to his hand, another

North				01-08-19
♠	Q 10 9 7 3			
♥	K 4			
♦	8 6 5 2			
♣	A 10			
West		East		
♠	6 5	♠	8 4 2	
♥	10 8 2	♥	Q 9 7 6 5	
♦	A J 10 7	♦	Q 9	
♣	K 9 8 3	♣	Q J 6	
South				
♠	A K J			
♥	A J 3			
♦	K 4 3			
♣	7 5 4 2			
Dealer: South				
Vulnerable: Neither				
South	West	North	East	
1NT	Pass	2♥	Pass	
2♠	Pass	3NT	Pass	
4♠	Pass	Pass	Pass	
Opening lead: ♥ 8				

club ruff high, a spade to hand and the third club ruff. His 10 tricks were three high spades in hand, three hearts, the club ace and those three club ruffs.

That was nicely done, but you might have noticed that declarer could have won the first trick in his hand if he had guessed the later play. However, Smith's line required only that East have the heart queen and there be no bad heart split.