



THE RECORD

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Bishop's workshop to explore music's power to heal

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Winter weather doesn't disprove global warming

Editorial - Page 6

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TUESDAY, FEBRUARY 12, 2019

Third and final mandate for Magog Mayor Vicki-May Hamm

By Matthew McCully

"I'm comfortable with my position," explained Vicki-May Hamm, about her decision move on to new challenges at the end of her term as mayor of Magog.

She first took office in November, 2009.

"I've achieved what was on my list," she said, adding that she believes politicians shouldn't stay in a position for too long.

"It's much easier and more exciting," Hamm said, regarding her final term. "You're achieving."

When first elected, Hamm said there was a big learning curve, and much of her time was spent finishing projects initiated by the previous council.

These days, she is putting the finishing touches on plans, all of which were initiated by Hamm and her team.

"There are a lot of interesting projects," she said.

Most notably is the renovation of Main Street.

"If we are on budget, we could start in April," Hamm commented.

CONT'D ON PAGE 5

Sherbrooke Smuckers plant to undergo major expansion



Sherbrooke plant manager Dominique Mathieu (left) and Smuckers Vice President of Supply Chain and Operations Todd Campbell (right) were with International Development Minister and Compton-Stanstead MP Marie-Claude Bibeau on Monday morning for the announcement that the Federal Government will be helping to fund an \$11.7 million expansion and renovation at the company's Sherbrooke facility.

By Gordon Lambie

The Smuckers plant on Wellington Street South in Sherbrooke is getting ready for a large scale expansion and renovation over the next two years, funded with the support of the

Federal Government's Dairy Processing Investment Fund.

"This company has a vision for the future," said Marie-Claude Bibeau, Minister of International Development and MP for Compton-Stanstead at the plant on Monday morning, explaining that

Ottawa will provide up to \$1.8 million for the \$11.7 million modernization project. "With this investment in Sherbrooke, the company who already supplies Canada with Eagle Brand and

CONT'D ON PAGE 3

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Weather



TODAY:
SUNNY

HIGH OF -7
LOW OF -9



WEDNESDAY:
SNOW/WIND

HIGH OF 0
LOW OF -7



THURSDAY:
PERIODS OF
SNOW

HIGH OF -5
LOW OF -10



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -4
LOW OF -5



SATURDAY:
SNOW

HIGH OF -1
LOW OF -11

The greatest of these



DISHPAN HANDS

SHEILA QUINN

Anyone who has attended a Christian wedding has likely heard 1 Corinthians 13, verses 4-8 and 13.

'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps not record of wrongs. Love does not delight in evil, but rejoices in the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away...And now these three remain: Faith, Hope and Love. But the greatest of these is love.' (From the New International Version of The Bible)

I think some people get a little tired of hearing it, but boy, it packs a wallop in terms of contemplation.

Am I the only one who feels that this sets couples up for some kind of unrealistic chunk of expectations? Staring into each other's eyes as one of the bride's maids reads this aloud at the pulpit, imagining the magical perfection of slipping that ring on the appropriate finger, saying the right things and sealing it with a kiss...

I just feel like it was written by someone who had only glimpsed love at its finest, most beautiful peak. I mean, don't get me wrong, I get the power of what's in there. It's just that...with Valentine's Day around the corner and stuff...maybe now, in 2019, we could contribute something that might shed

light on a few of the other aspects of love?

There is a chance, that in every couple, at least in some small way, there has been jealousy, pride, a little self-centeredness, anger, and ohhhh, I'll bet some people even can remember on what date something 'wrong' happened, and what everyone was wearing at the time. And what they were eating, or watching, or whose car they were in, or how they had had that really weird casserole at the brother-in-law's family gathering. But it was probably still love.

And while love might rejoice in the truth, boy oh boy, can that ever be a stinger to cope with! Truth sometimes hurts, and love does, sometimes, too.

Sometimes love changes. It doesn't make what was there before...or even after sometimes....any less love. It just means that at some point the love waned. Or it might have even died. Love can live again though - many folks have experienced that. So perhaps, love is also cyclical, almost like the phases of the moon.

We just have to be patient enough, and resilient enough, and willing to share enough, to allow it to become full again, or all of those things in order to let it go.

We seem to live in a time of constant prophets, just watch a few TEDx talks, and you'll see - most of them even have the same pacing, delivery and sometimes the very same message in a new dress. So the prophecies, well, I guess the point is that they don't need to cease. Life can go on, it needs to - and sometimes it goes on in spite of love, beyond love, through love, and through us.

Again, this isn't a reflection on the 'wrongness' of the scripture, it's just a little shade. A little modern spin. A little bit of rock 'n roll.

From the King James Version, we start out with 'Though I speak with the tongues of men and of angels, but have not love I am only a resounding gong or a clanging cymbal.' It's like they were predicted Led Zeppelin's existence. 'Got a Whole Lotta Love', if you know what I mean. John Bonham Jr. clanging at the

cymbals, and resounding the gongs, and Robert Plant summoning an entire choir via that bonavox.

Deeply established in the words is the need for love, the almost lack of existence without it. Let's be clear here, that love can exist in, swirl around in and complete, your little old self. The pressure for it to always be shared in some magical union is just a little too princess movie.

'Love does not parade itself.'

Ever been to a Pride parade? Well. Let me tell you. That is what Robert Plant mentioned too - a whole lotta love.

Maybe it's more that love doesn't HAVE to parade itself. But if it wants to, why not? Why not have a parade?

'For now we see in a mirror, darkly, but then face to face.'

Pardon?

Sometimes it's a glass, sometimes it's dimly, but any way you slice it, the idea is that at first we don't really know what we're looking at.

And love keeps being like that.

A weird thing to look at sometimes, and sometimes hidden until you look for it, like a game of I Spy. Just try spying love. You can manage it without being creepy.

This week, try to let the mirror, darkly bit drop away, and pay attention for it, because as another old song goes, 'love is all around'. And it is, in small ways, and ways you can't see even when you're looking, and somewhere around us, every day, someone around us is making their way through life with love in their heart, mind and soul, it has a hold of the steering wheel.

While faith and hope are important, powerful experiences, forces to be reckoned with, the greatest of these probably really is love.

We can go forward and question some of what has been said before us, add our own flavour, and sit with it over time. There is no disrespect in that kind of appropriation, only an attempt to drop the latest mirrors of our time.

May this Valentine's Day find you open to the concept of love.

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Association for children with cancer

Ben by Daniel Shelton

HELLO THERE, BIGBOY!

HEH HEH HEH

I LOVE YOU TOO!

THERE SEEMS TO BE A LOT MORE STATIC ELECTRICITY DURING WINTER...

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LOCAL NEWS

"This is not the fluff stuff like aroma-therapy. It is a long-established field of study in psychology and music, which operates on our brains independently of other aspects like speech and cognitive memory," Eby said

Bishop's workshop to explore music's power to heal

By Gordon Lambie

Tomorrow night Eric Akbar Manolson will be conducting an interactive workshop on music therapy entitled "The Power of Music to Inspire & Heal" at Bishop's University's Bandeen Hall, hosted by the university's Music Department. Known in the Townships largely for his work in community development, Manolson has planned this workshop drawing on decades of experience as a musician working with people in hospitals, seniors' residences and other therapeutic contexts over the last thirty years.

"I'm hoping it will bring people together," Manolson said, explaining that his objectives for the workshop are that people have a real lived experience of the power of music to inspire and heal, for people to walk away with practical tips, techniques, and resources to find out more information, and bring together people with a shared interest in music therapy to encourage mutual exchange of ideas.

While he acknowledged that his workshop might sound, at face value, somewhat pseudoscientific, the musi-

cian pointed to a growing body of evidence that shows there are significant positive benefits to the use of music in therapeutic contexts.

Jack Eby, Chair of the Music Department at Bishop's, backed up that position.

"This is not the fluff stuff like aroma-therapy. It is a long-established field of study in psychology and music, which operates on our brains independently of other aspects like speech and cognitive memory," Eby said, pointing out that there are a growing number of well-documented cases in the world of people with advanced dementia or severe brain damage making remarkable strides in recovery when exposed to or engaged with music. "It's not just playing nice music to make them feel happy."

"This is being validated," said Manolson, who is the creator of the eponymous Manolson Approach, which he developed over the years as a way to train people living with Alzheimer's disease & their families to reduce anxiety and better communicate with each other.

Wednesday's workshop, the musician explained, will take the form of an interactive conversation. While Manolson



COURTESY

has his own experience and resources to share with those who come out, he said he also wants to hear from those who come out to participate.

"I ask people to share their experiences in small groups," he said. "There is a lot of creative intelligence in that kind of room."

"It's a subject of considerable interest right now," Eby added, noting that there are several Music Therapy programs being taught across the country, and a

class at Bishop's this semester. Outside of the academic community, the department chair said that invitations have also been sent to many members of the local medical community.

There is no admission fee for the workshop, which begins at 7 p.m., but those interested in coming are asked to register in advance by emailing smanolson82@ubishops.ca.

Governments combine to fund Expansion PME in Montérégie East

Record Staff

The governments of Quebec and Canada will provide development organization Expansion PME with \$778,000 in renewed funding over the next three years to help businesses in the Montérégie-Est regarding the exportation and commercialization of their

products and services in markets outside Quebec.

Expansion PME will receive a non-repayable contribution of \$360,000 from the Ministère de l'Économie et de l'Innovation (MEI) to carry out its export activities evaluated at nearly 1\$ million dollars. The assistance was granted through the Programme Exportation

(PEX). Canada Economic Development has also granted a non repayable contribution of \$418,000 under its Quebec Economic Development Program.

"By providing increased support for SMEs in the Montérégie-Est region, we are leveraging their expertise and undeniable assets to enable them to succeed in foreign markets," Jolin-Barrette said.

"Expansion PME offers companies a first-rate service that will allow them to compete within a context of market globalization. The main benefits of exporting are increased sales and profits, risk reduction through market and customer diversification, longer product lifespan, and enhanced company reputation."

Sherbrooke Smuckers plant

CONT'D FROM PAGE 1

Carnation products will expand its offering and, with that, increase demand for Canadian milk by almost 4 million tons. This is good news for our dairy farmers!"

Bibeau pointed out that the local factory makes 80 per cent of the all evaporated milk products produced in Canada though the Eagle Brand and Carnation names.

"Smuckers already transforms 30 million litres of milk from our region per year, and soon that number will increase by close to another 3 million litres," she said. "When I was little we would dip our Georges bread in maple syrup and carnation milk, all knowing that the bread was from the Georges Bakery on Rue Saint-Michel, but I am certain that even my mother didn't know that the carnation was made on Wellington."

Dominique Mathieu, the Sherbrooke Plant Manager, said that the expansion

represents an important modernization for a factory that has been in continuous operation since 1939.

"We are part of Sherbrooke's heritage," she said praising the dedication of the facility's 35 employees.

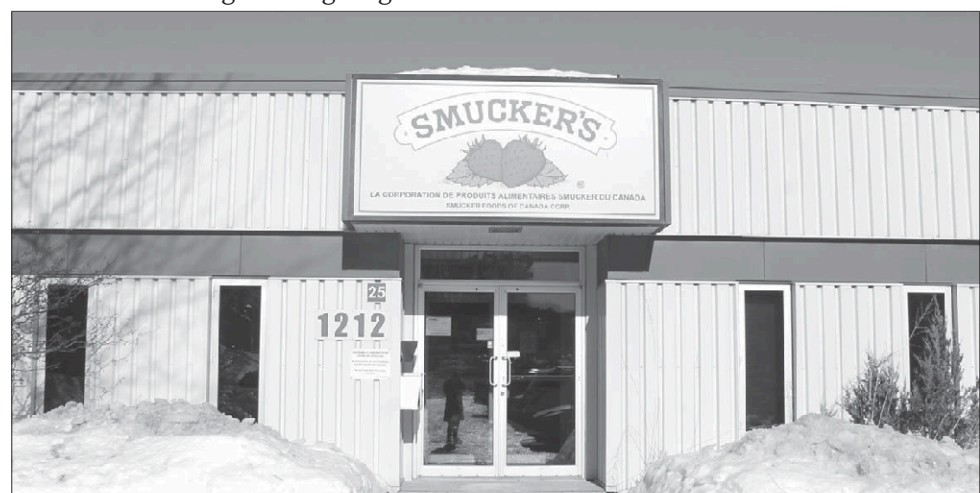
Mathieu said that Smuckers invested significantly in the facility since it was acquired from Nestle in 2007, but explained that the work to come will help ensure the long term sustainability of local operations by increasing production.

"This investment, funded in part by contributions from the Ministry of Agriculture, will support updates to our equipment which will enable our ability to produce new products and increase our demand for domestic milk," the plant manager said, adding that although all of their current production is made with 100 per cent Canadian milk, the expansion will allow Smuckers to start producing heavy cream locally as well, where it is currently imported from

Europe.

The Dairy Processing Investment Fund was established to provide funding to dairy processors for investments that will improve productivity and competitiveness following the signing of the

Canada-European Union Comprehensive Economic and Trade Agreement (CETA). The same fund recently made contributions to renovation work at the Fromagerie La Station in Compton.



The Smuckers plant on Wellington Street South is responsible for 80 per cent of the evaporated milk produced in Canada, operating under the "Eagle Brand" and "Carnation" trademarks.

First research chair on physically active lifestyles in schools

Record Staff

divided into two areas: intervention strategies and vocational training.

"More specifically, we will develop knowledge to support the development and sustainability of interventions by physical education and health teachers and other school-related practitioners," explained Dr. Sylvain Turcotte of the Faculty of Physical Activity Sciences, who will be directing the new research group. "You need to know more about the process leading to a physically active lifestyle and the factors that are favorable or unfavorable to identifying the most promising strategies for the school environment," he continued, adding that the second axis will focus on developing the professional accompaniment offered to teachers, whether university training or continuing education, so that they are equipped to use this knowledge and strategies in the field, with their students.

The Research Chair will also guide the Faculty of Physical Activity Sciences in the development of its own training programs, particularly in the context of the



COURTESY

training of teachers in physical education and health.

"It will lead us to offer innovative programs that will position our graduates,

whose interventions will be more successful for the health and success of our young people," said Isabelle Dionne, Dean of the Faculty of physical activity.

Recognizing the fact that physical activity among young people is currently a major issue in North American society, with recent studies showing that only 35 per cent of Canadians aged five to seventeen get the recommended 60 minutes of physical activity they need each day, The Université de Sherbrooke and the Department of Education and Higher Education jointly announced the creation of the Kino-Québec Research Chair on the adoption of a physically active lifestyle in a school context last Friday. This is the first research chair dedicated to the practice of physical activity in school environments.

The new research is made possible thanks to an \$625,000 investment by the Quebec Ministry of Education and Higher Education. Its work will be spread over five years. The ultimate goal of the research chair is to ensure that students adopt a physically active lifestyle in school and maintain it as an adult. To accomplish this, work will be

Raising awareness about sexual health in youth

Record Staff

The booths are intended to introduce young people to local organizations, test their knowledge of sexuality and healthy relationships, and emphasize the importance of protecting themselves to prevent STBBIs (sexually transmitted and blood borne infections) and unplanned pregnancies. Buttons created especially for the awareness campaign are being handed out.

It is important to educate young people about the importance of maintaining healthy and safe behaviors that respect their development, their values, and their beliefs.

In Estrie, the nearly 25 per cent increase in STBBIs in 2018 demonstrates the importance of continuing prevention efforts in this area. In addition, no contraceptive method is 100 per cent ef-

fective and almost one in two pregnancies is not planned.

Nobody is immune to these situations and educating, sensitizing, and informing young people remain essential ways of breaking taboos, defusing myths, and promoting a positive emotional and sexual life.

For the fourth year in a row, IRIS Estrie and S.O.S. Grosesse Estrie are joining forces to celebrate Sex and Emotional Health Awareness Week, Feb. 11-15. The two organizations will hold lunchtime booths at nearly 20 secondary and college-level schools in Estrie during the month of February.

Thieves flee police with baby on board

Record Staff

In the late afternoon Friday, Feb. 8, security at the Walmart in Magog contacted Memphremagog Police to report they were watching a well-known shoplifter. Officers from the Memphremagog went to the outside area of Walmart to prevent the alleged thief's escape, and were in constant communication with Walmart security. The individual filled a basket with over \$1,100 of household goods and left by a side door, where an accomplice was waiting with a car. They noticed the police presence

and fled.

During the escape attempt, the driver hit a vehicle stopped in traffic and a patrol car. After being apprehended, the driver told the police that his one-year-old baby was in the back seat.

Police brought all involved to the station. The baby was taken care of and the individuals kept. Both have lengthy criminal records. Both are males, one 25 years and the other 24, from the St-Jean Richelieu area. The child's mother came to the station and picked up her baby.

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Where did Aaron DJ before he became famous?

2 winners for a pair of tickets will be randomly drawn on February 15 at 9 a.m.

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\$17,850 for Windsor community organizations

Record Staff

Organization representatives were invited to the last Windsor council meeting to receive financial support from the City. Sports and recreation organizations, as well as Action Partage, shared funding of \$17,850.

"The City of Windsor has always found it important to partner with the various organizations on its territory," said Mayor Sylvie Bureau. "Cadets, scouts and sports associations (cross-country skiing, hockey, figure skating, and soccer) allow our youth to develop their leadership, team spirit and self-improvement, to name just a few assets of physi-

cal health. Skill development, and passion also have far-reaching impacts in our community," she said.

"As for Action Partage Windsor, the City defends the same values of solidarity and mutual aid. The organization offers, among other things, food and clothing assistance. Its contribution ensures the maintenance of services but, above all, contributes to helping the local community," she added.

In addition to financial support, the City provides facilities for recreation organizations, be it the grounds, the arena or the various premises, including at the René-Lévesque Community Center.



(VILLE DE WINDSOR)

André Cloutier, surrounded by Mayor Sylvie Bureau (left) and City Councillor Solange Richard, accepts the cheque on behalf of Action Partage.

Drug bust in Windsor nets, cocaine, pot, and guns

Record Staff

Police carried out an anti-drug operation on Windsor's Du Moulin St. on Thursday, Feb. 7 and dismantled a narcotics point of sale. The two occu-

pants, a 30-year-old man and a 27-year-old woman, were arrested.

On site, the police seized approximately three kilograms of cannabis, cannabis resin, cocaine, psilocybin, four prohibited weapons, over \$700 in cash

and various equipment used to produce cannabis.

Those arrested will face charges of drug trafficking, narcotics production for the purpose of trafficking, and production of cannabis.

The Sûreté du Québec also reminds the public that any information about illegal activities can be transmitted confidentially at any time via the Criminal Information Center at 1-800-659-4264.

Getting to know your communities: Magog

CONT'D FROM PAGE 1

"It will be a big hole from April to December," she said. Not ideal for a tourist town like Magog, but according to Hamm, there was no choice in the matter.

"The bottom line is the infrastructure is finished," Hamm said.

The major overhaul is 75 per cent necessity, 25 per cent beautification, she said.

"We've been working on it for five years," she said, consulting with local businesses for the past three years.

"We visited other cities, and learned from their lessons," she said, fully aware there will be an impact on businesses on Main Street during the work.

If the City's budget lines up with the estimates in from the calls for tenders, Hamm said council could approve the project as early as next week's council meeting.

Another major project for Magog, according to Hamm, is the replacement of the wastewater treatment facility in what was formerly Omerville, now merged with Magog.

"It's a sector of the city with less expensive housing. It has a lot of potential," Hamm said. Because the property values are so high in Magog, the city needs affordable options to attract young families to the area.

According to Hamm, Magog has changed a lot in the last ten years.

"I was elected on a platform that was economic. We had lost almost 5,000 jobs in the industrial park," Hamm said.

"Now, there are not enough people for the jobs we have to offer," she said.

Hamm was recently in Paris at a recruiting event designed specifically for Quebec businesses.

In addition to being mayor of Magog, Hamm is also the President of the Fed-

eration of Canadian Municipalities (FCM).

"I travel a lot," she said.

Simply put, the FCM negotiates with the federal government on behalf of all municipalities.

The federation has 2,000 members and represents close to 90 per cent of the population of Canada, Hamm explained.

She used the example of the legalization of cannabis.

Because the new regulations will have an impact on municipalities, the FCM's role was to ensure that the profits generated from cannabis sales be shared.

"We won that," she said. Currently, Quebec and Ontario have agreed to share profits from cannabis with municipalities, the other provinces have yet to reach an agreement.

"The issues are so different," Hamm said. As president of the FCM, she advocates on behalf of Cities like Magog, or smaller municipalities like Ogden, alongside the needs of big cities like Toronto.

"I'm learning a lot. It's so interesting."

For several months now, the Magog Hospital Vigilance Committee has been very vocal, with petitions and conferences pointing out a decrease in the quality of services since the centralization of power with the restructuring of the CIUSSS de l'Estrie-CHUS.

According to Hamm, things at the hospital are going better, citing two reasons.

"Number one, we now have someone from the CHUS at the table," Hamm said, to bring their concerns back to the CHUS board.

"Every time we have a meeting, we take one problem, and we try to solve it," she said.

The second reason for improvements at the hospital, Hamm said, is the change in government.



MATTHEW MCCULLY

"They've promised to decentralize," commented Hamm. She added that there is now someone at the Magog hospital who can serve as a decision-maker and avoid problems. Previously, for example, Hamm said the emergency room couldn't open extra beds without waiting for the ok from management off site.

Coventry dump is a hot topic, considering Memphremagog Lake is the drinking water source for Magog citizens.

"We can't change the fact that there is a dump at the head of the lake," Hamm said.

While some environmental groups are asking the dump be shut down, that is not a possibility.

"It we were to ask for that, we wouldn't be taken seriously," she said.

There are things we can do," she said, like how the leachate from the dump is treated.

"We can make sure it corresponds to our norms."

While there is a feeling of powerlessness, Hamm said every time she has approached U.S. officials, she felt she has been heard.

"There is a new conscience," she said. "Elected officials can't just pretend they don't see it at all."

When asked about her plans at the end of her third and final term, Hamm confirmed that she has been approached by provincial and federal parties to continue her career in politics.

"I want to finish what I started," Hamm said. "I don't want to stop halfway through."

While there are federal elections scheduled for October of this year, Hamm said she would not want to have Magog taxpayers go through the expense of a by-election in the middle of her mandate.

EDITORIAL

Several studies show global warming is causing an increasing number of cold-weather events in eastern North America.

SCIENCE MATTERS

Winter weather doesn't disprove global warming

By David Suzuki

Weather and climate aren't the same. It's one thing for people who spend little or no time learning about global warming to confuse the two, but when those we elect to represent us don't know the difference, we're in trouble.

For a U.S. president to tweet about what he referred to as "Global Warming" because parts of the country are experiencing severe winter conditions displays a profound ignorance that would be embarrassing for an ordinary citizen, let alone the leader of a world power.

To understand the distinction, it's important to know the difference between "global warming" and "climate change." Although the terms are often used interchangeably, there's a subtle difference. Current global warming refers to the overall phenomenon whereby global average temperatures are steadily increasing more rapidly than can be explained by natural factors. Much of the climate change we're already seeing — from increasing extreme weather events to floods and drought to altered ocean currents — is a result of global warming.

That's leading to a range of impacts, "including rising sea levels; shrinking mountain glaciers; accelerating ice melt in Greenland, Antarctica and the Arctic; and shifts in flower/plant blooming times," according to NASA. That, in turn, affects everything from the food we grow and eat to water availability to human migration.

Both "global warming" and "climate change" refer to average long-term phenomena and effects, whereas "weather"

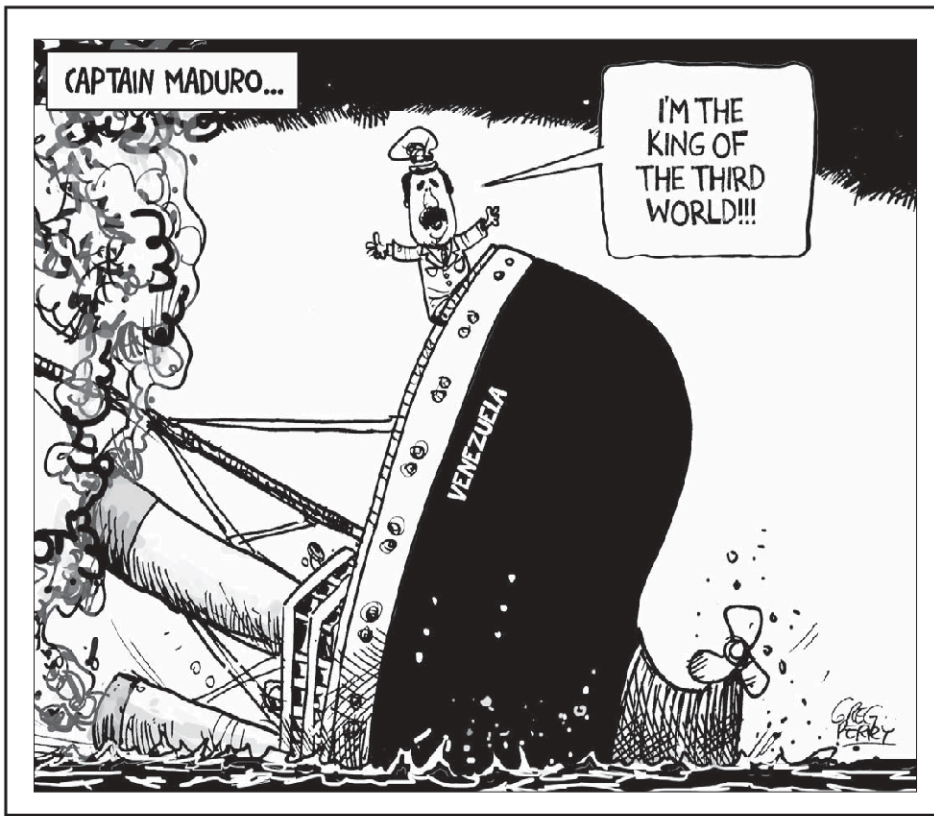
refers to local changes in climate "on short timescales from minutes to hours to days to weeks," such as "rain, snow, clouds, winds, thunderstorms, heat waves and floods," NASA says.

So, what about those record cold temperatures in parts of the eastern U.S. and Canada? To start, global warming is global; it doesn't refer to one specific place. While parts of North America are experiencing record cold, places like Australia are seeing record-breaking heat. Globally, the past four years have been the hottest on record, and the warmest 20 have occurred over the past 22 years.

Several studies show global warming is causing an increasing number of cold-weather events in eastern North America. "Warm temperatures in the Arctic cause the jet stream to take these wild swings, and when it swings farther south, that causes cold air to reach farther south. These swings tend to hang around for awhile, so the weather we have in the eastern United States, whether it's cold or warm, tends to stay with us longer," said Jennifer Francis, research professor of marine and coastal sciences in Rutgers' School of Environmental and Biological Sciences, who co-authored one study published in Nature Communications.

This, according to National Geographic, also means "floods last longer and droughts become more persistent."

The study found, "severe winter weather is two to four times more likely in the eastern United States when the Arctic is abnormally warm than when the Arctic is abnormally cold." Winters are also colder in northern Europe and



Asia when the Arctic is warm. The opposite is true in western North America, where severe winter weather is more likely "when the Arctic is colder than normal." The effects are more pronounced when Arctic warming reaches beyond the surface, causing disruptions in the stratospheric polar vortex.

Warmer temperatures can also lead to increased precipitation, which falls as snow when temperatures drop below freezing. As a Scientific American article notes, warmer temperatures in winter 2006 prevented Lake Erie from freezing for the first time in history, which "led to increased snowfalls because more evaporating water from the lake was available for precipitation."

Melting ice in the Arctic, Antarctic and on glaciers exposes land or sea, creating feedback loops, as dark surfaces absorb more solar heat than ice and snow, which reflect it. This accelerates warming.

So, no, a cold day where you live isn't evidence that global warming is a "hoax." Scientists worldwide agree: As humans continue to burn fossil fuels and destroy areas that absorb carbon dioxide, like forests and wetlands, the planet's average temperature will keep rising, with undeniable consequences for human health and survival, as well as for the biodiverse life on which we rely.

A study in Science Advances predicts extreme weather events could increase by 50 per cent this century if we don't bring emissions under control. It's time to take this seriously.

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

Learn more at <https://david Suzuki.org/>.

Comedian Ellen DeGeneres to take part in Q and A's in Montreal and Toronto

The Canadian Press

Comedian Ellen DeGeneres will be back in Canada next month with a series of Q-and-A's in Toronto and Montreal.

The TV talk show dynamo is set to appear at Montreal's Bell Centre on March 1, followed by back-to-back shows at Toronto's Scotiabank Arena on March 3.

A tour representative says Q-and-A moderators are still being finalized, but MCs are set to include CTV's Lisa

LaFlamme, Lori Graham and the hosts of "The Social."

Christian Darbyshire says the shows will feature in-depth, intimate discussions of DeGeneres' life, covering some of the same ground she jokes about in her recent Netflix special "Relatable."

The upcoming Canadian tour dates follow two sold-out appearances in Vancouver and Calgary last year.

Tickets are set to go on sale Wednesday.

Follow The Sherbrooke Record on Facebook and Twitter!



THE RECORD

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Local Sports

In the semifinal round, the new champions beat the Granby Cobras 3-0 and eliminated the Varennes Rafales 3-0.

Sherbrooke and Drummondville win the first finals of the Mousquiri tournament

Three other finals will take place on Sunday

Record Staff

The organizing committee of the 56th edition of the Mousquiri Atom Hockey Tournament crowned its first champions on Sunday.

In the BB class, the Sherbrooke Phoenix narrowly defeated the Lords of Boucherville 2-1 to give the Queen City of the Eastern Townships an 18th title in 56 years of history of the Mousquiri tournament. It was Raphaël Janvier, who scored early in the third period, that allowed the Phoenix to win the exciting game played in front of an enthusiastic crowd. Emile Bourdeau scored the other goal while Emerick Nolette-Robidoux scored for the losing team.

In the semifinal round, Sherbrooke

eliminated the Drummondville Voltigeurs 4-1, while the finalists had difficulty beating the Sorel-Tracy Mariners 3-2.

Tournament champions won the Roger Martel Perpetual Trophy and the Daniel Ménard banner presented by his son Jean-François and Honorary President Amelia Blinn. The winners also received gold medals, courtesy of the Mary Poppin restaurant. It was Maryline Comeau and her daughter Laurie Marcotte who made the presentation. The other team received silver medals, sponsored by Lorna Lyster and handed over by Manon Giguère and Kenny Lyster.

Class C

In the class C final, two teams from

Drummondville competed against each other and it was the Drummondville Voltigeurs who emerged victorious by easily defeating their counterparts 8-4. Félix St-Pierre and Jordan Durocher scored 2 goals each; Zachary Bourret, Xavier Lussier, Emile Plante and Alex Pépin also got one goal each. Thomas Lambert, Jamie Barr, Edouard Plante and Emile Lacerte each scored for the losing team.

In the semifinal round, the new champions beat the Granby Cobras 3-0 and eliminated the Varennes Rafales 3-0.

The tournament champions, who won a 20th title for the City of Drummondville, earned the Tournament President's trophy and the Roland Tanguay

banner, presented by his daughter Manon and Honorary President Amelia Blinn. Players also received gold medals from Natasha Beaudet at the Fièvre Al-lure hair salon and the losers received silver medals from the Richmond Art Center and President Dominic Pearson.

The first finals were presented before a very nice crowd and came to conclude a very good week at the Mousquiri tournament. The competition continues throughout the week as many new teams enter the AA class. The last three finals will be held this Sunday, Feb. 17 from 3:30 p.m. in classes B, A and AA.

To find out more about the course of the competition, people can visit the tournament website at www.mousquiri.com.



BB class champions, the Sherbrooke Phoenix



PHOTOS COURTESY

Class C champions, the Drummondville Voltigeurs

Busy athletic weekend coming up at Stanstead College

Submitted by Ross Murray
Stanstead College

Stanstead College hosts two important athletic events this coming weekend, one in the Pat Burns Arena, the other in the Mackay/Amaron Gymnasiums.

The Varsity Girls Hockey Spartans hope to make it four years in a row this coming weekend when they host the North American Prep Hockey Associa-

tion playoff championships at the Pat Burns Arena. The girls finished the regular season in first place with a record of 13-0-1. Action begins Friday, with the Spartans playing their first game Saturday at 1:15 against Trinity College School. The championship game take place Sunday at 2:15 pm.

The Basketball Spartans, meanwhile, host the Anderson-Bailly Small Schools Tournament this Friday through Sunday. The school will be hosting teams from

Bishop's College School, Quebec High School

Richmond Regional High School, St. Johns High School and West Island College. Both senior girls (D2 and D3) teams as well as the senior boys team will compete in this annual event. Visit the tournament page for details: www.stansteadcollege.com/AB201

All games on campus are free and open to the public.

The Varsity Boys Hockey Spartans are

away for their Midwest Prep Hockey League playoffs at St. Francis School in Hamburg, NY. The boys finished the season behind the top two teams tied for first, with a record of 12-3-0-1. But the race is so tight that the championship is anyone's to grab.

The junior girls and boys basketball teams will participate Friday and Saturday in the BCS Bantam Invitational Tournament.

Death

Forrest Dale BROOKS

Suddenly at their home on Feb. 5th, 2019, Forrest left this world for a better place, free of pain and

with those that have gone before him. Forrest joins his baby girl Meredith and leaves behind his best friend and love of his life, Missy (Cross), his three treasured children, Ava, Greyson and Brynnley. His loving mother and father, Judy Grapes and Dale Brooks (Betty Lou), father-in-law Glen (Mona late mother-in-law) and mother-in-law Sue Cross. His brothers, Michael (Cynthia), Galon (Denise), Carson (Isabelle), sister Sam (Mike). His sisters-in-law, Ashley, Suzanne and Marie. Numerous aunts, uncles, nieces, nephews, cousins, friends and Armed Forces buddies.

To know Forrest was to love Forrest. He will be remembered for his big heart, infectious laugh and contagious smile. Forrest was highly respected by all who knew him and will be sadly missed by all.

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



In Memoriam

JENKIN, Mary Alfreda (nee McCormick) - In loving memory of a dear wife and mother who passed away February 12, 2014.

*You can only have one mother,
Patient, kind and true,
No other friend in all the world
Will be the same to you.
When other friends forsake you
To mother you will return,
For all her loving kindness
She asks nothing in return.
As we look upon her picture
Sweet memories we recall,
Of a face so full of sunshine
And a smile for one and all.
Sweet Jesus, take this message
To our dear mother up above,
Tell her how we miss her
And give her all our love.*

**ROBERT
GARY (TRUDY)
TERRY
LAURIE (JEFF)
and BRAD (JUSTY)**



Datebook

TUESDAY, FEBRUARY 12, 2019

Today is the 43rd day of 2019 and the 54th day of winter.

TODAY'S HISTORY: In 1554, Lady Jane Grey, who reigned over England for nine days in 1553, was beheaded for treason.

In 1909, the National Association for the Advancement of Colored People (NAACP) was founded in New York City.

In 1999, the U.S. Senate voted to acquit President Bill Clinton on charges of perjury and obstruction of justice, bringing his impeachment trial to a close.

In 2008, General Motors offered buy-outs to its more than 70,000 union workers after posting a \$39 billion loss in 2007.

TODAY'S BIRTHDAYS: Charles Darwin (1809-1882), scientist; Abraham Lincoln (1809-1865), 16th U.S. president; Omar Bradley (1893-1981), U.S. Army general; Lorne Greene (1915-1987), actor; Franco Zeffirelli (1923-), director; Bill Russell (1934-), basketball player; Judy Blume (1938-), author; Arsenio Hall (1956-),

actor/comedian; Josh Brolin (1968-), actor; Darren Aronofsky (1969-), filmmaker; Christina Ricci (1980-), actress; Brad Keselowski (1984-), race car driver.

TODAY'S FACT: Charles Darwin replaced Charles Dickens on Britain's 10-pound note in 2000, reportedly in part because Darwin's beard would make forgery more difficult.

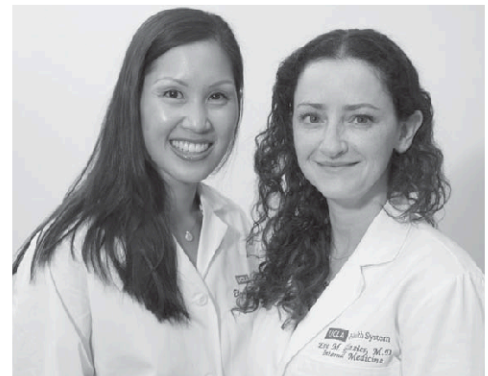
TODAY'S SPORTS: In 1878, Harvard baseball player Frederick Thayer received a patent for the catcher's mask.

TODAY'S QUOTE: "If we continue to develop our technology without wisdom or prudence, our servant may prove to be our executioner." — Omar Bradley

TODAY'S NUMBER: 18 — months of formal education for Abraham Lincoln during his youth. Lincoln never attended college.

TODAY'S MOON: First quarter moon (Feb. 12).

Readers offer feedback on weight loss and extra sunlight



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

Hello again, dear readers! Once again, you've kept our mailboxes brimming, so let's get right to work.

On the subject of dark chocolate, which continues to tantalize scientists with potential positive effects on the heart, mood and memory, a number of readers wrote to ask whether cocoa powder also offers the same health benefits. Because those powders have been so heavily processed, it's believed that they may not offer the same benefits as those of regular dark chocolate. As to how much dark chocolate to eat (another very popular question), the current thinking is no more than 1 to 2 ounces

per day.

A reader who relies on Tang, the fruit-flavored drink powder, to help him drink enough water every day wonders whether going through 2 pounds of the product each month is OK. On one hand, the powder is fortified with minerals and contains fewer calories than fruit juice. However, the sugar content in Tang is akin to that of a soft drink. We think it would be wise to wean yourself from the habit and switch to water instead. Flavor boosters like a squeeze of lemon or lime, a few slices of cucumber or a quick grate of ginger can help you make the transition.

We heard from several readers regarding a column about the herpes virus. Specifically, they asked us to include information about L-lysine, an amino acid that some studies have shown to be effective in easing symptoms in herpes outbreaks. A reader in Ventura, California, wrote, "I and two other women I know deal with outbreaks, pain and itching by taking L-lysine. It helps heal the sores and cuts back on the itching and is also very effective for taking care of cold sores. It's not expensive, and you can find it at your local drug store." A reader from Florida reports that taking L-lysine for several days at first sign of herpes symptoms, typically localized tin-

gling, will head off the infection.

After reading a column about weight loss strategies, a reader shared her own recent experience. "I'm 83, 5 feet 7 inches and weighed 130 pounds, so I didn't need to lose a lot of weight, but I wanted my clothes to fit better," she wrote. "I eliminated alcohol, beef, pasta, potatoes, wheat and sugar from my diet, and continued to eat as much as I wanted of everything else. Snacks were nuts and fruit. The result — I lost 5 pounds in about three weeks and have maintained this weight, even though I now eat whole grain wheat again."

And, finally, we heard from a reader in Sun City, Arizona, responding to a column about sunlight and mood. "I come from the Midwest, where we went for days without sunlight and it was depressing," she wrote. "Now, I live where we have sunlight almost every day. I find that I don't have to go outside to enjoy it — just seeing it makes me have a good feeling and a good day."

Thank you all for your kind words, and for your suggestions, criticisms and thoughts. We love hearing from you.

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.

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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

NORTH HATLEY / LENNOXVILLE

Estria presents a Valentine's weekend of concerts on Saturday, February 16 at 3 p.m. at St. Elizabeth's Church in North Hatley and Sunday, February 17 at 3 p.m. at the Uplands Cultural and Heritage Centre in Sherbrooke (Lennoxville). Oboist Étienne de Médicis and clarinetist (+ saxophonist) Pauline Farrugia will join pianist Tristan Longval-Gagné in presenting a selection of romantic and virtuosic works by composers Robert Schumann, Franz Schubert, Francis Poulenc, Johann Wenzel Kalliwoda, Jacques Ibert and Eugène Bozza. Admission charged. Please contact 819-842-1072 or estria@cogocable.ca for reservations or for more information.

RICHMOND

Tea & Talks. March 12, 2 p.m. to 4 p.m., at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Special Irish theme for March with Patricia Keenan, guest speaker. Bring a friend to make it double the fun. Free refreshments.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, February 12 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

BULWER

The Quebec Farmers' Association, Bulwer Branch, will meet at the Bulwer Community Centre on Thursday, February 14 at 8:30 p.m. Pot-luck lunch. All 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

The Canadian Federation of University Women (CFUW), Sherbrooke and District, will welcome Brigitte Roy and Lysianne Reula-Sheard as guests of its Speaker's Programs on Wednesday, February 13. Ms. Roy is a manager and Ms. Reula-Sheard a volunteer at La Maison Aube-Lumière which offers quality palliative care to terminally ill cancer patients, this free of charge. The first part of the conference will focus on the mission and vision of Aube-Lumière. In the second part of their presentation, Ms. Roy and Ms. Reula-Sheard will discuss their fundraising responsibilities and activities at Aube-Lumière, including their past participation in a fundraising trek in the Alps (video) and in the upcoming Challenge of the Extreme in Peru 2019. Wednesday, February 13, 3 p.m., St Andrew's Presbyterian Church Hall, 256 Queen Street, Lennoxville, accessible to persons with reduced mobility.

RICHMOND

CHEP Video Conference: Women's Heart Health, Wednesday, February 20, starts at 10 a.m. (please arrive early), Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free to join; no reservation required.

LENNOXVILLE

Aaron Pritchett – Out on the Town Tour, with very special guest Kira Isabella and featuring David James, will be at The Gait, Bishop's University, Lennoxville on February 20 at 8 p.m. Doors open at 7 p.m. Tickets available at ovation.ca, Centennial Theatre ticket office 819-822-9692.

LENNOXVILLE

Lennoxville and District Community Aid is inviting seniors and their caregivers to a public presentation by Canada Revenue Agency on Thursday, February 21 from 1:30 p.m. to 3:30 p.m. at the Amédée-Beaudoin Community Centre. Come and find out about benefit and credit payments you could get if you do your taxes every year. The session will include a discussion of pension income splitting, Disability Tax Credit and Disability amount, medical expenses, Canada caregiver amount, and home accessibility expenses. Free admission. For information please call Community Aid at 819-821-4779.

SAWYERVILLE

The Eaton Corner Museum is pleased to present the play, *PILGARLIC*, on Saturday, February 23 with two performances; 2 p.m. and 7:30 p.m. at the Sawyerville Community Centre. This play was adapted by Janice LaDuke from a novel written by the late Bernard Epps. It may be fiction but locals will be able to reminisce about their town in the 1960's. Admission charged. Tickets may be reserved by calling Elaine at 819-563-8700 or picking up your ticket at Black Cat Books, Queen Street, Lennoxville.

Troublesome drinking and driving

Dear Annie

TUESDAY, FEBRUARY 12, 2019

Dear Annie: I have been married for 25 years. My husband grew up in a foreign country and has been drinking alcohol his whole life. He drinks beer the way I drink water. He is in the restaurant business and must be able to recommend wine to his customers, so giving up alcohol is not an option. The problem is that once in a while when he gets home, I will seriously question whether he should have driven home. We have been arguing over this forever. I used to argue he needed to stop drinking. Now I just say he should not drive home if he has had too much. My begging has not made a difference. I have explained that if he were to hurt himself or someone else, I would feel guilty that I did not do more to stop him.

I have now told him that if he drives home drunk again, he can move out, because I cannot live with this. He thinks I'm just being overreactive and I should not blow up our marriage and family over this. He does admit it is not OK. I am at a loss as to the next step. Friends tell me I can't control him and should not feel guilty if he makes bad choices. I don't want to destroy my family with telling him to leave, but I feel backed into a corner. I have tried counseling several times, but he refuses to go. Any suggestions? – Trying to Do the

Right Thing

Dear Trying: Kudos to your friends for their good advice. They're right that you can't control your husband and should not feel guilty for the things he does. Realize, too, that threatening to leave him is not a way to control his drinking. If you truly mean to leave him because you yourself cannot be around his toxic behavior anymore, that's one thing. But if your saying you'll leave him is really an attempt to get him to quit drinking, that's not a good reason. You will end up more exasperated than ever when things don't change.

Your husband's excuse that he owns a restaurant and must be able to recommend wines is just that – an excuse. Someone else could always taste the wines for him. Your husband drinks because, from the sound of it, he has alcoholism. It is as simple and as frustrating and heartbreaking as that. I urge you to find some support through a group such as Al-Anon (<https://al-anon.org>) or SMART Recovery Family & Friends (<https://www.smartrecovery.org/family>). I think you'll be amazed by what a weight it takes off just being in a room with people who understand what you're going through. And with some of that weight off, you'll be able to think more clearly about what's best for you.

Dear Annie: This is in response to "Mulling Over Memoir." You advised her to start interviewing her fa-

ther about his memories. I took a recorder to my dad's and listened while he told me some of the things that he did; then I typed up the transcripts. I'm so glad I did. It was nice for the grandkids to be able to read about how he lived.

I also did this with my husband, who was older and had served in World War II. He didn't think that what he had to tell was very interesting, but once I persuaded him to talk, I found out things that I never had during the 28 years we'd been married.

"Mulling Over Memoir," good luck with interviewing your dad. And then remember that even your life will be of interest to the next generation sometime. Write about your own life, too. – Phyllis

Dear Phyllis: Fantastic advice. Thanks for sharing your experience.

"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.



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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.

"Y KX NUL JLBE CLHN Y OZXI UXI —
NUL JLBE CLHN Y DMZ; MZK Y RLMZ
NX OLLS XZ KXYZT HX WZNYV NUL
LZK." — MCBMUMR VYZDXVZ

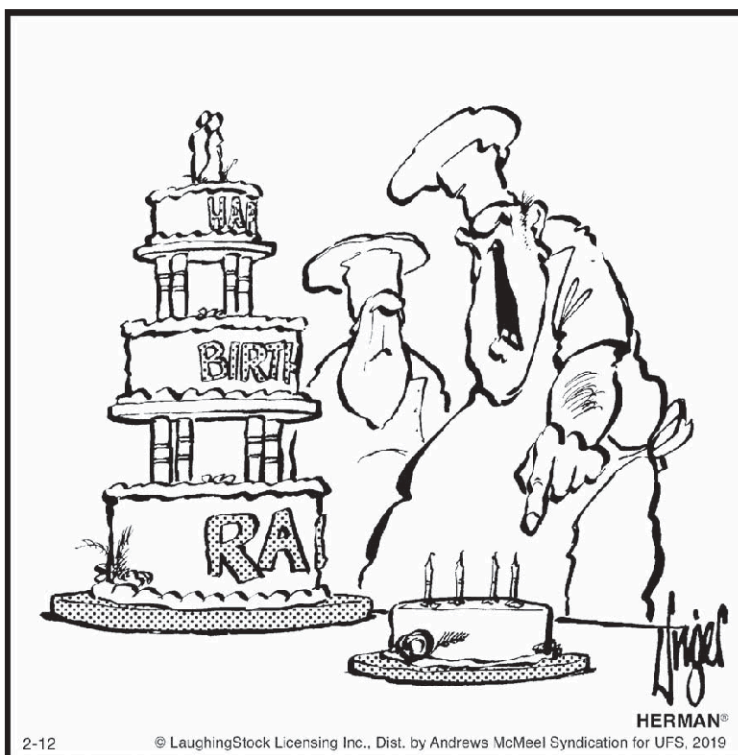
Previous Solution: "I definitely see the value in not knowing everything and having mystery in life and mystery in people." — Adam Driver

TODAY'S CLUE: A sjenber

REALITY CHECK



HERMAN

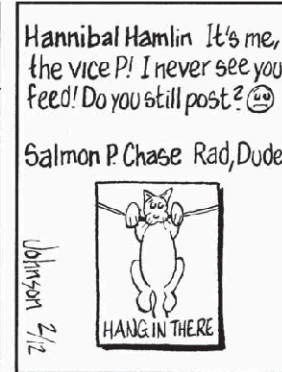


"You idiot! I said write, 'Happy Birthday, Ralph' on that one."

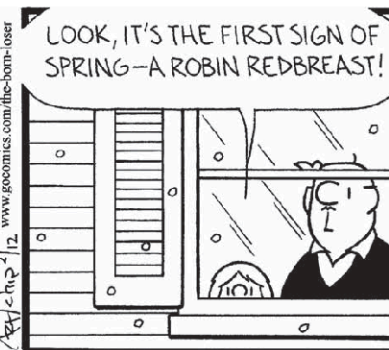
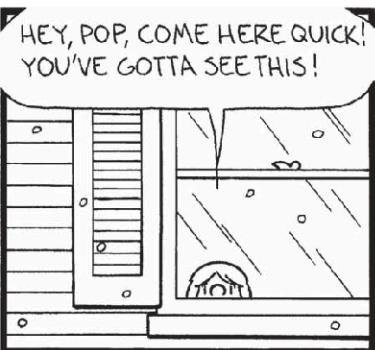
ALLEY OOP



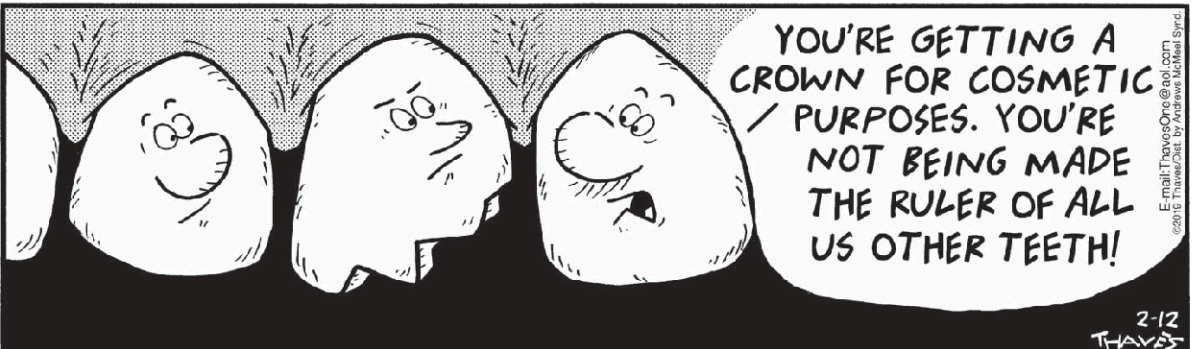
ARLO & JANIS



THE BORN LOSER



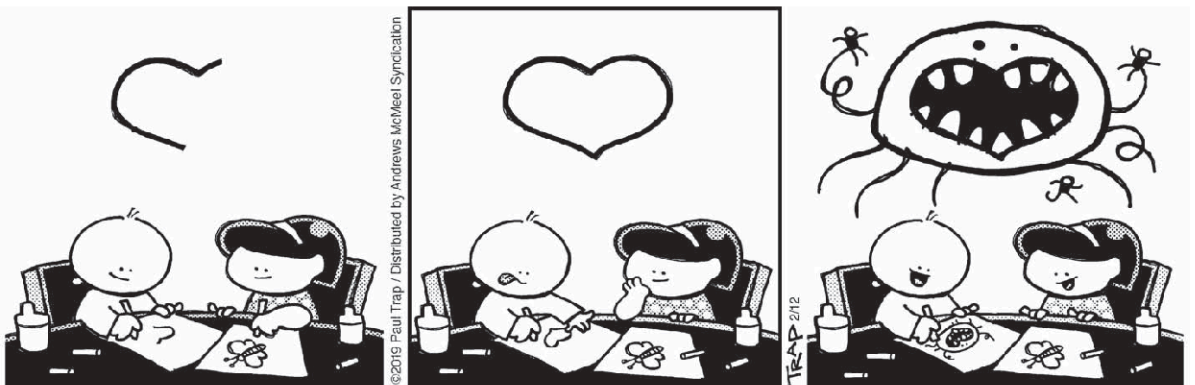
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CLASSIFIED

Skip the boxed mac and cheese and make your own at home

By America'S Test Kitchen

Macaroni and cheese has always been on my "must-explore" list. It's just eaten too often in this country for us to ignore it. Kids in particular say yes to macaroni and cheese when they turn up their noses at everything else. Unfortunately, it's the boxed version, complete with orange cheese powder, that's made most often.

There are two distinct styles of macaroni and cheese: bechamel-based, in which macaroni is blanketed with a cheesy white sauce, usually topped with crumbs, and baked. The other variety, the kind my mother always made, is custard-based. In this style, a mixture of egg and milk is poured over layers of grated cheese and noodles. As the dish bakes, the eggs, milk and cheese set into a custard. It can also be topped with bread crumbs, although my mom always sprinkled crushed saltine crackers over hers.

We preferred the cheesier-flavoured custard version and decided to experiment. To our surprise, highly processed cheeses

such as American performed quite well in this dish. Much like evaporated milk, the more processing, the more stable the cheese and the more creamy the dish. For flavour, use cheddar; for texture, buy American. You can skip the bread crumbs and sprinkle the dish with crumbled common crackers or saltines, if desired.

STOVETOP MACARONI AND CHEESE

Servings: 4

Start to finish: 45 minutes
 Bread Crumbs:

- 3 slices hearty white sandwich bread, torn into quarters
- 2 tablespoons unsalted butter, melted
- Salt

Macaroni and Cheese:

- 2 large eggs
- 1 (12-ounce) can evaporated milk
- 1 teaspoon dry mustard, dissolved in
- 1 teaspoon water
- Salt
- 1/4 teaspoon pepper
- 1/4 teaspoon hot sauce
- 8 ounces elbow macaroni (2 cups)
- 4 tablespoons unsalted butter
- 12 ounces sharp cheddar, American, or Monterey Jack cheese, shredded (3 cups)

For the bread crumbs:

Pulse bread in food processor to coarse crumbs, about 10 pulses. Melt butter in 12-inch skillet over medium heat. Add bread crumbs and cook, stirring often, until



METRO CREATIVE

beginning to brown, 4 to 6 minutes. Season with salt to taste; set aside.

For the macaroni and cheese: Mix eggs, 1 cup evaporated milk, mustard mixture, 1/2 teaspoon salt, pepper, and hot sauce in bowl.

Meanwhile, bring 2 quarts water to boil in Dutch oven. Add pasta and 1 1/2 teaspoons salt and cook, stirring often, until al dente. Drain pasta and return to pot over low heat. Add butter and toss to melt.

Add egg mixture and three-quarters of cheese to pasta and toss until thoroughly combined and cheese starts to melt. Gradually add remaining evaporated milk and remaining cheese, stirring constantly, until mixture is hot and creamy, about 5 minutes. Serve immediately, sprinkling individual portions with toasted bread crumbs.

Variation:

"Baked" Macaroni and Cheese: Add 1/4 cup grated Parmesan cheese to toasted bread crumbs. Adjust oven rack 6 inches from broiler element and heat broiler. Transfer macaroni and cheese mixture to a 13-by-9-inch broiler-safe baking dish and sprinkle with bread-crumbs mixture. Broil until topping turns deep golden brown, 1 to 2 minutes. Let casserole cool for 5 minutes before serving.

Nutrition information per serving: 880 calories; 463 calories from fat; 52 g fat (32 g saturated; 1 g trans fats); 249 mg cholesterol; 1063 mg sodium; 65 g carbohydrate; 3 g fiber; 11 g sugar; 36 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Macaroni and Cheese in "Revolutionary Recipes."

(The Associated Press)

Note: In yesterday's paper, the recipe below had measurements that were incorrect due to an error in text format. The following is the correct recipe.

Usher in spring with this delicious brunch dish

Asparagus is a culinary superstar of spring. Here's an easy and delicious way to enjoy it — as a breakfast, lunch or light supper — from the staff at Harrowsmith magazine.

Asparagus and Goat Cheese Frittata

Prep time: 15-20 minutes

Cook time: 25 minutes

Serves: 6

Ingredients:

- 7 stalks asparagus
- 1 tsp (5 mL) grapeseed, olive or avocado oil
- 1/4 cup (60 mL) chopped onion
- 1/4 cup (60 mL) unsweetened soy or almond milk
- 8 eggs
- 1 tbsp (15 mL) chopped fresh parsley
- 1/2 tsp (2 mL) salt
- 6 tbsp (40 grams) goat cheese

Directions:

1. Remove woody ends of asparagus stalks by bending each stalk until it snaps. Discard ends and chop remaining stalks into 1-inch (2.5-cm) pieces.

2. In skillet, heat oil over medium. Lightly sauté onion and asparagus for 4 minutes. Remove from heat and set aside. In medium bowl, beat milk, eggs, parsley, salt and cheese until cheese has broken up into small bits. Add asparagus and onions, mix everything together and pour into lightly oiled tart pan.

3. Bake in 350°F (190°C) oven for 20 minutes. Remove from oven and let cool 5 minutes. Slice into wedges.

Find more easy and delicious recipes at: harrowsmithmag.com.

(www.newscanada.com)

SUDOKU

DIFFICULTY RATING: ★★★★★

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

2/12

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, FEBRUARY 12, 2019

- ACROSS**
- 1 Seethe
 - 5 Furnace fuel
 - 9 Spring training loc.
 - 12 Domed recess
 - 13 Country addr.
 - 14 Promissory note
 - 15 Dressy event
 - 16 Iowa, to Jacques
 - 17 Not pro
 - 18 Big hammer
 - 20 Conform
 - 22 Psychic's power
 - 23 Actress — Hagen
 - 24 Huge blossom
 - 27 Coated with flour
 - 31 Blow away
 - 32 Helium or hydrogen
 - 33 Tijuana Ms.
 - 34 Distant past
 - 36 Thurman of "Gattaca"
 - 37 Ahh's partner

- 38 Mottos
 - 40 Posters
 - 42 Approves
 - 43 Well-known pharaoh
 - 44 RC rival
 - 47 At bargain prices (2 wds.)
 - 51 Chuck Yeager, e.g.
 - 52 False face
 - 55 Lots of spirit
 - 56 Levin or Gershwin
 - 57 Smurf's hue
 - 58 Strauss of denim
 - 59 Furrow
 - 60 Frank
 - 61 Make lunch
- DOWN**
- 1 Suitcases
 - 2 Translucent gem
 - 3 Atlas dot
 - 4 Heavy
 - 5 Move slowly
 - 6 Slugger Mel —
 - 7 Type of parrot
 - 8 Villa
 - 9 Paycheck abbr.

Answer to Previous Puzzle

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

- 10 Air show stunt
- 11 Reunion attendee
- 19 Fed. property manager
- 21 Pops
- 23 Bear in the sky
- 24 Coral islands
- 25 MP's prey
- 26 Fiddling emperor
- 27 River blockers
- 28 Rum drink
- 29 Bond's alma mater
- 30 Dit partners
- 32 Oater props
- 35 Personality parts
- 39 Arms position
- 40 Our star
- 41 What "ipso" means
- 43 Memento
- 44 Tango requirement
- 45 Pale brown
- 46 Bog dirt
- 48 Ship's position
- 49 Bathe
- 50 Camelot lady
- 53 Mont Blanc or Jungfrau
- 54 Ms. Grafton

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		
59				60				61		

Look for options. Don't feel pressured to take action if you aren't ready to do so. Listen to what others have to say, but do what you feel works best for you. This is a year to barter and negotiate and to strive for the goals that will bring you the highest returns.

AQUARIUS (Jan. 20-Feb. 19) — Listen to others, but don't get sucked into someone else's dilemma. The best advice you can offer is to suggest talking to an expert. Don't meddle, or you will be blamed.

PISCES (Feb. 20-March 20) — You've got the edge when it comes to wheeling and dealing. Speak up, as your charm and friendly nature will win favors from people who can help you advance your plans.

ARIES (March 21-April 19) — Look at every angle before you throw your hat in the ring. If you underestimate the extent of a job or an opponent's skills, you'll have trouble living up to your expectations.

TAURUS (April 20-May 20) — You'll be right on target. Negotiate, discuss your options and let others know what you want. An opportunity to travel or spend time with someone interesting will motivate you.

GEMINI (May 21-June 20) — Make sure an offer is legitimate. Ask questions and take notes. If something sounds suspicious or too good to be true, it probably is. Proceed with caution.

CANCER (June 21-July 22) — Don't feel pressured to make a decision or change just because someone else does so. Slow down and only take the plunge when you feel the time is right. Love and romance are highlighted.

LEO (July 23-Aug. 22) — Look for opportunities that are solid and free of hidden agendas that could cause emotional turmoil. A change is favored, but it may not be lucrative.

VIRGO (Aug. 23-Sept. 22) — Initiate a meeting or network with people who have something you want. Use your charm, intelligence and experience to win favors and a place at the negotiating table.

LIBRA (Sept. 23-Oct. 23) — Look at your options, and if you don't see one that is going to bring you what you want, go back to the drawing board and make some adjustments.

SCORPIO (Oct. 24-Nov. 22) — You know your stuff, so don't hold back. Step up to the podium and say what you think. Your opinion may not please everyone, but it will establish what's possible.

SAGITTARIUS (Nov. 23-Dec. 21) — A physical challenge will get you moving, but don't take on the impossible lest an injury slow you down. Know your strengths and weaknesses, and play to your advantage.

CAPRICORN (Dec. 22-Jan. 19) — Don't be surprised or intimidated by the changes others make. Do what suits your needs, and don't apologize for your choices.

TUESDAY, FEBRUARY 12, 2019

Worry about what you need

By Phillip Alder

In a "Northern Exposure" script, Martin Sage and Sybil Adelman wrote, "In Kyudo philosophy, you don't aim — you become one with the target. Then, in fact, there's nothing to aim at."

In bridge, you should aim at your target — the number of tricks you need to make or break the contract. (This might not be true in a pairs event, when overtricks can be so valuable.) In this deal, how should South play in either six hearts or seven hearts? As a secondary issue, what is the best contract?

North's double showed three-card heart support. So, when East jumped pre-emptively to four spades, South, knowing his partner was probably void in spades, rolled out Blackwood.

Taking the questions in reverse order, seven diamonds is the best contract, but hard to reach.

In seven hearts, South plays trumps from the top, hoping for a 3-2 split. In six hearts, though, declarer can afford to lose one trick, happy to take three clubs, five diamonds and four hearts. The danger is a 4-1 trump break. Then, if declarer immediately draws two rounds of hearts, denuding the dummy given the trick-one ruff, he will go down. West will ruff the third round of clubs

North		02-12-19	
♠ —			
♥ 8 5 4			
♦ A J 10 9 2			
♣ A K 7 6 3			
West		East	
♠ A Q J 5 4		♠ K 10 7 6 2	
♥ J 10 9 7		♥ 3	
♦ 8 5		♦ 6 4 3	
♣ J 2		♣ 10 9 8 5	
South			
♠ 9 8 3			
♥ A K Q 6 2			
♦ K Q 7			
♣ Q 4			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
1♥	1♠	1♦	Pass
4NT	Pass	5♥	Pass
6♥	Pass	Pass	Pass
Opening lead: ♠ A			

and cash a spade. Instead, at trick two, South should lead a trump from the board and play low from his hand. Then, what does West do? If he shifts to a minor, declarer wins in his hand, draws trumps and claims. Or, if West plays another spade, declarer ruffs on the board, leads a club to his queen (or a diamond to the king), removes West's remaining trumps and claims.