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THURSDAY, JANUARY 12, 2017

A meeting of minds for the blind:

Sherbrooke research aims to boost quality of life for visually im- paired seniors

By Gordon Lambie

Sherbrooke's Research Centre on Aging is expanding on an existing research project in an effort to help seniors who cannot see well remain socially active and involved in their communities. Drawing on a project already being overseen by Doctor Mélanie Levasseur called APIC, a French acronym for personalized citizen assistance for social participation, researcher Caroline Pigeon wants to help improve quality of life for seniors with visual impairments or complete blindness

"The goal of the project is to adapt a tool called the APIC to elders with visual impairments," Pigeon said, explaining that the project pairs volunteers and seniors with the goal of getting them out and about. "It could be anything from going for walks to engaging in community organizations so long as it is active. The research shows that being socially engaged significantly improves the health, quality of life and wellbeing of the elderly."

The researcher explained that the APIC program was originally developed in Montreal as a tool for individuals with severe head trauma but was adapted by Levasseur in Sherbrooke to help improve the lives of seniors. The program trains volunteers to help seniors determine what activities they would like to engage in but feel like they can't and then has them accompany their partner to those activities until such time as the senior feels about to get out on their own. Toward the end of the partnership the senior and the volunteer are both

CONT'D ON PAGE 4

Watch your step



MATTHEW MCCULLY

The rapid rise and fall of temperatures over the last few days has left roads, parking lots, and sidewalks in the townships a dangerous patchwork of bare pavement and slick sheet ice. Faced with rain in the forecast for today and subzero temperatures returning at night and over the coming days, anyone thinking of venturing outside should take precautions to watch where they step and, where possible, either break up the ice or strap on traction aids.

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Weather



TODAY:
RAIN

HIGH OF 5
LOW OF -6



FRIDAY:
SUNNY

HIGH OF -5
LOW OF -21



SATURDAY:
SUNNY

HIGH OF -11
LOW OF -12



SUNDAY:
CLEAR

HIGH OF -8
LOW OF -14



MONDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -2
LOW OF -5

Eulogy for a big guy



ROSS MURRAY

I learned last week that an old university friend died. We spent two years together in Bennett House at Mount Allison University in the mid-80s. His name was Jim Morrison.

Not that Jim Morrison. Not the Lizard King, though Jim was big like a T Rex, and he tended to lumber like one. He was also legally blind, but only in the sense that you wouldn't want to get behind the wheel with him.

Big Jim could appear terrifying when he wanted to, especially if he was scowling.

But it's not the scowl I remember. I remember the grin. I remember the stereo.

I was an insecure, vanilla kid living away from home for the first time in a dorm aptly known as "Animal House." It was like permanent summer camp, complete with the sort of pranks you'd expect when 18- to 23-year-old boys live virtually unsupervised.

A favourite was leaners. Dorm room doors opened inward, so it was a pretty simple trick to fill a garbage pail with water, lean it against a closed door, knock and run. Big garbage pails. Car-

peted floors. Bennett House was quite the swamp.

My roommate and I received a few such leaners. Freshmen were regularly reminded they were freshmen. Even though these upperclassmen were three, two, even just one year older, there was a definite pecking order.

So imagine a young me, feeling his way, trying to make friends, and this giant older student with a take-no-prisoners grin welcomes me into his room. And imagine that room has the biggest big-ass stereo in the house.

Jim was big, his talk was big and his music was big. He unabashedly loved Top 40 and he loved to crank it. Phil Collins' "In the Air Tonight" - for when the drums kick in. The intro to Dire Straits' "Money for Nothing" - for when the drums kick in. The theme to "Miami Vice" - for... well, it was pretty much all drums. Jim loved the drum parts.

I had forgotten "Money for Nothing" until I began writing this, and when I did, I smiled to myself, because Jim shared (imposed) his music with such gusto. This was happy music, even terrible songs like "Wake Me Up Before You Go-Go" and "Sussudio." You want Zepelin and Floyd? Down the hall in the room with the black light and the closed door. Jim's door was never closed.

I don't know if you'd call him the King of Bennett House. More like the Cruise Director of Bennett House. Something was always happening in Jim's room. People wanted to be around his energy, and he wanted to be around them. Jim was a storyteller. He could re-

gale. And what's a regaler without an audience?

He was also generous - with notes, with clothes, you name it. Want to make a mix tape? He'd set you up. Yes, I made a mix tape with "Like a Virgin" on it. It's Jim's fault.

We weren't close, but we were close enough that I saw some dark times too, usually over what any young guy's dark times are about - girls. The girls loved Jim, but they didn't love Jim. He wasn't standard-issue boyfriend material.

So I was happy to see in Jim's obituary that he had married, that he had had a successful career as a financial analyst and that he had two young sons that he loved to watch play sports. Did he still play it loud, I wondered? Was he still the universal donor of friendship?

Jim wasn't on social media, and I had no contact with him over the past 30 years. I learned of his sudden death through a mutual friend. We're getting to that age where there will be more and more such news, I'm afraid.

Jim and I didn't hang out after I moved out of Bennett. As I said, we weren't especially close. Yet I can't think of those first two years without thinking of him. Big Jim filled the room, and letting me squeeze in that room during those early days of my independence made this kid feel like, hey, I'm going to be all right, leaners and all.

That's what I want. I want to remember how a generous spirit can influence someone else. I want to remember Big Jim's big grin and warm heart. I want my MTV.

Sherbrooke begins summer job recruitment

Record Staff
SHERBROOKE

The City of Sherbrooke's Human Resources Department has started its annual recruitment period to fill several hundred student summer jobs.

The "My City, My Job" recruitment campaign hopes to fill some 300 positions in various sectors of city work such as monitoring and maintaining swim-

ming pools and public beaches, manual labour, administrative work, and in certain specialized or technical fields such as the environment, civil or electrical engineering, mechanical maintenance, water treatment, horticulture, and more.

A complete list of jobs on offer is available at sherbrooke.ca/emploisetudiants.

To qualify, applicants must reside in one of the six Sherbrooke boroughs,

have completed Level 5 by the coming summer, and be returning to full-time studies in a regular program in the fall of 2017.

Prospective applicants must complete the student application form online at sherbrooke.ca/emploisetudiants. Those who applied last year can reactivate their file, available on the City's website, using their secure password. Paper applications will not be accepted.

Ben by Daniel Shelton



LOCAL NEWS

The approach identified by Carignan and his team is effective in preventing the recurrence of C-difficile in patients who have already had at least one relapse in the past.

Sherbrooke research team makes C-difficile breakthrough

Record Staff
SHERBROOKE

A Université de Sherbrooke research professor and his team have discovered a method to prevent the recurrence of the antibiotic resistant bacteria C-difficile.

Clostridium difficile infection often occurs as a result of antibiotics that destroy both harmful and beneficial bacteria. Patients who have already been infected with the Clostridium difficile bacterium are more likely to be infected again. Multiple recurrences are currently one of the major problems in infected patients. These recurrences often lead to repeated and prolonged hospi-

talization, and can even lead to death.

Dr. Alex Carignan, a microbiologist specializing infectious diseases at the CHUS Research Center and the UdeS Faculty of Medicine, has recently found a way to prevent recurrences of the infection with oral administration of the antibiotic vancomycin at the same time as an antibiotic that is not targeted for C. difficile, such as one for pneumonia or urinary infection. The approach identified by Carignan and his team is effective in preventing the recurrence of C-difficile in patients who have already had at least one relapse in the past.

C. difficile and antibiotics

Taking antibiotics is one of the major risk indicators for recurrence of the dis-

ease. In the course of his research, Dr. Carignan's team evaluated 551 patients diagnosed with a C-difficile infection at the Fleurimont Hospital and the Maison-neuve-Rosemont Hospital between 2003 and 2011. All of these patients received non-antibiotic treatment targeted at C-difficile within 90 days of their diagnosis. Recurrence occurred in 32.9 per cent of the patients studied. Relapses were more frequent in elderly patients and in patients who had relapsed in the past.

Among patients who had experienced at least one relapse in the past, oral vancomycin reduced the risk of recurrence. These results are reassuring in the context that several clinicians have already adopted this treatment, even if the data

to support it were, to date, non-existent. The treatment is inexpensive for hospitals and leads to very few side effects in the patient since vancomycin remains inside the intestine without being absorbed at the systemic level.

Carignan's team has published their research in the well-known peer-reviewed American journal of Gastroenterology, from the Nature group. In addition to leading to a significant change in medical practice, their study consolidates the status of the CHUS Research Center as a world leader in the epidemiology and treatment of Clostridium difficile infection.

Sexually abusive father off to jail

Record Staff
SHERBROOKE

A Stanstead man will have to serve three years in prison after pleading guilty to charges of sexual contact and incitement to sexual contact on three minors, including his own children.

The sentence is a joint recommenda-

tion from the Crown and defense counsel and was presented in Sherbrooke on Tuesday to Quebec Court Justice Claire Desgens. In accepting the recommendation, Desgens said she would delay sentencing until February 3 'for humanitarian reasons.'

The 54-year-old Stanstead man, whose identity cannot be revealed to protect his

victims, confessed to four counts of a sexual nature between committed between 1996 and 2005.

The three victims testified to the judge as part of the sentencing arguments that took place on Tuesday.

The accused admitted having sexual contact with his partner's son when the latter was about seven years old. He also

admitted having incited his own daughter to sexual contact when she was about three years old.

In an equally unhealthy context while consuming cocaine and crack, the man asked his adopted daughter to perform oral sex on him.

Warm winds darken the townships

By Gordon Lambie

Power was patchy across the Eastern Townships on Wednesday as strong winds swept across the province. Though the region was not subject to the wind warnings that Environment Canada issued for many other parts of Quebec, the weather was enough to cause several significant service interruptions.

In mid-morning Hydro-Quebec was reporting almost 6000 clients without power in the Estrie Region and more than 12,000 in the Monteregie, with the winds still howling outside. By the afternoon the vast majority of those outages had been resolved, although isolated issues still existed across the map. The Monteregie region was considered by Hydro Quebec to be the area hardest hit by Wednesday's wind, al-

though most of those outages were in the areas outside of the historical eastern townships.

In Sherbrooke the timing of the wind was such that many Christmas trees set out for collection blew into the middle of sidewalks or the road, but generally the result was nuisance more than damage or injury.

SAQ reduces some wine prices . . . again

Record Staff
SHERBROOKE

Less than three months after lowering its prices for some 1600 bottles of wine, the Société des alcools du Québec (SAQ) announced on Tuesday that it will lower their price once again. In a notice published on its website, the SAQ states that the bottles concerned will cost at least \$0.40 less than previously stated, which is in addition to the \$ 0.50 reduction introduced in November. The provincial crown corporation added that the changes come as a result of "a demand expressed by customers."

A strong retail performance in the second quarter and during the holidays also allowed prices to fall immediately, according to the crown corporation. In the second quarter, which ended in September, the SAQ posted a net profit of 7.5

per cent. The new prices have been in effect since Wednesday.

At the end of last October, the SAQ announced that it would lower the cost of 1600 bottles of wine as a 'first step' in reducing wine prices.



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Sutton still in study mode

By Matthew McCully

According to Mayor Louis Dandenaault, Sutton municipal council has no plans at the moment regarding the 29 contested measures in bylaws 254 and 256. Council will sit with Réal Girard, director of urban planning, to review the measures in question before making a decision about whether they will be withdrawn, amended or go to referendum, Dandenaault said.

"We're very happy with the conclusions of the judge," Dandenaault said, adding that for the time being, council will remain humble and patient.

"They have until Feb. 6 to file an appeal," he added.

Citizens' group Regroupement pour

un Développement Durable à Sutton (RDDS) filed legal action against the town over a year ago, calling for the cessation and nullification of bylaws 254 and 256.

On Jan. 5 judge François Tôth rejected RDDS' request, ruling that the bylaws were adopted legally.

During the process, however, five measures of the bylaws were repealed, and two required corrections.

There were an additional 29 measures of the bylaws that gained enough signatures when registers opened to warrant referendum.

Dandenaault said the town is in no hurry to deal with the outstanding measures.

"We're just going to study it for now,"

Dandenaault commented.

Dandenaault went on to say that it felt good to start the new year with legal woes at an end.

Another court case filed against the town in 2005 regarding Old Notch Road was supposed to go before a judge this week, but the issue was settled out of court to the satisfaction of both parties, Dandenaault said.

The town hall reno was another lingering nuisance for council, now at an end, according to Dandenaault.

The ambitious renovation, which was initially supposed to receive a 65 per cent subsidy from the government, incurred major cost overruns when work began.

The final cost for the work totaled

\$4.8 million, with 51 per cent of the cost falling on taxpayers.

"We're not happy we ended up going higher than we thought," Dandenaault said, but added that considering all the issues faced with the old building, coming to an almost 50/50 split with the government for the bill was satisfactory.

With the recent snowfall bringing business to town and the ski hill, Dandenaault said the year was off to a good start.

He also mentioned that the most common question he is asked these days is whether or not he will run again in the upcoming municipal elections.

"You'll have to wait and see," he said, explaining he has yet to make a decision

PMO says cross country tour not about padding Liberal data base

The Canadian Press
OTTAWA

Justin Trudeau's cross-country tour to re-engage with average Canadians starts Thursday amid suspicions that it's really aimed at helping the Liberal party add details about potential supporters and donors to its massive data

base.

While the government is organizing _ and paying for _ the tour, Liberal MPs in several of the cities Trudeau plans to visit this week have posted online invitations for anyone wanting to attend townhalls with the prime minister.

Those who want to attend must RSVP online, providing their names, email ad-

resses, postal codes and phone numbers _ all designated as ``mandatory'' fields.

However, the Prime Minister's Office says the MPs are using their parliamentary websites to advertise the events and issue invitations, in accordance with House of Commons rules.

And the PMO says none of the infor-

mation collected on the MPs' sites, including event registrations, is shared with the Liberal party.

The first leg of Trudeau's tour starts Thursday in Ottawa and winds up in London, Ont., on Friday, with stops along the way at a number of small towns and cities, including Belleville, Kingston and Peterborough.

A meeting of minds for the blind

CONT'D FROM PAGE 1

interviewed to provide feedback and information on how the process went.

"The volunteer will help the senior but it is the senior who decides the activity," Pigeon said. "It is very varied because it depends on what the senior

wants."

Pigeon said that her research background lies in the impacts of vision loss on the mind as people age and explained

that the idea of adapting the APIC came after she and Levasseur met at a conference in Montreal.

"Mélanie told me about the fact that she noticed particular deficits in seniors with visual impairments, and so we decided this project that represents a crossroads of our fields of expertise," Pigeon said. "On the one hand there is the expertise of Mélanie Levasseur on social engagement and the APIC, and on the other there is my knowledge about aging with a visual impairment."

The researcher pointed out that her research is only just beginning and that the project is not even really looking for volunteers yet, but she had positive expectations about the eventual outcomes.

"It will benefit the seniors in that it allows them to engage in activities they are interested in and remain in good health, but it also benefits the volunteers who, by virtue of their role, make a greater contribution to life in their community," Pigeon predicted.

Looking to the long term, the researcher said that she hopes to see the APIC program become an autonomous resource that can be implemented in communities to help support the elderly on a broader scale.

More information about the Research Centre on Aging and the research being carried out is available at <http://cdrv.csss-iugs.ca/home>



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\$1.1 million for a 3T magnetic resonance imaging (MRI) machine for clinical purposes and for researchers in our Medical Imaging Axis.



\$60,433 for an ENT ultrasound machine that produces images to guide doctors during cervical and thyroid biopsies and helps them diagnose cancers. Patients don't have to wait for a radiology appointment, as biopsies are done on the same day as the initial consultation.



\$40,000 for research on pulmonary fibrosis, a chronic disease with over 140 highly varied causes. Dr. André Cantin is spearheading this research project.

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The Border Report

"Phelps has been a truly rewarding experience for me!" - Zoe

PHELPS AIDE PHELPS HELPS

By Clea Corman

This week, the Phelps article will be showcasing one of our dedicated volunteers that help make our weekly programs a reality. Our volunteers contribute to the overall success of our sessions, tutoring students one-on-one and helping everything run smoothly.

Zoe was an exchange student from Australia, studying at Bishop's for the fall semester. She wanted to get involved with something local and decided to volunteer with Phelps's elementary and high school programs. She has since completed her semester at Bishop's and has now moved on to other adventures, but her time in Stanstead was well spent.

FRONTIER ANIMAL SOCIETY

2016 was such a great year for adoptions with even some of our trickier dogs finding wonderful loving homes. Nicka is an endearing dog who loves people and her behaviour at home is close to impeccable. Unfortunately she doesn't do well with other animals which limits her options but Nicka has stolen the hearts of all who have come to know her and we know her perfect family is out there, we just need to make the connection.

Nicka is an extremely sweet and affectionate dog who first came to us when her family's situation changed and as a result, she was regularly left alone for 12-15 hours a day. That's no life for a dog but still, finding herself in a strange new place, away from the people she knew best wasn't easy for this loving and sensitive girl.

In some regards Nicka is the perfect dog. She is extremely calm and well behaved in the home, she is affectionate and loving and she very responsive. With people, Nicka has a wonderfully gentle demeanour and she is truly adored by all who meet and interact with her.

Nicka does, however, have a prey drive and can be reactive to other dogs so she needs a home with no other animals and cannot run free off leash unless in a securely fenced yard.

What Nicka needs, is an adopter who will appreciate all of her wonderful qualities but who also understands that she will do best in a more controlled environment where she is not only loved but receives structure and guidance. Nicka's ideal adopter is someone who is dog savvy and has the experience to keep her

Zoe gave thoughtful responses to the questions asked about volunteering with Phelps.

Q: Why do you volunteer?

A: I value education and am passionate about everyone having a right to an education. Being able to encourage this same value in these kids is awesome!

Q: What do you like about Phelps's elementary programs?

A: The kids choose to be here and you can tell they enjoy being here. So do the volunteers! The program encourages physical activity, healthy eating and education, all in an hour and a half! What's not to like?!

Q: What do you notice the most when working with the students?

A: It's not just the homework help



they benefit from, it's also having a role model to talk to and spend time with.

"Phelps has been a truly rewarding experience for me! I'm so glad I've gotten to be a part of it."

Thank you, Zoe!

If, like Zoe, volunteering interests you, please contact us. The holidays are over and the programs are starting back up again this week. We are once again looking for volunteers from the Lennoxville area who would be able to drive up a couple of other volunteers on Tuesday and Thursday afternoons. Help make our programs a success and volunteer with Phelps!

Phelps Aide Phelps Helps is an educational non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to five unique programs, providing Stanstead area students with free tutoring, educational support and hands-on learning for both elementary and high school students.

To participate in Phelps's programs or to become a volunteer send an email to info@phelpshelps.ca or call 819-704-0799. For more information about Phelps or to make a donation, please visit www.phelpshelps.ca

Featured pet: Nicka

calm and focused when encountering other dogs on her walks. At the shelter, Nicka is often in close proximity to other dogs and we are pleased to see that she stays calm during these encounters.

Nicka who is approximately 5 is not overly energetic and her preference while out in our fenced-in dog park is to just chill and hang out rather than run and chase her toys. Nicka is attentive and knows her basic commands. She loves interacting with people and is extremely affectionate and very responsive to those around her.

If you think you might be able to provide Nicka the home and life she deserves, we'd love to hear from you. She has a really special way about her and in the right home, we know she will thrive and be a cherished member of your family.

To find out more about Nicka, please send an email to frontieranimalsociety@gmail.com or better yet give our adoption coordinator Brenda a call between 8 a.m and 8 p.m any day of the week at 819.876.7747.



Nicka



Weddings are milestone events and The Record is planning to compile a special section, on January 26, that captures these special moments over the decades with their various styles of wedding attire.

Whether you've been married in a recent, non-traditional ceremony or 60 years ago, please share your wedding photos with our readers.

Submit your photo, with name, date of marriage and place, along with \$10. (taxes included) to the address or email listed below. We accept visa or mastercard for payment.

Deadline for submission: January 20, 2017.

THE RECORD

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EDITORIAL

Recent data show that more than 79,000 Canadians die each year from heart disease or stroke, accounting for 38 per cent of all deaths in the country.

Teaching engineers about the real world



TIM BELFORD

When Dick the Butcher uttered his famous line, "The first thing we do, let's kill all the lawyers" in Shakespeare's Henry VI part 2, he would have gotten a tremendous laugh from the audience. Let's face it, even in the 16th century lawyers weren't popular with the masses.

If you scroll ahead to the 21st century Dick's hope for a coming utopia might need an update. If he were around now he might very well give the legal community a pass and suggest, "The first thing we do, let's kill all the engineers." At the very least he'd probably suggest we do-in all the 'design' engineers.

Now, it's nothing personal. My animosity towards design engineers is strictly of a practical nature and could probably be overcome with a little hands on application. Doctors, before they are turned loose on a trusting population, go to school for about seven years, serve as an intern in a hospital setting and pass a whole slew of exams. During that time they actually treat patients – put on

bandages, give a needle, sew up some stitches – that sort of thing.

Why then don't design engineers suffer the same fate? As a suggestion, before graduation, every engineer should be required to not only design but clean an oven. That's right, each engineer would have to get down on his or her hands and knees and spend fifteen minutes trying to figure out how to get the door off. Then they could spend another half hour spraying and wiping the interior with a caustic cleaner while trying to avoid scraping their knuckles to the bone on the variety of sharp edges, heating elements and brackets included in the design.

They would also be required to cook an entire meal which would include reaching across a boiling pot of water to the dial at the back of the stove to turn the heat down, wiping a spill out of the recess under the element and figuring out how to set any one of the special functions on the control panel.

Another compulsory test would be to use a standard food processor to chop vegetables or make pie dough, whatever. Afterwards they would be required to wash and dry the processor before storing it away. This would include making sure the hundred or so cracks, curves and crevices included in the beautiful design, were free of bits of flour, lard, sauce or other assorted vegetable detritus.

Moving away from the kitchen, every automotive engineer would be required



to clean off the car they designed following a twenty centimeter snowfall. This would include scraping the windshield free of ice with a scraper designed for a flat surface. It would also include scooping the four inches of snow out of the trough at the base of the front window, skillfully designed to hide the wipers.

As an added test, the would-be graduate would be required to remove the battery of an automobile where said battery is conveniently buried in the right front wheel well of the car. This must be done without actually removing the front fender of the car or lifting the entire motor out of the body.

There are other tests that I am sure we

could think of including replacing those irritating little light bulbs that have to be pushed in and turned simultaneously, removing the plastic shelving and containers from refrigerators, cleaning the under side of a lawn mower without spilling the remaining gasoline or properly wringing out a floor mop.

In short, every engineer would not only graduate with the requisite designing skills but a practical understanding of just what works and doesn't in the real world. And, as an added plus, when the revolution does come we'll only have to go after the lawyers.

Waterloo installs second defibrillator

Record Staff
SHERBROOKE

The City of Waterloo recently acquired a second Lifepak cardiac defibrillator from Réanimation Sauve-Vie Inc in Saint-Joachim-de-Shefford. The emergency equipment has been installed in the main lobby of the

town hall. The new device offers the community additional coverage, given that another defibrillator was already installed at the Jacques Chagnon arena in 2012.

The Waterloo town hall was selected as the ideal location for the life-saving device because of the fact that it serves as the central coordinating point of the

municipality, with residents and visitors attending numerous meetings in the building on a daily basis. The building is also home to the local inter-municipal court, the offices of the SAAQ and the SQ.

Recent data show that more than 79,000 Canadians die each year from heart disease or stroke, accounting for 38 per cent of all deaths in the country.

According to statistics, Canadians have a 33 per cent chance of having a heart attack or a stroke in the workplace. Rapid access to defibrillation greatly increases the chances of survival.

Four people in the town hall have already been trained to use the new equipment and nearly a dozen more will be trained in its use in the near future.

THE RECORD

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LETTERS

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

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Local Sports

Reid has spent time with Canadian under-15, under-16 and under-18 camps, while drawing plenty of interest from U.S. colleges.

Matthews, Laine, Ovechkin and Malkin among stars named to NHL all star rosters

The Canadian Press

Rookie sensations Auston Matthews and Patrik Laine and superstars Alex Ovechkin and Evgeni Malkin are among the players named to the rosters for the 2017 NHL all-star weekend.

Laine, the rookie leading scorer with 37 points, is the lone Winnipeg Jets representative on a Central Division roster also including captain P.K. Subban of Nashville and reigning league MVP Patrick Kane of Chicago.

Laine's participation in the tournament is questionable after he suffered a concussion in a recent game against Buffalo. If he can't go, Winnipeg forwards Mark Scheifele or Nikolaj Ehlers, who share the Jets' scoring lead with Laine, are possible replacements.

Matthews, second in rookie scoring with 35 points, is the only member of the Toronto Maple Leafs on the Atlantic Division roster.

He joins a team captained by Montreal goaltender Carey Price that also includes Canadiens defenceman Shea Weber and star Ottawa rearguard Erik Karlsson.

The Pacific Division roster, captained by NHL leading scorer Connor McDavid of the Edmonton Oilers, includes Calgary forward Johnny Gaudreau and Vancouver forward Bo Horvat.

Malkin joins Pittsburgh Penguins teammate Sidney Crosby on the Metropolitan Division roster, which also includes Washington sniper Ovechkin.

The all-star weekend will be held Jan. 28-29 in Los Angeles. The Kings will be

represented by forward Jeff Carter and defenceman Drew Doughty in their home rink.

The game format will again be a 3-on-3 tournament featuring a team from each of the NHL's four divisions. The Pacific Division won last year with John Scott as its captain.

Rosters:

ATLANTIC DIVISION

Goaltenders: Carey Price, Montreal (capt.); Tuukka Rask, Boston

Defence: Victor Hedman, Tampa Bay; Erik Karlsson, Ottawa; Shea Weber, Montreal

Forwards: Nikita Kucherov, Tampa Bay; Brad Marchand, Boston; Auston Matthews, Toronto; Frans Nielsen, Detroit; Kyle Okposo, Buffalo; Vincent Trochek, Florida

METROPOLITAN DIVISION

Goaltenders: Sergei Bobrovski, Columbus; Braden Holtby, Washington

Defence: Justin Faulk, Carolina; Seth Jones, Columbus; Ryan McDonagh, New York Rangers

Forwards: Sidney Crosby, Pittsburgh (capt.); Taylor Hall, New Jersey; Evgeni Malkin, Pittsburgh; Alex Ovechkin, Washington; Wayne Simmonds, Philadelphia; John Tavares, New York Islanders

CENTRAL DIVISION

Goaltenders: Corey Crawford, Chicago; Devan Dubnyk, Minnesota

Defence: Duncan Keith, Chicago; P.K. Subban, Nashville (capt.); Ryan Suter,



CANADIAN PRESS

The Atlantic Division team is captained by Montreal goaltender Carey Price and also includes Canadiens defenceman Shea Weber and star Ottawa rearguard Erik Karlsson.

Minnesota

Forwards: Patrick Kane, Chicago; Patrik Laine, Winnipeg; Nathan MacKinnon, Colorado; Tyler Seguin, Dallas; Vladimir Tarasenko, St. Louis; Jonathan Toews, Chicago

PACIFIC DIVISION

Goaltenders: Martin Jones, San Jose;

Mike Smith, Arizona

Defence: Brent Burns, San Jose; Drew Doughty, Los Angeles; Cam Fowler, Anaheim

Forwards: Jeff Carter, Los Angeles; Johnny Gaudreau, Calgary; Bo Horvat, Vancouver; Ryan Kesler, Anaheim; Connor McDavid, Edmonton (capt.); Joe Pavelski, San Jose

Canadian teenager Adonijah Reid an intriguing prospect in MLS SuperDraft

By Neil Davidson
THE CANADIAN PRESS

The youngest player at the MLS Combine may also be one of the MLS draft's biggest mysteries.

At 17, Canadian forward Adonijah Reid is very much a work in progress. But his raw talent combined with a Generation Adidas Canada contract that does not count against the salary cap should draw interest in Friday's MLS SuperDraft in Los Angeles.

The five-foot-five talent from Brampton, Ont., who does not turn 18 until mid-September, has honed his talents at the ANB Futbol Academy in suburban Toronto since he was 11.

"He is an attacking-minded player, I don't like to say forward because he can

play behind the striker, as a striker and he can be on the wing," said ANB Academy director Bassam Naim.

"He is a very lethal finisher," he added. "He will bury the ball most of the time."

ANB Futbol Academy wasted little time showcasing his talents to European teams.

"This young man has been very well-travelled ... He has been offered many scenarios," said Naim. "But due to the fact that he doesn't have European documents _ he's Canadian-born _ it was difficult for us to keep him in Europe."

As a 15-year-old, Reid tied for the scoring lead in League 1 Ontario with the ANB Futbol team. More recently he has been playing for the Academy's under-20 side.

"He's definitely able to compete with older players," said Naim. "That's an edge he has. He's motivated to play with older men ... I think the future is bright."

Reid has spent time with Canadian under-15, under-16 and under-18 camps, while drawing plenty of interest from U.S. colleges.

"He's got undoubted talent," said Canadian under-20 coach Rob Gale. "It's really going to be interesting how he develops and grows once he's in that full-time professional environment. But he's a dynamic forward. He can probably play in any of four front positions."

Reid has a knack for getting into goal-scoring positions.

"He's got a big upside ... He's always been the best player in his current environment," said Gale. "And now he needs

that extra push which I think is going to be very very good for him."

Quiet off the field, the youngster will likely be a project for an MLS team willing to give him the time needed.

The Vancouver Whitecaps have the highest pick among the Canadian team at No. 7. Montreal picks 19th and Toronto 21st.

Whitecaps coach Carl Robinson plays his cards close to his chest and has a shopping list with various needs. But the franchise has not been shy in the past about young talent, using the fourth overall pick in the 2013 draft to take 17-year-old forward Kekuta Manneh.

Reid is joined by 19-year-old FC Edmonton midfielder Shamit Shome in the inaugural Generation Adidas Canada class.



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Death



Malcolm MITCHELL Jr.
February 18th, 1949 - January 10th, 2017

It is with great sadness that we announce the sudden death of Malcolm Mitchell Jr. on January 17, 2017, beloved son of Barbara Stevenson Smith (Bill Smith) and the late Malcolm Mitchell Sr.

He leaves to mourn his loving siblings Bryan (Donna Houseman) Mary, Jane, Susan (Vince Pare) and Martha (Frank Roy); his nieces and nephews Razvan (Godson), Lara, Michael, Patrick, Jessica, Kendra, David, Andrew, Catherine and Jennifer; as well as his close friend Cathy Loubert, and many other friends.

Malcolm was a kind, caring person who was always willing to help others. He was an excellent mechanic, passionate about cars and enjoyed drag racing in his younger years. We will miss him deeply.

A visitation will be held at the Lennoxville United Church, 6 Church Street, Lennoxville, on Saturday January 14th from 1 pm to 2 pm. A funeral service will follow at 2 pm, with the Reverend Linda Buchanan officiating. Interment in the Elmwood Cemetery at a later date.

In lieu of flowers, donations to the Heart and Stroke Foundation, 100-2630 King Ouest, Sherbrooke, QC, J1J 2H1, would be appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
E-mail: cass@casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Death

In Memoriam

DECOTEAU, Gerald R.: 1918 – 2006.
Miss you more than our friends realize.
Look at your picture on the wall for comfort.

Love
IRENE
AND FAMILY

Card of Thanks

SCHOOLCRAFT – I would like to thank everyone for all the nice presents and generous tips I received this holiday season. Happy New Year to all my customers.

THOMAS SCHOOLCRAFT

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Datebook

THURSDAY, JANUARY 12, 2017

Today is the 12th day of 2017 and the 23rd day of winter.

TODAY'S HISTORY: In 1915, the U.S. House of Representatives rejected a constitutional amendment to give women the right to vote.

In 1932, Hattie Wyatt Caraway of Arkansas became the first woman elected to the Senate.

In 1991, a divided Congress authorized President George H.W. Bush to use force in expelling Iraq from Kuwait.

In 2010, a 7.0 magnitude earthquake in Haiti destroyed a majority of the buildings in Port-au-Prince and left more than 100,000 dead.

TODAY'S BIRTHDAYS: Jack London (1876-1916), author; Tex Ritter (1905-1974), singer/actor; Joe Frazier (1944-2011), boxer; Tom Dempsey (1947-), football player; Kirstie Alley (1951-), actress; Rush Limbaugh (1951-), radio personality; Howard Stern (1954-), radio personality; Christiane Amanpour (1958-), TV journalist; Jeff Bezos (1964-), Amazon.com founder; Rob Zombie (1965-), singer-songwriter/director; Zack de la Rocha (1970-), singer-songwriter; Naya Rivera (1987-), actress.

TODAY'S FACT: Amazon.com opened for business online in 1995, but it didn't make a profit until 2002.

TODAY'S SPORTS: In 1969, the New York Jets fulfilled quarterback Joe Namath's guarantee of a win with a 16-7 victory over the heavily favored Baltimore Colts in Super Bowl III.

TODAY'S QUOTE: "Don't loaf and invite inspiration; light out after it with a club, and if you don't get it you will nonetheless get something that looks remarkably like it." — Jack London

TODAY'S NUMBER: 20 — women in the U.S. Senate at the start of the 114th Congress in 2015.

TODAY'S MOON: Full moon (Jan. 12).

Exercising your brain could stave off dementia



ASK THE DOCTORS
By Robert Ashley, M.D.

The question is: Why the decrease?

A recent study published in the Journal of the American Medical Association attempts to answer that question, assessing differences in dementia rates in the United States between the years of 2000 and 2012. The data were taken from the Health and Retirement Study, which is based on a questionnaire given to thousands of people over the age of 50. The study looked at 10,000 people in 2000 and another 10,000 people in 2012. In this study, researchers found a 24 percent decrease in the dementia rate between 2000 and 2012, and one difference noted by the authors of the study was that overall respondents in 2012 had one more year of education than those in 2000.

A logical question is whether the population in 2012 was simply healthier. That does not appear to be the case. In fact, the 2012 population generally had greater rates of high blood pressure and diabetes, both of which are risk factors for dementia. To that point, it's possible that the more modern and stricter treatments for diabetes and high blood pressure played a role. After all, statins, as well as medications for high blood pressure and diabetes, can reduce the effects of diabetes and high blood pressure on brain function.

But ultimately the authors concluded

that the higher level of education was the primary contributor to the decline of both dementia and cognitive impairment. That benefit may come from the creation of greater amounts of brain reserve, so that when brain function decreases years in the future, the effect may not be as obvious.

My belief is that any form of education is important. Although the study above showed that an additional one year of education had benefit, there are other ways of getting an education, such as learning a language. Numerous studies have shown that people who are proficient in two languages have a significant decline in dementia. So if you have the time, learning another language would be a worthy investment.

Please note, however, that I have had patients with high education levels get dementia, so education is not a total preventive.

But I would encourage you to continue to use your mind — challenging yourself with learning new material and continuing to educate yourself. You don't need to sit in a class for this. A life-long process of learning and understanding may itself decrease your chances of dementia.

(Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.)

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.

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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.

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.

" D O P F P R O P H F G Z N B D M P G F J Z A A R
 O Z A G Z A K Y Z G D G O P F P Y A A M D M N P
 G A F N G A X X G Z N X D L N P R P L I ."
 — U P I N F J A L M N C

Previous Solution: "The bonds we create in the household are the most important and lasting. Savor them; they're sacred." — Rainn Wilson

TODAY'S CLUE: A sɪlɒbθ H

REALITY CHECK

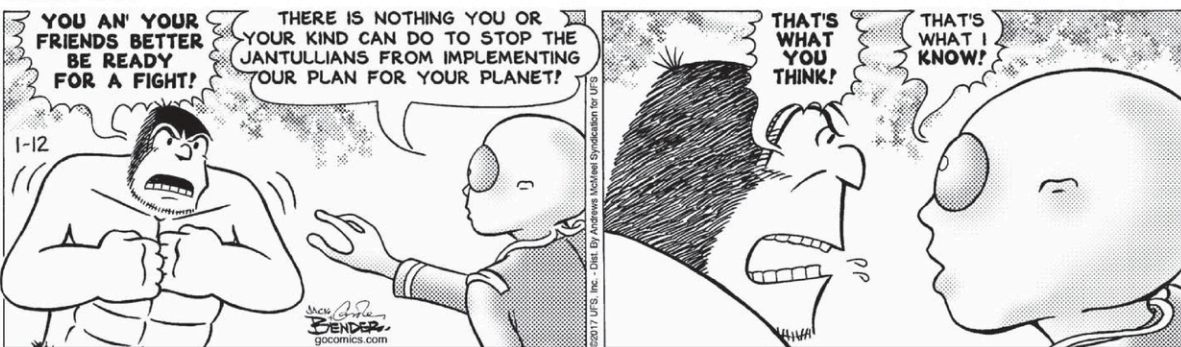


HERMAN

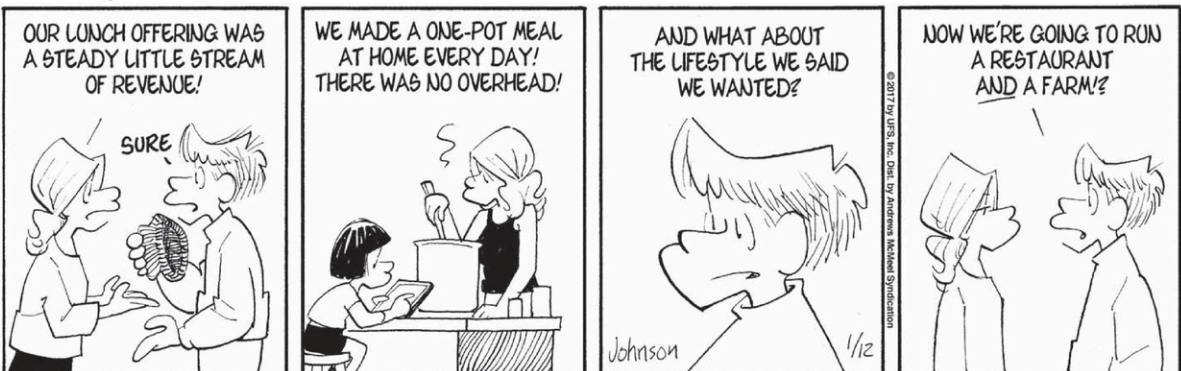


"Would I be correct in assuming you don't have experience as a plastic surgeon?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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

WATERVILLE
 The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 17 at the Town Hall from 10 a.m. to 11 a.m.

LENNOXVILLE
 There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 18 at 1:30 p.m. Everyone welcome.

LENNOXVILLE
 The "Stand Up Program" effectively prevents falls! Did you know that 1 in 3 person 65 years of age or over experiences at least one fall a year. The fall can seriously affect your health. Lennoxville & District Community Aid has a qualified professional to

offer the program. A new FREE session will be starting in January - Sign up Now! If you have some question call us at 819-821-4779.

RICHMOND & VICINITY
 As in 2016, Richmond County Historical Society would like to feature local women in history in Richmond County and Vicinity. We are seeking biographies of women who have made a difference in the community, women who have pioneered an idea or created a lasting memory in our lives. They could have been midwives, homemakers, musicians, teachers, nurses, organizers of community events, etc. Submissions could be made by an individual or a group. Please send your submissions by March 15, 2017 to Grace Johnston at 237 Johnston Rd. Melbourne, QC. JOB 1X0 or jr.gr.johnston@gmail.com

RICHMOND
 The Canadian Legion-Branch 15, Richmond, 235 College St. N., Richmond, will be holding our Legion Brunch from 9 a.m. to noon on Sunday,

January 15. Entry fee charged at the door. We will be holding our monthly Crib Tournament on Saturday, January 21 at 1 p.m.

BULWER
 There will NOT be a meeting of the Bulwer Quebec Farmers Association on Thursday January 12, at the Bulwer Community. We will see you in February.

LENNOXVILLE
 Cribbage tournament to be held at the A.N.A.F. Unit #318, "The Hut", 300 St. Francis Street, Lennoxville on Saturday, January 21 to benefit the Relay for Life team "The Bravehearts". Registration is at 1:00. Everyone is welcome, come and support this worthwhile cause. Bring your own partner. Contact Colleen at 819-835-9922 for further information.

SHERBROOKE (Bor. of Lennoxville)
 Lennoxville-Ascot Historical and Museum Society invites everyone to a Gathering at 2:00 p.m. on Monday, January 16, at Uplands, 9 Speid Street, Sherbrooke (Borough of Lennoxville). The program is Show and Tell so bring along an antique object or photo and share its story with us. Information: 819-564-0409

LENNOXVILLE
 Lennoxville and District Community Aid is hosting an information session on the services they offer to caregivers. This will take place at 164 Queen street suite 104 on Thursday, January 19 at 5 p.m. For more information call 819-821-4779 Refreshments available.

LENNOXVILLE
 January 19, St George's Church Hall, Lennoxville, 11:30 a.m. to 1 p.m. Please join us for the first Third Thursday Soup Lunch of the New Year. Your choice of three delicious homemade soups, (ham and pea, chicken noodle and a surprise), Bruno's famous cheese buns and delectable lemon bread for dessert, juice, tea and

coffee. Donations welcomed to support the charitable work of the church.

STANSTEAD
 15th annual Breast Cancer benefit Dart Tournament on Saturday, January 21 at the Stanstead Legion. Registration starting at 1 p.m. Games start at 2 p.m. 401 double in/double out. Bring your own partner (male/female). Door prizes. Raffle. Admission charged. All welcome. For information contact Marilyn McComb 819-838-4770.

STANSTEAD
 Surprise 49th Birthday Party at the Stanstead Legion on Saturday, January 14 for my daughter Vicky from 8 p.m. to midnight. Entertainment by Bill & The Boys. I will be putting on the meal. It will be a cold plate. Lots to eat, plus cake and ice cream. Everyone welcome. Admission charged. Info: Marilyn McComb 819-838-4770.

LENNOXVILLE
 Saturday, January 14 will be the 2nd annual Dan Maurice Memorial Pool Tournament at the A.N.A.F. Unit 318, The Hut, 300 St. Francis, Lennoxville. Registration at 12:30, games start at 1 p.m. sharp. Bring a partner. Money raised will go to Maison Aube Lumiere in Dan's name. Hope to see you all there! Open to everyone.

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

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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	6	3						
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	2	6		4				1
		8		9	6			

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

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BullyingCanada.ca

Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change. The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander, victim and bully**. The site also features a database of links to other anti-bullying websites. Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to: Subscribe@BullyingCanada.ca More information contact them by email at: Info@BullyingCanada.ca or visit their website www.BullyingCanada.ca

Your Birthday

THURSDAY, JANUARY 12, 2017

Move slowly toward whatever attracts or compels you. Too much too fast will lead to setbacks. Keeping a sense of calm and being firmly practical will result in your getting the most for the least, and will keep your life free of stress. Romance is in the stars.

CAPRICORN (Dec. 22-Jan. 19) — Share your thoughts with your professional and personal partners. It's important to align your thoughts or plans to fit everyone's needs before making a decision or move that will affect others.

AQUARIUS (Jan. 20-Feb. 19) — Keep an open mind, but don't feel you have to donate to a cause or pay for others. Listen and make suggestions, but protect your assets, possessions and financial future.

PISCES (Feb. 20-March 20) — Steer clear of emotional spending, overindulgent people and deals that are too good to be true. Instead, you should pursue an idea, dream or venture that is cost-efficient and helpful.

ARIES (March 21-April 19) — Keep your life simple and dedicate your time to getting things done behind the scenes. Presenting your ideas before you are ready will lead to interference.

TAURUS (April 20-May 20) — A move or change of scenery will open your mind and spur you to try new things. A financial opportunity will tempt you. Call in favors and request assistance from those who've given you good advice in the past.

GEMINI (May 21-June 20) — Involve-

ments with children, temptations and other people's problems will all have to be handled cautiously. Moderation and simplicity will be required. Protect your position, finances and reputation.

CANCER (June 21-July 22) — Shed some light on what you have in mind with regard to professional strategy. Be creative and step outside your comfort zone in order to make a lasting impression. Romance is highlighted.

LEO (July 23-Aug. 22) — Appeal to those who are heading in the same direction as you. Step into a leadership position. Offer a comprehensive plan that will bring about popular change.

VIRGO (Aug. 23-Sept. 22) — You can only do so much. Size up whatever situation you face and offer solid advice but don't feel the need to take over or you may end up being blamed for interfering.

LIBRA (Sept. 23-Oct. 23) — Put in the hours and see what you can accomplish. Less talk and more action will help you avoid trouble and controversy that could hinder your efforts and success.

SCORPIO (Oct. 24-Nov. 22) — Use your energy and enthusiasm to do what you feel is worthwhile. Aim to improve your stamina by engaging in fitness activities or something that will improve your awareness and intelligence.

SAGITTARIUS (Nov. 23-Dec. 21) — You'll have difficulty managing your money. Don't let temptation or a get-rich-quick scheme lead to a loss. If you want change, you need to do something to cut your costs instead of incurring more debt.

THURSDAY, JANUARY 12, 2017

Can you smell the trump split?

By Phillip Alder

Liz Taylor said, "There is no deodorant like success."

Bridge experts have a good nose for sniffing out the placement of the unseen cards — as South did in this deal.

East opened with a natural, weak four diamonds, South overcalled four hearts, and everyone passed. West led the diamond jack, of course. Declarer probably should have played low from the board, but he covered with the queen. East won with his king and continued with the diamond ace. What happened after that?

East's opening bid made reaching three no-trump fairly difficult! But with that crazy a hand, he had good reason to think that three no-trump would not be his side's last making contract.

South ruffed the second diamond with his heart 10, and West smoothly discarded a club.

Declarer was very suspicious. He led the heart seven from his hand and ran it when West played low. After East pitched a diamond, South took his top clubs and ruffed his last club with the heart king. (West threw a spade.) Now declarer ruffed the diamond 10 with his heart eight. West overruffed, but was endplayed. When he tried the spade king, South won with his ace, cashed the spade queen and exited with the heart four. West had to

North 01-12-17			
♠ 10 9 8 7 6 4 3			
♥ K 5			
♦ Q 10 9			
♣ 2			
West		East	
♠ K J 2		♠ 5	
♥ Q J 6 3 2		♥ —	
♦ J		♦ A K 7 6 5 4 3 2	
♣ 8 6 4 3		♣ J 10 7 5	
South			
♠ A Q			
♥ A 10 9 8 7 4			
♦ 8			
♣ A K Q 9			
Dealer: North			
Vulnerable: Both			
South	West	North	East
4♥	Pass	Pass	4♦
	Pass	Pass	Pass
Opening lead: ♦ J			

lead from his queen-three into declarer's ace-nine.

That was brilliant play by the best young Italian player, 17-year-old Giovanni Donati. But even he could not have made his contract if West had overruffed at trick two and returned a club or low heart.

CROSSWORD

Across

- 1 Buccaneers' home
- 6 Silly bird
- 11 Revolting word?
- 14 Plane read
- 15 Large grouping
- 16 Pen user
- 17 Miss America runner-up?
- 19 Part of a royal flush
- 20 Anastasia __, "Fifty Shades of Grey" character
- 21 Emergency signal
- 22 Frosted flakes
- 23 Called up
- 25 "Unsafe at Any Speed" author
- 27 Put in order
- 30 Fab alternative
- 32 Special Forces trademarks
- 35 Legendary horse tale setting
- 36 Passage for the birds?

- 38 Gold, in Granada
- 39 "My bad"
- 41 Wartime prez
- 42 Little Jack Horner's dream?
- 44 Proofreading mark
- 45 Overwhelm
- 46 Biological building block
- 48 Flight-related prefix
- 49 Emerged
- 51 Carrier that doesn't fly on the Sabbath
- 53 Order with tzatziki sauce
- 55 Some Samsung TVs
- 57 "Yay, me!"
- 61 Fishing __
- 62 Emulating the writing style of "The Quiet American"?
- 64 Weaken, perhaps
- 65 Jack's links rival
- 66 Start a correction process

- 22 Feudal grunt
- 24 Comprehend
- 26 Shoot down
- 27 Ripped off
- 28 Longtime Utah senator Hatch
- 29 Area for urban growth
- 31 Get around
- 33 Potato, e.g.
- 34 Look after
- 37 Goddess of peace
- 39 Red cup brand
- 40 Like some oil rigs
- 43 Mark's successor
- 44 "Amadeus" narrator

- 47 Eccentric Sacha Baron Cohen persona
- 50 Twin Cities suburb that hosted the 2008 U.S. Women's Open
- 52 Madison Ave. agent
- 53 Snatch
- 54 Discipline with poses
- 56 Cut
- 58 Big man on campus
- 59 Caltech, e.g.: Abbr.
- 60 Golf tournament souvenirs
- 62 Country miss
- 63 Comprehend

- 67 Secret competitor
- 68 Bounded
- 69 Ice cream purchases

- Down**
- 1 Hardy heroine
 - 2 Minimally
 - 3 Lawn disruption
 - 4 "The parent of revolution and crime": Aristotle
 - 5 Cub Scout leader
 - 6 Yak
 - 7 Miner matters
 - 8 DuPont acrylic
 - 9 Mexican buffet feature
 - 10 Contact's spot
 - 11 "Tell me about it"
 - 12 Nickname for late-night host O'Brien
 - 13 Didn't just think
 - 18 Russo of "The Intern"

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An abusive streak?

Dear Annie

THURSDAY, JANUARY 12, 2017

Dear Annie: I have a friend I've known for at least 15 years. A month ago, I invited her and her husband for dinner. When both of my kids told me they didn't want her over, I couldn't believe it. I asked why. I told them that she's always been good to them and she'd love to see them, especially my son, who has been away at college.

My son told me she isn't really my friend, that she only pretends she is because she thinks I am an abusive parent and she feels sorry for my kids. Apparently, she has felt this way for years, ever since my daughter was having a birthday party and I wouldn't let her have cake because she wouldn't eat her dinner. He also relayed her thought that I am a horrible parent because I won't play games with my kids. I have a really bad fear of playing games with people, which is no different from being scared of snakes or being claustrophobic.

I asked my daughter whether this is the reason she doesn't want this woman over, and she said yes. She said the only reason she did not tell me about this sooner was that she didn't want to hurt my feelings. I asked myself and my kids, "Am I really abusive?"

Both of my kids told me that I am a little stricter than the average parent and have a tendency to scream a lot, but not more than most parents when they're angry about what the kids did or did not do.

I'm still going to have dinner with this woman. After dinner, the children will probably take off and go to their rooms, as they truly don't want anything to do with her anymore. I thought I would confront her after dinner and give her a chance to explain why she has tried to turn my children against me. I really did think she was my friend for so many years.

Do you think this is the right course of action? — Hurt and Confused in Kansas

Dear Hurt: Yes, talk to your friend — but think of it as a conversation rather than a confrontation; otherwise, you're setting yourself up for a hostile interaction. Give her a chance to explain herself. There's a lot to be said for hearing it from the source. You might want to go for a walk or out for coffee, to be in a neutral space and away from the kids.

And I would suggest looking inward. Is it possible you do raise your voice too loudly and too often? I know we all lose our cool from time to time, but there are better ways to get one's point across than yelling.

Dear Annie: In response to "Grieving for Snoopy," you printed "The Rainbow Bridge," a poem by Steve and Diane Bodofsky. I know that the poem was written with good intentions, but it never did a thing for me. The best advice to give a grieving pet owner, in my opinion, is to suggest that when she's ready, she should go find that special dog or cat waiting at a local animal shelter. It won't be "the same," but it will be an individual with a unique, lovable nature. I still miss my old dog from way back when, but I no longer grieve.

Five years ago, we reluctantly took care of a kitten. It was "just for a while" because we didn't want a cat. Now he's the heart of our family, the mellowest of fellows. As Mark Twain said, a house is not a home without a cat. Or a dog. — Kay from New Paltz, N.Y.

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

2017 Ford Fusion Hybrid Titanium



PHOTO: D. Heyman

Mid-cycle refresh adds improved looks, more features



By Dan Heyman

The Ford Fusion has gotten a slight refresh for the 2017 model year, and so has the Fusion Hybrid. The styling differences are subtle, but they somehow combine to make for a much more handsome look overall.

A big part of that has to do with the new, larger headlight lenses that fit better with the front grille. The look is classic thanks to the heavy doses of chrome, yet modern at the same time thanks to those aggressive headlights and LED lighting.

There are some new wheel choices for 2017, as well. The two-tone 18" alloys on my test car are a great fit and they come as standard on both Hybrid Platinum (seen here) and Hybrid Titanium models. Would I have liked the option to switch to bigger wheels? In this case, probably not since they would likely compromise ride quality, which happens to be one of the great features of the Ford Fusion in general. Plus, the two-tone look somehow makes the sidewalls less visible, which is often the goal of bigger wheels in the first place.

Interior additions

The biggest difference you'll find inside the Ford Fusion Hybrid for 2017 is a heightened sense of airiness. Much of that can be attributed to the switch from a traditional console-mounted shift lever to a rotary dial. It's easy to use, and it doesn't snag on purses or duffel bags as you try to move them to the passenger seat. It also means no linkage is required, so you get an extra storage bin within the console itself.

You can more easily access the compartment at the base of the centre console, which is perfectly sized for mobile devices so you don't have to waste a cup holder—one of my pet peeves in the auto industry. It would have been nice if the pad your phone sits on were of the wireless charging variety, like some of the Fusion's competitors offer, but that's a bit of a nitpick especially since not all smartphones—iPhones in particular—have this ability right now.

Top tech

What you can do with your iPhone, however, is hook it up to the car via USB and activate Apple CarPlay, which essentially turns your infotainment screen into a mirror image of your phone. It's compatible with Android Auto, as well, so it really has the bases covered in this regard. Alternatively, if you prefer to use Ford's own SYNC 3 interface, you can easily switch between the two.

While I tend to say that tech companies like Apple, Google, and Microsoft are always better than car companies when it comes to digital media interfaces, the SYNC 3 system does make a compelling argument. The buttons are nice and big, the interface is simple, the graphics are attractive, and response times are quick. It really is one of the best interfaces in the auto industry.

The one issue I have in the context of the 2017 Ford Fusion's infotainment has less to do with the system itself and more with the centre stack in which it's housed. The latter is finished completely in cheap, easy-to-scratch plastic and is littered with buttons that seem out-of-date considering how futuristic everything else looks, what with the fancy rotary dial, customizable mood lighting, bright gauge cluster (that features two TFT displays of its own) and crisp SYNC 3 screen. This is nearly the top model (the Titanium trim sits below the Platinum in the Hybrid lineup, remember), so I would have expected designers to class it up a little, maybe with piano black finish, some faux aluminum, SOMETHING.

It's strange because the rest of the cabin is very good. Titanium trim means high-grade leather seating, the sort that wouldn't be out of place in a Lincoln MKZ, although that model does get an even higher grade of Venetian leather. You'll also find a nice, thick, leather-wrapped steering wheel and dash top, as well as door inserts to complete the look.

I would ask for a little more interior room, however, especially in the back seat. Occupants there get just 973 mm of legroom and 960 mm of headroom, both figures being eclipsed by the hybrid variants of the Honda Accord and Toyota Camry. The driving position is also a cozy one mainly due to a snug footwell that requires longer-legged folks to make a few concessions. What the Fusion does get, however, are 60/40 split-folding rear seats that make up for a loss of trunk space resulting from the hybrid system battery. Still, we were able to fit an adult-sized hockey bag in there, with the pass-through allowing room for the sticks.

Driven to impress

Other than that centre stack, the cabin's fit and finish does a good job of demonstrating just what lies ahead once you start the 2017 Ford Fusion Hybrid with the press of a button. Of course, you'd better be aware that you've done so because this is a Hybrid, and if you miss the "ready to drive" message that greets you on start-up, you may not realize that you've started it at all. In fact, the Fusion will happily sit there and essentially do nothing, as long as you haven't activated anything that requires additional power, such as operating the dual-zone HVAC system.

Until you select "D" and stomp on it, even, you still won't hear the engine come on as it only does so under extreme loads, assuming you have fully charged the 1.4kWh lithium-ion battery pack that powers the electric motor. Said battery tends to charge quickly, even telling you upon coming to a full stop just how much power you have regained via

the regenerative braking system. Hitting 97%-100% on a regular basis wasn't hard, and we weren't even hypermiling, just driving as we normally would.

Combined power is rated at 188 hp and 129 lb-ft of torque when both the 2.0L gas engine and electric motor are active. Output when cruising in electric mode is rated at 118 horsepower. Ford claims that the Fusion Hybrid can do about 135 km/h in full EV mode, but we can't imagine that happening under any sort of accelerative source as we only managed speeds over 60 km/h. Still, it's pretty impressive stuff, and we averaged 6.4L/100km throughout our test. That's roughly 1L/100km more than Ford's official number, but I wouldn't call that a deal-breaker by any means, especially when you consider just how well the Fusion Hybrid drives otherwise.

The damper settings are right on, ensuring that both small bumps and larger undulations are tackled with relative ease by the chassis, which makes use of MacPherson struts up front and a stabilizer bar, independent integral-link suspension at the rear. The car's slippery shape, meanwhile, makes for some nice, quiet forward progress, helped by noise-cancelling technology that comes standard on all four Hybrid trims (S, SE, Titanium, and Platinum). Look closely and you'll see how this works: Tiny little speakers are embedded in the headliner, and these emit a little white noise to neutralize as much road, engine, and wind noise as possible.

While the tech works in most situations, the 2017 Ford Fusion Hybrid sounds a little wheezy when you really try to put a strain on the powertrain, such as when climbing steep grades. The sound is met with less-than-zippy forward progress as the extra weight added by the hybrid system can really be felt in these conditions. The Fusion Hybrid can be driven on the highway, but it remains happiest where most hybrids tend to: in town, at more moderate speeds.

The city is also where we found ourselves making regular use of the Fusion's self-parking feature, which comes as a \$600 option on the Titanium model. It can be used to park in either perpendicular or parallel fashion, and can also be asked to pull the car out of a parallel spot all on its own. To activate, simply slow down, hit the console-mounted button marked with a steering wheel graphic, and let the system do the rest. All you have to do is let go of the brake and switch from "R" to "D" when it asks you to. It works like a charm, too, regularly parking within a perfect 2" or so from the curb—fantastic stuff.

Conclusion

In the end, there's no debating the 2017 Ford Fusion Hybrid's efficiency, the technology it offers, and its comfortable ride and well-appointed interior. There's also little question that the passenger compartment will feel snug for taller occupants. If you can find a seating position that works for you, however, you'll be treated to a well-implemented hybrid drive that ticks most of the right boxes.

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