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Mitchell-Montcalm parents petition for a new school

Page 3

THE **RECORD**

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FRIDAY, FEBRUARY 22, 2019

School fees Bill 12 tabled at National Assembly

Record Staff

To clarify the guidelines governing school fees charged to parents of preschool, elementary and secondary school students, the Minister of Education and Advanced Education, Mr. Jean-François Roberge, presented a bill to clarify the scope of the right to free education and allow the supervision of some financial contributions that may be required.

The bill proposes to redefine the scope of the right to free instructional material and to allow the Minister to specify the material that may or may not be free.

The Minister may also determine the services offered in the context of specific educational projects and school activities for which a financial contribution may be required.

If adopted into law, the new rules would enter into effect as of July 1, 2019

CONT'D ON PAGE 4

Busy February for the 1st Lennoxville Scouts



COURTESY

By Didi Gorman

Mid-winter is one of the best times at the 1st Lennoxville Scout Group.

Our activities this season are centered on resourcefulness, creativity, fitness, and the outdoors.

Our Beavers (ages 5-7) started the month with a dance party, aimed to promote the joy of movement and the love of music. Our young members enjoyed different rhythms and music styles, and after much boogying, completed the evening with a game of musical chairs.

Our Cub section (ages 8-10) held a resourcefulness-themed winter camp at Lake Lovering. We brushed up on life-saving 1st Aid skills, practiced cooking our meals, built a campfire, and constructed snow shelters called Quinzees

CONT'D ON PAGE 3



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SNOW
HIGH 2
LOW -2

 MONDAY:
SNOW
HIGH -3
LOW -19

 TUESDAY:
SUNNY
HIGH -9
LOW -16

Back of Beyond... Way, Way Back!



GOOD READS

LENNOXVILLE LIBRARY

Review by Vincent Cuddihy

Where the Crawdads Sing is the first novel by noted nature writer Delia Owens. She is the co-author, with her husband Mark, of three books about their efforts to protect threatened and endangered wildlife in Africa. She has won the John Burroughs Award for nature writing. This novel is a Reese's Book Club selection—as in the actor Witherspoon, who leads an on-line book club on Instagram. Apparently, there are so many good books available that Oprah Winfrey simply doesn't have time to read and recommend them all!

A crawdad is another term for crawfish, or what we northerners call crayfish, which are fresh-water crustaceans related to lobsters. Since no one has ever

heard one sing, "where the crawdads sing" refers to a place that is so remote and inaccessible that no one has ever actually been there—"far in the bush where critters are wild, still behaving like critters", as one of Owens' characters puts it.

Owens begins her story on a hot summer day in August, 1952. Catherine Danielle Clark's mother has put on her best clothes and her best shoes, packed her suitcase and left home for good. Kya, as her daughter is known, is a few weeks short of her seventh birthday. She has been left with her four older siblings and her drunken and abusive father Jake. They live in what used to be Jake's family's fishing cabin in the marshland on the coast of North Carolina south of Cape Hatteras and the Outer Banks.

The three oldest children follow their mother's example and run away too. Her next older brother Jodie only needs one more beating to convince him that he can't stay either. This leaves Kya to fend for herself, having to learn to cook, shop, and clean on her own. Her father is absent for days at a time, spending most of the disability check he receives from the army for the WWII injury to his leg on booze and gambling.

We learn that he is the son of a prosperous family that lost most of its wealth during the Great Depression. Jake sold off the family assets to raise cash so he could impress the New Orleans beauty Maria Jacques. After they were married, he continued to gamble away what was left of the family fortune, so they were reduced to moving to the cabin in the swamp.

Kya and her father get along reasonably well for a while. He teaches her how to fish and drive his boat. But when a letter comes from his wife, he burns it and goes back to being drunk when he is not absent. Eventually, he and the cheques leave for good. Kya makes a deal with Jumpin, the man who runs the store where she buys gas, to buy fish from her so she can earn enough to buy food. Jumpin's wife Mabel collects old clothes so Kya can have something that fits as she gets bigger. The truant officer takes Kya to school, but she only lasts one day because the other children tease her so badly.

From there, Owens has jumps forward seventeen years to the fall of 1969. Two boys have been climbing the abandoned fire lookout tower outside Barkley Cove. They discover the body of a young man at the foot of the tower. He is Chase

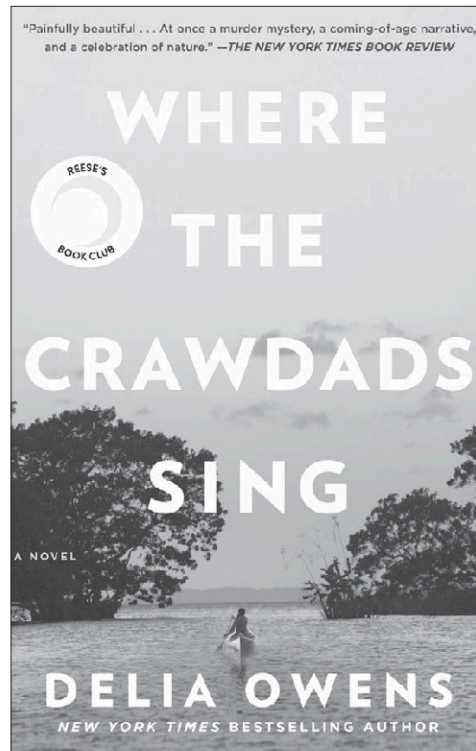
Andrews, son of a fairly prominent local family. Sheriff Ed Jackson's observations lead him to suspect that Chase was pushed through an open grate in the tower, effectively murdered. Chase's mother reveals that a shell necklace that Kya had given Chase a few years earlier has been removed from his neck, a fact which casts suspicion on her.

Owens tells the two stories in parallel. In the 50s and 60s, Kya is growing up out in the marsh; she is befriended by a boy who was a classmate of Jodie's who teaches her how to read and opens a wide view of the world to her; this boy Tate goes away to university and abandons her; and Chase exploits her loneliness and naiveté for his own pleasure. In 1969, Sheriff Jackson and his deputy are slowly but surely gathering information; finally the testimony of two sport fishermen convinces the sheriff that there is enough evidence to arrest and charge Kya in the death of Chase. From here on the two story lines become one with Kya's trial taking up most of the second half of the book.

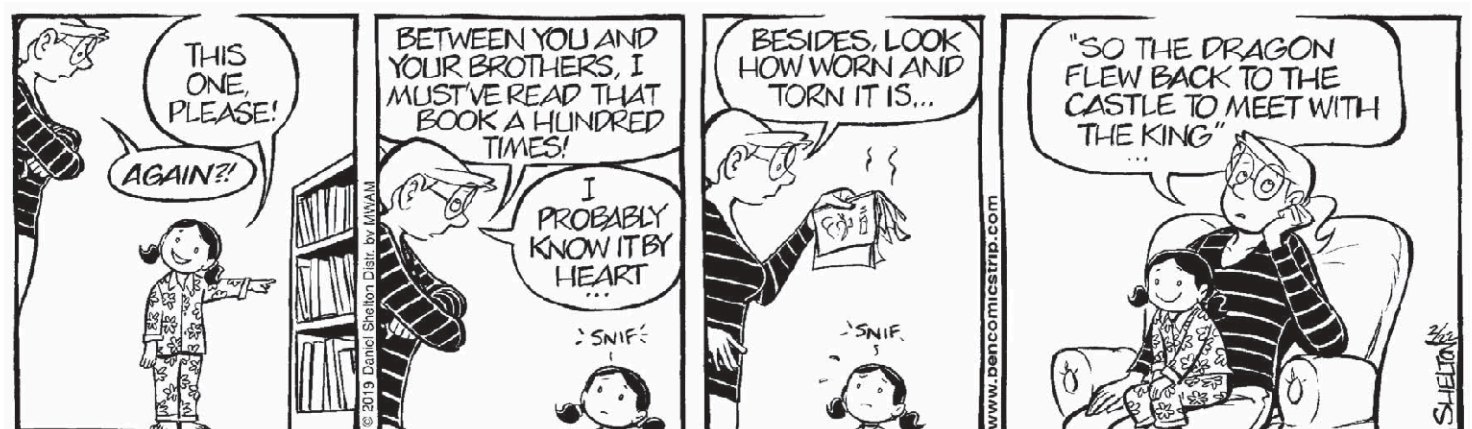
I enjoyed this book in spite of some major flaws in the story. For example there is a cat that manages to be in two buildings at the same time. The marshes and swamps Kya inhabits seem unusually benign; neither she nor anyone else ever encounters a cottonmouth or a water moccasin. The most dangerous predators might be insects. Owens's description of the mating behaviour of female fireflies and praying mantises is both engrossing and gruesome, and perhaps offers Kya insight into how her own species should behave.

The real strength of this book is Owens's depiction of the multitude of environments that exist within just a few kilometres of the shore: dry land, rushing streams, tranquil ponds, slow moving estuaries, the intertidal zone that mixes fresh and salt water every twelve hours, and the open ocean. Each of these areas has vegetation that is adapted to its particular environment, and in turn provides a home for animals, insects and birds that are adapted to that vegetation and the food and shelter it provides.

Kya makes frequent reference to her favourite poet, Amanda Hamilton. Readers are cautioned not to wear out their fingers trying to Google this obscure writer: she is part of Owens's fiction. Where the Crawdads Sing can be had via interlibrary loan through the Lennoxville Library.



Ben by Daniel Shelton



LOCAL NEWS

"Musical education has been a staple of Sherbrooke education," said Beaubien.

Mitchell-Montcalm parents petition for a new school

By Emilie Hackett
Special to the Record

Members of the Mouvement Musical Mitchell-Montcalm (MMMM) met with the Commission scolaire de la Région-de-Sherbrooke's (CSRS) council of commissioners on Tuesday night to demonstrate Mitchell-Montcalm High School's need for a new building. They accumulated over 1,100 signatures in support of their request.

The MMMM is a group of staff members as well as parents whose children are students in the music program at Mitchell-Montcalm. Over the past 30 years, the MMMM has raised more than \$500,000 in support of the program.

They began preparing the request in Fall of 2018, after the CSRS petitioned Quebec's education ministry for a new high school that could welcome over 1,000 students, due to a lack of space in the CSRS's four public high schools.

Mitchell-Montcalm High School, which counts nearly 1,500 students, is separated into two buildings. All stu-

dents in cycle one attend Mitchell, located near downtown, and all cycle two students attend Montcalm, on Portland.

Built in 1878, the Mitchell building has its fair share of issues. "There is a lack of common areas during breaks, the lockers are too small, there is a lack of science laboratories and of interior and exterior sports facilities. The hallways and staircases are too narrow, and the cafeteria can only accommodate half of the students at a time. The entire school community is affected by the lack of space in the school," explained MMMM president Frédéric Boivin.

However, this issue affects the music students even more. "Our musical groups practice in narrow classrooms in the basement. One classroom, where we teach the wind ensemble, stands out in particular: there are two beams situated in the center of the room which significantly reduces visibility. The musical harmony and ensembles' practices are held in the cafeteria. Moreover, no concerts can be held at the school because

of the lack of space," added Boivin.

A large part of the MMMM's annual budget is therefore allocated to the rental of concert halls and the transport of students and of the instruments used during concerts. "Our concerts are held in the Centennial Theatre, on the Bishop's University campus. The transportation of instruments is often done by movers which can be costly, and we also pay for the school buses for the students. It's a lot of wasted time and money on logistics and transportation," mentioned Luc Beaubien, the MMMM's vice-president. "Centennial is an adequate location for our cycle one concerts, but there is a lack of space in cycle two. Some parents often miss their child's performances because all the seats have been sold out."

"Musical education has been a staple of Sherbrooke education," said Beaubien. "Few towns can say that they offer music programs in public institutions from elementary school to university. It is a wealth that must be preserved

and developed." Beaubien mentioned that although the request was made in a formal setting, the board of commissioners lent an attentive ear.

"I just really hope that our request will be considered seriously. We have a great need at Mitchell-Montcalm. It would be fantastic to have one school for all our students, so that the elder students can be role models for the younger ones and help them practice their music. It would be a major improvement to have the proper facilities for this program that is constantly growing. Ideally, we would have a multifunctional concert hall with around 700 seats," concluded Beaubien.

The MMMM's request has received support from the Orchestre symphonique des jeunes de Sherbrooke, the Festival concours de Sherbrooke, the Festival des harmonies et orchestres symphoniques du Québec, and the Université de Sherbrooke's Department of Music faculty.

1st Lennoxville Scouts

CONT'D FROM PAGE 1

(resembling igloos). We learned the importance of pushing small sticks into the external walls of the Quinzees to help assess the thickness of the walls from within. As part of our responsibility to nature and the environment, we had to destroy the Quinzees at the end of camp, to avoid wild animals being trapped inside of them.

Our Venturers (ages 15 and up) recently participated in a knots-and-hitches workshop. We simulated a variety of situations where the knowledge of knots would come in handy, including hauling, fastening, securing, and pulling a drowning person out of the water. The latter involved implementing a firm knot which can be wrapped around a person without tightening the rope (to avoid suffocation),

using only one hand and under time pressure.

A special initiative we've launched in the past few weeks revolves around the theme of creativity. Crayons, markers, paper and pencils are available for members who are interested in expressing their creativity by drawing, colouring, or designing our group crests on paper.

Upcoming events for the 1st Lennoxville include a geocaching

evening (treasure hunting), a visit to a sugar camp, science night, a visit to the Bishops' University observatory, and a pen pal correspondence with Beaver Scouts from a Scout group in Ontario.

The 1st Lennoxville Scout Group encourages all youth to explore new fields of interest, and offers a wide range of fun and exciting activities to its members.

**Yours in Scouting, Didi Gorman,
1st Lennoxville Scouts**



Faulty barrier set-up blamed in 2018 Lambton farm death

Record Staff

CNESST has released the results of its investigation into the Aug. 18, 2018 work-related accident that killed Benchen Adonias Bala López, a young Guatemalan worker at Ferme Donold Lapointe et fils inc. in Lambton.

Chronology of the accident

The morning of the accident, Bala López was busy, with a colleague, milking cows. He finished milking the second group of cows while his colleague was preparing the third group in another sector of the building. Noting that Bala López was taking longer than usual to return to help, his colleague returned to the cow waiting area. There he found Bala López, stuck by the neck, between

the pole of the mechanical barrier used to push the cows towards the waiting area and the pole of the structure.

The colleague opened the barrier to clear his unconscious colleague and initiated resuscitation manoeuvres and called for help. Bala López was taken to the hospital where he succumbed to his injuries the next day.

Causes of the accident

The investigation allowed the CNESST to pinpoint two causes to explain the accident:

- The design of the cowshed layout resulted in workers accessible to jamming zones when the mechanical barrier was moved;

- The worker was in the waiting area for cows while the mechanical barrier

was moving.

Following the accident, the CNESST banned the use of the mechanical barrier used to push the cows. Its use was resumed after modifications to eliminate jamming areas at the entrance and exit of the cows' waiting area were made by the employer. In addition, steps are underway with the manufacturer of the mechanical barrier and the installer to eliminate jamming areas during future installations.

How to avoid such an accident

To prevent accidents related to access to moving parts, solutions exist, including:

- The employer must make sure to identify jamming areas that may pose a danger to workers and put in place the

necessary measures, such as fixed guards, to make these areas inaccessible;

- Suppliers must ensure that the machines and equipment they sell, install, and maintain are safe, including the establishment of means making it impossible to access hazardous areas.

By law, the employer is required to take the necessary measures to protect the health and ensure the safety and physical integrity of workers. It also has the obligation to ensure that the organization of work and the equipment, methods, and techniques used are safe.

Workers must team up with employer to identify hazards and put in place the means to eliminate or control them.

Community groups pay local MNAs a visit

Record Staff

As part of the World Day of Social Justice, a coalition of organizations from different sectors (community, labor, student and feminist) went to meet different MPs. Estrie region and Montérégie-East to pass on the torch of social justice.

With the arrival of the Coalition Avenir Québec into power, the various organizations want to ensure that the new government will commit to social justice. Organizations are particularly concerned by recent announcements by

the Legault government that virtually all departments will be required to fund party election promises from their current budgets. This could lead to decreases in services or the pricing of certain public services.

Approaching the new government's first budget, community groups want to point out that with a surplus of \$ 4.5 billion, there are the means to adequately fund social programs and public services. "The last government's savage cuts particularly hurt the Estrie region, where one of the main economic drivers remains the public services sector," com-

mented Laure Letarte-Lavoie of APTS. The cuts in services have not only had a direct impact on workers, but also on the entire population of Estrie. "We are seeing more and more families having difficulty finding adequate housing, an increase in psychological distress because of the lack of services to the public, a steady increase in requests for help with food assistance, and so on. These are just as many consequences of the increasingly frequent pricing of our public services. Some people have to make the choice between paying the school bill or rent or consulting the psycholo-

gist privately and doing the grocery shopping. It's completely indecent!" added Claudelle Cyr of the Regroupement des organisations communautaires (ROC) Estrie.

"If the CAQ wants to be the government of change, the next budget will be a great way to demonstrate it," concluded Letarte-Lavoie.

Among the Townships politicians visited were MNAs François Bonnardel, Geneviève Hébert and Christine Labrie.

Bill 12

CONT'D FROM PAGE 1

so that the school network can rely on the new guidelines in the planning of activities and lists of ma-

terials for the coming school year.

If the bill is passed, school boards will have to ensure that no school asks parents to pay administrative fees. They cannot be asked to pay for, for example, text-

books, dictionaries, art materials and materials needed for laboratory activities.

However, fees for school supplies and equipment for personal use as well as those associated with specific educational projects, such as sports or arts concentrations, which are offered in addition to regular instruction, could be paid by parents. Those, however, must be approved by the governing board of each school.

The bill aims to redefine the right to free instructional materials and allow the Minister to specify the material to which this right applies or does not apply, and to establish standards for the financial contributions required. It would also allow the government to set standards for the financial contributions required for student transportation and school day care.

Consultations on the costs incurred by the parents of preschool, elementary and secondary students were held in December 2018 with educational federations and unions, representatives of school boards, representatives of the associations of directorates establishment, groups of parents' committees and the Quebec Association of School Custody.

At the same time, more than 33,000 participants also spoke through the online consultation, which took place from Jan. 7 to 25, 2019.

The consultations included discussions about free educational services, textbooks and instructional materials as well as reasonable fees for special educational projects, field trips, school transportation and child-care.

The results of the consultations is available at www.education.gouv.qc.ca/parents-et-tuteurs/referencess/frais-scolaires.

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THE
RECORD

Second component of population health survey reveals concerns, optimism

Record Staff

In the summer and fall of 2018, the Estrie Public Health agency conducted the second phase of its Population Health Survey, conducted among nearly 11,000 adults.

This second survey provided the opportunity to compare certain results with the first phase carried out in 2014. The objective is to help stakeholders in their decision-making and to improve their knowledge on various topics re-

lated to physical and mental health.

Before and after Health portrait

There is deterioration in physical health for the following indicators:

- The number of people with excess weight increases;
- Obesity in women;
- Asthma is gaining ground, both for men and women;
- The number of men diagnosed with hypertension or diabetes is climbing.

There is also an increase in the number of adults with mental health prob-

lems such as psychological distress and mood or anxiety disorders.

On a more positive note, the results indicate that fewer women smoke, excessive alcohol consumption has decreased, and the public has greater access to a family doctor.

In contrast, in terms of lifestyle, fruit and vegetable consumption has decreased and cannabis use has increased. The survey was conducted before the legalization of cannabis.

Other health topics were also dis-

cussed in this major survey. They will be analyzed and disseminated in the next year. These topics include Lyme disease, access to health services, child development, screen time, social support, sense of community and participation, seniors, workplace wellness, and the Lac-Mégantic Railway Tragedy.

The survey questioned 10,790 respondents and included 200 possible response elements. It was carried out by 30 researchers.

Local police cracking down on illegal pot

Record Staff

With the implementation of the new cannabis regulations, the Sherbrooke and Memphrémagog Police anti-underground economy regional group ACCÈS cannabis conducted searches Wednesday morning on Évangéline and Darche streets based on a tip received from the public. Two men aged 22 and 25, as well as a 25-year-old woman were arrested at the scenes.

The raids resulted in the seizure of about 13 lbs of cannabis, about \$17,000

in cash, three cell phones and equipment related to drug trafficking.

The three are expected to face charges for possession for the purposes of trafficking and trafficking in drugs.

The fight against the illegal supply of cannabis involves a strategic partnership. The goal is to maximize the tangible effects of the repression of criminal organizations, the protection of the public, and especially to reduce access to cannabis of young people, the detection of various offenses, and to recover money.

Constant pressure will therefore be exerted on sellers and growers. Cannabis is now regulated by three legal bodies, municipal, provincial, and federal, and will pose a significant challenge to police organizations. It is expected that a black market will persist and is likely to affect the revenue of the state and to neutralize some objectives of the bill.

The expected benefits of legalization in the areas of health were to:

- Control access to minors (mental health) and improve public security (systemic crime, unclogging criminal

courts);

- Curb the loss of tax revenues associated with the legal production of cannabis;

- Curb the loss of tax revenue associated with retail sales;

- Limit the loss of profits of the SQDC.

To report information to police for this type of crime (illegal sales and production for sale), you can contact: Acces_cannabis@ville.sherbrooke.qc.ca

Sherbrooke First Responders celebrate 25th anniversary

Record Staff

This year, the Sherbrooke Fire Protection Service (SPCIS) is marking the 25th anniversary of its first responder service. Sherbrooke was the first city in Quebec to incorporate first responders in 1994 as firefighters.

"Our firefighters intervene more than 5,000 times annually on the territory. In addition to extinguishing fires, these people carry out rescues, assist their institutional partners, and go to accident scenes, but in more than half of these interventions, our firefighters act as first responders", explained SPCIS Chief

Stéphane Simoneau.

The rapid response of Sherbrooke firefighters to people in need greatly increases the survival rate of these patients.

With the completion of the new Lennoxville No. 6 Fire Station in the spring, the first responder service will be

available throughout Sherbrooke.

The City of Sherbrooke is one of only three cities in Quebec with a permanent fire department to offer a first responder service.

Sherbrooke psychologist accused of pimping

Record Staff

A Sherbrooke psychologist and former therapy house clinical director is facing 14 charges related to procuring (pimping), sexual assault, and drug trafficking.

Étienne Lavoie appeared briefly on Thursday before Court of Quebec Judge Conrad Chapdelaine at the Sherbrooke courthouse where the resident of Sainte-Catherine-de-Hatley faced charges with procuring, sexual assault, sexual assault with a weapon, drug trafficking, obtaining material benefits from sexual service, having advertised sexual services, intimate image distribution without consent, uttering death threats and assault.

Several videos have been filed as evi-

dence in this case and the Crown says Lavoie was not involved in a criminal network.

The hearing on his release will be held Friday at the Sherbrooke courthouse.

Lavoie, a member of the Order of Psychologists of Quebec, is alleged to have had at least three adult female victims, between January 2018 and February 2019.

Lavoie reportedly offered the sexual services of the women involved in this case in ads posted on the Internet. The acts are thought to have taken place in a context of crack consumption.

These acts committed between that timeframe are what put the SPS on the case of Étienne Lavoie.

Charges of sexual servitude for com-

pensation, sexual assault with a weapon, assault and drug trafficking were specifically assigned to the period of February 12 and 16.

"He occasionally committed his crimes at his workplace. The suspect is a psychologist in Sherbrooke. The offenses were made in a context of prostitution. The SPS was made aware of this issue a few weeks ago," explained SPS spokesman Martin Carrier.

Lavoie already has a criminal record of theft, uttering threats, obstruction of police work, and possession of crack. He was sentenced to 26 days in jail on weekends in 2017.

He also faces breach of probation charges in recent months.



(COURTESY SPS) Sherbrooke Psychologist Étienne Lavoie faces over a dozen charges related to pimping, drugs, and assault.

EDITORIAL

Patient groups serve a valuable function, speaking on behalf of their membership to government agencies, health-care professionals and health-care institutions like hospitals, and they are often the voice of patients in the media.

How Big Pharma donations may influence public drug coverage

By Joel Lexchin

Professor Emeritus of Health Policy and Management, York University, Emergency Physician at University Health Network, Associate Professor of Family and Community Medicine, University of Toronto

The Canadian Agency for Drugs and Technology in Health (CADTH) is a not-for-profit organization that provides health-care decision-makers with evidence and recommendations for optimal use of health technologies.

It has two arms that evaluate drugs and make recommendations to public drug plans about whether they should pay for the drugs for particular uses — one for cancer and one that looks at all other drugs. Both allow patient advocacy groups to make submissions about whether a drug should be funded, and in those submissions they must declare any donations from drug companies.

My study, just published in PLoS One, examines whether such drug company donations influence patient group views.

Many conflicts of interest

I looked at 372 patient group submissions to CADTH filed between 2012 and 2018. Across most (just under 90 per cent) of the submissions, patient groups declared a total of 1,896 conflicts of interest. More than 85 per cent of the time those conflicts were with the company that made the drug under consideration.

In 13 per cent of submissions, groups declared conflicts with other drug companies. Just eight per cent of the time there were no conflicts with any drug company.

Occasionally, groups said what percentage of their budget came from the donations that they received. In a few cases, it was a substantial portion of their budget — up to 36 per cent — and in other cases it was just one to two per cent. Two patient groups didn't see the value in providing any information about how much money that they received, saying: "We do not see the purpose of asking how much money has been contributed by any entity."

Support for public drug plans to pay

Whether they had a conflict of interest with the company making the drug, a conflict with another company or no conflict at all, patient groups were overwhelmingly in favour of having public drug plans pay for the drug. Ninety per cent of the time they had a positive opinion about funding, nine per cent of the time a neutral view and just one per cent of the time, they had a negative view.

The arm of CADTH that assesses cancer drugs also allows groups to comment on preliminary decisions. If the organization recommended funding the drug in question then, not surprisingly, 94 per cent of the time groups agreed with that decision. If it rejected funding then almost 90 per cent of the time groups disagreed with that recommendation.

My study does not prove that funding from pharmaceutical companies directs the views that patient groups have about whether drugs should receive public funding.

However, industry funding does put patient groups in a conflict-of-interest situation, where their primary interest is in the welfare of the patients that they represent and a secondary interest is in the financial health of the companies that provide them with funding and that are marketing the drugs under consideration.

Extensive lobbying in Québec

The possibility that the position that patient groups adopt may be influenced by their funding is raised by Medicines Australia, the lobby arm of the pharmaceutical industry in Australia, in a guide published for its members. The guide says that companies sponsoring non-profit groups might find that such sponsorship increases their chances of getting their drugs publicly funded under Australia's Pharmaceutical Benefits Scheme.

After the National Institute for Excellence in Health and Social Services of Québec recommended that the Ministry of Health not fund four cancer drugs due to cost-effectiveness concerns, the Coalition Priorité Cancer (CPC), a Québec-based patient advocacy group, denounced the decision and lobbied ex-

tensively to reverse it. It was successful for three of the four drugs.

A subsequent investigation of the group concluded that its commitment to patient members was questionable. This conclusion was based on a number of observations, including the absence of a clear position or warning against the use of bevacizumab for breast cancer, although there was no evidence that it worked, and the CPC's focus on the issue of reimbursement of expensive, low-efficiency drugs.

In the United States, the Centers for Medicare and Medicaid Services proposed a project aimed at lowering spending on the most costly treatments offered under Medicare Part B, the federal insurance plan that covers outpatient drug costs.

The proposed reform was to study the effect of modifying reimbursement methods so as to decrease physicians' incentives to administer the most expensive medications. In addition to drug companies and doctors' groups, 147 pa-

tient groups signed letters opposing the project, 110 of which received funding from the pharmaceutical industry.

A cause-and-effect relationship?

Patient groups serve a valuable function, speaking on behalf of their membership to government agencies, health-care professionals and health-care institutions like hospitals, and they are often the voice of patients in the media.

However, we need to do further research to understand whether the money that drug companies give them influences how they act.

If there is a cause-and-effect relationship at play, then patient groups need to consider whether they're serving their membership by accepting industry funding, governments need to think about working with patient groups to develop new sources of unbiased support and CADTH needs to consider the weight that it gives to patient group input.

Letters

Education Minister Roberge's Riverdale decision is an example of judicious decision-making

Allow me to put some perspective into Kyl Chhatwal's editorial: "Roberge's Riverdale decision was poorly thought out" (Record, Feb. 14).

No, it wasn't.

The story: Education Minister Jean-François Roberge used his power to transfer shrinking Riverdale High School (RHS) of the Lester B. Pearson School Board (LBPSB), which was running at 45% functional capacity, in 2016, to the Commission scolaire Marguerite-Bourgeoys (CSMB) with its numerous bulging classrooms which could not take in more students.

New students to the CSMB were being told to stay home; meanwhile the transfer would see RHS students attending nearby Pierrefonds Comprehensive High School (PCHS) which was running at 54% capacity in 2016.

I worked, as a teacher, at PCHS for about 34 years, and when I retired was asked to fill in as a Leadership teacher at RHS. No question, both schools are great.

However, the reality of the situation is best summed up in the headline of the Feb. 20, 2019, West Island Gazette article: "Three of every four LBPSB schools facing falling enrolment."

That said, Mr. Chhatwal writes about the lack of consultations in the process. Not so.

In 2015, the LBPSB called for a Major School Change Consultation (2016-2017), in which there were about 60 responses submitted. Mine was the only one from the 'Public'.

My first recommendation: "Merge all elementary and high schools which have less than 50% of their maximum capacity." A parents group suggested the same thing. We were ignored.

Instead the LBPSB closed two schools (Lakeside Academy and Riverview) which created such a furor, the board reversed the decisions.

The idea of merging/closing/selling underused schools is nothing new at the LBPSB. Ironically, in its January 28, 2019, press release on the Riverdale story, the LBPSB offered five options/solutions "to alleviate the crisis situation."

One was: "Building transfer - under-occupied school permanently transferred to CSMB." (www.lbpsb.qc.ca)

And that's exactly what Education Minister Jean-François Roberge did.

CHRIS EUSTACE
(PIERREFONDS), MONTREAL

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE

5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

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C COLUMNIST

The human ability to ask "why" points to our unique role in the created world.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Why

By Revs Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle, and
Carole Martignacco

1) "Why" is one of the most stimulating and frustrating words in the English language. It can open the door to wonder and adventure. It can also create turmoil for teachers and parents. I have memories trying to guide my children's behaviour by giving them 2 choices, only to have them come up with a new and different option by asking "Why can't I do it this way". I was a curious child, and since both my parents were teachers I was encouraged to ask "Why" and this opened the door to many great learning experiences.

There's a story in the Bible where a woman challenged Jesus with a question. He had left Judea and travelled to a foreign village for a respite. She came to him with a request, to heal her daughter. He answered that he had only come to teach and inspire his own people. She kept asking and eventually said "Even the dogs under the table are allowed to eat the crumbs." Her persistent questions challenged Jesus, and he helped her daughter. After this event he began to reach out to all people. Sometimes it pays to keep asking questions.

February is "Black History Month" in Canada. We live in a world where there can be injustice and intolerance. We can be passive and accept these situations, or we can be agents of change. Here are some "Why" questions that we can persistently ask. "Why is there still racism in Canada?" "Why does our provincial

government want to get rid of all religious symbolism?" "Why don't we welcome and accept all people"?

Maybe our questions can lead to positive change.

2) Why? Isn't that the favourite question of three-year-olds? When I was a young parent I promised myself I would never respond with, "Because I said so!" Yet in those child-rearing days there were moments when it was tempting.

The human ability to ask "why" points to our unique role in the created world. To the best of our knowledge we are the only species on earth who have this capability. Because we are self-aware we can question our purpose and our place on earth; we therefore have the agency to change the course of our lives and that of the world.

Why are we here? Are we simply an assemblage of random cells that happily coalesced to form human beings? Is all of life simply chance occurrences? For those of us who find that improbable, we have a wealth of hypotheses on the subject. The book of Genesis takes a shot at this. In chapters one and two we discover two different creation stories. In chapter one God, the original creator, brings into life heaven and earth and all that live here. On the sixth day God creates us, humankind, and then gives us dominion over all the other created things in the universe, thus answering the question "Why are we here?"

At first we thought that meant that every plant and animal that we found tasty or useful was simply there for our

use or enjoyment. But down through the centuries, as humanity spread out across the globe, and prospered and multiplied we have seen the damage done to our earthly home when we disregard the needs of the other parts of creation. In the last hundred years science or Mother Nature, or God's very self is teaching us that dominion is much more about good stewardship than self-centred individual projects.

Why we are here continues to be a question we ask, but what seems clear to me now is that the "we" we should be considering is the whole of the pulsing, vibrant and interconnected creation that continues to co-create with our Original Source.

3) It's one of the timeless questions we humans ask to make sense of our existence, along with what, who, how and when. Understanding cause and effect, events and natural consequences is crucial for learning how to navigate the world. If you're a journalist, it helps you develop your story and deliver the news in context. For the research scientist, it's absolutely crucial to know why certain elements interact as they do; ability to replicate results, or not, may even avoid a noxious explosion.

Because we can ask why, it's tempting to believe there should be explanations. If only we keep searching, posing the right questions of the right people in all the right places in the right way, we'll find answers. Knowing why - or thinking we do - can give a sense of control over events. Alas, understanding why may not help us come to grips with what's

happening or necessarily change things.

Yes, there are moments - often long after the event in question - when something clicks in the mind and I may say, "Ahh, so that's why!" More often, needing to know why may be signal denial, or stall acceptance. Faced with grief and loss, we ask: why did she die so young, or he so suddenly. Why is one person so difficult, and another an instant friend? Why this, why now, why me? Conversely, do we ask when disaster strikes some one else: why them, why not me?

The wisdom of Ecclesiastes is that for everything there is a season. It says nothing about there being for everything a reason. Because we can ever know only partially, we may need to learn, as Rilke advised in his letter to a young poet, to welcome the questions and maybe someday live into the answers. Or not. To release the need to know why, and to do so without anxiety, with trust in the unknown, is a dimension of faith.

One word, three voices this week - now it's your turn to reflect: Why and when do you find yourself questioning why?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

Five-time drunk driver sentenced to prison

Record Staff

Despite significant health problems, a five-time drunk driver busted from Sainte-Catherine-de-Hatley will spend the next four months behind bars.

Richard Morgan, 69, was sentenced in

Sherbrooke Tuesday by Court of Quebec Justice Claire Desgens.

"We may be sensitive to the fact that you have health problems, but it does not give you the right to be a danger to the health of others," said Desgens in issuing the sentence.

Morgan pleaded guilty to his fifth of-

fense, which he committed on September 1, 2017.

Morgan was in the parking lot of a pharmacy in Magog when his intoxication was noticed by a witness. Patrol officers from the Memphrémagog Police found him in the parking lot of a bar.

Once at the headquarters of the Mem-

phremagog Police, he recorded a blood alcohol level of 117 mg of alcohol per 100 ml of blood.

Morgan has a record of similar offenses from 1983, 1986, 1988, and 2004.

A three-year driving ban was imposed on him.



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Alexander-Clark-Ross (1886-1964): Sherbrooke's last ice merchant

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Coté (Lennoxville-Ascot Historical and Museum Society)

In 2003, the City of Sherbrooke created a 250 m² green space along Lac-des-Nations Promenade, west of Glacière Street (the continuation beyond King Ouest Street of Queen Sud Boulevard). Just below the rock wall, the Ross brothers' icehouse used to stand on this now grassed area with a few picnic tables. City Council named this little park Alexander Clark Ross in 2008, to remember this person who had an enormous influence in Sherbrooke.

Alexander Clark Ross was born in Orford Township on September 18, 1886. He was the youngest of the three chil-

dren of Margaret Celia Bonnallie (1856-1930) and Hector Ross (1856-1914). At the time of the 1881 census, Hector was a butcher and a lumberjack in Orford Township and, thereafter, a farmer and a merchant. His son Alexander studied at Sherbrooke Central School on King Ouest Street (the building was torn down in 1969 to make way for the Raynald-Fréchette Court House). In 1916, Alexander Clark married Carrie Shelburne MacKay (1891-1983) in Holiness Movement Church in Arundel (Montreal). The couple first lived on the Ross farm on Brompton Road, and about 1924, they moved to Quebec Street. They had three children: Dorothy, Sylvia (who went to live in St. John, New Brunswick) and Alexander Gordon.

Alexander Clark Ross sat on City Council from 1933 to 1944 and from

1948 to 1951, as North Ward Alderman for four terms, and also as Mayor from 1942 to 1944. Among other things, he was concerned by the lot of the poor families. But his main occupation was his career as an ice merchant. For a period of time before 1915, he worked for the Sherbrooke Ice Company. In 1930, the firm became the Sherbrooke and City Ice Company and then in 1938, the Sherbrooke City Ice & Fuel Company. Started in 1887 by Thomas Armstrong, the company sold ice but also had a lumber yard and a coal warehouse on Versailles Street (now the eastern part of Lac-des-Nations Promenade). The ice was cut on the Magog River and stored in sawdust in an icehouse on Esplanade Street. In 1915, with his older brother Charles Franklin (1882-1966), Alexander Ross became the owner and director of the company. In 1948, 25 000 tons of ice were collected. The icehouse, the last one in Sherbrooke, was torn down in 1958 to make way for opening Esplanade Street. The former Queen Sud Boulevard was named Glacière Street in 2006 to remind us of this economic activity of the era that disappeared with the coming of the fridge and the electric cooler. For about 20 years, Alexandre Ross was also a Director of the Sherbrooke Pure Milk Company and, from 1958, a Director of the Eastern Townships Agricultural Exhibition, of which he was General Manager until he retired in 1961. He was a

member of the Sherbrooke Snow Shoe Club and its Chairman in 1940-1941. He died in his home on Québec Street on February 26, 1964. He was buried with his wife in Elmwood Cemetery.



Gaudreault, Amédée (1954) Les maires de Sherbrooke. Sherbrooke, p. 47



Ross brothers' icehouse about 1923 (La Société d'histoire de Sherbrooke. Frederick James Sangster Fonds)

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Greco's motto is, "Know who you are and what you want," a message he still lives by and which helped guide him throughout his professional life, and also the thought he implants into each of his clients.

Celebrity fitness guru Tony Greco pens Strong Mind, Lean Body



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Achieving your fitness goals takes hard work, discipline, and a positive mindset. In other words you need a strong mind in order to achieve a healthy body, yet transforming your image, however strong your desire to change, can be impossible for some who need a guiding hand from an expert. Someone like sought after fitness expert Tony Greco, who trains NHL players, celebrities, and athletes looking to improve their station in life can be just what the doctor ordered to get you on track.

Greco is also a motivational speaker, founder of Greco Fitness Studios and author of Strong Mind, Lean Body, which is a book about healthy living, using both mind and body to achieve your fitness goals.

The Ottawa resident's passion for fit-

ness and staying healthy started at a young age. Greco graduated from the Sports Performance Institute and has over 20 years of experience in the fitness industry. He has also directed 15 fitness centers and created custom fitness programs for high profile athletes, celebrities such as NHL players Claude Giroux of the Philadelphia Flyers, Dan Boyle of the New York Rangers, Mike Fisher of the Nashville Predators and Chris Phillips of the Ottawa Senators; and celebrities country singer Carrie Underwood, former super model Carol Alt, and Kevin Dillon from Entourage.

Greco's motto is, "Know who you are and what you want," a message he still lives by and which helped guide him throughout his professional life, and also the thought he implants into each of his clients.

In a Q&A interview, Greco shared his thoughts about the release of the book last August and how it can transform you to having your own lean body and strong mind.

Q: Is this your first book?

A: No, this is my second. Early on in my career I wrote a book with Dan Boyle, former NHL player and Stanley Cup champion with Tampa Bay, Train like a Freak. The book is about training to be better on the ice with intensity workouts.

Q: Why did you write Lean Body,

Strong Mind?

A: The book is about life success through fitness and building a strong mind. The book is for everyone who works hard and wants to achieve their goals and be successful. Health and fitness is always evolving and the book takes a look at other aspects of fitness that is not only about working out and lifting weights it's about achieving success through building a strong mind.

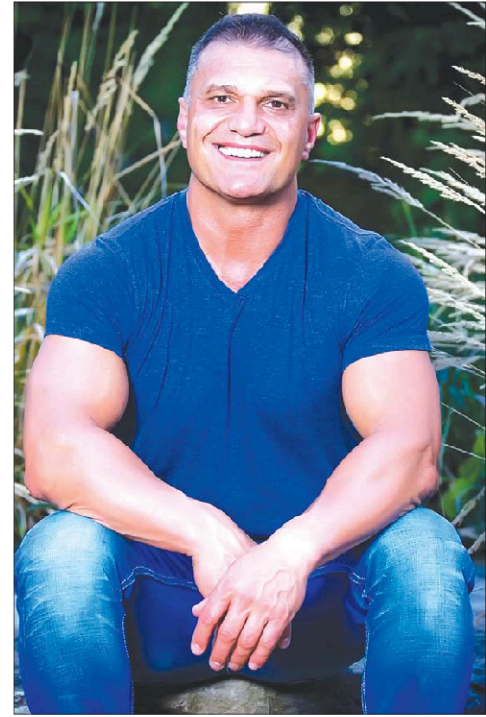
Q: What has the feedback been like so far?

A: Excellent, many expected it to be all about fitness and the traditional theory but it is so much more than that. Readers are impressed with the message of success through fitness and health. This book is about changing the way people think about fitness and health. There are so many different aspects of fitness and training your mind to achieve success in all areas of your life. The concept and tools are one of a kind.

The uniqueness of Greco's workouts can be underscored by chapter titles such as:

1. How to do a full body mind workout with one piece of equipment in one space.
2. How weight training is a form of meditation and strengthening the mind.

Greco, says, "You're put to the test. You have to walk a tightrope and make it to the other side or stay where you're



COURTESY

at - stuck behind."

Your chances of getting there will be exponentially better with a strong mind and a lean body.

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Canada's Jennifer Jones hands Alberta's Chelsea Carey her first loss at Scotties

By Gregory Strong
THE CANADIAN PRESS

Team Canada's Jennifer Jones handed Alberta's Chelsea Carey her first loss at the Scotties Tournament of Hearts on Thursday afternoon.

Jones hit a delicate tapback for three points in the seventh end and held on for the 10-8 victory at Centre 200.

Carey fell to 7-1 while Jones improved

to 5-3 in the opening draw for the eight teams who made the cut for the championship round.

Saskatchewan's Robyn Silvernagle posted an 11-5 victory over Northern Ontario's Krista McCarville and Ontario's Rachel Homan defeated Team Wild Card's Casey Scheidegger 9-2.

Homan broke things open with a four-point sixth end. Silvernagle, Homan

and Scheidegger all had 6-2 records and were tied for second.

British Columbia's Sarah Wark (5-3) beat Prince Edward Island's Suzanne Birt 9-8 in the other game. Birt (5-3) was millimetres heavy on a draw with last rock in the 10th, giving B.C. a steal of one.

Wark eliminated Manitoba's Tracy Fleury earlier in the day in a tiebreaker.

Preliminary round records carried

over into the championship round, which runs through Friday night.

The top four teams will qualify for the Page Playoffs starting Saturday. The semifinal and final will be played Sunday.

The winning team will represent Canada at the March 16-24 world women's curling championship in Silkeborg, Denmark.



Awareness campaign on immigrant integration in the Coaticook region

SADC DE LA RÉGION DE COATICOOK | Ce projet a été rendu possible en partie grâce au gouvernement du Canada | This project has been made possible in part by the Government of Canada | Canada | MRC Coaticook | Place aux Jeunes Coaticook

I am Corine Descampe from Belgium and I'm as dedicated to entrepreneurship as a Ferland.

With the financial contribution of the Ministry of Immigration, Diversity and Inclusion



Death



**Kathleen
Linda
(Maslin)
THIBEAULT**

Born March 19, 1940 in Lachute QC. Daughter of the late Harold and Marjorie Maslin (Mount). After suffering debilitating arthritis for years, Kathy chose to end her life on February 8, 2019 at the Hotel Dieu hospital in Sherbrooke, with her dear friend Carol Coates at her side. She is survived by her husband Jean Thibeault and his daughter Geneviève, former husband Norman Longworth, and Armstrong, Shearsmith, and Mount relatives. A longtime resident of Bishopton, Kathy will be fondly remembered by her family and friends. She inherited a love of gardening from her grandfather, Rev. Alan Mount, and shared it with others through her gardening columns in the Sherbrooke Record. As per her wishes, no service will be held, and cremation has taken place. Her ashes will be buried with her parents in Lachute at a later date. Special thanks to Carol Oates and the caregivers at the Hotel Dieu hospital.

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Death



**Kenneth
OSSINGTON
(1931-2019)**

Peacefully with family by his side, Ken passed away on February 19, 2019 at the CHSLD Foyer

Sutton in his 88th year. He leaves his children: Debbie (Bart Hopwood-Jones) and Sharon (Robert Lane) of Calgary, and Robert (Mélanie Tétreault) of Shefford; his grandchildren: Karen Gimenez (Kristopher) and Bryan Hopwood-Jones; Derek (Lauren), Scott (Dezzie) and Ken (Katie) Bairstow; Julianne and Jeremy Ossington; as well as great-granddaughter Shelby Bairstow. Predeceased by his wife Joyce (Maynes) and his companion Muriel (Pow). Fondly remembered by many in-laws, nieces, nephews and friends. A graveside service will take place at Pinewood Cemetery in Granby this summer. Date to be announced. The family wishes to thank the excellent staff at the CHSLD Foyer Sutton for their wonderful care and support. In lieu of flowers, donations in his memory to the "Bénévolat du Centre d'Accueil Foyer Sutton Inc", 50 rue Western, Sutton, Quebec J0E 2K0 would be much appreciated.

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Death



**Doris
(Carroll)
GORDON
(1923-2019)**

Passed away peacefully at the CHUS Hôtel-Dieu on Friday, February 15, 2019 at the age of 95.

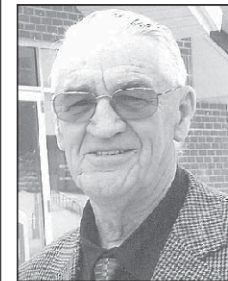
Wife of the late Huntley Gordon and loving mother of Robert. She also leaves to mourn many nieces, nephews and friends.

Visitation will take place at the Cass Funeral Home, 3006 College Street, Sherbrooke (Lennoxville), Quebec on Saturday June 15, 2019 from 10 a.m. to 11 a.m. followed by the funeral service at 11 a.m. at the funeral home.

Interment at the Malvern Cemetery.

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Death



**Donald
DREW
(1927-2019)**

It is with great sadness that we announce the passing of Donald Drew on Thursday, February

14, 2019 in his 92nd year at the Grace Village.

Son of the late Cyril Drew and Elsie Drew, loving husband of the late Eileen Littlejohn and dear father of Craig (Kathy) and Chris (Melissa) and loving grandfather of Cordell, Courtney, Brynne, Annakah, Caiden and Lochlann. He will also be missed greatly by many good friends and family members.

Visitation will be held at the Cass Funeral Home, 3006 College Street, Sherbrooke (Lennoxville) Quebec on Friday, March 1, 2019 from 6 p.m. to 8 p.m. and on Saturday, March 2, 2019 at the St. Andrew's Presbyterian Church, 256 Queen Street, Sherbrooke (Lennoxville) Quebec from 1 p.m. to 2 p.m. with ceremony to follow at 2 p.m. In lieu of flowers donations to the Alzheimer's Society or to the Dr. W. J. Klinck Foundation (Grace Village) or to a charity of your choice would be appreciated.

The family would like to thank the staff of the Grace Village for care given to their dad.

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Death



**William JEWETT
(1954-2019)**

William (Bill) Jewett passed on in the comfort of his home on Tuesday, February 19, 2019, embraced in the love of his soulmate and spouse, Sue (Susie) Enright, and devoted daughters, Elizabeth (Beth) and Lisa. Over the last two years, Bill faced the greatest challenges living with metastasized cancer and lymphedema. As his suffering increased, Bill stayed strong, courageous, and resilient.

His sense of humour and quick wit, calm and steadfast manner, and kind and gentle ways remained ever present.

Bill will miss his dear siblings, Anne (Roger), John (Janet), and Faye (Gaylon); his wonderful nieces, nephews, and their families; his cherished aunts, uncles, and cousins; and his special friends and neighbours, near and far. He was deeply grateful for all the people and places that blessed his life.

The family extends heartfelt thanks to the teams from CLSC Memphremagog Palliative Care, Granby Hospital Oncology, Cancer Treatment Centre PEI, Pharmacy Cathy Riendeau and David Rousseau, and CLSC Mansonville, for their exceptional care and support.

At Bill's request, no visitation or funeral is planned; instead, a celebration of his life will be held on the home farm in Vale Perkins, Saturday May 18, 2019.

Please come and share your stories in honour of Bill. In lieu of flowers, donations may be made to the Lymphedema Association of Québec (<http://en.infolympho.ca/about-us/we-need-your-support/please-donate-now/>).

Funeral arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
4 Vale Perkins, Mansonville QC
info@desourdy.ca
PHONE: 450-292-3204
FAX: 450-263-9557
www.desourdy.ca

Death



**Brenda HUDSON
(1967-2019)**

In Cowansville, February 19, 2019, at the age of 51, passed away Mrs. Brenda Hudson, common-law wife of Mr. Guy Robitaille, residing in Waterloo.

She leaves to mourn her children: Ashley Charby (David Gaulin), Britney Charby (Chad Lapalme), the late Jeremy James Hudson, Carley Hudson, David Jr. and Patrick Gaulin,

Autumn and Blayke Lapalme; her common-law husband's children: Patricia, Ronald, Stéphane, Stéphanie and Jonathan; her twin brother the late William Hudson and her other brothers, sisters, nieces, nephews, other family and friends.

The family wishes to thank the staff of the BMP Hospital for the good care given.

Cremation has been held at the Jardins Funéraires Bessette crematorium.

The family will receive condolences at LES RÉSIDENCES FUNÉRAIRES BESSETTE IN WATERLOO, Saturday, February 23, 2019 from 1:00 p.m., followed by the funeral at 3:00 p.m. in the chapel.

In lieu of flowers, donations to the BMP Foundation would be appreciated. Forms will be available at the funeral home or online www.fondationbmp.ca/.

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Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book *A Secular Age* and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

HATLEY

Hatley United Church, 57 Main Street, Hatley. Annual congregational meeting following 2 p.m. church service on February 24, 2019.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship on Sunday, February 24 at 10:00 a.m. Sunday School available. 819-565-8449; website - lennoxvilleunited-church.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English service at 10:30 a.m. on Sunday, February 24. And save March 5 in your calendar, when we will serve pancakes (and more) to celebrate Shrove Tuesday (followed by a short Ash Wednesday service). All are welcome! Nous vous souhaitons la bienvenue à notre culte en français le dimanche, 24 février, à 13h. De plus, ajoutez le 5 mars à votre calendrier pour notre dîner aux crêpes du mardi gras (suivi d'un bref service du Mercredi des Cendres). Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, February 24, 11 a.m., with Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

Death

Harold BROWN

Harold passed away peacefully at the Hotel Dieu Hospital in Sherbrooke on February 19, 2019, at the age of 87.

He leaves to mourn his wife Gertrude Cutler, his children Carolyn (John), Stephen (Edith) and David, as well as his grandchildren, great-grandchildren, brothers and sisters.

He was predeceased by his daughter Sandra.

Burial will be held at a later date.



In Memoriam

TRACY, Marina (Fraser) - We cherish so many wonderful memories of our dear sister and aunt who left us ten years ago on February 23.

Lovingly remembered by
THE FRASERS



Bulwer Branch Quebec Farmers' Association Bursary

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to first year students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association.

Applications must be received by March 31, 2019.

Contact person: Mrs. Theda Lowry, 30 High Forest, Sawyerville, Quebec, J0B 3A0.

The Royal Canadian Legion, Branch #15, Richmond Ladies Auxiliary meeting

The regular meeting of the Ladies Auxiliary was held on February 19 in the lounge. The colours were deposited by Sgt-At-Arms Cmde Shirley.

Cmde Ann read the minutes of the last meeting and they were accepted.

The ladies held a chicken pie supper, which was a great success, and also held a card party. A raffle of a clock, donated by Cmde Anne Nixon, which was won by Nick Fonda. We will be making a basket of goodies for the annual GREEN sale held on March 2.

Correspondence consisted of a thank you from Christmas Baskets and also from the Wales Home for the memory fund.

Committee Reports.

Health & Welfare - One card sent.

House - ALL in order.

Ways & Means - A successful month

with two events.

Publicity - ALL in order.

Membership - One new membership application and accepted.

The ladies will be decorating the Hall for the St. Pat's celebrations.

We will be doing the Wales Home June Birthdays party.

Next card party will be on February 28. Please call Cmde Shirley at 819-826-2665 to reserve.

The Flea Market and Bake Sale will be held on April 6. We accept donations (no clothes) for this event. A raffle of a mirror and afghan will also be held at this event.

As there was no further business the meeting was adjourned by Cmde Dawn.

In Comradeship

Bev. Jones, Pres. & Publicity

SUDOKU

DIFFICULTY RATING: ★★★★★

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

2/22

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

An open night & a pre-Valentine gathering



It was an overcast and below freezing evening when members of the Sherbrooke Snow Shoe Club met for their weekly meeting on Wednesday, February 6th.

President Steve Moore opened the meeting and proceeded with the usual opening rituals, including the reminder of the exits, the singing of the national anthem and the blessing of the food prepared by Chef Carole Lacroix and her crew.

On this occasion the White Knights started out with bowls of mushroom soup, followed by servings of roast pork, potatoes and vegetables. The dessert offering was portions of pistachio cake with ice cream.

Drawings for the evening's door prizes enlightened the steps of club veterans Doug Beattie and Phil Kerwin. Up next was Past President Dave Moore with some anecdotes to please the attendees, including one about a gentleman with 24 hours to live, one about a pharmacy glucose test, and one about an elementary school student who had undergone a preteen operation.

Chorister Phil Kerwin led the post-dining sing-along, always a popular activity with the members, despite the repertoire of dated, almost ancient tunes. Phil was assisted by other vocally-minded members as well as Janis Graham on the piano.

Following a business meeting convened to keep abreast of club affairs the membership was released to

pursue activities of personal preference. Being a designated 'open night', a lot of socializing and miscellaneous activities characterized the balance of the evening.

The following Saturday evening, February 9th, the club hosted its pre-Valentine's dinner. The evening's theme was evident upon arrival as punch and hors d'oeuvres were set out on a red tablecloth with appropriate decorations. Even more pronounced was the highly adorned dining room with tables sporting colourful candles, napkins and other red accouterments. Chef Carole, always adept at decorating for special occasions, did not fail in establishing a festive aura to the hall, an effect well appreciated by all the members, their companions and various guests.

Following President Steve Moore's welcome to one and all, especially the ladies, the club's White Knights set about serving the evening meal. Instead of soup, the initial offering was a Mandarin, nuts & sharp cheese salad. The main entrée consisted of seafood à la king. For dessert, a long tradition of the members providing the dessert on this the fourth ladies' night of the season was carried out. As a result, diners were treated to a wide array of cakes, pies, squares, cookies and everything else one can imagine in terms of sweet delights.

The meal completed, drawings were undertaken for the evening's door prizes. On this particular occasion, both winners were guests. First up was Russell Dezan, then it was June Brett's good fortune to be identified. A separate drawing for the floral arrangement went to Jackie Loughheed, who graciously donated the beautiful flowers to Chef Carole.

After a few jokes from comedian Dave Moore and

the sing-along led by Gary MacDonald, a short break ensued as attendees relocated to the main hall.

Besides being a designated dessert night, this fourth ladies' night is also noted as the occasion when the club awards the Dan Loomis Memorial Trophy. Donated to the club by the late Dr. Loomis in memory of his son Dan who died prematurely as a young adult due to cancer, the trophy is presented to the club's outstanding member of the year. Though as the president pointed out, the dedication is more in tribute to contributions made in recent years. Such is the case for this particular season as the award was presented to member Richard Dezan, in light of his many efforts to enhance the viability of the club and his many donations both in terms of firewood and items for the club's annual garage sale, to mention a few.

Past President Gordon Barnett then introduced Dr. Stuart McKelvie, a professor at Bishop's University who is an aficionado of the American songwriter and musician, Bob Dylan. Dr. McKelvie subsequently outlined the professional career of the artist, his musical transformation over the years and the subsequent nuances of both his poetry, lyrics and approach to music. For many of the people in the audience, it brought back memories of their own connection to the man from decades ago.

Following the presentation, the president thanked Dr. McKelvie and presented him with tokens of appreciation on behalf of those present.

The president then thanked everyone for attending and wished them a safe trip home.

Submitted by Steve Moore
SSSC Secretary

Your Birthday

FRIDAY, FEBRUARY 22, 2019

Be wary of what's going on around you and cognizant of who your supporters and detractors are. Choose your friends wisely and distance yourself from people who are indulgent or likely to hold you back. Achievement will depend on your ability to align yourself with honorable individuals.

PISCES (Feb. 20-March 20) — Listen to what everyone has to say and be aware of what's accurate and what's false. Someone will make unrealistic promises that could end up being costly.

ARIES (March 21-April 19) — Don't let emotions dictate your actions. Take a step back and consider your options. You are best off talking to a trusted source of advice before you make a move.

TAURUS (April 20-May 20) — Consider what you enjoy doing most and structure your resume to help you qualify for positions that excite you. Taking action will bring results, so stop dreaming and start doing.

GEMINI (May 21-June 20) — Engage in activities that take your mind off your troubles. If someone hasn't been fair or nice to you, distance yourself from that person. Put your needs first.

CANCER (June 21-July 22) — Nurture an important relationship. Make special plans for two or find out what will make a loved one happy. Less drama and more fun should be your mantra.

LEO (July 23-Aug. 22) — Get involved in a physical activity that will help you blow off steam. It will save you from get-

ting into a nasty discussion with someone who doesn't share your opinions.

VIRGO (Aug. 23-Sept. 22) — Sign up for an event or activity that interests you. What you discover or learn will help you make a decision that will improve your life, relationships and health.

LIBRA (Sept. 23-Oct. 23) — Listen carefully, but don't share your feelings or your plans. Time is on your side, and gathering information will help you gain perspective on the best way to move forward.

SCORPIO (Oct. 24-Nov. 22) — Don't let anger get the better of you. Channel your energy into self-improvement, travel or exercise. Romance or a creative outlet will ease tension and encourage peace over discord.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider what you would like to be doing and what you are doing. Assess your skills, experience and knowledge, and look for a position or activity that will improve your life.

CAPRICORN (Dec. 22-Jan. 19) — Stick close to home. Traveling or visiting relatives or people you don't always agree with will lead to discord or unwanted changes. Home improvements are favored, provided you do the work yourself.

AQUARIUS (Jan. 20-Feb. 19) — A chance to change the way you earn money looks promising. An investment or gift will put you in a better financial position, but could also lead to additional responsibilities.

SATURDAY, FEBRUARY 23, 2019

Don't let your emotions drive your decisions this year. Taking a methodical look at each and every situation you encounter will help you avoid making mistakes. Question anyone who sounds suspicious or tends to boast. Know when to walk away or say no.

PISCES (Feb. 20-March 20) — A deal is only as good as the accuracy of the information you are given. Don't take anything for granted. Do your research and only jump in if you know the facts.

ARIES (March 21-April 19) — Before you make an abrupt decision or change, check out what else is available. You are better off investing your time or money into personal growth and self-improvement.

TAURUS (April 20-May 20) — You'll be all fired up and ready to go. Channel your energy into something you want to accomplish or learn. A change of heart will point you in the right direction.

GEMINI (May 21-June 20) — Be careful whom you trust. Someone will let you down. Don't give too much time or information to someone prying into your affairs. You'll do best if you handle matters personally.

CANCER (June 21-July 22) — Taking a day trip, attending a seminar or doing some research will give you a better idea of what's available. Charm and a romantic gesture will enhance your personal life.

LEO (July 23-Aug. 22) — If you want to make a change, do so for the right reason. Don't let anger push you to do or

say something you'll regret. The sweetest revenge is your own success.

VIRGO (Aug. 23-Sept. 22) — Put your time and energy into making personal gains, physical improvement and spending time with interesting people. Make plans to do something special with a loved one.

LIBRA (Sept. 23-Oct. 23) — Expand your interests, knowledge and friendships. Evaluate relationships with people who are demanding or who take advantage of you. Change begins within. Take the first step.

SCORPIO (Oct. 24-Nov. 22) — Follow a path that will lead to something new and exciting. Learning and sharing information with unique individuals will result in interesting prospects. Romance is highlighted.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen to others, but don't take everything you hear literally. Fact-checking will help you avoid making a mistake that could hurt an important relationship. Personal gains and improvements should be your priorities.

CAPRICORN (Dec. 22-Jan. 19) — If you get together with old friends, you'll realize how far you've come. Refuse to let an emotional situation cause you to second-guess your goals. Stick to your original plan.

AQUARIUS (Jan. 20-Feb. 19) — An unexpected change to your personal finances or to your physical or emotional health is apparent. Stay on top of legal concerns, and be sure to think things through.

Sunday's horoscope on page 15

Send your social notes to: classad@sherbrookerecord.com

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.

" F NAUL, YADL STJ AO TEAZNLO,
 XL YNTWW RLMADL T YZAOLNAGYL
 TES COTETOJ KAO ZNL XAOWS."
 — CLAOCL XTYNFE CZAE

Previous Solution: "If you have an impulse to do something... why not do it? It might just be the journey you've always needed." — Timothy Hutton

TODAY'S CLUE: B equals B

CELEBRITY CIPHER

by Luis Campos

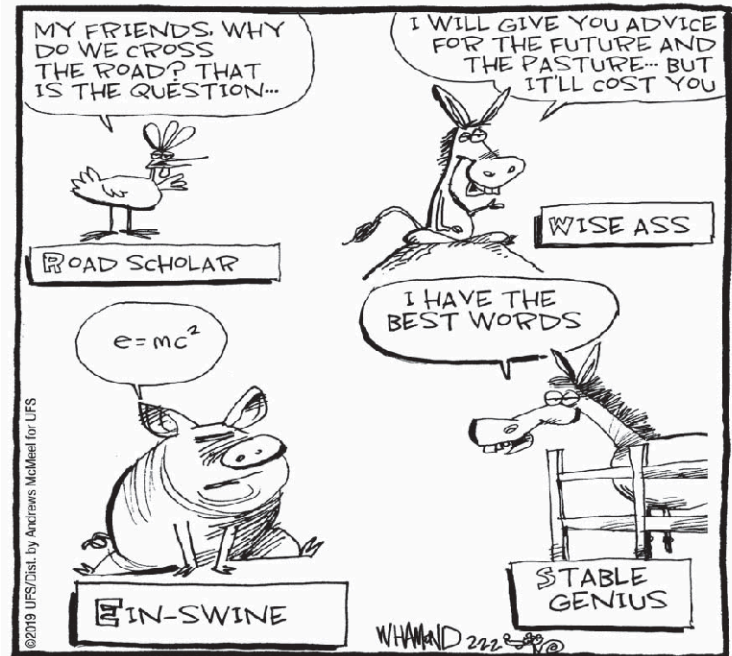
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" OXZR LFS WCKSZ LFST YCAVKL FWZT
 CRLBXRH ZKDZ, LFS 'TZ CKOCLD
 HFVRH VR BXZ TVHXB IVTZE BVFR."
 — CACRIC DZLYTVZI

TODAY'S CLUE: L equals K

Previous Solution: "I hope, some day or another, we shall become a storehouse and granary for the world." — George Washington

REALITY CHECK

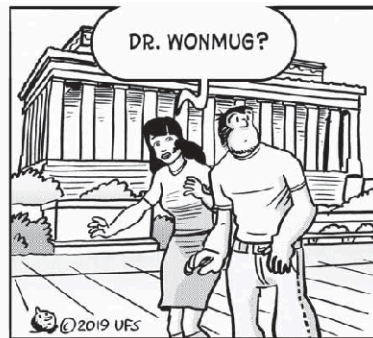
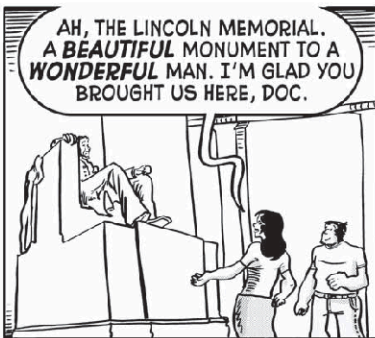


HERMAN



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ALLEY OOP



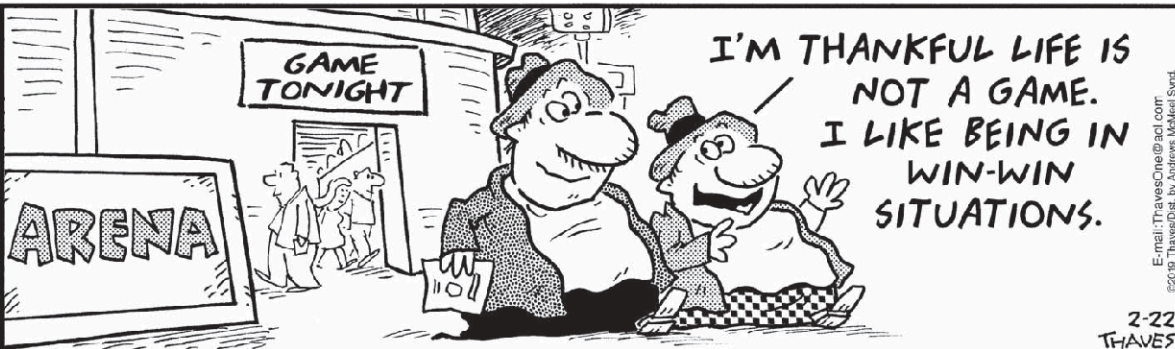
ARLO & JANIS



THE BORN LOSER



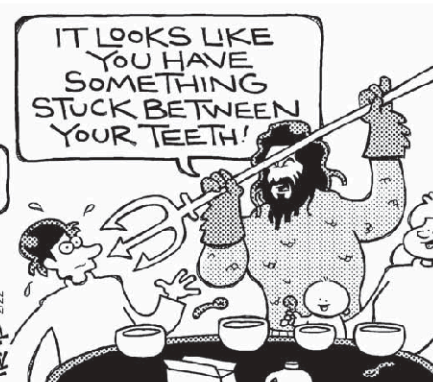
FRANK AND ERNEST



GRIZWELLS



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"I'm not going to tell you again, buddy: Get out of those flowers."

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E-MAIL: classad@sherbrooke-record.com
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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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BRAND NEW HEATED storage lockers with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

145 Miscellaneous Services

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275 Antiques

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395 Home Improvement

TAPIS STEVE - Closing Sale! **Liquidation of floor covering inventory.** Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. **11 Queen Street, Lennoxville.** 819-566-7974.

Want your ad to stand out? For **.50** a word - **bold** it.

Datebook

FRIDAY, FEBRUARY 22, 2019

Today is the 53rd day of 2019 and the 64th day of winter.

TODAY'S HISTORY: In 1819, Spain signed the Adams-Onis Treaty, ceding Florida to the United States and redefining the boundary between U.S. and Spanish territories from Louisiana to the Pacific Ocean.

In 1935, new regulations outlawed aircraft flying over the White House.

In 1980, the U.S. Olympic hockey team upset the Soviet Union 4-3 in Lake Placid, New York, a victory popularly known as the "Miracle on Ice."

In 1993, the U.N. Security Council approved the creation of a war crimes tribunal to address atrocities committed during the former Yugoslavia's civil war.

TODAY'S BIRTHDAYS: George Washington (1732-1799), soldier/first U.S. president; Arthur Schopenhauer (1788-1860), philosopher; Edna St. Vincent Millay (1892-1950), poet; Don Pardo (1918-2014), radio and TV announcer; Edward "Ted" Kennedy (1932-2009), U.S. senator; Julius Erving (1950-), basketball player; Kyle MacLachlan (1959-), actor; Steve Irwin (1962-2006), TV personality; Drew Barrymore (1975-), actress; Iliza Shlesinger (1983-), actress/comedian; Rajon Rondo (1986-), basketball player.

TODAY'S FACT: Like Mozart, Frederic Chopin (born on this day in 1810, according to his baptismal register) was considered a musical prodigy in childhood. By age 7 he had composed two simple marches.

TODAY'S SPORTS: In 1959, Lee Petty won the first Daytona 500.

TODAY'S QUOTE: "Mostly it is loss which teaches us about the worth of things." — Arthur Schopenhauer, "Parerga and Paralipomena"

TODAY'S NUMBER: 1 — Broadway performance (excluding 13 previews) for Arthur Bicknell's play, "Moose Murders," which opened and closed at the Eugene O'Neill Theatre on this day in 1983. The play is widely considered the most infamous flop in Broadway history.

TODAY'S MOON: Between full moon (Feb. 19) and last quarter moon (Feb. 26).

AUCTION FOR JEAN-CLAUDE SIMONEAU, General contractor,
1024 route 116, Danville, QC J0A 1A0
Saturday, March 2, 2019 at 9:30 a.m.

In case of bad weather, postponed to the following day, March 3, 2019.
TO BE SOLD: 8 horses including 6 Paints - 2 brood mares due in Spring, 2 Paint fillies from 2018, an 18-month Paint stallion, an 8-year old gelding, a marbled mare. All older horses are saddle trained and 2 of them are trained on the team.
HORSE EQUIPMENT: several saddles, single harness, sleigh, buggy, mangers and many other articles too long to list. **FARM AND EXCAVATION EQUIPMENT:** 3 Dodge diesel trucks: 2 with double wheels 3500, years 2004-2005 and a 2000 single wheel 2500, in very good condition; two 2000 and 2005 Jetta cars, diesel, automatic; 2006 Freightliner truck, 15 speed transmission, full lock Cummins motor, 18,000 lbs front, 44,000 lbs. rear, 200,000 km inspection due; 32 ft. trailer, 2 axles (45,000 lbs); 2 flatbed trailers including a 24 ft. 3 axle 7000 lbs and a 32 ft. 2 axle Miro; an 8x12 trailer 2 axles 2500 lbs with brake; Caterpillar 312C excavator with hydraulic push 9,000 hours traction new, sold with a toothed bucket - sold separately a comb, a ditch bucket, a toothed bucket and a hydraulic brush cutter; a 2004 Landini 135TDI tractor 4x4, cab, full, A/C, 5,000 hrs tires 20.8x38; a White 700 4x4 with self-leveling loader and heated cab; 3 David Brown including a 1410 with loader, a 990 with loader and a 1200 all in good condition; an Oliver 1255 tractor sold for parts; 2008 Bombardier Grand Touring snowmobile; Cub Cadet 16 hp lawn tractor with grass pickup in new condition; Pronovost snow blower 104 in. 2 augers, hydraulic chute; 2 snow ploughs including one 6-position and one with hydraulic wing; Farny wood winch 15,000 lbs on PTO; John Deere brush cutter att. 3 pts; 2 New Holland 411 mowers; Kuhn tedder 4 shapers; 2 hay rakes including a New Holland 256 and a Massey 3 pts att; round baler; 3 bale thrower-type trailers, one 24' and 2 16'; 2 off set including one 8 ft. and the other 10ft homemade; grader blade 12 ft. 3 pts att.; John Deere manure spreader tandem; set of double wheels 20.8x38 T-Rail; round bale feeders; 400 liter fuel tank with 12 volts pump; lot of 16 ft. metal trusses, approx. 10; 12"x 12" plastic culverts; 1000 2.5-gallon aluminum pails, torches and lids and many other items too long to list. **GARAGE EQUIPMENT:** gas welder; generator; 10 HP 180 lbs pressure air compressor; new Devilbice 3-piston 40 gallon compressor; lot of small air compressors; 4800 watt Honda gas generator; calcium pump; Dewalt laser; hacksaw; MIG welder; 12,000 lbs. 12-volt winch; Snap-On puller set; gas cutter set with tank (torch); 3 Echo chain saws; radial saw; woodworking tools; lot of aluminum ladders; 3 tool chests; 3 diesel burners; set of wrenches; ratchet set; socket sets; lot of drills; lot of air and battery tools; lot of assorted tires; lot of barn wood and several other hand tools too long to list.

N.B. This is an excellent opportunity to get great tools and equipment.

Terms: cash, cheque or bank loan.

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Readers weigh in on abusive relationship

Dear Annie

FRIDAY, FEBRUARY 22, 2019

Dear Readers: The letter from a woman who is thinking about walking out on her 40-year marriage struck a chord, and many of you thought my suggestion of marriage counseling was the wrong advice, even though I said that if the counseling proved fruitless, she would know what to do. My first impression was that seeing as the woman was seeing her own therapist, if her life were in danger, her therapist — who knows much more about the situation than we do — would help her to leave. However, I received so many letters taking a different position that I wanted to share some of them with you.

Dear Annie: The best advice that should be given to a person who has a spouse who isolates and abuses is for the person to reach out to a local domestic violence agency. It was poor advice to have this woman take her husband for couples therapy, as that might be the one thing

that could trigger him to escalate his abusive behavior. She needs to talk to a trained counselor or advocate who works with an approved agency for victims of domestic violence. It is very unlikely that he would change his ways by attending couples counseling. She will not be able to make a clear decision while she is still living in the home and requiring lots of emotional support.

When you're giving advice to a person experiencing domestic violence, the goal must be the person's safety. Please reconsider your advice before it is too late. Every state has hotlines and agencies to help stop domestic violence. — A Very Concerned Social Worker in North Dakota

Dear Annie: Your reply to "Conflicted and Anguished" was one of the worst I have ever heard. For you to expect a man to change after 40 years of emotional, verbal and physical abuse, I'd like to sell you a bridge in the desert.

I left at 69 years of age, and how I regret not leaving sooner. It was the best

thing that ever happened to me. — Wish I'd Done It Sooner

Dear Readers: I want to thank all readers who expressed concern for this woman's safety and well-being, and I particularly want to thank Dr. Lucy Candib for her letter below, which offers a safe and creative solution to this problem by involving the woman's children and her therapist.

Dear Annie: I am very concerned about your recommendation to "Conflicted and Anguished," a woman married for almost 40 years to a man she describes as verbally and physically abusive. You recommended marriage counseling. Please reconsider your answer in light of what we understand about the dynamics of abusive relationships. In the setting of abuse, marriage or couples counseling can put the weaker party at risk for more serious abuse and even death, especially if the abuser knows that the partner is considering leaving. Around the time of leaving is the most dangerous time for a per-

son in an abusive relationship. Most couples therapists and counseling agencies will not do couples work when there is a risk of violent behavior.

How could this woman talk freely in a counseling setting, knowing that her husband might go home and take it out on her? Her safety is the primary consideration here. Given that her adult children know about the situation and that she is worried about "the right thing to do" to her family, you might recommend that her therapist coordinate a family meeting involving them to help the woman make the safest choice. — Lucy M. Candib, M.D.

"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.

NEA Crossword Puzzle

Answer to Previous Puzzle

	F	I	X	E	S		V	R	O	O	M	
B	O	L	E	R	O		S	I	E	R	R	A
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- ACROSS**
- 40 Love god
 - 41 Parched
 - 42 Powdery residue
 - 43 Soup cooker
 - 45 Notable time
 - 47 Squelch
 - 50 Strong — — ox
 - 51 Vase
 - 52 Goal
 - 54 Mellower
 - 58 Believer's suffix
 - 59 Pierre's monarch
 - 60 Viennese dessert
 - 61 — kwon do
 - 62 Finale
 - 63 Playwright — Coward
- DOWN**
- 1 Grammy category
 - 2 Perjure
 - 3 Well-worn
 - 4 Hazard
 - 5 Membership fees
 - 6 Rubber-stamps

- 7 Tangy
- 8 Finished
- 9 Baylor's town
- 10 Elitist
- 12 Fishing boats
- 19 Most gung-ho
- 21 Next in line
- 22 Lone Ranger movie
- 23 Pole dance?
- 24 Has hopes
- 25 Green mineral
- 27 Freeway strip
- 29 Poison plant
- 30 Faze
- 31 Ugh!
- 36 Sugar amts.
- 38 Shove off
- 44 Chicago airport
- 46 Edible bulb
- 47 Go cold turkey
- 48 Cato's bear
- 49 Gambling stake
- 50 During
- 53 Charged particle
- 55 Ski lodge instructor
- 56 Summer, in Savoie
- 57 Fam. member

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Your Birthday

SUNDAY, FEBRUARY 24, 2019

You'll have plenty of prospects, but picking the right opportunity won't be easy. Look at the facts and consider what's possible and what's not. Don't let temptation entice you to take on something awash in smoke screens. Know what you are getting into before you say yes.

PISCES (Feb. 20-March 20) — Look at the big picture and be willing to walk away from risky ventures. Stick to what you know, and rely on trusted sources. Focus more on love, health and personal growth.

ARIES (March 21-April 19) — Have an open mind and learn all you can about the people you are dealing with and the plans you want to pursue. The more you know, the better you'll do.

TAURUS (April 20-May 20) — Share your thoughts and feelings with a loved one. Exciting plans can be made. If you help a cause you believe in, you will make a difference.

GEMINI (May 21-June 20) — Keep your plans in perspective. If you waste time trying to achieve the impossible, nothing will be accomplished. Don't be a follower or trust someone who talks big and does little.

CANCER (June 21-July 22) — Socialize with friends or relatives, or sign up for an event that offers interesting information. Sharing with a loved one will bring you closer together.

LEO (July 23-Aug. 22) — Look at every angle of a situation before you take

action. Listen to others, and assess situations carefully and walk away if you're not comfortable. Arguing will be a waste of time.

VIRGO (Aug. 23-Sept. 22) — Don't let problems at home ruin your plans. It's best to be reasonable and responsible, and to keep the peace and live moderately. Be understanding and accepting of others.

LIBRA (Sept. 23-Oct. 23) — Emotional spending will make you feel better only for a moment. Look at your current situation and consider what it will take to make positive adjustments to your lifestyle.

SCORPIO (Oct. 24-Nov. 22) — Enjoy the company of unusual individuals who offer different perspectives on life. A day trip, reunion or self-awareness lecture will open your mind to new ideas and options.

SAGITTARIUS (Nov. 23-Dec. 21) — Be skeptical of anyone pressing you to buy into something or gossiping about other people. Keep your personal affairs to yourself to avoid being put in an awkward position.

CAPRICORN (Dec. 22-Jan. 19) — Open your doors to friends and family. Hosting an event will put you in the limelight and give you access to interesting information. Love and romance are encouraged.

AQUARIUS (Jan. 20-Feb. 19) — Rely on your intuition when it comes to emotional matters. If something doesn't feel right, know enough to back away, assess the situation and move on.

FRIDAY, FEBRUARY 22, 2019

A ruff that goes against the trend

By Phillip Alder

Dan Quayle said, "I believe we are on an irreversible trend toward more freedom and democracy — but that could change."

Bridge is full of trends — axioms — like second hand low and third hand high. Those two have some exceptions. One that is almost never wrong is the honor from the shorter side first. This deal features a play that goes against another trend that is usually reliable. Look at the North and East hands. Defending against four spades, West leads the club three: two, jack, five. East cashes the club ace: six, four, queen. What should East do next?

The bidding was straightforward, if a little pushy because North's club queen is wastepaper.

Note West's opening lead. In partner's unsupported suit, the rule is high from shortness (singleton or doubleton), low from length.

Suppose East exits with a trump. Declarer wins on the board, cashes the top diamonds and ruffs a diamond high. When they split 3-3, he draws trumps ending on the board and cashes the two high diamonds, discarding hearts.

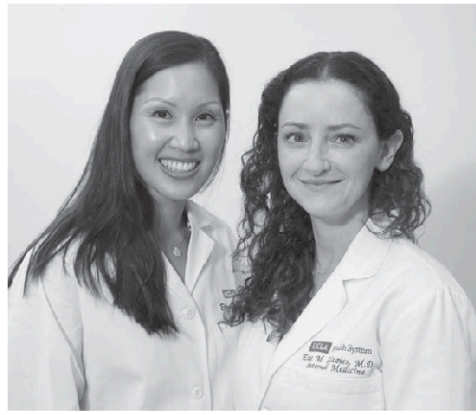
From the bidding, East knows that West is unlikely to have the heart king.

		North	02-22-19
		♠	Q 9 8
		♥	Q 6 3
		♦	A K 8 7 2
		♣	Q 2
West		East	
♠	6 4 3	♠	10 5
♥	10 7 4 2	♥	A J 9
♦	Q 10 9	♦	6 5 3
♣	8 4 3	♣	A K J 9 7
		South	
		♠	A K J 7 2
		♥	K 8 5
		♦	J 4
		♣	10 6 5
		Dealer: North	
		Vulnerable: Both	
South	West	North	East
		1♦	2♣
2♣	Pass	3♣	Pass
4♣	Pass	Pass	Pass
Opening lead: ♣ 3			

(Also, if West is an expert and has that king, he would have played the club eight on the second round, the unnecessarily high card being a suit-preference signal for hearts.)

Unless trying for a trump promotion, it is rarely right to lead a suit that dummy can ruff. But here, East must lead the club king at trick three, forcing dummy to ruff. This stops South from being able to establish the diamonds, draw trumps and run the diamonds.

Study shows that too much salt may cause cognitive impairment



ASK THE DOCTORS

By Eve Glazier, M.D.,
and Elizabeth Ko, M.D.

Dear Doctor: I love salty foods, always have, and I don't have high blood pressure or heart disease or anything like that. But I did see a story recently that said high-salt diets can affect the brain. How worried should I be?

Dear Reader: Our attraction to salt — researchers refer to it as “sodium

appetite” — has long fascinated everyone from scientists to philosophers to poets. At a physiological level, our bodies require sodium, which plays a key role in fluid balance, and in nerve and muscle function. As cooks (and eaters) know, adding salt to almost any food makes it taste better. And scientists in Australia recently identified specific pathways in the brain's emotional center, which light up when salt is consumed, a reward system of sorts.

Yet as your question acknowledges, and as research has shown, too much salt in the diet puts you at risk of high blood pressure and heart disease. Now, a recent study from Weill Cornell Medical College, the research unit and medical school of Cornell University, has added the potential for cognitive impairment to woes caused by too much dietary salt.

When scientists fed mice a high-salt diet, the flow of blood to their brains declined, and the vessels that carried that blood were adversely affected. The

mice also began to perform poorly on cognitive tests that, before this change to their diets, they had aced. What was particularly interesting was that, rather than this decline arising from a spike in blood pressure, it appeared to be tied to chemical changes in the brain that were prompted by an immune response in the gut. When the mice were returned to a normal diet, they regained the cognitive ground that they had lost. Whether this same scenario will translate to humans is not yet clear.

As for your own sodium consumption, we believe that even absent physical symptoms like high blood pressure, overdoing it with salt is not a good idea. And if you don't really know how much salt you're eating, then you're like the majority of Americans. That may be why, according to the American Heart Association, most adults consume more than 3,400 milligrams of sodium per day, which is 30 percent more than the organization's recommended maximum of 2,300 milligrams per day. A whopping 70

percent of that sodium comes from prepared and packaged foods and from restaurant meals. The rest comes out of the salt shaker.

We think it would be wise for you to begin to keep track of your daily sodium intake. Packaged and processed foods will have the numbers you need on their nutritional labels. To be accurate, be sure to pay attention to serving size as well. As of May 7, restaurants with 20 or more locations have been required by the Food and Drug Administration to provide customers with a range of nutritional information, including calorie counts and sodium content. And if you're a home cook, track the sodium levels — both in the ingredients you're using as well as the salt you're adding. Your body and maybe even your brain will thank 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.

Make some plain biscuits and then feel free to dress them up

By America's Test Kitchen

These plain biscuits can be dressed up with any flavourful, relatively dry ingredient, such as herbs, scallions, cheese, dried fruit, or spices. For variations on the recipe, see below. Follow this recipe with your kids.

BUTTERMILK DROP BISCUITS

Servings: 10-12

Prep Time: 15 minutes

Cook Time: 30 minutes, plus cooling time

Prepare Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon sugar
3/4 teaspoon salt
1 cup buttermilk
8 tablespoons unsalted butter, melted (see page 12 for how to melt butter)
Vegetable oil spray
Gather Cooking Equipment:
Rimmed baking sheet
Parchment paper
Large bowl
Whisk
Liquid measuring cup
Fork
Rubber spatula
1/4-cup dry measuring cup
Butter knife
Oven mitts
Cooling rack

Start Cooking!

Adjust oven rack to middle position and heat oven to 450 F. Line rimmed baking sheet with parchment paper.

In large bowl, whisk flour, baking powder, baking soda, sugar, and salt

until combined. In liquid measuring cup, use fork to stir buttermilk and melted butter until butter forms small clumps.

Add buttermilk mixture to bowl with flour mixture. Use rubber spatula to stir until just combined.

Spray inside of 1/4-cup dry measuring cup with vegetable oil spray. Use greased measuring cup to scoop batter and use butter knife to scrape off extra batter. Drop scoops onto baking sheet to make 10 to 12 biscuits (leave space between biscuits and respray measuring cup as needed).

Place baking sheet in oven and bake biscuits until tops are golden brown 12 to 14 minutes. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place baking sheet on cooling rack. Let biscuits cool on baking sheet for 10 minutes. Serve warm.

- **Cheesy Drop Biscuits:** When mixing in bowl, stir 1/2 cup shredded Monterey Jack cheese or mild cheddar cheese and 1/4 cup grated Parmesan cheese into flour mixture.

- **Herby Drop Biscuits:** When mixing in bowl, stir 1 tablespoon minced fresh thyme or 3/4 teaspoon dried thyme into flour mixture.

Nutrition information per serving: 191 calories; 91 calories from fat; 10 g fat (6 g saturated; 0 g trans fats); 27 mg cholesterol; 375 mg sodium; 21 g carbohydrate; 1 g fiber; 2 g sugar; 3 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Buttermilk Drop Biscuits in “The Complete Cookbook for Young Chefs.”

(The Associated Press)



INTERNATIONAL WOMEN'S DAY CONTEST

Do you know someone who should be celebrated this International Women's Day (March 8)? If so, The Record wants you to send in a small message and photo, along with \$10 (visa or mastercard), to classad@sherbrooke.com and we will publish them in the paper on March 8. Your name will be put into a draw to win a

\$150 Gift Card to Strom Nordique Spa in Sherbrooke.

Messages must be sent in by March 5 and a name will be randomly drawn on March 8.

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