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## City staff to continue compost bin pick-up

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Richmond revs up for vintage bike show

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\$1.00 + TAXES

PM#0040007682

THURSDAY, JUNE 21, 2018

## Road worker struck by drunk driver

Record Staff

A signaler working in the Township of Orford Tuesday narrowly escaped serious injury when she was hit by a car in a work zone.

Memphremagog Police were called to the scene of the accident on Route 220 at around 4:30 p.m. on Tuesday.

The incident occurred in a construction zone near chemin de la Sucrierie when the signaler was struck by a 2004 Jaguar vehicle driven by a 57-year-old man from Valcourt.

According to witness accounts, the vehicle was traveling very fast in the lane reserved for the employees of the site shortly before the accident and was passing other vehicles. The offending driver was then warned, but continued; the accident occurred shortly thereafter.

The signaler suffered minor injuries.

According to Memphremagog Police spokesperson, Mickaël Laroche, police arrived at the scene quickly and, following a brief investigation, arrested the suspect for impaired driving. Once at the police station, the man blew nearly double the legal limit for blood alcohol content.

The suspect appeared in court in Sherbrooke Wednesday morning since he has a heavy judicial record in similar matters and faces a charge of alcohol-impaired driving, driving while prohibited, and dangerous driving.

## Sherbrooke to host national Canoe Kayak Championships



GORDON LAMBIE

Zacharie Lauzière-Fitzgerald of the National parakayak team and Anne-Catherine Lavalée-Latour of the Quebec kayak team practicing on the waters of Lac des Nations

By Gordon Lambie

Sherbrooke will be host to the 2018 Canadian Sprint Canoe Kayak Championships this coming Au-

gust, welcoming more than 2,000 visitors to the shores of Lac des Nations in the largest sporting competition the community has seen since welcoming the Canada Summer Games in 2013.

The competition will take place from August 28 to September 1, followed immediately by the Masters Tournament on September 2.

CONT'D ON PAGE 7

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## Weather



TODAY: SUNNY

HIGH OF 20  
LOW OF 7



FRIDAY: SUNNY

HIGH OF 26  
LOW OF 11



SATURDAY: MIX OF SUN AND CLOUDS

HIGH OF 24  
LOW OF 13



SUNDAY: 60% CHANCE OF SHOWERS

HIGH OF 21  
LOW OF 11



MONDAY: MIX OF SUN AND CLOUDS

HIGH OF 21  
LOW OF 6

# Distant family doctor



ROSS MURRAY

*“Unfortunately, due to family and personal reasons, I must close my clinic at the end of August 2018. I will be moving my medical practice to Abitibi, specifically the emergency room in the hospital at Rouyn-Noranda. ... I will remain responsible for your medical dossier in the coming years.”*

### Letter from my family doctor

DEAR DOCTOR,

How are you? I am fine. At least I think I am. Really, I can't know for sure since you, my family doctor, are 800 km away. Let's just ignore the phantom tingling and assume I am fine.

It has been two years since my last checkup with you. Actually, that was my only checkup with you. I was on a waiting list for a family doctor for about seven years before that. About halfway through that waiting period, someone from the Health Department called to check my status. My wife took the call and made the mistake of reporting that I had no health problems. That put me back on the list for another four years.

But finally I got you, and we did have a good checkup, didn't we? I really thought we hit it off, and not just because you palpated my liver in a way I

only dreamed possible.

I did not make an appointment last year because I know the Quebec health-care system actively discourages people from seeing a doctor unless they are actually sick. Preventive medicine in Quebec means as much as possible being prevented from seeing a doctor.

Nonetheless, I think it's important for a man my age to be have regular checkups, if only to repeatedly hear the phrase "for a man your age."

But, again, you're 800 km away and I have neither vacation days nor bus fare. Instead, let's try to do this remotely.

My weight is unchanged, although this is a guess since I have no means of weighing myself, and the grocer doesn't like it when I climb on the produce scale. I would describe my weight as somewhere between "normal" and "cadaverous." Please see the enclosed selfie. How do I look to you? Please note that the green hue is merely my choice of filter.

For my blood pressure, I measured it on one of those automatic machines at the pharmacy. I was a little nervous because there was a geriatric in a mauve velour tracksuit hovering around orthopaedic insoles and giving me the stink eye. It was hard to concentrate but I wrote it down: my results were 120 over \$6.99.

I anticipated that you would want a blood test to check my sugar levels, cholesterol, etc. Obviously, I don't have the equipment to draw blood. Instead, you'll find enclosed a soiled Band-Aid from when I cut myself opening a tin of corned beef. The Band-Aid should provide you the sample you need, and the corned beef should settle any questions about cholesterol.

I will now describe a mole I am con-

cerned about: it's like someone took a raisin, sliced it in half, rolled it in fine sand, baked it at 375°F for 20 minutes, turning once, and then hot-glued it to my back. You're probably wondering whether the mole has changed. Well, sure, it says it's changed but can you ever really trust a mole? After all, I've been burned before. For moles.

Oh, why not talk about that phantom tingling! It starts in my upper arms, then migrates down to my forearms, eventually becoming a numbness in my hands until finally I can't feel mu fpogertth qe uelle buaaoiuaer009elvcao8el...

And then it just goes away.

Speaking of fingers, I guess I can't put this off any longer. It's time for the, you know, "the test." Unfortunately, you're there, 800 km away, and here I am, leaning over an ironing board with my pants down. It isn't easy to find someone to do this. It's not like I can ask for volunteers in an office-wide email. Again. And I can't ask my wife, certainly not without buying her dinner first. So I'm in a bit of a tight spot.

No, literally, I'm in a bit of a tight spot. So here are the results of my self-exam: yes, I did take a deep breath and, yes, I did feel a little pressure. I have no idea how my prostate is, but the good news is that I'm still very flexible for a man my age.

This concludes my checkup. Please enter all this data into my file, Doctor, and let me know if you have any concerns, questions or travel tips for the Abitibi region. In the meantime, I will continue to exercise regularly and eat well. As they say, an apple a day keeps the doctor away.

I must have eaten a lot of apples...

Sincerely, your patient

Ross

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## Ben by Daniel Shelton

Panel 1: A woman says, "I BELIEVE FLEXIBILITY IS KEY IN AGING WELL." A man replies, "FLEXIBILITY IS WHAT KEEPS YOU ACTIVE..."

Panel 2: The man is shown bending over to pick up a coin from the ground.

Panel 3: The woman says, "ACTIVE IS WHAT KEEPS YOU HEALTHY..."

Panel 4: The woman is shown eating a large meal. She says, "AND HEALTHY IS WHAT KEEPS YOU ALIVE!" The man replies, "I GUESS I'VE BEEN RELYING TOO MUCH ON FOOD AND WATER..."

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# LOCAL NEWS

Highlights of the annual report include the introduction of the new online subscription portal. It offers customers free subscription costs and allows them to make their requests outside of business hours.

## Sherbrooke researcher funded for preeclampsia study

Record Staff  
SHERBROOKE

Although all pregnant women hope for an uncomplicated pregnancy, one in 20 will develop preeclampsia, a clinical condition characterized by high blood pressure, kidney damage, and the presence of certain proteins in the urine. The condition can lead to serious complications for both mother and

baby and a specialist at the CIUSSS de l'Estrie - CHUS, is trying to improve detection of kidney damage caused by preeclampsia and the care of women who suffer from it. She has recently received a grant of nearly \$250,000 from the Canadian Institute of Health Research to further her work.

Dr. Anne-Marie Côté, a nephrologist at the CIUSSS de l'Estrie - CHUS, and research professor at the Faculty of Medi-

cine and Health Sciences at the Université de Sherbrooke and at the CHUS Research Center, is currently studying a placental health marker called PIGF that is present in the urine of pregnant women. Compared to blood tests, women find it easier to provide a urine sample, and it is important to evaluate the potential of this promising biomarker.

Côté's research aims to measure this

biomarker and to compare it to other kidney biomarkers found in urine and already used to detect preeclampsia. "The objective is to demonstrate that the PIGF biomarker, in combination with other known biomarkers, is more sensitive and specific than those currently used to detect renal damage from preeclampsia," Côté said.

## City staff to continue compost bin pick-up

Record Staff  
SHERBROOKE

Sherbrooke City Council has agreed to continue the collection of brown compostable bins by municipal staff until 2023.

The decision was based on a comparison of the overall cost of collecting compostable materials by in-house staff and those of a private company.

The brown bins have been collected by municipal staff since 2012. Before choosing this method, the City issued a call for tenders so that pick-ups would be undertaken by a private company. The

estimates obtained were then compared to the overall internal cost and council decided that the service should be carried out by City personnel.

A new call for tenders was launched in early 2018 to verify whether the current set-up was still more economical in terms of management or whether it would be wiser to award a contract to a private company for the period of time from December 2018 to November 2023. A comparative analysis of the prices obtained and the overall internal costs again demonstrated that the pick-up would cost Sherbrooke taxpayers less when done by municipal staff.

## Jacques Cartier Park closed to vehicular traffic for Saint-Jean-Baptiste Day

Record Staff  
SHERBROOKE

The City of Sherbrooke is reminding the public that Jacques Cartier Park will be closed to vehicular traffic from June 22 to 24 to allow for the celebration of la Fête Na-

tionale (Saint-Jean-Baptiste Day).

In addition, the Lac-des-Nations boardwalk between the Marché de la Gare and Jacques Cartier Park, will be closed on June 23, between 4 p.m. and midnight to make way for the fireworks set-up.

## Hydro-Sherbrooke records net earnings of \$22.6 million for 2017

Record Staff  
SHERBROOKE

Hydro-Sherbrooke has submitted its 2017 annual report to city council recording a net income of \$22.6 million for 2017, \$4.8 million more than anticipated. This result is attributable to excellent winter peak management (a record 528 MW in 2017) as well as sound

management of the operating budget. Hydro-Sherbrooke sales reached nearly \$178 million last year.

Highlights of the annual report include the introduction of the new online subscription portal. This automated subscription offers customers free subscription costs and allows them to make their requests outside of business hours.

Since June 2013, Hydro-Sherbrooke

has been offering a subsidy for charging stations for electric vehicles to reduce greenhouse gases. The year 2017 saw a new subsidy record for a total of \$86,000, for 172 stations. "In order to fully evaluate all the opportunities in this market, the management committee has used external support and the results of our work confirm that the current subsidy is a good way to reduce GHGs. Sher-

brooke is also the Quebec municipality with the largest number of electric vehicles per capita," explained the Chair of Hydro-Sherbrooke's executive committee, councilor, Julien Lachance.

Among the main projects envisaged for 2018 is the commissioning of the new Massé substation, the utility's fourth.

## Sherbrooke receives 'bronze' bike-friendly certification

Record Staff  
SHERBROOKE

The City of Sherbrooke was awarded a "bronze" certification from the VÉLOSYPATHIQUE movement organized by Vélo Québec.

To obtain the certification, the City and its partners had to commit to setting specific goals and providing the means to achieve them. The City had to present a coherent network of cycling amenities that promote both utilitarian

and recreational bike use.

During the certification ceremony, held on Friday, members of the jury noted the contribution of the STS, which has equipped all its buses with bike racks, the route signs indicating the dis-

tances between parks, the large amount of training for children, adults and professionals, as well as the impressive evaluation and planning component that demonstrates that the City knows where it is going and what it needs to work on.

# Richmond revs up for vintage bike show

By Claudia Villemaire  
RICHMOND

With sun in the forecast for Saturday, organizers of the eighth vintage motorbike show where hundreds of motor bikes will go on display at the Richmond Fair grounds are looking forward to another record year.

This year's expanded program includes vintage farm tractors and machinery, a vintage farm tractor 'pull', several classes of bikes in competition, a day-long swap meet topped by a BBQ. Big Bertha is the actual barbecuing oven where pork and beef will sizzle all day, expertly prepared by local renowned chef Tammi McGee. The evening will round out with a

chance to dance the night away. Last year over a thousand visitors enjoyed the line-ups of vintage motor bikes with several well-known 'makes' such as Harleys, Indians, BSA, Ducati, Suzuki, Kawasaki, Honda and many more, every one carefully restored and polished to a brilliant shine under the sun.

The event opens Saturday at 9 a.m. Ad-

mission is \$5, children under 13 years of age enter for free and camping overnight is available for a nominal fee.

The Estrie chapter of the Canadian Vintage Motorcycle Association is fortunate to have facilities which can accommodate exhibitors, bikes and the public in case of rain. For more details, check the website [expoantiquerichmond.com](http://expoantiquerichmond.com)



PHOTOS BY CLAUDIA VILLEMAIRE

## Deafness screening for newborns introduced at CIUSSS de l'Estrie - CHUS

Record Staff

Since June 11, parents of newborns born at Fleurimont Hospital or staying in the neonatology unit have

been offered a hearing screening test as part of the Quebec Deafness in Newborns Screening Program (PQDSN). The program, set up by the Ministry of Health and Social Services, is intended

to detect early deafness at birth and to undertake the necessary interventions quickly to limit the impact on the child's development.

In addition to being a screening cen-

ter, the Fleurimont Hospital is also a diagnostic confirmation center for newborns throughout the University of Sherbrooke's integrated university health network (RUIS). This diagnostic evaluation is done with audiologists at the Fleurimont hospital using a newly-installed audiometry booth to meet the program's needs. Audiologists at the Diagnostic Confirmation Center also work with the Rehabilitation Center's Hearing Impairment Program to provide care for deaf children.

The PQDSN will be deployed progressively throughout the territory covered by the CIUSSS de l'Estrie-CHUS and the RUIS. Thus, newborns born in other obstetrics centers and birth centers in the territory will be offered the screening test according to the schedule established by the Department of Health and Social Services.

"We are very pleased to be able to offer this screening test to newborns in our facility," said audiologist and project manager Katherine Randall. "The hearing screening test is performed by a nurse who has received specific training; it is fast, painless and safe for the newborn. The results are available as soon as the test is complete."

### Did you know...

That a charitable gift annuity will permit you to receive a comfortable, pre-determined retirement income while making a considerable donation to the CHUS Foundation.

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# The Border Report

"A lot of people are excited," Smith said.

## Ferry service from Ayer's Cliff to North Hatley to launch June 23

By Matthew McCully

If all goes well with the last minute details, Ayer's Cliff Town Manager Kimball Smith said the new ferry service travelling across Lake Massawippi between Ayer's cliff and North Hatley is on schedule to launch this Saturday, June 23.

"A lot of people are excited," Smith said.

The finishing touches were being done this week on the docks, and the pontoon was in Magog getting tuned up for service, Smith said.

Organizers are currently trying to set

up an online reservation system for users, he added.

The ferry is a pilot project organized by the Régie du Parc régional Massawippi with funds for the boat rental coming from the MRC. Ayer's Cliff and North Hatley are handling most of the logistics, with the help of the MRC.

The boat being used is a pontoon with a 12-person capacity.

The ride across the lake will take approximately an hour-and-a-half, according to Smith. It will be docked in Ayer's Cliff, so departures will begin and end their each day.

The cost will be \$10 per person.



MAITEE CANTIN

## The Vieux Forgeron Art Gallery Summer Season

Submitted by The Vieux Forgeron Art Gallery

The Vieux Forgeron Art Gallery, a former blacksmith shop nestled along the banks of the Tomifobia River in Stanstead (240a Dufferin St.) has opened its 2018 Summer Season (June 14 - September 2) with an exhibition of painting 'Réveries' by three Montreal artists - Shirley Katz, Julia C. Pomeroy, and Kathryn Kroo - and photography from the Alaya Foundation which works to rebuild communities devastated by the two recent earthquakes in this Himalayan country. Founder Martine Breuillaud will be screening her documentary film (Saturday June 30, 7 pm at the gallery) 'Women of the Mountains'

about the role the foundation plays in empowering rural women. By donation, all proceeds go towards the construction of a new community center in the Pokhara Valley. This first exhibition runs from June 14 - July 1.

The program this summer is very diverse: July 5 - 22, Margrethe Ulvik (tapestry weaving and painting), Jean Marc Péladeau (drawing), and Benoit Héguy (mixed media and watercolor) look at 'Line as Object to Play With' and the patterns we find around us that reflect our experience in life.

July 26 - August 12 there will be a Sculpture Group Show featuring the work of Jesse Power, George Foster, Jacques Racine, Gladys-Hann O'Neil, Debbie Everett, Geneviève Gallant, Shirley

Berk Simon, and Ingrid Nicolai, as well as an installation by Antonia Mitchell. Watercolor artist Tamlin George will show her botanical sketches.

The Social Justice room will once more be a platform for the voices of refugees in Greece to be heard. 'Prospect and Echoes of Visions', the poetry and painting of Fatima and Majed Ebraheem and their children, originally from Syria who are currently settled in Greece, and 'I Still Have a Glimmer of Hope', painting and writing by René Jean Amba from Cameroon, will inform us visually and through the power of words of their experiences and struggles, and importance of connection. This exhibition will run from July 26 - September 2.

Finally, our fourth and last exhibi-

tion (Paul Carignan, Tom Montgomery, and Jeffrey Packard) focuses on the thriving First Nations communities who lived here before colonization: 'Twelve Thousand Years of Native Presence', the Ogden area: 'Ogden Then and Now', the stunning contrast of old black and white photographs from the Ogden Historical Society archives and the same scene taken today, and the most recent works by Allyna Harris, 'Enchanted Forest', painting on bark and canvas. We hope to see you at the gallery this summer!

**Gallery hours: Thurs-Sun, 11-6 pm.**

Further information and vernissage dates can be found at [www.levieuxforgeron.com](http://www.levieuxforgeron.com)

## Bear sighting in Ayer's Cliff

By Matthew McCully

The Municipality of Ayer's Cliff reported the sighting of a bear yesterday on Round Bay Street near the tennis courts.

The sighting follows several others reported recently in the Townships.

At the end of May, a black bear and two cubs were spotted on the Tomifobia nature trail near the pond on Curtis Road.

Other areas of the Townships have also reported sightings in recent weeks. On June 5, photos were posted on the Spotted Sawyerville Facebook page of a

black bear seen near the baseball park in town.

The town of Bromont has also reported several bear sightings in recent weeks.

The Quebec Ministry of Forestry, Wildlife and Parks website suggested that people never feed or approach a

bear. Once black bears become accustomed to humans and associate them with sources of food, they will be more likely to approach populated areas.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Kate

Sweet, friendly, wiggly Kate is looking for a home. Kate's life started in a breeding facility where she churned out litter after litter after litter of puppies. As tends to happen, Kate grew older and was replaced by a younger dog. No longer useful she was cast aside but luckily she made her way to our shelter and we are determined to find her a loving home.

Like all dogs who live in mass breeding facilities, Kate was deprived of the basic joys that dogs are meant to experience. She was not walked, she did not have opportunity to romp and play and she has not known the comforts of a loving home. Despite this, Kate, though quirky, is well adjusted and she is well behaved in the house. At first, stairs were a challenge but with time, she overcame her trepidation. She can also be a little timid of men she does not know but once she becomes familiar she is fine.

Kate doesn't tend to do well with dominant females

but she isn't leash reactive. She did great at our recent dog walk where she encountered many other dogs of all shapes and sizes. She is not, however, a dog park dog.

Kate is 6 years old and she is a Giant Schnauzer. A tad overweight, for optimum health Kate will benefit from losing a few pounds. Not overly energetic, she enjoys long leisurely walks which are sufficient to meet her exercise needs. Kate loves being with people and is happy to be out and about exploring the world.

If you can provide Kate with the home she deserves, one where she can make up for all those lost years of doggy happiness, we'd love to hear from you. To inquire, please send an email to [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) or better yet give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m



# EDITORIAL | Party leader, Jean-François Lisée can promise no referendum on sovereignty in the first term of a PQ government until the cows come home and it won't make a difference to voters attached to their present country.

## Election 2018: Asking the right question



TIM BELFORD

off-colour joke. Two young men sitting on a park bench notice an extremely attractive girl strolling by wearing a pair of those skin-tight jeans favoured by today's youth. One says to the other, "I wonder how you get pants like that on?" The other replies, "Once again you're asking the wrong question?" And this is exactly what the PQ, the CAQ and Québec solidaire are doing.

Surely a better question would be, "Why don't anglophones voter for us?" If the opposition could answer this they wouldn't have to concede the anglo vote each election and they could stop treating these same voters like the brain dead who, zombie-like, plod to the polls chanting "I will vote Liberal."

It wasn't always like this. In the hey day of the Union Nationale, even under Maurice Duplessis, many English-speaking Quebecers voted against the Liberals. Right up until the arrival of the Parti Québécois in 1968 there was always an alternative acceptable to those who saw Canada as worth preserving.

The alternatives today don't offer the same security. For the PQ to wonder why anglophones stick with the Liberals and don't buy into their dream of a new Quebec can be explained in two words: Camille Laurin. The father of Bill 101, as he came to be called, was a psychiatrist before taking up politics and in his efforts to improve the status of the French language in the province treated anglophones as mental patients for worrying about their place in the proposed promise land. With that kind of diagno-

Well it's election time for sure. All you have to do is check out just how many new funding programs the government has announced. By my count it's around 60 a day but then again I may have missed one or two. As for the opposition, not a day goes by without the PQ or the CAQ pointing out that all this spending is merely an attempt by the Liberals to buy votes, as if their own promises of free education, more money for health care and a coq rôti in every pot were anything different.

One thing that irritates me, okay, one of the many things that irritate me, is the constant moaning from all three opposition parties about how anglo-quebecers allow themselves to be held hostage by the Liberals. How is it, the pundits cry, that the Liberals can, at best, ignore the anglophone population and at worst take it for granted and still get their votes? When will English-speaking Quebecers wake up and look elsewhere?

Strangely enough this constant bleating reminds me of an old and slightly



sis is it any wonder anglo voters have shied away from returning to the PQ therapy couch.

Party leader, Jean-François Lisée can promise no referendum on sovereignty in the first term of a PQ government until the cows come home and it won't make a difference to voters attached to their present country. It's like the dentist telling you that your tooth will eventually have to come out but he'll give you a couple of aspirins now and do the yanking later.

As for the Coalition Avenir Québec - the grandchild of the Union Nationale and the son of the ADQ - its attempt to straddle the middle ground between Liberals and PQ may bring electoral success but it's unlikely to garner a lot of

Anglo support. Even though leader François Legault swears up and down that his party will never hold a referendum most voters know the value of a campaign promise.

Voters are also likely to remember that at one point or another Legault has also mused about getting rid of English-language school boards, making CEGEPs subject to the same language restrictions as elementary and high schools and a general tightening of language laws in the work place. Nevertheless, some anglo voters, genuinely tired of the Liberals, will likely make the switch looking for the "change" the CAQ is promising. But if I were François Legault I wouldn't plan on a rush to the CAQ banner just yet.

## Sherbrooke expands downtown renovation assistance area

Record Staff  
SHERBROOKE

Sherbrooke City Council has announced the expansion of the downtown area eligible for its

Building and Commercial Renovation Assistance Program. Where previously the program only applied to sections of Dufferin, Frontenac, Wellington, King, Peel, Marquette and Alexander streets,

the new area covers almost the entirety of the downtown core.

Established in 2000, the Renovation Assistance Program has met its goals and Council members considered requests from homeowners and businesses to expand the scope of the program. Thus, Regulation No. 55 will be amended to add peripheral areas to the existing area. The program targets buildings built

more than 20 years ago and whose area is made up of at least 25 per cent undeveloped land.

"We hope that this amendment will allow the implementation of new commercial revitalization projects in the downtown core and will stimulate current owners and future investments in this sector," said Sherbrooke Mayor Steve Lussier.

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	1 MONTH	6.49	0.32	0.65	\$7.46

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### Letters

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

# Local Sports

*"It is very, very big," the committee chair said. "I think there are 197 trials in the first five days and on the last day, the Masters competition, there are more than 75."*

## Canoe Kayak Championships

CONT'D FROM PAGE 1

"It's 2,000 athletes over six days on one site," said Nicolas Lemay, Chair of the Host Organizing Committee and President of the Club Nautique de Sherbrooke. "The athletes will arrive two or three days before, so for the city this means roughly ten days of increased activity and visits,"

Lemay described the competitions as events that will monopolize the lake in the middle of the city as well as the nearby Jacques-Cartier Park.

"It is very, very big," the committee chair said. "I think there are 197 trials in the first five days and on the last day, the Masters competition, there are more than 75."

At the moment it is too early in the competition season to be able to say for sure how many competitors will be present because the vast majority still need to qualify, but Lemay said that 1800 hotel bookings related to the competition have already been made. He added, however, that the Canadian national team is certainly coming.

"They are leaving the world championships and coming to Sherbrooke," he said. "These are world champions and Olympic champions who have proven themselves in Rio and Barcelona. The level of competition will be very high."

2016 the quality of water in Lac des Nations came under close scrutiny as testing showed elevated levels of bacteria. Although water quality has improved significantly since then, Lemay said that the organizers will be keeping a close eye on the situation.

"It is a preoccupation, but we are not an immersion sport," he said. "We're not in the water; we're on the water, so it is not as worrying for us as it would be for waterskiing or swimming, for example."

In the lead-up to the competition, Lemay said that locals will notice a large number of tents and towers being set up on site to help support the competition and the various events that go along with it.

Although Sherbrooke previously hosted the championships in 2009, Lemay said that he sees this year's event as a way for the city to prove its ability to host larger-scale events.

"One of the greatest impacts will be that it will show what we can do with a body of water like this," the organizer said, calling the event a way of giving the lake back to the community by bringing it to life with activity.

As with most large public events in the city, the organizing team for the competition is currently seeking volunteers to help keep everything running smoothly. 120 helpers will be needed in a wide range of jobs over the course of the 6 days.

More information about the competition is available at <http://sprintnationals.canoeKayak.ca/>



## 2018 FORD EXPLORER SPORT



While we await its successor

PHOTO: FORD



By **Éric Descarries**

It's hard if not impossible to ignore the Ford Explorer in the Canadian landscape. You see them everywhere. It is one of the most popular mid-size SUVs on our market. But it does face stiff competition from the likes of the Jeep Grand Cherokee. Last year, Jeep managed to move over 23,000 units of that model in Canada. Ford's Explorer? A "measly" 17,000 units sold. That is enough, though, to place it second in its category, ahead of the Dodge Durango, Nissan Pathfinder, Toyota Highlander, Honda Pilot and others.

For 2018, the Explorer that Ford presents to us is largely unchanged. Is that sufficient to keep it competitive?

The 2018 edition of the Explorer gets a few tweaks to the front grille, headlights, exhaust tubes and alloy wheels, as well as coming in some new colours. The model comes in five trims, including the base Explorer, the more elaborate XLT, the luxurious Limited, the Sport version (the one reviewed here) and the Titanium, the most luxurious version.

Rumour has it that Ford intends to also introduce an ST performance version of the Explorer in the coming months, powered by a 400+hp turbocharged V6 (likely the 3.0L mill currently in the Lincoln MKZ and Continental). As well, Ford is said to be at work on a next-gen Explorer, possibly for 2020; that edition would rest on the new CD6 platform, and will probably come with either rear-wheel or all-wheel drive as standard equipment.

This would represent a return to its roots of sorts. You'll recall that, when it debuted, the Explorer was a kind of stretched four-door version of the Bronco II. That first version sat on a rigid rear-wheel-drive chassis with engine power going on command to the four wheels. These days, the latest Explorers have been conceived as single-body or monoshell vehicles with front-wheel drive system by default.

For the moment, Ford is offering three engines for the new Explorer, including the base 3.5L V6 that produces 290 hp and 255 lb-ft of torque, the 2.3L 4-cylinder EcoBoost (280 hp and 310 lb-ft) and the 3.5L twin-turbo EcoBoost V6 (365 hp and 350 lb-ft). This last is the one that

sits under the hood of the Sport version. The only available transmission is a 6-speed automatic, but it is possible to choose either front-wheel or all-wheel drive. (except for the 3.5L EcoBoost engine, which can only be paired with all-wheel drive). Buyers who choose this last set-up also get the Terrain Management System, which allows the driver to choose a transmission configuration that adapts the vehicle's performance to fit the terrain being driven on, for instance mud, sand, gravel or snow.

Of course, many buyers choose the Explorer for its capacity to tow what they need towed. In the past, Ford gave a higher capacity than it now does for the model; apparently at some point the company realized that most of the consumers apt to buy the Explorer didn't plan to ever pull more than 5,000 lbs with it. Since 2011, when the current generation debuted, this has been the official towing capacity of the model. The driver just has to push the Tow button on the dashboard, to the left of the steering wheel, to get the automatic transmission to adjust the gear changes as needed or even to slow the vehicle down.

The interior of the latest Explorer has changed little since the current generation debuted, except that the finishing is now much improved. The navigation system (part of Sync 3) and the collision warning features have been revised and upgraded. The dashboard features a fully programmable instrument cluster in front of the driver, while on the centre console sits a big screen to access the Sony audio system, navigation and the many touch commands for the climate control system, including those for the front seats. WiFi, Apple CarPlay and Android Auto can also be added to the package.

The steering wheel contains its own set of commands, but these are manual. The front seats (bucket, of course), are heated and ventilated in the Sport edition. Buyers can choose to have two or three seats in the second row, while the back row contains the requisite seating designated for children or smaller adults. That third row is fold-down (power-operated), providing an enormous cargo area, which gets downright ginormous when you also fold down the middle-row seats. To access this rear cargo extravaganza, simply swipe your foot under the rear bumper (while having the fob in your possession, naturally); the hatch opens automatically. Repeating the process closes the hatch again as well, or you can use the power button. The interior finishing of this Explorer Sport is more refined and elaborate than in the base or XLT models, though I shouldn't overstate this, as the changes aren't monumental. Consider it

a light touch of added luxury.

**At the wheel**  
Thanks to its platform, the same one that also underpins the company's cars (the Ford Taurus and Flex, the now-abandoned Lincoln MKS and MKT), the Explorer actually drives kind of like a big sedan. The many-ways power-adjustable driver's seat and steering wheel means you can fine-tune the driver's position for maximum comfort and optimal visibility, even with that hood that sits kind of high in the field of vision. When the back seats are not occupied, it's a good idea to push down the headrests so that they don't block the line of sight out the back.

Once out on the road, it's easy to take an immediate liking to the powerful EcoBoost V6 engine, the 365 hp of which are distributed to the front or back wheels by the advanced transfer case equipped with a computer to determine the best distribution of power. The automatic transmission operates smoothly, and the driver can use the paddle shifters on the steering wheel to help things along if desired.

0-100 km/h acceleration took under seven seconds with this powertrain. Passing is also impressively easy and smooth. Know that the Sport edition, when equipped with the premium audio system, reproduces a V8 engine sound delivered via the speakers. The driver has no control over this system (which is pretty discreet), but you will get the vibe of having a V8 under the hood. This sound, by the way, is not heard outside the cabin. This is called Engine Sound Enhancement or Active Noise Control, and it's only heard when the engine is being solicited.

The Explorer is a bit clumsy for manoeuvring in urban settings and in parking situations, but it's an ideal partner for longer road trips. Fortunately, the cameras that are there to help you when it comes time to park (some of which must be activated) are complemented by available park assist features for both parallel and perpendicular parking! It takes a little practice to master them, but once you do they're really helpful.

Obviously not a sports vehicle, the new Explorer does, with its "car" platform, offer a driving experience superior to the older models, which drove on raised suspensions. Braking duties are handled by four powerful discs supported by ABS, while the steering is power-assisted. The 20-inch wheels are fitted with 50 series tires.

Average consumption after a week with this Ford SUV was 14.4L/100 km in a mostly urban environment (Ford's official stats are 14.8L/100 km in city, 10.7 on highway).

### Aluminized steel & stainless steel mufflers



**SILENCIEUX SHER-LENN Inc.**  
950 Wellington St. S.  
Sherbrooke

Fernand Cabana, owner  
**569-9494**

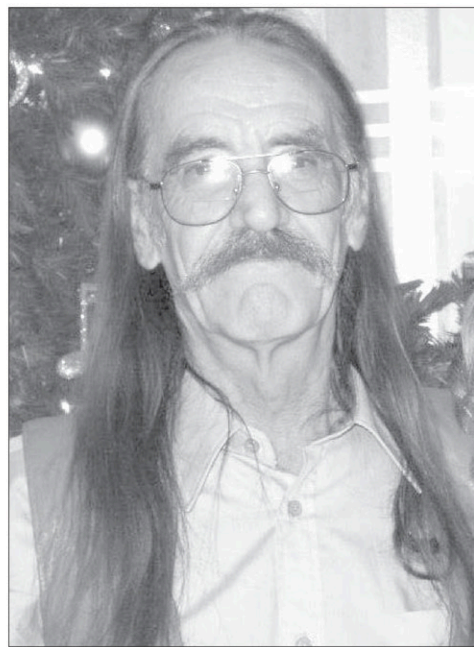
Sylvain Auger, Manager



**Card of Thanks**

**RICHMOND LEGION** - On behalf of the Richmond Legion Br. #15 Ladies Auxiliary, I sincerely thank all that helped in any way with the funeral reception for Mildred Holliday at the Wales Home on Saturday, June 16. The help was greatly appreciated.  
Thank you,  
**PRES. DONNA HAM**

**Graveside Service**



**OLIVER** - For those wishing to honor the life of Jeffrey Oliver, a graveside service will be held Saturday, June 23rd at 1 p.m. in the Mansonville Protestant Cemetery.

**Datebook**

**THURSDAY, JUNE 21, 2018**

Today is the 172nd day of 2018 and the first day of summer.

**TODAY'S HISTORY:** In 1788, New Hampshire ratified the U.S. Constitution and became the ninth state.

In 1898, U.S. troops captured the island of Guam.

In 1982, John Hinckley was found not guilty by reason of insanity for his attempted assassination of President Ronald Reagan.

In 1989, the U.S. Supreme Court ruled that burning the American flag was a form of political protest protected by the First Amendment.

In 2004, SpaceShipOne, piloted by Mike Melvill, became the first privately sponsored craft to carry a human into space.

**TODAY'S BIRTHDAYS:** Al Hirschfeld (1903-2003), cartoonist; Jean-Paul Sartre (1905-1980), philosopher; Mary McCarthy (1912-1989), writer; Jane Russell (1921-2011), actress; Ray Davies (1944- ), gui-

tarist/songwriter; Tony Scott (1944-2012), filmmaker; Benazir Bhutto (1953-2007), Pakistani politician; Berkeley Breathed (1957- ), cartoonist; Kevin Harlan (1960- ), sportscaster; Juliette Lewis (1973- ), actress; Chris Pratt (1979- ), actor; Prince William (1982- ), Duke of Cambridge.

**TODAY'S FACT:** James Buchanan was the only U.S. president who never married.

**TODAY'S SPORTS:** In 1997, the first Women's National Basketball Association game kicked off the league's debut season.

**TODAY'S QUOTE:** "If you are not already dead, forgive. Rancor is heavy, it is worldly; leave it on Earth: Die light." — Jean-Paul Sartre, "The Devil and the Good Lord"

**TODAY'S NUMBER:** 142,000 — population of New Hampshire in 1790, following ratification of the U.S. Constitution.

**TODAY'S MOON:** Between first quarter moon (June 20) and full moon (June 27).

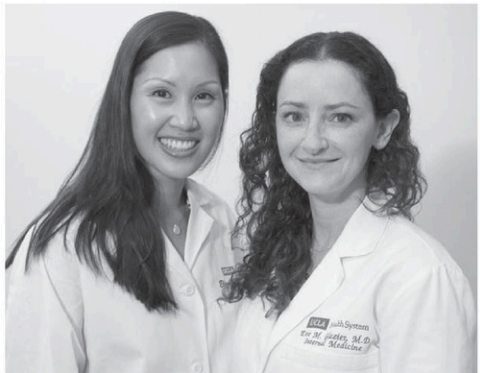
**In Memoriam**

**BAILEY** - In loving memory of our dear parents, James and Florence. Ma - June 21, 1990 and Daddy - August 21, 1983.  
*Silent memories true and tender,  
Just to show we still remember.*

**THELMA & FAMILY  
HELEN, ALLAN & FAMILY**



**Concerns about mumps outbreak after exposure to virus at event**



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

**Dear Doctor:** Are mumps really dangerous? Thousands of people apparently may have been exposed at a cheerleading event a few months ago, which seemed to upset public health officials. My kids have been vaccinated, but I'm not sure if I have been, or even if I've had the disease. Should I be concerned?

**Dear Reader:** Mumps is a viral infec-

tion that affects the parotid glands, which are one of three sets of salivary glands. The virus spreads when tiny airborne droplets of saliva are released during a cough, a sneeze and even through speech. These droplets, which contain the active virus, can then be inhaled by anyone in the infected person's vicinity. The virus can also linger on hard surfaces that those aerosolized droplets have landed on, so touching an object in an infected person's room, or sharing a sick person's food, glassware, dishes or cutlery can put anyone without immunity at risk.

In the incident you mentioned, tens of thousands of people were exposed to mumps when they attended the National Cheerleaders Association All-Star National Championship, which was held in Dallas. An attendee from outside the state turned out to be sick with mumps and was in the contagious stage of the illness. Someone with mumps is capable of spreading the virus anywhere from a

few days before and up to five days after the onset of parotitis, which is the characteristic facial swelling that often accompanies the illness. The first symptoms of mumps typically appear 16 to 18 days after infection, though it can be as soon as 12 days, or as many as 25 days.

Mumps is not considered to be dangerous in the majority of cases. But as with any viral illness, it does take a toll on the body. In addition to the swelling of the salivary glands, symptoms can include fever, headache, muscle aches, tiredness, general malaise and loss of appetite. Up to 40 percent of infected individuals will have few or no symptoms. About one-third of males with the mumps who are post-puberty will also experience pain or swelling of the testicles. Complications, which are thankfully rare, can include deafness, infertility, meningitis and encephalitis.

There is no targeted cure for mumps at this time, so treatment consists of

addressing specific symptoms. In most people, the disease will run its course in two to three weeks. The best form of protection against mumps is the MMR vaccine, which targets measles and rubella as well as mumps. The Centers for Disease Control and Prevention recommends children get two doses of the MMR vaccine, first at 12 to 15 months of age, and again at 4 to 6 years of age. And because immunity appears to wane over time, some epidemiologists now recommend a third dose of the vaccine for individuals living near a mumps outbreak. You can track current mumps outbreaks at [cdc.gov/mumps/outbreaks.html](http://cdc.gov/mumps/outbreaks.html).

Since you don't know your immunity status, we recommend that you contact your primary care physician, who can check your immunity through bloodwork.

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

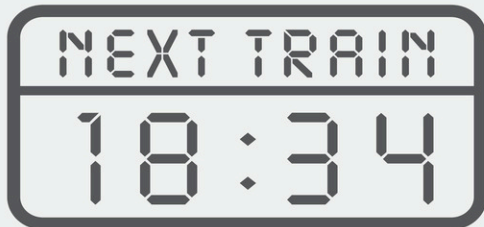


Fig.16

› If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.

*Math solves problems*



**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off  
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
\$26.00 (\$29.90 taxes included) **WITH PHOTO:** \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [clasad@sherbrookerecord.com](mailto:clasad@sherbrookerecord.com) - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, [www.aa.org](http://www.aa.org)

## LENNOXVILLE

Men's general meeting, A.N.A.F. Unit 318, Wednesday, June 27 at 7 p.m. on the main floor.

## NORTH HATLEY

Naomi Bristow, The Yodelin' Cowgirl, at The Piggery Theatre on Wednesday, June 27 at 8 p.m. Come and hear music of Loretta Lynn, Dolly Parton, Patsy Cline, Tammy Wynette, Patti Page and many more. Tickets are available by contacting Janet McBurney at 819-565-9716 after 6 p.m. Proceeds to benefit Plymouth-Trinity's UCW.

## LENNOXVILLE

Mental Health Estrie invites the community to their Annual General Meeting at 7 p.m. on Thursday, June 21st at the Margeurite Knapp building located at 257 Queen street in Lennoxville. The main agenda items are: Annual Reports, Financial Statements and Election of the Board of Directors. Come and learn more about the important work we do to support English-speaking families and individuals affected by mental illness. Light refreshments will be served. For more information, call 819-565-3777 or email [mhe.info@bellnet.ca](mailto:mhe.info@bellnet.ca)

## BURY

Centre Communautaire de Brookbury (former Brookbury Hall), 571 Route 255, Bury Qc., June 23 at 5 p.m. BBQ (hot dogs, chips, salads, ice cream and drinks) Music by "The Late Bloomers" Admission charge. Info- Brenda Bailey 819-884-5984.

## RICHMOND

Antique Farm Machinery Show and Antique Tractor Pull, Silent Auction (All profits for the Elementary School in

Saint Felix de Kingsey), Flea Market and much more. June 23 from 10 a.m. to 6 p.m. at the Richmond Fair Grounds. Info: 819-848-1421

## Georgeville

Strawberry Social at Murray Memorial Hall, June 29, 7-9 pm. Strawberries, biscuits, ice cream, cookies, etc. Tea & coffee. Admission charged. Benefit Georgeville United Church.

## AYER'S CLIFF

A friendly Meet & Greet organized by MP Marie-Claude Bibeau and the Federal Liberal Association of Compton-Stanstead. 4 to 6 p.m. - Thursday, June 28th at the Auberge Ayer's Cliff, 1087 Main St. All are welcome! For info: 819-868-7656

## AYER'S CLIFF

Summer Sale at Beulah United Church, Saturday June 23rd at 8:30 a.m. to Noon. Beulah United Church, U.C.W., Main St. Ayer's Cliff, Bake sale table, Bread, Pastries and other Edibles. Browse the tables of new and used jewellery, books, puzzles & glassware. Collectables and household items. Enjoy coffee and goodies with a friend. All Welcome

## RICHMOND

8th annual Expo Moto Renaissance Antique Motorcycle Show on Saturday June 23 at the Richmond Fair Grounds. Events going on all day: antique tractor pull, swap meet, etc. All welcome. Rain or shine. All profits benefit local schools.

## KNOWLTON

Write Here! Write Now! The new creative writing project of Townshippers' Association will hold its first Knowlton workshop on Thursday, June 21, 1:30-4 p.m., in the Community Centre. More info? Call 819-842-1940 or Townshippers' Association.

## WATERVILLE (HUNTINGVILLE)

Chicken Pot Pie Supper: Unfortunately due to circumstances beyond our control the Chicken Pot Pie supper that was to be put on by the Oddfellows and Rebekahs on the 24th of June at 4150 Route 147 in Waterville has been cancelled. We know many look forward to the suppers and we are very sorry we had to cancel it this month. We hope to be back next month.

## Forced to quit?

### Dear Annie

THURSDAY, JUNE 21, 2018

**Dear Annie:** My girlfriend (of a year) and I are both in our mid-20s and are both smokers. In fact, that's how we met — on the smoking patio of a bar, both out there alone because none of the friends we were there with smoked. We've both always talked tentatively about quitting, but in a vague way. So I was surprised when last week my girlfriend announced she was quitting cold turkey. She asked whether I wanted to quit at the same time so we could offer each other moral support. I'm happy to offer moral support, but I'm not quite ready to quit. Do I have an obligation to her to quit? Is it wrong for me to smoke around her now? I've been thinking about purchasing an e-cigarette and just doing that around her, because this seems like a healthier alternative. — Guilty Smoker

**Dear Guilty Smoker:** No, you don't have an obligation to your girlfriend to quit smoking. You have an obligation to yourself. Every cigarette you smoke cuts your life expectancy by approximately 10 minutes, and the life of a smoker is, on average, 10 years shorter than that of someone who has never smoked. The great news is that if you quit smoking today, you can undo a good deal of that damage. According to a 2013 study by Dr. Prabhat Jha, director of the Centre for Global Health Research at St. Michael's Hospital, "quitting smoking before age 40, and preferably well before 40, gives back almost all of the decade of lost life from continued smoking." That doesn't mean you should keep lighting up through your 39th year, however. Jha adds: "Former smokers still have a greater risk of dying sooner than people who never smoked. But the risk is small compared to the huge risk for those who continue to smoke."

As for e-cigarettes, the American Lung Association writes: "We don't presently know what is in e-cigarettes. However, in initial lab tests conducted in 2009 the FDA found detectable levels of toxic cancer-causing chemicals, including an ingredient used in anti-freeze, in two leading brands of e-cigarettes and 18 various cartridges. ... A 2014 study found that aerosol from e-cigarettes ... contains ... formaldehyde." In other words, e-cigarettes contain cancer-causing chemicals and addictive nicotine. Why substitute one crummy habit with another?

Now, I know that my haranguing is not great motivation. But look at the long list of benefits of quitting smoking and try to find something that does motivate

you. For more information, visit <http://www.lung.org/stop-smoking>.

**Dear Annie:** I can definitely sympathize with "Unsure in Texas," who wrote to you about getting invitations to graduations, birthday parties and weddings from people she doesn't know well. My husband and I received an invitation to an open house from our financial adviser. Not only do we not know him personally but also we were referred to him when our financial adviser retired approximately two years ago. My husband brought up an interesting question: Do you think he would still provide us with good advice if we were not to attend and provide a gift for his daughter? My thought was that it was very tacky to send us the invitation. — Stuck in a Predicament in Indiana

**Dear Stuck in a Predicament:** I highly doubt your financial adviser would start giving you worse advice because you didn't attend his open house. If he made business that personal, he wouldn't be in business for long.

**Dear Annie:** I am not a fan at all of potlucks at work. First of all, I think it is rude to ask employees who have worked all day to bring food into work the next day. Secondly, I am concerned about the food that some people bring to work. Is it old? Has it been prepared in a hygienic environment? I feel that companies should have food delivered to their employees and not burden the employees with buying food, preparing food and dragging large slow cookers and trays of food into work. When the potluck circumstances arise, I think it would be best for employees to share the expense and have the food delivered. I am hoping others in the workplace see this and realize that a lot of people do not want to be burdened with the potluck ordeal. Could it be that I am just not a team player? Please advise. — Potlucked Out

**Dear Potlucked Out:** There's a simple social contract for potlucks: Bring food if you want to eat; don't eat if you don't bring food. They're optional by definition, so next time, opt out. You might find that a few of your co-workers follow suit. You probably aren't the only one who doesn't enjoy going home after a long day at the office only to do more work in the kitchen.

If management gives you any grief about not participating, pitch your idea of organizing a group takeout order from a nearby restaurant so you can all bond over a shared meal without the additional labor. Sometimes being a good team player means suggest-

ing some changes to the playbook.

**Dear Annie:** I was a victim of office bullying for years. An older woman felt the need to always comment about my hair (if it was still damp, I got to hear about it) and makeup (how I didn't wear enough of it), sometimes even in front of other employees. She took turns talking negatively about each employee. It was draining, as I was stuck in the office with her. (I had nowhere to run for years.) Others wouldn't even stick up for me or themselves; they would end up just leaving the company. I wish I had stood up for myself, because this woman made my workdays — which made up such a big part of my life — so long and terrible. Now I work with positive people who don't make daily digs or repeated negative comments, and it is great.

I guess the question I have is, Can I get over this? Why was this allowed for so long? Aren't there laws against harassment in the workplace? I am sure others have had this experience. I hope no one else allows it for as long as I did. — Harassed for Years

**Dear Harassed for Years:** Harassment, verbal or otherwise, should be documented and reported, in writing, to management and human resources. If bullying is based on discriminatory grounds (such as sex, race or disability), you can file a complaint with the Equal Employment Opportunity Commission (<https://www.eeoc.gov>).

It's in companies' best interest to weed out toxic behavior in the workplace. As the Harvard Business Review reported, a 2015 study from Harvard Business School found that "avoiding a toxic employee can save a company more than twice as much as bringing on a star performer. ... Specifically, avoiding a toxic worker was worth about \$12,500 in turnover costs, but even the top 1 percent of superstar employees only added about \$5,300 to the bottom line."

If thoughts about past harassment persist, you might consider seeking counseling. A counselor could help you talk through your experience and unpack any emotional baggage this office bully saddled you with.

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

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

Send your social notes to: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

**CELEBRITY CIPHER**

by Luis Campos

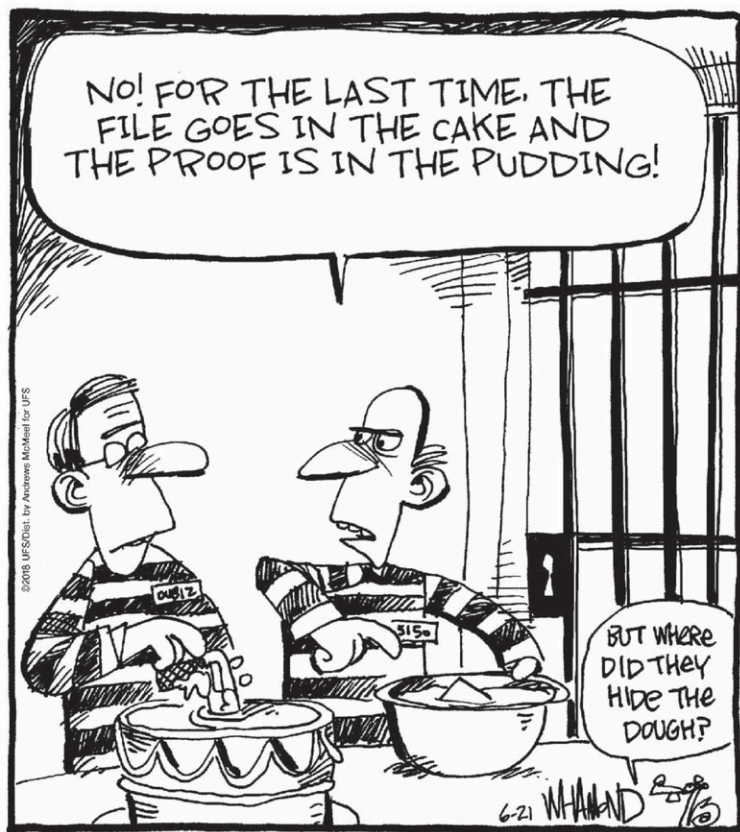
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ O ' F D A I U G X O W S R A A F E N R F O A E .  
 O W ' U . . . R L I J F R A , S G R A W S E ,  
 R A A - R F G J O D R L P O Z I J D G P N R F O A E . ”  
 — P R L R R U S C J I I B

Previous Solution: “Apparently, when ‘Twin Peaks’ was on the air in Spain, something like 50 percent of televisions were tuned to it.” — Kyle MacLachlan

TODAY'S CLUE: *equal's R equals B*

**REALITY CHECK**

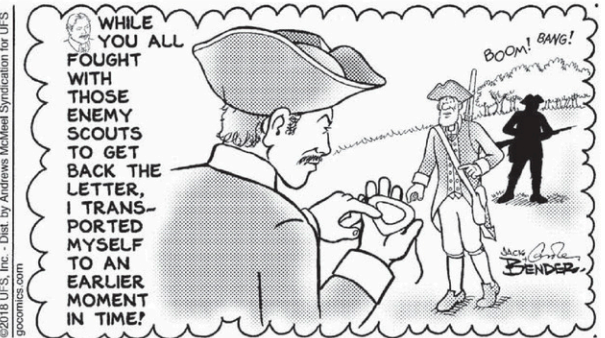
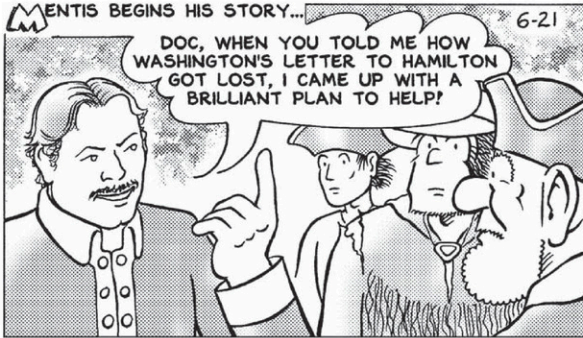


HERMAN



“Sweetheart, this will be your father-in-law.”

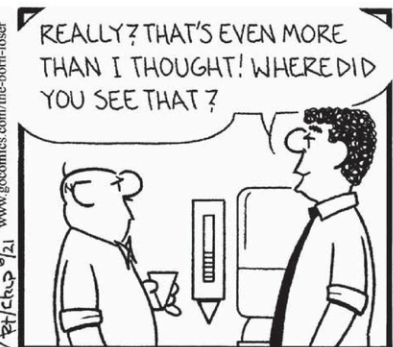
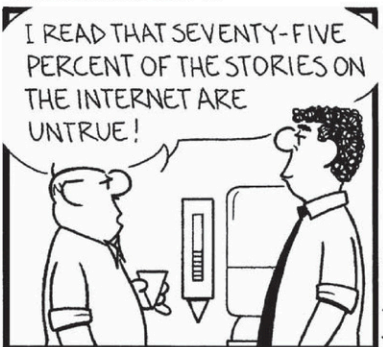
**ALLEY OOP**



**ARLO & JANIS**



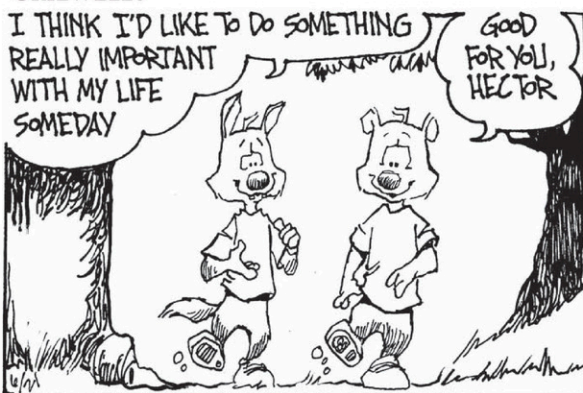
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## The key to making pasta with shellfish that isn't flavourless

By America's Test Kitchen

For a recipe with a handful of ingredients, pasta with shellfish is awfully hard to get right.

We love the combination of tender pasta and succulent shrimp or bite-size bay scallops, but all too often the shellfish is overcooked and tough and the pasta is boring and flavourless.

For an extraordinary but simple spaghetti dinner, we created a creamy vinaigrette packed with bright, lemony flavour and tossed it with tender shrimp, hot pasta, butter and chopped basil.

Grated Parmesan ensured that our vinaigrette was perfectly clingy and hung on to the pasta and shellfish. Because this recipe is so simple, it is important to use high-quality extra-virgin olive oil, fresh-squeezed lemon juice, and fresh basil.

### SPAGHETTI WITH LEMON, BASIL AND SCALLOPS

Servings: 4-6  
 Start to finish: 30 minutes

- 1/2 cup extra-virgin olive oil
- 2 teaspoons grated lemon zest plus the juice of 2 lemons
- 1 small garlic clove, minced to paste
- Salt and pepper
- 2 ounces Parmesan cheese, grated (1 cup)
- 4 tablespoons unsalted butter, softened
- 1 pound small bay scallops
- 1 pound spaghetti
- 1/4 cup shredded fresh basil

Whisk oil, lemon zest and juice, garlic, and 1/2 teaspoon salt together in small bowl, then



stir in Parmesan until thick and creamy.

Melt 2 tablespoons butter in 12-inch non-stick skillet over medium heat. Pat scallops dry with paper towels and season with salt and pepper. Add scallops in single layer and cook until scallops are firm, about 3 minutes; transfer to bowl and cover.

Meanwhile, bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until al dente. Reserve 1/2 cup cooking water, then drain pasta and return it to pot. Stir in olive oil mixture, scallops with any accumulated juices, remaining 2 tablespoons butter, and basil and toss to combine. Add reserved cooking water as needed to adjust consistency and season with salt and

pepper to taste. Serve.

Nutrition information per serving: 587 calories; 258 calories from fat; 29 g fat ( 8 g saturated; 0 g trans fats); 37 mg cholesterol; 506 mg sodium; 61 g carbohydrate; 3 g fiber; 2 g sugar; 20 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Spaghetti with Lemon Basil and Scallops in "Cooking At Home With Bridget And Julia."

(The Associated Press)

# NEA Crossword Puzzle

- ACROSS**
- 1 — 1 (speed of sound)
  - 5 Sip very slowly
  - 10 Caution sign color
  - 12 — the Hun
  - 13 Beethoven's Third
  - 14 "Star Trek" weapon
  - 15 Crawl with
  - 16 Prune off
  - 18 Disappointed chorus
  - 19 Chided
  - 23 "How — you?"
  - 26 Royal pronoun
  - 27 Viking name
  - 30 Words of a song
  - 32 Candle or legion
  - 34 Laissez- —
  - 35 Make waves
  - 36 Opposite of ja
  - 37 Social insect
- DOWN**
- 38 Hardened, as cement
  - 39 Prom honorees
  - 42 Mandible
  - 45 Ooola's guy
  - 46 Fiber plant
  - 50 Savory smells
  - 53 Manuscript fixer
  - 55 Hairy-chested
  - 56 Ensnore snugly
  - 57 Confess
  - 58 Come again?
- 1 Just**
- 2 Lotion additive**
- 3 Tackle a mountain**
- 4 Ad — committee**
- 5 Last degree**
- 6 Ms. Hagen of films**
- 7 Laugh, in Tijuana**
- 8 Did in the dragon**
- 9 Snakes lack them**

Answer to Previous Puzzle

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

- 10 Even so
- 11 Tusked animal
- 12 Dr.'s visit
- 17 Boathouse gear
- 20 Time of the mammals
- 21 Stranger
- 22 Let fall
- 23 Sitcom ET
- 24 Meg — of films
- 25 Huron neighbor
- 28 Scamps
- 29 Curly-leafed veggie
- 31 Purple flower
- 33 After expenses
- 35 End a shutdown
- 37 Life story
- 40 Scent finder
- 41 — kebab
- 42 Coffee or island
- 43 Dry as dust
- 44 Night crawler
- 47 James or Kett
- 48 Shed one's coat
- 49 Before, in combos
- 51 Twice DI
- 52 Mi. above sea level
- 54 Beads on grass

	1	2	3	4			5	6	7	8	9
10					11		12				
13							14				
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	36						37				38
			39		40					41	
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50				51	52			53	54		
55								56			
57								58			

# Your Birthday

THURSDAY, JUNE 21, 2018

Set boundaries and stick to your budget. Use alternative methods to overcome any problem that challenges you. Keep your emotions under control and use your experience to help you avoid making the same mistake twice. Let go of the past and pursue new opportunities and beginnings.

**CANCER** (June 21-July 22) — Don't get depressed when you should be disciplined in bringing about change. It's up to you to make things happen, so embrace the future and get cracking.

**LEO** (July 23-Aug. 22) — Think about what you say and do before you take action. Hurt feelings will not help you gain popularity or get the support you need to bring about change.

**VIRGO** (Aug. 23-Sept. 22) — A last-minute change of plans will end up being beneficial. Changing your surroundings will give you a boost and the energy to tie up loose ends.

**LIBRA** (Sept. 23-Oct. 23) — A physical challenge will motivate you to put more effort into the way you look and feel. Problems at home should be given time to settle. A day trip is favored.

**SCORPIO** (Oct. 24-Nov. 22) — You'll have a good idea, but make sure it's within your budget before you follow through on it. Simplicity will help to ease your stress. Clutter will slow you down and cause depression.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Elaborate on an idea you have and consider the best way to move forward.

Make sure you have the right to use something that you may have shared with someone from your past.

**CAPRICORN** (Dec. 22-Jan. 19) — A serious approach to partnerships will bring out the pros and cons of certain arrangements. To bring about change, you must discuss the best way to move forward.

**AQUARIUS** (Jan. 20-Feb. 19) — Invest time and energy in yourself. Striving to be your best will also help you bring out the best in someone you love. Don't overreact to negativity; merely adjust and simplify your plans.

**PISCES** (Feb. 20-March 20) — Learn all you can about challenging financial, medical or legal situations to come up with a plan that will ensure that you overcome any dilemma.

**ARIES** (March 21-April 19) — Emotions will escalate if you get into a discussion with someone you work or live with. Listen and respond diplomatically to avoid ruining your plans and day.

**TAURUS** (April 20-May 20) — You may crave change, but not everyone around you will, so present your intentions in a persuasive manner to avoid an argument.

**GEMINI** (May 21-June 20) — Personal improvements are favored. Get into shape or physically move things around to improve your current environment or reconnect with an old friend and catch up. Romance is highlighted.

THURSDAY, JUNE 21, 2018

## You must give him a chance to trip

By Phillip Alder

Jeph Jacques, in his web comic "Questionable Content," wrote, "There are two ways to pass a hurdle: leaping over or plowing through."

At the bridge table, though, sometimes you must give an opponent a chance to trip up; you must not give him a free pass to his contract.

How should East plan the defense in this deal? South is in four spades, and West leads a fourth-highest diamond six.

North has a textbook game-invitational limit raise, showing 10-12 support points (here, 11 high-card points and one shortage point for the doubleton) and eight losers (two spades, one heart, three diamonds and two clubs).

The defenders need four tricks. From East's point of view, these surely must be either three diamonds and one club or two diamonds and two clubs. But how does he know which way to turn?

East takes the first trick with the diamond king (bottom of touching honors when playing third hand high). Then he cashes the diamond ace and looks closely at his partner's card. If it is higher than the six, West must have led from a four-card suit. In that case, East cashes the club ace before leading his

North		06-21-18	
♠	A 9 6 2		
♥	A Q J 7		
♦	J 10 3		
♣	8 5		
West		East	
♠	—	♠ 7 3	
♥	9 3 2	♥ 10 8 6 5 4	
♦	Q 9 8 6 5	♦ A K 4	
♣	Q 7 6 4 3	♣ A 9 2	
South			
♠	K Q J 10 8 5 4		
♥	K		
♦	7 2		
♣	K J 10		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♠	Pass	3♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ 6			

third diamond. Here, though, West follows with the diamond five, showing that he started with five diamonds. Now East must shift to a low club.

Will South guess correctly? Probably not; he will be inclined to think that if West has only the club queen, he might have led that suit at trick one. But if West has the club ace, he would never have led that suit.