

Healthy living group supports Sherbrooke street workers

Record Staff
SHERBROOKE

The Sherbrooke-based non-profit organization Estrie Physiquement Active et en Santé (EPAS) has donated the sum of \$1,700 to the Sherbrooke Coalition for Street Work.

The funds were raised during the EPAS's second edition of La Conquête d'Automne, a race for walkers, runners and cyclists held last fall.

"The revenues generated by the first edition did not allow us to give a donation to the Coalition," said event coordinator David Lepine. "it was only natural that we have reiterated our commitment to it. With a second edition that has grown in popularity, the organizing committee is pleased to be able to support the organization's mission, to intervene with young people in their living environment," he added.

The second edition of the EPAS event attracted 11 per cent more participants than 2016 and the organizing committee was able to count on the support of some 60 volunteers, who greatly contributed to making it a success.

"In addition to having made a financial contribution to a community organization, the second edition allowed EPAS to promote its main objective: to encourage families to stay physically active and healthy," Lepine added. "By offering an affordable and accessible activity, in an unpretentious friendly atmosphere, we want to bring physical activity back to what it needs to be: an opportunity to move around while having fun."

The third edition of La Conquête d'Automne will be held on October 7, 2018, on the Capelton Mine site. Walkers, runners, and cyclists will be offered different courses to enjoy.

Province commits \$26 million to helping preschoolers



GORDON LAMBIE

By Gordon Lambie

Luc Fortin, Quebec's Families Minister, Minister responsible for the Estrie Region, and Member of the National Assembly for Sherbrooke announced \$26 million in financial aid over the next five years for the province's early childhood education centres on Monday. As a part of the "Everything for Our Kids" provincial development strategy for children under

nine, the new funding is meant to help ease the transition of young children in daycare centres into the school system.

"We know that (the start of school) is a period that is often stressful for children as well as for parents," said Fortin, himself a father of young children. "This is a part of our strategy for zero to eight year olds to ensure better educational success."

The Minister explained that the funding is divided into two main parts. The

majority, \$25 million, will be reserved for activities designed to help with getting children prepared for the transition from their daycare centre to a school environment, including things like school visits. The remaining million is for the development of a new obligatory file on each child to be assembled by the educators prior to "graduation." Fortin clarified that the file will not be a digital portfolio or an academic report

CONT'D ON PAGE 4

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Weather



TODAY:
SUNNY



HIGH OF 7
LOW OF 2



WEDNESDAY:
60% CHANCE
OF SHOWERS



HIGH OF 7
LOW OF 0



THURSDAY:
CLOUDY



HIGH OF 6
LOW OF -2



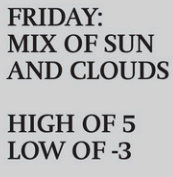
FRIDAY:
MIX OF SUN
AND CLOUDS



HIGH OF 5
LOW OF -3



SATURDAY:
MIX OF SUN
AND CLOUDS



HIGH OF 4
LOW OF -6

Owl's Bread Bakery celebrates 24 years in Potton



THE SCOOP MABLE HASTINGS

The Owl's Bread Bakery in Mansonville takes its name from the Owl's Head Mountain situated near the town. The Bakery is celebrating 24 years in operation in Potton having originally opened its doors for Valentine's Day in 1994. Owners, Chef Denis Mareuge and his wife Agnès Castilloux have attained a quality clientele of followers who dine at the location often changing with each season. Chef Mareuge received his diploma from L'école hôtelière de Lausanne, Switzerland renowned as the best hospitality school in the world, and he along with his wife, Agnès are proud of their many years in the picturesque village of Mansonville.

According to New York Times, Travel Columnist, Marian Burros, the Owl's Bread Bakery "brings one of the best bistro lunches this side of the Atlantic to its customers."

While the name and its reputation would lead one to deduce that bread is the signature creation at Owl's Bread Bakery, there are a plethora of mouth-watering delights available for your taste buds to sample. Croissants, foie gras created from goose liver, duck, cheeses, pastries and more exquisitely served cuisine will leave you eagerly anticipating your

next visit.

After ten wonderful years in Potton, in 2004 the couple opened a second establishment in Magog. This venture was a little less successful due to the astronomical costs of building in the city and the many strict regulations.

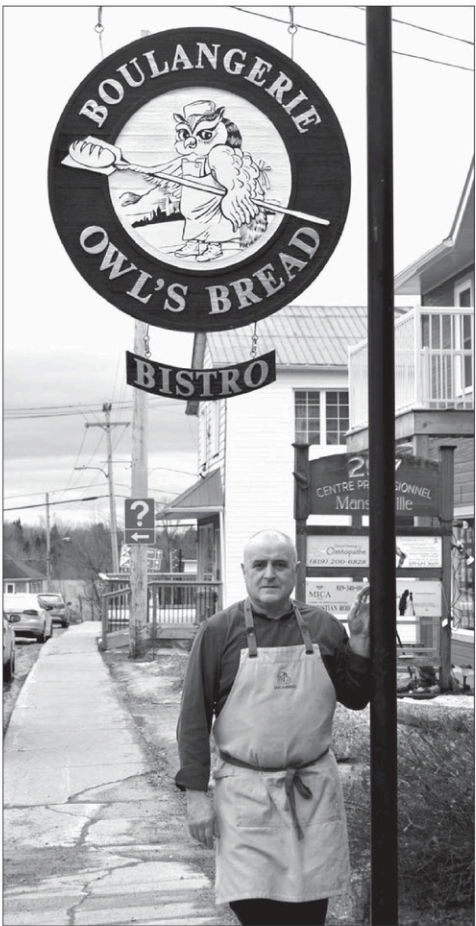
"We ended up selling the building," explained Mareuge. "We have a shop in the 'Carrefour de Santé Globale,' on route 112," he added. "This shop has been doing well."

Owning and operating a business at times means celebrating through the ups and struggling through the downs. Owl's Bread is no exception to this reality but the couple are proud to continue in Mansonville in hopes that with the pending development of Owl's Head Mountain there will be an increase in business and this will enable them to continue to thrive and grow in a community they appreciate and enjoy.

If the crowd gathered this Saturday as a photo was snapped for this article, is any indication, with a line up to the its door, the bakery is a definite stop for all. Some in line were on their way to or from the Owls Head Ski Hill while others were locals stopping for breads and desserts for their weekend dinner plans.

One woman approaching the counter exclaimed, "We are here to treat ourselves to one of those delicious chocolate eclairs after our dinner tonight," only to be urged by another customer offering a random suggestion. "Try the Duchesses cookies, they are to die for!" As the exchange continued and the couple stood contemplating, Agnès stood patiently at the counter waiting for a decision to be made.

If you have not yet visited Owl's Bread it is located at 299a Principale in Mansonville, 450-292-3088. While it is closed on Mondays and Tuesdays, the Mansonville location is open Wednesdays



Chef Denis Mareuge outside their Owl's Bread Bakery location in Mansonville.

and Thursdays from 9am to 5:30pm (open for lunch), Fridays 9am to 7pm open for lunch and supper, Saturdays 8:30am to 5:20pm open for lunch and supper and Sundays 8:30am to 5:00pm, open for lunch but not for supper.

As the hours change depending on the season, it is wise to call or check the website, www.owlsbread.com before visiting the Bistro.

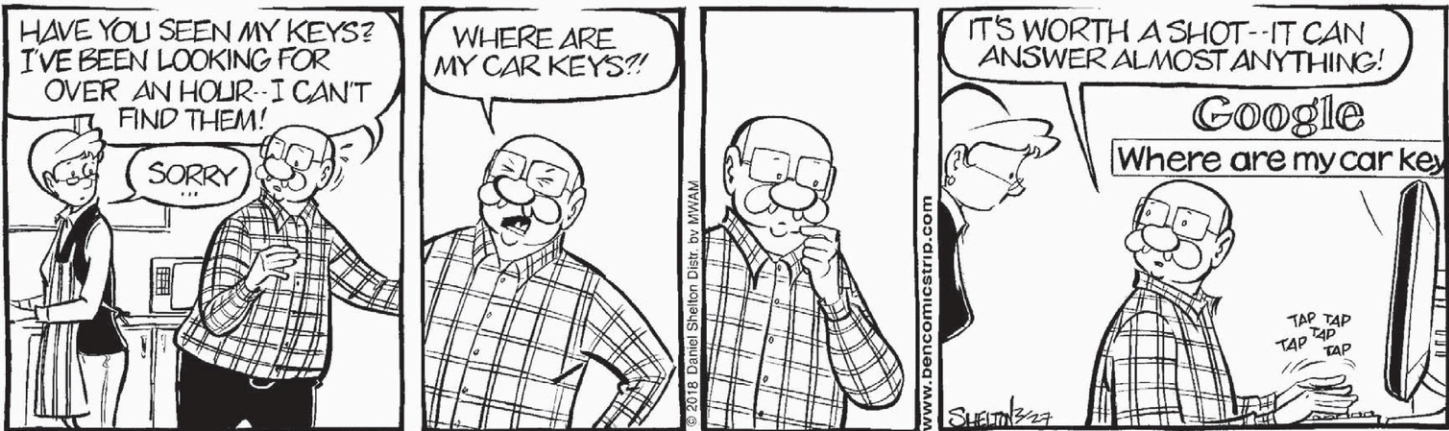


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Ben by Daniel Shelton



LOCAL NEWS

To decide how to best distribute the profits from the show, Musécole contacted the Eastern Townships School Board committee of teachers that organizes the annual board-wide United in Music festival.

Musécole 'Why We Sing' concert raises \$1,800 for music instruments in local schools

By Matthew McCully

On September 30, 2017, ten Townships singers took the stage at Centennial Theatre to share a collection of powerful songs and make a positive impact in their community for Musécole's second annual fundraiser, 'Why we Sing'.

The event raised over \$1,800, making Musécole's two-year fundraising total roughly \$4,200, donated to music programs in local schools.

This year's funds were distributed to Sutton Elementary School to purchase ukuleles and Richmond Regional High School to help with the purchase of electric guitars, amplifiers and drums.

Musécole, a local non-profit organization with a goal of highlighting local talent and supporting music initiatives in Townships schools and communities, was launched in 2016.

The first concert, Back to Graceland, was a Paul Simon Tribute for the 30th anniversary of the release of the Graceland album. Organizer Matthew McCully

realized from the get-go that the concert would require substantial support from the local music community. He enlisted the help of eight-piece brass and percussion group Gräv 'n Brass, The Champlain Choir, members of the BU singers and local dance and percussion school Sankofa, along with a handful of talented local singers.

The concert, held in October of 2016, sold out Centennial Theatre.

Wanting to pay-it-forward to a new generation of musicians, McCully, through Musécole, donated the \$2,400 in profits from the show to Sherbrooke Elementary School to help with the purchase of band instruments. According to music teacher Tracey Rivette, the school was able to buy a trombone and two flutes.

Following the success of its first endeavour, Musécole got to work on another large scale concert highlighting local talent.

The 2017 show Why We Sing included a collection of songs that have been agents of change in the world. They cov-

ered all genres and several decades in music history.

Musécole hand-picked both professionals and up and coming singers to participate in the show, including La Voix contestants Tim Brink, Marie Bélisle and Amos Joannides, local singer songwriter and artist Kate Morrison and Sonia Patenaude, a regular fixture on the local music scene. In the up and coming category were second-year BU student Canda Habonimana, Champlain student Sarah Wells and Ember Gendreau, a Massey-Vanier High School student. Kathryn Owen, a well-kept singing secret in the area, rounded out the featured performers.

Again, the concert was a success, raising \$1,849.

To decide how to best distribute the profits from the show, Musécole contacted the Eastern Townships School Board committee of teachers that organizes the annual board-wide United in Music festival.

The committee suggested that Sutton and Richmond had students and staff

who were itching to get their hands on some new instruments, so Musécole was happy to oblige.

The success of Musécole's first two performances is due in large part to support from the community and sponsorships from local businesses, elected representatives and Townshippers Foundation.

While the end goal of Musécole is fundraising for youth music initiatives, the concerts also shine a light on talented local music professionals and give young performers valuable stage experience.

Buying a ticket to a show or donating to Musécole not only puts instruments into the hands of young locals, it guarantees a fair wage to local professionals and supports local venues.

In the coming weeks, Musécole will announce this year's concert.

Anyone interested in participating in the show or helping with the organization is welcome to get in touch by emailing musecoleproductions@gmail.com.



COURTESY



COURTESY

Memphremagog Police Weekend Roundup

Two DUIs and two identity frauds

Record Staff

Memphremagog Police were kept busy over the weekend, intercepting impaired drivers and dealing with a couple of incidents of providing a false identity.

Just after midnight Saturday morning, police intervened with a man who was drinking wine from the bottle in the center of Ste Marie St. in violation of municipal by-laws and was asked to identify himself in order to receive his ticket. The man gave his brother's name and the police noticed the lie. As it turned out, the

30-year-old man gave a false identity because he had several conditions to respect including a curfew and to refrain from consuming alcohol. He was arrested for breach of conditions and assuming a false identity. He was detained at the police station to appear Monday at the Sherbrooke courthouse.

A little later, at approximately 3:15 a.m. Memphremagog Police officers stopped a vehicle on St-David St. in Magog. The driver, a 30-year-old Magog resident, was arrested for driving under the influence of alcohol in addition to having a driver's license sanctioned for

unpaid fines. At the police station, she failed the blood-alcohol test twice. She was released on a promise to appear in court, and her license was suspended for a period of 90 days. Her vehicle was also seized for 30 days for driving with a sanctioned license.

On Sunday, at around 1:00 a.m. police intercepted a vehicle on Principale St. East in Magog and arrested a 31-year old Ayer's Cliff resident for driving while impaired by alcohol. Brought to the police station, she failed a blood-alcohol test twice. She was released on a promise to appear, with a license suspended for 90

days.

At around 2:30 p.m. police intercepted a man for a Highway Code infraction on Édouard St. in Magog. When asked for identification, the man gave two different birth dates within seconds. When this was pointed out to him, he immediately confessed to having provided a false identity and the 42-year-old Magog man was arrested for obstructing a peace officer. He was also arrested under two arrest warrants from the Sherbrooke Police. He remained detained at the police station to appear Monday at the Sherbrooke courthouse.

Buffet Interculturel looking for volunteers

Record Staff
SHERBROOKE

The Service d'aide aux Néo-Canadiens (SANC) is currently seeking volunteers to help organize the largest multicultural culinary event in the re-

gion, scheduled for May 5.

The organization's Intercultural Buffet is a one-of-a-kind event and everyone can find a role to play, whether in decoration, reception, table service, parking management, exhibitor support, and even equipment transportation. Poten-

tial volunteers are asked about personal preferences and abilities and a place on the diverse volunteer team will be found to suit individual needs.

Those interested in becoming a volunteer for the 2018 Intercultural Buffet must register and participate in one of

the two information sessions.

Information sessions:
Éva-Sénécal Municipal Library, 450 Marquette St., Sherbrooke,
Monday, March 12, 6 p.m.
Saturday, March 17, 1:30 p.m.



RECORD ARCHIVES



RECORD ARCHIVES

Hwy 610 closes section near Duplessis Bridge

Record staff
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The Ministry of Transport is advising the public that work inspecting the Duplessis Bridge in Fleurimont will close parts of highway 610 Wednesday between 1:30 and 5 p.m.

The eastbound lane will be closed to traffic from 1:30 to 3 p.m. followed by the closure of the westbound lane from 3 to 5 p.m.

This schedule could be changed depending on operational constraints and weather.

Magog closes outdoor ice surfaces

Record Staff

The City of Magog is following in the footsteps of nearby Sherbrooke by shutting down its outdoor ice surfaces for the remainder of the season.

Recent weather conditions and the

upcoming forecast of temperatures to come can no longer guarantee the quality of the surfaces of its outdoor rinks, the municipal slides, and the ice trail, putting an end to their use for this winter.

The surfaces will be available again next December.

Helping preschoolers

CONT'D FROM PAGE 1

card but a way to pass along information about student strengths or challenges to schools in advance.

"The file will always belong to the parent and it is their choice to share that information with the school," the minister said, explaining that the point of the tool is to help with early intervention on special needs, rather than to create stigma in the learning environment.

Fortin put an emphasis in his announcement in fostering better communication between the different parties involved in a child's education and upbringing, although he also added that there is a literacy component to the new funding announcement, as well.

"Too many children arrive at school having never touched a book in their lives," he said. "We want these children to be able to develop a greater interest

and love for reading, words, and sentences."

Judith Laflamme, Director of the Centre De La Petite Enfance Le P'tit Gadu, a daycare centre in Sherbrooke's Ascot District, welcomed the announcement even if she acknowledged the fact that it comes with certain questions about what form the new programs will take.

"I cannot say, concretely, how much money it will give us, but we can't be against the idea of reinvesting in early childhood," Laflamme said. "The last few years have been difficult for us so this comes as good news."

The daycare director pointed out that as many children are in daycare centres (CPEs) before they can walk, and thus the transition to a new school can be a difficult one.

"Children develop a strong attachment and sense of belonging with their daycare," Laflamme said, praising the

idea of putting programs in place to help break down the barriers between CPEs and schools to help children transition more smoothly. She said that the funds announced yesterday will likely go primarily into paying for supply staff to help regular educators plan and organize new activities and outings outside of their usual work time, although she acknowledged that there are costs involved in things like trips as well.

"The challenge we face is that our children will be going to many different schools," the director said. "We are in the process of asking parents what school their child will be going to and we will try to make connections between children going to the same places."

Laflamme pointed out that Le P'tit Gadu already has a school transition plan in place and in operation, as well as a report similar to what Fortin's new plan proposes.

"The goal is to give pertinent information to parents," she said, adding that she was happy to hear Fortin say he prepared the plan in consultation with daycare educators from across the province to find out what was already being done.

"In some daycares there is already a program in place, but what we want to see is a program across all of Quebec," Fortin said, acknowledging that the change will be greater at some CPEs than others.

With around 35,000 four year olds currently enrolled in subsidized private or public daycare spots across the province at the moment, the funding works out to approximately \$143 per child per year. The new funding and programs do not apply to home-based daycares, even if they are affiliated with a larger daycare centre.

St-Pierre kicks off the 20th edition of UN simulation

Record Staff
SHERBROOKE

Quebec Minister of International Relations and La Francophonie, Christine St-Pierre, launched the 20th edition of the Simulation of the United Nations General Assembly (SAGNU) of Estrie high schools at the Sherbrooke Golf Club last week. She took the opportunity to highlight the civic commitment of the hundred or so high school students in the Townships who took on the challenge of being a diplomat for a day.

Indigenous peoples and climate change

This year, the young people adopted resolutions concerning the cultural rights of indigenous peoples, as well as the fight against climate change to promote food security. In order to discuss these international issues, the students attended several training workshops prepared by the Carrefour de solidarité internationale (CSI) and the École de politique appliquée at the Université de Sherbrooke, the two organizers behind the simulation.

Simulation of the United Nations General Assembly

SAGNU is an activity created during Québec's International Solidarity Days and is financially supported by the Ministry of International Relations and La Francophonie, the Quebec Association of International Cooperation Agencies, and Global Affairs Canada.

The Carrefour de solidarité internationale (CSI)

The CSI is an international cooperation organization established in Sherbrooke that carries out development projects with communities in the South. It also works to raise awareness among the Estrie public on issues of solidarity and citizen participation.

"Although it's only a simulation, the challenges are real, St-Pierre said. "In addition to allowing these young people to learn about and debate global issues, simulation offers them a realistic experience of commitment and solidarity. It is one of the objectives of the Global Citizenship Education Program to raise awareness among Quebecers of international solidarity in order to identify values and behaviours that contribute to the creation of a more inclusive, sustainable and just world. Who knows, maybe some of these participants could be the diplomats of tomorrow."

Conquer the Health Challenge

Record Staff
SHERBROOKE

Sherbrooke-Ville en santé is inviting people to take simple steps to change their lifestyle. This year, the City is celebrating 10 years of participation in this major promotional campaign and by working in partnership with Sherbrooke-Ville en santé, its vari-

ous partners in the education and health networks, and Cardio Plein Air, and hopes to mobilize young people and families to stay physically active and to eat healthy.

The Health Challenge encourages people to adopt healthy habits such as eating at least five servings of fruits and vegetables a day and exercising at least 30 minutes a day. The initiative also ad-

vocates for the importance of taking a break and restful sleep, as well as taking the time to be grateful for three positive things each day.

Those interested can register from February 22 to March 31, by completing the online form at defisante.ca.

In addition, the public is invited to the "Rendez-vous actif - Défi Santé," which consists of a 60-minute training

session, offered free of charge under the supervision of Cardio Plein Air. The activity, which will be held on Sunday, March 25 in more than 50 cities and boroughs in Quebec, is accessible to all, regardless of age or physical condition. In Sherbrooke, this training will be held at Jacques-Cartier Park between 10:30 a.m. and 11:30 a.m.

Sherbrooke walks for friendship this Saturday

Record Staff
SHERBROOKE

The Force de l'Amitié (Friendship Force) Club of the Sherbrooke region is inviting the public to take part in the 14th annual walk around Lac des Nations on Thursday, March 1 beginning at 6:15 p.m. at the Armand-Nadeau Pavilion in Jacques-Cartier Park. The walk is to mark World Friendship Day, a moment celebrated through the

Friendship Force International (FFI) network.

Under the theme "Art, Friendship and Peace", the event, organized in collaboration with the Service d'aide aux Néo-Canadiens and Destination Sherbrooke, will feature the presence of Mr. Paul Gingues as Honorary President.

Gingues is a Sherbrooke city councillor and chair of the Culture Committee and accepted the invitation, emphasizing: "I deeply believe that the arts, in all

their forms, bring communities together by creating relationships between citizens."

On the program, Gingues will deliver a short speech that will signal the beginning of the march on the Lac-des-Nations promenade. Then, around a cup of coffee, the participants will be asked to continue their exchanges in a festive atmosphere.

A blues duo composed of Robert Daigneault and Joël Savard will provide

music at the event.

The activity is free and open to the public.

The Force de l'Amitié club in the Sherbrooke region is part of a worldwide network of more than 360 clubs in over 60 countries. This walk around the Lake of Nations is an opportunity to remember the importance of friendly connections within the community.

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EDITORIAL

Trump, as with many issues, is both confused and ignorant about global warming.

SCIENCE MATTERS

We can't close our eyes to climate change

By David Suzuki

Contrary to a common perception, ignoring climate change won't make it disappear. Global research going back to 1824 in fields ranging through physics, oceanography, biology and geology have confirmed human activity — mainly burning fossil fuels, raising livestock and destroying carbon sinks like forests and wetlands — is increasing greenhouse gas emissions and causing global temperatures to rise rapidly, putting humanity at risk. Every legitimate scientific academy and institution and every government, except the current U.S. administration, agrees.

Yet the disconnect between that reality and government action to confront the greatest crisis humanity faces is astounding. Nowhere is that disconnect more profound than in the United States, where the attitude is "out of sight, out of mind."

U.S. Environmental Protection Agency Administrator Scott Pruitt, appointed by President Donald Trump, told staff to scrub the agency's website of information about climate change and the Obama administration's Clean Power Plan, aimed at reducing CO2 emissions from power generation. According to Newsweek, "Pruitt ordered edits that would modify search results for 'Clean Power Plan' to link to a page promoting Trump's executive order, with a photo of the president and the EPA administrator posing with coal miners."

That's just one among many moves by the administration to reduce environmental protection and overturn measures to reduce climate change and shift to a clean energy economy. Pruitt has

also suggested climate change might be beneficial!

Trump, as with many issues, is both confused and ignorant about global warming.

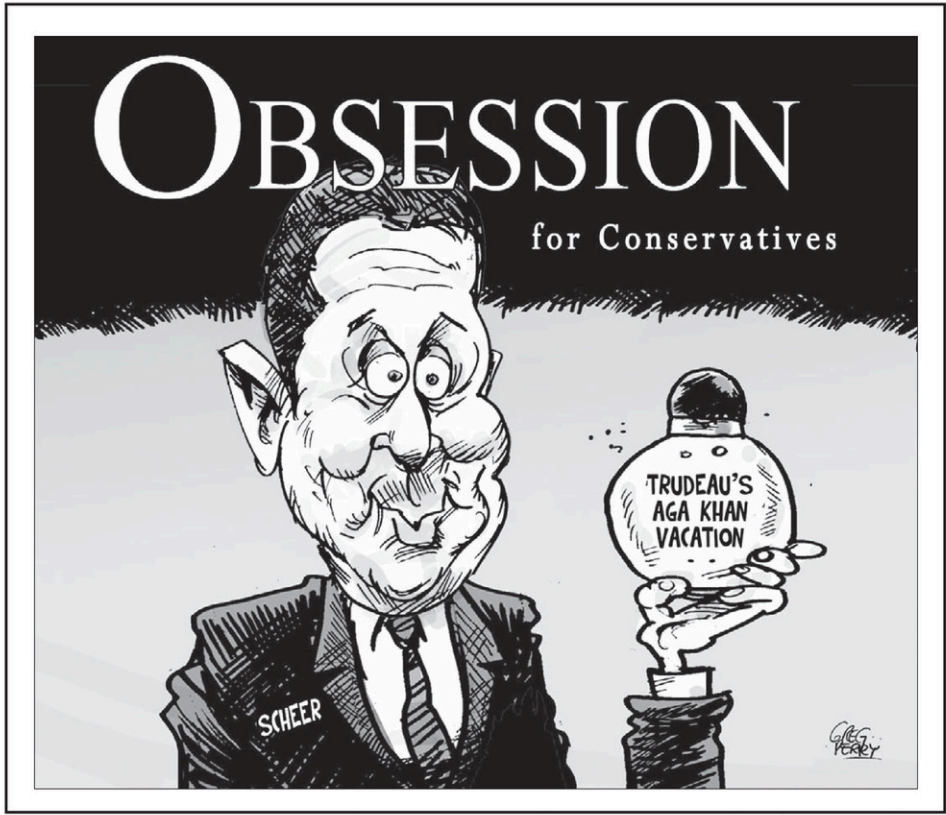
"There is a cooling and there's a heating," Trump told British journalist Piers Morgan in an ITV News interview. "I mean, look, it used to not be climate change, it used to be global warming. That wasn't working too well because it was getting too cold all over the place."

His comment shows the president doesn't understand the difference between climate and weather or the history and basics of climate science.

Although Canadian governments sound more reasonable, their actions demonstrate a similar disconnect. The Alberta and federal governments talk about reducing emissions but somehow believe expanding oilsands production and shipping dirty bitumen around the world to be burned are compatible with their climate plans.

"We need to make sure we're both protecting the environment and growing the economy at the same time," Prime Minister Justin Trudeau told CBC in defending Kinder Morgan's Trans Mountain pipeline expansion, which would triple the amount of bitumen shipped.

The economy and the environment aren't equal considerations. We invented the current economy and can change it, as we often have, when it no longer suits our needs or realities. Demanding constant growth on a finite planet is suicidal. And extracting, processing, selling and transporting polluting, climate-altering fossil fuels isn't the best way to ensure economic prosperity.



The oil and gas sector emits 26 per cent of Canada's greenhouse gases (almost 10 per cent from oilsands) — not including emissions from burning the product! — yet only contributes about five per cent of GDP, with the oilsands contributing about two per cent. The industry employed around 178,000 people in 2017, with fewer than 30,000 in the oilsands. That's significant, but clean tech employs more people, often in more widely distributed, high-paying jobs.

Trudeau's claim that reducing direct oilsands emissions is enough is also disingenuous. Canada isn't on track to meet its commitments under the Paris Agreement, and he ignores the fact that countries buying our bitumen will burn it, further fuelling global warming. Assurances that Canada has adequate plans to protect the B.C. coast from a spill, with an increase in crude oil tankers through Burrard Inlet from 60 to 400 a year, are absurd.

No matter what lengths politicians, corporate interests and others take to

avoid, downplay and obfuscate serious issues around environmental degradation and our economic system's destructive path, we can't deny reality. Studies show we must refrain from burning most fossil fuel reserves to avoid catastrophic warming.

In little more than a century, the human population has more than quadrupled to seven billion and rising, and our plastic-choked, consumer-driven, car-obsessed cultures have led to resource depletion, species extinction, ocean degradation, climate change and more. It's past time to open our eyes and shift to a more sensible approach to living on this small, precious planet.

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

Learn more at www.davidsuzuki.org.

Water pressure could drop in Sherbrooke north today

THE RECORD

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The City of Sherbrooke is advising residents of Sherbrooke north that there could be a drop in water pressure today in a number of homes.

Work on water mains could reduce the water pressure in the quadrilateral formed by Portland, Jacques-Cartier North, Monseigneur-Fortier boulevards, as well as Highway 410. Residents will, however, be able to continue to consume

tap water normally and will not need to boil it.

The pressure drop could occur between 8 a.m. and 6 p.m. During this period, the urban infrastructure department of the City of Sherbrooke will carry out work on the water system to will replace a 400 mm diameter valve at the intersection of Nicholas-Scheib and McCrea Streets. Some homes on Nicholas-Scheib and McCrea will be without water during the work.

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Local Sports

Wheelchair curler James Anseeuw is the oldest Canadian athlete at 58 while Para hockey player James Dunn is the youngest at 17.

Canada to send 55 athletes to Pyeongchang Paralympics next month

The Canadian Press

Canada will send 55 athletes to next month's Paralympics in Pyeongchang, South Korea. It's the largest contingent Canada has ever sent to the Games. Eighteen members of the team are

previous medal winners, including cross-country skier Brian McKeever, who has 13 medals in his collection. Wheelchair curler James Anseeuw is the oldest Canadian athlete at 58 while Para hockey player James Dunn is the youngest at 17. "This is a talented team of strong com-

petitors and we are heading to Pyeongchang looking to be leaders both on and off the field of play," said Todd Nicholson, Canada's chef de mission. "We wish the athletes the best of luck with their final preparations, and encourage everyone across the country to cheer on this group of extraordinary Canadians." Canada will be looking to improve on the 16 medals it won at the 2014 Games in Sochi.

Figure skaters Virtue and Moir among Olympians returning to Canada today

The Canadian Press

Figure skaters Tessa Virtue and Scott Moir are among the Olympians expected to return home today, bringing two sets of gold medals with them. The pair, who captured international

attention at the Pyeongchang Games, is scheduled to land in London, Ont., this evening. Their first-place wins in ice dancing and team figure skating in South Korea brought their total Olympic medal count to five, making them the most decorated

figure skaters in the history of the Games. But in addition to their medal success, they were also some of the most talked about athletes in Pyeongchang. They garnered a new group of fans who swooned over their on-ice chemistry and speculated they might be in a romantic relationship – a rumour the athletes have been denying for years. Canadian athletes are returning home with a record 29 medals this year, finishing third overall in the Games.

Former Impact boss Biello named national team assistant coach and youth director

The Canadian Press

Former Montreal Impact coach Mauro Biello was named assistant coach of Canada's national soccer team and under-23 program director Monday. Biello, a former national team player, will oversee the development of young players and assist head coach John Herdman with the Canadian squad. "Having represented Canada on a number of different levels and having both played and coached with a Canadian professional team, he brings a unique perspective, in-depth experience and a wisdom that will greatly influence Canadian soccer for years to come," Herdman said of Biello in a statement.

Biello played for Canada at the 1989 FIFA U-17 World Cup in Scotland and later played for the senior national team. As a professional player, he set team records for games with the Impact from 1993 to 2009. He then became an assistant coach before replacing Frank Klopas as head coach during the 2015 campaign, leading the Impact to the Eastern Conference final in 2016. He was fired after missing the playoffs last season and replaced by Remi Garde. "It means a lot to me to represent this country," said Biello. "I feel privileged to be part of Canada Soccer's men's national team program and I feel that something special is happening in Canadian soccer."

Gaiters Roll over UConn in Women's Hockey Senior game

Kayla LeTouzel (L'Original, Ont./St. Mary's) tallied six points on seven Bishop's University goals as the Gaiters routed the University of Connecticut Huskies 7-0 on Saturday night in the Jane and Eric Molson Arena in ACHA Division 2 women's hockey. It was seniors' day as Laura Underhill (Kemptville, Ont./St. Michael), Carina Di Tomaso (Montreal, Que./Dawson College), Christine Gauthier (Rouyn-Noranda, Que./Champlain-Lennoxville) and Joyca Vautour-Ouellet were honoured prior to puck drop. Goalie Veronica Todd (Cumberland, Maine) recorded the 17-save shutout.



COURTESY OF BISHOP'S UNIVERSITY



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To help you quit smoking

Death



**Constance Ann
(Robichaud)
ROY**

Constance Ann (Robichaud) Roy, 84, of Saskatoon, Saskatchewan passed away peacefully at home February 12, 2018. Constance was born on April 29, 1933 in South Roxton, Quebec. She spent most of her life living in Lennoxville, Quebec. In 2002 she moved to Saskatoon, SK to be with her children. Her greatest pleasure was received when spending time with her family. She was preceded in death by Lwella Robinson (mother), Wilfred Robichaud (father), Dorothy Nobes (sister), Doris Aldrich (sister), Pearl Newell (sister), Curtis Robichaud (brother), Mary Robichaud (sister). Constance is survived by her children Lorraine (Roy) Nadeau and David Roy. Her grandchildren Chuck, Amanda, Kody, Brendan and Jaylene. Her great-grandchildren Martin, Kendall and Kiyya. She will be dearly missed by George Nadeau, Velmore Smith and many other relatives and friends. Cherish the memories you all have of Connie.

**Cherished Memories Funeral Services
and Crematorium
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PHONE: 306-242-7888**

Rare transient global amnesia mostly affects people over 50



**ASK THE DOCTORS
By Robert Ashley, M.D.**

Dear Doctor: Can you shed some light on transient global amnesia? I was diagnosed with this five years ago (I'm now 71) after my family noticed that I couldn't recall common facts. I had no physical ailment or injury prior to this, and I'm told that the recurrence rate is 1 percent.

Dear Reader: Transient global amnesia is, as the name describes, a short-lived inability to retain new memories. Because the episodes are so sudden, they can be disorienting to all involved.

Afflicted people often repeatedly ask questions about the date, their location or their reason for being there. They can temporarily lose memories from a few hours before the event to, more rarely, up to a year before the event.

Note that such episodes do not affect a person's ability to perform complex tasks such as driving, cooking, lecturing and playing a musical instrument. Nor do the events interfere with self-awareness.

The episodes last, on average, about six hours, but can be as short as one hour or as long as 10 hours. Afterward, a person does not remember anything that transpired during the episode and may even lose some memories formed just before the incident. Although the episodes can be preceded by an acute emotional event, physical activity, or exposure to cold or heat, doctors don't really know what causes such amnesia.

MRIs have shown that the events affect the memory centers of the brain in the temporal lobe and in the hippocampus. Like the symptoms, however, the resulting lesions that develop in these areas are not permanent. Some brain experts suspect that blood flow restriction may be a trigger, but the evidence for this is thin. Another hypothesis, which has more merit, is that a backflow of venous blood is the catalyst; such flows are more likely to affect the aforementioned parts of the brain.

One strong risk factor is psychogenic stress — in other words, a psychiatric condition that produces a physical response. A 2005 study found that people with a history of psychiatric disease or alcohol abuse had three times the likelihood of experiencing transient global amnesia.

The condition typically occurs in people ages 50 to 80 and is diagnosed in one in every 3,500 people over 50 each year in the United States. The peak incidence occurs in those 60 to 65. Men and women are equally affected. Because the symptoms can resemble those of a stroke or a transient ischemic attack, many people mistake the condition for a stroke or TIA. Unlike those conditions, however, transient global amnesia doesn't have a vascular cause, and people who experience it have the same incidence of stroke as the general population. Nonetheless, because of the similarity in symptoms, immediate medical attention is needed to rule out more serious causes.

You mention a 1 percent recurrence rate, but studies have shown the rate to be about 5 percent. This is still very low.

This sudden loss of memory must have been unnerving for you. Please take some comfort in the fact that it's unlikely to happen again.

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

Card of Thanks

KIRBY - The family of the late Dianne Hyatt Kirby would like to thank family and friends for the cards, food, flowers and words of kindness.

**PETER, JENNIFER, FELICIA
AND FAMILY**

Each year, many Canadian women over 40 see their lives shattered by osteoporosis... Please consult your doctor or visit our Web site to learn more.

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Nicole Taillon
Sculpteur

Datebook

TUESDAY, FEBRUARY 27, 2018

Today is the 58th day of 2018 and the 69th day of winter.

TODAY'S HISTORY: In 1837, a group of costumed students paraded down the streets of New Orleans in celebration of Mardi Gras, creating the city's trademark festival.

In 1951, the 22nd Amendment to the Constitution was ratified, limiting presidents to two terms.

In 1973, Native American activists and members of the American Indian Movement occupied the village of Wounded Knee on Pine Ridge Reservation in South Dakota, beginning a standoff with federal marshals that lasted until May 8.

TODAY'S BIRTHDAYS: Henry Wadsworth Longfellow (1807-1882), poet; Hugo Black (1886-1971), U.S. Supreme Court justice; Marian Anderson (1897-1993), singer; John Steinbeck (1902-1968), author; Joanne Woodward (1930-), actress; Elizabeth Taylor (1932-2011), actress; Ralph Nader (1934-), consumer activist; James Worthy (1961-), basketball player; Donal Logue (1966-), actor; Tony Gonzalez (1976-), football player; Chelsea Clinton (1980-), journalist; Josh Groban (1981-), singer-songwriter; Kate Mara (1983-), actress.

TODAY'S FACT: In 1939, first lady Eleanor Roosevelt resigned from the Daughters of the American Revolution when it barred African-American singer Marian Anderson from performing at Constitution Hall. Anderson performed at the Lincoln Memorial instead.

TODAY'S SPORTS: In 1992, 16-year-old Tiger Woods competed in the Nissan Los Angeles Open, becoming the youngest participant in a PGA event in more than 30 years.

TODAY'S QUOTE: "I have come to believe that a great teacher is a great artist and that there are as few as there are any other great artists. It might even be the greatest of the arts since the medium is the human mind and spirit." — John Steinbeck

TODAY'S NUMBER: 1,325 — receptions made by tight end Tony Gonzalez in his 17-year NFL career, second only to Hall of Fame wide receiver Jerry Rice's all-time record of 1,549.

TODAY'S MOON: Between first quarter moon (Feb. 23) and full moon (March 1).

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)

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TOWNSHIPS

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

LENNOXVILLE

Men's general meeting, A.N.A.F. Unit 318, Wednesday, February 28 at 7 p.m. on the main floor. Appointment of Committee Chairs and Co-Chairs.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, March 13 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, March 2 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

Advance notice. The John Luce Memorial Dart and Pool Tournament is back at the A.N.A.F. Unit 318 "The Hut", 300 St. Francis Street, Lennoxville on Saturday, April 7 starting at 1 p.m. This year's proceeds are going to 1st Lennoxville Scouts. The canteen will be open. Entertainment with Black Dog starting at 8:30 p.m.

LENNOXVILLE

Lennoxville Elementary School Benefit Evening, Saturday, March 3, 8:30 p.m. to 1 a.m., at the A.N.A.F. Unit 318 (The Hut), 300 St. Francis, Lennoxville, featuring

Black Dog. All proceeds will go towards the L.E.S. extra-curricular activities. Admission charged. All welcome.

LENNOXVILLE

St. Patrick's Day Coffee Party Fundraiser - Lennoxville Girl Guides. Get your quarters ready! Join us for our St. Patrick's Day Coffee Party fundraiser on Saturday, March 17 from 10 a.m. to 2 p.m. at 6 Church Street, Lennoxville. Come for coffee, tea, finger sandwiches and baked goods; and stay for our Caribou Social, silent auction, door prizes and more! Proceeds will go towards quality programming in Lennoxville. Admission charged, free for children 5 and under.

LENNOXVILLE

Indoor Sale at Hope Community Church, 201 Queen Street, Lennoxville on Saturday, March 10 from 8 a.m. to noon. Information: The Loughheeds 819-563-7750. Proceeds: Cornerstone Food Bank and Hope Community Church upstairs renovations.

LENNOXVILLE

St. Francis Valley Naturalist Club meeting, Wednesday, February 28 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., Lennoxville Borough. Program: Marc Belisle of Universite de Sherbrooke will present the results of a study "Agriculture and pesticides - a dangerous cocktail to swallows?"

MAGOG

St. Paul's United Church Women are holding a Spaghetti Supper on Saturday, March 3 from 5 p.m. to 6:30 p.m., 211 rue des Pins, Magog. Admission charged, children under 5 are free. Gluten free and vegetarian options available. All are welcome.

DANVILLE

The next Country Gospel Hour will be

held on Sunday, March 4 at 2 p.m. at St. Augustine's Anglican Church in Danville. Music will be provided by Dave McBurney and friends. Come and enjoy an afternoon filled with some of you favourite country gospel hymns.

LENNOXVILLE

Lennoxville and District Community Aid are inviting seniors and their families to a public presentation on "Optimizing Seniors' Health Through Food" with Cora Loomis, Registered Dietitian. The presentation will be on March 1 from 2 p.m. to 3:15 p.m. at the Amédée-Beaudoin Community Center, 10 rue Samuel Gratham, Lennoxville. Free admission. For more information please call Community Aid at 819-821-4779.

LENNOXVILLE

The Lennoxville & District Women's Centre would like to invite women in the community to celebrate International Women's Day in style! Join us on Thursday, March 8 (5:30 p.m.) for a Royal Tea Party at the Amédée Beaudoin Community Centre in Lennoxville and enjoy a lovely hot dinner, door prizes, a large silent auction, a photo booth and entertainment! Admission charged (we have some complimentary tickets available for anyone who is on a tight budget.) RSVP by Friday, March 2 by calling 819-564-6626 or e-mailing: info@ldwc.ca.

LENNOXVILLE

Uplands Music Fundraiser on Sunday, March 25, 3 p.m. A spectacular musical presentation given by Daniella Bernstein and Lauretta Altman, two wonderful pianists, in support of the Uplands Cultural and Heritage Centre. Featuring works by Mozart, Schubert and Debussy. Bubbly included. Info or tickets (\$): 819 564-0409. Uplands is located at 9 Speid Street, Sherbrooke

(Lennoxville).

AYER'S CLIFF

The Women of the U.C.W. of Beulah United Church, Ayer's Cliff invite all women to come and help celebrate International Women's Day on Thursday, March 8 at the Church, 967 Main Street. The vestry will be open from 1:30 p.m. to 3:30 p.m. Come have a cup of tea and chat. Bring something interesting that celebrates or pertains to women.

COMPTON

All you can eat Sugar-on-Snow. Sugar shack outing organized by MP Marie-Claude Bibeau and the Federal Liberal Association of Compton-Stanstead. All are welcome to this free event! 1:30 p.m. to 4 p.m., Sunday, March 11, at 170 ch. Couture in Compton. RSVP please: 819-868-7656.

AYER'S CLIFF

St. Patrick's Day Brunch on Sunday, March 11 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. Admission charged. All are welcome.

LENNOXVILLE

The Lennoxville & District Women's Centre invites you to a special OWLS (Outstanding Wise Ladies Sharing) group on Wednesday, February 28 at 2 p.m. Guest speaker: Patricia Tremblay from Familiprix will be discussing gastro-intestinal issues. Join us at Amédée-Beaudoin Community Centre (10 Samuel-Gratham, Lennoxville). Free entrance. For more information, please contact the LDWC 819-564-6626 or info@ldwc.ca

Married but alone

Dear Annie

TUESDAY, FEBRUARY 27, 2018

Dear Annie: My husband and I have been married for almost 30 years. Sometimes I think I don't know him at all. He hardly calls or texts me when at work, but he would call his siblings at any time of the day. He doesn't answer my calls or respond to my texts messages, either. He is often late from work, usually arriving two hours after he's done even though it's 30 minutes away.

I feel isolated and lonely. I'm often perplexed by my husband's reaction whenever I tell him how I feel. Recently, I told him, "I don't think you love me." And he replied, "Go tell your friends that." He isn't happy if I go out for dinner with my girlfriends. He seldom goes out, because I caught him lying once.

I feel trapped and tired in this relationship. What should I do? — Is This Married Life?

Dear Is This Married Life?: Trapped, isolated and lonely — so much sadness in such a short letter. What-

ever is going on with you and your husband, it's clear the status quo isn't acceptable. Partners should not begrudge each other for having dinner with friends or talking often to siblings. It sounds as though you're both stuck in a toxic cycle, and it's going to take an outside force to break you out of it. Ask your husband to attend marriage counseling. If he refuses, seek therapy on your own; websites such as BetterHelp and Talkspace connect patients with health care professionals via video chats, text messages and phone calls, so you don't even need to leave your house to get help. But please, do get help. It could change your life.

Dear Annie: I disagree with your answer to "Doctor Mother," who noticed a lump on her son's girlfriend's neck. My husband, "Bob," was sitting next to his boss, "Roger," who is a doctor and health commissioner. Roger noticed that Bob's neck bumped out when he swallowed. Roger examined Bob's neck while he swallowed again and said to go for a biopsy. It was thyroid cancer in both lobes of his thyroid, which he then had

removed.

A year later, I noticed a lump in my daughter's neck during a visit. She was in her early 20s. She followed my advice and had it checked out. A biopsy revealed cancer in a lymph node that had come from her thyroid. She had the thyroid removed one month later. Had I not insisted, the cancer could have spread even further. I don't even want to think of that possible outcome. Today she is 39 and cancer-free. My husband is also cancer-free.

So my advice for "Doctor Mother" is to speak up and tell her son's girlfriend to get it checked out. Better to be safe than sorry! A lump isn't always a skin condition. It could be a swollen lymph node. — WNY Reader

Dear WNY Reader: You're absolutely right. I should have more seriously considered the stakes. I'm printing your letter to correct the record. Thanks for writing.

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

Branch #15 Richmond Legion Ladies Auxiliary card party

A fun evening of Military Whist was held at the Legion Hall on February 23 with players at 14 tables. A few announcements were made, then play was under way. Too soon all plays were completed and lunch was served. While everyone snacked prizes were given out.

First prize with 26 flags went to Ian and Shirley Smith, Judy and Francis Saffin; second prize was won by 2 tables with 25 flags, table of Bev and Ron Jones and Shirley Noble and Nicole Clark; second table was Norma Morin, Elizabeth Mastine, Thelma Day and Jim

Stevens. Low score, with 12 points was won by Sherley Provis, Willie Leblond, Darlene Beaudet and Dwight Findley.

Door prizes were awarded to Elizabeth Blouin, Wanda Viens, Patsy Biggs, Ron Jones, Darlene Beaudet, Robin Converse, Jacques Dubois, Fernand Lussier, Pat Jackson, Annie Day, Dwight Findlay, Sylvie Morin, Francis Saffin, Collette Pageau, Elizabeth Mastine, Donna Ham, Evelyn Fraser, Mary Paul Pariseau, Hughie Lancaster, Gyslaine Redburn, Marie Cassidy, Larry

Frost, Linda Badger, Mary-Beth Skerry, Joyce Mastine, Willie Leblond, Fran Dewar, Phyllis Patterson and Iona Patrick.

Grocery box was won by Larry Frost. A big thank you to all that help with the lunch, set-up and the clean-up, also to all who donate door prizes. Without your help our card party would not be a success. Thank you to all that come and enjoy our evening. See you again in March. Submitted by Donna Ham

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.

"XIJDVXMT DVVXJI CXGL WEDFTDGXMT
... TDUXKF GLJ CAEVI HJKI D HXG,
XM OJEP JZRXGXKF ... OJEP EJDV...
OJEP MGEAKF." - HAKA

Previous Solution: "In America, I am known as the cuchi-cuchi girl. That's okay because cuchi-cuchi has taken me all the way to the bank." - Charo

TODAY'S CLUE: X sɪnəʒ

REALITY CHECK

HOLLYWOOD STORYTIME:

OKAY, SO HERE'S THE PITCH... TONIGHT'S STORY IS ABOUT A CLOWN WHO RETURNS HOME, BROKE AND BITTER AFTER JOINING THE CIRCUS...

I LIKE WHERE YOU ARE GOING WITH THIS... WHAT IF, AND I'M JUST SPITBALLIN' HERE... WHAT IF HE HAD A WACKY NEIGHBOR?

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HERMAN

HERMAN®

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"It must have been that time your brother brought his portable over!"

ALLEY OOP

FOOZY, WHEN I THOUGHT I WAS DYIN' I DID SOME DUMB THINGS, LIKE GIVIN' AWAY ALL MY STUFF!

2-27

I HOPE YOU'LL UNDERSTAND, BUT I NEED MY HOUSE AND AXE BACK!

YOU NEVER GAVE AWAY YOUR HOUSE? I'M ONLY HERE TO PROTECT MY SPOUSE!

THE AXE COULD BE A PROBLEM, THOUGH! I GAVE IT TO BEAU, MOE AND JOE!

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ARLO & JANIS

IS MY LIPSTICK STRAIGHT?

YES

IN 25 YEARS, MY LIPSTICK HAS NEVER BEEN CROOKED!

YOU WOULD TELL ME IF IT WERE, WOULDN'T YOU?

OF COURSE!

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THE BORN LOSER

WHO CAN COMPLETE THIS OLD PROVERB: "ALL WORK AND NO PLAY MAKES JACK..." WHAT?

HOW ABOUT YOU, WILBERFORCE? MAKES JACK...WHAT?

CRABBY?

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FRANK AND ERNEST

I'M ON A DIGITAL DIET, CUTTING DOWN MY HOURS ON SOCIAL MEDIA.

THAT'S A CONSPIRACY THEORY SITE. YOUR DIGITAL DIET SHOULD ELIMINATE THOSE EMPTY JUNK FOOD CALORIES.

SHOCKING!!

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GRIZWELLS

I CAN'T FIGURE OUT THE PLOT TO THIS STUPID SHOW

YOU DO KNOW WE'RE WATCHING THE WEATHER CHANNEL?

I GUESS THAT EXPLAINS WHY THE STUPID PLOT KEEPS CHANGING

SHHH! SOME SUDDEN BAROMETRIC PRESSURE IS MOVING IN TONIGHT!

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SOUP TO NUTS

ENGLISH, MATH, HISTORY!

WHY DO WE HAVE TO HAVE HOMEWORK, ANYWAY ???

IT'S TO GET US USED TO THE CONCEPT OF UNPAID OVERTIME.

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E-MAIL: classad@sherbrookerecord.com
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035 For Rent

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Dunham, Ladies Guild of All Saint's Church

Seven members of our Guild met on February 6, 2018 to prepare our Church hall for our luncheon, and to hold a short meeting.

We reviewed what we were to bring for the luncheon. Next on the agenda was new business.

February 25 - The annual vestry meeting will take place after the morning church service. The Guild will prepare lunch for the members of our congregation. There will be corn chowder, vegetable soup, cheese, homemade rolls and tasty desserts.

March 29th is Maundy Thursday. An early evening church service will be held on this date. The church members are invited to enjoy supper in the hall. It will be provided by the Guild.

As there was no other business to discuss the meeting was adjourned by Fran Shaw and Claire Hobbs.

Our Guild has been greatly saddened by the loss of a fine gentleman and a dedicated Church members, Arthur Hobbs. Our thoughts and prayers are with Claire, Michael and Jennifer.

Valentine's Soup Luncheon, Dunham

The All Saint's Guild in Dunham celebrated Valentine's with many, many goodies for sale including our own Seville, orange marmalade. There were also fruit pies, fruit breads, chocolates, candied orange peel and meatballs.

Soup and crusty bread was served at noon. A great selection of homemade desserts followed, as well as tea and coffee.

Numbers were drawn for door prizes. June Naylor and Myron Dunn were winners. Elizabeth Howard won a gift basket. Congratulations!

Cards were played in the afternoon. Prize winners there were Georgette Royea, Gerald Copeland, Audrey Dean, Bruce Bockus, Georgette St. Pierre, Janie Trew and Pat Johnson.

Thanks to all of our friends for supporting our endeavours.

Respectfully submitted
Mary LeChasseur

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

2/27

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PREVIOUS SOLUTION

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

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of Canadians
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Your Birthday

TUESDAY, FEBRUARY 27, 2018

Take care of business first to accomplish the most. Wasting energy on trivial matters will hinder you. Strive to put your muscle and enthusiasm in the right places. Stay focused and be determined, innovative and intent on winning.

PISCES (Feb. 20-March 20) — Take good care of your health. Refuse to let anyone fluster you or coax you into an argument. You'll accomplish much if you ignore negativity and meddling.

ARIES (March 21-April 19) — Take part in a regimen, retreat or seminar that will give you greater vision and strength and the courage to do what pleases you instead of continuously trying to please everyone else.

TAURUS (April 20-May 20) — Helping others will bring the highest reward. Get out of the house and volunteer your time, services and knowledge to an important cause. Don't make a fuss. Make your actions count.

GEMINI (May 21-June 20) — Don't trust someone from your past to change and start treating you better. Beware of empty promises and ulterior motives. If you want something done, do it yourself.

CANCER (June 21-July 22) — Give everyone around you space to do his or her own thing. If you don't interfere in other people's affairs, you will be offered the same respect and privilege.

LEO (July 23-Aug. 22) — You will inspire others if you get involved in a team effort.

Anger will mount if someone challenges you. Be ready to make unexpected changes if you want to remain in control.

VIRGO (Aug. 23-Sept. 22) — The changes you want to make will have to be discussed with everyone affected by your plans. Being up-front will help you gain respect and get the go-ahead.

LIBRA (Sept. 23-Oct. 23) — Civil discussions with partners or people you are trying to help should be followed by action. Keep your promises. Positive change will help to keep the peace.

SCORPIO (Oct. 24-Nov. 22) — Stay focused on what you can accomplish and refuse to let emotional situations dictate how you move forward. Stay on top of matters that can influence your income. Take care of business.

SAGITTARIUS (Nov. 23-Dec. 21) — Tend to your personal finances and investments and negotiate on your own behalf. Don't share personal or financial information with others or let anyone pressure you into a joint venture.

CAPRICORN (Dec. 22-Jan. 19) — You don't have to share personal thoughts or information if you don't want to. Don't feel obligated to do so just because someone is pressuring you. Play it safe and avoid interference.

AQUARIUS (Jan. 20-Feb. 19) — Put more time and effort into important relationships to make your life easier. Sharing, comparing and understanding will encourage trust, loyalty and greater stability.

The winning play is tough to find

By Phillip Alder

Alexis de Tocqueville, a French diplomat and historian, said, "In a revolution, as in a novel, the most difficult part to invent is the end."

At the end of this deal, South had an uncomfortable feeling that he could have made six diamonds. Can you see what he needed to do after West led a low trump?

Most Souths at Bridge Base Online opened one no-trump. Then half the Norths surprisingly raised to three no-trump. The others showed some sort of minor-suit hand and ended in a variety of final contracts, including seven diamonds.

One North-South pair was using the weak no-trump, so South opened one diamond. Everyone these days overcalls with that tepid West hand. North might have cue-bid two spades to show a good diamond raise, but so liked her hand that she started with two clubs. Four hearts was a control-bid, and four no-trump Roman Key Card Blackwood.

Declarer covered the trump lead with dummy's eight and captured East's queen with his ace. South cashed two hearts to discard dummy's spade, then led the heart jack, on which West discarded a club. Declarer led the spade king and ruffed West's ace. Then came the club ace and another club, but East

North02-27-18

♠ 2

♥ 3

♦ K J 10 9 8 4

♣ A 10 7 5 2

West

♠ A J 9 7 6

♥ Q 10

♦ 7 3 2

♣ Q 9 6

East

♠ 10 5 4

♥ 9 8 7 5 4 2

♦ Q

♣ K J 3

South

♠ K Q 8 3

♥ A K J 6

♦ A 6 5

♣ 8 4

Dealer: South

Vulnerable: Neither

South	West	North	East
1♦	1♠	2♣	2♠
3NT	Pass	4♦	Pass
4♥	Pass	4NT	Pass
5♥	Pass	6♦	All Pass

Opening lead: ♦ 2

CROSSWORD

Across

1 Actress Swenson

5 Pops out, as a DVD

11 White lie

14 "Little" Dickens girl

15 Golf goof

16 Mined metal

17 Regularly go out (with)

19 Old horse

20 Rip off

21 URL suffix for charities

22 __ time: never

23 Getup for Woody of "Toy Story"

27 Like some consonants, as the nasal "n"

30 Actress de Matteo

31 Press into service

32 Invalidate

35 "The Lion King" lion

38 What "2 + 2 = 4" is an example of

42 "Say cheese!"

43 Spreadsheet info

44 Baton Rouge sch.

45 Unlikely to throw dirty clothes on the floor

47 Word after systems or psycho

50 Preferred way of doing things

54 "__ girl!"

55 __Kosh B'gosh

56 Listless feeling

60 Old electrical unit

61 Front part of a hand tool, say ... and the last word of 17-, 23-, 38- and 50-Across?

64 Emeril exclamation

65 Tarzan and others

66 Like villains

67 Having five sharps, musically

68 Creates anew, as a password

69 Alluring

Down

1 Color printer refills

2 Old hair-removal brand

3 TV show about a high school choir

4 Llama-like mammal

5 Expressive punk genre

6 Good name for a phys ed teacher?

7 Finland's second-largest city

8 Careful

9 Overbearing leader

10 Messy room

11 Group of related type-faces

12 Tehran native

13 Fathered, in the Bible

18 Congeal

22 Accepted the loss, financially

24 Like permed hair

25 "True __": HBO vampire series

26 Constellation bear

27 Watering holes

28 "Sure __ standing here ..."

29 Shrine in Moscow's Red Square

33 Hoppy beer, for short

34 Coup __

36 Big cheese

37 "Sometimes you feel like __ ...": classic candy jingle

39 "Prince Valiant" queen

40 Bring in

41 Hindu princess

46 Traveling acting band

48 Half of all blackjacks

49 Contact __

50 Disney deer

51 Filmmaker Coen

52 Pack animals

53 Bell tower sound

57 Campbell of "Scream"

58 Windows alternative

59 In a lazy way

61 Watering hole

62 Earn after taxes

63 Naval rank: Abbr.

C O P L A T I N T R U C E

A R I A R O M A V A P O R

F I E L D T R I P A N I T A

T O T A L N O E N D

A L A M E D A L S T J U S

N E S S I C E I C E B A B Y

S E R F N A K E D

R I G H T O F C E N T E R

C O S M O I O T A

C U T C O R N E R S L O M A

R E O T E A E Y E E X A M

J E S U S B A N D O

T H R U M S T A G E N A M E

K E A N U E A G E R R E B

O N T O P A G E N T D N A

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69

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