

Glen Villa to open its gardens again

By Gordon Lambie

Open Garden Day, the fundraiser for the Massawippi Foundation organized by Pat and Norman Webster last summer, is coming back next weekend. Planned as a way of offering the public guided tours of the elaborate gardens and art installations in place on the 750-acre Glen Villa property just outside North Hatley, the day-long event will channel funds into the efforts of the foundation to carry out community projects and conservation efforts around Lake Massawippi.

"It was a huge success last year," said Margot Heyerhoff, Chair of the Massawippi Foundation. "We had close to 300 people throughout the day and raised about \$8,000 for the foundation."

The Massawippi Foundation serves as the primary support for the Massawippi Conservation Trust, which holds as its mission the protection of the lands around Lake Massawippi and, in particular, on its western side. According to the Chair, the trust already has 800 acres under its protection, with another 400 likely to come by the end of the summer.

Though the ultimate goal of the foundation and its fundraising is the protection of the natural environment around the lake, Heyerhoff acknowledged that people care most about the environments with which they feel a connection. In order to help build that connection between the local population and the preserved land, the foundation is working on creating hiking trails on the land.

Helped by last year's Open Garden event, the group was able to inaugurate a first length of trail in Scowen Park in the fall. By the end of next month, they plan to open a second loop that will

CONT'D ON PAGE 3

Don't forget about the Free Go



PHOTOS BY MATTHEW MCCULLY

By Matthew McCully

The Record has followed the Frigo Free Go project since it first launched last summer.

The Sherbrooke based program, designed to reduce food waste and support underprivileged communities, has grown from a single fridge to three locations, stocked on a regular basis by more than 100 community partners.

The idea is simple. Anyone with extra fresh fruit and vegetables or other food (not including meat or dairy) is invited to bring it to one of the three Free Go locations. Whatever is in the fridge is available to anyone in need.

The fridges are cleaned and monitored regularly, and several farms in the region regularly bring their extras to the fridges.

During the first three months of the Free Go project, The more than 8,000 pounds of food that was redistributed rather than wasted, according to program coordinators, which translates to a reduction of 9.4 tons of greenhouse gasses, about three or four cars travelling 20,000 km per year.

Unfortunately, the Free Go fridges empty as quickly as they fill. By 2 p.m. on Tuesday, the Wellington Street Free Go was sitting empty.

This is the time of year gardens in the Townships start looking greener and greener by the day. As more and more fresh produce comes into season and is ready to be harvested, The Record would like to remind readers, both those whose harvest is plentiful and those in need of support, about the Free Go fridges located in Sherbrooke.

One of the Free Go fridges is located at the Salvation Army at 12 Wellington South. Another can be found at Cégep de Sherbrooke on the second floor of Pavilion 2. The third Free Go fridge is located at les Serres St-Élie, 4675 Industrial Boulevard.

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SUNNY

HIGH OF 26
LOW OF 16



THURSDAY:
SHOWERS

HIGH OF 21
LOW OF 14



FRIDAY:
CLOUDY

HIGH OF 24
LOW OF 12



SATURDAY:
SUNNY

HIGH OF 24
LOW OF 12



SUNDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 26
LOW OF 13

KEEPING IN TOUCH

Our Stories ebook now in stock!



The long wait is over! The community-crafted anthology, *Our Stories: The Eastern Townships Chapter in Canada's 150-Year Story*, is now available through Townshippers' Association's website and in-office boutique, Townships Expressions!

The *Our Stories* project was launched in 2016 by Townshippers' to mark Canada's 150th anniversary by sharing stories of the influence and role that our community has had on our country's history in a digital book.

Submissions of written and visual work for the ebook were accepted from the public, with entries coming in from individuals across the country who have links to the region.

The entire project, which included a series of free writing workshops held across the region to help aspiring and skilled writers to hone their craft, took nearly nine months with the ebook being officially launched at Townshippers' Annual General Meeting in June.

The final book laces together some of the many stories from the Townships past and offers a glimpse of the perspectives of today.

During the editorial process, the team notice that the submissions, received from Townshippers of all ages, beginner and experienced writers and artists, had important links between them.

"There were those concerned with movement; those with place; those with family; those with work and livelihood; and finally, those that challenge our everyday perspectives," the editorial team explained in the book's introduction. "In a loose and rather intuitive way, we decided to organize this collection of works into five sections: Migrations, Home, Work, Generations, and Reflections. After a great deal of time spent reading, reviewing and editing the sub-

missions, we found that grouping the works in this way added to the appreciation of them. We hope the same is true for you."

Visit

www.Townshippers.org/Canada150 to get a free copy of *Our Stories* with a donation of any amount to Townshippers' Association, or pick up a limited edition *Our Stories* flash drive, pre-loaded with the ebook, for \$10 at either of Townshippers' offices.

Your donation to Townshippers' will help make other community projects possible! Thank you!

The *Our Stories* project has been made possible in part by the Government of Canada and the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities

Share your thoughts on Canada's new food guide

Health Canada is revising Canada's Food Guide to strengthen its recommendations for healthy eating and now it wants to hear from Canadians.

After reviewing almost 20,000 responses from Canadians last fall, the national public health department develop the recommendations for healthy eating, and to identify ways to improve how

they communicate to better meet the needs of different audiences.

Health Canada is again seeking the input of Canadians to finalize their recommendations and develop them into consumer messages, tools, and resources. A new suite of Canada's Food Guide resources will be rolled out beginning in early 2018.

To get involved visit www.FoodGuide-Consultation.ca

Holiday Schedule

Please note that Townshippers' Association's offices in Sherbrooke and Lac-Brome will be closed to the public during the construction holiday from July 23 to August 5, 2017. We will be back to work starting Monday, August 7. We hope you are all enjoying your summer!

For more on Townshippers' Association and our activities, keep reading this weekly column in *The Record* and visit our website www.Townshippers.org. You can also follow us on Twitter @Townshippers and [Facebook.com/Townshippers](https://www.facebook.com/Townshippers). Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen, 819-566-5717, toll-free: 1-866-566-5717, or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll-free: 1-877-242-4421.



TOWNSHIPERS' ASSOCIATION

You can now get your hands on your own copy of *Our Stories*, the first community-created digital anthology from Townshippers' Association. Get your digital download on www.Townshippers.org/Canada150, or visit Townshippers' offices for a limited edition *Our Stories* flash drive with a copy of the ebook installed.

Ben by Daniel Shelton



LOCAL NEWS

According to the federal agency, which compiles all police-reported crimes, the Crime Severity Index (CSI) increased by 1 per cent in Sherbrooke in 2016 compared to 2015 data.

Offenses against children on the rise in Sherbrooke

Record staff
SHERBROOKE

The Violent Crime Severity Index increased by 25 per cent in Sherbrooke in 2016, according to a Statistics Canada survey released Monday. Disturbingly, this increase is mainly due to the significant increase in sexual offenses committed against children.

According to Stats Can analyst Samuel Perreault, there were 113 cases of child sexual abuse in 2016, compared to 56 in 2015 in Sherbrooke. In addition,

the increase in the number of homicides from one to two also accounts for this index increase.

Sherbrooke is the Canadian city with the highest increases in violent crime, second only to Brantford, Ontario, whose index score rose 27 per cent, mainly due to an increase in homicides from one to two between 2015 and 2016.

Although the overall crime rate remained stable in Canada in 2016, it increased by 2 per cent in Sherbrooke. In terms of the Crime Severity Index, it was on the rise for the second year in a row,

Statistics Canada reports. This increase is attributable to an increase in cases of fraud.

According to the federal agency, which compiles all police-reported crimes, the Crime Severity Index (CSI) increased by 1 per cent in Sherbrooke in 2016 compared to 2015 data. The CSI also increased in 2015 after having declined over the previous 11 years.

The Crime Severity Index measures the volume and severity of crime reported to the police. The weight assigned to each offense is based on the incarcer-

ation rate and the average length of prison sentences. The sum of the weighted offenses is then divided by the population. In order to facilitate comparisons, the index was set at 100 for the reference year 2006. It therefore indicates whether the crimes were more or less severe than for the reference year.

The federal agency is also seeing an increase in more serious crime outside Quebec, in Saskatchewan, Manitoba, Ontario and Newfoundland.

Coke importer gets eight years

Record staff
SHERBROOKE

The bundles of money seized from Stéphane Boutin in Coaticook "corresponds in all respects to the methods of organized crime," said police expert who prepared a report on the case of cocaine importation for which Boutin has been sentenced to eight years in prison in a Sherbrooke court.

Boutin was intercepted at the East Hereford border crossing in April 2015. He was arrested by Border Services officers when he entered Canada when his visible nervousness led the officer to

search his vehicle

In June 2016, he admitted to importing 77 kilos of cocaine before Conrad Chapdelaine of the Court of Québec.

The 52 securely-stored packages of cocaine were contained in three large bags with other items including maple flavored cotton candy.

According to the expert report mandated in this case, the cocaine had a value ranging from \$43,000 to \$45,000 per kilo at the time of seizure for a conservative estimated worth of \$3,311,000.

According to report, "the usual remuneration for transporting cocaine from the United States to Canada is \$2,500 per

kilogram, in this case a total of \$192,500." This amount of cocaine is estimated to be worth about \$120,000 per kilogram on the street, according to the Royal Canadian Mounted Police.

The analysis confirms that it is cocaine of purity varying between 64 and 80 per cent, which is considered low and suggests that the drug had been tampered with prior to its seizure.

During a search at Boutin's residence following the seizure at the border, the police had found \$20,000 in Canadian money in a freezer and \$1,180 in a bedside table. The money was packed in bundles of 100 \$20 bills of grouped to-

gether by elastics in the center, while the cluster was held together by elastics placed at the ends to form a stack. The use of rubber bands in those places, packet composition, and cuts indicate that this is the method usually used by organized crime. The \$10,000 packages are compiled in order to facilitate the quick settlement of amounts during a transaction," said the report.

Since Boutin has been detained since his arrest in 2015, the detention on remand has been severed, meaning that he will have to serve another 55 months in prison.

Two arrested for drug-impaired driving

Record staff
SHERBROOKE

Sherbrooke Police arrested two men Monday night for driving while impaired by drugs. The two were intercepted about thirty minutes apart early Tuesday morning.

The first, an 18-year-old man, was ar-

rested at 1300 King St East at around 12:30 a.m., while the second is a 39-year old man whose erratic behavior attracted the attention of a patrol on King Street near Metcalfe.

"The police had reason to believe that they were driving with impaired capabilities," said Sherbrooke Police Service spokesperson Samuel Ducharme.

The two men were brought to the police station where they were examined by an appraisal officer.

"All of our officers have been specifically trained to detect the symptoms of drug use while driving," Ducharme said. "At the station, the appraisal officer has expertise in assessing drug-related symptoms to submit as evidence for criminal

charges."

Arrested drivers are subjected to a questionnaire, coordination tests, a reaction to light test and had to provide a urine sample. "Once the results are obtained, the file will be submitted to prosecutors for criminal prosecution," Ducharme concluded.

Glen Villa

CONT'D FROM PAGE 1

eventually serve as the gateway to trails all across the western ridge of the lake.

"Over the next five to six years there's going to be a 25 kilometre trail along that ridge," the chair said, explaining that the plan is for the initial three kilometer loop to be unveiled on the 20th of August to give way to a collection of trails that will provide an offering for

hikers of all different skill levels.

In order to build that network of trails, however, the foundation needs to raise a large amount of money through events like the garden tours.

This year's tour has been organized a bit differently than the inaugural edition. Based on the popularity of last year's event, participation in this year's tour requires a reservation in advance but, according to Heyerhoff, the tour will take a different approach. Also, in

order to boost the event's success as a fundraiser, the price has also gone up by \$5 to \$25 per person.

Although the foundation and its conservation efforts will benefit from the event, the chair noted that it was and continues to be the initiative of the Websters. She expressed gratitude for the initiative and the support, explaining that projects like the Glen Villa tours are part of what makes the dream of conservation possible.

"If development happened (on the forested lands) it would harm the lake as well as the mountains around it," Heyerhoff said.

More information about the open garden day at Glen Villa and the work of the Massawippi Foundation is available at <http://www.fondationmassawippifoundation.org>



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THE PET CONNECTION




Jen Young

GIANT ONLINE AUCTION!!!!

We are organizing a giant online auction that will begin in two weeks. This auction is designed to help us pay vet costs for 26 upcoming kitten vaccinations and sterilizations. This week and next we will be collecting donated items that can be dropped off at the store, Blue Seal. Items must be:

- 1: Clean
- 2: New or nearly new
- 3: NOT BOOKS, unless an entire line or something that could be in demand
- 4: Small enough to photograph; space

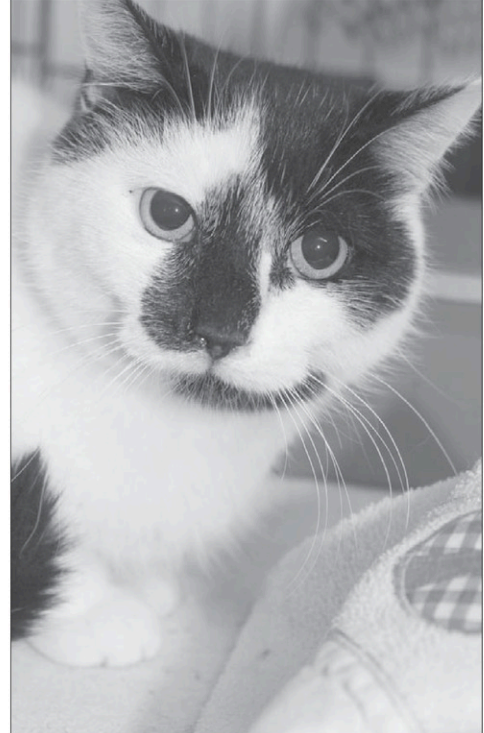
to keep items is limited.

5: Items other people would want to bid on.

The auction will be hosted on Facebook (The Pet Connection Lennoxville) and people will have one week to bid, or outbid, on the items. Once the auction is called, the items that have been won by the last comment on each item, must be picked up at Blue Seal within one week. Collection will take place until August 5th and the auction will begin on August 7th.

Thank you for helping us help them.

We continue to try and find some of our adult cats good homes to make room for 26 kittens that we rescued recently from pounds and shelters who were overfull and going to have to euthanize them to make room. For the next undetermined amount of time, we have altered our adoption donation on our older cats to \$120 and each adoption comes with a free bag of food. If you know anyone looking for a new family member, please direct them to 1730 Wellington South, Sherbrooke. Thank you.



Otis - I have no idea why this big teddy bear is still with us. Well, I assume it is because he is very big and not everyone has space for such a big boy, but they sure are missing out. He is such a good boy. He is good with cats, other dogs and all people and would make a great family member. He is a 4 year old Leonberg mix and he's just waiting for his new family to love. You can see his photo, and all the others ready for adoption, on our Facebook page; The Pet Connection Lennoxville and then you can book a time to come and visit. Thank you.

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.



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Mae Sot education project's first golf tournament fundraiser

By Ocean Francoeur
Special to The Record

Since 2004, the Mae Sot education project has been an integral part of Bishop's University and Champlain College's community. Dedicated to helping refugee and immigrant students on the Thai-Burmese (Myanmar) border, the project has organized a fun, Vegas-style golf tournament to raise funds and keep itself going.

"We need 10 teams to hold the event," said organizer Emily Desormeaux, who has been working with Mae Sot since 2009. "We've been super successful with our sponsors, everything is ready. We just need more people to sign up."

So far, the event has 5 teams ready with a few others that might join in, but Desormeaux hopes for more.

"The golf course wants a minimum of ten in order to close the course to the

public," she explained. "This is the first time we do this. We used to have an annual art auction, but at some point, people have enough art. It wasn't sustainable, so we tried to broaden our horizons. It's kind of our guinea pig. We're hoping to make it an annual thing. It should be a really fun event!"

The 9-hole golf tournament will be held at the Old Lennoxville Golf Club on August 12. It will begin at 2 p.m. with a shot gun start. "There will be many prizes to be won, of course" said Desormeaux, as well as a big celebration at Uplands afterwards. There, according to her, there will be wine and an assortment of foods to snack on, as well as music and dancing.

"There will also be a silent auction," said the organizer. "There will be donations from local businesses and a bunch of Thai and Burmese goods."

The event costs \$75 per golfer, but \$50

of that sum is a tax deductible donation to Mae Sot.

According to Desormeaux, every year the organization sends a group of students to Burmese schools. They have 5 partner schools where the students go, especially to help with English.

"These are people living precarious lives. They are refugees, migrants. They don't often have papers," explained Desormeaux. "We believe in universal access to education. We use English teaching to help students, especially to prepare for their GED exams. That's where we're really useful. Some students have gone on and won scholarships, studied abroad in places like Australia, but we can't take credit for that. These people have incredible force. We try to work with and complement them."

"We work with their curriculum," she said. "We do whatever they want us to do. It's based on their needs. They'll look

at us and say: 'okay, we need someone teaching this at this time.' Then we negotiate based on what we can do."

Desormeaux explained that they mostly work with elementary students, but also help with high school students on occasion. They also sponsor the schools, helping them provide school buses, meals and a place to sleep for students who need it.

"Mae Sot absolutely did change my life," she said of her experience working with the project. "This is not volunteerism. We work on sustainable, long term change. We have no other agenda, but it is undeniable that the project is mutually beneficial. It's an incredible experience."

Interested golf teams must register before Monday August 7. To sign up, contact Emily Desormeaux at em.desormeaux@gmail.com or 819-993-9864.

U.S. senate committee pressures Trump administration on quotas in softwood deal

The Canadian Press

The United States Senate finance committee has increased pressure on the Trump administration to include quotas in a softwood lumber agreement with Canada.

Seven Democratic and Republican senators expressed their demands in a letter sent this week to U.S. Secretary of

Commerce Wilbur Ross and Trade Representative Robert Lighthizer.

In the last agreement in 2006, eastern Canadian lumber producers were subject to quotas ranging from 30 to 34 per cent and tariffs of 2.5 to five per cent depending on the price of lumber.

Western Canadian producers faced no limits but an export tax between five and 15 per cent depending on lumber

prices.

The seven senators also want to be regularly consulted and find out about U.S. proposals before they are presented to Canada.

The coalition representing U.S. lumber producers applauded senate efforts to push for a "fair trade deal."

The framework for a 10-year deal rejected by the coalition would see

Canada's share of the U.S. market gradually reduced to 27 or 28 per cent over several years from its 31.9 per cent share last year, an industry analyst wrote earlier this month.

American negotiators originally proposed a quota of 22 per cent.

Man charged in Lennoxville home invasion

Record staff
SHERBROOKE

Sherbrooke Police have arrested a 22-year old man in a case of home robbery for revenge that took place in

Lennoxville.

The suspect was arrested on Tuesday by the Sherbrooke Police Service for allegedly showing up at an apartment on College Street around 10 p.m. Sunday. Hiding behind a scarf on his face, he is

alleged to have broken into the house and beat the occupant with his fist.

The suspect is apparently friends with the victim's ex-partner.

Charges of breaking and entering to commit a criminal offense, or serious as-

sault, and wearing a disguise for a criminal purpose will be laid against the suspect, who is well known to the police,

Ministry warns of Stanstead border congestion

Record staff
SHERBROOKE

The Quebec Department of Transportation, Sustainable Mobility and Transportation Electrification is ad-

vising motorists that due to reconstruction of the Derby Line Customs facilities by the US government, the road network around the Stanstead border crossing on Highway 55 southbound, could experience significant traffic congestion this

summer, especially during the construction holiday period. The Ministry is asking drivers to exercise patience, caution and to use other routes to cross the border.

It recommends that motorists consult

the warnings in effect on Québec 511 in order to plan their trips and to pay attention to the variable message signs indicating the state of the road network on Highway 55 south to Stanstead.

Loonie soars nearly a quarter of a cent, flirts with 80 cents US mark at close

The Canadian Press

The loonie hit 80 cents US on Tuesday against a weakened U.S. dollar and amid further signs of a strengthening Canadian economy.

Throughout the day, the Canadian dollar bobbed around that mark — a level it hasn't closed at in more than two years — before falling to an average trading

price of 79.92 cents US.

That was 0.23 of a cent higher than Friday's average trading price.

The currency has been climbing since the middle of June, when speculation grew that the Bank of Canada was going to raise its key benchmark interest rate.

The central bank hiked its key interest rate on July 12, its first rate increase since 2010.

On Bay Street, Canada's main stock index pulled back moderately as gold and materials stocks lost ground.

The Toronto Stock Exchange's S&P/TSX composite index was down 54.44 points to 15,128.69.

In New York, the Dow Jones industrial average declined 66.90 points to 21,513.17, the S&P 500 index lost 2.63 points to 2,469.91 and the Nasdaq com-

posite index was up 23.06 points to 6,410.81, a record high.

In commodities, the September crude contract added 57 cents to US\$46.34 per barrel and September natural gas fell eight cents to US\$2.88 per mmbTU.

August gold lost 60 cents at US\$1,254.30 an ounce and September copper was up one cent to US\$2.74 a pound.

EDITORIAL

Winston Blackmore and James Oler were both found guilty of practicing polygamy in a case that has dragged on for decades.

Bells, both wedding and alarm



MIKE McDEVITT

The role of the Courts in civil society is a subject that frequently arises in democracies as, in most cases; the courts are the ultimate arbiters of the rules under which such societies are built. As a general principle, the courts are to be independent of the political process entirely and shielded from the pressures of public opinion so that the rules that govern public behaviour comply with the constitutional arrangements between government and citizens and that they are fairly and equitably applied. Tampering with its role and diminishing its independence represent fundamental challenges to the rule of law – the principle that no-one, regardless of rank or social status is above the law.

Given their pivotal role, the courts are often the targets of rulers who resist the constraints placed upon them by the law and a first sign of a rising despotism is an assault on the integrity and powers of the judicial branch to force it into line with the ideology or agenda of the government in power. The need to impose restrictions on governments – democratically elected or not – is one that is rarely questioned in democratic societies, but is also one that can also lead to outcomes that many people find difficult to swallow.

The recent uproar over the Liberal government's decision to finally bring to an end the legal repercussions from its decision to ignore and deny Omar Khadr the rights guaranteed him by the Charter of Rights and Freedoms is a fine example. That decision stems from a previous Supreme Court ruling that clearly and unequivocally declared the culpability of several Canadian govern-

ments in the sordid case. The Court did not assign any specific remedial action other than to force an extremely reluctant Harper government to live up to its responsibilities. Final accommodation would be settled in a civil court. The Trudeau government decided to settle the case rather than to have the entire sordid story – which does no credit to Canada – re-hashed in a lengthy and embarrassing trial that would most likely have cost the government considerably more money and credibility.

Although the Court's decision on the Khadr case was based precisely on principles to which most people can subscribe, the decision and the subsequent settlement caused a near-unanimous wave of outrage across the country with cries of 'rewarding terrorists' and 'what about the victim?' being echoed from coast to coast. The opposition Conservatives – quick to spot an opportunity – even took their bitterness over the settlement to American cable news networks in an attempt to, well, God knows what they were attempting to do. There is no doubt, however, that the outrage they expressed over the settlement is widely shared – despite the fact that it was clearly the wise, sensible and right thing to do.

South of the border, the rule of law and the independence of the judiciary is being challenged quite directly as the new president is not only prepared to fight for his own interpretation of his Constitutional role but has even openly questioned the legitimacy of judicial independence in the first place. As a man who is incapable of recognizing any legitimate limits to his goals, the current president finds himself completely gobsnacked by his realization that he wasn't elected the 'boss' of America whose will must be blindly obeyed. Longing for the kind of power enjoyed by his admired friends in Russia, the Philippines and Saudi Arabia, the Donald reacts to legal constraints as if the Founding Fathers themselves had secretly conspired with 'Crooked Hillary' to undermine his authority. So far, Trump's crusade against the courts has been mostly defensive bluster, but the



president has hundreds of judicial appointments to fill and we can expect he will do his best to ensure that his appointees are sympathetic to his point of view. The implications of that will far outlast the bombast.

Here in Canada, a decision rendered by the British Columbia Supreme Court on Tuesday also threatens to drive a spike between the public and the courts with a case that could once again divide Canadians along deeply meaningful and personal lines.

Winston Blackmore and James Oler were both found guilty of practicing polygamy in a case that has dragged on for decades. Both men are 'Bishops' in a breakaway Mormon sect and openly admit to having several wives in accordance with the avowed practice of their faith. The case has attracted considerable public interest with tales of spousal abuse, child abuse, and sex trafficking but was argued as a case of religious freedom. In its judgment, the Court relied on Blackmore and Oler's open admission of the facts, but we can fully expect a constitutional challenge on the law itself.

Recent decisions have had a profound impact on the legal implications of marriage and its applicability. When Blackmore's legal struggles began, homosexual relationships were illegal and 'gay marriage' just a pipe dream. The legal age of consent was 14, and the legal rights and obligations between spouses were drastically different. Since then, both attitudes and the laws have

changed and it is extremely likely that they will continue to do so.

The kind of marital arrangements Blackmore (20 wives) and Oler (5) live under have all ostensibly been arranged consensually and, aside from the question of underage girls and intense communal pressure - there is no proof that their 'wives' are being held against their will. In addition, polyamorous relationships are becoming increasingly visible and are taking all kinds of forms. Why, they might argue, are those who follow their faith being persecuted when others merely following their urges are not. Of course, Blackmore and his Fundamentalist Church of Jesus Christ of Latter-Day Saints are not the only ones who allow multiple marriages and while most of us aren't afraid of a bunch of apostate Mormons, many of us are afraid of Muslims and one can anticipate a considerable outcry should an attempt be made to legalize multiple marriages for that particular group.

The question of the law's role in interpersonal relations is not a new one and recent social developments have not simplified the matter in any way. If we assume that the state has the right to decide what kind of commitments we are allowed to make, to whom, and how often, then the question of what principles should guide those decisions becomes paramount. Regardless of how it pans out, we can bet that someone is going to be seriously offended. Rule of Law is like that sometimes.

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.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179

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

SHARON McCULLY PUBLISHER (819) 569-9511
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

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

KNOWLTON OFFICE
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Local Sports

The five-foot-11, 191-pound defenceman has 434 points (96 goals, 338 assists) in 784 regular-season games with the Canadiens, Islanders, Flyers and Penguins.

Montreal Canadiens sign defenceman Mark Streit to one year contract

The Canadian Press

Defenceman Mark Streit is returning to the Montreal Canadiens to a one-year contract.

The Canadiens did not release the value of the deal, but multiple reports claim it's worth US\$700,000.

Streit was selected in the ninth

round, 262nd overall by the Canadiens at the 2004 NHL draft. He played his first three NHL seasons in Montreal before joining the New York Islanders as a free agent.

The 39-year-old native of Bern, Switzerland, split last season between Philadelphia and Pittsburgh, amassing 27 points (six goals, 21 assists), including

13 on the power play. He added two assists in three playoff games to help the Penguins win the Stanley Cup.

The five-foot-11, 191-pound defenceman has 434 points (96 goals, 338 assists) in 784 regular-season games with the Canadiens, Islanders, Flyers and Penguins. He has 15 points (four goals, 11 assists) in 34 playoff contests.

On the international stage, Streit suited up for Switzerland at the world junior championship (1996 and 1997); world championship (1997-2007, 2009, 2012 and 2015); 2016 World Cup of Hockey and the Winter Olympics (2002, 2006, 2010 and 2014).

Canadian swimmer Masse sets 100 metre backstroke record at world championships

By Curtis Withers
THE CANADIAN PRESS

Around this time last year, Kylie Masse might not have pictured herself as a world champion and record holder. That all changed at the 2016 Rio Olympics.

Still riding the momentum from the bronze medal she won at the 2016 Games, Masse roared to victory in the 100-metre backstroke in a world-record time Tuesday at the world swimming championships in Budapest, Hungary. In the process she became Canada's first ever woman world champion swimmer.

Masse powered to the wall in a time of 58.10 seconds, edging the previous long-course backstroke record of 58.12 seconds set by British swimmer Gemma Spofforth at the 2009 world championships in Rome.

"I don't think it's really sunk in yet," Masse said in a conference call Tuesday. "I touched the wall and looked back and had to make sure I was looking at the right name and the right time. I was just super excited. In the moment I don't even know what I was thinking but excitement and joy."

It's been a lot of excitement and joy for Masse over the last year. She followed up her bronze in Rio with silver medals in the 100 backstroke and the 4x100 relay at the 2016 short-course world championships in Windsor, Ont., near her hometown of LaSalle before her record-breaking performance at Budapest's Duna Arena.

While she said she and her coaches have been fine-tuning her technique — she mentioned her starts and turns as key areas of focus — Masse is quick to credit the 2016 Olympics as a turning point. It was a massive success for Canada's women's swim team which won six medals, including four by Toronto teen Penny Oleksiak, and was given The Canadian Press Team of the

Year award for 2016.

"I think it was incredible last summer to be a part of that Canadian team and it really gave us confidence and momentum, and showed we belong on the international stage," Masse said.

The confidence generated from that medal haul allowed Masse to see herself as a champion.

"Definitely before the Olympics I wouldn't have thought that, but after the Olympics I saw that I belong in the final and I belong on the podium, and that all comes with confidence," Masse said.

"This entire year I felt better about my racing and that all helped leading up to the championships."

Kathleen Baker of the United States was second in the 100 backstroke 58.58 seconds and Australia's Emily Seebohm was third in 59.59.

Masse is the first Canadian to hold the 100-metre long-course backstroke record since Wendy Cook in 1974 and the first Canadian record holder in any discipline since Annamay Pierce set the 200-metre long-course breaststroke record in the semifinals of the 2009 championships.

Earlier, American Katie Ledecky breezed to her third gold medal of the world championships, capturing the 1,500-metre freestyle by more than half the length of the pool on her most gruelling night of the meet.

Ledecky touched in 15 minutes, 31.82 seconds — more than six seconds off her world-record pace from

championships in Kazan two years ago, but clearly conserving energy for her second race of the night.

She only has a 49-minute break before returning to the pool for the semifinals of the 200 free.

Having already won the 400 free and 4x100 free relay on the opening day of swimming, Ledecky stayed on course for a record-tying six golds by a female swimmer. This was one of the biggest locks of all, and the 20-year-old was essentially just racing herself as the rest of the field fell far behind.

"It's hard the other 364 days of the year," Ledecky said, barely breathing hard. "It's putting the work in for practice, so when I get to this day of the meet, I can just do it. It's routine. Just get up and know that I have the work in the bank to get up and swim those times."

Lilly King of the United States and Britain's Adam Peaty also broke world records Tuesday.

King eclipsed the four-year-old mark in the 100-metre breaststroke, again beating Russian rival Yulia Efimova with a time of 1:04.13 seconds. The previous record of 1:04.35 was set by Lithuania's Ruta Meilutyte.

Peaty set a pair of marks in the 50 breaststroke, a non-Olympic event. He went 26.10 in the morning preliminaries, shaving 0.32 seconds off the standard he set two years ago in Kazan. He went even faster during the evening semifinals, touching in 25.95.

Five swimming world records have fallen in Budapest.



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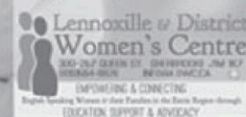
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Death



Lois Medlock BADGER (née Banks)
(1933-2017)

At the BMP Hospital, Cowansville, passed away Mrs. Lois Medlock Badger (née Banks) on Tuesday, July 25, 2017.

Beloved wife of Donald "Cork" Badger.

Mother of Cynthia (Harry), the late Elizabeth (Lu) and Glendon (Cathy).

Also survived by her grandchildren: Matthew (Johanne), Melissa (Andrew), Crystal (René), Jesse, Mary, Anissa. And her four great-grandchildren. Survived by her sister Margaret, her brothers Norman (Barbara), Ernie (Joy), Ronnie (Lynn). Predeceased by her sister Elizabeth (Hugh). She also leaves to mourn her many nieces, nephews, relatives and friends.

Family will receive condolences at Les Résidences Funéraires Besette in Waterloo, Sunday, July 30, 2017 from 7:00 p.m. to 9:00 p.m. and Monday, July 31, from 10:00 a.m., followed by the funeral at 11:00 a.m. in the chapel. Internment will followed at the Fullford cemetery.

In lieu of flowers, donations to the Fullford Community Club, care of Carla Wright at 71 David Rd, Fullford, Lac Brome, Qc JOE 1S0.

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Death



Robert "Bob" Gerald BELL

Robert "Bob" Gerald Bell 92, of Milton, Queens County, formerly of Sherbrooke, Quebec and London, Ontario, passed away peacefully in South Shore Regional Hospital, Bridgewater, on Thursday, July 20, 2017, surrounded by his loving family.

Born in Sherbrooke, Quebec, he was the son of the late William and Annie (Beaton) Bell.

Bob was employed for 45 years at the Bell Telephone Company in Quebec. After retiring he went to work in the funeral industry, first at Cass Funeral Home in Sherbrooke, Quebec and then at Harris Funeral Home in London, Ontario. He was a life member of the Sherbrooke Snow Shoe Club and was a member of the Free Masons, receiving his fifty year jewel. Bob enjoyed stamp collecting and listening to Stuart McLean on the radio. Above all else, Bob was most passionate about his family and spending time with them.

He is survived by daughters, Judith Bell (Jane Rhodenizer), of Milton, Mary Ann Bell (David Bevan), of London, Ontario; son, R. Steven, of Sherbrooke, Quebec; grandchildren, Kristen, Kristopher, William and Andrew; great grandson, Jason.

He was predeceased by his loving wife, Gwendolyn; sister, Shirley.

Cremation has taken place under the direction of Chandlers' Funeral Home, Liverpool. A private family service will be held at a later date. No flowers by request, donations may be made to Lingwick Cemetery, Gould, Quebec or to the Queens Manor Day Program, Liverpool, Nova Scotia.

Death

Marina R. PRIESTLEY (Hughes)

Passed away peacefully at the Wales Home in Richmond, on Friday July 7, 2017 at the age of 80.

Loving wife of the late Douglas Priestley and mother of Karen (Bob Walker) and Michael (Judy). Grandmother to Douglas (Emelie), Shawn (Alicia) and great grandmother to William and Xavier. Loving daughter of the late Harold and the late Mabel Hughes.

Sister of the late Myrtle, the late Dorothy (late Ernest Lockwood), the late Patsy (the late Lloyd Millar), the late Elmer (Jean), Lorna (Lyman), the late Howard and Donald. Marina also leaves to mourn many nieces and nephews, relatives and dear friends. A service will be held at the Wales Home on July 29 at 3:30 p.m. in the main living room, followed by the burial at the South Durham United cemetery.

In lieu of flowers, donations to the Wales Home, Rte 243N, Richmond, QC, JOB 2H0 or to the Heart & Stroke Foundation, 100-2630 rue King West, Sherbrooke, QC, J1J 2H1 would be greatly appreciated by the family.

Rest in Peace

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Death

Phyllis Mary ROLFE (née Charleau)

Peacefully at the Ottawa General Hospital on Friday, July 21, 2017 with her family by her side, in her 77th year.

Beloved wife of the late Henry. Loving mother of Christine (Terry Ladoceur), Donna (Cooch Couture), Marck (Melissa Prince) and the late Gerald (infant). Proud Nanny of 7 grandchildren and Nanny far-far to 7 great-grandchildren. Dear sister of Ruthaline Tincarre (late Edward) and Guy Charleau (Ruth).

Predeceased by her sister Irene Sylvester (late Donald) and her brother Kenneth Charleau (Shirley Gauthrey).

Phyllis will be remembered by many nieces, nephews, relatives and friends.

Visitation will be held at McPhail & Perkins Funeral Home, 85 Munroe Ave. E., Renfrew on Thursday, July 27, 2017 from 10 a.m. to 10:45 a.m. A Memorial Service will follow in the Chapel at 11 a.m. Cremation Inurnment at Crystal Lake Cemetery, Stanstead, QC. In lieu of flowers, donations to the Canadian Cancer Society would be appreciated by the family. Condolences and donations may be made at mcphailandperkins.ca

Today in history

On this date:

In 1603, James VI of Scotland was crowned King James I of England. He then authorized an English translation of the Scriptures, first published in 1611 and known since as the King James Version of the Bible.

In 1788, New York became the 11th state to ratify the U.S. Constitution.

In 1805, an earthquake in Naples resulted in 6,000 deaths.

In 1847, the Republic of Liberia was proclaimed. The country had been established in 1822 through the efforts of several American philanthropic societies which wanted to establish freed American slaves in a colony on the West African coast.

In 1852, the first Toronto Stock Exchange was established by a group of 12 businessmen.

In 1856, playwright George Bernard Shaw was born in Dublin. He died in 1950.

In 1858, Lionel Rothschild, later Baron Rothschild, became the first Jew to be elected to the British Parliament.

In 1869, Britain passed an act to abolish the Anglican Church of Ireland.

In 1875, psychologist Carl Jung was born in Kessevil, Switzerland. He founded analytical psychology and introduced the concepts of introvert and extrovert personalities.

In 1881, the Canadian Pacific Railway was completed as far as Winnipeg.

In 1894, English novelist Aldous Huxley was born.

In 1915, Sir James Murray, editor of the Oxford New English Dictionary, died.

In 1923, Warren Harding arrived in Vancouver to become the first sitting U.S. president to visit Canada. Harding died of a stroke a week later in San Francisco.

In 1936, King Edward VIII unveiled the Vimy Ridge Memorial at the site of the 1917 First World War battle in northern France. The memorial was designed by Canadian sculptor Walter Allward. The monument took 11 years to build. Several thousand Canadians made a pilgrimage to the site for the dedication.

In 1952, Saskatoon's George Genereux, 17, won the Olympic trap shooting title in Helsinki.

In 1958, Prince Charles was proclaimed Prince of Wales by Queen Elizabeth.

In 1982, Karen Baldwin of London, Ont., became the first Canadian chosen Miss Universe.

In 1983, former running back Cookie Gilchrist became the first player to refuse induction into the Canadian Football Hall of Fame.

In 1994, New Democrat MP Svend Robinson was sentenced to 14 days in jail for criminal contempt in connection with a logging protest at Vancouver Island's Clayoquot Sound.

In 1997, at least nine people were killed and 40 injured when a plane crashed into a first aid tent during an air show in Ostend, Belgium.

In 1998, three spectators were killed at the U.S. 500 auto race in Brooklyn, Mich., after a tire hurtled into the stands after a single-car crash.

In 2002, the World Trade Organization ruled against the United States on key points of a softwood lumber dispute with Canada.

In 2005, "Discovery" and its crew of seven went into orbit from Kennedy Space Center in Florida, two years after the "Columbia" space shuttle disaster. They returned safely back to Earth at Edwards Air Force Base in California, ending a 14-day test of space shuttle safety.

In 2010, the Canadian government imposed tougher sanctions against Iran, joining an international campaign to force Tehran to drop a nuclear-weapons program. The sanctions targeted Iran's banking, energy and trade sectors. (In July 2015, world powers and Iran struck an historic deal to curb Iran's nuclear program in exchange for billions of dollars in relief from international sanctions.)

In 2016, Queen's Plate runner-up Amis Gizmo cruised to a convincing 5 1/2-length victory in the 81st running of the Prince of Wales Stakes, the second jewel of the Canadian Triple Crown of thoroughbred racing.



Fig.11

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Math solves problems



Theft of a social circle

WEDNESDAY, JULY 26, 2017

Dear Annie

Dear Annie: My little sister moved to the town where I live a few months ago. My husband and I regularly invite her to hang out with our group of friends, and we have some family here, too, whom we see. She and I have a lot in common, with very similar taste in books and movies and a penchant for talking too much. She's single and more proactive about finding things to do, and she's started cutting us out of social gatherings she plans — with friends she met through us and with our family members — because she says I "overshadow" her. I haven't resorted to singing that "Beaches" song to her yet, but I'm pretty burnt on her trying to leave me out of my own social circle. What should I do? — The Cooler Sister

Dear Cooler Sister: She might be the wind beneath your wings, but she still needs a chance to spread her own. She is new to the area and probably wants to establish an identity outside of just being your younger

sister. That doesn't mean she doesn't love you or want to spend time with you. In fact, I'm sure you're a big part of why she moved there in the first place. Just give her time.

Dear Annie: My heart goes out to the obese stepbrother who was the subject of a recent letter. He has probably been given lots of unhelpful advice and plenty of scorn. Your suggestion to check for an underactive thyroid was not bad, but there is much more he can do.

Many morbidly obese individuals have had amazing success with a ketogenic diet, which allows them to lose weight without experiencing the hunger that typically accompanies low-calorie diets. The old advice to "move more and eat less" sounds sensible, but it rarely works for more than a short time because it requires immense willpower, leaves a person feeling hungry all the time and ruins his or her metabolism.

On the other hand, a well-formulated ketogenic diet, after a few days of adaptation, causes a person to feel quite satisfied and energized. It often normalizes blood sugar, blood pressure and lipid profiles, allowing people to reduce or eliminate medications while losing weight. Because it is high in natural fats, many doctors still advise against it, but that is beginning to change as research and clinical experience show the safety and efficacy of the diet in both the short term and the long term. You would be doing this man, his sister and many others a huge favor if you would mention "keto" (otherwise known as low-carb/high-fat) to your readers. — A Keto Fan

Dear Keto Fan: Thank you for the tip. I was not aware of the keto diet. I encourage curious readers to do their research and talk to their doctors to decide whether it might be a good fit for them.

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

All Saint's Guild – Dunham

The ladies of All Saint's Guild held a Summer Luncheon on July 7. Many people from Dunham and the surrounding towns came to enjoy a selection of delicious salads, topped off by an old fashioned strawberry shortcake (homemade biscuits, and strawberries with whipped cream.)

We are sorry that our president Erma Ten Eyck was not able to be with us. She is in the hospital recuperating from a broken hip.

Our hall looked very summery with tables dressed in light orange and white vases of shasta daisies and lilies were centerpieces on the tables.

Door prizes were donated by the Army Surplus in Dunham. The lucky winners of the plants donated were Mr. Ouellette, and Mr. Gordon Ladd.

Cards were played following the lunch. The following people were prize winners; Sidny Bockus, Denis Brault, Violet, Eileen, Yvon, Sidney and Doug Talbot.

We also missed another member who is ill in the hospital. Get well soon Christine McLaughlin. We miss you!

Thank you to all who supported us, and thanks to all of our volunteers.

Have a great summer.

Respectfully submitted,
Mary LeChasseur

High doses of pain relievers should be taken infrequently

Ask the doctors
By Robert Ashley, M.D.

Dear Doctor: Which pain reliever is safer — acetaminophen, ibuprofen, celecoxib or naproxen? It seems as if they all carry some risks.

Dear Reader: Pain is a symptom to which we can all relate. It's also an important indicator of possible injury within the body and should be acknowledged, not simply by taking medication, but also by understanding the cause of the pain. That said, one person's pain is different than another's, with some people needing greater pain relief.

So, if you need a medication for pain, what should you use? Let's look first at acetaminophen (Tylenol). Acetaminophen has been used since 1955; it is available in multiple products, works well for pain, and is for the most part safe. However, at high doses — specifically, above 4,000 milligrams a day, or eight tablets of Extra Strength Tylenol — the medication can cause liver damage, or even death, especially in those who are malnourished, drink alcohol in excess or consistently take more than 4,000 mg per day. Age is also a factor, as those over 40 have a greater risk of liver failure and death after over-dosage.

Ibuprofen (Advil, Motrin) has been used for pain since 1974. It is one of many medications classified as non-steroidal anti-inflammatory drugs (NSAID). NSAIDs work by inhibiting formation of mediators of pain and inflammation, and they're notably effective at decreasing inflammation in swollen joints related to arthritis.



Naproxen (Aleve) was first marketed in 1976 and works similarly to ibuprofen. But it has a longer half-life, giving it a longer-lasting effect. Both ibuprofen and naproxen decrease the formation of prostaglandins in the stomach. These chemicals produced by the body have hormonelike effects, protecting the stomach lining from acidity. The decrease of prostaglandins can injure the stomach lining, leading

to stomach inflammation, ulcers and possibly severe bleeding.

Celecoxib (Celebrex) is a more selective NSAID and does not decrease prostaglandins in the stomach. This translates into significantly less likelihood of creating ulcerations.

All NSAIDs also reduce prostaglandins in the kidneys, which can lead to kidney injury. This injury becomes worse in people who have a history of chronic kidney disease, who are older, or who have congestive heart failure or cirrhosis.

Lastly, the chronic use of high-dose NSAIDs has been linked to an increased risk of heart attacks. Celecoxib may have a slightly greater risk of this than ibuprofen and naproxen, but a recent New England Journal of Medicine study looking at those who used NSAIDs chronically for arthritis found no difference in cardiovascular events between celecoxib and either ibuprofen or naproxen.

Of the drugs you listed, my feeling is that acetaminophen is the safest when used regularly. However, I would use acetaminophen at no higher doses than 4,000 mg per day and, if you were to use it regularly, I would recommend decreasing this amount to 2,000 to 3,000 mg per day.

The NSAIDs — ibuprofen, naproxen and celecoxib — are needed by some who have inflammatory arthritis, and they are good medications in the short-term. I would caution against consistent long-term use, especially at high doses and especially if you have any history of heart disease.



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CELEBRITY CIPHER

by Luis Campos

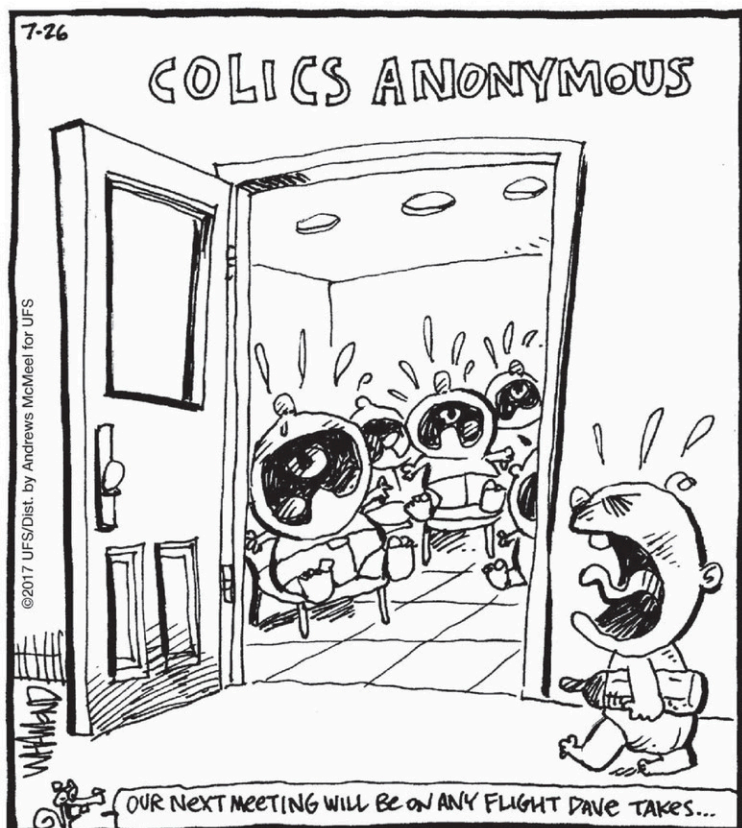
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ ‘LWJU,’ ZNDUX XNPK N UWJ NX, N ZADMAX N JWU NE NX. XDCK. XAXWBBI ZADMAX, WEG MAX WU UYWDKG WU KSKDIHAGI KBUK.” — DNYTWDG GDKIZCUU

Previous Solution: “I grew up watching sci-fi and ... all those creepy old Vincent Price horror movies.” — Jeff Goldblum

TODAY'S CLUE: A sgnbe S

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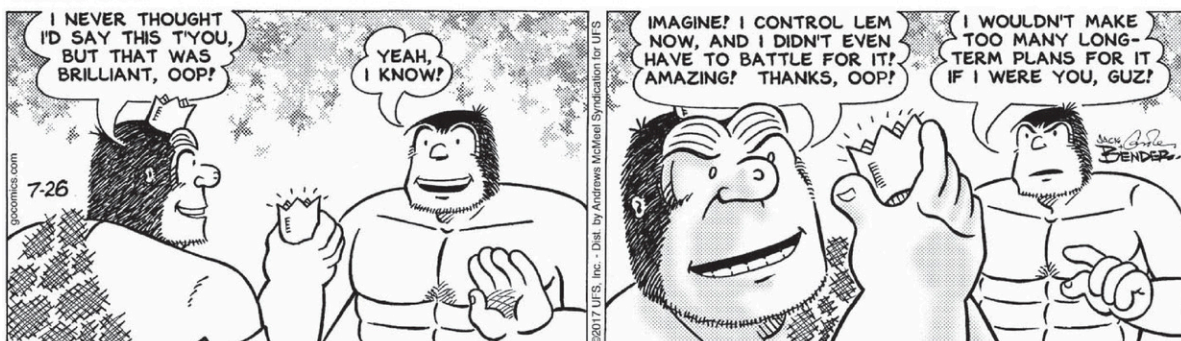


HERMAN



“I don't know what you're eating, but you gave the dog a can of spaghetti sauce!”

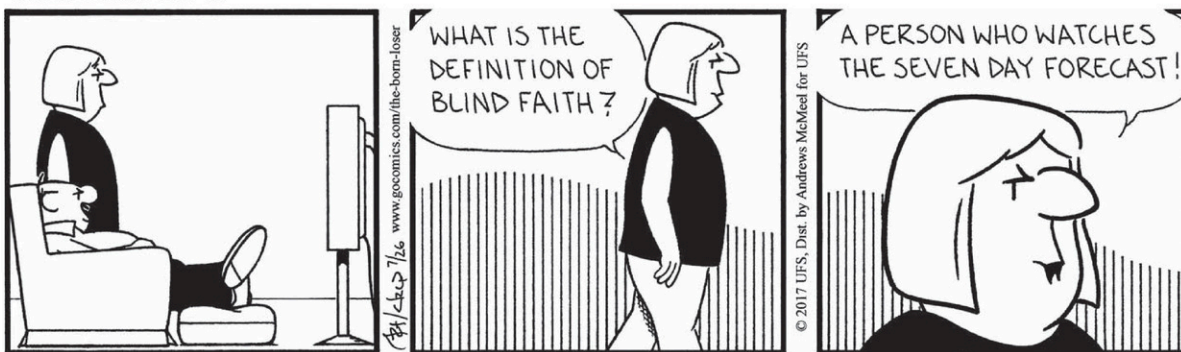
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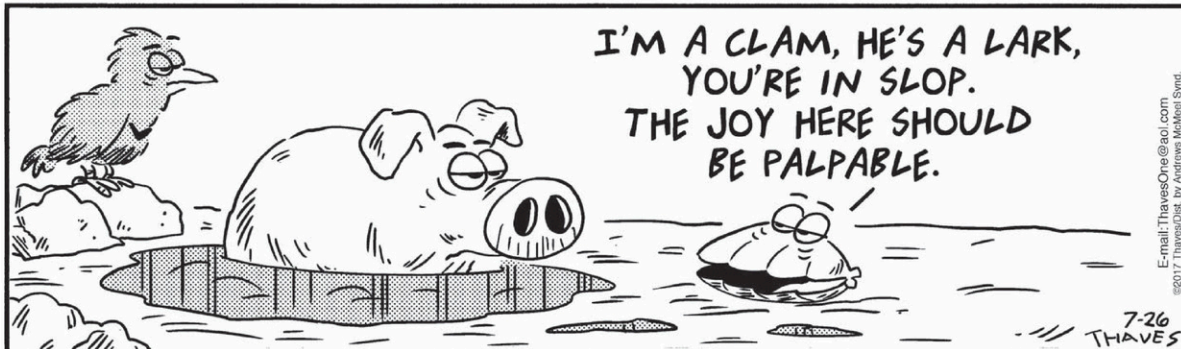
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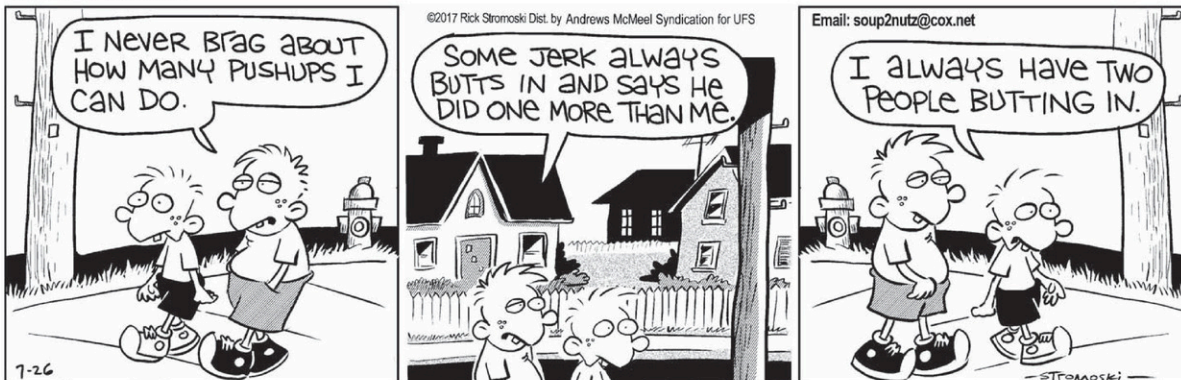
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		5	1					

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PREVIOUS SOLUTION

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

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

Your Birthday

WEDNESDAY, JULY 26, 2017

Keeping an open mind and a practical attitude, along with relying on what you see and hear, will help you do what's best for yourself as well as for those you encounter. Opportunity and happiness come from within. If you do your best, you will feel content.

LEO (July 23-Aug. 22) — Refuse to let anyone take advantage of your helpful nature or manipulate you emotionally. Size up whatever situation you face and offer only what you feel is sufficient.

VIRGO (Aug. 23-Sept. 22) — Keep your facts straight and ask questions if something that someone says sounds suspicious. Being informed will help you avoid making a mistake. Keep your business dealings and your personal life separate.

LIBRA (Sept. 23-Oct. 23) — An emotional issue will arise if you don't agree with a sibling, friend or neighbor. Be careful not to offend anyone or let someone put demands on you.

SCORPIO (Oct. 24-Nov. 22) — Refrain from offering too much. Guard against being taken advantage of by someone you are trying to help. Offer suggestions and advice, but don't do the work yourself or pay anyone's way.

SAGITTARIUS (Nov. 23-Dec. 21) — Communication will be difficult and confusing today. Ask questions if you feel uncertain or think someone is leaving out information you need to make a good decision.

CAPRICORN (Dec. 22-Jan. 19) — Discipline and hard work, along with being relatively quiet about your plans, will help you achieve your goals. Don't let a personal incident slow you down.

AQUARIUS (Jan. 20-Feb. 19) — Think twice before you make a change to your appearance. Behaving excessively or taking an idea too far will turn into a costly affair. Discipline will be required to avoid a risky experiment.

PISCES (Feb. 20-March 20) — Get to the bottom of a situation that is uncertain or confusing. Someone's persuasive tactics will put you in a vulnerable position. Think before you agree to something you know little about.

ARIES (March 21-April 19) — Aim to work hard and play to win. If you do your best, you won't be disappointed with the results. Precision and attention to detail will pay off.

TAURUS (April 20-May 20) — Look for solutions that you know are a good fit. Conservative action will keep you out of harm's way. A business trip will be informative. Learn as you go.

GEMINI (May 21-June 20) — Emotional self-deception and being misled by others are prominent. Don't make a move or a promise until you have facts and figures to back you up.

CANCER (June 21-July 22) — Facts will help you persuade others to do things your way. Anger will not solve problems, but realistic propositions will. A moderate plan and strategy are favored.

WEDNESDAY, JULY 26, 2017

Double fits deliver winners

By Phillip Alder

Winston Churchill said, "True genius resides in the capacity for evaluation of uncertain, hazardous and conflicting information."

Hand evaluation can be a tough subject with uncertain, hazardous and conflicting information — especially if you do not trust the bidding of the other three players at your table. However, there is a reliable guideline: Misfits are miserable; fits are fantastic; double fits are triply delicious.

In today's deal, look at the North hand. You open one diamond, partner responds one spade, and West overcalls two clubs. What would you rebid?

In a tournament, most Norths raised only to two spades, a definite underbid. If you add short-suit points, North gets one for each doubleton — his hand is worth 16 support points, easily enough for a jump to three spades.

However, even after two spades, and three clubs from East, South should have been encouraged by the double fit in the pointed suits. He should have rebid three diamonds. (Yes, if North's rebid guaranteed four-card spade support, South might have jumped to four spades. But three diamonds would have told North about the double fit, an advantage should East-West bid to five

				North		07-26-17	
				♠ A K J 8			
				♥ 5 3			
				♦ Q 10 6 5 4			
				♣ A 2			
West				East			
♠ 3 2				♠ 9 6 5			
♥ Q J 8 2				♥ A K 9 6			
♦ 2				♦ J 9			
♣ K Q J 9 8 3				♣ 10 7 6 5			
				South			
				♠ Q 10 7 4			
				♥ 10 7 4			
				♦ A K 8 7 3			
				♣ 4			
				Dealer: North			
				Vulnerable: Both			
South		West		North		East	
1♠		2♣		1♦		Pass	
				??			
				Opening lead: ♦ 2			

clubs.) In the duplicate, though, 10 Souths passed over three clubs. Then, when North competed with three spades, they all passed again — bad evaluation.

North-South can take an easy 11 tricks in spades or diamonds, losing two hearts. However, when one side has a double fit, so does the other. Five clubs is down only two, which is a good sacrifice over four spades.

CROSSWORD

Across

- 1 Understand, in slang
- 5 Greek liqueur
- 9 Time-traveling TV character
- 14 Strauss of denim
- 15 Hair salon sound
- 16 Setting for much of "Moana"
- 17 Final bio
- 18 "Too bad we have to throw out this uneaten food"
- 20 Asian noodle dish
- 22 Bro kin
- 23 Earl Grey, e.g.
- 24 Shrill barks
- 26 Word with room or center
- 28 Storied
- 31 They may need breaking in
- 36 Bitter-tasting
- 37 Sioux City state
- 38 Doing nothing

- 39 Small IOU
- 40 Muppet who loves this puzzle's four longest answers?
- 41 Astronaut Armstrong
- 42 With perfection
- 43 Blueprint
- 44 Chevy muscle car
- 45 Condition caused by 31-Across, at times
- 47 Snake warnings
- 48 Darling of baseball
- 49 Holey kitchen gadget
- 51 Rooter for the Bulldogs
- 54 Bro or sis
- 56 Bennie's band, in an Elton John hit
- 60 Hurls competitive insults
- 63 D-Day beach
- 64 "I swear!"
- 65 Lotion additive
- 66 One of Emeril's New Orleans eateries
- 67 Test one's metal
- 68 Many a Punjabi
- 69 Was positive

- 21 Listen to
- 25 Ski resort vehicles
- 27 Taiwan Strait vessel
- 28 Trivia quiz fodder
- 29 Blessing preceder
- 30 Prickly shrub
- 32 McGregor of TV's " Fargo"
- 33 "Golden Boy" playwright
- 34 A-listers
- 35 Tennis great Monica
- 37 Iona, for one
- 40 Christmas encouragement
- 44 " __ la France!"

- 46 "Woman in the Mists" subject Dian
- 47 [Snicker]
- 50 "There, there"
- 51 Sicilian World Heritage Site
- 52 Mekong River land
- 53 Misfortunes
- 55 Bikini tops
- 57 Kind of collar or jacket
- 58 Story
- 59 "Pygmalion" playwright
- 61 Bicycle maker turned automotive giant
- 62 __ Baba

- Down**
- 1 Yucky guck
 - 2 First name in country music
 - 3 Roman poet exiled by Augustus
 - 4 Pet product also used for tire traction
 - 5 Disney's Lucky Rabbit
 - 6 Behind the times
 - 7 New Mexico tribe with a Sun symbol
 - 8 Goes (for)
 - 9 Searches for water
 - 10 Color TV pioneer
 - 11 Way to go, per Horace Greeley
 - 12 More than dislike
 - 13 Draft category
 - 19 Conflict with planes

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

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17					18					19					
20				21				22				23			
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60				61				62				63			
64								65				66			
67								68				69			