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THURSDAY, JANUARY 3, 2019

# Sherbrooke company buys Quebec City copier

Record Staff

Sherbrooke printer La Cartoucherie has announced its acquisition of the Clinique du Copieur, a company specializing in imaging and printing solutions in both small and large volumes. Established in Quebec City for more than 23 years, the Clinic du Copieur adds seven qualified people to the La Cartoucherie workforce, which already has 28 employees.

"We are very pleased to welcome the Clinique du Copieur to our team because its profile fits in perfectly with our development strategy," said company President Claude Roussel.

The clients of both entities will now benefit from an expanded portfolio of well-known brand name products and solutions such as Konica-Minolta, Sharp, Lexmark, Kyocera, Hewlett Packard and Square-9. The recognized know-how of the Clinique du Copieur will continue through the extended family of La Cartoucherie. In short, this merger strengthens La Cartoucherie's innovative single-window strategy, which has already been operating a branch in Quebec City since 2001.

The Clinique du Copieur has offered customers a wide range of office solutions that meet multiple needs since 1995. Concerned with a long-standing relationship with a loyal clientele, the company has been able to adapt to the many technological changes of recent years, such as the transition to digital technology and a growth in demand for high-quality color printing.

Founded in 1996, La Cartoucherie specializes in offering innovative solutions that facilitate the management of documents and prints. Its equipment portfolio is made up of a large number of printer models, photocopiers and scanners from well-known brands such as Konica-Minolta, Kyocera and Hewlett Packard. With two branches located in Quebec City and Sherbrooke, the company is well positioned to win the favor of a clientele seeking an unparalleled level of service.

# 2018 in photos:

Some of The Record's favourite photos, month by month



There is a history of ice dams washing away bridges in the Saint Francis Valley, but it is quite a different thing to see the remnants outside the pages of a textbook, as happened last January in Bromptonville.



Every fire is a tragedy, but barn fires clearly strike a chord in the Townships. The fire at Elm Shade Farm on Route 143 in mid February was no exception, 15 dairy cows, seven calves, a dog and several barn cats were lost in the blaze.



In March the Stanstead community mourned the loss of Dr. Gilles Bouchard, who served the border area and beyond for 50 years.



These workers, protesting in Magog for the rights of daycare workers, were among thousands of others who picketed across the region throughout 2018.



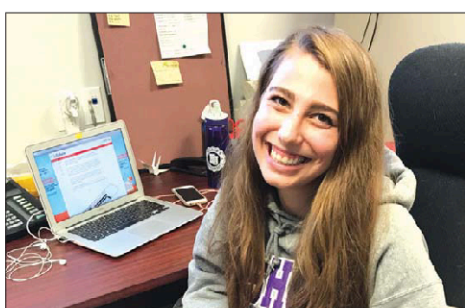
In May the kindergarten class at Waterloo Elementary School held a red carpet premiere for a feature film of their own creation and did some schmoozing with the crowd before the screening.



The Bishop's bridge closure in the month of June caused a range of traffic troubles.



Canada day was a scorcher in 2018, as demonstrated by this young parade participant working hard to stay hydrated.



In August The Record bid farewell to Ocean Francoeur as she finished up her second summer of covering the news of the townships with us.



Former Quebec Premier Philippe Couillard made several stops in Sherbrooke on what could now be considered his farewell tour over the course of the month of September.



Hailed as one of the worst fires in Magog's history, the blaze at 12 Deragon Street in October ripped a hole in the middle of the city's downtown and left a mark on many in the community.



Some images stand out not because of their story, but just because of the subject. "Capitaine America" the cat offers a good example from a cat expo that took place in Sherbrooke in November.



For all the "hard news" that the Record covers in the year, it is the moments when community comes together that really resonate. In December Some 30 friends and neighbours came out to help the Mackeage family continue their 25 year decorating tradition.

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## Weather

**TODAY:**  
LIGHT SNOW  
HIGH OF -6  
LOW OF -8

**FRIDAY:**  
SNOW  
HIGH OF 0  
LOW OF -8

**SATURDAY:**  
SUNNY  
HIGH OF 2  
LOW OF -2

**SUNDAY:**  
60% CHANCE OF FLURRIES  
HIGH OF -3  
LOW OF -6

**MONDAY:**  
SUNNY  
HIGH OF -9  
LOW OF -18

# Alexa, is Ross Murray a doofus?



## ROSS MURRAY

For Christmas our daughter Katie gave me an Amazon Echo Dot, better known as Alexa.

"Katie is no longer my favourite," her mother announced.

It's not so much that Deb hates gadgets; it's that she hates gadgets with me.

She claims - with scant evidence, I might add - that I become absorbed, nay, obsessed with my devices. True, there are times when I can be found with my cell phone, iPad and laptop all in front of me, but that's because different devices offer different features. For example, my Echo? Pretty lights!

Another example, I learned I could turn my Echo into a Bluetooth speaker for the kitchen, something I've wanted for a while. So what if I disappeared into a bubble of research on Christmas Day trying to figure out how to do just that? I think everyone agrees that it's nice to have music in the kitchen not from a tiny sub-par iPad speaker with virtually no range but from a slightly larger sub-par speaker with virtually no range.

One of the things Deb doesn't like is when, say, in the middle of a dinner, I whip out my phone to answer a burning question, like the one Abby had the other night regarding the nutritional value of red peppers. "Why do we need to know right now?" Deb would normally ask. "Because we can," is of course the correct answer, but the correct action, you'll surely understand, is to put the phone away to save my marriage.

But with the Echo, I just yelled across the kitchen, "Hey, Alexa! What's the nutritional value of red peppers?" And then we were subjected to a computer-generated grocery list of potassium, calories, sodium, etcetera per 100 grams of red pepper, which wasn't really the answer we were looking for but all knowledge is useful, right? Even knowledge that loudly interrupts dinner?

Alexa can do all sorts of things. It can give the weather, play games, make appointments, make lists, make my wife roll her eyes. You can even program it to control other devices if you have a smart home. Of course, I don't have a smart home; I have a barely-made-it-through-9th-grade home. But if I did, that would be cool.

What I could do is program it so that when Deb comes down for her coffee, Alexa says, "Good morning, Debbie. Don't forget to marvel at how handsome your husband is today." Next question for Alexa: What's the name of a good divorce lawyer?

Yes, it sometimes feels odd to have this thing talking to me, but I have to remind myself that it only seems intelligent, just like Siri, the voice of Apple, or Bella, the smelly dog of our house. In fact, I decided to put all three to the test:

### What is the meaning of life, the universe and everything?

Alexa: The meaning of life depends on the life in question. 42 is a good approximation. [Clever Douglas Adams reference, Alexa.]

Siri: To think about questions like this.

Bella: [no response]

### Who put the bomp in the bomp-shu-bomp-shu-bomp?

Alexa: Hmmm, I don't know that one.

Siri: Who was that man, I'd like to shake his hand, he made my baby fall in love with me

Bella: [no response]

### Who is smarter, Alexa or Siri?

Alexa: I like all AI.

Siri: Interesting question, Ross.

Bella: [no response]

### Is there a God?

Alexa: People have their own views on religion.

Siri: My policy is the separation of spirit and silicon.

Bella: [no response, though clearly I am her god]

### You want to go for a walk?

Alexa: Hmm, I'm not sure.

Siri: I have everything I need already in the cloud.

Bella: [reluctantly sits up in chair where she's been sleeping all morning and waits until we produce the leash to ensure we're not bluffing]

### Who's a good girl?

Alexa: Here's what I found in Wikipedia. The Good Girl is a 2002 American black comedy-drama film directed by...

Siri: Hmm, I just don't get this whole gender thing.

Bella: [enthusiastic wagging]

### Do you want a treat?

Alexa: While I appreciate great food and drink, my good taste is better reflected in the company I keep.

Siri: I have everything I need in the cloud.

Bella: [further enthusiastic wagging]

### War, what is it good for?

Alexa: Absolutely nothing

Siri: Absolutely nothin'

Bella: [licks self]

Conclusion: Apps and dogs have their pluses, but humans remain the superior intellect. Then again, you just read this entire piece, so...



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## Ben by Daniel Shelton

# LOCAL NEWS

It can still be surprising to remember all of the things that have happened over the course of a given year

## Looking back on 2018

By Gordon Lambie

There's a certain nostalgia that comes with the start of a new year. Even though it is an annual tradition for news media to look back on the stories of the last 12 months, it can still be surprising to remember all of the things that have happened over the course of a given year. Here's a look back at the stories that stand out when I remember 2018.

Last January was an exception to the rule that the year starts out on a quiet note. The month opened with Sherbrooke being in the national news as media converged on the city for the prosecution's closing arguments in the Lac Mégantic Criminal negligence trial. Former Montreal, Maine and Atlantic Railway employees Jean Demaître, Richard Labrie, and Thomas Harding were all acquitted, but only after nine days of deliberations.

The first month of 2018 was also memorable for a bridge washout. On January 12, rising water on the Saint Francis River, combined with the existing ice on the river, carried away a railway bridge and a neighbouring span used for recreational vehicles, leaving only twisted metal and a massive hole behind that took months to repair.

January also marked the month the first of the incumbent Liberal MNAs in the Eastern Townships announced that he would be stepping back from politics. In the wake of the announcement made by Guy Hardy in January, almost every other local Liberal made one of their own such that, by March, only Sher-

brooke MNA Luc Fortin was still in the running for reelection.

In February, Sherbrooke's City Council came under fire from the local business community after the major partner of former Mayor Bernard Sévigny's "Well Inc." redevelopment plan announced it was withdrawing from the stalled project. Mayor Steve Lussier, elected the previous November partly on the promise of reevaluating the plan, stayed positive about the news and later launched a revamped version of the plan entitled "Well Sud." Other than a few businesses opening, others closing, and the opening of an "ephemeral park" on Wellington Street in the summer no major changes have taken place in the Downtown core under the new branding.

In early March the Record was the first to learn of the return of Townshippers' Day thanks to an offhand comment from a member of the Eastern Townships School Board's council of commissioners. The full details of the return, including the event's rebranding as the "Festival des Townshippers Festival" and a partnership with both the Eastern Townships School Board and the regional healthcare establishment, the CIUSSS de l'Estrie - CHUS, were not announced until the end of the month.

In April the country was rocked by the bus crash that killed 16 members of the Humboldt Broncos junior ice hockey team. While the hockey stick and jersey memorials that took place across Canada spoke to the impact the accident had on the country as a whole, it was in an interview with former ETSB Principal Randy MacLean, who is now the vice-

president of the team, that the weight of the events really hit home in the Townships.

May marked the beginning of work on the Bishop's bridge in Lennoxville. After years of concerns voices about the structure of the bridge, the provincial transport ministry began work to stabilize the struggling span. Although the bridge is better for the work that was done, the construction and lane closures cause traffic chaos in the community over the following month.

In June the Bishop's community mourned the loss of Bruce Coulter, the former Athletic Director of the school. Although hearing of Coulter's life and work was memorable in its own right, the story also stands out for its interview with former Assistant Director of Athletics Garth Smith, who would also pass away less than two months later.

The story of the month of July was heat, plain and simple. The region was cooked by high temperatures and the public health department issued special appeals to members of the population to check in on their neighbours, especially those who might be elderly or homebound. Multiple deaths were attributed to complications from the heat across the townships.

Although there is no news on when the work will actually take place, August brought the news that after years of protests and calls for action, Bishop's University plans to install a lighting system and emergency call boxes on the path between the Campus and the Champlain College residences on Winder Street. A representative of the

school said the plan was to install three boxes along the trail at some point in the coming year.

September was a month of political campaigning in the Townships and across the province. With one announcement or another seemingly every day across a coverage area spanning six provincial ridings, it was a busy time in the newsroom. The natural follow-up to that month of campaigning was the news across the province on October 1 that the Coalition Avenir Quebec had been elected as Quebec's new majority party. In The Eastern Townships Francois Legault was one riding shy of his commitment to sweep the region, with Sherbrooke choosing Quebec Solidaire's Christine Labrie.

In November winter stopped by and decided to stay, which was good news for the ski resorts and bad news for municipal road work. While almost all of the Townships ski hills announced early openings, the City of Sherbrooke had to leave two roads that were in the middle of being rebuilt as gravel for the winter after early snowfalls stuck around for good.

December featured the presentation of municipal budgets and end-of-year reports, but it is the reunion of the region's scouting groups for the Lennoxville scout's 100th anniversary that stands out to me the most, on reflection. Chris Drew's effort to share and preserve local scouting history by bringing people together to show off their badges and tell their tales attracted community members from all walks of life.

## Canada man/woman challenge seeking participants

Record Staff

Registration is currently open for the third edition of Lac-Mégantic's Canada Man/Woman Extreme Triathlon, which will be presented on July 7th, 2019. At the close of this edition, athletes from 24 countries, 9 Canadian provinces, and 17 American states will have lined up at the start of this unique challenge.

Lac-Mégantic's Canada Man/Woman challenge is part of the XTRI WORLD TOUR, a series of extreme triathlons that take place around the world. Athletes

enter the waters of Lac Mégantic at dawn for a race against the clock, braving the cold water for 3.8 km before continuing on to complete a 180 km biking section with an elevation change of 2 500 m before finally running 42 km, for the most part along running trails that will take them through the forest. The goal of the event is to reach the summit of Mont Mégantic

The event has impacted the population on many levels. The number of people training in the sports center's pool and in open water has exploded and the number of local athletes participating in the sprint triathlon, presented the day before the Canada

Man/Woman Extreme Triathlon, has greatly increased. Whether it's as athletes, volunteers, merchants, or elected representatives, nearly all Lac-Mégantic inhabitants and those who live nearby are linked to the event in some way.

Winners of the Canada Man/Woman Extreme Triathlon will earn passes to participate in the 2020 Xtri World Championship presented in Norway, during the Norseman. Four (4) chances to participate in the 2020 Norseman will also be drawn among participants.

Registration for the 2019 Canada man/woman challenge is open and 125 spots are available. For more information visit [www.caxtri.com](http://www.caxtri.com)



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# Magog scout leaders honoured

Submitted by Gail Catchpaw

Five members of the 4th Lake Magog Scouts received outstanding service awards from Scouts Canada in the presence of the

Lieutenant Governor of Quebec, Michel Doyon on Saturday, November 24th.

Annie Baron and Lucette Brousseau each received a Bar to the Medal for Good Service in recognition of five years

of service as volunteer leaders for the organization. Louise Courtemanche and Gail Catchpaw were each given the Bar to the Medal for Good Service for 20 years, and Anne Courtemanche was presented with the bar to the medal of merit for continued especially good service over 20 years.

According to Scouts Canada, Outstanding Service Awards are given to Scouters, including youth volunteers, who exceed the requirements and ex-

pectations of their position or role and positively impact the youth and adult members of Scouting with whom they work.

The 4th Lake Magog Scouts have been in operation for over 50 years. In addition to their regular activities, the group participates every year as volunteers in the Operation Nez Rouge Magog drive-home service, with funds received going towards activities for their youth.

In January and February, the scout

group is inviting scout-aged youth in the area to come and try two free meetings. The regular the cost of registration is 80.00. The group holds bilingual meetings at Princess Elizabeth School on Monday evenings from 6 p.m. to 7:30 p.m.

Those looking for more information are invited to call Anne Courtemanche at 819-574-5780.



Annie Baron with Gail Catchpaw



Anne Courtemanche, Lucette Brousseau, Quebec Lieutenant-Governor Michel Doyon, Louise Courtemanche and Gail Catchpaw.

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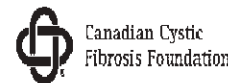
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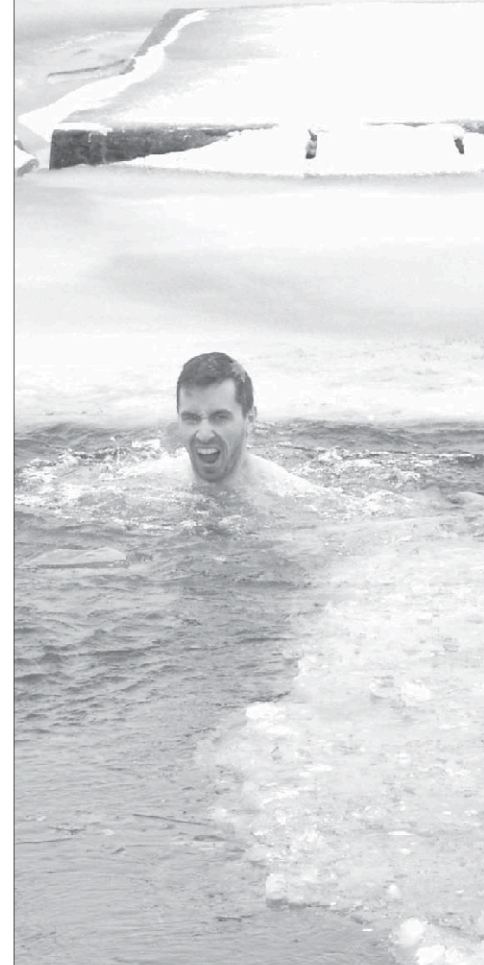
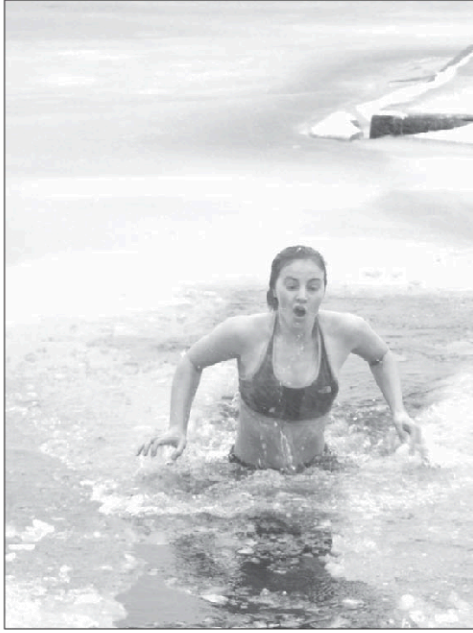
# The Border Report

*It was a balmy one degree Celsius, in stark contrast to last year's minus 25, when only Carleton Monk, Steven Sheeran, and Heidi Monk braved the ice.*

## Annual North Hatley New Year's Day plunge

New Year's Day 2019, and saner heads have not yet prevailed! The annual polar plunge in North Hatley took place at 10 a.m. and eight gutsy souls took to Lake Massawippi, having axed two different holes in the ice the day before. It was a balmy one degree Celsius, in stark contrast to last year's minus 25, when only Carleton Monk, Steven Sheeran, and Heidi Monk braved the ice. This year Carleton and Steven were back, with their friend John. The Robb family was out in force, with John, Alex and David taking the plunge, as well as close friends Jonathan Geary and Simon Vaillancourt. All agreed that it was almost toasty out, as they gathered to egg each other on, but most exits were hasty, with only Carleton and Steven lingering for the full arctic experience.

Submitted by Mary Hill



# EDITORIAL

As this new year gets into gear I know we would all like it if the Canadian dollar went up in value while the cost of gasoline went down and prices for a week in the sunny south were offered at a big discount.

## Here's to a pretty good New Year



TIM BELFORD

Some observant wit once said that the good thing about being a pessimist is that you are so seldom disappointed. I often think about those words heading into a new year when all about me people are cheerfully wishing each other the best for the coming 365 days. I can never quite be sure whether the rosy hopes for the future are a result of the eternal optimism of the human species that poets talk about or the delusions of the doomed-to-be-disappointed.

Let's face it we don't exactly have a great record to fall back on. In the twentieth century for example, every January 1 from 1915 to 1918 and 1940 to 1945 found us involved in a global conflict doing what appears to come naturally to us - slaughtering each other. Same thing for Korea from 1951 to 1953 and this doesn't include Viet Nam, the Sinai, the Congo, Cuba or any of the other "hot spots" that found conflict the order of the day as we embarked on a new year.

Don't get me wrong. Like most of you, I would love to see good things happen. Who wouldn't want the world to get its act together and actually deal with climate change instead of insisting, as U.S. President Harrumph does, that coal doesn't create smoke? Peace in Syria would be nice particularly if it involved Bashar al-Assad being reduced to running a fruit stand on the streets of Aleppo. A change in government in Russia that ends the open season on journalists would also be good, although I'm not holding my breath on that one.

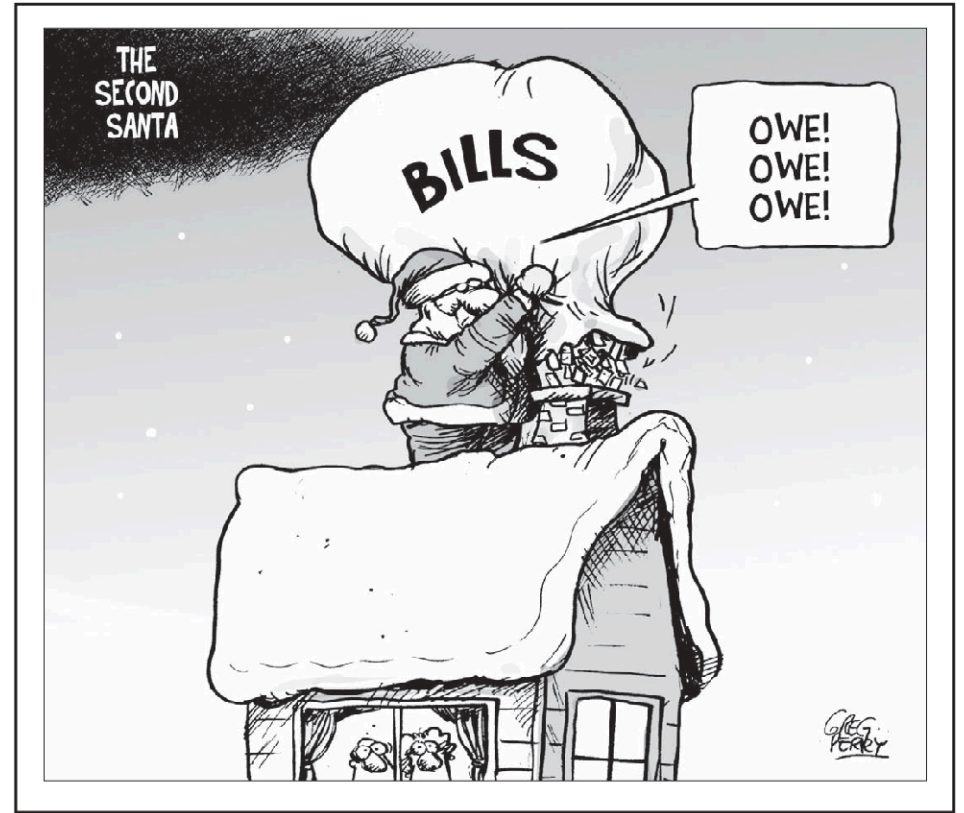
Now that I think about it, maybe the real problem is not hoping for a better world but reining in our expectations. Instead of longing for world peace like

the third runner up in the Miss America pageant, perhaps we should set our sights just a little lower. Democrats in the United States could start by giving up any hope of impeaching Donald Trump, which involves a hazardous, lengthy, potentially nation-splitting process and instead have each Democratic Senator and Representative book a round of golf with The Donald. With the Democrats edge in the House and its minority in the Senate that would keep the President, if he accepts, and you know how he loves to golf, on the links and out of the oval office for the better part of a year.

Closer to home, instead of expecting Prime Minister Trudeau to ink a meaningful trade deal with China or anybody else, or to come to grips with the Alberta oil crisis, why not hope that our leader just gives up his penchant for coloured socks, rolled up sleeves and wearing national costumes. He might not be a global leader but at least he would look the part. While we're at it, although we would all like to see our members of parliament start acting like serious legislators and not the crowd at Montreal Impact game, perhaps we could at least moderate their behaviour by bringing back the idea of giving out detentions for misbehaviour. Having a member cool his or her heels after the session is adjourned while being forced to write "I will not make animal noises while the PM is talking" one hundred times might work.

As this new year gets into gear I know we would all like it if the Canadian dollar went up in value while the cost of gasoline went down and prices for a week in the sunny south were offered at a big discount. It's not going to happen. Why not just save your cash and take a trip this summer to some place in Canada you've never been to? Explore the Gaspé, visit Victoria, have a poutine in Warwick, whatever turns your crank.

All I am trying to say here is that if you must wish for the best in the new year for yourself or for friends, family or complete strangers, do it with the complete certainty that most of it won't hap-



pen. At the same time, if you hedge your bets and settle for a piece of the pie and not the whole plate you could be pleasantly surprised.

## Letters

### Re: "New funding available for dairy farmers", published December 31, 2018

DEAR EDITOR,

I would like to add some clarification to one detail in the story.

Regarding stage one of the application process, (the Dairy Farm Investment Program) will be using a random selection process instead of the first come-first served method which was used in Phase 1. This approach will give all applicants an equal opportunity to have their projects funded from the remaining \$98 million DFIP budget. AAFC will undertake a structured random selection (computer generated) of all project proposals submitted by eligible applicants, rather than rank the projects based on the order in which they are received.

THANK YOU!  
KATIE HAWKINS  
DIRECTOR OF COMMUNICATIONS  
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The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

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# Local Sports

The two teams resume their confrontation next Friday in Windsor at the J.-A.-Lemay Centre this Friday at 8:30 pm.

## Wild help to change luck in final Plessisville game

Record Staff

The holidays are now over and a new year has begun, and the Desjardins Windsor - Wild hope that it will turn the tide in their favour if they hope to climb the standings of the Quebec AAA Senior Hockey League.

After an excellent start to the season when the team led by Simon Robidas had four wins in five games, the Windsor team had only one win in the next eleven games. There are only six games left on the calendar.

This Friday, the Desjardins - Wild will end a series of four matches in as many weeks against the Plessisville Métal Pless. The team led by Samuel Fortier

won two of three games, including last Friday's game in Plessisville, which ended with general brawl.

The two teams resume their confrontation next Friday in Windsor at the J.-A.-Lemay Centre this Friday at 8:30 pm.

Both Marc-André Leblanc, of the Metal Pless, and André Thibault, of the Desjardins - Wild, are suspended for Friday's game following last week's altercation.

On Saturday, the Desjardins - Wild will visit Climatisation Cloutier in Cap-de-la-Madeleine, who are in a battle with Louiseville's Bellemare for LHSAAAQ positions 2 and 3 while Windsor is ninth with just 13 points.



Last week's game ended in a general scuffle

(COURTESY)

## Montreal Canadiens goalie Carey Price ready to return from lower body injury

The Canadian Press

Montreal Canadiens star goaltender Carey Price is expected to return to the lineup on Thursday night against the visiting Vancouver Canucks.

But after missing the past three games with a lower-body injury, it's not certain whether Price will start or back up Antti Niemi.

"I'm going to see how things go (Wednesday night) and see how I recover going into (Thursday)," Price said after returning to practice on Wednesday. "If everything goes well, I'd imagine playing."

Price, whose wife gave birth to their second daughter last week, said he suffered the injury about seven weeks ago, but played through the pain until the Canadiens' three-game road trip to

Florida, Tampa Bay and Dallas.

"I'm feeling pretty good," he said. "Obviously, it's nice to get some time off and get things settled down and start feeling normal again."

The Canadiens went 2-1 on the road swing with Niemi in net for all three games.

With Price ready to return, the Canadiens sent goalie Michael McNiven back down to AHL Laval.

"It's more about (Thursday), how he's going to feel (Thursday)," Canadiens coach Claude Julien said. "That's the big question. At this stage, what I'm being told, worse comes to worse he could always be a backup goaltender (Thursday) ... The bottom line is after one practice and having just finished it, I can't stand here and say he's my goalie (Thursday)."

## Ovechkin to skip NHL All Star Game, be suspended 1 game

The Associated Press

Alex Ovechkin will skip the All-Star Weekend in San Jose to get some extra rest and serve an automatic one-game suspension.

The Washington Capitals announced Ovechkin's decision Wednesday. The team says the NHL's leading goal-scorer

wants to take advantage of the adjoining bye week to prepare for the second half of the season.

"My body needs a rest," Ovechkin said after practice on Wednesday. The 33-year-old has played in all 33 games this season and leads the Capitals with 45 points.

Washington's final game before the

All-Star break is Jan. 23 at Toronto. The All-Star game is Jan. 26, and the Capitals don't play again until Feb. 1 against Calgary.

Deputy Commissioner Bill Daly confirmed Ovechkin must miss either the game before or after the All-Star break. The NHL recently instituted an automatic one-game suspension for players

who chose not to participate in All-Star Weekend, except in cases of injury.

Fans voted Ovechkin, the reigning playoff MVP, as the captain of the Metropolitan Division All-Star team. It's not clear who would take over the spot, though the NHL's hockey operations department chooses the remaining All-Stars.

## Reports: former Blue Jays shortstop Troy Tulowitzki signs with Yankees

The Canadian Press

Troy Tulowitzki is reportedly joining the New York Yankees.

Media reports late Tuesday night said the former Blue Jays shortstop had agreed to a \$550,000 league-minimum deal with the Yankees for the 2019 sea-

son, pending a physical.

Toronto released Tulowitzki, a five-time all-star, last month with two years remaining on his contract. The Blue Jays owe the oft-injured shortstop the US\$34 million that's left on that deal.

The 34-year-old Tulowitzki was kept out of the Blue Jays lineup for the last season and a half after a serious ankle in-

jury and surgery to both heels.

He first joined Toronto from the Rockies in a July 2015 trade orchestrated by then-GM Alex Anthopoulos, who made a number of trade deadline moves that propelled the Blue Jays' return to the playoffs for the first time in 22 years.

Tulowitzki also helped the Blue Jays reach the American League Champi-

onship Series for a second straight year in 2016, batting .462 with five RBIs in Toronto's three-game sweep of Texas in the AL Division Series.

Over 12 seasons with Toronto and Colorado, he has a career batting average of .290 with 224 home runs and 779 runs batted in.

**Death**



**Penny Hodge MATTHEWS (1958-2018)**

It is with great sadness that we announce the passing of Penny Ann Hodge Matthews in

Madison, Wisconsin on December 30, 2018.

Wife of Garnet Matthews (formerly of Cookshire-Eaton). Daughter of Doreen Fearon and the late Lomer Hodge. Cherished mother of Victoria (Mathew Bollig) of WI. Daniel (Lisa) of WI, Kimberly (Mark) of Iowa and Stephanie of WI. Loving grandmother to Summer, Mathew, Nathaniel, Autumn, Victor and Winter and great-grandmother to Zora. Siblings: Peter (Jo-Ann) Peggy Grapes (Leigh) Perry and Percy. Interment at a later date in Cookshire-Eaton, Quebec.

**In Memoriam**

**PERRON, Florence Liza Blouin** (March 24, 1929 - January 1, 2018).

*A year has come and gone,  
But you are not forgotten.  
You are always in our hearts.  
You are always present in our minds.  
Our love is still strong  
And will never fade away.  
We love you, always.*

**OSWALD PERRON AND FAMILY**



**Death**



**Stanley BELL (1936-2018)**

With heavy hearts we announce the passing of our beloved husband, father and Pa, Stanley Bell on December 29, 2018.

Wonderful husband of Ella Grieve and the late Judy Burnside. Dear father of Stan (Cindy) and Shawna (Tim). Stepfather of Cynthia and Judy (Mike). Brother of Arnold and sisters Marion, Linda and the late Evelyn. His dear grandchildren Michael, Meaghan, Kyle, Kelsey and Hudson. He also leaves to mourn many more family members and dear friends.

*"Absent from the body, present with the Lord. 2 Cor.5-8"*

In lieu of flowers, donations to Grace Village, 1515 Pleasant View St., Sherbrooke, QC J1M 0C6 or the Heart and Stroke Foundation would be appreciated.

Burial and memorial service will take place in the spring at Malvern Cemetery. Notice will follow.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
PHONE: 819-564-1750  
FAX: 819-564-4423  
www.casshomes.ca

**Death**



**Francis SHADBOLT (1935-2018)**

Passed away peacefully on the 30th of December at 7:15 p.m., at the CHUS Fleuri-

mont in his 84th year.

He was the beloved husband of Evelyn Dawson and cherished Father to William (Deborah), Keith (Pam), Kevin and Debbie (Tim).

Adored grandfather to Christopher (Caroline), Jason (Valerie), Natalie (Robert), Jennifer (Claude), Ashley (Andrew), Michelle (Doug), Courtney (Nick) and Natasha and great-grandfather to Joshua, Tyler, Cedric, Logan, Killian, Brooklyn, Carson and Jackson.

He will be mourned by all who knew him.

Visitation will be held Saturday, the 5th of January at the Cass Funeral Home, 15 Station, Sawyerville, QC JOB 3A0 from 11 a.m. to 2 p.m., the service to follow at 2 p.m.

Burial service will be held immediately following the service (weather permitting), at the Eaton Corner Cemetery.

**CASS FUNERAL HOMES**  
15 de la Station St., Sawyerville QC  
PHONE: 819-564-1750  
FAX: 819-564-4423  
www.casshomes.ca

**Datebook**

THURSDAY, JANUARY 3, 2019

Today is the third day of 2019 and the 14th day of winter.

**TODAY'S HISTORY:** In 1777, Revolutionary forces under the command of George Washington defeated the British at Princeton, New Jersey.

In 1947, a session of Congress was televised for the first time to viewers in three East Coast cities.

In 1959, Alaska was admitted as the 49th state.

In 1993, President George H.W. Bush and Russian President Boris Yeltsin signed the second Strategic Arms Reduction Treaty (START).

**TODAY'S BIRTHDAYS:** Lucretia Mott (1793-1880), women's rights pioneer; J.R.R. Tolkien (1892-1973), author; Victor Borge (1909-2000), comedian/pianist; Hank Stram (1923-2005), football coach; Sergio Leone (1929-1989), director; Robert Loggia (1930-2015), actor; Glen A. Larson (1937-2014), TV producer/writer; Victoria Principal (1950- ), actress; Mel Gibson (1956- ), actor/director; Michael Schumacher (1969- ), race car driver; Danica McKellar (1975- ), actress; Eli Manning (1981- ), football player.

**TODAY'S FACT:** C-SPAN was launched in 1979 to "provide live, gavel-to-gavel coverage of the U.S. House of Representatives." C-SPAN2, covering the Senate, was launched in 1986.

**TODAY'S SPORTS:** In 1983, Dallas Cowboys running back Tony Dorsett set an NFL record that still stands by running 99 yards from scrimmage for a touchdown.

**TODAY'S QUOTE:** "The most improper job of any man ... is bossing other men. Not one in a million is fit for it, and least of all those who seek the opportunity." — J.R.R. Tolkien

**TODAY'S NUMBER:** 738,068 — estimated population of the state of Alaska in 2018 — more than triple the population of the state at the time it attained statehood.

**TODAY'S MOON:** Between last quarter moon (Dec. 29) and new moon (Jan. 5).

**Tracking blood sugar not necessary for non-diabetics**

**ASK THE DOCTORS**

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

**Dear Doctor:** My family has a history of diabetes, and although I'm currently healthy (I exercise regularly and am careful about what I eat), I'm still curious about my blood sugar. Do you think it could be helpful to track it as a diabetic would, just so that I know how I'm doing?

**Dear Reader:** You've asked an interesting question about a growing practice among some non-diabetics. Diabetes is a group of diseases in which hyperglycemia — that's elevated blood sugar — results from disruptions to the body's insulin metabolism. Produced by the pancreas, insulin is the hormone that regulates blood glucose concentrations. People with diabetes either don't produce any or enough insulin, or can't properly use the insulin their bodies do produce. The cause of abnormal insulin metabolism determines which type of diabetes someone has.

This inability to manage blood glucose leads to levels that are abnormally high or low, each of which is dangerous. Low blood sugar can cause a rapid heart-beat, dizziness and heart palpitations.

When severe, it can lead to seizures, unconsciousness and even death. When blood sugar levels are chronically high, there is risk of long-term damage to blood vessels, heart, kidneys, eyes and feet.

Managing blood sugar fluctuations is the goal of diabetes treatments. Depending on the type of diabetes that an individual has, this is achieved with diet alone, or through diet and insulin replacement. People are considered to have diabetes when a random blood sugar test measures above 200 mg/dL, or when they have a fasting blood sugar level of over 125 mg/dL. A fasting blood sugar level from 100 to 125 mg/dL is considered to be pre-diabetes.

All of which brings us back to your question. Regular blood sugar checks are crucial for people living with diabetes. Those with Type 1 diabetes use insulin and may need to test anywhere from four to 10 times daily. Type 2 diabetes can require two to three checks per day. And while we understand the impulse behind a non-diabetic wishing to track blood sugar, we don't see a clear benefit. The argument in favor is that, with routine monitoring, you'll learn how your body responds to specific foods, which may motivate you to make better dietary

choices. Over time, however, the data will confirm what you already know. That is, complex carbs and foods high in protein don't cause the same spikes in blood sugar that you get from refined carbs.

The truth is that glucometers and testing supplies can be costly. A single test strip costs \$1. Without a diabetes diagnosis, these are unlikely to be covered by insurance. The same goes for the new continuous glucose monitoring systems, which work via subcutaneous probes that test interstitial fluids. In our practices, diabetic patients already have a challenging time dealing with insurance coverage. We doubt whether insurance would cover the expense for a non-diabetic.

Instead, we think it would be wisest to continue on your current course, with exercise, good dietary habits and regular screenings with your family doctor. Be sure he or she knows about your family history of diabetes, as well as your concerns about developing the disease.

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

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# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 8 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

## WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, January 8 at the Town Hall from 10 a.m. to 11 a.m.

## NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, January 4 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

## RICHMOND

Saturday, January 5, the Richmond Legion, Branch

#15, will be hosting a 500 Tournament. Registration begins at 12:30 p.m., games start at 1 p.m. Admission charged. All are welcome.

## RICHMOND

Fun Darts at the Richmond Legion, Branch #15, is set to begin Wednesday, January 9 at 7:30 p.m. Pick-up team format. Admission charged. All are welcome.

## NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058

## LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing a group discussion on Seeking God in a Secular age. Charles Taylor, a Roman Catholic Québécois, is considered one of the world's most important philosopher and his book, A Secular Age, will be at the center of the discussions. The group meets every Wednes-

day from 7 p.m. to 8:30 p.m. at 84 Queen Street, Lennoxville. The discussions have already begun. For more information, please contact The Rev'd Canon Giuseppe Gagliano, ggagliano@quebec.anglican.ca, 819-570-3433.

## LENNOXVILLE

The Country Swingers will be playing every Friday night in January at the Edifice Queen Street (beside Shalimar Restaurant) in Lennoxville from 7 p.m. to 11 p.m. Admission: \$10. B.Y.O.B. Everyone welcome.

## The Village Newsletter

### January: A Time of Renewal

We approach January with happy hearts and very full bellies from the holiday season. To many, the new year marks a time of resolutions and a time of renewal and the activities in January will allow us to reconnect and revisit some old favourites. Keep an eye on the calendar for games like Price is Right: Real Estate Edition, Pick a Box Trivia, Giant Snakes and Ladders, and Cover the Number Dice Game, as well as old favourites like Indoor Bocce and Tabletop Badminton Balloon Bowling. We will be taking a lunch outing to the Carrefour de l'Estrie food court and Dollarama and enjoying a meal at the monthly Seniors Luncheon at Hope Community Church (sign-up for both events on the communication boards). We will say goodbye to the Christmas decorations and undoubtedly say "the Grand Hall feels so big and clean" and we will reflect on all the wonderful things that will happen there, and all the people we will welcome through its doors. Whether you are a resident, staff, family member, or friend, we want to take the time to say thank you for being part of our Grace Village family and making 2018 another wonderful year! CHEERS to all that 2019 will bring!

### December: A Time of Celebration

In December, the halls of Grace Village rang out with festivity as we welcomed seven musical groups, as well as our wonderful returning musical groups, who blessed us with Christmas music of all types! Some highlights include from Ecole La Source that had residents rapping and singing along to French and English Christmas songs, a concert by the students of North Hatley Elementary complete with dances performed by the various cycles, a lovely concert by the BCS choir, a heart-warming performance from Karen McKenna and the Porters at our annual Christmas banquet, a beautifully skilled concert by Eight Misbehavin' and much more! We filled the other days with fun and laughter with various Christmas themed games like Family Feud, Christmas Bingo, Jeopardy, and Guess the Christmas Carol. We celebrated members of our community with a Gender Reveal Party for one of our pregnant friends and enjoyed the liveliness of a beautiful wedding that took place in our Grand Hall. We were blessed with several Christmas Church services on site which allowed various residents to celebrate the season and welcomed many family and friends to use the Grand Hall around Christmas to have meals with their families. There is a quote that says "Christmas isn't a season. It's a feeling" and if you came to visit Grace Village in the month of December, the feeling of Christmas was easy to find!

## Special Events & Activities

- Po-ke-no - January 2nd
- Indoor Bocce - January 3rd
- Giant Snakes and Ladders - January 7th
- Plant Pots - January 8th
- Animal Bingo - January 8th
- Paper Quilt Squares - January 15th
- Pick a Box Trivia - January 16th
- Wheel of Fortune - January 17th

Check out the calendar and daily activity boards for all weekly and bi-weekly activities!



Left:

Eight Misbehavin' Concert



Left:

Christmas Carols with North Hatley Elementary

For information, or to learn how to volunteer at Grace Village, contact the Recreation & Leisure Department, 819-569-0546 ext. 5007 & 5008, dmontgomery@masscom.ca, kpyle@massom.ca



## 2018 Babies!

Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2018" edition of The Record to be published on **January 11, 2019**.

Mail a photograph of the baby with: baby's name, birth date, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

**The Record at 6 Mallory St.,  
Sherbrooke, QC J1M 2E2**  
or e-mail: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
with Visa or MasterCard for payment.

**Deadline: January 4, 2019.**  
(Winners randomly chosen)

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THE  
**RECORD**

### 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.

“ N F N J W Y G O S H F F W K Z W U V T W F A .  
N F N J W Y G F W H M K — T G N F N J W Y G  
Y M V K W R Y S N K Z T H K C Y M V Y G J W W D  
Z M G R N K Z . ” — C H X N C T O S R N U U W M

Previous Solution: “I have always been delighted at the prospect of a new day, a fresh try, one more start.” — J.B. Priestley

TODAY'S CLUE: F equals A

### 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.

“ B C K C G J F F P I I J V L V B H L P S C Y P W C J  
R J S V L . F V K C Z P T G E G C J W N J B E L J M C  
G V N M N . F V X C V N R J O O C B V B H B P I . ”  
— O J T F P Y P C F R P

TODAY'S CLUE: K equals M

Previous Solution: “I like to challenge myself. I like to learn — so I like to try new things and try to keep growing.” — David Schwimmer

### REALITY CHECK



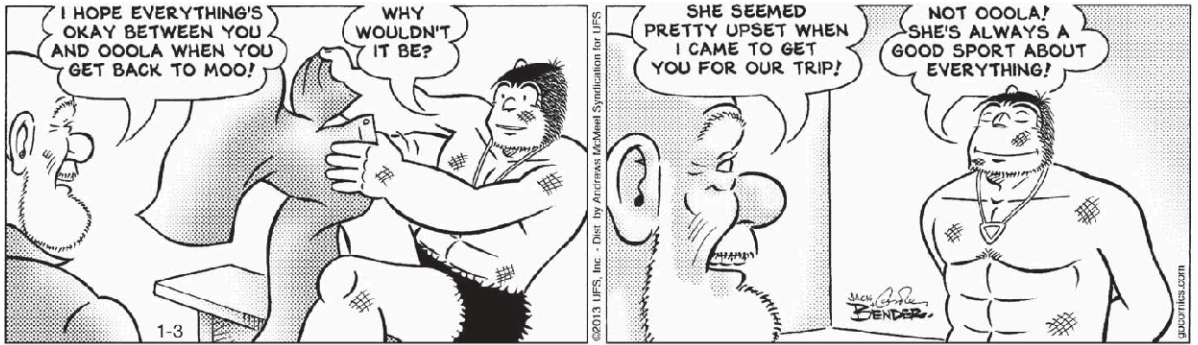
### HERMAN



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“Where did you get these eggs?”

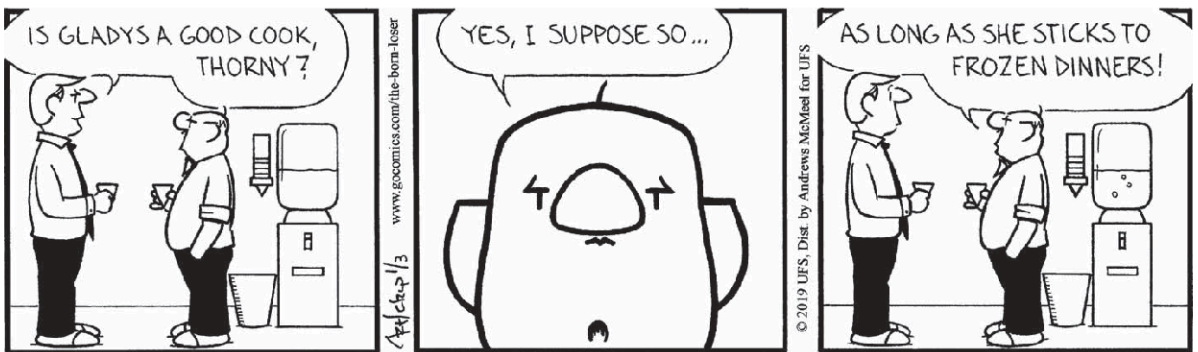
### ALLEY OOP



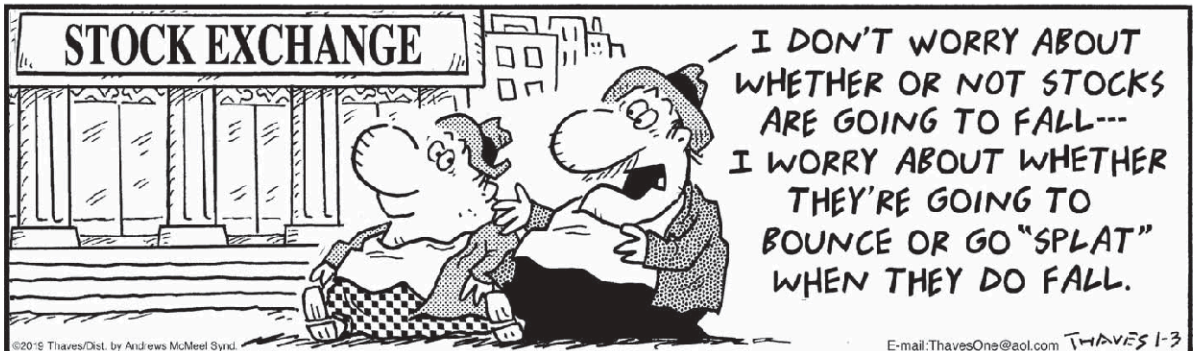
### ARLO & JANIS



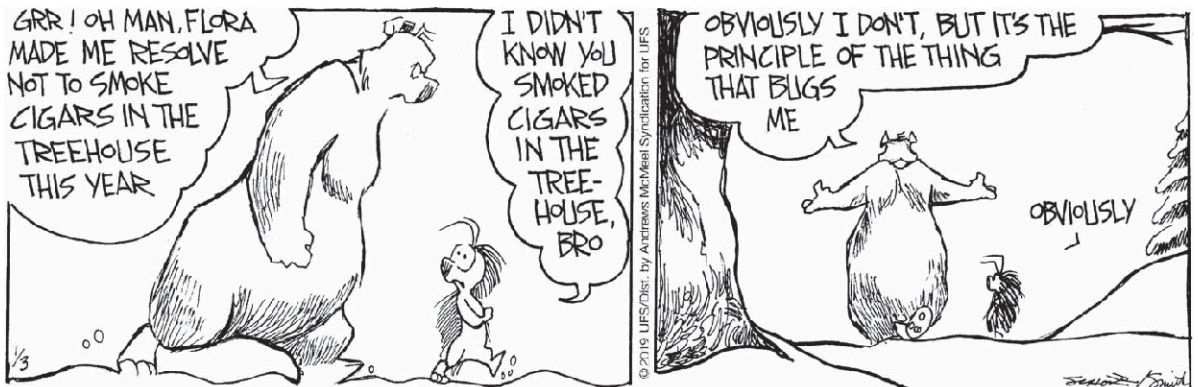
### THE BORN LOSER



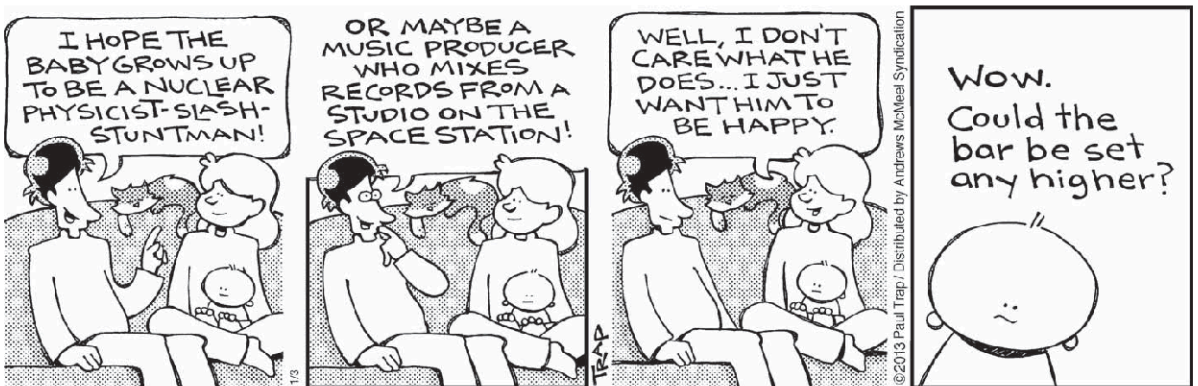
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 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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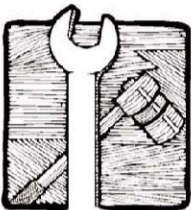
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# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

1/2

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### PREVIOUS SOLUTION

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

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

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

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

### PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★☆☆☆

# SUDOKU

## Do you have CASH in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.



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# NEA Crossword Puzzle

- ACROSS**
- 1 Casual Friday option
  - 6 Be a fink (2 wds.)
  - 11 Oval nest builder
  - 13 Dance wildly
  - 14 Frolic
  - 15 Sends a check
  - 16 Rental contracts
  - 18 Part of UCLA
  - 19 Montreal's prov.
  - 21 Unfamiliar
  - 22 Bakery buys
  - 23 Smear
  - 25 Musician — Charles
  - 28 Floating platforms
  - 30 45 or 78
  - 31 Earlier
  - 32 Flight dir.
  - 33 Spanish gold
  - 35 Heron or egret
  - 37 Brought about
- DOWN**
- 1 Get some exercise
  - 2 Distinct period
  - 3 Prepare to shoot
  - 4 Most high-minded
  - 5 Kind of gin
  - 6 Deli breads
  - 7 Rocker part
  - 8 Kite part

Answer to Previous Puzzle

L	E	S		A	L	T		C	P	A	S		
U	P	C		O	M	A	R		R	A	I	L	
G	E	O		P	O	P	U	L	A	R	L	Y	
S	E	T	T	E	R		E	O	N				
	S	T	A	R				L	E	F	T		
				R	A	S	C	A	L		L	E	T
C	H	O	P		T	O	M		F	O	R	K	
U	M	P	S		I	R	E		R	E	N	O	
L	O	A		B	R	E	N	D	A				
	S	L	A	Y			R	Y	A	N			
				K	E	N		O	Y	S	T	E	R
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O	U	S	T		B	A	L	D		A	T	A	
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- 9 Conductor —
- 10 Loch — monster
- 12 Spiral-horned antelope
- 13 Got big (2 wds.)
- 17 Pirate (2 wds.)
- 19 Virtual
- 20 In need of a meal
- 22 Propagated
- 24 Munich car manufacturer
- 25 Pie chart lines
- 26 Player's rep
- 27 Knights of —
- 29 Note before la
- 34 Harangued
- 36 Viewpoints
- 39 Stay
- 43 Wall Street stats
- 44 Opera tune
- 45 Throw out
- 46 Malamute's load
- 47 Portuguese lady
- 49 Ernesto Guevara
- 51 First aid box
- 52 Previously
- 53 Van — Waals force

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# Your Birthday

THURSDAY, JANUARY 3, 2019

Don't let temptation take control. Stay focused on what's important if you want to come up with a plan that will help others. Ignoring what's going on around you will not solve anything. Step up and be the one to make a difference. Be a leader, not a follower.

**CAPRICORN** (Dec. 22-Jan. 19) — Keeping busy should be your prime objective. Search for ways to make your life better. If you think about what's important, you'll know exactly what to let go of.

**AQUARIUS** (Jan. 20-Feb. 19) — Expand your interests and circle of friends. Information will be shared if you get in touch with an old friend or colleague. A new direction is encouraged.

**PISCES** (Feb. 20-March 20) — Gather information from people you know you can trust, not someone who is manipulative or uninformed. A personal improvement or change is favored. Romance is highlighted.

**ARIES** (March 21-April 19) — Take a break, do something interesting or learn something new. Broaden your horizons and consider what you'd like to do next. Make a commitment to a loved one.

**TAURUS** (April 20-May 20) — Rely on your resources, skills and connections to help you get things done your way. If you pay extra attention to your partnerships, you will learn something valuable.

**GEMINI** (May 21-June 20) — Only trust

people who actually live up to their promises. A financial change will help you save money and spend less of it.

**CANCER** (June 21-July 22) — Consider what you can do differently to get ahead. Set an example for others to gain respect and admiration. Romance is in the stars.

**LEO** (July 23-Aug. 22) — Taking a day trip or visiting someone who has something to offer will open a window of opportunity. Don't hesitate to make a decision or move.

**VIRGO** (Aug. 23-Sept. 22) — Size up a situation you face and do your homework. Knowing what you are up against will help you come to a decision that will resolve a pending problem. Avoid excessive situations or behavior.

**LIBRA** (Sept. 23-Oct. 23) — Learn all you can about a situation before you make a decision. Don't fold under pressure. Make choices based on what's best for you. Say what's on your mind and take action.

**SCORPIO** (Oct. 24-Nov. 22) — Share ideas and see who the best candidate is to help you pursue your goal. Choosing to live an unusual lifestyle will bring out the best in you.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Emotions will take charge and lead the way. Before you reveal something, consider the consequences. Be smart about the information you share and the people you trust.

THURSDAY, JANUARY 3, 2019

## From second-best to the top defense

By Phillip Alder

Here is my vote for the best defense of all time. To gain full benefit, lay out the deal on your dining table. It was played during the 1985 International Team Trial. Both Souths were in five diamonds doubled. At the other table, West led a trump, which was not best. Declarer could have escaped for down one, but lost a trick.

In this auction, four no-trump showed a big minor two-suiter with longer clubs than diamonds.

Bobby Wolff (West) judged well to start a forcing defense, leading a spade. Declarer ruffed East's jack, cashed the club ace and ruffed a club with the diamond eight. How did Bob Hamman (East) plan the defense?

Hamman, judging from West's club eight and 10 that declarer was 5=7 in the minors, saw that South was in trouble. His clubs couldn't be that strong, because he hadn't drawn trumps. And how would declarer get back to his hand for more club ruffs? Not with trumps, because he needed those in the dummy for the ruffs. And if South ruffed a spade, he would lose trump control.

Probably every other defender would have overruffed and led a spade, but then declarer could have escaped for down one. Instead, Hamman discarded!

North				01-03-19
♠ Q 8 2				
♥ 10 9 8 7 4 2				
♦ J 8 5				
♣ 7				
West		East		
♠ K 10 7 6		♠ A J 9 5 4 3		
♥ Q J 3		♥ A K 5		
♦ 4 3		♦ 10 9 2		
♣ K Q 10 8		♣ 2		
South				
♠ —				
♥ 6				
♦ A K Q 7 6				
♣ A J 9 6 5 4 3				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1♣	Pass	1♥	2♠	
3♦	4♠	Pass	Pass	
4NT	Pass	5♦	Dbl.	
Pass	Pass	Pass		
Opening lead: ♠ 6				

When declarer exited from the dummy with a heart, Hamman won with the king and forced South with a spade. Eventually, the contract went down three.

Plus 800 gained 7 international match points. Hamman's team won the match by 5 and went on to win the world championship — all because Hamman did not overruff with the trump nine.