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TUESDAY, OCTOBER 8, 2019

Richmond Arts Centre moving to Ste-Famille church

Record Staff

At the end of the current season, the Richmond Arts Centre (CAR), located on Principal Street North, will be moving to a new home.

"The CAR could not continue to ensure its sustainability in the premises they currently rent and this opportunity will allow us to develop both our organization and Richmond's downtown," explained Dominic Pearson, the organization's president.

The move came about thanks to a collaboration with the Richmond Lions Club. At its new location, the CAR will be have access to a larger concert venue, increasing audience capacity from 185 to 350 people, which will have a positive impact on the professional cultural community in Val-Saint-François and the financial health of the organization.

By increasing its seating capacity to more than 300 seats, the CAR will be able to host larger shows while keeping ticket prices affordable. The new space will also make it possible to welcome spectators in better conditions since the Ste-Famille church has an air conditioning system, access for people with reduced mobility, adequate parking and a room without posts to block sight lines.

The new location will be able to accommodate the CAR's mandate to support the local community by hosting rentals for various activities by community members, similar to the mission of the Lions Club.

Cooperation makes it happen

La Tribune employees call for community support in the creation of a workers' cooperative



GORDON LAMBIE

Louis-Éric Allard, Mélanie Noël, Alain Leclerc, and Isabelle Pion, four members of La Tribune's relaunch committee, gathered in the local newspaper's lobby on Monday afternoon to encourage the population to put their money where their mouth is with regard to an effort by employees to save the paper by creating a workers' cooperative

By Gordon Lambie

In the most recent step of a process that began last August with the news that Sherbrooke's French-language daily newspaper, La Tribune, was facing bankruptcy along with the other media owned by parent company Groupe Capitales Médias (GCM), the members of the local re-launch committee put out a call

for public support for the employees' desire to acquire the business as a workers' cooperative. Although the paper has already put out a call for public support, Monday's appeal came with the news that a new online microsite, coopmonjournal.com, has been launched that will allow anyone who wishes to make a financial commitment to the cause.

"We are asking for the support of our

whole community; our readers, our parents, our neighbours, our elected officials, all those who play a part in our daily news" said committee member Mélanie Noël. "It is time to show your attachment."

Noël explained that the microsite, which is set up to support concurrent but separate co-op projects at each of

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Weather



TODAY:
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OF SHOWERS

HIGH OF 16
LOW OF -1



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 17
LOW OF -2



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 17
LOW OF 0



FRIDAY:
CLOUDY

HIGH OF 15
LOW OF 6



SATURDAY:
CLOUDY
PERIODS

HIGH OF 16
LOW OF 7

The hair raising adventure of Sheila's return to school



DISHPAN HANDS

SHEILA QUINN

In September of 2016, following some very challenging circumstances involving my son's school placement (he has Autism and was in a specialized school), I decided that the arrangement really wasn't working for us, or him, or evidently the school. I pulled him out, but first making arrangements to home-school him until I could find a better set-up for him.

That school year we mostly spent getting used to being together so much. It was draining for both of us, financially draining as well. When my unemployment ran out I ran on fumes and determination.

By the summer I knew he was ready to be back in a school situation, and I was ready for something else. I love working, I love making a contribution, being part of a team, and paying my way.

When Massey-Vanier High School's English side welcomed my son among their ranks for the 2017-2018 school year, I was gobsmacked. It worked! I pulled him out of a system and situation that didn't work, and helped to craft one that did. He would go three days per week, Wednesdays, Thursdays and Fridays. On the weekends at Dad's he would stay two extra days and attend the Association des Sportive des Jeunes Handicapés de l'Estrie in Sherbrooke, a sports association for young special needs folks. That would get some of his plentiful energy out in the right way, and give me a chance to breathe a little.

So, what was I going to do? Working full-time would be tricky as I had no idea how he would adjust. Working part-time would be tricky to survive on.

While off with my son, I had taken a course called Entrepreneurship au Féminin (Female Entrepreneurship) through the CAE (Centre d'Aide Aux Entrepreneurs) - it helped women become business owners, build contacts and define their business plans and strategies. The course was one morning per week and gave me an opportunity to keep my brain at least slightly sharp while I was off with Angus.

I wasn't completely ready to run a business though.

I knew I wanted to work with people on building their lives, connecting with resources that would help, to bolster sense of belonging and self-esteem, purpose, and to define what they needed and wanted from life.

At the other end of the building that houses both the English and French sides of Massey-Vanier High School sits Campus Brome-Missisquoi, an education centre offering professional programs. Accounting, Administrative Assistant, Assistance in Private Health Care Facilities, Computer Graphics, Food and Beverage Services, Industrial Construction and Maintenance Mechanics, Machining Techniques, Market-Fresh Cooking, Professional Cooking and Retail Butchery were offered there.

The other course offered at CBM was hairdressing...

...And hairdressing was something I have always loved. I also knew one of the teachers, Christina Bushey, who had grown up down the street from me in Richmond. I remembered her beginning the course back in the late-1980s, and then when her mother told us she had begun teaching. We both moved to Knowlton - and I ran into her at the grocery store! 'Apply!' she said. I couldn't imagine doing so.

But then my son was going back to school. Maybe I should too.

So I did. I contacted the Campus Brome Missisquoi, and it turned out that there was a new part-time option for hairdressing. Wednesdays, Thursdays and Fridays - the very same days I had asked for my son to attend MVHS! I met with an advisor, applied for loans and bursaries all on a Friday. The following Wednesday was the first day of school! My son and I started school together.

I learned to study again. Theory was challenging - chemistry, geometry, 3D visualization, basic dermatology, hair growth, biology, physiomy, morphology, and techniques (and then some) kept me up many a late evening. From my Special Care Counseling background, I knew that establishing a study routine and atmosphere would help - I listened to George Michael's Greatest Hits album, Ladies and Gentlemen, every single time. Often restarting the album to continue in to the wee hours. The sound was so soothing that my youngest son began asking me to play it when he had difficulty sleeping, as it really helped both of my boys relax.

Last school year my youngest son joined us, beginning secondary 1 (grade seven) at MVHS. The boys and I drove to school together on those three days, talking about life and times, and gearing up

and down through our days.

Two school years later, my eldest son has begun four days per week on the weeks he is with me, and he loves being at school. He started boarding the adapted transport van with his special needs gang from school as of the first day of school. He feels special, grown up, and doesn't have mum hanging around all of the time. My youngest has begun secondary 2 after being on the Honour Roll (80% average and up) every semester of secondary 1.

Thousands of perm rollers, curlers, snips of my scissors, and 23-or-so written exams and many practical exams later, on Friday I had my final exam. Joined by the three other survivors of our small group (the first three-day gang), we spent the entire day each on a respective head, following specific guidelines and measurements we established, demonstrating the skills that were hard-won. (I might add that the other three students all turned seventeen towards the end of last school year, completing a 'double diploma' of the last two years of high school and their DEP at the same time.)

Later on Friday evening I received a message. I passed my final exam.

In spite of what felt like crushing circumstances, I completed my studies. I could hardly believe it, and it really hasn't sunk in yet. Two weeks of internship await, and then a day to review the internship experience with our teachers and we're done.

If you, or someone you know, experiences a tough time that feels like a personal tsunami, there is hope! Drawing boards never run dry. Revisit possibility, opportunities, and keep putting out feelers. Focus on basic needs and the rest will open up. It takes time, patience and a kind of determination to follow the truth, and then life answers back.

Thank you to my friends and family, teachers and classmates, and the people of Campus Brome-Missisquoi who supported me through this demanding, powerful journey. It was worth every single moment.

I am a special needs mother with a brand new career.

Oh, and...if this sounds like I just wrote an entire column patting myself on the back, well, you bet I did. And you, YOU out there that needed to hear that people can survive and thrive in spite of circumstances beyond your control, grasp and means, well, you can survive too - you can get through, you can succeed and build yourself a good life, no matter what the world has seemed like so far, no matter how alone you feel, no matter how few resources you feel like you have to work with, no matter what anyone else says. GO FOR IT. YOU CAN DO IT.

Ben by Daniel Shelton



LOCAL NEWS

"I walked in the door and he smiled, and I knew," Shanna said, describing the mentor as upbeat, motivated, sporty, and cheerful. "It took me all of five minutes to determine that this was the right partner for Ryan."

Growing up together

Reflections of a local "Big Brother" pair on the importance of mentorship

By Gordon Lambie

Big Brothers and Big Sisters of Canada is a well established mentoring program, but Shanna Young says that she was still surprised to find it had a presence in the Eastern Townships.

"As a single mother, I was looking for a positive male role model in my sons' life," she said, explaining that when her children were involved with the "Big Buddies" program run by Bishop's University when the family lived in Lennoxville, but lost that opportunity for mentorship when moving to Sherbrooke. Seeking a replacement, she turned to the internet and discovered the local "Grands Frères Grandes Soeurs" chapter.

Shanna's sons Marcus and Ryan are both now involved with the program, the former having been matched with a "big brother" back in April and the latter just about a month ago.

"You apply online, and then go in for an interview about why you want to do it," she said. "When they find someone who suits the child, then the parent goes to meet with the big brother or big sister to determine if they are comfortable with that person meeting their child."

In the case of Félix Mathieu, who was chosen as Ryan's big brother, the connection seemed natural and immediate.

"I walked in the door and he smiled, and I knew," Shanna said, describing the mentor as upbeat, motivated, sporty, and cheerful. "It took me all of five minutes to determine that this was the right partner for Ryan."

Ryan, who had only a few words to share in conversation with The Record, described his mentor as "Nice and fun and cool." He shared that since being matched in the springtime, they have done a lot of different activities together

including kayaking, hiking, basketball, going to the movies, watching a hockey game, and rollerblading.

"I like trying out new things," he said. "It's fun."

"We do activities pretty much three times per month," Félix told The Record, adding that because Ryan is a very active child, they focus mainly on sports and physical activities. "We know each other pretty well now, he's like my buddy."

Each visit lasts between three and six hours, depending on the activity and the "brothers'" availability, and is decided and agreed upon in advance.

This is Félix's first match as a part of the Big Brothers and Big Sisters program, although he said that the desire to get involved comes from a family legacy of helping others, as his mother is the president of a local organization called *Marraine Tendresse*.

"They take care of babies when the moms are tired or need a bit of time," he said, suggesting that although his mother's group works with quite a different age range, the basic principle is similar. "That really motivated me to do this."

While the tendency might be for people to think of the family seeking a mentor as the only ones who benefit from such a program, Félix said that he feels this new relationship has helped him develop a new sense of responsibility.

"I feel like I have grown up a lot, doing this," he said. "(Ryan) teaches me about himself, but about me as well."

On top of coming from different backgrounds, the mentor pointed out that working with his "little brother" gives him a lot of opportunity to interact with someone of a different generation.

"I find it really interesting to see how he thinks," he said.



COURTESY SHANNA YOUNG
Felix and Ryan on a hike with furry friends George and Allison

Back-to-school driving report card

Record Staff

The Sherbrooke Police Service kept a close watch on the roads surrounding elementary and high schools in the area when school started for the

year.

Several operations were carried out by patrollers, traffic squad officers, and also community safety officers to ensure the safety of students.

Thanks to awareness campaigns lead-

ing up to the back-to-school season, the SPS reported that most citizens on the road were compliant with the rules and no major incidents were reported in the vicinity of schools this year.

Between Aug. 28 and Sept. 16 the SPS

set up 121 surveillance operations, resulting in 128 tickets issued, 88 of which were related to speeding.

Cooperation

CONT'D FROM PAGE 1

the six threatened newspapers, allows people to submit a letter of intent that represents a future donation should the employees submit a successful bid for the purchase of their paper.

"For the moment we ask everyone to visit the site, select the tab for La Tribune, and choose a contribution that

suits them," the committee member added. "If our bid is successful, then we will contact the donors to collect the sum committed."

"This is a very serious project," said follow committee member Louis-Éric Alard, underlining the fact that the full staff of La Tribune is behind the effort. "We want to do this together"

"We are convinced that the creation

of a co-op is the best move for our region and for the survival of our daily," Noël continued, arguing that the direct involvement of the community in the process of saving the paper will also be key to ensuring that community is well served in the future. "The biggest difference between the old model and the new model is that the decisions will be made here rather than at headquarters.

The six papers will all be masters of their own destinies."

According to the committee members, bids on the six GCM newspapers are being considered until October 25, and a final decision is expected in early November.

MENTAL ILLNESS AWARENESS WEEK: OCTOBER 6TH - 12TH

Living with Mental Illness: My Journey



By Daniel Miller

I've lived with mental illness for a little under four decades now. My underlying condition is obsessive-compulsive disorder (OCD), but I've also had months-long bouts of debilitating clinical depression and extreme anxiety. I've experienced prolonged suicidal ideation (thoughts of suicide) when I was in my late teens / early twenties, and again a few years ago. I've taken multiple medications over the years to control my symptoms and I've had several therapists. I've been hospitalized once due to mental illness. I've undergone electroconvulsive therapy (ECT).

Several years ago, I wouldn't have been willing to write this article. But I'm not going to hide anymore.

The first manifestation of my OCD came during my early adolescence in Toronto, in grade 7 or 8. I couldn't convince myself that my combination lock was truly locked, and I'd pull on it over and over, unable to get

Several years ago, I wouldn't have been willing to write this article. But I'm not going to hide anymore.

away from my locker. In grade 9, I experienced the first of what are referred to by clinicians as "intrusive thoughts"—while walking from the subway to see a therapist who specialized in anxiety disorders, I suddenly had the thought that I could "forget" how to walk. Throughout high school, I battled my checking behaviours and intrusive thoughts such as believing I

would tear up my test or exam the moment I was finished writing it (or worse, make a lunge and tear up all the other students' papers); dreading that, somehow,

I suffered debilitating anxiety for the first time—a feeling of dread that I couldn't shake, out of all proportion to the actual duties and responsibilities that were on my plate at the time.

I'd write a vulgar insult against the teacher in my essays; fearing that I'd suddenly jump in front of the subway train as it came into the station.

I went through my first severe clinical depression in my second year at the University of Toronto, and another in my final year there. During each of those depressions, I fought suicidal ideation (in tears, I told my family that I "didn't want to go away"). I was helped through those years by a psychiatrist who specialized in OCD. He put me on Prozac (the first successful SSRI), and I stayed on it for many years afterwards. I'm on it now.

In Sept. 2007, in my second year as a full-time faculty member in the Religion Department at Bishop's University, I suffered debilitating anxiety for the first time—a feeling of dread that I couldn't shake, out of all proportion to the actual duties and responsibilities that were on my plate at the time.

In early 2014, during the first month of a half-year sabbatical, I crashed...hard. I felt that crushing anxiety again, and only two days after it struck it was combined with a deep depression. My sabbatical became a sick leave. I had two short recoveries in the late spring and late summer (in between which I crashed again). I began the fall of 2014 teaching three courses, but in mid-October the anxiety and depression returned and I had to withdraw from all of them. Shortly thereafter, experiencing severe suicidal ideation, I was voluntarily hospitalized. But I derived no benefit from my hospitalization and returned home after only about a week. I tried to teach only one course in the winter of 2015, but my depression prevented me from being able to think or concentrate properly, and I was constantly exhausted.

With all of us—I, my wife, the rest of my family—at the end of our ropes with my condition, and having seemingly exhausted all other options, I moved back in with my parents in Toronto and underwent 16 treatments of ECT at the Centre for Addiction and Mental Health (CAMH) in May and June. Sensitive to the fact that my memory was essential to my career, CAMH gave me the least invasive form of ECT, but even so I had to relearn some everyday tasks when I returned to Lennoxville and some of my memories were erased. The ECT also had the effect of ruling out any teaching in the fall of 2015.

When I went back to the classroom again in the winter of 2016, my self-confidence had been shattered, my self-esteem was at zero. But, as the weeks went on and I looked out into the room and saw that my students actually cared about what I was saying, I began to believe again that I mattered, that I had something to offer. I gradually regained my confidence, my sense of purpose and my self-esteem.

In Jan. 2017, I gave the keynote address for Mental Health and Wellness Week at Bishop's.

With my story now "out there", I've been liberated from my self-imposed shackles of secrecy about my condition. I've felt free to share with students, and others, my nearly 40-year history of living with mental illness, and to give to them whatever comfort or guidance I can.

To reassure them that they're not alone.

Daniel Miller is Chair of the Department of Religion at Bishop's University. Since speaking publicly in early 2017 to the Bishop's community about living with mental illness, he has become involved in a number of ventures at the university and in the community focusing on mental health (including Mental Health Estrie), and has spoken specifically about OCD in courses taught by the Bishop's Psychology Department.

I began to believe again that I mattered, that I had something to offer. I gradually regained my confidence, my sense of purpose and my self-esteem.

Resources:

Mental Health Estrie: Support for English-speaking families and individuals affected by a mental illness. Peer support groups. One-on-one support. Information and referral. Educational events. Lending Library. Web: www.mentalhealthestrie.com Phone: 819-565-3777 Email: mhe.info@bellnet.ca

Urgence Detresse Crisis Hotline: 819-780-2222

Suicide Prevention Hotline Across Quebec: 1-866-AP-PELLE

Info Santé: 811 (option 1 for a nurse, option 2 for a social worker)

CLSC: Call 811 to find your local number

CHUS Hotel-Dieu & Fleurimont Hospitals: 819-346-1110

Order of Psychologists (Hotline to find a psychologist near you): 1-800-561-1223

Want to help support Mental Health Estrie? In recognition of Mental Illness Awareness Week, from October 7th to October 13th, pick up one medium pepperoni Pizza at any Dominos Sherbrooke location for \$5.00 plus tax (that's pick up, not delivery) and Dominos will donate \$2.00 of that to Mental Health Estrie.

One man's love for Potton's round barn



THE SCOOP

MABLE HASTINGS

For many in Potton, saving Mansonville's Round Barn, one of six in the Eastern Townships has been a labour of love and one of extreme pride

for a group of dedicated citizens. The plan is for the barn to become a major attraction in the Eastern Townships and one that will complement the area and contribute to its growth.

With three interior levels, the barn will showcase: a permanent exhibition on the history and heritage of the region as well as occasional thematic exhibitions as well as a multifunctional room for conferences, shows and receptions. The grounds will continue to showcase the public market with local produce and craftsmanship, an educational garden and children's activities, outdoor cinema, concerts etc...

For "Serge," a member of the

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PHOTOS: COURTESY

School Page

Cookshire Elementary School

Positive year for Cookshire Elementary

Cookshire Elementary began the 2019/2020 school year with as much positivity as we could. We welcomed our biggest student body in

many years thanks to our large K4/K5 classes and new additions to older grades, which has boosted our total to 95 students and welcomed some new staff members to our ranks. Our classes are full and our teachers have lots of bright faces to get to know and new names to learn.

Our PPO welcomed the students back to school with a BBQ and corn roast, which helped introduce some of the new members to our hungry students. The students filled their bellies with corn and hotdogs and were very appreciative of the PPO's generosity.

We hiked Mont Megantic, an annual event to celebrate our new school year and reintroduce the students to our Living School ideals of well-being for all and a connection to nature. We enjoyed a beautiful day on the mountain and experienced some "shinrin-yoku" or forest bathing to start the year with a positive mindset about nature while taking in the splendor the natural world around us. Throughout the year we will aim to use nature as a guide and learning tool to boost our academics and create a sustainable relationship with nature.

Our positivity continued as we joined hundreds of countries participating in

World Cleanup Day. Students and staff took to the streets of Cookshire to pick up garbage. We visited many local businesses and picked up trash around the buildings and in the parking lots, not to mention the sidewalks and roadsides. Although we did not have any community volunteers, we were pleased to receive many thank yous as we cleaned up the town.

The most recent activity was our

Terry Fox Run, which included many parent volunteers for the afternoon run. Our students were fantastic fundraisers and we almost raised \$800!

Some of our upcoming events include an Ultimate Frisbee tournament with Pope Memorial and Sawyerville Elementary, cross country runs at Bishop's University and Galt, a Halloween door decorating contest and a Halloween dance.



Potton's round barn

CONT'D FROM PAGE 4

Missisquoi North Volunteer Centre (CABMN) Ken Jones Respite group for persons with intellectual and physical challenges, the Round Barn is a morning highlight as he passes on his bus route to the program every Thursday. His joy and love for the barn is evident as you can see him, face in the bus window smiling from ear to ear and telling the other clients on the bus to look!

When Serge arrives at the KJC program, he informs the coordination team staff that the barn is still there and that all is good.

In hearing about Serge's interest and love for the landmark, Round Barn Com-

mittee President, Hans Walser wanted to do something special for Serge. On September 26, in a low key fashion (due to Serge's ease with a small group of people), Hans invited Serge, a member of the KJC Coordination Team and a photographer to come to the Round Barn site for a special presentation in celebration of Serge's interest in the barn. Hans presented Serge with a special Round Barn pin and a beautiful file of information about the barn with photos and the two posed for pictures (as seen here). Copies of the photos will be given to Serge highlighting forever, this special day. Serge was beyond happy. For Hans Walser, a man who has devoted a lot of time and energy, along with oth-

ers in the restoration of the barn, the enthusiasm was contagious.

Meanwhile, there is still work to be done on the barn and funds to be raised. A financial contribution is welcome and if you would like to have more informa-

tion, Hans Walser, President of the Round Barn committee can be reached at 450-292-3566. You can visit the Municipal website for more details about the barn and the restoration project at: www.potton.ca



PHOTOS: COURTESY

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OCTOBER 6-12, 2019

EDITORIAL

There is also a lack of consistency around approaches to determine and monitor the mental fitness of students to continue or return to studies after taking medical leave for a mental health reason.

University student mental health care is at the tipping point

By Anne Duffy

Professor, Department of Psychiatry,
Division of Student Mental Health,
Queen's University, Ontario

As a new crop of students enter university, the sense of hope and promise is tangible. While students are at an exciting developmental stage, as a researcher and practising clinical consultant to university student health services, I know that for some students the associated stress and new pressures will become overwhelming.

Several authoritative reports from Canada and the United Kingdom have drawn attention to increased demand for student mental health care that is straining university resources. Reports also point out that campus mental health services and initiatives are fragmented and inadequate to address the growing breadth and depth of student mental health need.

The tension between need for effective, accessible and engaging student mental care and the status quo in terms of resources has reached a tipping point. Such a state of affairs risks student well-being and academic success and has consequences for the university as evidenced by recent tragedies across different campuses in different countries. A key stumbling block toward change has been a relative lack of systematically collected data to help universities with the development of a coordinated and comprehensive system of student mental health care.

In the face of a seemingly changing university landscape and a relative lack of data, we have launched a new research initiative called "U-Flourish." In collaboration with colleagues at Queen's University (Canada) and Oxford University (U.K.), we are launching a longitudinal study to evaluate the scope of mental health need among undergraduate students and understand what factors determine different student mental health and academic outcomes.

As a multidisciplinary group of clinicians, academics and students, experienced in developing and evaluating mental health services and studying the

onset of mental disorders, we know the importance of the university taking a lead role in the development of a system of student mental health care.

Time of transition, critical period

One of the most important contributors to healthy individual growth and societal development is higher education. Success depends upon health, including mental health. The transition to university coincides with a critical period of accelerated biological, psychological and social development with the peak period of risk for onset of serious and persistent mental illness. The brain is undergoing accelerated growth and has heightened sensitivity to risk exposures commonly encountered by university students, such as stress, recreational drugs, alcohol and sleep problems.

University students are also exposed to a number of unique stresses related to financing their studies and making new social connections. Research finds that in Canada, younger students (under the age of 22) are driving undergraduate growth. Not only a rising number of international students, but also domestic students are studying away from home and their support network.

Competition has increased in Canadian universities and across the western world, as enrolment and threshold grades for entry to professional and graduate schools have risen.

Evidence suggests that not fitting into the predominant demographic at university and constant social media presence may be important psychosocial risk factors associated with mental health problems. Many students experience distress and their ability to cope is overwhelmed.

Serious and persistent mental illness typically emerges over childhood and adolescence. Research shows that 75 per cent of all mental disorders onset by the mid-twenties, and typically there is a substantial delay between illness onset and first treatment contact. This delay is associated with progression to more complex disorders, dropping out of school, addiction and self-harm.

Emerging research underscores the

substantial unmet need for screening and effective care of students. A large international study using World Health Organization surveys reported that one-fifth of college students met criteria for a 12-month mental disorder. Yet, treatment rates were exceedingly low and mental disorders were associated with higher rates of drop out.

Absence of evidence-based models

There is limited publicly available information about the outcomes of current student mental health services in Canada or the U.K. From what we as a research collective have observed, most campus mental health services do not have validated quality or outcome indicators embedded in routine care. These circumstances make it difficult to assess how effective current services are.

Student mental health services vary significantly across institutions in how they are organized, integrated and resourced. These variances reflect in part the absence of an evidence-based model guiding the development of student mental health care, and a lack of universal benchmarks for informing standards of care.

There is also a lack of consistency around approaches to determine and monitor the mental fitness of students to continue or return to studies after taking medical leave for a mental health reason.

Unique student needs

University mental health services have typically developed from short-term counselling services which are generally not adequately organized or resourced to systematically assess or respond to the full spectrum of university student mental health need. Compared to community-based care, student mental health services need to be more proactive, expeditious and preventive in nature.

University students are particularly disadvantaged in accessing timely and appropriate care as they move between university and home. (Shutterstock)

University students are particularly disadvantaged in accessing timely and appropriate care as they move between university and home, and are at an age between child and adult services. Students often struggle with impairing and distressing symptoms that fall short of inclusion criteria for specialized community-based services.

It is likely that effective reform will mean not only re-organizing and strengthening existing services, but also developing new campus-based services and partnerships with specialty programs in the community based on clinical need.

Key principles for development

With an intent to help universities move forward, our research collective has set out key principles to guide the

development of an integrated system of student mental health care moving forward. We propose that university mental health services should:

Be accessible, evidence-based, culturally competent and developmentally appropriate;

Have an engaging clinical triage at the student's first point of contact that is linked to a properly resourced service, where intensity of care matches complexity of needs (stepped care);

Have facilitated transitions between campus and community-based services;

Have outcome and quality indicators embedded in routine care;

Develop standards-of-care and fitness-to-study guidelines;

Rely upon integrated research to inform development.

Determining risk factors

The U-Flourish research program aims to evaluate the scope of mental health need and identify what factors contribute to poor mental health and academic outcomes in university students and what might be important targets for early intervention and prevention initiatives on campuses.

Preliminary research found that almost one-third of students starting university at Queen's screened positive for both clinically significant anxiety and depressive symptoms (45 per cent with functional impairment) and 18 per cent had significant sleep problems. Almost one-third of students had serious thoughts of ending their life and 6 per cent reporting having attempted suicide at least once. Mental illness, including having suicidal thoughts and self-harm, are treatable conditions. People can get help. Yet, in this study only 8.5 per cent of students indicated that they were receiving any form of treatment. Collectively, evidence points to a significant unmet need for mental health assessment and targeted intervention at entry to university.

The transition to university represents a critical opportunity for prevention through effective screening for mental health problems including suicide and self-harm, and to deliver appropriate evidence-based interventions at the right time.

To support positive outcomes for all students, researchers, clinicians and universities must work together and use the available evidence to put in place a co-ordinated system of mental health care that meets the needs of our students.

If you are experiencing suicidal thoughts, you are not alone. If your life or someone else's is in danger, call 911 for emergency services in Canada or the U.S. (or 999 in the U.K.). Or, in Canada, download The LifeLine App to find one-touch hotline crisis call, text and chat options and prevention and awareness tips; or call Canada Suicide Prevention Service (CSPS) at 1-833-456-4566.

THE RECORD

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	1 MONTH	9.78	0.49	0.98	\$11.25

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Member

ABC, CARD, CNA, QCNA

Local Sports

Chasse shot rounds of 73-72-72 to finish in a tie for fourth

Heins, Chasse, and Gosselin Named Provigo, Robert Lafond Athletes of the Week

Mehana Heins (Ottawa, Ont./Merivale S.S.) of the women's soccer team, and Ben Chasse (Fall River, N.S./Lockview H.S.) and Anthony Gosselin (Coaticook, Que./Champlain College) of the golf team are the Provigo, Robert Lafond Bishop's Athletes of the Week for the week ending Oct. 6th.

Heins, a fourth-year sports studies student, was rock solid in goal for the Gaiters over the weekend leading them to back to back victories which the Gaiters haven't done since 2013. She picked up clean sheets against the Sherbrooke Vert-et-Or on Friday night, and the UQTR Patriotes on Sunday afternoon. The Gaiters won the two games by scores of 4-0 and 1-0 respectively.

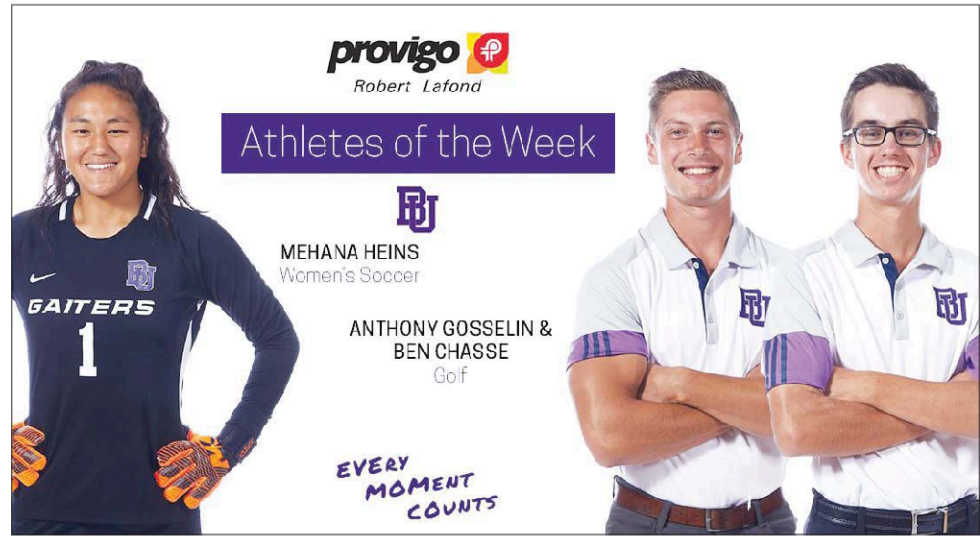
Next up Bishop's plays host to UQAM on Friday Oct. 18th on Coulter Field for

Senior night for the Gaiters. Kickoff is set for 7 p.m.

Chasse and Gosselin, both third-year business students, led the Gaiters to a 3rd place finish as a team at the RSEQ Championships which were held at the Club de Golf Val des Lacs from Sept. 29th through Oct. 1st. Chasse shot rounds of 73-72-72 to finish in a tie for fourth, and Gosselin shot rounds of 80-75-73 to finish tied for 13th. Both golfers were named RSEQ Second Team All-Stars for their performance this season.

The Gaiters finished 3rd overall in the RSEQ as a team meaning they have punched their ticket to the Canadian University/College Golf Championships for the 3rd year in a row. The Championships will take place in May next year.

Honourable Mentions



MALE
Nathan Walker (Football) – 232 all-purpose yards
LOUIS-PHILIPPE GREGOIRE (Football) – 19
carries for 97 yards

Canadians Denis Shapovalov, Vasek Pospisil off to second round in Shanghai

The Canadian Press

Canadians Denis Shapovalov and Vasek Pospisil have advanced to the second round of the Shanghai Masters.

Shapovalov, from Richmond Hill, Ont., beat American Frances Tiafoe 6-4, 6-2 on Monday.

Vancouver's Pospisil, a qualifier for the tournament, upset No. 14 seed Diego Schwartzman of Argentina 7-6 (2), 6-2.

The 20-year-old Shapovalov, ranked 36th in the world, won 27 of 29 points on first serve en route to a win over the 51st-ranked Tiafoe.

The first game of the match stretched to 15 minutes before Tiafoe held serve, but Shapovalov eventually took control with a break in the first set and two more in the second.

"The start of the match was really important and I was trying to step up from the first game," Shapovalov said. "I think the first game helped me find a rhythm on his serve."

Shapovalov, who has won 10 of his past 14 matches after some rough months during much of the spring and summer, next faces world No. 1 Novak Djokovic of Serbia.

He took Djokovic to four sets in the

third round of the Australian Open, but only won four games in the second round at the Rome Masters.

"He's beaten me twice so there's not much for me to lose, so I'll just go out there and enjoy myself,"z Shapovalov said. "I'll go out there and give it all I have."

"It's going to be a tough one, but I have a great game and I think I have a chance to beat him."

Pospisil, whose ranking has slipped to 248th after a back injury sidelined him for the first half of 2019, now has two main-draw wins on the season.

Both have been upsets. He beat then-world No. 9 Karen Khachanov of Russia in the opening round of the U.S. Open before his win Monday over the 16th-ranked Schwartzman.

Pospisil was dominant with his first serve against Schwartzman, winning all 33 points when he got it in. Eleven of those were aces.

Pospisil will face world No. 63 Joao Sousa of Portugal in the second round on Tuesday.

Montreal's Felix Auger-Aliassime faces qualifier Alexander Bublik of Kazakhstan in a first-round match on Tuesday.

Join
THE
RECORD

in saying thank you to our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.
They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.
The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.
Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.
The Record will publish a special section November 7 on Townshippers' contribution to the war effort.

Send photos before October 31 to
classad@sherbrookerecord.com

PHOTO OF YOUNG CANADIAN SOLDIER

Name:

Hometown:

Age when enlisted:

Regiment:

Served:

A few words about him:

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525


THE RECORD

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Death

Francis Gilbert ('Frank') GALE



Francis "Frank" Gilbert Gale, age 94, born April 3, 1925, passed away on October 5, 2019 in Fredericton, New Brunswick. He is survived by his sons David (Maria) of Coquitlam, BC, and Stephen (Debra) of Kelowna, BC, and grandchildren Olivia and Simon; also survived by brother Royce of Sherbrooke, QC, and Philip of Hudson, QC, and many cousins, nieces and nephews. Predeceased by wife Ann (Turner) and by parents Royce and Doris Gale of Waterville, QC. Frank served in the RCAF in World War II (FLT42 Flight Engineer - Halifax Bomber). After, he became a helicopter pilot who flew with Universal Helicopters and the Canadian Coast Guard in Newfoundland. He was a radio "Ham" operator for over 65 years, an aircraft modeller and a long-time member of COPA. Cremation has taken place and there will be no service or visitation by request. A private interment will follow at a later date in the Gale family plot in the Greenwood Cemetery in Waterville, QC. Donations in Frank's memory may be made to the Ottawa General Hospital, Ottawa, ON; St. Paul's United Church, Fredericton, NB; or to a charity of your choice. Online condolences may be left at www.mcadamsfh.com.

McAdams Funeral Home
T. 506-458-9170 • F. 506-450-7968
mcadams@mcadamsfh.com

Death

Reverend Canon Keith Perry-Gore



The Reverend Canon Keith Perry-Gore passed away peacefully on October 4th, 2019, from a battle with dementia and physical decline. Born in England, on October 31st, 1934, he leaves his wife Jane (nee Richardson) of 60 years. He was brother to Susan and Elizabeth (deceased), father of Alex (Cathy), Bridget (Vincent), and Clive (Nicole), grandfather to Kelli, Luke, Kaitlin, Renee, Sophie, Rachel, Jessica, Kevin, and Trevor and great-grandfather to five. He spent his youth in Tortola, BVI returning to England where he attended St. Edwards School and Theological College in Westcott House, Cambridge, UK. He was ordained as an Anglican minister in 1962. With two children in tow, the family moved to Barbados where he led the congregation of Holy Innocents Church until 1970. In search of adventure and opportunity for his young family, he immigrated to Canada moving to New Carlisle, and finally to North Hatley, QC. He was Rector of St. Barnabas North Hatley, Christ Church, Eustis and St. John's, Waterville until his retirement in 1999. Keith was never one to let his opinion go unheard and loved an audience. He was a showman at heart and loved to sing, laugh and entertain. He was an optimist who owned many musical instruments and only mastered ukulele. His real instrument was his voice. Whether he was singing "Where Do The Flies Go" to his grandchildren or performing on stage in a Gilbert and Sullivan musical, it was when he was at his best. One never knew when he was going to burst out into song. He was an athlete, playing competitive rugby in his youth and for many years played squash at Bishop's University in the winter and in tennis in North Hatley in the summer. In both sports he revelled and giggled when able to outsmart his opponents with his "trick shots". He loved to laugh, loved his family and loved to take his afternoon "siestas". The family would like to thank all the staff from the Wales Home for their outstanding care during the last year of Keith's life. His final words a month before his passing were "My darling Jane". The funeral will be held on Thursday, October 10th at 3 p.m. at St. Barnabas Church in North Hatley. Please join us for refreshments afterwards in the church basement. In lieu of flowers, please make a donation to the Wales Home where he spent the last year of his life. Address: 506, Rte 243 Cleveland Quebec J0B 2H0. <https://www.canadahelps.org/en/charities/id/32877/>

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

Death

Datebook

TUESDAY, OCTOBER 8, 2019

Today is the 281st day of 2019 and the 16th day of autumn.

TODAY'S HISTORY: In 1871, the Great Chicago Fire leveled three square miles, leaving 100,000 homeless and more than 300 dead.

In 1945, President Harry Truman announced that the United States would share its knowledge of the atomic bomb exclusively with Britain and Canada.

In 2005, an earthquake on the border of India and Pakistan killed more than 75,000 people and left 3 million homeless.

TODAY'S BIRTHDAYS: Otto Heinrich Warburg (1883-1970), physiologist/physician; Frank Herbert (1920-1986), author; Harvey Pekar (1939-2010), writer; Jesse Jackson (1941-), civil rights leader; Chevy Chase (1943-), comedian/actor; R.L. Stine (1943-), children's author; Sigourney Weaver (1949-), actress; Darrell Hammond (1955-), actor/comedian; Matt Damon (1970-), actor; Nick Cannon (1980-), actor/TV personality; Bruno Mars (1985-), singer; Darrell Wallace Jr. (1993-), race car driver; Bella Thorne (1997-), actress.

TODAY'S FACT: On the same day as the Great Chicago Fire, a fire in Peshtigo, Wisconsin, (about 250 miles outside of Chicago) destroyed the town and claimed more than 1,200 lives.

TODAY'S SPORTS: In 1956, New York Yankee Don Larsen pitched the first and only perfect World Series game, against the Brooklyn Dodgers.

TODAY'S QUOTE: "Deep in the human unconscious is a pervasive need for a logical universe that makes sense. But the real universe is always one step beyond logic." – Frank Herbert, "Dune"

TODAY'S NUMBER: \$28.5 billion – estimated cost (in 2019 dollars) of the Manhattan Project, which developed the first atomic bombs, through August 1945.

TODAY'S MOON: Between first quarter moon (Oct. 5) and full moon (Oct. 13).

Coaticook area Senior Citizen's Club

Our meeting of September 17 was held at the Elie Carrier Center. Our president, Penny Fowler, welcomed everyone and thanked members for their donations. Some members had invited friends. We had a good group for our first meeting of the season.

Grace was recited by Ruth Charleau. Members with birthdays this month were Kathy Bellows, Joan Baldwin, Shirley Desruisseaux, Janet Shepherd and Suzanne Martin. We all sang Happy Birthdays. Participation prizes were won by Rebecca Charleau and Pat Bryant.

Penny passed around pictures of babies with humorous quotes. She also became her alter ego, Mrs. Keezer, and recited a text of the good old days and

taking our time.

Door prizes were won by Tina Whipple, Ketha Woodman, Scott Kirby, Marry Cutler, Monika King, Mary Lessard, Brian Larue, Julie Champagne and Maryann Beaudin.

Next month's meeting will be October 15. Halloween is this month and it would be nice if you wore something to mark the occasion. We asked you for suggestions to make the meetings enjoyable, so please write them down and give them to Penny. We still have the free donation tables. The main meal will be chicken pie. You will be receiving a call from one of our members to confirm your presence.

I was asked to include information on

the Flu vaccination campaign. You can register online right now on the: santeestrie.qc.ca, Vaccin contre la grippe, follow the instructions: Inscription à ClicSante.ca, prenez rendez-vous dès aujourd'hui sur ClicSante.ca, this link will pop up in a new window, choisissez «Vaccin grippe saisonnière», puis entrez votre code postal. You can also register at your drugstore for a \$10 fee. Familiprix has started taking names already.

*Submitted by
Penny Fowler, President
Suzanne Martin, Secretary*

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clasad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENOXVILLE

Uplands Cultural and Heritage Centre presents Connexions, the third and final component of our Art Bridge project that combines art and cultural mediation (funded by Canadian Heritage). The Connexions exhibition aims to initiate, inspire, and gather the public around the works of eleven innovative artists: Kaitlyn Card, Maya Cashaback, Joanna Chelkowska, Holly Fedida, Mira Doheny, Philip Dutton, Karine Guyon, Trevor McKinven, Regine Neumann, Catherine Ostiguy and Karl F. Ehrlich. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville) is open Wednesday to Friday 10 a.m. to 4:30 p.m. and on weekends from 1 p.m. to 4:30 p.m.

RICHMOND

St. Anne's Church, 171 Principale St. South, will be starting up the monthly Military Whist card parties on Thursday, October 10 starting at 7:30 p.m. Come out and enjoy an evening of meeting old friends and making new ones, too. Lunch and prizes included. To reserve a table, please contact Elizabeth at 819-826-6134. Because of construction on Principale St. South, please park on College or Laurier Streets and use the side door.

LENOXVILLE

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

LENOXVILLE

LAHMS Victorian Christmas Tea - Saturday, December 7, 2019. As we have every holiday season for over 30 years, the Lennoxville-Ascot Historical and Museum Society will be hosting its Victorian Christmas Tea fundraiser on the first Saturday of December. If you would like to attend, we strongly encourage you to reserve early, as places are limited. We will start taking reservations in October. There will be two settings, at 12:30 p.m. and 3 p.m. To make a reservation, buy a ticket in advance, or obtain further information, please contact us at 819-564-0409 or info@uplands.ca. We look forward to welcoming you at Uplands, 9 Speid

St., Sherbrooke (Borough of Lennoxville).

AYER'S CLIFF

Fall Roast Beef Supper on Saturday, October 19 to benefit Beulah United Church, 967 Main St., Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy, horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838 5815. Adults \$15, children 12 and under \$7. Everyone is welcome!!

LENOXVILLE

The Canadian Federation of University Women (CFUW), Sherbrooke & District Marking 2019, International Year of Indigenous Languages. On Wednesday, October 9, 8 p.m., St. Andrew's Presbyterian Church Hall, 256 Queen Street, Lennoxville, the Canadian Federation of University Women (CFUW), Sherbrooke and District, will welcome Barbara Hunting as guest of its Speaker's Program. Barbara Hunting is a Sociology Professor at Bishop's University. The topic of her presentation will be: Moments in my research journey with Naskapi people and people in rural Malawi, Africa. A Naskapi student will be present. Everyone is welcome. The venue is accessible to persons with reduced mobility.

BURY

Centre Communautaire de Brookbury, 571 Route 255, Bury. On Saturday, October 12 at 5 p.m., there will be a Pot-luck Supper and Silent Auction followed by our annual general meeting. Everyone is welcome. Info: 819-884-5984.

LENOXVILLE

Community Aid wishes to invite those aged 65+, whether they have recently retired or have been retired for some time, to a community consultation on the creation of a new social group. The consultation will take place on Tuesday, October 8 from 2 p.m. to 4 p.m. at the Amédée-Beaudoin Community Center. For information, please call 819-821-4779. Please come share your ideas!

HUNTINGVILLE

We are trying something new! Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our "all you can eat Brunch" on Sunday, October 13 at 4150 Route 147, Waterville (Huntingville) from 10:30 a.m. to 1 p.m. Scrambled eggs, bacon, beans, pancakes, toast, coffee, tea and juice. Now for the "new" part, we will serve 2 kinds of sausage, patties and links! You can have all this for only \$13 for adults, \$6 from 6-13 years and under 6 years free, "family price" \$40! We will have a take-out available. Just a phone call to 819-679-8493 and your meal will be ready when you show up! We also have a "family price" of \$40. Make the autumn of 2019 the time that you will help us with our

Community Projects and also enjoy a good meal. For information on our activities, call 819-820-5672, email to unity8ioof@yahoo.ca or visit us on Facebook at - three link fraternity unity lodge #8 ioof.

ULVERTON

Ulverton United Church is pleased to invite the community to a Thanksgiving Church Service at the Church, 159 Route 143, on Sunday, October 13 at 3 p.m. The Rev. Reg Jennings will preside. This will be followed by a pot-luck 'Harvest Supper' in the Village Community Centre at 4:30 p.m. We ask attendees to bring either canned goods or vegetables from the garden or a donation of cash, that we will give to the local food bank. For the 'potluck supper', we are looking for salads and deserts to complete the menu. Ham and beans, coleslaw and baked potatoes will be provided. This is a free activity. For more information call Gwyneth Grant at 819 826-2469.

HUNTINGVILLE

Giving Thanks at the historical Huntingville Universalist Church. A traditional Thanksgiving service is planned at this historical church building, preserved in its original state, with 19th century box pews and balcony. A rare opportunity to see the interior of the building that is now closed to the public, and to learn about its origins and past. Located in Waterville (Huntingville) on Route 147, just across the road from the Mitchell Road Bridge. Free-will donations invited for the maintenance of the Huntingville Universalist Church and grounds. Sunday, October 13 at 11 a.m. Info: UUEstrie, 819-842-4146, www.uuestrie.ca, Facebook UU Estrie. All are welcome.

COMPTON

The Sherbrooke-Compton Plowing Match will be held on Monday, October 14 on the land of Paul & Laura Enright, 390 ch. Hatley, Compton, starting at 9:30 a.m. Classes for horses and tractors. Bring your own lunch. Info: Felicia Kirby 819-572-2413. Visitors welcome.

BULWER

Bulwer Branch Quebec Farmers' Association will meet on Thursday, October 10 at the Bulwer Community Centre at 8 p.m. Pot-luck lunch. Everyone welcome.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

10/7

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PREVIOUS SOLUTION

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

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



Celebrating 50 Years

The Founding Friends of Massey-Vanier will publish a 50th Anniversary Memorial Book Nov. 29.

The Golden Jubilee of Massey-Vanier 40-page full-colour book will be a compilation of photos and recollections from teachers, students and administrators over the past 50 years.

A limited number of books will be printed.

To reserve your copy, please send an email to billing@sherbrookerecord.com stating your name and phone number. Put **MV-50 years** in the subject line.

Payment due at time of delivery. Books are \$10 (plus shipping if not picked up).

A portion of the profit from book sales will be given to The Friends of Massey-Vanier and the Scholarship Awards Committees

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.

"LVT YEBBHTCXT NTLZTTC ZECCTHF
PCY JWFTHF EF LVPL ZECCTHF YW
LVECRF JWFTHF YWC'L ZPCL LW YW."
— YH. DVEJ SXRHPZ

Previous Solution: "Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility." — Oprah Winfrey

TODAY'S CLUE: *g s i e n b e N*

REALITY CHECK

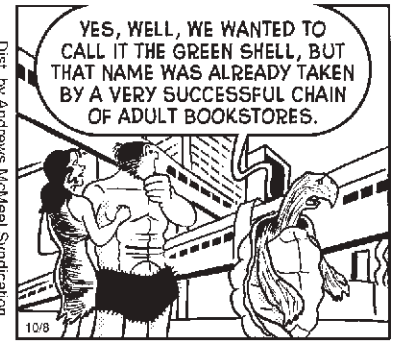
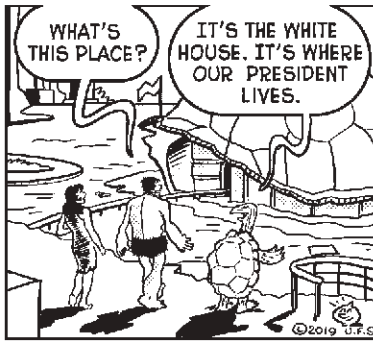


HERMAN

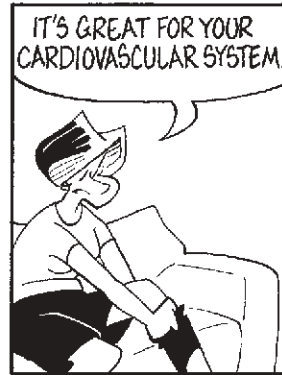


"I'm your new secretary. Am I an hour late or 23 hours early?"

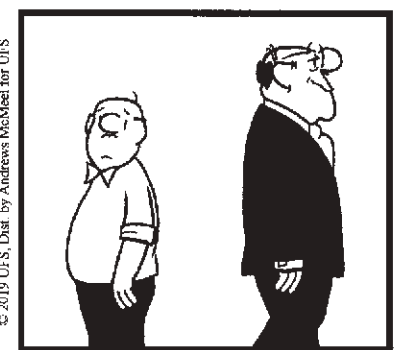
ALLEY OOP



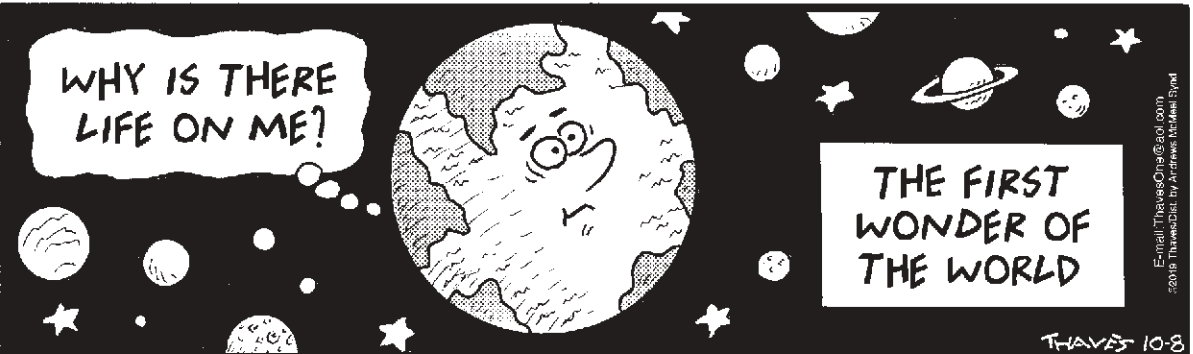
ARLO & JANIS



THE BORN LOSER



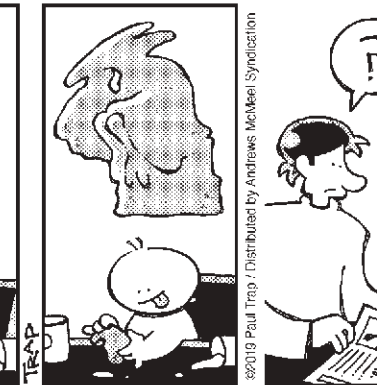
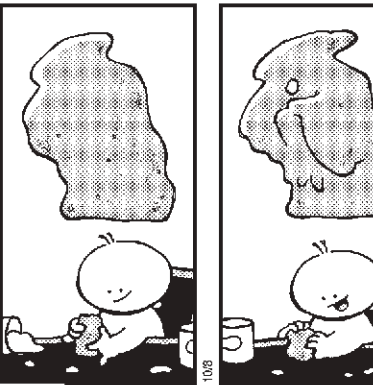
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THATABABY



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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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240 Fruits & Vegetables

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A pasta dish that brings out the earthy flavour of mushrooms

By America'S Test Kitchen

We wanted to create a pasta dish that brought out the delicate, earthy flavour hiding in supermarket mushrooms. We selected cremini mushrooms, which have a meatier texture and a more intense, woody flavour than button mushrooms but are still readily available.

Butternut squash heightened the dish's wintertime appeal and gave it heft and a subtle sweetness that perfectly complemented the mushrooms. To start, we sauteed the mushrooms with shallots, garlic, thyme, and a small amount of salt to help the cremini release their liquid, then added the squash. The liquid released by the mushrooms was just enough to steam the squash, and cooking both together gave the smaller mushroom pieces time to brown and create fond.

We removed the vegetables, and then poured in chicken broth and water to cook our pasta. Adding heavy cream toward the end of cooking, and then stirring vigorously while mixing in Parmesan cheese, drew out the pasta's starches and created a thick, creamy sauce, into which we folded our meaty cooked vegetables.

A splash of lemon juice, a sprinkling of fresh chives, and some toasted pine nuts were the perfect finishes to the dish. You can substitute 1 pound of ziti or penne for the rigatoni, if desired.

CREAMY RIGATONI WITH MUSHROOMS, BUTTERNUT SQUASH AND PINE NUTS

Servings: 4-6

Start to finish: 1 hour, 15 minutes

1 tablespoon extra-virgin olive oil
2 large shallots, minced
3 garlic cloves, minced
4 teaspoons minced fresh thyme or 1 1/2 teaspoons dried
12 ounces cremini mushrooms, trimmed and sliced thin
Salt and pepper
1 1/2 pounds butternut squash, peeled, seeded, and cut into 1/2 inch pieces (4 cups)
2 1/2 cups water, plus extra as needed
2 cups chicken or vegetable broth
1 pound rigatoni
1/2 cup heavy cream
2 ounces Parmesan cheese, grated (1 cup)
1 tablespoon lemon juice
2 tablespoons minced fresh chives
1/4 cup pine nuts, toasted

Heat oil in Dutch oven over medium heat until shimmering. Add shallots and cook until softened, about 3 minutes. Stir in garlic and thyme and cook until fragrant, about 30 seconds. Stir in mushrooms and 1/2 teaspoon salt and cook until mushrooms begin to release their liquid, about 4 minutes. Stir in squash, cover, and cook, stirring occasionally, until squash is tender and lightly browned, about 12 minutes. Transfer vegetables to bowl and cover

to keep warm.

Add water, broth, and 1/4 teaspoon salt to now-empty pot, scraping up any browned bits, and bring to boil. Stir in pasta, return to vigorous simmer, and cook, stirring often, until pasta is nearly tender, about 10 minutes.

Stir in cream and continue to cook until pasta is tender and has absorbed most of liquid, about 4 minutes.

Add Parmesan and stir vigorously until sauce is creamy and pasta is well coated, about 30 seconds. Stir in reserved vegetables and lemon juice and cook until heated through, about 1 minute. Off heat, adjust sauce consistency with extra hot water as needed. Stir in chives and season with salt and pepper to taste. Serve, sprinkling individual portions with pine nuts.

Nutrition information per serving: 311 calories; 79 calories from fat; 9 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 247 mg sodium; 45 g carbohydrate; 8 g fiber; 2 g sugar; 9 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Creamy Rigatoni with Butternut Squash and Pine Nuts in "Cook It In Your Dutch Oven."

(The Associated Press)

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Dear Annie

TUESDAY, OCTOBER 8, 2019

Dear Annie: I am 28 years old, and recently celebrated my second wedding anniversary. I have been with my husband, Tom, for a total of five years, but due to immigration trials and tribulations, we have only been living together full time for two-and-a-half years (first in the United States and now in the United Kingdom).

My issue is my husband's relationship with my beloved 9-year-old cat, Whiskers.

When Tom first began to visit me, prior to our engagement, and then live with me in the United States, he had no issue with Whiskers — loving him and accompanying him outside into the garden when we had a short-fenced yard at a rental property and Whiskers was not allowed outside alone. This continued until about a year ago, when Tom began to dislike Whiskers.

It started with purring. Whiskers is large and loud, and his purring is certainly noticeable, but I have always thought of this as a "happy noise." Now, Tom will leave the room in a huff if Whiskers starts purring, and he is not allowed on the bed, even though the dogs are when we are not sleeping. My husband is hostile toward the cat, and I have confronted Tom about my suspicions that he is abusive toward Whiskers when I am not around. The cat now

avoids him and will run upstairs when Tom gets home. He has denied it, but his actions when he thinks I am not looking make me disbelieve him. I received Whiskers as a kitten from my mother when my 5-month-old daughter passed away suddenly and I was in the depths of the darkest grief, desperately needing something to take care of. Whiskers means the world to me. To be frank, if Tom had acted this way toward Whiskers in the beginning, I would not have pursued a life with him.

I have told Tom how hurtful I find his treatment of Whiskers and reminded him of how important that silly cat is to me. Nothing seems to make a difference.

Why is it so hard for him to love, or just pretend to tolerate, and be kind to this part of my life that is so important to me? Am I asking too much? What should I do? — Depressed and Confused

Dear Depressed and Confused: It sounds like Tom might be jealous of your close relationship with sweet Whiskers, and he is acting horribly because of it. If he treats your innocent 9-year-old cat this way, I hate to think how he would treat other things that are important to you. You are certainly not asking too much of Tom. In fact, you are not asking enough.

The beginning is always the honeymoon phase, and it sounds like Tom was on his best behavior and pretending to like the cat. Now that you are married and he is feeling more comfortable, his true colors are

showing. I am sorry to say this, but those colors are ugly. The fact that the cat runs away from him, and that you suspect abuse, is very telling.

I would speak firmly to Tom and say that you believe that he is hurting Whiskers. Plus, there is nothing silly about a cat. This animal has brought you great comfort during some of the saddest days of your life. Now you owe it to Whiskers to provide him comfort and safety. How someone treats animals says a lot about how they would treat children and other people.

Tom needs counseling for his treatment of Whiskers. The fact that he changed his behavior is even worse. If he is unwilling to go to therapy and talk about his aggressive behavior, seriously consider grabbing Whiskers — and perhaps your other pets as well — and walking out the door. Thank you for writing, and I hope your next husband respects all living creatures as much as you do.

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

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, OCTOBER 8, 2019

your priorities. Romance is heightened.

- ACROSS**
- 1 Help go wrong
 - 5 "90 Day Fiance" network
 - 8 Shower alternative
 - 11 Delhi attire
 - 12 Step on it
 - 13 On a voyage
 - 15 One-time page layouts (hyph.)
 - 17 Mongrels
 - 18 Ship's record
 - 19 Treats with contempt
 - 21 Witch's group
 - 24 Paddle kin
 - 25 Itch
 - 26 Miscellany
 - 27 Zone
 - 30 Pour forth
 - 32 Oahu welcome
 - 33 Cookbook amts.
 - 37 Is, in Segovia
 - 38 Asian language
 - 39 He directed Marlon

- 40 Info
 - 43 Foreman foe
 - 44 Magazine fillers
 - 47 Switch positions
 - 48 Oust
 - 50 Travel downer
 - 52 — kwon do
 - 53 Tien Shan mountains
 - 54 Harder to solve
 - 59 Outer edges
 - 60 Yes, to Yvette
 - 61 Peace Prize city
 - 62 Health club
 - 63 Maple Leafs org.
 - 64 Microwave
- DOWN**
- 1 Cobra kin
 - 2 Ewe's plaint
 - 3 Sounds of hesitation
 - 4 Author's concern
 - 5 Gangster
 - 6 Gloss target
 - 7 Termination

Answer to Previous Puzzle

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

- 8 Cantina fare
- 9 Loan shark's practice
- 10 European capital
- 14 Part of PBA
- 16 Ages upon ages
- 20 — -Magnon
- 21 Canary's home
- 22 Blame
- 23 Expansive
- 24 Shark domains
- 28 Duke of jazz
- 29 Rural addr.
- 31 Orders for dinner
- 34 Wallop
- 35 Heap
- 36 Put to sea
- 41 RV stop
- 42 Decade part
- 44 Barely open
- 45 Lox locales
- 46 Postage
- 49 TV tube gas
- 51 Simpson kid
- 52 Hard work
- 55 Bewildered response
- 56 Ames inst.
- 57 Caribou kin
- 58 Unhatched fish

1	2	3	4		5	6	7		8	9	10	
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53					54	55			56	57	58	
59					60				61			
	62				63				64			

Get a grip on your life and what's important to you. If you have a dream, follow your heart and find the path that will lead to happiness. If you are up-front about what you want, you won't regret it. It's time to venture in a direction that meets your expectations.

LIBRA (Sept. 23-Oct. 23) — Say yes to fun, love, exploring new avenues and finding what you want out of life. Don't put up with negativity or people who are holding you back.

SCORPIO (Oct. 24-Nov. 22) — Don't share your feelings or plans. Avoid interference by carefully getting everything in place. Personal change is apparent.

SAGITTARIUS (Nov. 23-Dec. 21) — Compassion, understanding and being part of the solution rather than the problem will help you ward off negativity and people who are trying to lead you astray.

CAPRICORN (Dec. 22-Jan. 19) — Finesse and charm will help you get things done your way. Changing the way you treat someone will have exceptional results.

AQUARIUS (Jan. 20-Feb. 19) — Be observant. Simplify your life and focus on following a tight budget. Set your goals and do what it takes to meet them.

PISCES (Feb. 20-March 20) — You can be creative without overdoing it. A minimalist approach to life will help you flourish in ways you never imagined. Set

ARIES (March 21-April 19) — Now's the time to act. Take care of your responsibilities and don't worry about what others do. Arguing won't solve anything, but it will slow you down and hold you back.

TAURUS (April 20-May 20) — If change is what you need, be the one to make it happen. If you hesitate, someone will make choices for you that are not in your interest. Personal growth is encouraged.

GEMINI (May 21-June 20) — You'll stand out if you step up and do what needs to be done. Be assertive and open about what you want to see happen. Be a leader and set a good example.

CANCER (June 21-July 22) — Do something that will boost your confidence. Discuss what you want with a partner or co-worker. Keep the peace at home and work.

LEO (July 23-Aug. 22) — Traveling, attending business meetings and exploring new possibilities will help you move forward. Digest the information you receive, make a choice and act with confidence. A chance to start anew is within reach.

VIRGO (Aug. 23-Sept. 22) — Live within your means and stick to practical activities. If you overstep your limits, you will have to backtrack. Don't underestimate a challenger.

TUESDAY, OCTOBER 8, 2019

What is the opposite of the distaff side?

By Phillip Alder

All languages have words for male and female. Some of those words arise rarely, like distaff. That word refers to the female side of the equation. But what is the masculine equivalent?

In yesterday's column, I described a great defensive play by Jacqui Mitchell. To balance the books, as it were, here is an excellent piece of declarer-play by her husband, Victor Mitchell, who died in 1995. Victor was also a great player and universally popular.

North was Sam Stayman, who died in 1993. He and Mitchell won four national championships as partners. Stayman's three-diamond opening bid promised a decent hand in their methods. West probably doubled in case South was psyching at the vulnerability.

West led the heart eight: three, 10, jack. Mitchell played on diamonds, West winning the second round. If West had had a mirror, he would have cashed his heart ace. But not knowing that the heart king was now a singleton, West switched to the spade four.

If Mitchell had won East's jack with his queen, West, when in with the ace of clubs, would have had no option but to try to drop the heart king. So Mitchell

North		10-08-19	
♠ 6			
♥ 6 4 3			
♦ K Q J 10 7 5			
♣ K 10 7			
West	East		
♠ K 7 5 4	♠ J 9 8		
♥ A Q 9 8	♥ 10 7 5 2		
♦ A 3	♦ 9 4 2		
♣ A J 5	♣ 9 6 4		
South			
♠ A Q 10 3 2			
♥ K J			
♦ 8 6			
♣ Q 8 3 2			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
		3♦	Pass
3NT	Dbl.	All Pass	
Opening lead: ♥ 8			

set a trap: He won with the spade ace! Then he led a low club.

Suitably duped, West rushed in with the club ace and continued with the spade five. Imagine his surprise when Mitchell won the trick with the spade 10, and when the clubs broke 3-3, he claimed two overtricks for plus 750.

Apparently, the masculine equivalent of the distaff side is the spear side! Who knew?