

## ETSB teachers strike vote underway

By Matthew McCully  
SHERBROOKE

Teachers from the Eastern Townships School Board have begun casting their votes, according to Megan Seline, president of the Appalachian Teachers' Association, the local teachers' union.

The final tally is expected by Late Thursday or Friday morning, according to Seline, on whether local English teachers are in favour of the six-day strike mandate, which could go into affect any time after the Oct. 19 Federal election.

Voting took place at Heroes' Memorial school in Cowansville yesterday, and will be held at Alexander Galt Regional High School today and at Richmond Regional High School on Thursday, from 3:30 to 5:30 p.m. both days.

The trend so far is in favour of a strike mandate, with Riverside and New Frontiers teachers' unions both voting in favour last week.

A number of French teachers' and support staff unions have also voted in favour of a strike mandate, some with over 90 per cent approval.

While teachers unions and other public sector workers in the Common Front have until the end of September to cast their votes, the Fédération Autonome de l'Enseignement, an independent teachers' union representing the teachers in the Val des Cerfs school board, voted in favour of a different strike mandate earlier in the month, and plans to use the first of their three-day mandate on Sept. 30.

Massey-Vanier High School and Sutton Elementary, both of which share their premises with Val des Serfs, will be affected. Seline said the ATA has advised ETSB teachers not to cross the picket line.

## Brock bridge construction delayed

Route 243 detour near St-Felix-de-Kingsey to continue



CLAUDIA VILLEMAIRE

The George L. Brock bridge has been closed since July, causing a significant detour, and will stay that way for some time after construction crews found irregularities in the rock anchoring the bridge.

By Matthew McCully

Replacement of the George-L-Brock Bridge, situated on Route 243 in Saint-Félix-de-Kingsey, which began on July 7 and was scheduled to be finished by November, will be delayed, according to Transport Ministry representative Jean Lamarche.

Residents in the area grew suspicious after seeing no activity in or around the bridge since some time in

August.

Lamarche said the project, contracted to Longer Construction, began as planned, but work came to a halt when it was discovered that the formation of the rock into which the bridge would be anchored was irregular. The depth was not sufficient, Lamarche said, which sent the crew back to the drawing board to develop a new method of construction for the bridge.

The original budget for the project was \$1.2 million, according to

Lamarche. He could not offer specific figures or a timeline, but confirmed that the modification of the construction plan will involve an increase in the cost and cause a delay.

Residents in the area are required to use a nine kilometer detour, seven of which is on a gravel road.

Lamarche said a grater passes twice a week, and the condition of the road is being monitored.

Lamarche said work resumed on the bridge yesterday.

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## STRAIGHT CASH, HOMEY: A LOOK AT PERSONAL FINANCE

# Emergency fund should be three to six months net income set aside

By Craig Wong  
The Canadian Press  
OTTAWA

Credit counsellor Pamela George has seen clients get into trouble for want of \$500 and been forced to resort to a payday loan to treat a sick pet.

Without even a small emergency fund, George says, an unexpected expense can spur “a dangerous downward spiral.”

“Having \$500 put aside is better than having none,” she said in an interview.

That’s why George, with the Credit Counselling Society, says everyone needs an emergency fund for when they hit one of life’s speed bumps like the loss of a job, urgent home repairs or other unanticipated expenses.

How much you need depends on your personal situation, but she recommends the equivalent of three to six months of your net income.

“If you have between three to six months income put aside, then you can look for a job without the stress of: ‘Oh my gosh, how am I going to pay my bills?’” George said.

For someone earning about \$50,000 a year, that means putting aside between \$10,000 and \$20,000 — an amount that

George admits may be daunting if you’re starting from zero.

“Start small,” she said, recommending an initial target of \$1,000.

“Put aside \$50 per paycheck, eventually that adds up to \$1,000. When you’ve met the \$1,000, say: ‘Now I’m going to aim for \$2,000.’”

Selling things you don’t need online or getting a second job may also be options to jumpstart an emergency fund.

With household debt at a record level compared with income, Canadians are facing challenges putting money aside for an emergency.

A recent survey done for the Bank of Montreal suggested 24 per cent of Canadians have little, if anything, put aside in an emergency fund and roughly 56 per cent have less than \$10,000 saved for unexpected expenses.

Medical expenses, job loss, major car repairs and unexpected home repairs were cited as the top emergency concerns by those surveyed.

Increased debt, higher stress when an emergency occurs and feelings of anxiety and lack of financial stability, even when not immediately faced with emergencies, were all cited as consequences of not having an emergency fund.

Tony Tintinalli, BMO’s regional vice-president for personal banking in down-

town Toronto, says your emergency fund needs to be easily accessible.

He suggests cashable guaranteed investment certificates or a high-interest savings account would be good options because of their safety and accessibility.

“This shouldn’t be the bulk of your savings. This should be that emergency fund,” Tintinalli said.

He cautioned investors who might want to invest their emergency fund in search of a better return than the low interest rates paid by a savings account.

“If it’s your emergency fund, how risky do you want to be with it?” Tintinalli said. “Decisions that you’ve made in your longer term financial goal, you’re maybe willing to take a lot more risk because the horizon is a lot longer. In your emergency fund, that may not necessarily be the case.”

George also stressed an emergency fund should not be anyone’s only savings, but should be in addition to retirement savings as well as other medium and long-term savings for other purposes.

“When life happens, and life will happen and we will have emergencies coming up, it helps us to handle those emergencies by depending on our own money rather than going into debt,” George said.

## Shopping for investment advice difficult, report by regulators finds

The Canadian Press  
OTTAWA

It is difficult for investors to comparison shop for financial advice, especially when it comes to fees and other costs, according to a “mystery” shopper report issued by securities regulators on Thursday.

The report — a joint effort of the Ontario Securities Commission, the Investment Industry Regulatory Organization of Canada and the Mutual Fund Dealers Association of Canada — said investors also face a range of different business titles when shopping for advice, adding to the complexity of the process.

In the study, representatives of the regulators visited 105 shops throughout Ontario between July and November 2014.

They included investment dealers, mutual fund dealers, portfolio managers and exempt market dealers. Of these, 88 shops had sufficient data to allow for an assessment of the shoppers’ experiences against a set of benchmarks for best practice, compliant and non-compliant advice.

The regulators noted that in their initial meetings, investors were more likely to hear about products and services offered and less likely to hear about fees or the relationship between risk and re-

turn.

“The quality and value of advice are key considerations in achieving positive investor outcomes,” the report said.

“Investors need to be confident that the advice they receive before purchasing financial products and services is of high quality and appropriate for their circumstances.”

The regulators said they would increase their focus on ensuring advisers know their clients and the products they are recommending.

“We are all committed to improving the advisory process and the overall experience investors have when seeking investment advice,” they said.

## Weather



TODAY:  
SUNNY

HIGH 21  
SUNRISE: 6:34  
SUNSET: 6:46



WEDNESDAY:  
SUNNY

HIGH 22  
LOW 6



THURSDAY:  
MIX OF SUN  
AND CLOUD

HIGH 21  
LOW 1



FRIDAY:  
SUNNY

HIGH 16  
LOW 0



SATURDAY:  
SUNNY

HIGH 17  
LOW -1

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## Ben by Daniel Shelton



# LOCAL NEWS

*"This is a very important project for the region and is the result of an alliance between an urban area and a semi-rural area."*

## New airport security training and research centre to open in Sherbrooke

Record Staff  
SHERBROOKE

The International Air Transport Association has announced plans for a three-year schedule of aviation security training that will be offered at a new facility at the Sherbrooke Airport.

The City of Sherbrooke, the Haut-Saint-François regional county municipality, and several collaborators announced the creation of the centre at a press conference in Sherbrooke on Monday.

The centre, named Airpole, will provide integration services, training, and innovation with the major players in the airport industry to promote the emergence of effective new technologies and protocols.

The Airpole centre will address these needs by organizing its activities around

three business units: CENFOR for training and on-site training; CIT, an integration and technologies and equipment testing centre, and finally, VI, an industrial showcase. These three sites will make available to first responders, law enforcement officials, managers and staff of airports, and the aviation industry, a life-size infrastructure for specialized training purposes, training and research.

The establishment of this centre of excellence in airport security will require investments of nearly \$22 million. According to a study prepared by Raymond Chabot Grant Thornton, the economic benefits related to its construction, however, are estimated at \$14.6 million, including \$10 million in direct effects. According to the same study, construction activities would cre-

ate or maintain 187 jobs across Quebec while its operation would create or maintain 986 jobs over 10 years, including 840 jobs in the region.

Sherbrooke Mayor Bernard Sévigny, and the deputy reeve of the Haut-Saint-François regional county municipality, Robert G. Roy, welcomed the announcement.

"This is a very important project for the region" said Roy, "and is the result of an alliance between an urban area and a semi-rural area. At a time when governments are reducing their intervention in many areas, this project represents an attractive development opportunity."

According to Sévigny, "This is an important project for all Sherbrooke and the Eastern Townships, a project that will showcase our strengths in research

and training, and a project, finally, that, although it has nothing to do with our project to see the Sherbrooke airport offering passenger services, appears as a facilitator for other projects at the Sherbrooke airport."

It is hoped that the Airpole project will serve as an engine for innovation and major investments by highlighting regional strengths in research and teaching and enabling the region to develop of a value-added economy.

The courses are set to begin in 2016, with details expected to appear on both the IATA and Airpole websites.

Those interested in learning more about the airport security centre of excellence can visit the website: [www.airpole.com](http://www.airpole.com).

*With files from The Canadian Press*

## Police presence felt in school areas

Record Staff  
SHERBROOKE

Sherbrooke Police issued 391 traffic tickets near schools during its back-to-school surveillance operation from August 27 to September 11.

The force performed a total of 380 monitoring operations - about 35 per day - during the period.

The force issued 276 tickets for speeding, with the rest being issued for parking illegally, and ignoring bus signals, signalers, or stop signs,

Although the official 'back-to-school' operation has now ended, police are assuring the population that they will continue to make their presence known around the city's schools.

As for operations relating to UdeS and Bishop's, data concerning noise and public nuisance complaints have yet to be compiled, but police are maintaining an elevated presence around the two schools, police say, particularly on Thursday and Friday nights.

## Magog to air Îlot Tourigny meeting

Record Staff

The public information session on l'Îlot Tourigny tonight at 7:30 p.m. at Magog City Hall will be broadcast live on TVCOGECO cable

channels 3 and 555 (HD).

The hearing will be rebroadcast Wednesday and Friday at 4:30 p.m. and Sunday at 1:30 p.m.

It will also be available on the City of Magog website: [www.ville.magog.qc.ca](http://www.ville.magog.qc.ca).


## Witness rats out drunk driver

Record Staff

On Saturday, Memphremagog Police stopped a vehicle on Chenier St. in Magog after receiving a complaint from a witness who believed the driver was intoxicated.

At about 5:55 p.m., police spotted the 41-year old driver and followed him to see that his driving behaviour gave them sufficient grounds to stop him. The suspect, a man from Granby, was with a passenger and initial contact with the driver allowed police to place the driver under arrest for driving while impaired by alcohol.

At the station, the driver submitted to a breath test and failed both required tests. The man has already been charged in two similar cases was kept detained pending his appearance in court.



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**Lecture-Luncheon**  
**Saturday, Sunday 26, 10:30 a.m.**  
**Speaker: Dr. Jeffrey Packard**

Shape-shifting Memeraoubeghé: cartographic impressions of Lac Memphremagog prior to 1800. In this well-illustrated talk, the speaker examines a number of intriguing maps from the pre-1800 era, providing historical context and describing the personalities of the explorers and/or mapmakers.

Jeff Packard has been a life-long seasonal resident of Cedarville. His vocation has been petroleum geology (Ph.D., 1985, University of Ottawa), but his extracurricular interests have always been focused on the local and regional history of the Eastern Townships.

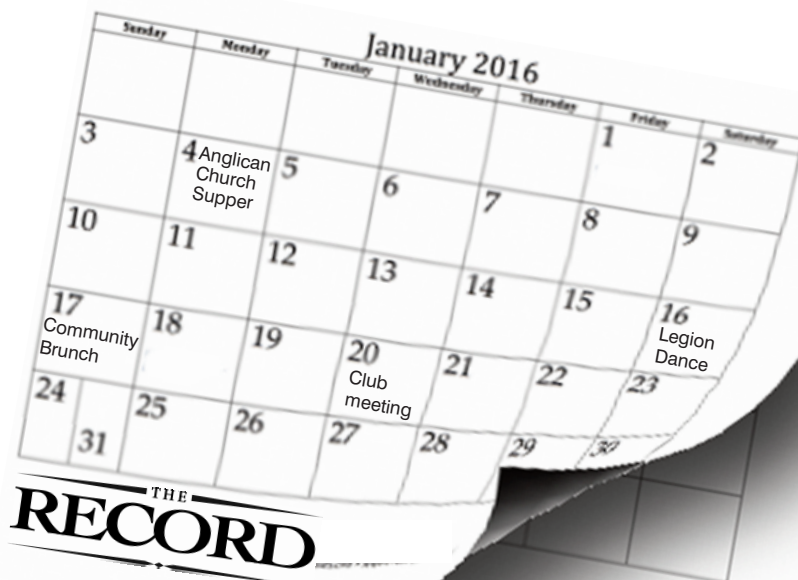
If you are interested in attending this Lecture-Luncheon, we kindly ask you to make a reservation. RSVP by phone or by email to confirm your attendance and we will expect your presence at the Lecture!

Lecture-Luncheon cost: SHS members \$15. and \$20. non-members.

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## 2016 Event Calendars are coming!

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WHO'S WHO IN THE PEWS

# The church behind the counter: understanding the Salvation Army

By Gordon Lambie  
SHERBROOKE

When people think of what makes something a church, there is a set list of criteria that tend to come to mind. Whether it is pews and stained glass or hymns and Bibles, people tend to have a pretty clear and specific vision in mind when deciding whether or not a gathering of people constitutes a church.

It is for that reason that a lot of people don't realize that the Salvation Army is not just a religious organization, but a full-on christian church. Who could blame them, really? The average exposure a person gets to the Salvation Army is in the form of a thrift store, and while things like rummage sales might be on some "what-makes-a-church" lists, it's likely that the sales are an occasional thing and not the year-round storefront that people know the "Sally Ann" to be.

So where's the link between the second hand store and the church?

According to Captain Claude Dagenais, the corps officer at the head of the Sherbrooke Salvation Army branch, the connection lies in the church's dedication to the idea of work.



GORDON LAMBIE

Claude Dagenais of the Sherbrooke Salvation Army inside the church's chapel

"Money is not our master, it is our servant," Dagenais said, explaining that the Salvation Army holds service for the community, by the community at its very core. The captain presented the spirituality of the

church as a simple one concentrated not on gathering membership but on preaching the Christian gospels in a simple and straightforward way for those who they see as needing it the most.

"It takes wisdom to walk by a person panhandling in the streets, maybe drunk, and see him as a man that God loves," Dagenais said, "But the reality is that Christ died for this guy."

Though the church is unconventional as compared to other long-established denominations, with its military-styled structure and service-first approach, the Salvation Army is hardly a newcomer in the world of local Christian communities. The church found its beginnings on the streets of Victorian England in 1865 when its founders walked away from conventional churches in order to serve the poor, homeless, and destitute.

Perhaps not surprisingly, based on the name, the Salvation Army focuses its work on the practice of saving people's souls. They believe quite distinctly in heaven for the righteous, and hell for the sinner but, Dagenais clarified, the church is not about forcing people to walk any particular path. "People know they need to change their ways," the captain said. "We're just here to listen and to serve."

Dagenais called the Salvation Army servants of the community, explaining that the officers of the church hierarchy commit themselves fully to the work of serving the poor and the destitute. Though there are many ranks within the church, leading from a basic Lieutenant right up to the elected General of the entire international church, the captain shared that the rankings only denote experience and responsibility, and not pay.

Though people associate the Salvation Army with its commercial operations a lot of the time, the Sherbrooke leader said that he probably gets a larger allocation of pay from the church than the international General right now because he has a family with children under 18.

The whole point, he explained, is to ensure that community leaders have the need of their families covered so that they can commit the time and energy they have more fully to their community. The church in Sherbrooke meets on Sundays at 10:30 a.m. but Dagenais emphasized that most of the community's work takes place outside of the 30-40 minutes of gathering each week. Many people gather for what he called B.C.M. before the Sunday service; Bible, coffee, and

muffin, that is; and still others gather for the weekly lunch that takes place afterward.

"Salvation Army and food just go together," Dagenais said expressing that the whole experience is built around making connections with individuals who often have nowhere else to turn and have built massive walls of dependency and mistrust around ultimately fragile selves.

Though the captain now speaks from the position of local community leader, he explained that he started out his journey on the other side of the service counter. Though more than two decades have passed since Dagenais found the Salvation Army, he explained that it sometimes does not feel like so long ago that he was a drug addict living on the streets.

"All I needed was to know what it felt like to be loved," Dagenais said, adding that he has now been with the church long enough to see others come into the store to do community service only to gradually rise to the point of having distinct and significant responsibilities within the church community. "These are people living day to day with the whole weight of society on their backs."

Dagenais boiled the work of the Salvation Army down to one simple formula

"I love God; God loves the poor," the Captain said. "You do the math."

As simple as that concept might be, however, working with the poor in any community is not without its challenges. Dagenais said that because of its approach to service, the Salvation Army is a poor church that is very reliant on the support of the broader community.

"We couldn't do this without community support," the captain said adding that a number of churches in the region provide key support at holiday times. Though the community leader said that the church has a large number of material concerns, he also said that the church believes that when God is needed, God will appear, meaning that in situations of great need an answer presents itself.

Shifting his thinking to the matter of spiritual challenges the church faces, Dagenais said that the ever-present struggle is the walk towards "holiness" and the push to keep people out of their comfort zones in serving the community.

"Nothing happens in your comfort zone," Dagenais said with a smile, pointing out that there is always a need to be served.

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# Caisse investing \$1.43 billion on infrastructure projects in Mexico

By Ross Marowitz  
The Canadian Press  
MONTREAL

The Caisse de depot is partnering with Mexican institutional investors as the Quebec pension fund manager pursues its goal of doubling infrastructure investments by 2018.

The Caisse says it will invest \$1.43 billion on infrastructure projects in Mexico after teaming with a newly created consortium that manages 62 per cent of

that country's pension fund assets.

The group plans to spend \$2.8 billion over five years in what the Caisse de depot says is the first such partnership in North America between Mexican financial institutions and a large international pension fund manager.

"It is going to position both the Caisse and our partner ... to benefit and invest in the unique opportunities that Mexico will provide in infrastructure in the coming years," said Macky Tall, senior vice-president infrastructure, pri-

vate equity.

The Caisse sees large investment opportunities in Mexico because the government plans to spend about \$614 billion over four years on infrastructure investments, targeting mainly energy and transportation projects.

It will hold a 51 per cent stake in the unnamed investment vehicle. The Mexican investors will hold the remaining 49 per cent.

The co-investment platform will focus on energy generation, including renewable energy, transmission and distribution, as well as water, transportation and public transit projects.

As part of the Mexican transaction, the pension plan partners called CKD Infraestructura Mexico, are acquiring 49 per cent of the Caisse's equity investment with the country's largest construction firm that owns four toll road concessions.

Tall said the co-investment platform being created in Mexico could be used in other emerging markets in Latin America such as Colombia, India or South East Asia.

"This is certainly a model we would like to replicate in other countries," he said in an interview.

The Caisse hopes emerging markets will eventually account for 10 to 15 per cent of its infrastructure portfolio, up from the current level of less than five per cent.

It has been a major infrastructure investor in the United States and other developed markets for 15 years, building a portfolio worth more than \$11 billion. Assets include the Port of Brisbane, Heathrow Airport in London, Eurostar and Colonial Pipeline in the United States.

The Caisse is also analyzing two large infrastructure projects in Montreal with an estimated value of about \$5 billion. A final recommendation on options is expected to be sent to the Quebec government within 18 months on downtown transit links to Trudeau International Airport and across the new Champlain Bridge to the south shore of Montreal.

The Caisse is Canada's second-largest pension fund manager with \$240.8 billion in net assets as of June 30. It primarily manages funds for the pension and insurance plans of the public and parapublic sector, including doctors and other professions paid by but not directly employed by the government.

## SAAQ begins anti-texting campaign

Record Staff  
SHERBROOKE

The Quebec automobile insurance corporation, the SAAQ, has begun a new awareness campaign against texting and driving and has chosen an emotional approach to concretely demonstrate the effects of cell phone dependence and the real dangers of texting while driving.

"Mobile communication has become an integral part of daily life for a large part of the population. However, dependence on these technologies poses significant risks to road safety. Although 99 per cent of Quebecers recognize the dangers of texting while driving, many drivers seem to be unable to stop themselves from doing so. We must act and build on increased awareness," said Transport Minister Robert Poëti in a release.

Each year, cell phone usage at the wheel is growing and an increase of offences has been noted. To fight against the use of cell phones while driving and increase awareness of dependence relating to it, it is important to count on getting everybody motivated.

"Everyone is invited to demand actions be taken in their communities to ban prevent phone use while driving. Private companies, associations and the artistic community are invited to engage and educate their employees and

their families to the dangers of this practice," said SAAQ president and CEO Nathalie Tremblay. "It is by working together that we will improve safety on our roads."

The campaign will run until Oct. 18 and includes two 30-second French television messages, two radio messages in French and English, displays on city buses, and web banners. These messages are designed to raise awareness of the risks of accidents and dangers that this behavior creates on the road.

This year, the SAAQ will also post awareness messages against texting while driving on highways to remind motorists that fate can take the form of a single text message.

The campaign will also bring back the electrostatic stickers introduced in 2014 and distributed to over 300 000 people. This educational tool will be available at SAAQ service centres as well as in Familiprix pharmacies. The sticker, to be affixed to the rear window of vehicles, is the symbol of social mobilization against texting and driving.

The insurance corporation also encourages drivers to use the "Driving Mode" app, updated in 2015, which, when activated, blocks incoming calls and text messages, and automatically sends a message back to the person trying to contact the driver indicating that the recipient of the call is driving and will contact the caller at a later time.

## Local cheese takes honours in Quebec competition

Record Staff  
SHERBROOKE

A Sawyerville cheese maker has won a major Quebec award for the quality of one of its specialized cheeses from the Selection Caseus competition.

Fromagerie Caitya was named laureate in the category of cheeses flavored by the addition of spices, vegetables, fruit, or nuts. Les Perles au pesto de basilic, a fresh cheese in oil and an original creation was honoured Tuesday evening at an awards ceremony at the Musée National des Beaux Arts de Quebec. "This is a great recognition of the efforts made over the years to innovate and distinguish ourselves," say owners, Marypascal Beauregard and Francis Landry. "There is a lot of work involved to get to this level, and it is clear that we

will work even harder with this wonderful visibility offered by CASEUS."

La Fromagerie Caitya was founded in 2003 and makes cheese from milk from its own dairy goat herd using an environmental approach to livestock husbandry. The cheeses are available everywhere in Quebec at the health food and very soon in the IGA grocery chain.

*Les Perles de chèvre pesto de basilica* is a soft cheese in the form of small balls marinated in oil. This fine goat cheese, with its fresh curd and aromatic basil, is distinguished by its delicately tangy goat flavor seasoned with a pinch of salt.

The prize-winning cheese can now be found at IGA Cookshire, Fromagerie de la Gare, Coop d'Alentour, La Recolte de Fleurimont, and the Provigo franchises in Lennoxville and on Galt Street West in Sherbrooke.

## Thieves reach out and touch Bell for thousands

Record Staff  
SHERBROOKE

forced open the doors of the Bell store to take the devices.

Thieves broke into a Bell kiosk at the Carrefour de l'Estrie shopping centre overnight Saturday, stealing tens of thousands of dollars worth of smartphones.

Police believe the thieves entered the mall through an unlocked door and

They had apparently the tried the same thing at the Videotron kiosk, but were unsuccessful.

The Sherbrooke Police Service has opened an investigation into the crime and are asking anyone with information to contact the investigations division at 819-821-5544.

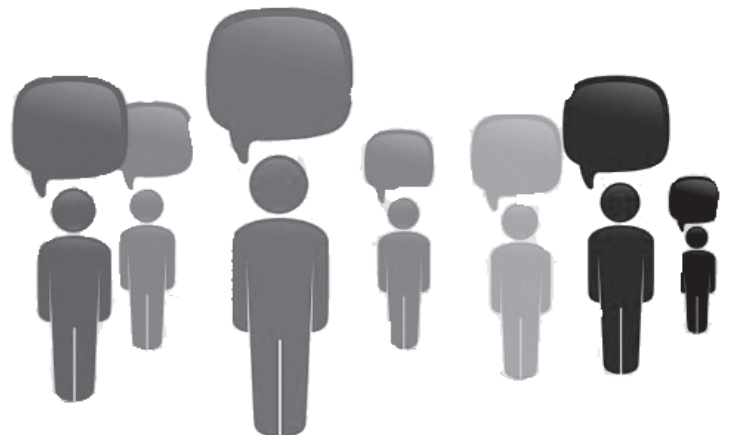
## Candidates' Forum

THE  
**RECORD**

The Record would like to invite the public to attend a candidates' forum, September 23, at 7 p.m., at the Amedée-Beaudoin Centre, Samuel Gratham St., Lennoxville.

Candidates seeking election in the **Compton-Stanstead Riding** will respond to questions in English and French from reporters on relevant themes, followed by questions from the public.

The forum will be moderated by Heather Keith.



For further information contact Matthew McCully at [mmccully@sherbrookerecord.com](mailto:mmccully@sherbrookerecord.com)

# EDITORIAL

Is there a guide available to help citizens maintain perspective and exert the appropriate level of frustration for a given offense?

MATTHEW McCULLY AND THE GREATER GOOD

## The categories of civic abuses

By Matthew McCully

Let me start by saying I am a dog owner. When I leave the house with the dog, I have three things with me; a pocket full of cookies, a squeaky ball and a roll of biodegradable dog waste bags.

I am a champion picker-upper.

When I lived in the city, I was actually able to train my dog to go right beside a garbage can. The whole affair was over and done with in less than 20 seconds.

Now that we live out in the country, she enjoys her privacy, but in any case where the area she chooses to do her three turns and plié could be frequented by a pedestrian, I am right behind her, bag in hand.

I've dealt with poop emergencies that rival friends' birth stories.

Puppy with a belly full of ocean water at kilometer five on the seawall in Vancouver. You do the math.

I stopped bike, rollerblade and jogger traffic while I emptied what was left of my water bottle, attempting to dilute the situation, and gathered leaves and ripped up grass to spread across the path.

I'm not building a fire. I'm doing this is to protect your Lululemon!

That said, I can understand people who are not dog owners stepping in a fowling and being livid about it.

What I would like to point out, however, is that there are categories of civic abuses; some more frustrating, more disrespectful and more dangerous than others.

Picture this meme; a cranky person scowling at my dog and I as we walk by.

Top: Stepped in poop once, blames all dog owners forever.

Bottom: has no explanation for why most public bathrooms look like an exorcism happened there.

Ooh, or how about this one:

Top: steps in dog poop.

Bottom: double parks at town hall to complain about it.

Granted, a shoe in a steamer is a rather intimate experience that merits a passionate response, but what if said complainer decides to post their rant on Facebook while driving home from the park? Which is the greater offense.

Is there a guide available to help citizens maintain perspective and exert the appropriate level of frustration for a given offense?

Where do line-cutters and litterers fit into the equation?

Here's how I break it down.

If it happened in a vehicle, you are a gold star offender. This includes using cruise control in the left lane, texting while driving, placing a ridiculously long order at a drive-through window when everyone behind you just wants a coffee, taking two spaces cause you just got a new car, and any maneuver or behavior that risks the safety of another human being.

If you think anything you need to do is more important than anything anyone else around you needs to do, you are a silver-star offender. This pertains mostly to line-cutters, but by extension, entitled people generally leave a long trail of disrespect behind them.

Everything else falls in the bronze category, including dog owners who don't pick up. Why? Because I have encountered more crap on the road than I have in fields walking my dog-and because this is my circus, and these are my monkeys.

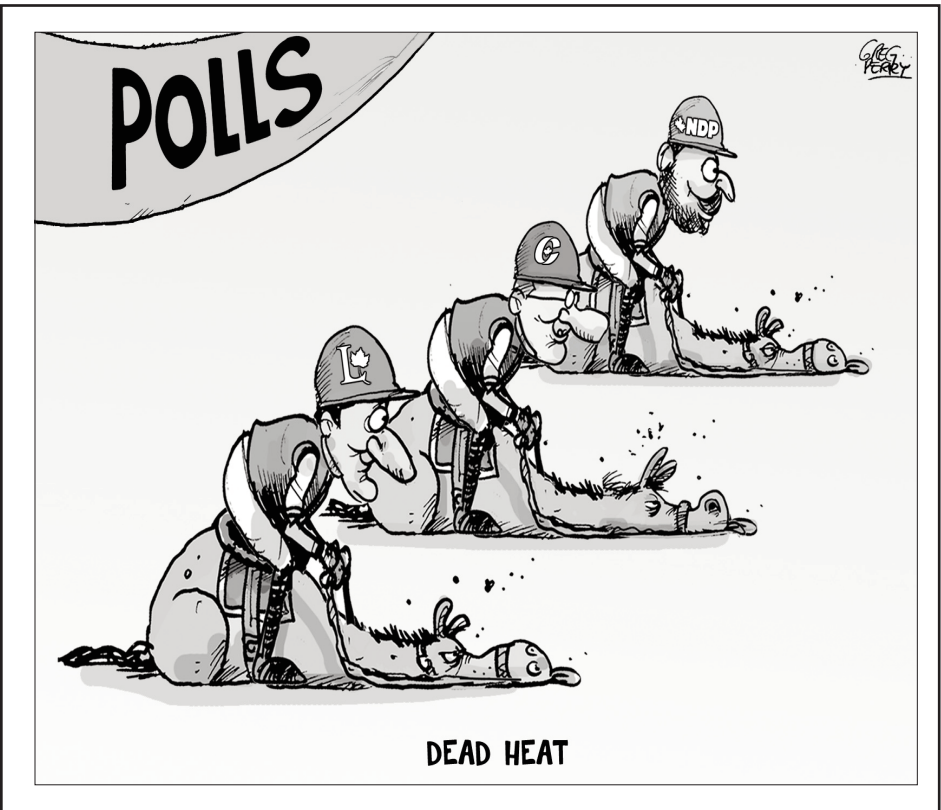
So in the fantasy world where I am the sheriff policing these civic abuses, what are the punishments, you ask?

It's like a game show and Bob Barker is the host, but he's sad Bob, not happy Bob.

So-n-so from such-n-such cut off a blue Honda Civic on his way to work this morning. (Boos from the crowd).

Spin the karmic wheel, So-n-so. (Spins wheel).

The wheel stops, the audience cheers. Well, So-n-so, looks like you are going to step in dog poop tomorrow.



## Picture of the Day



THE CANADIAN PRESS/DARRYL DYCK

Seattle Sounders supporters hoist the Cascadia Cup to other fans after the team defeated the Vancouver Whitecaps during an MLS soccer game in Vancouver on Saturday. The trophy was created by fans of the Vancouver Whitecaps, Seattle Sounders and Portland Timbers and is awarded to the best soccer team in the Pacific Northwest each MLS season.

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### THE RECORD

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6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

#### ON-LINE SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

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# Local Sports

The boys played hard and deserved the championship.

## Abenakis claim two provincial rugby titles

### Gaiters edge Vert & Or

By Mike Hickey  
Special to the Record

It was a great weekend for Charles Goode and his rugby teams, the Sherbrooke Abenakis senior men's A and B teams and the Bishop's Gaiters men.

On Saturday Goode guided the Abenakis to double gold as the club team captured provincial titles in their respective divisions. Less than 24 hours later he was on the sidelines at Coulter Field as his Gaiters edged their crosstown rivals the Sherbrooke Vert et Or, 19-17.

"I am tired," Goode said in an interview Sunday night. "It was a long weekend and it ended with a great game between Bishop's and Sherbrooke."

Both Abenakis teams entered their championship games with perfect 11-0 record although the title matches were certainly no walks in the park.

The action began Saturday morning when the reserve team rallied from a 7-0 halftime deficit. But the Abenakis' depth proved to be the deciding factor as Sherbrooke scored 19 un-



COURTESY CHARLES GOODE

The Sherbrooke Abenakis A (in jerseys) and B (in club T-shirts) celebrate their wins on Saturday, after the A team completed the double with a 24-17 win over Montreal.

answered points in the second half to record a 19-7 victory.

Following that game Goode directed the A team to a 24-17 win over the Montreal Rugby Club. Sherbrooke jumped out to a 24-5 halftime lead and forced to protect its lead in the second half.

"We dominated the first half but were pinned down for most of the second half," Goode explained. "There was a 40-kilo-

metre wind going against us and that prevented us from kicking the ball out of our defensive territory. I thought we could have score another try in the second half but the boys played hard and deserved the championship."

The double titles mean the Abenakis will move up to Division 1 next season.

In Sunday's university match, Gaiter Nic Charlton con-

nected on two of three conversion attempts and that proved to be the difference as Bishop's escaped with the two-point victory.

Goode singled out Charlton as well as Lee Hudson and Robert McGovern as key contributors in the Gaiters' win.

"Lee played through some pain today," Goode said. "He was outstanding on defense and on attack. He was also fantastic

with the ball in his hand. Robert was amazing; he really showed off his speed every time they kicked to the back. Nic was solid on the day including a nice little try he jumped in before the half."

Both teams will now travel to Montreal for their next games as the Vert & Or battle the Montreal Carabins on Saturday while Bishop's will visit ETS on Sunday.

## Sox and Jays to play exhibitions at Olympic Stadium

By Bill Beacon  
THE CANADIAN PRESS  
MONTREAL

The Toronto Blue Jays are headed back to Olympic Stadium in April.

The American League East division leaders confirmed Friday that they will play a pair of pre-season games against the Boston Red Sox on April 1 and April 2 at the Big O.

It will be the third straight year the Blue Jays have ended their pre-season with games in Montreal. In 2014, 96,350 fans jammed the domed stadium for a two-game set with the New York Mets. Last April, 96,545

spectators attended games against Toronto native Joey Votto and the Cincinnati Reds.

"It's become a bit of a tradition," Blue Jays president Paul Beeston said on a conference call.

The Red Sox have some connections to Montreal. When star pitcher Pedro Martinez left the defunct Expos, he went to Boston. Red Sox president of baseball operations Dave Dombrowski is a former Expos' general manager.

"There is a tradition between Montreal and Boston in hockey and between Toronto and Boston in baseball — it seemed like a natural," said Beeston.

Red Sox chief operating officer Sam Kennedy said his club jumped at the chance to play in the series and vowed that David Ortiz and other stars will there.

Much of the success of the pre-season games has come from Montreal fans wanting to show Major League Baseball it is ready to get a team back after the Expos left after the 2004 season.

Beeston and Blue Jays GM Alex Anthopoulos — a Montreal native — are both in favour of

bringing big-league ball back to the city, where a team would be a natural rival for Toronto.

Mayor Denis Coderre has talked to MLB about having some regular-season games in Montreal but MLB preferred to keep it to pre-season games for now. His long-term goal remains getting a team back in Montreal on a full-time basis.

"For the future, we're doing all it takes and when the times comes, I can't wait to throw our the first pitch," said Coderre.

## Malloy nabs BU athlete of the week honours

Record Staff  
LENNOXVILLE

James Malloy, a lacrosse attackman, has been named the Bishop's University athlete of the week.

The fifth-year biology student from Whitby, Ont., had a stellar weekend for the Gaiters, scoring 17 points, including 12 goals, over two games. On Saturday, Malloy had six goals and three assists for nine points in the Gaiters' 12-5 win over Carleton in Ottawa. The next day he scored another six goals and two assists for a total of eight points as the team went on to



beat Queen's 14-8 in Kingston. He currently sits atop the CUFLA scoring list with 29 points and 17 goals through four games.

## QMBL final set

Record Staff  
SHERBROOKE

The Quebec Major Baseball League announced the schedule for its league championship series, which will get underway tonight in Victoriaville.

The Victoriaville Cactus (20-12), league pennant-winners, will take on the three-time defending playoff champions Thetford Mines Blue Sox (17-15) in the best-of-seven championship series.

The games are scheduled as follows, although weather may yet play a role in how long this series lasts:

Tonight at Victoriaville, 8 p.m.

Friday at Thetford Mines, 7:30 p.m.

Sunday at Victoriaville, 4 p.m.

Monday at Thetford Mines, 7:30 p.m.

Wednesday, Sept. 30 at Victoriaville, 7:30 p.m.\*

Thursday, Oct. 1 at Thetford Mines, 7:30 p.m.\*

Friday, Oct. 2 at Victoriaville, 7:30 p.m.\*

\* if necessary



THE CANADIAN PRESS/PAUL CHIASSON

Toronto Blue Jays and the New York Mets players are shown on the Olympic Stadium field, Friday, March 28, 2014 in Montreal.

**Death**



**Gertrude RAYMOND  
(nee Wilkin)  
(1920-2015)**

Gertrude (Gertie) Florence Raymond passed away peacefully at the CHUS Hôtel-Dieu on Saturday, September 19, 2015 in her 96th year. Beloved wife of the late Wellington (Wink) Raymond. Dear mother of Gloria (Gerald Gilbert), Bill (Lynda McVety), Bev (late Tom Powell) and Sharron (Bruce Kirby). Cherished grandmother of Geoffrey, Joanne, Mark, Chrystal, Kevin, Teresa, Scott, Bradley, Karyn, and Karolyn. And admired great-grandmother of 13 great-grandchildren.

Resting at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville), on Tuesday, September 22, 2015 from 2 to 4 p.m. and 7 to 9 p.m., and on Wednesday, September 23, 2015 from 1 to 2 p.m. Service to follow at 2 p.m. at the Cass Chapel. Interment at the Eaton Cemetery immediately following.

In lieu of flowers, donations to the Eaton Cemetery, c/o Nadia Boutin, 255 Wheeler Rd., Cookshire, QC J0B 1M0 or to a charity of your choice would be appreciated. An Order of the Eastern Star Funeral Service will be held at 6:45 p.m. on Tuesday, September 22, 2015.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
E-mail: [cass@casshomes.ca](mailto:cass@casshomes.ca)

**PHONE: 819-564-1750**  
**FAX: 819-564-4423**  
[www.casshomes.ca](http://www.casshomes.ca)

**Death**



**Donald Charles  
Jondreville**

Donald Charles Jondreville passed away on Sept. 17, 2015 at the age of 71.

Son of the late Douglas Jondreville and late Ethel (Frame). A dedicated husband, caring father and loving grandfather. He will be deeply missed by his family and friends.

He leaves to mourn his wife Joanne (Varner), his children: Michael (Andrea Barrie) and Kristen (Nick Peters), his five grandchildren: Olivia, Logan, Nathan, Lilli and Noah, his brother Lynn and his sisters Sue (Raymond Côté) and Ann (the late Jim Stowers).

Visitation will take place from 12 p.m. to 2 p.m. at Cookshire United Church on Wednesday, Sept. 23, 2015. A funeral service will take place following the visitation at 2 p.m. A private family burial will be held at the Windsor Protestant Cemetery.

In lieu of flowers we ask that donations be made to the Canadian Cancer Society.

**CASS FUNERAL HOMES**  
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**Datebook**

TUESDAY, SEPTEMBER 22, 2015

Today is the 265th day of 2015 and the 94th day of summer.

**TODAY'S HISTORY:** In 1776, the British hanged 21-year-old teacher/soldier Nathan Hale as a spy.

In 1862, President Abraham Lincoln announced the Emancipation Proclamation, making all slaves in seceding states free as of Jan. 1, 1863.

In 1975, President Gerald Ford survived a second assassination attempt in three weeks when his would-be assassin was thwarted by a bystander within a group of onlookers in San Francisco.

In 1980, Iraq invaded disputed territory in the Persian Gulf, officially beginning an eight-year war with Iran.

**TODAY'S BIRTHDAYS:** Michael Faraday (1791-1867), scientist; Charles Brenton Huggins (1901-1997), physician; Tommy Lasorda (1927- ), baseball player/manager; Eugene Roche (1928-2004), actor; David Stern (1942- ), NBA commissioner; Arthur O. Sulzberger Jr. (1951- ), publisher; Andrea Bocelli (1958- ), singer-songwriter; Joan Jett (1958- ), singer-songwriter; Scott Baio (1960- ), actor; Bonnie Hunt (1961- ), actress; Tom Felton (1987- ), actor.

**TODAY'S FACT:** Dr. Charles Brenton Huggins was awarded the Nobel Prize in 1966 for his discovery of the relationship between hormones and cancer, which led to advancements in chemotherapy.

**TODAY'S SPORTS:** In 1969, San Francisco Giants center fielder Willie Mays hit his 600th career home run in a 4-2 victory over the San Diego Padres.

**TODAY'S QUOTE:** "My wife tells me one day, 'I think you love baseball more than me.' I say, 'Well, I guess that's true, but hey, I love you more than football and hockey.'" — Tommy Lasorda

**TODAY'S NUMBER:** \$990,445 — purse (then the largest in the history of boxing) that Gene Tunney won for defending his heavyweight title against Jack Dempsey in the infamous "Long Count" bout held on this date in 1927.

**TODAY'S MOON:** Between first quarter moon (Sept. 21) and full moon (Sept. 27).

**First Military Whist of the season**

On Thursday evening, September 17, sixteen tables of players gathered in St. Anne's Church Hall, Richmond, to enjoy the start of another season of Military Whist card parties. Everyone was welcomed back and the games were played, culminating with enjoying a delicious buffet lunch, provided by Church members and friends.

Once the lunch was being enjoyed, those winning tables were called up to receive their prizes; the top winning table being that of Jeannine & Hughie Lancaster, Ross Davidson and Wellie Leblond. Closely following was the table of Robin Converse, Wanda Viens, Lise Boisvert and Melodie Pariseau. The table achieving the low score was composed of Norma Morin, Elizabeth & Klea Mastine and Jim Stevens. During the course of play, Debbie Knowles held four 2's in one hand and Carol Boisvert had 4 kings.

The wide array of door prizes went home with Helen Knowles, Lucie Beau-

doin, Bev. Jones, Freda Coote, Suzanne Tremblay, Robin Converse, Pauline Pelletier, Ross Davidson, Ann Clark, Mattie Banfill, Francis Saffin, Ian Smith, Jim Stevens, Mildred Holliday, Jackie Ross, Ron Jones, Frances Cunningham, Wendy Ridley, Vera Hughes, Linda Badger, Phyllis Patterson, Sherley Provis, Doris Weare, Rita Trudeau, Joyce Mastine, Wanda Viens, Peter Boisvert, Elizabeth Mastine, Judy Saffin, Hughie Lancaster and Larry Frost. The groceries were chosen by Bev. Jones.

A crew of excellent helpers made short work of the clean-up and everyone left to enjoy the rest of the beautiful evening. Thanks to everyone who helped in any way towards the evening's success. Please join us for another Military Whist on Thursday, October 8 - same time, same place.

Submitted by  
Loretta Irwin and Jean Storry

**DO JUST ONE THING**  
By Danny Seo

It seems harmless: You take a multi-vitamin, so why not toss one into your dog's breakfast to give him all the added benefits? But the reality is that a human's multivitamin is not made for animals, and, in fact, some of the percentages of vitamins in our supplements can be toxic to them. Additionally, chewable vitamins often contain sweeteners that are perfectly fine for us, but are toxic to dogs. If you want to give your dog an immunity boost, look for supplements that are specifically formulated just for canines.

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



**TOWNSHIPS**

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

**ST-FÉLIX-DE-KINGSEY**

The annual Harvest Service at St. Paul's Church, Sydenham will be held on September 27 at 2 p.m. Everyone welcome.

**NORTH HATLEY**

The Waterville-North Hatley United Church will be holding their annual Corn and Seafood Chowder Supper accompanied by hot dogs and assorted pies for dessert on Friday, October 2 at 5:30 p.m. at the North

Hatley Community Centre, 3127 Capelton Road. To reserve in advance please contact Margaret Cheal at 819-842-4661 or Ruth McKinven at 819-842-4119. Tickets can also be bought at the door.

**RICHMOND AND VICINITY**

Richmond County Historical Society will be granting a 150 year Property Certificate this fall at the Harvest Luncheon in Danville on Oct. 25. If you know of other long-term land owners in Richmond County and vicinity who might qualify for certificates for 100, 150 or 200 years, please contact Don Healy at 819-826-2793.

**STANSTEAD**

Colby Curtis Museum, 535 Dufferin St., Stanstead presents a fascinating lecture on the early history of Lake Memphremagog with Dr. Jeffrey Packard. Saturday September 26, at 10:30 a.m. followed by a light lunch. Reservations by calling (819) 876-7322 or by emailing info@colbycurtis.ca.

**LENNOXVILLE**

CANCELLATION. 500 cards played at The Hut, A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on

Wednesday, September 23 is CANCELLED. Military Whist to be played next week as usual.

**NORTH HATLEY**

Bilingual all-candidates' forum, Monday, September 28 at 7:30 p.m. at UUEstrie, 201 Main St., North Hatley. Some prepared questions, some questions from the floor. All are welcome! Info: www.uuestrie.ca or 819-842-4146.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

# Everything worked well until Tina started to pick on me and point out my faults

TUESDAY, SEPTEMBER 22, 2015

## Annie's Mailbox

**Dear Annie:** My 31-year-old daughter, her boyfriend and my 13-year-old granddaughter have lived with my husband and me for the past 10 years. I never thought they would stay this long.

My daughter, "Tina," asked whether her boyfriend could live with us for two weeks until his car was fixed after a hit-and-run accident. We said OK. Big mistake. When the car was repaired, we heard all kinds of excuses why he couldn't leave. We didn't make a big effort to push him out because he was polite and he loved Tina and her child (by someone else who was not in the child's life). He became a surrogate father.

Everything worked well until Tina started to pick on me and point out my faults. Slowly our relationship began to erode. Tina doesn't have a job, so she stays at home to care for her child. I have leukemia and cannot work. So we are both at home all day.

I think Tina is jealous of my relationship with my granddaughter, so she put some distance between us. No matter my efforts, things just get worse. They have succeeded in turning my granddaughter against me. Now my patience is gone, and I feel like a stranger in my home. My husband tells me to give her time and she'll come around. This doesn't seem likely.

I'm hurt and depressed. The boyfriend doesn't make enough money to support them in a place of their own, and Tina refuses to look for a job. They have no responsibility here, so why would they leave? I'm seeing a therapist, but it seems like a bandage for my problem at my home. Do you have any suggestions? — Can't See the Forest for the Trees

**Dear Forest:** We are reluctant to interfere when you are already receiving therapy. We can tell you, however, that it is often difficult to have grown children living with you when there are no clear-cut boundaries and rules in place. It fosters resentment and misunderstandings. Please discuss with your therapist whether a heart-to-heart with your daughter and her boyfriend would be beneficial, or whether your daughter might attend a session with you.

**Dear Annie:** I totally disagree with your advice to

"Big Sister," whose younger sister hijacked her plans for a family reunion. Why does the person who is wronged have to be nice to an inconsiderate relative? I have done this all my life to keep the peace in the family.

The first time I defended myself, they got angry and stopped talking to me. Well, too bad for them. Life is too short not to be happy. If I am always giving in to them, then I don't feel good about myself. At age 54, I can live without them. — Happier Without Them in My Life

**Dear Happier:** Our advice is geared to help those who wish to maintain a relationship with their family members. Those who prefer not to don't need our suggestions on how to cut people out of their lives. They already know how, as you did.

**Dear Annie:** I am a divorced dad and my 20-something son, "Adam," is deeply troubled. He lacks drive and ambition, and he also drinks and uses drugs. Worse, he is a chronic liar.

I reached the end of my rope and arranged to send him to a rehab facility. Adam then approached my siblings and told absurd tales that I was abusing him. My siblings, who all live on the opposite coast, did not know the true circumstances. They got the idea to stage an intervention, and invited Adam to stay with them. Nobody discussed any of this with me. Rather, they chose to believe his lies and take action based on misinformation. Needless to say, once he moved in, they found out just who he is and the whole thing turned into a disaster. Meanwhile, Adam has gone back to his old habits while he lives with my ex, who enables this behavior.

I am furious that none of my siblings bothered to talk with me about this. After all, he's my son and their contact with him has always been minimal. I would never dream of interfering with their children in this manner, and I feel betrayed and extremely angry. I would like to confront them. What do you suggest? — Frustrated LA Dad

**Dear Frustrated:** Your siblings should have told you what was going on and asked for your side of the story. However, when children claim they are being abused, most folks take it seriously, and if you were actually abusing Adam, talking to you would have been counterproductive. Your siblings undoubtedly thought they were protecting your son. As much as you believe they know you, it's impossible to know everything about another person, and drug addicts can be convincing liars.

Now you need to clear the air so you can save these relationships. Phone your siblings. Tell them that you appreciate their desire to help Adam, but it was terribly hurtful that they believed his story without giving you the benefit of the doubt that you expected from loved ones. Then please try to forgive them.

**Dear Annie:** I would like to comment on the letter from "Pat," who spends 12 hours a day visiting her mother in the nursing home, and is unhappy that her siblings do less.

Why is she paying the cost of having Mom in a home if she is going to be there for hours at a time? The idea is that the staff will care for Mom and you can have the freedom to come and go, checking to make sure Mom is OK while you live your life. Being a martyr only makes you resent the rest of the family for not spending the same amount of time with her. I say, get a life for yourself before you end up alongside Mom. — Don't Have to Visit So Much

**Dear Don't:** We agree that 12 hours a day is a lot and no one should expect that of others. But the care that Mom receives in a nursing home doesn't include the comfort and stimulation that a loved one can provide. The fact that she gets a shower twice a week does not make up for the companionship and personal interest a family member brings. Regular visits are important.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnies.



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### CELEBRITY CIPHER

by Luis Campos

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

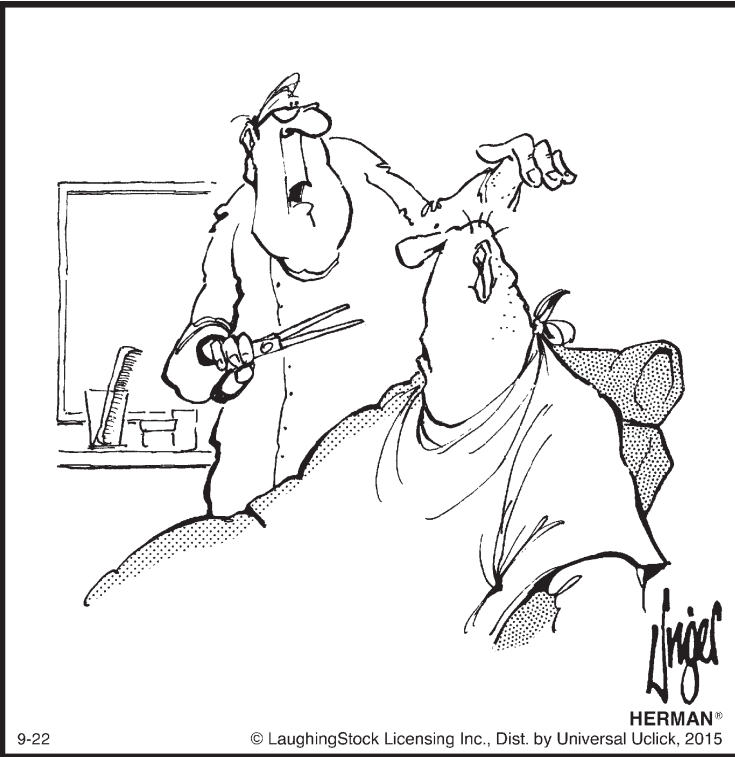
“SDJ PTZK ND NTVK HRXVX. BK BRCC  
DECS JEGKHXNTEG NPK ARHTOCK DW  
CRWK WJCCS BPKE BK TCCDB NPK  
JEKLMKONKG ND PTMMKE.” — MTJCD  
ODKCPD

Previous Solution: “If you are gifted from God, He give you the gift of the voice, and even the intelligence to drive it.” — Luciano Pavarotti  
TODAY'S CLUE: A sjenbz Z

### KIT N' CARLYLE

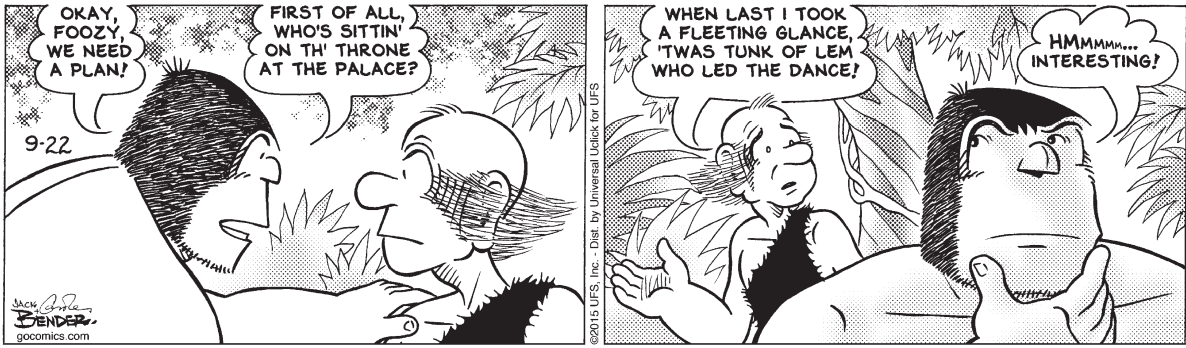


### HERMAN

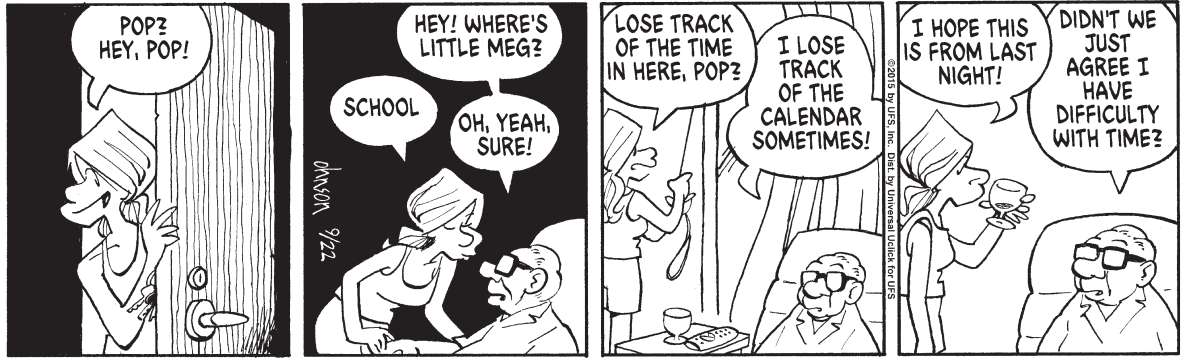


“I think it needs some protein to give it more ‘body.’”

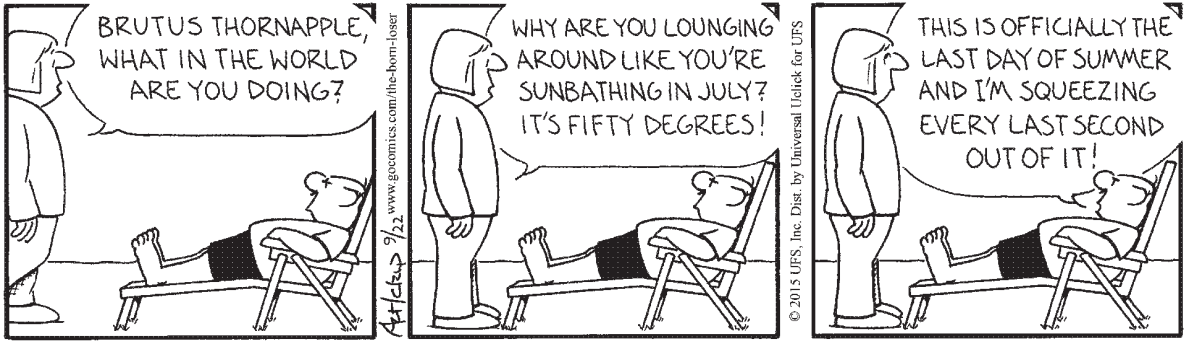
### ALLEY OOP



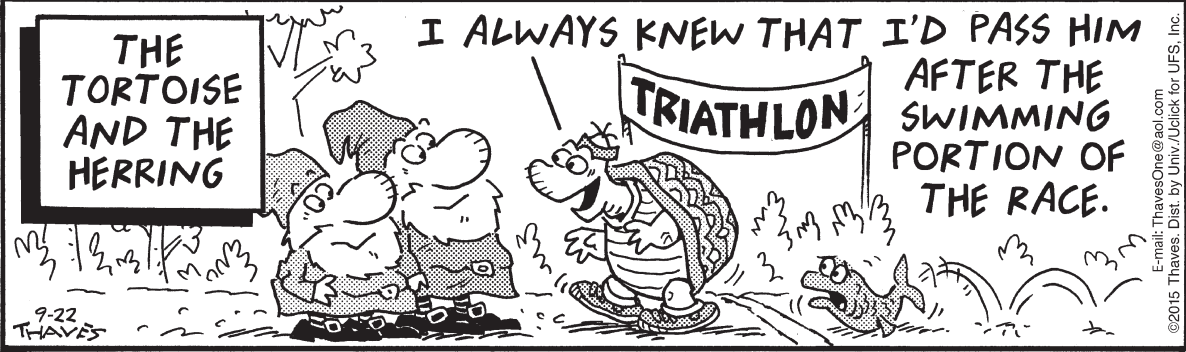
### ARLO & JANIS



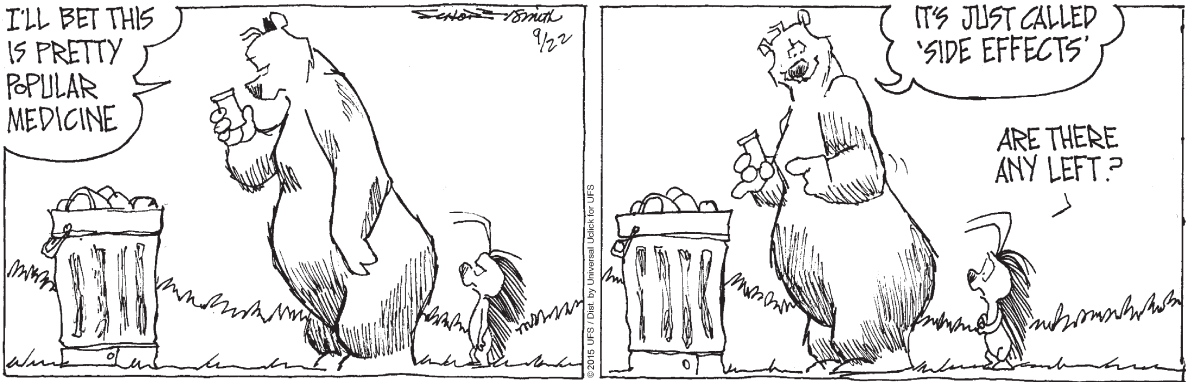
### THE BORN LOSER



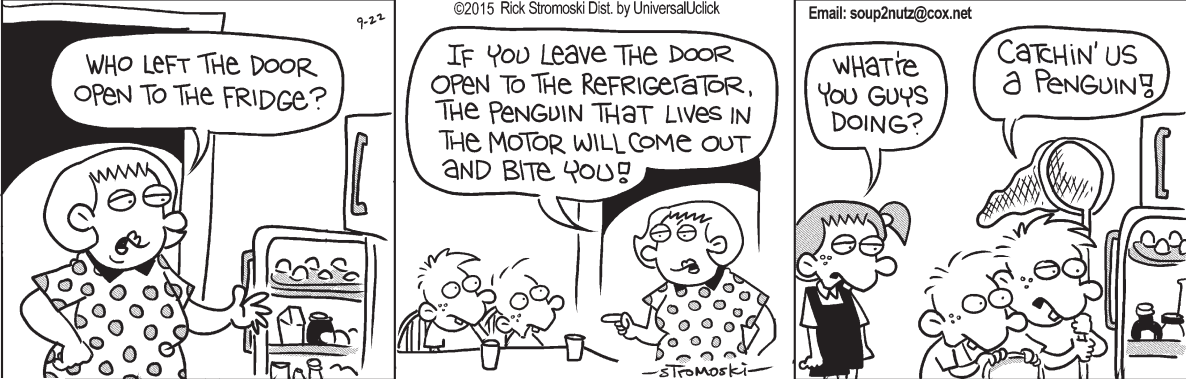
### FRANK AND ERNEST



### GRIZWELLS



### SOUP TO NUTS



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E-MAIL: classad@sherbrookerecord.com  
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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**145** Miscellaneous Services

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

**190** Cars For Sale

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**290** Articles For Sale

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**294** Events

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**340** Garage Sales

**BROME** Rummage Sale, Brome Hall, 230 Stagecoach, Brome, Friday, September 25 (12-5) and Saturday, September 26 (9-12). Lots of treasures for all. Donations September 21-25. Information: 450-522-6443 or 450-243-5742.

**440** Miscellaneous

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Take 15 minutes a day to learn with your family.

Knock-Knock

#4 Tell knock-knock jokes together while doing the dishes.

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## SUDOKU

Difficulty: 3 (of 5)

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

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PREVIOUS SOLUTION

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

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

## Erectile dysfunction drugs are all about timing

ASK DOCTOR K  
By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** Is there a difference between the drugs that are available for erectile dysfunction?

**DEAR READER:** Erectile dysfunction (ED) is a problem faced, to one degree or another, by many middle-aged and older men. Since sildenafil (Viagra) was launched in 1998, men have been turning to medication to help address this problem.

There are currently four ED drugs on the market: sildenafil (Viagra), tadalafil (Cialis), vardenafil (Levitra) and avanafil (Stendra). These drugs all work the same way: They lead to increased production of a chemical that causes blood flow into the penis to rise. Inside the penis is a spongy tissue. Like a sponge, when it fills with fluid it swells. The increased blood flow into the penis causes the "sponge" to swell and the penis to stay erect long enough for intercourse.

The main difference among the drugs has to do with timing — how quickly they begin to work and how long their effects last. How soon the drugs start working ranges from 15 to 60 minutes. The onset time determines how soon you can engage in intercourse. (I've put a table on my website, AskDoctorK.com, listing the onset times and durations for the available ED drugs.)

Viagra and Levitra last about four to five hours (and sometimes up to 12 hours), while Stendra lasts about six. Cialis stays active in the body much longer than the other drugs; the window of opportunity ranges from 24 to 36 hours. (That's why it's sometimes called the "weekend drug.") Another version of Cialis, approved for daily use, keeps a steady supply of the drug in the bloodstream. It allows a man to be prepared for sex at any time.

Neither Viagra nor Levitra will work if you take either after a meal, as food blocks their absorption. Neither Cialis nor Stendra interacts with food this way.

Doctors usually offer sildenafil (Viagra) first. It's been on the market longest, and its side effects and the medications and foods it interacts with are well known.

So far, the risks and side effects of all of these drugs seem to be roughly the same. So if Viagra doesn't work for you, you might have better luck with one of the others.

The ED drugs have brought happiness to many couples. However, they don't always work. If a man has no sexual desire, or is on medicines that cause ED as a side effect, the ED drugs may not work. Severe blockage of the blood supply to the penis from atherosclerosis of the arteries leading to the penis also can interfere.

Men may also be anxious about their "performance." Or they may have heart disease and be afraid that the physical exertion of sex will trigger heart problems (it rarely does). Or, finally, they may be anxious because they are having sex with someone other than their spouse.

Nevertheless, the drugs work more often than not. Your choice among them is something you should discuss with your doctor.

# Your Birthday

TUESDAY, SEPTEMBER 22, 2015

You are approaching a new phase in your life. Get rid of old ideas, fears and insecurities, and trust your instincts to tell you what works for you. Move forward with self-confidence and major accomplishments will soon follow. Make every moment count.

**VIRGO** (Aug. 23-Sept. 22) — Overindulgence will be physically costly. Make adjustments to your lifestyle. You may not agree with everyone, but you can learn helpful pointers if you listen to the suggestions of others.

**LIBRA** (Sept. 23-Oct. 23) — The less time you spend at home, the better. Emotional squabbles with the people you live with will lead to hurt feelings and regret. Education and travel are highlighted.

**SCORPIO** (Oct. 24-Nov. 22) — The time is right to make life-altering decisions. You will be confused by the actions of a friend or colleague. Make sure your work and reputation are above reproach.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Love and romance are headed your way. Don't get too riled up if your schedule has to be rearranged. An unexpected change in plans will turn out to be to your advantage.

**CAPRICORN** (Dec. 22-Jan. 19) — Tie up loose ends, be they business or personal. You will feel better if you let go of an old grudge. Put your important documents in order.

**AQUARIUS** (Jan. 20-Feb. 19) — Rather

than complain about your life, come to terms with your situation and do something about it. Negative circumstances won't change if you don't take action.

**PISCES** (Feb. 20-March 20) — Share your good mood with friends and family. Others will be drawn to your optimistic, fun-loving nature. If you share your wisdom and experience with someone younger, you'll have a friend for life.

**ARIES** (March 21-April 19) — You risk causing a rift with a family member if you fly off the handle over a minor issue. Go above and beyond to keep your personal relationships running smoothly.

**TAURUS** (April 20-May 20) — Stop listening to negative comments and have faith in your own judgment. Don't lose sight of your goals. Make a move that will help you get ahead.

**GEMINI** (May 21-June 20) — Do your best to move forward or out of the rut you've been in. Some minor tweaks to your living space or wardrobe will improve your mood. Romance is highlighted.

**CANCER** (June 21-July 22) — Listen to the advice people are offering you. Creative and social ventures will be profitable. You will receive favorable feedback if you take on a leadership role in your community or group.

**LEO** (July 23-Aug. 22) — A business or pleasure trip will have far-reaching advantages. Use your Leo charm to ensure you receive benefits. If you promote your talents, you will be taken as a serious contender.

TUESDAY, SEPTEMBER 22, 2015

# Could he really hold that card?

By Phillip Alder

Rebecca West, a British journalist who died in 1983, defined journalism as an ability to meet the challenge of filling the space.

Too true; but sometimes bridge requires you to judge the ability of your opponents. If they are near-beginners, you probably will not have to be as tough as when they are capable. However, most of the time, you should try to find the best bids and plays, regardless of the opposition's expertise.

In this deal, for example, take the West hand. You open one spade, but the opponents push into four hearts. You lead the spade king. Partner overtakes it with his ace and returns the spade two, declarer following both times. What would you do next?

South is strong enough for a three-heart bid on the first round, which in the balancing seat is intermediate, showing some 14-16 points. However, most players would want a stronger suit.

You should realize that declarer, if paying any attention, knows that you have the heart king. Your partner did not respond to your one-spade opening and has already produced four points in the spade ace.

So, a skillful South will play to drop your heart king and get lucky. You have just one chance.

North				09-22-15
♠ 7 5 4				
♥ Q J 10 9				
♦ K 10 9				
♣ Q J 10				
West			East	
♠ K Q J 10 9 8			♠ A 2	
♥ K			♥ 8 3	
♦ 7 4 3			♦ 8 6 5 2	
♣ A 5 2			♣ 9 7 6 4 3	
South				
♠ 6 3				
♥ A 7 6 5 4 2				
♦ A Q J				
♣ K 8				
Dealer: West				
Vulnerable: Both				
South	West	North	East	
	1♠	Pass	Pass	
2♥	2♠	3♥	Pass	
4♥	Pass	Pass	Pass	
Opening lead: ♠ K				

Cash the club ace (necessary if declarer had a singleton club and could make a loser-on-loser play) before leading your lowest spade — then hope partner thinks to ruff with his heart eight to force a trump promotion.

If he ruffs with the heart three, ... fill in your own conclusion to that sentence.

# CROSSWORD

Across

- 1 Where to find screwdrivers?
- 7 Buddhist teacher
- 11 Circle segment
- 14 Bold & Crispy Fries maker
- 15 Eagerly interested
- 16 Sea, in Marseille
- 17 \*Six-time '30s-'40s N.L. home run champ
- 18 Zippo
- 19 Square root of IX
- 20 Relatives of gulfs
- 21 MD-to-be's exam
- 23 Lightly burn
- 25 \*Donny's '70s TV co-host
- 27 Nickname for Ruth, with "The"
- 31 Strahan co-host
- 32 Coral island
- 33 One-named Nigerian singer
- 36 Bruins' sch.

- 39 \*Sense of duty, per one's personal ethics
- 42 Baseball glove
- 43 Caustic cleaners
- 44 \_\_-wip: dessert topping
- 45 Swiss river
- 47 School periods
- 49 \*It's often "burned" during exam week
- 53 Cases the joint for, say
- 54 Sunup point
- 55 Ingrid's "Casablanca" role
- 59 Fashion initials
- 60 Apple computer
- 62 Record label founded in Detroit ... and, when divided into three words, where to find the answers to starred clues?
- 64 Where Antwerp is: Abbr.
- 65 "Uh-uh"

- 46 On the upswing
- 48 Acid or base indicator
- 49 Waffler's word
- 50 "A Doll's House" playwright
- 51 Oodles
- 52 "Be silent," in music
- 55 "How sweet \_\_!"
- 56 Oodles
- 57 \_\_'Pea
- 58 Clause joiners
- 61 Stooge with bangs
- 63 "Cat \_\_ Hot Tin Roof"

- 66 Banded together
- 67 "Bambi" doe
- 68 Daring exploit
- 69 Gets wise with

Down

- 1 Lay an egg, so to speak
- 2 Neck of the woods
- 3 Depend (on)
- 4 Hombres en la familia
- 5 Home alarm co.
- 6 Bruce Wayne's alter ego
- 7 Island veranda
- 8 Striped quartz
- 9 Trendy, '60s-style
- 10 Andre of tennis
- 11 Protein building blocks
- 12 Sit on the throne
- 13 Bawled
- 22 Trio member with Stills and Nash

M	I	S	T		A	N	D	S		T	U	R	I	N
E	N	T	R		L	O	S	E		A	N	A	C	E
S	L	A	Y		P	E	T	E	R	P	I	P	E	R
A	E	R	O	S	O	L		T	O	A	S	T	E	D
S	T	R	U	M				C	H	I	S			
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32						33	34	35			36	37	38	
39						40					41			
42						43					44			
					45		46			47	48			
49	50							51	52					
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59						60	61				62	63		
64						65					66			
67						68					69			