

Less invasive COVID-19 testing available in Estrée

Record Staff

These days anyone requiring a test for COVID-19 will have an easier time than the dreaded nose swab.

A saliva, or gargle test, is now being offered in all designated screening centres (CDD), designated assessment clinics (CDE) and screening service points. This type of testing is also offered during mass screening of our health workers and during mobile screening.

It involves gargling for a few seconds with a small amount of bottled water before spitting it out into a cup. This technique is much more comfortable and less invasive than oropharyngeal and nasopharyngeal swab testing.

The gargle test is available to symptomatic and asymptomatic persons presenting at a screening site, with the exception of children under 6 years of age, people with symptoms that have been present for more than 7 days or persons with impairments (cognitive, physical or other) that limit adequate and safe performance.

When used for people who have been symptomatic for less than seven days and for asymptomatic people, the gargle test has very good validity. The sample is analysed in the laboratory following the same process as swab samples. The result is usually available within 24-48 hours of collection.

People who wish to avail themselves of a gargle test will not have to apply for it; it will be offered to all those who meet the criteria.

CONT'D ON PAGE 3

Richmond Legion honours fallen vets



GORDON ALEXANDER

Project coordinator and Richmond Legion President Siemy Stelwagen with volunteers Steve McGee and Jeff Noble, placing Canadian flags at the tombstones of veterans buried in the Richmond area.

Last week a group of volunteers placed hundreds of small Canadian flags at the graves of local veterans in cemeteries around the Richmond area.

The time-consuming project involved getting the names of the vets from all the wars from Legion headquarters, which included the names as well as the towns they were from in the

Richmond region.

Project coordinator and Richmond Legion President Siemy Stelwagen and volunteers then spent several weeks matching up the names with the respective tombstones in local cemeteries.

Some of the stones for the vets from past conflicts were not readable due to the stone's age, so Stelwagen or one

of her volunteers, had to try to clean the writing on the old stone to be made out a name. Most of the stones did not reveal whether or not the person was a veteran, so the volunteers had to trust the names given on the list.

Submitted by Gordon Alexander

MORE PHOTOS ON PAGE 2

THE
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Weather



TODAY:
CLOUDY

HIGH OF 24
LOW OF 16



TUESDAY:
CLOUDY 60 PER-
CENT CHANCE
SHOWERS

HIGH OF 22
LOW OF 18



WEDNESDAY:
SHOWERS

HIGH OF 25
LOW OF 17



THURSDAY:
SUN AND
CLOUD CHANCE
OF SHOWERS

HIGH OF 25
LOW OF 16



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF 27
LOW OF 16

Honouring fallen vets



(Left) Past President Charles Millette checks a stone against his list of names.



Volunteers Stacy Mills and Jeff Noble check their list with the names on a stone.



The flags were small and fit the ground at the face of the stone making it easy for the groundskeeper to remove and replace.

Conservation group recruiting volunteer weed pullers

Record Staff

Memphremagog Conservation Inc. (MCI) is looking for volunteers to help remove phragmite plants from Lake Memphremagog in Fitch Bay this Thursday.
Phragmites, or European Common Reed, are an exotic invasive species that threatens the biodiversity of the Fitch Bay wetlands of Lake Memphremagog. MCI has been working with volunteers since 2017 to control the invasive plant to prevent it from taking over Fitch Bay. Although the control efforts of previous years have provided excellent results, there is still more to be done.
MCI is inviting volunteers interested in helping to join the organization this

Thursday, July 15 from 8:30 a.m. until 3 p.m. to remove the phragmite plants from the bay.
If there is rain or extreme heat, the event will be postponed till the next day.
Volunteers should meet in the morning at the intersection of the Bissel Road and the Ch. Des Français in Stanstead Township wearing appropriate clothing, footwear that can go in the water, a hat and sunglasses. Gloves will be available, and a lunch will be provided.
Volunteers are asked to confirm their presence beforehand by emailing admin@memphremagog.org.
For any questions, write to admin@memphremagog.org or telephone 819-574-2880.



COURTESY MCI

Ben by Daniel Shelton



Local News

"I have some real good horses that I do, and then I have some people that I do around home and they're just as important to me," he said. "I do the best job I can on every horse; every horse is an Olympic horse for me."

Snowmobiles in the summer?

Record Staff

The Circuit de motoneige sur l'eau du Québec (CMEQ), or snowmobiles on water, is making its return this summer after it was cancelled due to the pandemic.

According to CMEQ President André Fortier, this is the 33rd edition of the unique water sport. There will be four stages spread out throughout the next few months. The first event since 2019 takes place in Victoriaville on July 24.

"Everyone is looking forward to getting back to competition. We've all missed it. It will definitely be quite a show when we leave," said Fortier, adding that they expect to see racers from all over Quebec, and maybe the

United States, if Canada opens its borders.

The CMEQ will then head to Sherbrooke for the second race on August 14. It will be just the second time a race has been held in the Eastern Townships. The following race will be a major showcase, as participants travel to Beach Club in Pointe-Calumet on Sept. 4 and 5.

"It is interesting for us to be able to present an event on this highly popular site. It will certainly contribute to the promotion of this spectacular sport of snowmobiling on water. We will certainly gain fans in the region," said Fortier.

A winner will then be crowned in Frampton for the traditional Beauce racing event. Fortier expects to see

strong competition this year. There will be oval races, as well as drag and

jumping competitions. The events will be held rain or shine.



PHOTOCREDIT: MY APOKALYPSE

Ed Kay: not horsing around when it comes to shoes

By Gordon Lambie
Local Journalism Initiative

Ed Kay of Saint-Catherine-de-Hatley says that his work shoeing horses could keep him busy seven days a week if he let it.

"It's a full time job," he said, pointing out that although some people might think of putting shoes on a horse as something from pioneer days, he has more than enough work to keep him busy both in his own neighbourhood, and on the road.

For those who may not know, Kay explained that the work of farriers like him, craftspeople who trim and shoe horses' feet, is of great importance to working animals and show horses.

"The horses that stay out in the field; most of them don't have any shoes on because they're not doing anything other than walking around in the grass and eating," he said. "Their feet really don't wear out, they just kind of grow, but if you bring that same horse into a sand ring and start working them, the foot will start to wear down, like they're on sandpaper."

The more that horse works on the rough terrain without proper protection, the more risk they run of foot injuries that could end their usefulness for show or work purposes.

These days, Kay said, horseshoes come from a range of different companies with different manufacturing practises and styles. Even if the product comes out of a box, though, he argued that a good farrier knows that every horse has different feet, and that the shoes still need to be worked in order to achieve a good fit.

"When you get a shoe, it's pre-shaped, but it doesn't fit on the horse. You have to heat up the shoe and fit it to the foot," he said, underlining the difference between the work he does and that of "backyard guys" looking to get the job done quickly.

When he makes a distinction like that, it's important to recognize that Kay has been practicing his craft for

almost 40 years now.

"I started when I was about 15 or 16 years old, just playing around," he said. "I didn't know very much then, but an old farmer passed me some tools, and that's basically where it started."

Working, at the time, more-or less as one of those 'backyard guys' himself, Kay said that he picked up tricks and techniques here and there as he was able. Dissatisfied with that method, however, he eventually registered for a six month course near Kemptonville, Ontario.

The course then led to an apprenticeship with renowned Canadian farrier Larry Rumsby, whom Kay referred to as a great mentor.

"A lot of guys try to hide all their little secrets, but he showed me everything," he said, adding that, "he's basically one of the one of the top shoers in Canada."

That partnership lasted about five years before Kay went off on his own, but it also proved to be a relationship that changed his career.

"He called me back later because he was shoeing some horses for a big client in Ontario, so I went to help him out, and we shod the horse Hickstead, he went to Beijing Olympics and won the gold."

After having worked on a horse considered by some to be among the greatest show jumping horses of all time, the farrier said that his clientele quickly grew to include more high-performance animals.

"I've done two horses that went to the Olympics this year," he said, explaining that Brittany Fraser-Beaulieu's 'All In' and Naima Moreira Laliberté's 'I do kiss' were both shod by him in the lead-up to their departure for the games.

"Usually the show horses are done between four and five weeks beforehand," Kay pointed out, sharing that unfortunately, due to the complications of the COVID-19 Pandemic, he won't be on hand to see the two horses compete in person.

"I was supposed to go to Tokyo, but because of Covid it's only the riders and the grooms that are allowed to go," he said.

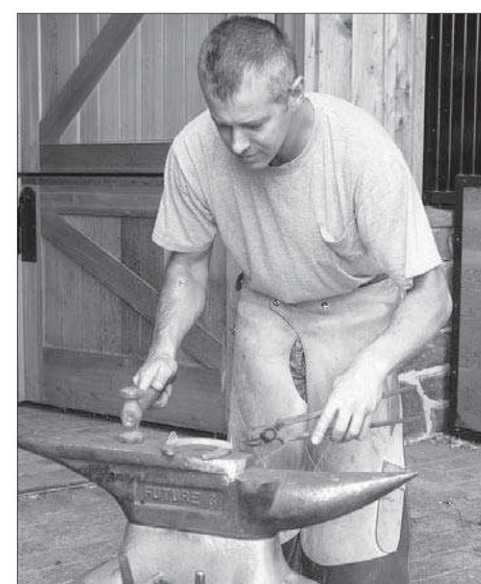
Without international travel to worry about, however, Kay can continue to work away with his other clients and anyone nearby who might need a helping hand.

"I have some real good horses that I do, and then I have some people that I do around home and they're just as important to me," he said. "I do the best job I can on every horse; every horse is an Olympic horse for me."

Looking back on his career, Kay said that the more he works on shoeing horses, the more complicated the job feels.

"When I first started, I thought shoeing horses was going to be easy, like putting on a pair of shoes," he reflected. "The longer I've been doing it, the more I think there's a lot more to it than it seems."

In addition to working with farrier associations to build and develop his knowledge, Kay said that he has also taken on an assistant of his own to



COURTESY OF LOUISE ABBOTT

Ed Kay at his anvil.

start the work of sharing what he has learned over the years.

"He's 19, which is the perfect age to start bringing somebody up," he said. "It really helps to have another set of hands."

Less invasive testing

CONT'D FROM PAGE 1

In a press release, microbiologist-infectiologist and chief infection prevention and control officer Vincent Masse explained that at this stage of the pandemic, the addition of a simple and more comfortable sampling method is important to maintain the participation of the population in getting tested. "The gargle test performs very well compared to the nasopharyngeal swab test," Masse said.

The CIUSSS de l'Estrie-CHUS is reminding locals that despite the decrease in the number of cases in the region and the shift to green, it is still important for anyone who presents symptoms to get tested for COVID-19.

In order to reduce waiting time at a walk-in clinic, people can register their information in advance on the cv19quebec.ca platform and advise the receptionist that the registration form has been completed.

The last update on COVID-19 infections was on Friday, July 9 when 77 new cases were reported across the province, bringing the number of active cases to 711. One new death was reported, and hospitalizations dropped by five for a total of 96, with 22 patients in intensive care.

In the Estrie region two new cases were reported on Friday, both in the Haute-Yamaska, bringing the number of local active cases to 24.

EDITORIAL

CBC defence affairs reporter Murray Brewster says Panjwai has the same symbolic importance for a generation of Canadian soldiers as did Juno Beach or Dieppe for a previous generation.

Canada marks Afghan mission end as Taliban undo Operation Medusa



PETER BLACK

A friend who is in the army offered a brief and bracing lesson in Canadian foreign policy last week with a quick off-hand comment: “Looks like the Taliban took back the turf we captured.”

He was referring specifically to Operation Medusa, in which Canadian soldiers helped purge the Taliban from the Panjwai district in eastern Afghanistan.

The Canadian Armed Forces (CAF), according to the official account of the operation, “led a major multinational offensive in Kandahar Province. More than 1,000 CAF members and hundreds of soldiers from other countries took part. Operation Medusa was the largest Canadian combat operation since the Korean War. Sadly, 12 CAF members lost their lives in this hard fought effort.”

The battle for Panjwai, launched in September 2006, lasted five years and essentially was Canada’s last and most enduring contribution to Operation Enduring Freedom, the U.S.-led effort to rid Afghanistan of the Taliban.

CBC defence affairs reporter Murray Brewster says Panjwai has the same symbolic importance for a generation of Canadian soldiers as did Juno Beach or Dieppe for a previous generation. (Brewster’s report on Canadian soldiers’ reaction to the fall of Panjwai is available online.)

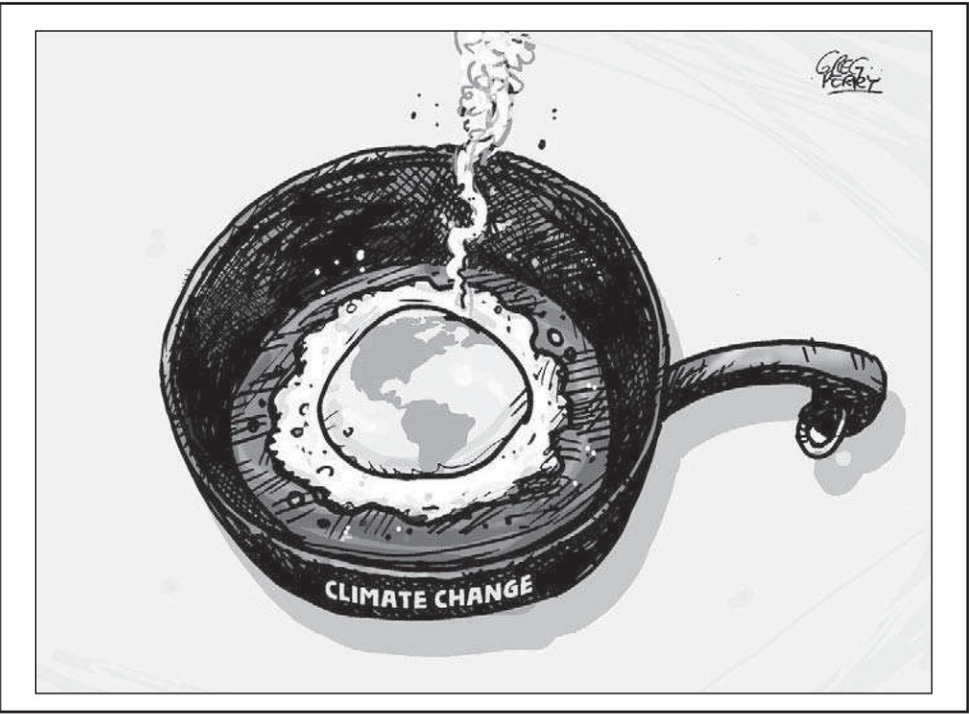
Last week, in what was surely an unfortunate coincidence, the Canadian ministers of veterans affairs and national defence issued a statement commemorating the end of Canada’s 10-year combat mission in Afghanistan, in which 158 Canadian soldiers were killed, at almost precisely the same time as news was breaking of the Taliban’s recapture of Panjwai.

As just about every pundit and global affairs observer predicted, President Joe Biden’s decision in April to withdraw all but 2,500 U.S. troops from Afghanistan was like a bugle call to the Taliban to reclaim the country they dominated for decades, and where they had harboured Al-Qaeda terrorists.

In remarks, also last week, to elaborate on the U.S. drawdown of troops to be completed by the end of August, Biden said, “the United States did what we went to do in Afghanistan: to get the terrorists who attacked us on 9/11 and to deliver justice to Osama Bin Laden ... We achieved those objectives. We did not go to Afghanistan to nation-build.”

That latter comment may come as a surprise and disappointment to Canadians, who have contributed nearly \$4 billion since 2001 in “security, development and humanitarian efforts in Afghanistan,” according to the ministers’ statement.

Whatever happens in the coming



months and years in Afghanistan, whether the Taliban succeed in reimposing their barbaric regime on a people who have had a fleeting taste of militarily-protected freedom, there will be the inevitable debate over the value of so-called just wars.

Biden was asked if he saw a comparison between the U.S. retreat from Afghanistan and the American surrender of South Vietnam in 1975. He rejected the notion, but he is clearly mindful of what happened in Vietnam once the people whose freedom Americans had supposedly fought for were left to their own devices.

As it turned out, a war the U.S. justified as preventing countries in Southeast Asia from toppling like dominoes to communism was a qualified success, with only Laos joining Vietnam in the club of Red nations.

Vietnam, like China, is now a quasi-capitalist economy under a one-party regime. According to the World Bank, “Vietnam’s shift from a centrally planned to a market economy has transformed the

country from one of the poorest in the world into a lower middle-income country.”

In the case of Afghanistan, the fundamental threat of terrorism that sparked the war there in the first place has “metastacized,” in Biden’s words, and counterterrorism efforts are focused on “significantly higher” threats in South Asia, the Middle East and Africa.

Who knows, perhaps in the long run, the Taliban will eventually lose to the unstoppable human desire for peace and freedom and Afghanistan will become on its own and with outside, non-military help, a stable and progressive nation.

Defence Minister Harjit Sajjan, himself a veteran of Operation Medusa, called on Canadians to “honour those who paid the ultimate price both during and after the mission. We think of all those who have carried the physical and mental wounds of battle to this day.”

Losing hard-won Panjwai to the enemy probably won’t help the healing.

Letters

A letter to the Right Honourable Justin Trudeau, Prime Minister of Canada and Mr. Christian Dubé, Québec Minister of Health and Social Services

Re: Covid-19 shots and travel

I followed your advice as the Prime Minister of Canada and the Quebec Minister of Health and had my first

vaccination for Covid-19 as soon as it was available to me. It seems I was foolish to do so!

Both levels of government clearly said the vaccines were equally

good and that best vaccine was the first one you could get. Based on that advice I had no problem when on March 17th I was told I was getting AstraZeneca and according to the document provided to me at the time received: “Vaccin AZ Covid-19”

On May 29th I went for a second dose and once again was given “AstraZeneca”. I have since received by text from the Quebec government a document titled Proof of Covid-19 vaccination. That document has listed for my first dose the Covishield vaccine, which I understand to be a copy of AstraZeneca but produced in India. I was not provided with this information at the time of my shot.

While it is great to have some protection against Covid-19, I am wondering why I was given a vaccination with a product that is not recognized by much of the western world. I enjoy traveling and when that

is possible again I hope to visit the United States, the United Kingdom and Europe. Unfortunately for me the U.S. does not currently recognize the AstraZeneca vaccine and France for example recognizes AstraZeneca but not versions of it made in India.

Will I and many more in Canada like me be able to obtain a third shot and perhaps fourth of a vaccine that allows me to be fully vaccinated with a recognized vaccine which allows for travel outside of Canada?

Looking forward to a prompt and positive reply to this serious question.

SINCERELY,
JAMES SWEENEY
WATERVILLE

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Mont-Orford director puts beach parking reservations online

By Michael Boriero

Mont-Orford National Park Director Mario Landry announced beach-goers will need to purchase their beach parking fee online starting July 16.

Quebecers visiting the national park already need to purchase daily access passes, so the administration team believes it will be an easy transition. The decision was made to manage the flow of visitors at Stukely Lake and Fraser Lake.

According to Landry, the park is reaching peak season, and it promises to be another busy summer. The new online tool will help reduce line-ups and avoid disappointing visitors who are turned away at the last minute due to capacity limitations.

"This is an improvement that many visitors have been asking for for a long time. The habit of reserving one's beach parking permit online should quickly take hold and bear fruit as early as this summer," said Landry.

And it will act as an informational tool for visitors. If there are no parking spots available, then they will not make the drive over to Mont-Orford. The beach parking permit grants access to both lakes. It also avoids the need to complete a transaction at the park.

The permits will be available up to 30 days before a person's visit at sepaq.com/reservation. There are roughly 300 parking spots available to visitors.

There will be a limited number of spaces reserved for seasonal parking decal holders.

Mont-Orford National Park Conservation and Education Department Manager Claudia Lascelles told The Record that the administration team already has a handle on the capacity situation. This online tool will mostly serve visitors.

"It depends on the day and the temperature. Sometimes there are long lines to get in, and when people get to the ticket office, we tell them there are no more spots," said Lascelles.

When asked about whether visitors will find this process more cumbersome, Lascelles explained that many of them have already had to purchase a daily access pass to the park online. They are used to it, and she noted that there was a significant increase last year.

"If they have the chance to see before leaving the house if there are spots available or not, it would allow them to make the decision to come to the park or not, rather than showing up with no spots available," she said.

The new online tool will also allow the park to adjust on the fly. If, for example, they are expecting to be full one day, but it turns out there are more spots available, the park will update its website, so that people can make last-minute beach plans.

Lascelles was unable to provide any concrete numbers, though. She does not know how many people are at the



SÉPAQ WEBSITE

beach at the same time because they base their information off the number of vehicles. They had originally cut their parking lot to 150 spots to follow health measures.

"We saw an increase, it's certain, I couldn't tell you by how much, but it's certain, absolutely certain, that we had more visitors than usual," said Lascelles, adding that they will soon find out how many people visited the park last summer.

She also told The Record that while they needed to put people on furlough

throughout the pandemic, the staff remained mostly intact, waiting for an opportunity to return to work. They haven't been struggling to find employees like other sectors in Quebec.

"All of our positions have been filled, we have our entire lifeguard team, we were lucky, it is going well," said Lascelles. "The measures that we are putting in place are really linked to the pandemic and we want to make things easier for people accessing the park."

Quebec announces temporary financial support measures for non-emergency care

Record Staff

The Quebec government has implemented temporary measures and financial support for individuals who may have lost eligibility for certain medical, optometric and dental services during the pandemic.

Health Minister Christian Dubé said in a press release that it was in the interest of fairness that the government decided to create temporary reimbursement programs. Quebecers could not access services, and over time, they were no longer eligible for public financial plans.

"The exceptional circumstances we experienced last spring may have created situations that have weakened the financial situation of some people, and we are committed to ensuring that they have the same access to these services as in normal times, despite the context," he said.

Quebecers will need to fill out an application form to benefit from the temporary measures. However, they must prove they are eligible for reimbursement. The government hopes that this will compensate the financial impact caused by the closure of non-emergency care clinics.

Health and Social Services Minister

Lionel Carmant was also involved with the provincial announcement Friday. He noted that it is important for families to continue receiving financial support for care that is normally

covered by the public system.

"With these reimbursement programs, we are ensuring that children will be able to continue to receive the quality dental and

optometric care to which they are entitled in order to continue to develop in good health," said Carmant.



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Québec.ca/violenceconjugale

Québec 

Death



John Mackenzie Booth

(1932 - 2021)

John Booth of Sutton, Quebec passed away peacefully on Friday, July 9, 2021, surrounded by his loving family. He was 89 years old. John is survived by Gail, his devoted wife of 61 years, his adoring children Janet (David St. Croix), Carolyn (Tom Darling), and Geoffrey (Jason Donaldson), and his beloved grandchildren Charlotte and Emily St. Croix and Brian and Iain Darling. He is also survived by his siblings Sidney Booth, Valerie Butler, and Michael Booth (Ann Lepowski). John was born in Montreal, Quebec in 1932 to much-loved parents Valeria and Alexander Booth. In 1949, he moved with his family to Abercorn, Quebec, where he worked the family dairy farm. In 1960 he married his beloved wife, Gail Fry, and they moved to Montreal's West Island to raise their family. John earned a Bachelor of Commerce degree from Sir George Williams University (now Concordia U.) in 1965. He went on to enjoy a nearly 30-year career with GTE Sylvania, specializing in operations management. John enjoyed many happy summer vacations with his family on Brome Lake, and in 2000 he and Gail retired to Sutton, Quebec. John enjoyed skiing, sailing, and waterskiing with his children and taking rides in his vintage Triumph sportscar. He was proud of his Scottish heritage and enjoyed visiting family in Scotland as much as he did hosting them in Canada. Together with Gail, he explored many regions of Canada on long car trips. He also loved working outdoors and continued to help out on the family farm until well into his seventies. A private service will be held for the family. If you wish to donate in John's memory, the family suggests La Maison Au Diapason, 50 rue du Diapason, Bromont, QC J2L 0G1, or in line at: www.audiapason.org. Arrangements entrusted to:

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Datebook

MONDAY, JULY 12, 2021

Today is the 193rd day of 2021 and the 23rd day of summer.

TODAY'S HISTORY: In 1862, President Abraham Lincoln signed into law a measure creating the U.S. Army Medal of Honor.

In 1871, rioting between Irish Catholics and Protestants in New York City left more than 50 dead.

In 1984, Democratic Rep. Geraldine Ferraro of New York became the first female vice presidential candidate on a major party ticket.

In 2006, Hezbollah guerrillas raided northern Israel, marking the beginning of a 33-day conflict.

TODAY'S BIRTHDAYS: Henry David Thoreau (1817-1862), author/philosopher; Buckminster Fuller (1895-1983), architect; Oscar Hammerstein II (1895-1960), lyricist; Pablo Neruda (1904-1973), poet; Milton Berle (1908-2002), comedian; Richard Simmons (1948-), fitness trainer; Charlie Murphy (1959-2017), actor/comedian; Julio Cesar Chavez (1962-), boxer; Brock Lesnar (1977-), wrestler/mixed martial artist;

Topher Grace (1978-), actor; Michelle Rodriguez (1978-), actress.

TODAY'S FACT: Mary Edwards Walker, who served as a surgeon for the Union Army during the Civil War, is the only female recipient of the U.S. Army Medal of Honor.

TODAY'S SPORTS: In 1979, rioting during the Chicago White Sox's "Disco Demolition Night" promotion, in which an explosive-rigged dumpster filled with disco records was destroyed between games of a planned doubleheader, led to 39 arrests and caused the team to forfeit the second game against the Detroit Tigers.

TODAY'S QUOTE: "The question is not what you look at, but what you see." – Henry David Thoreau

TODAY'S NUMBER: 3,508 – recipients of the U.S. Medal of Honor to date. About half of those honorees distinguished themselves during the American Civil War.

TODAY'S MOON: Between new moon (July 9) and first quarter moon (July 17).

Inconclusive if scalp massage stimulates hair growth

ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Hello again, dear readers, and welcome to full-on summer. We hope you're enjoying the fun and freedom of the season and are taking care to stay safe. Please make good use of sunscreens and bug sprays, do regular tick checks and be vigilant around swimming pools and open water. And with heat waves prevalent in so many parts of the nation, we urge you to match your activities to the day's weather. We're still getting virus and vaccine questions and will continue to

address them. But in this month's letters column, we will focus on a few other areas of interest.

– Regarding the topic of thinning hair in older women, a reader from Spokane, Washington, said she had success when, a few years ago, she used several of the approaches outlined in our column. This included using minoxidil, a topical medication prescribed by her doctor; switching to nonsulfate shampoos; adding a thickening hair product to her hair routine; and putting away her curling iron. "It took a few months, but my hair is now considerably thicker, with good coverage over my entire scalp," she said. "I am 80 years old, and my hair looks better than when I was 40."

– Also on the topic of hair, a reader wondered about massage. "Does gently massaging the scalp stimulate hair growth?" she asked. "And, more generally, is self-massage good for you?" Although some research has linked scalp massage to improved hair growth, these studies were quite small, and the results were self-reported. This makes them difficult to evaluate. A more rigorous study in which

nine men received a daily scalp massage found an increase in individual hair thickness at the end of six months. As for self-massage in general, it can be beneficial. Whether it's the scalp, large muscle groups or individual areas, self-massage stimulates circulation and aids lymph flow. However, someone living with edema or lymphedema should attempt self-massage only under the direction of a health care specialist.

– A reader from north central Washington who has reduced kidney function needs to reduce his creatinine levels. He asked how this can be done with lifestyle changes and diet. "Most of my specialists are far away," he wrote. "Could you make some recommendations, and also direct me to the proper information?" Diabetes and high blood pressure both contribute to kidney disease. If you have either of these conditions, managing them is very important. Over-the-counter pain meds, including nonsteroidal anti-inflammatory drugs, may reduce blood flow to the kidneys and should be avoided. When it comes to diet, choose fresh over prepared or processed foods. This

eliminates passive salt. Limit high-phosphorus foods, such as meat, dairy, beans, nuts and legumes. Damaged kidneys allow a buildup of potassium, so avoid foods that are high in that nutrient.

An excellent source of information is the National Kidney Foundation's website, at kidney.org. It can be challenging to see a specialist when living in a more rural area. We hope these recommendations help as you work to arrange an appointment.

As always, thank you to everyone for your thoughts, suggestions and kind words. We look forward to hearing from more of you.

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

Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

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NEA Crossword Puzzle

ACROSS

1 Bark

5 Sty matriarch

8 Stately trees

12 Forever and — —

13 Cable network

14 Ocean phenom-enon

15 Clingy fabric

16 NASA go-ahead (hyph.)

17 Nylons

18 Cling

20 Finish a jacket

21 Prehistoric

22 Transport for Sinbad

23 Move furtively

26 Go downhill

29 Tunes

30 Clonk

31 Saturate

33 College maj.

34 Capricorn symbol

35 Greek salad cheese

36 Not injured

38 Initial

39 Fiesta cheer

40 Sum total

41 Cotton swab brand (hyph.)

43 “Sure!” (2 wds.)

46 Paris streets

47 Maize unit

48 Diminishes

50 Quilt stuffing

51 Rubble-maker

52 Impetuous

53 Date in March

54 Muslim honorific

55 The strong, silent —

DOWN

1 Gab

2 Ferber or Best

3 Produced, as eggs

4 Large snakes

5 Pottery fragment

6 Bassoon cousin

7 Food steamer

8 Moral principles

9 Zoo favorite

Answer to Previous Puzzle

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

10 Consumer gds.

11 Gaze at

19 Taiga denizen

20 Nobleman

22 Easy win

23 Give in the middle

24 In — of

25 Hair curler

26 Common question

27 Pitcher

28 Beauty salon items

30 Ripped

32 Make lacework

34 Swig

35 Hazelnut

37 Uses a crane

38 Winter woe

40 Ventricle neighbor

41 Dorm view

42 Pierre’s head

43 Yin complement

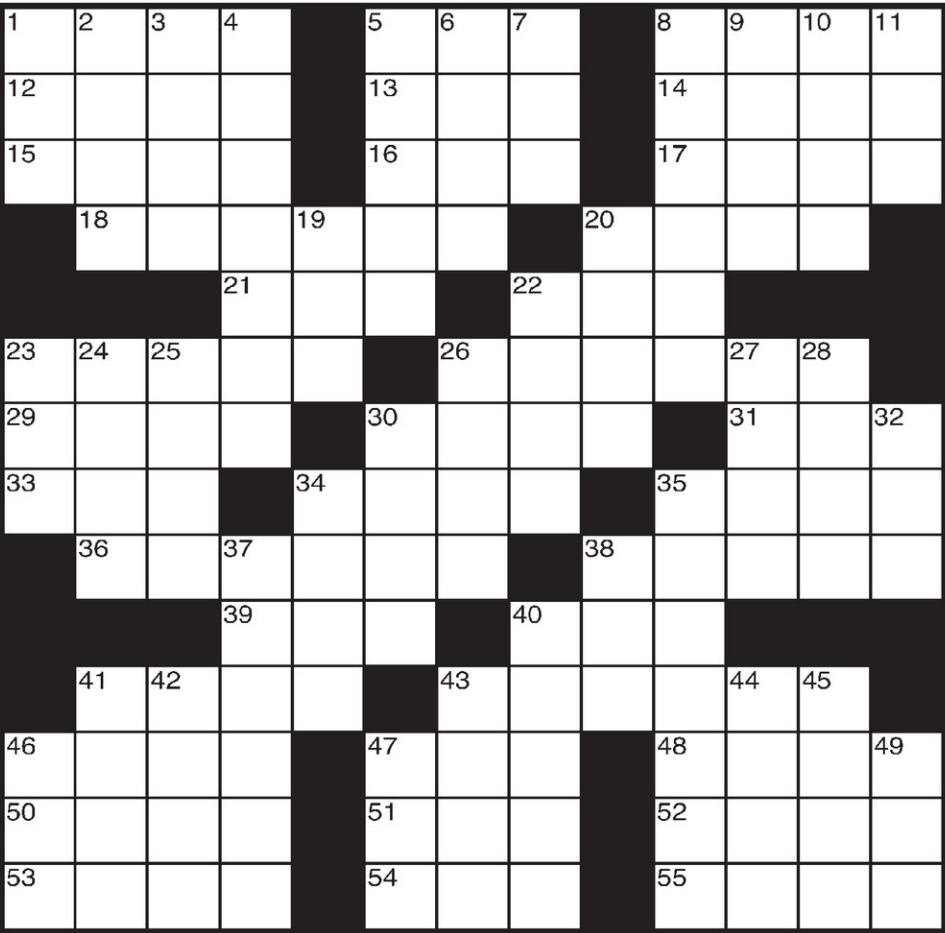
44 Online auction site

45 Cookbook qty.

46 Diamond stat

47 Flight board info

49 Yacht’s pronoun



MONDAY, JULY 12, 2021

Take care of pending financial, legal or medical issues. Make a point to reach out to people who can help you. Look for any opportunity to expand your mind, raise your earning potential and enrich your life. Do the work and reap the rewards.

CANCER (June 21-July 22) – Find something you enjoy doing and dig in. The knowledge you acquire will help you find a way to turn your passion into a prosperous endeavor. Negotiate a contract and invest in yourself.

LEO (July 23-Aug. 22) – You don’t have to make the first move. Spontaneity can negatively affect a partnership if you act before getting approval. Slow down, take a wait-and-see attitude and avoid a setback.

VIRGO (Aug. 23-Sept. 22) – Be secretive about what you are trying to do until you have tweaked every detail. Presenting an idea that is polished and ready to go will make it easy to persuade others to get involved.

LIBRA (Sept. 23-Oct. 23) – Reach out to someone you can count on to tell you the truth, then digest the information you receive. Make adjustments that will help you fit into what’s trending.

SCORPIO (Oct. 24-Nov. 22) – Rethink your strategy. If you take on responsibilities that don’t belong to you, it will hinder you from accomplishing your goals. Consider what you want to achieve and head in that direction.

SAGITTARIUS (Nov. 23-Dec. 21) – Work alone if you want to make the most of

Your Birthday

your time. Taking physical action to complete something important to you will lead to the rewards you desire. Budget your time wisely.

CAPRICORN (Dec. 22-Jan. 19) – Refuse to let anyone limit you. Don’t let the changes made by others interfere with your plans. Do what comes naturally, and a chance to get ahead will come your way.

AQUARIUS (Jan. 20-Feb. 19) – Keep the peace. Problems with a friend, relative or loved one will erupt if you aren’t patient or willing to compromise. A joint effort to fix something serious will pay off.

PISCES (Feb. 20-March 20) – Put in the time and effort. Take care of your responsibilities before you move on to more enjoyable tasks. A positive idea will lead to a change at home. Share your thoughts and feelings.

ARIES (March 21-April 19) – Don’t give in to someone who overreacts or pushes you around. Pay attention to how you look and present yourself to the world. Focus on fitness, health and emotional well-being.

TAURUS (April 20-May 20) – Keep an open mind, but don’t let anyone dictate how you live your life. Take the path that excites you most and brings you the most satisfaction. Do your own thing.

GEMINI (May 21-June 20) – Refuse to let anyone speak for you or push you in a direction you don’t want to go. Take control and put your effort into what matters to you. Don’t let the changes others make lead you astray.

MONDAY, JULY 12, 2021

Which opponent do you believe?

by Phillip Alder

Lisa Alther, in “Kinflicks,” wrote, “I happen to feel that the degree of a person’s intelligence is directly reflected by the number of conflicting attitudes she can bring to bear on the same topic.”

The declarer had conflicting evidence in this deal from a Bridge Base Online duplicate. It was played at 16 tables. At most of them, West overcalled two hearts, having only a six-card suit and being vulnerable. North responded three clubs, South rebid three diamonds and North jumped to seven clubs. Real bridge robots do not need Blackwood!

At each of those tables, South took the first trick with the heart ace, ruffed a heart on the board (whew!), drew trumps and claimed.

At one table, though, West jumped to three hearts. He hoped that if he was doubled and lost at least 800 points, his opponents could make a slam. In addition, bidding higher might have made it impossible for his opponents to reach the right contract.

Over seven clubs, West contemplated sacrificing in seven hearts. He knew he could afford to go down seven: minus 2,000 versus minus 2,140. But he finally decided to pass because he was afraid he would push his opponents into seven no-trump. (Note that seven hearts

North 07-12-21

♠ 8 4 3

♥ 4

♦ 6 2

♣ A K Q J 6 4 3

West East

♠ 5 2 ♠ J 10 9 7 6

♥ K Q J 10 9 2 ♥ 8 6

♦ Q J 3 ♦ 8 4

♣ 10 5 ♣ 9 8 7 2

South

♠ A K Q

♥ A 7 5 3

♦ A K 10 9 7 5

♣ —

Dealer: South

Vulnerable: Both

South West North East

2♣ 3♥ 4♣ 4♥

Dbl. Pass 7♣ All Pass

Opening lead: ♥ K

doubled costs 2,300 if North cashes two top clubs, then shifts to his trump, South covering East’s card as cheaply as possible. Also, of course, seven no-trump is hopeless!)

West’s bid strongly suggested that he had seven hearts. So, South won with the heart ace and ruffed a heart with the club jack – down one! However, would East have raised with a singleton?

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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.

"NWNKUI LF HEVH VRVGLWU DNNMLWU
HEVH TCRNF HC MLDN LWFLBN CD ICS
PENW ICS'KN EVXXI VWB YNMLNON LW
ICSKFNMD." — KLTEVKB FLRRWF

Previous Solution: "Confident people have a way of carrying themselves that makes others more attracted to them." — Sofia Vergara

TODAY'S CLUE: g sjenba x

REALITY CHECK

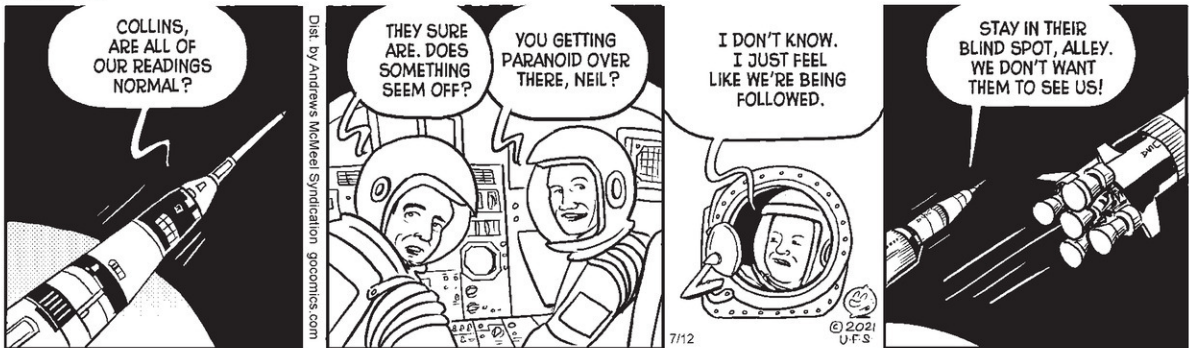


HERMAN



"We have two sorts of pies:
undercooked and overcooked."

ALLEY OOP



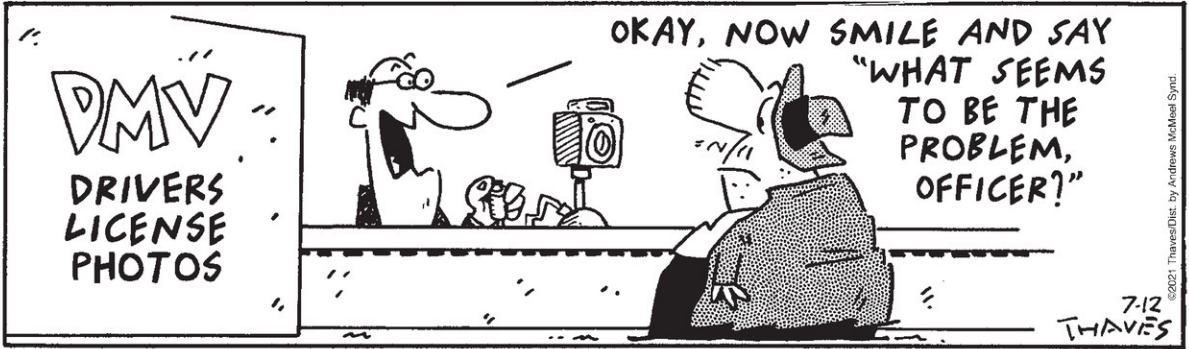
ARLO & JANIS



THE BORN LOSER



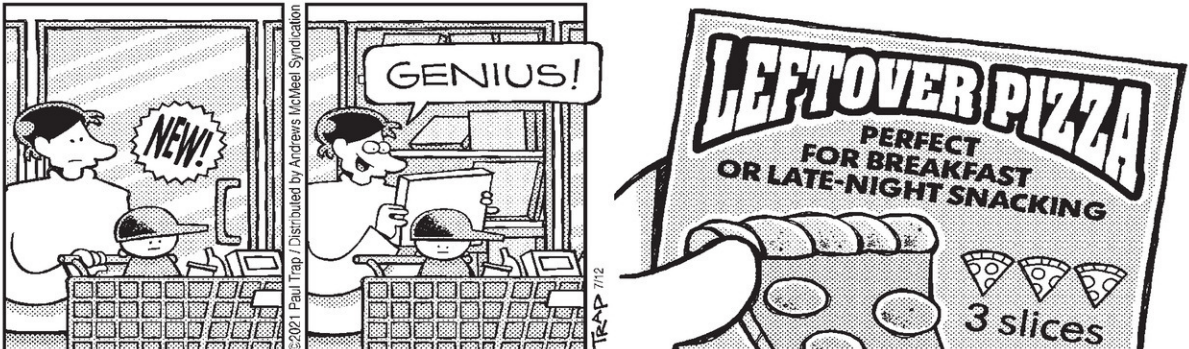
FRANK AND ERNEST



GRIZZWELLS



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MONDAY, JULY 12, 2021

Dear Annie: I am writing in response to your answer to "Just Want the Same Service," who was frustrated at the slow service she received in a restaurant.

As someone who worked as a server for 30 years and who has friends who still work in the industry, I am appalled at the attitudes of people toward hospitality servers. It's like people have been sitting for a year-and-a-half, storing up rudeness and entitlement. Who raised these people?

Restaurants have been struggling to stay open for the last 18 months. This is not some breaking news! So, now that things are opening back up, everyone in the hospitality industry is trying to figure out how to do things in this brave NEW world. Do staff wear masks, or don't they? Do we require masks for diners? Should we have separated sections for maskers and nonmaskers? What do we do when someone wants to be a jerk about our rules?

And then there is staffing. Server's minimum wage right now is far below what many can make in factory, office, online or even retail work. That means restaurants are unfairly competing against businesses that can pay far

Dear Annie

more for employees. So, restaurants are struggling to find good employees, who then have to be trained, all the while dealing with customers who think it's still 2018 and they can act like 12-year-olds and get away with it. Who would want to work in that kind of environment, where grown adults don't even know how to act anymore?

My recommendation to anyone venturing out into this new world we live in is to have patience. It's no longer just about you. It is about all of us. If people can't be understanding and respectful of those serving, then perhaps they should continue to order out and take it home.

Your advice would have been great in 2018. In 2021, your advice should be to have patience and understanding or to stay home. Servers have enough to deal with. – Restaurant Veteran

Dear Restaurant Veteran: Thank you for your letter. You offer insights into what people in the restaurant industry have had to deal with since the beginning of the pandemic.

Restaurants were hit very hard during the lockdowns, and you are correct that it is important to have compassion and patience for people who are just trying to do their best

while serving a public that is excited to get back to normal and that can, at times, be unfairly demanding.

Dear Annie: I'm a retired registered nurse practitioner who has helped people with body odors. Among other things available, such as deodorant body washes, absorbent powders, garment pads, cotton clothing and moderating diet, there are prescription deodorants that work very well.

Some people have "extra" sweat glands, while others have glands that put in overtime.

Talk to your provider for assistance in obtaining these products. Insurance covers most of these items. – Nurse Practitioner

Dear Nurse Practitioner: I always love to hear from professionals. Thank you for your wonderful suggestions.

"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.creatorspublishing.com> for more information.

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

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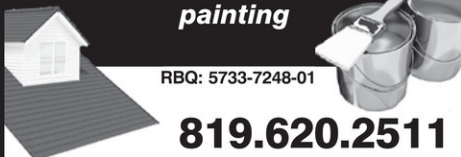
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Do Just One Thing



By Danny Seo

If you're choosing blinds for your windows and live in a hot climate, avoid metal blinds. During the day, the sun's rays can heat up the metal blinds and essentially turn them into a hanging radiator in your home. The hot blinds can also impact your thermostat, making the indoor environment read hotter than it actually is, which forces your air conditioning system to work harder. The better solution is to look for fabric blinds like cellular shades or bamboo to block out the light and help keep your cooling costs down.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

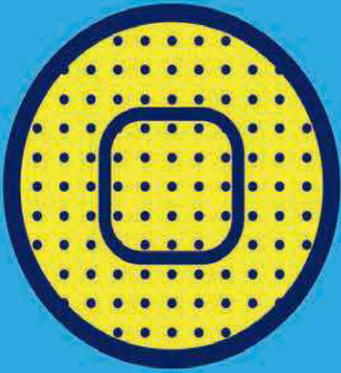
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PREVIOUS SOLUTION

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

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



Your 2nd dose of vaccine is essential.



The combined effect of two doses ensures longer-lasting and better protection against COVID-19.

Getting your 2nd dose of vaccine is a must.