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Potton composting program hits a starch bag snag

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Townships then and now: the Lac des Nations beach

Page 4

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PM#0040007682

TUESDAY, AUGUST 14, 2018

Short-term rentals a growing concern in the Townships

By Matthew McCully

Residents in zones R-10 and R-12 around Stukely Lake in Eastman have approached town council with concerns about properties being used for short-term rentals in the area.

A bylaw has been tabled by council, the first draft of which was presented during the Aug. 6 council meeting, modifying the current short-term rental laws to impose limits on short-term rentals in the zones in question.

The bylaw was a reaction to a petition signed by residents in the two zones, concerned that the increasing number of properties being bought in the area with the express purpose of renting could disrupt the otherwise peaceful neighbourhood.

The same problem was dealt with recently in Stanstead Township. Following complaints from locals, the municipality adopted a bylaw to allow short-term rentals, but with conditions to minimize

CONT'D ON PAGE 3

Sherbrooke museums host Federal Culture Minister



GORDON LAMBIE

Michelle Bélanger, Executive Director of the Sherbrooke Museum of Science and Nature, with Paul Gingues, the head of Sherbrooke's Culture Committee, Pablo Rodriguez, Federal Minister of Canadian Heritage, and Suzanne Bernard, President of the museum's Board of Directors during a visit by Rodriguez yesterday.

By Gordon Lambie

The new Federal Minister of Canadian Heritage and Multiculturalism, Pablo Rodriguez, was in Sherbrooke on Monday for a visit to the Sherbrooke Nature and Science Museum, the Sherbrooke Museum of Fine

Arts, and Actions interculturelles de développement et d'éducation (AIDE), a local group that works to support immigrant integration in the workplace.

Just under one month into his role, Rodriguez said that the goal of his visit was to meet with museum workers in their own environments and better get

a sense of their needs and lived realities.

"I have a lot to learn," the Minister said, adding, "It's extremely important to go out and learn from people who do this on a daily basis. They know best

CONT'D ON PAGE 3

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 28
LOW OF 17



WEDNESDAY:
SHOWERS

HIGH OF 24
LOW OF 12



THURSDAY:
SUNNY

HIGH OF 24
LOW OF 12



FRIDAY:
SHOWERS

HIGH OF 22
LOW OF 17



SATURDAY:
PERIODS OF
RAIN

HIGH OF 23
LOW OF 105

Albert Nerenberg suggests You Are What You Act this Friday night



DISHPAN HANDS

SHEILA QUINN

ROFL

That is SMS language, or abbreviated text speak for “rolling on floor laughing” – and is a common response to something funny. It’s also what many folks have done in the presence of filmmaker Albert Nerenberg. As a laughologist his fascination with, and subsequent study of laughter resulted in several documentary films, including *Laughology* and *Extreme Laughter*. Not only has he presented to and worked with many groups using laughter as the main tool of approach, but he has also toured the world with laughter as his partner, medium and guide.

Nerenberg’s latest documentary film, *You Are What You Act*, debuted on June 1st, 2018 at the Illuminate Film Festival in Sedona, Arizona, where it won the Jury Prize. This time, Albert explores how stars take on their movie roles in real life, and how that phenomenon is not exclusive to celebrities.

Let’s highlight that concept with a few examples. In 2014 Clint Eastwood saved someone who was choking on a piece of cheese. In 2000 Harrison Ford saved two hikers who were lost and dehydrated, and the next year helped to find a Boy Scout who was lost in Yellowstone National Park. In 2012, Jennifer Lawrence came to the aid of a young woman who had collapsed on a sidewalk near her home. In 2011, Kate Winslet saved Sir Richard Branson’s mother Eve from fire when Branson’s home was struck by lightning.

And in the early 1980s, John Oates of the musical rock duo Hall & Oates tackled a ski-masked robber (who was toting a sawed-off shotgun) through the glass door of the restaurant where they were

eating dinner.

Okay, you’re thinking maybe that last one is a stretch (although some will agree that Hall & Oates are pretty intense on stage), except that Albert Nerenberg almost got into a fight with John Oates at a party in New York City, when Oates obnoxiously butted in front of him. So perhaps Oates has translated something from rock ‘n roll into real life after all...

Contemplating this phenomenon (well, not Oates per se, but the other examples cited above) Albert Nerenberg couldn’t help but wonder, “If you are what you eat, are you what you act?” If these actors, known for portraying heroes on film found themselves being heroes in real life, could this behaviour translate into Average Joe acting his way towards being Joe Awesome?

Directed by Nerenberg and produced by Frederic Bohbot (2014 Academy Award Winner – *The Lady in Number 6*) “*You Are What You Act*” straight up asks, “Could acting be the next transformational health trend?”

Nerenberg explains, “I came across a newspaper article a while back about Tom Cruise rescuing a woman who was being mugged. I thought, “That’s weird. It sounds like a scene from one of his movies.” And when I decided to look deeper, I realized Cruise hadn’t just done this once, but possibly as many as six times. Then I realized it wasn’t just Tom Cruise. It was Harrison Ford, Vin Diesel, Ryan Gosling, and more recently Benedict Cumberbatch. It seemed to me that actors were becoming their roles in some sense, and I was surprised that no one had looked into the phenomena. So I wondered, does this apply to the rest of us? Are we what we act? And I found there was some pretty stunning research that says we are. And in pretty wild ways

– showing that you can hack confidence, bravery, and even love with acted behaviours. It seems obvious, but it was hiding in plain sight.”

In the article, “8 Fake It ‘Til You Make It Strategies Back By Science”, the website www.mentalfloss.com suggests that, “There is plenty of science that proves you can actually fool yourself and others into becoming more successful, finding love, and increasing your happiness. Researchers have found that “acting” a certain way allows your brain to “rehearse” a new way of thinking that can set off a desired chain of events in the future.”

The piece lists several elements that have a little science behind acting the part. The power of smiling, pretending you know the answer, dressing for the job you want, and feigning romantic interest are all noted as having great potential to resulting in the real deal.

If these concepts poke at a part of your life that you would like to improve, change, modify or completely flip, perhaps one that you’re afraid to take action on, then fear not, there may be a way for you to take charge of that aspect of your life! Albert Nerenberg is bringing his award-winning documentary to the screen at Theatre Lac Brome for the new Knowlton Film Festival, taking place from August 16th – 19th. “*You Are What You Act*” will be shown on Friday evening, August 17th, at 7:00 p.m. See for yourselves how a little acting can translate into life changes, not just for movie actors and rock stars, but for everyone, and hey, maybe even YOU.

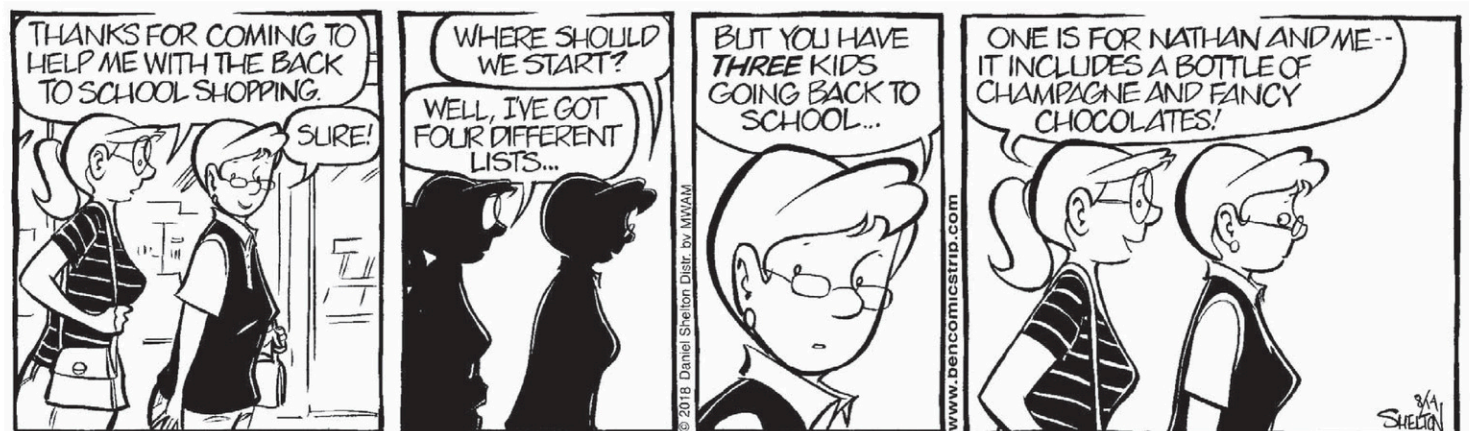
For more information on tickets, visit www.theatrelacbrome.ca or call (450) 242-2270.

Celebrity rescue examples found on www.ranker.com – “29 Celebrities Who Have Saved The Lives of Regular People”



COURTESY ALBERT NERENBERG

Ben by Daniel Shelton



LOCAL NEWS

Unfortunately, Roger was told that the new Cowansville facility would not accept compost gathered in the starch bags that citizens have grown accustomed to using over the past five years.

Potton composting program hits a starch bag snag

By Matthew McCully

Since 2013, the bulk of the municipalities in the Memphremagog MRC have joined in on the third wave of waste collection, participating in composting programs for organic matter.

To make it easy for residents in Potton, the town introduced small kitchen bins and mini compostable starch bags to collect organic scraps to put into brown bins outside.

Five years into the program, Town Manager Thierry Roger was excited to learn that Cowansville was opening up

a new compost treatment plant, scheduled to enter into operation in the fall.

The town had previously been sending its collected compost to Coaticook. According to Roger, the reduced transportation costs of going to Cowansville instead of Coaticook would represent savings for citizens, who currently pay a tariff of around \$146 per household for waste collection.

Unfortunately, Roger was told that the new Cowansville facility would not accept compost gathered in the starch bags that citizens have grown accustomed to using over the past five years.

According to Roger, the bags are completely compostable and certified by the Bureau de Normalisation de Quebec, a watchdog that monitors the impact bags have on the quality of compost.

The refusal to accept starch bags, Roger explained, came from the Quebec Ministry of Sustainable Development and the Fight against Climate Change (MDDLCC).

When asked for comment, the MD-DLCC said that whether or not a facility can accept compostable bags depends on the installations in place for the treatment of the compost.

Because of the problems associated with odours, compost collected in bags needs to be treated in buildings with controlled air.

According to Roger, claims that compost in starch bags takes longer to break down and smells more than loose compost are unproven.

Now that the town has to decide whether to rework its entire program compost program or continue paying a higher waste removal fee, Roger said citizens could be left holding the starch bag.

Short-term rentals

CONT'D FROM PAGE 1

the disruption to locals. The bylaw was rejected in two zones, rendering the short-term rental properties in some areas illegal. When the town sent letters telling those owners to stop renting, it was met with a lawsuit from the owners.

Eastman is trying a different approach.

According to Town Manager Ginette Bergeron, the new bylaw will impose restrictions on short-term renting, but there is a grandfather clause in the

bylaw protecting property owners currently operating rentals with a CITQ permit.

The second draft of the bylaw, as well as a public consultation, is scheduled during the upcoming Sept. 4 meeting in Eastman.

Bergeron explained that the action taken by the town is a response to concerns about the increase in rental properties and not the result of specific complaints regarding rental properties currently operating around Stukely Lake.

Federal Culture Minister

CONT'D FROM PAGE 1

what we should have in terms of programs."

Michelle Bélanger, Executive Director of the Nature and Science Museum and President of the société des musées du Québec, Quebec's museum association, said that she found the informal meeting a good opportunity to highlight challenges being faced by institutions across the country, particularly when it comes to funding for digital archiving.

According to Bélanger, only 17 per cent of the collections of Canadian museums have been digitized, leaving the vast majority of artifacts out of the reach of the general public. Although a program currently exists through Heritage Canada to support funding for digitization projects, the formula requires the museum pay half the cost of the work and that, according to the society president, is often still too expensive for some institutions to manage.

"We need to find ways to make better use of the resources available," Bélanger said.

Although Rodriguez said his impression of the conversation to date is that people in the industry are generally satisfied with the Federal Government's level of involvement in the world of culture, he underlined the fact that his ears are open to issues and concerns as he continues to make visits across the country.

In the meantime, the Minister said that he found it very interesting to return to Sherbrooke, having been raised here and graduated from the Séminaire de Sherbrooke, which stands directly across the street from the science museum.

"It was a very interesting experience," He said adding, on a more general note, "I love museums; they reflect who we are and host exhibitions that allow us to see where we are going."

Fortin launches #SherbyLUC election campaign

Record Staff

Sherbrooke Liberal MNA Luc Fortin kicked off his election campaign in the sun and the heat Sunday with a festive family event that took place from Sunday from 1 to 4 p.m. at the Mitchell-Montcalm School.

Several activities were on the program, including inflatable games, animation, and facepainting for children as well as a magic show by 10-year old Edouard the magician, who impressed Fortin during his performance.

"As a father of four and a family minister, it was important to me that

my campaign launch look a festive air and would appeal to the entire population and young families," Fortin said.

"I am proud of the difference we have made in the lives of Sherbrookers, that we have stayed the course, even in the most difficult times because that is what we had to do in the interest of Quebec," he said, "and we will work hard to meet with Sherbrookers to explain our proposals."

During his speech explaining his desire to represent the people of Sherbrooke and collaborate with them for a second term, Fortin unveiled the #SherbyLUC hashtag.



(COURTESY LUC FORTIN)

Sherbrooke MNA Luc Fortin launched the theme for his re-election campaign Sunday, here represented by several Sherbrooke youngsters.



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Townships then and now: the Lac des Nations beach

By Gordon Lambie

The shores of Lac des Nations look a little different today than they did when this undated archive photo was taken. Whereas, at the time, the western edge of the manmade lake in downtown Sherbrooke was home to a

public beach, a stroll through the same area today reveals a shoreline restoration project that is aimed at helping to balance the local ecosystem.

According to Karine Savary of the Sherbrooke Historical Society, the beach at Jacques Cartier Park closed in the early 1990s, and swimmers these days

have to go upstream to the municipal beach at Lucien-Blanchard Park. A similar sort of water quality report to the one seen on the back of the lifeguard chair in the older image can be found posted by the shore today, and in recent years the water quality of Lac des Nations and the Magog River has been under greater

scrutiny as tests have revealed elevated levels of bacteria during dry spells and after heavy rains. The shoreline restoration project at Lac des Nations is a part of an ongoing effort to improve those quality issues by reducing issues with unfiltered runoff.



RECORD ARCHIVES



GORDON LAMBIE

Heritage preservation investment for two Orford religious buildings

Record Staff

The Quebec government has announced \$327,350 for the restoration of two religious buildings located in Orford County.

The announcement was made Monday by Orford MNA Pierre Reid. The

money will be spent restoring the roof, masonry, stairs, doors and windows of the so-called Tour-Saint-Benoît chapel in the municipality of Saint-Benoît-du-Lac (\$162,349) and 165,001 \$ will go to the restoration of the roof and the installation of a fire detection system for the Sacré-Cœur church- in Stanstead. This

church is cited under the Cultural Heritage Act

"Many quality religious constructions have been passed down to us, sometimes after two centuries," Reid said. "Through the efforts of different cultures, languages, and religions, we have built public buildings with astonishing diversity.

This priceless heritage belongs to us and attracts visitors from all over. We want to protect it by gradually increasing investments aimed at preserving it. We live in the middle of all this wealth; let's take the time to enjoy it."

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STS back to regular schedule with a few new route changes

Record Staff

The Sherbrooke Transit Corporation (STS) is advising its customers that beginning Monday, August 20, service will resume its regular schedule in the urban transportation network, marking the end of its summer season.

The STS also is also making the following additions and changes to a few of its routes.

Service additions:

- As part of a pilot project, a new type of service will be introduced: on-demand transportation (line 70). This is a public transit service that requires a mandatory telephone reservation. Line 70 will serve a new sector, in the Butte-aux-Bouleaux Park, Saint-Élie-d'Orford area.

- The newly opened René-Lévesque Boulevard will be served through a modification to the No. 26, a 12-passenger microbus.

Route changes:

- Lines 17, 17S and 18S: which serve the residential developments near the Bertrand-Fabi and Président-Kennedy intersection, will follow St-Roch Rd, Bertrand-Fabi and Président-Kennedy instead of Emery- Fontaine and du Curé.

- Lines 17S and 18S lines will also run along Marini St. instead of Michel-Ange and Monet Streets.

- Line 57 will take Thomas-Evans and

Alexandre-Dumas.

- Line 55 will follow Craig St instead of Bienville to ease winter operations.

The information flyers for these lines have been updated and are available on the STS website in the "Se déplacer" section under the "Feuillets d'horaires" tab.

For any additional information or to plan a bus trip, the STS suggests visiting the website (www.sts.qc.ca), download the Vermeille mobile app, or contact Customer Service at 819-564-2687.

Sherbrooke's Festival des traditions had record attendance this year

Record Staff

The 21st edition of Sherbrooke's Festival des traditions du monde (FTMS), held over the weekend was a marked success, with attendance surpassing previous years.

Festival president Louis-André Neault was pleased with the sellout crowd. "The Festival has once again enticed festival-goers from all continents thanks to our unique world village which unequivocally

signifies our identity," he said. "The FTMS has become a must-see event for Sherbrooke residents and even those from beyond the Estrie region, a must-see event for the end of the summer. The attendance and the positive feedback from both spectators and artists show that our event is well anchored in the cultural landscape."

The quality of programming played a significant role in the attendance of the Festival, said Festival Executive Director

Malika Bajjaje "Artists have definitely crossed the oceans to play FTMS. Whether it's La Dame Blanche, who made the trip from France, Kalàscima from Italy, or Jambinai from South Korea, spectators were able to discover excellent international artists. Our programming has been improving year after year and I am proud to have hosted such renowned artists as Marco Calliari, Bandidas, which brings together Bia and Mamselle Ruiz, and the Toronto group

Enter the Haggis."

For the first time, FTMS also hosted a Canada-Morocco musical residency, a project propelled by Marchande d'idées interculturelles (Intercultural Ideas Merchant) that clearly reflected the collaboration between the two Red Tail Spirit Aboriginal Groups of Canada and Daraa Tribes of Morocco and was a real success. Festival-goers were able to appreciate the fruit of their collaboration during the closing show.



PHOTOS BY MATTHEW MCCULLY
Italian band Kalàscima performing at the festival on Friday night.



Celtic band Mariner's Curse played to a packed Pub Irlandais at the festival over the weekend.

Two adults sought after allegedly offering tattoos to minors in city park

Record Staff

Two adults were caught offering tattoos to several minors for \$20 an hour on Saturday at Ma Villa Park on Des Colibris St. in Saint-Élie. The park security guard intervened just in time and both individuals are now wanted by the Sherbrooke police.

Police have a good physical descrip-

tion of the suspects and, according to a notice posted on Facebook, one of the suspects has brown hair with a tattoo on his right bicep, while the other has curly red hair and a tattoo on each thigh.

The park security guard was able to gather information by pretending to be a client and according to his account, four underage teens had signed a contract to have work done.

Police say they will be on the look-out for this kind of activity in other parks and will have to find out from the prosecutor to determine what, if any, charges should be laid.

Currently, there is no law governing the practice of piercing and tattooing in Quebec. Ethics dictate that tattoo artists follow the Health Care Consent Act, which states that a young person over

the age of 14 can consent to health care on their own, but the majority of tattoo parlors require parental permission to tattoo anyone under 18 years of age.

A complaint has been filed with the SPS and the police increased surveillance of the area throughout the weekend. Anyone with relevant information is asked to contact the SPS at 819-821-5555.

EDITORIAL

Different parents might make different choices in these situations, but all parents are faced with balancing the pros and cons in their family context based on their experiences and family characteristics.

How to improve farm safety for kids

By Catherine Trask
Canada Research Chair in Ergonomics and Musculoskeletal Health, University of Saskatchewan and Valerie L. Elliot Research Assistant, University of Saskatchewan

Agriculture is rated among the most dangerous industries by the International Labour Organization, and not just for adults.

Children living on farms experience exceptionally high risks of traumatic injury, and evidence for this high risk has been documented many times over many years.

Historically, health researchers and public health advocates have tried to counter these statistics by communicating the high rates of injury and the source of the hazards and by instructing parents to keep kids away from the hazards. Still, rates of child injury remain high.

What has been missing is an understanding of why parents chose to bring their kids into the farm work environment. So, this time, our team of researchers – from the University of Saskatchewan, Queen’s University and the Marshfield Clinic Research Foundation – decided it was our turn to listen.

Learning farm culture

At first glance, a work environment with heavy machinery, chemicals and confined spaces doesn’t seem like a good place for children. They aren’t present at mines or construction sites. But a farm is different because it is also a family’s home.

Our research team conducted in-depth interviews with 11 rural

Saskatchewan farm parents and found that they see a lot of benefits to exposing their kids to farm work. These include: meeting the family’s needs for child care and family time; building work ethic, responsibility and pride; and the positive impacts of involvement in the family’s agricultural heritage.

Unfortunately, previous health promotion efforts haven’t really acknowledged these benefits or the parent’s perspective in weighing out the positives.

Imagine you are a farm parent taking care of the kids during a busy harvest season. You have been with the kids at home for the morning and need to bring a meal out to those working in the field. Do you bring the kids with you, or leave them in the house?

On one hand, there could be tractors and other heavy machinery, ponds and the general rush and hustle of adults focused on completing the task at hand. On the other hand, kids who see farm work get a chance to connect to farm culture and can gradually learn to take on these tasks, plus they’ll be taught how to do tasks safely. Bringing the kids along also avoids leaving young kids at home alone.

Different parents might make different choices in these situations, but all parents are faced with balancing the pros and cons in their family context based on their experiences and family characteristics.

Lead author of the study, Valerie, grew up as a farm kid and raised her own children on the farm, so she understands the tricky tradeoffs that parents face.



Complex decision-making

While studying how farm parents balance the potential risks with the perceived benefits of farm life, we discovered a complex decision-making process that involves weighing risk-reward tradeoffs. After talking with farm parents, we developed a framework showing a scale – balancing potential risks and benefits.

“Tipping the scales” to make a decision about bringing kids into the farm environment depends on parental perceptions, and these perceptions are in turn influenced by a personal history in agriculture, prior knowledge, past experience, characteristics of children and safety norms in their family and community.

If we have a better understanding of how farm parents make these decisions, we’ll have a better chance of working together to find strategies that work.

Even though many farm parents were raised on farms themselves and recognize the importance of farm safety for their families, serious child injuries and deaths continue to occur. The study showed us that parental decisions of whether to bring children into the farm work area depend on context.

Our hope moving forward is that this framework will contribute to future prevention strategies aimed at harm reduction, by considering both the perceived risks and benefits that play a role in farm parents’ decision-making.

Catherine Trask receives funding from the Canada Research Chairs. She is affiliated with the Canadian Association for Research in Work and Health.

Valerie L. Elliot is affiliated with the Canadian Centre for Health and Safety in Agriculture, University of Saskatchewan.

Police hand out 300 tickets at Hells Angels weekend biker gathering in Quebec

The Canadian Press

Quebec provincial police say they handed out more than 300 tickets during a weekend Hells Angels biker gathering that was largely incident-free.

Police say about 500 people passed through checkpoints, including some 300 biker gang members who set up near St-Charles-sur-Richelieu, southeast of Montreal.

The full-patch Hells members and their associates were in the rural Quebec town for the biker gang’s annual Canada Run, which takes place in a dif-

ferent province each year.

Police say most of the tickets were for minor road safety infractions such as riding without a helmet or riding on the shoulder.

A 52-year-old biker from Ontario was arrested for uttering threats against a police officer during a checkpoint.

Police spokesman Guy Lapointe said the weekend event went off relatively well from the perspective of authorities in that order was maintained and the law respected.

“The vast majority of individuals who participated in the event collaborated,” Lapointe said late Sunday.

THE RECORD

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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

Vasek Pospisil of Vancouver was the only other Canadian in the top 100 at No. 94 while Montreal's Felix Auger-Aliassime rose 13 positions to No. 120.

Knowlton boys soccer team takes first place in their division



COURTESY DANNY MCAULEY

During a soccer tournament held over the weekend in Cowansville, the Knowlton U-14 boys won first place in their division.

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Datebook

TUESDAY, AUGUST 14, 2018

Today is the 226th day of 2018 and the 55th day of summer.

TODAY'S HISTORY: In 1935, President Franklin D. Roosevelt signed the Social Security Act, guaranteeing income for retirees and the unemployed.

In 1945, President Harry S. Truman announced Japan's unconditional surrender and the end of World War II.

In 2003, 50 million people in the northeastern United States and Ontario, Canada, lost power in one of the largest blackouts in history.

TODAY'S BIRTHDAYS: Doc Holliday (1851-1887), gambler; David Crosby (1941-), singer-songwriter; Steve Martin (1945-), actor/writer/musician; Danielle Steel (1947-), novelist; Gary Larson (1950-), cartoonist; James Horner (1953-2015), composer; Rusty Wallace (1956-), race car driver; Earvin "Magic" Johnson (1959-), basketball player/businessman; Halle Berry (1966-), actress; Mila Kunis (1983-), actress; Tim Tebow (1987-), athlete/sportscaster.

TODAY'S FACT: The New York Times reported in 1945 that an estimated 2

million people flooded New York City's Times Square following the announcement of the Japanese surrender in World War II.

TODAY'S SPORTS: In 2007, Braves manager Bobby Cox was ejected from his 132nd major league game, passing the record previously set by John McGraw. Cox retired in 2010 with 158 regular season and three post-season ejections in his career.

TODAY'S QUOTE: "Through the years, I have learned there is no harm in charging oneself up with delusions between

moments of valid inspiration." — Steve Martin, "Born Standing Up: A Comic's Life"

TODAY'S NUMBER: \$47 million — price paid by pop legend Michael Jackson when he purchased the company that owned the publishing rights to the majority of the Beatles' catalog (251 compositions) on this day in 1985.

TODAY'S MOON: Between new moon (Aug. 11) and first quarter moon (Aug. 18).

Sleep aids are meant only for short-term use



ASK THE DOCTORS

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

Dear Doctor: My doctor offered to prescribe sleeping pills because I'm under a lot of stress at work and am suffering from insomnia. I'm tempted, but the side effects scare me. How often do people sleepwalk or binge-eat or do other activities after taking sleeping

pills? I even heard that one woman drove across the country!

Dear Reader: When it comes to having trouble getting a good night's sleep, you're not alone. It's estimated that at least one-third and perhaps up to one-half of all Americans experience some kind of sleep problem. These range from the occasional sleepless night to the chronic — and at times debilitating — insomnia that affects up to 10 percent of the U.S. population. To deal with this unwanted wakefulness, an estimated 9 million Americans now turn to sleep aids of one kind or another. And considering the complex physiological mechanisms that regulate sleep, it's not that surprising that there would be some side effects associated with these medications.

The medications most commonly associated with the odd behaviors you mentioned are zolpidem, sold under the brand name Ambien, and eszopiclone, sold under the brand name Lunesta. They fall into a class of drugs known as hypnotics. These work by binding to certain receptors in the brain, which affects neural activity in a way that allows the user to slip into sleep.

Although the majority of users experience few if any side effects, some people have reported a range of peculiar and potentially dangerous behaviors that they had no memory of taking part in. These include waking up with food or dirty dishes in their beds, then finding a mess in the kitchen that indicated they had prepared a meal sometime during the night. Other anecdotes include a man waking up in the family car

in his pajamas, parked miles from home with no idea of how he got there. A woman reported receiving clothing deliveries from a \$2,200 online shopping spree she had no memory of, and another woman woke up shivering in a bathtub filled to the brim with cold water and surrounded by burning candles.

As we mentioned, these side effects are considered to be rare. The labels of the relevant drugs now carry prominent warnings that, while under the influence of the medication, it's possible to walk, eat or even drive and have no memory of it afterward. Also carried in the warning labels is the possibility that varying levels of cognitive impairment, as well as physical symptoms like headache, nausea and a bad taste in the mouth, can persist into the following day.

While the temporary respite these sleep aids can offer from a bout of insomnia is helpful, it's important to note that they are not intended for long-term use. Rather, they are meant for occasional use, to help someone who is struggling with sleeplessness to get through a rough patch. However, because the drugs are quite effective and also potentially habit-forming, it's possible to become dependent on them over the long term. If you do decide to try them, please keep that — and the label warnings — in mind.

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



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LENNOXVILLE

The Uplands Cultural and Heritage Centre art gallery is exhibiting recent work

of painter Sara Peck Colby. Sara Peck Colby has been painting landscapes of Quebec for over forty years. She is drawn to the patterns of nature, rhythms and repeats, shadows, branches, distant fields and forests defining informal glimpses of a peaceful life. Uplands, 9 Speid Street, Borough of Lennoxville is open Tuesday to Sunday from 10 a.m. to 4:30 p.m. The exhibit will run until September 2, 2018.

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, August 14 at 164 Queen Street, Suite #104, from 1:30 p.m.

to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, August 14 at the Town Hall from 10 a.m. to 11 a.m.

WATERVILLE

Annual general assembly of the Compton-Stanstead Federal Liberal Riding Association on August 26 at 11 a.m. followed by a free BBQ and corn roast with M.P. Marie-Claude Bibeau from noon to 2 p.m. at the Waterville Golf Club. All are welcome! Information: 1-873-200-9376.

COMPTON

The ET Antique Machinery Club presents its 26th exposition, August 18 to 19 at the Fromagerie de la station, 440 chemin Hatley, Compton. Gates open at 9. Visitors, exhibitors welcome. Admission charged (visitors). Information: 819-837-2261.

MINTON

Waterville/North Hatley United Church will hold their 3rd summer service at Minton on Sunday, August 19, 2018 at 2 p.m. Special music. Everyone welcome.

Husband's friend behaving inappropriately

Dear Annie

TUESDAY, AUGUST 14, 2018

Dear Annie: My family (my husband, our young kids and I) vacations with two other families once or twice a year. My husband went to school with the other two husbands, and they are best friends. I have developed great friendships with their wives, and our kids are all similar ages and get along.

We have a great time, but one of the husbands always finds a way to make me uncomfortable. During our most recent vacation, while we were saying our goodbyes and loading up the cars, he grabbed my breast as he pulled me in for a hug. I was stunned and immediately pulled away. He quickly turned around and went on to hug everyone else as if nothing had happened. I debated whether to say anything, but I let it go. However, this violation keeps eating at me. (The other time he made me feel uncomfortable was when the adults had all met up for a long weekend. While dancing at a concert, he came up behind me and starting grinding against me. I thought he was joking and laughed at him, but he continued until I left the dance floor. He did this when his wife had gone to the bathroom and my husband was getting drinks, so I think it was purposeful.)

If I told my husband, I'm sure he would cut off his friendship with this guy. I'm torn because I would hate to see my husband lose one of his good friends and for us to lose out on these otherwise great vacations.

I backed out of the most recent adult vacation (claiming our baby sitter had bailed) because I just wanted to avoid this guy. Yet in the wake of the #MeToo movement, why should I miss out on vacation time when it's this guy who is making me feel uncomfortable? I share everything with my husband, so keeping this from him is making me feel awkward.

Should I forgive these transgressions and keep them to myself or find a way to tell the guy to knock it off or let my husband know what's going on? — Quiet for Now

Dear Quiet for Now: It's not your job to protect this predator. Whatever fallout comes is what he's got coming to him. He's repeatedly made very conscious, calculated decisions to violate you. Our actions have consequences, and he is no exception. Tell your hus-

band what's up, and don't worry about his losing a "good friend." This man was never a good friend.

Dear Annie: I would like to offer an alternative viewpoint for "Child of the South." I think that sometimes we jump to conclusions about why people do what they do and then judge them on what we think are the facts. "Child of the South" is assuming her sister-in-law feels entitled. Though that may be the case, it may also be that her sister-in-law is embarrassed about the condition of her houses, or perhaps she feels that she doesn't cook as well as "Child of the South." There could be many reasons, but to get angry without knowing for sure could harm an otherwise excellent relationship. I hope "Child of the South" chooses a way to either talk with her sister-in-law or find a way to enjoy her company without the expectation that the hospitality will be reciprocated. Loving relationships are hard enough to maintain without destroying them by keeping score. — Counting Blessings Rather Than Beans

Dear Counting Blessings: I love your signature. Yours is an attitude we should all strive for. Thanks for writing.

Dear Annie: I have a friend, "Rosie," who kicked me out to the curb (metaphorically speaking) when her sister moved into her mobile home park.

Prior to her sister's moving into the neighborhood, Rosie and I saw a lot of each other. I was always sewing for Rosie, her husband and her mother-in-law at little or no cost. I sent food to her after her surgery. I helped Rosie's sister with planning Rosie's 60th birthday party.

Meanwhile, when I had health issues and told her, she didn't contact me afterward to see how I was. When I had a baby shower for my daughter, she did not attend. Then she promised she'd send a gift after the arrival of the baby, but she never did.

She now only calls me on her way to work. I started to distance myself from her, and it didn't seem to faze her. This has been going on for almost a year now. After several weeks of not hearing from her she texted me to sew her husband's pants. I have thought of confronting her, as I am very hurt by how she has treated me. Do you think I should end this friendship? — Forgotten Friend

Dear Forgotten Friend: No one can read your mind, not even your closest friend. Rosie probably has no idea you're feeling this way. She does still call you, after all: You say "only" on her way to work, but that's pretty darn often.

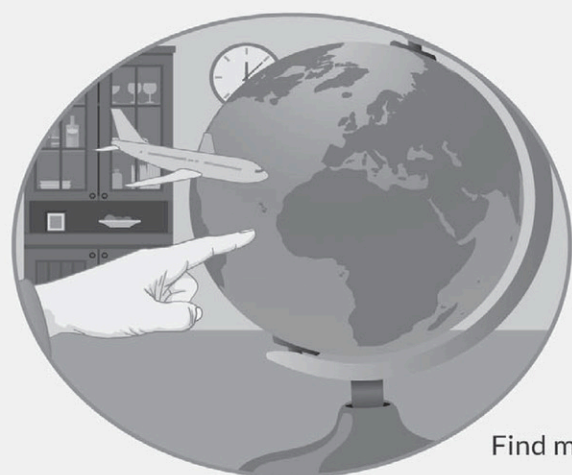
So she's been busier over the last year, and, yes, maybe spending a lot of time with her sister that she previously would have spent with you. That doesn't mean she's replaced you. Talk to her about how you're feeling, but avoid making accusations or placing the blame on her. Instead, tell her that you miss her and have felt out of her loop for the past year. If she continues being distant after the talk, there's no need to lash out. Simply take it as your cue to move on and focus more on yourself and on fostering new friendships.

Dear Annie: "Merging Maven" has prodded me to write. My husband and I have driven in all 50 states over the years, and have had many discussions about the proper way to merge from two lanes to one, mostly at construction sites. One state (I wish I could recall which one!) posted this sign when two lanes had to become one: "Use both lanes to merge point, AND then take turns." It kept traffic flowing and didn't ruffle drivers' feathers. We both commented that it was a sensible solution to the problem. We haven't seen it used since then and now wonder if it was just part of some study. But it was an easy fix for an irritating and potentially hazardous problem, and should become the standard rule for merging. — Road Warrior

Dear Road Warrior: Perhaps the zipper merge would catch on more if there were signs such as these, concisely explaining the concept and giving drivers permission to use it. It's a wonder more states haven't tried this. Thanks for writing in.

"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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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.

" L ' K F M F K F V T L D F Y A Z F X E V Y
' N F T F C V L A W . ' L T L D F A E B Z E A E S V G B Z
B F E B T F X Z E G V F S E E Y G A X Z G A A Z F W
Y E . " — G M M L F T F L C E K L A R

Previous Solution: "Stardom... it's a double-edged sword. What makes you famous is what interferes with getting other roles." — Jamie Farr

TODAY'S CLUE: X sjenba d

REALITY CHECK



HERMAN



"No, it's not easy putting nine adopted children through college earning 80 bucks a week!"

ALLEY OOP



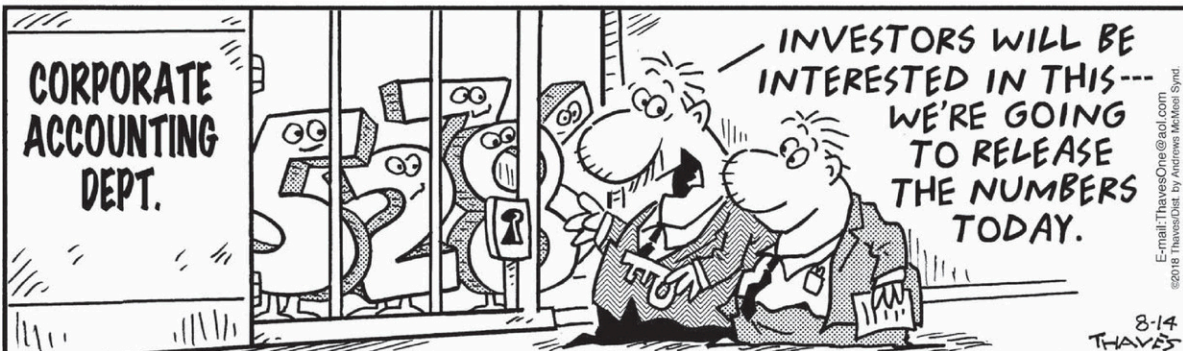
ARLO & JANIS



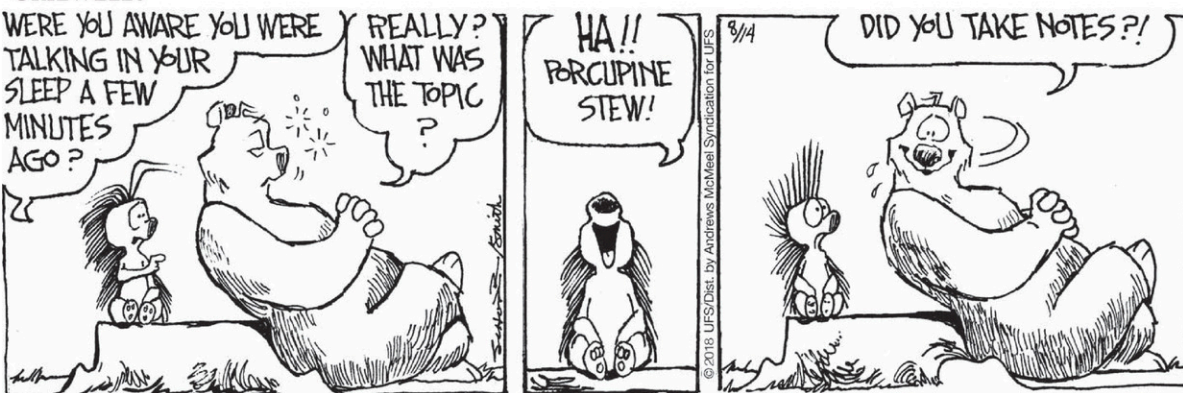
THE BORN LOSER



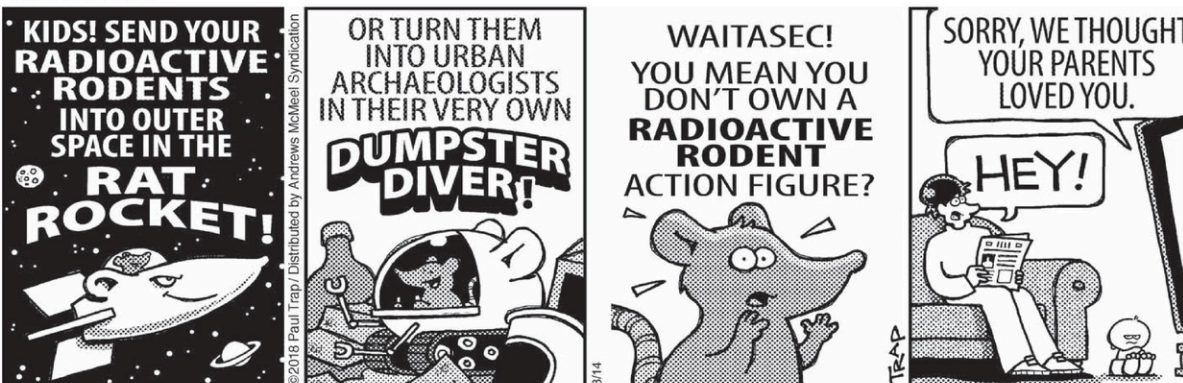
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2		4	9		7			5
6		7			2	8	4	9
	5			1				3
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4				6			7	
5	7	2	3			4		6
8			7	4	9			2

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

ACROSS

1 Dry, as champagne

4 Motor part

7 Towel off

11 Spoil

12 Jealous goddess

14 Younger Guthrie

15 Fish roe

16 Bone-dry

17 Reddish-brown

18 Sign after Taurus

20 Cheap nightclubs

22 Meet, in poker

23 Galena

24 It merged with Exxon

27 Many October folk

30 Iowa college town

31 Electron losers

32 Glamorous wrap

34 Spiral molecule

35 Architects' wings

36 Rein in

DOWN

1 Urban blight

2 Gutter site

3 Jam-pack

4 — No. 5

5 Condor's abode

6 Hi-tech scan

Answer to Previous Puzzle

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

7 Less trusting	31 Ailing avian?
8 Hair curler	33 Cruncher's pride
9 Survey chart	35 Pull down
10 Geological periods	36 Sidewalk —
13 Makes contact with	38 Flower — (hippies)
19 Mother of Horus	39 Meal
21 Regal symbols	41 Block-heads
24 "— Dogs and Englishmen"	42 Pods for stews
25 All, in combos	43 Go off, as an alarm
26 Light ray	44 Dregs
27 Kinks tune	46 Claw or talon
28 Be next to	47 Orpheus played it
29 Like some losers	48 Pro votes
	51 — Kippur

1	2	3		4	5	6		7	8	9	10	
11				12			13		14			
15				16					17			
18				19				20	21			
				22				23				
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49						50	51			52		
53						54				55		
56								57		58		

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Your Birthday

TUESDAY, AUGUST 14, 2018

A change of pace will give you a different view of the past, present and future. Look inward and re-evaluate your ties to the people around you. Rid yourself of old habits and bad influences. It's time to ditch the dead weight, lighten the load and shoot for the stars.

LEO (July 23-Aug. 22) — Keep your distance from anyone who tends to overreact or bullies you into something you don't want to do. Change begins within, so make every move count. Follow your heart, not someone else's lead.

VIRGO (Aug. 23-Sept. 22) — Don't take no for an answer. If you put in the time, the progress you make will prompt others to pitch in and help. Celebrate to honor your hard work and accomplishment.

LIBRA (Sept. 23-Oct. 23) — Be careful with whom you share your thoughts and feelings. Some people will support and assist you, and others will meddle in your affairs. Wise choices will ward off a dispute.

SCORPIO (Oct. 24-Nov. 22) — Do what's best for you. Don't let anyone take over your affairs or decisions. Own what you do and bring about changes that will encourage personal gains.

SAGITTARIUS (Nov. 23-Dec. 21) — Put your plans in motion. If you stand up for what you feel is important, you will get the necessary backing to get things up and running. Romance is on the rise.

CAPRICORN (Dec. 22-Jan. 19) — A romantic situation or an involvement

with a close friend or relative will be difficult. Aim to stabilize your life by making clear changes to the way you live.

AQUARIUS (Jan. 20-Feb. 19) — If you look good, you'll feel good. Time spent indulging yourself, exercising, eating right and trying to be the best you can be will lift your spirits. Romance is highlighted.

PISCES (Feb. 20-March 20) — A professional change or the way you approach your responsibilities will have a big effect. Use your ingenuity to come up with an efficient way to get things done.

ARIES (March 21-April 19) — Think matters through with care. A steady pace and well-planned strategy will help you avoid an unexpected setback. A partnership will bring out the best in you.

TAURUS (April 20-May 20) — Before you make a move, get all your paperwork ready. Don't leave anything to chance if you want to avoid a run-in with officials. Opportunity will knock, which makes preparation essential.

GEMINI (May 21-June 20) — Time spent socializing or networking will pay off. Your charm and playful attitude will attract both personal and professional interest. Romance is encouraged, along with personal improvements.

CANCER (June 21-July 22) — Broaden your interests and learn more about the people with whom you are doing business. Knowing what you are up against will make getting what you want easier.

TUESDAY, AUGUST 14, 2018

Same combination, but a different ruse

By Phillip Alder

Jean-Jacques Rousseau, an 18th-century philosopher, author and composer, wrote, "Falsehood has an infinity of combinations, but truth has only one mode of being."

In bridge, infinity is an overbid. But in this column a week ago, West had the king-jack-doubleton in clubs and shifted to the jack to mislead declarer about the real club position. Here is a variation on the same theme.

What happened in three no-trump after West led a spade, then East won the trick with his king and returned a spade to dummy's ace?

This deal occurred many years ago and was originally written up by B.J. Becker. The declarer was John Rau, who won the 1930 Open Team Championship, which is now the Reisinger Board-a-Match Teams. Sitting East was Sidney Satenstein, a New York expert.

Opposite South's one-no-trump opening bid, which showed 16-18 points, North, with no singleton or void and insufficient values to consider a slam, understandably raised to three no-trump. Please don't write in to point out that six clubs by North would surely have made, and six clubs by South would probably have succeeded — except

		North	08-14-18
		♠ A 5	
		♥ A J	
		♦ 6 3 2	
		♣ Q 10 7 6 5 4	
West		East	
♠ J 9 7 4 2		♠ K 10 6 3	
♥ 7 5 2		♥ 10 8 6 3	
♦ 10 8 5		♦ K 9 4	
♣ 8 2		♣ K J	
		South	
		♠ Q 8	
		♥ K Q 9 4	
		♦ A Q J 7	
		♣ A 9 3	
		Dealer: East	
		Vulnerable: Both	
South	West	North	East
1NT	Pass	3NT	Pass
			All Pass
Opening lead: ♠ 4			

against a defense identical to the one about to be described.

South had seven top tricks: one spade, four hearts, one diamond and one club. Initially, declarer assumed that he needed the diamond finesse to work. But then he spotted a second chance. At trick three, he led a low club from the board ... and East played his king!

Suitably deceived, declarer won with his ace and returned a club to dummy's 10. Imagine his shock when Satenstein produced the jack and led a spade for down one.

Compton Historical Society holds meeting

Members of Compton Historical Society met on Friday August 3, 2018, at Woods Restaurant in Compton. Due to illness and other engagements, we were few in number.

Minutes of the previous meeting were read by the secretary, Sue Nichols, and they were approved as read.

Ellie Bailey gave the financial report and it was also approved as read.

Jean Marc Lachance showed photos on his laptop, of the old Stanstead Railroad station. It was very interesting.

We discussed the demolition of the Compton Town hall building, and the construction of the new modern one.

It was suggested we order more books "Reflections of Compton."

Next meeting, Saturday, October 6 at 11 a.m.

The meeting was adjourned and a social time was enjoyed.

Submitted by Sue Nichols

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