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THURSDAY, SEPTEMBER 29, 2016

ETSB warming up to Bill 105

By Matthew McCully

In May, the education ministry scrapped education reform bill 86, which had weighed heavily on the minds of the Eastern Townships School Board (ETSB) council of commissioners since it was introduced in December.

In June, the ministry deposited Bill 105, an act to amend the Education Act, another attempt at reform, which includes measures to give more power to parent commissioners and ensure more participation from schools and centres in board decisions.

At Tuesday evening's council of commissioners meeting, the board referred to Bill 105 as livable, if some modifications and enhancements were made.

Chairman Mike Murray added that the Quebec English School Boards Association's (QESBA) initial position was categorically opposed to the bill, but upon further reflection, support grew.

"We're trying to work with the minister in collaboration, rather than in opposition," Murray said.

He went on to say that there are a number of elements in the bill that could be subject to abuse that will need to be addressed.

Murray said of most importance was taking a close look at articles that could potentially remove a school board's power to govern its own schools.

During the meeting, the board confirmed the appointment of vice-principal at 100 per cent to Tara McCully.

While the ETSB Student Ombuds-person Dominique Paillé did not attend Tuesday's meeting, the annual report was delivered by Secretary General Éric Campbell.

According to the report, a total of five complaints were filed during the last school year. Among them, four had not exhausted other possible remedies, and were redirected to the board for resolution. The fifth complaint, regarding im-

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Summer 2016 gets a thumbs up from Tourism Eastern Townships



GORDON LAMBIE

Francine Patenaude, Tourism Eastern Townships' new Director-General with the organization's President, Jean-Michel Ryan.

By Gordon Lambie

Tourism Eastern Townships announced yesterday that the summer tourist season has been a great success. The organization said that factors like the weather and the price of gas helped contribute to increased visits from outside the region in contrast to past summer tourism seasons.

The summer season report notes an anecdotal increase in Ontario and American visitors across the different municipalities of the Townships and overall positive outcomes from festivals and other activities focused on highlighting gourmet takes on local food.

The announcement also served as the first official event for Francine Patenaude, Tourism Eastern Townships' new Director-General. Patenaude used

the opportunity to share her plan to create a unified marketing plan for the region as a whole.

Patenaude said that the Eastern Townships will be undertaking a campaign of "regional attractiveness" inspired by the work being done in the region of Alsace in Eastern France.

"Regardless of what sector you look

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TODAY:
SUNNY

HIGH OF 18
LOW OF 2



FRIDAY:
SUNNY

HIGH OF 19
LOW OF 7



SATURDAY:
60% CHANCE
OF SHOWERS

HIGH OF 17
LOW OF 10



SUNDAY:
SHOWERS

HIGH OF 16
LOW OF 9



MONDAY:
60% CHANCE
OF SHOWERS

HIGH OF 15
LOW OF 3

Trumping myself



ROSS MURRAY

If there's one thing that the U.S. federal election campaign has taught me and that Monday night's debate in particular reinforced and that the mainstream media helpfully perpetuated and that my gut instinct kind of knew all along and that my mother warned me would probably happen, it's that run-on sentences are no big deal.

But if there's another thing I've learned, it's that cohesive arguments and logic are never going to sway the opinion of someone whose mind is made up. People who already backed Hillary Clinton felt that she won Monday's debate. People who already backed Donald Trump are idiots. But also they thought that he won Monday's debate.

This is actually great news, especially for someone like me who has been in print media for over 25 years, communicating and establishing a reputation for myself through thousands and thousands of words. Not all the words, and certainly not the best words - Trump has the best words - but pretty decent words regardless.

This means that I can generally count on readers having established an opinion of me. So it really doesn't matter

what horrible deeds I've perpetrated or the lies I've said or plan to say or the unfounded claims I make or even the fact that I haven't had a true coherent thought since 2007. People are going to feel exactly the same way about me. Run-on sentences and all.

It's a relief, really. Finally I can write about the time I walked out of Canadian Tire with 15 fishing lures down my pants, which is not stealing because the security tags had been removed, the store's fault, poor management, shoddy tagging. That's called good shopping, by the way.

And if the police come to my door now because they read this, I'll say, "Wrong, wrong, you're wrong. I never said that. You're wrong. Go back and read it again." By which time I'll have purchased all existing copies and burned down the Internet, because I am very wealthy, really incredibly wealthy. And then I'll tell them they have the wrong house and that I am actually high-stakes celebrity lawyer Ira Neusbaum, and if they don't get off my property I will sue them so fast it'll make their heads spin.

I'll be honest with you, I've done some really great things, and I know so many people. My good friend Margaret Atwood, who is an excellent lady author - an authoress - I bested her two out of three in arm wrestling during a fundraiser for I don't know what - the Book Readingness Foundation or Chivalry Deficiency Syndrome or other such. Margaret Atwood, who is wonderful and very successful, as am I, she said to me, "I'm thinking of writing speculative fiction called Oryx and Glenn," and

I said, "Peggy: make it 'Crake.'" So really, I'm the success here, and also with the arm wrestling, don't forget.

But some people, some readers, they say some not very nice things about me. These are some very against me readers. They say things like, "His columns used to not be so dark," and, "I liked it better when he wrote about his kids." The truth is, I never had those kids. Look for yourself. The record is very clear on this. I never had three or even four children.

So those people saying those not very nice things, you know what? Let them say it. Because people - the smart people - they've already made up their mind about me and will be purchasing my new book, *A Hole in the Ground*, for the enjoyment of themselves and all their friends and family. You know it. I know it. And it's an excellent book, by the way, very funny, very words.

Because readers love me. They love me! I tell you this, I've been all over, to the best living rooms, really outstanding loveseats and their ilk, and I gotta tell you, it's impressive. I tell people, "I broke up Brad and Angelina. I said, 'Angie, you gotta do it. It makes sense. Because, you know, you're not getting any younger, not going to be hot forever.'" So she did, and she was right to do that.

It doesn't matter what I say, because I'm entertaining. Huge with entertainment. Or insufferable. Doesn't matter. You already made up your mind. Really, you're incredibly lucky to be reading this. And no question there's going to be absolutely dozens more like it. Just the best lies. Keep ignoring arguments and facts, folks, because it's going to get a lot worse.

Bill 105

CONT'D FROM PAGE 1

proper off-duty conduct of an ETSB employee, was determined to fall outside the jurisdiction of the ombudsperson, and therefore was not pursued.

Campbell added that according to the report, no students had been expelled last year due to bullying or violent behaviour.

The board drew attention to the fundraising run held recently for the Fondation Christian Vachon, which drew 200 participants from the ETSB.

Campbell explained that the foundation, which offers financial support to local students, is currently helping 111 ETSB students with up to \$45,000 in funding.

During the communication committee report, commissioner Dan Brodie eluded to a new parents' app soon to be coming, to keep parents updated about important school news and events.

Brodie applauded the date synchronization between schools, done to avoid double booking meetings and events.

He also referred to the ETSB's third consecutive year of increased enrolment.

Chairman Murray added that while 45 new students doesn't sound like a lot, the increased enrolment amounts to roughly \$500,000 in resources for the board to put towards new jobs and support for the additional students.

Near the end of the meeting, Murray said that something needs to be done to better support the Lennoxville Vocational Training Centre, often considered just an accessory of Galt.

"It needs a name with more zing," Murray said, wanting the centre to be marketed to reach its full potential. He added that the route to the centre parking lot, past the cafeteria dumpsters, should be rethought.

Appalachian Teachers' Association President Megan Seline asked one question during the meeting; she wondered if the board was aware that 105 that the Quebec Provincial association of Teachers' view of Bill 105 was in line with the board's.

Murray replied yes, he was aware their views on the bill were aligned.

Ben by Daniel Shelton



LOCAL NEWS

Knowles and Lancaster admitted they have already started canvassing for physical help for these chores.

CORRECTION

The front page story of yesterday's Record "Hill receives Life Membership Medal" ran with the wrong photo. Below are the correct stories with the correct photos. The Record apologizes for any confusion this may have caused.

The Marjorie Lancaster Memorial Garden



CLAUDIA VILLEMAIRE

Vice Presidents Debbie Knowles and Hugh Lancaster turning the first sod.

By Claudia Villemaire
RICHMOND

Taking part in a competition that would bring a thousand tulip bulbs into a red and white burst of color next spring at the Royal Canadian Legion hall on College Street here seemed like a great idea. President Marjorie Lancaster and Vice President Debbie Knowles put pen to paper, made their entry and waited eagerly for competition results.

Sponsored by Vesey's Bulbs, the 150th Celebration Garden fit right in with this legion's plans for their own celebration next year.

The sad news of president Marjorie Lancaster's sudden passing Sunday, September 11 on the eve of Vesey's confirmation this legion would be one of 150 recipients of 1,000 bulbs put a saddening slowdown to the elation members, friends and family were feeling.

However, sometimes-deep sadness

leads to great initiatives. A suggestion the tulip garden, to be located near the main door of the Legion hall should be officially the Marjorie Lancaster Memorial Garden, resulted in a motion and vote diligently passed at Monday's regular meeting.

Hugh Lancaster, 1st Vice and Debbie Knowles, 2nd Vice President once again put pen to paper with the official document naming the garden and explaining the guidelines laid down by Vesey's. "We must be ready to plant with an official planting ceremony this fall and a Canadian 150th Anniversary event in the spring of 2017. We are inviting youth and/or school children to both of these events and we'll develop a promotion campaign about our 150th Memorial Garden" Debbie Knowles explained. "And of course, we're encouraged to make this Celebration of Canada and our Marjorie Lancaster Memorial Garden a the same time worthy of lots of media coverage too."

of the community. "We all share the same dream; we want to be a major player, an innovator that people want to see."

Patenaude explained that the "regional attractiveness" model relies on a collective dynamic that uses local resources to support a common project, with the results acting as a boost to the re-

gion as a whole. Comparing the work to an orchestra, where each member has a part to play, the director stressed the process as inclusive and all-encompassing before stating that the region still needs to determine what its common project might be.

Hill receives Life Membership Medal



CLAUDIA VILLEMAIRE

Life Membership medal presented to John Hill

By Claudia Villemaire
RICHMOND

At first glance, it seemed like a regular meeting - executive and administration members of the Richmond Branch 15 Royal Canadian Legion spit and polished the order of the day, seated in the traditional square ready to deal with quite a long agenda.

However, there was something afoot. Midway through the meeting,

However, there is plenty of work to do before a single bulb is planted. "We will design a flower bed right here beside the Legion. That means sod and turf must be removed, the area dug up, soil and peat moss mixed in and the bed design laid out." Knowles and Lancaster admitted they have already started canvassing for physical help for these chores. One can only imagine how much space one thousand tulip bulbs will require but there's no doubt plenty of physical work is involved. "So we're hoping the generosity this region is famous for will help us out

with Comrade Hugh Lancaster calling for order, Comrade John Hill, past president was invited to step up front to receive the prestigious Life membership Medal from acting President Hugh Lancaster. This medal is one of the highest honours legionnaires might receive.

"I'm totally surprised" he said, "this is a great honour and one I never expected. There are so many more who have devoted time and loyalty to the legion. Thank you very much," Hill concluded.

both with the shovel and rake but with donations or support for the supplies we'll need. We must be ready to plant by November, hopefully Remembrance Day. The important aspect of this great project is the fact that these symbols of friendship and kindness in particular Canada providing refuge to the Dutch Royal Family during WWII will encourage as many Canadians as possible to take part in the 150th Anniversary.

Questions or offers to help - call 819 826 2781 or 819 826 3444 (Legion Hall).

Summer 2016

CONT'D FROM PAGE 1

at, from education to the industrial to tourism, we charm our clientele with the same attributes; our ability to make the most of life, and our sustainable living," the new Director-General said, calling the plan a regional collaboration between all aspects



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“A hole from one end to the other,”

Citizens dissatisfied with Glenday response

By Gordon Lambie

The terrible state of Glenday road dominated Lennoxville's monthly borough council meeting on Tuesday night, with conversation on the subject taking up more than two thirds of the total meeting time. Brought to the meeting by their concerns over a deteriorating road and an almost total lack of municipal response, a large group of residents from the Viewpoint neighbourhood reiterated their position that the crumbling pavement is not just costly and unpleasant, but dangerous.

“There are cyclists, walkers, and joggers on this road, and there are certainly also cars and school busses,” said Delta Street resident and main spokesperson Jean-Claude Bégin. “It is extremely dangerous and someone is going to get hurt.”

Bégin made an official complaint to the city about the state of the road this past May and brought his concerns to the borough council shortly thereafter. In response, he said he was told to contact the city's service line, 819-821-5858, to report the issues. Upon doing so, he said, a truck showed up the following day and patched “a few” potholes, leaving the rest of the crumbling asphalt as it was.

“Almost five months later it is clear that there is a lot of frustration in the sector,” Bégin said, gesturing to the

small army of neighbours that came with him to the meeting. He then passed around a photo, taken on Monday, of a pothole he said was four feet wide by twelve feet long, and about four inches deep as an example of just one of the issues on the street.

Mathieu Vinette was among the others from Viewpoint who came to speak. While agreeing with Bégin about the dangers of the road's potholes, he argued that they are just the tip of the iceberg when it comes to the dangers of Glenday.

“The asphalt is just the surface of the problem,” Vinette said. “Patching is a palliative solution when the base of the road is no longer adequate. We need to fix potholes, but we also have to go beyond that.”

Vinette expressed disbelief at the established fact that the city is withholding resurfacing of Glenday in the lead up to the extension of Highway 410.

“I moved to the neighbourhood in 2008, and people were telling me that in 2012 or 13 the highway would be built,” the citizen said. “We have no idea when to expect this work will be done, but while we wait the cost is falling on us in car maintenance bills. This is a direct and continual cost, quite apart from the safety concerns.”

Catherine Briand reinforced that point of view, saying that she has seen the suspension of two different vehicles

destroyed in the last year and a half.

“My dealership asked me, where do you live to destroy a car like that?” Briand said. “It's ridiculous; the road is finished and it's dangerous.”

Like Bégin, Briand said that she has also called the 5858 number, only to be faced with an interesting challenge.

“It is very funny because they ask, “where is (the pot hole)?” the resident said. “I don't know how to tell them apart because it is a hole from one end to the other.”

Borough Councillor Linda Boulanger, who was presiding over the meeting in the absence of Borough President David Price, was sympathetic to the residents' concerns but had very little to offer them by way of a solution. She reiterated the fact that the problems with Glenday road are a frequent topic of conversation and underlined the importance of reporting issues as they arise.

“We are very well aware of the problems with Glenday Road,” Boulanger said, “but we are happy that you are here.”

The borough councillor stressed that people should call the 5858 number as often as they feel is necessary and also mentioned the significance of strategies like a written petition and making an appearance at Sherbrooke's city council.

“The actions you take will help,” Boulanger said. “You are the people who are there, so you are the best spokespeo-

ple.”

Christiane Belleau spoke up to ask why it is that the city won't just convert the surface to gravel, to which Boulanger said that the compromise has been suggested by the borough, but that the decision is out of the council's hands.

Andre Blais, the borough manager explained that the borough has a special agreement with the city's roads department to provide additional attention to Glenday outside of the regular borough budget, but that major action on the street is on hold because of the plan for the way to eventually be consumed by highway construction.

“In the meantime when you find a pothole citizens are asked to call the city to highlight the issue,” Blais said. “It is important to call.”

Despite the fact that their concerns were met with the exact same response as has been given any other time anyone has brought questions about the condition of Glenday to the city, the residents who were present adopted a very positive, action-oriented attitude.

“Can we help you to make a plan?” Vinette asked, offering his engineering expertise in attempting to evaluate the needs of the road and the costs involved in meeting those needs.

Bégin, similarly, asked for the Viewpoint residents to be able to have a meeting with the council directly for further discussion and planning on the matter.

Memphremagog Police seize 90 lbs of pot

Record Staff
SHERBROOKE

A raid by Memphremagog Police seized 90 pounds of cannabis Tuesday on a property at 510 Ch. de la Montagne in Sainte-Catherine-de-Hatley.

Eight police officers participated in the operation that took that searched a house and a barn on the property.

Of the 90-pound total, about 2/3 were ready for sale while 70 mature plants over two metres high were also seized. In addition to the pot, five improperly stored firearms, one of which was loaded, equipment used in cultivation and processing, \$1,300 in cash, and an all-terrain vehicle were also seized.

Two individuals were arrested on the spot, including the 63-year old owner, who was detained until his appearance Wednesday. The second, a 44-year old Magog man, was released on a promise to appear.

“This is without doubt one of the largest raids in the history of the Memphremagog Police,” says police spokesperson, Paul Tear.

The raid follows an investigation of about a month.”



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\$60,433 for an ENT ultrasound machine that produces images to guide doctors during cervical and thyroid biopsies and helps them diagnose cancers. Patients don't have to wait for a radiology appointment, as biopsies are done on the same day as the initial consultation.



\$40,000 for research on pulmonary fibrosis, a chronic disease with over 140 highly varied causes. Dr. André Cantin is spearheading this research project.

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The Border Report

"Many start in Grade 7 and go right through to 12. They have the experience and have paid their dues, so to speak," Murray said.

Locals make the perfect prefects

By Matthew McCully

Two local day students, Kayla Ouellet and Thomas Abbott, were given the honour of head prefect at Stanstead College this year.

"It actually happens more often than you'd think," said Ross Murray, commu-

nications coordinator for the school.

According to Murray, over the last decade, there have been close to a dozen day students, either from the Stanstead area, or Vermont, named as prefects, head boy and head girl.

He explained that part of the reason is that day students usually attend the

school for longer.

"Many start in Grade 7 and go right through to 12. They have the experience and have paid their dues, so to speak," Murray said.

He added that many day students attend Stanstead College on scholarship, and take advantage of the opportunities

made available by becoming engaged in school life.

A prefect is expected to serve as a role model to other students, and also be a liaison between students, faculty and administration.

Phelps Helps looking for volunteer drivers



By Clea Corman

Phelps Aide Phelps Helps is an educational non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to five unique programs, providing Stanstead area students with free tutoring, educational support and hands-on learning for both elementary and high school students.

With October fast approaching, Phelps now has fifteen regular participants on Tuesday and Thursday evenings for its High School Tutoring Program. All the students have been paired with tutors and, for the most part, work one-on-one with them. Phelps has a dynamic group of volunteers this year: six

Bishop's University students, community members and Stanstead College peer-tutors and teachers. As of October, the ETSB transportation will once again be providing Galt students with the necessary bus transfers to get off directly at 272 Dufferin. With this influx of participants, Phelps's tutors will have their work cut out for them! Bishop's University student are showing more and more interest in volunteering with Phelps in Stanstead, and their support this year has been tremendous.

However, the majority of the volunteers from Bishop's do not have cars. Phelps has been providing car-pooling, but the number of volunteers is starting to exceed the number of seats currently available. Phelps is currently looking for volunteer drivers on Tuesday and Thursday afternoons willing to bring volun-



COURTESY

teers up to Stanstead from Lennoxville.

To become a volunteer or to participate in Phelps's programs send an email to info@phelpshelps.ca or call 819-704-

0799. For more information about Phelps Helps or to donate please visit www.phelpshelps.ca

FRONTIER ANIMAL SOCIETY

Featured Pet: Scotch

Two weeks ago we welcomed this timid young dog into our rescue. Scotch is a lovely and sweet young lab mix but he is timid and needs a little time to get to know and trust those who he is meeting for the first time. When he first arrived, as we always do with our new recruits, we gave him an opportunity to play in our fenced in dog park. He was so nervous though that instead he hid behind some bushes. With some gentle coaxing and a few treats he felt secure enough to come out and with every passing day we watch as he becomes more trusting and self assured. He now happily trots out of his kennel for his morning walks.

Because he is timid, Scotch will do

best in a home with a loving but confident human who can show him that the world can be a happy, fun place. Scotch, you see, comes from a remote community in Northern Quebec where life for strays is not always easy. Fortunately, there are some incredibly compassionate individuals who are doing their best to help care for these dogs and now, with rescue as an option, many are coming together to create positive change and give these dogs a fighting chance. Attitudes are changing and things are getting better.

So many new adventures lie ahead for Scotch, he just needs a buddy to experience them with. We aren't looking for someone who will coddle him, he needs

to get out there but we are looking for someone who understands the needs of a timid dog. He would probably do great in a home with another confident but not overly high energy dog.

Scotch loves going for walks and is actually quite good on the leash. He is good with other dogs and so far seems to have little interest in the cats.

Scotch is friendly, but because he is a bit insecure, he is best suited to a home without young kids.

Scotch is a beauty with a very gentle soul and we know that once he settles into his new home, he'll be an incredibly loving and loyal companion.



EDITORIAL

As Franklin D. Roosevelt, the 32nd president of the U.S, once said:
"Happiness lies in the joy of achievement and the thrill of creative effort."

“Canadian Values”



TIM BELFORD

Simcoe-Grey MP and Conservative leadership hopeful, Kellie Leitch, set the media hounds baying recently when she suggested potential immigrants should be tested on their understanding of “Canadian values” before they get welcomed to our sunny shores.

The Record has obtained an exclusive look at the proposed test and offers it to our readers.

Proposed Canadian Values Test for Foreigners: Global Affairs Canada

1. A double double is:

- a. A Canadian term for quadruplets
- b. A Tim Horton coffee
- c. Someone who looks exactly like someone who looks exactly like someone else

2. Who was Prime Minister the last time the Leafs won the Stanley Cup:

- a. Wilfrid Laurier
- b. Don Cherry
- c. Lester Pearson

3. A two-four is:

- a. A truck driver’s cb term for a late lunch
- b. A party pack for a hozer
- c. The duration of the average minority government

4. The greatest hockey player that ever lived*:

- a. Rocket Richard
- b. Guy Lafleur
- c. Jean Beliveau

5. The correct pronunciation of Newfoundland is:

- a. New’ foundland
- b. Newfon land’

- c. No one knows for sure

6. Real football has how many downs:

- a. four
- b. three
- c. it depends on the number of stupid penalties the Alouettes take

7. The word “eh” can be used as a:

- a. a question mark
- b. for emphasis
- c. a cautionary
- d. all of the above

8. It is okay to swear in public if:

- a. You apologize first
- b. You apologize immediately afterwards
- c. The Alouettes take another stupid penalty

9. Toronto is the centre of the universe:

- a. Yes
- b. No
- c. Only if you are totally delusional

10. Poutine is:

- a. delicious
- b. a waste of good French fries
- c. a heart attack on a plate

* Question 4 is only for those seeking Quebec residency
(Answers: 1b, 2c, 3b, 4a, 5c, 6b, 7d, 8c, 9c, 10b)

Scoring: 9-10 excellent but you are probably already a Canadian citizen
6-8 good, so hop on a plane and report to the nearest immigration centre

3-6 just fair but could be improved by reading Maclean’s magazine regularly

0-2 poor but if you are really rich there is still a chance

So there you have it, an exclusive look at the new proposed Canadian values test for immigrants. Coming up next week, if our exceptional investigative crew here at the voice of the Eastern Townships has its way, we will publish the secret phone number CSIS wants us all to use to report “barbaric cultural practices” including putting ketchup on hotdogs and eating rice more than once a week.

HELPING TEENS RANT – THE RIGHT WAY

As explained in yesterday’s Record a project was done by a high school class to give the students an opportunity to rant in the right way, giving the students a proper outlet for something they feel passionate about. The Record will be featuring these students’ pieces throughout the coming weeks. Below is the first submission.

A+ for Average?

By Jaeden Bardati

A few months ago, one of my friends asked me, what I found was, an intriguing question:

"Why do you study hard in school when you can just be an average student and still finish high school just like everyone else?"

I had no idea. I had always thought that I was "average". I thought that everyone was like me and did the best they could. I preceeded to ponder on it for about a week. When I couldn’t find the answer on my own I resorted to asking some of my friends with lower averages. And so I would ask around politely:

"Why is it that I seem to get better grade than the 'average'?" Most of them just said things like:

"Oh you're just smarter than us." Or, "We just don't understand that stuff." One of them even said,

"The teachers just like you more." However, only one guy managed to give the answer I was looking for. In fact, the one who told me this was very smart, only, he wasn't getting very good marks ever since he came to high school. He terminated my dilemma with a simple sentence:

"I don't try," That blew my mind. I couldn't understand. How could you not try! "and quite frankly, most of kids nowadays aren't trying. I mean, why should someone do hard work if they're just going to be given the reward anyway?"

Great, now I had another problem. One that I knew I would have to solve on my own. After some long and hard thinking, research and answer searching, I figured out why: For the future.

Here in Quebec, according to Statistics Canada, more than 25% of people at the age of 20 have not received a high

school diploma. That's 1 in every 4 people! This is largely due to dropouts. Dropout that should never happened. Dropouts that will ruin their lives in the long run. I know a few people who have dropped out of CEGEP and, for about 5-6 years, have paid for it. The thing is, without a high school diploma, there is no way of getting a permanent job. No way at all. So say you make it through high school, now what? Parties, right? No! Now you need a job, possibly some more schooling, and maybe even an apartment to buy. It just gets harder and harder from there. More and more stressful. And if you don't pick up ways to deal with it when your young, then it will be 10 times harder in the long run. Even just picking up study habits will improve, not only your marks but, your stress management, and work and effort skills. You may think that you'll just pick it up later. My question to you would be when? When would you actually learn the important early skills? And you may think that it's a long way off, but it's much closer than you could ever imagine.

Not only for personal accomplishment but the province or even country as a whole. Do we want Québec among provinces or Canada among the world to be known as having a large amount of dropouts? Or are we going to actually stand by Canada and become an A+ country. Above average.

Only a little over 50 years ago, kids did try in school. School was something only the richer kids succeed. It was a sign of success if you were to continue into university. It was a privilege. In a lot

of third world or undeveloped countries, the kids rarely even get to high school. You might be thinking that that's awesome. Well, I'm sure any poor African kid who had to stop his/her personal success in order to go home and fend for his/her family at the age of 10 will tell you differently.

Now, you may be thinking:

"What if I'm actually trying really hard but I just can't pass?" Well, if you are actually trying hard, then you might notice that in other aspects of your life you're above average at. You may be creative, social, strong, sporty or much more. To be successful, you don't have to be academic. In fact, the most successful, and happy, people are the critical and creative thinkers. As Franklin D. Roosevelt, the 32nd president of the U.S, once said:

"Happiness lies in the joy of achievement and the thrill of creative effort."

When I finally returned the answer to my original friend, he laughed:

"Honestly, who cares about the future! I mean, seriously! There is no chance that I could make it to, let alone through, university. I don't care!" Even when presented with the facts, he refused to give an effort. He chose the easy route, the lazy route, the "average" route.

So how about you? Do you care? Are you an "average" person? Even if you're an adult, or you don't go to school anymore. Are you "normal"? What's your purpose to life? Are you just going to pass at everything, never ceasing to satisfy the craving feeling of accomplishment? Or are you going to do something about it. Or are you going to try.

THE RECORD

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PRINT SUBSCRIPTIONS

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1 YEAR	135.60	6.78	13.53	\$155.91
6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

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

Rates for out of Quebec and for other services available on request.

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Local Sports

Running can be used as an outlet to change your life and this is what Gun Runners is about.

Writer-Director Anjali Nayar tells story of survival in Gun Runners



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Whether you are a seasoned runner or a novice to the sport, Gun Runners is an inspiring running documentary presented by the National Film Board of Canada. The NFB will be unveiling the film September 30 in Quebec theatres with screenings in Montreal and Quebec City. The Sherbrooke opening will be November 4.

In a Skype interview, Montreal-born award-winning filmmaker and journalist Anjali Nayar, who is based in Nariobi, Kenya, wrote and directed the running film Gun Runners. She talked about her first feature documentary and about her passion for the sport.

Nayar began, "Ten years ago, I met Robert Matanda and Julius Arile, two extraordinary characters at a Peace Race in Northern Kenya. They were extremely

charismatic, the way they expressed what they went through and how fast they were. I wanted to learn more. We stayed friends and I was working as a foreign correspondent at the time. They let me in (their story) because I was part of the family."

Gun Runners, which followed the lives of Arile and Matanda from warriors to professional runners, took 10 years to film.

Gun Runners is an epic drama, a story about two former North Kenyan warriors who transform their lives by trading in their rifles for running shoes and ultimately competing against the world's best marathon runners. It was filmed over a 10-year period in Kenya and New York City, being told entirely by its main characters, Arile and Matanda. The story takes us from life in the North Kenyan bush to the hardened streets of the New York City Marathon. The film shows the contrasting wide-open landscapes of Kenya compared to the busy world of New York City.

"Their story is universal," Nayar says, "It is beyond their place and time. It's about two people trying to transform their lives. Sport is a transformer - you don't walk up to a marathon and just run it. You have to have a life changing reason to do it, whether to make money for your family or to lose weight. There is



COURTESY

always a reason behind it. And this is what it was really about for Robert and (Julius) - this dream and this hope of transforming for a better life."

Nayar knows about running herself as she points out, "Running is meditative and is physically demanding. To be successful you need to be in a meditative state."

Running can be used as an outlet to change your life and this is what Gun Runners is about. It's a sports documentary that inspires one to transform your

life - no matter what is happening in your life.

The film opens September 30 in Montreal, in English at the Cineplex Forum and in French at the Cineplex Quartier Latin, and at Quebec City's Cinema Cartier. Running aficionados elsewhere across Canada will have a chance to see the film on the big screen on October 7.

www.runwithit.ca
Twitter: @christineruns
YouTube - runwithitcb1

Alouettes add four to the practice roster

By Charles Rooke
Montreal Alouettes

Montreal, September 27, 2016 - The Montreal Alouettes announced on Wednesday that the club has added four players to the practice roster, including veteran international receiver Tiquan Underwood. The team also added national receiver Alex Pierzchalski as well as international defensive lineman Ray Drew and international offensive lineman Mathu Gibson.

Underwood (6'01", 185 lbs.) was most recently a member of the Hamilton Tiger-Cats, where he played 20 games, catching 56 passes for 865 receiving yards and three touchdowns. The New Brunswick, NJ native was selected in the seventh round, 253th overall, by the Jacksonville Jaguars in the 2009 NFL Draft, following his college career at Rutgers University. Underwood suited up for the New England Patriots as well as the Tampa Bay Buccaneers and the Carolina Panthers from 2011 to 2014. The poised and dynamic speedster racked up 1,006 receiving yards and ten touchdowns in the NFL.

Pierzchalski (6'04", 220 lbs.) arrives in Montreal after spending the last two seasons with the Ottawa REDBLACKS. The

Ottawa, ON native was drafted in the second round, 18th overall, by the Saskatchewan Roughriders in the 2014 CFL Canadian Draft. In 32 games with the University of Toronto Varsity Blues, Pierzchalski amassed 1,617 receiving yards and 13 touchdowns on 149 catches. He played 29 games throughout his professional career.

Drew (6'05", 276 lbs.) had a collegiate career to remember as he wore the Georgia Bulldogs colours from 2011 to 2014. The international defensive lineman gave headaches to opposing defensive squads, registering an impressive 113 tackles, 13 of which were for losses and 7.5 quarterback sacks. The 24-year-old athlete signed with the Miami Dolphins in 2015. He also spent time with the Cleveland Browns, the Green Bay Packers and the Carolina Panthers.

Gibson (6'06", 295 lbs.) was a two-year captain and four-year starter, suiting up for the Wingate University Bulldogs from 2012 to 2015 after being redshirted during his first season in 2011. A native of Winston Salem, NC, Gibson signed a contract with the Denver Broncos before training camp. The 23-year-old also had an invitation to tryout with the New York Jets earlier this year.

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Datebook

THURSDAY, SEPTEMBER 29, 2016

Today is the 273rd day of 2016 and the eighth day of autumn.

TODAY'S HISTORY: In 1789, the U.S. Department of War established a regular army, maintaining several hundred troops.

In 1916, The New York Times reported that John D. Rockefeller, the head of Standard Oil, was almost certainly a billionaire, the world's first.

In 1966, the Chevrolet Camaro debuted for sale in U.S. dealerships.

In 1988, NASA launched STS-26, the 26th Space Shuttle mission and the first since the Challenger disaster of Jan. 28, 1986.

TODAY'S BIRTHDAYS: Miguel de Cervantes (1547-

1616), writer; Caravaggio (1571-1610), painter; Enrico Fermi (1901-1954), nuclear physicist; Greer Garson (1904-1996), actress; Gene Autry (1907-1998), singer/actor; Jerry Lee Lewis (1935-), singer-songwriter; Madeline Kahn (1942-1999), actress; Ian McShane (1942-), actor; Lech Walesa (1943-), labor leader/politician; Bryant Gumbel (1948-), TV journalist; Ann Bancroft (1955-), author/explorer; Russell Peters (1970-), actor/comedian; Kevin Durant (1988-), basketball player.

TODAY'S FACT: Miguel de Cervantes' "Don Quixote" is widely considered to be the first modern novel. It was initially published in two volumes in 1605 and 1615.

TODAY'S SPORTS: In 1951, NBC broadcast a college

football game between Duke University and the University of Pittsburgh. It was the first live sporting event to be televised nationwide.

TODAY'S QUOTE: "I'm not a good actor, a good rider or a particularly good singer, but they seem to like what I do, so I'll keep on doing it as long as they want." — Gene Autry

TODAY'S NUMBER: 777.68 — points lost by the Dow Jones Industrial Average on this day in 2008, following the bankruptcies of the financial services companies Lehman Brothers and Washington Mutual. It was the largest single-day point drop in history.

TODAY'S MOON: Between last quarter moon (Sept. 23) and new moon (Sept. 30).

Try to get your potassium from foods, not supplements

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I have high blood pressure. Should I take a potassium supplement?

DEAR READER: This is a great question, but before I answer, let me take a step back to explain the connection between potassium and blood pressure.

Tens of thousands of years ago, our ancestors survived on wild animals and a variety of plant foods. This diet delivered plenty of potassium but scant sodium. Today, the average American diet contains about twice as much sodium as potassium, as a result of the high levels of salt in processed foods. This sodium-potassium imbalance is thought to be a major contributor to high blood pressure.

Now, back to your question. The short answer is no, you should not take potassium supplements unless your doctor prescribes them. People on blood pressure medications, in particular, need to be careful about potassium supplements.

Many blood pressure medications can lower your potassium level. Very low potassium can lead to dangerous heart rhythms. Many commonly prescribed

diuretics lower potassium levels. If you are taking potassium-lowering diuretics, your doctor will check the level of potassium in your blood. If it is low, the doctor may prescribe potassium supplements.

But other types of diuretics, and other commonly prescribed blood pressure medicines, can raise potassium levels. Examples of such drugs are the diuretic called spironolactone, the drugs called ACE inhibitors, and drugs called angiotensin receptor blockers (ARBs). Common painkillers such as ibuprofen (Advil, Motrin) or naproxen (Aleve) can raise potassium levels. Abnormally high potassium levels also can cause dangerous heart rhythms.

If you are taking any medicines known to either raise or lower your potassium to dangerous levels, your doctor should periodically check your blood potassium level. Keeping that level in the correct range is important. This mineral also plays a key role in the function of nerves and muscles, including heart muscle.

Your kidneys help regulate potassium levels in your blood. They tend to keep your potassium level from going abnormally high or low. But age and medical conditions may impair kidney function. As a result, the kidneys are not as good at protecting you against

abnormal potassium levels.

The FDA limits over-the-counter potassium supplements to less than 100 milligrams (mg). However, grocery stores carry salt substitutes that may contain much higher amounts of potassium. People trying to curb their sodium intake may use salt substitutes. That's a bad idea if you take a blood pressure medicine that tends to raise potassium levels.

Your best bet is to get your potassium from foods instead of pills. Many fruits and vegetables are rich in potassium. Spinach, sweet potatoes, cantaloupe, bananas and avocado are all good sources. Potassium-rich diets help control blood pressure and also lower your risk of stroke.

Another connection between potassium and high blood pressure is a rare condition of the adrenal glands that can cause both high blood pressure and very low blood potassium levels.

So if you have high blood pressure, ask your doctor what your potassium level is. If the doctor hasn't checked your potassium, gently suggest that it might be a good idea.

Dr. Komaroff is a physician and professor at Harvard Medical School.

The Tractor Times from the Order of the Eastern Star

With Grand Chapter taking place in Granby on October 12, 13 and 14, the term of office for Worthy Grand Matron Roberta Hall and Worthy Grand Patron Angus Strong is drawing to a close. According to them, they have enjoyed a year that was a "total blast." They have really enjoyed visiting the various chapters, as well as the many different functions taking place. They thank the members for making their year so enjoyable.

Bobby's Pond:

Owl's Head Chapter #35 at the official visit of the Worthy Grands, Sister Sharon Kirby received her forty-year service pin. Sister Elsie Page was also presented with her forty-year service pin at her home; Past Matron Elaine Young presented five Grand Officers for the year with gifts. The Altar was draped in memory of Sis-

ter Ruth Otto P.M. The chapter was sad to hear of the death of Sister Eleanor Stalker P.M.; Sister Marjorie Newell P.G.M. has a broken arm due to an accident, but happy that both she and her husband Brother Robert Newell P.P. were honoured by the Reilly House; Brother John Lutzmann has an infection in his foot; Sister Marion Patch was in a car accident, luckily she was not hurt badly only suffering from bruises, etc. The 65th Wedding Anniversary of Catherine and Russell Lawrence was celebrated at the meeting with a special cake and ice cream. The members enjoyed their days at Brome Fair selling pins, etc., with proceeds going to the BMP Hospital.

Westmount Chapter #9: The members and guests had a wonderful day at Sister Dorothy's home this past summer and are looking forward to having two meet-

ings in September. Sister Virgenia Fedele P.M, formally of Chapter #15 and now of Westmount Chapter #9 was presented with her 45 year pin.

Lachine Chapter #56 is happy that they have a new hour for their meetings 2 p.m. instead of 7 p.m. This will allow the members who do not drive at night to attend.

The Kidney Bonanza Day held in July at W.G.M. Roberta Hall's home was a GREAT success, both a fun day for those who attended and a financial success for the Kidney Foundation. W.G.P. Angus Strong's daughter Heather (donor) and Sarah (recipient) were there and worked in the kitchen to help prepare the meal.

International Weekend will be held in Fredericton, New Brunswick on November 5, 2016. They are promising a great time for those who attend.

A note of thanks was received from Sister Audrey Williamson G.G.C.C.M. for cards, calls etc., received following her operation.

Happy September Birthday to Brothers Robert Newell (7) #35, Eric Sanborn (23) and Sister Erica Sanborn (27) #17. Anniversary greetings to Sisters Patricia Dinning (1950), Emeline Zakath (1952), Helene Lengacher (1962), Ida Mason (1971), Christiane Chagnon (1997) #35, and Sisters Anita Young (1971), Beverley Mahannah (1991), Brothet Eric Corey (2009) #2, Sister Beverley Sanborn (1982), Brother Eric Sanborn (1991) #2/17 and Sister Joyce Martin (1990) #17.

Hope to see you in Granby on the 12, 13 and 14 of October.

*Star Love,
Evelyn Beban Lewis*

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

MILBY

St. Barnabas Church, Milby. Our annual Harvest Service will be held on Sunday, October 2 with Beverly and Page Dame at 2 p.m. Everyone welcome.

RICHMOND

On Thursday, September 29 the Richmond Legion will be holding a HAWAIIAN THEME afternoon beginning at 4:00 with a BBQ PORK ON A BUN supper at 5:30. The meal also includes assorted salads, dessert, coffee & tea. Come early to socialize! Prizes given for Hawaiian costumes! Everyone is welcome, and you don't have to be a Legion member to participate. There are only 50 tickets available so please reserve tickets at 819-826-3444.

DANVILLE

Country Gospel Hour will be held on Sunday, October 2, at 2 p.m. at St. Augustine's Anglican Church in Danville. Apple and pumpkin pie will be served following the event. For information contact Marilyn Mastine 819-839-2554.

BULWER

Welcome back to the 500 Card Parties at the Bulwer Community Center, on Jordan Hill Rd., Thursday, Sept. 29, at 1:30 p.m. Card game followed by distribution of prizes and light lunch. Admission charged, and mark your calendars for the next one October 13!

LENNOXVILLE

Lennoxville United Church, 6 Church St., garage and

rummage sale. Thursday, September 29 and Friday, September 30 from 10:00 a.m. to 5:00 p.m. BAG SALE Saturday, October 1 from 9 a.m. to noon.

LENNOXVILLE

HCC Senior luncheon will be held at noon on Thursday, September 29 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. Next luncheon will be October 27.

LENNOXVILLE

Open House - Lennoxville & District Community Aid Celebrating 35 years!

We are delighted to invite you to our open house. Come see our new logo, learn more about our services. Everyone is welcome. We hope to see you there! September 29, 2016 from 1:30 p.m. to 3:00 p.m. AND October 1, 2016 from 10:00 a.m. to 11:30 a.m. At 164 Queen St, Suite 104, Borough of Lennoxville

MAGOG

Benefit Night for the Memphremagog Community Learning Center. Entertainment provided by Ray Seguin "The Country Stranger," Traditional Country Music, plus 50s-60s and 70s Classics. Saturday, October 1, 7 p.m., Princess Elizabeth Elementary School, 120 rue Bellevue, Magog. Admission charged. 18yrs +, liquor license. We will be selling beverages and snacks. There will be a silent auction and door prizes. For tickets call Patsy at 819-843-7687, or Pervana at 819-238-1285. Tickets available at the door.

WATERVILLE

St. John's Anglican Church will host a 500 card party on Friday, September 30 at 1:30 p.m. at St. John's Anglican Hall, Waterville. Hope to see you there.

NORTH HATLEY

Saturday, October 1, 11 a.m., Blessing of the Pets, River Park (near the farmers' market), North Hatley. Bring your dog or cat, goat or sheep, snake or gerbil to be blessed by Anglican Bishop Bruce Myers and Archdeacon Edward Simonton. Photo of each pet and owner and certificate of blessing. Sponsored by St. Barnabas Anglican Church, North Hatley.

LENNOXVILLE

There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, October 5 at 1:30 p.m. Everyone welcome.

NEWPORT, VT

Osher Lifelong Learning Lecture series continues their Wednesday program with a two part discussion on October 5 & 12, Hebard State Office Building, 2nd floor Conference Room, Downtown Newport (VT), from 1 p.m. to 2 p.m. with coffee/tea/conversation following. Handicap access. Small admission fee. William Cotte presents "To Russia With Love" - 19th Century Romantic Era of Russian composers of that time. More info? Suzi Dix, 802-673-9499 or www.learn.uvm.edu/osher

BURY

On Saturday, October 1, from 10 a.m. to 4 p.m., the Bury United Cultural Center will hold its' annual painting exhibition. Come and support our very talented local artists. A lunch of soup and sandwiches will be available as well as a raffle ticket on a beautiful oil painting by Monique Laliberte. Entrance is free. Everyone is so welcome.

BISHOPTON

Thanksgiving Harvest Hymn Sing at Bishopton United Church on Sunday, October 2, 7 p.m., with student minister Tami Spires. Come one, come all!

• • •

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

We're family

Annie's Mailbox

THURSDAY, SEPTEMBER 29, 2016

Dear Annie: I come from a very close Midwestern family. I have one sister, two brothers and great parents. Every other year, we would take a family trip to the lake. As we've gotten older, the tradition has stayed and grown to include new family members. We all meet up, bringing our spouses and kids. The problem herein lies with my elder sister and her husband.

When I first met my brother-in-law, he was so nice and friendly to our family. He is an Aussie, and we were charmed by him. He raved about how much he loved the great outdoors and looked forward to keeping up our family tradition. After they got married, everything changed. The first year, my sister and her new husband said they couldn't make the trip because of his work (even with two years' notice). The second time around, it was yet again because he had to work.

They just seem to make every excuse in the book not to go. I am the one whom she always calls to break the news. I can hear the real disappointment in her voice as she says they won't be making it yet again.

Since the wedding, we pretty much have never seen

him and rarely have seen her. My brother-in-law never comes to any family functions and makes no effort to have a relationship with my parents.

I've talked to my brothers about this, and they think that because our brother-in-law's parents live in Australia and he rarely gets to see them, he is jealous that our sister lives so close to her family. Is there anything that I can do to make him come around and want to come on our family trips? My elder sister was always the leader in our family, but now our fearless leader has turned into a cowardly black sheep. — Black Sheep's Sibling

Dear Black Sheep's Sibling: It sounds as if your brother-in-law's true colors came out after the wedding, and they're sickening shades of green. He is consumed by envy. If he can't have family, then she can't have family. This certainly does not seem like a loving marriage.

Her husband sounds — let's put it kindly — less than perfect, but the real question is why your sister would allow this to go on. I would try talking to her one-on-

one to see whether she can reach a compromise with her husband. Maybe propose that they start alternating years — spending vacation at the lake with you one year and in Australia the next. Also make an effort to reach out to your brother-in-law sometimes just to see how he's doing so he feels that he's important to you. If he would embrace your family, it might help him feel less homesick.

Dear Annie: In a recent column, you printed a letter from a man who didn't like the friends of a woman he started seeing recently. You said: "If you don't like this girl's friends, then my guess is that when you get to know her better, you won't like her."

Well, maybe, maybe not. The situation you describe may be an evolving process, and she may well change for the better or worse. It is a hard call at this point. I have seen some remarkable people evolve out of an environment of wacky friends because some significant other happens upon the scene and the person finally comes to her/his senses. And the wacky friends disappear. — Don D.

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

Austin W.I. September meeting

The last meeting of the Austin W.I. took place on Wednesday, September 14 at the home of Debi Bonn on the Viens Road.

At 1 p.m. Debi opened the meeting in the usual manner with all reciting the M.S. Collect and Salute to the Canadian flag.

Motto: Singing and dancing helps your state of mind.

Roll call was to read a funny poem or story and was well answered by 8 members and proved to be most entertaining.

Secretary Liz Goodwin read the minutes from the August meeting and Treasurer Betty Telford presented her financial report - both were approved.

There were 2 monthly drawings this month as Lisette, supplier of the August prize, was called away unexpectedly so unable to attend. As a result she brought it to this meeting along with Betty T. They were won by Debi B. and Winnie K. The October prize to be supplied by Debi.

A get-well card was signed to send to absent member Lise Debois who was in

hospital for a week but is now home and hoping to attend the October musical recital, which will be held at the Austin home of Claudette Giesinger on Wednesday, October 12. There will be a brief meeting at 1 p.m., the music program at 2 p.m., followed by afternoon tea at 3 p.m.

Details concerning the County W.I. Autumn semi-annual meeting: Host: Austin W.I. Place: Austin Town Hall. Date: Thursday, October 27, 2016. Time: 10:30 a.m. meeting, pot-luck lunch at

noon followed by auction. All are asked to bring finger food for lunch and articles for auction.

Following all of the above, Debi treated all to a delicious tea of sandwiches, veggies with dip, salads and tiny mini cupcakes in Halloween colours.

Many thanks to Debi for hosting and chairing the meeting, it was most enjoyed!

Betty Cochrane Telford,
Publicity

CELEBRITY CIPHER

by Luis Campos

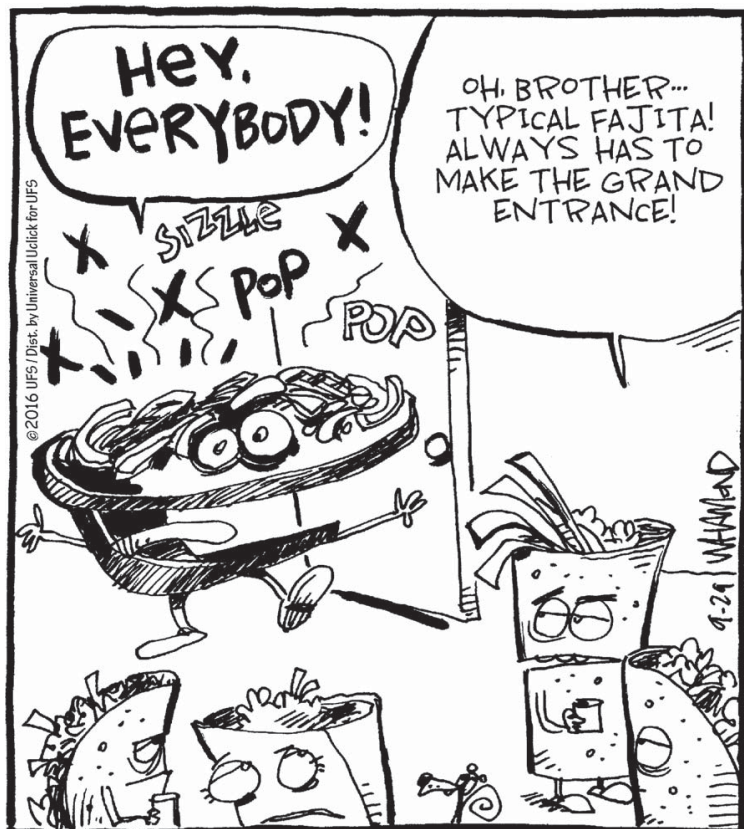
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"X'J UZNY OXIL W VZF MKT RTZOC
 DL XH FTZB SWJXOF WHC KWAL NTJL
 CXSSXRZOY YKXHVN KWEELH YT KXJ."
 — MXCL BLRLXALB YLBBLOO TMLHN

Previous Solution: "Adversity makes me hungrier. I thrive on being able to make a way out of no way." — Running back Adrian Peterson

TODAY'S CLUE: r sianbe n

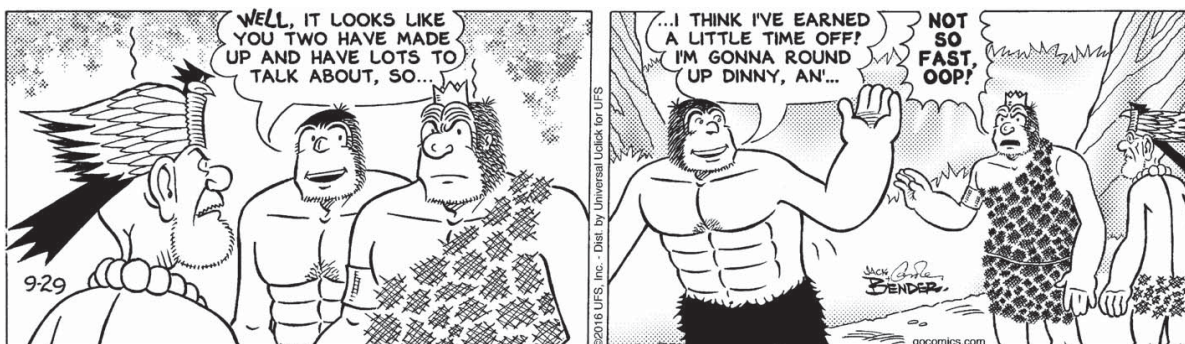
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HERMAN



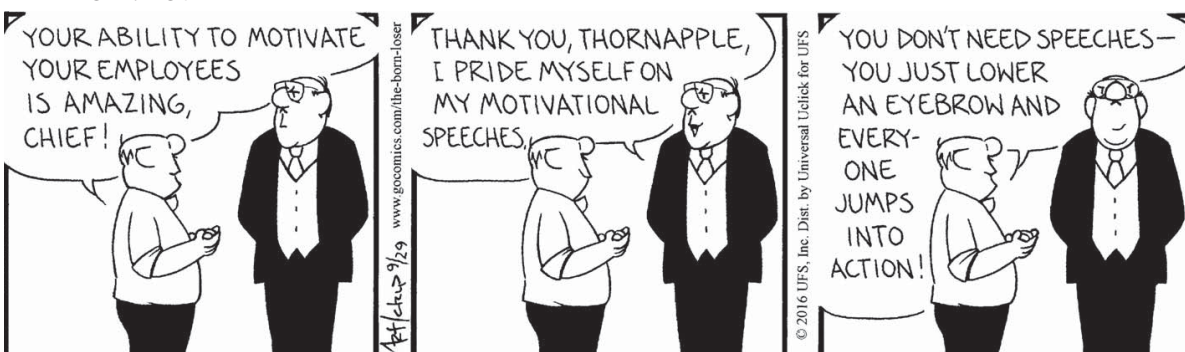
ALLEY OOP



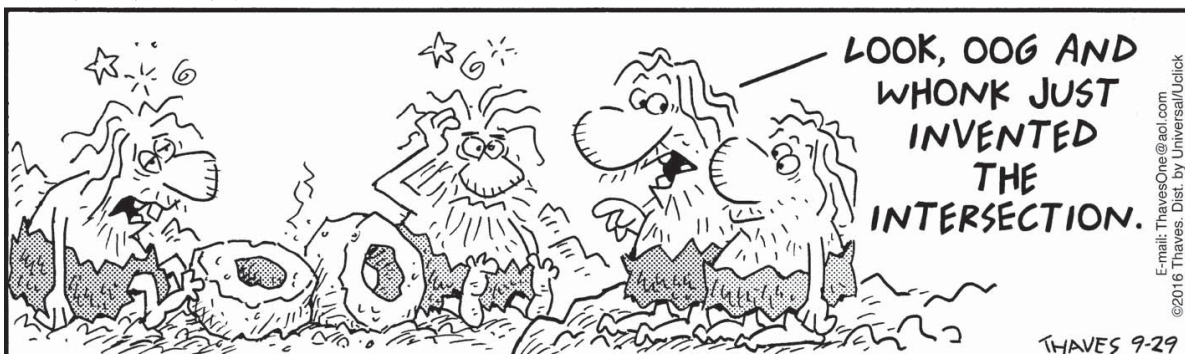
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Diabetes Québec

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CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

035 For Rent
CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

100 Job Opportunities
 SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont in private home. Keep records of daily activities, provide personal care; plan, prepare and serve meals; housekeeping and maintain. Room and board, vacation 1 day/month, first year 4% wages. English speaking. Completion of secondary school, first aid and CPR training. Min. one year experience as full time care giving home support, and related occupation. Temp employment contract of 2-4 years, 40 hrs/week, \$12.50 per hour. Please send cv to sdionp3@gmail.com

100 Job Opportunities
 DO YOU HAVE 10 hours per week to turn into \$1500 per month using your PC and phone? Free info: www.BossFree123.com

PART-TIME COOK needed in Lennoxville. Starting salary \$12.50 per hour, increases with experience. Wednesday, Friday and Saturday nights, approx. 15 to 20 hours per week. Call 819-437-4822.

ATTENTION!
 Let everyone know your classified ad is **NEW** on its first day of publication!
 Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

NEW AD
 For only \$3.00, a new ad logo will help you get quick results. Some restrictions apply. For more details call: (819) 569-9525 (450) 242-1188

145 Miscellaneous Services
FINANCIAL SERVICES. \$750 loans or more. No credit check - same day deposit. Toll free number 1-855-527-4368. Open 7 days from 8am to 8pm

Looking for a job or qualified personnel? Consult our Classified ads!

100 Job Opportunities

100 Job Opportunities

URGENT
 THE RECORD
 is **urgently** searching for carriers in and around **Sawyer**ville
(Routes can be divided)
 Motorized carrier(s) for Ch Sawyer, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)
 Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)
 If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at **billing@sherbrookerecord.com**

190 Cars For Sale
CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525.** classad@sherbrookerecord.com

240 Fruits & Vegetables

MACDONALD'S FARM - Open Saturday, September 24, 9 a.m. to 5 p.m. Great selection of squash, pumpkins & gourds, carrots & garlic. 696 MacDonald Road. 819-346-6422.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles For Sale

24" COLUMBIA SNOW BLOWER with canopy, electric or manual start, 6 speed, 2 reverse, power steering, 6 years old, serviced every 2 years, other accessories available. Reasonable price. Call 819-569-1377.

290 Articles For Sale
 DOUBLE BRASS BED, very good condition. Asking \$90. Call 819-563-8376.

294 Events

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

340 Garage Sales

COOKSHIRE GIGANTIC GARAGE SALE continued from last weekend with household items etc. Sat. October 1 from 8 a.m. to 4 p.m. BAG SALE - Sunday October 2 - Trinity United Church, 190 Principale, Ouest, Cookshire, Qc 11:00 a.m. to 2:00 p.m. - Fill a bag with items of your choice - \$5.00

FITCH BAY Liquidation. Everything must go! 7370 Griffin Road (Route 247), in the barn, Saturday, October 1, near the Ferme Bleu Lavande. Rain or shine. **Benefit of the Frontier Animal Society.**

KINGSBURY Big Garage Sale! Children's Halloween costumes (old and new), odds and ends. 326 Baker Road, Kingsbury on Saturday and Sunday from 9 a.m. to 5 p.m.

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SUDOKU
 Difficulty: 4 (of 5)

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

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PREVIOUS SOLUTION

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

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

