

# Provigo Coronavirus case raises health and safety questions

By Gordon Lambie

Following the news that one of the staff members at the Lennoxville Provigo was recently confirmed to have contracted COVID-19, both employees and community members reached out to The Record to express concerns about the measures in place and the communication involved. Notably, several employees expressed surprise that they heard the information from the news story and not from their employer.

"We don't call everybody, we call the people that have to be tested, that's all," said store owner Robert Lafond, stressing that he is following the directives of the public health department in terms of dealing with the situation. "They're the boss. They tell us what we have to do, and we do it."

Lafond noted that the news had created an atmosphere of panic among staff and store visitors, but he emphasized the fact that the case that has been confirmed was not caught in the store environment. He shared that three additional employees went to get tested on Sunday, but said that more people were not advised because close, sustained contact is required for someone to be considered at risk of infection.

"It's not a fun situation, but it's not anybody's fault" he added, sharing that although the news has made things

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# Public health issues appeal for caution



MATTHEW MCCULLY

Anyone who visited the La Microdistillerie bar on Meadow Street on September 4 is encouraged get tested.

By Gordon Lambie

In his weekly update on the COVID-19 situation in the Estrie Region, regional public health director Dr. Alain Poirier encouraged the public to look at reporting on cases in school and local businesses carefully so as not to cause panic. While he acknowledged that the start of the new school year has resulted in a number of cases being

detected in local schools, he pointed out that, to-date, all of these cases have been individuals who contracted the virus outside the schools and not outbreaks.

"Cases are most often spread in family environments," Poirier said, stressing the fact that the public health department actively investigates all positive cases and those individuals deemed to be at medium or high risk

are contacted directly.

While steps are being taken to improve the capacity of the regional testing centres, the public health director discouraged people who are asymptomatic from going to get tested so that more people who know they are sick can check whether they have the virus.

That being said, however, Poirier did

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## Weather



TODAY:  
SUNNY

HIGH OF 15  
LOW OF 8



WEDNESDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 22  
LOW OF 11



THURSDAY:  
60% CHANCE  
OF SHOWERS

HIGH OF 15  
LOW OF 1



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 14  
LOW OF -1



SATURDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 14  
LOW OF 2

# Have you met Angel Forrest?



## DISHPAN HANDS

### SHEILA QUINN

Anyone who's had the good fortune to be in the presence of Angel Coulombe knows there are more than five senses. Her presence wakes you up somehow – maybe it's the mass of crimson gypsy curls, maybe it's the way she radiates strength and power, maybe it's her earth goddess vibe, maybe it's the timeless fierce woman she would have been in any age or epoch of time, a sense of her vulnerability or appearance to delve into the world around her, even what we cannot see. Maybe...

Maybe it's all of the above.

And then, when an audience experiences all of that poured into a voice and performance, the presence that was already measured in megawatts moves into a new measurement of energy, an Angelwatt, the kind of personal force that songstresses through time have fought to preserve and present on stage in the male-dominated world of entertainment. Angel Forrest rises above all of that - transcends before an audience's eyes and ears, occupying all of that space and time, blending the boundaries thereof.

With three decades of space/time at the mic, Angel's last album, Hell-Bent With Grace does just as her website claims – giving "the perspective of an aging woman in the public eye and her lessons learned, as she feels like a little girl living so many changes in what can be perceived as the peaceful autumn of her life." This collection leaves us laughing, knowing, shaking our heads and shedding tears. It's all in there.

Fitting that with Angel Forrest's confidence and ease in bringing a crowd together, binding folks in a clutch of time and sound, she would be the first artist to brave a live stage show in six months at Knowlton's Theatre Lac-Brome.

Given the current pandemic restrictions, Theatre Lac-Brome has had to contemplate and will enforce safety

rules and regulations. Ellen David, Artistic Director at Theatre Lac-Brome outlines the approach their team has taken to reinstating live events.

"Our first show post-COVID was Stéphane Tétreault and Valérie Milot on Sept. 12 at 2 and 4 p.m. and was held outside on our grounds. We had our staff work towards keeping everyone safe and socially distanced from the way the cars were parked, to the way we allowed people to enter the outdoor audience space. It was one group or individual at a time. Our technical director had spray-painted lines on the ground at appropriate distances where people had to place their chairs (that they brought themselves). Then as each group was settled we had a baton that would indicate the two-metre distance from group-to-group. Everyone entered with a mask on."

*When we were young, we thought we had time to burn*

*Without a car we thought we'd just live and learn*

*We wanted it all and we got more than we needed*

*We held strong while others moved on to something new*

*Times have changed, but the urgency still remains*

*What was good for me, was good for you, you know that's how we'd play*

*After all the years did you think we'd feel the same*

*Well you just smile and say baby, we've come a long way...*

*-You and I - Angel Forrest (written by Angel Forrest and Denis Coulombe)*

"Within the theatre for our next show on the 19th, we will adhere to a similar policy." The 161-seat theatre can accommodate approximately 45 people depending on whether they attend as a group or an individual. Safe distances have been measured according to CNESST guidelines. There is no reserved seating, with attendees being seated from front to back in a first-come/first-served fashion, placed a safe distance apart and then skipping a row before seating the next concert-goers. Masks are obligatory, and the theatre will be disinfected prior to the show, and afterwards as well.

"The fact that we, as well as other arts institutions, had to shut down and suspend our seasons has been heartbreaking of course, and a great challenge. But, what we noticed last week was that our audiences are hungry for quality entertainment, and so we will endeavour to provide it within the

guidelines that have been established, keeping safety first in mind of course."

As if an Angel Forrest show wasn't enough to remind an audience of music lovers what they've been missing in live performance, opening for the Townships voice of decorated rockin' blues is long-time performer, first-time album recorder Patricia St-Onge, who commented on the production of her debut album Give It Some Time, released on July 10, 2020.

"Recording an album has been something I've wanted to do for years, but I had never really written songs." Following the death of her mother, Patricia found her mind filling with lyrical bits, that didn't seem to quit. "It was the first time it had ever happened to me, and I couldn't stop them from flowing through my mind over and over again. I grabbed my guitar and, much to my surprise, the same thing started happening with the music." Forty-five minutes later, the album's title track, Give It Some Time had taken shape.

"Not rushing things and giving things the time they needed to work out the way they are supposed to was absolutely the biggest lesson I learned throughout this process." Patricia was fortunate to have some close family and friends help out in-studio. On opening for Angel Forrest, Patricia explained, "Angel was kind enough to take the time to listen to the album and sit with me for a little discussion, and to answer some questions that I had. The timing worked out perfectly, and when she asked if I would be interested in opening for her and Denis to launch my album, I jumped at this amazing opportunity."

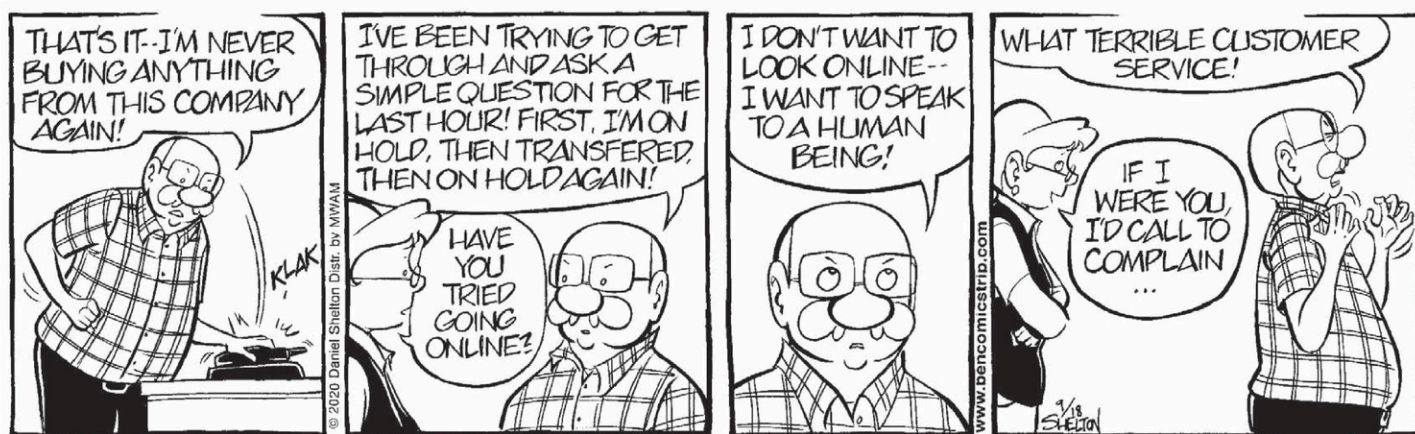
This isn't Patricia St-Onge's maiden stage voyage.

"Performing has always been something that I LOVE doing! I've been a dancer since I was eight years old and have been on stage hundreds of times between the dance shows, competitions, and singing. I can't get enough of it. There's something about the energy that comes from a live audience that gives me goosebumps ever time!"

Ellen David leaves us with words of anticipation, as the world of the performing arts finds its way, the artists buoying us through so much uncertainty, "We are thrilled to be presenting blues legend Angel Forrest and local performer Patricia St-Onge, as the opening act, on our newly painted stage, and I know that those few who get to attend won't be disappointed!"

For tickets, please contact Theatre Lac-Brome at 1(450)242-2270.

## Ben by Daniel Shelton



# Local News

Locomotive engines also use water rather than antifreeze for coolant. This means trains cannot be shut down when the temperature drops below five degrees Celsius.

## Limiting spread of invasive species in local waters

Record Staff

Throughout the summer the Conseil de gouvernance de l'eau des bassins versants de la rivière Saint-François (COGESAF) met with over 100 people to hold training sessions and awareness activities regarding the spread of aquatic alien invasive species and the importance of boat washing to limit their spread.

Several bodies of water in the Saint-François River watershed are not only struggling with aquatic exotic invasive species, but the majority of them do not have washing stations nearby to counter the spread from lake to lake.

COGESAF is a participatory governance council bringing together public, private and community organizations from the St. Francis and Connecticut River watersheds to develop an integrated water management approach.

This year, the COGESAF team went twice to the shores of Lake Magog and Lake Brompton with a mobile

washing station to wash several boats free of charge in addition to raising awareness of the problem. A total of 48 boats were washed during four days on the lakeshore with the participation of shoreline associations.

The activities also made it possible to explain and demonstrate the operation of a boat wash station to the shoreline associations and municipal elected officials, as well as to train municipal employees in proper boat washing. It is expected that these activities will encourage the development of permanent wash stations near lake accesses and encourage citizens to use them. Activities will continue in the summer of 2021 in collaboration with waterfront associations wishing to participate in the project.

Water milfoil, an invasive aquatic plant, is present in most of the lakes in southern Quebec. In addition, the presence of the zebra mussel in Lake Memphremagog, Lake Magog and recently detected in the Saint-François

River remains a major concern for local organizations as well as for COGESAF. The presence of exotic

invasive species is a problem deemed a priority by the water stakeholders of the Saint-François River watershed.



COURTESY COGESAF

The COGESAF team member washing a boat headed for Lake Magog while a young citizen takes a look at the invasive exotic species on display at a COGESAF information booth.

## Sherbrooke resident speaks out about idling trains at Lac des Nations

By Michael Boriero - Local Journalism Initiative Reporter

Louise Fontaine spends quite a bit of time around Sherbrooke's Lac des Nations, cycling, walking, eating lunch with friends, but she is beginning to lose interest due to the noise and air pollution caused by nearby trains.

Fontaine reached out to The Record after she read a story in La Tribune about trains idling in Magog for over 40 hours. The news reminded her of the trains often left idling on the tracks hugging Lac des Nations.

"I cycle there often and I often bring a picnic with my boyfriend but lately, especially, I've noticed trains idling there all day. Why? I don't know. It's not every day, but it happens often," said Fontaine.

According to the Canadian Transportation Agency, trains idle for a number of reasons. Locomotives are left idling to allow oncoming trains to pass or for cars to be switched or picked

up.

They can be left idling for maintenance, inspections or repairs. It could be due to poor weather conditions, or even a crew change. But the most common reason why trains idle has to do with the fact that locomotive engines are not designed the same way as cars.

A train can't be turned on and off like an automobile, and it's mostly related to safety standards. Idling maintains engine temperature, air pressure for the brake system, the integrity of the starting systems, and the electrical system.

Locomotive engines also use water rather than antifreeze for coolant. This means trains cannot be shut down when the temperature drops below five degrees Celsius. But Fontaine isn't buying that excuse. According to the 64-year-old, this shouldn't happen in 2020.

"I cannot believe they need to have it on all day long because it takes too long

to start an engine," she said. "I just find that really lame."

Fontaine believes these trains should be obsolete. Instead, she wants to see more environmentally- and noise-friendly options. She added that companies like Canadian Pacific Railways hold too much power.

The city of Sherbrooke told The Record that the situation is out of its hands. The trains sitting beside Lac des Nations don't belong in the city's jurisdiction. Last week, the Sherbrooke resident noticed one train in the area moved further down the rail.

"I don't even think I can do anything, but maybe with enough people complaining about it, it'll raise some flags somewhere important," she said.

She speculates that someone made the decision to save bystanders from the noise and fumes. However, it's not enough, she continued, the whole situation is offensive and polluting the environment.

Fontaine also wonders why there is

a double standard. The Government of Canada recommends turning off your car engine if you're going to be stopped for more than 60 seconds, except in traffic, to avoid producing greenhouse gases.

"I mean who wants to smell diesel, especially in a populated area like that and I'm just amazed at the fact that they can do this and just get away with this," Fontaine said.



MICHAEL BORIERO

## Appeal for caution

CONT'D FROM PAGE 1

recommend that anyone who visited the La Microdistillerie bar on Meadow Street on September 4 go get tested. To date nine cases have been tied to an event at that business.

With regard to the ongoing situation at the Lambton long-term care home, the total number of cases

associated with that outbreak rose to 30 on Monday: 13 staff and 17 residents. Poirier said that another round of testing is scheduled to take place today.

There were 12 new cases reported across the Estrie region on Monday and the region will maintain its yellow "pre-alert" status this week.

"It's a wake-up call" the public health director said, encouraging people to take public health directives seriously. "If you don't want your favourite places to be closed, then respect the regulations."

Across the province there were no new deaths, hospitalizations, or

patients in intensive care, but the number of confirmed cases climbed by 276. Testing numbers have consistently been above 20,000 since September 9.

Anyone concerned about their own health or wondering if they or a loved one should get tested is encouraged to call the phone line: 1 877 644-4545.

# We can do it!



DIAN COHEN

In eight days, the Governor General will read the Speech from the Throne – the minority Liberal government’s roadmap to the future. Only nine months ago – a lifetime ago – Mme. Payette outlined Mr. Trudeau’s priorities: fighting climate change, strengthening the middle class, walking the road of reconciliation, keeping Canadians safe and healthy and positioning Canada for success in an uncertain world.

The goals are relevant and worthy. But if we get the same timid and incremental approaches that we’ve had for the past several decades, we’re done for. Says historian Guy Stanley, author of *Rebuilding Liberalism*, a former collaborator of mine and one of Canada’s foremost thinkers about the future, “This Throne Speech is a once-in-a generation opportunity for the government to set out a bold and compelling plan to generate work and investment, increase real economic growth and productivity, see tangible results quickly and possibly reclaim leadership among the middle powers of the world.”

Canadians are quite capable of making big, bold moves that change society – think universal healthcare and telephones. They have been gamechangers for everyone, but Canadians are really good at inventing things that change individual lives – think pabulum and canola, walkie-talkies, AM radio, pacemakers, the electron microscope, pagers, snowmobiles, robotic hand, electric

wheelchairs, insulin, Ebola vaccine, plexiglass, and the list goes on.

Says Stanley, “What’s necessary today is that we spend a whack of money for good reasons. Think of this period as a wartime economy – during World War 2, we created national networks to encourage industry to make useful things. At the end of the war, that new infrastructure was tailored to huge pent-up demand for goods and services.”

Asked to cite a few policy proposals that would qualify as game changers, Stanley reeled off a couple that may make your eyes pop.

- How about negotiating a deal with Alberta to get it out of the oil business? Part of that deal would be to set up other things to work on like a research facility to perfect the decarbonization of production processes. Another part would be to recognize and exploit Canadian resources that are increasingly in demand – lithium and rare earth minerals for example.

- Instead of trying to make more pipelines, start thinking about Canada as a Pacific power. Vancouver is the closest way to Asia, but our ports need a makeover. So does the railroad. But why not think about transportation that doesn’t need tracks or roads – the technology exists and needs to be exploited.

Stanley’s ideas are echoed by many other forward-thinking Canadians. Georgina Black, a managing partner at Deloitte and one of Canada’s “100 most powerful women”, writes in a Public Policy Forum monograph, “Our transit, ports, electricity, and telephony infrastructure all continue to hold back our country’s competitiveness. Taking inspiration from our history, governments should look to infrastructure as a way to stimulate the economy, build resilience to environmental and economic shocks, and enable a new period of growth... Our weak competitive position going into the pandemic makes our recovery from it more difficult. Canada’s weakness in infrastructure holds back

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both trade and investment. Our lack of innovation means that our businesses don’t have the cutting-edge technology or skills needed to compete with their global peers. Our regulations mean that businesses will find it that much harder to grow. These challenges were slowing our economic growth prior to the crisis and will continue to do so post-crisis. For example, pre-pandemic, we estimated that the Canadian economy would grow at 1.6 percent annually over the next decade—already significantly lower than annual average growth of 2.2 percent in the preceding decade.”

Asked about the pushback from those who worry about the massive spending that’s needed, Stanley says, “It’s almost idiotic to think that this Throne Speech will talk about pursuing a “responsible” fiscal plan—meaning talk about how the debt will be paid down. The trick is to make sure economic growth is higher than the interest rate. We can continue to exploit our resource and manufacturing industries, but we need to reinvent them. And we need to prioritize high-growth industries like e-commerce, digitization, health and data.”

Says Anthony Viel, CEO of Deloitte, “Digital infrastructure is akin to the railroad and electricity networks that enabled previous industrial revolutions. A national ambition to be a digital country requires investment in digital infrastructure (broadband, 5G), getting on with digital identity, regulatory and privacy reforms, and digital literacy training, all with a commitment to ensure equitable access for businesses and people.”

As for Canadians who will work in this modern economy, income support and skills training have to be modernized to include gig, foreign, and temporary workers as well as racialized and Indigenous populations.

We’re living in an economy that was designed for the last century. The Throne Speech should outline a strategy that brings us into the 21st century. That means spending big bucks. It will pay off by creating the conditions for more of us to fully participate in the economy and society.

*Dian Cohen is an economist and founding organizer of the Massawippi Valley Health Centre.*

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## Second annual Magog Myeloma March nearly reaches fundraising goal

Record Staff

A record 33 communities across Canada participated in the Multiple Myeloma March on Sunday, including Magog, which managed to fundraise close to \$12,000.

Mario Saucier, the spokesperson for this year’s Magog Myeloma March, was determined to help shed a light in the incurable cancer of the plasma cells. Saucier has been living with multiple myeloma for five years.

He was diagnosed with multiple myeloma at 62 years old. It forced him into retirement and into a new career: raising awareness for people suffering from the little-known disease. The funds raised by community members will go towards research and development.

According to Myeloma Canada, nine Canadians are diagnosed with the deadly blood cancer every day. The myeloma march is the organization’s flagship fundraiser. The non-profit’s mission is to improve lives and find a cure.

The Record spoke to Saucier at the end of August. The 66-year-old Magog resident said he has been walking nearly 100 km every month for the last two years. He added that the disease is already much more manageable in 2020. He believes a cure is on the way.

Life expectancy for myeloma patients has more than doubled in the past 15 years. Research is trending in the right direction, one Magog march organizer told The Record. The relatively young organization continues to ask for donations.



COURTESY

# Bishop's Gaiters soccer coach reflects on transition from player to authority figure

By Michael Boriero - Local Journalism Initiative Reporter

Sarah-Kim Bergeron started her Bishop's University varsity career when she joined the women's soccer team back in 2016 after transferring from the Trinity Western University (TWU) Spartans in British Columbia.

The 27-year-old Quebec City native was an instrumental piece to the Spartans run of success. The B.C. team dominated women's university soccer for a number of years. Trinity Western claimed two national championship titles while she was on the team.

But after five years at TWU, and two ACL injuries later, she decided it was time to move closer to home. She lived out of province for nearly 10 years. Bergeron said it felt right to make a move back home, and Bishop's just made a lot of sense.

"I wanted to be closer to family and then I knew the head coach from my university and he had this vision of building the Bishop's scene from the ground up," Bergeron said. "He needed players and it kind of just worked out."

She played two seasons with the Bishop's Gaiters before transitioning to assistant coach. During that time, Bergeron became a captain, leading the women's team on and off the field. After the 2017 season, she earned the U SPORTS Student-Athlete Community Service Award.

Bergeron is the first Gaiter to win a major award at the U SPORTS level.

She was a powerful voice in the locker room, but the award highlighted her devotion to growing the game in Lennoxville and within the English-speaking community.

"We were bringing awareness to a women's soccer program and awareness to Bishop's as a whole," said Bergeron. "It was just a way for English kids to have a place to play soccer in a very French province."

She became the coordinator of the Jr. Gaiters Soccer Academy in 2017. That summer, she became the head coach of the Jr. Gaiters Soccer Camp. This is where she developed a passion for coaching; something she never knew she would pursue in the near future.

The academy grew really quickly, Bergeron explained. It started with 20 kids in the winter, but by the summer they were at 90 in total. The following year 50 kids showed up for the winter session and 108 kids showed up for the summer camp.

"We just wanted to make soccer fun for kids," she said. "How can we actually spark that desire so that when they go to the biggest club here in Sherbrooke they would already have that passion that could actually help them build and become better soccer players."

When the 2017 season wrapped up, Bishop's head coach Paul Ballard approached Bergeron, who is currently studying for her Master's in Education at the university, to take on coaching duties in 2018.

Her experience with the academy gave her the confidence to accept the

assistant coach position. Bergeron said she learned that coaching is more than telling players what to do. With the Jr. Gaiters, she helped with recruiting, created a budget, and communicated with parents.

"It really opened my eyes to coaching [...] I never thought I would like it and I actually started loving it," said Bergeron.

It was difficult moving from teammate to authority figure, she explained. The hardest part was learning how to teach her team what to do on the field. She wasn't worried so much about fracturing any relationships with her former teammates, but rather being a good coach.

"For me, it was about gathering all of the information, knowledge that I thought I knew, and being able to vocalize it properly to the girls,"

Bergeron said, adding that most of the things she did on the field came naturally; she never knew how to explain it.

Bergeron is one of a handful of women coaching at Bishop's University and she takes tremendous pride in that fact. She credits one of her former assistant coaches for giving her the courage to speak up.

She admired the balance of having a woman's voice on the bench. Bergeron said she feels like having a woman's perspective, especially on a women's team, brings the players closer together. You become the glue, she concluded, and that's what she wants to be for Bishop's.

"I was thinking, at Bishop's, I kind of want to be that glue. I kind of want to be that girl that people can look up to, like, 'I want to be like her,' or whatever," said Bergeron.



COURTESY

## Kruger permanently shuts Brompton Mill

Record Staff

Faced with what the company is calling "unfavourable market conditions" Kruger Specialty Papers announced on Monday that the temporary closure of its Brompton Mill that began in April has been made permanent. As a result of this decision, 189 people are now out of work.

According to Jean Majeau, Senior Vice President, Corporate Affairs and Communications with Kruger, every

effort was made to try to maintain those jobs, but the six-month window the company had to work with has now closed.

"We will continue to assess all possible solutions," Majeau said, sharing that each of the 189 people impacted by the closure will be met with individually, and a reclassification committee and assistance fund will be created. "We really want to take care of our employees," he added.

Some 272 employees were put out of work when the mill originally

closed on April 3, but Majeau said that since that time 58 have either found another job within Kruger or elsewhere. An additional 25 employees will be able to keep their jobs, as the water treatment plant at the Brompton site will continue to operate and the biomass cogeneration plant will soon restart.

As a result of the shutdown, Kruger's overall annual production will be reduced by 100,000 metric tons of newsprint and 70,000 metric tons of specialty paper.

## Missing Magog girl found

Record Staff

The Memphremagog Police Service announced that 27-year-old Vicky Champagne, reported missing last Monday, was found on Saturday, Sept. 12 around noon in Magog. She is back with her family and in good health, police say.

## Provigo Coronavirus case

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more challenging in the workplace, he recognizes that no one gets sick on purpose.

Another concern expressed both from members of the community and employees was that the monitoring of traffic into and out of the store had stopped in recent weeks, contrary to the policy outlined by Joanne Héroux, Provigo's Senior Director of Corporate Affairs and Communications in Monday's article.

Lafond denied this, however, stating that "there's always somebody monitoring." The store owner said that particular attention is paid in the afternoons, when more people tend to come to shop.

Asked about the Lennoxville store's reduced capacity limit, Lafond said that there are not supposed to be more than 30 customers in the building at any given time.

One store worker, who asked to

remain anonymous, told The Record that the staff was actively discouraged from going to get tested because the wait for results would lead to missed shifts.

Lafond denied this outright.

"No, no, no," he said. "I'm not going to stop anybody from being tested."

The store owner confirmed that a specialized team had come out from Montreal to disinfect the building following the initial confirmation and

reiterated that everything is being done to follow public health directives and ensure the safety and security of staff and employees.

"We're not hiding anything," he said

To date there have been 48 cases of COVID-19 among employees of grocery stores under the Provigo, Maxi and Club Entrepôt banners across the province since the start of the pandemic.

# EDITORIAL

Although slowing population growth is important, we can't resolve the climate crisis if we don't reduce the amount of resources we consume,

## Our children shouldn't have to pay for our excesses

By David Suzuki

This year, "Earth Overshoot Day" came later than it has in 15 years — on August 22. That's a mixed blessing. Increasing per capita consumption, population growth and rising greenhouse gas emissions had been moving the date earlier almost every year since the 1970s. It's fallen in late July or early August for the past few years.

"Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year," according to the organization behind the concept, Global Footprint Network. Even with the later overshoot date, we burned through a year's resources in under eight months. That means we would need 1.6 Earths to support humanity's current demands on the planet's ecosystems.

Employing the many readily available and emerging solutions to "move the date" closer to year's end is the goal, but this later-than-expected overshoot day was largely due to the COVID-19 pandemic rather than direct measures to address the climate emergency and other crises.

According to the Network, the global pandemic slowdown helped drive the world's carbon footprint (that is, emissions) down by 14.5 per cent and the forest product footprint by 8.4 per cent from 2019, with an overall 9.3 per cent reduction in humanity's global ecological footprint.

Network president Mathis Wackernagel sees this year's result as an encouraging sign that progress is possible, but cautions that it must be made "by design not by disaster."

He compares our behaviour to a scam where current wealth must be repaid by others in the future: "Most countries have pretty strict laws about

businesses running Ponzi schemes but somehow in the ecological domain we think it's okay," he says in the Guardian. "We've only got one planet and that's not going to change. We've got a very simple choice, one-planet prosperity or one-planet misery."

This further illustrates the need for a pandemic recovery that goes beyond returning to "normal" and for measures to address environmental crises that go beyond pandemic recovery.

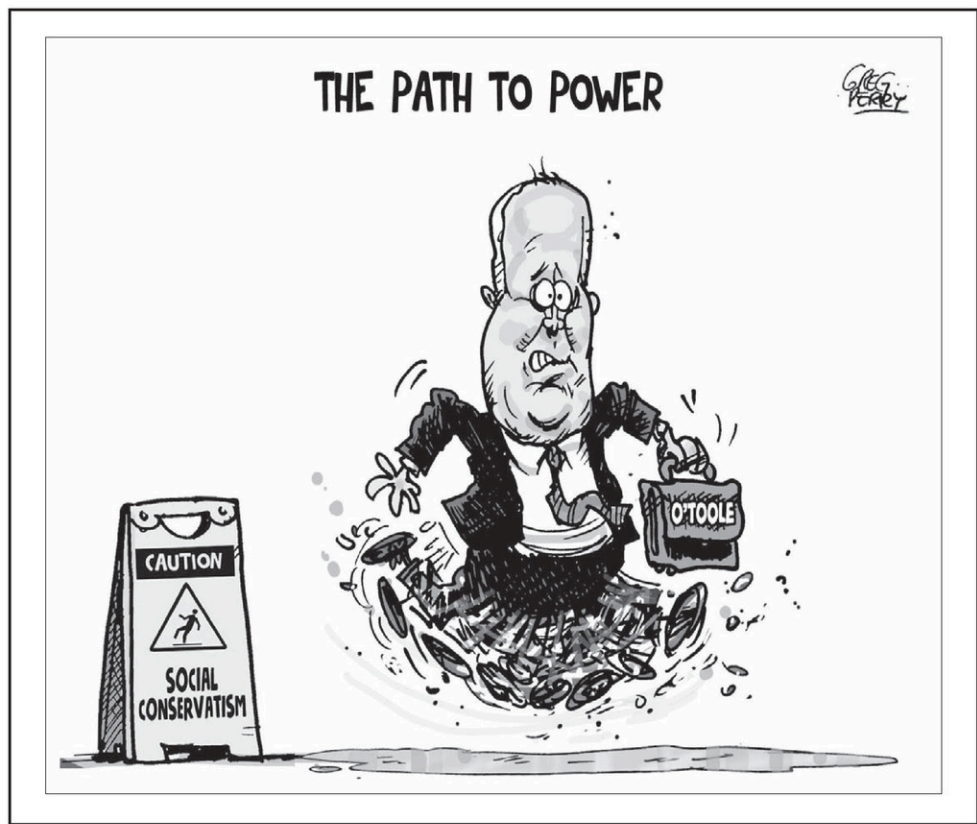
Global Footprint Network focuses on five areas: planet, cities, energy, food and population. Its research and solutions align with the work of many organizations, including Project Drawdown and the David Suzuki Foundation. Everything starts from the recognition that humanity depends on fertile soil and clean air and water for our well-being and health.

Because cities already consume 78 per cent of the world's energy and produce more than 60 per cent of its greenhouse gas emissions, and we're becoming increasingly urban, "City planning and urban development strategies are instrumental to balancing the supply of natural capital and population's demand."

The David Suzuki Foundation's energy transition research concurs that decarbonizing the economy is critical to addressing climate disruption. Shifting to more local food systems and plant-based diets, avoiding processed foods and reforming agricultural practices are also important.

Rapid population growth is also unsustainable, although consumption is a much greater problem — evidenced by the fact that the world's wealthiest 10 per cent produces close to half the world's consumption-related emissions, compared to just 10 per cent by humanity's poorest half.

Research shows the best way to slow population growth is to empower women. With greater access



to education and family-planning resources, as well as increased equality and better economic opportunities, women have fewer children and often have them later in life.

Project Drawdown estimates family-planning resources and education for girls (which, it notes, should be basic human rights) could slow human population growth by one billion by 2050, consequentially keeping more than 85 gigatonnes of greenhouse gases from entering the atmosphere.

Although slowing population growth is important, we can't resolve the climate crisis if we don't reduce the amount of resources we consume, especially in the developed world. As Global Footprint Network points out, we're consuming resources at a

much faster rate than Earth is able to replenish them. That's led not just to the climate crisis, but also to a profound extinction and biodiversity crisis and continuing environmental devastation.

COVID-19 has put humanity on pause and exposed some of our current system's flaws. It has also shown that we can slow consumption and move on to something better than the old "normal." We're at a crossroads and we must act quickly.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

### Letters

DEAR EDITOR:

As secretary/treasurer of the Richmond Fair, I would like to thank the directors of the fair board and their spouses for the long hours and hard work that they did to give the community an abbreviated version of the fair for 2020.

I personally recognize the selfless determination and endless hours that the directors put in to keep the fair alive and I appreciate it, as I am sure the community at large do as well.

So, THANK YOU, from everyone, the community is lucky to have such dedicated volunteers.

Sincerely,

MAUREEN MURPHY  
RICHMOND

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

**THE RECORD**

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	1 MONTH	9.78	0.49	0.98	\$ 11.25								

# Local Sports

## Shawinigan eliminates Sherbrooke from playoff contention

Record Staff

The Shawinigan Cascades delivered a defensive masterpiece against the Sherbrooke Expos Friday evening after a stellar performance from pitcher Matthew Rusch.

The Cascades defeated the Expos 3-0 in game four of the Ligue de Baseball Majeur du Québec quarter-final at Amédée-Roy Stadium. Rusch put up a nearly perfect game, giving up three hits over the span of seven innings.

The Expos fought for the playoff lives, forcing a game four against a strong Shawinigan baseball team. Unfortunately, they fell short and struggled to solve their opponents' pitching ace.

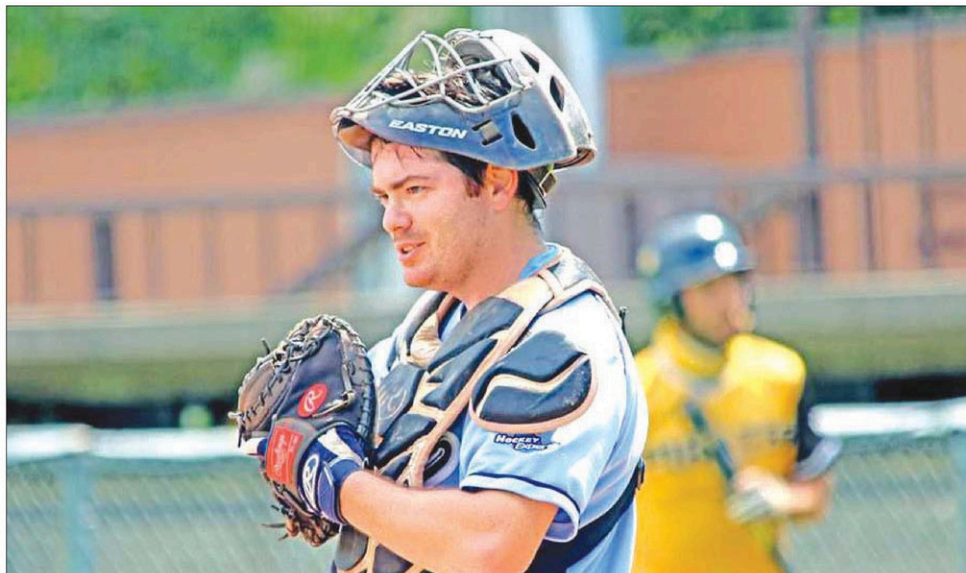
Sherbrooke's Corentin Boucher put up two hits against his former team, but the team was unable to convert. Although Expos pitcher Samuel Greene took the loss, he also registered an impressive

match. He gave up three hits, too, except they turned into runs.

By the end of the game, Rusch finished with nine strikeouts compared to Greene's eight. Steve Brown got the Cascades on the board early in the first inning with a hard shot to right field. He brought Julien Bélanger in for the score.

Shawinigan padded their lead in the third inning thanks to Ismaël Ballard and Michel Dagenais. After the post-game handshake, the Expos received a warm applause from the spectators after completing another successful season under manager Bruno Laurin.

There is optimism coming out the Expos locker room, according to a press release from the team, the future looks promising, it read. The organization thanked the players and spectators for supporting the team, despite a shortened season and limited capacity at the stadium.



NATHALIE MICLETTE, LBMQ

## RSEQ cancels fall sports

Record Staff

After having analyzed all possible scenarios, members of the university sector of the RSEQ (Réseau du sport étudiant du Québec) have announced the cancellation of sanctioned sports programming until Dec. 31, 2020.

The decision made by members of the RSEQ university sector is based primarily on the regional alert system, which may limit the participation of universities, even if said institutions effectively manage health and safety best practices.

To keep student-athletes engaged, members of the RSEQ university sector will permit activities involving at least two different teams in the following sports: cross-country, golf, and soccer—

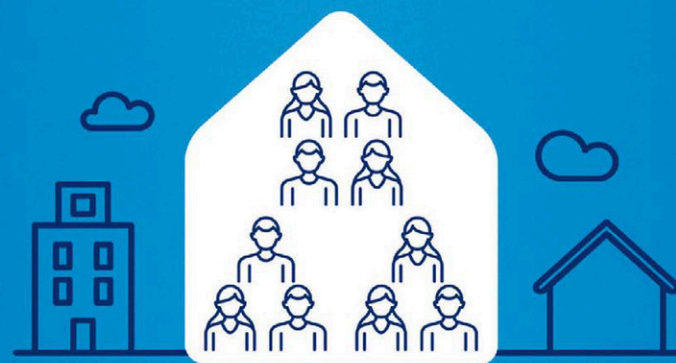
giving universities the flexibility to evolve at their own pace and with their own realities. However, due to universities' level of risk management, no inter-team activities will be permitted in football and rugby.

The RSEQ university sector's decision on winter sports programming is scheduled for Oct. 15.

Regarding the elementary, high school, and CEGEP sector of the RSEQ, members are announcing that extracurricular activities as well as sports practices have been authorized for the fall calendar.

As of yesterday, members of this sector were able to declare their intention to participate in various disciplines and leagues, provided said activities are in accordance with the recovery plans of Quebec sports federations.

# Why limit the number of people at private get-togethers?



Limiting private gatherings to 10 people makes it easier for those present to stay 2 metres apart and to avoid coming into contact with contaminated droplets.

By protecting ourselves properly, we're also protecting others.



[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1 877 644-4545

**Death**

**Linda Mary Cook**

It is with great sadness that we announce the passing of Linda Mary Cook on September 10, 2020 at the age of 49. Linda leaves to mourn her husband of 23 years, Brian Gillim and her most-loved son, Zachary Gillim. Linda is the daughter of Dorothy Cook (nee Woods) and the late Wendell Cook. She also leaves behind her brothers, Bill Newcombe (Mary), Wayne Cook (Kathy), her sisters Shelley Flack (Stephen), Susan Cook (Steve), Barbara Ashby, as well as many nieces, nephews, grand-nieces and grand-nephews. Linda's many friends and colleagues will also miss her greatly.

As per Linda's wishes, there will be no funeral service.

A private celebration of life will be held at a later date.

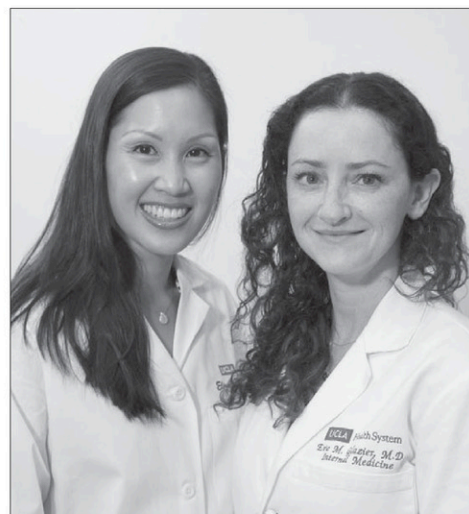
**In Memoriam**

**BLISS, ETHEL** - In memory of Ethel Bliss: September 15, 2016. Wife, mother, grandmother and great grandmother

Love,  
**LESLIE AND FAMILY**



# Drusen severity depends on if they're hard or soft



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

the retina.

Drusen are described as either hard or soft. Hard drusen are small and round, have well-defined borders and are often spread out. They are common as people age. Soft drusen are larger, have indistinct borders and tend to cluster together. Although both types of drusen should be monitored, hard drusen don't usually cause vision problems. Soft drusen, which can cause damage to the macula, are associated with dry age-related macular degeneration. That's a condition in which the macula deteriorates and the center of the field of vision is compromised or even lost. Drusen can also be present on the optic nerve, which can result in a slight loss of peripheral vision. This is more common in children than adults.

There is no treatment available for drusen at this time. However, someone diagnosed with soft drusen may be asked to take a specialized combination of vitamins and minerals that have shown promise in slowing a certain type of age-related macular degeneration. Using data drawn from a large study known as AREDS 2 (Age-Related Eye Disease Study 2), researchers developed a nutritional supplement that has been shown to reduce one's risk of developing advanced age-related macular degeneration by about 25%. The formulation includes vitamins C and E, copper, zinc and a pair of plant pigments called lutein and zeaxanthin, all in specific proportions.

Since you're worried, it's important to speak with your doctor and have all of your questions and concerns addressed. Be sure to ask if the drusen found in your eyes are hard or soft, as each type signals a different level of risk. And be vigilant about all follow-up visits to monitor your progress.

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

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

## Datebook

**TUESDAY, SEPTEMBER 15, 2020**

Today is the 259th day of 2020 and the 88th day of summer.

**TODAY'S HISTORY:** In 1935, the Nuremberg Laws were enacted in Germany, depriving German Jews of their citizenship, banning marriages between Jews and other Germans and imposing the swastika as a national symbol.

In 1963, a bomb exploded at the 16th Street Baptist Church in Birmingham, Alabama, killing four young girls.

In 2001, President George W. Bush named Osama bin Laden as the prime suspect in the Sept. 11 attacks and pledged a sustained fight against terrorism.

In 2008, the global financial services firm Lehman Brothers filed for bankruptcy.

**TODAY'S BIRTHDAYS:** James Fenimore Cooper (1789-1851), author/historian; William Howard Taft (1857-1930), 27th U.S. president/chief justice of the United States; Agatha Christie (1890-1976), author; Roy Acuff (1903-1992), musician; Fay Wray (1907-2004), actress; Nipsey Russell (1918-2005), actor/comedian; Merlin Olsen (1940-2010), football player/actor; Tommy Lee Jones (1946-), actor; Oliver Stone (1946-), filmmaker; Dan Marino (1961-), football player; Tom Hardy (1977-), actor; Prince Harry (1984-), British royal.

**TODAY'S FACT:** No president has sported facial hair since William Howard Taft left office in 1913.

**TODAY'S SPORTS:** In 2004, National Hockey League Commissioner Gary Bettman announced the decision to lock out players over contract disputes. The season was eventually canceled.

**TODAY'S QUOTE:** "Pro and con are opposites, that fact is clearly seen. If progress means to move forward, then what does congress mean?" - Nipsey Russell

**TODAY'S NUMBER:** 2 - top speed (in miles per hour) of the Mark I, the first tank used in battle, deployed for the first time by the British during the Battle of the Somme on this day in 1916.

**TODAY'S MOON:** Between last quarter moon (Sept. 10) and new moon (Sept. 17).



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**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)

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**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com), call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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.

# NEA Crossword Puzzle

# Your Birthday

TUESDAY, SEPTEMBER 15, 2020

to move forward when the time is right. You can make personal improvements if you pool your resources with a loved one.

How you perceive your journey will have a lot to do with the success you achieve. Don't be afraid to do things differently. Aim to stand out, not to blend in.

**VIRGO (Aug. 23-Sept. 22)** - As information unfolds, you will have second and third thoughts. Listen, assess and think things through before you change directions or commit to something uncertain.

**LIBRA (Sept. 23-Oct. 23)** - Listen to your inner voice and make your move. Let your emotions take charge and the world know how you feel. Saying what's on your mind will help you discover the best path to take. Don't fold under pressure.

**SCORPIO (Oct. 24-Nov. 22)** - Protect your reputation. Think innovatively, and make adjustments that will protect your safety, well-being and important relationships. You can get things done today.

**SAGITTARIUS (Nov. 23-Dec. 21)** - Keep moving forward. Refuse to let anyone come between you and your goal. Stay on top of new technology and any economic changes that might jeopardize your financial standing. Avoid impulsive moves.

**CAPRICORN (Dec. 22-Jan. 19)** - It's time to make a move. Look over your finances, and you'll find a way to improve your current situation. Let your gut feeling lead you to security and long-term success.

**AQUARIUS (Jan. 20-Feb. 19)** - Sit tight, be an observer and plan how best

**PISCES (Feb. 20-March 20)** - Speak the truth and clear the air. Focus on building strong unions with the people who are most likely to have your back. Someone from your past will offer insight into a confusing situation.

**ARIES (March 21-April 19)** - Do something that will boost your morale or help you bring about positive physical change. Start a new fitness routine or diet that will help you build strength and ward off illness.

**TAURUS (April 20-May 20)** - Aim to please, but not at your own expense. Offer kindness and compassion, not your cash. If the advice you offer comes from the heart, it will be well-received. Hard work will pay off.

**GEMINI (May 21-June 20)** - Inconsistency is apparent. Ask questions, and be precise to avoid a misunderstanding. Emotions will flare if someone doesn't give you accurate information. Proceed with caution, and stick to the truth.

**CANCER (June 21-July 22)** - You'll stumble across valuable information through conversations with friends, relatives or colleagues. Be open to suggestions, but keep an eye on your wallet.

**LEO (July 23-Aug. 22)** - You must get things right the first time if you wish to avoid criticism or complaints. A change someone makes will leave you in an awkward position. Be prepared to proceed on your own. Romance is featured.

### Answer to Previous Puzzle

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

- ACROSS**
- 1 Rowdy crowd
  - 4 Flavor enhancer, for short
  - 7 Center
  - 10 Way back when
  - 11 Carved pole
  - 13 Seine vista
  - 14 Table part
  - 15 Sports complex
  - 16 Chromosome material
  - 17 Avoid
  - 19 Escalator part
  - 21 Dawn goddess
  - 22 Teachers' org.
  - 23 Brawl
  - 26 Cross at risk
  - 30 Freezes over
  - 31 Janitor's tool
  - 32 Pedro's river
  - 33 Mexican Mrs.
  - 34 Fiesta shout
- DOWN**
- 35 Too
  - 36 Seedless raisin
  - 39 Cape
  - 40 Pharm. watchdog
  - 41 Pro vote
  - 42 Youngster
  - 45 Where Leo is
  - 48 NW state
  - 49 Straitlaced person
  - 51 Periscope site, for short
  - 53 Always, in poems
  - 54 Yarns
  - 55 Cable network
  - 56 Furniture mover
  - 57 "The King and I" name
  - 58 Chatter away

- 8 Radius neighbor
- 9 Tiny sphere
- 11 Nevada lake
- 12 Ahoy, —!
- 18 High notes
- 20 Uncooked
- 22 Collar site
- 23 Etc. category
- 24 Brownish tint
- 25 Name in jets
- 26 Nasty shock
- 27 Alice's chronicler
- 28 Bart Simpson's sister
- 29 Weirdo
- 31 Bart Simpson's grandma
- 35 Tien Shan mountains
- 37 P.O. service
- 38 Pass a bill
- 39 Yields
- 41 Alpine refrain
- 42 Ukraine's capital
- 43 Proposal
- 44 Phooey!
- 45 South African people
- 46 Wan
- 47 Caribbean republic
- 50 Light beam
- 52 — choy

1	2	3		4	5	6		7	8	9	
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TUESDAY, SEPTEMBER 15, 2020

## Ruffing finesse may gain tricks

By Phillip Alder

Brian Eno, a musician whose name is popular with crossword compilers, claimed in "Wired" magazine: "I'm struck by the insidious, computer-driven tendency to take things out of the domain of muscular activity and put them into the domain of mental activity. The transfer is not paying off. Sure, muscles are unreliable, but they represent several million years of accumulated finesse."

Bridge players need mental activity, and often their minds will be considering a finesse. Hardly a deal is played without a finesse. The couple in this deal, which occurred during a duplicate at Bridge Base Online, are not commonplace.

How should South play in four spades after West leads the club 10: queen, ace, ruff?

Clearly, declarer has to establish his heart suit, and usually it is right to play on that side suit immediately. So, at trick two, South led the heart queen, planning to take a ruffing finesse by discarding from the board if West did not cover with the ace or king.

Here, though, West did cover with the king. South ruffed on the board, played a spade to his ace and continued with the heart jack. This time, West played low, so a club disappeared from the dummy. On the heart 10 continuation, the same scenario repeated itself.

North		09-15-20	
♠	J 8 7		
♥	—		
♦	K Q 8 5		
♣	K Q 8 5 4 2		
West		East	
♠	Q 10 5 4	♠ 3	
♥	A K 5 3	♥ 8 7 4	
♦	J 2	♦ A 10 9 6 4	
♣	10 9 7	♣ A J 6 3	
South			
♠	A K 9 6 2		
♥	Q J 10 9 6 2		
♦	7 3		
♣	—		
Dealer: West			
Vulnerable: North-South			
South	West	North	East
	Pass	1♣	1♦
1♠	Pass	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♣ 10			

West had to play his ace on the fourth heart. Declarer ruffed with the spade jack and continued with the diamond king. East took that trick and returned the suit to dummy's queen. There followed a club ruff, the spade king, the heart nine and another heart. The declarer lost only two spades and one diamond. Surprisingly, this result was a cold top.

### 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.

" N SNHHP HOWUJG AU GJC N  
HOWUJG AG N XOWCNAG UOC JE  
XAWXTVUCNGXOU, RTC WNC SOW N  
HOWUJG BACS N XOWCNAG UOC JE  
NCCACTFOU." — STLS FJBGU

Previous Solution: "I had my years of struggling. ... It dented my confidence, but I never stopped. I kept going for it." — Regis Philbin  
TODAY'S CLUE: I sjanbe v

### REALITY CHECK



### HERMAN

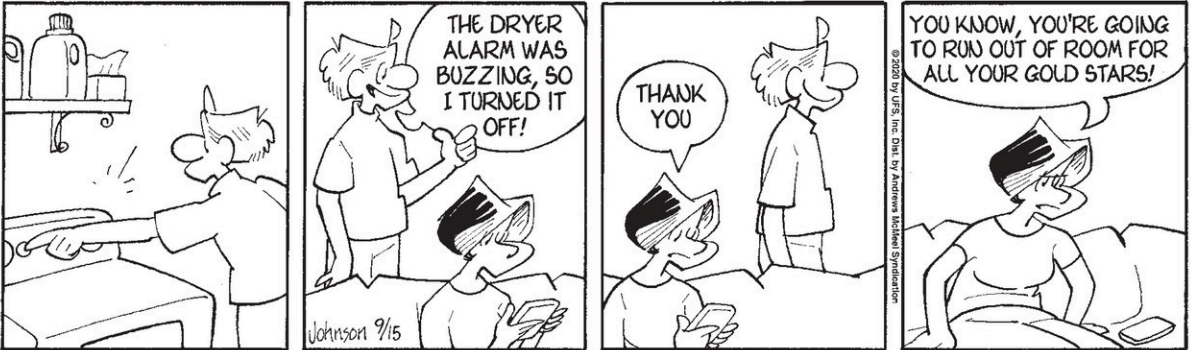


"It's done wonders for his self-confidence since we had his teeth capped."

### ALLEY OOP



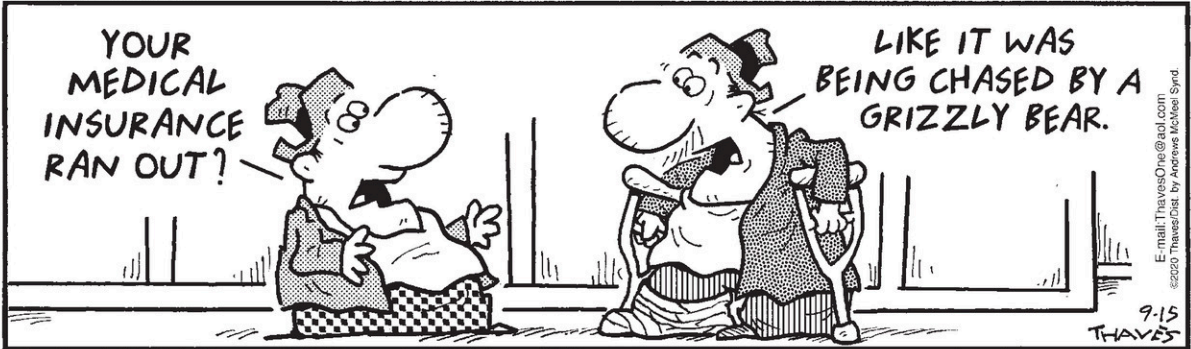
### ARLO & JANIS



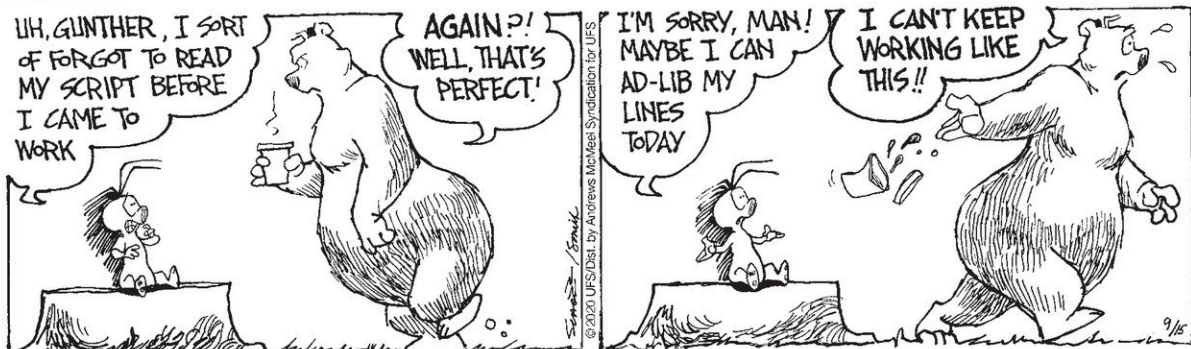
### THE BORN LOSER



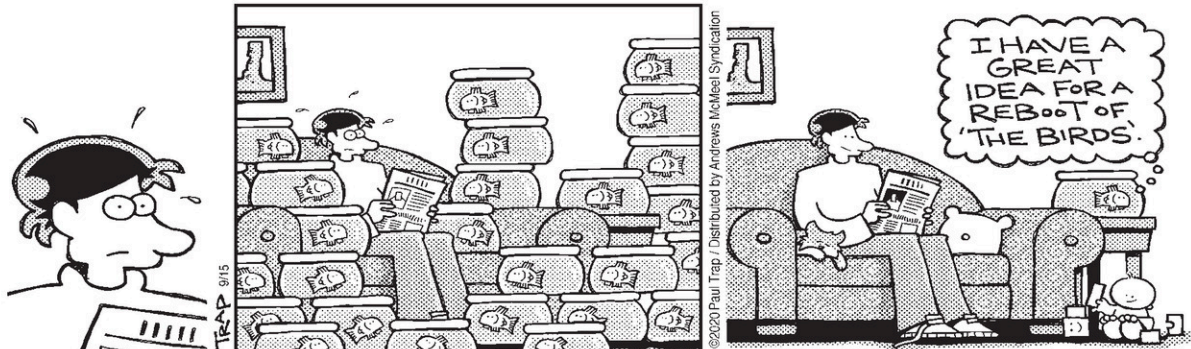
### FRANK AND ERNEST



### GRIZZWELLS



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100 Job Opportunities

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100 Job Opportunities

100 Job Opportunities

THE RECORD

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THE RECORD

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## SUDOKU

DIFFICULTY RATING: ★★★★★

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

9/12

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### PREVIOUS SOLUTION

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

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

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

9/14

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### PREVIOUS SOLUTION

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

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

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

9/15

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### PREVIOUS SOLUTION

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

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

# Lonely and mourning

Dear Annie

TUESDAY, SEPTEMBER 15, 2020

**Dear Annie:** I had two brothers die within a year of each other. One was 53, and the other was 62. They were my only remaining siblings. They resided in Ohio, and I live in Arizona. I had to plan both funerals by myself and clean out and sell whatever I could of their homes and possessions.

At the same time, my mom was diagnosed with dementia and had to be put in a nursing home. Eventually, I brought her to live with me in Arizona. I had to clean and sell her house, and her belongings, too. I was in Ohio for four months getting everything straightened out. My husband of 12 years never came to help, nor did he come to the funerals. Am I wrong for resenting him for this? – Alone at Funerals

**Dear Alone:** No, you are not wrong for resenting his absence. Marriage is a partnership, and when your partner is going through a difficult time, you should be at her side and not leaving her to carry the entire burden herself. However, resentment is like drinking poison and waiting for the other person to die.

Let's work on turning your resentment into a healing conversation. Does your husband know how it hurt

your feelings and made you angry that he didn't attend the funerals or help relocating your mother? You have the power to express yourself and share, so do so. And listen to why he wasn't there to support you. If he is unconcerned or unapologetic, then I would suggest marriage counseling.

**Dear Annie:** We took in my son, his wife and her toddler son. Her son has struggles and is in the process of getting tested for autism. He is now 5 years old and supposed to be starting kindergarten this year; however, he's not completely potty trained, so the school system wants him to do a year of preschool first.

Our problem is that his mom is doing nothing – no child care application, no preschool and no autism test. We're wondering if we should do what we think is best for the boy and turn her in to family services for neglect. We don't know how much more of his behavioral issues we can take. – At a Loss

**Dear At a Loss:** While you might be feeling at a loss, this poor child is the one suffering the most. Speak with your son about your concerns and tell him that you are thinking of calling social services regarding neglect. The child's well-being must come first, and if he is living under your roof, then you are correct to be concerned. This

child needs support and love. As for the behavioral issues, consider learning more about supporting children and grandchildren with autism from resources such as the Autism Speaks website: <https://www.autismspeaks.org/tool-kit/grandparents-guide-autism>.

**Dear Annie:** I just wanted to remind your readers of another way to use up excess garden produce. Many urban gardens are in "food deserts." In our city, there is a "share shelf" in which people can share the excess bounty of their gardens with others who live in these food deserts. When I am going in that direction, I drop off my excess vegetables. This allows others who live near these "share shelves" to get healthy food for free. Please urge your readers to look into this option if they are near any of these types of gardens. – Sharing Abundance

**Dear Sharing Abundance:** What a great tip. Thank you for the idea!

*"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](mailto:dearannie@creators.com).

## TOWNSHIPS' CRIER

TOWNSHIPS

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ONLINE

CHEP Video Conference: Wednesday, September 23, 2020, 10 a.m. to 11:30 a.m. Mental Health and Emotional Resilience During the Pandemic. Online conference through zoom; phone-in option available. To register, contact: Lisa Payne ([lpayne@townshippers.org](mailto:lpayne@townshippers.org)) or Marie-Lisa Jolin ([mlj@townshippers.org](mailto:mlj@townshippers.org)). Sponsored by Townshippers' Association.

ZOOM EVENT

On Alcohol Use Disorder: The Sinclair Method and The C3 Foundation. Speaker in UUEstrie's online service, Claudia Christian is an active spokesperson for The Sinclair Method, a medical treatment for Alcohol Use Disorder. Following her own battles with AUD and her discovery of The Sinclair Method, she founded the C3 Foundation in 2013 to raise awareness for The Sinclair Method. Claudia Christian is also an actress who played Commander Susan Ivanova in the Science Fiction television series Babylon 5 in the 90s. Claudia's focus in this talk will be on her C3 Foundation, The Sinclair Method and her own struggles with Alcohol Use Disorder. Via Zoom on Sunday, September 20 at 11:30 a.m. For the link, contact [info@uuestrie.ca](mailto:info@uuestrie.ca). All are welcome.

## THE RECORD

The Record would like to extend a warm welcome to Champlain College and Bishop's University students by offering a **FREE online subscription** to the full edition of the daily newspaper.

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