

# Running with Heart Sherbrooke raises over \$24,000 for childhood heart disease

Record Staff

The Sherbrooke 6H Running with Heart event was a resounding success for a second year in a row, thanks to the exceptional involvement of the organizing committee, Dr. Honorary President Dr. Frédéric Dallaire, the partners, and the more than 50 runners who took up the challenge and raised more than \$24,000.

The Foundation's mission is to offer support for children with heart disease and their families.

Cardiac malformations affect 1 in every 100 children in Quebec, and for about half of them, this will require major surgery. Congenital heart defects are 80 times more common than cancer in children and 26 times more common than cystic fibrosis.

The money raised will enable the Foundation to offer several services to improve the quality of life of families with children who are stricken with heart disease.

To learn more about the En Coeur Foundation or to donate, visit [www.en-coeur.org](http://www.en-coeur.org) or [www.facebook.com/FoundationEn-Coeur](http://www.facebook.com/FoundationEn-Coeur).

# My Shack, My Choices, My Future opens its doors to the community



GORDON LAMBIE

"My Shack" Founder Josee Parent (Centre) invited all of those present at Wednesday's inauguration to join her in cutting the ribbon on Lennoxville's new mental health resource for young adults, calling it a project built by and for the community.

By Gordon Lambie

Wednesday was an emotional day for José Parent, the founder and Executive Director of the "My Shack, My choices, My future" residence for young adults living with mental illness, as the project she has committed herself to over the last five years held its grand opening.

"It is with emotion and great pride that we finally welcome you to Mon Shack today," Parent said to the crowd

of partners and community members gathered for the ribbon cutting ceremony. "Mon Shack is an organization built by, for, and with the community."

Parent reminded those present that the residence, which was built in Lennoxville over the course of the last year, took more than \$2.6 million of investment from the community to become a reality. Thanks to that support, however, the centre can now claim the title of the only bilingual residence for mental health in the Eastern Town-

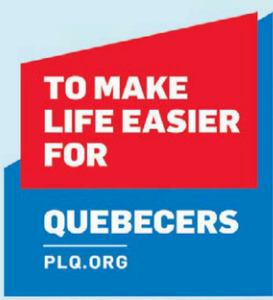
ships.

"I speak on behalf of the whole council when I tell you that the city is very proud to welcome within its borders this first mental health care home for both French and English clients," said Paul Gingues, speaking in his capacity as Deputy Mayor of Sherbrooke, and addressing the audience in both languages. "In the townships nearly 27,000 adults are experiencing mental health

CONT'D ON PAGE 3

Modernize the schools in the riding of Saint-François so that our children can grow in stimulating environments which encourage healthy lifestyle habits.

Charles Poulin, PLQ Candidate for Saint-François



Michel Larochelle - Official Agent

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# In which we crack open my notebook



## ROSS MURRAY

- Next season on "Survivor": everyone is covered with staticky packing Styrofoam and the first person who gets it all off their clothes without losing their mind wins.
- Just once, I'd like to see instructions that say your food item should be baked at 427°.
- Whodunnit character: Gil Sanz, Font Detective. ("Yeah, sure, I know your type...")
- Bad French translation for making toast: bronzage du pain
- The mythical mountain creature that is also good at algebra: the Binomial Snowman
- I saw a box of 30 Magnum condoms at the pharmacy. I think it exists solely to impress the cashier.
- Everyone's goal should be to go through life like a dog with his head out the car window.
- More terrible band names: Fats Squalor; Dental Vacation; The Urinal

Cakes; Catfood Factory; The Headless Rabbits; Lactose Moon; The Bean Salad Aftermath

- It is without question less sad to dine alone at a café than to dine alone at an all-you-can-eat buffet.
- Age means having to mentally prepare yourself to lift your leg.
- Hashtag of the campaign for public flatulence: #metoot
- "Where do all the crazy birds live?" she asked. He pointed and said, "This way mad nests lie."
- Unhelpful Conversations With Teenagers (No. 1 in a series): "Do you want watermelon?" "I don't know." "Is that a yes or a no?" "I don't care."
- The fact that cookie dough goes on the baking sheet in a lumpy splat and ends up a pleasing flat circle is evidence of a divine plan.
- Delightful + delicious = delicious
- Unhelpful Conversations With Teenagers (No. 2 in a series): "Dad, why did you put a mouldy jar of salsa back in the fridge." "I'm not the one who uses salsa. It's because you guys open new jars before checking to see if there are other jars already open." "There aren't other jars." [Dad opens fridge; finds two open jars.] "Well, you're the one who put the mouldy one back." "You have zero empirical evidence of that." Conversation continues until teenager puts jar quarter-full of mouldy salsa in the sink, fills it with water and walks away.

- Conversation with 23-year-old daughter after trying goat-milk brie: "Ugh. I don't like it." "So, its not going to be your goat-to cheese?" "Haha! Goat one!"
- Home is where you can take off your glasses and not bump into anything.
- Starbuck's new Passive Resistance Blend: Mahatma Grandé
- Sometimes when my iPhone doesn't recognize my thumbprint I'm filled with existential dread.
- Conversation with a young woman: "You've been married a long time. Has it ever happened when you're married that a woman asks you out?" "That never happened even before I was married."
- Ways I'm likely to put my back out: sneezing; lifting; static shock from folding laundry; folding laundry
- Podiatrist film noir: Grime and Pumice-ment
- How impatient we've become with regular-flow hand dryers.
- Dog afflictions: Barkinson's disease
- Conversation with Teenagers While Shopping for School Supplies in Which Dad Gets the Last Laugh: "I have the feeling there was something else the teachers asked me for that I don't have." "Your undivided attention?"
- Title of my autobiography: Grumpy-Go-Lucky

## Weather



TODAY: SUNNY

HIGH OF 26 LOW OF 10



FRIDAY: SUNNY

HIGH OF 28 LOW OF 13



SATURDAY: MIX OF SUN AND CLOUDS

HIGH OF 27 LOW OF 16



SUNDAY: MIX OF SUN AND CLOUD

HIGH OF 26 LOW OF 13



MONDAY: 60% CHANCE OF SHOWERS

HIGH OF 22 LOW OF 12

# Haut-Saint-François and Weedon prepare for Medical cannabis and Hemp impacts

### Record Staff

On September 27, the Economic Cluster on the Development of Medical Cannabis and Hemp for Industrial Purposes of the Haut-Saint-François MRC (GECHSF) will carry out its first activity at the Weedon Cultural Centre.

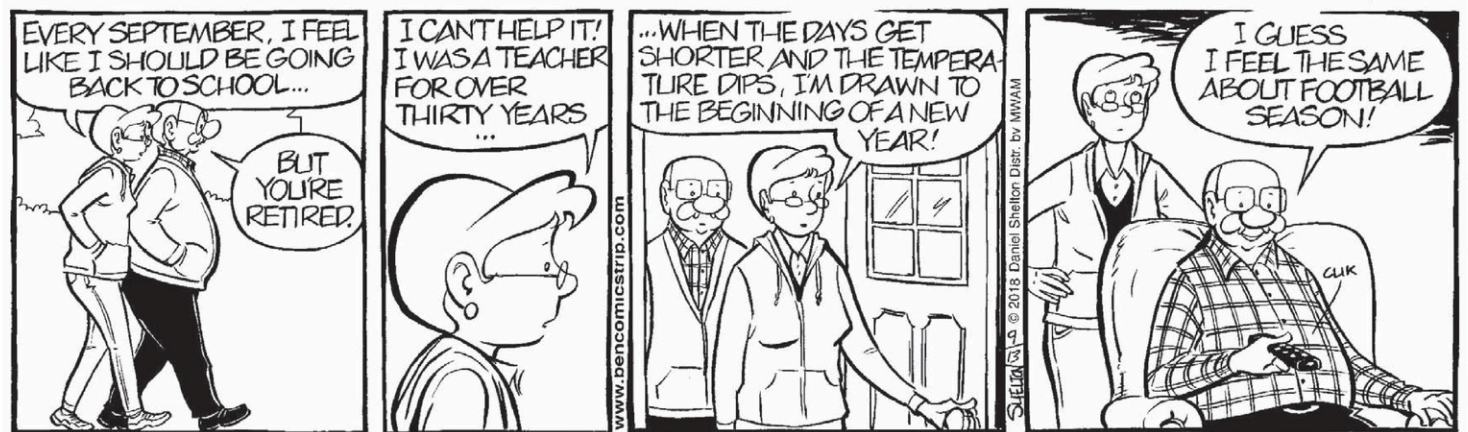
At its first meeting, the cluster's work-

ing committee will examine best practices for promoting the economic development of products and services related to cannabis for medical purposes and hemp for industrial purposes, while taking into account issues such as the necessary revitalization of the territory, the shortage of labour, tourism, and cultural development and the need to welcome new residents while ensuring that the

necessary public infrastructure is in place.

MYM Nutraceuticals, the company developing the cannabis development plan in the area, will also offer a tour of its greenhouse site on Range 2 in Weedon and meeting attendees will be able to visualize the progress of the work done since its inauguration last June.

## Ben by Daniel Shelton



# LOCAL NEWS

*This initiative would not have been possible without the support and guidance of Melissa Poirier and the Indigenous Cultural Alliance at Bishop's University.*

## Indigenous Peoples Awareness Month at Alexander Galt Regional High School

Alexander Galt Regional High School would like to begin this article by acknowledging that the land on which we gather and teach is the traditional and unceded territory of the Abenaki people and the Wabenaki confederacy.

Alexander Galt Regional High School and its English Language Arts department, with support from the Indigenous Cultural Alliance Club at Bishop's University, have dedicated the month of September to spread awareness to our students and community about Indigenous peoples' heritage, beliefs, values and aspirations. We believe that this initiative will encourage support, understanding, and profound respect for these founding Nations whose cultural and historical contributions are marginally represented in current academic textbooks. We believe our distinguished guests, daily student activities, and community evenings will make this initiative successful.

This month, students and staff are honoured in welcoming the following guests to our school and community:

-Mrs. Ena Greyeyes, a Plains-Cree Elder, artist and author from the Muskeg Lake Cree Nation in Saskatchewan.

-Mrs. Christine Sioui Wawanoloath, of Abenaki and Huron-Wendat heritage, a visual artist who lives in Odanak.

-Mr. Michel Noël, a writer, ethnologist, and specialist in Indigenous cultures.

-Mr. Quentin Condo, author, composer and well-known Mi'kmaq rapper.

-The Abenaki Museum, located in Odanak, will host its Nomad Museum in the school.

We will also open our doors and the Library to the community on the evenings of September 11-12-13 and September 18-19-20 from 16h-20h. We hope people will come and view our modest display of Indigenous artifacts, view our extensive collection of Indigenous (and related) literature, listen to Indigenous music, and watch Indigenous (and related) movies and documentaries. For more information, please visit our

website, alexandergalt@etsb.qc.ca, our Facebook page (Alexander Galt RHS), or email us at galtlibrary@etsb.qc.ca

This initiative would not have been possible without the support and guidance of Melissa Poirier and the Indigenous Cultural Alliance at Bishop's University. We would also like to acknowledge the Rotary de Sherbrooke,

Global Excel, the Eastern Townships School Board, and the Culture à l'École program for their financial contributions. Thank you for recognizing the im-

portance of this initiative and for fostering respect and inclusivity in education.

Submitted by Sharon Priest



COURTESY

## My Shack, My Choices, My Future

CONT'D FROM PAGE 1

problems," he continued, adding, "hats off to Josée Parent and her entire team for making such a positive difference in our community."

The deputy mayor referred to the My Shack Project as not just a shelter but a safe space for young people to take charge of their own mental health.

Although Wednesday morning was chosen as the grand opening date, Parent explained that residents started moving in this past June, with twelve of the apartments spoken for at this point.

Maïthé Cyr-Morin, resident of the centre, spoke as a part of the grand opening on how getting an apartment on her own has allowed her to improve a challenging relationship with her family.

"It was the best transition possible," Cyr-Morin said, explaining that at 26 years old, moving back in with her parents put stress on their relationship that was aggravated by her mental health issues. "Coming to live here in an apartment gave me a sense of autonomy and now when we see each other, they are reality quality moments together."

On living in the building, the resident said that there was a quick bond between new neighbours because of their

shared struggles.

"We never have to ask each other, hey, what do you do?" she said. "We all understand each other's issues, even if we have lived different experiences."

Parent said that the easy community between the residents has been one of the great blessings of the project's early days.

"We don't really need a process for integration because the other tenants are so wonderful," the executive director said. "People living with mental health issues have their own strengths and can do a lot of stuff. They support each other in wonderful ways."

Parent said that in addition to the excitement of working with those who have already moved in, the team is looking forward to both filling in the six remaining apartments and inviting the community into the space to engage in activities together with the residents.

"We really want to be a part of the community," the executive director said, underlining the importance of personal interaction to breaking down the stigma that surrounds mental illness. Although just getting started, My Shack already has a weekly schedule full of workshops and activities including a walking group, tea talks, pilates, yoga, and col-

lective cooking. One must become a member of "My Shack" in order to participate, but membership is free. "We try to keep it free for everybody," Parent said. "We don't want them to pay."

The fact that membership is free underlines the level of community connection and access that Parent and her team are aiming for, as the project and all of the residences operations, including salaries, are funded entirely through fundraising. Parent herself, although

serving as the main administrator of the project, works on a volunteer basis in order to make sure that there is more funding available for resources like a social worker.

"We have to fundraise for everything, and the field of mental illness does not receive a lot of subsidies," she said.

More information about the My Shack project is available by calling 819-481-0385 or by consulting the project's website online at monshack.ca/en



GORDON LAMBIE

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# Mom on a mission to improve ATV safety regulations

By Matthew McCully

**S**tanstead resident Ngaire DeNora lost her son Myles in October of last year.

He was 24 years old.

After completing his welding certification at the Lennoxville Vocational Training Centre, he moved to Saskatchewan for work.

An avid dirt bike rider, Myles decided to buy a quad (four-wheel all terrain vehicle). On his first ride, he lost control of the vehicle, hit a fence and died in hospital of brain injuries after spending two-and-a-half weeks in a coma on life support.

DeNora is now a 'Mother against

Quads!!!!'

"I'm standing alone at the moment," she explained, fully aware that her stance on quads is not a popular one.

"I get it, why people want to use them, but for heaven's sake, let's teach people how to ride them safely," she said. "I think it's wrong to produce such dangerous machines and not have regulations and proper training courses."

When DeNora learned that Myles had been in an accident, she was on the first available flight to Saskatchewan.

While staying in the brain rehabilitation hostel, she learned that Saskatchewan has the highest rate of ATV deaths in Canada.

Upon further investigation into the cause of Myles' accident, DeNora said she was completely dumbfounded.

"Myles did everything right," commented DeNora. A coroner's report confirmed that he had not been drinking alcohol. He was wearing dirt bike boots and a proper helmet at the time of the accident, she added. DeNora also said that based on the route Myles and his friend had taken, they would have just rounded a corner and not been able to pick up enough speed for that to be a factor.

"It didn't make sense," DeNora said. The quad was even investigated to see if a mechanical failure could have caused the accident. Despite running to a fence, it remains to this day in perfect working order, DeNora said.

"Quads and dirt bikes ride differently," DeNora explained.

"You have to know how to shift your body weight in order to steer them," she

said. "On a motorcycle, you just sort of flow with it, you lean into it." One of Myles' friends told DeNora that a driver has the sensation of almost having to fight with a quad to steer it.

Myles, driving at a moderate speed on a mowed shoulder of the road, wearing full safety gear either hit a bump, got distracted by the sun, or simply didn't shift his weight properly and ran into a fence post.

"When you're not going fast on flat ground, it's how things go very wrong very fast," DeNora pointed out as her main concern with quads. "It's not like they were out jumping cliffs."

"I am against them, but there is nothing I can do to stop them from being made," commented DeNora.

"Let's at least regulate them."

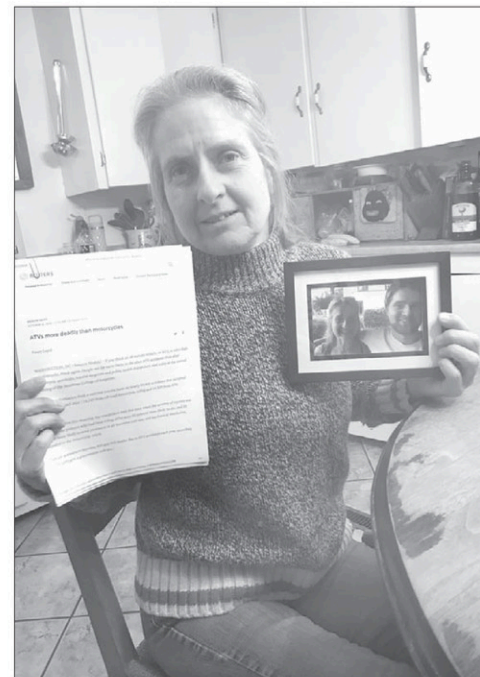
DeNora was surprised to learn that no provinces in Canada have mandatory training for ATVs.

While Quebec is one of the leading provinces in terms of quad safety, making the minimum age to ride 16 years, only riders who are part of a quad club are required to undergo any sort of lessons or training.

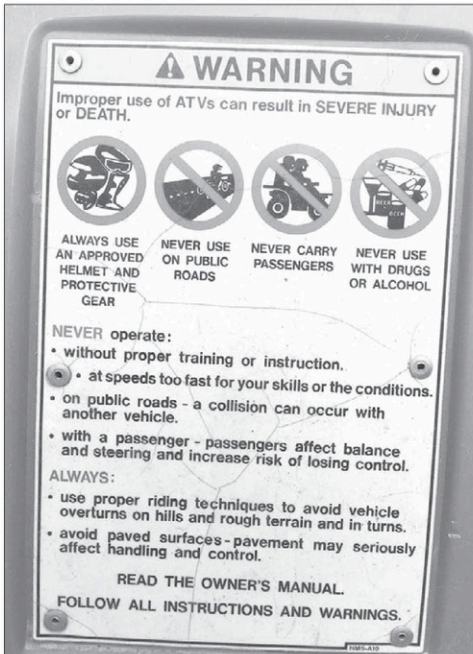
"There are motorcycle schools, why don't they do the same thing for ATVs?" DeNora wondered, pointing to a study released by the John Hopkins Centre that suggests ATV accidents are 50 per cent more likely to result in death or serious injury requiring intensive care than motorcycles, even if riders in both cases were wearing a helmet.

As it stands, anyone can purchase a quad and operate it on private property.

DeNora took pictures of Myles' quad,



MATTHEW MCCULLY



which is covered in manufacturers' warnings, most notably 'never operate without proper training or instruction.'

The onus is apparently on the operator to seek out the instruction. There are currently no government regulations ensuring that people who purchase an ATV are aware of how to operate them safely.

DeNora has started a Facebook page (MOTHER Against Quads!!!!!!!) and is currently having a website built.

Her goal is safety and awareness.

"I want to properly inform the public," DeNora said, aware that the popularity of the machines, used often on farms and in rural areas, means they are here to stay.

"Could you imagine taking on the quad industry? It would be like taking on the NRA," she said.

DeNora hopes by sharing information on her Facebook page and website, that she will be able to link up with other groups concerned with ATV safety and work as a united force to improve safety regulations.

DeNora has also started a scholarship fund in memory of Myles. It will be shared between a school in Kipling, Saskatchewan where Myles was living when he died, and the Lennoxville Vocational Training Centre, where he studied while here in the Townships.

## Thanks to your donations

### Clinical Simulation Laboratory

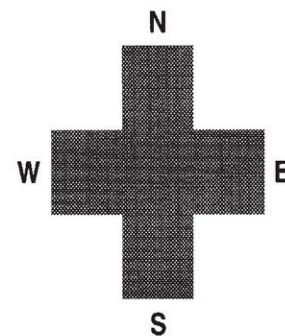


The Clinical Simulation Laboratory lets physicians, professionals, and residents reproduce complex cases in crisis and non-crisis contexts. The lab uses computerized mannequins that simulate a person's vital signs. The mannequins speak, breathe, and bleed and can reproduce virtually all complex clinical situations. Just like a real patient, the mannequin's condition improves with the right treatment. This laboratory helps professionals hone their skills so that they can constantly improve patient care.

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# The Border Report

"The response from citizens and tourists to this attraction has been so enthusiastic..."

## 'Wippi' shuttle continues activities this fall

Record Staff

Massawippi Regional Park has announced that the operations of the Wippi Shuttle will be extended over the coming weekends until Thanksgiving Day.

The Wippi is a shuttle for cyclists and pedestrians to cross Lake Massawippi be-

tween the municipalities of Ayer's Cliff and North Hatley.

"The response from citizens and tourists to this attraction has been so enthusiastic that the administrators of Massawippi Regional Park have made the decision to extend the Wippi's activities during the fall weekends," said Massawippi Regional Park President and

Ayer's Cliff Mayor, Vincent Gérin. "In addition, the biking season extends beyond the summer vacation period, so it is only natural to continue offering the service to accommodate cyclists."

The shuttle will run on Fridays, Saturdays, and Sundays until October 7, with 6 trips daily. Each trip takes about one hour and the cost for a crossing is

\$10 (\$20 for round trip). Customers must reserve their places. Boarding points are located at the municipal wharves of Ayer's Cliff (Route 141, facing the rest area) and North Hatley (Main Street, facing School Street). For more details and to book, simply visit [www.parcmassawippi.com/navette](http://www.parcmassawippi.com/navette).

## Phelps Helps starts their weekly sessions with some exciting changes

**PHELPS AIDE  
PHELPS HELPS**

By Jayme Marrotte

Phelps Helps sessions were launched this week. Students were excited to see our newly renovated space, designed to accommodate our growing

participation numbers. These renovations were possible with the support of the MRC Memphrémagog through their Fonds de développement des territoires fund, and in partnership with RONA A.Fluet & Fils. Our building owner,

Gabriel Safdie, gratefully permitted us to make changes to the space to meet our growing needs and better serve the community.

The renovations included the expansion into a back room that can be opened with French doors, providing a private area for meetings. Our once open-ceiling concept in the main tutoring area is now partially covered to provide additional floor space upstairs. A final exciting renovation that took place over the summer was our kitchen.

Phelps has always used its kitchen space regularly to prepare healthy snacks for the sessions, bake during mentoring activities and teach children during our summer camp how to prepare their own meals. Collective Kitchen also borrows this space every other Friday to host their four-hour cooking ses-

sions focused on cost-effective food preparation. These renovations have greatly added to our cupboard and countertop space, increasing the functionality of our busy kitchen.

Parents and community members are invited to stop by, check out our renovated space and talk to our staff and volunteers on October 3rd, between 5:30 and 6:30 p.m., for our open house.

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at [info@phelpshelps.ca](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.



FRONTIER ANIMAL SOCIETY

## Featured Pet: Raven

Raven was found wandering alone in the country. Tired, hungry and very thin, he was more than willing to accompany his rescuer to a local shelter where he was fed and fussed over and had an opportunity to rest. Unclaimed, he was eventually transferred into our care.

Raven is a great dog who is big and black and we think very handsome. He has a beautiful shiny coat.

Full of vim and vigour, Raven loves to run and play in our fenced-in dog park and he is always very keen to set out on long, leisurely walks in the woods or along the road. He is quite good on leash. French seems to be his first language and he knows and responds to com-

mands.

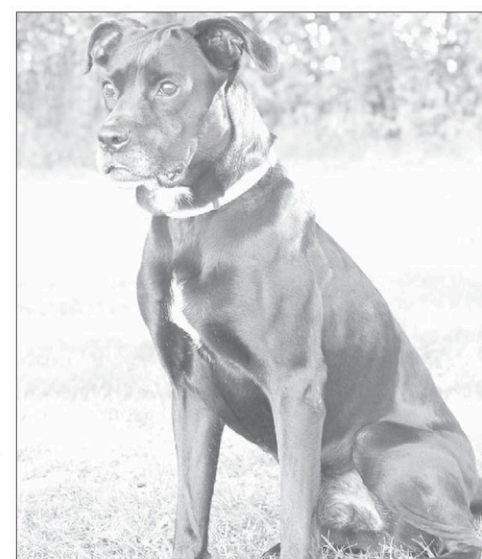
As much as we adore him, there's no hiding the fact that Raven has a lot of happy, "let's get this show on the road" kind of energy. To be fair though, he has been through a lot of change in the past few weeks, and a shelter isn't exactly a calming environment. What Raven needs is a stable, loving home where he can settle into a routine and get the exercise and attention he needs. A home where he is not alone for long periods on a regular basis is ideal. He is sweet and very friendly and when he bonds he will be a loyal and enthusiastic companion.

Raven is ok with other dogs although some find his style of play to be a little too exuberant so he isn't an ideal dog

park dog. He seems fine with cats too. Raven is 5-6 years old and we believe him to be a boxer lab mix but really that's just a guess.

We don't know how or why Raven ended up on his own nor can we piece together the stories that make up his past but he has lots of great years ahead and he is looking forward to whatever adventures come his way.

If you think you can give Raven the home he deserves, we'd love to hear from you. To inquire, please send an email to [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) or better yet give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m



# EDITORIAL

So there we were, half past three in the morning, he panting and I grumbling as we trudged up the street.

## Comforting or just a canine con?



TIM BELFORD

I must say I was surprised the other night when I was awoken from a deep sleep by someone or something licking my arm. When the warm fuzz of sleep lifted I realized immediately that it was highly unlikely to be She Who Must Be Obeyed so it had to be Brando the Wonder Dog.

Now, at five past three in the morning this is a rare occurrence. Usually our faithful guard dog is down for the count right after his ten o'clock walk and doesn't raise the alarm until around five when the newspaper delivery man arrives and is greeted by a ferocious warning bark. Mind you, this is a bit of scam since if he actually tried to enter the house Brando would more than likely cease barking and greet him at the door with one of his stuffed animals in his mouth.

This time, however, he was in one of his anxious moods. For whatever reason, ever so often, he decides to pace at night. Like a canine version of Anne Boleyn's ghost he wanders from room to room without cease. I'd like to say he does it silently but in actual fact his breath comes in an audible pant and he

tends to bounce off the furniture in pin ball fashion. From time to time he does settle down with a loud thud but moments later he is up and at it again.

My bride has suggested that he may have digestive problems and can only work them out by moving but since he hasn't shown any particular or repeated problems with anything we feed him I think it is more likely psychological. In turn, I suggested to my love that it is possibly the upcoming election that set him off since, like all dogs, he is good at picking up on any tension in the household. I also think he's a closet Liberal just by the way he treats pure laine Québécois, Anglos and immigrants all alike. What ever the problem, the inevitable solution is to take him out. This is also a precautionary thing since there have been those rare and delightful moments that all dog owners are familiar with when he does indeed have to go and getting him out before any "accident" occurs is high priority. Not this time.

So there we were, half past three in the morning, he panting and I grumbling as we trudged up the street. The only difference was that three steps later I was still cursing and he was happily doing his doggy thing sniffing and exploring. Thankfully, there are very few of my neighbours out and about at that hour to ask questions or make humorous remarks about my plight so we wended our way undisturbed and unmocked.

Now, some of you are probably asking why the love of my life didn't leap from her bed and say, "It's all right dear. I'll



take him." The answer is simple. She isn't a morning person, particularly an early, early morning person. It's also because a lone woman walking around in the dark, even with a ferocious looking dog is a worrisome proposition particularly when the dog is just as likely to try to lick a would-be assailant into submission.

I, on the other hand, am an early riser. Even during my university years when carousing was the order of the day, or more correctly the order of the night, I always made it a strict rule to get at least three solid hours of sleep before leaping out of bed and heading off to class. My working career, though varied, also often consisted of rising before the sun was up. This included a period of over twenty years when wake-up came at three thirty in the morning. So

when the dog paces the leash is in my hands.

There is the distinct possibility, however, that Brando the Wonder Dog is also the consummate con man. Like all of his canine kin he has the ability to look sad, forlorn and desperately hungry even though you know he has just finished a bowl of food put out by the other human in the household. He can scarf down bits of cheese, his favorite, and two minutes later take on the look of a poor scavenger that is at risk of fainting from hunger at any minute. In short, the panting and the pacing could be just an elaborate plot to get an after-midnight stroll that should be ignored for what it is.

Then again, he might really have to go.

# Couillard ready to go to court if NAFTA deal is unsatisfactory to Quebec farmers

The Canadian Press

Liberal Leader Philippe Couillard says he'll consider going to court to block or delay the adoption of a new NAFTA if the deal is unsatisfactory to Quebec farmers.

Couillard said in Montreal today the province won't accept an agreement that doesn't meet the approval of dairy producers, who are against dismantling of the supply management system that regulates the price of dairy, eggs and poultry.

try.

He says he won't present any deal to the legislature that the agricultural sector opposes.

But while he's willing to take legal action if necessary, Couillard added that so far he has received no indications the Trudeau government is planning to bend to American demands.

On Tuesday, former prime minister Brian Mulroney said he didn't see how Canada can reach a deal without some flexibility on supply management.

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# Local Sports

Nicholas Hoag of Sherbrooke, Que., led the way with 12 points as Canada swept the Netherlands 3-0 (25-15, 25-23, 25-18) on Wednesday in Ruse, Bulgaria.

## Montreal's Nicolas Gill entering International Judo Federation Hall of Fame

The Canadian Press

Nicolas Gill is set to become the first Canadian inducted into the International Judo Federation Hall of Fame.

The Montreal native will enter the Hall of Fame on Sept. 18 before the world championship in Baku, Azerbaijan.

A four-time Olympian, Gill won bronze in Barcelona in 1992 and silver in Sydney in 2000. He was flag-bearer for

Canada at the opening ceremony for the 2004 Athens Olympics.

Gill, 46, also won three world championship medals.

"I didn't realize how others perceived me," Gill said. "For me, I had a certain success, but it was never enough. There will always be this feeling of not accomplishing everything I wanted to. Knowing that the international governing body thought it was enough to be inducted puts things in perspective."

## Canada sweeps Netherlands to open world volleyball championship

The Canadian Press

Canada is off to a winning start at the world volleyball championship.

Nicholas Hoag of Sherbrooke, Que., led the way with 12 points as Canada swept the Netherlands 3-0 (25-15, 25-23, 25-18) on Wednesday in Ruse, Bulgaria.

It was Canada's first win over the Netherlands in world championship history. The Canadians lost the previ-

ous two meetings in 1978 and 1990.

Sharone Vernon-Evans of Scarborough, Ont., added 11 points for Canada, while Netherlands captain Abdel-Aziz Nimir had a match-high 13.

A triple block by Canada on Abdel-Aziz near the end of the second set gave coach Stephane Antinga's team the key point it needed to win the tightest set.

Canada faces Egypt on Thursday.

## It wasn't easy, but Pangos finally returns to Canada's national team

By Lori Ewing  
THE CANADIAN PRESS

Kevin Pangos was looking forward to his first appearance with Canada's basketball team in years. He went to great lengths with his new club FC Barcelona to be able to play. But for a few moments earlier this week, the 25-year-old point guard must have wondered if he'd make it to Montreal at all.

Pangos was en route from Spain to Montreal when his plane was forced to make an emergency landing in St. John's, N.L. He and his fellow passengers were told to quickly read through the safety instructions and then assume the crash position.

"I saw the flight attendant, she was trying to play it cool, but her smile didn't look so real, that made me a little nervous," Pangos. "Everyone was kind of panicking on the plane, thinking like, this doesn't sound so good. It was frightening."

He tried to text his family, but didn't have cellphone service.

Passengers were eventually told there'd been a smell of smoke in the cockpit.

Pangos finally arrived in Montreal in the early hours of Tuesday. Sitting in a university gym in downtown Montreal moments after his practice with Canada, the Gonzaga product talked about his determination to help his national team in Thursday's World Cup qualifying game against Brazil.

Pangos led Lithuanian team Zalgiris Kaunas to its first EuroLeague Final Four appearance in 19 years last spring, and then was signed by Barcelona, one of the world's top professional programs. The contract process included a lot of back-and-forth to convince the club to allow him to play for Canada.

"They sent an email saying we understand the importance of this to you," said Pangos. "So it was all discussed, and when I got there it wasn't easy, but we had to discuss it so both sides could be happy and this was the compromise we came to — less days of camp."

Pangos has been training with Barcelona for a couple of weeks, and already played an exhibition tournament with his new team. Despite being bleary-eyed from barely any sleep, the native of Holland Landing, Ont., was all smiles about joining his Canadian teammates.

"I just wanted to represent the country. Coming back here, it's like a family, all these guys at a young age I either played with or played for, the coaches, the therapists and stuff, that's No.1, just wearing Canada on your chest," Pangos said. "It felt like something that was really important, I haven't had a chance for a while, and it's always such an honour, and when I saw this window and I saw the importance of these games as well it was something I really wanted to do."

Pangos has been sidelined by injury or conflicts for a few years. Racking his brain Tuesday, he couldn't recall the last time he wore the red and white jersey. He does recall growing up it was always the part of his summer he looked forward to most.

"It was a commitment I did every year," he said. "I did it from the youngest age group every summer until I was 19 or so and then I just haven't been able to in a while. For me it was something I always loved to do."

Pangos was a key part of Canada's team that won bronze at the 2010 U17 world championships, earning all-tournament team honours.

"It's just nice to have Kevin back, he's

been with us for so long," said Canadian coach Roy Rana, who also coached that U17 bronze-medal team. "He's just such a savvy veteran, now he really understands how to play. With him in the backcourt with Cory (Joseph), whether it's them sharing it or playing off of each other, it's a really nice thing to have."

Longtime EuroLeague star Juan Carlos Navarro just retired from Barcelona, opening up what Pangos hopes is "more opportunity" with his new club.

"They haven't had the season they've wanted to the last couple of years so it's a great opportunity for me to step in there and help get some wins and help build a successful program," he said. "That being said I'm just excited to be part of such a great club and get as many wins as we can."

The Canadians, who went 5-1 through the first round of qualifying, will fly to Chile for their second game of this window Sept. 17.

The final two qualifying windows see Canada play at Venezuela on Nov. 30 and Brazil on Dec. 3. Canada will host Chile on Feb. 21 and Venezuela on Feb. 24.

The World Cup is Aug. 31 to Sept. 15 in China.

## Former Raptors GM Glen Grunwald to become president and CEO of Canada Basketball

The Canadian Press

Glen Grunwald will become the president and CEO of Canada Basketball effective Oct. 1, the sport's national governing body announced on Wednesday.

Grunwald was general manager of the NBA's Toronto Raptors from 1997 to

2004, an eight-year stint that saw the team acquire superstar Vince Carter. He moved on to the New York Knicks beginning in 2006, where he became GM in 2011, a position he held until 2013.

"I'm honoured and proud to have this opportunity to work with Canada Basketball," said Grunwald. "This is an exciting time for the sport in our coun-

try and I look forward to working with the entire basketball community to continue the tremendous progress the sport has made here at all levels."

Grunwald was most recently the director of athletics and recreation at McMaster University, a position he held for four years. He resigned last month in order to take on a consulting role with

the NBA's Memphis Grizzlies.

Grunwald succeeds Michele O'Keefe as president and CEO of Canada Basketball. She stepped down in June to return to her roots as Associate Director, Athletics & Recreation, at Niagara College.

Canada's men's senior team hosts Brazil on Thursday in World Cup qualifying in Laval, Que.

**Death**



**Bernice BEATTIE  
(1914-2018)**

Bernice passed away on September 9, 2018 at the Wales Home in Richmond at the age of 104.

She was born in Sherbrooke in 1914 and the family moved to Richmond in 1939. Bernice was the oldest of 10 children. She was the daughter of the late John Gordon Beattie and the late Elizabeth M (Lizzie) Walker, she was predeceased by her brothers Malcom (the late Frances Nadeau), Donald (the late Thelma Faulkner), Kenneth (the late Lyla Stimson), Elwin, twin brothers Hilton and Merton, and her sisters, Doris (the late Kenneth Cross), Jean and Shirley (the late Ross Lockwood).

Bernice leaves to mourn many nieces and nephews. She will be missed by family and friends as well as the staff at the Wales Home. Thank you to everyone on Shaw 2 and central who cared for Bernice over the years.

Resting at the Cass Funeral Home, 295 Main St., Richmond, Que., where visitations will be held on Friday, September 14, 2018 from 7 to 9 p.m. and on Saturday, September 15, 2018, visitations at the Richmond-Melbourne United Church, 247 Principal S., Richmond from 12:30 to 2 p.m., followed by the funeral service at 2 p.m. with Charlotte Griffith officiating. Interment in the Elmwood Cemetery, Sherbrooke, will be held Monday, September 17 at 10 a.m.

In lieu of flowers, donations to the Wales Home Foundation, 506 Rte 243 N, Richmond, QC J0B 2H0 would be appreciated.

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**FAX: 819-564-4423**

[www.casshomes.ca](http://www.casshomes.ca)

**Death**



**Blanch SMITH  
(1947-2018)**

Passed away peacefully at the Palliative Care Unit of CSSS Memphremagog, at the age of 71.

She is predeceased by her loving husband Gordon Maddiss and dear daughter of the late Francis Smith and Josephine Shedrick.

She leaves to mourn her cherished son John (Shelley) and grandchildren Noah and Hannah. She is predeceased by her brother Francis E. Smith. She will be greatly missed by many nieces, nephews, other family members and close friends.

The family wishes to thank the Palliative Care Unit in Magog for making her last few days comfortable. Also, to the Manoir Stanstead and their staff for their unconditional care, kindness and support.

A graveside service will be held at a later date.

In lieu of flowers, donations to the Alzheimer's Society, 740, Galt West, suite 112, Sherbrooke, QC, J1H 1Z3, would be appreciated.

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**Boys' intense video game interaction worries grandparents**

**ASK THE DOCTORS**

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

**Dear Doctor:** It's a real nightmare trying to pry our two grandsons away from their online video games when they are visiting. There's always a fight followed by hours of sulking and crankiness. Our son and his wife say it's easier to just let the kids play. Could they be addicted?

**Dear Reader:** Anyone who has ever interacted with a digital screen, be it a smartphone, tablet or computer, knows all too well the lure — and allure — of electronic devices. They draw you in, engage your brain at a startlingly deep level, and time and awareness just vanish. Up the ante with the dynamic visuals and mesmerizing world of a video game, and non-gamers often find themselves in a losing battle for the time and attention of their loved ones.

When it comes to the question of addiction, no less an authority than the World Health Organization has recently added "gaming disorder" as a new mental health condition to the 11th edition of its International Classification of Diseases, or ICD. However, the

bar for someone to earn this new — and somewhat controversial — diagnosis is quite high. According to the ICD, gaming disorder is "a pattern of gaming behavior ('digital-gaming' or 'video-gaming') characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences."

Not only that, the digital devotion must so powerful that it severely impairs all interactions, including with family and friends, at work or school, and in areas of self-care. Finally, the behavior must take place for at least one year before an official diagnosis is possible.

With that definition in mind, it's unlikely that your grandkids qualify as addicted. But that doesn't make the situation you describe any less challenging. The boys are choosing a world visible and meaningful only to themselves over the cooperative dynamics of family life. Lost in the flow of the game, their universe is a potent mix of questions, answers, penalties, risks and rewards. And with the way these games are engineered, particularly the role-playing games, there is no

logical place to stop — or even pause.

On the plus side, immersive games can expand the imagination, foster collaboration and sharpen cognitive skills. But when kids are parked in front of a screen, they're missing out on activities, experiences and events that will help them become healthy and productive adults. In your case, the challenge seems to be that the parents don't see enough of a problem to intervene. However, when the boys are visiting your home, you can make a point of engaging them in the analog world.

Give them a set time for gaming and be firm when that time limit is up. Then be prepared with something interesting for them to do. Think of activities with distinct start and finish times, and with concrete end products or the potential for rewards. Show them that even in the real world, they can achieve the video gaming world's enthralling sense of flow.

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

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# NEA Crossword Puzzle

- ACROSS**
- 1 "Wool" on clay sheep
  - 5 Deal with a knot
  - 10 Draw squiggles
  - 12 Familiarize
  - 13 Chevy model
  - 14 Guanaco cousin
  - 15 Merit badge locale
  - 16 Warmed the bench
  - 18 Wrestler's pad
  - 19 Supervise
  - 23 I knew it!
  - 26 Chatty alien of TV
  - 27 Fracture finder (hyph.)
  - 30 Political gathering
  - 32 Helped the Tin Man
  - 34 Kind of pool
  - 35 Addison's partner
  - 36 Crevice
  - 37 Moo goo — pan
- DOWN**
- 38 Sweater sizes
  - 39 Heart of the matter
  - 42 Owns
  - 45 Bonn connector
  - 46 Swing's support
  - 50 Banished
  - 53 Author's need
  - 55 Alloy components
  - 56 Branched horn
  - 57 Spunk
  - 58 Try to locate

## Answer to Previous Puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | V | O | R | Y |   |   |   | C | L | O | P | S |   |   |
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| N | E | A | T | L | Y |   |   | O | R | D | E | R | S |   |
|   |   |   | A | L | S |   |   | B | E | E |   |   |   |   |
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| H | A | N | S |   |   |   | T | O | N | S | I | L | S |   |
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| I | D | Y | L | L |   |   |   | T | O | X | I | N |   |   |

- 9 Coup d'—
- 10 Put down, slangily
- 11 Canvas supports
- 12 Dobbin's dinner
- 17 Playful bark
- 20 Safe places?
- 21 Glamorous lake
- 22 Buffalo's lake
- 23 False front
- 24 Narrow margin
- 25 Imported car
- 28 Game show name
- 29 Call loudly
- 31 Bistro
- 33 Some, to Pierre
- 35 Dee or Bullock
- 37 Pentagon VIP
- 40 Beer, slangily
- 41 Bring cheer
- 42 Fiber plant
- 43 Eddie's cop character
- 44 In — (as found)
- 47 While away
- 48 Very mild
- 49 Icy remark?
- 51 Resin
- 52 Forest grazer
- 54 USN officer

|    |    |    |    |    |    |    |    |    |    |    |    |  |    |  |
|----|----|----|----|----|----|----|----|----|----|----|----|--|----|--|
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| 10 |    |    |    |    | 11 |    | 12 |    |    |    |    |  |    |  |
| 13 |    |    |    |    |    |    | 14 |    |    |    |    |  |    |  |
| 15 |    |    |    |    | 16 | 17 |    |    |    | 18 |    |  |    |  |
|    |    |    | 19 | 20 |    |    |    | 21 | 22 |    |    |  |    |  |
| 23 | 24 | 25 |    | 26 |    |    |    | 27 |    | 28 | 29 |  |    |  |
| 30 |    |    | 31 |    |    |    |    | 32 |    |    |    |  | 33 |  |
| 34 |    |    |    |    |    |    |    | 35 |    |    |    |  |    |  |
|    | 36 |    |    |    |    | 37 |    |    |    | 38 |    |  |    |  |
|    |    |    | 39 |    | 40 |    |    |    |    | 41 |    |  |    |  |
| 42 | 43 | 44 |    | 45 |    |    |    | 46 | 47 | 48 | 49 |  |    |  |
| 50 |    |    | 51 | 52 |    |    |    | 53 | 54 |    |    |  |    |  |
| 55 |    |    |    |    |    |    |    | 56 |    |    |    |  |    |  |
| 57 |    |    |    |    |    |    |    | 58 |    |    |    |  |    |  |

# Your Birthday

THURSDAY, SEPTEMBER 13, 2018

lighted.

Communication will bring about positive change. A challenge will boost your confidence and encourage you to take on new adventures. If you express what you want, the people whose approval and perhaps support you seek will accommodate you. Partnerships and romance will enhance your long-term prospects.

**VIRGO** (Aug. 23-Sept. 22) — Participate in events that will encourage you to make personal changes. Set high standards and strive to reach your goals. Choose to bring about change instead of being forced to accept it.

**LIBRA** (Sept. 23-Oct. 23) — Be cautious when dealing with older family members. Do your best to get along to avoid a misunderstanding. Change can be good if it's done properly. Taking baby steps will encourage a positive response.

**SCORPIO** (Oct. 24-Nov. 22) — Embrace your feelings and share them with a loved one. Working in unison with someone who has similar goals and a passion to do the right thing will enhance your chances of success.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Go over past mishaps to ensure that something similar doesn't happen again. Listen carefully and question anything that doesn't sound accurate. Know what you are up against before setting an example.

**CAPRICORN** (Dec. 22-Jan. 19) — Consider what you'd rather be doing, and look into new possibilities that will help you fulfill your dreams. It's never too late to start over. Romance is high-

lighted. **AQUARIUS** (Jan. 20-Feb. 19) — Take what others say in stride. Everyone is entitled to his or her opinion. Don't get into a debate when your time is better spent getting things done.

**PISCES** (Feb. 20-March 20) — Set high standards and strive to reach your goals. Your efforts will bring good results. There is money to be made if you are innovative and willing to try something new.

**ARIES** (March 21-April 19) — Keep moving forward, regardless of the challenges you face or the people who try to lead you astray. Trust and believe in yourself and your abilities.

**TAURUS** (April 20-May 20) — Make changes for the right reasons and build a strong and stable base for your plans. Make partnerships a priority. You can flourish!

**GEMINI** (May 21-June 20) — Protect your rights. Don't share personal information. Dealing with institutions will be difficult and should not be left for someone else to handle. Represent your interests personally.

**CANCER** (June 21-July 22) — Make your voice heard. The suggestions you make will give you a place at the table when negotiations begin. Whether dealing with superiors, family or friends, you must speak from the heart.

**LEO** (July 23-Aug. 22) — Resign yourself to things you have no control over, and keep moving forward. You are best off keeping your plans to yourself if you want to avoid interference.

THURSDAY, SEPTEMBER 13, 2018

## The suit points to the key play

By Phillip Alder

Salvador Dali wrote, "The difference between false memories and true ones is the same as for jewels: It is always the false ones that look the most real, the most brilliant."

That might be true for memories, but only occasionally for the jewels in a bridge deal.

What jewel of a play may occur in this deal, where West leads the diamond jack against four spades?

East opened with a textbook vulnerable weak two-bid, promising a good six-card suit and 6-10 high-card points. South, assuming his partner had six or seven high-card points, jumped to four spades. He considered bidding three no-trump, but knew that that would surely require his partner to have both the spade king and something in clubs. When the dummy appeared, South saw 10 winners in spades and hearts. However, he also knew that West had led a singleton — a fact that East did not know when South made a jewel of a play, smoothly dropping his diamond king under East's ace. Now East, seeing the club queen in the dummy, understandably shifted to the heart nine.

That was all the help declarer needed. He drew two rounds of trumps,

|                   |              |          |              |
|-------------------|--------------|----------|--------------|
| North             |              | 09-13-18 |              |
| ♠                 | K 9 4        |          |              |
| ♥                 | J 10 7 5     |          |              |
| ♦                 | 9 6 3 2      |          |              |
| ♣                 | Q 8          |          |              |
| West              |              | East     |              |
| ♠                 | 8 5          | ♠        | 3 2          |
| ♥                 | 8 6 3 2      | ♥        | 9 4          |
| ♦                 | J            | ♦        | A Q 10 8 7 5 |
| ♣                 | A J 7 6 4 3  | ♣        | K 10 2       |
| South             |              |          |              |
| ♠                 | A Q J 10 7 6 |          |              |
| ♥                 | A K Q        |          |              |
| ♦                 | K 4          |          |              |
| ♣                 | 9 5          |          |              |
| Dealer: East      |              |          |              |
| Vulnerable: Both  |              |          |              |
| South             | West         | North    | East         |
|                   |              |          | 2♦           |
| 4♠                | Pass         | Pass     | Pass         |
| Opening lead: ♦ J |              |          |              |

unblocked his remaining heart honors, entered dummy with a trump and cashed the heart jack. He won 10 tricks via six spades and four hearts.

Note that if South had played the diamond four at trick one, East would have returned the diamond five at trick two, his lowest diamond being a suit-preference signal for clubs. After ruffing, West would have cashed the club ace and played another club to defeat the contract.

### 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.

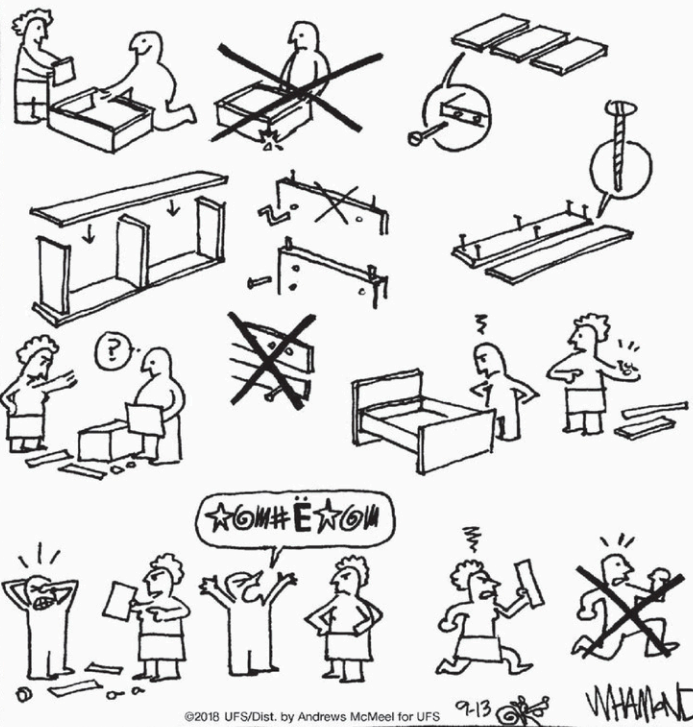
"AMGI D'R DI IGA FSLN, D TVYU AHIU  
US AHPN XSAI UMG YULGGU HIX OGGP  
UMDY UMDIK, PDNG D'R DI H RSZDG."  
— LFHI HXHRY

Previous Solution: "I didn't know the city at all, but I was so happy to be in New York, I cried. I was so excited." — Greta Gerwig

TODAY'S CLUE: n sɪnbəʌ

### REALITY CHECK

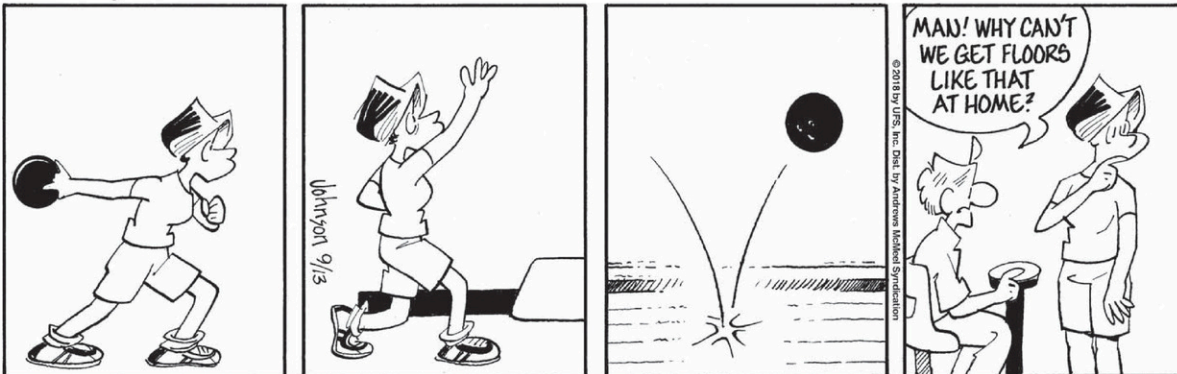
## Släkfejð REAL-LIFE IKEA INSTRUCTIONS



### ALLEY OOP



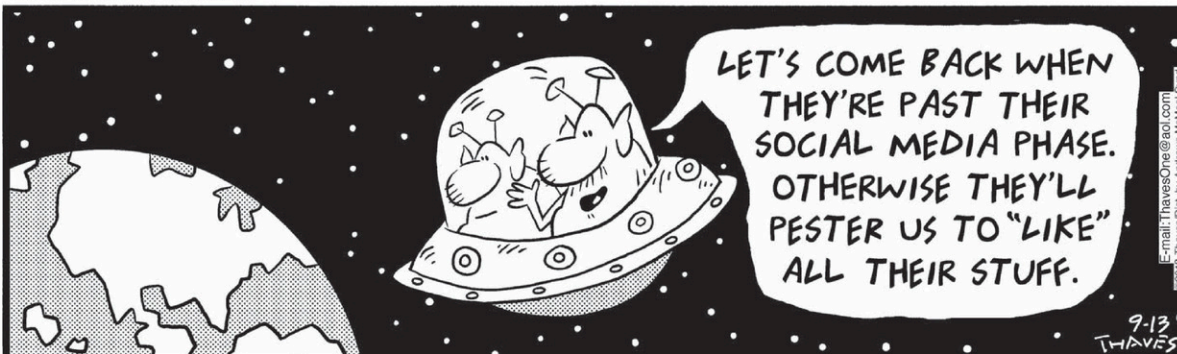
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**MACDONALD'S FARM** - Open Saturday, September 15, 9 a.m. to 5 p.m. Squash, pumpkins, fresh carrots, beets, tomatoes, garlic and other produce. 696 MacDonald Road. 819-346-6422 or 819-820-8494.

**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**

UTILITY TRAILER, 6 x 8 ft. bed. Includes spare tire 5.7x8, loading ramps and 2 ft. removable sides, front and back. 2 inch ball. Price: \$600. Call 819-876-5108.

**340 Garage Sales**

**NORTH HATLEY** Yard Sale, Saturday, September 15 (rain date: September 22), 148 Jackson Heights, North Hatley. Books, dishes, music, art items, mink coat (like new, \$1,000), etc.

**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

**RICHMOND**

Rummage Sale at St. Anne's Church, 171 Main St. South, on Saturday, September 22, 8 a.m. to noon. Bag Sale (clothes and linens) at 8 a.m. and Box Sale (includes everything) at 10 a.m. Extra tables, food, handicrafts, collectibles, T-Fal cookware and Lagostina pans (both new). Set up on September 21 from 9 a.m. to noon.

**BULWER**

The Bulwer Quebec Farmers' Association will NOT meet on Thursday, September 13 at the Bulwer Community Centre. See you October.

**IVES HILL (MILBY)**

Please join us for the annual Ham Supper to support St. Barnabas Anglican Church, Milby on Saturday, September 15 at 5:00 o'clock at the Ives Hill Community Centre. The delicious menu includes ham, scalloped potatoes, beans, peas, coleslaw, rolls, with delightful apple crisp and ice cream for dessert, with tea, coffee and juice. Admission charged. Door prizes.

**MILBY**

Celtic Evensong. Join us on Sunday, September 16 at 2 p.m. for a service of evensong at St Barnabas Anglican Church in Milby with Celtic music by the Ó Sioráins.

**RICHMOND**

Richmond's Terry Fox Walk will take place on Sunday, September 16. It will start at the corner of rue Principale and Craig at 9 a.m. Everyone from 2 months to 99 years are welcome to participate and show support for Terry Fox!! The Canadian Legion will be having their Terry Fox Brunch that morning!

**AYER'S CLIFF**

Fall Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. on Sunday, September 16. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are welcome.

**BULWER**

500 card parties at the Bulwer Community Center, Jordan Hill Road, on Thursday, September 20 and Thursday, October 4 at 1:30 p.m. Admission for cards and lunch, prizes following the card games.

**RICHMOND**

There will be a Crib tournament on Saturday, September 15 at 1 p.m. at the Royal Canadian Legion, Branch #15, Richmond, 235 Colledge St. North. Come and join in the fun. Admission charged. We will also be holding our TERRY FOX Brunch on Sunday, September 16 from 9 a.m. to noon. Admission charged, 1/2 price for children under 12.

**BURY**

On September 15, from 10 a.m. to 4 p.m., there will be the annual painting exhibition held at the Bury United Cultural Center and also at the Bury Armoury Community Center. Lunch will be served at the Cultural Center for a small fee. Many talented Township artists are ready to greet you. Please come and enjoy the day. Entrance is free.

**RICHMOND**

Sherbrooke Connection (for men and women) will meet on Thursday, September 13 from 2 p.m. to 3:30 p.m. at the Wales Home, 506 Route 243 North, Richmond. Fall Concert - "Dare to Dream," members from the Sherbrooke Snowshoe Club will be performing. Guest speaker: Hudson Taylor Wells from Sherbrooke. Admission charged. For more info call Pauline 819-

563-8061 or sherbrookewc@yahoo.ca  
**INVERNESS**

Sunday, September 16 at 3 p.m. a 180th Anniversary Musical Celebration is being held at St. Andrew's Church, 1780 Dublin St., Inverness. The service will feature a community choir and local musicians. A reception will follow in the I.O.O.F. Hall, 317 Gosford, Inverness. Everyone is welcome to attend.

**MINTON**

Waterville/North Hatley United Church will be holding their final summer service at Minton on Sunday, September 16, 2018 at 2 p.m. to celebrate Minton's Anniversary and Thanksgiving Service with Rev. Mead Baldwin. Everyone welcome.

**LENNOXVILLE**

Mechoui at the A.N.A.F. Unit #318 "Hut," 300 St. Francis Street, Lennoxville on Saturday, September 15 at 5 p.m. Hosted by the Sawyerville Eaton Valley IOOF. Admission charged. Information: Barry Berwick 819-889-2597 or Darryl Harrison 819-553-8500.

**RICHMOND**

CHEP Video Conference: Eating Well - Sugar and Salt. Wednesday, September 26, 10 a.m. to 12:15 p.m., Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free. No reservation required. Please arrive a bit early.

**BURY**

Health Link Information Session: Fire Prevention. Wednesday, September 19, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main, Bury. Lunch - donation (must reserve). To reserve, call Kim Fessenden 819-872-3771, ext. 2.

**RICHMOND**

Advance notice. The Richmond-Melbourne United Church, 247 Principale South, Richmond, will be having their annual fall Chicken Pie Supper on Saturday, October 20 from 4:30 p.m. until 6:30 p.m. A delicious meal of chicken and biscuits, squash, peas, coleslaw, homemade rolls and homemade pies will be served. Come and enjoy a meal out with good food and good friends. Admission charged. Everyone is welcome.

**ST. FÉLIX DE KINGSEY**

The annual Harvest Service at St. Paul's Church Sydenham, 25 chemin des Domaines, will be held on Sunday, September 23 at 3 p.m. Everyone welcome.

## Datebook

**THURSDAY, SEPTEMBER 13, 2018**

Today is the 256th day of 2018 and the 85th day of summer.

**TODAY'S HISTORY:** In 1788, Congress chose New York City as the temporary federal capital.

In 1971, state police and National Guard soldiers stormed Attica Correctional Facility in New York, bringing a four-day riot to an end.

In 1993, Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat signed the Oslo Accords.

In 2001, civilian air traffic resumed in the wake of the Sept. 11 terrorist attacks. In 2007, the Declaration on the Rights of Indigenous Peoples was adopted by the United Nations General Assembly.

**TODAY'S BIRTHDAYS:** Milton Hershey (1857-1945), Hershey Co. founder; John Pershing (1860-1948), U.S. Army general; Sherwood Anderson (1876-1941), author; Claudette Colbert (1903-1996), actress; Roald Dahl (1916-1990), author; Mel Torme (1925-1999), singer/actor; Judith Martin (1938- ), "Miss Manners" colum-

nist; Jean Smart (1951- ), actress; Anne Geddes (1956- ), photographer; Michael Johnson (1967- ), Olympic sprinter; Tyler Perry (1969- ), actor/filmmaker; Fiona Apple (1977- ), singer; Niall Horan (1993- ), singer.

**TODAY'S FACT:** In 1948, Margaret Chase Smith was elected Senator from Maine, becoming the first woman to serve in both the House of Representatives and the Senate.

**TODAY'S SPORTS:** In 1970, Gary Muhrccke won the first New York City Marathon with a time of 2:31:38.

**TODAY'S QUOTE:** "A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." — Roald Dahl, "The Twits"

**TODAY'S NUMBER:** 70 million — Hershey's Kisses produced daily by the Hershey Co.

**TODAY'S MOON:** Between new moon (Sept. 9) and first quarter moon (Sept. 16).

## SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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9/13

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**PREVIOUS SOLUTION**

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

# OLD ORCHARD BEACH named one of the BEST BEACHES FOR FAMILIES in 2018!

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 September 15 @ 12:00 pm - 4:00 pm 10th Annual Chilifest on the Pier  
 September 22 @ 10:30 am - 5:30 pm Wings 4 Wishes.

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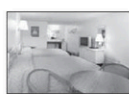
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