

Daily numbers down and vaccinations up in Quebec

Record Staff

According to Quebec's Health Minister, Christian Dubé, the seven-day average number of new cases of COVID-19 in the province has now dropped below 1,000. While Dubé hailed this as good news for the decline of infection in the province he said it must go hand-in-hand with vaccination.

On that note, the health minister also pointed out that the province set a new record for appointments made in a single day on Tuesday, with 236,617 people registering to get their shot. Despite that significant number, he pointed out that appointments continue to be available in many regions of the province for anyone who does not have one yet and is in an eligible group. The next priority age group to open up will be the 35-39 year-olds on Friday.

The Province of Quebec reported 915 new cases of COVID-19 on Wednesday, bringing the total number of people infected to 354,390. The total number of active cases in the province remained almost unchanged from the day before, at 8,895.

Five new deaths were recorded, for a total of 10,964, but the overall number of hospitalizations and people in intensive care decreased by six and three respectively.

In the Eastern Townships, Wednesday brought news of 53 new cases, with close to half once again coming from

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Women's centre branching out with new forest workshops



SOPHIE MCCAFFERTY

By Gordon Lambie

This past weekend several families from the Lennoxville area made their way into the woods near D'Arcy-Bennett Park for a "forest school" activity organized by the Lennoxville and District Women's

Centre (LDWC). Over the course of a morning, each family experimented and played with methods to build a forest shelter under the guidance of facilitator Sophie McCafferty.

"Forest school is a concept of giving kids and, really, just anyone a little freedom to explore and be in that

space," McCafferty shared, "You need to connect people with nature before they can care about protecting the environment."

Although the activity still maintained the necessary social distancing rules by requiring families

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TODAY:
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RAIN

HIGH 12
LOW -4



FRIDAY:
SUNNY

HIGH 15
LOW 2



SATURDAY:
CLOUDY

HIGH 13
LOW 4



SUNDAY:
CLOUDY

HIGH 15
LOW 2



MONDAY:
MIX OF SUN
AND CLOUD

HIGH 14
LOW 1

Sweet memories in a brown paper bag



LINDA KNIGHT SECCASPINA

Last week someone asked me how much I got for an allowance as a kid. I don't remember getting any extra money if I recall. I believe free room and board was offered to me at the time by my parents, so that was the best deal- and I took it with no arguments.

Of course I was not penniless along with the other neighbourhood kids. Empty pop bottles were always a commodity, and if you look at it now, I think we did a better job of recycling. We loved loading up the wagon once a week and anticipating what sweet treasures we were going to get for our haul at the corner store. Maybe penny candies, or a soft drink from the old drink cooler, and sometimes even a handwritten note to buy cigarettes for my father was tucked in my pocket.

The small neighbourhood stores were the original convenience stores and we had Mayheus on Oliver Street and another one on the left a bit farther down. They usually did not carry a wide variety of goods but they had the basics, and children could safely be sent out for milk, bread or

a can of soup without having to go all the way up to Bonneaus at the top of the Albert Street hill. I would go to Mayheu's corner store and with 10 pennies come out with a paper bag full of potato chips, marshmallow filled mini ice cream cones, wax lips, and Popeye candy cigarettes.

My favourite penny candy was a pair of big red wax lips. Every summer day I would sit on the edge of the Cowansville public pool kicking my legs in the water with the wax lips that were slowly melting in the hot sun. If they were not available, I would buy the little wax bottles and bite off the top and drink the liquid that was probably heavy on Red #49 food colouring. The bottles were made of edible wax, and all everyone did was chew on them forever and then spit them out after the juice was consumed.

Buying penny candy wasn't just about the candy- it was all about the experience. It was about racing into the store to gaze at the shelves of what seemed like a million choices of candy. It was seeing the store owner grab a brown paper bag and trying to fill it to the brim with jawbreakers or black balls. Those store owners had the patience of Job and gave us all the time we needed. Everything seemed to be "two for a penny", or "three for a penny" so the decisions made were often our first lesson in personal financial management. The right decision could fill the little paper bag that our purchases were stowed in

Our favourite hangout away from my grandmother's eyes was Dion's lumber yard next door to my home. "Smoking" on our candy cigarettes, my friends and I would sit on the

top of the piles of lumber and have earth shattering conversations about why I cut my bangs so short like Bette Davis. We soon skipped speaking about the prospects of picking wild strawberries in the field and hoped the ill-tempered farmer was not going to come out and shoot at us with rock salt.

Candy today seems to have been taken over by power drinks and bars that have just as much sugar and caffeine in them as our penny candy did. A serving of Gatorade contains the same amount of sugar as twelve pieces of candy corn. No longer can a child go into a corner store and find the delights we had as kids. Today, besides the dollar store candy, the candy companies have designer lines to entice baby boomers into buying candy again- and not for a penny.

Although you may occasionally find a small store or a gum ball machine that will still sell you a small piece of candy most candies have increased in price quite a bit since my day. What the heck is "fun size" chocolate bars anyways? There is nothing fun about having less candy, and now at an older age its like eating a cloud of diabetes.

There are no more brown paper bags or "trusting" proprietors. No more sugar sprinkled comic book pages and no more testing the merchandise. The next best thing is sadly ordering online at the retro candy companies and we can always reminisce. No more hiding in the closet anymore eating candy alone away from your siblings. I wish the moments we had could have lasted forever as sometimes all anyone needs is just a Rum and Butter Life Saver to keep us afloat for the day.

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Ben by Daniel Shelton



Local News

The pandemic has exposed many flaws in Quebec's health system this year, but what Rourke has noticed is that there is a disconnect between the various levels of service.

Sherbrooke homeowners warned of driveway scam

Record Staff

With the arrival of spring weather, the Sherbrooke Police (SPS) are warning people to be careful of a scam involving offers of driveway repair.

According to a notice issued by the SPS earlier this week, a number

of people have been observed going door to door offering asphalt repair services. When asked, however, many cannot produce a door-to-door sales permit from the City of Sherbrooke or a permit from the Régie du bâtiment du Québec (RBQ).

The police add that in each case fraudsters have had their victims

sign a contract with barely any information on it, identifying it as authorization to do work on the owner's property. They ask for payment in cash, and then begin work in a very basic way before leaving with the work unfinished or very badly done.

The SPS notes that the individuals

tend to be very insistent, particularly with the elderly.

There have reportedly been several complaints about scams of this nature in the city in recent years. When in doubt, citizens are encouraged to ask to see workers' permits and, if needed, call the police at 819-821-5555.

CHUS Users' Committee continues to field fewer calls this year

By Michael Boriero

With many restrictions placed in hospitals across Quebec this year due to the pandemic, the CHUS Users' Committee at Fleurimont (CHUS) and l'Hôtel Dieu has received a lot fewer calls than normal.

"We've had less this year and I think partly that's due to less people going to the hospital for emergencies, less people being able to be with their family members when they're hospitalized," said CHUS Users' Committee President Josée Rourke.

However, the committee, which aims to defend people's rights to hospital services, wants to remind people that they are still active and eager to help. It has been a full year since a meeting has been held in the hospital, Rourke said, making it difficult to get their message out.

"We do keep in touch, we do try to stay involved, we continue to get clients who call us for issues that

come up," she said.

According to Rourke, there have not been any major issues up to this point. There was a meeting involving the people responsible for blood clinics recently because residents were having difficulty making appointments, she said, but that has since been cleared up.

The wait time for blood clinics is now two days, Rourke explained, but it was much longer for a while. The other concern they had was with high-risk patients, like cancer patients, not receiving their vaccine. But that has also been addressed, she noted.

"I think we would have perhaps liked to have seen that happen sooner, but that was a provincial decision, not a local one," said Rourke.

When asked about other patients, such as the many thousands of people waiting for surgery, the committee president acknowledged there is a serious backlog. However, it's a product of the pandemic, since many

operating rooms were shut down earlier this year.

At this point there are about 80 per cent of operating rooms open and, according to Rourke, the hospitals are trying to make their way through the list while respecting COVID-19 health and safety measures. No one has reached out about any major delays in a long time, she added.

The pandemic has exposed many flaws in Quebec's health system this year, but what Rourke has noticed is that there is a disconnect between the various levels of service. And it was exposed when front line workers tackled the pandemic head on.

"The fluidity between the various levels of service I think it became accentuated during the pandemic just because of the fact that there was so much need, so much need everywhere," said Rourke.

There should be a point of entry for all services, she continued, including for Quebecers dealing with mental

health issues. The problem, though, is even if there is someone available at a CSLC, when a patient leaves the clinic or hospital, the services begin to differ from region to region.

What happens when you need to wait for another service, Rourke asked, or a person is put on a waiting list after being referred to a specialist. However, this won't be fixed until the province deals with the worker shortage. Until then, waiting lists will continue to pile up.

"I know the efforts are being made, but the biggest difficulty is getting the right person into the right position, you know, there's such a shortage, whether it's nurses, youth protection workers, or doctors," said Rourke.

The CHUS Users' Committee can be reached by email at comitedesusagers.chus@sss.gouv.qc.ca or by phone at (819) 829-3288. Rourke encourages people to contact the committee if they have any questions or concerns regarding their hospital visit.

Forest workshops

CONT'D FROM PAGE 1

to remain within their own bubbles, the facilitator explained that one of the main principles of forest school is the concept of free play, and the ability to explore a space without strict guidelines about what to do and how to do it.

Currently a student of Environmental Sciences, Sustainable Agriculture, and Indigenous Studies at Bishop's University, McCafferty said that she was the one who approached the LDWC about leading the workshop upon moving to the area last fall.

"Working with children is something I've very passionate about," she said, explaining that she used to work in a forest-school based daycare in Montreal.

Based on the success of this event, several other activities are in the process of being organized for the remainder

of the spring and summer, including one on discovering local insects, and another on orienteering.

More information on the workshops is available by calling the LDWC at 819-564-6626 or emailing programs@ldwc.ca

Daily numbers down

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the Granit region. The number of active cases increased to 465.

The region continued to have no new deaths attributed to COVID-19 and the number of people in intensive care remained unchanged at eight, but general hospitalizations saw a dramatic increase of eight, to reach 25.

As of Wednesday morning a total of 3,365,575 doses of vaccine had been administered out of 3,893,539 doses

that have been received in total so far. The Province now registers 38.2 per cent coverage of the population for a first dose, with 1.5 per cent having received their second. 187,630 people had received their first dose in the Eastern Townships as of Wednesday morning, accounting for 37.1 per cent of the local population, and 7,249 have received a second dose, representing 1.4 per cent of the population. The local public health authority was

also reporting that second-dose vaccination in long term care homes in the region has reached 45.9 per cent.

On Wednesday Valcourt-based BRP announced the opening of the vaccination centre for its employees. In order to help ensure mass-vaccination as quickly as possible, the government of Quebec called upon large-scale employers to participate in the campaign and the

local manufacturer of recreational vehicles was one of 13 to respond to that call.

"This initiative will speed up the vaccination process and contribute to the health of our employees, their families, and our fellow citizens," the company shared in a Facebook post, adding that they expect to provide vaccinations for up to 25,000 people through the centre between the months of May and August.

2022 Hyundai Tucson Hybrid



This hybrid variant of the compact SUV surprises us with its liveliness, but that quality comes at the expense of fuel economy

Photo: B. Charette



By Benoit Charette

Hyundai is introducing a new, bolder generation of its Tucson for 2022. We had the chance to test drive the hybrid variant of the compact SUV, which will soon be complemented by a plug-in hybrid model. This Tucson surprised us with its liveliness, but it comes at the cost of fuel economy.

Original styling

Hyundai's new styling approach is described as "parametric dynamics". Don't ask me to explain exactly what that means, but there is indeed a dynamic design to the vehicle with its multi-faceted exterior elements. There are more pronounced angles everywhere and a more sculpted silhouette. In profile, the Tucson has a powerful, forward-moving appearance. The front headlights disappear into the long hood.

The same approach is evident at the rear, where the full-width lights incorporate half-camouflaged triangular shapes that are only revealed when lit, echoing the design of the daytime running lights at the front. To ensure the purity of this design approach, the Hyundai logo has been moved up and integrated into the rear window, while the wiper is camouflaged under the rear spoiler. Overall, it's a style that stands out in today's somewhat grey automotive universe.

Lots of technology

The Tucson Hybrid, which retails for a higher-than-average starting price of \$41,499, offers a long list of active and passive safety features. The list of safety functions includes all of the Hyundai SmartSense features that come standard in all Tucson models and include: forward collision avoidance assist (FCA) with pedestrian and cyclist detection, lane keep assist and lane tracking assist, long-range headlight assist, low driver attention alert, rear occupant alert and vehicle departure warning system in front.

In addition to all of these features, there's a small button on the right side of the steering wheel that activates the Highway Driving Assist feature. It

helps the Tucson stay centered in its lane during normal driving and works with the adaptive cruise control. When the cruise control is activated, the new Tucson thus has a semi-autonomous driving function.

In addition, Hyundai has a fun little gadget that allows you to park the vehicle remotely. When the engine is running, simply hold the forward button on the key fob and the Tucson will automatically drive to the parking spot. Pressing the reverse button puts it in reverse. This can also come in handy in a mall parking lot, for those times when someone's parked a little too close for comfort.

You also have remote start, which allows you to heat or cool the Tucson remotely through the Bluelink app on a cellular device, including activating the available seat heating or ventilation, a feature exclusive in the segment.

Comfortable and spacious

The new Tucson has grown in size. Its body is longer, wider and higher and its 2755 mm wheelbase is 85 mm longer than the previous model. As you might guess, this adds a lot more space for passengers and cargo. The back seats can easily accommodate three people, for example, and cargo capacity is also up. There are 1,095 litres of space with the seats up and 2,119 litres with the seats down, which simply fold down with the pull of a lever in the back. Only the CR-V offers more space in this segment.

You get Apple CarPlay, Android Auto and a good Bose audio system with 8 speakers and a 10.25-inch screen. Shifting gears is now done via a push button that replaces the previous lever. The cabin's ambient lighting is adjustable in 64 colors and 10 intensity levels, plus you get an indirect diffusion ventilation system, unique in the automotive industry, which blessedly doesn't send air directly into your face.

On seeing the 19-inch tires on our tester, we had some concerns about ride comfort; these concerns proved to be unwarranted. In terms of ride and handling, the suspension does a good job of keeping roll under control without making things hard on the highway, despite those 19-inch wheels and 235/55 tires.

Both front and rear seats offer good comfort and the cabin is very well insulated from outside noise. And since space for the occupants is generous, it adds to the comfort level for everyone.

Fun to drive

Hybrids are generally not associated with driving pleasure; it almost goes against their prime directive. But,

though it's not particularly sporty, the Tucson's drive is lively, even slightly edgy. Hyundai offers e-handling technology, which means that on entering a corner, the electric motor applies braking force to the front wheels, loading the tires and sharpening steering response; on exiting, it gives torque to the rear axle for better acceleration out of the corner. This delivers a driving dynamic not usually seen in a hybrid model.

In addition, the steering is precise and quick, and you can also modulate your driving setup via the drive modes. For example, Smart mode is ideal for city driving or on a long stretch of highway. Sport mode is our favorite, as it gives the steering more bite and changes the operating characteristics of the all-wheel drive system by sending more power to the rear for a greater portion of the time, enhancing the drive. There are also Snow, Sand and Mud modes, which tells you that in theory anyways, the Tucson is capable of some off-roading.

The hybrid model uses a 1.6L turbocharged 4-cylinder that makes 180 hp and 195 lb-ft of torque. It runs on an electric motor and a 1.49 kWh lithium-ion-polymer battery.

A dashing engine

The electric motor adds 59 hp and 195 lb-ft of torque, bringing the net output to 227 hp and 258 lb-ft of torque. The hybrid works with a 6-speed automatic transmission to drive all four wheels. That's a unit we approve if, as it offers a more dynamic and smoother ride than the horrible CVTs too commonly paired with hybrid-powertrain engines. With the turbocharged engine and the electrical input, power is more than decent.

A little greedy, though

Hyundai claims an average fuel consumption of 6.4L/100 km with the hybrid model. On our two-day test drive that covered some 250 km of highway, we managed to average 7.5L/100 km. That's not bad, but it's nothing exceptional either. For comparison, a model like the Toyota Highlander hybrid is below 7.0 L/100 km, though the flip side is it's less fun to drive.

Conclusion

The Tucson Hybrid proved to be livelier on the road than we expected. It has a very stylish interior, a host of advanced technologies and a powertrain that will suit a wide range of customers. Best of all, its size is compact enough for those who don't like big SUVs and roomy enough for the whole family to enjoy its comfort. To be honest, I liked the new Tucson better than the new Santa Fe; it might overshadow it.

Antonio Cameron (1910-1975)

A pioneer exterminator, in the good sense of the word

By Gérard Coté, Lennoxville-Ascot Historical and Museum Society, and Jean-Marie Dubois, Université de Sherbrooke

In the spring of 2020, the City of Sherbrooke opened a new street in its regional industrial park where several streets have been named after industrialists. This time, it was named for Antonio Cameron, a leading member of a very well-known family of exterminators in the Eastern Townships and in the greater part of Quebec.

Antonio Cameron was born in 1910 in North Winslow, Qc. He was the youngest child of Clara Bureau (1885-1936) and of Louis Cameron (1875-1957). They had been married in Lambton in 1905. Antonio was of Scottish descent. Indeed, his ancestor Thomas had come to Bellechasse County in 1772. His descendants then settled in Dorchester County and subsequently in North Winslow. In 1913, Louis came to Sherbrooke, where she worked at the Paton Mills and later at Ingersoll Rand Canada. In 1940, Cameron started working on King Street East as an exterminator, which he continued until his death. As a tradesman, he had always kept up a good reputation by offering guaranteed work.

As for his private life, in 1931 Antonio married Berthe Desrochers (1910-2006). They had five children: Gérard, Lorraine, Denise, Roberte and Roger (nicknamed Tom). Antonio started working as a knitter for Canadian Silk Products and then as a clerk in the Sherbrooke post office. In 1962, he took correspondence courses on pest extermination given by Perdue University in Illinois, obtaining exceptionally good results. He then took over his father's company, which was at the back of his home on Sainte-Thérèse Street. His wife looked after the secretarial work and accounting. In 1966, their son Gérard joined the company and changed its name to Cameron Pest Control. Antonio died in 1975, after which Gérard ran the firm. It became Cameron Extermination in 1978, when it moved to McManamy Street. Gérard continued to run the company until 1985. From then on, the running of the company was shared by Gérard's three sons: Pierre, president; Guy, vice-president and Jean, secretary-treasurer. In 1997, the company was moved again to Industriel Boulevard and then, in 2005, to Lesage Street. In 1988, the company became Groupe Cameron and they began to offer pest management services in Sherbrooke and elsewhere in Québec. By 2010, it had 58 employees and 63 vehicles, with outlets in Granby, Montreal, Québec, as well as in Chibougamau and Val d'Or. Pierre was also president of the Association québécoise de la gestion parasitaire from 1988 to 1992, of the Canada Pest Management Association, and was a board member of the National Pest Management Association (USA). In 2014, Groupe Cameron, then having 88 employees, was sold to Terminix, an American company in Memphis, Tennessee, following the path taken by other, similar Canadian companies in Ontario and British Columbia. At the end of January 2016, the three Cameron brothers retired from the operation of the family business, however, Pierre stayed on as an employee.



TOM CAMERON

Antonio Cameron in 1974



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The Border Report

Prior to coming into our care, Mack had an opportunity to spend an afternoon with our trainer at her private dog park where he had a great time running and playing with the other dogs.

Supporting mental health in our programs

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grades, but on working on how their mental health has been. This includes talking about recognizing what influences our emotions, discovering how our emotions affect the way we think or act, taking action when our emotional response isn't helpful and learning to accept them. It is clear that relying on others and sharing our very normal feelings of sadness, fear and worry is hugely important during this unusual time of stress, uncertainty and loss.

Our Bishop's practicum students were also able to host a workshop for our high schoolers on how to identify someone with depression and ways to ask for help. We hope that by having these conversations with the students, mental health will be an easier subject to discuss and will help promote behaviours



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Phelps Aide Phelps Helps was

founded in 2012 and has grown organically from a single high school tutoring program to six 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, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Mack

Before we introduce Mack, who is this week's featured pet, we would like to share the happy news that Cyrus, who was featured in last week's edition, has found a wonderful home. His adopters are breed experienced and will give him the love, structure and guidance he needs to reach his full doggy potential. Be a good boy Cyrus!

Handsome Mack is an owner surrender who came into our care late last month. Surrendering an animal should never be a decision that is made lightly, and it should always be done in the best interest of the animal. Mack is a great dog who still has his whole life ahead of him and although he was loved, his needs could not be met and he deserves to be in a home where he will thrive.

Mack is a sweet and friendly 1-year old mixed breed (likely a German Shepherd/Husky mix) who loves to play, loves to be the center of attention, and really enjoys human companionship. Always enthusiastic for a walk in the woods, Mack walks beautifully on leash (we use a halti) and despite his size, he is easy to

handle. Yes, Mack is a big boy who weighs in at just under 100 pounds (45 kilos). If you adopt Mack, and you are looking for a snuggle buddy, you may want to consider buying a bigger couch :-).

Prior to coming into our care, Mack had an opportunity to spend an afternoon with our trainer at her private dog park where he had a great time running and playing with the other dogs. He does however require proper introductions and he can be a bit much for smaller dogs, so we do not consider him a good candidate for your local dog park where you can't control the dynamic. Mack is best suited to engage and interact with dogs he knows. Also, we are looking to place him in a home with a securely fenced yard where he can safely enjoy some outdoor playtime. No apartments for Mack.

Unfortunately, Mack cannot live with cats but he did live in a home with children aged 8 and 11.

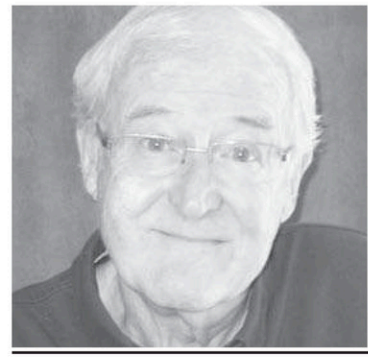
If you think Mack might be the right dog for you, please give our adoption coordinator Brenda a call at 819-876-7747 any day of the week between 8 a.m. and 8 p.m.



EDITORIAL

As you age, many of the new words in your life don't come from books anymore

A vocabulary that can't keep up



TIM BELFORD

It occurred to me the other day that I no longer understand the vocabulary of my life. The words I encounter increasingly make little or no sense and the proper pronunciation baffles the tongue while at the same time demanding a graduate degree in biology, or one of the other sciences I paid scant attention to in school.

It wasn't always this difficult. From an early age I began to read with enthusiasm. "See Spot run Jane. Run Spot run." Soon, "Fun with Dick and Jane" made way to bigger things. I learned about nouns and verbs, adjectives and adverbs. The sentences became longer and more complex. The books too became larger and an entirely new world opened up for me.

At university, I opted for a major in History and Philosophy. My reading spread to The Rise and Fall of the Third Reich and the six or so volumes of Winston Churchill's history of WWII. I read Kierkegaard and Plato. I worked my way through Kant and Sartre and understood them all; well maybe not Sartre, but then who does?

Unfortunately, as you age, many of the new words in your life don't come from books anymore, unless you consider your local pharmacy as a sort of medical lending library. Today, instead of deciphering Aristotle's syllogisms, I find myself trying to pronounce "Rosuvastatin." Names like "Diltiazem", "Apo Hydro", "Perindopril Erbumine" and "M Panttoprazole" hardly roll off

the tongue but they are as common now as "Oh my!" in a Bobbsey Twins mystery. Words like "Prednisone" and "Naproxin" never popped up in The House at Pooh Corner as I remember, but

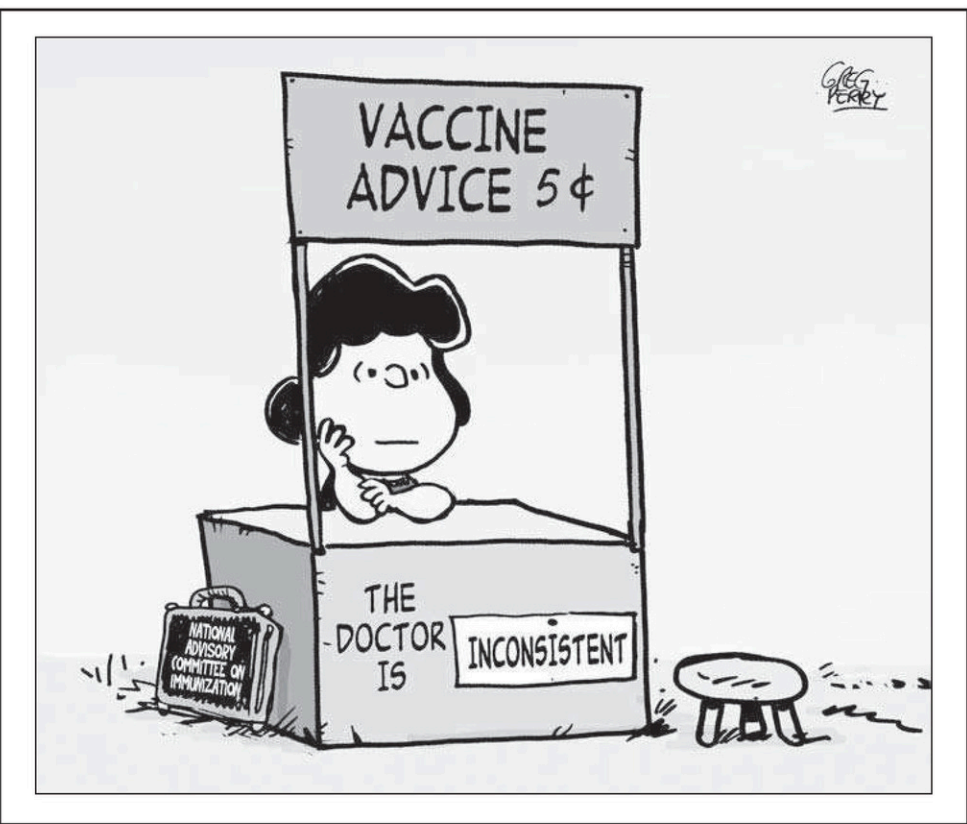
I could be mistaken. It does help that I also took four years of Latin along the way since it seems to be the fall-back language for all doctors. Despite - to use the term popular with the Office de la Langue Française - the "language first learned at home" doesn't matter, be it English, French or Swahili. When explaining that nagging pain in your back or the ugly wart on your nose, doctors have a Latin term for everything.

When you become afflicted with 'poly rheumatoid myalgia' wouldn't it be easier if the doctor just said it in plain English instead of sending you scurrying to the dictionary to find out that it simply means multiple joint pain? The same holds true for 'sciatica', a corruption of the medieval Latin term 'ischiadicus', or as you and I would call it, a pain in the hip.

Some time back the government, in its wisdom, decided we should all know exactly what was in the food we eat. It seemed a good idea at the time in this age when almost everything comes pre-processed in a can or a box, but once again it involved an entirely new vocabulary for your average shopper.

If you do take the time to read the list of ingredients slapped onto the side of every bottle, bag or box you will be interested to know that peanut butter contains diglycerides, soy sauce has aspergillus sojae and hot dog relish has just a dash of calcium chloride potassium sorbate. Even the dog's Dentastix is laced with something called sodium tripolyphosphate.

I won't go into a discussion of the 'agreement' part of a credit card application or the 'user agreement' that pops up so often when using the internet. Let's just say banks, insurance companies and the folks at Revenue Canada could use a good dose of "Dick and Jane."



Local media at the heart of Sherbrooke photo exhibit



PHOTO BY SHANNA BERNIER

Record Staff

An outdoor exhibit featuring impactful headlines and images from a variety of local media, is on display this week at Sherbrooke's Marché de la Gare this week. Organized and curated by the Eastern Townships chapter of the Fédération professionnelle des journalistes du Québec (FPJQ) for Media awareness week, the display is meant to highlight the important role that local media play in their own communities.

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.

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Year-long community project targets seniors in the Massawippi Valley

By Michael Boriero

Seniors living in municipalities within the Massawippi Valley are receiving much-needed technology training, as well as regular phone calls and walks with volunteers, thanks to the Massawippi Valley Health Centre and the Massawippi Valley Foundation.

Dian Cohen, president of the Massawippi Valley Foundation, said the two organizations partnered in an effort to connect seniors and get them more involved in the community. The foundation received two federal grants to fund a variety of activities.

The grants helped get two projects off the ground, with the first project kicking off just over a month ago. The focus is on teaching seniors how to use laptops and tablets and helping them connect with friends and family.

"That [first] project started at the end of February, beginning of March, and we now have more than 30 people registered to take computer courses and we have another 10 in the wings for a second group," said Cohen.

They received a combined \$53,300 from the federal government grants, allowing them to purchase a desktop, which will be used to set up a help desk, several laptops, and tablets, including 10 iPads that residents can rent if they don't have their own equipment at home.

And they have a fleet of volunteers, nearly 20 people, according to Cohen, who are calling seniors to promote the computer courses. The volunteers are also reaching out to seniors who have expressed loneliness throughout the pandemic.

Some seniors have also shown interest in going outside for walks, Cohen explained, but they need a helping hand to get around. While others have told the foundation president that they simply don't understand how to use their tablet or laptop.

"What we're going to do is we're going to phone those people and teach them enough that they can get on a Zoom call," said Cohen.

The foundation also hired a Toronto-based company, Cyber Seniors, to run the tablet and laptop lessons, which will begin next week, according to Cohen, adding that the foundation is also in talks with the Bishop's University's Lifelong Learning Academy (BULLA).

While the first project has a strong focus on technology, with the second grant, from New Horizons, the two organizations want to offer workshops and seminars. It will be beneficial to take advantage of the computer courses, however, as all of the workshops and seminars will be held virtually.

Cohen plans on running a four-week workshop on financial planning. She hopes to start in June, and she already has four people signed up to her workshop. The pandemic is still here, and people are realizing it isn't going away anytime soon, Cohen explained.

Carol Mooney is the head of the volunteer group currently reaching out to seniors. She said they have called over 100 people in the last month, with most of them eager to sign up for computer lessons, or simply happy to hear from a friendly voice.

"We've talked to at least 10 people that are over 90 years old living in their homes and what's amazing for us is the determination to stay in their homes," said Mooney.

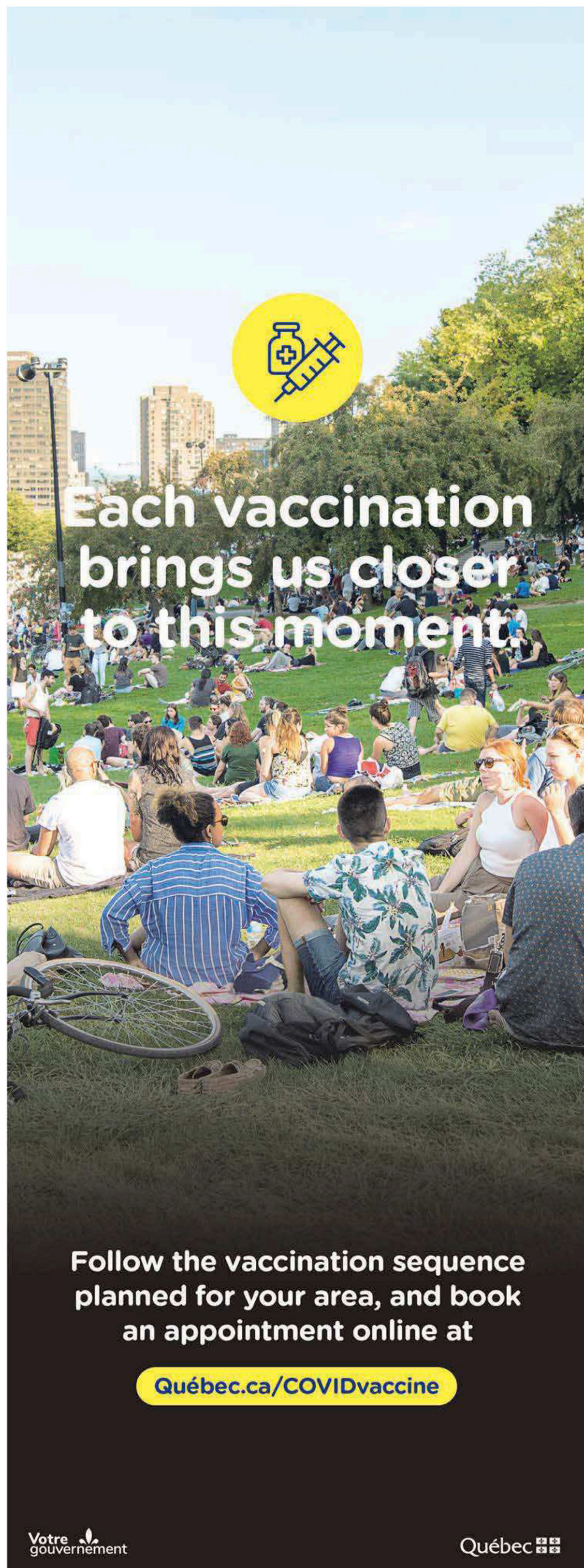
They want to be self-sufficient at home, she continued, and what they noticed throughout this past year is that the community, their neighbourhood, stepped up to help with, for example, helping to buy them groceries.

"We're seeing resilience, too, we're seeing a little bit of anxiety, but at the same time people are saying they have become more connected to their neighbourhoods than ever before because of Covid," said Mooney.

Mooney added that she will also be participating in the computer lessons. There will be about 25 people on the Zoom call, and she wants to be able to help people practice. Her idea is to send messages to people, testing them on how to open attachments and reply to emails.

According to Mooney, of the 100 people contacted by her volunteers, 25 have internet and their own device, an additional 12 will receive loaner tablets, and between 16 to 20 people said they would prefer to have a walk and a chat. Not everyone is keen on new technology, yet.

"Number-wise it's hard to judge, we definitely have some that say 'I'm too old', but others, we've got an 88 year old and a 90 year old who are learning for the first time so we've got a few who are saying 'yeah, I need to try to learn this thing'," said Mooney.



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Votre gouvernement Québec

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[sherbrookerecord](https://www.facebook.com/sherbrookerecord)

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In Memoriam

HODGE, Edythe: July 1929 – May 6, 2015.
*Alone, but never quiet alone,
 I face an empty chair
 But sometimes in the empty silence
 I imagine you are there.
 My Mom for so many years
 No longer here with me,
 And yet in some mysterious way
 You keep me company.
 You were the greatest.*

Love and miss you always, Mom,
 Grammie and Great-Grammie.
 SHIRLEY & SYD
 ANGIE
 KURT, ALISHA, CASEY, SHELBY

In Memoriam

HODGE:
 Brother, Ernie, April 18, 2012.
 Mom, Edythe, May 6, 2015.
 Dad, Raymond, May 23, 2019.
*May the winds of love blow gently
 And whisper so you hear,
 How much we love and miss you
 And wish you all were here.*

With love forever
 RUTH & ROBERT
 AMY, DAVE & ARIELLE
 ASHLEY & JAMES

Datebook

THURSDAY, MAY 6, 2021

Today is the 126th day of 2021 and the 48th day of spring.

TODAY'S HISTORY: In 1877, Native American war leader Crazy Horse surrendered to U.S. troops in Nebraska.

In 1889, with the commencement of the Exposition Universelle in Paris, the Eiffel Tower was opened to the public for the first time since its completion in March.

In 1937, the German dirigible Hindenburg caught fire while attempting to dock in New Jersey, killing 36.

In 1994, the Channel Tunnel, an undersea rail tunnel linking England and France, was officially opened.

In 2013, three women who had gone missing between 2002 and 2004 were rescued from their kidnapper's home in Cleveland.

TODAY'S BIRTHDAYS: Sigmund Freud (1856-1939), psychiatrist; Rudolph Valentino (1895-1926), actor; Orson Welles (1915-1985), actor/director; Willie Mays (1931-), baseball player; Bob Seger (1945-), singer-songwriter; Tony Blair

(1953-), British prime minister; George Clooney (1961-), actor; Martin Brodeur (1972-), hockey player; Adrienne Palicki (1983-), actress; Gabourey Sidibe (1983-), actress; Chris Paul (1985-), basketball player.

TODAY'S FACT: Tony Blair was the first British prime minister in more than 150 years to have a child with his wife while in office.

TODAY'S SPORTS: In 1954, Roger Bannister, a 25-year-old British medical student, became the first person to run a mile in less than four minutes.

TODAY'S QUOTE: "Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways." – Sigmund Freud

TODAY'S NUMBER: 3:43.13 – current world record time (minutes:seconds) in the mile run, set by Moroccan runner Hicham El Guerrouj in 1999.

TODAY'S MOON: Between last quarter moon (May 3) and new moon (May 11).

Calcium supplement AlgaeCal can increase bone density



ASK THE DOCTORS

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

Hello, dear readers, and welcome back for our monthly letters column. Warmer weather is here, so please remember to use sun protection, fend off mosquitoes with bug spray and be aware of ticks as you head outdoors. And now, onward to your questions and comments.

– After a column about osteoporosis, we heard from a reader dealing with the condition. "I was diagnosed three years ago and tried several medications," she wrote. "They all had side effects, though, especially on the bowels. What about AlgaeCal?"

The product you're asking about is a plant-based calcium supplement enhanced with vitamins and minerals. A study published in the Journal of the American College of Nutrition in 2016 found that some people using the product did see an increase in bone density and that the product wasn't associated with adverse health effects. We encourage you to discuss this option with your health care provider, and also to explore nonbisphosphonate treatments, which are delivered via injection or infusion.

Meanwhile, exercise is an important component of bone health, and we're glad to know you've made it part of your daily routine. In addition to aerobic activities, be sure to include resistance and weight-bearing exercises as well.

– When discussing the importance of adequate sleep, we have referred to melatonin. A reader wondered about

potential side effects. "A couple of years ago, I started taking melatonin before bedtime," she wrote. "After a few months, I started to feel light-headed and unfocused during the daytime. I stopped taking it, and I started to feel better. Have you ever heard of this before?"

Although melatonin tends to be a benign supplement, its efficacy as a sleep aid can vary depending on the dose and the individual. So do side effects, which can include the fuzziness and light-headedness you describe. People have also reported daytime sleepiness, short-term feelings of depression and gastric issues. We've had a number of letters about poor sleep (no surprise, considering the year we've all just had), so we'll address nonpharmacologic approaches to insomnia in an upcoming column.

– A reader had a question in response to a column about bronchiectasis, which is when inflammation and infection cause the bronchial tubes of the lungs to become thickened. "My wife was diagnosed with bronchiectasis in 2007 and had three or four flareups per year that were treated in various ways," he wrote. "Since being treated with a new medication, she's had almost no mucus and only one minor flareup in six years. Can bronchiectasis go into remission?"

Yes, the good news is that bronchiectasis can go into remission, which is when the signs and symptoms of a disease are reduced or disappear. However, remission is not a cure. Your wife's bronchiectasis is under control due to her medications and treatment protocols, so it's important for her to continue to adhere to them.

Thank you, as always, for your questions and kind comments. We love hearing from you. We continue to get a lot of vaccine questions and will devote a column to them soon.

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.)



Thank you for saving moments,
funding breakthroughs and saving lives.



The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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For Monday's paper, email 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, 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

THURSDAY, MAY 6, 2021

Answer to Previous Puzzle

C	U	P		P	A	G	E		A	M	I	S	
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I	D	A		A	F	T	E	R	G	L	O	W	
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C	L	O	P		I	L	L	S		S	A	D	
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L	E	N	A		A	G	A	R		M	A	L	
E	X	I	T		D	O	G	E		A	N	Y	

- ACROSS**
- 1 Thin board
 - 5 Cut some slack
 - 10 In twos
 - 12 Spinach lover
 - 13 Under a roof
 - 14 Toward the rudder
 - 15 Monsieur's pate
 - 16 Kegler's target
 - 18 Ferret or hamster
 - 19 Freeloader
 - 23 Cleveland NBAer
 - 26 Airport code for O'Hare
 - 27 Pulled apart
 - 30 Brunch favorite
 - 32 Kind of house or hat
 - 34 North Dakota city
 - 35 Zodiac sign
 - 36 Name in fashion
 - 37 Transport for Sinbad
- 38 New Zealand parrot**
- 39 Ordinary**
- 42 To the —**
- 45 Parquetry wood**
- 46 "Oh, sure!" (2 wds.)**
- 50 The Great Caruso**
- 53 Ritzy residence**
- 55 Hamill or Witt**
- 56 Teed (off)**
- 57 Authority (hyph.)**
- 58 Those people**
- DOWN**
- 1 Compos mentis
 - 2 To-do —
 - 3 March sign
 - 4 Actor — Danson
 - 5 Aurora, to Plato
 - 6 Likely
 - 7 Flow slowly
 - 8 Rochester's Jane
 - 9 Dimple
 - 10 Fruit stone
 - 11 Banish

- 12 Twinge
- 17 Midwest st.
- 20 Odes and sonnets
- 21 Beethoven's Third
- 22 Account execs
- 23 End of some URLs
- 24 During
- 25 Start of a famous boast
- 28 Head support
- 29 Orchard unit
- 31 Plunder
- 33 Sharp — — tack
- 35 Shirt feature
- 37 Estuary
- 40 Low-quality
- 41 Gate fastener
- 42 Army chow
- 43 "Puppy Love" singer
- 44 ER picture (hyph.)
- 47 Rice wine
- 48 Particular
- 49 Had over for dinner
- 51 Part of TGIF
- 52 Exec
- 54 Pose for an artist

	1	2	3	4		5	6	7	8	9
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50			51	52		53	54			
55						56				
57						58				

Step outside your comfort zone. Taking a unique approach to an ongoing problem will open the door to progress, satisfaction and new beginnings. Surround yourself with people who are searching for the same things you are. Make health a priority, and live a moderate lifestyle.

TAURUS (April 20-May 20) – Consider your options and do what's best for you. Don't feel the need to follow the herd, but take action to ensure you don't get left behind. Take the path that offers results you feel safe pursuing.

GEMINI (May 21-June 20) – A colorful depiction will attract attention, but don't venture from the truth. How you present what you know and are willing to do will influence the outcome. Stick to what's worked in the past.

CANCER (June 21-July 22) – Use your imagination to come up with something that will make your job easier. Consider the way something looks before you put it on display. A simple, elegant approach will fetch compliments.

LEO (July 23-Aug. 22) – Live and learn. Refuse to let what others do influence the way you react or the decisions you make. Focus on what you can accomplish all by yourself for a price you can afford.

VIRGO (Aug. 23-Sept. 22) – Look on the bright side, and don't feel bad if someone chooses not to be a part of your plans. Put your energy where it counts. It's what you accomplish and the changes you adopt that will help you get ahead.

LIBRA (Sept. 23-Oct. 23) – Plan to have

some fun. A physical outlet will ease stress and help you gain perspective regarding how you want to live your life. Don't feel you have to spend money to win someone's favor.

SCORPIO (Oct. 24-Nov. 22) – Put some muscle and passion into whatever you want to achieve, and you will exceed your expectations. You don't have to overdo it or overspend to come up with something great.

SAGITTARIUS (Nov. 23-Dec. 21) – Stick to the facts, and question anything that sounds outlandish. A steady pace in a direction that offers you a secure future will ease your mind and encourage you to simplify your life.

CAPRICORN (Dec. 22-Jan. 19) – You'll come up with an exciting way to turn your surroundings into an innovative workstation. The inspiration you get from the changes you make will help you raise your income.

AQUARIUS (Jan. 20-Feb. 19) – Be careful what you share emotionally, physically and financially. Someone will take advantage of you if you don't lay down ground rules. Keep an open mind, but don't lose sight of what you are trying to accomplish.

PISCES (Feb. 20-March 20) – Observe what others do and say, and it will help you decide who is trustworthy. False information will come your way, and a deal that sounds amazing will fall short of your expectations.

ARIES (March 21-April 19) – Contact people you have worked with before, and you'll hear about a position that interests you. Update your resume, add to your skills and qualifications, and push forward with your plans.

THURSDAY, MAY 6, 2021

Pull, pause, switch, pull again, win

By Phillip Alder

Artur Schnabel, a German-born U.S. pianist, said, "The notes I handle no better than many pianists. But the pauses between the notes – ah, that is where the art resides."

That reminds me of humor, where the timing of both pauses and lines is often vital.

In bridge, timing can be important, and we have acceptable pauses too. There should always be one after the dummy is tabled, while declarer and the defenders plan the play. But there is another type of pause in this deal. How should South play the cards to make four spades after the defenders begin with three rounds of hearts?

The South hand, despite having only 16 high-card points, is nearly good enough for declarer to start with a take-out double, planning to bid spades on the next round, which would promise 18-20 points. (If South does double, the auction should continue two diamonds - two spades - four spades.)

There seem to be 10 easy tricks: five spades, two diamonds and three clubs. However, after ruffing the third heart and drawing two rounds of trumps,

		North	05-06-21
		♠ K J 7	
		♥ 6 4 3	
		♦ K 8 5 3	
		♣ 10 4 2	
West		East	
♠ 3		♠ 6 5 4 2	
♥ J 10 5		♥ A K Q 9 8	
♦ Q 10 9 7 2		♦ J 6	
♣ 9 6 5 3		♣ A 8	
		South	
		♠ A Q 10 9 8	
		♥ 7 2	
		♦ A 4	
		♣ K Q J 7	
Dealer: East			
Vulnerable: Both			
South	West	North	East
			1♥
1♠	Pass	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♥ J			

South must pause. If he draws all of the trumps, when he drives out East's club ace, that defender will cash two heart tricks. Instead, declarer must shift immediately to clubs, continuing the suit until East wins with his ace.

Now, if East leads another heart, South ruffs it in the dummy, returns to hand with a diamond, removes East's trumps and notes the 620-point plus score.

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.

"AKV PXC B PVTBPVP RWXR B JXY
GVXIRBNIH, XKP YA B TXDDBVP AIR
SC HBNV XY BN B JXY X GVXIRBNIH
EBDH." — EXGAIDVC YBPBGV

Previous Solution: "As an outside; don't worry about failure, because failure will take care of itself. Focus on success." — Henry Cavill

TODAY'S CLUE: H sjanbe M

REALITY CHECK

THE DARK SIDE



HERMAN

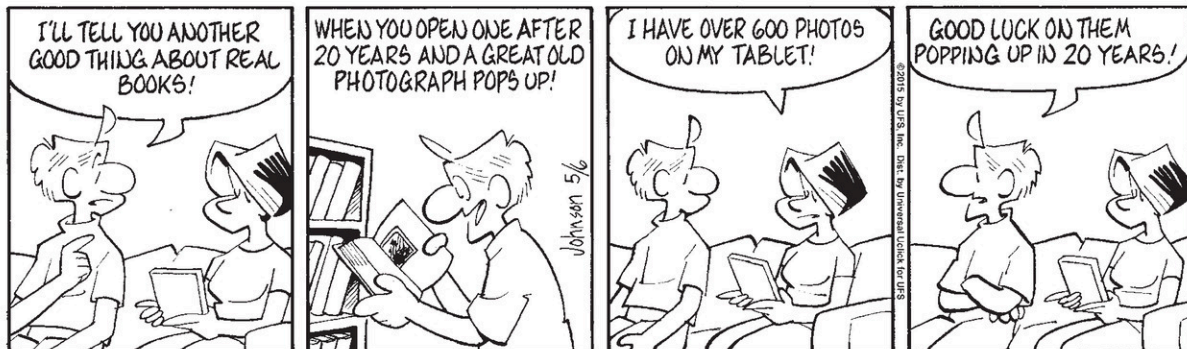


"Thank you, Burrows, for that descriptive insight into the nuclear arms race."

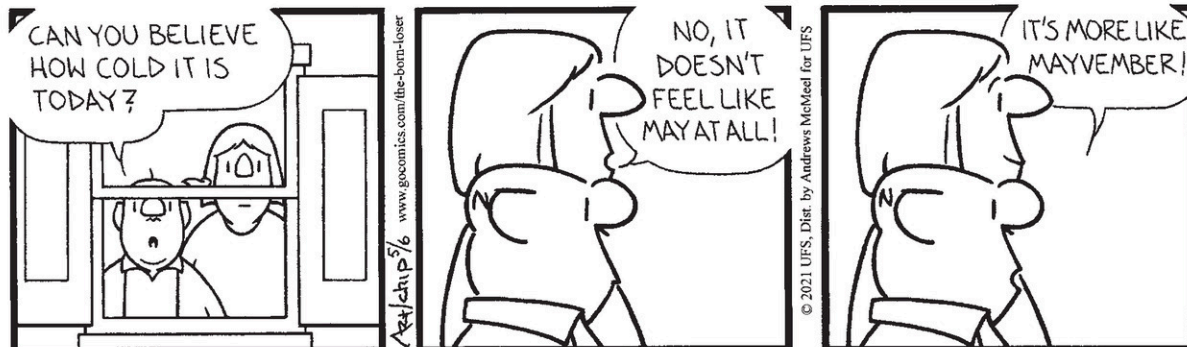
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

Diabetes The New EPIDEMIC. React Now! Diabetes Québec. Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

100 Job Opportunities 275 Antiques

Help is available

Dear Annie

THURSDAY, MAY 6, 2021

PRESS HELPER NEEDED IMMEDIATELY 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. Evenings Sunday to Thursday. 3 hours per night. If interested, reply by email to: billing@sherbrookerecord.com

Dear Annie: My husband and I have been married for 22 years. When we first married, it was young love. But throughout our marriage, he has been adulterous and abusive toward me, physically and verbally. I have a disability and have a hard time defending myself. He has choked me and held a knife to my throat and told me that one day he'll kill me. I am 54 years old. I have nowhere to go. What should I do? - Trapped

Dear Trapped: I'm sorry that your husband has abused you so terribly for decades. Although it may seem like you have nowhere to go, I promise you that isn't true. Please call the National Domestic Violence Hotline (1-800-799-7233) to be connected with resources in your area and begin making a safe escape plan. You should not have to live in fear for your life another day.

Dear Annie: I lost a family member to brain cancer last year. He was only in his 30s, and an incredibly bright, kind human being. May is National Brain Cancer Awareness Month, so I wanted to ask your audience to please consider donating to the National Brain Tumor Society, whose mission is "unrelentingly invests in, mobilizes, and unites our community to discover a cure, deliver effective treatments, and advocate for patients and care partners." You can learn more and donate at <https://braintumor.org>. - For the Families

Dear For the Families:

I'm glad to print your letter. Roughly 700,000 Americans are living with a primary brain tumor, including more than 13,000 children and 31,299 adolescents and young adults.

While brain cancer might have no early symptoms, the following are some things to watch out for, courtesy of Cancer.net:

- Headaches, which may be severe and worsen with activity or in the early morning.
- Seizures (which can include change in sensation, vision, smell and/or hearing without losing consciousness).

- Personality or memory changes.
- Nausea or vomiting.
- Fatigue.
- Drowsiness.
- Sleep problems.
- Memory problems.

- Changes in ability to walk or perform daily activities.
- Pressure or headache near the tumor.
- Loss of balance and difficulty with fine motor skills.
- Changes in judgment, including loss of initiative, sluggishness, and muscle weakness.

Talk with your doctor if you are experiencing any of the above symptoms.

Dear Annie: This is in response to your reply to "Regretful Mom," who has struggled with depression and regrets not being present for her now-adult children. Another choice she can look into for helping her with working with the emotional memories connected to her past is eye movement desensitization and reprocessing, also known as EMDR. Although people think of post-traumatic stress disorder as being related to extremely severe accidents or traumas, psychology is now aware that for lifetime events over several years, sexual abuse, multiple or ongoing difficulties that cause extreme emotional and mental anguish can also put someone at risk for suffering from PTSD. By using EMDR with a qualified therapist, a patient can recall these past events without experiencing the anguish. It is constructive in combination with talk therapy, and, when necessary, medication, whether short term or for a longer duration.

Thank you for letting me share this information. - Lorrie Finley

Dear Lorrie: Thank you for sharing it. Controlled and randomized clinical studies show that EMDR is efficient to treat PTSD. And although this is purely anecdotal, the treatment technique has helped friends of mine.

"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.

PUBLIC NOTICE (ART. 136 and 137 CPC)

Notice is given to Estate Marjorie Burton, to attend the Court Registry for the district of Saint-François situated at 375, King West, Sherbrooke, within 30 days in order to receive the present Originating application for the judicial acquisition of ownership of an immovable by ten-year prescription, Affidavit, Notice of presentation, which has been left to your attention in the court file number 450-14-008502-211.

You have to answer this request within the delay mentioned on the attached SUMMONS. If you fail to do so, a judgment by default could be rendered against you and you could be asked to pay the legal costs.

Take notice that the application will be presented before the court on June 14th, 2021 at 9h00 of the Saint-François Courthouse, located at, 375, King West, Sherbrooke.

The present notice is published at the request of RICHARD PLANTE, bailiff, who has tried unsuccessfully to serve you the above mentioned document.

It will not be published again, unless the context otherwise requires.

Sherbrooke 03 May 2021

RICHARD PLANTE, bailiff
 Huissiers Sherbrooke Inc.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

Tell us why you love The Record



Send us an email, a pic, video... between now and May 15 on why you love The Record and be entered into a draw to win a prize.

Send your entries to classad@sherbrookerecord.com

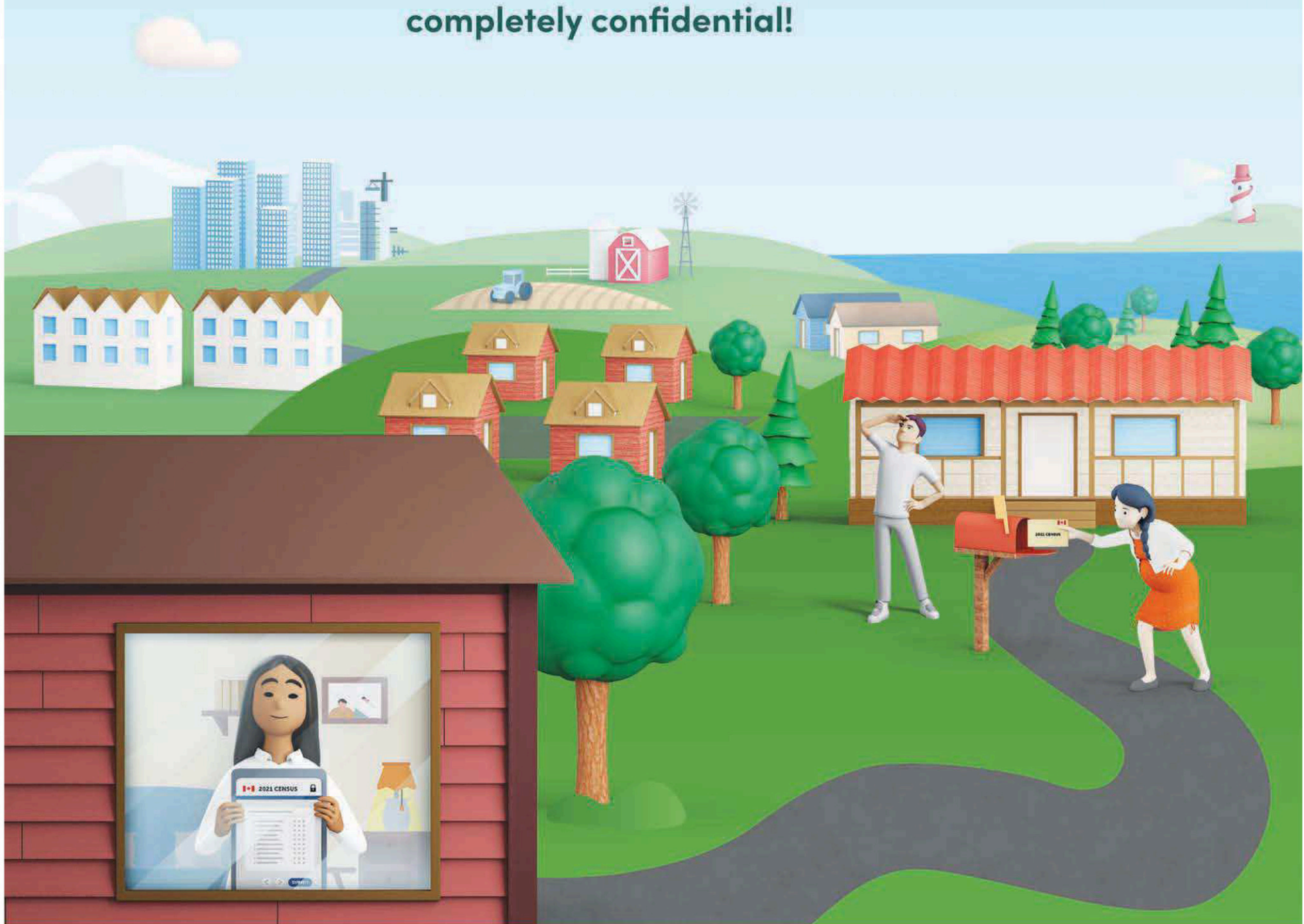
Winner will be chosen randomly from entries.



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