

Aube-Lumière
art show on
now at Uplands

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WEDNESDAY, SEPTEMBER 16, 2015

ELECTION 2015:
ONLY 33 DAYS LEFT!
Harper
capitalizes on
surprise surplus,
mocks Trudeau
on economy

The Canadian Press
OTTAWA

Stephen Harper was hanging 10 on the crest of a surprise budget surplus Tuesday, showing off his fiscal bona fides as the federal election campaign prepared to convene in Calgary to debate the state of the Canadian economy.

In British Columbia, the Conservative leader boasted about the latest Finance Department numbers, which show a \$1.9-billion surplus for 2014-15 instead of a predicted \$2-billion shortfall.

At an event in North Vancouver, Harper wasted no time using the opportunity to mock the money-management skills of both Rachel Notley, Alberta's new NDP premier, and Liberal Leader Justin Trudeau.

"We know why there's a recession (in Alberta) - it's not because the government ran a \$2-billion surplus," Harper said.

"There's a recession because oil prices have fallen by half, and the recession has been made worse because the NDP government came in and followed up by raising taxes on everybody."

Trudeau - who has linked the economic slowdown to the government's relentless pursuit of a pre-election balanced budget - seems to think that \$2-billion surplus provoked a worldwide fall in oil prices, Harper continued.

"I mean, seriously," an animated Conservative leader said to laughter from the partisan crowd.

"They think that somehow under these conditions, plunging the country back into deficit for years to come would be a good thing.

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City to sit on urban plan... again

Oft-delayed zoning harmonization delayed until at least 2016



GORDON LAMBIE

Nicole Bergeron (left) city councillor and chair of the City of Sherbrooke's urban planning committee; Michael Howard, director of the City's urban planning and development service; and Lise Dubord, head of the urbanism division at a briefing on Tuesday to discuss the City's decision to further delay its new urban plan for another year.

By Gordon Lambie
SHERBROOKE

The City of Sherbrooke announced on Tuesday that it will be taking at least another year to sort out its long-awaited overhaul and harmonization of zoning bylaws and provisions. Though public consultations were scheduled to be held on the subject this past June, the city elected to move them back in light of more than 450 requests for modifications submitted by developers and individuals within the city since the existing proposal was first introduced.

"We want this process to be applicable, simple, and realistic over the next fifteen years," said Nicole Bergeron, city councillor and president of the City's urban planning committee. "To take one year more in order to get a result that is a better fit, we think is wise."

At the moment the City of Sherbrooke is served by a patchwork of sometimes conflicting zoning laws that were haphazardly combined at the time of municipal amalgamation in 2002. The laws, according to Bergeron, date back to 1987, and are no longer suited to the needs of the city.

"This exercise will serve to harmonize the City of Sherbrooke. It could serve to avoid costs to the city and developers as well," Bergeron said. "Though it seems like we're moving backwards, that is only because we are listening to what people have to say and want to work to make the project better."

Bergeron said that the ideas that have come forward from the population have been both interesting and constructive and said that she sees this development as a positive one in terms of making sure that the bylaw eventually passes.

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TODAY:
MOSTLY
SUNNY
HIGH 26
SUNRISE: 6:27
SUNSET: 6:57



THURSDAY:
SUNNY

HIGH 27
LOW 13



FRIDAY:
SUNNY

HIGH 28
LOW 12



SATURDAY:
SUNNY

HIGH 27
LOW 14



SUNDAY:
60% CHANCE
OF SHOWERS

HIGH 20
LOW 6

Keeping in Touch



Townshippers' Day Festival Wrap-Up

Thank you all so much for joining us to celebrate the 36th annual Townshippers' Day! Old friends – many of whom discovered Brome for the first time – came from near and far to rekindle a shared passion for the creativity and vitality of the Eastern Townships English-speaking community. They also discovered organizations and services that are working with them throughout the year.

It's not all about the numbers, but if it was, we would be proud to boast that this year's T-Day had more than 4,000 visitors, 90 exhibitors, 70 volunteers and 13 groups of entertainers who all helped make the 36th edition outstanding!

To all the talented and inspiring artists and presenters, the beautiful volunteers, hard-working crew, everyone that lent their time and talent, and most of all, our wonderful attendees - thank you for making Townshippers' Day 2015 unforgettable.

We have so many delightful memories to look back as we squeezed just that wee bit more out of summer. From the captivating accident rescue scenario played out by the Brome Lake and Sutton Fire departments and first responders to watching shaggy sheep get a much needed haircut, there was dancing and swaying to great local entertainers, and smiling faces over at the kids Agri-Zone and on the wagon ride. And we can't forget the fun we had heading into town on the heritage tour bus to explore the Brome County Historical Society Museum and Paul Holland Knowlton House!

A special thank you goes to all our amazing volunteers, participants and supporters, whose invaluable backing continues to help T-Day thrive and to the 2015 hosts, the Town of Brome Lake and Brome Village, thank you for making us all feel so warmly welcomed.



STEPHEN THOMPSON

With the sun shining down, the 36th edition of Townshippers' Day was a smashing success! The silent auction helped raise close to \$3,000 to support T-Day! Didn't grab your winning item, we'll be contacting you in the coming days to make arrangements.

A massive thank you goes to our key sponsors Canadian Heritage, CBC and *The Record*. Many thanks also to our partners (gold) Cass Funeral Homes, (silver) the Brome Fair, CEDEC, Global Excel Management, the *Stanstead Journal*, and the Star Café Knowlton. Of course we can't forget (Bronze) Saint-François MNA Guy Hardy and Raymond Chabot Grant Thornton, (partners) the Municipality of West Bolton, The Hon. Pierre Paradis and Turkey Hill Sugarbush Ltd., as well as several other supporters and friends. And thank you for joining us for another year!

Excited for next year's festival? Townshippers' Association is the hunt for next year's host town! Think you'd like to host? Contact our Sherbrooke offices, and we'll show you how you could make it happen!

Ticks & Lyme Disease Free Videoconference

Lyme-infected ticks can be found across Canada, and the tick population is expanding. Infected ticks are very small and spread infection through their bites. Black-legged ticks are most often found in forests and the overgrown areas between woods and open spaces. Lyme disease is preventable. By

taking the right precautions and spreading the word, you can effectively protect your family from Lyme disease.

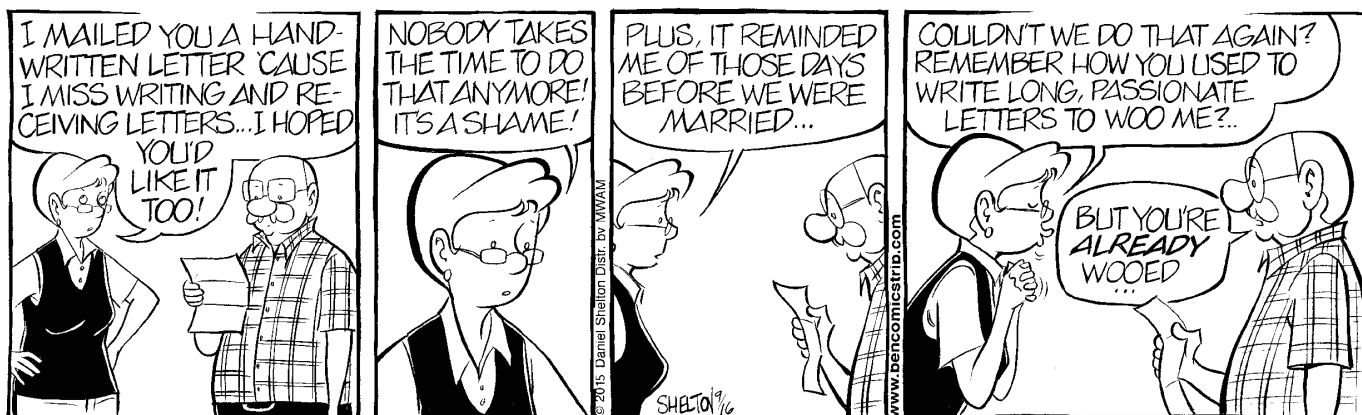
Join Townshippers' for an interactive videoconference with expert Kadeja Lefebvre, N.D., to learn more about Ticks & Lyme Disease. The videoconference will take place on Wednesday, Sept. 23, 2015 from 10-12 at the Eaton Valley Community Learning Center located at Pope Memorial Elementary School, 523 Stokes Street, Bury, and at the Richmond Community Learning Centre, Richmond Regional High School, 375 Armstrong Street.

For more information about the videoconferences please contact Debbie Bishop at Townshippers' at 819-566-5717 or at db@townshippers.org

Look for the upcoming sessions in October and November on "Life after Stroke" and "Bowel Disorders."

For more information on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in *The Record* and visit us on Twitter @Townshippers, Facebook and our website www.Townshippers.org. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717 or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421.

Ben by Daniel Shelton



LOCAL NEWS

The Bloc leader argued that there is money to be found in balancing inequalities in the Canadian economy.

BQ leader Duceppe speaks on books and battles

By Gordon Lambie
SHERBROOKE

Bloc Québécois leader Gilles Duceppe made a campaign stop in Sherbrooke on Tuesday, using the time to make a number of public appearances. He began the day at the Biblarie GGC bookstore on King Street West with a commitment to demand that GST not be charged on the sale of books, then later met with students at the University of Sherbrooke in the afternoon and appeared at a fundraising event at the Halte des Pelerins vineyard in the evening.

"It's not hard to understand that learning is a good thing, and if it costs less to read we will have more opportunities to do so," the party leader said, standing alongside his candidates from the ridings of Brome-Missisquoi, Compton-Stanstead, and Sherbrooke. He called the existing system a "tax on literacy and learning."

Duceppe said that he sees the move as a simple measure that would relieve a lot of pressure on education. Asked if the resulting loss of revenue would

just have to be found somewhere else, the Bloc leader argued that there is money to be found in balancing inequalities in the Canadian economy.

"When oil companies have a fiscal status that is more advantageous than those who buy the gas, we can wonder about that a little," Duceppe said. "There are some who are privileged and who do not need (their wealth), and others who are taxed who should not be."

Though Duceppe's message of the day was on the subject of book taxes, the conversation quickly turned to the situation in Syria and the question of whether or not the Bloc Québécois are in favour of military intervention in the beleaguered country, given that the party opposed moving into Iraq in 2003.

The party leader pointed out that a conversation about ground troops moving in is not on the table at the moment, but drew a distinction between the two situations stating that the cases of Iraq and Syria are not the same.

"There was no talk of expansionism (in the case of Iraq) in

this case there is," Duceppe said, referring to "expansionist fanatics," attacking innocent Muslim populations.

"It is a situation comparable to that of Kosovo. In Kosovo there was a humanitarian intervention because there was a genocide and we had to intervene; we had a reason to intervene."

Referring to the Second World War, the Bloc Québécois leader said that there are times when there is no other option than military intervention, and argued that government leaders should consult other parties in a non-partisan effort to develop a humanitarian approach to the issue.

On the subject of the growing refugee crisis around the world, Duceppe expressed that he feels there needs to be partnership between government and humanitarian groups relating to financial matters and gave a nod to the Conservative government's matching policy but then said that more needs to be done.

"When Mr. Harper speaks of 10,000 (refugees admitted) between now and 2018, it's much



GORDON LAMBIE

Bloc Québécois Leader Gilles Duceppe, centre, speaking at a campaign appearance in Sherbrooke on Tuesday. He is flanked by local candidates Patrick Melchior (left, Brome-Missisquoi) and Caroline Bouchard (right, Sherbrooke).

too late," the BQ leader said.

"When Messrs. Trudeau and Mulcair speak of more refugees and the creation of more positions as election issues; over all this time there are people wait-

ing. We need to work immediately to make sure that the 10,000 are welcomed rapidly and, in doing that, we can see if new means or approaches are needed."

Native American Festival on Sunday

Record Staff
SHERBROOKE

The Ruisseau d'Or Volunteer Committee in Rock Forest-Saint-Élie-Deauville, which administers the André-Nadeau open-air space is inviting the public to its Native American Festival

this Sunday from 11 a.m. to 4 p.m. at 5302 Blanchette Road in Sherbrooke.

This event is a gathering for all families and features carriage rides, Native American artisans, a forest walk, face painting, and entertainment for children,

along with hot dogs and drinks.

The event has free admission and door prizes will be offered.

The event takes place rain or shine. For more information, visit the event website at www.basepleinair.ca for more information.

Make a new plan, Stan

CONT'D FROM PAGE 1

Howard, director of the city's urban planning and development service, said that the new delay comes at a minimal cost, mainly centered on the reprinting of information materials.

"The time we have spent on this is not lost," Howard said. "This is a project we have been working on that we will be improving, so it's not really a question of lost money."

The urban planning director suggested that some of the material to be reprinted might be shifted online as a cost saving measure, but said that the additional costs would range between \$10,000 and \$15,000.

Bergeron pointed out that the city's last attempt at an urban plan was defeated in a 2007 referendum, and said that the result of that defeat has meant that a huge amount of time, en-

ergy, and money being committed to amending the city's patchwork of laws. Ultimately, she said, the hope is that one polished piece of legislation will result in fewer amendments needed in the future.

The current bill, No. 1100, will be withdrawn at the next meeting of the City Council, to be significantly revised and tabled again as Bill 1200 in May of 2016. Public consultations on the new bill will then take place in all six boroughs of the city the following June, with the hope that the bylaw can be changed in a way that is satisfactory to as many people as possible before a final decision has to be made.

Deputy city clerk Line Chabot said that as opposed to the usual legal procedure with a new zoning law, in which affected residents must request a registry to express opposition to an idea, the registry for Bill 1200 will be

automatic because it applies to everyone in the city. Over the course of four or five days in November 2016, a registry will be held at the Sherbrooke City Hall. If that registry is signed by more than 2.5 per cent of eligible voters, then the city will have to hold a referendum on the matter.

"It's a major operation," Chabot said. The clerk could not offer an exact number of people needed to trigger a referendum as the figure will be based on the electoral list at the time the legislation comes before the council, but suggested that it would be between 2,000 and 3,000 signatures.

3,189 people signed the registry that kicked the 2007 referendum into gear. That exercise in democracy cost the city more than \$700,000 on its own, not taking into account cancelled development projects.

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Guidelines aimed at preventing falls, fractures in long term care residents

By Sheryl Ubelacker
The Canadian Press
TORONTO

If there's one thing Devora Greenspon wants to avoid, it's taking a tumble that could fracture one of her brittle bones, especially a hip.

At 83, the Toronto long-term care resident knows what can happen to seniors who suffer a fall – she's been there and the results can be disastrous.

In her 40s, she slipped on a patch of ice and broke her ankle joint, keeping her in a cast for many months. The joint later had to be surgically fused.

"My back is full of rods, nuts and bolts," said Greenspon, who's had a number of back and neck surgeries.

On her 65th birthday, she tripped on a hole in a sidewalk and broke her shoulder; that joint later had to be replaced.

"I am very afraid of falling," said the senior, who uses a walker.

"And the doctor worries. He says my bones are like butter," she said, adding that he always tells her: "Don't fall, because all my miracle medicine won't help you. You'll be like Humpty-Dumpty. We'll never be able to put you back together again."

It's fractures such as those suffered by Greenspon that Osteoporosis Canada wants to prevent.

On Monday, the organization released a set of guidelines that's aimed at strengthening the bones of long-term care residents to help prevent falls and the damage they can do.

More than a third of older adults who experience a hip fracture are living in long-term care facilities, said Dr. Alexandra Papaioannou, a geriatrician at Hamilton Health Sciences and lead au-

thor of the guidelines published Monday in the Canadian Medical Association Journal.

"They're an older, fragile group, but even compared to seniors in the community that are the same age, they often have a number of other diseases, are on a number of medications and have a higher chance of falling," she said.

Almost half of the women living in long-term care who suffer a hip fracture will die within one year, compared to 20 per cent among those in the community.

And up to 30 per cent of residents have vertebral fractures, which also increase their risk of death.

Osteoporosis Canada says that in 2010, the annual cost to the health-care system for treating osteoporosis and related fractures was more than \$2.3 billion.

Its new guidelines are an adjunct to those published in 2010, which were aimed at helping community-dwelling seniors avoid the disability and the reduced quality of life caused by falls.

"The change is now to reduce the risk of fractures, (and) you need to look at osteoporosis risk factors as well as fall-reduction strategies," said Papaioannou.

One telltale sign of osteoporosis is a loss of height often caused by vertebral fractures, which compress the spine. The disease can also cause ribs to crack – in some cases, just with a sneeze – and lead a wrist or arm bone to snap like a twig during a fall.

The guidelines set out five key strategies for preventing falls, starting with making sure residents have adequate calcium and vitamin D, which work together to strengthen bones.



THE CANADIAN PRESS/AARON VINCENT ELKAIM

Devora Greenspon stands for a photo at her nursing home Extendicare Bayview in Toronto on Sunday. At 83, the Toronto long-term care resident knows what can happen to seniors who suffer a fall – she's been there and the results can be disastrous.

Seniors in long-term care facilities are often vitamin-D deficient, said Papaioannou, adding that those at high risk of osteoporosis should take supplements of the sunshine vitamin, from 800 to 2,000 international units daily.

Calcium-rich foods probably have the best impact on bones, she said. A daily supplement of 500 mg also could be taken, but the typically large pills can be difficult to swallow, so caregivers will often crush them up in food.

Offering residents hip protectors to prevent an immobilizing fracture is also recommended, as is moderate exercise to improve balance and muscle strength.

The expert panel also strongly recommends that elderly residents with osteoporosis be prescribed a bone-building drug.

"We know that medications are very effective," said Papaioannou. "They reduce the chance of breaking a bone by 40 to 60 per cent, but we know we need

to use all of these modalities if we're going to keep the residents safe and independent."

Long-term care homes also need to review what medications residents are taking and whether they "really still need them," she said, noting that drugs like steroids and antidepressants can increase the risk of falls.

Dr. Suzanne Morin, chairwoman of the scientific advisory council for Osteoporosis Canada and a guideline co-author, agreed that the next step is getting long-term care homes and their residents to follow the advice.

"If you tell people it makes sense to prevent falls, it makes sense to ensure that people exercise as much as they can, depending on their co-morbidities, nobody will deny that," the Montreal internist said.

"The problem is it is in a system where people have to do so many things – where do you put this in the list of things you have to do?"

"So the idea is to try to make this easier and part of the culture and that's something that the guidelines can do."

For Greenspon, preventing a fall is a priority.

She takes daily doses of calcium and vitamin D, is treated with a bone-building drug, and does balance exercises with a physiotherapist. She also spends an hour on a sit-down cardiovascular/muscle strengthening machine three times a week.

"It has increased my bra size – my back has gotten much broader – and I have muscles in my arms and my legs that I never had," she said with a chuckle.

"I'm doing everything I can to keep my end of the bargain."

Over 50? Major study finds lowering blood pressure well under usual level saves more lives

By Lauran Neergaard
The Associated Press
WASHINGTON

Aiming lower saves more lives when it comes to controlling high blood pressure, says a major new study that could spur doctors to more aggressively treat patients over 50.

Patients who got their blood pressure well below today's usually recommended level significantly cut their risk of heart disease and death, the National Institutes of Health announced Friday. The benefit was strong enough that NIH stopped the study about a year early.

"This study provides potentially life-saving information," declared Dr. Gary Gibbons, director of NIH's National Heart, Lung and Blood Institute.

Doctors have long debated how low blood-pressure patients need to go, especially as they get older. Friday's results are preliminary, and researchers stressed that they shouldn't alter patient care just yet. But if the full results pan out, they eventually could influence treatment guidelines.

"This study certainly supports that lower is better," said Dr. Mark Creager, president of the American Heart Association, who wasn't involved with the new

study. He called the research a possible roadmap to treatment strategies "that will save a significant amount of lives."

About 1 in 3 adults in the U.S. has high blood pressure, raising the risk of heart attacks, stroke, kidney failure and other health problems.

Normal blood pressure is less than a measurement of 120 over 80. High blood pressure is diagnosed once that measurement reaches, or passes, 140 over 90. Only about half of diagnosed patients have their blood pressure under control.

Today's treatment guidelines are mixed but generally recommend getting that top number – called the systolic pressure – down to about 140 in generally healthy adults and to 130 in patients who also have kidney disease or diabetes.

The institute sponsored a nationwide study to test if that's the best goal, or if aiming lower would either help or harm. Starting in 2010, more than 9,300 high blood pressure patients were enrolled in the SPRINT study, the Systolic Blood Pressure Intervention Trial. Half received an average of about two medications with the goal of lowering their systolic pressure below 140. The other half received an average of three medications with the goal of getting below

120.

The more aggressively treated patients saw their risk of death drop by almost 25 per cent compared to the less controlled patients, researchers said. And rates of cardiovascular problems dropped by almost 30 per cent in the better-controlled group.

Researchers wouldn't give precise numbers, or information about side effects, data that's expected when the full study is published in a scientific journal by year's end. But preliminary results suggest treatment was "extremely well tolerated," said SPRINT investigator Dr. Jackson Wright of Case Western Reserve University.

One question is whether older patients need to get their blood pressure as low as middle-aged patients do, or if doing so increases the seniors' risk of side effects including falls. Last year, an expert panel sparked debate by recommending that the treatment target for patients over 60 be a systolic pressure of 150.

The average age of SPRINT participants was 68, and a quarter of them were over 75. The heart association's Creager said doctors will examine closely how those older patients fared.

Researchers also will continue tracking SPRINT participants to see if kidney

disease, brain function and dementia were affected by more aggressive care.

Meanwhile, what's the advice for patients now struggling to control their blood pressure?

"The important public health message is to speak with their health care providers," said NHLBI heart specialist Dr. George Mensah.

Everyone should know their blood pressure, added Creager, director of the Heart and Vascular Center at Dartmouth-Hitchcock Medical Center. Risks for heart disease begin gradually rising as blood pressure gets above 120, even if people never cross the line into full-blown hypertension.

Good diets, physical activity and keeping a healthy weight help avoid high blood pressure, and can help to lower it before medications are required or along with them.

But once high blood pressure is diagnosed, getting treatment is more important than the debate over how low to go, Creager said. That's an individual decision based on the person's overall health, and many people aren't reaching today's recommended levels.

"The worst thing people with high blood pressure can do is ignore it," he said.

Uplands supports Aube-Lumière art fundraiser

By Matthew McCully
LENNOXVILLE

Uplands Cultural and Heritage Centre in Lennoxville is currently hosting an exhibition featuring 14 local artists who are donating a portion of the proceeds from sales of their work to the Maison Aube-Lumière. The exhibit is an extension of the private gallery at the palliative care centre, accessible to patients and visiting family and friends.

The initiative, now in its second year, offers two ways of helping patients, according to Aube-Lumière director general Marie Bécotte. The idea was to brighten the hallways, and it also became a fundraising activity, she said.

Deborah Davis is one of the artists showing at Uplands, and was involved in getting the Aube-Lumière art project off the ground.

She was originally asked to exhibit her work at Aube-Lumière, but quickly pointed out that the task would be ominous for a single artist. Because of the size of the venue, constantly moving and changing the artwork and maintaining the exhibition would be too much work, she said.

"You can't just hammer nails into the wall at all hours of the day," Davis added. She proposed that the centre invite a group of artists, each of whom could be responsible for one wall in the building.

The exhibition, with 14 different artists, will remain on the walls of Aube-



MATTHEW MCCULLY

Julie Marleau, the visitor services co-ordinator at Uplands, stands between two of the works on exhibit now at the Lennoxville cultural centre.

Lumière for one year. Based on the success of the project, now in its second year, Davis said it will likely continue in the future.

The Aube-Lumière exhibition ended up at Uplands after Davis was invited by the cultural centre to show her work. She instead suggested the group show.

Outside exhibitions, like the one at Uplands, are an opportunity to raise awareness about the fundraising initiative, according to Davis.

When asked what her motivation was

to participate in fundraising efforts for Aube-Lumière, Davis replied that she has close friends whose loved ones chose to spend their final days at Aube-Lumière.

Davis said feedback from patients and visitors to the centre has been positive. "They said thank you for doing this," she said.

"In the final stages of life, people are more sensitive, more open, more touched by their environment," Davis said, pointing out another reason she decided to exhibit at Aube-Lumière.

"It's not just about sales. It's about helping with a quality of life," she said.

All of the artists involved in the exhibition are very different, Davis said.

While the work she shows is not inspired by or related to the purpose of the palliative centre, Davis knows what would work there, and what wouldn't. Some of the artists, however, do relate directly to Aube-Lumière, she said. The father of one of the artists in the group passed away at the centre, and his memory is reflected in her work.

For the first year of the project, Davis said she relied on word of mouth to find the artists to include in the group exhibition. This year, she said there was more interest, and artists sent in their portfolios to apply to be included in the group.

"It was really inspiring," Davis said, adding that it was difficult to turn some artists away.

The Uplands exhibition, a satellite show for the 14 artists, each with a wall at Aube-Lumière, will continue until Oct. 25.

Davis added that the artists involved in Art Aube-Lumière also sell from their studios.

The 25 per cent donation to Aube-Lumière can be applied if a buyer wants to support the cause but purchase a work outside the exhibition.

Uplands, located at 9 Speid Street in Lennoxville, is open to visitors Wednesday through Sunday from 1-4 p.m.

Visit www.uplands.ca for a list of the participating artists.

Election

CONT'D FROM PAGE 1

"Canadians get that, given the turmoil in the world, the fact that we have a budget balanced - and we're going to keep that balanced - is a good thing for this country."

Trudeau has criticized the surplus as a product of underspending on vulnerable Canadians - an accusation the Conservatives deny. A Liberal government would stick with its plan to run deficits for the first three years in office, making investments in infrastructure and seniors despite the surplus, Trudeau has said.

Monday's surplus news couldn't have come at a better time for Harper, who will join his NDP and Liberal counterparts Thursday in Calgary for a debate on economic issues, sponsored by the Globe and Mail and Google Canada.

Before Monday, Trudeau and NDP Leader Tom Mulcair had been battering Harper for running what they called eight consecutive budget deficits; it now appears the actual number is six.

Looking forward, the Conservatives have predicted a \$1.4-billion surplus for the current 2015-16 fiscal year, though opponents insist the government is unlikely to hit that projection.

The three main leaders are expected to keep a low profile Wednesday as they prepare for the debate - the second since the writ was dropped in August, but the first since the Labour Day long weekend, the unofficial start of the campaign's second phase.

All three are now also confirmed for the Munk debate on foreign policy, which is scheduled to take place later this month.

Mulcair and Trudeau had raised concerns about how bilingual the debate would be, but after reviewing the final format they agreed Tuesday to take part.

Trudeau was in a contested southwestern Ontario riding Tuesday to promise \$750 million for skilled trades funding, part of a previous \$2 billion employment announcement Trudeau made a week ago in New Brunswick.

A Liberal government would give \$500 million to the provinces and spend \$200 million on training for workers who can't get federal training, plus \$50 million to help aboriginal people improve their skills and job prospects.

"You've seen your personal debt rising as your job prospects sink. You want to seek out better opportunities but you can't access the training you need," Trudeau told supporters and apprentices at a local plumber and pipefitter's union.

"Stephen Harper doesn't know what that's like. When he was first elected, Windows 95 was still two years away ... (and) the cutting-edge way to apply for a job was to send in your resume by fax."

Mulcair, meanwhile, promised to establish a \$100-million mental health innovation fund for children and youth - just the latest in a series of big-ticket health-care spending promises this week.

They include a \$40-million commitment for a national strategy on Alzheimer's disease and dementia, \$500 million to build medical clinics and hire more health care professionals and \$1.8 billion to expand home care and palliative services.

The NDP leader has faced pressure

to explain how he plans to pay for his costly promises while maintaining his commitment to balance the books.

Mulcair says the NDP will put forward a financial breakdown ahead of Thursday's debate in Calgary and is calling on Harper and Trudeau to do the same.

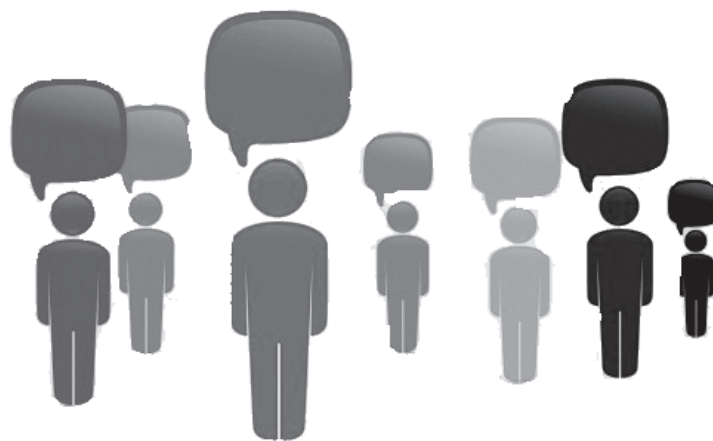
Candidates' Forum

THE
RECORD

The Record would like to invite the public to attend a candidates' forum, September 23, at 7 p.m., at the Amedée-Beaudoin Centre, Samuel Gratham St., Lennoxville.

Candidates seeking election in the **Compton-Stanstead Riding** will respond to questions in English and French from reporters on relevant themes, followed by questions from the public.

The forum will be moderated by **Heather Keith**.



For further information contact **Matthew McCully** at mmccully@sherbrookerecord.com

EDITORIAL

So desperate are we to protect our sense of self, that we are willing to give it up in the process and hand our security over to what is rapidly becoming a police state.

Strange new neighbours



MIKE McDEVITT

As Canada continues its evolution into an even more multicultural society, the attitudes of its European “founding peoples” are being challenged by ongoing waves of immigrants who have been the lifeblood of our society.

From its inception, Canada has relied on vast numbers of immigrant peoples to create the country of which we are all so proud. Whether it was the Chinese building our railways, Italians and Irish building our infrastructure, pogrom-fleeing Jews seeking a safe place to live, or Eastern Europeans opening up the prairies, Canada has relied upon — and loathed — a wide variety of non-British, non-French settlers to exploit the land we stole from the Natives.

Eventually, all of these groups have settled in to become integral parts of the Canadian mosaic and the rich and varied culture it has nourished.

Today, as wars, famine, and political unrest mark much of the world, Canada is once again being asked to welcome thousands of immigrants from war-torn nations currently on the move in Africa, the Middle East, and Europe, most notably those fleeing the confused horror and devastation that has enveloped Syria and Iraq.

The United Nations High Commission on Refugees estimates that in 2014, roughly 13 million people worldwide qualify as refugees fleeing violence, discrimination, environmental devastation, or human rights abuses.

Naturally, many of these — unlikely ever to be able to return to their homes — are hoping to find a safe place to live,

raise their families, and prosper, just like everybody else.

Just as natural, sadly, is the reaction in many “host” societies to large numbers of “foreigners” invading their space. People always fear what they don’t understand and the primal necessity of competing for resources always rears its head.

“They’re coming to steal our jobs,” we hear, and although immigrants have always contributed much more to job creation than they have to job scarcity, this fearful canard always rears its head. Accompanying these fears, of course, is always the claim that each wave of newcomers doesn’t share our values of cleanliness, morality, civil behaviour, or religious conviction and somehow poses a threat to the common good.

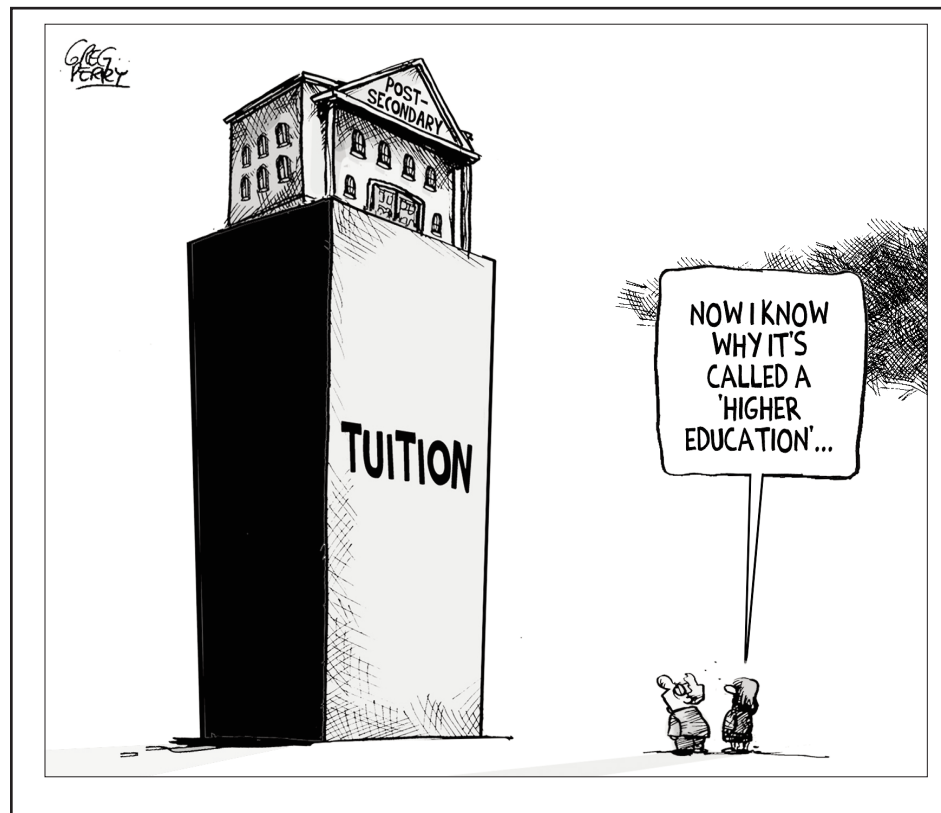
In spite of these fears, and the violence that often accompanied them, the Irish, Chinese, Italian, Ukrainian, Jewish and other groups coming to our shores have all managed to find a place for themselves under the broad Canadian umbrella and to contribute their share to our common prosperity.

In the early days of this country, the vast majority of immigrants came from northern Europe — the British Isles, Scandinavia, the Russian Empire — and although they differed greatly in terms of religion, ethnicity, and language, all would have been considered “white” and came from cultures deeply immersed in the Judeo-Christian and Enlightenment traditions.

Assimilation, such as it was, was difficult, but not impossible, and by the time a second or third generation has arrived, most feel every bit a part of mainstream society as the British and Scottish “founders.”

In Quebec, where an embattled Catholic French-Canadian culture always felt (and sometimes feels) threatened, most immigrants were until recently funneled into the English community. French Quebec came late to the immigration game, yet, with Bill 101, has managed to catch up rapidly.

The current wave of desperate people



fleeing the Middle East, however, presents a unique situation in that it is physically and culturally identical to the one group of “enemies” we are taught to fear the most — radical Islamists — and in this case, at least, we have been taught very well.

The emergence of radical Islamic terror groups over the last few decades has wrecked havoc on the Western World’s sense of security, and as post-9/11 developments have demonstrated, this new sense of insecurity has led us to some rather desperate measures to protect ourselves, including abandoning such once-cherished ideals as privacy, the right to peaceful assembly, and freedom of speech, to name just a few. So desperate are we to protect our sense of self, that we are willing to give it up in the process and hand our security over to what is rapidly becoming a police state.

That, however, is a discussion for another time. Now, what we have to do is figure out what to do about a human catastrophe that, whether we like it or not, we have contributed to creating, and which, in the guise of fighting the Islamic State, we are only making worse.

Islam is by far the fastest growing religion in the world and despite the fact that the vast majority of its devotees have no more connection to religious fanatics than most Christians have to the Westboro Baptist Church, many of us choose to believe that some, at least, of those posing as refugees are in fact terrorists out to do us harm.

Without a doubt, among the hundreds of thousands fleeing the violence, some unsavoury characters exist — as they do everywhere — but it makes just as much sense to assume the obvious — that the vast majority are simply seeking a safer, better life. To this need, we must respond — and quickly. We must also prepare ourselves for what that will mean.

Although the vast majority of Muslim immigrants will be law-abiding contributive members of our future society, we must also bear in mind that they will bring with them cultural traditions and beliefs that do not mesh well with ours and will undoubtedly have a socially conservative impact on our political development. Progressives, calling for more open doors most vocally, seem oblivious to this reality. We’d best get prepared.

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THE RECORD

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3 MONTHS	36.16	1.81	3.60	\$41.57

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QUEBEC:				
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The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

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Local Sports

Keeping in that spirit and local tradition, this year's Terry Fox Run will be held on Sunday, Sept. 20.

BCS to host annual Terry Fox run this Sunday

By Mike Hickey
Special to the Record

The arrival of fall bringing changing colours, football and the annual Terry Fox Run. Fox's legacy is cemented in the Canadian psyche, there have been three movies, numerous books and magazine articles, a commemorative coin and stamp and Fox came in second in a 2004 CBS poll naming the greatest all-time Canadians.

It was back in 1980 when Fox began the Marathon of Hope, a cross-country run on one leg to raise money for cancer

research. He began with little fanfare from St. John's, N.L. in April and ran the equivalent of a full marathon every day.

His journey began to gain momentum by the time he reached Ontario but he was forced to end his run outside of Thunder Bay when the cancer spread to his lungs. His hopes of overcoming the disease and completing his marathon ended when he died nine months later. His stated goal of raising one dollar from each of Canada's 24 million people was achieved long ago, the Terry Fox Foundation has raised over \$600 million dollars that goes to cancer research.

While the common belief is that the first Terry Fox run was held in 1981, the truth is that the run was started in Lennoxville in 1980 by a group called the Lennoxville Runners Association. As the event developed over the years, Bishop's College School took over hosting responsibilities.

Keeping in that spirit and local tradition, this year's Terry Fox Run will be held on Sunday, Sept. 20. Registration is from 9:15-9:45 a.m. Participants and supporters of all ages are asked to come to BCS entrance No. 3 on Moulton Hill Road.

A 1.5-kilometre family run/walk starts at 10 a.m. followed by the 4-km and 8-km run/walk. Bicycles are allowed, but participants must wear a helmet.

"There is no actual registration fee, but donations can be made on site at our registration tables in our gym," BCS athletic director Jeff Bray said. "Participants who have already collected donations can deliver them Sunday morning during the registration times as well. There will be fruit, fruit bars and water available after the run and we will have water at the mid-way point at Atto-Beaver Park as well."

Australian ex-rugby leaguer Hayne disappointed by fumbled punt in NFL debut as world watches

By Janie Mccauley
The Associated Press
SANTA CLARA, CALIF.

Jarryd Hayne recalls his forgettable debut in what is often considered the pinnacle of rugby league and a premier sporting event back home in Australia, the State of Origin series.

With the world watching him under the lights on Monday night, Hayne fumbled away his very first NFL touch — and there was an eerie similarity to that moment in 2007 with New South Wales.

"I did a similar thing in Origin in my debut game. I gave away a try and I threw the ball when I shouldn't have thrown the ball," Hayne recalled. "It was kind of similar, like, '(Shoot), I didn't want that to happen.'"

The 49ers rookie could be seen hollering at himself after fumbling his first punt return try in San Francisco's 20-3 victory against the Minnesota Vikings at Levi's Stadium. But the 27-year-old Hayne had no choice but to move on in a hurry as he was forced into backup running back duties in place of the injured Reggie Bush.

No matter that he was hardly perfect, Hayne's first NFL game captivated his countrymen from some 7,000 miles away.

In fact, Hayne's debut — and the weeklong mystery of whether he would or wouldn't play — ranked as one of the

top daily stories Down Under.

While folks back home might have panicked just a bit seeing Hayne's mistake on the big stage, his teammates weren't concerned.

"He came to the sideline and it wasn't like everybody was harping on it. We know that's something it's not just because he's a rookie, in certain instances you see veterans drop balls sometimes," cornerback Kenneth Acker said Tuesday.

"We just surrounded him, everybody had the same level of respect for him and same level of confidence in him, so he went back out there with the same level of confidence."

With the evening kickoff in Northern California's Silicon Valley it was around lunchtime in Sydney, and Hayne dominated the headlines right along with Tony Abbott's final speech as ousted Prime Minister.

Hayne's game was broadcast live on subscription television in Australia, while Australian media outlets there and in the Bay Area offered blog posts and updates that have quickly gained popularity as Aussies do their best to learn about American football.

Hayne trended on Twitter from the moment he was listed among the 46 active players from the 53-man roster for game day and throughout the night, including that embarrassing fumble.

Unusually windy, Hayne gave no excuses for misjudging the ball and diving

to try to secure it.

"I hadn't seen it blowing like that before. That was a bit different. That's not an excuse. We've got to catch those ones," said Hayne, who quickly received a pep talk from special teams coach Thomas McGaughey Jr.

"They're just saying, 'On to the next job, don't worry about it,' and I wasn't worrying about it," Hayne said. "I just have to move forward, obviously disappointed, yeah on 'Monday Night Football', what worse could have happened, you know?"

Hayne wound up with four rushes for 13 yards with a 9-yard gain as his longest run, while also catching a 7-yard pass.

All week, coach Jim Tomsula stayed mum on whether Hayne would play. McGaughey made a point to mention how Hayne didn't even lead the team in punt returns during an impressive preseason.

They have called him fearless and courageous for taking the chance on a new career. Last October, Hayne made the decision to chase an NFL dream.

Tomsula has long admired his athletic ability and gave Hayne two more chances on returns after the fumble.

"He's right back out there. There's a belief and a faith there," Tomsula said Tuesday. "Play football. We have learning moments and we'll learn from those learning moments. That's it, next play. Let's go back, let's own it and move on."

Hayne has another new fan in former

49ers owner and Hall of Fame finalist Edward DeBartolo Jr., who attended his first game at second-year, \$1.3 billion Levi's Stadium.

"I watched the preseason and he's quite an athlete," DeBartolo said. "He's going to make a difference. It's great. ... This kid, I think he's the real deal."

CIS football Top 10

The Canadian university football weekly Top 10, as voted on by the Football Reporters of Canada and announced on Tuesday by the CIS office in Ottawa.

	Pts (1st place)	Last
1. Calgary (2-0)	274 (13)	2
2. Laval (2-0)	272 (14)	1
3. Western (3-0)	253 (3)	3
4. Montreal (1-1)	213	4
5. Guelph (3-0)	162	5
6. McMaster (2-0)	144	7
7. Manitoba (1-1)	114	6
8. Mount Allison (1-0)	86	8
9. Sherbrooke (1-1)	48	NR
10. UBC (1-1)	39	10

Other teams receiving votes: Alberta (31), Ottawa (8), Carleton (5), Queen's (3).

SATURDAY GAMES

(1) Laval at Bishop's, 1 p.m.
(9) Sherbrooke at (4) Montreal, 2 p.m.

The Record and Gaiters Football Contest

The Record has Bishop's Gaiters paraphernalia to give away!

- 1st Prize: • Gaiters portable stadium seat • Pair of tickets to the October 24 home game vs Montreal • Gaiters lanyard
- 2nd Prize: • Gaiters polo shirt • Gaiters visor • Gaiters lanyard
- 3rd Prize: • Gaiters cap • Gaiters lanyard

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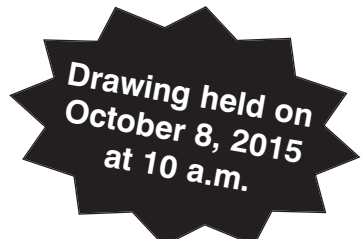
Gaiters Contest

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Daytime _____

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Death

Albert GASS (1953-2015)

Passed away suddenly in Cookshire Eaton on September 11, 2015. Mr. Albert Gass, in his 62nd year, son of the late Albert Gass and the late Gertrude Schneeberger and beloved husband of Manon Paquette, originally from Cookshire Eaton.



Besides his wife Mr. Gass leaves to mourn his children: Marcelo and Connie. Parents in law: Maurice Paquette (Jocelyne Asselin) and Monique Fortin. His brothers and sisters Chris (Marjory), Sylvia (Bryan), Peter (Wendy), Monica (Denis), Lucas (Toni) and Markus (Sandra). Brothers in law and sisters in law: Mario (Nathalie) and Esther. He also leaves to mourn uncles, aunts, nephews, nieces, other relatives and friends.

Family and friends will meet at the Kingdom Hall of Jehovah's Witnesses, 2775 Prospect Street, on Sunday, September 20, 2015 from 1 p.m. to 2:30 p.m. followed by the ceremonial talk.

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Death

Ruby Jean (Crooks-Deslauriers) SMITH, RN

Passed away peacefully at the age of 64 at Maison de Soins Palliatifs Source Bleue in Boucherville, Quebec on September 6, 2015.

Beloved wife of Michael Crooks-Deslauriers and mother to Richard (Fanny Lavigne), Benjamin and grandmother to Melissa, Melodie, Alice and Jesse.

Dear daughter of Kathleen (McIntyre) and the late Franklin Smith, sister to Meta (Edgar Smith), Russell (Chantal Prefontaine) and Cecil.

She leaves to mourn many friends, nieces and nephews.

A private graveside service will be held at a later date at the Ayer's Cliff Cemetery.

To honour Ruby's memory, in lieu of flowers, donations to Maison des Soins Palliatifs Source Bleue, 1130 de Montbrun, Boucherville, QC, J4B 8W6 or online at maisonsourcebleue.ca, in grateful thanks from the family for loving care, would be greatly appreciated.



Datebook

WEDNESDAY, SEPTEMBER 16, 2015

Today is the 259th day of 2015 and the 88th day of summer.

TODAY'S HISTORY: In 1920, the explosion of a bomb on Wall Street killed more than 30 people and injured hundreds of others.

In 1940, President Franklin D. Roosevelt signed the Selective Training and Service Act, authorizing the military draft.

In 1955, Argentine president Juan Peron was ousted by a military coup.

In 1974, President Gerald Ford announced a conditional amnesty program for Vietnam War deserters and draft evaders.

TODAY'S BIRTHDAYS: Jean Arp (1886-1966), artist; H.A. Rey (1898-1977), children's author/illustrator; Lauren Bacall (1924-2014), actress; B.B. King (1925-2015), musician; Peter Falk (1927-2011), actor; Ed Begley Jr. (1949-), actor; Henry Louis Gates Jr. (1950-), author/academic; Mickey Rourke (1952-), actor; David Copperfield (1956-), magician; Marc Anthony (1968-), singer-songwriter; Amy Poehler (1971-), actress; Nick Jonas (1992-), singer/musician.

TODAY'S FACT: Samuel Rayburn, elected to serve as speaker of the House of Representatives on this day in 1940, was the longest-serving speaker in American history. He served almost 17 years (1940-1947; 1949-1953; 1955-1961).

TODAY'S SPORTS: In 1981, Sugar Ray Leonard unified boxing's welterweight title by knocking out Tommy Hearns in the 14th round of a bout in an outdoor arena at the Caesar's Palace casino in Las Vegas.

TODAY'S QUOTE: "Art is a fruit that grows in man, like a fruit on a plant, or a child in its mother's womb." — Jean Arp

TODAY'S NUMBER: 16 — Emmy nominations for Kelsey Grammer's portrayal of the character Frasier Crane on "Cheers," "Wings" and "Frasier," which debuted on this day in 1993. Grammer is the only actor to receive Emmy nominations for portrayals of the same character on three different series.

TODAY'S MOON: Between new moon (Sept. 12) and first quarter moon (Sept. 21).





Fig.11

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Fun in the sun when young can have unforeseen consequences

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: Does spending time in the sun pose a threat to our eyes? What can we do to protect ourselves?

DEAR READER: Yes, it does. And to a large extent, the damage may already be done. I spoke to Dr. Louis Pasquale, an ophthalmologist at Harvard-affiliated Massachusetts Eye and Ear Infirmary. He noted that spending a lot of time in the sun without sunglasses when you're young may put you at risk for developing eye problems when you're older. The damage would probably be done in your 20s and 30s.

We don't know exactly how the sun's ultraviolet rays cause eye damage. And we also don't know for certain whether sunlight directly causes certain common eye conditions like cataracts, glaucoma and age-related macular degeneration (AMD).

But there's good evidence that sun exposure can cause an eye condition that often leads to other problems. This condition is called "exfoliation syndrome."

Exfoliation syndrome leaves tiny, dandruff-like flakes in the eye. A buildup of these flakes clogs the eye's natural drains, which can lead to other problems. Worldwide, it is the most common identifiable cause of two kinds of glaucoma. It is also linked to cataracts and possibly to AMD.

There are no symptoms of exfoliation syndrome until you start to lose your sight from other eye problems. There's no cure — but there are treatments for the other conditions that may result.

The best way to stop exfoliation syndrome, glaucoma, AMD and cataracts from robbing you of your vision is to discover these conditions before they progress. You can do that with a comprehensive eye exam, done by an ophthalmologist. The American Academy of Ophthalmology recommends comprehensive eye exams:

- every two to four years for people ages 40 to 55;
- every one to three years for people ages 55 to 65;
- every one to two years for people ages 65 and older.

People with risk factors for eye problems — those

with diabetes, for example — may need more frequent eye exams.

Finally, it's never too late to protect your eyes from further sun damage. You can do that with the right pair of sunglasses. Foremost is to make sure the sunglasses protect against ultraviolet rays, both UVA and UVB. You'll want 95 to 100 percent blockage. You may also consider buying polarized lenses, which reduce the glare from water, sand and snow.

Having been raised in "sunny" Southern California, I spent a great deal of time in the sun during the first 20 years of my life. I didn't wear sunglasses for most of those years. In my 60s I developed cataracts in both eyes, one of which was bad enough to require surgery. I also developed damage to the retina of one eye, which my ophthalmologist calls "accelerated aging."

My ophthalmologist tells me he can't be sure if these conditions were influenced by my failure to protect my eyes from the sun when I was young. If he can't be sure, neither can I. But I'll bet they were.

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

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Your Birthday

WEDNESDAY, SEPTEMBER 16, 2015

You can make substantial strides this year if you maintain a strong work ethic. Although you'll be tempted to slack off, momentum will be required to reach your target. Don't hesitate to ask people with more knowledge and experience for favors, advice or assistance.

VIRGO (Aug. 23-Sept. 22) — If your budget is shrinking, you'll have to concentrate on increasing your income or freeing up some cash. Working overtime or offering a service on the side will solve your problem.

LIBRA (Sept. 23-Oct. 23) — Inject some excitement into your itinerary. Facing new challenges will put you in contact with people who have similar tastes and desires. You can achieve a fresh perspective if you get out and take action.

SCORPIO (Oct. 24-Nov. 22) — Keep your opinions to yourself. Trying to mediate a quarrel between friends or neighbors will have negative repercussions. Remain neutral so that you are not blamed for taking sides.

SAGITTARIUS (Nov. 23-Dec. 21) — Be assertive. You have to let people know what you are capable of. Unless you showcase your talent or express your interests and ideas, you won't generate any help or enthusiasm.

CAPRICORN (Dec. 22-Jan. 19) — Don't mix business with pleasure. Before you take action, make sure you have the applicable information. Taking action based on false premises will cause a setback.

AQUARIUS (Jan. 20-Feb. 19) — In your rush to complete a project, you will neglect an important detail or step necessary for success. Double-check your efforts in order to ease your stress.

PISCES (Feb. 20-March 20) — Stick to the facts. Getting locked in emotional battles will not help your cause. Decide if you want to call the shots or follow someone else's lead.

ARIES (March 21-April 19) — Love is on the rise, and so is the possibility of a conflict of interest. Carefully pick and choose what you do and say to avoid sending the wrong signal.

TAURUS (April 20-May 20) — Don't leave yourself defenseless. One of your opponents may be trying to derail your plans. Consider the motives of anyone who is pressing you for information regarding your personal or professional plans.

GEMINI (May 21-June 20) — Devote yourself to your career plans. If you have unresolved issues in your personal life, keep them separate from your work life. Focusing on productivity will pay off.

CANCER (June 21-July 22) — The same tried-and-true methods that have been successful in the past have relevance to the issues you are facing now. A change of scenery will provide a spark in your romantic relationship.

LEO (July 23-Aug. 22) — Stop taking things too seriously. Get out and have some fun with friends, family members or colleagues. A few good laughs will brighten your mood and improve your relationships.

WEDNESDAY, SEPTEMBER 16, 2015

Give the count to help partner

By Phillip Alder

John Barrymore, an actor who died in 1942, said, "I would like to find a stew that will give me heartburn immediately, instead of at three o'clock in the morning."

Did he, or did he stay in a stew over it? For today's deal, though, "three" is the key word. How should the defenders card to defeat three no-trump?

South starts with six top tricks: four spades, one heart and one club (the suit West will be leading). Declarer must drive out the diamond ace and hope that the defenders either do not or cannot run clubs (in this case, because there is an unavoidable blockage).

So, after West leads the club seven, South takes East's queen with his king and immediately attacks diamonds. What should West do?

He does not know! Trick one marked South with the club jack, because if East had held the queen and jack, he would have played the jack, not the queen. Also, if South still has two clubs in his hand, West must try to get his partner on lead (presumably with a heart shift) for a club return through South's jack. But if South has only one club left, it will drop under West's ace.

West should hold up his diamond ace until the third round, so that he can see

North 09-16-15			
♠ A J 6			
♥ Q 7 2			
♦ Q J 10 8 5			
♣ 9 5			
West		East	
♠ 9 7 4		♥ 10 8 3	
♥ 8 4		♠ K J 10 9	
♦ A 6 3		♦ 7 2	
♣ A 10 8 7 4		♣ Q 6 3 2	
South			
♠ K Q 5 2			
♥ A 6 5 3			
♦ K 9 4			
♣ K J			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♣ 7			

a signal from his partner. Here, East should discard his club two, lowest from a remaining odd number.

This present-count card announces that East started with either two or four clubs. And as he would never discard his last card in partner's long suit, West should assume that East began with four clubs. And if he did, West can cash the club ace to collect South's jack, then run the rest of the suit for down one.

CROSSWORD

Across

- 1 Respectful title
- 4 Gnocchi sauce
- 9 First occurrence
- 14 Keats' "___ to a Nightingale"
- 15 Stay away from
- 16 With 61-Across, Sri Lankan product
- 17 Pool user's unit
- 18 Sweet sherry, e.g.
- 20 "___ Road to Glory": Arthur Ashe history
- 22 Lip
- 23 Unbeatable hand
- 27 Hat worn with a kilt
- 30 "Romeo and Juliet" city
- 31 Laundry slide
- 33 ___ Spumante
- 36 Here, to Henri
- 37 Album array
- 38 It happens four times a year ... and

- also in this puzzle's circles
- 41 Comes to the point?
- 42 Have title to
- 43 Long basket, in hoops lingo
- 44 Clear the board
- 45 Daze
- 47 Only article in a U.S. state capital name
- 48 Square-bodied family autos
- 52 Burlesque wraps
- 54 Dot on a map
- 55 Pre-holiday mall indulgence
- 61 See 16-Across
- 62 Parenthetical remark
- 63 Piece of cake
- 64 Tach reading
- 65 Package sealers
- 66 Decorative pitchers
- 67 Critter in Egyptian art

- 28 Square things
- 29 Like many a dorm room
- 31 Half a dance
- 32 Party organizer
- 33 Did one's part?
- 34 Admonishing response to "Mine!"
- 35 Spanish finger food
- 37 Tubular pasta
- 39 MBA hopeful's test
- 40 Took a dip
- 45 Struggle
- 46 Old-time broadcasters
- 48 Crone

- 49 Extreme
- 50 Some execs
- 51 Passport image
- 52 ___ one's time: wait
- 53 Soda machine inserts
- 55 Nocturnal flier
- 56 NATO founding member
- 57 Chihuahua complaint
- 58 Handle without care?
- 59 Reuben bread
- 60 Slogan ending?

Down

- 1 Like some eclipses
- 2 One of three Hells Canyon states
- 3 Square things
- 4 Kayak mover
- 5 Night before
- 6 Distress signal
- 7 "Whether ___ nobler ...": Hamlet
- 8 Ukrainian port
- 9 Stops wavering
- 10 Dinnertime TV fare
- 11 Snow runner
- 12 Ages and ages
- 13 Place to start a hole
- 19 Cheer from the crowd
- 21 Steep-sided valleys
- 24 Wendy's side
- 25 Maniacal
- 26 Military outfit
- 27 Private instructor

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65								66						67

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.

"AZER DRKXO ... SNRV NKWR
RLBMR0OHTX, YTIROSV, ORL
KBBRKZ, OHYBZHFHSV - KZZ H
NTBR UTM HX YV FZTSNRO." - VWRO
OKHXS-ZKEMRXS

Previous Solution: "I tell young people to prepare themselves as best they can for a world that grows more challenging every day." — Julian Bond
TODAY'S CLUE: r sjanba d

KIT N' CARLYLE

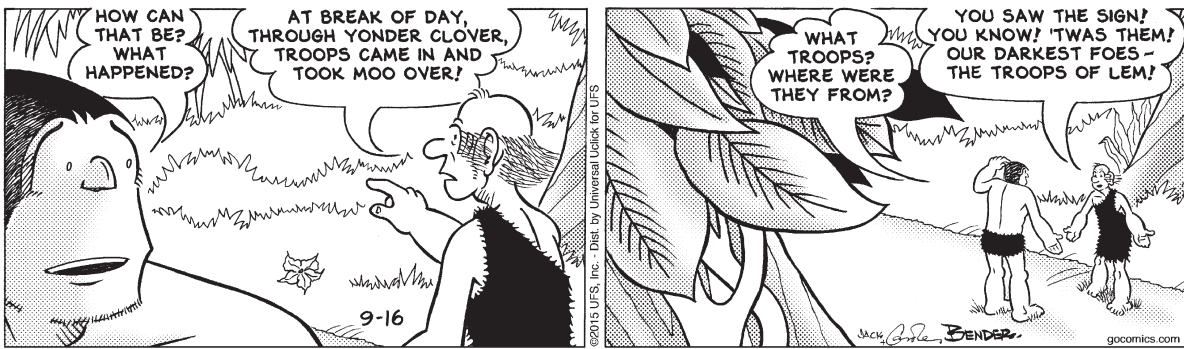


HERMAN

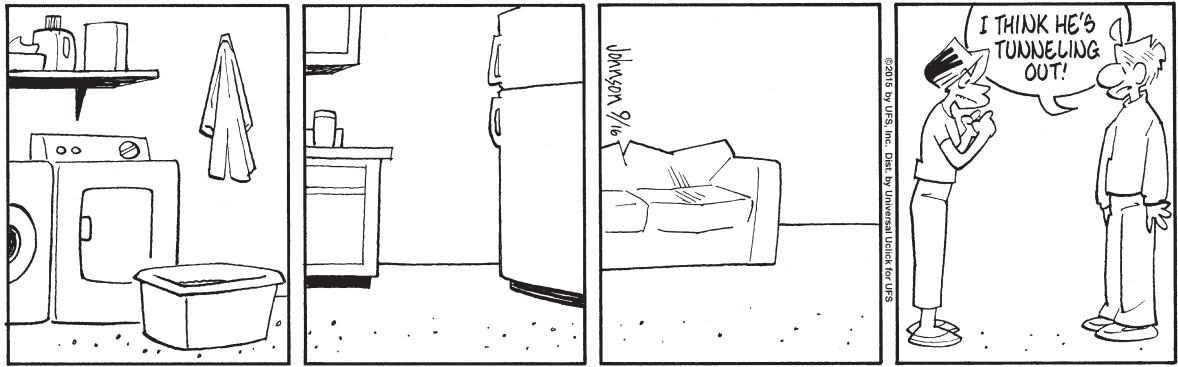


"Okay, now shift your weight onto the left leg during the follow-through."

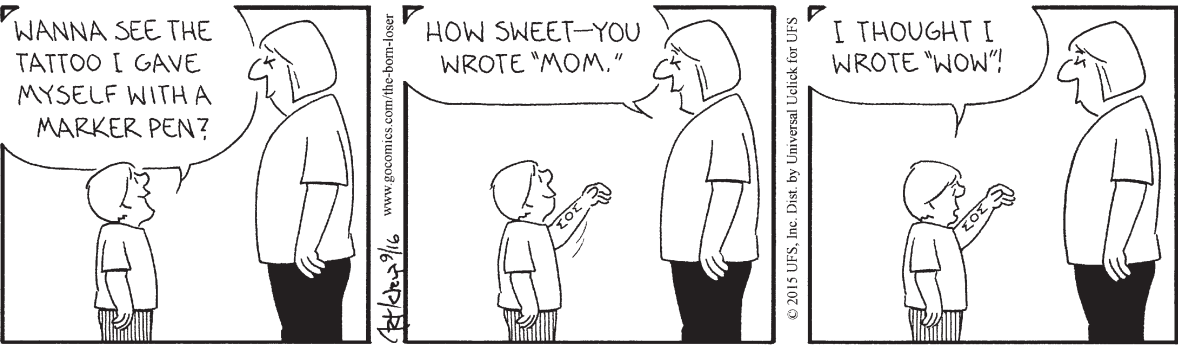
ALLEY OOP



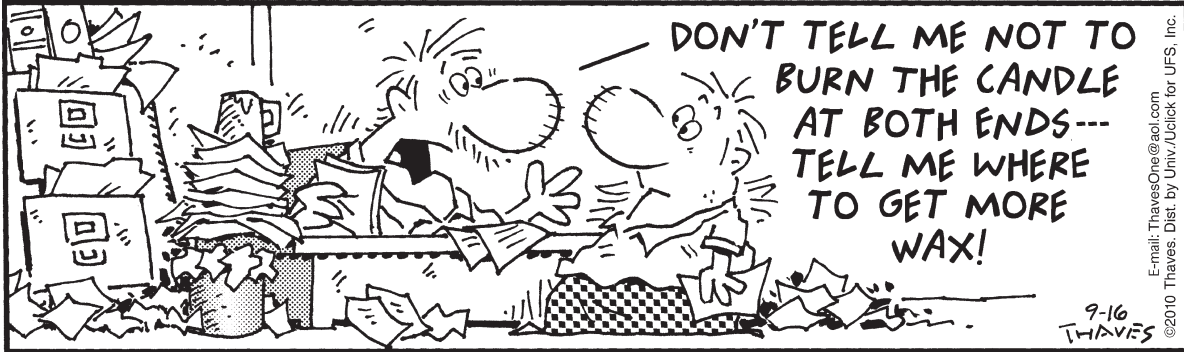
ARLO & JANIS



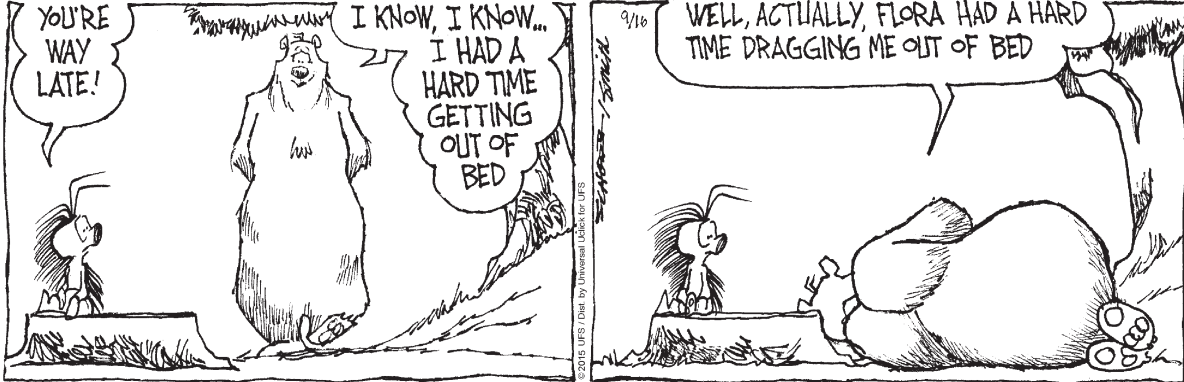
THE BORN LOSER



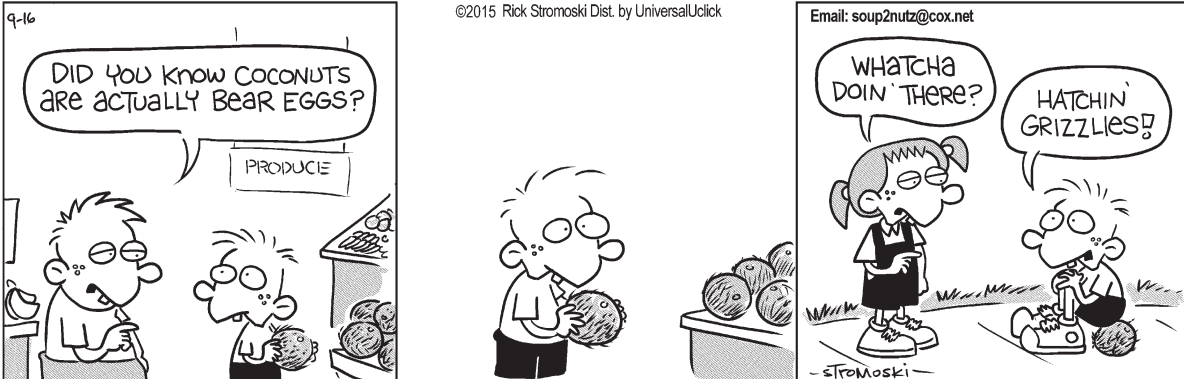
FRANK AND ERNEST



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294 Events

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145 Miscellaneous Services

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400 Lost



MISSING: BERN-ESE MOUNTAIN DOG named Rose has been missing since September 2. She was last seen in Ashton-Junction, near Drummondville. She is a 5 year old female and has a microchip ID. She is probably heading towards Sherbrooke. Please contact Constance at 819-864-0824 or cell 819-342-4206 if you have seen her or have any information. Reward.

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440 Miscellaneous

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Her son has been using drugs and physically assaulting her

WEDNESDAY, SEPTEMBER 16, 2015 **Annie's Mailbox** local state domestic violence agency or the National

Dear Annie: I am writing to you because of a friend's problem. "Lena" is a divorced woman who lives with her 24-year-old son. Her ex's gambling problem destroyed the marriage. Her son was 10 years old at the time of his parents' divorce, and he was already unruly, uncontrollable and slacking off at school. Immediately after the divorce, the father remarried and does not keep in contact.

Lena decided to send her son to a prestigious school in her home country. She believed that her family, who lived there, could better take care of him and help him do well in school. She had to work overtime every single day to afford the tuition. He graduated as valedictorian and went to college in Australia. Again, Lena worked very hard to pay the full tuition.

When he was a junior, her son returned to the U.S. and said he was taking a break from college. After several months, he decided to "get a job" instead of returning to school. But a year has passed, and he hasn't earned a dime.

We recently learned from Lena that her son has been using drugs and physically assaulting her, saying that she ruined his childhood by sending him overseas. She asked him to consider a rehab facility, but he refuses. Lena now fears for her life. He has attacked her many times asking for money to buy drugs.

She is heartbroken about how her only child has turned out. I keep telling her to call the police, but she has begged me not to. She doesn't want to destroy his future by sending him to prison. What should we do? — A Reader

Dear Reader: If Lena cannot get her drug-addicted, abusive son out of her home and refuses to call the authorities, she should get out of there before he does permanent harm. Please call your

Domestic Violence Hotline at 1-800-799-SAFE (thehotline.org) and ask how you can help. Also, please encourage Lena to contact Because I Love You (bily.org), or Families Anonymous (familiesanonymous.org), support groups for parents in similar situations.

Dear Annie: I am a pastor and recently conducted a funeral at our church for a beloved member. In accordance with the family's wishes, a friend of the deceased was allowed to speak for a few minutes during the service. Unfortunately, the "friend" proceeded to tell inappropriate stories. After he'd spoken for quite some time, I asked him to allow others to talk, but he refused to yield. Finally, an angry family member asked him to sit down, but the damage had already been done.

May I offer three cardinal rules for speaking at a funeral?

1. Keep your remarks brief — less than seven minutes. Write and practice what you're going to say.

2. This is not a comedy club. Though you may share a funny story about the deceased, do not say anything that would humiliate that person or their family.

3. Do not brag about yourself. The service is not about you. — Grieving Pastor

Dear Pastor: Many folks, when confronted with the death of a loved one, say amazingly inappropriate things. Thank you for reminding them to think before speaking.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnie.

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Difficulty: 4 (of 5)

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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.

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Retail offers not combinable with any CPA/GPC or Daily Rental Incentives, the Commercial Light Program or the Commercial Fleet Incentive Program (CFIP). Ford Employee Pricing (Employee Pricing) is available from July 1, 2015 to September 30, 2015 (the "Program Period"). On the purchase or lease of most new 2015/2016 Ford vehicles (excluding all chassis cab, stripped chassis, and outboard body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, Shelby GT350, 50th Anniversary Limited Edition Mustang, Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Union/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CPD, Daily Rental Allowance and AAZ/DIC-Plan programs. **Until September 30, 2015, lease a new 2015 Ford Focus SE Automatic Transmission with a value of \$20,622 (including \$1,492 in Employee Pricing, after \$1,195 down payment or equivalent trade in and including freight and air tax charges of \$1,665) at 0.99% APR for up to 60 months with an optional layout of \$7,298, bi-weekly payment of \$97, total lease obligation of \$13,975. Not all buyers will qualify for the lowest APR payment. Some conditions and mileage restriction of 80,000 km for 60 months applies. Excess kilometre charges are \$0.12 per km for Fusion and Escape, up to a maximum of two (2) separate eligible vehicle purchase or lease, up to a maximum of two (2) separate eligible vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. 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Canadian resident customers who (a) are approved by Ford Credit, (b) have no previous automotive financing history; (c) do not have any derogatory credit; (d) have verified full-time employment (minimum of 6 months); (e) have verified income sufficient to meet ordinary living expenses; (f) have verified maximum vehicle payment-bi-weekly (including add-ons) of 15%; (g) have verified maximum total debt-to-income of 50% (debt calculation including rent); (h) have a verified driver's license; and (i) have purchased all required insurance to operate the vehicle prior to delivery (each a "First Time Buyer"). Limit one (1) Incentive per First Time Buyer. Eligible Vehicle must be purchased (financed or leased) and registered in the name of the First Time Buyer. Taxes payable before Incentive is deducted. Not combinable with any other Targeted Offer Program including the First Time Buyer program. See dealer for details. **Until September 30, 2015, get \$2,400 in Employee Pricing rebate when you purchase or lease a new Focus SE. †©2015 SiriusXM Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.



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