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TUESDAY, SEPTEMBER 11, 2018

Fortin promotes freight component for Sherbrooke – Montreal rail link

Record Staff

Sherbrooke Liberal candidate Luc Fortin is ramping up his support for a train linking Sherbrooke and Montreal by suggesting that the addition of a commercial component is likely to improve profitability.

"I have always been in favor of establishing a rail link bringing Sherbrooke and the Estrie region closer to the metropolis," he said, "however, this project must be profitable, at least viable from a financial point of view. According to the first analysis done by experts from the Ministère des Transports, a passenger transportation does not meet this objective."

Recognizing that the promotion and use of a rail link has great environmental benefits, including a reduction in greenhouse gas emissions, Fortin joins other Estrie and Montérégie elected officials who want to analyze the relevance of including a commercial component to the project.

If it were possible to serve certain industrial parks along the line between Sherbrooke and Montreal, municipal officials might be more eager for the train and more willing to contribute financially to the project. According to current estimates, the municipal contribution would be in the order of \$8 million, \$3 million from the City of Sherbrooke alone.

"Given such a required contribution from the municipal sector, I understand that mayors and councilors are reluctant

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Wonderful initiatives happening in Bolton-Est



COURTESY

The Scoop By Mable Hastings

There are a lot of great things happening in the Municipality of Bolton-Est with the support of Mayor, Joan Westland-Eby and the Bolton-Est Municipal Council.

Situated in the Missisquoi Valley between the river and the mountainous Appalachian Corridor, Bolton-Est celebrated its 150th Anniversary in 2017 and is a community surrounded by nature,

celebratory of its loyalist history and strengthened by the involvement and implication of its residents. Known by many for its "Spa des Chutes Bolton" where guests can enjoy a relaxing massage or just sit by the water and enjoy the picturesque surroundings, this small community is growing and evolving.

The recent inauguration of the Bloomfield gardens and unveiling of the Commemorative Plaque (pictured here) celebrates just one of the many projects

happening that gives Bolton-Est residents the opportunity to volunteer in their community and volunteering is what has brought so many improvements to the project.

A project that was in discussion for some time, the Bloomfield Community Garden is located in beautiful Terrio Park in the heart of Bolton-East. Council member, Vinciane Peeters was pleased to take responsibility for the

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Weather



TODAY:
RAIN

HIGH OF 19
LOW OF 15



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 24
LOW OF 12



THURSDAY:
SUNNY

HIGH OF 26
LOW OF 12



FRIDAY:
SUNNY

HIGH OF 28
LOW OF 11



SATURDAY:
SUNNY

HIGH OF 28
LOW OF 12



DISHPAN HANDS

SHEILA QUINN

He was settled in. The single bed in his room for the weekend was made, with his bedding. The educators had his spill container with his daily medication divided up per day of the week and time of day. I had showed them his clothing, taken out his jammies for the night and laid them on his pillow. I had filled out the longer version of the administration form for a new camper, so they were already aware of as many details as possible, including his likes and dislikes, his routine, challenges and strengths. I had taken a photo of him with two of the educators. I knew they were going to be a smaller group, so the educators were not only well trained, but also the ratio of educator to camper permitted more ease to handle their special needs campers for the weekend.

But when I looked my son in the face, and he looked me in the eyes, he looked so uncertain, my heart pinched.

A respite weekend for special needs families can actually mean respite for everyone. My son is fifteen years old. He spends a lot of time with his parents. He does love being with peers, and being independent, having his own life and activities. This weekend was as much for him as it was for me, and for his brother.

Speaking of his brother, he has just started high school. He is in this interesting place of still being a kid, but being taller than me, almost as tall as his older brother. He rarely complains about the unpredictability (and predictability) of life with a special needs sibling, and is called upon to help out on a daily basis, from shepherding in public places to occasional babysitting.

I knew that a respite weekend would be good for him too. With Richmond Fair on the slate, for first time ever, we would go just the two of us. In the past there were tough moments when his brother couldn't handle the hullabaloo of the Fair and melted down, in full sensory overload. One year we only managed thirty minutes on site before we had to leave. Soon my

Letting go

youngest son will be attending more events with friends, so I felt privileged to have this time with him.

His older brother was attending Camp Garagona's teenage respite weekend. He was attending Richmond Fair on Saturday with me.

Back to my departure from Garagona...

I looked into my eldest son's brown eyes that were searching mine. I could see that while he was excited to be there, he was also fragile. I told him, to the best of my ability, what was going on - that he was going to have fun with friends, that I was going to be back on Sunday. I could tell that while he was nervous, he was also ready for me to leave.

I left.

I walked through the double doors. They closed behind me. He stood at the door and looked at me through the window. My heart pinched again, my throat tightened.

I felt simultaneously great knowing that he was going to have so much fun, and that I had complete faith in the Camp Garagona team, and awful, not being able to help him understand what was going on.

On Saturday, my youngest and I got our acts together and on the road. We stopped at Subway in Waterloo (one of his favourite restaurants) for a late lunch. We stopped by my Mum's to drop our sleepover gear off, and then headed to the Fair. Our wait wasn't terribly long. We made the slow bump down to row 37 in the back parking area - a perfectly beautiful day had clearly brought people in to stay. We climbed aboard a red wagon pulled by a smart red tractor and were chauffeured from the parking area to the main site along with other Fairgoers on site by Craig McCourt, on driving duty for the day with his cousin Nelson.

We visited with my brother and his family at the John Deere Agritex lot on site. We shuffled around the midway. Every once in a while we both had a feeling of wondering where my eldest son was - we are both fine-tuned to his presence, and the stress of his absence. We talked about the feeling.

My youngest played the small 25 cent crane game, his investment yielding no strange, small, useless prizes. We visited with some of my former students from Richmond Regional High School, and stopped so my son could try his hand at the dart game, aiming to pop balloons for strange little stuffed toys. He initially won a Rastafarian banana, then upgraded to a small Nintendo controller pillow. We stopped at a food trailer and bought a bag of cotton candy each, a treat we had decided on before arriving on site.

We queued up for the Egyptian boat

ride (the only one there that I could conceivably ride without feeling horrible), and once on-board the thrill was quick. I turned to my right and looked into my son's face. His expression spoke to something along the lines of terror. I reassured him to have fun, although my own heart skipped a few beats when the ride met its full roar and held us facing the grown for a fraction of a section as it swung like a pendulum back and forth.

We disembarked in laughter. He's always alright when it works out in the end.

He rode the Surf's Up game while I watched, and then we went back to the dart game - maybe he could upgrade to an even better prize if he traded in the Nintendo controller pillow. The carnival worker agreed. We decided to play against each other to see who could pop more balloons (I knew if I paid to play too his odds of a better prize would improve). He beat me, popping three out of three, to my two out of three. The carnival worker handed him the medium-sized bright yellow Pikachu plush toy (the main character of the much loved Pokémon characters).

Everyone loves teddy bears, stuffed animals and dolls longer than they admit.

Through the whole visit, I could see that my child felt spoiled with time. I was able to give him a quality of attention he doesn't get very often, as my energy is split and thinned, along with my patience at times. We just had pure fun.

The next day, after our return to Knowlton from Richmond, I made the beautiful drive back to Frelighsburg. It turns out I had the luxury of spies at Camp Garagona, and a series of photos of Angus having fun had been sent to me (thank you Erica Kemp). I was already breathing easy.

Respite weekends are not always something we get used to the first time. Sometimes even after several times there is a moment of doubt or guilt - but time apart for our special needs loved one, in a safe and fun environment is good for everyone.

This weekend will allow for future retreats that are easier to explain and look forward to, where we all have a little experience under our belts. Thank you to Nick Brien and Erica Kemp, and the Camp Garagona educators who were there with my son for the weekend. Thank you as well to Butters Foundation for investing in this important resource and for providing our family with a bursary to help defray the costs of this precious service.

Some of you caregivers out there may be pondering occasional respite services - and you may feel guilty or overwhelmed at the idea. Allow me to encourage you to give it a shot - and begin exploring what kind of experience would suit your family.

Ben by Daniel Shelton



LOCAL NEWS

"Beyond the products discovered during their trip, it was the many warm and inspiring encounters that charmed our group of chefs - and our producers," explained Annie Langevin

Video web series brings Montreal chefs to the Eastern Townships

Record Staff

Tourisme Cantons-de-l'Est (TCE) and Tourisme Montréal have joined forces to launch the Chefs-capade video series, featuring gourmet trips made by four Montreal chefs to the Eastern Townships. This new collaboration stems from a call for projects launched by Tourisme Montréal with the aim of intensifying relations between Montreal and the tourist regions of Quebec. TCE presented a project focusing on the creation of video content to present the natural link between Montreal's gastronomic creativity and the Eastern Townships agricultural offerings.

Renowned Montreal chefs Stéphanie Audet from LOV, Frédéric St-Aubin from Moleskine, Marie-Fleur St-Pierre from Tapeo and Mesón and Jean-Philippe Tees from Hvor met with local producers, shopped during the day, and cooked a

meal together for surprise guests.

"Beyond the products discovered during their trip, it was the many warm and inspiring encounters that charmed our group of chefs - and our producers," explained Annie Langevin, Director of Communications and Marketing and Brand Manager for Tourisme Cantons-de-l'Est.

The video series is hosted by David Plasse, a proud ambassador for the region and director of operations at La Memphré microbrewery in Magog.

The videos are in French-language with English-subtitles and episodes are being released each Monday on the Tourisme Cantons de l'Est website and shared on the social media of the two tourism organizations. The first video of the series is available at www.cantons-delest.com/chef-scapade as will each subsequent release.



(TOURISME CANTONS DE L'EST) Four visiting Montreal chefs came to the Estrie to discover local products and create a gourmet meal

16th Edition of Open House Day on Quebec farms attracts more than 150,000

Record Staff

More than 150,000 people, including 4,800 in Estrie, took part Sunday in the Open House Day on Quebec farms.

For the 16th year in a row, the event has allowed Quebecers to learn more about the work of local farmers.

"The repeated success of our Open House Day reflects the growing interest of citizens in their food, farming practices, and country living. A big thank you goes out to the farm families and the many volunteers who contributed to the success of this 16th edition," said Marcel Groleau, president of the Union des producteurs agricoles, which organized the event.

"Removing barriers between the city and the countryside is a goal that I passionately endorse. It was therefore a real pleasure to contribute once again to the

success of the Open House," continued event spokesperson, Marie-Eve Janvier.

The UPA has been putting on the event since 2003, allowing visits to farms which, in addition to their welcome, offer tastings of regional products, agricultural demonstrations, meetings with experts such as veterinarians and agronomists and, above all, a privileged contact with the passionate people behind local products.

Montrealers were also fortunate enough to find the country atmosphere in the heart of the city. At Montreal's Olympic Park, they could see animals, plants, regional products, street food, family shows, and, of course, all the know-how of local agricultural producers.

The Open House Days are sponsored by the UPA with the assistance of several private and government partners.



(COURTESY UPA) Thousands of urban dwellers got to visit regional farms during the UPA's Open House Sunday.

Fortin promotes freight component

CONT'D FROM PAGE 1

to commit financially," Fortin said. "And it's even more understandable when they believe that the simple passenger train plan will never be viable. So, I understand the municipal world wanting to wait for the conclusions of the commercial phase before committing fi-

nancially to the establishment of a rail link between Sherbrooke and Montreal."

Based on preliminary discussions with the promoter, it is possible to consider the introduction of both a passenger train and a freight train on the same railway line, since the hours of operation would be different, according to Fortin.

"Provided it is shown that the addition of the merchandise component brings an element of profitability and that all the other partners join the project financially, the government that I represent will be there to make the commitment."

Overall, establishing a rail link between Sherbrooke and Montreal could

require capital outlays totaling more than \$90 million. Contributors would be the Government of Quebec for \$18.5 million; the municipal world for \$8 million; \$38 million would come from the private sector and eventually the federal government would be called on to kick in \$26.5 million.

Record crowds at Richmond fair this year

By Claudia Villemaire

tries in the Youth Fair Project along.

"We've had a good fair this year," said vice president Donald, (Wally) Beard who was propelled into the president, Clifford Lancaster's chair due to serious illness. "We couldn't have put on the show without a team of directors, supporters, sponsors volunteers and especially the public's interest," he emphasized. "Huge thank you's don't seem enough," he added.

The weekend events included mini-tractor pulls, modified tractors on Saturday and the popular demolition derby Sunday. Exhibitors in the horse stables were worried by the reaction of some horses to the loud, take-off of the large tractors and some minor injuries were reported requiring medical attention. But no serious, long-term effects were reported. However, horse exhibitors are hoping plans for improvement to this aspect of tractor pulling competition will be considered at the annual meeting in December.

Elsewhere, food concessions were tested to the limit as long lineups at mealtime meant supplies would probably run low and the public was confused by an extra charge at the pulling bleachers. An addition of \$5 was requested, a sum which entitled spectators to a VIP section where a better view was offered. Perhaps better signage could be planned for next year. "But we've had a great fair, great weather, wonderful helpers and the public support has been outstanding. We couldn't ask for anything more," Beard concluded.

ALL PHOTOS BY CLAUDIA VILLEMAIRE



The Mastine Family took home top honors at the fair this year. Bobby Mastine with his Supreme Suffolk ram and David with his Supreme Champion ewe.



Paul Mastine couldn't help smiling with his Supreme Champion two-year old heifer. As a calf, she brought home several championships too.



Cecil Mason with his champion African goose. His pair won Grand Champion Over all breeds at the Richmond Fair poultry and waterfowl show last weekend.



The artist with a variety of chainsaws turned out wood sculptures all weekend from large pieces to the smallest ornaments. His talent was apparent in every work including full size bears or the smallest of Canadian birds.

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Stanstead College breaks ground for a new residence building

By Record Staff

Stanstead College Head of School Michael Wolfe joined with Property Committee members Judith Cowen and Ellen Bounsall along with students and faculty on Monday morning to break ground for a new residence for Grade 12 students.

With increased enrollment, particularly in the higher grades, the senior residences have reached maximum capacity. The new residence, which will be 25,000 square feet on 3 levels with a capacity of 60 beds, will resolve space issues while recognizing the fact that Grade 12s are transitioning to adulthood and should therefore have certain privileges not afforded the younger students.

"We want to make your transition to

university even better and we feel that this type of residence is going to help with that because most of the residences you're going to move into for university truly are co-ed," Wolfe commented.

While the residence will be co-ed, it will have separate wings for boys and girls, with no shared entry point except the front door. It will be constructed between the existing Amaron Gymnasium and Alumni House at the northwestern corner of campus.

It will be the first new residence at the school since the opening of Webster House in 1991. The project is being financed through donations from alumni, friends and private foundations.

The school has yet to choose a name for the new house, which is expected to be ready by fall of 2019.



COURTESY OF STANSTEAD COLLEGE

Mrs. Cowen, a member of the school's property committee, and Ms. Bounsall, a member of the new residence committee, joined Mr. Wolfe in a ceremonial groundbreaking with the future first residents of the new building.

Job action possible by Sept. 26 if postal workers approve strike mandate

The Canadian Press

Canadians will find out as early as today whether they'll face a possible strike later this month by mail carriers and plant workers at Canada Post.

Those workers, who have increasingly delivered online orders to Canadians over the past few years, wrapped up voting yesterday on whether to give their union a strike mandate.

If they voted in favour, there could be a strike or lockout by Sept. 26.

The Canadian Union of Postal Work-

ers says results of the vote will be released today or tomorrow.

Collective agreements governing working conditions for both sets of workers expired in December 2017.

Contract talks, aided by a third party conciliator, ramped up in early June and were moved to an undisclosed hotel in Ottawa.

Canada Post says both sides are working hard to find common ground.

But CUPW national president Mike Palecek warned early last month that union members should be prepared for "some type of job action" if the talks fail.

A pay equity dispute involving the carriers' 8,000 rural and 42,000 urban workers has been at the heart of the negotiations.

Arbitrator Maureen Flynn criticized the pay discrepancies at Canada Post as "fundamentally flawed" in a May ruling, in which she gave both sides until the end of August to reach a pay equity settlement.

That deadline has passed and Flynn is expected to impose a solution, although CUPW said there are other pay equity issues left to resolve outside of the arbitration process.

Canada Post, in issuing its second quarter financial statement last month, estimated that a settlement could saddle the agency with a one-time hit to its bottom line in the range of a quarter billion dollars.

The agency has recently seen a boom in its parcel distribution business while letter mail volumes have plummeted.

Among its demands at the bargaining table, CUPW also wants the Crown agency to bolster its line of services, including the return of postal banking to communities under-served by banks and other lending institutions.

Sherbrooke police seek foiled shoplifter

Record Staff

The Sherbrooke Police (SPS) is circulating pictures of a man who tried to rob a department store on Saturday, Aug. 25.

The suspect showed up at Reno Depot and headed for the vacuum cleaner section. He took two boxes containing vacuum cleaners and headed for the exit,

according to SPS publicist Isabelle Gendron.

"Seeing that the front door entry did not detect people leaving, he stood back and waited for another customer to enter and then went out when the doors opened," she noted. "Once outside, he ran to his car. A clerk tried to stop him, but it was at that moment that the man left at high speed with his vehicle, leav-

ing the vacuum cleaners in the parking lot and damaging them with his vehicle."

The vehicle, a white Mazda CX3, left through the Carrefour de l'Estrie parking lot.

The suspect is described as a white male, in his mid twenties weighing about 170 lbs and standing 5' 9". At the time of the incident he was wearing a

black baseball cap, a black tee-shirt with a white and red logo on the front, jeans, black and white sneakers, and a small bag.

Anyone with any information that could help identify this individual is asked to contact the Sherbrooke Police at (819) 821-5544.

Wonderful initiatives

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garden project as part of her municipal councillor role. The Municipal Committee Composition is: President Luc Jacques, Secretary Vinciane Peeters, Joëlle Quenneville, Dave Gibeault, Frédérique Voissard, Clémence Côté, Michèle Bernier, Michèle S. Côté, Louise Lapierre, Ann Oliver, Marie Claude Labrecque, Ginette Breton who have met six times from February to August.

These gardens are mixed type; part individual plots and a collective portion. Presently there are 20 gardeners and 23 plots. Families wishing to take care of an individual garden must be willing to get involved in the tasks and chores of a community garden.

A contribution of \$ 20 per year is required for the rental of a garden plot. This contribution gives residents access to the garden, self-service tools and water. The size of the garden plot is about 7 feet X 10 feet.

According to their Facebook page, Bloomfield Community Gardens is a space for education, the producing of healthy and local food, and local agriculture. The goals of these gardens are to energize the community by bringing the generations together and strengthening the sense of belonging. There have been in kind donations of barrels, shovels, picnic table, parasol and other tools...

"The decision to name the gardens after Margaret Bloomfield was in large

part taken because the people involved in the project wanted to acknowledge the role of the pioneer families in developing this area," explains Joan Westland-Eby (Mayor). "Margaret's family were one of the first in the area and the farmhouse still stands on East River rd. The organizers also wanted to draw attention to the fact that having a garden was essential to every family. It was their grocery store. The only items people used to buy or trade were essentials that they could not grow in their garden or produce on their farm. Those involved in the project also liked the name Bloomfield, feeling it gives a sense of vegetation and produce," she added.

Recent work includes the creation of a water supply to the garden with a 400

foot casing buried to bring the water directly to the garden. This involved one volunteer bringing his machine in to dig, pick up the rocks, assure the proper depth of the trench, connecting the hoses, burying them and then raking... while also running to the hardware store to gather what was needed which was no small feat. Big thanks to Luc Jacques and the team of wonderful volunteers who gave of their time and talents.

The organizing committee and the community have done an outstanding job of publicizing the project including the work and the joy of seeing it become a reality. Collaboration with other groups and community initiatives is already taking place and like the garden, the interest grows.

EDITORIAL

Patents already mean that brand-name drugs are on the Canadian market for more than 12 years without any competition.

NAFTA negotiations may threaten pharmacare

By Joel Lexchin
 Professor Emeritus of Health Policy and Management, York University, Emergency Physician at University Health Network, Associate Professor of Family and Community Medicine, University of Toronto

Around 91 per cent of Canadians want a national pharmacare plan, according to a recent national poll, so they don't have to choose between buying groceries or paying for drugs to keep them healthy.

The same public opinion survey has also found that prescription drug access and affordability are issues for almost 25 per cent of Canadian households.

But depending on what happens with the ongoing NAFTA renegotiations, the cost of such a pharmacare plan could go up, possibly dramatically.

This has to do with something called intellectual property rights (IPRs). Usually when talk turns to IPRs people think about patents. But there's also something called data protection.

The data that's being protected is information about the effectiveness and safety of drugs that comes out of the clinical trials that brand-name drug companies do when they want approval to market a new drug.

Generic drugs essential to pharmacare

The data is the private property of the brand-name companies and can't be used by anyone else, including generic companies, for a period of time.

It would be very costly for generic companies to do the original testing all over again, and it would also be unethical because the results of the trials are already known. So generic companies use the data once it's no longer protected.

Data protection is not a sexy topic, but it's important in determining how quickly some low-cost generics can reach the market. The presence of generics keeps public drug plans affordable

and will be essential for any pharmacare plan.

Right now, seven out of every 10 prescriptions are filled with generic drugs, but paying for generics only uses up 21 cents out of every dollar that is spent on prescription drugs in Canada. A generic prescription is about one-third the price of a brand-name one.

Patents already mean that brand-name drugs are on the Canadian market for more than 12 years without any competition. When patents run out, generic drugs can be sold, but sometimes patents expire before the data protection period is up. Until the data protection period ends, there can't be any generics. What's more, unlike patents, data protection can't be challenged in the courts.

Ten years of data exclusivity

Canada used to offer five years of data protection but both the lobby group for Big Pharma here and in the United States found that time period unacceptable.

In the end, as a result of the lobbying efforts by the pharmaceutical industry, Canada amended its regulations on data protection to allow for eight years of data exclusivity. An extra six months is possible if the company marketing the drug is able to determine that children need the drug.

Now comes word that in the bilateral United States-Mexico NAFTA talks, there was an agreement that biologics will have 10 years of data exclusivity.

Biologics are injectable drugs that are used to treat various forms of arthritis, Crohn's disease and ulcerative colitis (inflammatory bowel conditions), multiple sclerosis and a variety of other diseases.

Biologics can be very effective but they come with a high cost.

Big money spent on biologics

According to the latest report from the Patented Medicine Prices Review Board, a federal agency that sets a maximum introductory price for new



patented medicines, biologics accounted for seven of the top 10 patented drugs in Canada based on the amount spent in 2017.

No. 1 on the list is infliximab (Remicade), used in the treatment of rheumatoid arthritis and ulcerative colitis, among other illnesses. The average annual cost for a course of treatment with Remicade is close to \$29,000 and, in total, just shy of \$1 billion was spent on this one medicine alone in 2017 by patients, provincial drug plans and private insurers.

No. 6 on the list is etanercept (Enbrel) also used for various forms of arthritis. The average annual cost for Enbrel is \$13,600.

But for some of these biologics, there is the rough equivalent of a generic, known as a "subsequent entry biologic (SEB)." Whereas a single dose of Enbrel costs \$406, a single dose of its SEB is only \$255 — more than a third less expensive.

If the U.S. pushes Canada to accept the same data protection period that Mexico did, then data protection here goes up by another 1.5 to two years. Then we might very well be spending a

lot more on some biologics, because the SEBs will be delayed.

If we want a national pharmacare system, then we need to make sure that our negotiators don't give in to any American demands about medical data protection.

In 2015-2018, Joel Lexchin was a paid consultant on three projects: one looking at indication-based prescribing (United States Agency for Healthcare Research and Quality), a second to develop principles for conservative diagnosis (Gordon and Betty Moore Foundation) and a third deciding what drugs should be provided free of charge by general practitioners (Government of Canada, Ontario Supporting Patient Oriented Research Support Unit and the St Michael's Hospital Foundation). He also received payment for being on a panel that discussed a pharmacare plan for Canada (Canadian Institute, a for-profit organization). He is currently a member of research groups that are receiving money from the Canadian Institutes of Health Research and the Australian National Health and Medical Research Council. He is member of the Foundation Board of Health Action International and the Board of Canadian Doctors for Medicare.

Raymond Chabot Grant Thornton

employees commit to communities

Record Staff

For the third year in a row, this Friday, September 14, 2,000 Raymond Chabot Grant Thornton employees will dedicate their day of work to a community organization in their area, part of an 'RCGT in the community' event.

Some 100 offices in Quebec, Ontario and New Brunswick will be closed to allow staff to devote their work day to help some 50 community organizations.

In the Eastern Townships region (Sherbrooke, Coaticook, Magog, Drummondville), nine organizations will welcome some 200 employees who will come to lend a hand.

The Community Day is part of the Grant Thornton International Network movement, which aims to contribute to community development by enabling its more than 50,000 professionals in more than 135 countries to dedicate their day to support a local organization in its community mission.

THE RECORD

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Local Sports

"It's been going on several months now that we've been trying to make this happen and here we are today, the morning after. From our perspective, we're just going to focus on telling the truth, and that's that a request was made."

Canadiens owner Geoff Molson says ex captain Max Pacioretty asked for trade

The Canadian Press

The Montreal Canadiens say Max Pacioretty asked for a trade last season and a decision was made to deal the team captain late Sunday night.

Speaking at the Canadiens' annual pre-training camp golf tournament, team owner Geoff Molson said all parties agreed a trade was the best scenario. The Canadiens dealt Pacioretty to the Vegas Golden Knights for forwards Tomas Tatar and Nick Suzuki and a second-

round pick in 2019.

"It's been ongoing discussions," Molson said of Pacioretty. "When the request was made to look at making a trade, we started to actively go after that and the player and the organization agreed that it was probably in the best interest of Max and the organization to start to look for a trade.

"It's been going on several months now that we've been trying to make this happen and here we are today, the morning after. From our perspective, we're

just going to focus on telling the truth, and that's that a request was made."

General manager Marc Bergevin said a contract extension was not on the table for the 29-year-old Pacioretty, who has one year left on his deal.

Molson was asked if the move signifies the Canadiens are now rebuilding.

"There are all kinds of buzz words around re-tooling and rebuilding. But there's no question that Marc (Bergevin) has made an effort, especially this summer, to become younger, faster, and to

build a pipeline of young players that are going to allow us to be successful over the longer term," Molson said.

"But he's also identified the players that he wants to keep in the organization and build around them. Slight re-tool, rebuild, whatever we want to call it. There's no question we're getting younger, we're bringing in more talent and we're also maintaining the core group of players that we believe can take us farther."

Canadian crews win heats at world rowing championships

The Canadian Press

Two Canadian crews won heats on the second day of the world rowing championships.

Andrea Proske of Victoria and Gabrielle Smith of Unionville, Ont., won their heat in the women's double sculls, while Carling Zeeman of Cambridge, Ont., finished first in a women's single

heat on Monday.

Proske and Smith, coming off a silver medal performance at the World Cup Lucerne in June, were making their world championship debut. They now advance to the semifinals on Friday.

"We've increased our training time significantly since Lucerne and that has definitely helped build our relationship and trust as a team," said Proske. "It's

nice to get this first race done and focus on the plan for the rest of the week."

Zeeman won bronze at the World Cup Lucerne.

Meanwhile, the Canadian Para PR3 mixed coxed four team of Victoria Nolan, Bayleigh Hooper, Andrew Todd, Kyle Fredrickson and coxswain Laura Court finished second in their heat and goes to a repechage on Wednesday.

Jeremy Hall also heads to a repechage after finishing third in his PR2 men's single heat.

The women's four, featuring Jessie Loutit, Karen Lefsrud, Kendra Wells and Larissa Werbicki, finished fourth in a heat and will go to a repechage.

The event runs through Sunday.

2018-19 Montreal Canadiens Schedule

The Associated Press

All Times Eastern

- Oct. 3 at Toronto, 7 p.m.
- Oct. 6 at Pittsburgh, 7 p.m.
- Oct. 11 Los Angeles, 7:30 p.m.
- Oct. 13 Pittsburgh, 7 p.m.
- Oct. 15 Detroit, 7:30 p.m.
- Oct. 17 St. Louis, 7 p.m.
- Oct. 20 at Ottawa, 7 p.m.
- Oct. 23 Calgary, 7:30 p.m.
- Oct. 25 at Buffalo, 7 p.m.
- Oct. 27 at Boston, 7 p.m.
- Oct. 30 Dallas, 7:30 p.m.
- Nov. 1 Washington, 7:30 p.m.
- Nov. 3 Tampa Bay, 7 p.m.
- Nov. 5 at N.Y. Islanders, 7 p.m.
- Nov. 6 at N.Y. Rangers, 7 p.m.
- Nov. 8 Buffalo, 7:30 p.m.
- Nov. 10 Vegas, 7 p.m.
- Nov. 13 at Edmonton, 9 p.m.
- Nov. 15 at Calgary, 9 p.m.

- Nov. 17 at Vancouver, 7 p.m.
- Nov. 19 Washington, 7:30 p.m.
- Nov. 21 at New Jersey, 7 p.m.
- Nov. 23 at Buffalo, 4 p.m.
- Nov. 24 Boston, 7 p.m.
- Nov. 27 Carolina, 7:30 p.m.

- Dec. 1 N.Y. Rangers, 7 p.m.
- Dec. 2 San Jose, 7 p.m.
- Dec. 4 Ottawa, 7:30 p.m.
- Dec. 6 at Ottawa, 7:30 p.m.
- Dec. 9 at Chicago, 6 p.m.
- Dec. 11 at Minnesota, 8 p.m.
- Dec. 13 Carolina, 7:30 p.m.
- Dec. 15 Ottawa, 7 p.m.
- Dec. 17 Boston, 7:30 p.m.
- Dec. 19 at Colorado, 8:30 p.m.
- Dec. 20 at Arizona, 9 p.m.
- Dec. 22 at Vegas, 4 p.m.
- Dec. 28 at Florida, 7 p.m.
- Dec. 29 at Tampa Bay, 7 p.m.
- Dec. 31 at Dallas, 8:30 p.m.

Jan. 3 Vancouver, 7:30 p.m.

- Jan. 5 Nashville, 7 p.m.
- Jan. 7 Minnesota, 7:30 p.m.
- Jan. 8 at Detroit, 7:30 p.m.
- Jan. 10 at St. Louis, 8 p.m.
- Jan. 12 Colorado, 7 p.m.
- Jan. 14 at Boston, 7 p.m.
- Jan. 15 Florida, 7:30 p.m.
- Jan. 18 at Columbus, 7 p.m.
- Jan. 19 Philadelphia, 7 p.m.
- Jan. 23 Arizona, 7:30 p.m.

- Feb. 2 New Jersey, 2 p.m.
- Feb. 3 Edmonton, 2 p.m.
- Feb. 5 Anaheim, 7:30 p.m.
- Feb. 7 Winnipeg, 7:30 p.m.
- Feb. 9 Toronto, 7 p.m.
- Feb. 14 at Nashville, 8 p.m.
- Feb. 16 at Tampa Bay, 7 p.m.
- Feb. 17 at Florida, 7 p.m.
- Feb. 19 Columbus, 7:30 p.m.
- Feb. 21 Philadelphia, 7:30 p.m.
- Feb. 23 at Toronto, 7 p.m.
- Feb. 25 at New Jersey, 7 p.m.

Feb. 26 at Detroit, 7:30 p.m.

- March 1 at N.Y. Rangers, 7 p.m.
- March 2 Pittsburgh, 7 p.m.
- March 5 at Los Angeles, 10:30 p.m.
- March 7 at San Jose, 10:30 p.m.
- March 8 at Anaheim, 10 p.m.
- March 12 Detroit, 7:30 p.m.
- March 14 at N.Y. Islanders, 7 p.m.
- March 16 Chicago, 7 p.m.
- March 19 at Philadelphia, 7 p.m.
- March 21 N.Y. Islanders, 7:30 p.m.
- March 23 Buffalo, 7 p.m.
- March 24 at Carolina, 7 p.m.
- March 26 Florida, 7:30 p.m.
- March 28 at Columbus, 7 p.m.
- March 30 at Winnipeg, 7 p.m.

- April 2 Tampa Bay, 7:30 p.m.
- April 4 at Washington, 7 p.m.
- April 6 Toronto, 7 p.m.



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Death

Death

Datebook


**Jean Wilson McNeil
(1933-2018)**

It is with great sadness that we announce the passing of our mother Jean McNeil (nee Wilson) at the CHUS Fleurimont on September 6, 2018, at the age of 85. She was predeceased by her husband Ross McNeil, her sisters Beatrice, Doris and Shirley and by her brothers Russell and Lyle.

She will be sadly missed by her children Danny, Donna (André Nadeau) and Dorothy (Lindsay George); her grandchildren Stephanie (Jim Smith), David (Catherine Ducharme), Zachary (Brittini Ross); her always thought of as grandchildren Aimee (Luis Soto) and Sarah (Brandon Critchfield), her great-grandchildren, Anthony, Francis, Thomas, Kelly-Ann, Malcom, Oakley, Adrian and Emilio and her brother Keith, along with her sister-in-law Shirley and many nieces and nephews.

Family will receive condolences at the Mansonville Baptist Church, 359 Route de Mansonville, Mansonville QC, J0E1X0 on Saturday, September 15, 2018 from 9:30 a.m. to 11:30 a.m., followed by a Graveside service at the Mansonville Protestant Cemetery at 11:30 a.m.

We would like to thank the personnel of the Knowlton House and Knowlton Suites for everything that you did for our mother. She loved you all.

In lieu of flowers, donations to the BMP Hospital Cowansville would be appreciated.

Arrangements entrusted to the Brome-Missisquoi Funeral Complex, 402, rue de la Rivière, Cowansville, 450.266.6061.

Condolences may also be sent via www.complexebm.com

BROME-MISSISQUOI FUNERAL COMPLEX **PHONE: 450-266-6061**
402 de la Rivière, Cowansville QC **FAX: 450-266-6057**
www.complexebm.com

TUESDAY, SEPTEMBER 11, 2018

Today is the 254th day of 2018 and the 83rd day of summer.

TODAY'S HISTORY: In 1857, Mormon guerrillas and Paiute Indians massacred 120 pioneers in Mountain Meadows, Utah.

In 2001, hijacked planes crashed into New York City's World Trade Center, the Pentagon in Virginia and a Pennsylvania field in terrorist attacks that claimed nearly 3,000 lives.

In 2007, Russia announced that it had successfully tested the world's most powerful nonnuclear bomb, a thermobaric weapon nicknamed the "father of all bombs."

In 2012, a heavily armed militia attacked the U.S. Embassy in Benghazi, Libya, killing four Americans.

TODAY'S BIRTHDAYS: O. Henry (1862-1910), short-story writer; D.H. Lawrence (1885-1930), author; Paul "Bear" Bryant (1913-1983), football coach; Tom Landry (1924-2000), football coach; Brian De Palma (1940-), film director; Tony Gilroy (1956-), filmmaker; Virginia Madsen (1961-), actress; Moby (1965-), singer-

songwriter; Harry Connick Jr. (1967-), actor/singer-songwriter; Ludacris (1977-), rapper/actor; Ed Reed (1978-), football player.

TODAY'S FACT: John Tyler was the first vice president to assume the presidency because of a sitting president's death. During the term he served, after William Henry Harrison's month-long presidency, Tyler was often referred to slyingly as "His Accidency" or "Acting President."

TODAY'S SPORTS: In 1985, Pete Rose broke Ty Cobb's record with his 4,192nd career hit.

TODAY'S QUOTE: "A story with a moral appended is like the bill of a mosquito. It bores you, and then injects a stinging drop to irritate your conscience." — O. Henry, "The Gold That Glittered"

TODAY'S NUMBER: 4,256 — total career hits for Pete Rose, which remains the Major League Baseball record.

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

Preserve immobilized limb's muscle strength with cross education



ASK THE DOCTORS

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

Dear Doctor: My son, who plays several sports, recently broke his right arm. Now he's worried that the muscles will waste away while it heals. I read that exercising his left arm could help his broken arm. When I told him this, he scoffed. It does seem crazy,

but is it true?

Dear Reader: Improbable as it sounds, a new study found that when a limb on one side of the body is immobilized, as in the case of your son's broken arm, it's possible to preserve muscle strength and size by exercising the corresponding limb on the other side of the body.

This is a phenomenon known as "cross education," which has been written about since at least 1894. Since then, a number of studies have backed up the existence of cross education. Whether through voluntary muscle contractions through exercise, imagined contractions via targeted visualization or contractions that were electrically stimulated, activating the muscles of the opposite limb preserved both strength and muscle mass in the immobilized body part.

In this newest study, researchers in Canada studied the forearms of 16 male and female college students for four weeks. All were right-handed, and none had recent experience with resistance training. Using CT scans, ultrasound and a weight machine, the researchers measured the dimensions and strength of the muscles in the participants' forearms. The students were then fitted with casts on their left forearms to immobilize their wrists, hands, thumbs and fingers up to the knuckles. Each was randomly assigned to either a training group or to a control group. The training group took exercise classes three times a week that focused on certain muscle groups in the wrist, hand and forearm of the free limb. The control group did not take part in those classes and was asked

refrain from any other exercise as well.

A month later, after the casts were removed, measurements showed that participants in the control group had lost about 20 percent of the strength in their left forearms and had lost 3 percent of their muscle mass. For the participants who had exercised those specific muscle groups in their right forearms, however, both strength and mass measurements in their immobilized forearms were virtually unchanged. Even more interesting was the fact that the muscle groups in the right hand that were deliberately not exercised had measurably atrophied in the left hand. Only the same muscles that were exercised in the free limb maintained their strength and mass in the limb that was in a cast.

How and why cross education takes place is not yet known. Although sensors placed inside the casts of the resistance training group showed that there was indeed some muscular contraction taking place while the students exercised their free hands, these were too weak to have a physical effect.

So what's going on? Most popular among the many theories that have been floated is the idea that something is happening in the neural circuits of our brains. In the meantime, let your son know that, thanks to cross education, he has a way to emerge from his cast stronger than he expected.

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.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
 Text only: \$16.00 (includes taxes)
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, September 11 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, September 11 at the Town Hall from 10 a.m. to 11 a.m.

RICHMOND

Interested in playing Military Whist? Join us at St. Anne's Church Hall, 171 Principale St. South, on Thursday evening, September 13, starting at 7:30 p.m. for the first games of the season. Military Whist will continue every second Thursday evening of each month. To reserve a table or donate to the lunch or grocery basket, please call Elizabeth at 819-826-6134.

NORTH HATLEY

Chicken and Ribs Barbecue at the North Hatley Legion, 95 Jackson Heights, on Saturday, September 15 at 6 p.m. Reservations please. Info/reservations: 819-842-2933. All welcome.

BULWER

The Bulwer Quebec Farmers' Association

will NOT meet on Thursday, September 13 at the Bulwer Community Centre. See you October.

IVES HILL (MILBY)

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

MILBY

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

RICHMOND

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

LENNOXVILLE

Girl Guides enable girls to be confident, resourceful, gain leadership skills and to make a difference in the world. Lennoxville Girl Guides' registration night will be at St. George's Church on Wednesday, September 12 from 6 p.m. to 8 p.m. www.guidesquebec.ca / lennoxville@guidesquebec.ca

LENNOXVILLE

The Uplands Cultural and Heritage Centre invites you to discover "Lessons from

friends and mentors" by Denis Palmer. The artist works mainly on location, drawing in pencil or ink, and painting in watercolour, the people and events of his community. Uplands, 9 Speid Street, Borough of Lennoxville, is open Wednesday to Sunday from 1 p.m. to 4:30 p.m. The exhibition will run until October 28.

AYER'S CLIFF

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

RICHMOND

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

SHERBROOKE

The Canadian Federation of University Women, Sherbrooke & District (CFUW), will be holding a general meeting this coming Wednesday, September 12, at 6:30 p.m., St Andrew's Presbyterian Church, 256 Queen St., Sherbrooke (Lennoxville). Members sign up, interest groups info/sign up. Refreshments.

LENNOXVILLE

Cribbage registration to be held at the A.N.A.F. Unit 318, The Hut, 300 St. Francis Street, on Thursday, September 13 at 7 p.m. New members welcome.

BURY

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

RICHMOND

Sherbrooke Connection (for men and women) will meet on Thursday, September 13 from 2 p.m. to 3:30 p.m. at the Wales Home, 506 Route 243 North, Richmond. Fall Concert - "Dare to Dream," members from the Sherbrooke Snowshoe Club will be performing. "Dare to Dream Again!" with inspirational speaker Sue Ferguson of Brockville, Ontario. Admission. For more info call Pauline 819-563-8061 or sherbrookewc@yahoo.ca

INVERNESS

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

MINTON

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

Trouble with purging

Dear Annie

TUESDAY, SEPTEMBER 11, 2018

Dear Annie: Next month, I'm moving into an apartment that's smaller than my current one. So in the meantime, I've been going through all of my stuff, trying to purge anything I don't use. I have been donating a lot of clothes, books, DVDs, knickknacks and the like to Goodwill. I used to have trouble letting go of things because of sentimental attachment, but after a few moves, I've gotten pretty good at detaching feelings from objects.

The one place where I'm running into problems is when it comes to gifts. Anything a friend or family member has given me, I have a hard time throwing away. I feel guilty. I think about the person excitedly picking the thing out for me. For instance, my aunt always sends me jewelry, but I only wear it when I see her, a couple of times a year. I don't really wear much jewelry normally. And my mom and dad have gotten me countless T-shirts from their travels over the years. They're great T-shirts, but I must have over 30 T-shirts. My dresser drawers are overstuffed. But every time I put one of the T-shirts in my "donation" bags, I end up digging it out a few hours later. How can I get over this,

Annie? — Can't Give Away Gifts

Dear Can't Give Away Gifts: Perhaps a little thought exercise will help you to clear this mental hurdle. Think of a gift you gave years ago to a loved one — your aunt, let's say. Now think of that gift sitting on her closet shelf, gathering dust and giving her pangs of guilt every time she sees it. Would you want her to keep it just because you gave it to her? Of course not. You'd want her to donate it and make space for things she loves. And she'd probably want you to do the same. You might also let her know you have plenty of jewelry now, to save her from spending money on it in the future. As for the T-shirts from your parents, you could repurpose them into a quilt or simply keep one or two of your favorites and donate the rest.

Remember that just because you don't love a gift doesn't mean you love the giver any less.

Dear Annie: I read your response to "Sad Stepmom," who is concerned that her son, with a history of addiction, may be drinking and using drugs. Thank you for recommending that she return to Al-Anon and also for saying that Al-Anon is not a program you graduate from.

In my 35 years of active involvement in Al-Anon,

there have been many times when I've seen people return to a meeting after not coming for a long time. And none of them has ever said that it was just to pop in and see how we were doing and that life was going great.

Although I have not lived with active alcoholism in many years, actually decades, I attend meetings because I live in this world and still have to deal with others and myself. — Daphne F.

Dear Daphne: I'm glad to hear that Al-Anon has been of help to you over the years. At the risk of sounding like a broken record, I'm going to use this opportunity to once again promote the benefits of Al-Anon for the families of those with addiction. Visit <https://al-anon.org> for more information and a database of meetings across the country.

"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.

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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.

"WPWYD RLNW L MGNW RG VWB DGYT,
L YWNWNAWY XGB EGBWYCSI RXW
FELYLR GC RXLF MLRD LF... VDM, L
IGPW DGS." — WIIVV ZWJWVWYWF

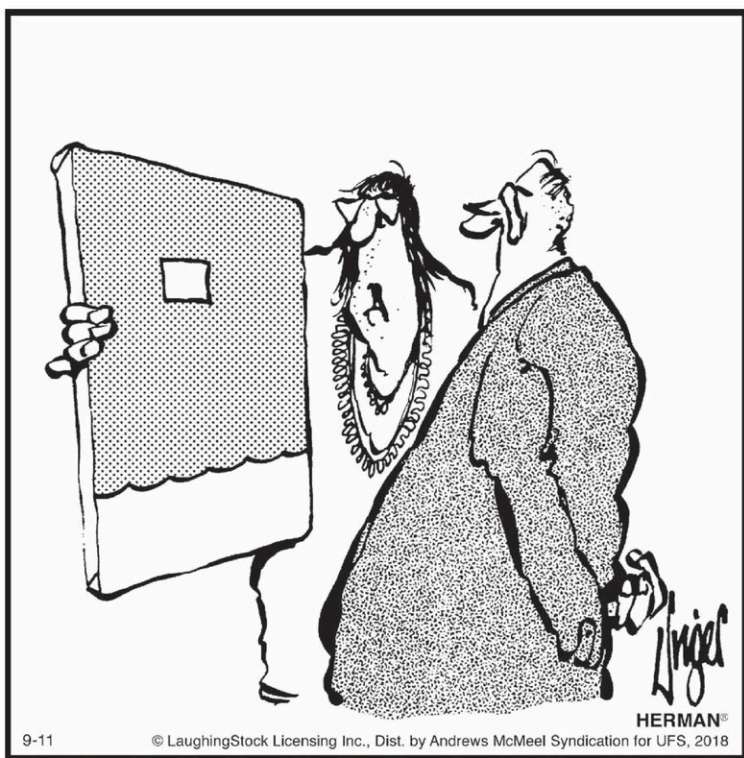
Previous Solution: "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." — Bill Vaughn

TODAY'S CLUE: 9 sjenba r

REALITY CHECK

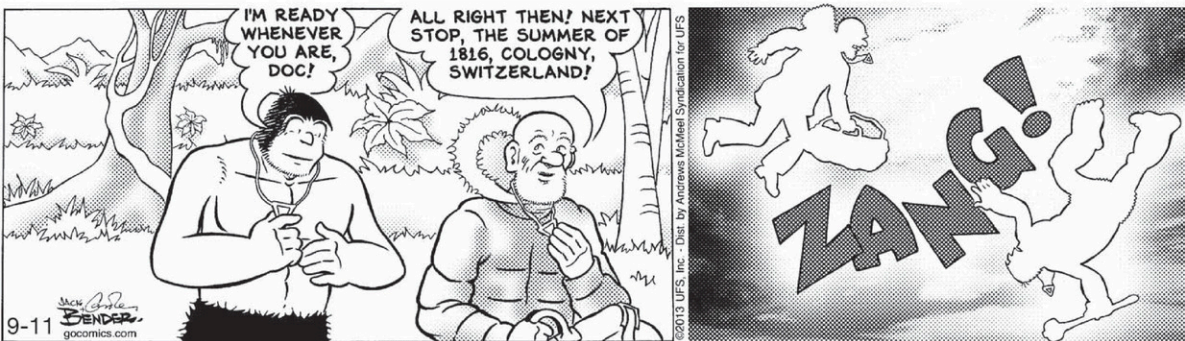


HERMAN



"This is 'Moon Over the Ocean,' painted basically from memory!"

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 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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Today in History

**Today in History for Sept. 11:
 On this date:**

In 1541, Jacques Cartier reached the Lachine rapids above Montreal on his third voyage to Canada.

In 1672, colonial American clergyman Solomon Stoddard was ordained pastor of the Congregational church in Northampton, Mass., at age 29. He remained at this pulpit for the next 57 years. From 1727, until his death in 1729, Stoddard was assisted by his grandson, Jonathan Edwards.

In 1754, fur trader Anthony Henday became the first white man to enter what is now Alberta.

In 1777, Gen. George Washington's American troops were defeated in the "Battle of Brandywine" by a British force under Sir William Howe.

In 1847, 300 people died when a hurricane hit Newfoundland.

In 1860, Toronto's Horticultural Gardens (now known as Allan Gardens), built on land donated to the city by George Allan, was opened by Edward, Prince of Wales.

In 1888, Canadian Gov. Gen. Baron Stanley made one of the oldest surviving recordings. The message, a greeting to U.S. President Grover Cleveland, was recorded at Toronto's Industrial Exhibition (now the Canadian National Exhibition).

In 1916, the centre span of the Quebec Bridge fell into the St. Lawrence River while being set into place, killing 13 workers.

In 1944, U.S. president Franklin Roosevelt and British prime minister Winston Churchill met in Canada at the opening of second Quebec Conference. At this meeting, Roosevelt accepted Churchill's offer to send a British fleet to the Pacific to serve under American command.

In 1955, the Miss America pageant made its network TV debut on ABC. Miss California, Lee Meriwether, was crowned the winner.

In 1956, Canadian war hero Billy Bishop died in Palm Beach, Fla., at age 62. The Owen Sound, Ont.-native was the top scoring Canadian and Imperial ace of the First World War, credited with shooting down 72 German aircraft. He was also the first Canadian airman to win the Victoria Cross.

In 1958, the "USS Swordfish," the first atomic submarine, was completed.

In 1968, Charles Lavern Beasley of Dallas was charged with Canada's first hijacking after he ordered an Air Canada Viscount bound for Toronto from Moncton, N.B., to go to Cuba. Describing himself as an American black-power militant sought by the CIA, he was arrested when the plane landed at Dorval, Que., for refuelling. He was sentenced to six years in prison.

In 1970, Ford Motor Co. introduced the Pinto, a compact that would become caught up in controversy over the safety of its gas tank. (The Pinto was discontinued in 1980.)

In 1971, Nikita Khrushchev, former leader of the Soviet Union, died at age 77.

In 1973, Helen Hunley was appointed Alberta's first solicitor general.

In 1973, a military coup led by army chief Augusto Pinochet overthrew the government of Chile. President Salvador Allende was said to have shot himself, but many believed he was assassinated.

In 1987, Canadian actor Lorne Greene died in Santa Monica, Calif., at age 72. He first became known in Canada as the "Voice of Doom" for his CBC Radio newscasts during the Second World War. But the role of Ben Cartwright on TV's "Bonanza" from 1959-73 catapulted him to fame throughout the world. His gunfighter narrative "Ringo" was a surprise No. 1 hit in 1964.

In 1994, Jessica Tandy, whose acting career spanned more than 60 years and who won an Academy Award at 80 for Driving Miss Daisy, died at age 85.

In 1995, Premier Frank McKenna was given a third consecutive overwhelming victory in a New Brunswick election.

In 1997, the Scottish people voted by an overwhelming majority (74.2 per cent Yes) to restore the Scottish parliament they gave up in 1707 when they joined the United Kingdom. They also decided by a narrow margin that the parliament should have limited power to levy taxes.

In 1997, Canada's federal and provincial health ministers reached a deal for a new blood agency (Canadian Blood Services) after the federal government agreed to pay a significant amount of its setup cost. The

new blood authority replaced the Canadian Red Cross Society.

In 1998, the report of Independent Counsel Kenneth Starr was made public in Washington. It alleged 11 acts by U.S. President Bill Clinton in the Monica Lewinsky affair that might constitute grounds for impeachment, including perjury and obstruction of justice.

In 2001, hijackers crashed two airplanes into New York's World Trade Center, toppling its twin 110-storey towers. Not long after, another hijacked plane slammed into the Pentagon in suburban Washington and a fourth plane crashed in Pennsylvania after passengers on board fought with hijackers. Approximately 3,000 people were killed in the four crashes, including two dozen Canadians. The attacks were blamed on Saudi millionaire Osama bin Laden, who was living in Afghanistan under the protection of that country's Taliban government. The U.S. responded by organizing an international coalition to drive the Taliban from power and find bin Laden, who was killed by U.S. Navy SEALs in Pakistan on May 2, 2011.

In 2002, quarterback Johnny Unitas, who broke nearly every passing NFL record and won three championships with the Baltimore Colts in an 18-year career, died at age 69.

In 2003, John Ritter, whose portrayal of the bumbling but lovable Jack Tripper helped make the television comedy series "Three's Company" a smash hit in the 1970s, died at age 54.

In 2005, Prime Minister Junichiro Koizumi won a landslide victory in Japan's national elections.

In 2008, Montreal's archbishop Cardinal Jean-Claude Turcotte, 72, renounced his Order of Canada to protest Dr. Henry Morgentaler's appointment to the prestigious membership.

In 2009, a Taiwan court imposed a life sentence on former president Chen Shui-bian after convicting him of corruption.

In 2015, a massive crane collapsed in a storm and crashed onto the Grand Mosque in Mecca, killing 111 people and injuring nearly 400.

In 2016, Stan Wawrinka defeated defending champ Novak Djokovic 6-7 (1), 6-4, 7-5, 6-3 for his first U.S. Open trophy and third Grand Slam title overall.

(The Canadian Press)

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

BOUTIFUL BARGAINS

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NEA Crossword Puzzle

- ACROSS**
- 1 Sphere
 - 4 Business attire
 - 8 High-pH substance
 - 11 Out of reach
 - 12 Threesome
 - 13 Mouse alerts
 - 15 Monastery dweller
 - 16 Apartment
 - 17 Hwys.
 - 18 Hardtop
 - 20 Squawk
 - 21 Links org.
 - 23 — of Biscay
 - 24 Is indebted
 - 27 Synthesizer inventor
 - 29 — out (relax)
 - 32 "Chicago" lead
 - 33 Ms. Thurman
 - 34 Boathouse gear
 - 35 LAX info
 - 36 Musical notes
 - 37 Psychic's sight
- DOWN**
- 1 Ons and —
 - 2 Unusual
 - 3 Headless nail
 - 4 Smarted
 - 5 40-cup brewer
 - 6 Big Ben numeral
 - 7 Jigger

Answer to Previous Puzzle

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

- 8 Painter — Neiman
- 9 Bigfoot's kin
- 10 Just scrapes by
- 14 NNW opposite
- 19 Domed recess
- 20 Keep after
- 22 Scarab, to Pharaoh
- 23 Crows over
- 24 Pointed arch
- 25 Soaks
- 26 Geologic divisions
- 28 "Rubaiyat" author
- 29 You, in Arles
- 30 O.K. Corral name
- 31 Pate de foie —
- 37 Like — — of bricks
- 39 Orange seed
- 41 Take forcibly
- 43 Hemp products
- 44 Not waste
- 45 Warbled
- 46 Lahore language
- 48 Object
- 49 Diamond Head site
- 50 Snoopy
- 52 Boob tubes
- 53 Estuary
- 54 Viper

1	2	3		4	5	6	7		8	9	10	
11				12					13			14
15				16					17			
18			19						20			
			21		22		23					
24	25	26			27	28			29	30	31	
32					33				34			
35					36				37			
38				39					40			
			41				42	43				
44	45	46						47		48	49	50
51					52	53	54			55		
56					57					58		
	59				60					61		

Your Birthday

TUESDAY, SEPTEMBER 11, 2018

Don't let change surprise you. Instead, be the one to instigate what you want to see unfold. A personal update or signing up for a course that will encourage you to change direction or advance to a higher level is favored. Personal relationships should be nurtured and protected.

VIRGO (Aug. 23-Sept. 22) — A trip or gathering with people you don't see very often will open your mind to a host of new possibilities. If you add to the conversation, a new venture will develop.

LIBRA (Sept. 23-Oct. 23) — Emotions will surface and should be carefully handled to avoid any distress. Giving someone the wrong impression will leave you in a difficult situation.

SCORPIO (Oct. 24-Nov. 22) — Don't share secrets, or someone will use them against you. Work toward your goal, but don't present what you are doing until it is polished. There will be no room for error.

SAGITTARIUS (Nov. 23-Dec. 21) — Stay focused on your responsibilities. Don't be a follower. Someone will lead you astray if you put too much credence in an exaggerated or false impression.

CAPRICORN (Dec. 22-Jan. 19) — Tame any emotional urges you have before you say or do something you'll regret. Focus on your personal finances, health or legal matters, and fight the urge to retaliate.

AQUARIUS (Jan. 20-Feb. 19) — A problem with an institution can be overcome

if you make a couple of adjustments before you present what you want to do. Stay on top of medical concerns and personal investments.

PISCES (Feb. 20-March 20) — Handle partnerships with care. Listen and respond positively and you will make headway regarding joint ventures you want to pursue. Romance will bring you closer to a loved one.

ARIES (March 21-April 19) — Consider how you can help or offer someone words of encouragement. A positive attitude will help you avoid being pushed away or ostracized from a conversation.

TAURUS (April 20-May 20) — Don't let anyone push you into moving forward prematurely. Time is on your side, and you'll know when you are ready. Choose your battles wisely and take all the time you need.

GEMINI (May 21-June 20) — Keep moving until everything is complete. You'll get a sense of satisfaction when you put your responsibilities behind you. Don't waste time helping someone else get ahead.

CANCER (June 21-July 22) — Keep your emotions in check. Don't lend money or possessions. A change at home will turn out to be more beneficial than first anticipated.

LEO (July 23-Aug. 22) — Collaborate with people who share your concerns. Working toward a goal that will bring about change will lead to opposition. Decipher who is and isn't on your side.

TUESDAY, SEPTEMBER 11, 2018

The certain way or the highly likely?

By Phillip Alder

In so many bridge deals, if you count correctly and draw the logical conclusions, you will find the best declarer-play or defense. At other times, educated guesswork will suffice.

In this deal, South is in four spades. West leads the diamond seven, and East wins with the ace. What happens after that?

When an opponent opens with a preempt, and you are planning on entering the auction, assume your partner has six or seven points and act accordingly. So, South jumps straight to four spades, which understandably ends the auction. (At this level, a takeout double announces at least two places to play.)

At trick two, it might look tempting for East to shift to his singleton heart. However, even if West does have the spade ace, that will produce only three defensive tricks: one diamond, one spade and one heart ruff. South will probably have the remainder. It is better for East to switch to the club jack. If South covers, West will win with the ace, cash the queen and play a third round, hoping East can ruff. Or, if South plays low, West will overtake with his queen, cash the ace and lead another

North		09-11-18	
♠ 7 6 2			
♥ A 10 9			
♦ J 4 3			
♣ 7 6 3 2			
West	East		
♠ 3	♠ 5 4		
♥ Q 8 7 5 4 2	♥ 3		
♦ 7 2	♦ A Q 10 9 8 6 5		
♣ A Q 8 4	♣ J 10 9		
South			
♠ A K Q J 10 9 8			
♥ K J 6			
♦ K			
♣ K 5			
Dealer: East			
Vulnerable: East-West			
South	West	North	East
			3♦
4♠	Pass	Pass	Pass
Opening lead: ♦ 7			

club. After South ruffs the third club, he draws trumps and must find the heart queen.

There is the guaranteed method. East is known to have started with two spades, at least three clubs from the play and seven diamonds from the bidding. He has at most one heart.

Alternatively, South adopts the "easy" method. Because East has seven diamonds and West has two, West is an 11-to-6 favorite to hold the heart queen.