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**Jessie Pelletier:
Bill Lavers
tribute a
success**

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Dirty 30 Rumble
local pro
wrestling
event**

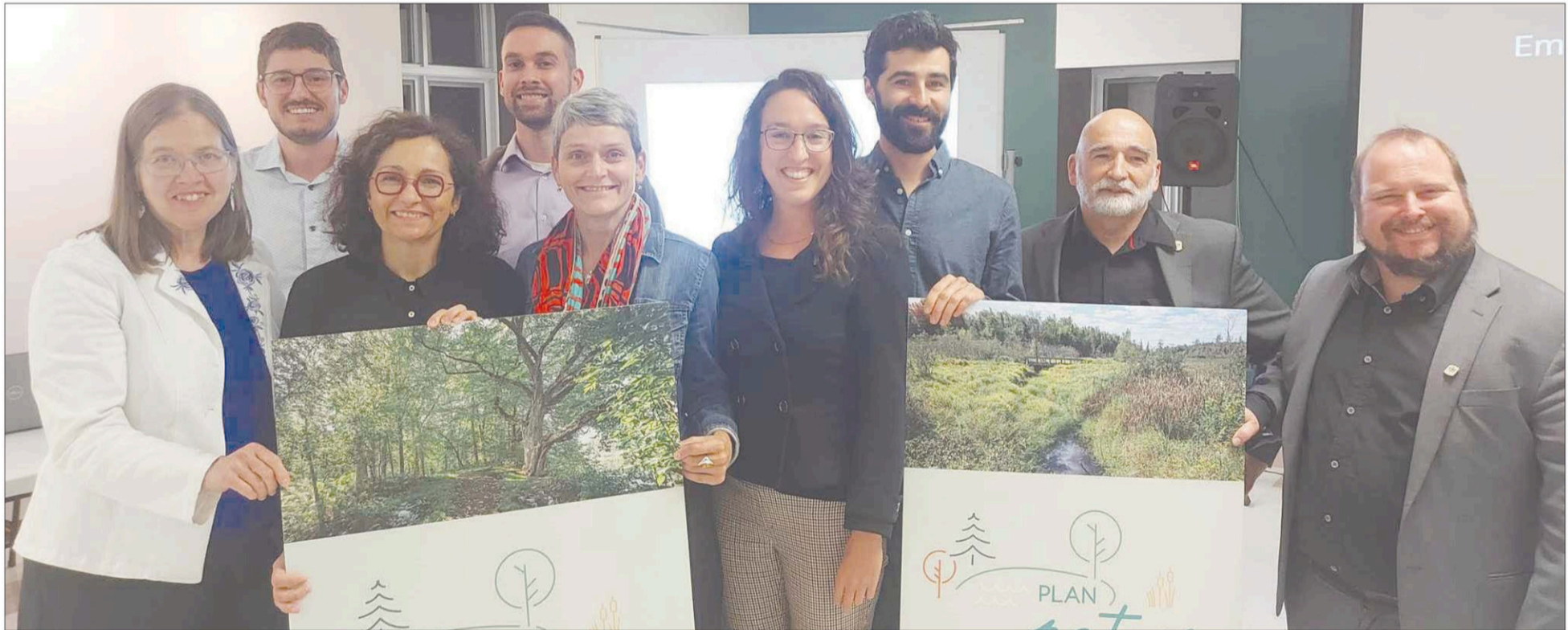
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PM#0040007682

THURSDAY, SEPTEMBER 28, 2023

Sherbrooke's new 'Nature Plan' presented in Lennoxville



WILLIAM CROOKS

Jennifer Garfat, Town Councillor - Uplands, Charles Laforest, Professional Urban Planner, Chantal Pelchat, Project Manager - Environment, Daniel Blouin, Environmental Project Officer, Ingrid Dubuc, Director of the Environmental Office, Évelyne Beaudin, Mayor of Sherbrooke, Jean-Philippe Boyer, Environmental Project Officer, Claude Charron, Burrough President of Lennoxville, Guillaume Lirette-Gélinas, Town Councillor - Fairview.

See the full story on page 3

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Weather



TODAY:
SUNNY

HIGH 22
LOW 5



FRIDAY:
SUNNY

HIGH 21
LOW 6



SATURDAY:
SUNNY

HIGH 23
LOW 5



SUNDAY:
SUNNY

HIGH 22
LOW 9



MONDAY:
A MIX OF SUN
AND CLOUD

HIGH 23
LOW 9

I promise to do my best



LINDA KNIGHT SECCASPINA

Please note that Brownies are called Embers now- but I used their original name for historical sake.

Years ago, when I was a Brownie we had a special two-fingered sign when we said our Brownie Promise. These days Brownies who are now called Embers, say the same promise as the Girl Guides. Those two fingers held up while saying their promise is called a Talking Sign. The Girl Guides often use a Talking Stick which is a First Nations tradition and the Stick can be plain or decorated. Only the person with the Talking Stick may speak inside the circle.

Six months ago I received an email from Janet Ritchie Scott who told me she had the long lost stick from the Lanark County Brownie and Guide troops. She had directed Waupoos Girl Guide Camp in Ontario for three summers and the Almonte Leaders volunteered to staff the Nature Camp. They left the Talking Stick in her care as they intended to come back the following year.

This Talking Stick, belonging to the Girl Guides, has been in her care for almost twenty years, and she wanted it to return to the local troops. Last Saturday night the Talking Stick was officially back with them. I was so happy in being instrumental with it coming home because of my participation with the Cowansville troops as a child.

I remember being part of the Brownies and Girl Guides that met in the old Trinity Church Hall in Cowansville. If I remember correctly Brownies were down at one end and the Guides were at the other end of the large room. Achieving various badges and our odd camping trips will always remain on my life-

favourites list.

There were times we gals as part of the troop would walk down South Street, River Street and then on to the edge of the highway to go to some wooded area to learn about camping. The best event I can remember was celebrating the Golden Jubilee Year of the Girl Guides at the Brome Fair grounds in 1960. Camped near the main stage we each tossed into the fire a raw hamburger patty, a carrot and a potato wrapped in some aluminium foil. Best meal ever! Or the cookie sale, where everyone's mum or grandmother made cookies and sometimes we ate a few on the side.

Cookies, camping and cooking are still a huge part of being a Girl Guide, especially cookies these days. Those delicious Mint cookies and other flavours are part of a corporate sponsorship that helps fund the association. My troop didn't mind the cookies so much as the terrible job of counting the money. The money came in pennies: hundreds and hundreds and of them and we'd count and carry them to one of the banks with our leaders. Computers and rock climbing are now introduced, but there is a lot of flexibility so that they can find the things that are important to them-like when I learned to tell the truth. After all a Guide and Brownie is pure in thought, in word and in deed. Aren't they?

In 1959 the Granby Leader Mail newspaper article stated that my childhood friends Judy Clough and Linda Lee Pratt won a doll contest out of 30 local entries in our local Brownie troop. My beautiful Miss Revlon doll did not even place. Seems the second judge, our neighbour, Mrs. Wilson "ratted" to the others that my mother had sewn the doll dress, not me.

I never forgot that lesson. That's where I learned not to lie about doing things you never did. In fact it was the exact second I figured out I should devote my life to rock'n'roll instead. Seemed like a better idea and a way to avoid a real personality crisis.

The Girl Guide name also triggers a memory of not being able to stomach the taste of potato salad. When I was seven years old my Mother sent me to my room with an uneaten plate



COURTESY

Girl Guide Leader Heather Legge and Linda Knight Seccaspina, September 2023

of the picnic delight. All night long I lay on my bed feeling sorry for myself. While listening to the almost musical score of the summer evening lawnmowers my Mother told me a story. Art Reaume, who was mayor of Windsor in 1946, didn't eat the potatoes on his plate at a Scouting dinner. When Guides founder Lady Baden-Powell saw this, she berated him for it. She said she had just returned from a poverty-stricken Europe where some children had not seen a potato in four years because of the war. He then ate his potatoes like a saint. I sat there wondering how I still was going to eat that Canadian household staple, and if I remember correctly even Lady Baden-Powell would not have shamed me.

Today, there is a smile on my face for still doing some good for the Girl Guides, and not just by eating their cookies. I can still tie a reef knot and a round turn and two half hitches. I am thrilled each season these young girls sell their cookies as I've taken to using the Mint Cookies as Toothpaste. I now have met a Girl Guide leader with a credit card reader on her phone to sell cookies and wonder if there is a badge for that. These gals are not just here for the cookies and they never were.

Support Your Local Organization!
See you next week!

Ben by Daniel Shelton



Local News

Sherbrooke has a significant natural heritage that contributes to the lives of its citizens. Only a third of Sherbrooke is urban, another third is rural, and the rest is agricultural.

Nature Plan

CONT'D FROM PAGE 1

By William Crooks
Local Journalism Initiative

A team, headed by Sherbrooke Mayor Évelyne Beaudin, presented the city's new 'Nature Plan' to interested citizens in Lennoxville Sept. 26. The presentation, followed by a question period, took place at the Amédée-Beaudoin Community Centre in front of around 20 people and began at 6:30 p.m.

Beaudin opened with some prefatory remarks. It is our obligation to make sure our region is as resilient as possible to the local effects of climate change, she began, which includes our orientation towards economic development. She insisted every decision she has made as Mayor has taken into account the well-being of Sherbrooke's current and future citizens. The 'Nature Plan' was the result of years of work involving scientific experts. She emphasized that the signs of global warming are becoming "increasingly visible", and our duty to our precious natural environment justifies the 'Nature Plan' measures along with maintaining a differently-functioning but equally dynamic economy.

Nature Plan

The 'Nature Plan' presentation team outlined and justified the implementation of it as follows:

Sherbrooke has a significant natural heritage that contributes to the lives of its citizens. Only a third of Sherbrooke is urban, another third is rural, and the rest is agricultural. Water quality depends on the health of its surrounding environments, like woodlands and wetlands.

Areas of intended preservation were chosen according to ecological criteria. Areas of conservation are to be protected, used sustainably, or restored. This resulted in an action plan to be initiated over the next ten years.

Protected environments are to be maintained in their natural ecological state. Sustainability entails that usage of any qualifying area is possible as long as no harm is being done to it.

Forty-five per cent of Sherbrooke will be maintained in its natural state. Ninety-three per cent of wetlands will be conserved. All water-related natural features will be conserved, including lakes, rivers, streams, shorelines, and floodplains. Eighty-three per cent of woodlands will be preserved.

The conservation intentions of the plan were overlaid with current construction plans. The plan is not an actual bylaw, like a zoning bylaw. As it stands, all that has been passed is a bylaw giving the city temporary interim control to preserve certain areas of interest. They will be seeking

to begin passing permanent regulatory bylaws in line with the plan by 2026. Stakeholders and the public will be consulted as their action plan is progressively initiated.

Any construction plans that were authorized before June 6, 2023, are exempt from the interim control measures. Anyone whose plans have not yet been authorized can check the city's online interactive map to see if they can go ahead depending on which areas have been targeted by the plan. Woodlands in urban areas are often less a priority for conservation but may still be preserved for other reasons.

Cutting down a dangerous tree or maintaining an existing building is always authorized. The same rules will apply regardless of if the project is residential or commercial.

Detailed information, frequently asked questions, and a form to submit one's own written questions (in French or English) are available on the city's website.

Question period

The gathering was reminded that no specific situations would be addressed during this question period, only clarificatory and other general questions about the plan as a whole.

The first question concerned dynamite blasting on Lennoxville's hillside and its potential effect on the natural springs nearby. She was told that all construction in Sherbrooke is done according to environmental guidelines and that the 'Nature Plan' will improve them. Beaudin added that the plan is about conserving parts of the city, not about the sustainability of construction projects per se.

The second question was on whether the plan would include measures to make existing woodlands more accessible to the public. Some woodlands are private, some public, she was told. Public lands can easily be made more accessible, whereas that aspect of private lands is not under their control. It was noted that the purpose of the plan is ecological, so usually only large woodlands fall under its umbrella. The Ascot-Lennox Woodland, for instance, is privately owned by more than 80 individual people, and is targeted by the plan.

The third question pertained to whether there was a budget attached to the plan. She was told the plan is a "planning tool" that considers only natural areas, but that further down the line there will be a budget that takes its principles into account.

The fourth question asked whether the plan, which affects some private lands, would affect their property value. Beaudin responded that it is true they have added a constraint, and



WILLIAM CROOKS

that ecological conservation would take precedence over what some could do with their private land. Housing is an issue, she continued, but they will need to figure out how to add housing without disrupting these valuable ecological areas.

The fifth question was about what the odds were that this plan would simply be reversed in 10 years under a new government. Beaudin responded that the plan was in line with the trajectory of the Quebec government, and added once that all these bylaws were fully put in place it would be very difficult to get rid of them.

The sixth question concerned the relationship between the plan and the current housing crisis. Beaudin said we

need to think differently about how to provide housing to people. "It is the end of new single-house neighbourhoods," she insisted. There is a lot of wasted space in Sherbrooke, she added, and constraints allow us to think more creatively.

Lennoxville Town Councillor Jennifer Garfat commented that she appreciated the questions about property values, since many local private landowners may have seen their net worth drop precipitously because of this plan.

Lennoxville Burrough President Claude Charron said he really appreciated the panel's commitment to presenting and answering questions in English.

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RECORD

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The Border Report

The event, organized by Brad Crawford, was a phenomenal success. The room was packed, and many musicians were there to provide the entertainment.

Bill Lavers tribute a success



COUNTRY CONNECTION

JESSIE PELLETIER

On Sunday, Sept. 24, people gathered at The Stanstead Legion to pay a tribute to musician Bill Lavers. Lavers was a dominant figure on the local music scene, especially at the Stanstead Legion. Musicians and friends gathered to pay him a well-deserved tribute.

The event, organized by Brad Crawford, was a phenomenal success. The room was packed, and many musicians were there to provide the entertainment.

Lavers was presented with a plaque to thank him for his time and talent to entertain the crowds of dancers for so many years. The musicians took turns performing to pay tribute to the hero of the day and please the audience of roughly 180 people.

Brent Sheldon, Ross Roach, Ronnie Hazeltine, Rodney Largy (from Ontario) Hakim, Steve Aulis, Jerry Dion, Bobbi Dee, Frank Young and Lynda Gosselin all generously took part in the celebration by offering their kind of music.

Tommy Archer and his girlfriend graciously provided the mechoui to feed the people in attendance. It was excellent and appreciated by everyone. Many ladies also provided salads and desserts to complete the meal. Many volunteers were on hand to help serve people.

The president of The Stanstead Legion was happy to see so many people to celebrate Lavers. "It a well-deserved tribute and one more time we all came together to make it happen," he said.

Brad Crawford was beyond enchanted with the turn out. "All the people and musicians who showed up for this event. I can't believe how incredibly good hearted they are. I'm really amazed by this outpouring of



PHOTOS JESSIE PELLETIER

Volunteers and Bill Lavers

love towards Bill Lavers, and I can't believe how people respond with heart to the events I organize," said the hardworking man.

Indeed our local musicians are

getting older and slowly taking their retirement, so it all made sense to me to be able to honour them one at a time. What a wonderful day!

OSS ORCHESTRE SYMPHONIQUE DE SHERBROOKE

BMO GRAND CONCERT SERIES

23 24

Jean-Michel Malouf
Conductor

La force du destin!
Thursday, October 5
7:30 PM

Liszt, Verdi and Tchaïkovski

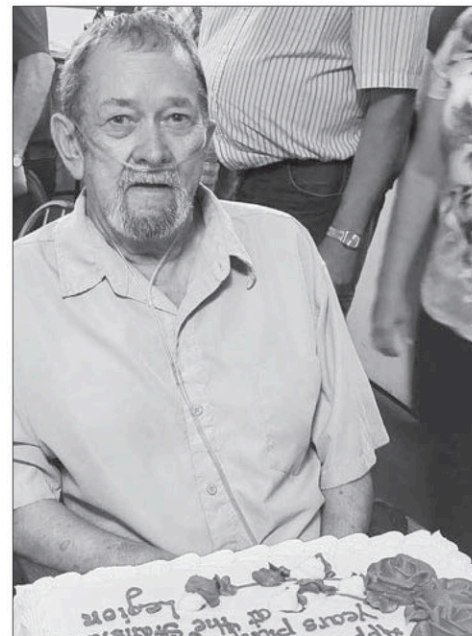
André Laplante, piano

BMO Raymond Chabot Grant Thornton

ossherbrooke.com



Bill Lavers and his wife



Bill Lavers cake and plaque

The Border Report

Phelps' mandate not only appeals to volunteers, it also appeals to the dedicated team of employees who work at Phelps.

Meet Kristy Pyle, our new Volunteer and Community Outreach Coordinator



It was clear at our Volunteer 5 à 7 this past Monday, that Phelps Helps attracts loyal volunteers. These volunteers are impassioned to help for many reasons, one of the biggest being Phelps' mission to support the youth in our community. Ten years ago, high school graduation rates were no more than fifty percent in the Stanstead area, the reason why Phelps Helps was founded. By 2020, before the pandemic, the graduation rate was up to 70%. This striking improvement was the result of a collaborative community effort with the parents, the schools, the Phelps Helps team of volunteers and staff and with the youth of the community at the heart of it all. The pandemic was a set-back for many, but if the numbers of Phelps' tutoring participants is any indication, we hope to see the percentage rise again.

Phelps' mandate not only appeals to volunteers, it also appeals to the dedicated team of employees who work at Phelps. One such person is Kristy Pyle who recently accepted the post of Community Outreach Coordinator at Phelps Helps. Much of Kristy's childhood was spent in Stanstead and her maternal family lived here for many generations. She has deep roots here and the Townships is where she

feels most at home. Kristy chose to work at Phelps Helps because she was inspired by this mandate; Phelps offers the type of programming she wished had existed in Stanstead when she was young.

As Community Outreach Coordinator, Kristy will be working on finding ways to connect with the community at large. She'll be organizing our many events, and will be helping with promotion and communications. She will also be in charge of volunteer coordination. It was Kristy who organized the 5 à 7, an event to both thank our volunteers, as well as entice new ones.

Kristy is well-qualified for her work with our volunteers, having spent many years working as a volunteer herself and with other volunteers in various organizations over the years. She believes most non-profits could not exist without the invaluable volunteer hours that support their missions and that the work of volunteers is often underestimated. She says, "I think there is something special about someone who finds an organization with a mission they are passionate about. I think that anyone up-to-date on the barriers and realities that come with growing up in Stanstead should



be inspired by all the things that Phelps has achieved over the past 10 years."

Kristy is eager to fortify the ties between this remarkable community and the invaluable network of Phelps Helps. She never fails to be inspired by "Township unity," and believes Townshippers stand together in remarkable ways. The volunteers and staff of Phelps, such as Kristy herself, are just one example of this unity and the reverberations of the connections we forge.

Phelps Helps is a community-led non-profit organization dedicated to improving the lives of children, teens and young adults in Stanstead, Quebec and its surrounding areas. Through a range of free, tailored programs and initiatives, Phelps Helps supports educational achievement, careers, youth development and more. Its focus on collaboration and community engagement ensures lasting, positive change for a brighter future. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call us on 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Muffy

Gentle Muffy is, once again, in search of a loving forever home. Muffy was first surrendered in the fall of 2022 when her family could no longer care for her. She was adopted, but unfortunately, it hasn't worked out and we are currently looking to place her into a quiet home where she can flourish as the only pet.

Muffy, who is approximately 8 years old, has been through a lot of change in the last year which can be especially difficult for an older cat. Moving from the only home she ever knew to a shelter was not an easy adjustment. Muffy needs stability so her next home really needs to be her last and forever home.

Muffy will do best in a calm and quiet environment where she can settle into her daily routine and enjoy being

the center of attention. She is happiest when surrounded by people who spoil her with lots of love and cuddles. A tad overweight, as much as she adores her food and treats, for optimum health, she should slim down. She is notorious for finishing what the other cats don't eat.

In the right home, Muffy, with her sweet and endearing personality, will be a wonderful and affectionate companion to her lucky adopter.

Can you be the one to open your home and your heart to this gentle senior? If so, we'd love to hear from you.

To inquire, please give our cat adoption coordinator Linda a call at 819.868.2684 or send an email to frontieranimalsociety@gmail.com.



EDITORIAL

Just getting dressed in the morning now becomes an adventure. Sliding into your trousers one leg at a time becomes a test of agility.

Dogs and a well-balanced life



TIM BELFORD

stability is to get a dog.

I say this from experience. Regular readers of my weekly missives know I have a canine companion. He goes by the name of Brando but recently my bride and I have discussed changing that to Obstacle or possibly Detour. From the day we brought him home he has been a constant fixture on the various floors of our house. Not satisfied with the many doggie beds provided by his hosts he quickly realized where we spent most of our time and also the source of all food.

Preparing meals in a relatively small kitchen is a minor challenge particularly when the love of my life and I are both involved in the task. Add a seventy-five pound dog who insists on parking himself between the fridge and stove and you have an obstacle course worthy of a downhill skier.

Suddenly, carrying a pot full of water from sink to burner involves six steps, three turns, a twist and a hop over a happily recumbent animal. To ensure that we get the full ten points from the judges he will often chose to suddenly lift his head adding another level of difficulty to the exercise.

It doesn't stop in the kitchen. During the evenings, any movement through the television room involves more stepping, turning and shifting from leg to leg than any balancing class, however difficult, can provide. The fact that he shifts his position on the floor from time to time merely adds to the excitement.

Early mornings begin the testing once again. Since I am an early riser, it is often dark when I head off to begin my day. The test here is to identify, in a blackened room, where 'Detour' has settled for the night. This is inevitably in the centre of the bedroom door necessitating a step over and a footfall that doesn't land on a tail or an ear.

No, if you're a senior and having balance problems, and you probably are, the answer is simple. Get a dog; preferably a big one.



Letters

The era of discrimination

One after the other, regional carriers are reducing their paratransit services, cutting back on evenings and weekends. Lack of budgets. But they remain compliant with the Ministry's Paratransit Subsidy Program (PSTA). Discriminatory subsidy program! As long as the carrier offers 35 hours of service per week, for 52 weeks, disabled people have to organize their lives within this framework. What would you say, healthy people, if you were forbidden to go out in the evenings and on weekends? And not because of a pandemic?

What are the Commission des droits de la personne et des droits de la jeunesse (CDPDJ) and the Office des personnes handicapées du Québec (OPHQ) waiting for? They have laws, sections of laws, such as sections 10 and 15 of the Quebec Charter of Human Rights and Freedoms, and the famous section 67 of the OPHQ Act since 1978, improved in 2004. We have plenty of laws in Quebec "obliging" several carriers to very clearly serve disabled people in their territory, such as STCs and municipal, intermunicipal and regional organizations (art. 67). The Quebec Charter very clearly defines discrimination, and there are very clear sections of the law.

The government's Paratransit Subsidy Program is discriminatory! It allows regional, semi-urban and rural transporters to discriminate against people with disabilities, without any reprimand from the government, as long as they respect the PSTA! We're cutting back on leisure activities, on weekends, on transportation for people for whom it's very important, especially for those who can't work or study. And in the evenings, for those who have meetings, visits, outings, even a town council. No transportation!

Who will call on the government to stop discriminating, and get the carriers to do the same? The CDPDJ can, or at least could. In his 2014 Reform, the then CDPDJ president openly warned the government via Communiqué that it should see to it that it did not take away the rights recognized to the most vulnerable. That's what we're still experiencing, a period, an era of discrimination that's spreading throughout Quebec, even though we have plenty of laws - yes, we have laws - but they're no longer respected. Advocacy groups need lawyers, disabled people need respect...

FRANCE CROTEAU
SHERBROOKE

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

One of the irritating things about growing old, and there are many, is the gradual instability. I'm not talking here about juggling one's bank balance or mental health issues but rather the increasing tendency to wobble.

Whether it's those first few steps in the morning or climbing stairs, there is a disconcerting lack of mind-foot coordination. It often appears at random. Tripping over the occasional sidewalk curb, stumbling while negotiating a gravel driveway or catching your toe on badly placed carpet all become regular occurrences.

Just getting dressed in the morning now becomes an adventure. Sliding into your trousers one leg at a time becomes a test of agility. Slipping one leg in and then balancing ballerina-like while attempting to slip the second limb through the inconveniently folded other leg is a test worthy of most gymnasts. Let's not get into pulling on socks.

There are solutions, however. Many medical advice books list dozens of simple exercises that the tottering senior can practice to steady the listing ship that is now your body. Locally, there is also a class for seniors that allows them to learn and practice balancing techniques with the similarly affected. But the simplest way to maintain your

THE RECORD

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Local Sports | *“Brutal’ Bob Evans hosted a seminar [on professional wrestling],” Myers began, the afternoon before the show. Around 14 people participated.*

Packed house for Dirty 30 Rumble local pro wrestling event

By William Crooks

The Eastern Townships Wrestling Association (ETWA) held its Dirty 30 Rumble pro wrestling event in Newport, Vermont Sept. 23. The Record spoke to organizer and participant DJ Myers to get the rundown on the day’s events.

“Brutal’ Bob Evans hosted a seminar [on professional wrestling],” Myers began, the afternoon before the show. Around 14 people participated. Evans is a well-known American pro wrestler and trainer.

Mark Shelton, local American musician, sang the US National Anthem to start everything off. Four matches took place before the focus of the show, the 30-man Rumble. To begin, Jeff Fury was victorious over Tim Hughes. Next, Evlynn Sage, coming off a winning streak, defeated Journey Burke, who was making her debut. The Cold Hard Guapos retained their tag-team titles against Relentless. Finally, MulletMan defended his ETWA Championship

Title against ‘Brutal’ Bob Evans.

The 30-man Rumble showcased 30 wrestlers entering the ring at 90 second intervals. Elimination takes place when one is thrown over the top rope; the last man standing wins. Notably, it featured Jake ‘The Snake’ Marcy and DJ Myers himself. Myers was eliminated fourth to last. The Miserable Angry Dogs made a big impact, but Jaba King was ultimately victorious and earned the right to face Sigma in the future, with the Heritage Championship on the line.

Betty Calloway, who passed away recently, was an ETWA superfan. A 10-count tribute, where the ring bell is rung 10 times, was made in her honour. Every chair in the venue was filled for the show and many had to stand. The event ended around 10 p.m. “People were really happy,” Myers said.

The ETWA has another event coming up in October in Stanstead. More information on it can be found on the ETWA’s Facebook page.



PHOTOS ATHENA MYERS

Evlynn Sage has Journey Burke in a headlock



DJ Myers pleads for release as Mr. Crummels has him in a compromising position



Miles Penn with a flying elbow from the top rope onto Jaba King



Tim Hughes from Tough Guy Inc. puts a sleeper hold on Jeff Fury

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THIS WEEKEND

THURSDAY

WOMEN'S SOCCER VS SHERBROOKE 7 PM

FRIDAY

FOOTBALL VS STFX 6 PM

SUNDAY

WOMEN'S RUGBY VS LAVAL 1 PM

MEN'S RUGBY VS ETS 3 PM



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GAITERS.CA/TICKETS

Death notice



**Nicole
(Nicky)
CADIEUX**
1940 - 2023

It is with heavy hearts that we announce the passing of

Mrs. Nicole (Nicky) Cadieux, with her family by her side, at the Magog Hospital on September 24, 2023, at the age of 83. Daughter of the late Armand Cadieux and the late Alice Tétrault.

Cherished mother of Norman (Harriette), Laurie Ann (Cliff) and Brian (Tammy); beloved grandmother of Conrad, Mandy, Whitney, Tyler, JR, Macy, Morgan and step-grandmother of Jennifer, Tiffany and Michael, as well as many great-grandchildren. She will also be missed by her remaining brothers, sisters, many nephews, nieces, cousins, other relatives and friends.

As a tribute to her memory, donations to the Crystal Lake Cemetery, 2250 Curtis Road, Stanstead, J0B 3E0, would be appreciated by the family. A private graveside service will take place at the Crystal Lake cemetery.

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Date Book

THURSDAY, SEPTEMBER 28, 2023

Today is the 271st day of 2023 and the sixth day of autumn.

TODAY'S HISTORY: In 1066, William the Conqueror, Duke of Normandy, invaded England.

In 1924, the first aerial circumnavigation of the world, conducted by a team of aviators from the U.S. Army Air Service, ended in Seattle, Washington, after 175 days.

In 2000, the Food and Drug Administration approved the use of the pregnancy-terminating drug RU-486 after more than a decade of controversy.

In 2008, the space transportation company SpaceX launched Falcon 1, the first privately developed rocket of its kind to enter orbit.

TODAY'S BIRTHDAYS: Kate Douglas Wiggin (1856-1923), author; Ed Sullivan (1901-1974), TV personality; Max Schmeling (1905-2005), boxer; Al Capp (1909-1979), cartoonist; Marcello Mastroianni (1924-1996), actor; Brigitte Bardot (1934-), actress; Ben E. King (1938-2015), singer-songwriter; Janeane Garofalo (1964-), comedian/actress; Mira Sorvino (1967-), actress; Naomi Watts (1968-), actress; Fedor Emelianenko (1976-), mixed martial artist; Hilary Duff (1987-), singer/actress.

TODAY'S FACT: SpaceX's Falcon rockets are named after the Millennium Falcon spacecraft from the movie "Star Wars."

TODAY'S SPORTS: In 1941, Ted Williams hit 6-for-8 in a doubleheader to finish the season with a batting average over .400 (.406), a feat no player since has accomplished.

TODAY'S QUOTE: "There is a kind of magicness about going far away and then coming back all changed." - Kate Douglas Wiggin, "New Chronicles of Rebecca"

TODAY'S NUMBER: 6.8 - depth (in miles) below sea level of Challenger Deep, the lowest point on Earth, located at the bottom of the Mariana Trench in the western Pacific Ocean.

TODAY'S MOON: Between first quarter moon (Sept. 22) and full moon (Sept. 29).

Questions remain about link between sleep meds and dementia



ASK THE DOCTORS

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

Dear Doctors: I am a 57-year-old man, and ever since the pandemic started, I have had trouble getting enough sleep. I sometimes use a sleep medication, and it has been helpful. But I've been reading that using sleep meds can increase your risk of developing dementia. Is this true?

Dear Reader: When it comes to not getting enough sleep each night, you are far from alone. According to data collected by the Centers for Disease Control and Prevention, up to one-third of adults in the United States share your struggle.

It's not all that surprising, then, to learn that more than 26 million people over the age of 18 use sleep medications at least a few times each month. That's more than 8% of the population. For older adults, the usage is higher - close to 12%. This makes any possible link between sleep medications and dementia risk an important consideration.

The question of whether sleep medications can affect cognition has been an area of inquiry for several years. Although the research appears to draw a connection between the heavy use of sleep medications and an increase in dementia risk, the studies come with a big caveat. A study published in 2020 examined eight years of health data collected from 6,300 adults over the age of 65. The researchers found that those who regularly used sleep medications had an increased risk of developing dementia. However, problems with sleep can often be an early symptom

of dementia. That made it impossible to say for sure if the use of sleep medications played a role in the development of dementia, or if their use was merely highlighting the onset of the condition.

Another study, published earlier this year, looked at more than 3,000 men and women with an average age of 74. None of them had been diagnosed with dementia. Over the course of 15 years, 20% of the participants developed dementia. Of those who reported frequent or nightly use of medications, a measurable increase in dementia risk was seen. It's important to note that the unanswered question of the previous study persists. That is, whether the sleep medications themselves were linked to dementia, or if they served to highlight the initial symptoms of the early stages of dementia.

The medications most associated with greater risk of dementia in both studies are a class of drugs known as benzodiazepines. Researchers suspect that these medications may adversely affect chemicals in the brain that play a role in learning and memory. More research is needed to refine the results of these studies. Meanwhile, neither of the studies found a connection between the occasional use of sleep medications and an effect on dementia risk.

Living with a sleep deficit doesn't just leave you feeling tired and groggy the next day; it can also play a role in developing health problems such as high blood pressure, heart disease, kidney disease, diabetes, stroke, obesity and depression. It would be wise for you to talk about your sleep difficulties and use of sleep medications with your health care provider.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)



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

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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: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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

Lennoxville United Church, 6 Church Street, Lennoxville, UCW's Fall Rummage Sale, Thursday, October 12 from 10 a.m. to 6 p.m., Friday, October 13 from 10 a.m. to 5 p.m., Saturday, October 14 from 9 a.m. to noon - Bag Day (\$7 a bag). Donations gratefully accepted: from 9:00 a.m. to noon, Monday through Friday, each week from: Monday, September 18 until Friday, October 13. PLEASE: no large furniture, no electronics and no cribs, car seats, highchairs. Please ring the doorbell if the door is locked. For assistance, please call the church office at 819-565-8449.

MELBOURNE

The St. Francis Valley Plowmen's Association will hold their 69th St. Francis Valley Plowing Match on Saturday, September 30, 9 a.m., on the property of Douglas Morrison, 513 Oak Hill Road, Melbourne, Quebec. Everyone welcome.

LENNOXVILLE

Uplands Cultural and Heritage Centre, located at 9 Speid Street in Lennoxville, invites you to discover "Unfoldings" by artist Natacha Sangalli in its art gallery. The exhibit represents the fruit of her residency in the Uplands gardens during the spring and summer of 2023. Beyond its artistic dimension, it explores the intricate relationship between humans and gardens, incorporating an ethnographic perspective. Uplands is open from Thursday to Sunday, 10 a.m. to 4:30 p.m. Admission is free. **The exhibit will run until October 22, 2023.**

SHERBROOKE

Les maisons des jeunes de Sherbrooke are pleased to announce the return of a special event that has a positive impact on the youth of our community.

A charity roadblock will be held on September 30, 2023, from 8 a.m. to 4 p.m. across the city to raise funds to support youth activities and programs. You can support by donating or volunteering. Contact dg@lennoxvilleyouthcenter.org for more information.

LENNOXVILLE

The soup lunches are finally back! You are all invited to St. George, Lennoxville (84 Queen) on Friday, September 29 for a meal of homemade soups, rolls, cheese and dessert. \$10 entry. Serving is from 11 a.m. to 1 p.m. Proceeds are in support of the Bicentennial Restoration Fund.

NORTH HATLEY

Pork Mechoui at the North Hatley Legion on Saturday, September 30 at 6 p.m. Music with Wayne Doucet at 7:30 p.m. Reservations please, 819-842-2933 after 2 p.m. Everyone welcome. 18+.

COATICOOK

Not to be missed! Second annual Circuit of the Arts of Coaticook, September 30 and October 1, 10 a.m. to 4 p.m. 5 locations: Beaulne Museum, the municipal library, Hop Station (former

train station), Maison de la Famille (former St. Jean Church), and Glo Golf (former St. Marc Church). Free to all.

LENNOXVILLE

Mental Health Estrie invites you to their annual general meeting to be held at 7:00 p.m. on Wednesday, October 4, 2023 on Zoom. To acquire the link, you can visit their Facebook, Instagram, or website. The main agenda items are: Annual reports, financial statements, and election of the Board of Directors. For more information contact MHE at 819-565-3777 or info@mentalhealthestrie.com.

KNOWLTON

The Eastern Townships British Home Children Wreath will be laid on the grounds of the Lac Brome Museum, in Knowlton, on September 28 at 12:00. There will be commemorations across Canada on this day to remember and honour all our Home Children, nearly 5000 of whom passed through the Knowlton Distributing Home.

Co-worker spreading lies

Dear Annie

THURSDAY, SEPTEMBER 28, 2023

Dear Annie: I have worked in the same office for 18 years. For many years, there were five of us in our division: three women and two men. One of the men left for a different job a year ago, and he was replaced by a woman, "Carla," who is very difficult to work with. In fact, I'm convinced that she is a liar and a troublemaker.

The only man left in our division, "Fred," is quiet and shy but fundamentally a very kind man. He has never married, and I don't ever remember him going on a date. He lives with his mother, goes to church and does not seem to have a lot of other activities. I'm not sure if he has any friends.

Carla claimed that Fred asked her on a date, which I found difficult to believe. She then claimed that Fred committed sexual assault on her, which I found impossible to believe. She reported her claims to human resources, and they investigated. Poor Fred. I thought he was going to have a heart attack!

It turns out that the most aggressive they found him to be was to agree to give Carla a ride home after work one day when her car was in the shop. He said he dropped her off and went home to have dinner

with his mother, and his mother backed up his story. Carla made up all kinds of scary stuff, and anyone who knows Fred knows those things didn't happen. Human resources concluded that they had no proof of any wrongdoing, so they would let the matter go. They encouraged Carla to file a police report if she wanted the matter investigated more thoroughly. She declined to do so.

I am determined to get rid of Carla. I used to love my job, but now I dread going to work because I have to interact with her every day. I can only imagine how Fred feels. The two other women in our division agree with Fred and me and don't want anything to do with Carla. Do you have any advice for us? - Dreading Carla

Dear Dreading Carla: My advice is for the four of you to visit the human resources manager of your company. You can ask that Carla be fired, or, at a minimum, moved to another department. Explain how awkward your work has become because of this drama queen. It really is true that one rotten apple can spoil the whole barrel. Sexual assault allegations are not to be taken lightly, and it seems like your human resources department did their due diligence.

Dear Annie: This is in response to the letter to you about intermittent fasting. A nutritionist on NPR

described how it works. It takes your liver about 12 hours to process the food you eat in a day, and then it starts processing stored fat. So if you go 12 hours between meals, you don't store fat (assuming you don't eat TOO much). And if you go longer without eating, you burn stored fat.

I've been doing this for years, and didn't know there was a name for it, and it's helped keep my weight steady without having to give up the foods I like. You would do your readers a service by looking into this and perhaps recommending it. - Burning Fat

Dear Burning Fat: Congratulations on your success. Keep up the good work. I am amazed at how many readers have sent in letters telling of their positive results with intermittent fasting.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - 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.

"V GPTLTIXVGP WVY SK VY OYALVYL
TH BOHK WVGLEXKM HTX KLKXYOLJ
LPVL COBB YKZKX WKVAK BTTROYI
SVWR VL JTE." - SXOIOLLK SVXMTL

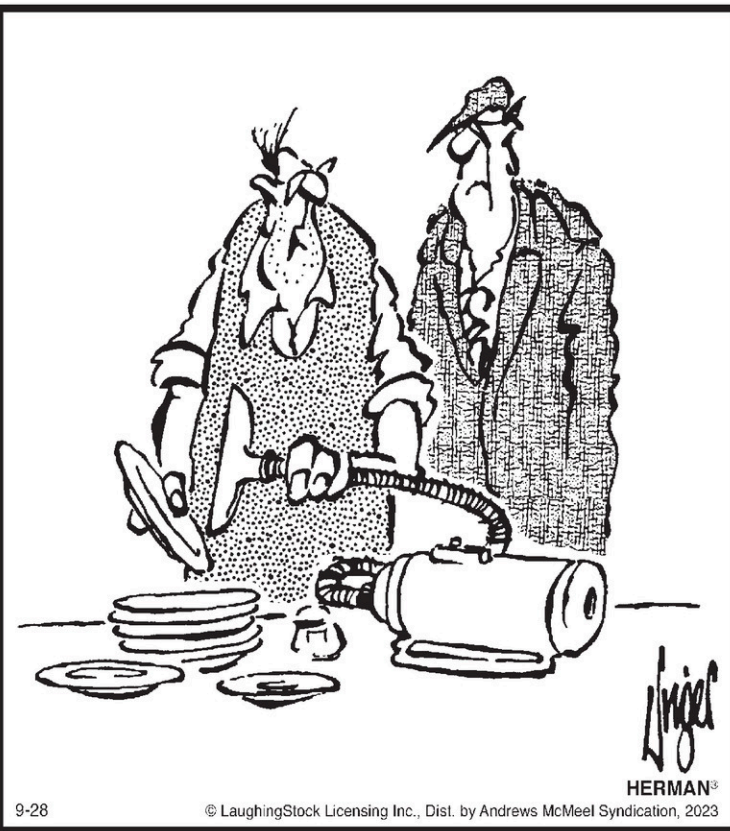
Previous Solution: "I am a vampire, so I have no reflection. Every day, I paste a picture of someone else on the mirror." — Meat Loaf

TODAY'S CLUE: A sjenbæ z

REALITY CHECK



HERMAN

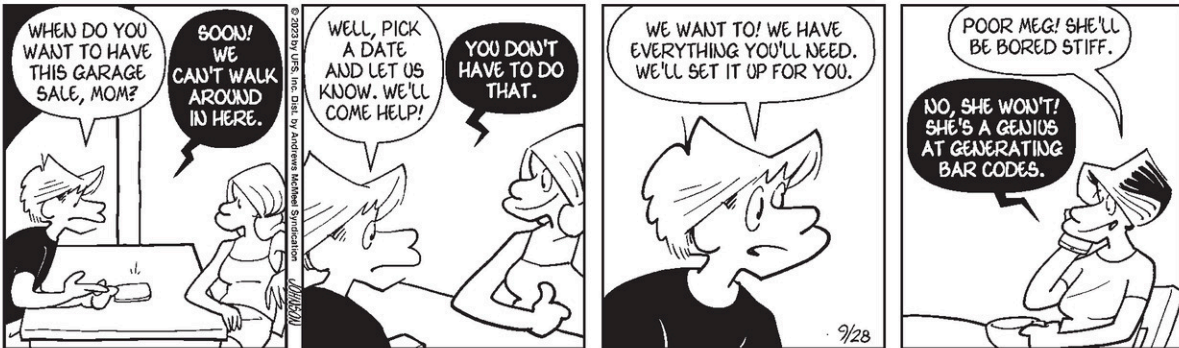


"I usually do the dishes on her birthday."

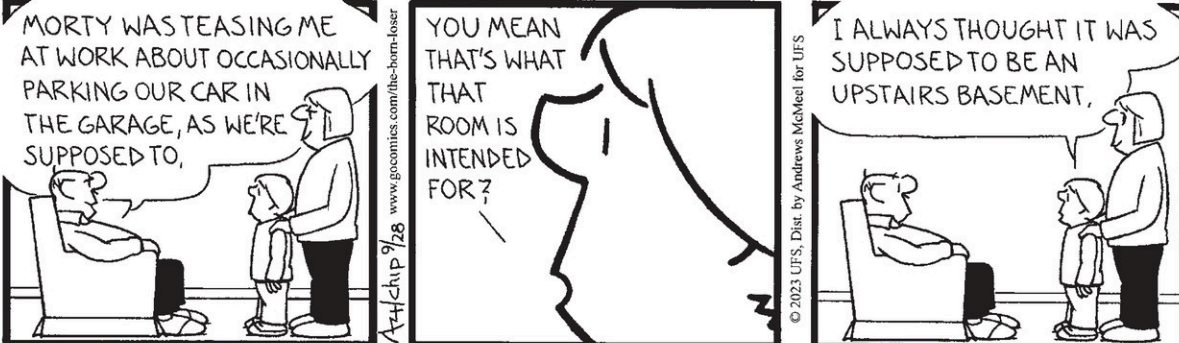
ALLEY OOP



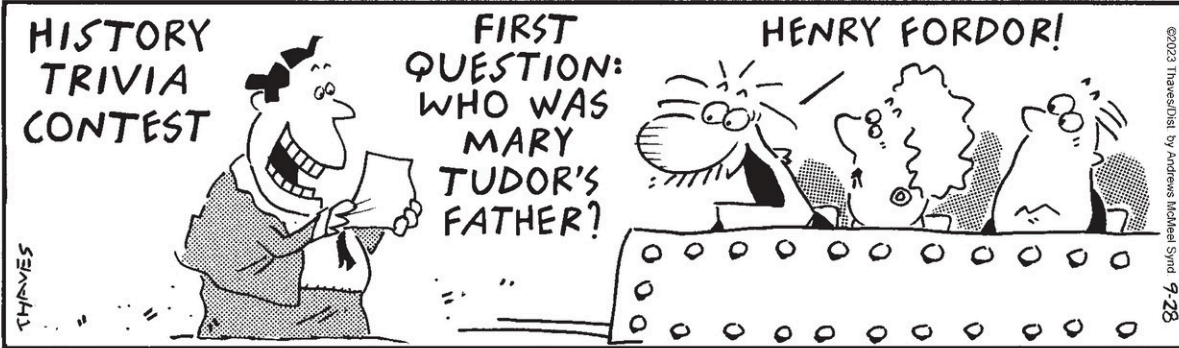
ARLO & JANIS



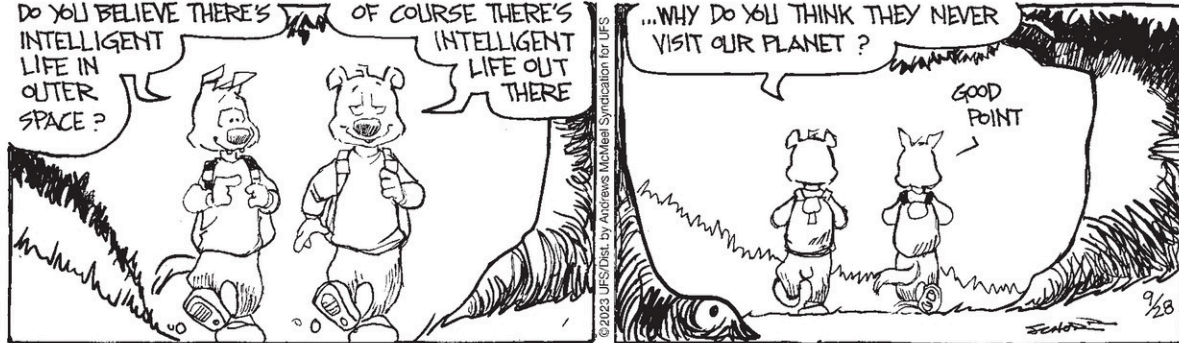
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

THE RECORD

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THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing and Sales Representative** to present its print and digital packages to advertisers and institutions.

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Interested applicants should send a cover letter and resume as soon as possible to **Sharon McCully, Publisher, The Record,** outletjournal@sympatico.ca

NEA Crossword Puzzle

Your Birthday

THURSDAY, SEPTEMBER 28, 2023

to do your own thing. Don't let a bad decision, a disagreeable associate or overindulgence be your downfall. Surround yourself with productive people.

ARIES (March 21-April 19) - Hone your skills and work hard. A clear mind and a set goal will encourage you to put your strengths to work for you and to pursue what you care about. Don't give in to someone's demands.

TAURUS (April 20-May 20) - Use your imagination to figure out how to entice your peers to accept your ideas. Be sure to enlist individuals who will carry out your plans as specified. Be very clear with instructions.

GEMINI (May 21-June 20) - Look at the possibilities and put your energy where it counts. A playful presentation will grab the attention of someone eager to join your team. Don't let anyone take credit for your ideas.

CANCER (June 21-July 22) - Refuse to let the hustle and bustle around you occupy your time when there is so much you can accomplish that will position you for greatness. Be aware of the possibilities.

LEO (July 23-Aug. 22) - Mingle, communicate, offer your services and use charm. Refuse to let others' decisions throw you off guard. Follow your heart and engage in learning, traveling and putting your plans in motion.

VIRGO (Aug. 23-Sept. 22) - Embrace whatever comes your way. New beginnings will set your mind on fire and give you the courage to use your imagination. Discipline and hard work will carry you to victory.

Size up your situation and devise a plan that utilizes what you know and do best. Changing your financial situation is possible but it will require discipline and vigilance. When in doubt, refer to an expert, but don't give anyone control. Pay attention to your health, and approach life with passion and a positive attitude.

LIBRA (Sept. 23-Oct. 23) - Pick up the pace and dazzle onlookers with your enthusiasm and ability. Refuse to let someone's negativity ruin your plans. Stay on the path that offers security and a healthy lifestyle.

SCORPIO (Oct. 24-Nov. 22) - A creative adventure will change how you approach life. Assess your lifestyle and goals, and you'll develop a solid plan. It's time to live life your way and get rid of dead weight.

SAGITTARIUS (Nov. 23-Dec. 21) - Listen to what others are saying and respond with honesty and facts, or someone will challenge you. Take precautions when dealing with someone who tries to manipulate your emotions.

CAPRICORN (Dec. 22-Jan. 19) - Choose a path that offers mental stimulation and the ability to change your routine. It's OK to be different and to do things your way. You control your destiny.

AQUARIUS (Jan. 20-Feb. 19) - Avoid anyone who tries to divert you from the direction you want to go. Give yourself the power to make decisions that ease stress and help you feel more comfortable.

PISCES (Feb. 20-March 20) - You've got the drive and the resourcefulness

Answer to Previous Puzzle

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

- ACROSS**
- 1 Bandleader — Brown
 - 4 Gusted
 - 8 "Mamma Mia" group
 - 12 India pale —
 - 13 Job for an actor
 - 14 Livestock animal
 - 15 Silent
 - 16 — of Ely
 - 17 Aide (abbr.)
 - 18 Flashy jewelry
 - 20 Questionable
 - 22 OSS successor
 - 23 Buck's mate
 - 24 Read the riot act
 - 26 — Salvador
 - 27 Suet
 - 30 — -de-sac
 - 31 Get a glimpse of
 - 33 Had a nosh
 - 34 From — — Z
 - 35 Life of Riley
 - 37 Free electron
- DOWN**
- 38 Big —
 - 39 Damage
 - 40 Standards
 - 42 Soap pad brand
 - 43 Exclaim
 - 44 Big casino win
 - 48 Actress — Berry
 - 51 Workplace safety org.
 - 52 Kind of palm
 - 54 Diving bird
 - 55 Dele's undoing
 - 56 — vital
 - 57 Opposite of SSW
 - 58 Dublin's land
 - 59 Bodywork job
 - 60 Papa

- 8 Playing marble
- 9 Pear variety
- 10 Party
- 11 ABA member (abbr.)
- 19 Zippo
- 21 Many years
- 24 Strike-breaker
- 25 — as a button
- 26 Pole on a ship
- 27 Imaginary world
- 28 Tiny particle
- 29 Sawbucks
- 32 Very experienced
- 36 Spellbind
- 39 Head of hair
- 41 Man-mouse link
- 42 Rollerbalde
- 44 Singer — Feliciano
- 45 Wine city in Italy
- 46 "Moon-struck" actress
- 47 Roofing piece
- 49 Moon goddess
- 50 — out (got with effort)
- 53 Look for gold

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19			20		21				
		22					23					
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51					52		53			54		
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THURSDAY, SEPTEMBER 28, 2023

It is a sign of the times

By Phillip Alder

It is usually important, when you are writing, to ensure your meaning is crystal clear. For example, I have seen many road signs claiming "Slow Children Playing." Presumably the quick children are at home studying. Also open to misinterpretation was this sign in Northern Ireland: "If you find the service in this cafe unsatisfactory, you should see Mr. Wilson the manager."

The correct play in today's deal should be crystal clear to an expert.

After a straightforward auction to four hearts, West leads the club king. How should South plan the play?

Declarer has nine top tricks: six hearts, two diamonds and one club. If East has the spade ace, everything will be smooth sailing, but is that likely? West made a two-level vulnerable overcall. Surely he has the spade ace.

The next thought is to play three rounds of diamonds, hoping both that they break 3-3 and that West has to win the third round. That is a faint hope against defenders with any acumen.

The only way to benefit from a 3-3 diamond break is not to lose a diamond trick. South achieved this by calmly playing low from the dummy at trick one.*

North		09-28-23	
♠	7 6 3		
♥	J 5 2		
♦	K 7 6 4		
♣	A 8 6		
West		East	
♠	A Q 9	♠ J 10 8 5	
♥	8	♥ 10 7 6	
♦	9 5 2	♦ Q J 10	
♣	K Q J 9 3 2	♣ 10 7 4	
South			
♠	K 4 2		
♥	A K Q 9 4 3		
♦	A 8 3		
♣	5		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♥	2♣	2♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♣ K			

South won the second trick with dummy's club ace, discarding a low diamond from his hand. He then cashed two top trumps in hand. Declarer continued with the diamond ace, a diamond to the king and a diamond ruff. When they split 3-3, South played a heart to dummy's jack and discarded a spade loser on the 13th diamond.

After congratulating South on his play, West commented, "Sorry, partner. Next time I'll lead fourth-highest from my longest and strongest."