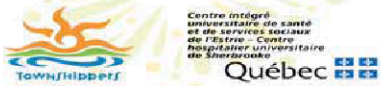


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## Major fire ravages Beaulieu Farm barn

Page 3

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## SQ enforces bus safety across southern Quebec

Page 4

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MONDAY, SEPTEMBER 16, 2019

## Singh uses Sherbrooke visit to announce plan for Quebec

By Gordon Lambie

NDP party leader Jagmeet Singh made a campaign stop in Sherbrooke on Sunday to announce his party's plan for the province of Quebec. Standing among a crowd of supporters at the Le President Hotel, Singh made it clear that he believes his party offers the best option when it comes to standing up for Quebec culture and identity.

"We must stop the condescending approach with Quebec taken by previous federal governments," the NDP Leader said. "One of the goals of our plan is to give Quebec all the tools it needs to move forward, to achieve its full potential."

Alexandre Boulerice, the NPD MP for Rosemont-La Petite-Patrie, spoke more directly to the details of the plan, which includes elements such as enforcing Bill 101 for businesses under federal jurisdiction and going after web giants for tax income as ways of helping to defend Quebec's distinct cultural identity, as

CONT'D ON PAGE 3

## Cougar pride reunites at Champlain



MATTHEW MCCULLY

Left to right: John Ellyson, Mark Winokur and Rob Wright, members of the first ever Champlain Football team in 1974.

By Matthew McCully

Dozens of former football players from Champlain Regional College gathered on campus yesterday for a special Wall of Champions unveiling ceremony, honoring the championship teams from 1975, 1979 and 1981.

Among the football alums in attendance were several members of team 1974, the very first team at Champlain,

coached by Tom Allen.

"This is before we had uniforms, before we had the Cougar paw logo," explained John Ellyson, Mark Winokur and Rob Wright, three members of the original team.

Champlain College opened in 1971. During the first few years, athletes attending Champlain who wanted to play football joined the Bishop's University team.

In 1973, the rules changed. When a handful of players found out, they went to see the administration at Champlain. With the help of Peter Hill and Tom Allen, the players got the green light to do enough fundraising to put a team together.

"It was just plain jerseys with no names, just numbers," the players remembered.

CONT'D ON PAGE 2

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## Weather



TODAY:  
MIX OF SUN  
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TUESDAY:  
SUNNY

HIGH OF 18  
LOW OF 3



WEDNESDAY:  
SUNNY

HIGH OF 18  
LOW OF 3



THURSDAY:  
SUNNY

HIGH OF 22  
LOW OF 9



FRIDAY:  
SUNNY

HIGH OF 26  
LOW OF 9

# Cougar pride

CONT'D FROM PAGE 1

"But we had fun."

According to Ellyson, the Champlain football team's first game was against Drummondville. They won 34-0.

"By 1975 we were unstoppable," commented Harry Webster, another 1974 player.

That was true. The Cougars won the provincial championship in 1975.

"It's been a good ride. It's amazing to see what the place has become."

The Cougar reunion was part of a plan to honour all the Champlain championship teams since the CEGEP was founded in 1971, leading up to the 50th anniversary in 2021.

"There have been so many great athletes," explained Champlain Athletic Director Sylvain Laflamme, adding they wanted to find a way to honour them.

After discussions with former coaches and athletic directors from Champlain, Laflamme said they came up with the plan. "We decided we should honour the team first," he said.

Leading up to the 50th anniversary, Champlain will be hosting ceremonies similar to the one this past Sunday, for all 26 teams from Champlain that have won a provincial title over the years. They will be added to a Wall of Champions in the Champlain building.

The list includes seven hockey cham-

pionships (six men's, one women's), one basketball, one soccer, three field lacrosse and 14 football championships.

While the focus of Sunday's ceremony was the 1975, 1979 and 1981 championship football teams, every Cougar available came to the event to connect with former teammates and remember the good old days on the football field.

The current Champlain Cougar team also attended the ceremony.

"The linemen are a lot bigger," remarked former coach Al Ansell.

The former players spent around an hour catching up with each other, and then Champlain Campus Director Nancy Beattie opened the ceremony by pointing out the strong foundation established by the former Cougars, and how

it shaped the school and sports programs to what they have become today.

"This is all because of you," she said.

Following the ceremony, the Cougars alumni had a pizza party, and then headed over the field to watch the current Cougars play against the Lionel-Groulx Nordiques at 8 p.m.

Maybe the Cougars were inspired by the prospect of being added to the Wall of Champions, or maybe they were motivated by around 50 former players watching them on the field-no pressure in any case, Champlain won the game 44-10.

According to Laflamme, the next Wall of Champions ceremony will be held in May, honouring the 1983 and 1991 championship hockey teams.



Harry Webster from the original team



Left Tony Addona, right Al Ansell

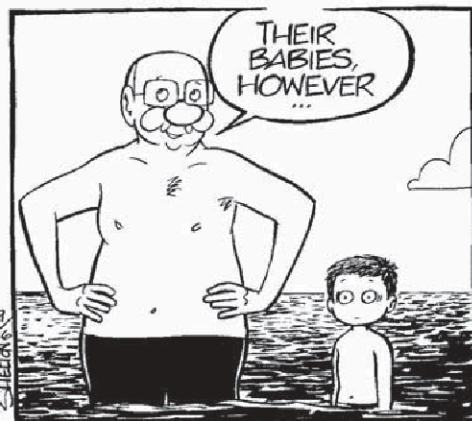


Jean-François Joncas current head coach welcoming former Cougars to Sunday's ceremony



Left Tom Allen, Coach of the first Football Team with former Cougar's

## Ben by Daniel Shelton



## LOCAL NEWS

An investigation is underway, but as of yet no official cause for the fire has been revealed.

# Major fire ravages Beaulieu Farm barn

By Emilie Hackett  
Special to the Record

A violent fire broke out shortly before 1 p.m. on Friday, September 13, at Beaulieu Farm in Waterville and ravaged the barn and silos. The Beaulieu Farm has been an agricultural pillar in the Eastern Townships for years, standing at the crossing of Route 143 and Route 147. It is not to be confused with the Beaulieu Farm market, located

nearby.

An investigation is underway, but as of yet no official cause for the fire has been revealed. However, the barn was used to store equipment. No person or animal was harmed during the blaze. Up to seven firetrucks from the Sherbrooke and Waterville Fire Departments as well as surrounding municipalities were at the scene to help stop the fire.

Quebec's Transport Ministry was forced to close down Route 147 in Wa-

terville between Route 143 and Mitchell Road as of 1:30 p.m. for several hours. Fire trucks pumped water at John Deere, while drivers were suggested to detour through Winder Street to go in and out of Lennoxville, causing traffic to be backed up to Massawippi Street for those trying to access the 143 and the Champlain residences on Winder for those accessing Queen Street.

Hours after the fire broke out, white smoke could still be seen emanating from the barn's burned frame. Farm owner Jean-Guy Beaulieu will have a difficult task ahead, as grain harvesting begins in the next month and one of his silos was damaged. Compton-Stanstead MP Marie-Claude Bibeau discussed having met with Beaulieu on Saturday. "At the heart of our riding, the Beaulieu Farm has always been the link between rural and urban, our suburban farm," she wrote on her Facebook page. "Yesterday's loss saddens us, but resilience is at the heart of agriculture and Jean-Guy is no exception. He is already in solution mode and I'm impressed."

The very popular Beaulieu farm market was unaffected by the fire and continued its operations the next day on Saturday.



PICTURES BY MATTHEW MCCULLY



## Singh

CONT'D FROM PAGE 1

well as other items like ensuring that all supreme court appointees are bilingual.

"Symbols are nice, but at a certain point, actions must be taken," Boulerice said, arguing that past Conservative and Liberal gestures toward the province have not gone far enough to defend its distinctive nature.

Both Singh and Boulerice used the term "asymmetrical federalism," to describe the principles guiding the Quebec plan, explaining that the party wants Quebec to be able to clearly assert its nationhood within a united Canada. That in mind, Singh said that he also wants ensure that the province signs the constitution.

"We know that it's going to take hard work, but the fact that, historically, Quebec has not signed the constitution, is a mistake," Singh said. "What we're committing to doing, is doing that hard work."

The full NDP plan, entitled "together for Quebec" can be found on the party's website at <https://www.ndp.ca/together-for-quebec>

Richard and Ellen Goldfinch of Baldwin's Mills were amongst the crowd and said that they were pleasantly surprised by the NDP leader's presence and ease with both the French language and the press.

"He is incredibly personable," Goldfinch said, adding that although he self-describes as "a die-hard NDPer," it is good to see a new leader assert his own identity in a way that is both confident and distinct from that of his predecessors.

Although surprised that Singh would open up the constitution debate again, the party supporter said that he and his wife were both pleased and impressed by the vast majority of the proposed measures. Goldfinch described the party's plan as having, "a couple of gutsy ideas," and said that he was particularly in favour of the call to tax large

corporations.

"I think he did really, really well," he said.

During the question period after his presentation, Singh was asked about Quebec's new religious symbols law and his decision to run a campaign ad in Quebec that shows him without his turban. At first joking that the move was about showing off his hair, the party leader clarified that there is no dictate in Sikhism that says he cannot show his hair, and that the move was partly about showing Quebec that the turban is not a threat

"I want to be an ally for Quebec and that means showing people who I am and where I stand," he said. "I want to show an openness to Quebec. I know how important it is to defend one's identity."

On whether or not he would challenge the law, Singh deferred to the current legal challenge the legislation is facing rather than answering the question directly, but he also stated that, "I want people to know that I won't back down from doing the right thing, even if it is hard."



GORDON LAMBIE



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# SQ enforcing bus safety across southern Quebec

Record Staff

school bus safety rules.

The Sûreté du Québec (SQ) were out on the roads across the Montérégie, Estrie, and Centre-du-Québec administrative region last week carrying out "Operation Jaune" an initiative to raise awareness about and enforce

In certain locations, a police officer was placed on board the bus to serve the double-duty of reminding the students on the bus of how to be safe riders while also helping to ensure nearby drivers respected bus safety rules at stops. The SQ reminds drivers to be especially attentive

around school busses, and to always come to a complete stop when the red flashing lights are in operation.

It is also of great importance to be aware of school zones, given the fact that many young children are on foot in close proximity to schools. Drivers are reminded to keep an eye out for signage in-

dicating the start and end of the zones, and also to follow the directions of crossing guards

"Operation Jaune" is part of a series of visibility operations that the provincial police are conducting throughout the south of Quebec with the aim of improving overall road safety.



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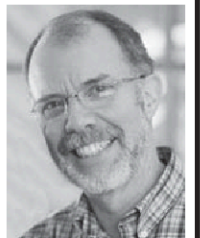
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# Lennoxville Terry Fox run

Record Staff

BCS Athletic Director Jeff Bray said the event was a success. Bray said it would take a few days to know the final total of funds raised at this year's Terry Fox run. He is hoping to reach the \$5,000 mark, the average in recent years.

Roughly 500 people took part in the annual Terry Fox run in Lennoxville, organized by Bishop's College School.



PICTURES COURTESY OF JEFF BRA

# Annual Terry Fox memorial walk in Richmond



Another annual Terry Fox memorial walk took place on Richmond's Main Street Sunday with an estimated 40 walkers participating. (Photo Gordon Alexander)

# Open house at the Lennoxville fire station

By Matthew McCully

what it's like to be a firefighter through simulation exercises held throughout the day.

The new station, which opened officially in June, accommodates four firefighters to serve the population of Lennoxville and includes first responder service.

Locals had the chance to get a tour of the new fire station in Lennoxville on Saturday.

In addition to getting a tour of the buildings and having a seat in the fire trucks, locals also got a sneak peek of



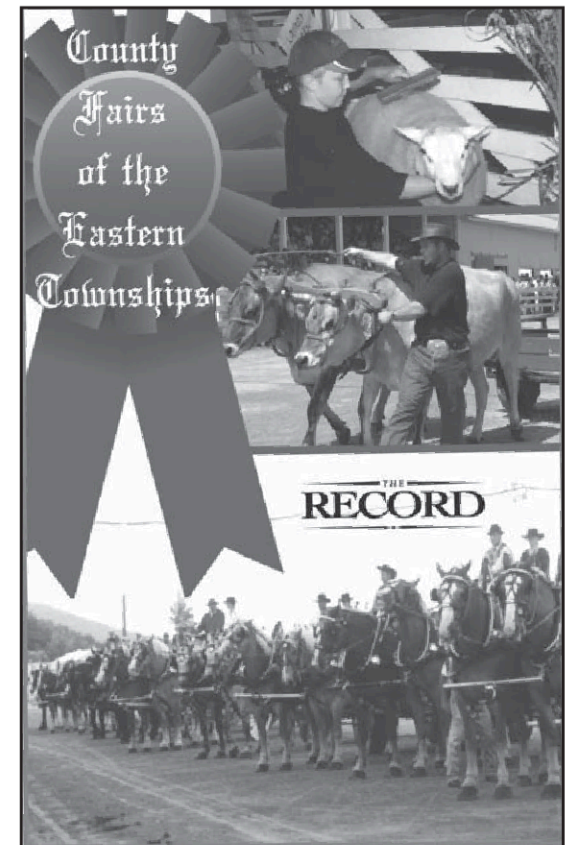
MATTHEW MCCULLY

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# EDITORIAL

Third most important issue affecting voters: Climate change. Twenty-nine percent of those surveyed identified this as a key issue that might determine who they vote for.

## What are election 'ballot' questions for a blessed land?



PETER BLACK

Had a conversation the other day with a friend who teaches students looking to upgrade their general education and language skills, the majority of whom are refugees from a country a certain U.S. president would call a ... well, you know what.

The upshot of the chat was that having just an inkling of what these refugees had endured that caused them to seek a safe and free life in wintry Canada puts into perspective the issues at stake in the election now underway. Issues? We rolled our eyes in unison.

A few hours away by modern air travel from Canada one can land in any number of dictatorial, violent, poverty-stricken, disease-rampant, pollution-choked and corruption-riddled countries the vast majority of whose citizens would find it incomprehensible how petty and partisan the political differences are in this blessed land.

So here we are, one week into an election whose outcome will determine which set of generally benign and well-meaning citizens earn the dubious hon-

our of governing and answering to an inherently discontented populace and an intensely adversarial punditry, not to mention, as abruptly retired top federal civil servant Michael Wernick would have it, the vomitorium of social media.

So, based on Week 1, what do the people, and by the people we mean the gaggle of reporters on the campaign bus fed questions from their editors, care about? Why, another Globe & Mail unsourced story on SNC-Lavalin, of course, and please-take-the-bait questions on Quebec's bizarre religious dress code law, which all the perfectly tolerant folks outside Quebec naturally deplore.

Seriously, what do Canadians really care about as the campaign ramps up? According to a recent Abacus Data survey, of the top three concerns of Canadians the uppermost is the cost of living. Somebody please silence those crickets. Which party can lower prices on everything and/or give everybody more money? Any takers? Thought so.

Next? Health care. Provincial responsibility but with lots of federal funding. Liberals and NDP have free drug plans on offer, which is ho-hum for Quebecers who already have what is known as assurance médicaments.

Third most important issue affecting voters: Climate change. Twenty-nine percent of those surveyed identified this as a key issue that might determine who they vote for. That only one-third of Canadians sampled named environmental concerns as a critical priority might be troublesome to the Liberals who have decked themselves out as greener than the Greens.

We'll skip number four, which is



taxes, because, like death, it's inevitable that everyone wants to pay less tax, especially rich people.

Number five of the issues affecting voters is housing affordability. Now we're getting somewhere! Again, everything is relative when it comes to folks, younger folks mostly, being able to afford to buy a home, be it a condo or a house.

A study released last month by the National Bank, for example, looked at affordability in Canada's largest housing markets. Ignoring Vancouver and Toronto, where housing prices, though stabilizing, are in a class of their own, the study concluded that affordability has improved somewhat in the past year.

In Quebec City, the "cheapest market" in Canada, the study calculates it would take 23 months for a household with a combined income of \$50,000 to save enough, at a 10 per cent rate, to make the downpayment on a home worth

\$300,000, the average price for a non-condo dwelling in the city. Even by the standards of the post-war generation that would seem a modest commitment to realize the dream of owning a first home.

So, to be frank, housing affordability in this country, with mortgage rates at historical lows - does anybody remember the 20 percent rates of the 1980s? - is what might be described as, if not "rich peoples' problems," than "middle class peoples' problems." Nevertheless, basically all parties competing for votes have some kind of program to aid first-time home buyers.

A lot can happen in an election - a fraught premise for a weekly column. But, judged in the context of a very troubled world, the issues up for debate, while indeed important for determining the general direction of the country, are the kinds of concerns people in less fortunate lands would love to have.

## Bike Tour raises more than \$ 1 million for multiple sclerosis research

### Record Staff

More than 600 cyclists gathered in Sherbrooke this past August 24th and 25th for the 30th annual Medavie Blue Cross MS Bike Tour. The event raised \$ 1,050,000 to fund Multiple Sclerosis (MS) research and services for people living with MS.

This year, several different courses were designed for amateur or seasoned cyclists who wanted to take on the challenge of the bike tour, increasing the appeal of the event across all levels of cycling enthusiasts.

"Cyclists who take part in the Medavie Blue Cross MS Bike Tour are very committed to the cause," said Louis Adam,

Executive Director of the Multiple Sclerosis Society of Canada's Quebec Division. "Many come every year to participate in the event, raise funds and they ride for their mother, their wife, a friend, their brother."

The funds raised by this most recent edition will allow the Multiple Sclerosis Society of Canada to continue to support MS research and provide quality services for people living with MS and their families. The Medavie Blue Cross MS Bike Tour will travel to the Mauricie next year. Cyclists are invited to register to continue the movement and work towards a world without MS. To learn more about the Medavie Blue Cross Bike Tour, visit [msbike.ca/qc](http://msbike.ca/qc).

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

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# Local Sports

The men's lacrosse team travelled far and wide to North Bay, Ontario, to face the Nipissing University Lakers on Saturday, September 14.

## BU football keeps Coulter Field victorious

By Emilie Hackett  
Special to the Record

After a two-year losing streak in the Atlantic University Sport (AUS) league, the Bishop's University football team has finally got its mojo back, accumulating its second win of the year this weekend, once again at home on Coulter Field. The Gaiters held off the Mount Allison Mounties 27-23 on Saturday, September 14.

BU's Nicolas Cartagenise was named player of the game after three interceptions and a pick six, a team record. Quarterback Charles Aubry made a 39-yard pass to Melvin Palin in the first quarter for a touchdown. By the end of the first half, Bishop's was up 7-6. The third quarter saw a 15 yard pass from Aubry to fifth year Zachary Graveson, while the fourth quarter was the theatre of an upset by Mount Allison. After Cartagenise's impressive 79-yard run on an interception for the touchdown, Gaiters were up 24-6 but suffered two quick touchdowns by the Mounties. Still lead-

ing 24-23 with one minute left to play, kicker Noah Laursen achieved a 23-yard field goal to ultimately stop Mount Allison 27-23.

Lindsay Moore led the women's soccer team on Friday, September 13, on Coulter Field with one goal against the Université Laval, the first of the season scored against the red and gold team. Despite this feat, the Gaiters fell 4-1 against Laval, currently fifth in the RSEQ. "The way we fought up to the 89th minute was phenomenal," admitted coach Paul Ballard despite the loss. "We pushed them and we have a lot to be proud of."

The men's lacrosse team travelled far and wide to North Bay, Ontario, to face the Nipissing University Lakers on Saturday, September 14. Reece Tomkow's two goals were not enough to fight off the Ontarian team as the Gaiters fell 8-4. BU hopes to do better next weekend as they head to Ontario again on September 21, this time to face Queens University.

Sunday September 15 was a busy day

for the Gaiters, as the women's soccer team faced the University of Sherbrooke Vert et Or, the men's rugby team hosted École de Technologie Supérieure, the women's rugby team travelled to Mon-

tréal to face the McGill Marlets, and the women's hockey team welcomed the Moncton University team at the Jane and Eric Molson Arena on the Bishop's campus.



PHOTO COURTESY OF BISHOP'S GAITERS

Nicolas Cartagenise was named player of the game after the Gaiters' 27-23 victory against Mount Allison on Saturday. Cartagenise was impressive with three interceptions, including one with a 79-yard run for a touchdown.

## Early goal costs Montreal Impact in 1-0 loss to last place FC Cincinnati

By Kelsey Patterson  
THE CANADIAN PRESS

The Montreal Impact are running out of time and solutions to save their season.

A 1-0 loss to last-place FC Cincinnati (6-21-3) on Saturday night has seriously hurt Montreal's MLS playoff hopes with three games remaining this season.

Eighth-place Montreal (11-16-4) is three points behind seventh-place New England, which has a game in hand after tying Orlando City 3-3 on Saturday.

"Losing against Cincinnati is one of the worst things that can happen to the players," said Impact coach Wilmer Cabrera. "Everyone thought we had to win no matter what at home, which is the truth."

Montreal conceded a goal in the opening minute of play to Allan Cruz as the already-eliminated FC Cincinnati snapped a four-game losing skid and ended a stretch of nine matches without a victory.

The Impact failed to score for the second consecutive game as they dropped to 1-5-1 in their last seven matches, a slump that could see them miss the play-

offs for the third straight year.

Cabrera's men fired 17 shots towards the Cincinnati goal but only managed one shot on target.

"In this game, if you cannot score goals, you're never going to win, you're always going to lose," said Cabrera. "We're trying to find the way, we're trying to practise different things. We're being aggressive. But right now, we didn't do it."

"I want to take that responsibility. It's me. I have to find the way to give them the confidence to score goals."

Twenty-six seconds is all it took for Cincinnati to jump ahead - its first lead in a game in nearly a month.

A cross into the box from Emmanuel Ledesma was poorly cleared by Rudy Camacho and the ball dropped to Joseph-Claude Gyau. The winger's shot was then blocked by Samuel Piette right into the path of an unmarked Cruz, who beat Evan Bush for his sixth goal of the year.

"When you go down 30 seconds into the game, it plays into their hands," said Bush, who made two saves. "We're talking about a team that has the worst defence in the league. I read somewhere that they were on pace to be one of the

worst defences in the history of the league.

"We gave them a 1-0 cushion and let them play the way they want to play."

The Impact pressed hard for an equalizer for the remainder of the match but not even Ignacio Piatti's return from an adductor injury could jump start the team's flat offence.

In the sixth minute, Piatti stole the ball from a Cincy player in an advanced position but Maximiliano Urruti wasted the chance by not shooting quickly enough.

Piatti nearly scored less than a minute later but he botched his shot from 12 yards out and missed the net.

Montreal's best chance of the game belonged to Urruti in the 40th. On the Impact's ninth shot, their only shot on target, Urruti sliced a volley from close range but goalkeeper Przemyslaw Tyton made an incredible reaction save to preserve the clean sheet.

Chances were few and far between in the second half.

Bush kept his side in the game with an acrobatic one-handed save on Gyau in the 78th minute.

That save nearly paid off when Bacary

Sagna was taken down in the penalty box by Gyau in the 82nd but referee Ramy Touchan refused to point to the spot. Boos rained down from the 17,159 at Saputo Stadium while coach Cabrera watched incredulously from the sidelines with his arms in the air.

But there was no redemption for the Impact, who dropped both their matches this season against league-worst Cincinnati following a 2-1 loss in Ohio back in May.

"You find out in these moments what the guys are made of, what the character is of individual guys and collectively," said Bush. "So far, the last two months we've been failing that pretty miserably."

Cincy was reduced to 10 men when captain Kendall Weston was shown a second yellow card in the 88th minute for unsporting behaviour.

Notes: Montreal plays its final three matches versus the L.A. Galaxy, Atlanta United and New York Red Bulls. ? The Impact were coming off a two-week international break. ? Montreal outshot Cincinnati 17-8.



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# Datebook

MONDAY, SEPTEMBER 16, 2019

singer/musician.

Today is the 259th day of 2019 and the 88th day of summer.

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

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

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

**TODAY'S BIRTHDAYS:** Jean Arp (1886-1966), artist; H.A. Rey (1898-1977), children's author/illustrator; Lauren Bacall (1924-2014), actress; B.B. King (1925-2015), musician; Peter Falk (1927-2011), actor; Ed Begley Jr. (1949-), actor; Henry Louis Gates Jr. (1950-), author/academic; Mickey Rourke (1952-), actor; David Copperfield (1956-), magician; Marc Anthony (1968-), singer-songwriter; Amy Poehler (1971-), actress; Alexis Bledel (1981-), actress; Nick Jonas (1992-),

**TODAY'S FACT:** German-born Jewish authors Margret and H.A. Rey fled Paris by bicycle in June 1940, the manuscript for what would become "Curious George" in tow, just before the city fell to Nazi Germany.

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

**TODAY'S QUOTE:** "No human culture is inaccessible to someone who makes the effort to understand, to learn, to inhabit another world." — Henry Louis Gates Jr.

**TODAY'S NUMBER:** 342 — one-night stand gigs performed by blues legend B.B. King and his band in 1956.

**TODAY'S MOON:** Between full moon (Sept. 13) and last quarter moon (Sept. 21).

## Do Just One Thing

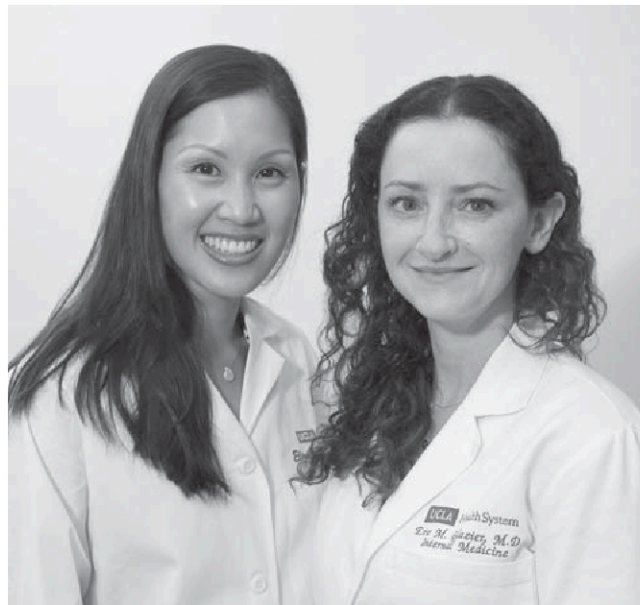
By Danny Seo



No room to compost? Even if you have a very small yard, you can still help divert organic matter from the landfill. Just put small pieces of vegetable and fruit peels and skins into a blender and puree with water until it becomes a liquid, slushy mixture. Then dig a small hole in the yard (or even a large potted plant) and pour the nutrient-dense mixture into the hole. Cover with soil, and the mixture will deliver all the benefits of compost to plants — without attracting pests.



## Sleeve gastrectomy surgery reduces stomach size



### ASK THE DOCTORS

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

**Dear Doctor:** I feel like I've tried every diet, and no matter what, I just can't seem to lose weight. A friend who had a surgery that removed part of her stomach was finally able to lose 65 pounds. I wonder if that's safe?

**Dear Reader:** You're referring to a sleeve gastrectomy, a laparoscopic surgery that promotes weight loss

by changing the digestive system. In a sleeve gastrectomy, the surgeon removes about three-fourths of the stomach, then uses the remaining tissue to create a pouch shaped somewhat like a banana. The new stomach is significantly smaller, which restricts the amount of food that it can hold. That means feeling satiated faster and with a smaller volume of food. This change in stomach size also results in a reduction of ghrelin, the so-called "hunger hormone," which is produced primarily by the stomach. A decrease in ghrelin causes a decrease in feelings of hunger.

Sleeve gastrectomy, which is not reversible, is an increasingly popular procedure that began in the early 1990s. Originally introduced as part of a two-step weight-loss surgery, it has since become a stand-alone procedure. Unlike other bariatric procedures, such as gastric bypass surgery, the sleeve gastrectomy isn't as strongly associated with malabsorption of nutrients, which can lead to malnutrition.

Patients who qualify for this surgery are typically between 18 and 75 years old, are morbidly obese, have a body mass index (BMI) of 40 or more and prior difficulty trying to lose weight. Although results vary, patients can lose 60% of their excess weight in the first two years after surgery.

As with any surgery, sleeve gastrectomy carries risks. Bleeding, infection, adverse reaction to anesthesia and blood clots are risks common to all surgeries. Although rare, it is possible for the newly formed "sleeve" to leak. Longer-term complications can include an increase in acid reflux, hypoglycemia, malnutrition, gastric

obstruction and ulcers. Some researchers believe the drop in ghrelin may also have long-term effects that are not yet known. Ghrelin not only stimulates appetite, it aids in fat storage and plays a role in regulating blood sugar and in the release of growth hormones.

After the procedure, while the digestive tract is healing, patients must follow a structured eating plan that provides nutrients but doesn't stretch the newly constructed stomach. The first stage restricts patients to a liquid diet. This is followed by a gradual switch to pureed foods, followed by soft foods. About three months after surgery, patients will have completed a highly controlled switch to solid foods. Life with a sleeve gastrectomy means small, nutrient-dense meals. Dehydration is a risk, so it's important to drink plenty of water each day.

In our own practices, we continue to first recommend conservative lifestyle interventions for weight loss. These include following a regular exercise program, working on nutrition and sometimes talking with a therapist. However, we have had patients who do everything correctly and are unable to reach a safe and healthy weight. In those cases, we find that weight loss surgery can be effective.

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

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# Can no longer hear the call

Dear Annie

MONDAY, SEPTEMBER 16, 2019

**Dear Annie:** Having been a registered nurse for the past 40 years, I have seen many changes in health care. I believe that nursing is a calling and not just a career. In my initial, youthful bliss, I took great joy in helping people in their hour of need. Patients and families were grateful and appreciative for every little thing that was done for them.

These days, young nurses are leaving their jobs at an alarming rate. This is because they are faced with budget cuts and unrealistic expectations of providing patient care with half the staff. Nursing is now a frustrating, unhappy and unappreciated vocation.

Most infuriating is the mindset of administrators. They run around with iPads taking “patient satisfaction” surveys on a daily basis. Of course, almost every patient has a complaint that the call light wasn’t answered fast enough or his or her pain medicine took too long to be administered — the list goes on. Of course, all these requests take longer to fulfill when there is no help!

These administrators, who make exorbitant salaries, then “counsel” staff to try harder. Well, I will tell you that I know of more than one nurse who has voiced her frustration with staffing — only to be met with a pink slip and security escort from the building. This was for having a “bad attitude” that was against the company’s core values.

Nurses are dealing with all of this and the heroin addicts who come in with their sometimes violent behavior, needles hidden where anyone could be stuck and dealers who deliver their goods to the bedside, resulting in an “in house” overdose that is then blamed on the nurses because we weren’t watching our patients closely enough. Does this sound like a place you could work for the entirety of your work life? I think not.

While nursing has provided me with a decent salary, it is not a calling any more. Luckily, I am only a few short years from retirement. I can’t wait to get away from this insanity. Prayers to any newbies; they’re gonna need them! — Too Old for This

**Dear Too Old for This:** Sounds like you are burned out, and I’m not sure how “short” those final years of working before retirement will feel. You know that the administrators will not change, so my advice is to work on your own perspective — to focus on the patients just as you did when you first started your career. The more you care for them, and the more you block out your feelings about the administrators, the more productive you will be and the faster these final years of nursing will be for you.

**Dear Annie:** Thank you for your compassion and common sense in these turbulent times. You always bring a smile to my face or a tear to my eye. You provide excellent advice and see beneath the surface of what is being said. You are a beautiful person. Thank you. — Grateful Reader

**Dear Reader:** Your letter brought a tear to my eye. Thank you, from the bottom of my heart.

**Dear Annie:** My sister and her husband are both in

their mid-80s and live on a farm. He is disabled. They insist on retaining horses and livestock, which my frail 90-pound sister feeds daily.

On a recent visit, I observed her moving amongst the animals without her hearing aids and without her cellphone to use to call for help should she be knocked down and injured. He remains in the house and is usually asleep when she is in the feedlot.

My pleadings that it is time to sell off the animals are met with responses such as, “The market is down” (him), or “I love taking care of them” (her).

So, how can I get them to appreciate the importance of a balance between economics, a joyous life and her safety? — One Concerned Brother

**Dear Concerned Brother:** You sound like a very caring brother, and your sister sounds like a very impressive lady. The answer to your question of how to get them to see the importance of living their lives your way is that you don’t get them to see that.

Instead, you should support their decision to keep their horses and livestock, especially if she loves them and finds daily purpose in taking care of them. I doubt they are not aware of the economics, safety or joy in these circumstances. On the safety issue, continue to encourage her to wear her hearing aids and bring her cellphone.

Maybe stop by and help her out some mornings. Rather than observing all the things she is doing “wrong,” dive right in and lend a hand with caring for her animals. My guess is that it will make you feel a lot better and strengthen the relationship with your sister.

**Dear Annie:** After reading your recent column on bullying, I knew I had to let you know that a large group of people from all over the world are working hard to help alleviate this serious situation. For instance, check out an online video called, “Beat a Bully Without Using Your Fists.”

As a kid, I was called “Susan Boozin’.” I don’t recall it bothering me, however. I guess bullying has always been around, but it does seem to be worse in the last decade or so.

If you have ever wondered why things seem to be getting worse worldwide, you will find answers in various scriptures of the Bible.

Thank you for addressing this important issue and for letting me refer your readers to the video and the Bible, especially 2nd Timothy 3:1-5. And keep those good answers coming! — Stop Bullying

**Dear Stop Bullying:** Thank you for your kind words, and I hope everyone will continue to work to eradicate bullying worldwide.

**Dear Annie:** I am a single woman who is quite social, and frequently I go out to dinner during the week with a close group of friends. We also go to bars or clubs about twice a month on Saturday nights. Many of my friends love to get out on the dance floor and dance the night away. I’ve never enjoyed dancing, and so my preference is to just enjoy the social part of our nights out. This is where the trouble begins.

One friend has decided that I “need” to dance, and he has made it his mission to get me out on the dance

floor. It began as a joke, but now every time I see him, he asks me if I have started taking dance lessons and says that he can’t wait to see me out on the dance floor.

In my opinion, he has taken this too far. And I am not sure what to do. His constant “joking” is beginning to feel like harassment, and I really want it to end. On multiple occasions, in a very clear tone with very clear wording, I have told him I don’t dance and that is my choice. Yet the chiding continues.

Soon we both will be attending events that will include dancing, and I would like to be able to enjoy myself without the fear of him tugging me toward the dance floor or making a joke out of the fact that I don’t dance. As I mentioned, I am quite happy being who I am — a “nondancer” — and I am honestly baffled that this has become such a focus for him. I should mention that his attention is not due to any attraction on his part as he is happily married. The only solution I can think of is not participating in our nights outs anymore, which I don’t want to do. Any suggestions? — Perturbed

**Dear Perturbed:** I’m not so sure that you can rule out his being attracted to you. In any case, regardless of his motivations, his actions are way out of line. Perhaps it’s time to enlist the help of a trusted friend in the group: Let this mutual friend know the situation, and this person can intercept when he or she sees Mr. Footloose dancing his way over to you.

**Dear Annie:** I had a different take on the column from “Feeling Left Out” — the parent who, after 40 years of addiction to meth and alcohol, has now been sober for two years and is, thankfully, finally having a relationship with her adult children. She was feeling left out because she is not being included in family functions.

The key line for me from her letter was: “My kids are drinkers, but nothing like I was.”

Her kids might not be including her because it may infringe on THEIR drinking, making THEM feel like they can’t and shouldn’t be imbibing, and thus taking away THEIR fun.

In any event, an honest conversation with them, communicating how she feels, may be eye-opening to everyone. — Andrea, Stanhope, NJ

**Dear Andrea:** This is an astute point, and an angle I neglected to include in my initial response. Often, newly sober folks’ invitations seem to get lost in the mail, so to speak. While many in recovery find it better to steer clear of situations where alcohol is present, there are also many who would be perfectly fine having a soda while their friends have their beers. Communication is key in determining expectations, concerns and fears on all sides. Thanks for reading the column, and thanks for writing in.

“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](mailto: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.

" CZK SJOAJ TZXJ WZ VJJE CZKB  
H ZBWKIJ, OIU, GTJI CZK FJW MW, CZK  
FZ TZXJ OIU VTOBJ MW GMWT CZKB  
HOXMSC." — OIMWO POEJB

Previous Solution: "I didn't get into film to win Academy Awards. I wanted to have a conversation with the audience." — Kevin Smith

TODAY'S CLUE: F equals H

### REALITY CHECK

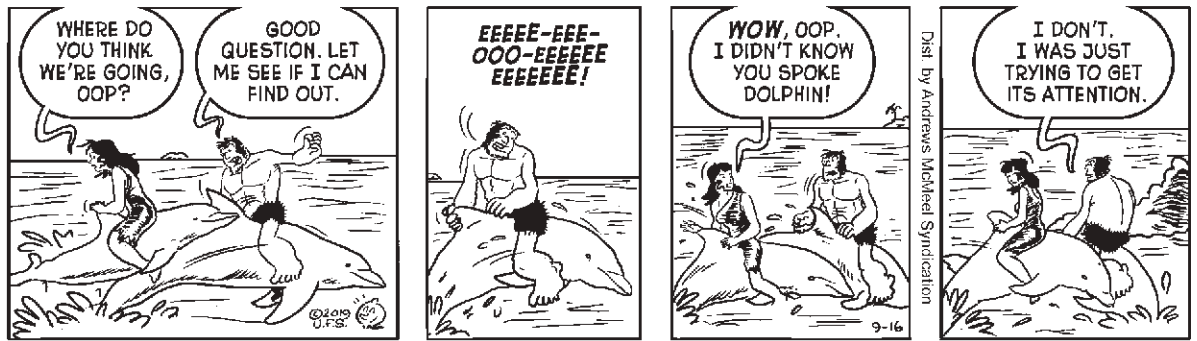


HERMAN

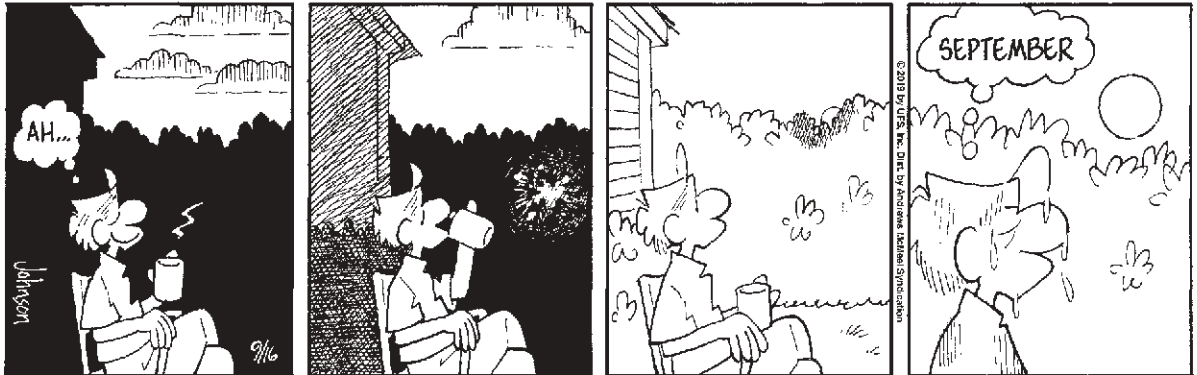


"Can you change a \$100 bill?"

### ALLEY OOP



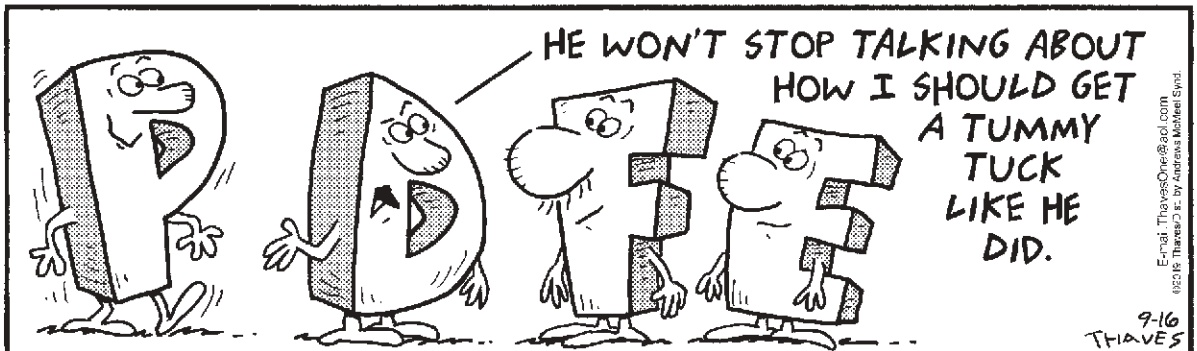
### ARLO & JANIS



### THE BORN LOSER



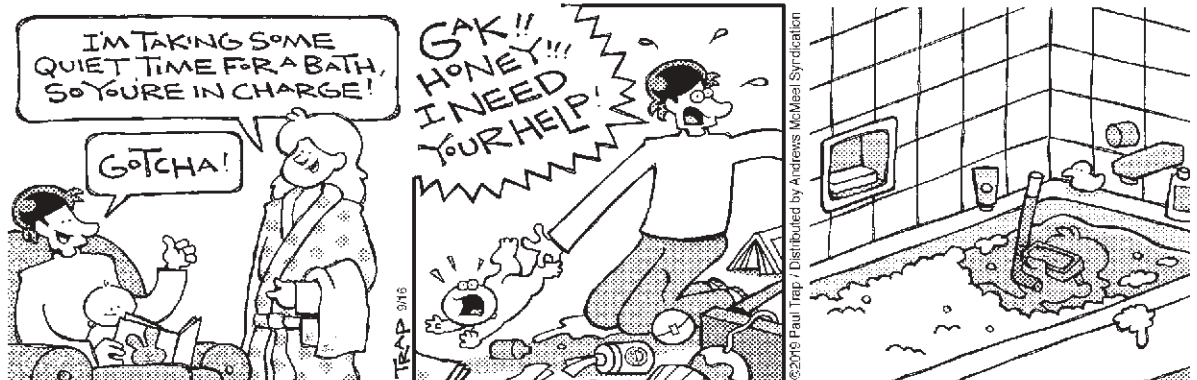
### FRANK AND ERNEST



### GRIZWELLS



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## Today in History

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### Today in History for Sept. 16: On this date:

In 1224, during an extended period of prayer and fasting, it is said St. Francis of Assisi received the stigmata (Crucifixion scars of Jesus Christ) on Mount Alvernia, in Italy. Francis, the founder of the Franciscans in 1209, has been called by some the greatest of all the Christian saints.

In 1810, Mexicans began their successful revolt against Spanish rule.

In 1858, Andrew Bonar Law, the only British prime minister from outside the United Kingdom, was born at Rexton, N.B. He was prime minister in 1922. He only held the job for 109 days, resigning because of ill health. He died in 1923 in London.

In 1890, the Hamilton Public Library opened.

In 1893, Calgary was incorporated as a city.

In 1901, the Duke and Duchess of Cornwall and York (later King George V and Queen Mary) began a visit to Canada.

In 1908, General Motors was formed in Flint, Mich., by William C. Durant.

In 1914, the first Canadian military air service, the Canadian Aviation Corps, was formed by Sir Sam Hughes.

In 1916, prohibition took effect in Ontario after a night when liquor stores and bars sold out their stocks.

In 1916, John Kerr of Fox River, N.S., won the

Victoria Cross while serving with the Canadian Expeditionary Force at Courcellette, France, during the First World War.

In 1920, a bomb blast in New York's financial district killed 33 people and injured 100. The case was never solved.

In 1934, the first Mickey Mouse comic strip appeared.

In 1940, the United States began compulsory military registration of all men between the ages of 21 and 35.

In 1944, the British government lifted its five-year wartime blackout of London.

In 1945, Britain accepted Japan's formal surrender of Hong Kong following the Second World War.

In 1957, a four-month strike ended at the Aluminum Co. of Canada plant at Arvida, Que.

In 1963, Malaysia became an independent state.

In 1964, the Columbia River Treaty, signed by Canada and the United States, came into effect. Canada built three dams for water storage to produce maximum flood control and power downstream. The United States made a lump sum prepayment of \$254.4 million for the power benefit in the first 30 years. The downstream benefits reverted to Canada in 1994. The agreement sparked controversy over the environmental damage caused by the dams, especially to the salmon runs.

In 1974, U.S. President Gerald Ford announced clemency for military deserters and draft dodgers.

In 1974, the first female recruit was sworn in as a member of the RCMP. Thirty-two women began training in Regina on Sept. 23, 1974, and later became the force's first female troop. Today, women undergo the same training as male constables and are assigned duties on the same basis.

In 1978, an earthquake in northeastern Iran killed more than 25,000 people.

In 1987, at a conference in Montreal sponsored by the UN Environmental Program, 24 countries and the European Community signed an agreement to protect Earth's fragile ozone shield. There were 49 countries who expressed their approval but for various reasons didn't sign the protocol. The agreement called for the control and the reduction of the use of chlorofluorocarbons or CFCs.

In 1993, the federal Health Department launched the Krever inquiry to look into Canada's tainted blood supplies. Justice Horace Krever spent four years in his investigation and made 50 recommendations when he issued his report in 1997. Among them was that there be no-fault compensation for the thousands of Canadians who were infected with HIV and Hepatitis C from tainted blood and blood products in the mid-1980s to 1990.

In 1994, a U.S. jury ordered Exxon Corp. to pay US\$5 billion as punishment for causing a major oil spill at Prince William Sound, Alaska. It also ruled that Joseph Hazelwood, captain of the "Valdez" when it ran aground in 1989, should pay \$5,000.

In 1996, the new Ontario College of Teachers, a self-regulatory professional body, was officially launched. It began operation the following spring with legislative authority to license teachers, accredit training programs and co-ordinate and monitor professional training.

In 1996, the Canada Information Office, a new \$20 million-a-year federal information agency, began operation.

In 1996, Carole Lafrance of Montreal became the first woman chair of the Canadian Chamber of Commerce.

In 1998, for the first time, a robotic device controlled by a heart surgeon performed coronary bypass surgery at a clinic in Munich. The procedure is performed without cutting open a patient's chest and reduces recovery time by weeks.

In 2003, MPs narrowly defeated a Canadian Alliance motion that called on Parliament to preserve the definition of marriage as "the union of one man and one woman, to the exclusion of all others." (Speaker Peter Milliken had to cast the deciding vote after an amended version of the motion resulted in a perfect tie.) The Canadian Alliance introduced the motion in the House of Commons in an effort to block the legalization of gay marriage.

In 2004, the National Hockey League lock-out went into effect. It lasted 310 days and forced the cancellation of the 2004-05 season. It was the first time the Stanley Cup was not awarded since 1919.

In 2004, a court decision made Manitoba the fifth jurisdiction in Canada to allow same-sex marriages.

In 2004, hurricane Ivan slammed into the U.S. Gulf Coast with winds of 210 km/h, packing deadly tornadoes and a powerful punch of waves and rain that swamped communities from Louisiana to the Florida Panhandle, killing at least 22 people.

In 2010, Pope Benedict XVI arrived in Edinburgh, Scotland, for a four-day state visit to Britain, the first state visit by a pope to the U.K. He was received by Queen Elizabeth II, symbolically significant because of the historic divide between the officially Protestant nation and the Catholic Church.

In 2011, a 1940s-era plane crashed into a box-seat area in front of the grandstand during an air show in Reno killing the pilot and 10 spectators, including a recently retired Air Canada pilot and his wife. Seventy others were injured in the deadliest air racing disaster in U.S. history.

In 2012, the Canadian Food Inspection Agency warned against the consumption of several brands of ground beef from XL Foods of Brooks, Alta., because of possible E.coli contamination. The plant later had its operating licence suspended and the recall was increased to include 1,800 products sold across North America in one of the biggest beef recalls in Canadian history. Eighteen cases of E.coli illness were later reported in four provinces.

In 2013, engineers began a successful 19-hour salvage operation to gingerly right the listed cruise ship Costa Concordia onto an underwater platform. Thirty-two people died when the ship hit a reef near Italy's Giglio Island in January 2012. (Crews later fastened huge tanks to its flanks, like water wings, to float it, and in July 2014 it began its final voyage to a scrap yard in Genoa.)

In 2013, U.S. Defence Department contractor and former navy reservist Aaron Alexis opened fire at the Washington Navy Yard, killing 12 people before he was slain in a gun-battle with police.

In 2018, Canelo Alvarez won the middleweight title in a majority decision over Gennady Golovkin to hand the longtime champion his first loss as a pro.

(The Canadian Press)

# SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

	6	8		9	4	7		
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4			8	2			9	
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8		3		1		4		2
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### PREVIOUS SOLUTION

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

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

# NEA Crossword Puzzle

- ACROSS**
- 1 Wimbledon units
  - 5 Kernel holder
  - 8 Restless yen
  - 12 Spin like — —
  - 13 Zoologists' mouths
  - 14 Ibsen woman
  - 15 Woody's son
  - 16 Peacock network
  - 17 Crest
  - 18 Fit in
  - 20 Inelegant solution
  - 22 Grassland
  - 23 Finish a "j"
  - 24 Hair tint
  - 27 Up and about
  - 30 NOW cause
  - 31 Stratford's river
  - 32 Short hairdo
  - 34 Pro
  - 35 Tread
  - 36 Heat meas.
  - 37 Tree sprites
  - 39 Bright beam
- DOWN**
- 1 Audi rival
  - 2 French I verb
  - 3 Ring the bell
  - 4 Sewing kit items
  - 5 Latin American dance
  - 6 Moon or sun

Answer to Previous Puzzle

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

- 7 Scenery hung at the rear
- 8 Enters data
- 9 Steel- — boots
- 10 Rocky ledge
- 11 Ocean fish
- 19 Born as
- 21 Pork selection
- 24 TKO official
- 25 Press
- 26 None
- 27 Roman greetings
- 28 Recedes
- 29 Memo
- 31 Fit
- 33 Clingy seedpod (var.)
- 35 Rotisserie part
- 38 Complained
- 39 Truth's opposite
- 40 First name in mystery
- 42 New York borough
- 43 Crawling with
- 44 Norwegian name
- 45 Ordered
- 47 Field's yield
- 48 Evens the score
- 49 Just average (hyph.)
- 52 Serenade, maybe

# Your Birthday

MONDAY, SEPTEMBER 16, 2019

Invest time and money in where you live and what you want to do next. Set your priorities straight and consider how to make your money stretch further. Making the right move can be a game-changer regarding your standard of living and ability to ease your stress.

**VIRGO** (Aug. 23-Sept. 22) — Network with people who can give you an idea of how to make the most with what you've got. A positive change is within reach.

**LIBRA** (Sept. 23-Oct. 23) — Don't start something you can't finish. Proceed with caution when dealing with matters that could cause a rift between you and someone that you must get along with.

**SCORPIO** (Oct. 24-Nov. 22) — Don't wait to see what everyone else is going to do. If you want something, go after it. Be the one to initiate change, drum up interest and take charge.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Make changes to your personal life, home environment or appearance. How you present yourself to others will determine what kind of interest you attract.

**CAPRICORN** (Dec. 22-Jan. 19) — If you overanalyze what you want to do or see happen, you will miss the mark. If a change needs to be made, take the initiative to get things done.

**AQUARIUS** (Jan. 20-Feb. 19) — Use common sense when dealing with money matters, joint endeavors and

health issues. Look for an opportunity that's cost-effective and interesting. Romance is on the rise.

**PISCES** (Feb. 20-March 20) — Don't let someone else take care of your responsibilities. If you want to excel, do the work. An unexpected change to how you earn your living is apparent.

**ARIES** (March 21-April 19) — Look for opportunities to expand your interests or add to your resume. Picking up skills, knowledge and experience will help you maneuver your way into a higher earning bracket.

**TAURUS** (April 20-May 20) — Change is only as good as your timing. Assessing a situation acutely and making your move confidently are encouraged. Be proactive and seize the moment.

**GEMINI** (May 21-June 20) — Pay more attention to your appearance, how you present what you have to offer and whom you include in your projects.

**CANCER** (June 21-July 22) — If something needs to be done, do it. By taking the initiative, you will gain control, respect and the support you need to finish what you start. Say less and do more.

**LEO** (July 23-Aug. 22) — Ask questions that will help you understand a nettlesome situation. Talk to experts, older family members or anyone who can offer insight into a choice you have to make.

MONDAY, SEPTEMBER 16, 2019

## defense requires partner to watch

By Phillip Alder

Al Boliska, a Canadian actor and writer, said, "Do you realize if it weren't for Edison, we'd be watching TV by candlelight?"

Some bridge players, when they have made a mistake, say that the light was bad. Of course, it isn't that they needed more candle power, but they should have paid more careful attention to the cards being played, especially when on defense.

In today's deal, for example, what happens in four hearts doubled if West is watching his partner's cards?

This deal occurred in New Zealand nearly 50 years ago during a match between Auckland and Canterbury. In the auction, East opened a vulnerable preempt more in keeping with the game today than back then. Probably he was a youngster! South overcalled four hearts, and West confidently doubled.

West led the club ace and continued with the club king. South ruffed and played five rounds of trumps. West, thinking that his partner had to have the spade ace for his bid, continued with the spade ace for his bid, continued with the club queen. However, South ruffed and claimed 10 tricks: three spades and seven hearts.

				North	09-16-19
				♠	K Q 5 2
				♥	—
				♦	10 8 7 5
				♣	10 8 6 4 3
West				East	
♠				♠	J 10 9 7 6 4 3
♥	10 9 7 6 4			♥	—
♦	J 9 4 2			♦	A K 6
♣	A K Q J			♣	7 5 2
				South	
				♠	A 8
				♥	A K Q J 8 5 3 2
				♦	Q 3
				♣	9
				Dealer: East	
				Vulnerable: Both	
South	West	North	East		
4♥	Dbl.	All Pass	3♠		
				Opening lead: ♣ A	

The original scribe who described the action made no comment about this defense. One cannot help but assume that East's first discard was a discouraging spade three. This must have gone unnoticed by West. Then East should have pitched his spade jack and spade 10, his two highest spades as suit-preference signals for diamonds.

In tomorrow's column, we will look at the contract of four spades doubled at the other table. What happened there?