

The mystery surrounding The Mystery Spot

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THE RECORD

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MONDAY, APRIL 20, 2020

Investment of \$45 million to attract Quebec workers to work on farms

Record Staff

On Friday the Minister of Agriculture, Fisheries and Food, André Lamontagne, and the Minister of Labour, Employment and Social Solidarity, Jean Boulet, announced \$45 million in funding to meet labour needs in Quebec's agricultural sector.

According to UPA President Marcel Groleau, the partnership between the Government of Quebec and the UPA comes at just the right time.

"The COVID-19 pandemic raises serious labour access issues for the agricultural sector, which is already experiencing a shortage of workers. Thanks to the Agricultural Employment Centres (known as Centres d'emploi Agricole, or CEA) in each region, we will be able to provide services to interested Quebec workers as well as to businesses that express a need," commented Groleau in a recent press release. He added that Quebec is the first province in the country to implement such an initiative.

This investment will allow the UPA and AGRICarrières, within the

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Legault takes 'full responsibility' for shortages in struggling care homes



THE CANADIAN PRESS/JACQUES BOISSINOT

Quebec Premier Francois Legault responds to reporters during a news conference on the COVID-19 pandemic, Friday, April 17, 2020 at the legislature in Quebec City.

By Giuseppe Valiante
The Canadian Press

Premier Francois Legault says he takes "full responsibility" for the lack of orderlies in struggling long-term care homes, where more than half of the province's 688 deaths

related to COVID-19 have occurred.

Legault told reporters Friday he didn't want to get into a fight with the health-care unions when he first took office in 2018, and therefore decided to hold off on paying public-sector orderlies more until contract negotiations began.

Historically, the unions representing workers such as orderlies, nurses and other staff in Quebec's health-care system negotiate as a large group to leverage bargaining power. The collective agreement for all health-care personnel was only set to expire at the end of March 2020.

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TODAY:
FLURRIES

HIGH OF 5
LOW OF -8



TUESDAY:
PERIODS OF
RAIN

HIGH OF 11
LOW OF -2



WEDNESDAY:
SNOW

HIGH OF 0
LOW OF -8



THURSDAY:
SUNNY

HIGH OF 3
LOW OF -6



FRIDAY:
CLOUDY
PERIODS

HIGH OF 10
LOW OF -2

Appointment of Michael Laplume as Deputy Mayor of the municipality of Potton



THE SCOOP MABLE HASTINGS

At its April 6 meeting, the Municipal Council of the Township of Potton appointed Michael Laplume as Deputy Pro Mayor for the Municipality of Potton. Laplume who is presently a council member will be replacing Mayor Jacques Marcoux who has chosen to leave his position as of November 2020 to pursue personal interests leaving his current position vacant for the last year of his mandate.

"It is an honour to have been selected by my peers to represent them as Mayor when Mr. Marcoux leaves in November," shared Laplume. "I feel very lucky to have a hard working group to work with and I intend to do my best in representing them as well as the citizens of Potton."

Mr. Laplume intends to complete the files that are currently underway working alongside the present members of the Municipal Council: Jason Ball, Bruno Cote, Andre Ducharme, Francis Marcoux and Eddy Mierzwinski.

"I intend on making sure that the ongoing projects stay on track and come to fruition," he said.



PHOTO: COURTESY

Laplume stressed the appreciation he and the council feel toward outgoing Mayor, Jacques Marcoux.

"I wish Mayor Marcoux all the best and want to thank him for his professionalism. He has been a pleasure to work with and he has given this Municipality a lot over the years. He can surely leave with his head held high."

As Laplume and the present council step into the final year of their mandate in November, they hope to work

alongside the community in the betterment of Potton and all citizens.

Please take note of the following, due to the risk of spreading Covid-19, the Municipal offices and Library are closed to the public until further notice. Citizens can continue to call the office at 450-292-3313 ext. 0 during the regular hours Monday to Friday 9:00am to 12:30pm and 1:30pm to 4:00pm. For updated information visit the website at www.potton.ca



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Ben by Daniel Shelton



Local News

Despite the restart, the SAAQ maintains that online services remain the best way to obtain certain services, such as license renewal and licensing for storage, to avoid travel as much as possible.

SAAQ getting back behind the wheel

Record Staff

1-800-361-7620.

Beginning today, April 20, the Société de l'assurance automobile du Québec (SAAQ) will be progressively restarting its licensing activities.

Operating on an appointment-only basis, the SAAQ will welcome clients in limited numbers in order to respect social distancing rules. To make an appointment, people are invited to call

It is important to note that since the re-start is a progressive one, not all services of the agency will be available or immediately or in all regions. For the most up to date information, people are encouraged to visit the SAAQ website at <https://saaq.gouv.qc.ca/en/newsroom/covid-19-frequently-asked-questions/>

Despite the restart, the SAAQ main-

tains that online services remain the best way to obtain certain services, such as license renewal and licensing for storage, to avoid travel as much as possible. In addition, measures will be put in place to support customers by means other than face-to face interaction, such as mail service, reuse of past photos, and a dedicated telephone line for those without internet service.

It is also important to remember,

even in the context of a restart, that no one presenting with symptoms of COVID-19 will be allowed into a SAAQ service centre, even if they have an appointment. Hand washing will be required upon entry and a distance of two metres between individuals is to be respected at all times. Debit card payments are preferred.

Mégantic reserve marking International Dark Sky Week

Record Staff

From April 19 to the 26, the Mont-Mégantic dark-sky preserve is encouraging people across the region to reconnect with the night by looking to the skies and the ASTROLab Facebook page in celebration of International Dark Sky Week. The week was created in 2003 by the International Dark sky Association (IDA), as a way of promoting the importance of natural

night and drawing attention to the issue of light pollution.

The ASTROLab scientific education team from Mont-Mégantic Provincial Park has been sharing their knowledge and wonder live every day since the start of confinement period for the COVID-19 pandemic, but over this coming week, the activities and presentations will highlight the value of the starry night's sky.

On the agenda are; a live quiz on

the night's sky; A citizen science project that draws on a mobile phone application to evaluate the quality of the darkness of the sky at a person's own home; a kid-friendly presentation on constellations, a presentation on the Mont-Mégantic dark-sky preserve; and a presentation on the ways different telescopes work.

"Right now, a lot of people have time at home so it is a good time to reconnect with the starry sky," said Sébas-

tien Giguère, scientific coordinator at the ASTROLab. "One can watch the real stars, or learn more about them by taking advantage of the many resources and activities online. Astronomy is a source of wonder accessible to all during this difficult period."

More information on the week's activities is available at facebook.com/montmégantic

Update on Quebec's COVID-19 statistics

Record Staff

In Québec, the total number of positive COVID-19 cases now stands at 18,357. Of those, 778 are in the Estrie region.

The number of deaths in the province is now 877.

The number of hospitalizations in Quebec is 1102, among which 183 are in intensive care.

A more detailed breakdown of lo-

cal confirmed cases is available on the CIUSSS de l'Estrie-CHUS website <https://www.santeestrie.qc.ca>.

The website lists the number of cases by municipality served by the CIUSSS de l'Estrie-CHUS.

Sherbrooke has the highest number with 259 confirmed cases. Granby has the second highest number of COVID-19 cases with 115, followed by Magog (54), Danville (36), Bromont (29) and Racine (28).

Legault

CONT'D FROM PAGE 1

"If I had to redo it, I would have increased their salaries faster-even without the OK of the unions," Legault said about the orderlies. The province is currently lacking about 1,800 people to work in the residences, where some of Quebec's most vulnerable and disabled seniors live.

But the shortages of staff for long-term care homes predated the COVID-19 crisis by years. Legault acknowledged that, though he knew unions would have objected to a divisive approach to negotiating salary increases, he could

have forced their hand through a special law or ministerial decree.

"We came into this crisis poorly equipped and the situation deteriorated when the virus came in," he said. "I take full responsibility."

Hubert Forcier, a spokesman for the federation of unions representing about 90,000 public-sector health-care workers in Quebec, said his organization proposed months ago to allow orderlies to reach a higher salary scale that other employees benefited from.

Doing so would have allowed orderlies to make up to \$25.27 an hour, \$2.92 more per hour than the current high-

est rate on the scale, and it wouldn't have affected the pay of any other health-care worker, according to the federation.

"I couldn't believe what I heard today," Jeff Begley, president of the union federation, said in a statement Friday, in reference to Legault's news conference. "It's been years that we have been ringing the alarm bells regarding the untenable conditions in the health care network."

As a consequence of the orderly shortage, the province has had to plead with family doctors and medical specialists to leave their practices and

help in the long-term care homes to feed, wash and care for residents. Legault also welcomed Friday the news that members of the Canadian Armed Forces will be heading to the province to help in those facilities.

"In the rest of Quebec ... the situation is pretty much under control," said the premier. "We are looking ... to open up these regions in an intelligent way, in a gradual way, while ensuring we follow up on the situation to make sure we don't face a second wave of the virus."

Investment

CONT'D FROM PAGE 1

parameters determined by the government, to offer an incentive for the recruitment of agricultural workers, make financial assistance available for the training of new employees and support the CEAs.

The announcement by Ministers Lamontagne and Boulet was combined with the launch of a new campaign, Travailler à la ferme : J'y vais sur-le-champ!(Work on the Farm: I'm heading to the field!) to encourage Quebecers to

lend a hand to the agricultural sector during the COVID-19 pandemic.

"To meet the serious needs of the agricultural sector, people with a big heart and a desire to support Quebec farmers will be welcome on the farms!" added Geneviève Lemonde, Executive Director of AGRICarrières.

Those interested in giving a helping hand on a farm near their home are invited to contact their local CEA by visiting <https://www.emploiagricole.com/>. Currently, the CEA teams are already making every effort to match potential

workers with farm employers.

In addition, free online training is available to workers to help them prepare for their arrival on farms. At the end of this training provided by AGRICarrières, they will be able to apply safe and effective work techniques to work in agriculture, more specifically in the market gardening sector.

The program targets only the food agriculture sector. Therefore, care will have to be taken if there is a displacement of labour from the non-food agricultural sectors. The UPA believes the

program will help ensure the presence of workers on local farms throughout the season, even after the confinement period.

"The announcement of this partnership is great news. It responds to an essential need both for Quebec farmers, who have significant labour needs, and for our fellow citizens. It is a food security issue in the current context," Marcel Groleau concluded.

EDITORIAL

One wonders, however, what is taking so long to get the construction industry in general up and running, given such chantiers are as secure as an army base from general public access.

Candy stores and 'dreaded' homes: Coronavirus contradictions



PETER BLACK

One doesn't want to be a pandemic pooper here, but since when is a candy store an essential service? I like a jaw-breaker, gummy worm, licorice twister or jelly-bean as much as the next guy (not really), but I honestly think I could get by without a bonbon buzz until the virus darkness lifts.

Around the corner, on a normally busy commercial street, the candy store is open for business, while rows of other stores nearby selling goods arguably as essential as sweets - shoes, clothes, home furnishings and knick-knacks, for example - remain shuttered indefinitely. A plaque in rainbowy letters in the window of the candy store proudly proclaims: Autorisation gouvernementale pour rester ouvert.

We can only speculate the government authorization accorded the candy store is based on it being on the official Quebec list of "essential services and commercial activities" under the category of "grocery stores and other food retailers." OK, so despite what anti-Big Sugar zealots and our mothers might have told us, candy apparently is a food.

One cannot blame the neighbourhood confectioner for putting government pandemic regulations to the test, but how does that explain the seemingly arbitrary and random exclusion of other store-front purveyors of goods and services from the list of permissible commercial activities?

The goal of the big economic pause has been to reduce the amount of direct

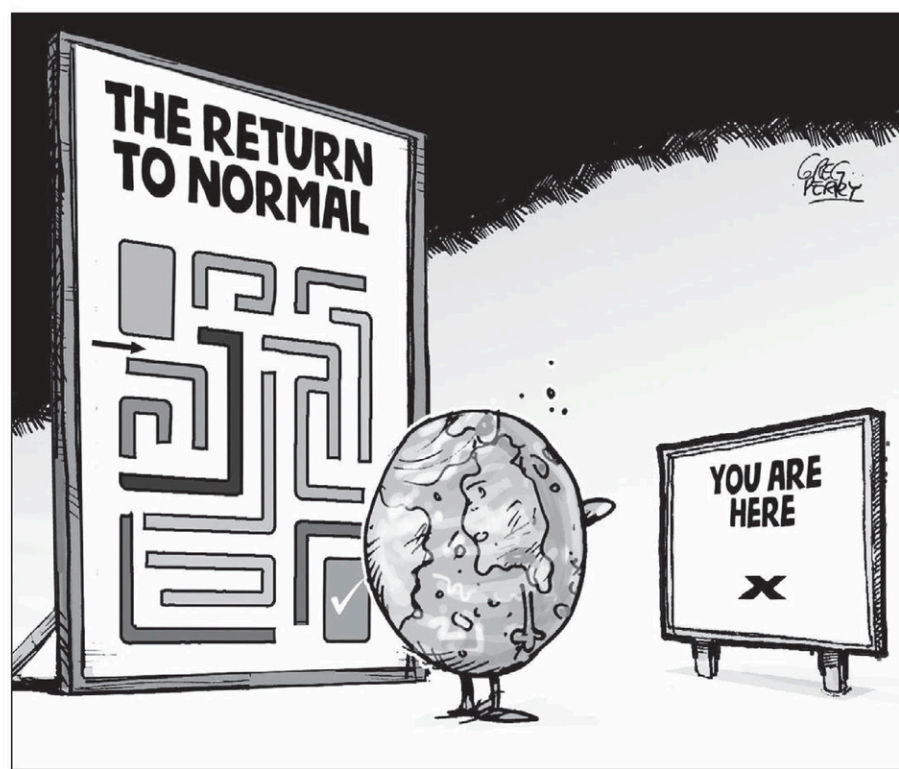
or incidental human contact by which the COVID-19 virus is spread. So shutting down obvious indoor petri dishes like shopping malls and factories would seem to make sense. How, though, does a block-long line-up at Walmart pose less of a risk than the occasional customer popping into a shoe boutique to check out the latest spring styles?

This sour-puss questioning of the essentialness of candy shops comes as the Coalition Avenir Québec (CAQ) government rolls out its strategy of "deconfinement," to gradually restart the economy. We already saw a glimmer of common sense with the authorized reopening of service stations, garden centres, landscaping companies and some residential construction. The mining industry also got the green light to get back to work. In each sector, of course, workers and customers are expected to observe the germ containment measures which by now are second nature to virtually all citizens.

One wonders, however, what is taking so long to get the construction industry in general up and running, given such chantiers are as secure as an army base from general public access. And then there's the already short construction season. A debate is looming about whether the annual two-week construction holiday at the end of July will be cancelled. So far union leaders are cool to the idea, claiming, with some justification, that the weeks of virus-forced lay-off cooped up at home have hardly been the equivalent of frolicking on the beaches of Maine.

Restarting an economy is yet another of the many unique and shall we say utterly unexpected challenges thrust upon our elected officials and their attendant bureaucracies.

Premier Francois Legault, a bean-counting businessman in his soul, must have tortured sleep about having had to put the brakes on an economy it's been his political mission to boost. Indeed, prior to the pandemic, Quebec was on a roll, leading the nation in growth and employment rates.



There will be plenty of time to analyse, debate and learn from this COVID-19 experience. Years from now it will probably seem surreal. An outbreak of an unknown virus in a remote Chinese city in mid-January paralyzes much of the world within a head-spinning matter of a few weeks. Can't make that stuff up.

For the Legault government which had made a massive revamp of the province's patchwork seniors home network a major plank in its 2018 election platform, the pandemic exposed, tragically late, the lethal failings of the current regime.

In the campaign, Legault used the word "dreaded" in describing the state of Centres d'hébergement et soin de longue durée (CHSLD). How right he was. The vast majority of Quebec's coronavirus deaths have happened in care homes.

Quebec, as observers have noted, has had two pandemics: a relatively tame one in the general population with hospitals far from critical capacity, and a raging one within nursing homes with the army called in to lend a hand.

Meanwhile, the candy stores remain open.

Letters

Sexual exploitation in the time of Coronavirus

Submitted by the Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) Agression Estrie

CALACS Agression Estrie offers, among other things, support services to girls and women who are victims of sexual exploitation. During this COVID-19 period our team notes that these people, who are already intensely marginalized as a baseline, are even more affected, vulnerable and left behind.

Has the Coronavirus succeeded in stopping requests from the clients of prostitution? No. On the contrary, women are forced to continue prostitution to survive and, in some cases, to ensure the survival of their children. Research and field experience have shown just how violent the sex industry is for women. The current situation, with the risk of contracting COVID-19, adds another layer to the dangers of their reality.

Poverty is one of the factors that have led the majority of these women into the abyss of sexual exploitation. The noose is now tightening more on them. How can they protect themselves from the Coronavirus by stopping prostitution when they are unable to declare their income and therefore receive financial support from the government? There is no question that COVID-19 is a risk factor here for keeping girls and women in the sex industry, despite the fact that more than 90% of them want to get out.

It is the duty of governments to ensure the safety and integrity of citizens. In order to ensure that no woman is forgotten in inhuman conditions, CALACS Agression Estrie asks governments to take responsibility today. We demand concrete, rapid and sufficient actions: a real funded plan to end prostitution and financial support for the resources / organizations that help these women.

In solidarity with the girls and women who are victims of sexual exploitation,
Calacs Agression Estrie

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The mystery surrounding The Mystery Spot

By Taylor McClure
Special to The Record

Until it closed in 1999, The Mystery Spot located off route 147 between Lennoxville and Huntingville served as a unique attraction for Townshippers, people from across Canada, and the Eastern United States. As an area that defied the laws of gravity, many didn't believe what they were experiencing and witnessing. While the Mystery Spot closed its doors in 1999 after over 30 years in operation, people hold fond memories of the place where only inexplicable things happened.

Henry Musty, owner of the Mystery Spot with his wife Bev Musty, take us back to how the Mystery Spot all began.

In the fall of 1966, Henry and Bev Musty decided to make their way back to the Eastern Townships after having moved out west. "We came back from the west in the fall of 1966," said Henry. "We got the idea that we could do something back home because of the Expo '67 as a camp ground and tourist attraction and so on."

While driving through Michigan on their way back home, they came across a unique place where the laws of gravity didn't seem to apply, water was running uphill for example, and that is when Musty got the idea to develop The Mystery Spot. "We bought 75 acres of field near Huntingville and I started developing that (the camp ground) while I had this mystery spot idea in mind."

One day as he was walking along the property he came across a cow path on the hillside. After setting up two cement blocks there perfectly leveled, Musty realized that if two people each stood on a block facing each other they would be at eye level with one another but once they switched spots there was height difference of about 4-5 inches. "People had a hard job trying to understand that. I would put the level on the blocks and oh yeah, it was level."

He quickly got the first building of the Mystery Spot under construction and it was opened to the public in

1967. "At that time, we were charging 35 cents a person to go through. It was a 20 to 30-minute guided tour. We had water and a ball appearing to roll uphill on a board and a weight that swung a lot further towards the ceiling than backwards; a lot of different things like that."

Then he decided to construct a second building. "I got to working on another building to expand upon this and the building was about 100 feet away from the first one. We installed a swing, you could swing on it and swing right up to the ceiling and back down to the centre of the floor. I also had a chair sitting on a piece of 2x4 on the wall with just the two back legs on the 2x4, the chair wasn't connected to the wall, and a person could sit on that chair and be comfortable. They'd think they would fall over but they didn't. People could also walk up the walls on 2x4's right up to the ceilings."

People could even lean over on the edge of a pedestal table without it falling over.

Musty eventually added an attic to that building where one could do push ups on the floor, even with one one hand, all day long without getting tired. Once you stepped through the attic, you automatically went to the left in the corner.

They also had a French-Canadian tour guide that came up with a ghost story for The Mystery Spot. "He thought up the idea of ghosts being in those buildings and that's why it was also called the Maison Hantée. He developed this ghost story that the ghost was pushing you and so on."

While he believed that there would be an influx of tourists to the area with the Expo '67, The Mystery Spot really became popular after a group of 'tipsy' people asked Musty to bring them through. "What set it off very quickly The Mystery Spot was one morning around 10 a.m. I had a group of about 8-10 men that came out of the hotel in Sherbrooke and they were a little bit tipsy and they asked me to take them



RECORD ARCHIVES

through. It took me an hour and half to get them through one building and I never laughed so hard in my life trying to get them through that. One guy got stuck in the corner and they had to help him get out."

The next day they had about a 45-minute line up of people wanting to go through after the group of men went back to the hotel to tell of their experience and the word quickly spread from there. "That was our big boost was this group of fellows."

Groups of school children from Quebec City, Montreal, and the local area started heading to the Mystery Spot each spring. "We had busloads of children. It was there spring outing. We had children from Quebec City and Montreal, we had a steady line of school children coming through."

We had a mini golf course at that time too and a gift shop with souvenirs in it and a pool. They could spend the whole day there."

Throughout the years of having The Mystery Spot, Musty gained many fun memories. "It was a fun tour and I really enjoyed it myself, I loved taking people through. Sometimes there would be an argument between husband and wife as to what it was."

He also remembered one lady from Sherbrooke who every time she had relatives come down she brought them to The Mystery Spot. One time she went with a coke bottle full of water and as they were making their way to the area to put water in the funnel to roll up hill, she asked to use her water instead of Henry's because she believed that it was 'tricked.' It still rolled uphill. "We had lots of fun with that."

The Mystery Spot remained a popular attraction until it was sold around 1999. "We sold it in 1999 because we had developed a large gift shop, the largest collectable gift shop in Quebec, and then we opened a store in Lennoxville where the wool shop was. We eventually phased out the gift shop, Musty explained. "I bought the family farm and now we are retired on the family farm."

The Mystery Spot may have closed 20 years ago, it's clear that it still holds a

special place in the memories of many Townshippers and people from beyond. "It's strange, I would say almost every year since we closed we have had one to three phone calls asking about it and if they could see it. The Sherbrooke tourist bureau was also getting a lot of phone calls. It's still in people's minds."

While there was there was an individual from Montreal that went to the Mystery Spot to do some research to try to explain and understand it, Musty said that nothing came of it and he couldn't figure it out.

For now, the Mystery Spot will remain just that; a mystery.



GUIDE NO. 4

COVID-19 affords you an opportunity to rethink your business

The COVID-19 pandemic is undoubtedly posing several challenges for your business, especially with respect to the measures to be implemented to comply with public health directives. This situation is certainly raising questions in your mind about its impact on your employees and your organization's resilience. Moreover, it is no doubt also encouraging you to review your ways of doing business and find solutions to mitigate the crisis' repercussions.

This forced paused can also be viewed as an opportunity to rethink certain aspects of your business and to prepare for its revival, since the current situation, while exceptional, is temporary. Here are some avenues for reflection and possible solutions.



Do you have a business continuity plan?

Take advantage of this opportunity to implement or update your business continuity plan. The elaboration of such a plan affords an opportunity to reflect on the means of reducing the negative impact on your business of adverse events. Worst-case planning means that you can establish strategies and take precautions that will enable you to pursue your operations or resume them sooner, minimize losses, and protect your employees, assets and even your reputation.

The plan will provide responses. There is no need to be a large business to maintain a business continuity plan. Proven methodologies exist that are well adapted to SMEs. Moreover, the Ministère de l'Économie et de l'Innovation has prepared the **Guide de gestion de la continuité des activités pour les petites et les moyennes entreprises québécoises** to help you. Be sure to consult it.



Adopt the digital conversion

The current crisis is upsetting consumers' buying habits and more and more of them risk resorting to the Internet. E-commerce is a worthwhile solution that is occasionally even essential to compete if you are a merchant, a retailer or even the owner of a tourism enterprise. This is indeed a good time to consolidate your online presence, which will enable you to better reach your customers and visitors and to more extensively promote your products and services.

Is your business experiencing a slowdown? This is the ideal time to review certain business practices, enhance or automate processes, or find innovative solutions.

The digital transformation offers a genuine development opportunity, especially in the manufacturing sector. The Ministère de l'Économie et de l'Innovation is offering guidance to SMEs that wish to adopt the digital conversion or consolidate their approach. Find out more.



Step back to improve your business

Take advantage of this pause to initiate the gradual adoption of management practices geared to enhancing your enterprise's financial, environmental, social, and administrative performance. It can also be worthwhile to review the supply chain and foster buying locally or proximity shopping. Lastly, a **sustainable development approach** could offer your business extensive benefits.

Since you are often contending with emergencies or engaging in a continuous improvement process, you rarely have time to step back and explore new options. This is the perfect time to rely on your employees to conduct research and development to improve your products, services, or processes. Reinventing a business also depends on innovation and the implementation of new projects. Do not hesitate to contact the Ministère de l'Économie et de l'Innovation or Investissement Québec to plan your projects.



Take advantage of tailor-made advice

L'Accompagnement-conseil stratégique^{MC} in the Ministère de l'Économie et de l'Innovation can be useful to find solutions, rethink action plans, and obtain tailor-made advice. Experts are present in all regions of Québec to help meet the challenges that you are facing and prepare for relaunching your business. To find out more, please contact the regional office of the Ministère de l'Économie et de l'Innovation.



Develop your skills and those of your employees

The revival of your business will certainly rely on professional competencies development and work reorganization, which the **Programme actions concertées pour le maintien en emploi (PACME)** of the Ministère du Travail, de l'Emploi et de la Solidarité sociale, offered in collaboration with the Commission des partenaires du marché du travail, proposes. The program provides for direct assistance to businesses for human resources management activities or on-site, online or remote training. It seeks to maintain the employer-employee relationship, take advantage of the current pause to bolster skills development and thus prepare businesses for the economic recovery.

Other training is available, for example for corporate executives, strategic workers or workers in the Québec tourism sector, such as the **formation 100 % accueillant** program of the Ministère du Tourisme, offered by the Institut de tourisme et d'hôtellerie du Québec as individual online training.

A final word

The current exceptional situation is temporary. In the meantime, it is important to maintain efforts and steer a steady course to restore Québec, whose residents are brimming with enthusiasm and vitality and which abounds in original, creative businesses.

REMINDER OF THE MEASURES ADOPTED TO SUPPORT BUSINESSES

- Emergency assistance for small and medium-sized enterprises
- Flexibility measures respecting loans and existing loan guarantees
- Concerted temporary action program for businesses (PACTE)
- Support for the tourism industry

To obtain additional information, please visit [Québec.ca/coronavirus](https://quebec.ca/coronavirus).

- Investissement Québec (IQ) is offering a moratorium of up to six months on principal repayments. Visit the IQ website to obtain additional information.
- The Caisse de dépôt et placement du Québec is providing \$4 billion to support Québec firms temporarily affected by COVID-19. Visit the CDPQ website to obtain additional information.

economie.gouv.qc.ca

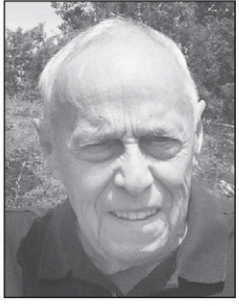
Québec 

Death

Death

Datebook

Douglas H. ROBINSON



Doug passed away peacefully at the age of 86 on April 11, 2020 at the CHSLD St-Alexandre in Thetford Mines after a struggle with cancer and Alzheimer's.

Left to mourn is his wife Phyllis (Hogge) of 60 years, his daughter Jill and son Ian as well as his daughter-in-law, Isabelle Grondin, granddaughter Valérie and grandson Noah.

He was the oldest child of Henry Robinson and Emma (Eager). He is predeceased by his sister Samantha (wife of the deceased Harry Demidavicius).

He will be greatly missed by his sisters Anne and Brenda, sister-in-law Maureen (Mo) Ruthman (wife of the deceased Tracey Ruthman), nephew Gregg and his wife Wendy, niece Maria-Elena and partner Jamie, niece Laurie and her husband Guy, his grandnephews, grandnieces and godchildren.

Doug will also be fondly remembered by his many dear friends, fellow church worshippers, Lodge brothers and greater community at large.

A gathering to honour Doug will take place at a later date. Information will be made available at the following website: www.gamachenadeau.ca

Thank you to all the doctors, nurses and staff members at CHSLD St-Alexandre for their devoted and excellent care.

Your sympathies can be expressed by sending a donation to the Fonds Centre d'hébergement St-Alexandre de Thetford Mines, 1651 rue Notre-Dame Est, Thetford Mines, Québec, G6G 0C1.

MAISON GAMACHE & NADEAU
590, St-Alphonse Sud, Thetford Mines, QC

PHONE: 418-335-9169
FAX: 418-335-9699

www.gamachenadeau.ca

MONDAY, APRIL 20, 2020

Today is the 111th day of 2020 and the 33rd day of spring.

TODAY'S HISTORY: In 1902, Marie and Pierre Curie isolated the radioactive element radium for the first time.

In 1946, the League of Nations officially dissolved.

In 1999, two gun-wielding students killed 12 fellow students and a teacher at Columbine High School in Littleton, Colorado.

In 2010, a gas explosion and fire killed 11 people on the Deepwater Horizon oil rig in the Gulf of Mexico, beginning an oil spill that would not be capped for several months.

TODAY'S BIRTHDAYS: Adolf Hitler (1889-1945), German dictator; Harold Lloyd (1893-1971), filmmaker; Joan Miro (1893-1983), painter/sculptor; Lionel Hampton (1908-2002), jazz musician; Tito Puente (1923-2000), jazz musician; George Takei (1937-), actor; Ryan O'Neal (1941-), actor; Steve Spurrier (1945-), football coach; Jessica Lange (1949-), actress; Luther Vandross (1951-2005), singer-songwriter; Crispin Glover (1964-), actor; Andy Serkis (1964-),

actor/director; Carmen Electra (1972-), actress.

TODAY'S FACT: England sent criminals to Australia for forced labor and isolation from society well into the 19th century.

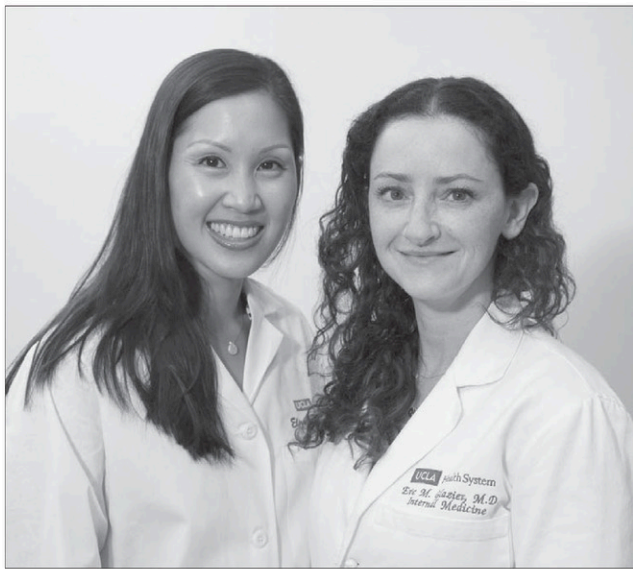
TODAY'S SPORTS: In 2008, Danica Patrick won the Indy Japan 300, becoming the first female driver to win an IndyCar race.

TODAY'S QUOTE: "I begin my work under the effect of shock, which I can sense and which gets me on the run from reality. ... In any case, I need a starting point, even if it's just a speck of dust or a gleam of light." – Joan Miro

TODAY'S NUMBER: 63 – points scored by Michael Jordan of the Chicago Bulls against the Boston Celtics on this day in 1986, setting an NBA playoff record that still stands. The Bulls lost 135-131 in double overtime and eventually lost the first-round series, while the Celtics went on to win the championship.

TODAY'S MOON: Between last quarter moon (April 14) and new moon (April 22).

No saliva test for Parkinson's disease, research is promising



ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: What can you tell me about the new saliva test for Parkinson's disease? My older sister just learned she might have Parkinson's, but her doctors aren't sure. Why is it so hard to diagnose?

Dear Reader: Parkinson's disease is a progressive disorder of the nervous system that leads to a deficit of dopamine, which is a neurotransmitter. Neurotransmitters help nerve cells communicate

with each other, and dopamine plays a crucial role in our ability to produce smooth, deliberate and sustained movement. It's the loss of dopamine that gives rise to some of the symptoms of Parkinson's, which include difficulties with walking and balance, tremors, slurred speech and rigidity. The disorder also affects sleep, smell and blood pressure.

Diagnosing Parkinson's disease can be difficult because the symptoms and their onset vary from person to person and are similar to other neurodegenerative disorders. There is no specific test for Parkinson's disease, so emerging research into chemical changes in the saliva of Parkinson's patients has drawn a lot of interest. While it's true that some of this research shows promise in the area of diagnosis, at this time there is no saliva test for the disease.

Several studies have examined a range of biomarkers that are present in the saliva of people living with Parkinson's. Many of them found significant differences when compared to the saliva of people without the disease. In a newer study, published earlier this year, researchers in India examined saliva samples taken from 76 patients living with Parkinson's disease and samples from 37 healthy people, who served as controls. They found certain metabolic compounds in the Parkinson's group saliva that suggest the disease process may be linked to an imbalance in the makeup and functioning of neurotransmitters, as well as to certain changes in the makeup of the gut microbiome.

This isn't the first research to look into the potential role of the gut microbiome in neurodegenerative diseases such as Parkinson's. The intestine is among the first organs affected by Parkinson's disease, and health care professionals have long noted that symptoms such as constipation and gastrointestinal distress often precede the onset of neurological symptoms.

Recent research has also highlighted the gut-brain connection. One study tracked patients who had portions of their vagus nerve surgically removed. Five years after the surgery, the group had a 40% lower incidence of Parkinson's disease than patients whose vagus nerve remained intact. This is significant because the vagus nerve runs from the brainstem to the colon, a direct link between the brain and the gut.

In another study, mice bred to be susceptible to Parkinson's disease developed symptoms when they were implanted with fecal samples from Parkinson's patients. The same type of mice implanted with fecal samples from healthy adults did not develop similar symptoms.

All of this has led to increasing interest in the idea that Parkinson's disease originates in the gut and then spreads to the brain. Each new study sets the stage for further research into gut-based therapies, and even to a potential cure.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

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

NEA Crossword Puzzle

Your Birthday

MONDAY, APRIL 20, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 Niche
 - 5 Craze
 - 8 100%
 - 11 Peace goddess
 - 13 Luau strummer
 - 14 Foot part
 - 15 Grave risk
 - 16 Kenya's capital
 - 18 Insect eater
 - 20 Melodies
 - 21 Says "yeth"
 - 23 Ms. Rand of fiction
 - 24 Royal pronoun
 - 25 Monumental
 - 27 Ticks off
 - 31 In days gone by
 - 32 Casino supply
 - 33 Mexican lad
 - 34 Chicks' mothers
 - 36 Nerve network
 - 38 Cotillion honoree
 - 39 Pliny's bear
 - 40 Megastar

- 41 Home-heating fuel
 - 42 Motel of yore
 - 44 Unclad
 - 46 Largest mammal
 - 49 Wine and dine
 - 50 — Crowe of "Gladiator"
 - 52 Stay clear of
 - 56 Check fig.
 - 57 Forest grazer
 - 58 Deep South
 - 59 Tire pressure meas.
 - 60 Compass pt.
 - 61 Verne's captain
- DOWN**
- 1 Bite
 - 2 Blast furnace input
 - 3 Above, to Tennyson
 - 4 Grows together
 - 5 Underwrite
 - 6 Police blotter info

- 7 Jupiter or Ra
- 8 Egyptian sun god
- 9 Ear part
- 10 Luau keepsakes
- 12 Got hitched quick
- 17 Dustup (hyph.)
- 19 Headache remedy
- 21 German pistol
- 22 Soldering tools
- 23 Spot remover
- 24 Molokai neighbor
- 26 Clinched, as a deal
- 28 Fingerprint part
- 29 Handle dough
- 30 Cries audibly
- 35 Cruises
- 37 Happy
- 43 Requires
- 45 Kline or Costner
- 46 Stole
- 47 Sings wordlessly
- 48 — spumante
- 49 Vamoose
- 51 Baja article
- 53 Fire, slangily
- 54 Gloomy
- 55 Help wanted abbr.

1	2	3	4		5	6	7		8	9	10	
11				12		13			14			
15						16			17			
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	21	22					23					
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			42	43			44		45			
46	47	48				49						
50					51			52		53	54	55
56					57			58				
59					60				61			

Relax and enjoy what life has to offer. Impulsiveness will set you back. Work on self-improvement, networking and doing things with the people who bring out the best in you. Use your skills to reinforce what you've already accomplished while making room for new and exciting beginnings.

TAURUS (April 20-May 20) — Emphasize what you can do and use your skills to benefit yourself and others. Don't downplay your many talents.

GEMINI (May 21-June 20) — Put your attributes to the test and pitch in and help others. You have the potential to make a difference if you take a leadership position. Call in favors.

CANCER (June 21-July 22) — Don't take on responsibilities that don't belong to you. Avoid meddling or letting someone interfere with your efforts. Focus on work, money and advancement, not on gossip or indulgent behavior.

LEO (July 23-Aug. 22) — Follow through with your plans. Talking about something and doing something are not the same thing. A day trip should include business, interviews or learning. Activities that require physical endurance or competition are favored.

VIRGO (Aug. 23-Sept. 22) — Focus only on your own responsibilities. Listen and make suggestions, but don't pay for someone else's mistake. Protect your finances, possessions and reputation.

LIBRA (Sept. 23-Oct. 23) — Expect to

have a problem with someone close to you. Watch what's unfolding, but don't make a move prematurely. Gather all the facts and consider your options. A creative endeavor will help ease stress.

SCORPIO (Oct. 24-Nov. 22) — Finish what you start. Sudden good fortune is heading in your direction. Rely on your intuition to lead you in the right direction. Let go of the past and embrace the future.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen, observe and avoid getting entangled in someone else's drama. Stick close to home and make a positive adjustment to your living arrangements. Renovation or a move looks favorable.

CAPRICORN (Dec. 22-Jan. 19) — Don't let emotional matters disrupt your plans or productivity. Add a unique spin to whatever you do to separate you from the competition.

AQUARIUS (Jan. 20-Feb. 19) — Contribute to a cause that interests you or finish a project that you left undone. Rely on your experience to guide you in the right direction. Don't make an unnecessary change.

PISCES (Feb. 20-March 20) — Get your finances in order. If you have too much cash on hand, it will slip through your fingers. Invest in something that will add security to your life.

ARIES (March 21-April 19) — Idle time is the enemy. Plan your day strategically. Stick to what you know and deliver what you promised. Honest, direct communication is in your best interest.

MONDAY, APRIL 20, 2020

Be constructive, not just critical

By Phillip Alder

Criticism is a touchy subject. Former British Prime Minister Harold MacMillan said, "I have never found in a long experience of politics that criticism is ever inhibited by ignorance." Whereas Noel Coward is attributed with claiming, "I can take any amount of criticism, so long as it is unqualified praise." But for most of us, criticism is hardest to accept from our spouse or bridge partner.

If you think partner made a mistake on a deal, discuss it calmly after the session.

In today's deal, South was in four spades. After West led the diamond queen, declarer saw only nine tricks — seven spades, one diamond and one club — so he threw in the towel and conceded down one. South then suggested that his partner should have passed out three spades. He pointed out that his opening bid promised six winners, and North had only three to contribute.

North apologized, but after the session, what did he point out to his partner?

If North had passed, East would surely have made a balancing takeout double. If West had advanced with four clubs, that contract would have made unless South received a heart ruff.

North				04-20-20
♠	A 10 5			
♥	9 8 5 4 2			
♦	A 6 3			
♣	A 7			
West		East		
♠	8 2	♠	4	
♥	A Q 3	♥	K J 10 7	
♦	Q J 10 9	♦	K 7 4	
♣	Q 9 8 2	♣	K J 6 5 3	
South				
♠	K Q J 9 7 6 3			
♥	6			
♦	8 5 2			
♣	10 4			
Dealer: South				
Vulnerable: East-West				
South	West	North	East	
3♠	Pass	4♠	All Pass	
Opening lead: ♦ Q				

South should have realized that he had to establish a 10th winner in hearts.

After taking trick one, declarer concedes a heart trick. The defenders cash their two diamond winners and shift to a club. But South wins on the board, ruffs a heart high (not with the three), plays a spade to the 10, ruffs another heart high, returns to the board with a spade to the ace and ruffs a third heart high. Finally, he leads the conserved spade three to dummy's five and cashes the heart nine.

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.

“ DFV ZCJ UD ZKKEHJWG FL LZGJ
ZNESJ ZG ZW ZUYFNVGJND KCEGEKZN
BFBJWG EW GXJ XEYGFCD FL FVC
RNZWJG.” — KZCN YZOZW

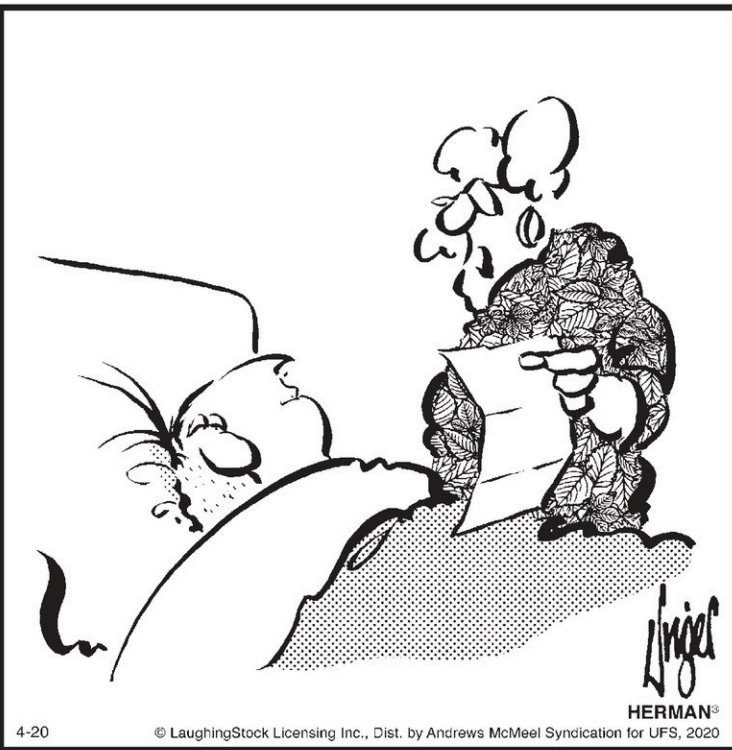
Previous Solution: “I never tried to prove anything to someone else. I wanted to prove something to myself.” — Kobe Bryant

TODAY'S CLUE: A sɪnəbe s

REALITY CHECK



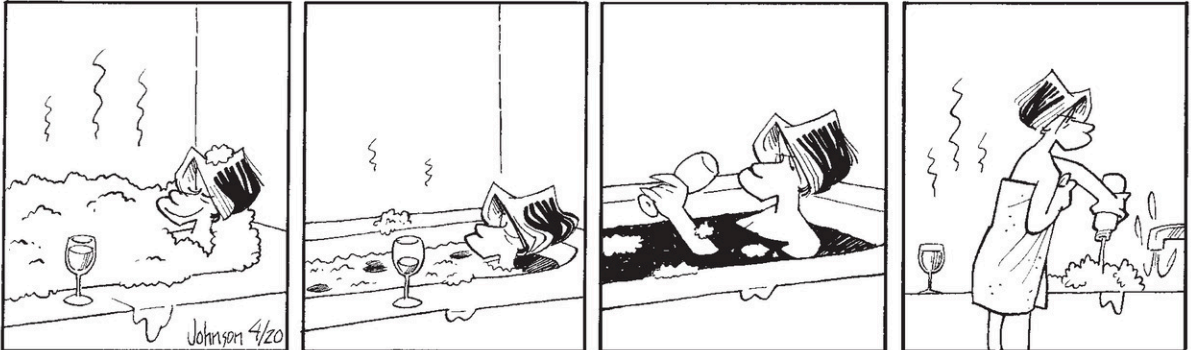
HERMAN



ALLEY OOP



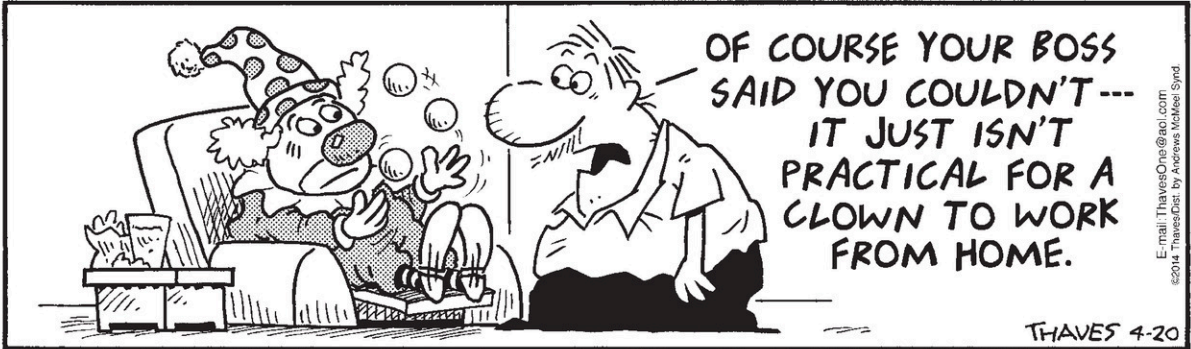
ARLO & JANIS



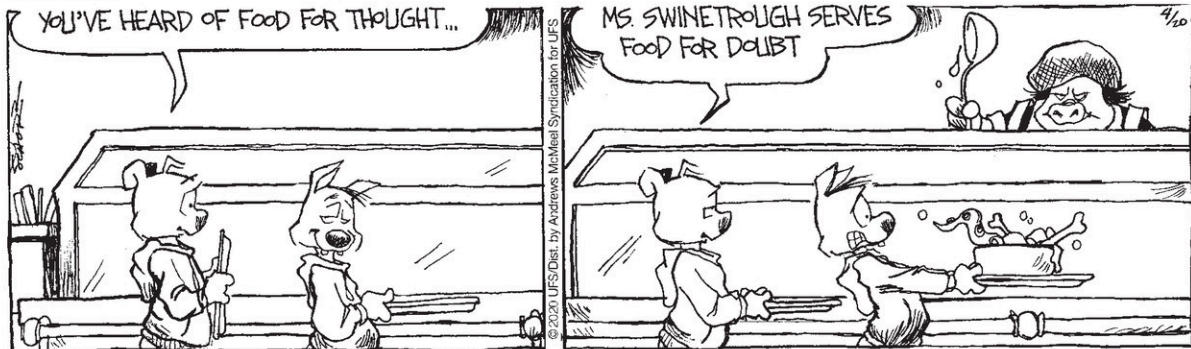
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



“Your boss didn't want you to lay here worrying about the work piling up, so he fired you.”

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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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Blind to accomplishment

Dear Annie

MONDAY, APRIL 20, 2020

Dear Annie: I am a 67-year-old male. I married for the first time when I was 34. All my friends had gotten married, and my wife-to-be was studying to be a doctor, and I knew that would make people look up to me. I came from a well-to-do family but had not achieved anything on my own. Also, I did not believe I could support a family, so it seemed the perfect match. Our marriage lasted 25 years, not because I was happy but because I just was too timid to leave. We raised three children together, and I stayed at home while my wife worked. I was miserable because I felt like I had never really grown up and led my own life. I wanted to leave but did not want to when the children were young. At least that was my excuse. When the youngest was 13, I started acting out with anger, yelling at the children and my wife. I just raised such a fuss all the time that my wife finally asked me to leave.

I met a young, pretty woman online, and one thing led to another. She ended up moving to my state, and we were married soon afterward. She brought her 7-year-old daughter with her. I knew in my heart that I did not want to be married again, and I absolutely knew that I

did not want to be burdened with a child, but I did not have the courage to say no. I did try, but her tears stopped me cold. Now, five years later, she is the main breadwinner and is very successful in her work. I am a stay-at-home father who feels like a loser who has never grown up. Same old story.

My wife is not a bad person, and my first wife was not either. They are both fine people, but I never really loved either of them because I do not love myself. To commit in a relationship, one needs to know who they are and what they want out of life. I never have. I still have dreams of leaving my present family and embarking on a solo hiking trip on the Appalachian Trail or getting a job helping others, but I now feel like I am too old to do anything different with my life.

My wife does not have a clue that I am as discontent as I am. No one except my closet friend knows how I feel. I cannot imagine having the gumption to actually leave, and I do not want to hurt my wife and daughter, so I just suffer in silence. I keep hoping that I can find the courage to live my own life but am feeling like it is too late for me. What should I do? - Suffering in Silence.

Dear Suffering in Silence: It sounds like you are dealing with depression. I am sorry

you are suffering but proud of you for writing this letter to break your silence. The first step to end your suffering is to go through it. You need to seek professional help from a therapist who can help you see why you repeat this cycle of unhappiness.

From the outside, raising three wonderful children, and now a fourth, sounds like a huge accomplishment. But you can have all the accomplishments in the world and not see them or appreciate them. To feel accomplished, you have to feel that you deserve to be happy. With low self-esteem, you don't feel you deserve happiness, and you instead self-sabotage or walk around miserable.

Find a good therapist, and heal yourself day by day. Hopefully, you will start to feel more confident in yourself and see all that you have accomplished in life.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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DIFFICULTY RATING: ★☆☆☆☆

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

4/20

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

☉ * ✎ ☺ ☼ ~ ♂ ♀ ✧ * ✨ ✕ ✨ + ☼ * ☾ * ♀ ✨ ☽ ☽ ☽
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☽ ☾ ☽ ✨ ♀ ☼ ~ ✨ +
 Determine the code to reveal the answer!

Solve the code to discover words related to astrology.
 Each number corresponds to a letter.
 (Hint: 7 = i)

- A. 25 4 26 15 25**
Clue: Lights in sky
- B. 12 15 5 8 7 21 4 7 10 20**
Clue: Guess
- C. 24 7 15 4 16 8 26 19**
Clue: Annual celebration
- D. 12 10 25 7 4 7 10 20**
Clue: Shape or spot

Answers: A. stars B. prediction C. birthday D. position

The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protect Yourself!

Wash your hands often with lukewarm running water and soap for at least 20 seconds. Use an alcohol-based sanitizer if you do not have access to soap and water.

Stay home: do not go to school, child centres or daycares. Avoid public spaces and work from home, whenever possible.

Protect those close to you, particularly the elderly and those at greater risk for infection, by avoiding visiting them if you are feeling sick.

It is strongly recommended that all persons returning from abroad self-isolate at home for a period of 14 days and watch out for any symptoms.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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Votre gouvernement

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