

Quebec records increase in employment rate in July

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THE RECORD

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Quebec on the cusp of a second wave, but unlikely to re-enter lockdown

Record Staff

Speaking at a press conference on Friday, Horacio Arruda, Quebec's director of public health, said that the province is on the cusp of a second wave of the virus, but added that it is unlikely Quebec will reimpose a partial lockdown on its citizens this fall. He explained this by saying that forcing people to stay home can have negative consequences on society.

"When we confine people, especially young people, there are consequences," he told reporters in Montreal. "They need to go to school, they need to socialize. Elderly people can have significant cognitive and physical losses."

Quebec reported 104 new COVID-19 infections and three deaths linked to novel coronavirus in the most recent data released on Sunday.

The total number of infections in the province since the start of the pandemic stands at 60,471, with 50,886 of those considered to have recovered.

The province added three deaths, including two reported in the previous 24 hours, for a total of 5,695 since the pandemic began.

The number of hospitalizations increased by one to 156 and one fewer person was listed in intensive care at 22.

The province performed 16,093 tests on Friday, the last day for which numbers were available. In the Estrie region, data as of Saturday set the total number of confirmed cases at 1,093, an increase of three from Friday's report. There have been no new COVID-19 related deaths in the region since June 23 and the most recent information available is that no one in the Estrie with an active case of the disease is hospitalized at this time.

Quebec offers support for Lebanon after disaster in Beirut



GORDON LAMBIE

A little over 100 people turned out to an event in Sherbrooke on Sunday afternoon that both expressed solidarity with the people of Beirut and encouraged those making donations to explosion relief funds to choose charities that will not give funds to the Lebanese government.

Record Staff

The Quebec government announced Friday it plans to give Lebanon \$1 million in emergency financial assistance funds to support humanitarian projects for Lebanese citizens affected by the devastating explosion in Beirut on August 4.

"On behalf of the Government of Quebec, on behalf of the entire population of Quebec and on my own behalf, I would like to express our sympathy and solidarity to the

Lebanese community in Quebec and to the Lebanese people, who have been sorely tried by this terrible disaster," said International Relations Minister Nadine Girault.

The province is deeply connected with Lebanon, she added in a press release, due to the country's close ties to the French-speaking community. Financial support will be provided to Quebec international cooperation organizations working in Lebanon.

Most organizations have the capacity to respond quickly and effectively in

this type of situation. The details for allocating the financial assistance will be communicated to the organizations shortly.

"The Lebanese are a resilient and proud people who have endured great hardship in the past," Girault said. "I am confident that they will once again find the strength to rise again and begin rebuilding their capital."

A solidarity activity with the people of Lebanon was held in Sherbrooke's St-Alphonse de Ligouri Park on Sunday afternoon.

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Weather



TODAY:
SUNNY

HIGH OF 28
LOW OF 15



TUESDAY:
SUNNY

HIGH OF 31
LOW OF 13



WEDNESDAY:
CLOUDY

HIGH OF 27
LOW OF 14



THURSDAY:
SUNNY

HIGH OF 26
LOW OF 12



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 28
LOW OF 13

The Mansonville Round Barn is open to visitors



THE SCOOP

MABLE HASTINGS

After observing the efforts of the many volunteers who gathered in the early months of summer to prepare the Round Barn located in the center of Mansonville for visitors clearly demonstrated that cultural heritage instils a sense of place, identity and attachment for all residents. The promise of a space to accommodate culture and leisure functions and to contribute to the quality of life is both inspiring and motivating for all who become implicated.

Preservation of cultural heritage is often carried out by voluntary workers in local communities and Potton's Heritage Association and it's Volunteer group (GBMP) have tirelessly and passionately worked to preserve the Round Barn site doing the work, raising funds and stimulating interest and involvement. The motivation for local preservation goes well beyond the desire to preserve cultural heritage sites belonging to the community but to establish and maintain common social sites that



COURTESY

are vital to the local identity to be recognized and celebrated by all generations who follow.

It is with pride that the recently renovated and locally celebrated Mansonville Round Barn opens her doors to the public every Saturday from 10:00a.m. to 3:00p.m., thanks to the efforts and hard work of the many volunteers, contributors and the Municipality who helped to breath new life into her beams.

Besides a visit to the barn, there will be three expositions this year including: an exhibition on the artisanal production of butter, an exhibition on "Tourism at the Turn of the 19th Century," and the presentation of two short films on: the restoration of the Mansonville Round Barn and the operation

of a round barn.

With only seven round barns remaining in the Eastern Townships and with no other round barn located in a town setting, Potton residents have every reason to be proud. Visitors will likely stand in awe of this inspiring reminder of unique architecture while admiring the way in which organizers have displayed the exhibitions to perfection. This century-old treasure is a rarity to be celebrated and shared. Organizers are proud to welcome visitors and the barn seems to burst with a sense of renewed pride as guests approach in enthusiasm and wonder. For more information about the Round Barn visit: www.potton.ca



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Ben by Daniel Shelton



Local News

"Each of these young leaders will bring a unique experience and perspective to the table. Together, the members will help shape the future of Canada's sustainable agricultural industry," Bibeau said.

Remembering Ayer's Cliff Music Fest

By Matthew Sylvester
Special to the Record

While the cancellation of town fairs is on the minds of many as mid-August rolls around the corner, regulars at the Ayer's Cliff Music Fest undoubtedly already feel that the summer was missing something big this year. Normally held on the first weekend of June, the Fest was held for the final time last year on its 25th anniversary.

Peter Mackey and his wife Chrissie Wiley along with their friend Bruce Giddings were the ones who started the festival over two decades ago.

"Bruce and I wanted to have a music festival, and we wanted it to have a reason," Mackey said, explaining that the Fest was partnered up with the Children's Wish Foundation for its run of over two decades.

Mackey's band, The Mountain Dews, was one of the first to play at that first Fest 26 years ago. Mackey says he doesn't regret it one bit. "It was a positive thing overall," he said. The town of Ayer's Cliff also welcomed the event every year because of the people

it brought to the town, but also because Mackey and the rest of the volunteers made sure to leave the fairgrounds in perfect shape.

Over the years, a total of more than \$400,000 was raised to grant the wishes of 30 kids. These ranged from TVs and bikes to Disney trips and family cruises. The event was a staple of summer life in the region, with campers lining the midway and parking lots and anywhere from 1,000 to 2,000 visitors at least stopping by for a few dances over the weekend during later years.

The event kept growing each June, Mackey said, and mostly through word of mouth. People would come back and bring their friends to listen to music and have fun. All the bands that participated were donating their time to perform at the venue. Other activities included a silent auction, bingo night, and lots of activities for kids.

Every spare dollar raised by the event's activities, auction, and the ticket sales was sent to Children's Wish to give a child struggling with a disease or disability in the region a little bit of hope. "All the money we raised stayed

in the Townships," Mackey explained. At least one kid was given a big wish at the event each year, and the foundation used any leftover money to grant other wishes to families who wanted it to be more private.

All good things must come to an end, and the weight of Music Fest was starting to wear down on Mackey and the other volunteers. "We're not getting any younger, and it takes a lot of energy and lots of people to pull off the Fest," he said. Around 80 people gave their time to setting up, running, and cleaning up after the event each year.

Most of the volunteers were friends and family. "It's hard to pick out any single one, to single them out, because they all had an important role to play," Mackey said. While he and Wiley did most of the organizing, they say that they couldn't have done it without help.

During its last weekend the festival raised a total of \$33,000, making 2019 the biggest year in its entire run. More people than ever turned out to send off the event with one last dance on the hay-strewn dance floor.

Mackey says that the group still plans to give to the Wish Foundation, which joined with Make a Wish this year after a drop in donations during the COVID pandemic, in any way they can. A raffle is in the works this summer and bingo nights are on the itinerary for future years.



PICTURES FROM RECORD ARCHIVES

A Record file photo of Peter and Chrissie Mackey before the upcoming Music Fest of 1998 to benefit the Children's Wish Foundation.

Local farmer on new national agricultural youth council

By Matthew Sylvester
Special to the Record

On July 24th, Minister of Agriculture and Agri-Food Marie-Claude Bibeau announced the final selection results for the members of Canada's new agricultural youth council. The 25 members that will make up the new council out of a total of 800 applicants come from a diverse range of backgrounds, including at least one member from each province and the north, and five from throughout Québec.



PHOTO COURTESY OF THE OFFICE OF MP MARIE-CLAUDE BIBEAU

The government of Canada says it's committed to including young voices in decision making.

The Youth Council will act as a consultative resource to Agriculture and Agri-Food, the body responsible for supporting Canadian agriculture. Members will have the chance to offer up solutions as well as identify problems in the agri-food sector, giving direct insight to policymakers from those directly affected by their programs.

"Each of these young leaders will bring a unique experience and perspective to the table.

Together, the members will help shape the future of Canada's sustainable agricultural industry," Bibeau said. The council was formed specifically to have a voice from as many different agricultural backgrounds as possible.

One of those select five council members is Compton-based egg farmer Samuel Lanctôt. The young entrepreneur is the operator of Ferme Boc-O Lanctôt, a Compton based egg farm and self-serve shop since 2019. He brings a master's level education in animal sciences to the table.

In his application to the council, Lanctôt explained that his goal is to "get the board to discuss the vision of the Canadian agriculture system to consumers, and focus on the importance of food sovereignty." His background in both agriculture and science and passion for both puts him in a good position to understand these issues.

The inaugural meeting for the council will take place sometime later this month. After which, meetings will take place over the internet

multiple times throughout the year. Bardish Chagger, Minister of Diversity and Inclusion and Youth, said that "these 25 young Canadians will be integral to keeping an open and ongoing dialogue on challenges and opportunities for Canada's agricultural sector."

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EDITORIAL

Canada joined the world in banning all asbestos products in 2018, but domestic production had ceased several years earlier.

Modern methods mean mine waste not going to waste



PETER BLACK

I grew up in the shadow of a mountain of tailings. Well, it wasn't quite in the shadow, but it seemed everywhere you turned you were looking up at a giant hill of waste from the dozens of gold mines that surrounded the town.

We called the tailings the "dunes" like some Mad Max desert landscape and ripped around them on our bikes. Later, when environmental concerns arose about the dust from massive heaps of chemical-laden dirt blowing o'er the town, there were projects to revegetate some of them with hardy plants.

The plants took and nowadays along a stretch of highway heading into town folks unaware of what lies beneath would simply be puzzled by the weird topography of a place otherwise known for muskeg swamp and dense spruce forest.

In recent years, there's been a modern day gold rush of sorts as mining companies, motivated by the steadily rising price of gold and equipped with more sophisticated technology, started reworking mines and tailings for gold previously thought to be uneconomic.

So, I can't say I was actually compelled to pine for my hometown dunes as we visited the Thetford Mines region last week and beheld its mountain range of mine residue. But, the landscape was familiar and so are the challenges such industrial by-products

pose with regards to environment and aesthetics.

Of course, the difference between the tailings of my youth and those of Thetford Mines and environs is, to put it simply, gold is good and asbestos bad.

While the price of gold is at historic highs, buoyed no doubt by the economic uncertainty of the pandemic, the once wondrously versatile asbestos has been condemned and banned as a killer fibre responsible for untold thousands of deaths due to lung disease and cancer.

Canada joined the world in banning all asbestos products in 2018, but domestic production had ceased several years earlier. The last two asbestos mines in Canada closed in 2011: LAB Chrysotile's Lac Amiante mine in Thetford, and the Jeffrey Mine in Asbestos, 90 km down the road.

Magnesium is not as sexy as gold - although mag wheels on some muscle cars might get some guys (or girls) a date. The material is, however, highly prized for scores of industrial uses, because of its low weight, strength and facility for machining. It's 34 per cent lighter than aluminium and 70 per cent lighter than steel. It's used in everything from automobiles to cell phones.

Magnesium is one of the most abundant minerals on the planet and an environmental mess to produce, more than 80 per cent of which is done by China, with Russia and the United States distant runners up.

Magnesium happens to be found in high concentrations in the tailings of asbestos mines; Quebec's "asbestos valley," with its massive open pit craters, contains some 800 million tonnes of tailings, making it a virtually infinite source of raw materials for the production of magnesium.

This massive resource has not escaped the attention of entrepreneurs. In the 1990s, the Noranda company



had a go at making magnesium from the tailings with about a \$1 billion investment. The huge Magnola plant it built in Danville, near Asbestos, closed in 2003, a victim of cut-rate Chinese magnesium flooding the world market.

A new Quebec company, boasting a patented and environmentally friendly new electricity-driven technology, is now giving it another try, backed by governments and private investors to the tune of \$145 million.

At the end of June, Alliance Magnesium Inc. (AMI) broke ground on a commercial demonstration plant on the site of the demolished Magnola facility, capable of producing 18,000 metric tonnes a year of magnesium ingots. If

things go well, AMI plans to invest a further \$900 million to expand its plant and boost production to 50,000 metric tonnes by 2024.

AMI is confident about the market for its magnesium, with the accelerating switch to lighter electric vehicles and aircraft and the desire in the U.S. and elsewhere to wean off dependence on Chinese magnesium.

By the way, the company claims its magnesium production process pretty much eliminates nasty asbestos fibres still lurking in the tailings.

Quebec's asbestos industry proved man can make money digging giant holes; now, with new technology, man can maybe make money by removing the mountains made by those holes.

Letters

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

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Transition period ends for accessibility requirements in new dwellings

Record Staff

The two-year transition period for building owners to introduce accessibility requirements for new residential dwellings is coming to an end on September 1, 2020.

With the amended building code recently coming into effect, after Sept. 1, all construction work on new resi-

dential buildings with more than two floors and eight units will need to include accessibility equipment, located on the main floor or by elevator.

The new regulation allows flexibility for designers and developers. They have two choices: minimally accessible housing or adaptable housing.

A minimally accessible home allows a person with a disability to access cer-

tain areas, like the bathroom, living room and lounge. An adaptable dwelling allows a person with a disability to access and circulate in more rooms.

The Régie du bâtiment du Québec published the Guide sur l'accessibilité à l'intérieur des logements d'habitation online for people looking to understand the new requirements. The guide explains the standards that

residential construction professionals must meet, however it is only available in French.

It also suggests good practices to be applied in order to improve accessibility beyond the minimum requirements of the Code.

Bishop's continues to adjust for incoming student population

By Michael Boriero – Local Journalism Initiative Reporter

Students and faculty at Bishop's University, as well as Lennoxville residents, can still make use of the renovated John H. Price Sports and Recreation Centre on campus, albeit at a limited capacity.

According to Matt McBrine, the university's athletics director, reopening the facility has gone relatively smooth. For the doors to reopen, McBrine said Bishop's adopted fairly strict measures.

"So far everything has gone very well, we've been working very hard to make sure our space is safe for people coming into our building," he said.

They have hand-washing stations right outside the main entrance of the building. The university also posted signage throughout the complex, indicating proper two-metre distance and

hygiene best practice. They also have plexiglass at the registration desk.

The athletics director said Bishop's is taking every precaution in order to set up a comfortable atmosphere for students returning to campus in the fall. The university is being realistic, he explained, it's a sensitive time and there are always risks to reopening.

"Are we worried about it? Sure, we're worried about it," said McBrine. "We're worried that it won't go the way we want it to go, but I think that we're ready to react and that's all you can do."

Bishop's is like any other public building, he continued, they need to adhere to the guidelines laid out by the Quebec government. But there also needs to be a certain measure of responsibility that falls on the shoulders of the people using the facility.

The university is trusting people

will abide by the new rules, especially in the weight room. Gyms were one of the last places to get the green light from the provincial government. They're considered a high-danger zone for contracting COVID-19.

But Bishop's took a staunch approach before reopening that portion of the recreation centre. Staff organizes the gym schedule using a computer system where people go online to book a 90-minute spot in advance.

Walk-ins are allowed, however it depends on how many people are in the weight room and what the rest of the appointment schedule looks like. They only allow 20 people in the room at a time, machines are two metres apart and they hired a full-time monitor.

"Once they log in with us, we know they're in the system, they're in the building and we could tell you right now if there's 17 people in the space,

who's in there," said McBrine. Showers and washrooms are off-limits, he added.

There is also a contingency plan for people unsure about their future at the gym. Although they haven't received any complaints about the new procedures in order to use the weight room, the university is sympathetic for people too nervous to return.

People under contract at the fitness centre can roll their months over, ask for a reimbursement or cancel outright. Students also received a portion of their school fees back at the end of the semester since they pay for access to the sports centre.

"We're really trying to say look 'we understand, we want you back as a member and you tell us what's best for you' and we'll try to do our best to accommodate and we're sensitive to all of that," McBrine said.

Quebec records increase in employment rate in July

Record Staff

Quebec recorded an increase of 97,600 jobs, which translates to a 2.4 per cent jump, in July 2020 compared to June 2020, according to data collected by Statistics Canada.

Unemployment decreased by 1.2 per cent in July for a total of 9.5 per cent.

Across Quebec, employment increased by 576,000 in the last three months. The spike in jobs is equivalent to more than 70 per cent of the 820,500 jobs lost between February and April.

The report notes the employment level in July is similar to the level in March, before the country went into lockdown. Full-time employment in

July remains stable, while part-time employment increased by 98,300.

In Canada, employment rose by 418,500 in July. The unemployment rate fell 1.4 per cent to 10.9 per cent. Quebec, Ontario, British Columbia and Alberta posted the largest employment gains.

However, over the last seven months,

employment in Quebec fell by 267,100 compared to the same timeframe last year. Over this period, full-time employment fell by 130,700 and part-time employment fell by 136,400.

Since the beginning of 2020, the unemployment rate in Quebec has averaged 9.7 per cent, compared to the countrywide 9.8 per cent rate.

Highway construction in Granby begins on Monday

Record Staff

Quebec's transport ministry is undertaking construction work at the intersection of highway 139 and Industrial Boulevard in Granby starting August 10.

The government is widening the roadway to add turning lanes and to

replace the existing traffic light system. The project is valued at \$4 million, according to a press release.

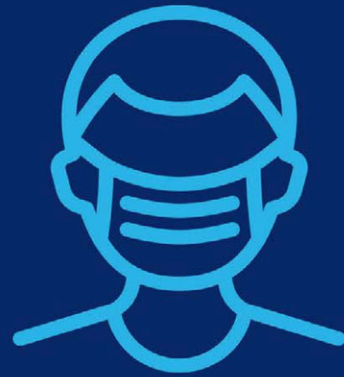
The ministry acknowledged the area will be congested during construction, so they will also make sure the new system is maintained at all times. There will be at least one traffic lane open on each of the roads at the

intersection.

They assured residents in the area that either street or route would not be completely closed off. However, the government offered a warning, saying there will be alternating one-off traffic obstructions are planned, which could cause slowdowns.

This work may be modified due to

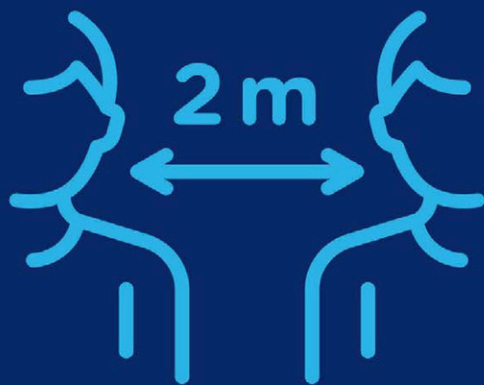
operational constraints or weather conditions. For more information visit Québec 511, a practical tool to help you plan your trips. All sanitary measures are used on the site for the safety of the workers.



**Wear
a mask**



**Wash
your hands**



**Keep your
distance**



The virus is primarily transmitted from person to person by contact with contaminated droplets released into the air when an infected person talks, coughs or sneezes. These contaminated droplets can travel up to two metres and reach people nearby.



The virus can also be spread by contact with contaminated surfaces or objects. Droplets expelled by an infected person can land on surfaces, and the virus can survive there anywhere from several hours to several days. An infected person can also contaminate their hands by touching their face, thereby increasing the risk of contaminating surfaces they touch. Other people who touch these surfaces or objects can contaminate their hands. And if they then bring them to their face, they can infect themselves.

By staying two metres away from others at all times, washing your hands often and wearing a mask, we can reduce the risk of contamination.

Let's continue to protect ourselves.

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

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Datebook

MONDAY, AUGUST 10, 2020

Today is the 223rd day of 2020 and the 52nd day of summer.

TODAY'S HISTORY: In 1821, Missouri was admitted as the 24th U.S. state.

In 1949, President Harry S. Truman signed the National Security Act, which established a consolidated Department of Defense.

In 1977, postal employee David Berkowitz of Yonkers, New York, was arrested for the "Son of Sam" killings that left six dead.

In 2006, British authorities arrested

24 people suspected of plotting attacks on airplanes with liquid bombs smuggled in shampoo and water bottles.

TODAY'S BIRTHDAYS: Herbert Hoover (1874-1964), 31st U.S. president; Charles Darrow (1889-1967), Monopoly game inventor; Jack Haley (1898-1979), actor; Jimmy Dean (1928-2010), singer/actor/entrepreneur; Eddie Fisher (1928-2010), singer; Rosanna Arquette (1959-), actress; Antonio Banderas (1960-), actor; Suzanne Collins (1962-), author; Gus Johnson (1967-), sportscaster; Justin Theroux (1971-), actor/screenwriter;

Angie Harmon (1972-), actress; Kylie Jenner (1997-), TV personality.

TODAY'S FACT: The Smithsonian Institution, officially chartered by Congress on this day in 1846, estimates that about 95% of its collection is in storage rather than on display.

TODAY'S SPORTS: In 1981, Pete Rose got the 3,631st hit of his career, breaking the National League record for career hits held by Stan Musial.

TODAY'S QUOTE: "You cannot extend the mastery of government

over the daily life of a people without somewhere making it master of people's souls and thoughts. ... It poisons political equality, free speech, free press and equality of opportunity. It is the road not to more liberty but to less liberty." - Herbert Hoover

TODAY'S NUMBER: \$721.5 billion - estimated Department of Defense budget for the 2020 fiscal year.

TODAY'S MOON: Between full moon (Aug. 3) and last quarter moon (Aug. 11).

THE RECORD

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SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

	2	3		4	6	8	9	
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4		5		9	2			
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PREVIOUS SOLUTION

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

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

Use of alpha blockers can complicate cataract surgery



ASK THE DOCTORS

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

Dear Doctor: I am a 76-year-old man, very active and in fairly good health. I need cataract surgery, but I have learned that serious complications can occur with patients who are on Flomax, as I recently was. Can you explain? I'm at a loss as to what course of action I should follow.

Dear Reader: You're referring to a possible complication during cataract surgery known as "intraoperative floppy iris syndrome," or IFIS. As you mention in your letter, it can occur in patients who take - or have taken - Flomax, which is the brand name for the drug tamsulosin. It's one of a class of drugs known as alpha blockers, which relax smooth muscle in the body - the type of muscle that controls the bladder, the urinary tract, blood vessels and the intestines. Flomax helps to relax smooth muscle by interfering with the action of the hormone norepinephrine. Some medications in this class of drugs can be part of a treatment plan to address high blood pressure. Other types of alpha blockers, such as Flomax, are used to improve the flow of urine in older men with an enlarged prostate.

It turns out that alpha blockers can also affect the muscles of the eye. During cataract surgery, a procedure to restore clear vision when the lens has grown cloudy, the surgeon needs to dilate,

or widen, the iris. The iris is the ring-shaped membrane in front of the lens. It gives our eyes their color, and the adjustable center of the iris forms the pupil. Flomax can cause a loss of muscle tone in the iris - that's the "floppy iris" in the name of the condition - which affects how effectively the pupil can dilate. Poor dilation can impede the successful removal of the cataract. It can also lead to additional and serious complications that can threaten vision.

Simply stopping Flomax use prior to surgery may not help. The drug doesn't cause anatomical changes to the eye, but its relaxing effect on eye muscles can last for years. Several other drugs commonly used to improve low urine flow due to enlarged prostate have also been associated with IFIS, but to differing degrees.

The good news is that there are several ways to reduce risk and improve outcomes during surgery. This includes the off-label use of ephedrine, a hormone and neurotransmitter, which has been shown to improve muscle tone in the muscle that controls dilation of the iris. According to the American Academy of Ophthalmology, ephedrine has been used in cataract surgery with very good results. Surgeons can also adjust surgical techniques, use a blue stain to better view certain areas of the eye and adjust the force of irrigation during surgery. There is also evidence that patients whose eyes don't dilate well during the initial eye exam may be at increased risk of developing IFIS during cataract surgery.

It's very important to let your ophthalmologist know of your history with alpha blockers. And, as with any type of surgery, look for a doctor who has experience with your particular situation.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

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NEA Crossword Puzzle

Your Birthday

MONDAY, AUGUST 10, 2020

live or how you relate to those who live with you. A positive attitude will help you gain allies and information to deter anyone who tries to get in your way.

AQUARIUS (Jan. 20-Feb. 19) – Don't get hung up on something that is not your responsibility. You'll have more success sticking to what you know and do best. Refuse to let an emotional incident come between you and someone you love. Choose congeniality over discord.

PISCES (Feb. 20-March 20) – Consider your options. A change will entice you, but once you realize what you'll have to give up, you'll feel compelled to look for alternatives. Don't act in haste or make promises you won't want to keep.

ARIES (March 21-April 19) – Take a moment to think, and wait for the right moment to put your plans in motion. Indulgence and excess will be your downfall. When uncertainty sets in, take a step back.

TAURUS (April 20-May 20) – You'll feel the urge to take a risk or make a change that is not advisable. Rethink your steps before you make a mistake that you'll have to live with for some time. Play it safe to avoid being sorry.

GEMINI (May 21-June 20) – Pick up information that will help you decide your best course of action. Don't let changes made by others or outside pressure push you in a direction that isn't right for you.

CANCER (June 21-July 22) – Pitch in and do something to help those less fortunate. Saying a kind word, donating items you no longer need or taking more time to relax and figure out what you want to do next will make you feel good.

Haste makes waste. Slow down, smell the roses and don't feel pressured to keep up with someone or make changes that you aren't ready for. The best thing you can do is live in the moment, pay more attention to what makes you happy and adjust your life to suit your needs.

LEO (July 23-Aug. 22) – Don't fold under pressure or let your emotions take charge when faced with opposition. Look for opportunities that provide mental stimulation, and pick up skills and knowledge that allow you to head in a direction that excites you.

VIRGO (Aug. 23-Sept. 22) – Jot down everything you want to accomplish today so you don't miss something that can affect your progress. Uncertainty and confusion are apparent, so do your best to stay on track.

LIBRA (Sept. 23-Oct. 23) – You can help a cause or person without jeopardizing your health or financial well-being. Be smart about the commitments you make. Leave nothing to chance.

SCORPIO (Oct. 24-Nov. 22) – You or someone close to you will begin to drift. Open, honest discussions will be essential if you want to deal with a personal matter.

SAGITTARIUS (Nov. 23-Dec. 21) – Unfinished business will come back to haunt you. You can't hide the truth or your feelings forever. Organize your thoughts and explain whatever situation you are up against from your perspective.

CAPRICORN (Dec. 22-Jan. 19) – Put your plans in motion. Alter the way you

Answer to Previous Puzzle

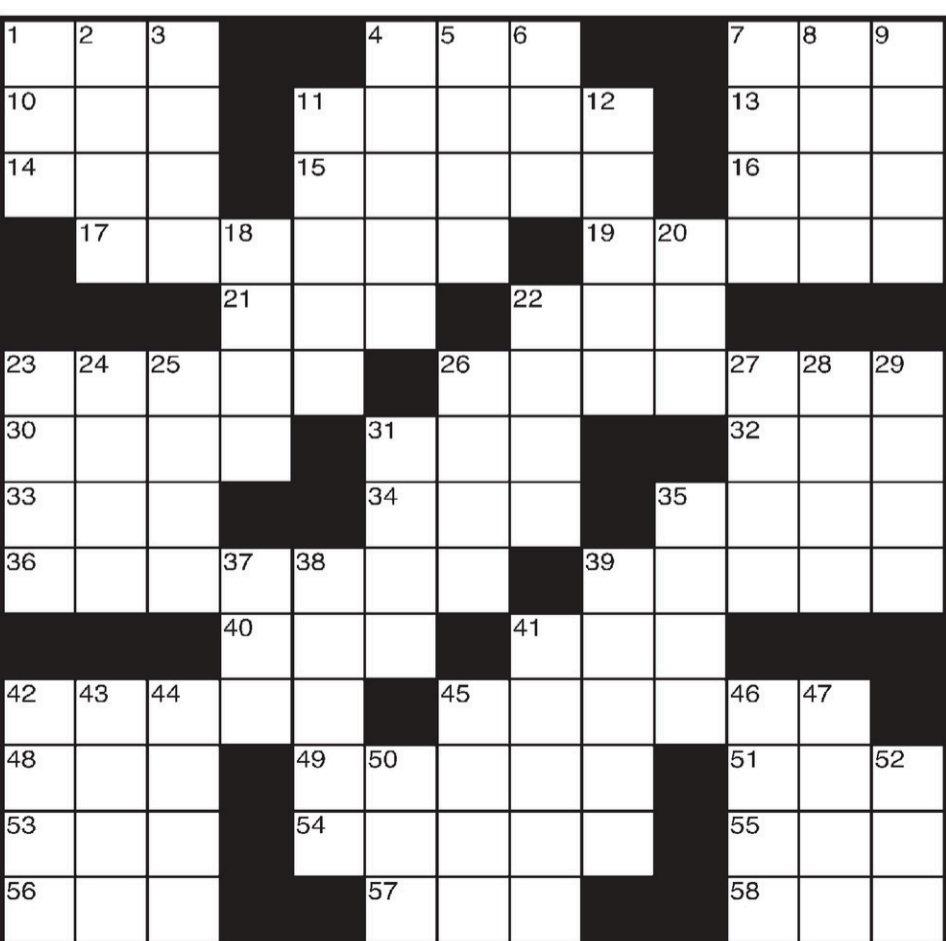


- ACROSS**
- 1 "The X-Files" org.
 - 4 Ottoman title
 - 7 Make a note
 - 10 — Cruces, N.M.
 - 11 "The Lamb" poet
 - 13 Poetic pug
 - 14 Literary collection
 - 15 Unwind
 - 16 Moving option
 - 17 Whirl around
 - 19 Irritate
 - 21 Eggs
 - 22 Valentine mo.
 - 23 Not deserved
 - 26 Featured musician
 - 30 Amazing act
 - 31 Moo goo — pan
 - 32 Yes, to Yves
 - 33 Breakfast grain
 - 34 Website addr.

- 35 Curb flipper
- 36 Burger
- 39 Stage sound
- 40 Kennel
- 41 Aussie jumper
- 42 Excessive
- 45 Cheap and showy
- 48 Midwest st.
- 49 Sizable
- 51 Longbow wood
- 53 Successful candidates
- 54 Villain's smile
- 55 — — disadvantage
- 56 Lid
- 57 Actor Danson
- 58 Veto

- DOWN**
- 1 Spring training loc.
 - 2 Slam
 - 3 Do as — —!
 - 4 Comic strip queen
 - 5 Squall
 - 6 Alias letters
 - 7 Island near Borneo

- 8 Norse king
- 9 Sharp point
- 11 Defy
- 12 Do well
- 18 Defeat
- 20 SHO rival
- 22 Food wrapping
- 23 ETs' craft
- 24 First-quarter tide
- 25 Information
- 26 Poet Teasdale
- 27 Kappa preceder
- 28 Goes to court
- 29 Duration
- 31 Abyss
- 35 Like plow horses
- 37 Road worker's goo
- 38 Where Asia begins
- 39 Strength
- 41 Stormed
- 42 College credit
- 43 Comedian Jay —
- 44 Cough syrup meas.
- 45 Coat rack
- 46 O'Neal of films
- 47 Abominable Snowman
- 50 Picnic intruder
- 52 Candle material



MONDAY, AUGUST 10, 2020

Greed can lead to poverty

By Phillip Alder

Mohandas K. Gandhi said, "Earth provides enough to satisfy every man's need but not for every man's greed."

That applies to this deal. If declarer tries for an overtrick, he should go down. How should South play in four spades after West leads the heart jack?

Playing Standard American, not two-over-one, if North had rebid three spades, not four, would it have been forcing? I think it should be. If you agree, then responder with 10-12 support points and only three spades should make an immediate limit raise. Discuss it with your partner.

If declarer has two trump losers, he has only nine winners: three spades, three hearts, two diamonds and one club. The simplest line is to ruff a diamond in the dummy for the 10th trick. After winning trick one with dummy's heart king, cash the diamond ace-king and play off the heart ace-queen, discarding dummy's last diamond. Then ruff the diamond jack on the board.

Finally, South mustn't get greedy: He should run the spade nine. Now the contract is safe. But if he puts the spade queen on dummy's nine, he should fail. West can win with the

North				08-10-20
♠ 9 8 7				
♥ K 6				
♦ A K 5				
♣ A 10 7 6 3				
West		East		
♠ A J 6 4		♠ 3		
♥ J 10 9 4		♥ 8 7 3 2		
♦ Q 10 2		♦ 9 6 4 3		
♣ Q J		♣ K 8 5 2		
South				
♠ K Q 10 5 2				
♥ A Q 5				
♦ J 8 7				
♣ 9 4				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1♠	Pass	2♣	Pass	
2NT	Pass	4♠	All Pass	
Opening lead: ♥ J				

ace and switch to the club queen. If declarer wins with dummy's ace and runs the spade eight to West's jack, that defender continues with the club jack. East overtakes with the king and plays another club (or the last diamond) to effect a trump promotion for West's spade six. Similarly, if South ducks the club queen, East overtakes immediately and leads the 13th diamond. Whatever declarer does (if he ruffs low, West discards the club jack), West must win two more trump tricks.

CELEBRITY CIPHER

by Luis Campos

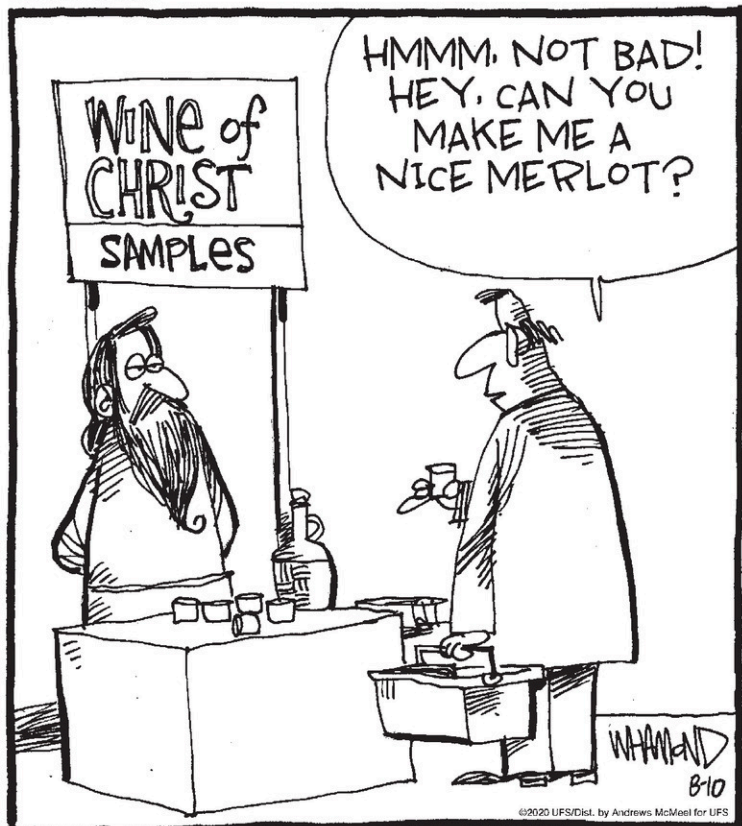
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ O L N F L X J R U S D R D K O S H L U E
A R J U F X U . U S B F U C F C L O O , W K U
N L H X U S J X Y F H U C F G K F X U L R J :
Y C S U L X P E C L O O ? ” — P S U U C F Y
P A A R J S K V C F E

Previous Solution: “My father ... taught us ... an immigrant must work twice as hard as anybody else, that he must never give up.” — Zinedine Zidane

TODAY'S CLUE: O s j e n b e Q

REALITY CHECK

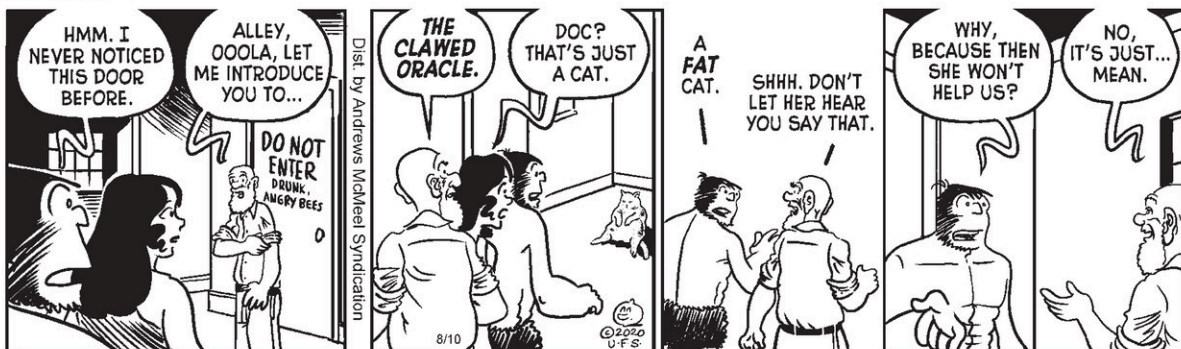


HERMAN



“This guy wants to borrow your long ladder.”

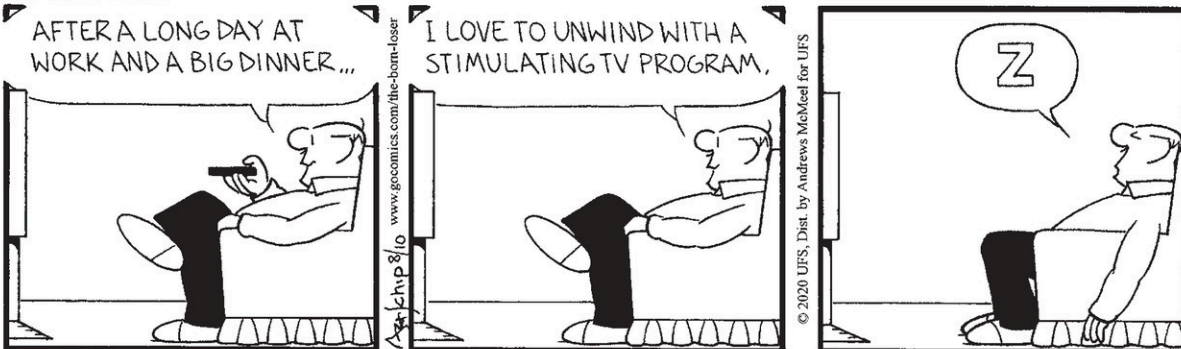
ALLEY OOP



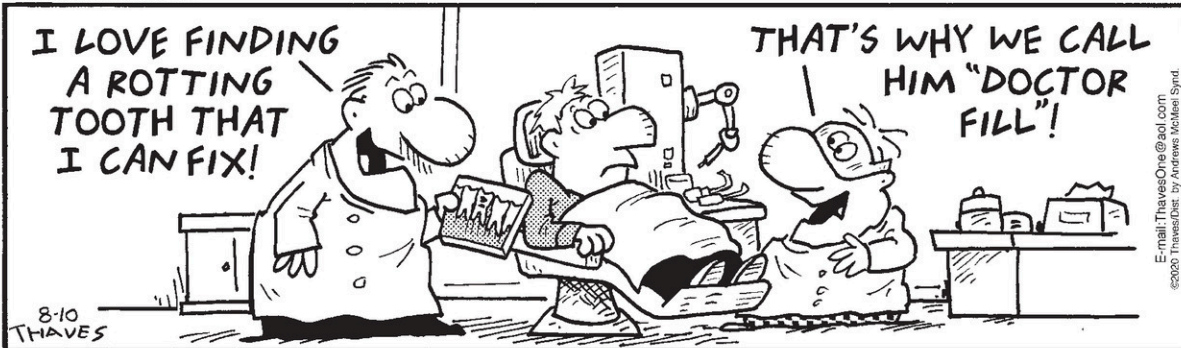
ARLO & JANIS



THE BORN LOSER



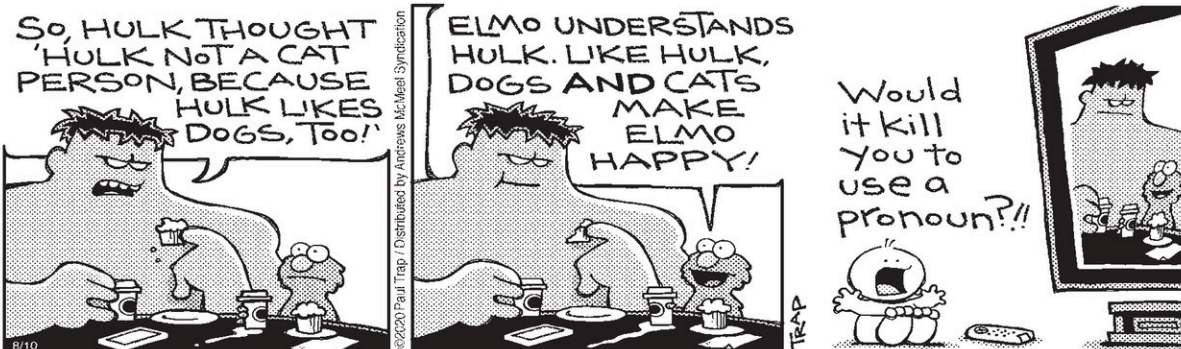
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Bring your info with you

Dear Annie

MONDAY, AUGUST 10, 2020

Dear Annie: I often go to a large pharmacy to pick up prescriptions. They see hundreds of customers daily, so there is no way the several pharmacists would recognize me. Since I wear a mask and must speak through the plastic shield between us, sometimes they cannot understand me when I say my name and birthday.

I've found a simple solution: to write my name and birthday clearly on a piece of paper before I go into the pharmacy and then hold it up for them to see. When I did this, one pharmacist said, "I wish more people would do this."

It's bad enough having to hear properly with the mask and plastic wall, but sometimes the speech of the person in line is not very clear, making the situation worse. This takes more time to get the information across. By everything writing down in advance, it helps you and the pharmacist, eliminates frustration and speeds along the whole process. - Jungle Jim in Indiana

Dear Jungle Jim: What a wonderful idea! Thank you for sharing it.

Dear Annie: Recently, my wife of nearly 50 years confessed to having had an affair that lasted more than two years with her supervisor at the time, who was twice her age.

The timing of this affair - more than 30 years ago - led me to question the paternity of our daughter. My wife was positive that I am the father, and I believed her. However, a reputable and duplicated DNA test confirmed that I am not our daughter's biological father. I am devastated, and my wife is in shock and broken.

I love her too much to do anything but continue to love her. However, in my opinion, my wife's inability at the time to think things out has led us to ask, what do we do now? Does not the biological father, now in his 80s, have a right to know he has another daughter and granddaughters? Does our daughter have the right to know her father? How do we tell her? Are there legal issues? We have a strong, healthy and now Christian family, and nobody will believe this of my wife. I feel lost in space. - A Broken Dad

Dear Broken Dad: Your love for your wife and ability to forgive her after all these years is beautiful. Your daughter will always be your daughter, no matter what a DNA test says. Having built your family on a strong Christian foundation doesn't mean that you or your wife never made mistakes. No matter your faith, we are all humans, and no one is perfect. Admitting your mistakes and saying you're sorry is what builds character. Start with being honest with your daughter. Consider going to

a family therapist or counselor to help work through all of these new emotions. And please consult a lawyer for any legal questions. There are resources to support you and your family. Best of luck.

Dear Readers: During this unprecedented time, I wanted to share that I am thinking about you and your loved ones and sending you well wishes for health, safety and love.

Recently, I was devastated to read that the Villages retirement community in Florida was hit hard by COVID-19. Some of my best letters were sent from people in the Villages. Please know that I care about your health and safety. Wear a mask in public and please keep physically distanced as much as possible.

Remember, this won't last forever. There will be a vaccine. Please keep hope alive. The more we stand united in taking preventative actions and in sharing our love and gratitude with others, the faster these trying times will, eventually, be a part of our history, just like the Spanish flu of a century ago.

"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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Sangria is a versatile beverage

Everyone should have a go-to sangria recipe in his or her cocktail repertoire. Sangria, when done right, can be a highly refreshing punch that is at home any time of the year.

Sangria can be enjoyed on its own and sipped on a lazy, sunny afternoon, or paired with a delicious meal. Sangria recipes also can be changed according to the mixologist's desired flavor profile. The goal is to avoid making sangria too sweet, which is why recipes often benefit from a variety of tart fruits and fresh herbs.

This recipe for "Aprium® Sangria" from "Edible Seattle: The Cookbook" (Sterling Epicure) by Jill Lightner features sour cherries and Apriums®, which are an apricot-plum hybrid. Apriums come in various colors and flavors. This sangria offers floral notes and sweetness, but also a touch of tartness from the cherries. When selecting a Sauvignon Blanc to mix in, opt for one that is not too sweet or acidic.



Tart cherries and an apricot-plum hybrid fruit are the base for a refreshing sangria

Aprium® Sangria Serves 6

- 3/4 cup pitted sour cherries
- 3/4 cup sugar
- 2 cups vodka
- 8 apriums or plumcots peeled, pitted and diced
- 1 (750 ml) bottle Sauvignon Blanc
- 3 12 ounce bottles dry cucumber soda

1. In a small saucepan over medium heat, combine the cherries and sugar, stirring and pressing the fruit to extract the juice and dissolve the sugar. Remove from the heat as soon as all the sugar

is dissolved and let cool. Combine the cherries and vodka in a small pitcher and refrigerate overnight.

2. The next day, strain out the cherries, pressing the fruit firmly to extract plenty of juice. In a large pitcher, gently blend the cherry-flavored vodka with the apriums, then slowly pour in the bottle of Sauvignon Blanc, stirring gently. Chill for at least 3 hours.

3. To serve, add a few ice cubes to a highball glass and fill the glass two-thirds of the way with sangria, using a spoon if necessary to make sure each glass has a generous serving of fruit. Top up with dry cucumber soda and gently stir to combine.

(Metro Creative)

⊙ ** ☐ ☹ ~ ☾ ☽ ✧ * ✖ * + ☹ * ▲ ☾ * ☽ * ☹ ☽ ☽ ☽ ☽ ☽
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 traffic awareness.
Each number corresponds to a letter.
(Hint: 12 = E)

A. 2 17 24 12 7 8 17 9 26

Clue: Course taken

B. 16 17 12 6 2

Clue: Give way to

C. 18 12 24 10 12

Clue: Blend into something

D. 7 9 26 10 12 11 8 17 9 26

Clue: State of being blocked up

Answers: A. direction B. yield C. merge D. congestion

Wearing a mask is now mandatory

in enclosed or partially enclosed public spaces and on public transit

such as:

supermarkets,
shopping centres,
stores,
movie theatres,
restaurants,
bars,

buses,
the metro,
trains,
ferries,
taxis,
and carpools.

Let's continue to protect ourselves properly.

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

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