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Distracted driving campaign fines 1,900 drivers

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Shawinigan pushes Sherbrooke to the brink

Sports - Page 7

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THURSDAY, SEPTEMBER 23, 2021

Daily cases of COVID-19 still high in Quebec

Record Staff

The province reported 683 new cases of COVID-19 yesterday, bringing the total number of people infected since the beginning of the pandemic to 404,974. There are currently 6,449 active cases in Quebec. According to public health, 387,185 people have recovered from the virus.

Five new deaths were reported yesterday, for a total of 11,340 deaths in the province.

Hospitalizations increased by six for a total of 280 compared to the previous day, and 91

91 patients were in intensive care, for an increase of five compared to the day before.

According to public health, 89 per cent of the eligible population 12 and up has received at least one dose of vaccine against COVID-19, and 84.5 per cent of eligible Quebecers are considered adequately vaccinated.

Reports to youth protection up in the Townships



GORDON LAMBIE

Annie Boisvert, Director of Youth Programs with the CIUSSS de l'Estrie-CHUS, with regional Youth Protective Services Director Johanne Fleurant, and Alain Poirier, the regional Public Health Director

By Gordon Lambie
Local Journalism Initiative

According to regional director Johanne Fleurant, Youth Protective Services in the Eastern

Townships saw a 2.8 per cent increase in reporting over the 2020-21 year despite 7,000 fewer reports made across Quebec from mid-March to mid-May, 2020 than for the same period the previous year. Speaking in the context of the annual

report of Quebec's directors of youth protective services (DPJs) on Wednesday, Fleurant said that there were 7,958 reports treated by the local services in the last year compared to 7,744 the year

CONT'D ON PAGE 3

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 25
LOW 18



FRIDAY:
SHOWERS

HIGH 22
LOW 13



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 21
LOW 12



SUNDAY:
60%CHANCE OF
SHOWERS

HIGH 17
LOW 8



MONDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH 16
LOW 8

Life before the remote



LINDA KNIGHT SECCASPINA

The first TV program I remember watching as a child was the Mantovani Show, and not only was it boring, but it was in black and white. Because we lived 14 miles from the Vermont border in Quebec we were lucky to be able to receive some American television, and not just the staple Canadian three.

Cartoon Corner and Howdy Doody were favourites of mine back in the day on CBC. I also remembered having to unplug the TV when a thunderstorm occurred as my Mother said it was "going to blow the house up if one of those bolts wrapped around the venetian blinds". Of course, I still think of that when it's storming outside sitting in my lazy boy chair that's pointed at the television along with every other piece in the room, and still with decorative venetian blinds.

Every night at 5 in 1961 I would watch the CBC TV show Razzle Dazzle hosted by Suzanne Somer's husband, Alan Hamel. I had entered a writing contest and was eagerly waiting to hear if I won a pen with my "meatless meat pie" essay. A few weeks later I found out that I had indeed won a Razzle Dazzle pen for my story along with a photo of

Howard the Turtle.

One day in the 60's my father went to Keith Lachasseur's Appliance store on the Main Street in Cowansville and came home with a colour TV. I didn't really care one way or the other as I was actually used to the rainbow hues of "the plastic sheet" on the front of the television. It 'simulated' full colour along with rabbit ears covered in tinfoil to stimulate even better viewing. Of course it was sold as a cheap alternative to buying an expensive colour TV and its promise had sucked my father in. I think he immediately knew he had the wool pulled over his eyes, but never knowingly admitting a mistake, he insisted that it was 'just as good' as the real thing.

In our family he was the only person allowed to touch the new TV and he was always up on the roof adjusting the antenna to get the best picture. After seeing everything in black and white while we simultaneously hunted dinosaurs in those days my world had now progressed to technicolor with a new neighbour coming in every night to see 'the TV.' Some of the highlights were: 'Walt Disney's Wonderful World of Colour' when Tinkerbell would splash colour on the screen and of course the burning map on the TV show Bonanza was priceless.

One night my father went out to a Lodge meeting and my friend Sheila came over to watch The Man from U.N.C.L.E. David McCallum, who played "Ilelya Kuryakin" on the show, had been dubbed the "British James Dean" and was the only reason I watched that show. The fact that I had always seen him cast as a delinquent was a bonus for me since there is nothing like a bad boy. Sheila and I sat down and got ready to watch. The NBC Peacock came on

and it remained in black and white. Where was the colour?.

Was my father really not at the Lodge meeting and adjusting the roof antenna so I could not enjoy the show? The Man from U.N.C.L.E began and I started fidgeting around with the buttons. Instead of black and white the show suddenly turned red and then blue and I wondered if the rainbow plastic sheet had found its way inside the TV. Was I doomed? After fidgeting some more the picture started skipping and I had to play around with the "horizontal hold" button. I think all of you remember that particular button with joy and happiness.

Illya still stared at me in glorious black and white, and I stopped playing with the buttons. Fifteen minutes before the show ended my father came in and tweaked his magic and it turned from black and white to colour.

Once you had colour TV you never went back to black and white-you just went to "upgrade". Some of my friends in the late 60's used LSD instead, and their whole lives became Technicolor - without television. My family just continued to 'upgrade' and in lieu of Don Messer's Jubilee we watched Tommy Hunter on Friday nights. Who knew a Hoedown, Tommy Hunter and Brenda Lee could all exist in colour together?

McLuhan once said, "The medium is in the message"- or was that 'the massage'. But now we are confronted with all sorts of media so pardon me while I check my Facebook Twitter and Instagram and watch a season of something on Netflix real quick. Just remember if someone had not invented the TV we'd still be eating frozen radio dinners.

Sock it to me!

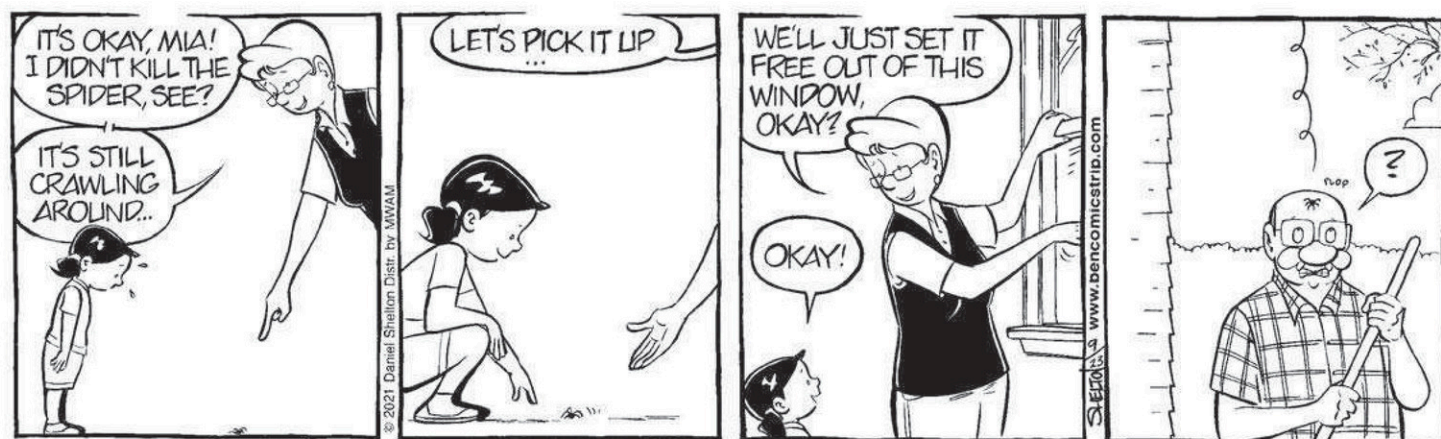
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Ben by Daniel Shelton



Local News

Quebec's order of nurses tweeted yesterday that the alleged assault was unacceptable and wished the nurse a full recovery.

Distracted driving campaign fines 1,900 drivers

Record staff

Numerous police operations and awareness activities were carried out as part of the operation, Distraction 2021, which ran from Sept. 10 to 16.

In addition to broadcasting prevention messages on social networks through various media, police services carried out more than 2,500 traffic stops and issued more

than 1,900 tickets for the use of a portable electronic device or a display screen while driving.

In the Estrie and Centre-du-Québec region, 806 statements of offence were issued during the campaign, including 22 for using a cellular device while driving. The police also arrested 13 people for impaired driving.

The use of a portable electronic device or display screen while driving reduces a driver's attention and concentration and increases the risk of being involved in a collision. Distracted driving also greatly increases the risk of committing other traffic violations, as drivers' eyes are off the road.

Quebec police services, in collaboration with the Société de l'assurance automobile du Québec (SAAQ) and Contrôle routier Québec (CRQ), joined forces to raise awareness among drivers of the dangers of distracted driving.

Sherbrooke man punched nurse in face for giving wife COVID-19 vaccine: police

The Canadian Press

Police in Sherbrooke say they are looking for a man who is alleged to have repeatedly punched a nurse in the face because he was angry she had vaccinated his wife against COVID-19.

Police say a man between the ages of 30 and 45 approached the nurse on Monday morning at a pharmacy in Sherbrooke on 12th Avenue North.

They say he accused the nurse of vaccinating his wife against his

consent and repeatedly punched the nurse before leaving the store.

Police say the nurse had to be treated in hospital for serious injuries to her face.

Quebec's order of nurses tweeted yesterday that the alleged assault was unacceptable and wished the nurse a full recovery.

Sherbrooke police are asking for the public's help in finding the assailant, who they say has short dark hair, dark eyes, thick eyebrows and a tattoo resembling a cross on his hand.

Pro-life 40-day vigil begins in Sherbrooke



MATTHEW MCCULLY

Record Staff

Yesterday was the beginning of Campagne Quebec Vie's 40-day pro-life vigil, taking place adjacent to the CLSC on Belvédère Street in Sherbrooke.

In the afternoon of the first day, the vigil consisted of three men

walking down the street around the clinic carrying signs.

There was concern leading up to the vigil about a clash between Campagne Quebec Vie members and pro-choice groups, but everything remained peaceful for the first day of the demonstration.

Youth protection

CONT'D FROM PAGE 1

before, with 2,829, or roughly 35 per cent, retained for follow up.

Within that total, the region saw a slight increase in reports related to neglect, although the director said that one of the items that falls under that heading is absenteeism from school, which was well known to be higher during the pandemic in general. Otherwise, the proportion of different issues in the region remained similar. The Townships' largest number of retained reports to the DPJ were for neglect (31.1 per cent), psychological abuse (23.7 per cent) and serious risk of neglect (18.4 per cent).

Despite past observations that certain parts of the English community and other minority cultural communities in the region have higher risk factors when it comes to childhood development, Fleurant said that there was not any greater difference observed when it came to reporting among the region's English-

speaking communities as a result of the COVID-19 pandemic than for the population as a whole. She did note, however, that the fact that certain cultural communities tend to turn inward rather than interact with the broader community can sometimes be an obstacle the DPJ has to take into account in outreach.

Fleurant said that although there is no wait list at the moment for the initial processing of reports, the region is still catching up in the second, evaluation step from a surge in reporting between November of 2020 and June of 2021. During that time, she said, the average number of reports per week jumped from 148 to over 200, resulting in a wait list that now includes 486 children. The DPJ is required to resolve each case within 250 days of being put on that list and Fleurant said that although some are on there for a long time, an effort is made to re-prioritize older cases as

often as possible.

"We call back the people who made the initial report, and if the situation calls for faster intervention, we do so," the director said.

Beyond the evaluation level, Fleurant said that 44 children are waiting on the application of specific measures, 13 of whom have now waited longer than the ministry standard of 30 days.

To help respond to these delays, and to the needs of the network in general, the director pointed out that the local DPJ has hired 65 per cent more social work technicians and human relation agents, and twice as many specialists in clinical activities as they had in the spring of 2019. She mentioned that the trusteeship that was put in place in the spring of 2019 ended on a positive note this past June.

Generally, the tone of Fleurant's report was positive about the work being done by the DPJ. Although

the director shared data about the past year, her focus was mainly on encouraging the population to try to connect with and make use of the other resources for children and families in the health network.

Regional Public Health Director Alain Poirier, who was also present for the report, compared the DPJ to an intensive care unit, in terms of its being present to respond to the most serious of concerns for the health and wellbeing of the region's children. By taking advantage of the support programs available through local CLSCs, by contacting info-sante at 811, or by interacting with family doctors, Poirier said that families can help ensure that concerns of health and wellbeing are addressed before they reach the point of being an emergency.

More information on the resources available for families in the region is available in English online at santeestrie.qc.ca/family

Knowlton students choose Green Party to represent Brome-Missisquoi

By Michael Boriero

While many Canadians eligible to vote in the 2021 Federal Election cast their ballots at polling stations across the country, elementary and high school students were also able to take part in a mock election run by Student Vote Canada.

Student Vote is a program created by CIVIX, a non-partisan registered charity dedicated to building the skills and habits of active and informed citizenship among school-aged youth, and more than 700,000 students participated in this year's election.

There were several schools in the Eastern Townships involved in the program, including Knowlton Academy, which saw the Green Party win the Brome-Missisquoi riding with 20 votes. The Conservative Party finished in a close second with 18 votes.

Meanwhile, the New Democratic Party (NDP) rounded out the top three with 14 votes. Matthew Quesnelle, better known as Mr. Q at Knowlton Academy, helped run the student election at the school, and according to the teacher, students were eager to pick a leader.

"We had a total of 63 student votes out of 100, so it was a pretty good turnout. Students got a piece of candy if they voted, so we enticed them a little bit, but we wanted them to take part in the democratic process," said Quesnelle.

But while the school went Green in Brome-Missisquoi, most Canadian

students voted Liberal and NDP. Student Vote received ballots from all 338 federal electoral districts, and a total of 740,515 votes were reported from 5,478 schools.

The students gave the Liberal Party a minority government with 117 seats and 24 per cent of the popular vote, while the NDP received 107 seats and 29 per cent of the popular vote to form the official opposition. The Conservative Party finished with 91 seats.

Quesnelle told The Record that the voting population at Knowlton Academy was comprised of grade 5 and 6 students, while his grade 7 class was tasked with researching political platforms, and strategically placing posters around the building providing students with information.

"We talked a lot about how when you have a poster somebody might only look at it for five seconds, so it's quick, you need to get your information across really quick," said Quesnelle, adding that part of the assignment was also discussing democracy in Canada.

While an election might be considered a dry topic for students in elementary school, and those just starting out in high school, he said his class was hooked the minute they watched a recap of the English debate — and the party leaders' ability to speak over their opponents.

"I think what captivated them the most is that they were arguing. In school, we're constantly telling them to be kind and wait your turn, put your hand up and they saw the leaders of our



GORDON LAMBIE

country arguing on top of each other, so they were baffled," said Quesnelle.

However, his students wanted more, and many of them finished the entire debate over several lunch periods. Quesnelle said it was a useful exercise for his class to listen to the leaders debate their platforms, hearing about how they plan to build a better Canada.

The vote ultimately went to the Green Party because most of the students have been taught about climate change and the importance of protecting the environment, he continued, sharing that they don't have a strong grasp about the economy at this point.

But Quesnelle noted that those involved in the election also preferred the Green's platform for education and essential services. He was inspired to see so many students forming political opinions at such a young age. The goal is to see them carry that into adulthood.

"I think it's really important not just for them to have a preference of party, but to understand all of the platforms of all of the parties, that's what we did in our class. It allowed them to make their own opinion, a free opinion, based on what they thought was most important," he said.

Quebec to table bill banning anti vaccine protests near schools and hospitals (COVID-Que)

By Jacob Serebrin
The Canadian Press

Quebec Premier Francois Legault said he plans to table a bill Thursday that would ban anti-vaccine protests near schools and hospitals.

Legault said the bill will be presented to his cabinet for approval Wednesday afternoon, and he hopes to have the support of all opposition

parties so the bill can pass quickly.

"What we want to do, starting (Thursday), is pass a special bill to fine people who are going to hold anti-vaccine protests," he said at the legislature in Quebec City.

"It doesn't make sense to have anti-vaccine protests in front of places that are for our children or our patients," Legault said later during question period.

Earlier Wednesday, the three

main opposition parties said it's unacceptable that protesters are approaching children in an attempt to discourage them from following health orders and getting vaccinated. They said they were ready to work with the government to adopt the law quickly.

Gabriel Nadeau-Dubois, the spokesperson for the Quebec solidaire party, said he supports legislation but he doesn't want it to ban other

types of protest outside schools, such as demonstrations by parents who support public education.

Since classes resumed last month, at least five protests have taken place outside primary and secondary schools in Montreal. Protests have also occurred outside hospitals.

In 2016, Quebec banned protests within 50 metres of abortion clinics.

Windsor Wild returns to action after lengthy break

Record Staff

The Regional Hockey League is set to return after a prolonged break due to the pandemic, which means the Desjardins-Windsor Wild will make a grand return to the J.-A.-Lemay Centre.

The Wild will begin their 2021-2022 regular season campaign on the road, as maintenance workers fix some issues at their home arena. Windsor will play their first game on Sept. 24 in Val-des-Sources against the Nordik

Blades. They won't be able to play at home until Oct. 15.

They will go on to face the Sharks in East Angus on Oct. 2, and then head to Trois-Rivières on Oct. 9 to take on the Courteau. The Wild record two wins and one loss during preseason action, winning 6-5 in East Angus, and 7-2 in Coaticook.

According to a press release, the team has added several new players into the lineup, as well as a couple of young veterans returning to the squad. There were a number of standouts

during training camp, noted Wild head coach Sébastien Letarte.

"We are very happy to see our veterans such as Richard Camiré, Mykaël Létourneau, Samuel Grenache, Jordan Roy, Christophe Jutras, Mathieu Arseneault, Maxime Drapeau and Mathieu Lavoie, as well as our goaltenders Vincent Houde and Sean Julien," he said.

Letarte is expecting to ice an intense and fast team this year. While the coaching staff is putting together a capable roster,

Benoit Lefebvre, Windsor's team president, has been working office to bring the game back to the local supporters, and communicating with the city.

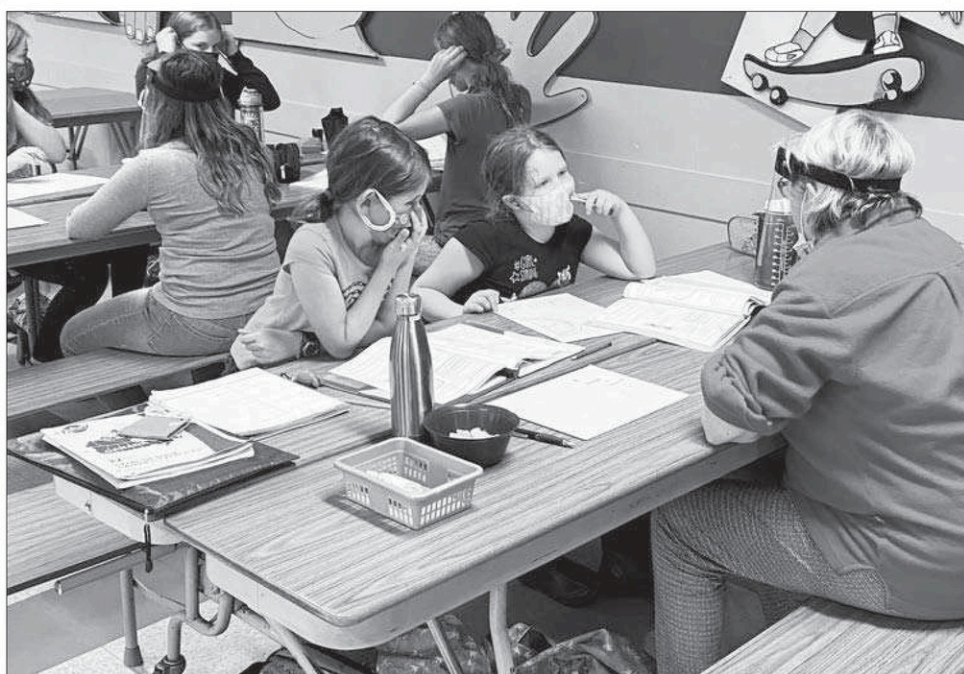
"We have had very constructive discussions with the city of Windsor and I would like to take this opportunity to thank them for listening," said Lefebvre, adding that he also feels fortunate to have Bruno Vachon, the general manager, in his corner.

The Border Report

What Kenny needs is a home with an experienced adopter who understands that he just needs a little time to feel safe and secure. It doesn't take long for him to warm up and once he is comfortable, he is affectionate and likes to cozy up for cuddles and pets.

Call for in-person volunteers

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COURTESY

It is that time of year when the air takes a cool turn, apples are at their juiciest, and kids are back to school. However, these are not entirely ordinary times. The work of keeping hands and surfaces sanitized, and the use of masks has somehow become our new normal. Here at Phelps Helps, we wish to support our local students and to offer them a familiar place to land.

We are recruiting volunteers to tutor students enrolled in grades 9 through 11. Currently, we are particularly in need of those able to help with French and Math at the high school level. Tutoring sessions take place Tuesday, Wednesday and Thursday from 5:00 to 6:30.

We are also looking for tutors for younger students. Initiatives at Phelps Helps include an after school program with students in grades 5 and 6. Tutors can be paired with students from the French elementary school (Jardins des Frontieres) on Monday and Wednesday and with students from the English elementary school (Sunnyside) on Tuesday and Thursday. These tutoring sessions take place from 3:00 till 4:30.

From our elementary to our high school programs, we have a great range of abilities in our students and their needs will challenge you in many different ways. The work is fun, engaging, and highly rewarding. We appreciate any level of commitment

and hope to hear from you.

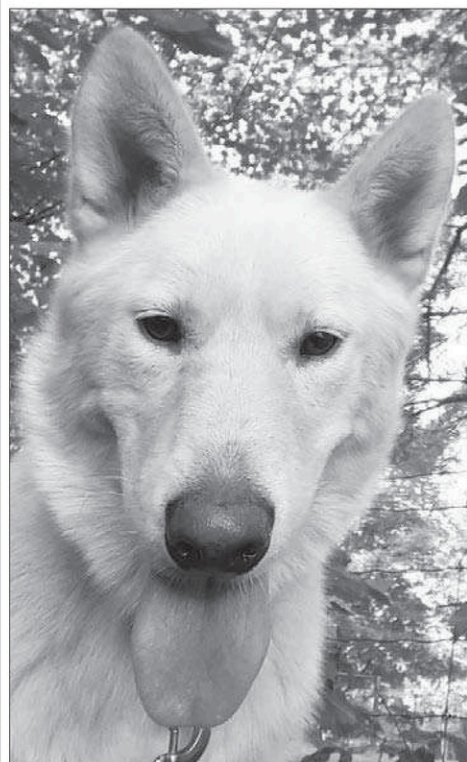
Many Covid-19 guidelines and regulations are in effect at Phelps Helps. We are committed to maintaining in-person activities as long as we can. Therefore, we plan to take all necessary precautions to ensure that this will be possible. Masks must be worn at all times, social distancing, and hands must be sanitized upon entering the building. We are dedicated to ensuring the safety and wellbeing of our entire community. Phelps will continue to follow the regulations set forth by the public health department and will adjust based on their recommendations.

Please contact Sarah Elliot at selliot@phelpshelps.ca or Elizabeth Mackinnon at emackinnon@phelpshelps.ca if you are interested in tutoring with us. We also encourage that any question or concerns regarding our Covid-19 protocol be forwarded to any member of the Phelps team. We are here to guide you through our plan for a safe return to in-person tutoring.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Kenny



community in Northern Quebec where he lived as a stray. It's not an easy life for a dog and sadly, they are not always treated with kindness. We don't know for sure what Kenny's experiences were but he can be timid and fearful, especially of men, so it's likely he endured some mistreatment.

What Kenny needs is a home with an experienced adopter who understands that he just needs a little time to feel safe and secure. It doesn't take long for him to warm up and once he is comfortable, he is affectionate and likes to cozy up for cuddles and pets. Kenny loves his daily walks, and he does beautifully on leash. He also enjoys playtime in our fenced-in dog park and although he is not a high energy dog, we feel Kenny will do best in a home with a fenced yard where he can safely run and play outdoors.

With proper introductions, he does well with most other dogs but unfortunately, Kenny is not good with cats. Because he can be timid and insecure, Kenny is best suited to a home without young children.

In a loving home where he has consistency, clear boundaries and is treated with kindness, we know Kenny will thrive. He is approximately 1.5 years old.

To find out more about Kenny please send an email to frontieranimalsociety@gmail.com or better yet give our dog adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.

A few weeks ago, we featured Angie, Mishka and Kenny, all of them Husky mixes who we playfully nicknamed the three "Husketeers." We are happy to share that Angie and Mishka have since been adopted and both are doing extremely well in their new homes. Kenny however, is still in search of his forever home so we've decided to shine the spotlight on him this week.

Kenny was rescued from a remote

Poetry reading to launch the fall season

Record Staff

The Centre des arts de Stanstead will present Virginia Konchan and Mark Abley in a poetry reading, in English, to take place Oct. 2 at 4 p.m. on Zoom. They will both read alternately during an hour-long event with host Shelley Pomerance.

Virginia Konchan is the author of three poetry collections, Hallelujah Time (Véhicule Press, 2021), Any God Will Do and The End of Spectacle (Carnegie Mellon University Press, 2020 and 2018); a collection of short stories, Anatomical Gift (Noctuary Press, 2017); and four chapbooks. She is also the co-editor (with Sarah Giragosian) of Marbles on the Floor: How to Assemble a Book of Poems (University of Akron Press, 2022). Her creative and critical work has appeared in The New Yorker, Best New

Poets, The New Republic, The Believer, Boston Review, and throughout the US and Canada. She lives in Halifax / K'jipuktuk.

Mark Abley is the author of four books of poetry, most recently The Tongues of Earth: New and Selected Poems. He is also an award-winning nonfiction writer of such books as Spoken Here: Travels among Threatened Languages and The Organist: Fugues, Fatherhood, and a Fragile Mind. His work has been translated into French, Spanish, Japanese, Korean and Latvian. He is currently working on a new nonfiction book for publication in late 2022 or early 2023. Mark lives in Pointe-Claire, Quebec.

All are invited to the Zoom event. For the link to participate visit the Facebook page of the Centre des arts de Stanstead at www.facebook.com/CentreArtsStanstead.

EDITORIAL

"The numbers we contact fall into one of two categories - they're either numbers that Canadians have voluntarily provided us, or they're randomly generated programmatically through the use of a software program."

Election 2021: Here we go again



TIM BELFORD

In the 1993 hit comedy, Groundhog Day, Bill Murray plays a newscaster who wakes up each morning and relives the same day, over and over again: welcome to Justin Trudeau's political version of Groundhog Day.

After Elections Canada spent, by most estimates, just upward of \$600 million dollars of our money and a little over a month in a campaign during which Mr. Trudeau passed most of his time trying to justify going to the polls two years before the next scheduled election in the first place, Prime Minister Selfie is right back where he started from.

Well, that's not quite fair. The Liberals appear to have gained an entire new seat for their minority government leaving them with what the Prime Minister called a "clear" mandate from the Canadian people to continue his efforts at rebuilding the country.

Having studied history at university and not mathematics, you will forgive me if I don't fully understand the arithmetic behind the PM's claim. How does going from 157 seats to 158 make the party's mandate any clearer? There is also that pesky statistic that points out that the Prime Minister and his party only received roughly 32 per cent of the popular vote; less than the Conservatives who nevertheless ended up with 39 fewer seats. This also means that somewhere around 68 per cent of Canadians voted for a party other than the Liberals and for a Prime Minister other than Trudeau. As mandates go it's a pretty flimsy one.

What is clear, however, is why the Prime Minister and his Liberal followers gave up on one of his earlier promises

about dumping the old 'first-past-the-post' voting system. If Parliament had switched to 'proportional' representation, as he vowed during his first term, the opposition would have a lot more seats in the House of Commons, particularly the Conservatives, NDP and Bloc. This, in turn, would totally ruin his 'clear' mandate from Canadians and just lead to unnecessary criticism of his 'inclusive' vision of Canada.

Most Canadians felt from the start that the election wasn't necessary. Watching the news night after night featuring the latest promises, the biggest gaffes and the endless smiling had people glued to re-runs of Friends, Big Bang Theory and NCIS. You could almost hear the collective sigh of relief when the campaigning finally stopped and the actual voting began.

Mind you, election-night coverage was almost as bizarre as the campaign itself. CBC/CTV programming of Election 2021 started as soon as the last vote had been cast in Newfoundland and hours before most of the West Coast had made it to the polls.

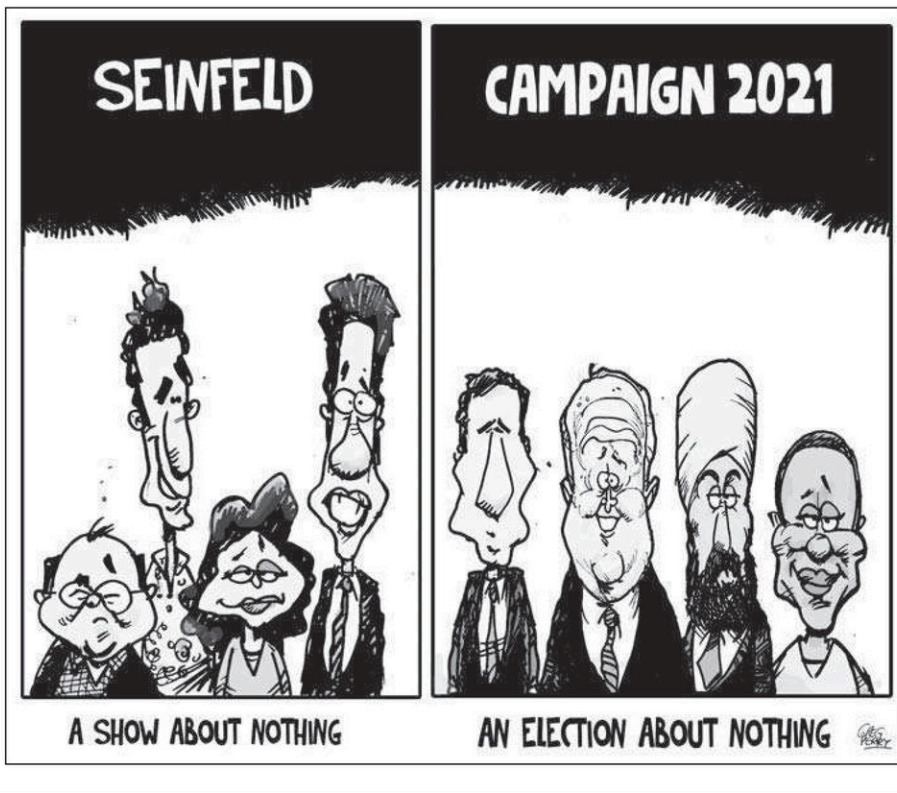
Canadians were riveted, I'm sure, when the on-air personality announced "The polls in Newfoundland have been closed for thirty-three seconds and we have the first results." The camera would then pan to a graphic showing that in the riding of Belle Isle-Come by Chance-Whatever, the Liberal candidate had received 5 votes, the Conservative 3 and the NDP 1. This, they noted, was after 1 of 180 polls had reported in. Then it was over to one of the twenty or so analysts and pundits each network had lined up.

Anchor: "Well Fred do we see a trend here?"

Pundit: "It's a little early to tell but if the vote ratio holds it might be a good night for the Liberals in the East."

And so it went as the results unfolded slowly across an anxious nation and the 'I-told-you-so,' 'What-does-it-mean-going-forward?' and 'Will-O'Toole-get dumped?' crowd put election 2021 under the microscope.

The only sure thing in all of this is that Prime Minister Trudeau, 'clear' mandate or not, will have to learn to play nice or we'll all be back to the voting booth in another two years.



Did you get a Conservative text?

Record Staff

Were you one of the thousands of Canadians who got a text from the Conservative Party of Canada leading up to the election? Were you surprised because you figured your number was unlisted?

Well, here's why. The Record contacted the party to find out how they got a hold of phone numbers to send the texts. Media representative for the Conservatives, Cory Hann, provided the following written response: "The numbers we contact fall into one of two categories - they're either numbers that Canadians have voluntarily provided us, or they're randomly generated programmatically through the use of a software program. We do not have the details of the person, we do not have their number, we don't have a list. Some numbers will work, some will not, some will exist, some don't at all. The only information we would know is the first six digits of a phone number, and that's made available through the Canadian Numbering Plan (ie. 819-555-XXXX - we don't know the XXXX, so our vendor will use its software to randomly generate those last four digits and attempt outreach)." According to Hann, the digital outreach falls within the election rules and regulations. "This is all about using 21st century technology to do voter outreach," Hann explained.

THE RECORD

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Shawinigan pushes Sherbrooke to the brink in semifinals

Record Staff

The Sherbrooke Expos have their backs up against the wall, as they stare down a 3-0 series deficit to the Shawinigan Cascades, and face a possible series sweep in Sherbrooke on Friday evening at Amédée-Roy Stadium.

The Expos travelled to Shawinigan on Tuesday hoping to carve into the Cascades' 2-0 series lead, however the most dominant team in the league this season continued to their impressive run with an 11-5 win, thanks to some opportunistic play by the offence.

Shawinigan put up three runs in the second inning. Michael Laprise sent a single shot into the outfield, and Ismaël Ballard followed up with a two-run home run. The Expos responded in the third inning, as Corentin Boucher hit a single to bring in team manager Bruno Laurin.

However, the Cascades increased their lead by two in the fourth inning off a stolen base. Steve Brown scored on a throw to second base, and Ballard popped in a single soon after. The home team entered the sixth inning with a 6-2 lead, pushing the Expos to their limits.

Sherbrooke showed some signs of life, however, notching three runs to cut into Shawinigan's lead. Kyle Hazel hit a solo home run, while Laurin and Germin Lopez hit singles to make it 6-5. Unfortunately, the Cascades came back with five runs to seal the victory.

Ballard finished off a stellar performance with a two-run double. Gabriel Thibodeau then added to the score with a single that triggered an error, which allowed Julien Belanger to cross home plate. Sherbrooke pitcher Matthew Adams-Whittaker allowed six runs and seven hits.

The Cascades have been here before, though, they also held a commanding 3-0 series lead against Drummondville in the quarter-finals before the Brock pushed it to seven games. The Expos will look to follow Drummondville's recipe starting with game four on Friday.



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Death

**Wilson,
Thomas (Tom)**
Jan. 16th, 1959 –
June 30th, 2021



We are sad to announce the passing of Tom on June 30th. Preceded by his wife Louise. Son of Trevor Wilson (Jeannie) and the late Nancy (Brazel) Wilson. Brothers Tim (Debra), Troy, Tracy (Suzanne) and Tyler. Many nieces and nephews. Tom's extended family The Patenaudes.

The family invites Tom's family and friends to join us to celebrate Tom's life on Saturday, Sept 25th 2021 at 2:00 p.m. at the ANAF unit 318, 300 St. Francis St., Sherbrooke, Qc.

THURSDAY, SEPTEMBER 23, 2021

Today is the 266th day of 2021 and the second day of autumn.

TODAY'S HISTORY: In 1806, Lewis and Clark's Corps of Discovery returned to St. Louis from its exploration venture to the Pacific coast.

In 1845, the New York Knickerbockers baseball club was founded.

In 1846, astronomers Urbain Le Verrier, John Couch Adams and Johann Gottfried Galle discovered the planet Neptune.

In 1952, vice presidential candidate Richard Nixon gave his famous "Checkers" speech, denying allegations of improper campaign financing.

Datebook

TODAY'S BIRTHDAYS: Victoria Woodhull (1838-1927), journalist/activist; Walter Lippmann (1889-1974), journalist/philosopher; Mickey Rooney (1920-2014), actor; John Coltrane (1926-1967), saxophonist; Ray Charles (1930-2004), singer-songwriter; Julio Iglesias (1943-), singer-songwriter; Bruce Springsteen (1949-), singer-songwriter; Jason Alexander (1959-), actor; Ani DiFranco (1970-), singer-songwriter; Anthony Mackie (1978-), actor.

TODAY'S FACT: Nintendo, known today as a video game company, was founded by Fusajiro Yamauchi in Kyoto, Japan, on this day in 1889. The company originally produced handmade playing cards.

TODAY'S SPORTS: In 1988, Jose

Canseco of the Oakland A's became the first member of Major League Baseball's "40-40 club," hitting 40 home runs and stealing 40 bases in a single season.

TODAY'S QUOTE: "There can be no liberty for a community which lacks the means by which to detect lies." – Walter Lippmann, "Liberty and the News"

TODAY'S NUMBER: 33 – surviving members in Lewis and Clark's Corps of Discovery. Only one member of the party died during the nearly 8,000-mile expedition.

TODAY'S MOON: Between full moon (Sept. 20) and last quarter moon (Sept. 28).

Many women have cognition issues during menopause



ASK THE DOCTORS

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

the major milestones in a woman's life. Yet women often face menopause alone, in comparison to the abundance of books, classes and medical visits that help prepare them to have a baby. That leaves many women unaware of when symptoms begin, and what form they may take.

A woman is in menopause when she has gone a full 12 months without a menstrual period. The transition to menopause, known as perimenopause, is often slow and gradual. It occurs due to a natural decline in reproductive hormones as a woman's ovaries cease to function.

Symptoms include the sleep disruption, night sweats and hot flashes that you mentioned. They can also include cramps, headache, weight gain, fatigue, sore breasts, thinning hair, low libido, urinary incontinence, depression, anxiety and other changes to mood.

And yes, the changes to memory that you're experiencing often accompany menopause as well. In fact, it's estimated that up to two-thirds of women may experience some degree of menopause-related cognitive impairment. Commonly referred to as brain fog, it can be

marked by problems with decision-making, learning and retaining new information, concentrating and thinking clearly, and an increase in forgetfulness.

Although the reasons for menopause-related cognitive impairment are not completely clear, research suggests a link to the decline in reproductive hormones, particularly estrogen. Sleep disruption is also believed to play a role.

Hormone replacement therapy, which involves either low-dose estrogen or a combination of estrogen and progesterone, is sometimes prescribed to ease physical symptoms of menopause. Some women say it helps with cognitive issues as well. However, it's important to note that the long-term use of HRT is associated with adverse health effects, including an increased risk of breast cancer, heart attack, stroke and blood clots in the legs and lungs.

Talk to your health care provider about whether the benefits of HRT outweigh the risks in your particular situation. Lifestyle changes can make a difference, starting with a healthy and well-balanced diet. Consider getting serious about the

Mediterranean diet, which is rich in brain-boosting omega-3 fatty acids and unsaturated fats, and is kind to the heart, as well. Eating a wide variety of fresh fruits, vegetables and leafy greens has repeatedly been linked to improved cognition.

Exercise is also helpful. Recent studies have found that even light exercise, such as a yoga or tai chi class, or a low-intensity session on a stationary bike, can improve both memory and mood. Quality sleep is important to cognition, so get serious about good sleep hygiene. The good news is that for most post-menopausal women, these cognitive changes don't last. If symptoms worsen, however, we urge you to check in with your health care provider to rule out other causes.

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.)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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For Monday's paper, email production@sherbrooke.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@sherbrooke.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

THURSDAY, SEPTEMBER 23, 2021

more going for you than you realize, and with a bit of effort, you will outdo any competition you encounter. Step out of your comfort zone and try something new and exciting.

ARIES (March 21-April 19) – Consider how best to deal with partnerships. Be blunt about what you expect and what you are willing to contribute. A problem regarding responsibilities will surface if you or someone else feels shortchanged.

TAURUS (April 20-May 20) – When doubt sets in, stand still and rethink your next move. Too much or too little of anything will stifle your plans. Aim for balance, integrity and innovative solutions.

GEMINI (May 21-June 20) – Concentrate on what you are trying to accomplish, not on what others are doing. Your strength comes from your ability to stay focused and deliver what you promise. Learn from experience.

CANCER (June 21-July 22) – Keep your life simple, practice moderation and focus on self-improvement. Look inward and revisit issues under your control instead of wasting time trying to convince others to see things your way.

LEO (July 23-Aug. 22) – Don't labor over something you cannot change. Dive into territory that requires your experience, intelligence and strength. Maximize your time to stay ahead of any competition you encounter.

VIRGO (Aug. 23-Sept. 22) – Keep busy; being idle will lead to anxiety. Dedicate your time to something that makes you feel passionate; you will make headway. A change may be necessary if you want to make a difference.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Be next to
 - 5 Accident reminder
 - 9 Camp berth
 - 12 Crafty move
 - 13 Grass skirt dance
 - 14 "Ouch!"
 - 15 Worry
 - 16 Desert st.
 - 17 Fraternity letter
 - 18 On time
 - 20 Steve or Woody
 - 22 No, to a laird
 - 23 Sang to the moon
 - 24 Finicky
 - 27 TV chef Graham —
 - 28 Kenya's loc.
 - 29 Name in elevators
 - 31 LAX guesses
 - 35 Give medicine
 - 37 Comic strip dog
 - 39 Turkish title
 - 40 Habitual
 - 42 Long-legged bird
 - 44 Don Diego de la Vega
- 46 Thoughtful murmur**
- 47 Long-tailed animal**
- 48 Kind of year**
- 51 Kitchen pest**
- 52 Mane possessor**
- 54 Comedian — Andre**
- 56 Debussy subject**
- 57 Person from Dundee**
- 58 Light tan**
- 59 Summer cooler**
- 60 Snaky swimmers**
- 61 Lose hair**

- DOWN**
- 1 "Woof!"
 - 2 Pat baby's back
 - 3 Tech support caller
 - 4 Wyoming range
 - 5 Form
 - 6 Rude, almost
 - 7 "Rope-a-dope" boxer
 - 8 Rummage sale
- 9 Bike or trike**
- 10 Exclaimed over**
- 11 Type of bed**
- 19 Rochester clinic**
- 21 Ancient harp**
- 23 Outdo**
- 24 Brief craze**
- 25 Mysterious sighting**
- 26 Almost-grads**
- 27 Flying toy**
- 30 Dorothy's dog**
- 32 Paving material**
- 33 In time gone by**
- 34 — Francisco**
- 36 Screws things up**
- 38 Units of resistance**
- 41 Familiar threat (2 wds.)**
- 43 Sajak and Trebek**
- 44 Like city real estate**
- 45 Outlandish**
- 46 Clues**
- 47 Family member**
- 48 Hoodwink**
- 49 Roguish**
- 50 Trevi Fountain coins, once**
- 53 Decorate cupcakes**
- 55 Heifer's mouthful**

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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56				57					58			
59				60					61			

THURSDAY, SEPTEMBER 23, 2021

Errare est humanum, luckily

By Phillip Alder

Remember, when defending, that declarer is human; he is prone to error. Give him enough rope, and he might hang himself.

On today's deal from a team game, effective pre-emptive bidding by East-West drove the auction to the five-level. East's two-heart overcall looks dangerous, but his opponents were playing two-over-one game-force, so East was in a defensive, not constructive, position.

At the first table, West led the club five, an obvious singleton. Declarer won in hand and cashed his two top trumps, revealing the 4-1 break. Now he turned to the diamond suit, and luckily he found West with three. What could West do on the fourth round of diamonds? Whether he ruffed low, ruffed high or discarded, South would lose only two tricks, either one spade and one heart or two spades. Plus 650.

At the other table, West led a heart to his partner's ace, and East, seeing no future in the minors, made the excellent play of returning a second heart. This conceded a ruff-and-sluff but put declarer in danger of losing

North		09-23-21	
♠ J 6 3			
♥ 9			
♦ A K 6			
♣ A 8 6 4 3 2			
West		East	
♠ Q 10 7 2		♠ 4	
♥ K J 10 5 2		♥ A Q 7 6 4 3	
♦ J 9 7		♦ 8 4	
♣ 5		♣ J 10 9 7	
South			
♠ A K 9 8 5			
♥ 8			
♦ Q 10 5 3 2			
♣ K Q			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♠	Pass	2♣	2♥
3♦	5♥	5♠	All Pass
Opening lead: ♣ 5 or ♥ J			

trump control. This defense should have made South suspicious of a bad spade break. He should have ruffed in hand and immediately led a low trump toward the jack. But he actually ruffed in hand and cashed his two top trumps. He was banking everything on a 3-2 spade split, but the actual 4-1 division defeated him. He had to lose one heart and two spades. Minus 100. The swing was 13 international match points.

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.

“SKYAY'L MCSKTMD BATSSYM TM
SKY ETEGY ... SKNS LNIL, 'TW
ICZ EYGTUUY TM VY, ICZ NTM'S
DCTMD SC KNUY MC SACZEGYL.'”
— ANI XKNAGYL

Previous Solution: “Is not this a true autumn day? Just the still melancholy that I love — that makes life and nature harmonize.” — George Eliot

TODAY'S CLUE: *f equals m*

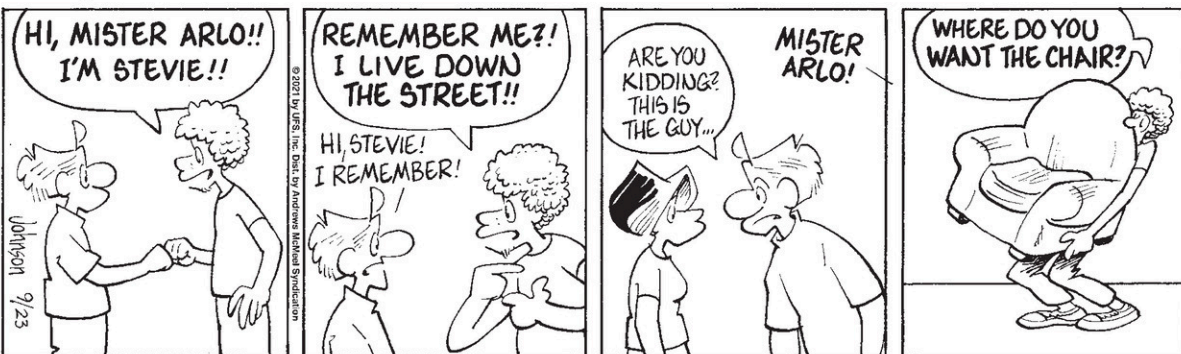
REALITY CHECK



ALLEY OOP



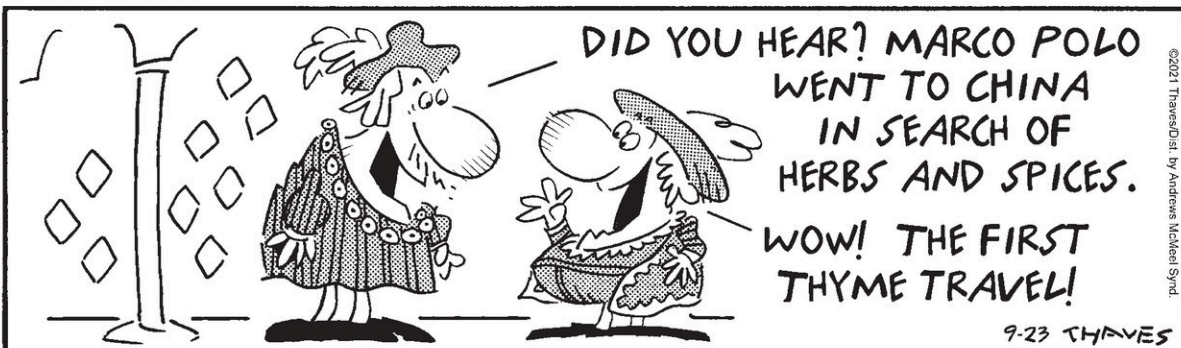
ARLO & JANIS



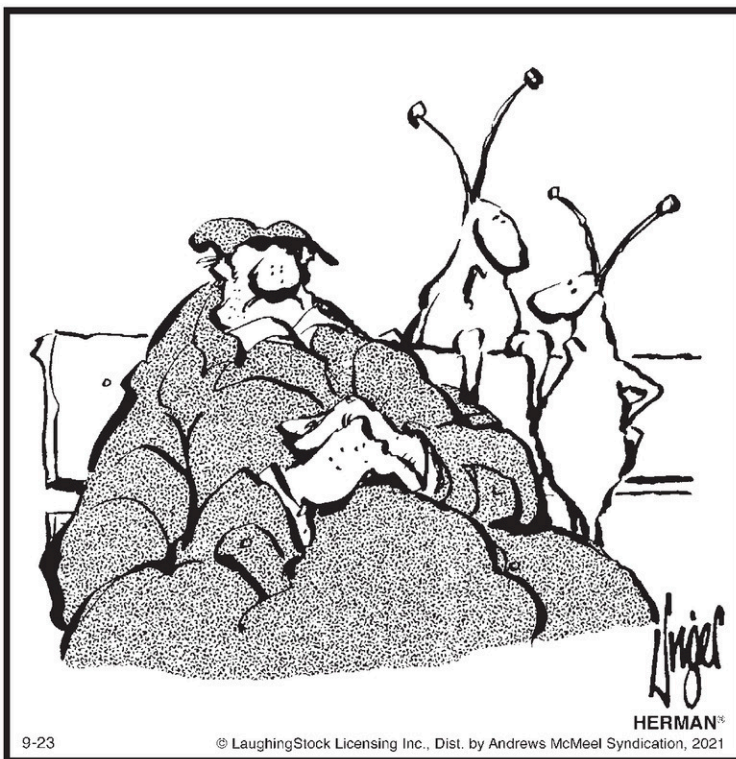
THE BORN LOSER



FRANK AND ERNEST

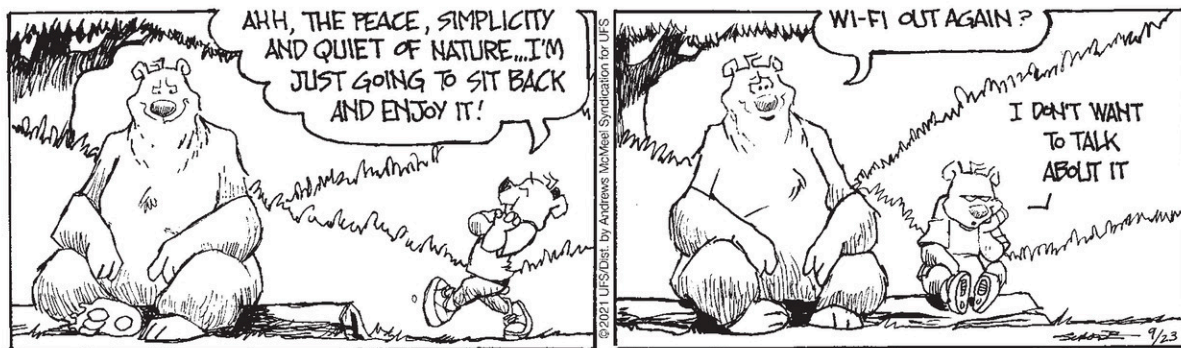


HERMAN

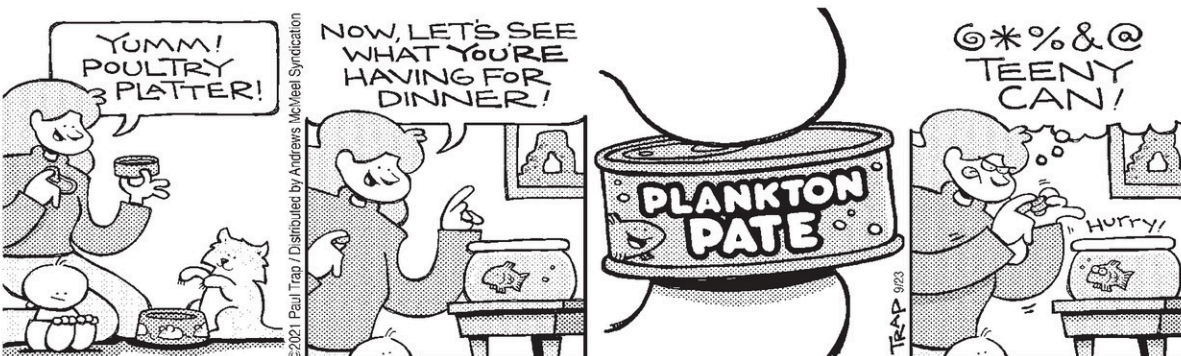


“He says there’s definitely no intelligent life down here.”

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LENNOXVILLE

Clothing Exchange 2021. Free used clothes for men, women, and children. All are welcome
 Distributing Hours: Friday, September 24, 3 p.m. to 8 p.m. and Saturday, September 25, 9 a.m. to noon. Location: Oasis Christian Centre, 219 Queen Street, Sherbrooke (Lennoxville).

COOKSHIRE-EATON

The Cookshire Fair is hosting a Ham and Turkey Supper on October 2 from 5 p.m. to 7 p.m. Includes a variety of veggies as well as desserts. TAKE-OUT ONLY. Cost is \$15. All Covid-19 protocols will be followed as you drive through the Fairgrounds and pick up your meal. Call to reserve before September 29 at 819-875-3771.

RICHMOND

Looking for something to do on Mondays starting at 1:30 p.m.? If you are fully vaccinated, the Richmond 50+ Club will be pleased to welcome you at the Richmond Melbourne United Church, rue Principale sud, to play lively games of "500". More vaccinated players mean more fun! Looking for younger players,

too. For more info please contact Bev Jones at 819-826-3832.

MELBOURNE

The 67th St. Francis Valley Plowing Match, Saturday, September 25 at 9 a.m., Levi and Catherine Mason's Farm, 893 ch. Ely, Melbourne. Without prejudice: fully vaccinated people welcome! Unvaccinated 12 years or under welcome! Masks are mandatory. Info: 819-313-2265.

KNOWLTON

Benefit Performance! Join Laura Teasdale for a reading of her hilarious new one-act play *The Unreliable Narrator*. With special musical acts like *The Lovely Brothers*, *Ralph Steiner*, *Linda Carey* and *Sarah Biggs*. Proceeds will go to help Stephen Paglia through his Cancer treatment. Friday, October 1 at 7 p.m. at the Lakeview Inn (50 Victoria in Knowlton) Cost is by donation. To reserve or donate call (450) 243-6183 or drop by the Lakeview. Covid rules will be observed for a safe environment.

ONLINE

Mental Health Estrie invites you to a free virtual workshop series in English: "Understanding Borderline Personality Disorder" presented by Valerie Porr (M.A., founder of TARA4BPD). This series will benefit anyone experiencing difficulties regulating emotions, as well as their support systems. With two workshops remaining, you are welcome to attend one or both from 6:30 p.m.-8:45 p.m. on September 23rd, and 30th. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819)565-2388.

Mental Health Estrie also invites you to the free virtual workshop in English this October: "Supporting Your Loved One Living with Addiction" presented by Anthony Berger, Clinical Supervisor at Dunham House. Open to all, 2:00 p.m.-3:15 p.m., Wednesday, October 6th. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

LENNOXVILLE

Lennoxville & District Community Aid will be holding an information booth and garage sale on Friday, September 24 from 1:30 to 5:30 and Saturday, September 25 from 8:30 to noon. Drop by at 164 Queen Street, Suite 104, Sherbrooke to meet our team, get information on our services for seniors and see how you can get involved!

LENNOXVILLE

St. Francis Valley Naturalist Club meetings will be held at the Amedee Beaudoin Community Centre, 10 Samuel Gratham St., Lennoxville Borough. Meetings will start at 7 p.m.
 Wednesday, Sept. 29 Program: A Canadian Snow Bunting Network Project will be presented by Chelsey Paquette and Catherine Geoffroy.
 Wednesday, Oct. 27 Program: Madagascar Travels with ornithologist Jean-Sébastien Guénette
 Wednesday, Nov. 24 Program: "Mushrooms and Other Fungi" by Rev. Jesse Dymond
 Saturday, Dec. 18: Annual Audubon Christmas Bird Count
 Everyone is welcome. Covid restrictions will be respected.

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

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#13 Play a new board game together.



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Dear Annie

THURSDAY, SEPTEMBER 23, 2021

Dear Annie: I've been very happily married for several years to a man I love deeply. Suddenly, his son from a previous marriage, who lives in another state, wants Dad to move to his state to be close to him, as he and his wife are planning a family. His son and I have never been close.

My husband works for himself and has a major client – a very attractive woman, mind you, whom he talks to online several times a week – in his son's city. After doing some "homework," I discovered the state we would be moving to is not a community property state ... which our current state is. My husband has all the money in this marriage, as I left my career behind to tend to his business, home and family, and his son gets everything that I won't in the event of a death or divorce.

Being currently married, do I have any recourse, such as a post-marriage "prenup," to make sure I'm OK financially if we move and my stepson and this businesswoman break us up? – Worried in Wyoming

Dear Worried: You say you are "very happily married" to a man you "love deeply." Why would a female client or a son who wants his children to know their grandfather change that?

Based on your letter, it seems like your husband has honored the commitment he made to you on

your wedding day. By assuming the worst, you may be causing yourself undue anxiety. The first thing you should do is communicate with your husband about where these fears are coming from – perhaps they are being triggered by anxiety about the move itself and the life changes that surround it.

If you are genuinely concerned about your assets in the event of a divorce, consult an attorney. I would not assume that "his son gets everything"; in fact, such an outcome is unlikely.

Dear Annie: My girlfriend and I met about two years ago. She has two younger kids, ages 3 and 6. I have older kids, 15 and 16. She's a "helicopter parent" who wants to micromanage everything her kids do. Well, when it comes to my kids, she wants to scrutinize everything they do, too. She says she doesn't agree with my parenting and basically calls me a crappy parent when I don't do things her way. She also thinks that it is a requirement for my kids to speak to her, even if they are busy or having a bad day. She will text my kids and say mean things to them and even drag their mom into it.

My kids don't do drugs. They don't lie. They are heavily involved in sports, on the honor roll and don't get in trouble. But my girlfriend has caused so many issues that my kids don't even want her around. I'm also

a retired Army veteran with severe PTSD, and I rage when I'm mad. She wants to argue about who ate the last rice cake or took the last drink. It's one argument after another. What do I do? – Confused From Indiana

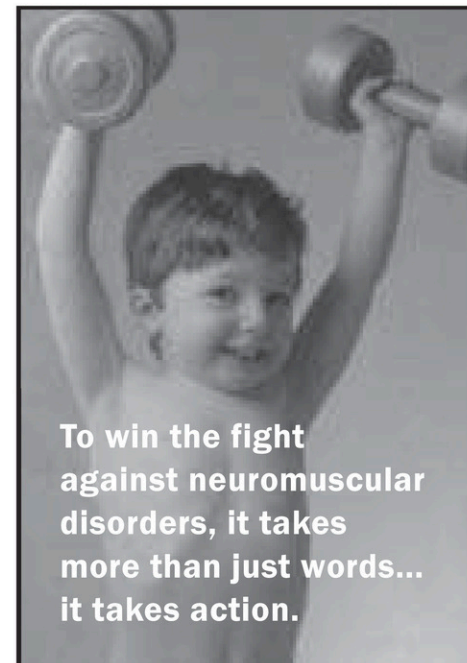
Dear Confused: It's time for you to set some boundaries with your girlfriend. Micromanaging is one thing; insulting your kids via text, offending their mother and starting arguments over rice cakes are quite another.

Assuming your relationship with her progresses, you will be one big family someday – all six of you. If you can't squash her argumentative and overbearing tendencies now – toward both you and your children – they will only get worse.

Talk to your girlfriend about what is appropriate and what isn't. Having a mediator or a couples counselor present will prevent your confrontation from escalating to a(nother) full-blown argument.

"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.

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