

Vaccine passport now required for hospital visitors

By Gordon Lambie

As of last Friday, anyone 13 years of age or older looking to visit a healthcare establishment in the province of Quebec or serve as a caregiver needs to present their vaccine passport or be denied entry.

Those seeking medical attention for themselves will not be held to the new rule, nor will anyone accompanying a child 14 years of age or younger, a person who is giving birth, or a person who cannot consent to care on their own behalf.

These measures were maintained despite the rescheduling of mandatory vaccination for healthcare workers to Nov. 15.

In the Eastern Townships, The CIUSSS de l'Estrie - CHUS warned on Friday that despite the extra time for workers to meet the vaccination deadline, the

CONT'D ON PAGE 3

Organ and tissue donors honoured in Sherbrooke



COURTESY ACDO

Pierre Brochet, Laval police Chief and President of the Association des directeurs de police du Québec with Geneviève Guilbault, Deputy Premier of Quebec and Minister of Public Security, and J. Michel Doyon, the Lieutenant-Governor of Quebec in Sherbrooke's Jacob-Nicol park this past weekend.

By Gordon Lambie

After not having held a formal ceremony in 2020, the Canadian Organ and Tissue Donors Association (ACDO), held a small-scale

commemoration in Sherbrooke's Jacob-Nicol Park this past weekend in honour of 192 people who made organ and tissue donations in 2021. Although the family and friends of donors were not able to be present for the event as

has been tradition for nearly the last 30 years, J. Michel Doyon, the Lieutenant-Governor of Quebec was still on hand to name each of the donors a posthumous "Ambassador of health."

CONT'D ON PAGE 3

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Weather



TODAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH OF 10
LOW OF 4



TUESDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH OF 7
LOW OF 1



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 12
LOW OF 3



THURSDAY:
CLOUDY

HIGH OF 13
LOW OF 7



FRIDAY:
PERIODS OF
RAIN

HIGH OF 11
LOW OF 4

Fall start up brings bling fundraiser to the Missisquoi North (CABMN) youth centre



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer (CABMN) youth centre re-started its youth programming for the fall 2021 to summer 2022 year this past week and weekend. A two-day jewellery sale fundraiser to benefit programs like the Mansonville Agricultural Youth Organizaton (MAYO)-Jeunes Agriculteurs de Mansonville (JAM) two day per week farming program offered as well as Students Against Destructive Decisions (SADD) leadership program, and dance group being just some of the groups organized by the longstanding organization.

Donations of second-hand jewellery, purses, scarves as well as movies, cds, books, etc. are collected throughout the year and sales like this one attended by more than 100 people are organized to help raise funds to keep the programs going.

"This two-day sale has brought in approximately \$1100," said Youth Coordinator, Ethan Ball. He and Animator, Eleanor Cote worked alongside dedicated volunteers, Laurette Rouleau and Joe (Julia) Hastings and youth volunteers: Amelya Jersey, Dakota Paige, Kate Eldridge, Aryane Bahl, Danika Robinson, Alex Fidler Jr. and Jason Ball.

"We can only accomplish this with the generosity of the people who donate items and those like CABMN Board Member, Madeleine Langlois who solicited family and friends for donations of jewellery, etc.," he added. "The generousities of those who come out and find a treasure or two and make a monetary donation never cease to amaze me with their kindness."

In November the Youth Centre in Mansonville will hold its largest fundraising initiative of the year with their Annual Rock-a-thon where participants get donations and then spend four hours rocking in a rocking chair while participating in activities. This is the one Youth Centre fundraiser per year where people are asked to make a contribution without getting something tangible back in return but rather just the knowledge that, by way of their donation, they have supported the youth programming of the CABMN

in providing quality programs for youth.

"We thank the volunteers, donors and attendees who made the Jewelry Sale fundraiser such a success," stated Eleanor Cote, Youth Animator. "We are very proud of the youth we serve and having the support of the community and beyond makes us motivated and encouraged to bring the best possible programs to the kids," she added.

For more information about the CABMN Youth Programs visit: www.cabmn.org or call 450-292-4886.

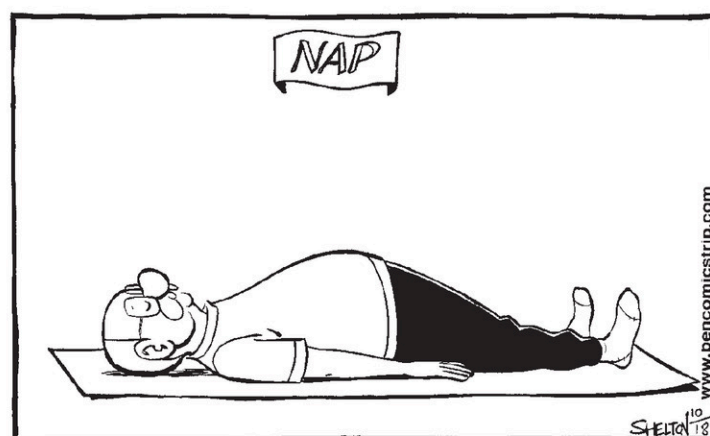
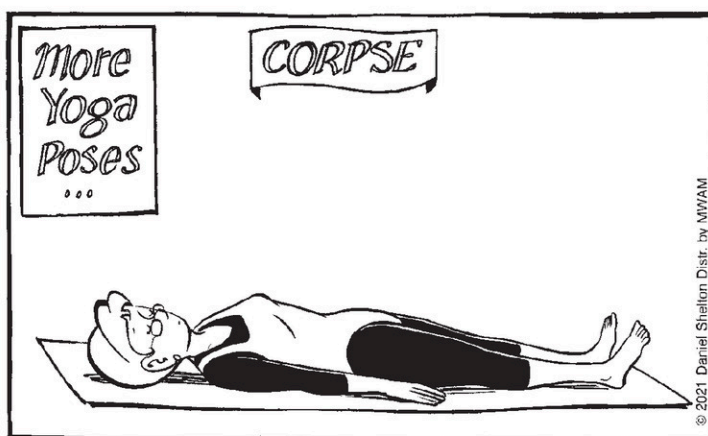


Bargains for all at the Youth Centre Jewelry and miscellaneous sale this past weekend.



CABMN Youth Animator, Eleanor Cote poses with some MAYO JAM participants.

Ben by Daniel Shelton



Local News | Underlining the fragility of working conditions in the region, the CIUSSS and its CEO, Stéphane Tremblay, were served legal notice by the care professionals' union over the weekend calling for an end to mandatory overtime by that same Nov. 15 deadline.

Sherbrooke Santa Claus Parade returns this year

Record Staff

The Sherbrooke Santa Claus Parade will unveil the concept for its 2021 edition in the coming weeks. In the meantime, the organization, which had to cancel the 2020 edition due to the pandemic, is inviting Sherbrooke residents to

reserve their evening of Nov. 27 for the event.

This year, the Productions du Palais team has been mandated to organize this edition of the Christmas parade, which will be very special indeed. Members are already actively working on the organization of the event with plenty of excitement.

The team is always looking for partners. Companies and merchants in the region who wish to take part in this great celebration are invited to contact Pascale Doré at 819 578-9102.

In order to make the Parade a success, the organization is actively seeking more than 200 volunteers, participants and extras. The team is

therefore calling on the population to recruit its precious team of volunteers for the 2021 edition. Anyone interested in participating is invited to contact us by email at info@productionsdupalais.com.

More details about the parade will be available in the next few weeks.

Revision of the list of electors in Sherbrooke

Record Staff

Sherbrooke's election office will be revising the list of electors on Monday and Tuesday, Oct. 18 and 19. The population is invited to check the notice of registration recently sent by mail.

If an error or omission appears on the list, the person concerned will have to appear before one of the four boards of revisors to make an application for

entry, correction or removal from the list of electors. The places, dates and times are indicated on the notice sent to residents. This information also appears at sherbrooke.ca/election, under the "Where to vote" button. If a person is not registered on the list of electors, he or she will not be able to vote on polling day. This is an important difference between federal and municipal elections. It is therefore important to do this now.

To add a registration, two documents must be presented: one containing the name and date of birth of the person registering and the other containing the name and address of the person's residence (identity documents, passport or electricity bills, etc.).

If no corrections are required, it is important to keep this notice as the reminder card. The polling place and polling division is on the back of the

card. This document will facilitate access to the polling station.

For more information, contact the returning office at 819 822-6100.

For residents in other municipalities who need to confirm they are registered to vote, the returning officer for all municipalities is available through the website at www.electionsquebec.qc.ca in the section 'checking your registration'.

Vaccine passport

CONT'D FROM PAGE 1

local system is facing "unprecedented" staffing challenges resulting in cuts to essential services. Among these is the closure of obstetrics services in the Granit region.

"The postponement of the decree allows us to recover staff and hope that at least 300 employees will have completed their vaccination and will be with us after November 15," said Yann Belzile, the director of human resources for the regional healthcare establishment. "For reference, since the announcement of the compulsory vaccination decree, approximately 600 employees have received a first dose."

Underlining the fragility of working conditions in the region, the CIUSSS and its CEO, Stéphane Tremblay, were served legal notice by the care professionals' union over the weekend calling for an end to mandatory

overtime by that same Nov. 15 deadline.

Late last week Health Minister Christian Dubé also announced changes to the restrictions placed on bars and restaurants, including a removal of the capacity caps and permission to move tables to a distance of one metre apart. Tables that are closer than one metre will need to be separated by a physical divider. The maximum number of people allowed at a single table was also increased to ten or three households.

These changes will come into effect November 1.

The Province of Quebec reported 676 new cases of COVID-19 on Friday, followed by 679 on Saturday and 532 on Sunday. This increases the total number of infections since the start of the pandemic in the province to 419,719.

There were 13 new Covid-related deaths recorded over the weekend, bringing the total to 11,444.

As of Sunday there were 303 hospitalizations as a result of the virus across Quebec, 76 of which were in intensive care. These figures are similar to where they were on Thursday.

Friday marked the last major update in the Eastern Townships, at which point the region recorded 272 active cases. That number marked an increase from the previous day's 261, and included 78 cases in Sherbrooke, 74 in the Haute-Yamaska, 23 in des Sources, 21 in Granit, 19 in the Val Saint-François, 18 in Memphremagog, 16 in Coaticook, 15 in the Pommeraie, seven in the Haute-Saint-François, and two not linked to a particular area.

There were two new deaths due to the virus over the period from

last Tuesday to Friday, both of which were in unnamed private seniors' residences.

As of Friday there were 12 people hospitalized due to COVID-19 in the region, two of whom were in intensive care.

Local vaccination rates have reached 86.1 per cent for a first dose and 83.5 per cent for a second, with 92.6 per cent of local healthcare workers having received two doses of a vaccine. Despite that high percentage, there were still 1,433 healthcare workers in the region not considered adequately vaccinated as of October 11.

Across the province 90 per cent of those 12 and up have received a first dose and 86 per cent have received a second, with a total of 22,446 healthcare workers not adequately vaccinated.

Organ and tissue donors

CONT'D FROM PAGE 1

The names of the honorees were also added to those of more than 5,000 others engraved upon a cenotaph in the park, which stands as the only public testament to the lifesaving difference these individuals have made for more than 15,000 others through their decision to become a donor.

Representatives of police forces across the province were also present for the event, in addition to Geneviève Guilbault, Deputy Premier of Quebec and Minister of Public Security and Sherbrooke Mayor Steve Lussier.

"With this ceremony, we pay tribute to all the men and women who, through organ and tissue donation, have left a legacy of health,"

shared Richard Tremblay, President and Founder of ACDO. "Through their actions, they have helped save many lives and improved the quality of life of thousands of other people. I express my deep gratitude to all these heroes and their brave families who, despite pain in very difficult times, have agreed to respect the wishes of their loved ones. I sincerely hope that this recognition from the ACDO, and of all those present today, will bring them comfort and be a balm on their grief."

The cenotaph is located in the centre of Jacob-Nicol Park, which is located at the intersection of Portland and Jacques-Cartier Boulevards in Sherbrooke.

PHOTOS COURTESY



ACDO cenotaph



ACDO pipers

Bonheur exhibit and sale at Uplands

Record Staff

There are seven local talents to discover:

- **Anne Bergeron:** Oil landscapes and miniatures
- **Diane Cameron:** Monoprints, oil abstracts and still life
- **Lucy Doheny:** Pottery
- **Debbie Everett:** Small wood sculpted Christmas ornaments
- **Caroline George:** Watercolours and collage on plasterboard
- **Lupi:** Epoxy resin art
- **Julie Normand:** Acrylic paintings

and miniatures

The current outdoor exhibit at Uplands, Rituals and Ceremonies, featuring the photography of Gabriel Safdie, is on display outside to enjoy, and the exhibit is beautifully highlighted by the Fall foliage!

Uplands' house and exhibits are open Thursday to Sunday, from 10 a.m. to 4:30 p.m. Admission is free.



Right: Work by the artist Lupi

The Bonheur exhibit is back at Uplands Cultural and Heritage Centre! This art exhibit, a prelude to the holiday season, is the perfect occasion to find great local gifts. This year, the works of seven artists and artisans with various styles will enliven Lennoxville art gallery.

The exhibit opened on Sunday Oct. 17 with the artists present. The exhibit and sale will remain on display until Dec. 10.



Anne Bergeron



The art gallery at Uplands

PHOTOS COURTESY UPLANDS

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A champion of local news dies at 60

By Geoff Agombar
Local Journalism Initiative

when he left in the evening after a long day's work."

"Journalists are known to be cynical or sarcastic people, but Maurice was not like that at all," Goupil adds. "Above all, he was humane. When he had to make a decision about an employee, he first contemplated the human impact of his decision. Every one of his decisions was carefully considered."

Cloutier was diagnosed with an aggressive form of melanoma in 2017. Multiple surgeries followed. He joined a clinical trial for an experimental immunotherapy treatment which successfully eliminated all traces of the cancer. Now in remission, Cloutier would live to experience the birth of his first grandchild. He returned to work embodying the same dedication and passion as before his illness.

But another great challenge lay ahead.

In August 2019, La Tribune announced it had sought protection from bankruptcy under the Companies' Creditors Arrangement Act.

Alain Goupil, who served as president of the Syndicat des employés de La Tribune for eight years, recalls how Cloutier immediately set to work to ensure the paper's survival.

"He called me into his office and said, 'From this day forward, I am dedicating myself to the service of La Tribune. I'm going into rescue mode. We must save La Tribune.' And he kept his word," Goupil says. "La Tribune was able to get through



"The best one could hope for in a boss and a coworker. I feel blessed to have had him as a colleague," remembers Alain Goupil.

that crisis, and the population of Sherbrooke and the region still has this newspaper today thanks to Maurice's efforts. I will always be grateful to him for that."

Along with former mayor Jean Perreault and leaders from around the Townships, Cloutier captained a committee with ultimately lead to the formation of La Coopérative de la Tribune that runs the outlet to this day.

Speaking with La Tribune, Louise Martin remembered the challenges of that crucial time. "Maurice and I talked about it when the bankruptcy announcement came. He told me, 'If I embark on this adventure, it's going to be intense, it's going to be a lot of hours.'"

"We talked about retirement, but that's not what he wanted. Maurice never had any regrets about the energy he put into this adventure. He was proud to have contributed, along with others, so that the people of the

Eastern Townships could continue to have their newspaper at their door or on their shelf."

Cloutier retired in August 2020 when it was discovered that his cancer had returned, having metastasized and reached his brain.

In September 2021, Cloutier was awarded a Mérite Estrien celebrating his career and contributions. In accepting the honour, he noted that coordinating the same Mérite Estrien programme for 20 years prior to his retirement had been among of his proudest achievements, because it had allowed him to support and encourage the incredible talents throughout his community.

Last Friday, Maurice Cloutier passed peacefully in the palliative care unit of the CHUS - Hotel-Dieu in Sherbrooke.

He is survived by his wife of 40 years, Louise Martin, two children, Stéphanie and Pierre-Luc, and three grandchildren.



PHOTOS COURTESY DAVID MARTEL

Maurice Cloutier (far right) at a Sherbrooke press conference in 2018.

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EDITORIAL

Québecor also owns two Quebec Major Junior Hockey League teams, the Québec Remparts and the Blainville-Boisbriand Armada, as well as the Laval Rocket of the American Hockey League, the farm team of les Canadiens.

Covid conquered, could return of Nordiques be next on Legault's to-do list?



PETER BLACK

media baron Pierre-Karl Péladeau.

Crazily enough, hope does flicker in the hearts of some faithful, including the aforementioned PKP, who as recently as last month was speaking optimistically about the return of the Nordiques, whose departure in 1995 to Denver was almost as politically and emotionally gutting as the sovereignty referendum the same year.

Some folks will recall the desperate scramble to keep the team in town with president Marcel Aubut (how the mighty have fallen ...) privately calculating his slice of the sale price, and then-premier Jacques Parizeau and then-mayor Jean-Paul L'Allier adamant about not putting a penny of public money into a new arena in the hopes of keeping the team.

As a friend recently reminded your scribe, the Nordiques organization, thinking positively, had even whipped up a fancy new logo for the team featuring some husky-like dog to replace the hokey big igloo N with a hockey stick.

Péladeau stirred the pot a few weeks ago on the occasion of the launch of the inaugural season of the Trois-Rivières Lions, the second Canadian team in the East Coast Hockey League - the other being the Toronto Maple Leafs-owned Newfoundland Growlers, based in St. John's, NL.

Québecor also owns two Quebec Major Junior Hockey League teams, the Québec Remparts and the Blainville-Boisbriand Armada, as well as the Laval Rocket of the American Hockey League, the farm team of les Canadiens.

Coyly saying that it's always been his goal "to be even more part of the joy of hockey," Péladeau said Québecor's application for an NHL franchise is still on Bettman's desk.



Without specifically stating he's ready to open his wallet to the tune of a billion smackers, Péladeau did allow that "we have a company with the financial means and a broadcaster too. We continue to push our candidacy to eventually own a (NHL) hockey team."

He added that Québecor board chairman and erstwhile Canadian prime minister Brian Mulroney "continues to work in that direction."

So, let's take PKP at his word and assume the money would be there. What about political clout (besides Mulroney) to move the dossier forward? How about Quebec Premier Francois Legault, himself a fan and former player of the sport of rinks?

The premier stickhandled his way

into the topic of an NHL team in Quebec City a few months ago in the context of the shocking occurrence of the Canadiens icing a roster with not a single Quebecois in the line-up.

Legault said that one way to ensure more Quebec player content on Quebec-based teams is to have an NHL team return to the capitale nationale. He said he would like helping bring the Nordiques back to Quebec City to be part of his legacy as premier.

Having conquered the pandemic (but not yet all the unvaccinated), Legault might be looking for another big challenge. Gary Bettman and NHL governors, however, may be more daunting to conquer than a coronavirus.

Letters

Open Letter to Potton Director General and Returning Officer

DEAR MR. MALTAIS,

On behalf of those living distant from Owl's Head, I am requesting an additional polling site be offered in the downtown sector of Mansonville. Not only for Election Day, but also for the advanced polls. If the Town Hall is not ideal, the Mansonville (English) Elementary School is, since it is both:

- handicapped accessible, and
- has adequate COVID-safe space.

It has also been used as a polling station for many other elections.

Yes, the Owl's Head site will undoubtedly be popular with the residents living in Vale Perkins and Owl's Head. However, most (all?) own cars and are generally more able to travel, in contrast to those for whom the site will be difficult to access. This includes those living in town (Mansonville), as well as in Highwater and Dunkin, including the Ruitter Brook sector.

If no in-town polling station can be arranged, a free handicapped-accessible shuttle service should be made available for those wanting to vote. I trust the administration wishes high-voter turnout.

SINCERELY,
MURIELLE PARKES
POTTON

THE RECORD

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Local Sports

Gaiters cruise past Gee-Gees on damp Saturday night



HEATHER MCKEEN-EDWARDS

Jacob Gasperetti (Ottawa, ON/Notre Dame H.S.) scored five times and added four helpers as the Bishop's Gaiters lacrosse team dominated Ottawa 19-5 on a rainy Saturday night in Lennoxville.

Gasperetti scored twice in the first quarter to pace Bishop's to a 3-2 advantage before they exploded in the second. They outscored the Gee-Gees 8-2 for an 11-4 halftime edge.

After the break the rout was on as the Gaiters scored six unanswered goals in the third frame and two more in the fourth before Ottawa found the back of the net late to make the final 19-5.

Sam Firth (Ottawa, ON/Nepean H.S.)

tallied six points, four goals and two assists. He currently leads all CUFLA with 38 points, 11 ahead of second place. His 24 goals are also tops in the league by eight.

The win improves the Bishop's to 5-0 on the year and assures them a home playoff game in the CUFLA East division. It is slated for Oct. 30. Before they get there, they will wrap up their regular season on Sunday, Oct. 24 when the Queen's Gaels (3-1) visit Coulter Field with first place in the division potentially on the line. Faceoff is set for noon.

Submitted by Marty Rourke,
Bishop's Sports Information

Wild captain fractures fibula

Record Staff

The Desjardins-Windsor Wild organization would like to provide an update on one of its players who suffered a significant injury during Friday night's opening game.

A few minutes into the first home game of the regular season, team captain Richard Camiré left the game and was sent to the hospital. He later took the time to explain what happened.

"I slipped with my foot under my buttocks and when we slid into the corner, my foot turned upside down," said the team captain.

I have a fractured fibula," he said.

"I'm still fine this morning," he said on Saturday morning. "I want to thank the organization, the City of Windsor employees and everyone who helped me from the moment I left the ice until the paramedics arrived."

The Windsor Wild hope that the recovery goes well and that the team can see their captain in action again by the end of the season.

The Desjardins - Wild will play their next game this Friday at 8:30 p.m. against the Inter-Clôtures Cougars in Warwick.

The next local game will take place on Friday, Nov. 5 at 8:30 p.m. when the Val-des-Sources Nordik Blades will be the visiting team.

Some kids aren't doing well. Helping them with their homework by videoconference can do them good.



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Death

Death



Doris May Clouston

Doris May Clouston, only child of Mary Jones Clouston and Robert Clouston passed away peacefully on October 10, 2021 at age 98. After losing both parents while still a teenager, Doris embraced life on the Stewart farm in St Pierre de Broughton and quickly became a cherished member of the entire extended family. She was predeceased by her Stewart siblings, Mildred Robertson, Dorothy Marlin, Arthur Stewart and Alice Stewart and is mourned by her surviving sisters Lucy Kinghorn and Edna Beattie.

As a child, Doris grew up in Lemesurier, Quebec on her family farm. Surrounded by many sheep, cows and her beloved horses, her love of nature was nurtured. She was deeply rooted in the land, but not confined by it. As a young woman, Doris left for Sherbrooke where she became a published writer and poet. While in Sherbrooke she also worked for the Graham family, keeping close contact with the family over the years.

Doris lived a long life filled with music, love, laughter and plenty of hard work. There was no task she would not tackle with eagerness, whether it involved tending farm animals of preserving local history. She was a longtime supporter of the Megantic Historical Society where her family's "whim" (threshing machine) is among the artifacts illustrating life in days gone by. Doris was instrumental in getting a commemorative plaque for St. Matthews Church site in Lemesurier.

A dear friend to many in the community, many generations discovered her love of music, of people, and of a good political debate. Those who knew Doris can testify to her knack of putting everyone at ease in any gathering. She brought out the best in all of us.

The family wishes to thank all the staff at CHSLD Denis Marcotte for their kindness and care and her most special friend Maureen Small, MCDC.

Visitation will be held on October 23rd from 1 p.m. to 2 p.m., followed by a service at 2 p.m. at Candlish United Church, 311 Rue des Fondateurs in Kinnears Mills. Burial to follow at Riverside Memorial Cemetery.

Datebook

MONDAY, OCTOBER 18, 2021

Today is the 291st day of 2021 and the 27th day of autumn.

TODAY'S HISTORY: In 1767, the boundary between Delaware, Maryland and Pennsylvania (the Mason-Dixon Line) was established.

In 1962, Drs. James Watson, Francis Crick and Maurice Wilkins won the Nobel Prize in medicine/physiology for uncovering the double-helix structure of DNA.

In 2001, four al-Qaida members were sentenced to life in prison for bombing the U.S. embassies in Kenya and Tanzania in 1998.

TODAY'S BIRTHDAYS: Pierre Trudeau (1919-2000), Canadian prime minister; Jesse Helms (1921-2008), U.S. senator; Chuck Berry (1926-2017), singer-songwriter; George C. Scott (1927-1999), actor; Peter Boyle (1935-2006), actor; Mike Ditka (1939-), football coach/player; Wendy Wasserstein (1950-2006), playwright; Martina Navratilova (1956-), tennis player; Jean-Claude Van Damme (1960-), actor; Wynton Marsalis (1961-), jazz musician; Esperanza Spalding (1984-), singer-songwriter; Lindsey Vonn (1984-), skier; Zac Efron (1987-), actor.

TODAY'S FACT: The Mason-Dixon Line surveyed by Charles Mason and Jeremiah Dixon in 1767 left a "wedge" of land in dispute between Delaware and Pennsylvania until 1921.

TODAY'S SPORTS: In 1977, New York Yankees outfielder Reggie Jackson hit three home runs on three consecutive swings against three different Los Angeles Dodgers pitchers, leading his team to an 8-4 win (and the series win) in Game 6 of the World Series.

TODAY'S QUOTE: "There's nothing wrong with struggle. Anytime I look back at a difficult phase of my life and see what grew out of it - the creative survival tactics - I think that the good is way better than the bad." - Esperanza Spalding

TODAY'S NUMBER: \$556.37 - Herman Melville's total earnings from the 3,715 copies of "Moby-Dick" that sold during his lifetime. The now-classic novel was first published as a three-volume edition titled "The Whale" on this day in 1851.

TODAY'S MOON: Between first quarter moon (Oct. 12) and full moon (Oct. 20).

Link between DVT and varicose veins uncertain



ASK THE DOCTORS

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

Dear Doctors: I inherited my mother's prominent varicose veins, and despite surgery, they are back. My sister recently told me our mother had deep vein thrombosis when she was older. She told me to be careful, and to watch for symptoms. Am I at risk because of my varicose veins?

Dear Reader: Deep vein thrombosis, or DVT, is a serious condition that is considered a medical emergency. It occurs when a blood clot, also known as a thrombus, forms in the veins deep within the body. Although DVT is most common below the knee, it also occurs in the thighs, arms or abdomen. It can be caused by slow or reduced blood flow due to prolonged periods of immobility, increased blood pressure within the vein, increases in blood viscosity or physical damage to the veins themselves. The danger is that if a blood clot breaks free, it can travel to the lungs and cause a blockage, known as a pulmonary embolism. This can be fatal.

Whether due to genetics or a range of health conditions, some people are at increased risk of coagulation, which also plays a role in DVT. Additional risk factors include being obese, being older, living with chronic heart or airway disease, having a recent surgery, living with cancer and smoking.

DVT can be a silent condition. When symptoms do occur, they include a throbbing sensation or a cramping pain, occurring only in

one leg, typically below the knee. The area may feel unusually warm, and skin may appear reddened or a darker hue than usual. In some cases, swollen veins may be visible, which feel tender and are hard to the touch.

Varicose veins, by contrast, are surface blood vessels that have become visibly enlarged or misshapen. This occurs due to increased blood pressure that is beyond what the somewhat-fragile one-way valves in the veins can withstand. The result is that the valves allow some of the blood that is headed to the heart to flow backward, which causes it to pool. This gives varicose veins their characteristic dark blue or purplish color and their raised or swollen appearance. Risk factors for developing varicose veins include older age, being overweight, being female, smoking, using oral birth control or hormone replacement, and inactivity. Although not considered a serious medical condition, varicose veins can be uncomfortable, and even painful.

When it comes to your question about varicose veins being a risk factor for deep vein thrombosis, the answer is not yet entirely clear. A study published in the Journal of the American Medical Association in 2018 found a link between having varicose veins and an increased risk of DVT. However, the patients with varicose veins also had a measurably higher incidence of other medical conditions, including respiratory disease, cardiovascular disease and metabolic conditions such as diabetes. This made drawing a direct connection between the varicose veins and DVT somewhat tricky. To ease your mind, it would be a good idea to become familiar with the symptoms of DVT. If any of them should arise, seek immediate medical care.

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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Couples fight turned workplace gossip

Dear Annie

MONDAY, OCTOBER 18, 2021

Dear Annie: How much is appropriate to share in the workplace when it comes to personal matters?

In general, my husband and I get along fine. Recently, we ended up in some disagreement over not-so-important matters. Words were said that would have been better left unsaid. We were both angry. I was not proud of it. Later, I apologized.

He took our personal pickle and openly discussed it with his staff in the office. Days later, he told me how everyone at work agreed with him.

He is the boss. He says he trusts these people. I do not. The same folks bring all kinds of juicy gossip to the office from their community. That explains to me their level of trustworthiness. My experience in life is that people who gossip will be happy to share any story with all their so-called best friends. Our problem likely did not stay at work.

I am a private person. I really hate being in the local gossip mill. I would never think of taking a personal conflict and discussing it in the workplace, putting my husband - or any person who is important to me - down like that. Earlier this summer, I had asked him not to take a different family matter and discuss it with his staff, but he did.

My husband is quite a talker. He says things that come to his mind and maybe thinks about them later. I am just the opposite. Many things come to my mind but only to think about. Later, he apologized.

For the life of me, I cannot believe he

threw me under the bus like that. The trust is gone, and I feel really hurt. We are working on rebuilding it with some help. I often stay in the garden, working on little things and crying. I have a difficult time forgetting and forgiving. I keep our discussions only on safe topics to avoid more trouble.

Am I overly sensitive feeling this way? Is there a right or wrong in our situation? - Feeling Hurt

Dear Feeling: It does not make you overly sensitive to feel betrayed, hurt and uncomfortable. Your husband violated your trust and exposed your private matters to his colleagues. Aside from upsetting you, this is also highly inappropriate and unprofessional as a leader.

Arrange for the two of you to speak in the presence of a couples counselor. This is not the first time your husband has turned chatty amidst a tiff at home, and it's time to break the pattern.

A third party might help you feel more comfortable articulating your thoughts to him without feeling like you're causing "more trouble." It will also give him the space to talk these things out with the right people, keeping your personal matters between the two of you and out of the office.

"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

NEA Crossword Puzzle

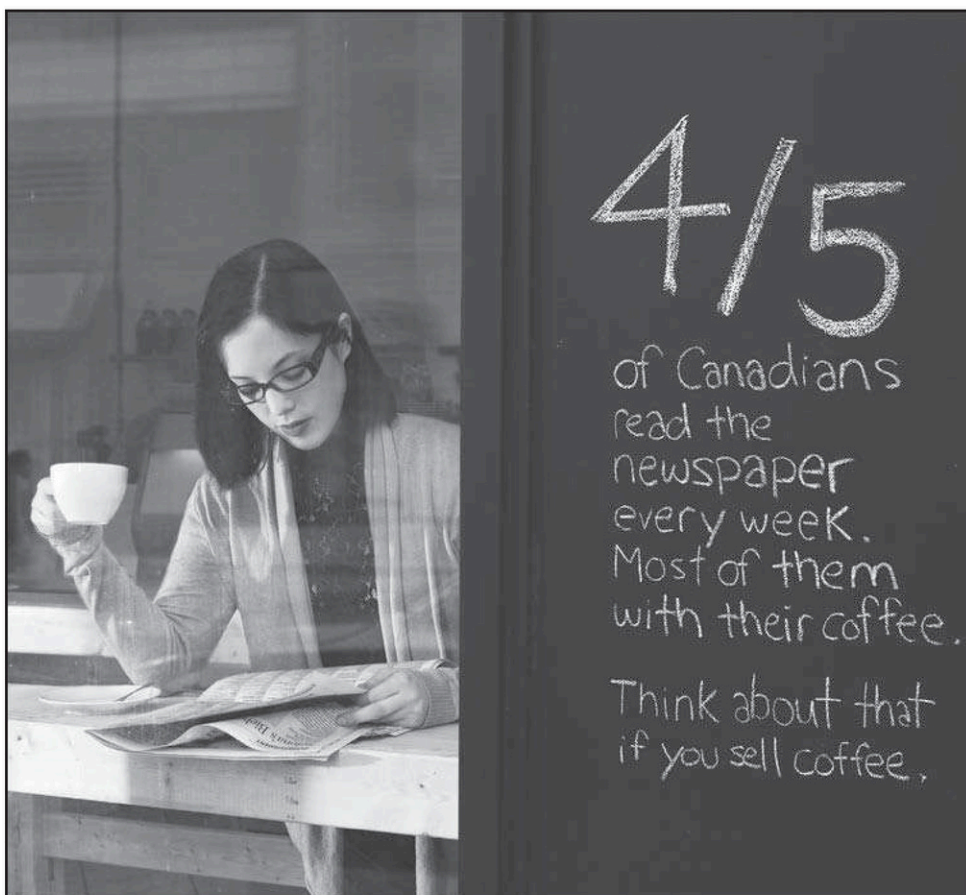
Answer to Previous Puzzle

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

- ACROSS**
- 1 Armed conflicts
 - 5 Satyr
 - 9 British FBI
 - 12 Auction site
 - 13 Italian wine city
 - 14 Literary compilation
 - 15 Calf's bellow
 - 16 "Pow!"
 - 17 Upper atmosphere
 - 18 Mr. Spielberg
 - 20 Gives a thumbs-up
 - 22 Latin 101 word
 - 23 Rand of "Atlas Shrugged"
 - 24 Peace Prize name
 - 27 Reverberate
 - 31 Bother
 - 34 Without feeling
 - 35 Prove durable
 - 36 Pointed tools
 - 38 Overconfident
 - 40 Large deer
 - 41 Fit together
 - 42 Docile
 - 44 Hirt and Pacino
 - 46 Rev the engine
 - 49 Muralist - Rivera
 - 52 Veld grazers
 - 54 Psyche components
 - 55 Hobbling
 - 58 Wool knot
 - 59 Zoo staffer
 - 60 Kauai feast
 - 61 Comedian Jay
 - 62 Spanish "that"
 - 63 Travels on powder
 - 64 "What - could I do?"
- DOWN**
- 1 Mazes
 - 2 Let up
 - 3 Colder and wetter
 - 4 Woodsy
 - 5 Young deer
 - 6 Pale gray
 - 7 Ms. Hagen
 - 8 Spock portrayer
 - 9 Hombre's abode

- 10 Black
- 11 24-hour periods
- 19 Collar style
- 21 Had down pat
- 23 Book for photos
- 25 Police raids
- 26 Jane Austen novel
- 28 So-so grade
- 29 Falstaff's prince
- 30 Sitcom planet
- 31 Moving option
- 32 Meadow browser
- 33 Sweater sizes
- 37 Men-only event
- 39 "Runaway Bride" groom
- 43 Putter with
- 45 Relaxes
- 47 Hardhearted
- 48 Yields, as interest
- 49 Go in headfirst
- 50 "Beware the - ..."
- 51 This senora
- 52 Europa's lover
- 53 Blackthorn
- 56 Northern seabird
- 57 - tai cocktail

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59				60					61			
62				63					64			



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DO THE MATH. ADVERTISE IN THE NEWSPAPER. | NEWSPAPERS CANADA

CELEBRITY CIPHER

by Luis Campos

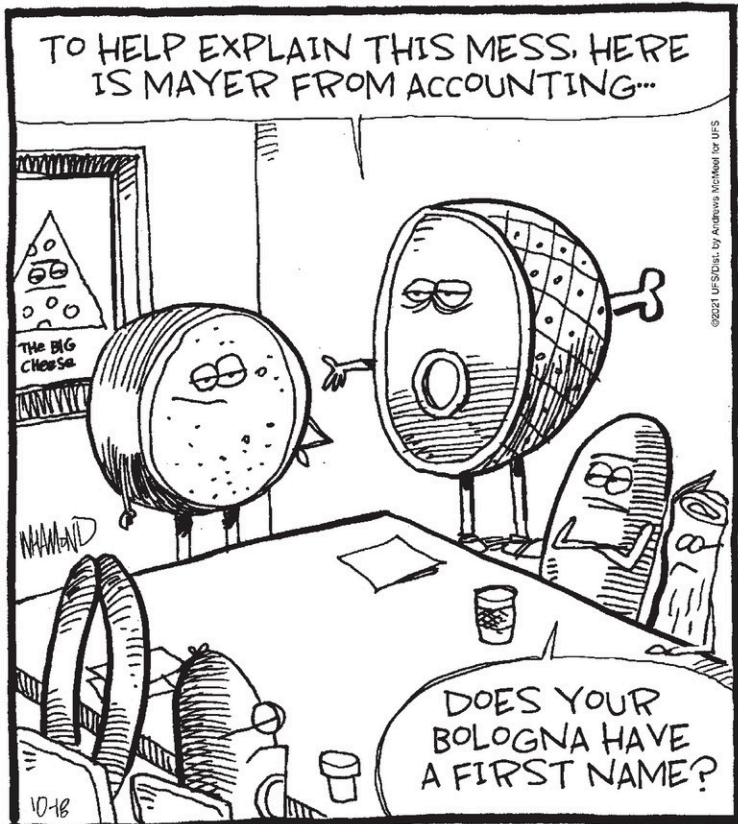
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"VFR XYGI Y EFM FW XFPIV, CM TRZM
 XIYPZ VFR XYOI Y EFM FW XFPIV. CM
 OFIZP'M XYGI VFR Y HIMMID KIDZFP."
 — XYDMCPY PYSYDMCEFSY

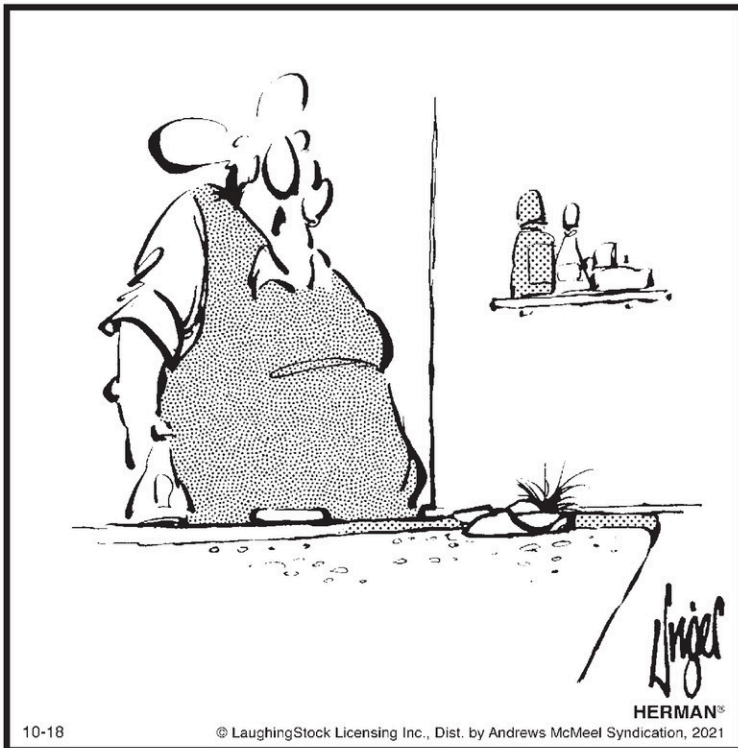
Previous Solution: "There's always someone telling you not to do something. The main thing is just to ignore them." — Tim Robbins

TODAY'S CLUE: r sjanbe 1

REALITY CHECK

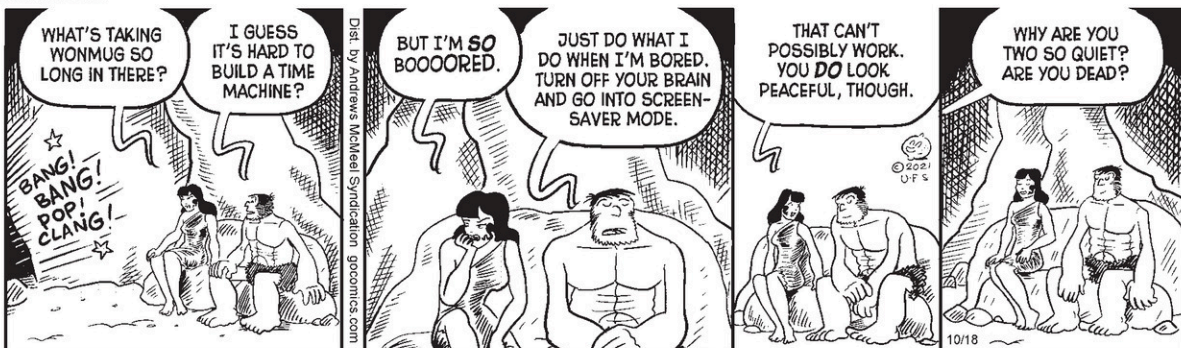


HERMAN

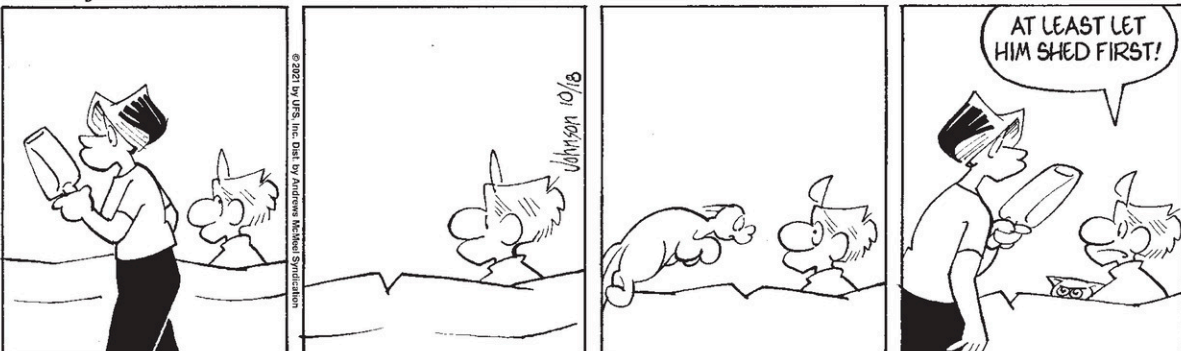


"The plumber told you not to block that overflow."

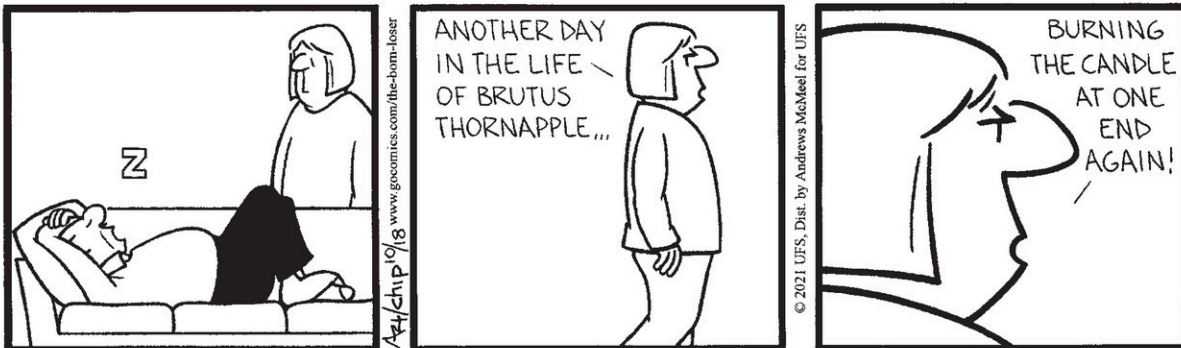
ALLEY OOP



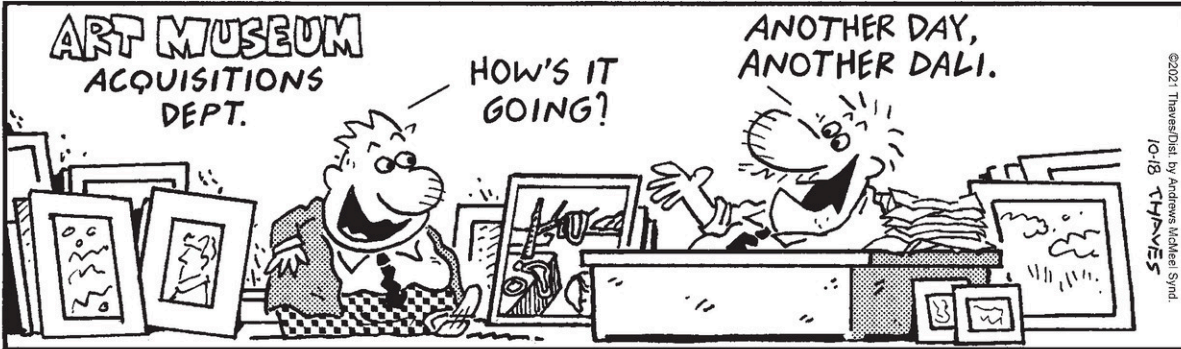
ARLO & JANIS



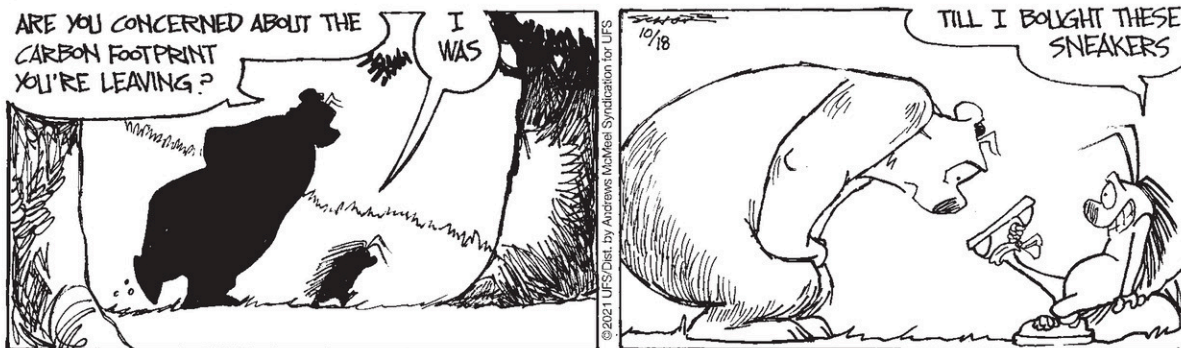
THE BORN LOSER



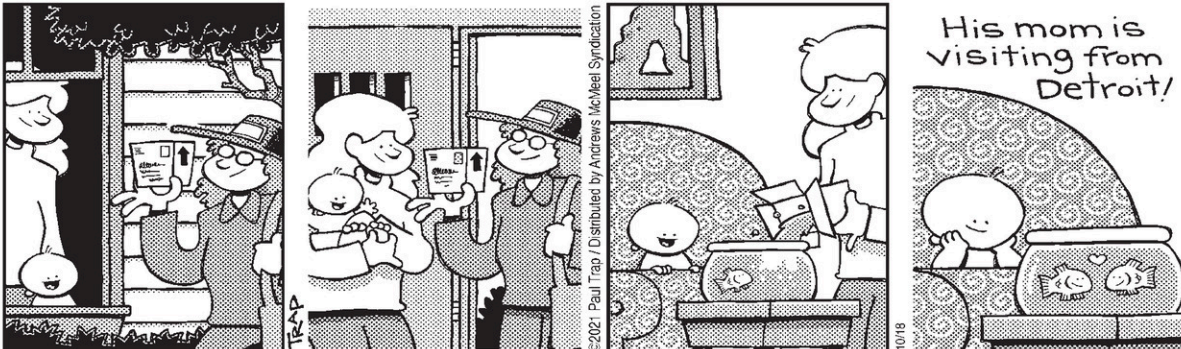
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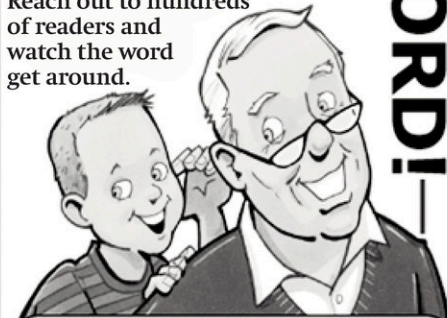
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THE RECORD

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WORD!

⊙ ** ☐ ☹ ☼ ~ Ⓞ Ⓢ ✨ * ✨ ✕ ✨ + ✨ * ▲ ☾ * ♂ ✨ ✨ ♃ ♄ ♅ ♆
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 a party.
 Each number corresponds to a letter.
 (Hint: 22 = E)

A. 9 16 3 25 2 9

Clue: Small meals

B. 26 22 14 22 4 3 23 22

Clue: Drink

C. 18 4 6 22 16 15 9

Clue: Close companions

D. 25 12 3 5 13 3 23 16 22

Clue: Bubbly beverage

Answers: A. snacks B. beverage C. friends D. champagne

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

10/18

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

PUMPKIN CARVING PHOTO CONTEST

ARE YOU A MASTER PUMPKIN CARVER?

The Record would like to see your Halloween pumpkins. Send us a selfie holding your pumpkin for a chance to win a prize.

The contest is open to all ages. The winner will be chosen by our esteemed panel of pumpkin judges based on a combination of skill, creativity and overall spookiness.



Last year's winner
Mackenzie Jones-Leggat

Send your pumpkin selfies to classad@sherbrookerecord.com before noon on Thursday, October 28.

The photos will be published in the paper on October 29.

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NEA Crossword Puzzle

Your Birthday

MONDAY, OCTOBER 18, 2021

patience when dealing with friends and relatives. Being a good listener will help you figure out how best to respond to someone asking for too much. Set guidelines.

ARIES (March 21-April 19) – Dig in, get the facts, formulate a plan and leave nothing to chance. A suggestion will help you update the way you present yourself to others. Broaden your awareness through participation.

TAURUS (April 20-May 20) – Go over personal documentation to make sure everything is updated. An opportunity will require you to step outside your comfort zone. Think twice before you put yourself in an awkward situation.

GEMINI (May 21-June 20) – Focus on what's important to you and the best way to get what you want. A work-related matter will broaden your scope and boost your morale. A partnership will encourage you.

CANCER (June 21-July 22) – Consider the pros and cons of any situation before you make promises. Don't let an emotional issue spiral into an argument that can disrupt your plans. Be prepared to proceed alone, if necessary.

LEO (July 23-Aug. 22) – Consider the result you are trying to achieve and make arrangements to reach your goal. Discipline will be necessary if you want to avoid temptation. Upgrade your surroundings. Romance is favored.

VIRGO (Aug. 23-Sept. 22) – Be diligent regarding your health and well-being. Take an intelligent approach to fitness, proper diet and attending events. Walk away from anyone putting pressure on you.

Establish what you want and find out how to achieve peace of mind and happiness. A positive outlook will help you turn your dream into a reality. Comfort and convenience at home will make it easier to deal with sticky problems. Make decisions that will encourage a lifestyle that reflects who you are and what you want to do.

LIBRA (Sept. 23-Oct. 23) – Someone will take advantage of you if you are too accommodating. Focus on taking care of your responsibilities and doing the best you can. You can offset someone's efforts to take charge.

SCORPIO (Oct. 24-Nov. 22) – Leave nothing to chance. Take care of personal matters yourself. Look for a unique way to organize your space, and put aside time to spend with someone who lifts your spirits.

SAGITTARIUS (Nov. 23-Dec. 21) – Check out the possibilities yourself. If you rely on someone, you will miss out on something spectacular. Make decisions that are going to benefit you. Romance is on the rise.

CAPRICORN (Dec. 22-Jan. 19) – Take a moment to rethink your financial plans. Keep your emotions under control, and you'll avoid paying for something you don't need or want. A joint venture will require work.

AQUARIUS (Jan. 20-Feb. 19) – Your determination and dedication will pay off. Discuss your plans with a loved one, and you'll come up with a blueprint for your financial future. Consistency will be key. Set a reasonable budget.

PISCES (Feb. 20-March 20) – Have

Answer to Previous Puzzle

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

- ACROSS**
- 1 Tempo
 - 5 Sticky fruit
 - 8 Carol
 - 12 "Better late — never"
 - 13 Geisha's tie
 - 14 Cancel
 - 15 — Derr Biggers
 - 16 Furnish
 - 17 Paris streets
 - 18 Life forms
 - 20 Part of NBA
 - 21 Perceive
 - 22 Wood ash product
 - 23 Sudden outpouring
 - 26 Fragrant fir
 - 29 Mendi-cant's shout
 - 30 First-magnitude star
 - 31 Flood residue
 - 33 Taxi
 - 34 Votes in favor
 - 35 Pepsi or RC
 - 36 Modern breakfast
 - 38 Roused
 - 39 FBI acronym
- 40 Seemly**
- 41 Feels under par**
- 43 Slogans**
- 46 First 007 movie (2 wds.)**
- 47 Slow pace**
- 48 October's stone**
- 50 Cartoon shrieks**
- 51 Bullfight cheer**
- 52 Emperor before Galba**
- 53 Poison ivy symptom**
- 54 Ben & Jerry rival**
- 55 Sweater flaw**
- DOWN**
- 1 AAA suggestion
 - 2 Moby Dick's foe
 - 3 Container weight
 - 4 Joins up
 - 5 Imitate a signature
 - 6 Nile wader
 - 7 Temporary job
 - 8 Hospital workers
 - 9 Blame

- 10 Utopia
- 11 — Gatos, Calif.
- 19 Once called
- 20 Jean Auel heroine
- 22 Decreases gradually
- 23 Cul-de- —
- 24 Melodrama
- 25 Pulpit
- 26 Win against
- 27 On a rampage
- 28 Backless slipper
- 30 "Alice" waitress
- 32 Newscaster Rather
- 34 Hearty laughs
- 35 Natural fabrics
- 37 Rubber item
- 38 Common sense
- 40 Stodgy one
- 41 Length times width
- 42 Signs one's name to
- 43 Penicillin source
- 44 Friendly
- 45 Name in cheese-cake
- 46 "The," to Wolfgang
- 47 Average guy
- 49 Cut timber

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MONDAY, OCTOBER 18, 2021

The defense was as smooth as silk

By Phillip Alder

Jane Austen wrote, "We none of us expect to be in smooth water all our days."

Too true, but occasionally at the bridge table, the defenders tack perfectly and defeat the contract. How did East-West do that in today's deal?

In the auction, West's delayed one no-trump showed at least 5-5 in hearts and diamonds, the two unbid suits. East jumped to game because he knew about the double fit, which always generates more tricks than the combined point-count would suggest. South then bid what he hoped he could make or what would prove to be a cheap sacrifice if not.

West led the club ace, which everyone knew was a singleton. East signaled with the two, a suit-preference signal for diamonds. So, West shifted to a low diamond. South saved a trick by playing dummy's 10, but East won with his ace and returned the club 10, a suit-preference signal for hearts. After ruffing, West trustingly shifted to a low heart. East took that trick and delivered a second club ruff for down two and a near top in an online duplicate.

At another table, North-South benefited from the weak no-trump, showing 12-14 points. North opened

		North	10-18-21
		♠	K Q 5
		♥	Q 5 3
		♦	K J 10
		♣	Q J 5 3
West		East	
♠	10 2	♠	4
♥	A 10 8 6 2	♥	K J 9 7
♦	Q 7 6 5 4	♦	A 3 2
♣	A	♣	10 9 7 4 2
		South	
		♠	A J 9 8 7 6 3
		♥	4
		♦	9 8
		♣	K 8 6
Dealer: West			
Vulnerable: Both			
South	West	North	East
	Pass	1♣	Pass
1♠	1NT	Pass	4♥
4♣	Pass	Pass	Pass
Opening lead: ♣ A			

one no-trump, and South responded four hearts, a transfer to spades. This silenced West.

East started with the diamond ace, denying the king since East was a robot. When West discouraged, East shifted to a club. Now, though, West lost his nerve. He cashed the heart ace, and North took the rest of the tricks. If West had led a low heart at trick three, East would have won and could have given partner a lethal club ruff.