

Sherbrooke Taxis transfers dispatch centre; ten locals out of work

Record Staff
SHERBROOKE

The Taxis Sherbrooke closed its dispatch center unexpectedly Sunday night.

Employees were notified by phone on Sunday afternoon and told to come in to pick up any personal belongings.

Approximately ten people have lost their jobs.

Calls are now being picked up by an Ottawa call center.

A rumor that the central dispatch centre, located on Belvédère South, could be transferred had been circulating for a few months, and the numerous requests for meetings from the employees' union, the CSD, remained unanswered.

According to union counselor Yves Vigneault, the decision came as a shock. He added that dispatchers work closely with drivers to provide efficient service during peak hours must be familiar with the territory.

The dismissed employees were scheduled to meet on Monday night for a special general assembly. The goal of the meeting will be to see what measures could be taken to protest the taxi company's decision to lay off Sherbrooke workers and outsource the jobs.

Sherbrooke boxing club goes head to head with Parkinson's



PHOTOS BY GORDON LAMBIE

By Gordon Lambie

The Sherbrooke Boxing Club has become the first gym in Quebec to operate a Rock Steady Boxing Program for people living with Parkinson's Disease. Contrary to popular belief that the degenerative neurological disease can be caused by boxing, Sherbrooke club President Franklin Dorey said that the rise of Rock Steady out of

Indianapolis in the mid-2000s shows that the sport can actually be highly beneficial to the quality of life of Parkinson's patients.

"When I heard about the project I was 100 per cent behind it," said Dorey, who has been involved with the club for more than 20 years. Since the program got started at the gym in June, the president said that he has seen a massive change for those who make the twice

weekly trip to box. "Some people, when they first came, they had two people to help them and now they're on their own."

Dorey explained that the Sherbrooke initiative was started after the club was approached by University of Sherbrooke professor and trained nurse Andréanne Tanguay.

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Weather



TODAY:
SUNNY

HIGH OF 11
LOW OF 7



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 16
LOW OF 7



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 19
LOW OF 4



FRIDAY:
SUNNY

HIGH OF 17
LOW OF 3



SATURDAY:
SUNNY

HIGH OF 20
LOW OF 5

The blobs take on creativity



DISHPAN HANDS

SHEILA QUINN

The creative process, and creativity in general, can be a fabulously simple thing – an idea can spring into fiery, urgent life in your mind, pressing to be realized. An event, a piece of clothing, a musical score or sound, a written piece can spool forth, taking the creator with them, sliding through the steps to completion.

Or a task can be at hand and sit like a big blob of plain, stationary goop. Still. Uninspired. Blobby.

When a creative person is faced with a request to produce a piece of work, sometimes the former is the case – a holy host of creative neurotransmitters fire up and burst forth and there, before your very eyes, the thing comes together. It's exactly as intended – NO! It's even BETTER. The thing is exactly even better than the initial plan.

Idea + Brain = Fusion + RESULTS.

Recently, I was faced with the latter. A request for the creation of some costume pieces – exciting! Egyptian-themed costume pieces – BRILLIANT. Plenty of months to create them = even

better.

My brain was delighted with the idea of Egyptian-type costume creation. This was doable. This was fairly simple. This was something I could handle. There was plenty of time.

Enter: THE BLOB.

The Blob took advantage of my weakened creative state – it had been a particularly challenging year, and some time since my last foray into the creative world, and more than a year since my last crack at a sewing machine since all of last year's Hallowe'en costumes had been assembled from pieces of thrifted clothing.

The Blob probably also liked that I had a long time to think on this. It would just ooze its blobby self into every nook and cranny in the right side of my brain, cut off a little circulation there while it was at it, over the months that I had stretched out before me.

When the summer months did not unfold as planned, The Blob whooped for joy, and was even happier when I went on vacation, since I wasn't anywhere near a sewing machine, nor was I anywhere near Egypt.

The Blob brought along its friend Worry. Worry was a nervous wreck over the timeline and all of the new things that were set to take place in my life. Worry figured it would make constant lists of the ways I would NOT accomplish this and the coming shame. Worry was certain that I wouldn't get this done in time, nor at all, nor was I even capable of achieving completion of this project.

The Blob and Worry were fairly unnoticeable, until I thought of the project...and then they were stinky, oozy and uncomfortable – full-on gave me the willies on occasion. It was like the

trailer of a good old b-movie horror flick...

"She thought she had it all. An ideal A project! A plaaaaan! She was WRONG. She had.... DUNDUNDUNNNN! The BLOB!!!"

I did. I had the blob. Blob and Worry.

By this time I also had most of the stuff I needed to complete the project. Every time I hit the drawing board though, along came B&W and I would just simply blank. Who did I think I was, anyway? I had to manage being back at school myself, and a family and so on...how did I even think I had the brain to be creative.

But back to the drawing board I went...and then FINALLY one day, along came some kind of little reaction, a flicker of hope, I'll call it Sparky. Sparky came to life in one little tiny brain sector – not even a flame, but it started something. Sparky somehow brought to life a whole mob of itself – and soon my brain teemed with other Sparks – The Blob and Worry didn't stand a chance at squatting around the old noggin' the way they had – they were evicted, and whittled down to much less significant forms of their former selves.

Sparky brought to life The Idea, crying as it all charged through the peaks and valleys of my mind, "Egypt! Here we come!!!"

If you'd like to see the results of this rather (unexpectedly) challenging creative experience, make your way to Knowlton Players' production of Joseph and the Amazing Technicolour Dreamcoat, coming to Theatre Lac Brome (9 Mont Echo, Knowlton) from November 2nd to 12th! For tickets, visit <http://gogojoseph.brownpapertickets.com/> or call Brome Lake Books at 450-242-2242.

Stanstead meet-the-candidates forum

STANSTEAD

In anticipation of the upcoming municipal election, citizens of Stanstead and all those interested are invited to meet the candidates running for mayor and council seats at a forum to be held October 26 from 6 to 8 p.m. at 98 Princi-

pale (former Église St-Thérèse).

Each candidate will have an opportunity to give a 2 minute presentation on his or her qualifications and platform. After the presentations, the public will have the opportunity to meet and mingle with the candidates and ask questions one-on-one.

Coffee and doughnuts will be served.

Advance voting for the Stanstead municipal election takes place at Sunnyside School, Sunday, October 29 from noon to 8 p.m. Election day voting takes place at Sunnyside on Sunday, November 5 from 10 a.m. to 8 p.m.

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Ben by Daniel Shelton



LOCAL NEWS

Goldbloom and Cossette emphasize that, "We want to congratulate our faculty, staff and students. This is a real team effort."

Maclean's poll ranks Sherbrooke's universities first in 'Student Satisfaction'

Record Staff
SHERBROOKE

For the second consecutive year, Bishop's University and the Université de Sherbrooke have ranked first in their class in terms of student satisfaction, making Sherbrooke the region of choice to pursue university studies in Canada in a Maclean's Magazine survey of 23,988 Canadian university students published last week

"This exceptional level of appreciation confirms that our universities offer a highly valued community of study and life for students across Canada," say Principals Pierre Cossette (UdeS) and Michael Goldbloom (Bishop's). "By focusing on the quality of interactions with all staff,

a learning environment that is responsive to needs, and a collaborative and non-bureaucratic approach, our universities place students at the center of their academic endeavors. We are joining our voices because we are very proud of each other".

The two universities in the Sherbrooke region rank first in their respective categories as regards their appreciation by students - UdeS in the category of universities with a faculty of medicine, and Bishop's, in the small universities category. In order to earn this first place standing, they received the highest common rating in five of the ten aspects of university life that students were asked to evaluate.

The two universities rank first in

Canada for experiential learning through practice, the effectiveness of the administrative apparatus, and the quality of relations with teaching staff, student services, and administrative staff in general.

Goldbloom and Cossette emphasize that, "We want to congratulate our faculty, staff and students. This is a real team effort."

About Bishop's University

Founded in 1843, Bishop's University offers primarily undergraduate programs in the arts, natural sciences, humanities and social sciences, administration, and education and whose students live mainly in residences. Its small size (2,400 full-time students) encourages students to maintain

close ties between themselves and their professors. This year, Bishop's enrollment has jumped to 2,790 full- and part-time students).

About the Université de Sherbrooke
The Université de Sherbrooke is at the heart of one of Québec's three major research centers. Recognized for its sense of innovation, UdeS is a leading partner of higher and regional governments in fostering social, cultural, and economic development. It is also characterized by the strong growth of its research activities in recent years, its successes in technology transfer, and its initiatives in the field of entrepreneurship and open innovation in collaboration with the industrial and social sectors.

Twice the speed limit in downtown Magog

Record Staff
SHERBROOKE

A 40-year-old Montreal man was caught driving at twice the legal limit Saturday evening on Merry St. South in Magog.

The driver was caught by radar travel-

ling at a speed of 104 km / h in a 50 km / h zone. This offense is considered 'Excessively high speed' resulting in a doubling of normal fines to \$530 plus costs.

In addition, 10 demerit points were added to his record and his license was suspended for seven days.

Aube-Lumière tries for Aviva grant one more time

Record Staff
SHERBROOKE

The Maison Aube-Lumière is hoping to celebrate its 20th anniversary this December by gaining funding to set up its long-awaited therapeutic garden at its facilities near the CHUS Fleurimont for its end-of-life clientele and their families.

To this end, the Maison's management is back for a second consecutive year as an entrant in the Pan-Canadian Aviva Community Fund competition for a \$50,000 grant. The Maison is urging Townshippers to take advantage of the opportunity to vote online until October

19.

Last year, the Maison came in fifth out of 454 submitted projects, gaining nearly 100,000 votes, and the organization hopes that it can rally the population to back it.

The proposed therapeutic garden would become the first of its kind in Quebec dedicated to people at the end of life, and would provide significant psychological, emotional, and physiological benefits for patients.

The project consists of a 1,395 sq. m. (15,000 sq. ft.) garden behind the house, designed by Olivier Gendron, a young volunteer from the Coaticook Vocational Training Center (CRIFA). It includes 350

Bonsecours gets new defibrillator



(COURTESY PIERRE REID)

Crime Stoppers partner, Orford MNA Pierre Reid, presented a new defibrillator to the Mayor of the municipality of Bonsecours Monday.

Above, from left to right: Claude LeBlanc, Crime Stoppers Section Estrie volunteer, Reid, Bonsecours Mayor Cécile Laliberté, CIUSSS de l'Estrie-CHUS Emergency Neurologist, Dr. Pierre Guérette, and. Robert Théorêt, President, Crime Stoppers Section Estrie

linear feet of footpaths, 50 species of plants, an aromatic area, vegetable and water areas as well as bird nest boxes and a pergola.

The site will be illuminated so that it can be used in the evenings and will be accessible by the rear rooms of the house and the living room, even for therapeutic

beds.

The voting period for the Aviva competition ends on October 19. An individual can submit 18 votes for free at www.votezaubelumiere.com.

The five projects that receive the most votes in each category will then be submitted to a jury for final analysis.



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Grégory Charles discusses caregivers' support in Coaticook

Record Staff
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At 8 p.m. Monday, November 6 the Coaticook Arts and Culture Pavilion will welcome celebrated multidisciplinary entertainer Grégory Charles to give a testimonial about his experience as a caregiver in the framework of National Caregiver Week.

Having cared for his mother during her battle with Alzheimer's disease, Charles now has to help his father deal with the same disease. Charles is the author of the book 'N'oublie jamais (Never Forget), dedicated to his daughter in memory of his mother.

Tickets are available from the Coaticook Volunteer Center at 23 Cutting St.,

Coaticook, at a cost of \$20 for the general public and \$10 for caregivers. No reservations are accepted.

An opening event will also be held at 7:00 p.m.

This activity is organized by the Voluntary Action Center of the MRC de Coaticook, within the framework of its Caregivers Support Service project of the

MRC.

Charles' appearance is made possible thanks to the financial support of various partners: the Support for Seniors' Caregivers of the Eastern Townships, the Home Help service of the MRC of Coaticook, the Bibliothèque Françoise-Maurice, and the Coaticook Arts and Culture Pavilion.

For me, Canada is...

Record Staff
SHERBROOKE

Within the framework of the Sherbrooke's Intercultural Encounters Week, the Service d'aide aux Néo-Canadiens is inviting the public to come and meet the 50 artists who have contributed to the exhibition:

'Le Canada pour moi c'est ...' (For me, Canada is. . .) to help celebrate Canada's 150th Anniversary.

The artists, from five continents exemplify Canadian multiculturalism and their love for their new country.

"Our country is made up of those who were the first to populate it, and of those

who arrived later," said Prime Minister Justin Trudeau in his Canada Day speech on Parliament Hill. "Our greatest pride is to be able to arrive here from anywhere in the world and make a living here. No matter which country you come from, the religion you practice or the person you love. You are all welcome

in Canada."

On Thursday, the artists will be on hand to tell their stories and present their art at the launching of the Sherbrooke Intercultural Encounters Week from 5-9 p.m. at the Centre Culturel Pierre-Gobeil, 970 Haut-Bois St, South in Sherbrooke.

RCMP revises Quebec border 'interview guide'

Record Staff
SHERBROOKE

The RCMP has issued a statement concerning a controversial 'interview guide' being used to question

illegal border crossers at the Quebec border that has raised concerns that it is designed to target specifically refugee claimants of the Muslim faith. The following statement was released Friday by the federal police force's National Head-

quarters.

"The development and implementation of the interview guide being used at the Quebec border was intended to streamline processing and provide consistency in preliminary risk assessments.

This was a local initiative in C Division (Quebec) and was not sanctioned by RCMP National Headquarters and was not a national standard operating procedure.

The guide has now been revised to remove three questions. A thorough review is currently under way to determine what data was gathered and possibly stored.

A new guide is being drafted by RCMP National Headquarters and will be shared across the country, replacing the revised C Division guide.

This new guide will adhere to the RCMP's bias-free policing policy, which is based on the principles of equality and non-discrimination, as well as the Canadian Charter of Rights and Freedoms, the Canadian Human Rights Act, the RCMP Act, and the RCMP's mission, vision and values.

Bias-free policing means equitable treatment of all persons by all RCMP employees in the performance of their duties, in accordance with the law and without abusing their authority.

The RCMP does not target any individual or group based solely on their racial, gender, ethnic or religious background, and focuses on observed or suspected criminality and behaviours.

The RCMP is committed to protecting the safety of Canadians and keeping our borders secure. When individuals are intercepted crossing the border illegally, their intentions are not known. Officers use the tools at their disposal to confirm the identity of the individuals, and to assess their activities and intentions while respecting the human rights of the individual.

At the same time, people seeking asylum in Canada must be treated with compassion and afforded due process under the law.

Until the review is completed, the RCMP has no further comment."



in saying thank you to our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.

They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 9 on Townshippers' contribution to the war effort.



Send photos before November 2 to classad@sherbrookerecord.com

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

PHOTO OF YOUNG CANADIAN SOLDIER

Name:
Hometown:
Age when enlisted:
Regiment:
Served:
A few words about him:

Study examines effects of Lac Mégantic tragedy on young survivors

Record Staff
SHERBROOKE

A health survey was carried out last winter among 1,000 young Lac Mégantic residents aged 10 to 25 years old, attending primary, secondary, vocational, college, and adult education institutions. The study was conducted at the request of the Lac-Mégantic Community Partners Table in order to provide a global picture of the health status of this growing generation of adults, following the rail explosion that killed 47 citizens and destroyed much of the city's downtown core in July, 2013.

What the survey reveals

For a majority of respondents exposed

to the tragedy, a greater presence of negative factors is detected, mitigated by the presence also of several protective factors (e.g. perseverance, pride, parental involvement, etc.), community satisfaction, and a sense of belonging.

When questioned about their vision and perception of their city, the following elements emerged:

-Feelings of insecurity for a significant number of young people;

-Exodus projected over the next three years;

-The perception of a lack of consideration for them, such as meeting places and psychosocial workers.

-From the psychological point of view,

there are also many similarities with previous surveys of adults:

-Post-traumatic stress and psychological distress;

-Anxiety, worry and fear of another derailment.

New data were also gathered on suicidal thoughts and thoughts of self-injury.

Looking to the future and taking care of young people

Led by the Université du Québec à Chicoutimi Research Chair on traumatic events, mental health and resilience in collaboration with the Public Health Department of the CIUSSS of Estrie - CHUS, this study follows three previous surveys that provided information on the evolu-

tion of the overall health status of adults in the community.

It should be noted that the education network is also involved in this project, having contributed to its elaboration and implementation. This network, together with the Health and Municipal Network, is currently being mobilized to find promising actions in response to the findings of the survey.

Resources for young people and their families are available at schools, the Gare patrimoniale, the CLSC, by texting with Tel-Jeunes or by calling Santé/Info-Social 811, au1 866 APPELLE or the Parents hot line at 1-800-361-5085, which offers 24/7 support.

CIUSSS offers free PAP screenings this week

Record Staff
SHERBROOKE

“A PAP test takes only 10 minutes and could save your life!” says CIUSSS de l'Estrie Director of Gynecology and obstetrics, Dr. Guy Waddell, and as part of National Cervical Cancer Awareness Week, October 16 to 20, a team of obstetricians and gynecologists at the CIUSSS will be offering women without access to a family physician or gynecologist to come for a free human papillomavirus (HPV) screening test (PAP).

“Without treatment, abnormal cells can cause cancer of the cervix,” Waddell says. “In almost 100 per cent of cases, this cancer is caused by the human papillomavirus (HPV), which is transmitted through sexual intercourse”.

The PAP test is aimed at women aged 21-70 whose last examination was more than two or three years ago. It is the recommended screening test for early identification of precancerous lesions and cervical cancers and even women vaccinated against HPV need to be tested regularly. This year, 1,500 Canadian women

will be diagnosed with cervical cancer and 380 will die.

The screening clinics will also be available for people aged 9 to 45 years to provide free information and a medical prescription for the HPV vaccine.

The clinics are being offered at the gynecology clinic of the Hôpital Fleurimont as well as at the 24 Juin Obstetrics and Gynecology by appointment only. Physicians responsible for screening clinics will be accompanied by residents as well as specialist nurse practitioners.

The clinics will be offered at the fol-

lowing places and times:

Clinique de gynécologie - Hôpital Fleurimont

Tuesday, Oct. 17 : 8 am to noon

Wednesday, Oct 18 : 1-9 pm

Thursday Oct. 19 : 1-9 pm

Appointments: 819 346-1110, Ext 22604.

Clinique d'obstétrique et de gynécologie 24-Juin

Thursday, Oct. 19 : 1-5 pm.

Appointments: 819 563-2027

Owners appeal seizure of Sherbrooke Hells Angels bunker

Record Staff
SHERBROOKE

The owners of the Hells Angels' Sherbrooke chapter bunker have no intention of giving up the infamous compound without a fight have filed a motion for leave to appeal the September 11 forfeiture decision with the highest court in Quebec.

The red-roofed building is the last Hells Angels bunker still standing in Quebec and was confiscated by the court after Superior Court Justice Carol Cohen determined that 1575 South Wellington St. in Sherbrooke and the adjacent property were property accrued from crime.

Subsequently, the Quebec Attorney General became the sole owner.

As soon as the decision was handed down, however, lawyer Mylène Lareau, representing a numbered company announced her intention to appeal the decision.

On Tuesday, Lareau raised eight grounds of appeal in the motion for leave that submitted to the Quebec Court of Appeal on Tuesday. She addresses points of law not only in relation to the September decision but also to one of April, in which the judge admitted into evidence the previous convictions of the den owners in the 2009 Operation SharQc case, which saw the

arrest of most of the Quebec Hells Angels leadership.

The motion for a confiscation order for Sherbrooke bunker was heard in April at the Montreal courthouse. The prosecution requested that the clubhouse, which had been the subject of a restraining order since Operation SharQc and which has been vacant since then, be permanently forfeited to the Crown. The application was upheld by the court.

According to Lareau, however, "The trial judge erred in law in concluding that the respondent had proved that the immovable property concerned was offense-related property within the mean-

ing of the Criminal Code on the basis of evidence admitted between admissions between the parties, in this respect and in a non-exhaustive manner."

She says in addition that the judge ignored the blocking order in respect to five separate properties and that sufficient proof needed to be given in respect of each of these properties.

The last evaluation of the property by the City of Sherbrooke's established the value of the bunker at \$424,600 and the amount of unpaid taxes at \$45,700.

No date has been set for the hearing of the motion to appeal, but if granted a panel of three judges will hear the appeal in Montreal in the coming months.

Sherbrooke boxing club

CONT'D FROM PAGE 1

Tanguay explained that she became aware of Rock Steady after her husband Marc received a diagnosis of Lewy-Body Dementia in 2014.

"It's a degenerative disorder in which there is a significant Parkinson syndrome component," the nurse and researcher explained, adding that a family member in Texas pointed her toward Rock Steady boxing in part because of her husband's previously active lifestyle. In the years since Tanguay has become a certified program coordinator and shifted her focus to getting a Rock Steady program off the ground in the

Eastern Townships.

"I said, I want to have that here," the professor said, adding that her interest is both in giving local Parkinson's patients and their families access to this proven program and running a program of her own in order to help contribute to the clinical research on the benefits of boxing for Parkinson's sufferers. "There are studies that show that high intensity training has positive impacts for Parkinson's patients in terms of strength and speed, and boxing is a sport that requires a great deal of exertion over the entire body and mind."

In addition to being a whole body workout, Tanguay pointed out that the

program also has social and familial benefits for patients and their caregivers by giving them an environment where everyone is in the same kind of situation.

In terms of the actual program, the nurse explained that every participant undergoes an initial evaluation and is placed in one of two groups depending on their physical limitations. Every activity is modified to suit individual needs by a team of on-site volunteers and coaches and everyone goes at his or her own rhythm.

Jean Gauthier, one of the club's professional coaches, is in charge of leading the Thursday sessions for the program.

"It's totally different (from competitive boxing) because you don't have the same objectives," Gauthier said. "It's not competitive so you're not insisting on technique. They're here to have fun and get exhausted in some way."

The coach said that although participants are moving forward in small steps, overall improvements have been significant in terms of strength, balance, and general mobility.

"They're so motivated," the trainer said. "They always have a smile on their faces."

EDITORIAL

"We have a pretty good track record of ignoring most noncharismatic species."

SCIENCE MATTERS

Bye-bye, bug splatter: Is this the new silent spring?

By David Suzuki

Masses of monarch butterflies fluttering across Toronto's waterfront. Painted ladies (often mistaken for monarchs) descending on Montreal. Combined with the hottest September ever recorded in the Great Lakes region, it's been a strange time in Eastern Canada. We should savour the joys of these captivating critters while we can, because their future — and that of insects generally — is uncertain.

Many Ontarians noticed this year's unexpected monarch bounty. It's difficult to determine population size during migration, but after two decades of fewer and fewer sightings, the number of monarchs this summer has been astounding. Hundreds of thousands are now flitting to Point Pelee, where they congregate, before heading across Lake Ontario to begin their 4,000-kilometre journey back to the alpine Mexican forests, where their great-great-great grandparents began in March.

Why have monarchs had such a stellar summer? For the past few years, they've faced a number of climate-related calamities, from winter storms in Mexico to scorching heat in their breeding grounds in Texas, the U.S. Midwest and Southern Canada. Widespread herbicide and pesticide use has been linked to dramatic declines in monarchs and the milkweed host plants they depend on.

This year they've had great conditions throughout their journey. Even the weirdly wet summer that put Toronto Is-

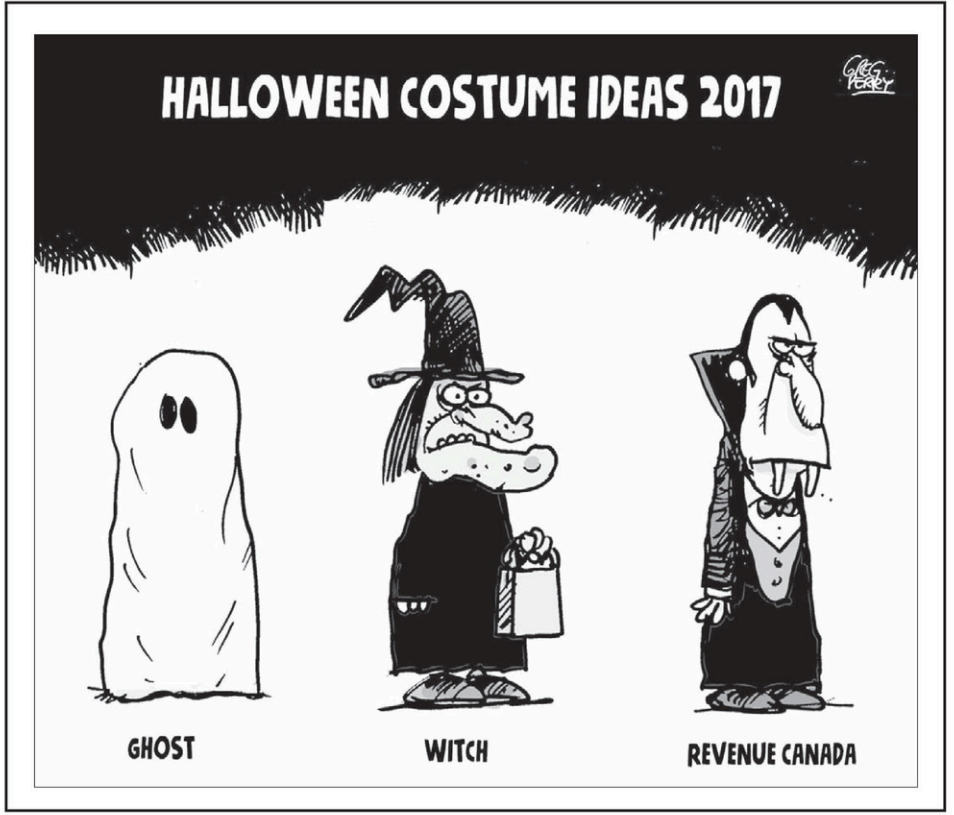
land and many beaches underwater appeared to be a boon, as it ensured wildflowers were in full bloom, providing plentiful nectar to fuel their return trip.

The painted ladies stopover story is different, though also related to strange summer weather. Scientists believe shifting weather patterns and winds pushed the thousands of butterflies that descended on the Montreal area to the ground by as they migrated from the northern boreal region to the southern United States.

The unexpected appearance of charming critters like monarchs and painted ladies could cloud a greater issue: the dramatic loss of less alluring insect species, such as moths, fireflies, beetles and hover flies. Monarchs and honeybees have increasingly been in the media spotlight, but as University of New Brunswick ecologist Joe Nocera noted in a recent *Science* magazine article, "We have a pretty good track record of ignoring most noncharismatic species."

In the article, writer Gretchen Vogel describes what entomologists call "the windscreen phenomenon." Many people recall having to clean bugs from car windshields during drives through farmland and countryside. Today, it seems drivers everywhere are spending less time scrubbing and scraping.

Although bug splatter reduction is anecdotal, a growing body of research shows many once-common insects are declining. A study published in *Science* found most known invertebrate populations have dropped by 45 per cent over



the past four decades. The Royal Society for the Protection of Birds reports the U.K. has seen a 59 per cent decline in insects since 1970. Global estimates point to a 40 per cent reduction of all pollinating insects.

As reporter Tom Spears asks in an *Ottawa Citizen* article, "So, who cares about bugs?" It's a fair question. Many of us were raised to disdain, or even fear, critters. Numerous species remain unloved or fly below our radar.

As we learn in elementary school, honeybees and wild bees pollinate much of our food. We are now coming to grips with the alarming consequences of losing pollinators, even if it's been difficult to diagnose the multiple causes. Insects also provide a host of other essential services, from making soil healthy and controlling pests to being a nutritious food source for birds. A 2006 study suggests wild insects provide ecological services worth \$57 billion annually.

Beyond any economic value, these species are irreplaceable parts of the nat-

ural world. We must acknowledge and remedy their quiet decline before we experience the next "silent spring," a term popularized by scientist Rachel Carson, who noticed in the 1960s that widespread pesticide use was killing songbirds.

As we move into fall, I encourage you to take note of the bugs in your life. Many are now flitting to warmer climates or crawling into crevices and burrows to wait out the winter. Given the rapidly changing climate, we don't know what impact the next hurricane, Arctic vortex or 35 C September day will have on charismatic and not-quite-as-appealing insects. So, savour the moment, monarch lovers. And let's redouble our efforts to make our communities more green and resilient.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Butterflyway Project Manager Jode Roberts.

Learn more at www.davidsuzuki.org.

Intoxicated woman arrested with toddler in car

Record Staff

At about 3:20 Saturday morning, a 30-year-old woman was found near her vehicle on St-Patrice St.

East in Magog, early Saturday hysterical and in an advanced state of intoxication. Police arrested her for custody and control of a vehicle while impaired by alcohol. When ordered to provide a breath

sample, the woman refused categorically, thereby committing another criminal offense.

Her license was suspended 90 days and her vehicle seized for 30 days. On examining the vehicle, police noticed it contained the woman's three-year-old

daughter and found a package containing tablets that police believe could be methamphetamine. Youth Protection services were called in to take care of the little girl while the mother was released on a promise to appear to face charges.

THE RECORD

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PRINT SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	135.60	6.78	13.53	\$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and for other services available on request.

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Letters

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

Local Sports

Matthew Patterson scored four goals to help the Gaiters grind out a 15-11 win over Ottawa on Sunday afternoon.

Gaiters' weekend wrap up

Submitted by Marty Rourke
Bishop's University

WOMEN'S RUGBY

Women's Rugby: Gaiters Close out Season with Loss to Concordia

The women's rugby team closed out their 2017 season tonight falling 123-5 to the Concordia Stingers in Montreal.

WOMEN'S SOCCER

Gaiters Dealt Loss at the Hands of No.1 Laval

Keeper Danielle Desrochers (North Vancouver, B.C./Handsworth S.S.) made 14 saves but it was not enough as the No.1 ranked Laval Rouge et Or topped the Bishop's Gaiters 5-0 on Friday night on Coulter Field in RSEQ University women's soccer action.

Patriotes push past Gaiters in Sunday Afternoon Contest

An early penalty kick goal by the UQTR Patriotes saw the Bishop's Gaiters women's soccer team down early in Sunday's RSEQ University women's soccer match. Although the Gaiters had a very strong offensive push for most of game, they were unable to find the back on the net and the game ended 3-0 in favour of UQTR.

MEN'S RUGBY

Bishop's Bested by Concordia in Montreal Friday Night

A competitive opening 20 minutes for the Bishop's Gaiters men's rugby team was all they were able to muster on Friday night in Montreal as league-leading Concordia cruised to a 48-13 victory in RSEQ University action.

FOOTBALL

Huskies Homecoming Hustle too much For the Gaiters

On homecoming weekend in Halifax, the Bishop's Gaiters were not able to play spoiler despite a strong first quarter push. Saint Mary's held their home advantage winning 55-11.

LACROSSE

Gaiters Roll Past Carleton on Saturday

in Nation's Capital

OTTAWA - Freshman Samuel Firth (Ottawa, Ont./) chalked up nine points and senior Simon Winquist (Sherbrooke, Que./Champlain-Lennoxville) scored five times as the Bishop's Gaiters men's lacrosse team rolled to a 21-3 victory over the Carleton Ravens on Saturday in Ottawa.

Gaiters Clean up in the Nation's Capital

Matthew Patterson scored four goals to help the Gaiters grind out a 15-11 win over Ottawa on Sunday afternoon. Joel Wright (Newmarket, Ont./Sir William Mulock S.S.) and Eric Mawdsley (Innisfil, Ont./Trinity Pawling School) both had a hat-tricks to add to the Gaiters total.

WOMEN'S BASKETBALL Gaiters fall in Centennial Tournament Opener

The Gaiters fell 64-59 to the Saint Mary's Huskies in their first contest of the Dalhousie Centennial Tournament.

Bishop's Bites Brock in Halifax

Maude Archambault (Saint-Augustin-de-Desmaures, Que./Collège Montmorency) scored 23 points off the bench to pace the Bishop's Gaiters women's basketball team to an 82-52 victory over the Brock Badgers on Saturday at the Centennial Tournament hosted by Dalhousie in Halifax. The sharp-shooting junior led all scorers and gave the Gaiters their first win of the event and third victory of the pre-season.

Gaiters Trump Host Tigers to Close Out Centennial Tournament in Halifax

For the second time in as many days Maude Archambault (Saint-Augustin-de-Desmaures, Que./Collège Montmorency) led the Bishop's University Gaiters women's basketball team's attack, scoring 26 points off the bench as the Gaiters topped host Dalhousie 74-59 on Sunday in Halifax. Ashley Milhomme (Repentigny, Que./Collège Montmorency) chipped in with 22 in the

win as Bishop's wraps up the invitational pre-season tournament with a 2-1 record good enough for second place.

MEN'S BASKETBALL Ravens fly to win over Gaiters in Ottawa

The Carleton Ravens used a 20-point night from Yasiin Joseph and a double-double from Cam Smythe to defeat the Bishop's Gaiters, 95-59, on Day 1 of the House-Laughton men's basketball tournament in Ottawa, Friday. Joseph went 7-for-21 from the field as he led all scorers, while Smythe scored 12 points and added 10 rebounds.

Acadia Outlasts Gaiters in Ottawa

Four Bishop's Gaiters scored in double figures but Erik Nissen led the way for the Acadia Axemen by scoring 31 points as the Axemen outlasted the Gaiters 75-67 on Saturday evening in Ottawa at the House-Laughton Tournament hosted by the Carleton Ravens in Ottawa in U SPORTS pre-season action.

AOW

Straw and Winquist named Provigo, Robert Lafond Bishop's Athletes of the Week

Taylor Straw (Ottawa, Ont./St. Pius X H.S.) of the women's soccer team and

Simon Winquist (Sherbrooke, Que./Champlain-Lennoxville) of the lacrosse team are the Provigo, Robert Lafond Bishop's University Athletes of the Week for the week ending in Oct. 15.

THIS WEEK FOR THE GAITERS Wednesday, Oct. 18

Lacrosse @ McGill 8:30 p.m.

Friday, Oct. 20

Men's Basketball vs Wilfrid Laurier 6 p.m.

Women's Soccer @ UQAM 6:30 p.m.

Women's Basketball @ Carleton 8 p.m. (Carleton Tournament)

Saturday, Oct. 21

Football vs Mount Allison 2 p.m.

Lacrosse vs Ottawa 7 p.m.

Women's Basketball @ Ottawa 8 p.m. (Carleton Tournament)

Women's Hockey @ University of Vermont 9:40 p.m.

Sunday, Oct. 22

Lacrosse vs Carleton 11 a.m.

Women's Basketball vs UNBC 12 p.m. (Carleton Tournament)

Men's Rugby vs Concordia 1:30 p.m.

Women's Soccer vs McGill 4:15 p.m.

Star Senators defenceman to make season debut after recovering from foot surgery

The Canadian Press

Star Ottawa defenceman Erik Karlsson will make his season debut when the Senators host the Vancouver Canucks on Tuesday night.

Senators head coach Guy Boucher confirmed his captain's return to the lineup at today's practice.

Karlsson missed Ottawa's first five games of the 2017-18 campaign after un-

dergoing off-season surgery to repair tendons in his left foot.

He had 71 points in 74 games last season, and added 18 points in 19 games in the Senators' run to the Eastern Conference final.

The Senators have played well in Karlsson's absence and have yet to lose in regulation this season.

Ottawa has a 3-0-2 record and is on a three-game winning streak.

Take home some great reading - You might even find that rare book you've been trying to find for years!

Every year, the Second-hand Book Fair collects approximately \$40,000 which is redistributed to the Sherbrooke community. The Rotarians are waiting for you!

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Death

Death

In Memoriam

Datebook



Sue Ogden Green

Ocean Park, Maine – Sue Green of Randall Avenue, passed away peacefully on October 12, 2017 at Huntington Common, Kennebunk after experiencing several recent health issues. Predeceased by her husband David Green, her parents, Frank and Peggy Thompson, and her sister, Frances Ducharme, New Bern, NC. She is survived by her cousin, Robert MacRae (Lauren) of Toronto, Ontario and his family in Canada, and brother-in-law, Leo Ducharme and family of North Carolina.

Sue was born on October 13, 1931 in North Providence, Rhode Island. Following her marriage in 1954, she and David moved to Sherbrooke, Quebec, and later to Pointe Claire, Quebec where she spent her career as a well-loved and respected school teacher. After summering in Ocean Park for many years, Sue and David retired there permanently in the late 1980's.

Heartfelt thanks to Dennis Robillard and his wife, Mary Beth who looked after Sue's affairs during the past few years. Gratitude is extended to the staff of Huntington Common for the care and compassion given to Sue during her stay.

At Sue's request, cremation has taken place and there will be no service. Dennett, Craig & Pate Funeral Home, 365 Main St., Saco is entrusted with her arrangements.

In lieu of flowers, please make a donation to a charity of your choice or the Animal Welfare Society, P.O. Box 43, West Kennebunk, ME 04094 or do a small act of kindness in her memory.

DENNETT CRAIG & PATE FUNERAL HOMES
P.O. Box 58, Saco ME

PHONE: 207-284-5611
FAX: 207-510-8081

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MACIVER, Dale - In loving memory of our dear son and brother, Dale, who left us suddenly on October 17, 2016.

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TUESDAY, OCTOBER 17, 2017

Today is the 290th day of 2017 and the 26th day of autumn.

TODAY'S HISTORY: In 1931, Al Capone was convicted of income tax evasion and sentenced to 11 years in prison.

In 1933, German refugee Albert Einstein immigrated to the United States, where he would live and work for the rest of his life.

In 1989, a 7.1-magnitude earthquake struck Northern California, killing more than 60 people.

In 2006, the U.S. population topped 300 million for the first time.

TODAY'S BIRTHDAYS: Jean Arthur (1900-1991), actress; Jerry Siegel (1914-1996), writer/illustrator; Arthur Miller (1915-2005), playwright/novelist; Rita Hayworth (1918-1987), actress; Beverly Garland (1926-2008), actress; Evel Knievel (1938-2007), stunt performer; Michael McKean (1947-), actor; Mae Jemison (1956-), scientist/astronaut; Mike Judge (1962-), animator/writer/director; Norm Macdonald (1963-), actor/comedian; Ernie Els (1969-), golfer; Wyclef Jean (1969-), rapper/producer; Eminem (1972-), rapper; Felicity Jones (1983-), actress.

TODAY'S FACT: In 1952, Albert Einstein was offered the post of Israeli president, which he politely declined.

TODAY'S SPORTS: In 1968, the International Olympic Committee expelled American Olympic sprinters Tommie Smith and John Carlos from further participation in the Games for raising their fists in protest against racial discrimination during the victory ceremony the previous day.

TODAY'S QUOTE: "Death is a funny thing. Not funny haha, like a Woody Allen movie, but funny strange, like a Woody Allen marriage." – Norm Macdonald, "Based on a True Story"

TODAY'S NUMBER: 4 – performances in 1944 of Arthur Miller's first play, "The Man Who Had All the Luck," before it closed to poor reviews.

TODAY'S MOON: Between last quarter moon (Oct. 12) and new moon (Oct. 19).

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Literacy Foundation
Words of hope

Treadmill desk can be good way to avoid sitting at work all day



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

Dear Doctor: I graduated from college last spring, and I just got my first full-time job, which I love. But it means that I'm sitting for more than eight or nine hours a day, and I hate it. Would one of those treadmill desks be a good way to stay fit?

Dear Reader: Congratulations on your new job! The transition from the free-form life of college to the structured schedule of full-time work can be bumpy. We think it's great that you're looking for a creative way to mitigate this particular challenge in your new work routine.

Research has repeatedly shown that sitting for long periods of time is bad for your health. Your heart rate drops, circulation slows and muscles quickly lose

their tone. Many of us tend to lean or slump, which puts necks, shoulders and spines at risk of injury. Add in the fact that all those hours spent in a chair each day have been linked to high blood pressure, elevated cholesterol levels and a decline in insulin response, and long-term sitting is risky business.

A study published in the American Journal of Preventive Medicine last year ups the ante. Researchers analyzed data collected in 54 different countries regarding people who remained seated for three or more hours per day. They found a link between how long someone stays seated each day and an increased risk of premature death.

Although additional exercise didn't diminish that increased risk, replacing the time spent sitting with either standing or walking did. Which is where your question comes in about the growing trend in the treadmill desk – that's an elevated desk with a treadmill in place of a chair.

The short answer is that yes, a treadmill desk can be a very good solution to too much sitting. Rather than spending your time immobile as you read, type or talk on the phone, you're moving at a steady, gentle pace. Walking not only can lower the risk of high blood pressure, heart disease and diabetes, it can also strengthen muscles and bones, and

may help you stay in a healthy weight range.

But there are caveats. First of all, the components of the treadmill desk have to be strong, stable and ergonomic, or you risk injury. You can't just throw a thrift shop treadmill under an elevated platform and go. Secondly, it takes practice – certainly weeks and maybe even a month or two – to learn to walk and work at the same time. Productivity drops at first, as does concentration. But according to the National Institutes of Health, over the long term, the gain in well-being is worth it.

If a treadmill desk isn't something your new employer is willing to invest in, you can still incorporate specific behaviors to counteract the damage done by prolonged sitting. Get up every 15 minutes or so to stretch and take a quick walk. When you sit back down, reset your posture. Take your phone calls standing up. Instead of emailing, walk over to your colleague to speak in person.

We wish you good luck in your new job. And if you do get a treadmill desk, please let us know how it goes.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) **WITH PHOTO:** \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com 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.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

STANSTEAD

A month earlier! Frontier Animal Society will hold their annual Auction on Sunday, October 22. Doors open at 12:30 p.m. and the Auction starts at 1 p.m. We've moved again to a bigger location this year: the old Catholic Church Hall, 94 Principale, Beebe. For further information call Mary Rolland 819-838-1421.

NORTH HATLEY/LENNOXVILLE

The Estria Quintet's 2017-2018 season is finally here and begins on Saturday, October 28 (at St. Elizabeth's Church in North Hatley) and Sunday, October 29 (at the Uplands Cultural and Heritage Center in Sherbrooke) at 3 p.m. with the Quintet for oboe and strings by classical composer Antonin Reicha, and one of the greatest masterpieces by Johannes Brahms: his Quintet for clarinet and strings opus 115. Featuring the new Estria String Quartet (Julie Garriss and Lydia Gasse, violins; Christian Lampron, viola; and Erich Kory, cello) with oboist Étienne de Médecis and clarinetist Pauline Farrugia. Admission charged. Afternoon tea available at Uplands and reservations are mandatory. Contact 819-842-1072 or estria@cgo-

cable.ca to reserve or for more information. Estria thanks Le Conseil des Arts et des Lettres du Québec for their generous support.

LENNOXVILLE

The Bishop's/Champlain Refugee Student Sponsorship Committee are holding their annual Used Book Sale at the Lennoxville United Church, 6 Church Street, on Thursday, October 19 from 4 p.m. to 8 p.m.; Friday, October 20 from 11 a.m. to 8 p.m.; and Saturday, October 21 from 9 a.m. to noon. Most books are \$1. or less. At noon Saturday, October 21, there is a \$5 bag sale. If you have books in good condition to donate please bring them to the church on Tuesday, October 17 between 1 p.m. and 6 p.m., Wednesday, October 18 between 9 a.m. and 6 p.m. or Thursday, October 19 between 9 a.m. and noon.

AYER'S CLIFF

Fall Roast Beef Supper on Saturday, October 21 to benefit Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy, horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838 5815. Admission charged. Everyone is welcome!

SOUTH DURHAM

Talent Show at South Durham United Church on Friday, October 20 at 7 p.m. Admission charged. Light refreshments served after the show.

IVES HILL

Annual Turkey Supper and prize-giving of Sherbrooke-Compton Plowing Match on

Friday, October 20 at the Ives Hill Community Hall at 7 p.m. RSVP before Tuesday, October 17 by calling Felicia Kirby 819-572-2413.

LENNOXVILLE

Bingo on Wednesday, October 18 at 7:30 p.m. sharp at the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville. Everyone is welcome! Info: 819-346-9122.

LENNOXVILLE

Lennoxville Girl Guides - Fall Cookie Day on Saturday, October 21, 10 a.m. to noon in front of the Lennoxville United Church, located at 6 Church Street. We will have our Chocolatey-Mint, and our Vanilla & Chocolate cookies while supplies lasts. Thank you for supporting Guiding in our community.

BURY

Health Link info session: Hero in 30TM. Wednesday, October 18, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main. Lunch - donation, must reserve in advance with Kim Fessenden at 819-872-3771, ext. 2.

DANVILLE

The Richmond County Historical Society Harvest Luncheon will be held on Sunday, October 22 at noon at Le Temps des Cerises, 79 du Carmel St., Danville. A delicious meal will be served followed by a guest speaker. The speaker is Mr. Richard Pedneault who is the Director-Curator of the Laurier Museum in Arthabaska. He will speak about Sir Wilfred Laurier, the Laurier Museum and the Post Office Museum nearby which is also an art gallery featuring well-known artists of the area. Admission charged. For reservations, please call Don or Esther at 819-826-2793 by Tuesday, October 17. Cancellations should be made

48 hours before. Later a cavalcade will be organized to visit both the Museum and the Art Gallery nearby.

LENNOXVILLE

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser on Friday, October 20, 4:30 p.m. to 7 p.m., in the school cafeteria (1 Academy St., Lennoxville). A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert. Admission charged, family price. A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes. Raffle. All proceeds go to buying sports equipment.

LENNOXVILLE

Flea Market and Bake Sale to be held on October 28 at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville from 9 a.m. to 2 p.m. The canteen will be open. To reserve a table call Wanda Evans 819-565-7099.

RICHMOND

St. Anne's Church, 171 Principale St. South, will be hosting the annual Soup Supper on Friday, October 20 starting at 4:30 p.m. Please share a delicious meal with us. We're serving a variety of soups and assorted pies for dessert. Browse our table of treasures while you're there.

LENNOXVILLE

Fall Rummage Sale, St. George's Church Hall, 84 Queen St., Thursday and Friday, October 26 & 27, from 10 a.m. to 5 p.m., and a Bag Sale on Saturday, October 28 from 8:30 a.m. to noon. Articles for the sale may be left at the Church Hall during the week of October 22. Further information or pick up of articles, please call 819-562-6245 or 819-346-5056. Save your \$\$\$ and shop with us!

CROSSWORD

Across

- 1 Theater accessory
- 5 Home of the Pac-12's Bruins
- 9 Ejects, as lava
- 14 Deflect, with "off"
- 15 Chunk of bacon
- 16 Like most income
- 17 Leg-strengthening exercise
- 19 Prefix with violet
- 20 "Austin Powers" genre
- 21 Bath rug
- 22 Retired Yankee Jeter
- 23 Suitcase tie-on
- 25 Supermodel Banks
- 26 Silent speech syst.
- 28 Pig Latin rejection
- 30 Advanced lit. degrees
- 33 Something to blow off or let off
- 35 Aviator's military branch
- 37 Actress Peeples

- 38 Spearheaded
- 40 Pat softly
- 41 Party host's bucketful
- 42 Altercation broken up by bouncers
- 45 More likely to be on Santa's good list
- 47 Penny-__: trivial
- 48 In flight
- 50 Madrid mama bear
- 51 Swim __: do one full pool circuit
- 53 Penne or ziti
- 55 Rapids runners
- 57 Nervous mannerism
- 58 Golden Arches pork sandwich
- 62 Self-storage rentals
- 63 Equitable treatment ... and what's literally found in each set of circles
- 65 Creepy
- 66 Like __ of sunshine
- 67 All square
- 68 Cleaned with a broom
- 69 Country's Lovett
- 70 Pants rear

- 24 Interval
- 25 Ruthless rulers
- 26 From Laos, e.g.
- 27 Get the wood-burning stove going
- 29 Help out
- 31 Capital of Ghana
- 32 Observe
- 34 Woodcutter Baba
- 36 J. Edgar Hoover Building org.
- 37 Pro hoops gp.
- 39 Global shipping company
- 43 Sharpie feature

- 44 Horticultural art
- 46 Athletic instructors
- 49 Spa beauty treatment
- 52 Valuable holding
- 54 Many corp. logos
- 55 Regrets
- 56 Once again
- 57 Giant in nonstick pans
- 59 "Don't miss it" review
- 60 Swedish furniture maker
- 61 Like knees when squatting
- 64 Manhattan whiskey

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Down

- 1 USMC one-strippers
- 2 "As ye sow, so shall ye"
- 3 Sole
- 4 Email attachment format
- 5 Country with an eagle on its Great Seal: Abbr.
- 6 Story's high point
- 7 Layered noodle dish
- 8 Distract the security guards for, say
- 9 Book-lined room
- 10 Sicily's capital
- 11 Big eater's fast-food request, maybe
- 12 Used to be
- 13 Mt. Rushmore's state
- 18 Free (of)

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CELEBRITY CIPHER



REALITY CHECK



HERMAN

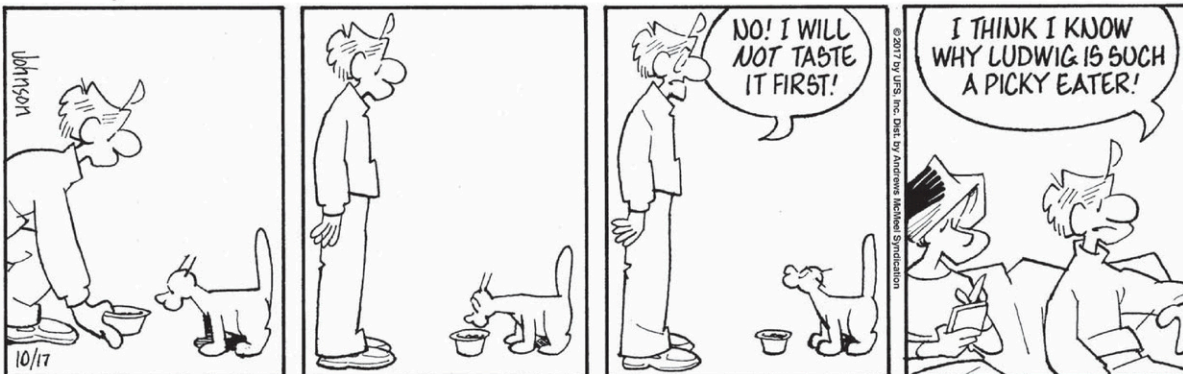


"Can you send a tow truck?
I'm about 300 yards inside the
Lion Safari Park."

ALLEY OOP



ARLO & JANIS



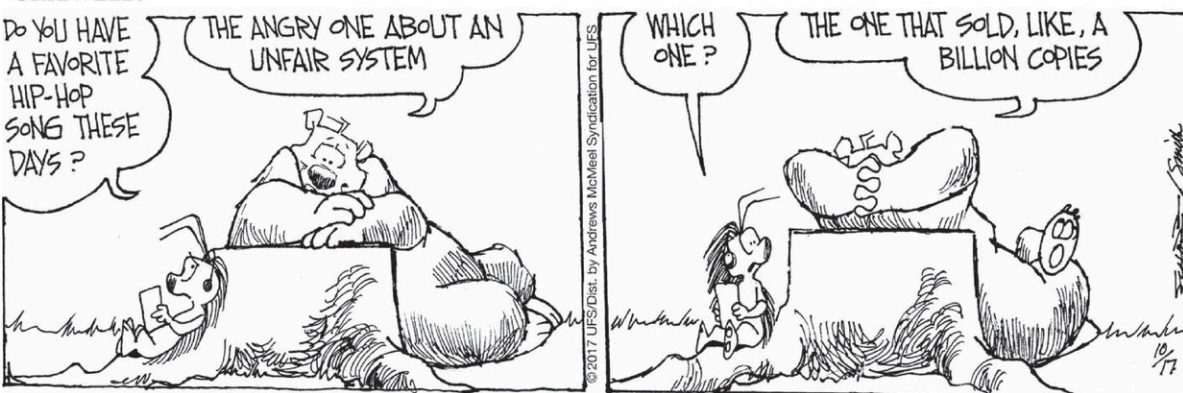
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

100 Job Opportunities

THE RECORD is looking for part-time evening workers to insert newspapers. Must be in good physical condition and have own vehicle. Call 819-569-9528, or email billing@sherbrookerecord.com

190 Cars For Sale

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

035 For Rent

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

290 Articles For Sale

DROLET SLOW COMBUSTION wood stove, 36" long, 26" high, 22" wide. \$350. Call 819-847-2769.

LARGE 4 1/2 in Sherbrooke's old North, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

294 Events

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

100 Job Opportunities

LE MANOIR DE L'EAU is looking for **caregivers and maintenance personnel**. Caregiver: You must be available for day, evening and night, have your diploma, PDSB card, RCR and first aid card must be updated. Maintenance: Available day work for full time. Please send your c.v. to info@residencecookshire-eaton.com or come to 210 Principale E., Cookshire. Call 819-875-3923, ext. 340.

425 Bus. Opportunities

SAWMILLS FROM ONLY \$4397. Make money and save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-567-0404 ext: 400OT.

440 Miscellaneous

AS A LENNOXVILLE RESIDENT, I am most focussed on issues that directly effect our Quality of Life. Employment, Environment, Food and Housing. What's important to you? Brian Patterson, official agent for **Roy Patterson**.

ATTENTION!
 Let everyone know your classified ad is **NEW** on its first day of publication!
 Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

Want your ad to stand out?
 For **.50** a word - **bold** it.

NEW AD
 For only \$3.00, a new ad logo will help you get quick results. Some restrictions apply. For more details call:
(819) 569-9525
(450) 242-1188

100 Job Opportunities

100 Job Opportunities

MANOIR HOVEY

Manoir Hovey, 5-star lakeside inn in North Hatley is currently hiring:

Experienced Dishwasher

- Maintain kitchen areas and equipment clean and in order.
- Wash dishes, silverware, pots and pans.
- Autonomy, courtesy and team spirit.

Housekeepers

- Clean rooms and public areas.
- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Please share your application by email at marketing@manoirhovey.com or in person at 575 rue Hovey, North Hatley, QC

100 Job Opportunities

100 Job Opportunities

THE RECORD

is looking for **replacement carriers** in the **Lennoxville area**.

You would need to be on stand-by, ready to fill in if one of our regular carriers needs to be replaced at the last minute (i.e. illness or other) or if a route opens up.


If you're interested in being on our list, please call

THE RECORD

819-569-9528
 between 8:30 a.m. to 4:30 p.m. or leave a message after hours, or e-mail:
billing@sherbrookerecord.com

Turn your old lemon into a peach with the Classifieds!

If your old jalopy ain't all that she used to be, why not put her to market with a cost-effective ad in the Classifieds? Then take the money she makes you and find the car of your dreams in the very same pages.



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(450) 242-1188

COMMISSION SCOLAIRE Eastern Townships SCHOOL BOARD

PUBLIC NOTICE

In conformity with Article 287 of the Education Act, the following is a summary of the audited Financial Statements for the Eastern Townships School Board for the school year ending June 30, 2017:

Summary of Financial Statements

Statement of Revenues and Expenditures

Revenues	80 584 991 \$
Expenditures	79 922 882 \$
Surplus for the year	662 109 \$

Statement of Financial Situation

Financial Assets	42 495 207 \$
Liabilities	99 421 803 \$
Net Financial Assets (Net Debt)	(56 926 596 \$)
Non-Financial Assets	53 793 704 \$
Accumulated Surplus (Deficit)	(3 132 892 \$)

These figures are subject to the external auditor's report

Given at Magog, Quebec, this 17th of October 2017

Christian Provencher
 Director General

Do you specialize in a service such as child care, accounting, notary, doctor or nurse? Why not let the public know where they can reach you by advertising in The Record classified section!



(819) 569-9525
(450) 242-1188

SUDOKU

DIFFICULTY RATING: ★★★★★

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GMC Sierra #17-306
Rebates 20% - 12,901\$ Liquidation price 53,304\$



Chevrolet Trax #17-309
Rebates 20% - 5,098\$ Prix Liquidation 22,092\$



Buick Envision #17-89
Rebates 20% - 8,158\$ Liquidation price 34,332\$



Buick Lacrosse #17-160
Rebates 20% - 8,657\$ Liquidation price 36,278\$



GMC Acadia #17-200
Rebates 15% - 5,339\$ Liquidation price 31,951\$



Chevrolet Camaro #17-18
Rebates 15% - 7,857\$ Liquidation price 46,173\$

DION CHEVROLET BUICK GMC INC.
2200, rue Sherbrooke, Magog 819-843-6571
www.dionchevrolet.com • info@dionchevrolet.com