

# Bar fight ends in hospital for two brawlers

Page 3

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

# Maple producers say 2020 isn't tasting so sweet

Page 5

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, AUGUST 19, 2020

## A dark cloud hangs over Sunshine House

By Matthew McCully

After six years in operation in Mansonville, the future of Sunshine House, a non-profit residence for adults with developmental challenges, is uncertain after notice was given by the CIUSSS de l'Estrie-CHUS that the home may soon need to fend for itself.

"We were told we have to run it ourselves," explained Almut Ellinghaus, secretary on the non-profit home's board of directors and stepmom to one of the residents.

"I'm the only one not in their 70s," Ellinghaus said, "They're forcing us into a situation that we have to close because we cannot do it anymore."

Sunshine House was a ray of hope for local families with special needs children looking for long-term care options.

Aging parents with children who require supervision and care have the unique dilemma of trying to find a suitable environment for their kids when they are no longer able to provide the care they need.

Inconsistent funding and changes to programs with each new wave of government make it challenging for parents to find a place they know their children will be properly looked after when they are gone.

A group of families in the Mansonville area took it upon themselves to solve that problem and created Sunshine House.

The residence basically turns the foster care model upside down.

Rather than put their children into a system where they would be placed in a home, not necessarily in their own community, and have no control over when or where they could be moved based on

CONT'D ON PAGE 3

## Nothing to see here but the grass



MATTHEW SYLVESTER

By Matthew Sylvester

Dallas Campbell is usually pretty tied up with keeping Cookshire's fairgrounds nice and tidy this time of year. After Covid though, all the maintenance the empty midway

behind him needs is a weekly trim.

It's a strange sight seeing the grounds totally empty in mid-August for the first time in as long as anyone from around here can remember. Usually the air is filled with the screaming of the truck pulls (and the kids on the

drop tower), but all there is to hear today is the chirp of crickets.

Campbell isn't complaining! While he must enjoy the pride in seeing all his hard work put to good use, the tireless groundskeeper probably deserves a year off.

# THE RECORD

Already a print subscriber?  
Get the E-Edition free!  
Contact: 819-569-9528  
billing@sherbrookerecord.com

The Record's **E-Edition** allows you to read the full edition of the paper without leaving your home **24/7**.  
The best way to stay abreast of local news.

To subscribe, go to [www.sherbrookerecord.com](http://www.sherbrookerecord.com).  
Click on E-Edition and follow the simple instructions.  
And then start enjoy The Record for as little as **\$9.78 plus tx per month**.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates  
(includes Quebec taxes)

For print subscription rates,  
please call 819-569-9528  
or email us at  
billing@sherbrookerecord.com

12 month web only: \$125.00  
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

- Subscribing is as easy as 1,2,3:
- 1. Visit the Record website: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)
- 2. Click e-edition.
- 3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
40% CHANCE OF SHOWERS

HIGH 20  
LOW 9



THURSDAY:  
SUNNY

HIGH 22  
LOW 13



FRIDAY:  
60% CHANCE OF SHOWERS

HIGH 21  
LOW 15



SATURDAY:  
70% CHANCE OF SHOWERS

HIGH 25  
LOW 14



SUNDAY:  
MIX OF SUN AND CLOUDS

HIGH 24  
LOW 13

## HAND-IN-HAND

# Advancing nature conservancy in Quebec's southern appalachians, one acre at a time



What if we could protect the thousands of precious inhabited acres that separate Sherbrooke to Granby and all the way down to the US border to enhance wildlife and flora conservation all the while improving humans' quality of life and earth's battle against climate change? That's exactly what Appalachian Corridor has been working on for the past two decades.

As a non-profit conservation organization based in Eastman, Appalachian Corridor was founded in 2002 with a mission to protect natural areas in the Appalachian region of Southern Québec.

The organization's territory of action is a critical linkage within the Northern Appalachian / Acadian ecoregion. This ecoregion is unique and especially challenged as we know of nowhere else in the world where so much forest is located so close to so many people. Indeed, the Appalachian region spans two countries, five American states and four Canadian provinces. This vast geographic region also contains flora and wildlife species at risk, old forests, and 5.4 million people - all of which increase its ecological conservation challenges.

Through the implementation of a transborder conservation strategy, Appalachian Corridor works with local communities and 17 affiliate members to maintain and restore a way of life that respects the ecology of the region from a perspective of sustainable development.

The organization's six main objectives are: 1) protecting natural areas in perpetuity, 2) acquiring and sharing knowledge of the territory's ecology, 3) enhancing selected protected areas, 4) supporting local driving forces on conservation issues, 5) informing and educating on the importance of the natural heritage, and 6) promoting the conservation of natural areas and influencing land-use planning.

Since its founding, Appalachian Corridor has participated - with the help of numerous partners - in the perpetu-

al protection of more than 14,400 hectares of land in the region.

More recently, Appalachian Corridor raised the necessary amount to acquire from a developer 215 hectares of land covering much of Mont Foster. This transaction will enable the perpetual conservation of this rich ecological land and enable the imminent establishment of a trail network for the enjoyment of current and future generations.

With this recent transaction, Appalachian Corridor has the wind in its sails and is eager to work with more landowners to explore new land acquisition and perpetual conservation projects.

To learn more about Appalachian Corridor, visit: [www.corridorappalachien.ca](http://www.corridorappalachien.ca).



Mont Foster

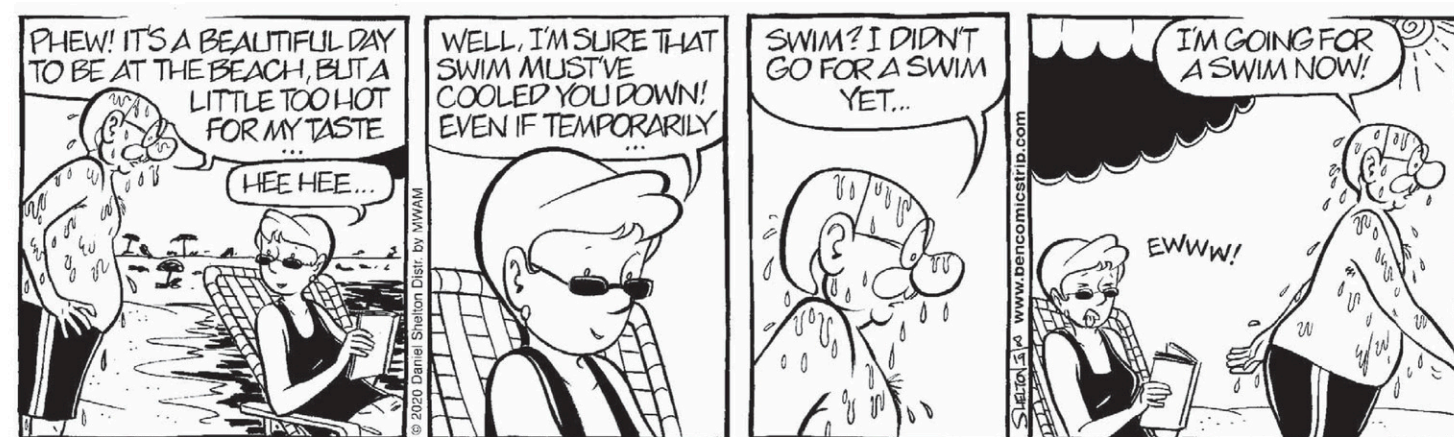


**GlobalExcel** MD®

**Global Excel is proud to support local organizations that enrich our shared community.**

*Doing business around the world, proudly established in the Eastern Townships.*

## Ben by Daniel Shelton



# Local News

*"We have two sides, the ones who say it too dangerous and the other side who enjoyed it, but we cannot take chances as long as we know there is a risk," Berthold said.*

## Bar fight ends in hospital visit for two brawlers

Record Staff

The Sherbrooke police department broke up a violent bar fight between two patrons at around 11:30 p.m. Monday at Taverne Urbaine on rue Alexandre.

The investigation is ongoing they are determining the reason for the fight. The victim was hit in the face several times. The SPS told The Record that the suspect is being charged with aggravated assault causing bodily harm.

According to an SPS communica-

tions officer, the suspect, a 25-year-old, landed several blows to the face of the 58-year-old victim before knocking them out. Police quickly intervened, performing resuscitation maneuvers until paramedics arrived on the scene.

The two men were taken to hospital.

The victim, although suffering from serious injuries, is in stable condition. Meanwhile, the suspect has no prior arrests or dust ups with the local police.

## Sherbrooke officials remove temporary bike lanes

By Michael Boriero - Local Journalism Initiative Reporter

Sherbrooke's municipal council concluded its temporary bike lanes pilot project in the eastern and western parts of the city. They started to dismantle the cycling paths yesterday morning.

In a press release, Mayor Steve Lussier said the project was a great idea to get people out of their homes throughout the peak months of the COVID-19 pandemic. However, the lanes have been cause for concern.

"We note that there are several security issues linked to the project and we

prefer to review the concept over the next few months to come back with a different project," Lussier explained.

Pedestrians, cyclists, motorists and residents living along the new paths have all voiced their opinions. Motorists struggled to leave their driveway, people walking on foot dealt with visibility issues and bus stop frequency created more traffic.

"The safety of pedestrians, cyclists and motorists must be a top priority. We listened to users as well as people residing in the affected areas," said Danielle Berthold, municipal councillor and chair of the public security committee.

With help from the Sherbrooke police, Berthold assembled a report filled with complaints against the temporary lanes. Residents complained about garbage trucks blocking the road for drivers. And cyclists worried about hitting pedestrians at cross walks.

"We have two sides, the ones who say it too dangerous and the other side who enjoyed it, but we cannot take chances as long as we know there is a risk," Berthold said.

City council determined it was too dangerous to keep the temporary lanes open. They were at risk of causing an accident, she added, so they tabled the project for next spring. The project was

rushed from the start and they didn't have time to fix it, she explained.

While police haven't reported any accidents along the temporary cycling paths, it wasn't enough to justify keeping them available to the public. Berthold predicts the project will be experimental again next year, but she believes it will be more fleshed out.

"We have made a new committee regarding the cycling paths, so different parts will be involved; the police, STS, bikers, and others will be sitting at the same table to discuss the future of the project," she said.

## Provincial government invests in mental health organizations

Record Staff

Health Minister Lionel Carmant announced that the Quebec government is providing \$17.6 million in funding to community mental health organizations across the province to help enhance their services to the population.

This initiative stems from the ac-

tion plan to boost psychosocial and mental health services in the context of COVID-19. The emergency financial assistance is intended to help these organizations that act as a complementary tool to the health network.

It will boost services offered to people who present complex situations and serious mental disorders and whose difficulties and vulnerabilities

are at greater risk of deterioration due to the ongoing pandemic.

"A pandemic of the magnitude we are experiencing has a major impact on depression, post-traumatic stress disorder and distress in many of the most vulnerable people. This assistance is therefore a response to a critical need that needs to be addressed quickly, and in the longer term as well," Carmant

said in a press release.

The funding will be used, among other things, to bulk up human resources departments. Organizations must be eligible for the Programme de soutien aux organismes communautaires to receive a portion of the government initiative.

## Sunshine House

CONT'D FROM PAGE 1

availability, Ellinghaus and the rest of the original board of directors including

Nancy Poirier (who replaced Micheline Cardinal), Colin Field, Lucette Field, Kenneth Jersey, Stanley Lake, Wanda Leonard and Ellen Riker decided to build a home where the people with disabilities would be permanent residents and the caregivers would come and go.

"It took us eight years to build Sunshine House," Ellinghaus said.

Thanks to fundraising efforts, community partners and sponsors the home opened in the fall of 2014.

Since then, the Sunshine House board has been responsible for the physical space, making sure the mortgage is paid and building is well maintained. The CIUSSS de l'Estrie-CHUS handled the care side of the arrangement.

According to Ellinghaus, for the

past year-and-a-half, the health authority has been alluding to changing the model at Sunshine House, but without offering anything concrete in writing.

"Not having anything in writing makes it very difficult to get support," she added.

Last month Potton Mayor Jacques Marcoux received a phone call from CIUSSS de l'Estrie-CHUS President-Director General Stéphane Tremblay about Sunshine House, saying that funding would end in April 2021 and that Marcoux should inform the people involved.

"They don't want to take responsibility for the contract anymore," Ellinghaus explained.

"We're volunteers. We have a vested interest, but we are volunteers," she said, adding parents in their 70s couldn't take on that kind of responsibility.

When asked if the CHUS' motivation to pull out might be financial, Ellinghaus said the caregiver, known

as a 'personne resource' at Sunshine House, was compensated the same as any other foster parent would be so financially the model was no different.

"We look after the house payments being met," she added.

Ellinghaus believes Sunshine House has become an inconvenience to the health authority.

"If there is trouble, we notice it and we speak out," she said, explaining that parents play an integral role at Sunshine House. "We have the ability to step in, and we realize how important it is to step in."

Ellinghaus said while the CIUSSS de l'Estrie-CHUS handles the care at Sunshine House, the caregivers are hired as independent contract workers, which complicates the process of dealing with complaints.

"There are always issues. Does that mean one throws the baby out with the bathwater?" she asked. "I firmly believe involvement of family and presence of the community is best."

The alternative, according to Ellinghaus, would be to move the clients to a place with less oversight and hope they will be better off.

"I can't see how the solution would be to close a place like Sunshine House. There are growing pains, I'm sure there are, but that doesn't mean destroy the project."

The Record reached out to the CIUSSS de l'Estrie-CHUS for comment about Sunshine House and received the following reply:

"For the moment, no changes are planned for next year as the contract honours the current year. We are in the process of evaluating the options for the coming years. These options will be discussed with the Maison Soleil (Sunshine House) in due course. We can assure you that we will make the best decision for the well-being of our users."

## KEEPING IN TOUCH

# Enjoying those last summer moments



By: Marie-Lisa Jolin

Just as quickly as it arrived, summer will soon be a distant memory, keeping us warm in the cool months to come. If, like me, you are scrambling to take in those fleeting summer moments, don't worry! You still have time to get out there and enjoy those last-minute activities you've been waiting to scratch off your summer bucket list. To get you started, here are a few suggestions of activities you can do to make the most of this beautiful season, all while remaining socially distant.

Why not start off with a night of stargazing from the comfort of your own backyard? On a clear night, the end of August is the perfect time to see the stars – and you may even spot a few shooting stars, if you're lucky!

Another fun activity to try is a garden dance party. Take off your shoes, head out into your backyard, and put on your favorite summer playlist for a solo or socially distant dance party – day or night, a dance party is the perfect at-home activity.

Next up on the list are nature walks. The Eastern Townships region is filled

with tons of hidden paths just waiting to be discovered. If you have already gone on a lot of nature walks this summer, why not switch things up a bit and go for a bike ride instead?

Lastly, on those hot August days, why not just take your book outside and sit under a tree to read? It's a great way to take advantage of those sweet, late-summer afternoons. Plus, getting outdoors as often as possible while the weather permits is key to ensuring you get the most out of your summer and feel ready for the cooler days and nights ahead!

## Physical Distancing Bingo

Did you know that Townshippers' Association has put together a fun little summer bingo game, which will hopefully inspire you to try out some different summer activities before the end of the season? All you need to do to take part is to head over to our website ([townshippers.org](http://townshippers.org)) and download the Physical Distancing Activities for Families and Adults booklet and bingo card, which you can fill out as you accomplish the various challenges. Each weekly bingo challenge is posted to our social media pages, so make sure to keep an eye out so you don't miss any! At the end of the summer, send a copy of your completed bingo card to Michelle ([ml@townshippers.org](mailto:ml@townshippers.org)) for the chance to win some fun Townshippers swag. More detailed information on this activity can be found on the Townshippers' website: [www.townshippers.org/pdbingo2020/](http://www.townshippers.org/pdbingo2020/).

## Share your thoughts and ideas!

As we slowly make our way to the end of summer and into the fall, we, at Townshippers, will be busy planning

for our upcoming online activities. We thought this would be a great time to ask you what kind of activities, topics, or themes you would like to know more about. Is there something that you've recently read, seen, or heard about that you would like us to expand on? Are there specific health or wellness topics that you'd like us to explore with a local professional? Would you like to participate in an online discussion group or activity with others from the area? Please feel free to reach out to us by email ([ta@townshippers.org](mailto:ta@townshippers.org)) to let us know, or send us a message on Facebook or Instagram. Your feedback will

help us to plan activities for the coming months. We wish you a great end of summer!

## Online

[www.townshippers.org](http://www.townshippers.org)  
[Facebook.com/Townshippers](https://www.facebook.com/Townshippers)  
[Twitter @Townshippers](https://twitter.com/Townshippers)

## In person

3355 College St., Sherbrooke  
 3-584 Knowlton Rd., Lac-Brome

## By phone

819-566-5717  
 450-242-4421



CANDID SHOTS ON PEXELS

*Looking for a way to enjoy these last summer days? Pick up a book and head outside for a bit of reading... it's a great way to take advantage of lazy August afternoons.*

# Quebec moves to shore up long term care homes ahead of second wave of COVID 19

By Morgan Lowrie  
 THE CANADIAN PRESS

Each long-term care home in Quebec will have a single person responsible and accountable for its response to COVID-19, Health Minister Christian Dubé said Tuesday as he moved to shore up the vulnerable sector ahead of a potential second wave of the novel coronavirus.

Health-care staff will also be prevented from working in more than one seniors centre and unknowingly carrying the virus into multiple facilities, the health minister said.

Speaking to reporters in Quebec City, Dubé said the government was giving itself six weeks to execute the multi-pronged action plan he announced Tuesday that he said will ensure a swifter, more nimble response if cases rise again.

Many of the measures to be put in place by the end of September are aimed at avoiding a second disaster in the long-term care sector, which accounted for the bulk of the province's 5,727 deaths attributed the virus.

A key component of the plan is to

name a manager who will lead each of the province's roughly 400 long-term care homes. Quebec Premier Francois Legault has said that at the beginning of the pandemic, one person was often responsible for multiple long-term care facilities, creating confusion and diffusing accountability.

The new managers, who will each be assisted by an infection-control specialist, will be responsible for ensuring government directives are followed. I don't want any more excuses that it's not clear," Dubé said.

He promised that managers who do not follow directions would face consequences, although he did not say what they would be.

Dubé stressed that the existing managers of long-term care homes were not responsible for the failures of the first wave, which exposed the weaknesses of a system he described as fragile and under-resourced.

Rather, he said, many managers were unable to respond to the pandemic due to a combination of staff shortages, lack of training and infection control, and directives that were unevenly applied, all of which he expects the new

plan to address.

The elected officials as well as the managers will be accountable," he said. But what we want to do with the action plan, with the amounts we're talking about, is to have managers and elected officials to work with the right tools."

Dubé's strategy also includes rapid mass testing, maintaining access to surgeries, and ensuring the province has enough medical equipment to cover a potential second wave.

With the virus, our best weapon is agility and speed," he said.

Dubé also announced an additional \$106 million for public health, which will allow regional health establishments to hire some 1,000 full-time workers to help with contact tracing, infection control and administering an eventual vaccine.

The government has already hired 10,000 orderlies, who are expected to enter the workforce in the next few weeks.

Seniors Minister Marguerite Blais said Tuesday many of the elements of the action plan will have a lasting positive effect on the long-term care sector. She said the government will present a

longer-term policy on the seniors facilities this fall.

Meanwhile, Quebec reported on Tuesday 46 new COVID-19 cases and six additional deaths linked to the novel coronavirus. Four of those cases were reported in the Estrie region, bringing the local total to 1,120 cases.

The number of hospitalizations remained unchanged at 145 while the number of people in intensive care increased by two to 27.

Quebec has been by far the hardest-hit Canadian province, with 61,252 COVID-19 infections since the beginning of the pandemic.

While new cases have been declining in recent weeks, Dubé warned the virus is still circulating in the province.

He said the current period of calm" was not a sign the virus was gone, but rather a chance to prepare for a likely rise in infections in the fall.

Dubé said Quebec has successfully contained recent outbreaks, suggesting the province is better prepared to move quickly if a second wave comes.

# Provincial government announces aid to local road work projects

Record Staff

The Quebec government is injecting \$1,868,135 in financial assistance to the town of Saint-François-Xavier-de-Brompton to help it improve and develop its municipal road network.

In a press release, Gérard Messier, the town's mayor, applauded the initia-

tive from Transport Minister François Bonnardel and thanked local MNA André Bachand for getting the roadwork project off the ground.

"Whether it is to go to work or come back from work, to participate in the activities taking place in the heart of the village or to visit the various market gardening and fruit businesses that border it, our rue de l'Église will finally

become what it should be: a communication route that promotes human and economic exchanges," said Messier.

The government is making commitments to several municipalities in need of new roads. In the province's latest budget, they increased funding for the municipal network through the Local Roads Assistance Program by \$310 million.

They also added \$30 million to the budget to be allocated for the Local Road Maintenance and Dual-Use Road Maintenance components. The majority of the financial aid is going towards rue de l'Église and a small portion to 7th avenue.

## Magog residents allowed back into town hall for council meetings

Record Staff

The City of Magog will once again hold municipal council meetings in front of a public audience while respecting the provincial government's health and safety rules, according to a press release Tuesday morning.

Residents can partake in their first council meeting in over 4 months on Tuesday, September 8 at town hall. In

an effort to respect physical distancing measures, the city has decided that not all of its elected officials can attend at the same time.

The first meeting will feature five elected officials, including Mayor Vicki-May Hamm. The other municipal councilors will be present virtually via videoconference. The session is also televised on NousTV and on the town's Facebook and Youtube.

City officials have also limited the number of people allowed inside the room to 11 citizens. Priority will be given to Magog residents. People can register for the meeting by email at info@ville.magog.qc.ca or by phone at 819 843-2880.

In order to uphold transparency, the city is also allowing a question period for residents not able to attend the meeting in person. They can comment

on the Magog Facebook page or call 819 843-3333, extension 444.

Residents who are in attendance will need to wear a mask or a face covering while inside the building. They can remove it once they take their seat in the meeting room. Hand sanitizer will also be available on site.

## Maple producers say 2020 isn't tasting so sweet

By Matthew Sylvester  
Special to the Record

Early last week, Quebec Liberal Party and Official Opposition Leader Dominique Anglade brought the pleas of beleaguered sugar bush owners to the attention of Legault's government. After a season of basically no clients to feed, many of these small businesses that represent a staple of Quebecer culture were left reeling, and with no realistic way to make up their losses.

"The message sent to the Legault government by the owners of reception halls and sugar shacks is unequivocal and demonstrates the urgency to act before it is too late," Anglade said. According to a recent study by the Fédération canadienne de l'entreprise indépendante (FCEI), at least 27 per cent of small business owners in the entertainment, hosting and restaurant sectors, under which sugar bushes are included, are at serious risk of bankruptcy this year. That could mean the closure of 33,750 small businesses province wide.

The Record spoke with Jean-Francois Laplante, owner of Sherbrooke based sugar bush and restaurant Erabilis, to get an idea of how local maple producers fared during the pandemic. Laplante has been the sole operator of Erabilis ever since he was passed the torch by his grandparents in 2002.

Since then, Laplante replaced the sap gathering buckets with a more modern tube system, and built another cabin exclusively to make and serve meals from the ground up. He now passionately runs the bush which makes up a significant amount of his yearly investments alongside his work

as a freelance programmer and IT specialist.

When asked how the turbulence of the pandemic and ensuing government mandate to temporarily close businesses affected his year, Laplante said that the outlook was pretty grim. "There are two aspects to the business," he explained. "One side is the extraction and one side is the meals." While the syrup extraction and manufacturing side of Erabilis performed fairly average this year, the restaurant side took a nosedive.

Before the mandated closure on March 15 and right before the height of the sugaring season, Erabilis had sold only around 7 per cent of the total meals he expected to sell before the end of the season in late April. Even when Laplante shifted the kitchen's production to takeout meals, that number only rose to 17 per cent. "It seems like a high number, but the average meal price is less than \$20," he said. "We were probably one of the most hard-hit industries."

Takeout at the Erabilis only softened the blow of all the lost potential revenue this year. "We were really just trying to use up the food," Laplante said, explaining that much of the perishables needed for the season had already been purchased by the time the order to close came in. Even then, he was still forced to write some food off by either giving or throwing it away.

While the extraction side performed well and helped to keep Erabilis from going too far into the red, caps on the amount of syrup a single business can sell to vendors like grocery stores meant that Laplante couldn't rely on just selling his syrup. He was forced to sell thousands of dollars of



JEAN-FRANCOIS LAPLANTE

Jean-Francois Laplante of Erabilis explains how the most classic Canadian enterprise is at risk.

surplus from the restaurant from his doorstep and website at a big discount just so that he wouldn't go over his cap next year.

Luckily Laplante was able to negotiate some favourable terms with his bank and isn't too afraid he'll completely run out of money this year. Still, he's worried about the rough times to come. "For most of the world maple

syrup is a luxury product and those are the first to drop in demand during a recession," he said. In the past, the Federation of Quebec Maple Syrup Producers has lowered caps to create artificial scarcity and push up syrup prices during economic downturn. If that happens next year, the bills might start to pile too high to keep going.

# EDITORIAL

You can help children and youth identify their role in staying safe — such as avoiding touching their face, washing their hands or using hand-sanitizer and keeping their distance from others.

## How to help your child cope with the transition back to school during COVID-19

By Jessica Cooke

PhD Student, Department of Psychology, University of Calgary

Nicole Racine

Postdoctoral Research Fellow, Psychology, University of Calgary

Sheri Madigan

Associate Professor, Canada Research Chair in Determinants of Child Development, Owerko Centre at the Alberta Children's Hospital Research Institute, University of Calgary

breadth of conversations based on your child's age and maturity level.

For example, with a younger child in grades 1 to 3, you could spend some time talking about what might look different this year. Their class size may be smaller and teachers and educators may be wearing masks. Extra-curricular activities or regular school activities (such as some forms of music) might be cancelled.

For older children, you could ask if there are specific things they are worried or concerned about, and talk these through with them.

You can help children and youth identify their role in staying safe — such as avoiding touching their face, washing their hands or using hand-sanitizer and keeping their distance from others. Use coping-focused language that emphasizes the active role that children, youth and adults are taking to make sure things go well (following instructions, engaging in good hygiene), rather than focusing on things that are out of their control (like if a student gets COVID-19).

### Name fears to tame fears

As child clinicians, we often encourage parents to use the "name-it-to-tame-it" strategy. First, parents can help their child identify their concerns by asking them what they're worried about. Then, parents can help their child "name" the worry or concern by labelling it. For example, younger children might name their fear the Worry Monster. Simply labelling the emotion as anxiety can be helpful for older children and teenagers.

Naming the worry often helps tame the fear by helping children build understanding about what they're feeling. It also gives parents and children a common emotion language that can be used in future discussions, and provides an opportunity for parents to provide emotional support and coping strategies. These strategies include deep breathing and using coping-focused language like: "I feel better when I talk about my worries."

Every fall, parents are tasked with managing back-to-school transitions. Usually this means shopping for or gathering school supplies or seasonal clothes, registering for activities or helping children manage back-to-school excitement or worries. But with COVID-19, the start of this school year feels very different.

Our research shows that due to COVID-19, parents and children are experiencing greater levels of anxiety and stress. With contentious and sometimes shifting information about the process, these feelings of uncertainty may increase.

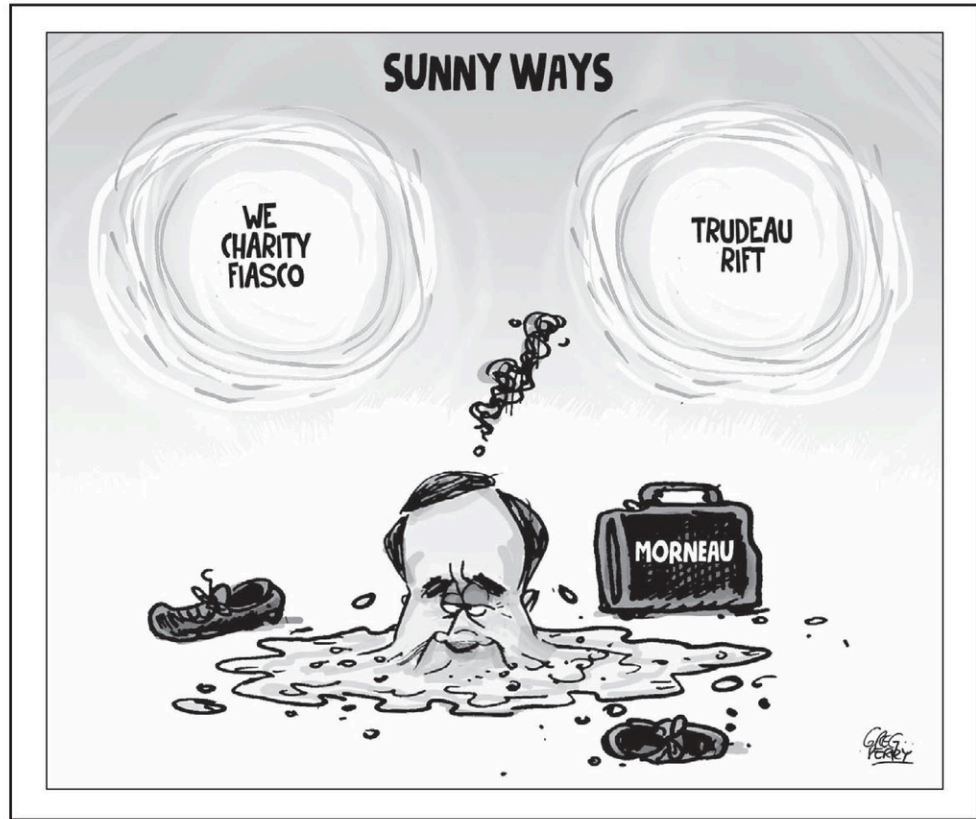
Parents and children may feel nervous about contracting and spreading COVID-19 at school, frustrated by vague reopening plans and skeptical of whether children are able to follow social-distancing and mask protocols.

While levels of anxiety and stress may be high, parents play an influential role in helping children cope, encouraging a positive back-to-school transition and helping to reduce children's anxiety and worries.

### Have honest and open discussions

In psychology, we use the phrase, "what you resist, persists" to describe how avoiding important discussions can actually lead to more persistent feelings of anxiety in children.

It's important to have honest, factual and open conversations with your child about COVID-19 and its implications for returning to school. Tailor the depth and



Children often want reassurance their fears won't come true. It may be tempting for parents to say "Everything will be OK!" or "No one will get sick!" But such words can prevent children from facing their fears and developing problem-solving and coping skills. They can also prevent children from taking COVID-19 preventative measures (like social distancing) as they may perceive the risk to be low or non-existent.

Acknowledge and support your child in the discomfort that there are some things that may be out of our control, and that it's best to focus on what we can control.

### Listen, validate, help to problem-solve

When your child expresses (or demonstrates) they're struggling, start by listening carefully to their concern. Put devices away, so you can provide undivided attention. Then, try validating your child's emotion by making a caring statement that reflects what they just said, such as: "I can understand why you feel worried about returning to school, especially when there are so many changes happening because of COVID-19." Identifying reasons why your child might be feeling worried or anxious will make them feel understood.

Help your child face their fears by promoting problem-solving. Together, identify a few possible solutions and then help them identify which solution seems best. You can discuss different options or role-play solutions to help your child build confidence. Encourage your child to try out the solution in real life and discuss whether or not it worked. If not, try picking a different solution to test!

### Focus on things going well

It's important to acknowledge children's worries and anxieties, but parents should also motivate their children to focus on the things they might be looking forward to. Children are likely excited to see friends, peers or teachers in person. They may positively anticipate a daily school routine and take pride in their role as a student or in minimizing COVID-related risks.

Before school starts, you can ask, "What are you looking forward to on your first day of school?" or "What have you missed about school?" Once school starts, you can ask: "What was the best thing that happened today?"

### Build a predictable routine

Usually, things we can control makes us feel safe because they are predictable, while things that fall out of our control can lead to feelings of anxiety because they are unpredictable.

One way parents can help children build feelings of safety and security during COVID-19 is by creating a predictable daily routine, beginning with consistent times for meals, waking up and going to bed.

Before or after school, engage your child in planned, shared activities like making breakfast, reading together or going to the park.

### Model calm behaviour

It's OK for parents to feel uncertain and worried. However, as much as possible, try to model calm and confident attitudes about returning to school for your child and use cheerful, positive messages when saying goodbye, and empathy when responding to tantrums, protests or crying.

Research suggests that children notice how their parents feel and pick up on subtle cues, such as scared facial expressions or cautious tones of voice.

Parents who care for their own well-being and mental health are better able to care for their children's — so be kind to yourself and seek out those you can turn to when you are struggling or troubled by these unprecedented circumstances. You can also seek mental health services.

While this year's transition back to school is different, we can help children feel optimistic by listening to and validating their worries, teaching them coping strategies, reviewing safety protocols and supporting them when they find things difficult. Ultimately, our kids need us to lead the way for a successful back-to-school transition and to develop the lifelong skills they need for navigating challenges.

**THE RECORD**

6 Mallory, Sherbrooke, Quebec J1M 2E2  
 FAX: 819-821-3179  
 E-MAIL: newsroom@sherbrookerecord.com  
 WEBSITE: www.sherbrookerecord.com

**SHARON McCULLY PUBLISHER (819) 569-9511**  
**MATTHEW McCULLY MANAGING EDITOR (819) 569-6345**  
**GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345**  
**SERGE GAGNON CHIEF PRESSMAN (819) 569-4856**  
**JESSE BRYANT ADVERTISING MANAGER (450) 242-1188**

**DEPARTMENTS**  
 ACCOUNTING (819) 569-9511  
 ADVERTISING (819) 569-9525  
 CIRCULATION (819) 569-9528  
 NEWSROOM (819) 569-6345

**KNOWLTON OFFICE**  
 5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0  
 TEL: (450) 242-1188 FAX: (450) 243-5155

**PRINT SUBSCRIPTIONS**

For print subscription rates, please call 819-569-9528 or email us at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

**ON-LINE SUBSCRIPTIONS**

|         |         |        |      |       |          |
|---------|---------|--------|------|-------|----------|
| QUEBEC: | 1 YEAR  | 108.72 | 5.44 | 10.85 | \$125.00 |
|         | 1 MONTH | 9.78   | 0.49 | 0.98  | \$11.25  |

*Rates for out of Quebec and for other services available on request.*  
*The Record is published daily Monday to Friday. Back copies of The Record are available.*

*The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.*  
 PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

**Member**  
 ABC, CARD, CNA, QCNA

# Local Sports

## ‘It still hurts’: Fans react to the CFL cancellation of 2020 season

By Kelly Geraldine Malone  
THE CANADIAN PRESS

John Couture has gone to every Grey Cup since 1974 and has made great memories and lifelong friends along the way. The recently retired Winnipeg Blue Bombers superfan was hoping to fill up his summer schedule with football games.

“All hell broke loose,” he said Tuesday.

He was disappointed to learn his team won’t be able to defend its Grey Cup championship this year. However, he’s not letting the CFL’s decision to scrap the season affect his unbroken streak “he is considering 2020 a lost year.

“It’s not my fault they aren’t playing this year, so I’m going to consider my streak alive,” he said. “If it was happening this year in Regina, I would be going.”

Fans across the league shared in the sadness of the lost year after commissioner Randy Ambrosie announced the decision to cancel the 2020 season and focus on 2021.

There was hope Winnipeg -home of the 2019 champions -could serve as a hub city for the league. But the CFL was unable to secure financing from the federal government or resolve some other issues.

It marks the first year the Grey Cup won’t be presented since 1919.

Fan Mike Goodchild had a lot more time for vacation and house projects this summer in Manitoba, but said he’d rather be watching football games.

“We miss going to the games, watching our favourite players,” Goodchild said Tuesday. “It is what it is right now.”

That the Bombers remain the reigning champions is a small silver lining to the news, Emile Morrissette said. The Manitoba team won its 11th CFL championship with a 33-12 victory against the Hamilton Tiger-Cats last November, ending a 29-year drought.

Morrissette, a season ticket holder, wanted to see what the champions would have done to defend the title on the field.

“Finally we win the Grey Cup and we

have a very competitive team and we are probably going into the season to be one of the favourites again and then that COVID hit,” Morrissette said.

“You know, it just makes it tough as a fan.”

Some people plan their summers around the cottage or the beach, but Morrissette and his sister make their plans around going to football games together.

He supports the decision if the league can become stronger and more financially stable for future seasons.

In Saskatchewan, Nelson Hackewich said he was expecting the season would be cancelled, but it was still hard to hear.

“The league was in a situation where it couldn’t win. It was going to lose money either way,” he said. “It still hurts that we aren’t going to have CFL football this year.”

To say the Hackewich family are Saskatchewan Roughriders fans is an understatement -they bleed green and white, he said. They are known for the Rider Room in his parents’ Regina house. They converted Hackewich’s childhood bedroom into a place to showcase decades of Roughriders memorabilia.

To fill the hole left by the season, Hackewich began simulating the CFL season using a video game and livestreaming it online. Each Friday, he gets about 8,000 viewers. But it’s not quite the same as watching the game, he said.

It also feels like a bit of salt in the wound for Hackewich that the season was cancelled the year the Roughriders’ top rivals -the Bombers -hold the Cup.

“They ended one of the longest droughts in CFL history and the league decided they were going to shut it down... It’s all Winnipeg’s fault,” Hackewich said with a friendly laugh.

Morrissette responded from Winnipeg that it better not be another curse on the Bombers.

“They won the Cup and then the season gets cancelled, right? It’s kind of weird,” he said. “But technically I can never agree with a Rider fan. That’s just in the DNA.”



## The ABCs of going back to school safely

From assigning **one classroom per group** and **handwashing** to solutions to ensure **all subjects are taught** and **increased support** for students, we’ve adopted measures for a safe and successful school year.

See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)

Votre gouvernement

Québec

NEWSPAPERS  
MATTER  
NOW MORE  THAN EVER

Subscribe today - print or online  
819-569-9528 • [www.sherbrooke.com](http://www.sherbrooke.com)

**Death**

**June Foster**

Hazel JUNE (Olney) Foster: In her 88th year, passed away peacefully at the Penticton Regional Hospital, Penticton, BC on August 13, 2020. Born in Danville, QC, daughter of Frank & Hazel Olney. Dear wife of the late Robert Foster, survived by her four daughters; Laura Lee (Michael), Roberta (Jack), Gayle (Gordon) and Kelly, along with grandchildren and great grandchildren. Predeceased by her sister Mildred (Mim) and brother-in-law Alden (Rusty). She will be dearly missed by her nephews Robert (Mary) and Brian (Marcia) Carr.  
www.everdenrust.com/obituaries



**Death**

**Gail Lydia Vokey OLIVER**

1942-2020



Passed away peacefully at Joseph Brant Hospital, Burlington, Ontario on August 16. Loving wife of Earl (Bud) Oliver for 61 years. Married in Brigham, Quebec, on Valentine's Day 1959. Loving mother of Arnold, Susan and Earl and devoted grandmother to Vanessa Oliver. Sister of Robert Vokey of California and Derek Vokey of Cowansville.

And up until recently, loved her yearly summer trips to PEI to visit with her two sons. She was a history buff. Gail loved spending time traveling to visit historical landmarks, in Canada and the USA.

A woman of great integrity and strength, who loved cooking for her family. Thanksgiving, Christmas and any special occasion were yearly highlights. Avid reader of historical documentaries, and mystery novels.

She will be dearly missed, by all who of have come to know Gail.

Celebration of Life will take place on September 19 at Fairmount Cemetery, Sutton, Quebec, at 1 p.m.

**In Memoriam**



**BEATTIE, Sean - August 19, 2010**

*Sunshine passes, shadows fall,  
And though the years be many or few,  
They are filled with memories of you...  
Memories that are as sweet today as in the  
hour you passed away.*

Gone but never forgotten  
**LOVE MOM AND TARA AND FAMILY**



**Datebook**

WEDNESDAY, AUGUST 19, 2020

Today is the 232nd day of 2020 and the 61st day of summer.

**TODAY'S HISTORY:** In 1839, details of Louis Daguerre's pioneering photographic process were first released in Paris.

In 1934, a German plebiscite voted to grant then-Chancellor Adolf Hitler the additional office of president.

In 1960, captured American U-2 spy plane pilot Francis Gary Powers was sentenced in Moscow to three years imprisonment and seven years of hard labor for espionage.

In 2010, Operation Iraqi Freedom officially ended as the last U.S. combat troops crossed the border into Kuwait.

**TODAY'S BIRTHDAYS:** Orville Wright (1871-1948), aviation pioneer; Coco Chanel (1883-1971), fashion designer; Ogden Nash (1902-1971), poet/author; Malcolm Forbes (1919-1990), publisher; Gene Roddenberry (1921-1991), Star Trek creator; Bill Shoemaker (1931-2003), jockey; Bill Clinton (1946- ), 42nd U.S. president; Mary Malin (1953- ), political consultant; John Stamos (1963- ), actor; Kyra Sedgwick (1965- ), actress; Nate Dogg (1969-2011), rapper; Matthew Perry (1969- ), actor; Clay Walker (1969- ), singer-songwriter; Veronica Roth (1988- ), author.

**TODAY'S FACT:** Gene Roddenberry was the first television writer to get a star on the Hollywood Walk of Fame.

**A suspected concussion requires medical care**

**ASK THE DOCTORS**



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

head, along with the brain inside of it, to shake quickly back and forth. This can result from the type of direct impact you experienced when you fell during your run. It may also be caused by an indirect force that's powerful enough to make the head whip back and forth, as can happen during a tackle or when you're rear-ended in your car at high speed.

Your brain is basically a passenger within your skull. When something causes your head to stop short or suddenly change direction, your brain continues moving. It bounces and twists and bumps into the interior surfaces of the skull. A concussion results in a chemical change within the brain, along with bruises, tears or injury to the soft and fragile tissues. Because it's not life-threatening, concussion is typically referred to as a mild traumatic brain injury, or TBI. However, the effects can be serious.

When you have a concussion, symptoms may show up right away, or they can develop over a period of hours or days. Immediately after a concussion,

a person may appear dazed or bewildered. They may not immediately be aware of what happened, and it's possible they won't recall the moments leading up to the injury. Some people become clumsy, and they may have trouble understanding and following directions. Physical symptoms can include headache, feeling nauseated, vomiting, a feeling of pressure within the skull, blurred or double vision, ringing in the ears and problems with balance and coordination. Some people may develop a sensitivity to external stimuli, including light and sound. The person may report feeling slow or groggy or just generally not OK. A brief loss of consciousness immediately after impact is possible.

Someone with a suspected concussion should seek medical care. You'll be asked for details about the accident, as well as any symptoms. It's important to also share information about any medications and supplements, as some can increase risk of bleeding. Diagnosis includes a neurological exam that checks vision, hearing, strength, balance and

coordination. Cognitive tests are used to evaluate memory, recall and concentration. It's possible that someone would be asked to stay overnight in a hospital for observation. In some cases, brain imaging tests may be considered.

In 2018, the U.S. Food and Drug Administration approved a blood test to evaluate concussion. It measures levels of two protein biomarkers that the brain releases into the blood within 12 hours of a head injury. It's not a diagnostic test for concussion, but it does help predict which patients will have injuries that will be visible in a brain scan.

With 3.8 million reported concussions per year, this is a common injury. It's also a potentially serious one. It's important, so we'll say it again: If you suspect a concussion, seek 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.)*

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

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

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

**DEADLINES FOR DEATH NOTICES:**

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

# NEA Crossword Puzzle

# Your Birthday

WEDNESDAY, AUGUST 19, 2020

the one to take action. Focus on taking advantage of an opportunity. Consider making home improvements and cutting your overhead. Romance is encouraged.

**AQUARIUS** (Jan. 20-Feb. 19) – Change only what's necessary. Don't worry about pleasing others. Take charge of your life, and refuse to let anyone dictate what you can do.

**PISCES** (Feb. 20-March 20) – Pay attention to what others are experiencing. Make personal improvements that will boost your confidence and attract compliments. Romance is favored, so start making plans.

**ARIES** (March 21-April 19) – Stay focused on what's important. Don't let a change someone makes throw you off guard. Offer others the same freedom you expect in return.

**TAURUS** (April 20-May 20) – Make change happen. If you want something, go after it wholeheartedly. Use your imagination to come up with an innovative way to get ahead.

**GEMINI** (May 21-June 20) – Put your plans in motion, and improve your lifestyle, home environment and important relationships. Refuse to let someone from your past stand in your way.

**CANCER** (June 21-July 22) – You won't have to stand alone if you are willing to compromise. Don't let stubbornness be an issue. A personal change will lift your spirits.

Acceptance and compromise will be essential if you want to achieve your goals this year. If you pay attention to detail and are willing to work hard, satisfaction will result. A positive attitude will enhance your life.

**LEO** (July 23-Aug. 22) – Do some research about something you want to pursue. Dedication and determination will set you apart from any competition you encounter.

**VIRGO** (Aug. 23-Sept. 22) – You'll come up with a host of good ideas. Before you share your intentions, test your plans. Celebrate your achievements with a loved one.

**LIBRA** (Sept. 23-Oct. 23) – Act according to what will benefit you and your loved ones. Consider a change at home or to your financial well-being rationally if you want to come out on top.

**SCORPIO** (Oct. 24-Nov. 22) – Run the show instead of letting someone else take the reins. Make suggestions that will appease any opponents. Act passionately, and you will win support from fence sitters waiting for someone to make the first move.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Keep your emotions under wraps. Discuss matters rationally and offer solutions. An unexpected lifestyle change is heading your way. Prepare to make adjustments without complaint.

**CAPRICORN** (Dec. 22-Jan. 19) – Be

### Answer to Previous Puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | A | V | A |   | M | O | B |   | Z | A | P | S |
| I | C | E | D |   | A | P | E |   | I | N | I | T |
| M | E | G | A | B | Y | T | E |   | T | I | N | A |
|   |   |   |   | G | O | A |   | K | A | I | S | E |
| E | R | N | E | S |   | B | E | T |   | E | D | S |
| X | I | I |   | S | O | L | E | M | N |   |   |   |
| E | L | K | S |   | L | A | P |   | I | N | C | H |
| S | E | E | P |   | I | R | E |   | L | I | R | E |
|   |   |   |   | A | U | G | E | R | S |   | B | O |
| M | G | M |   | S | A | D |   | R | A | S | P | S |
| O | R | A | T | O | R |   | B | T | U |   |   |   |
| R | I | M | E |   | C | R | E | A | T | I | O | N |
| S | L | A | T |   | H | O | N |   | O | D | I | E |
| E | L | S | E |   | Y | E | T |   | S | A | L | E |

- ACROSS**
- 1 Heroes' tales
  - 6 Allotment
  - 11 Cheer
  - 13 Suppressed
  - 14 Apollo's priestess
  - 15 Government
  - 16 Note-takers' need
  - 17 Hungry — — bear
  - 19 Mind reading
  - 20 Actress — Garbo
  - 22 Andes capital
  - 26 Computer guru
  - 30 Prepare a steak
  - 31 Morning show
  - 33 Jaded
  - 34 Puccini genre
  - 35 Rio Grande town
  - 38 Kingdom
  - 39 Makes void
  - 41 Cheer from the bleachers

- 44 Tiny legume
- 45 Selected a card
- 49 Add oxygen
- 51 Mariachi wear
- 53 Gave a wolfish look
- 54 Whimper
- 55 Circus hoop hazard
- 56 Burn up the road

- DOWN**
- 1 Hit the malls
  - 2 Distinctive air
  - 3 June celebrant
  - 4 Circle parts
  - 5 Mr. Mineo of films
  - 6 What, in Oaxaca
  - 7 Try to persuade
  - 8 Kimono fasteners
  - 9 Weather info
  - 10 Stock ending

- 12 Get news of
- 13 Wooden box
- 18 Congeal
- 20 — oldie
- 21 Cast members
- 22 TD passers
- 23 Russian range
- 24 Theta follower
- 25 Level
- 27 "The Audacity of —"
- 28 Think tank output
- 29 Peerage member
- 32 Candied item
- 36 Took for a ride
- 37 "— Buttermilk Sky"
- 40 Edinburgh girl
- 41 Fishing gear
- 42 Length x width
- 43 Evil
- 45 Plumbing problem
- 46 Four-star review
- 47 Fencing sword
- 48 Solder
- 49 Chatty alien of TV
- 50 Undershirt
- 52 USN officer

|    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |    | 6  | 7  | 8  | 9  | 10 |    |
| 11 |    |    |    |    | 12 |    | 13 |    |    |    |    |
| 14 |    |    |    |    |    | 15 |    |    |    |    |    |
| 16 |    |    |    |    | 17 | 18 |    |    | 19 |    |    |
|    |    |    |    | 20 |    |    |    | 21 |    |    |    |
| 22 | 23 | 24 | 25 |    |    | 26 |    | 27 | 28 | 29 |    |
| 30 |    |    |    |    |    |    |    | 31 |    | 32 |    |
| 33 |    |    |    |    |    |    |    | 34 |    |    |    |
|    | 35 |    |    |    | 36 | 37 |    | 38 |    |    |    |
|    |    |    |    | 39 |    |    | 40 |    |    |    |    |
|    | 41 | 42 | 43 |    | 44 |    |    | 45 | 46 | 47 | 48 |
| 49 |    |    |    | 50 |    |    | 51 | 52 |    |    |    |
| 53 |    |    |    |    |    |    | 54 |    |    |    |    |
| 55 |    |    |    |    |    |    | 56 |    |    |    |    |

WEDNESDAY, AUGUST 19, 2020

## Take the time to cruise home

By Phillip Alder

One needs to be doubly careful in this life. Today's contract requires accurate timing by declarer. So, I searched for a quotation with that key word in it, finding this from Agesilaus II: "It is circumstance and proper timing that give an action its character and make it either good or bad."

Agesilaus II lived from circa 440 to 360 B.C., was one of the most brilliant soldiers of his era and was the King of Sparta from 399 until his death.

In this four-spade contract, how should South plan the play? West obligingly leads a low diamond: nine, queen, king. North's two-diamond cue-bid showed a maximum pass with spade support — the so-called cue-bid raise. South bid what he hoped he could make.

This was board three of the Women's Team Olympiad final in 1988, which was held in Venice, Italy. Declarer started with nine winners: six spades and three diamonds. She needed to establish a heart winner but was threatened with losing one heart and three clubs.

The British declarer immediately drew two rounds of trumps — bad. Then she tried a heart to dummy's nine. However, East, Dorthe Schaltz from Denmark, won with the ace and correctly shifted to the club four. Three club tricks later, the contract was down one.

Bettina Kalkerup displayed the correct timing. She drew only one round of trumps — good. Then she played a diamond to dummy's ace, returned to

|                         |              |          |      |
|-------------------------|--------------|----------|------|
| North                   |              | 08-19-20 |      |
| ♠ 8 6 2                 |              |          |      |
| ♥ K J 10 9 3            |              |          |      |
| ♦ A 9                   |              |          |      |
| ♣ Q 3 2                 |              |          |      |
| West                    | East         |          |      |
| ♠ 5 3                   | ♠ 10 7       |          |      |
| ♥ Q 8 5 4 2             | ♥ A 7        |          |      |
| ♦ 7 3 2                 | ♦ Q 10 8 6 4 |          |      |
| ♣ K 10 8                | ♣ A J 9 4    |          |      |
| South                   |              |          |      |
| ♠ A K Q J 9 4           |              |          |      |
| ♥ 6                     |              |          |      |
| ♦ K J 5                 |              |          |      |
| ♣ 7 6 5                 |              |          |      |
| Dealer: West            |              |          |      |
| Vulnerable: North-South |              |          |      |
| South                   | West         | North    | East |
|                         | Pass         | Pass     | 1♦   |
| 1♠                      | Pass         | 2♦       | Pass |
| 4♠                      | Pass         | Pass     | Pass |
| Opening lead: ♦ 2       |              |          |      |

hand with a trump and cashed the diamond jack, discarding a club from the dummy. Now she lost only one heart and two clubs, and Denmark gained 12 international match points en route to victory by 21.

### 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.

"GNLWUDP (OLYDPUV) KLV ANP TDWVA  
UPRPYOLWC LWADVA AZ ALIP EP  
JYOPW NDV KDYR ... LUKLCV ANPWP  
... KNPY D YPPOPO NDE." — AWLMDV  
AWDAA

Previous Solution: "I'm heaven bound / Got me a ticket now / And I'm going to ride the glory train." — The Oak Ridge Boys

TODAY'S CLUE: n sjenba r

### REALITY CHECK

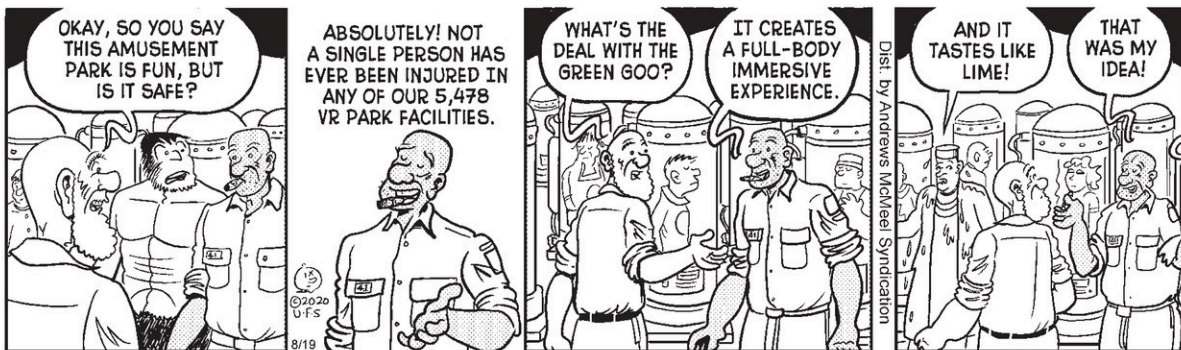


### HERMAN

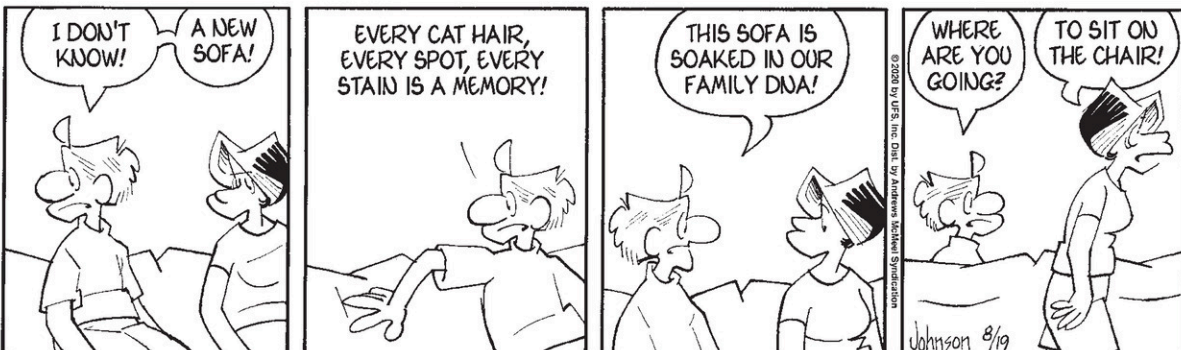


"We got a nice postcard from those little green guys in the U. F. O."

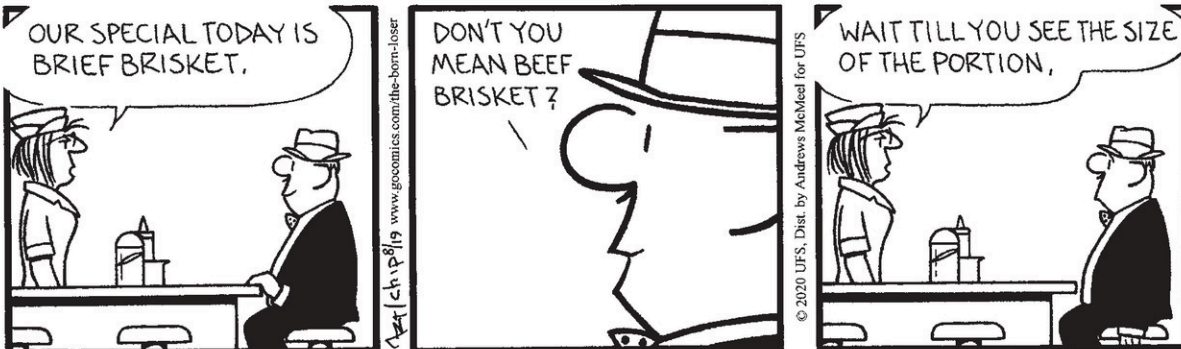
### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



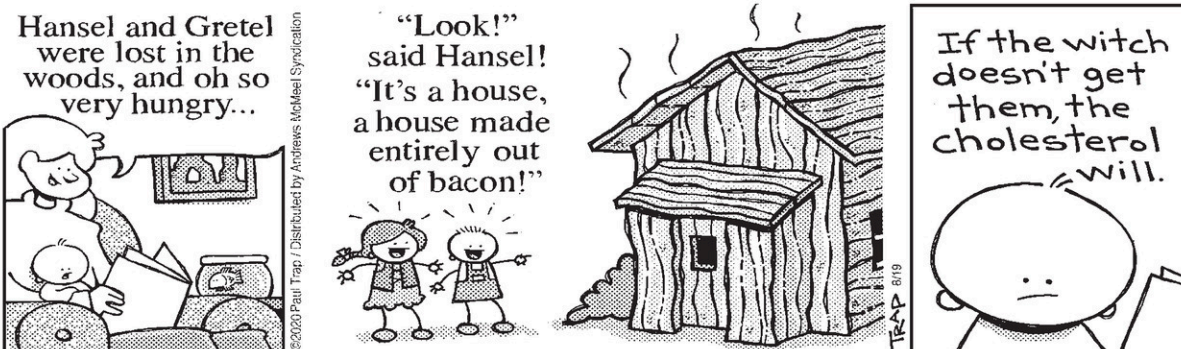
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

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

**100** Job Opportunities

**Help Wanted**

Mixed farm near Bury, full time, good wages, please contact: 1-514-404-8429.

**275** Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

**290** Articles 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

**Inflammatory Bowel Disease.**  
 Only the Pain is predictable.

Crohn's and Colitis Foundation of Canada  
 Fondation canadienne des maladies inflammatoires de l'intestin

With your help a cure will be found.  
 1-800-387-1479

# Putting daughters and girlfriend at odds

Dear Annie:

Dear Annie: I'm 52 and have dated "Bob" for six years. We both have grown children. Last week, he said one of his two daughters "didn't think much of me." I like and socialize with them at family dinners.

I asked which one said that, but he refuses to tell me. This hurts, to say the least. What do you think? - **Concerned in California.**

**Dear Concerned in California:** I think Bob is very insensitive. To make a blanket statement about someone (even if it is his daughter) not liking you is mean and juvenile. By refusing to say which daughter it is, he is creating a situation in which you will distrust both of them. There is something nasty about this.

Now, if you did something that upset one of his daughters, that could be a different story. You could talk about it and work through things. Of course, this hurtful statement of unknown origin is going to make you feel sad and defensive during these family dinners.

Rather than being resigned to this situation, press Bob on why he would say something like that. Six years is a long time, and if you are going to continue your relationship, you must be with a partner who is more considerate of your feelings and who is willing to work things out by communicating directly.

**Dear Annie:** I was always under the impression that when invited to stay somewhere, guests did not need to bring anything. They should just enjoy being a guest. There was a recent letter where a man asks for his guests to bring a gift. I think that is tacky.

Sure, he has worked hard to get his property and now wants to invite "guests" over. He never said "friends," but guests shouldn't have to pay their duties to him. He may as well be running a hotel; then the guests would be paying for beach towels and food.

I hope he enjoys his new lake house quietly and alone. I certainly wouldn't go there after reading his letter. - **Guests or Friends**

**Dear Guests or Friends:** You make an interesting point, but I think you're being a little rigid. Giving a gift to a host or bringing food to share with a group is a kind gesture. It makes both the host and the guest feel good. But of course, you are correct that being obligated to give a gift in order to be invited is something else entirely. I wouldn't blame you for staying away.

**Dear Annie:** The letter from the grandpa who never leaves the house without his handkerchief made me smile. My 28-year-old daughter with Down syndrome suffers from seasonal allergies, so she never knows when she might let go with a big sneeze. She has carried a thin-sized handkerchief, handed down from her dad, since she started going to school. She likes the men's size because they are thinner and bigger

than the ladies hankies I bought her. So, you are right, they are for everyone, not just men. - **Ellen's Mom**

**Dear Ellen's Mom:** Thank you for your letter. Your daughter sounds wonderful, and so do you.

"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](mailto:dearannie@creators.com).

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

8/19

© 2020 Dist. by Andrews McMeel Syndication for UFS

## PREVIOUS SOLUTION

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

**HOW TO PLAY:**

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

Each year, many Canadian women over 40 see their lives shattered by osteoporosis...  
 Please consult your doctor or visit our Web site to learn more.  
 1 877 369-7845  
 (514) 369-7845  
 www.osteoporose.qc.ca

**Take matters into your own hands**

# FORD EMPLOYEE PRICING\* ON NOW

GET OVER  
**\$4,700** IN TOTAL PRICE  
ADJUSTMENTS<sup>^</sup>

ON A NEW 2020 ESCAPE TITANIUM  
with optional features selected



BUILT *Ford* PROUD

FIND OUT MORE AT [FINDYOURFORD.CA](http://FINDYOURFORD.CA)

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP).

\*Ford Employee Pricing ("Employee Pricing") is available from August 1, 2020 to September 30, 2020 (the "Program Period"), on the purchase or lease of most new 2020 Ford vehicles (excluding chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Shelby® GT350/GT350R Mustang, GT500 Mustang, Ford GT, and BULLITT), and 2021 F-150s (excluding SuperCab & SuperCrew XL with diesel engine and F-150 Raptor). 2019 model year vehicles may be eligible for the program – see dealers for details. Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor-/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs.

<sup>^</sup>Until September 30, 2020, receive \$4,713 in Total Ford Employee Price adjustments with the purchase or lease of a new 2020 Escape Titanium AWD gas model with Equipment Package 401A, and Titanium Premium Package (including Heads Up Display). Total Ford Employee Price adjustments are a combination of Employee Price adjustment \$3,713 and delivery allowance of \$1,000. Employee Price adjustments are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives.

©2020 Ford Motor Company of Canada, Limited. All rights reserved.