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TUESDAY, JULY 23, 2019

Fever Fest hotter than ever

By Emilie Hackett
Special to the Record

John Maysenhoelder and Jody Goodsell's backyard party turned fundraiser was a great success over the weekend despite scalding heat. The 13th edition of Fever Fest was able to raise approximately \$2,100 to the Pet Connection Lennoxville and the Société Alzheimer de l'Estrie.

Over 400 people made their way to the Glenday Road's Maysen Manor to watch a dozen bands perform on Saturday and Sunday, July 20 and 21. Rock and roll, jazz, soul and country music were on the menu for the weekend.

"We've been able to raise more money than the previous years which is great. I think that having Domino's Pizza as one of our food options on Saturday helped because since it kept the price down, people were more ready to donate," explained Maysenhoelder.

"It's a huge weekend for us. Everyone had a great big smile on their face and left the place clean," he recalled. "I can't wait for next year, and all the bands that played this weekend expressed interest to play next year again. It was incredible."

Maysenhoelder highlighted his special guest Mick Hall's performance. "He is a legend. He was incredible on Sunday night. He hadn't played live or even really been in the Townships for the past 10 to 15 years, so we were so fortunate to have him. His voice and his songwriting skills are second to none. I think he should be an international rockstar. We were all blown away."

"We're particularly glad we didn't get rained on," he added, mentioning that despite a drizzle on Sunday morning, all the equipment was safe and sound under a tent in the yard.

"Here's a funny story. My band

CONT'D ON PAGE 5

Richmond to host provincial 4-H rally



CLAUDIA VILLEMAIRE

Hannah Frost with Gracie and Devin Keenan with Aly (pronounced Allee). Devin takes time from his responsibilities as chairperson of the organizing committee and Frost, looking after the life skills section, will also find the time to compete.

By Claudia Villemaire

Every year the Quebec 4-H Club presents a provincial rally, giving clubs scattered across the province the challenge of preparing a three-day weekend of activities and competitions for members between the ages of six years and 25.

"We're expecting 100 participants

this year, said Devin Keenan, chairman of the organizing committee.

Not only a proud member of the Richmond 4-H Club along with his brothers and sister, Keenan is continuing his post-graduate studies at Macdonald College with agriculture, and more specifically dairy farming as his determined goal.

This week, we talked about organiz-

ing and preparing for this event which covers just about any type of food production and life skill one could imagine. "We'll have dairy and beef animals, horses, sheep, goats, chickens and a variety of life skills presented by members of the different clubs present," he explained. Competitions and judging begin in earnest Friday morning and continue until supper time Saturday.

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SUNNY

HIGH OF 28
LOW OF 12



SATURDAY:
SUNNY

HIGH OF 28
LOW OF 14

The Vagina Monologues at Theatre Lac-Brome: I was there in the room



DISHPAN HANDS

SHEILA QUINN

'I was there in the room....'

That is the title of the monologue chosen by director Emma Stevens to close last weekend's trio of performances of *The Vagina Monologues*, written by Eve Ensler. The piece tells the story of Ensler's presence in the room at the birth of her granddaughter.

On stage this depiction of what it was to bear witness to this child's arrival in the world was read by Sharman Yarnell-Massey. In the telling, I was taken back almost nineteen years, to the birth of my godson, that I witnessed. The changes in her daughter-in-law's body were exactly what I imagined, even right down to holding one of her legs to help her through the final pushes - I did the same for my friend Tracey as Tyler came into the world.

I remembered the births of my own sons.

'I was there in the room' is probably how I will remember my experience helping with this production. It was how I hoped my involvement would feel - more peripheral, more assistance, more stepping up and then stepping back.

There is so much to be said for not being centre stage.

I was listed as an assistant to the director, Emma Stevens, one of the theatre's founders. That was what felt like the right way to explain it.

There is a freedom for ourselves when we support others. There is a relief for them when little things are taken care of.

Pulling off a creative project is definitely like giving birth - there are moments that it feels like you'll never get there, that it will not survive, that you can't do it, that something is missing, that something just won't click and it's bothersome beyond belief. Also that it has powerfully taken over your life and you have to let it breathe.

Taking on *The Vagina Monologues* was

a brave move, or at least it felt that way to me. I wasn't uncomfortable with the subject matter. I wasn't really comfortable some of the time either, but that had more to do with actually allowing the content to be raw, or upsetting, or challenging to digest at times - it's supposed to be.

Emma Stevens was the midwife, I was a sort of assistant, a gopher/go-for, and happy to be one. Rane Lee, Sharman Yarnell-Massey, Eleanor Noble and Darleen Bell birthed the stories, the characters, the accents and the gestures behind the character infused into the pieces they shared.

Emerging to the sounds of Aretha Franklin's *Respect*, the actors were accompanied on stage by Emma Stevens, who read a piece written by Eve Ensler, on the experience of compiling the stories that became *The Vagina Monologues*. Hundreds of women who told their stories that Ensler crafted into her series of work. The quartet of actors stood at four lecterns, pausing at times on stools positioned further back on the stage while they took in the pieces read by their cohorts.

I'll admit to being nervous about how the audience would react. I felt protective of all of those involved. 'I was there in the room.'

I was there in the rehearsals, witnessed the cues and the rehashings, the moments that a piece hung above the cutting room floor, saved at the last minute one more try. I watched lights adjusted and the results of on-stage artwork re-positioned. I saw the wardrobe trials and selections.

I helped with hairstyling and looked on as the actors prepared themselves (including hair and make-up and occasionally taking to the stage by themselves for a few minutes just to practice execution prior to the show itself). I filled water bottles. I was present for the gathering circle prior to showtime and called out the time, clocking progress towards taking to the stage.

I cried every time Darleen Bell performed 'My Vagina Was A Village' - a chal-

lenging piece about the rape of women during the war in Bosnia and Kosovo in the mid-90's.

I turned pages at intermission so that the return to the stage would run smoothly.

I was thrilled when the beats of 'Sisters Are Doing It For Themselves' by Aretha Franklin and Annie Lennox started, indicating the end of the show, preceding the bows, and the folks on their feet every night, applauding and in some kind of awe.

That's a lot of 'I' statements, and that feels strange. Because while I tell you the story of moments related to me, it was like being there and not being there, about being there, but not being me, and that is part of the importance, grace and privilege of assisting. What a gift it is to be allowed to help bring something to life.

A person. A play. A community. An experience.

For a week these women (including Olivia, responsible at the theatre, and several very helpful fellows, Richard, Danny, Bruce, John and volunteers like Roger to name a few) were a community, they were a force, a unit, separate and supportive, focused on the creation of what truly felt like a living thing. The thing had a pulse in rehearsal and came to life on Thursday, Friday and Saturday nights, and is definitely still living in the minds of those who attended.

That's what happens when you allow yourself to go to that place that tells a story that challenges not just your comfort zones, but your worldview, your own truth, and requires contemplation.

Now that that creative birthing community has moved on into their own lives, the experience lives on, of a very warm week of summer of 2019, when stories were told on this Townships stage, of the most intimate female body part and where it has taken some people.

We were there in the room.



PHOTO CREDIT: NATHALIE RIVARD

Pictured: Danny McAuley, who helped with lights and other stage work, Rane Lee, Eleanor Noble, (director) Emma Stevens, Sharman Yarnell-Massey, Darleen Bell, me, John Cameron (sound) and Olivia Ens (of Theatre Lac-Brome). Rane, Eleanor, Sharman and Darleen were on stage!

Ben by Daniel Shelton



LOCAL NEWS

When something happens that requires medical intervention, one lifeguard goes straight to the victim and the others work to clear the pool.

Why is the pool closed?

A breakdown of what can close your local swimming hole

By Gordon Lambie

Despite the fact that the City of Sherbrooke extended the hours of its public pools over the weekend to give residents more access to cool water during the oppressive heat, the municipal pools at the Saint-Alphonse-de-Ligouri and Alfred-Élie-Dufresne Parks were closed for the day on Saturday. According to François Salvail, Recreation Coordinator with Sherbrooke's Division of Sports and Events, the decision to close the pool was unfortunate but necessary after staff found evidence of liquid fecal matter on the life jackets just before closing Friday evening.

"It was unfortunate, because with organic, liquid fecal matter we have to close the pool for 24 hours," Salvail said, explaining that the timeline has to do with decontamination and is mandated by the Regulation respecting safety in public baths, which is a part of Quebec's Building Act.

"There are two procedures," the coordinator said, explaining that the law requires a closure of 30-40 minutes for "oral organic matter" (vomit) or "solid fecal matter" to give time for the water and tools used to remove the contamination to be cleaned, but that "liquid fecal matter" requires a closure of 24 hours in order for the entire space to be cleaned.

"Was there any in the pool, in the changing rooms or the showers? We don't have any choice but to sterilize it all," Salvail said.

Outside of "organic materials" there

are a few other situations that can cause a pool closure.

"Every time we have a (first-aid) intervention, we evacuate the pool because we can no longer supervise if the lifeguards are with the victim," the coordinator said. "Keeping people in the water would increase the risk."

When something happens that requires medical intervention, one lifeguard goes straight to the victim and the others work to clear the pool. After that, the evacuation lasts as long as it takes to get the victim the help he or she needs and fill out an incident report. This delay can last longer, depending on the nature of the accident.

"What you have to think about, as well, is that in more serious situations there can still be post-traumatic stress for the lifeguards, despite all their training," Salvail said. "If they are not able to continue working, we have to call in a replacement."

Everything is done systematically, the coordinator explained, but as a result there are often times when people outside the situation think they see nothing happening when, in fact, the lifeguards are doing exactly what they are supposed to do.

The other two things that can close a pool are mechanical issues, which Salvail pointed out can always happen and are hard to predict, and thunderstorms.

"Like any residential pool, we open the pool and hope it will work through the summer, but if something breaks it breaks and we have to deal with that."

He said, going on to say that the rule



GORDON LAMBIE

with thunder and lightning is to wait thirty minutes after the last roll of thunder.

Asked about the frequency of closures, Salvail said that the city sees approximately 15 "organic material" related closures a year.

"We aim for as few as possible," he said, encouraging people to go to the bathroom before swimming, as much as possible, and consider how well potty trained their children are. He also emphasized that swim diapers are not a magic solution and said parents need to

remember to check them regularly.

"It holds everything in, but it is important to check often," he said. "Every swimmer suffers when there is an organic material incident."

The City of Sherbrooke employs 70 lifeguards at its 12 municipal pools and two public beaches. Information about whether a pool or beach is open or closed is available online through an interactive map that can be accessed at <https://cartes.ville.sherbrooke.qc.ca/mes-loisirssestivaux/>.

4-H rally

CONT'D FROM PAGE 1

Hannah Frost, in charge of the Life Skills section, described some of the variety she expects to see presented. "We will have public speaking contests, scrap booking, arts and crafts and even cooking," she described, "and everything will be set up on display too."

Thursday evening, the rally begins with an official opening ceremony. "We are especially privileged this year," Keenan announced proudly. "Our Federal Minister of Agriculture will make and official visit to open this rally and believe me we've been working hard to make everything perfect for this special guest. We are very proud of our club here and we'd like to prove to her how

important we think the organization is to our young people."

Of course, rallies are famous for their fun and games, but the Farmers Olympics, which begin after the opening ceremony, are kept secret until the right moment. The games are prepared by parents and volunteers who dream up interesting challenges for the participants.

Teams are chosen by drawing numbers from a hat, allowing visiting teams and locals get to know each other. One can only imagine what tricks parents and volunteers, themselves in many cases veterans of 4-H activities and rallies themselves, will dream up.

"I think it's important we emphasize this rally is open to the public and we al-

ways wish more folks would stop by. Watching these young people compete in a class of 'fitting', (that's preparing their chosen animal for competition), which probably means washing, scrubbing, clipping, paying attention to the 'top line', ears and brisket, making sure hooves are properly trimmed and the switch at the end of the tail carefully combed. Then, showtimes means donning 'show whites', for dairy calves, breed colors for the beef breeds, western or English style for horses and simply in their best bib and tucker for sheep, goats and chickens.

"We are very grateful to the community and our members who have raised over \$6,000. We calculate it costs a minimum of \$75 per participant, which is

not terribly expensive for a total of eight meals for well over 100 young people, parents and other folk. Quebec 4-H organization covers a large part of the cost but special thanks must go to volunteers and donors. Without their help we couldn't possibly undertake such a large event. And besides that, we know now we'll be hosting the 2020 rally next year too," Keenan emphasized.

The opening ceremonies begin at 7p.m. Thursday with the Farmers Olympics right after. Friday and Saturday, judging begins at 8 a.m. and trophies and awards are presented at the banquet Saturday evening. "Every day, meals are themed," Keenan added. "We will have Mexican and Italian dishes on the menu, among others."

We don't know you!

By Linda Knight Seccaspina

I have to admit my life has flourished through creativity and I have never taken the word "no" for an answer. In fact, I have never listened to anyone who tried to talk me out of my views on life, fashion, and being yourself. At age 15.5 I marched into the Vice Principal's office who doubled as a guidance counsellor at Cowansville High School and told him I would not be returning to school the next year. I also asked for my \$10 dollar school book deposit back.

I can still remember to this day where his desk was positioned in the room, and the look on his face that was partially hidden by his oversized spectacles. In a crisp but curt tone he scolded me.

"My dear Miss Knight, what golden path have you chosen for yourself?"

"I am going to be a fashion designer Sir," I said emphatically.

He got out of chair and perched himself on the edge of my chair and asked me loudly if I was jesting.

Jesting?

Jesting?

Do I look like a person who jests?

I quickly realized had I told him I had gotten pregnant by the Keebler Elves it would have gone over better. He continued in a loud monotonous drone telling me young ladies became either nurses or teachers. The elderly gentleman suggested that maybe I look into the world of home economics if "I enjoyed

sewing". With that I stood up and again asked him to cut me a cheque for \$10.00. With my completed Grade 9 education, a shake of his hand, and \$10.00 the world was now my oyster and no one would ever criticize the way I dressed again.

Well, ladies and gentlemen, we all know how that went. I was a fashion designer for decades, and through the years there has not been a day that people have not said something about my clothing style. My sons are conservative and I respect that, and they generally close their eyes to my daily attire. Never once has one word been said- until last night.

Son number 1 invited me to a Jerry Seinfeld concert and immediately the conversation went like this:

"Forgot to tell you Mum...."

"These tickets are front row, right in front of his microphone so please wear something nice! Please don't wear something crazy, because you will be a target of this comedian. If that happens Mum- we don't know you!"

I sat there kind of dumbfounded and asked what I should wear to which he retorted:

"I am just worried about you showing up appearing to be a peacock or something!"

With that I shook my head- my son was sending me a dress code. Who really birthed my children I wondered? They had to have come from another mother!

With that, there was a 5 minute si-

lence- and he laughed and said, "Just kidding Mum!"

They say when you teach your son, you are in essence of also teaching your son's son. Let's hope my grandson and granddaughters have a bit of craziness like their Grandmother - and to my

sons:

You may be old enough to roll your eyes about what your mother wears and that's fine, but remember it's your fault she pees and sneezes at the same time now. Love and sacrifice my boys, love and sacrifice, with a bit of fashion thrown in!



"Just another day and another outfit in Linda's Senior Citizen life"

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UdeS researchers in search of safer painkiller alternatives

By Emilie Hackett
Special to the Record

Researchers at the University of Sherbrooke (UdeS) have been working hard over the last 13 years to understand the function of opioids to find safer alternatives for painkillers. From January 2016 to June 2018, over 9,000 deaths linked to an opioid overdose were recorded in Canada alone.

The Record spoke with Louis Gendron, professor and head of the Department of Physiology and Pharmacology at UdeS, to learn more about the research conducted at the CHUS Research Centre.

"My laboratory is generally interested in opioids and the treatment of pain, with morphine as the key player. Morphine is the strongest painkiller out there, but its regular use also has several side effects, such as nausea and constipation," explained the professor, who has been teaching and researching the topic at UdeS since 2006. "Stronger doses can cause problems on the cardiovascular and respiratory systems. Like all medication, it can cause unwanted potential of abuse and addiction, which makes it a powerful street drug."

"We're trying to find new molecules in the opioid family. Apart from antibiotics that target bacteria and other external components of the human organism, medication targets proteins, also known as receptors, and enzymes that we have in our body, which are intrinsic to the functioning of our body. Opioids target receptors that control the body's response to pain," added Gendron.

"There are many different types of proteins, including three main types of receptors, called mu, delta, and kappa. Mu receptors are responsible for the effects caused by morphine, but also its unwanted side effects," he said. "The

kappa receptor has been found to create hallucinations when activated. However, delta receptors are not targeted by any clinical medication. We've been looking at the way delta receptors react to morphine molecules to understand more about how they function. We've noticed that there are little to no side effects when morphine targets delta receptors." This discovery could lead to a whole new range of painkillers that do not cause negative side effects.

"We haven't reached a point where anything is market-ready, of course, but our research is progressing," he admitted. "The molecules we've found that work on delta receptors are also found to have positive effects, such as reducing anxiety and depression, disorders that are all too common for those living with chronic pain."

Gendron mentioned that it is a long-term project and it will not be finalized overnight. "We have been working in this fundamental research laboratory for 13 years. We don't test on patients or active beings. We research the basics of science, such as the structure, the activity, the relations, the chemistry, and the actions of molecules and proteins," he described. "Opioids and receptors are like keys and a lock. You have to find the right key to open the lock, just like we have to find the right molecule to activate the right receptor."

Gendron and his team have been working with many collaborators and have received funding for over 10 years from the Canadian Institutes of Health Research. "We have many collaborators around the world, such as in the United States, Canada, Belgium, France, and Russia. They provide complimentary expertise," he said. "We're not here to duplicate our interests, because it's not a competition. Every partnering labora-

tory provides different levels of skill and knowledge. Our lab here at the CHUS is led by master's and postdoctoral students, and we also have many Bishop's students who come to intern with us every year."

"We've recently submitted a publication to a scientific journal, because we've found that the structure of certain molecules, which target the delta receptor, could help inflammatory pain and neuropathic pain. Opioids aren't traditionally efficient for nerve hypersensitivity, which leads to high doses of morphine. Same goes for cancer pain," he highlighted. "Very high opioid doses are given to cancer patients in palliative care which often leads to reduced consciousness. These new molecules could help reduce the doses of morphine and will maintain lucidity."

"We've also observed that this new molecule could help reduce the growth of morphine tolerance. This allows healthcare providers to give out a constant dose of opioids for longer. Patients often become acclimated to morphine, which leads to the constant augmentation of doses, and therefore loss of lucidity," explained the professor.

"We are a research laboratory that is interested in the development of painkillers of the future, which means we need to keep evolving. The legalisation of cannabis is also forcing us to look into that avenue as well. It has many benefits as a common street drug, but there is a severe lack of research on the topic. It is a medicinal, plant-based drug that helps pain and we're interested in what it can help treat," posited Gendron.

Gendron studied at UdeS for his bachelor's degree, his master's degree and his PhD in physiology. He then went to McGill University for his postdoctoral studies in a neuroscience laboratory in



PHOTO COURTESY LOUIS GENDRON

Louis Gendron has been a researcher at the CHUS for 13 years and hopes to one day market a safe painkiller similar to morphine that would have little to no negative side effects.

2003. In 2005, he travelled to Seattle at Washington University to work in a specialized laboratory that studied drug addiction and the impact of prolonged administration of substances such as opioids that activate delta receptors. He is now the director of the Quebec Pain Research Network.

Fever Fest

CONT'D FROM PAGE 1

CMON FM the last band to play on Sunday and also played twice before on Saturday due to a cancellation. Our singer Mike started going after singing for four and a half hours, so we took the executive decision to cut our performance short and play one last big song, our rendition of Jimi Hendrix's Voodoo Child," said Maysenhoelder. "We then began packing everything up, and as soon as we were done, 40 minutes later,

the torrential downpour fell on us. We were lucky enough to have no damage."

"Fever Fest is about the voices and faces you haven't heard or seen in a long time. I'm at a loss for who to invite next year as a special guest. I'd be glad to take up suggestions," he chuckled. "I also video-recorded the entire show and have really great footage of the weekend. I'm hoping to edit it down and make a decent live recording. These were all high caliber bands so I think it will be great."



PHOTOS COURTESY

Special guest Mick Hall is seen here with Jeff Coates at the 2019 edition of Fever Fest.

EDITORIAL

For years, medical professionals and health organizations have warned that climate change will exacerbate consequences such as cancer, heart disease, respiratory problems and spread of illnesses like Lyme disease, malaria, Zika and dengue.

SCIENCE MATTERS

Climate protection is not a partisan issue

By David Suzuki

Media and politicians often regard environmentalists as a special interest group with political priorities served by “green” parties. If a Green politician isn’t present or allowed to participate in a public debate, journalists tend to eschew environmental questions, considering them the purview of the absent party. It’s absurd to think an issue like climate change belongs to one party. It should be the highest priority for every politician and candidate and should receive daily media attention.

All parties should have policies to protect life-sustaining air, water, soil and biodiversity and to encourage renewable energy. Those of us who prioritize these factors are not like opera, rodeo or car racing buffs, yet that’s how we’re often perceived.

In November 2018, the Intergovernmental Panel on Climate Change released a special report, a gauntlet thrown to challenge all humanity. If we don’t reduce fossil fuel use by almost half by 2030 and 100 per cent by mid-century, climate chaos could destroy the underpinnings of civilization, including food and agriculture, coastal communities, ocean productivity and the global economy. This is not a Green issue; it’s an urgent challenge confronting all people. We can’t ignore it as we head toward a federal election on October 21.

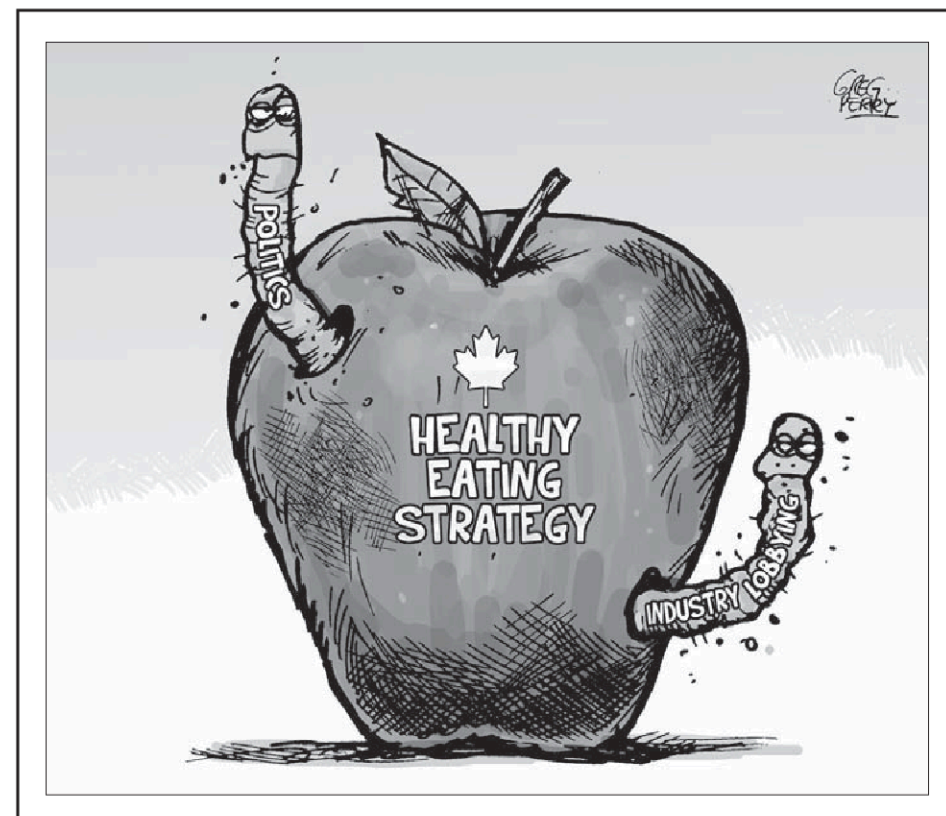
Global warming affects everything and everyone. United Nations groups dealing with immigrants and refugees worldwide can’t cope with the masses of people leaving their homelands. As

ocean levels rise and flood heavily populated areas; heat waves, drought and weakening monsoons destroy agriculture; pest outbreaks ravage forests; and changing ocean currents and temperatures transform marine ecosystems, tens of millions of people will be forced to seek liveable asylum. Climate change and its solutions must be addressed by all those concerned about immigration and refugees. The repercussions for Oxfam, Red Cross, Doctors Without Borders, Amnesty International and so many other organizations will amplify in coming years.

For years, medical professionals and health organizations have warned that climate change will exacerbate consequences such as cancer, heart disease, respiratory problems and spread of illnesses like Lyme disease, malaria, Zika and dengue. A recent report in *The Lancet* points to the urgent health consequences of climate change.

In Canada, where temperatures are rising at twice the global average rate, we’re already experiencing impacts: shorter outdoor hockey and skiing seasons; forest infestations of pests like the mountain pine beetle; vanishing glaciers that feed watersheds; loss of Arctic sea ice on which animals like seals and polar bears depend; extinction of populations of temperature-sensitive salmon like sockeye; increasing ocean acidity that inhibits shellfish growth; destruction of park ecosystems; explosive growth in rat and poison ivy populations; extended prairie droughts; deaths from heat stroke; huge fires; massive floods...

Canada’s recently revised food guide



acknowledges climate impacts. In a radical departure from the meat- and dairy-dominated guides of the past, it indicates that a primarily plant-based diet is not only better for our health but reduces the risk of climate change.

Global warming affects almost everything in our lives and the biosphere. It’s not a special interest touted by enviros or the Green Party. It’s a crisis for all humanity. The bar set by the IPCC report is challenging, made worse in Canada by almost a decade under a government that didn’t prioritize climate change. If we accept the goal of a 45 per cent reduction in greenhouse gas emissions by 2030, we have to start on it immediately and on an enormous scale. This is a challenge for us all and must be the highest priority for every party. We shouldn’t let any candidate for office avoid discussing climate risks.

The U.S. response to the 1941 Japanese attack on Pearl Harbor was not weakened by partisan bickering or debate over how serious the consequences would be, how much could be afforded or how the response would affect the economy. The country was united in its resolve to win the war. That’s how we have to respond to the greatest threat to survival humankind has faced.

Once the challenge is seized, opportunities will open up as we transform society’s energy foundation. As U.S. author and business consultant James Womack said, “Commitment unlocks the doors of imagination, allows vision and gives us the right stuff to turn our dreams into reality.” It’s time to dream big.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

Learn more at david Suzuki.org.

Montreal World Film Festival to take break for 2019, promises return in 2020

The Canadian Press

The Montreal World Film Festival will not be held this year.

Serge Losique, the chairman and founder of the event, says in a brief statement the festival is taking a year off to prepare for the 2020 edition.

He says no films had been selected for this year’s festival.

The statement says Losique is suffer-

ing from extreme fatigue and, on his doctor’s advice, won’t give any interviews.

Founded in 1977, the festival has been held yearly in August.

But for years, it has been under financial pressure after losing sponsors as well as prestige in the international film community.

Last year, the festival was threatened after the Quebec government targeted it for not paying its taxes.

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Local Sports

"It does boost my confidence going into the Olympics," MacNeil said.

Canadian teen Fernandez wins first pro singles title at Gatineau Challenger

The Canadian Press

Montreal teenager Leylah Annie Fernandez won her first professional singles title on Sunday, beating fellow Canadian Carson Branstine 3-6, 6-1, 6-2 in the Gatineau National Bank Challenger.

It was the first time in the history of the \$25,000 ITF tournament that two Canadian women were facing each other

for the title.

The 16-year-old Fernandez rallied from a set down to beat the 18-year-old Branstine in just under two hours, becoming the second player to capture both the singles and doubles titles in Gatineau after Bianca Andreescu of Mississauga, Ont., did it in 2016.

It was the second time Fernandez had faced Branstine in her career. Branstine won the last match, a Grade 2 junior

tournament in Montreal in 2015.

Branstine experienced some difficulties on court and had to call for the trainer in the second set.

"It was a tough match today," Fernandez said. "I've known Carson for a long time and we are good friends. Of course I am happy with the win, but I am also very happy for Carson because she had a great week.

"I am satisfied with the way I played

this week. You learn something from every match, no matter a win or a loss, and I feel like I am leaving Gatineau with more experience which will hopefully help me in the future."

In the men's final, Jason Kubler of Australia won his first title of the year, beating Enzo Couacaud of France 6-4, 6-4.

Canadian swimmer Maggie MacNeil swims to world gold

The Associated Press

Maggie MacNeil exceeded her expectations at the world aquatics championships. And then some.

The 19-year-old from London, Ont., competing on her first senior national team, stunned many observers by winning the women's 100 metre butterfly Monday. MacNeil also earned Canada its first gold medal of the competition and surprised herself along the way.

"Definitely not," MacNeil said when asked if she saw the accomplishment coming. "I was hoping to get to a semifinal and maybe make a final.

"I felt good in warmups but emotionally I've never been so nervous (before final)."

MacNeil set a Canadian record with a time of 55.83 seconds, 0.39 seconds ahead of reigning Olympic champion and world-record holder Sarah Sjöström of Sweden.

Emma McKeon of Australia was third. Sjöström had won the title four times.

Sjöström took it out strong, dipping under her world-record pace on the first lap, while MacNeil was in fifth. But MacNeil roared back with the fastest closing lap — 29.06 — of the eight-woman final and touched first.

Even after touching the wall, MacNeil still wasn't aware she'd won the race.

"I saw Sarah in my periphery," she said. "I didn't have the greatest touch but at that point all I was hoping for was to get a medal for Canada.

"It (winning feeling) is pretty indescribable."

After receiving their medals, the three women gathered on the top podium spot and raised their palms to the crowd, displaying a message to ailing 19-year-old Japanese swimmer Rikako Ikee.

"Rikako never give up" it read, with hearts decorating their palms. Sjöström came up with the idea.

Ikee announced in February that she has leukemia. She was the world junior champion in the 100 fly and had the fastest time in the world last year. She is aiming to return in time to compete in the Tokyo Olympics.

"We're hoping this will show that we're supporting her and we're here if

she needs anything," said MacNeil.

Canada captured a second medal later Monday when U.S-Canadian dual citizen Sydney Pickrem took bronze in the women's 200-metre individual medley behind Hungarian star Katinka Hosszu and Ye Shiwen of China.

MacNeil has one more individual event to compete in — the women's 50-metre butterfly. But she figures that with Monday's win, she created more work for herself on Canada's relay squads.

"But that's a good thing," she said with a chuckle.

The 100-metre butterfly victory also gives MacNeil the luxury of being able to think about next year's Tokyo Olympics more seriously. While the gold medal hasn't guaranteed MacNeil an Olympic berth, it's generally regarded as the first step towards selection, and her time can stand against those posted at the Olympic trials.

And the same would apply for Pickrem.

"It does boost my confidence going into the Olympics," MacNeil said.

In the meantime, MacNeil's first order of business is coming to grips with her stunning victory.

"I don't imagine getting much sleep," she said. "No, it hasn't sunk in and I'm not sure it will even after the meet."

Meanwhile, Kylie Masse of LaSalle, Ont., and Taylor Ruck of Kelowna, B.C., advanced to the final of the women's 100 metre backstroke. Masse, the reigning world champ, won her semifinal.

It was MacNeil's second medal in as many days. The University of Michigan student teamed with fellow teenagers Ruck, Penny Oleksiak and Kayla Sanchez to win bronze in the 4x100 metre freestyle relay on Sunday.

Canada now has one gold, two silver and three bronze medals at the two-week long event, featuring swimming, artistic swimming, diving and water polo.

Hosszu extended her dominance in the women's 200 individual medley, claiming her record fourth title. That's the same number of times she's won the 400 IM.

"It might seem just another gold medal but for me it's really special to be

here and be able to win," said Hosszu, who last year filed for divorce from her husband and training partner. "It's been a tough journey."

Nicknamed "The Iron Lady" for her relentless workload, Hosszu won in two minutes 7.53 seconds.

Elsewhere, Adam Peaty became the first man to win a third 100-metre breaststroke title at the world swimming championships and Katinka Hosszu of Hungary also added more gold to her collection.

Peaty claimed the title in 57.14 seconds, a night after he became the first man to break 57 seconds in the semifinals. The British swimmer was under his own world-record pace at the turn before coming home a full body-length in front and 1.32 seconds ahead of teammate James Wilby.

In the semis, Peaty was timed in 56.88. He's also the current Olympic champion.

"That'll fuel me for next year because I know how bad I want to clear 56 even faster now," Peaty said. "I know exactly how to do it but I've obviously run out of opportunities here."

Wilby touched in 58.46. Yan Zibei of China was third in 58.63.



Canada's Margaret MacNeil reacts after winning the women's 100m butterfly final at the World Swimming Championships in Gwangju, South Korea, Monday, July 22, 2019

Death

**William (Bill)
JANDRON**

Passed away July 19, 2019 in Halifax, N.S. at the age of 69 years. Eldest son of the late William "Bud" Jandron and Anna Lawrence Jandron of Richmond, QC and dear brother of Dave, Rick, Steve and Brent.



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Death

**Ron Clifford
MacDonald
1934-2019**



Passed away peacefully at La Maison Aube-Lumière on July 15, 2019. Mr. MacDonald was the son of Clifford MacDonald and Catherine McDonald (stepmother: Lyla Clark), and the loving husband for 60 plus years of Gail Catherine Nicholson living in Sherbrooke (Lennoxville).

Also left to mourn are his dear children: Stewart (Heather), Mary-Lou (James) and Peter as well as many other friends and relatives. He was a member of the Masons for over 40 years and of the A.N.A.F.

A graveside service will be held on July 27, 2019 at 2:00 p.m. in Gould, QC.

As a memorial tribute, donations to La Maison Aube-Lumière, 3071, 12th Ave. North, Sherbrooke, QC, J1H 5H3 or to a charity of your choice would be appreciated.

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Datebook

TUESDAY, JULY 23, 2019

Today is the 204th day of 2019 and the 33rd day of summer.

TODAY'S HISTORY: In 1962, the Telstar 1 satellite transmitted the first live, trans-Atlantic TV broadcast, featuring CBS news anchor Walter Cronkite.

In 1967, the 12th Street Riots began in Detroit, ending five days later and resulting in 43 people dead, hundreds injured and more than 1,400 buildings burned to the ground.

In 1999, with the launch of Columbia, Eileen Collins became the first woman to command a U.S. space shuttle flight.

TODAY'S BIRTHDAY: Emil Jannings (1884-1950), actor; Raymond Chandler (1888-1959), author; Anthony M. Kennedy (1936-), Supreme Court justice; Don Imus (1940-), radio personality; Woody Harrelson (1961-), actor; Slash (1965-), guitarist/songwriter; Philip Seymour Hoffman (1967-2014), actor; Alison Krauss (1971-), musician/singer-songwriter; Marlon Wayans (1972-), actor; Daniel Radcliffe (1989-), actor.

TODAY'S FACT: Comet Hale-Bopp, discovered on this day in 1995, was visible to the naked eye for a record 18 months, from May 1996 to December 1997. The previous record holder, the Great Comet of 1811, was visible for about nine months.

TODAY'S SPORTS: In 1996, injured American gymnast Kerri Strug scored a 9.7 on the vault as the U.S. won its first-ever Olympic gold medal in the women's team gymnastics competition.

TODAY'S QUOTE: "I was as hollow and empty as the spaces between stars." — Raymond Chandler, "The Long Goodbye"

TODAY'S NUMBER: 1,400 — the distance from Earth (in light years) of Kepler-452b, a potentially Earthlike exoplanet orbiting within the habitable zone of a star in the constellation Cygnus. NASA announced its discovery on this day in 2015.

TODAY'S MOON: Between full moon (July 16) and last quarter moon (July 24).



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Body's ability to synthesize vitamin D decreases with age

ASK THE DOCTORS

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

Hello, dear readers, and welcome to the first column of high summer. You've kept our inbox full, so we'll dive right in.

— A recent column about vitamin D prompted a reader to ask this follow-up question: "It is my understanding — via a doctor — that when you reach 65 to 70, the body's ability to make vitamin D begins to decrease. Is this true?"

Yes, the doctor you spoke to is correct. As we age, we experience a decrease in the ability to synthesize vitamin D. This, along with less time in the sun, and a drop in dietary intake, can lead to deficiency. Since this vitamin plays a role in both physical and mental well-being, it's important to monitor vitamin D levels in the elderly. This can be done via a blood test, and if a deficiency is found, it can be addressed through diet and supplements.

— We've fielded a few questions about air fryers, which are the countertop appliance of the moment. They cook using a fan that circulates super-heated air

and, with just a tablespoon or so of oil, crisp food in the same (well, similar) way that deep-frying does. A reader from Tulsa, Oklahoma, wondered whether this sounds too good to be true and asks, "Are there any negatives to eating foods that have been cooked in an air fryer?"

The good news for air fryer fans is that foods cooked in this manner can be up to 70% lower in calories than those cooked via traditional deep-frying. The devices may also decrease the presence of potentially dangerous compounds like acrylamide, which are created during the deep-frying process. However, high-heat cooking of any kind has been associated with the formation of other potentially dangerous compounds. And remember, air-fried foods are only as healthy as the ingredients you're starting with.

— Our column about an elderly man wanting to get a dog continues to get a lot of thoughtful replies, such as this one from a reader in Fresno, California: "You left out two important things — assessing the elderly person's physical, mental and financial capabilities, and the major differences in the care needed by different breeds. A mature dog with no major physical or

emotional problems and that does not need much grooming or running is a very different commitment than a puppy."

— We recently wrote about advance directives for dementia, in which an individual describes the medical interventions that he or she doesn't want as the condition progresses. A reader in Terre Haute, Indiana, adds that it's important to make sure that these directives are accompanied by the specific legal documents required by the laws of their particular state.

We thank you, as always, for your interest in this column. Just a reminder — we can't answer specific questions about medications, make a diagnosis or offer a second opinion. Also, space limitations mean that sometimes answers aren't as in-depth as some readers would like. We've noticed that our readers aren't shy about adding to, arguing with or correcting our work, and we are always happy to revisit previous topics here in our monthly conversations.

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.

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WEDDING WRITE-UPS:
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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

NORTH HATLEY

The Municipalities of the Village of North Hatley and the Township of Hatley will be presenting Dreamland Concerts in North Hatley's Dreamland Park (corner of Capelton and Main Streets), Saturdays at 7:30 p.m. and Sundays at 1 p.m. (until August 25). Saturday, July 27 at 7:30 p.m.: CMON-FM. Sunday, July 28 at 1 p.m.: The Granby Concert Band. Admission is free so come and enjoy the music! In case of bad weather, concerts will take place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

LENNOXVILLE

Mental Health Estrie offers a peer support group for CAREGIVERS. Our sup-

port groups are held in a safe and confidential space at 257 rue Queen in Sherbrooke (Borough of Lennoxville). Meetings take place every 2nd and 4th Wednesday of the month. Join us on Wednesday, July 24, 10 a.m. to noon. Our peer support group for individuals in the recovery process are held every Monday from 1 p.m. to 3 p.m. For more information, call 819-565-3777 or email mhe.info@bellnet.ca

LENNOXVILLE

Fundraising Mechoui for the ANAF Unit 318 "The Hut" Renovation Fund. 300 St. Francis St., Lennoxville, on Saturday, August 3 at 5:30 p.m. Admission \$20, 6-12 years old \$10, under 6 years old free. Delicious pork, beef and chicken with all the fixings. Mechoui tickets available at the bar or call 819-346-9122. Tickets also available at Clarke & Sons, 2881 College, Lennoxville, 819-562-7353 and Patisseries & Gateaux Lorraine, 259 Queen, Lennoxville, 819-566-4274.

LENNOXVILLE

Do you provide support to an aging spouse, parent, family member, friend or neighbour? Do you accompany a senior to appointments, help him/her manage finances or household chores, or provide emotional support? Do you feel like you could use a little help, or

are you afraid of burning out? Lennoxville and District Community Aid is inviting you to an information session on services that can support you as you care for a loved one. Join us Thursday, July 25 from 2 p.m. to 3 p.m. at the Community Aid office, 164 Queen St., suite 104, Borough of Lennoxville. Free admission. Please confirm your attendance at 819-821-4779.

SHERBROOKE

Saturday, July 27, The Benefits of Music for people living with Alzheimer's disease & those who care for them. A Training workshop presented by Eric Akbar Manolson, 10 a.m. to 4 p.m., Éva-Sénécal Municipal Library, 450 rue Marquette, Sherbrooke. \$45 includes a light lunch. Partial scholarships available. To register: healing@themanolson-approach.com, 819-580-1662, <https://www.facebook.com/events/897879947244435/>

WATERVILLE (HUNTINGVILLE)

We hope you are enjoying the great summer! This can be a great time to help your community. Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our Grandma's Style Roast Beef Supper, Sunday, July 28 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville). Delicious roast beef,

mashed potatoes with gravy, corn, carrots with strawberry shortcake for dessert! We have a family price. Remember, that this is all you can eat! Also, we offer "takeout." Give us a call at 819-679-8493, tell us what time you will be by to pick up your order. As easy as that! This is a great opportunity to support our community projects. Stop in and see what we have been up to. Unity Lodge supports a great many community projects and we would like a chance to tell you about them. Please come out and help, also you will have a great meal. If you would like more information on any of our projects, please come to our supper or contact Unity Lodge #8, IOOF, at unity8ioof@yahoo.ca or 819-820-5672. Also visit us on Facebook - Three Link Fraternity, Unity Lodge #8, IOOF. Come on out, have a great meal, and help us help you and your community! See all of you on July 28.

RICHMOND

The Richmond Legion invites you to a BBQ supper this Saturday, July 27, at 5 p.m. The Legion opens at 2 p.m. 235 College North, Richmond, Cost is \$8.00. Welcome to all. Hamburgers, salads and desserts.

Nipping bullying in the bud

Dear Annie

TUESDAY, JULY 23, 2019

Dear Annie: My son is 7 years old and is attending a soccer camp this summer. He is an average player and loves the game, and he has made friends at the camp. The problem is that one of the boys is a bully, and he targets my son all the time, calling him "a bad player" and kicking the soccer ball right in his face. This has gone on for more than three days. Each day, my son comes home and says the kid was meaner than he was the day before.

I left a voicemail for the coach asking if he would do something about this, but he did not reply. That infuriated me. I thought bullying was a thing of the past and that administrators of schools and camps did everything possible to prevent it.

My husband took off early from work one day so he could observe the practice and talk to the coach. The coach assured him that he was "handling it," but I don't have a great feeling about this. The fact that he ignored my phone call says that he does not take this seriously. The fact that he allowed it to happen in the first place is a really bad sign.

Bullying is terrible. I realize that some people will say

that it is human nature, that it's always been this way and that it can sometimes teach kids lessons about how to interact with each other. But I say no way. In 2019, there is no excuse for bullying at a summer camp. I'm not sure what we should do at this point and am turning to you for advice. — Anti-Bullying Mom

Dear Anti-Bullying Mom: It sounds like you took the necessary steps to help be an advocate for your son. There is a difference between a kid being mean or making an insensitive comment and consistent bullying. The reality is that kids can say mean things, sometimes not even on purpose, and they usually can sort it out themselves. In this case, it sounds like it was bullying and not just a rude comment.

Bullying is usually consistent and persistent, so you took the right steps by having your husband make the coach aware of the situation. Hopefully, that is the end of it. If the bully persists, and the coach does nothing, I would complain to the director of the camp and keep an open dialogue with your son about steps he can take to defend himself.

Dear Annie: An African proverb version of Ben Franklin's wisdom: "Treat your guest as a guest for two

days; on the third day, give him a hoe." In other words, company is no longer company; they grab a hoe and work in the fields like everyone else. When our children visit for three weeks with their noisy families, my husband and I take our vacation in week No. 2. They feed the cats, collect papers and mail and enjoy using our home for their base of operations as they visit in the area. We return from our vacation rested and ready to cope with their frantic pace once again. If they stay longer, we take another vacation. Maybe "Grinding My Teeth" can modify this idea to fit their circumstances.

I've been reading Annie and Ann (Landers) for 60 years! Much wisdom is to be gained from these ladies. — Faithful Reader

Dear Faithful Reader: Thank you for sharing a wonderful proverb along with a great suggestion!

"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.

Poached salmon with a fresh herb vinaigrette

By America'S Test Kitchen

It's no wonder salmon is so popular: Its flesh is rich-tasting thanks to high levels of heart-healthy omega-3 fatty acids.

A great way to ensure moist, tender salmon is to poach it. And a vinaigrette packed with fresh herbs offers surprising nutritional value.

Poaching the salmon in just enough liquid to come half an inch up its sides meant we didn't need much to boost the flavour of the liquid. However, the portion of the salmon that wasn't submerged needed to be steamed to cook through properly, and the low poaching cooking temperature didn't create enough steam.

Cutting the water with some wine lowered the boiling point; the alcohol helped to produce more vapour even at the lower temperature. To keep the bottoms of the fillets from overcooking, we placed them

on top of lemon slices.

POACHED SALMON WITH HERB AND CAPER VINAIGRETTE

Servings: 4

Start to finish: 30 minutes

1 lemon, sliced into 1/4 inch-thick rounds, plus lemon wedges for serving
2 tablespoons minced fresh parsley, stems reserved
2 tablespoons minced fresh tarragon, stems reserved
2 shallots, minced
1/2 cup dry white wine
1/2 cup water
1 (1 1/2 pound) skinless salmon fillet, 1 inch thick
Salt and pepper
2 tablespoons capers, rinsed and minced
1 tablespoon extra-virgin olive oil
Arrange lemon slices in single layer

over bottom of 12-inch skillet. Scatter parsley stems, tarragon stems, and half of shallots over lemon slices then add wine and water.

Cut salmon crosswise into 4 fillets. Pat dry with paper towels and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Lay salmon fillets, skinned-side down, on top of lemons and herb sprigs. Set pan over high heat and bring to simmer. Reduce heat to low, cover, and cook until centres are still translucent when checked with tip of paring knife and register 125 F (for medium-rare), 10 to 12 minutes.

Transfer salmon, herb sprigs, and lemon slices to paper towel-lined plate, cover with aluminum foil, and let drain while finishing sauce.

Return cooking liquid to medium-high heat and simmer until reduced to 1 tablespoon, 3 to 5 minutes. Combine re-

maining shallots, minced parsley, minced tarragon, capers, and oil in bowl. Strain reduced cooking liquid through fine-mesh strainer into bowl, whisk to combine, and season with pepper to taste.

Gently transfer drained salmon to individual serving plates, discarding lemon slices and herb stems. Spoon vinaigrette evenly over tops and serve.

Nutrition information per serving: 279 calories; 113 calories from fat; 13 g fat (2 g saturated; 0 g trans fats); 78 mg cholesterol; 457 mg sodium; 6 g carbohydrate; 1 g fiber; 2 g sugar; 29 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Poached Salmon with Herb and Caper Vinaigrette in "The Complete Diabetes Cookbook."

(The Associated Press)

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.

"BS DSNDTNIBSXDSN HLT NAD
PLVSFDT FSDTINBLS, NADP'TD VODK
NL GLXDS CDBSF DYVIU ISK CDBSF
ONTLSF." — ZDOOBJI IUCI

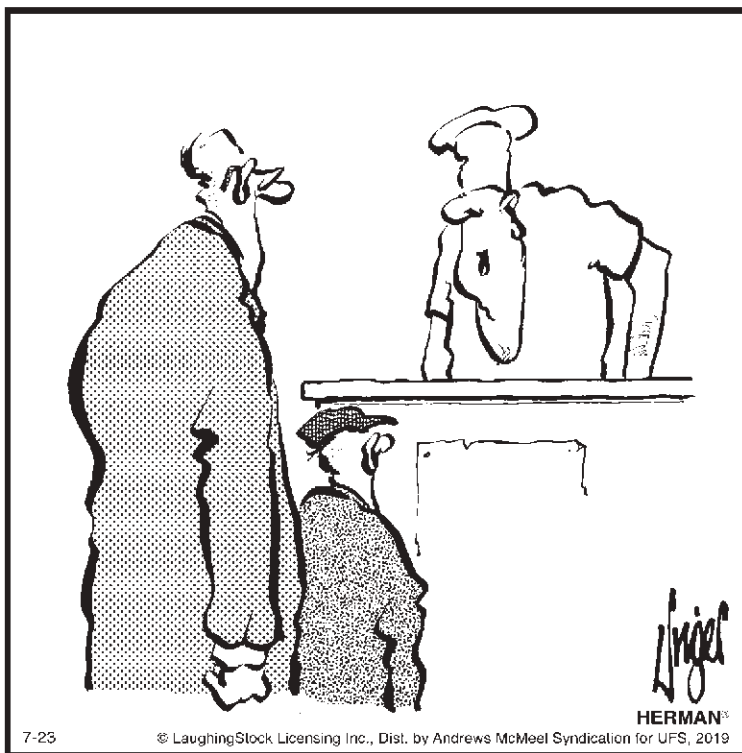
Previous Solution: "I enjoy working on a movie that lets your imagination run wild, it's great to be a part of and watch." — Chris Hemsworth

TODAY'S CLUE: 3 sjenbe p

REALITY CHECK



HERMAN

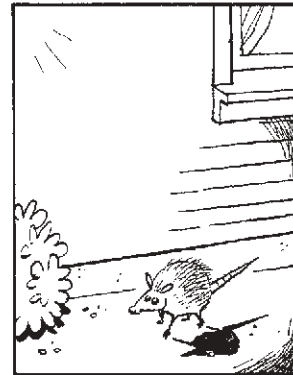


"How did you say that without moving your lips?"

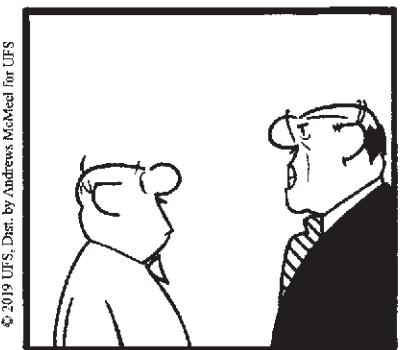
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



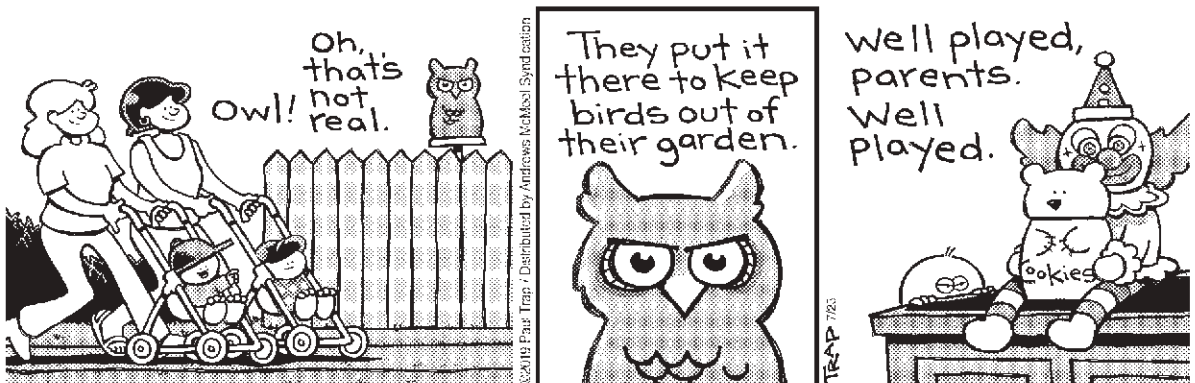
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Today in History

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400 Lost

LOST: Blue and white Arctic diamond engagement ring with silver wedding band. Last seen at the Hotel Dieu Hospital during an appointment on the 4th floor on July 8. REWARD for any information linking to my valuables. Please call 819-969-0038.

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Today in History for July 23: On this date:

In 1621, the Virginia colony was granted the New World's first written constitution.

In 1767, the Prince Edward Island land lottery was held in London, England. The Earl of Egmont had asked King George III to grant him Prince Edward Island forever. The Earl wanted to build armed castles and moats for himself and about 400 lesser lords. His request was turned down, and instead the land was divided up for colonization among people who had claims for military or other public service.

In 1829, William Austin Burt of Mount Vernon, Mich. received a patent for his "typographer" — a forerunner of the typewriter.

In 1840, the British Parliament passed the "Act of Union," providing for the union of Upper and Lower Canada under a single government.

In 1904, Charles Menches of St. Louis is said to have conceived the ice cream cone. The walk-away cone debuted at that year's St. Louis World's Fair. (Note: the same fair also saw the premiere of another hot-weather staple. Richard Blechyden, an Englishman who had a tea concession at the fair, invented and sold iced tea.)

In 1908, Hamilton's Bobby Kerr won the gold medal in the 220-yard sprint at the Olympic Games in London.

In 1935, the Liberals under Walter Lea won all 30 seats in the P.E.I. legislature. It was the

first Commonwealth parliament elected without any sitting opposition. Frank McKenna's New Brunswick Liberals repeated the feat in 1987.

In 1942, MPs approved a measure allowing the Canadian government to impose conscription by cabinet order, rather than having to call Parliament into session. The Liberals under William Lyon Mackenzie King, who had been elected on a promise not to impose conscription, held a plebiscite in April asking voters to release them from that promise. In Quebec, the vote was 72.9 per cent against, while in the rest of Canada, the Yes side won 80 per cent of the votes. King then promised that none of the conscripts would be sent overseas. Due to a manpower shortage in 1944, however, and the pro-conscript mood in his own government, King announced Nov. 22 that they would indeed be sent to war. Only 12,908 conscripted soldiers were actually sent abroad during the Second World War.

In 1943, Trans-Canada Air Lines inaugurated transatlantic service.

In 1944, the Canadian Army went into action in northern France during the Second World War as a separate unit for the first time. Until then, it had been under British command.

In 1945, Marshal Petain, France's hero of the First World War, went on trial as a traitor to France during the Second World War.

In 1962, the first live TV broadcast linking North America and Europe via the "Telstar" satellite included programming from the CBC.

In 1962, an agreement was signed settling Saskatchewan's medicare dispute between the provincial government and doctors. Canada's first universal health care plan had come into effect in Saskatchewan on July 1, but its implementation was delayed by controversy, including a strike by the province's doctors. The problem was solved when a special session of the legislature passed amendments satisfactory to both parties.

In 1967, the Pan-American games opened in Winnipeg. Canada won 92 medals, including 12 gold. On the same day in 1999, the 13th Pan Am Games also opened in Winnipeg.

In 1967, a week of deadly race-related rioting that claimed 43 lives erupted in Detroit after police raided a black-owned night spot.

In 1975, Saskatchewan Roughriders fullback George Reed set a pro football record by scoring his 127th career touchdown against the Calgary Stampeders. Reed retired after the season with 137 TDs. Edmonton Eskimos running back Mike Pringle tied the record in the last game of the 2004 regular season before retiring in 2005.

In 1982, the International Whaling Commission voted overwhelmingly to phase out commercial whaling by 1985.

In 1982, actor Vic Morrow and two child actors died when they were struck by a helicopter during filming of the movie "The Twilight Zone." Director John

Landis and four others were acquitted of charges in the deaths.

In 1983, an Air Canada 767 made an emergency glide landing on an airstrip in Gimli, Man. The plane ran out of fuel in mid-air due to confusion over the metric system and fuel metering problems. None of the 61 passengers were hurt during the landing but some suffered minor injuries during the emergency evacuation. The infamous incident gained the aircraft the nickname — the "Gimli Glider."

In 1984, Vanessa Williams, the first black Miss America, became the first Miss America to relinquish her title when it was revealed she had earlier posed nude. Penthouse magazine published the photos.

In 1986, Prince Andrew married Sarah Ferguson at Westminster Abbey. The Duke and Duchess of York divorced 10 years later.

In 1988, Burmese leader Ne Win, who served as chairman of the country's only political party for 26 years, resigned after bloody riots in the country.

In 1989, Manitoba declared a general state of emergency as 16,000 people were transferred to temporary shelters to escape 250 forest fires. It was the largest evacuation in the province's history.

In 1992, Naamah Kelman became the first woman rabbi at an ordination ceremony in Jerusalem.

In 1993, Carlos Costa, 20, a swimmer with both legs amputated above his knees, became the youngest man and first person with disabilities to complete the 52-km swim across Lake Ontario.

In 1999, Eileen Collins became the first woman to command a U.S. space flight when space shuttle "Columbia" blasted off.

In 1999, King Hassan of Morocco died at age 70. His son, Crown Prince Sidi Mohammed, was formally enthroned.

In 2000, Tiger Woods, 24, became the fifth — and youngest — golfer to win the sport's Grand Slam when he scored a runaway, eight-stroke victory at the British Open in St. Andrews, Scotland.

In 2002, the Pope John Paul II arrived in Toronto for the World Youth Day festival.

In 2003, Canada recalled its ambassador to Iran to protest the burial of photojournalist Zahra Kazemi in Shiraz, Iran, against Canada's and her family's wishes. Kazemi died after suffering a brain hemorrhage during custody.

In 2005, at least 88 people died when three car bombs exploded in the Egyptian Red Sea resort of Sharm el-Sheik, ripping through a hotel and a coffeeshop packed with European and Egyptian tourists.

In 2010, the Supreme Court of Canada unanimously decided that people whose charter rights are breached can sue for damages, even when authorities have acted in good faith. The ruling marked the first time the high court looked at monetary damages for violations of rights.

In 2010, a CF-18 Hornet jet crashed and exploded in a ball of flames during a training run for an airshow in Alberta. Capt. Brian Bews was able to eject from the plummeting craft before it hit the runway at the Lethbridge County Airport. He suffered fractures to three vertebrae in his back.

In 2017, Jordan Spieth won the British Open by three strokes, giving him the third leg of a career Grand Slam.

In 2017, defending champion Chris Froome won his fourth Tour de France title. (The Canadian Press)

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

7/23

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, JULY 23, 2019

- ACROSS**
- 1 Hey there!
 - 5 Garden plot
 - 8 Poet's black
 - 12 Soft light
 - 13 Chopping tool (Var.)
 - 14 Engineering toy
 - 15 Assistant
 - 16 Like an 800 number (hyph.)
 - 18 Jupiter's neighbor
 - 20 Water power org.
 - 21 Firm up
 - 22 Weakest
 - 25 Bon Jovi of rock
 - 28 Torso muscles
 - 29 Osiris' wife
 - 33 Formerly (2 wds.)
 - 35 Drew near
 - 36 Delight
 - 37 Help out
 - 39 Miffed
 - 40 Swelter
 - 42 Fancy parties
 - 43 Place for tots (2 wds.)
- 46 — -de-sac
- 49 Execs
- 50 Way out
- 53 Invaluable
- 56 "The Raven," for one
- 58 Vast region
- 59 Velvety surface
- 60 Long-active volcano
- 61 Swedish auto
- 62 Ron who played Tarzan
- 63 Behind schedule
- DOWN**
- 1 Links org.
 - 2 Lith
 - 3 Carbonated water
 - 4 Punk
 - 5 Halloween decor
 - 6 Strange
 - 7 Searches deeply
 - 8 Gnome
 - 9 Freighter hazard

Answer to Previous Puzzle

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

- 10 Curved molding
- 11 Lois Lane portrayer
- 17 Musical notes
- 19 Bldg. boss
- 23 Prefix meaning "recent"
- 24 Tiny spasms
- 25 Bleach bottles
- 26 Scandinavian city
- 27 — -do-well
- 30 Recited
- 31 "— — Excited"
- 32 Hardens
- 34 Hero's act
- 37 Alias letters
- 38 Bone-dry
- 40 Past
- 41 Real
- 44 French friend
- 45 Oust
- 46 No. crunchers
- 47 Pliny's bear
- 48 Vader's daughter
- 51 Wee bit
- 52 Nomad's dwelling
- 54 Taxi
- 55 Surveil
- 57 "Maggie —"

everyone will like the changes you want to make, but you have to do what's best for you and for your loved ones. Satisfy doubt with facts.

AQUARIUS (Jan. 20-Feb. 19) — You can recall the past and reconnect with people you miss, but you must dwell in the now. It's essential to move forward with your life, regardless of what others are doing.

PISCES (Feb. 20-March 20) — Keep life simple, affordable and free of melodrama. Focus on the people you love and the things you love to do, and make sure to help the people who have always been there for you.

ARIES (March 21-April 19) — Get busy, do something physical and make changes that will improve your life, relationships and lifestyle. Expand your mind and your interests.

TAURUS (April 20-May 20) — A change will take you by surprise. Don't feel pressured to jump into something without first getting all the facts. Time is on your side. Good things will develop if you are patient.

GEMINI (May 21-June 20) — Alter the way you live or how you approach carrying out your responsibilities. Refuse to let anyone take you for granted or manipulate you. Walk away from excessive people and situations.

CANCER (June 21-July 22) — Your goals should be to stabilize your life and nurture meaningful relationships. Try not to let your emotions interfere with your responsibilities or productivity. Say less and do more.

Energy and initiative will help you succeed. Don't waste time worrying about what others are doing. Stay focused on your goal and on getting results that will enrich your life. Traveling, delving into your family background and expanding your spiritual awareness should be priorities, along with a little relaxation.

LEO (July 23-Aug. 22) — Take a journey. Whether it's a physical, mental or spiritual trip, what you gain will be enlightening. Opportunity is within reach if you are willing to work hard.

VIRGO (Aug. 23-Sept. 22) — Embrace change and be open to discussing new possibilities. An opportunity to negotiate a better deal or to invest in something looks promising. Substantial improvements can be made.

LIBRA (Sept. 23-Oct. 23) — Work hard to make things better. Doing your part and maintaining a positive attitude will help alleviate someone's desire to control you.

SCORPIO (Oct. 24-Nov. 22) — Absorb information. Don't force your will on others. Once you have acquired the necessary knowledge, you can do as you please. Choose action over anger.

SAGITTARIUS (Nov. 23-Dec. 21) — Lay your cards on the table and sort through any differences you have with a personal or professional partner. Equality will be necessary to avoid conflict.

CAPRICORN (Dec. 22-Jan. 19) — Not

TUESDAY, JULY 23, 2019

What does the card tell his partner?

By Phillip Alder

Josh Billings, a humorist and lecturer whose real name was Henry Wheeler Shaw, said, "Life consists not in holding good cards, but in playing those you hold well."

It helps to have good cards, especially if you are playing for money. But when you are on defense, you tend to have few honors. However, perhaps you can still gain a plus score.

In today's deal, South is in four spades. West leads the heart ace. How should he continue if East plays either the heart two or the heart 10?

After South's textbook weak three and West's takeout double, North sensibly raised to four spades. He could see four potential losers, but he did not know how well his opponents could do in hearts. Also, he did not show his diamonds, because he knew of a 10-card major-suit fit, and why give East the chance to advance with four hearts?

From the dummy, it should be apparent to both defenders that they need to take two hearts and two clubs immediately. West is wondering who has the club king. If East does, heart ace, heart king, club ace and club to the king will

				North	07-23-19	
				♠	K Q 5	
				♥	9 4	
				♦	A K Q 10 9 8	
				♣	6 3	
West				East		
♠	8 2				♠	3
♥	A K 8 5				♥	Q 10 3 2
♦	J 4 2				♦	7 6 3
♣	A Q J 10				♣	9 8 5 4 2
				South		
				♠	A J 10 9 7 6 4	
				♥	J 7 6	
				♦	5	
				♣	K 7	
				Dealer: South		
				Vulnerable: Both		
South	West	North	East			
3♠	Dbl.	4♠	All Pass			
				Opening lead: ♥ A		

get the job done. But if South has the club king, life is harder.

At trick one, it is East's job to say whether he holds the heart queen. If he plays the heart two, he denies the queen, and West should play his partner for the club king.

Here, though, East signals with the heart 10, showing the queen. Then West continues with a low heart. East takes the trick and shifts to a club to defeat the contract.

That is textbook attitude signaling.

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		
					43	44					45	
46	47	48			49				50		51	52
53					54				55		56	
58									59		60	
61									62		63	