



**Sherbrooke  
candidate  
profiles**

Page 3

THE  
**RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Featured Pet**

Frontier Animal Society

Page 5

\$1.00 + TAXES PM#0040007682 THURSDAY, SEPTEMBER 16, 2021

**Quebec  
reports  
785 new  
cases of  
COVID-19**

Record Staff

The most recent data on the evolution of COVID-19 in Quebec is listing 785 new cases, bringing the total number of people infected in the province since the beginning of the pandemic to 399,843. There are currently 6,480 active cases across Quebec. According to public health, 382,050 people have recovered from the virus.

One new death was reported, for a total of 11,313 deaths.

Hospitalizations increased by 20, for a total of 250, and 85 patients are in intensive care, an increase of seven compared to the previous day.

The next regional update is expected on Friday.

On the vaccination front, public health is reporting that roughly 88.5 per cent of Quebecers 12 and over have received at least one dose of vaccine against COVID-19, and 83.5 per cent of the eligible population is considered adequately vaccinated.

**Are you inclusive? Take this test and find out.**



GORDON LAMBIE

Noé Larose of TransEstrie with GRIS Estrie Executive Director Rébecca Janson and Marianne Carbonneau, coordinator for a new self-diagnostic tool

By Gordon Lambie

GRIS Estrie, the local organization with a focus on breaking down stereotypes and prejudice surrounding sexual orientation and gender identity through educational workshops, officially launched a new diagnostic tool for local individuals,

organizations, and businesses on Wednesday morning. According to Marianne Carbonneau, the coordinator of the project, the new questionnaire is a way for people and organizations in the region to see where an establishment stands in terms of inclusion and safety offered to 2SLGBTQ+ people.

"This tool does not judge," Carbonneau said, explaining that the hope is that local groups will take the time to answer the questions with regard to their own services to get an idea of how welcoming and accessible they are, and then make use of their score and the tools available through the same site to improve their

CONT'D ON PAGE 3

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 at no additional cost 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
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
SUNNY

HIGH 22  
LOW 8



FRIDAY:  
SUNNY

HIGH 25  
LOW 16



SATURDAY:  
CHANCE OF  
SHOWERS

HIGH 22  
LOW 9



SUNDAY:  
SUNNY

HIGH 21  
LOW 6



MONDAY:  
MIX OF SUN  
AND CLOUD

HIGH 25  
LOW 8

# “Scully, you are not going to believe this!”



LINDA KNIGHT SECCASPINA

As a fan of the X-Files I have always believed that there is someone else out there in the skies. However, sometimes I thought my late father was nuts when he insisted I join him in a spaceship watch outside on his driveway. In the late 60's he claimed to have seen something up in those starry skies on Miltimore Road hovering over the Brome Pond area.

I blamed it on too much exhaust coming out of his Ford Pinto.

In 1974 it happened again and this time he made me sit for what seemed like hours to see what he claimed was another UFO. Of course I never saw anything unusual and usually handed him a glass of wine and told him to go watch The Rockford Files.

Today, going through the news archives I found out that there were indeed many UFO sightings in the

Eastern Townships in that time frame and my father, Arthur Knight, might not have been so crazy after all. In the late 60's many sightings in the Sherbrooke area have been documented and Michael Phelps sent a letter to the Sudbury Star in 1990 in response to a request by the newspaper for personal encounters.

The letter discussed a 1968 incident at an Ayer's Cliff cottage on the shores of Lake Massawippi that his family was renting. Walking home one evening the whole sky was lit up like giant spotlights being turned on. He looked across the lake and saw three or four balls descend and after a few seconds they were gone. His sister had seen the same thing, but later they found out that it had not been a visit from beyond, rather it had been nothing but what they call 'earthquake lights'. These lights in the sky are caused by electrical properties of certain rocks in specific settings. When nature stresses certain rocks, electric charges are activated, as if you switched on a battery in the Earth's crust.

On July 15 in 1974, a UFO wave swept the Sudbury, Ontario area and, once again, the Eastern Townships. Among these were some UFOs that had a bell shape and that was what my father had insisted he had seen in his second encounter. In October of the same year, a bell-shaped UFO was also seen between Deauville and Rock Forest, and in this case, the object was orange in colour.

So today I sit here, over 30 years

later, and wonder what my father actually saw. Did he see spaceships, or was it natural mineral gas lights coming off nearby Gale Pond? For those that have no idea what I am talking about- Gale Pond, which is now called Lac Gale, sits on top of Gale Mountain in Bromont.

As a kid we used to climb the rough trail up the mountain where a former volcanic crater sat at the top, disguised as a natural lake. There we would mingle with the campers of Gale Camp that Reverend Peacock of the Anglican church in Cowansville had begun in 1944. Kids would swim off the dam on the south end of Gale Pond and the water warmed up faster than any other lake after a good rainstorm. But did we ever see any spaceships coming out of the water, or was there anything else that would have been labeled odd? Not that I remember! The only thing that would have had something similar to wild lights and burning speed would have been the Farr boy's toboggan zipping down that trail coming from the top of Gale Mountain.

So what did my Dad see? Personally, I believe there are just two possibilities- either we are alone in this universe, or we are not. I guess we will never know- but after doing research for this story, more of my childhood came back in a flood of memories. It's just so hard to forget an area that gave me so much to remember- even on the subject of Close Encounters of the Third Kind.



### WETLANDS ARE DISAPPEARING

Protect them. Become a member today.

www.ducks.ca  
1-866-384-DUCK



Ducks Unlimited Canada  
CANADA'S CONSERVATION COMPANY

## Ben by Daniel Shelton



# Local News

There were many women in Sherbrooke that removed their complaints due to prolonged delays in the judicial system, Laramée explained, and a lot of them refused to go back.

## Sexual assault victims' vigil set for Friday

By Michael Boriero

Sherbrooke residents are invited to attend the 40th annual vigil hosted by the Centre d'aide et de lutte contre les agressions à caractère sexuel de l'Estrie (CALACS Agression Estrie), which takes place on Friday evening in front of city hall.

CALACS, a feminist organization that provides support to women who were sexually assaulted, and their relatives, as well as prevention, education, and awareness services, has gathered several sexual assault survivors to speak at the vigil, and share their stories.

According to Kelly Laramée, a communication intervener with the organization, the theme for this year's event is courage, and how it appears in different shapes and sizes. CALACS has held a vigil every year, on the third Friday of September, for 40 years.

It is also known as the Journée d'action contre la violence sexuelle faite aux femmes, a day of action

on sexual violence against women. Laramée told The Record that they are going to address the pandemic, and how it prevented thousands of women from seeking aid.

"This is also part of our intention, to show that the pandemic has increased a little bit the vulnerability of women. People were more isolated, had less access to services; we know a lot of services were closed for a long time, and the judicial process had a lot of delays," she said.

There were many women in Sherbrooke that removed their complaints due to prolonged delays in the judicial system, Laramée explained, and a lot of them refused to go back. They are more resistant, and hesitant, to the idea that someone in the system will help them.

Laramée noted that the organization is also holding the vigil in the evening for a reason. Women feel unsafe travelling in the dark, she explained, but CALACS wants to reclaim the night,

and erase any fear or doubt with power and authority.

When The Record last spoke to Laramée, she was a guest speaker for a demonstration against feminicides in the province outside city hall. There has been a wave of sex-based hate crimes in Quebec, and several months ago, she told the newspaper that it starts with education.

While she still believes this is the best way to overcome a terrifying situation, especially targeting the province's youth population, Laramée also added that it is important to give women a chance to speak about their experiences. This is how people will learn.

"For sure we're always talking about education, awareness, changes, but on Friday we really want to show the force of women who have been victims of sexual aggression and that's why there are more testimonials, to leave some space, and a message of solidarity," Laramée said.

## Inclusive

CONT'D FROM PAGE 1

approaches.

Organisations that receive a score of four or five on the questionnaire's five-point scale will receive a certificate indicating as much from GRIS Estrie. Carbonneau was also clear that the certificate does not label a group or business 'safe' or 'unsafe', but rather serves as an indicator of their past performance. The project leader said that GRIS Estrie hopes to eventually use the data gathered to create a kind of directory to help inform those looking for safe spaces in the region but said that such a resource would only ever be created in collaboration with the organizations involved and with respect to confidentiality.

Noé Larose accepted the project's first certificate on behalf of TransEstrie at the launch of the new platform in Brompton.

Anyone looking to try the new tool can find it in English online at <https://en.outildautodiagnostic.com/>

## Sherbrooke candidate profiles



Andrea Winters  
Conservative



Elizabeth Briere  
Liberal



Ensaf Haidar  
Bloc Québécois



Marcela Niculescu  
PPC



Marie-Clarisse Berger  
Green Party



Marika Lalime  
NDP

By Gordon Lambie

There are seven candidates on the ballot in the Sherbrooke federal riding this September, including representatives from the Bloc Québécois, Liberal Party, Conservative Party, New Democratic Party, Green Party, People's Party, and the Free Party. The riding is made up of the Des Nations and Fleurimont boroughs of Sherbrooke and is surrounded, on all sides, by the riding of Compton-Stanstead.

Sherbrooke's political history on the federal level has been mixed, with representation from the Progressive conservative party under Jean Charest from 1984 to 1998, then from the Bloc Québécois under Serge Cardin from 1998 to 2011. The riding then went to the NDP in the "orange wave", electing Pierre-Luc Dusseault as the youngest MP in the country's history, and then gave him a second mandate in 2015 even as his party's support in Quebec dwindled.

In 2019, the people of Sherbrooke elected their first Liberal member of Parliament since 1984 in Elizabeth Brière.

The riding was a slim three-way split in that most recent election between the Liberals, NDP, and the Bloc Québécois, leaving many to wonder which way the vote will go just under two years later.

Although Brière said that her first session in office was a strange one, taking place primarily under the shadow of the COVID-19 pandemic, she nonetheless said that she feels proud of work that her office did on protecting the waters of Lake Memphremagog and getting renovation work moving on the local armouries.

The Liberal candidate presented a number of local priorities framed around specific themes. On the subject of the environment, Brière that she wants to engage with the city's public transit service for the acquisition of more electric busses and bicycles. The candidate said that she also wants to

contribute to the development of the city's recreational and sports projects, specifically mentioning interest in a project that would see the old train bridge that crosses over Wellington Street South converted into a part of the bike trail network.

Brière also underlined a support for the quantum sector research being carried out at the Université de Sherbrooke and underlined the importance of a project to provide better protection against elder abuse.

Asked about the criticisms being aimed specifically at Justin Trudeau during this election campaign, the Liberal candidate stood behind her leader. Brière said that she was proud of the Prime Minister and thinks he is doing a good job behind the scenes, even if the public opinion of him sometimes falls short. She added that she thinks that the more violent and disruptive protests across the country have come from a minority of people whose views do not represent those of

most Canadians.

Brière also referred to herself as an ally of the riding's English population, pointing out that her work in the last year as Parliamentary Secretary to Melanie Joly meant that she spent a lot of time hearing the concerns of Quebec's English-speaking communities.

"It's an asset to have both languages in our province and I know that we are able to both live together," she said.

Marika Lalime, who is running for the New Democrats, said that she considers the housing crisis and the environment to be areas of significant concern for the local community.

A 20-year-old History student at the CEGEP de Sherbrooke, Lalime said that she has been interested in politics since the fifth grade and has invested a significant amount of time and energy in determining which party best represents her personally and the Sherbrooke community in general.

CONT'D ON PAGE 4

## 2021 Nissan Kicks

# Candidates

CONT'D FROM PAGE 3

As a city without significant wealth and a large number of students, Lalime said that Sherbrooke has felt the impact of rising house and rental prices distinctly.

She was also one of several candidates to say that she fully supports initiatives to develop the city's airport and the project to bring passenger rail service to the area.

Asked if she felt abandoned by her party, given the large number of absentee NDP candidates in neighbouring ridings, Lalime said that she still thinks the NDP support in Sherbrooke is alive and speculated that candidates from outside the region running in long-shot ridings like Compton-Stanstead might have felt that an uphill-battle campaign under pandemic conditions was more trouble than it was worth. She spoke critically of the accessibility of voting in this election, specifically for students and seniors, saying that people have been "put in a corner" by the decision to not set up polling stations on school campuses or in seniors' residences.

On the concerns of the English community in Quebec, Lalime said that Federal parties need to tread carefully in the province but said that she feels the English community is an important part of Sherbrooke.

The Bloc Quebecois candidate for Sherbrooke is Ensaf Haidar, wife of imprisoned Saudi Blogger Raif Badawi. Asked about what prompted her to put her name into the hat for this election, she told The Record that more than representing the party, she wants to be a representative for the concerns of Sherbrooke in Ottawa.

When it comes to those concerns, Haidar also mentioned the airport and train service, but highlighted matters of immigration and integration as being of particular importance.

Referring back to her own experiences in immigration, Haidar said that distress and uncertainty are big parts of the immigrant experience and argued that the growing number of immigrants in the community need a representative in government who is aware of what they are living and who will work to speed up the whole citizenship and integration process.

The candidate said that she also wants to see taxes removed from the sales of books and textbooks, calling them an obstacle to learning.

"I want to be with the people and listen to the people," she repeated.

Despite her comment that she wants to listen to the concerns of all the people of Sherbrooke, Haidar responded to questions about the concerns of local English-speakers at the moment by saying that the Bloc Quebecois is present to defend the French language, which should be respected as the province's only official language.

Conservative Party Candidate Andrea Winters was just completing her bachelor's degree in accounting at the Université de Sherbrooke when the campaign got started. She chose to put her name forward for the Conservative Party because despite historical impressions of the party as one of old men, she sees herself in the platform and positions, particularly when it comes to the idea that people should be able to manage their own money rather than sending it to the government.

She described herself as not socially conservative, being both pro-choice and supportive of gender and sexual diversity.

Asked about local issues, Winters said she considers her party's national platform to be representative of the needs of Sherbrooke. She mentioned the housing crisis, regional airport, and train service as areas of personal note.

On the matter of language, Winters pointed out that the Conservative Party has committed to stand behind the decisions of the provincial government and added that she believes most people are bilingual at this point.

Marcela Niculescu said that she chose to represent the People's Party in Sherbrooke this time around despite a history of supporting either the Conservatives or Liberals in the past because she believes that the more established parties do not respect their commitments.

Niculescu said that she is not aware of the issues facing the riding, as she lives an hour away, and argued that a national campaign is for national concerns.

She also said that she opposes Bill C-6, the federal government's ban on conversion therapy, as well as the as the idea that transgender youth could get gender affirmation surgery without parental involvement.

Green Party Candidate Marie-Clarisse Berger was not available for an interview and Free Party candidate Maxime Boivin did not respond to The Record's request.



The urban crossover is a very serviceable weekend adventurer... within limits

Photo: D.Boshouwers

what's called Prima-Tex and black alloy wheels. This last is the variant we drove. Now, \$21,843 for a car means that you can't expect every little bit of tech to be included, and the Kicks doesn't include it. The priority, rather, was to deliver the essential stuff the model's target audience wants and needs, but at an affordable price. Our SR Premium is far more equipped with goodies, but it's up to you to decide what's essential for you, and pick the trim and options that you're comfortable paying for.

Whatever you settle on, you'll get a front-wheel-drive car (there's no option for AWD) that runs via a 1.6L 4-cylinder engine delivering 122 hp and 114 lb-ft of torque, managed by a CVT transmission. Yes, THAT CVT transmission, which Nissan has taken a few knocks on the chin for over the years. Honestly though, here it works competently enough, and while it can tend to get the engine screaming if you push things too much, it does the job. Just don't push things too much, after all this is a Kicks, not a Beemer.

We could always wish for more than the engine and its mere 122 horses deliver, but this is good enough, particularly given the price point. You won't be tearing off from lights, or at least you'll look ridiculous if you do, but acceleration is acceptable enough to make highway entry and passing stress-free. Again, good enough. I mentioned the tech, but you should know that if there's not a massive quantity of it inside the 2021 Kicks (there's no navigation for instance), the quality of what's there is decent-to-excellent. Particularly in the top-line SR, with its nice-sounding premium audio system and headrest speakers. From the SR version on up, the touchscreen is 8-inch and quite user-friendly, and the multimedia system is generous enough to leave most of the essential controls (like climate control, audio level, etc.) to physical buttons, each well within reach. In front of the driver sits a nice 7-inch data display screen.

On the road, as mentioned the Kicks is great in the city, thanks to its small size, tight turning radius and overall nimbleness that belies its lack of straight-ahead raw speed. It is also good on the highway, though, which we were able to confirm on more than one day-long outing. Comfort levels are fine, particularly in the front row, and the suspension proved quite able, helped along by the bigger tires on our tester's 17-inch wheels. Visibility is excellent all around in this sort-of-squarish SUV, so you'll not feel swallowed up even surrounded by bigger vehicles on the highway or in traffic gridlock.

If I were driving in winter, the lack of all-wheel drive would be more of a concern

than it was as we gallivanted around on our road trips in the heat of summer. Potential buyers will have to make a decision about the importance to them of that function, since there are rivals in the segment that offer it (hello Subaru Crosstrek). On the other hand, without it the Kicks delivers an enticing 7.2L/100 km combined official fuel consumption rating.

One more thing: don't expect the kind of cargo space you'd get from a compact SUV. If you plan on lugging substantial amounts of stuff, you'll have to go for the Rogue (the Qashqai sits in between in the Nissan lineup, but it actually offers less cargo space than its slightly smaller sibling). With rear seats in place, you get 716 litres, and that climbs to 1,503 with the seats down. That's of course noticeably less than the Rogue with its 934 and 1,828 litres. Again, this is one of those elements to consider beforehand as you weigh what you're comfortable paying for.

Overall, the Nissan Kicks occupies a specific space in the small crossover segment, alongside the Kia Niro and Hyundai Kona. The three models are nearly interchangeable with their same basic form and dimensions and similar driving experiences (albeit with some differences). Over in another corner of the category sit the freakier Toyota C-HR and Kia Soul, and in yet another the more-dynamic but tiny Mazda CX-3. But I regularly hear even auto journalists mistakenly refer to the Kona when they mean the Kicks, and vice versa.

At which point it's up to shoppers to test drive each, and compare the features included and available with each. The good news is there's no bad choice among them, and that certainly includes the Nissan Kicks. I say this despite my narrow escape from catastrophe on one of those mountain bikes...

### We like

- Nice if unassuming looks (which get more assuming with the two-tone finish)
- Comfortable front row
- User-friendly tech, good ergonomics inside
- Great city driver
- Decent highway driver
- We like less
- No all-wheel drive
- Cargo space is OK, but no more
- Meek engine, CVT still could be improved
- The competition
- Chevrolet Trailblazer
- Ford EcoSport
- Honda HR-V
- Hyundai Venue / Hyundai Kona
- Kia Niro / Kia Seltos
- Mazda CX-3 / CX-30
- Subaru Crosstrek
- Toyota C-HR



By Derek Boshouwers

Nissan's small SUV has settled well into its role as a mainstay in a category that as grown steadily in the past few years in Canada, both in terms of size and market share. The Kicks is wonderfully agile and particularly well-suited for life in the city, but it's also a very serviceable weekend adventurer fit for couples or small families.

I had a wonderful occasion to test those abilities out with a week spent at the wheel of the 2021 edition of the model, with a bonus of two mountain bikes generously provided by the automaker, gesture conceived as a friendly incentive to get me out of city limits for some fresh air and exercise. Though as a relative beginner, my first real descent had me wondering what Nissan had against me to want my neck broken. Normally, that happens AFTER a less-than-friendly review, not before. Interesting strategy...

In any event, most of my Kicks time was nonetheless spent navigating urban and suburban roads and thoroughfares, the natural habitat for the small crossover. And for the most part, I experienced the same kind of competent, unassuming performance I'd experienced previously at the wheel of prior editions. Which is not surprising given that the changes for the 2021 model-year are relatively minor. Some of those are visual, in fact, including a sportier bumper, thinner headlights and a slightly meaner-looking grille. The two-tone finish approach is back, and so my tester came in a sharp red-body-black-roof outfit that pleased me just fine.

Otherwise, the centre console has been redesigned, there are new upholstery possibilities, some versions get new rear disc brakes and adaptive cruise control is now part of the offering.

The product range looks like thus: The base model starts the ball rolling at \$21,843, and comes with Android Auto and Apple CarPlay compatibility. It's followed by the SV (\$24,843), which gets 17-inch alloy wheels, remote starter and leather-wrapped heated steering wheel and that intelligent cruise. The SR starts at \$26,043 and it adds black roof rails, a dark chrome grille and LED headlights and accents. At the top sits the SR Premium (\$26,943) with its intelligent 360-degree monitor, premium Bose audio (with headrest speakers), seats appointed in

## Aluminized steel & stainless steel mufflers



Fernand Cabana, owner  
Sylvain Auger, Manager



Silencieux Sher-Lenn Inc.  
950 Wellington St. S. Sherbrooke  
819-569-9494

www.silencieuxsherlenn.com

# The Border Report

The Compass Program runs yearlong at Phelps. This program offers support that is unique to you and helps individuals from ages 14-30 obtain their high school diploma.

## A strong start to the new school year!

**PHELPS AIDE  
PHELPS HELPS**

With another summer coming to a close, Phelps has been hard at work getting ready for the start of sessions! We kicked off the new school year by participating at the Family Day in Stanstead last weekend where we did a prize draw of our 2020 and 2021 graduates to recognize their hard work. Congratulations to Makayla Chamberlain, Derek Wood, Sophia Farfan, and Samantha Savard!

Our elementary and high school tutoring programs began this week and what a turn out! We were near capacity - a great indicator of the enthusiasm of our participants and of the year ahead. Our Compass program continues to guide individuals toward higher education and employment opportunities. This year's programs include all our traditional offerings with slight changes to comply with social distancing regulations:

The Spark Program fosters a love of learning through gym play and hands-on S.T.E.A.M. activities with grade 3 and 4 students at both Sunnyside Elementary and Jardin-

des-Frontieres. For more information, contact Katie Lowry [klowry@phelpshelps.ca](mailto:klowry@phelpshelps.ca).

The Elementary Tutoring Program provides students with homework help, physical activity, and healthy snacks. New this year, elementary tutoring takes place at Phelps with smaller groups for each grade. For more information, contact Genevieve Lalande at [glalande@phelpshelps.ca](mailto:glalande@phelpshelps.ca).

The High School Tutoring Program runs three evenings per week at Phelps. Tutors will be here for individual support for all high school subjects as well as the Compass coordinator for additional academic and career support. To sign up, please contact Elizabeth Courchesne at [ecourchesne@phelpshelps.ca](mailto:ecourchesne@phelpshelps.ca).

The Compass Program runs yearlong at Phelps. This program offers support that is unique to you and helps individuals from ages 14-30 obtain their high school diploma, apply to postsecondary education, find employment, and much more. To register, please contact Nick White at [nwhite@phelpshelps.ca](mailto:nwhite@phelpshelps.ca).



COURTESY

We hope that everyone had a great summer, and we look forward to seeing everyone in-person!

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique

programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at [info@phelpshelps.ca](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Mr. Booker T.

August 17th is National Black Cat Appreciation Day so we kind of missed the boat on that one. Fortunately for this week's featured pet, the awesome Mr. Booker T, October 27th is National Black Cat Day so this time around, we're not taking any chances and we're getting in early.

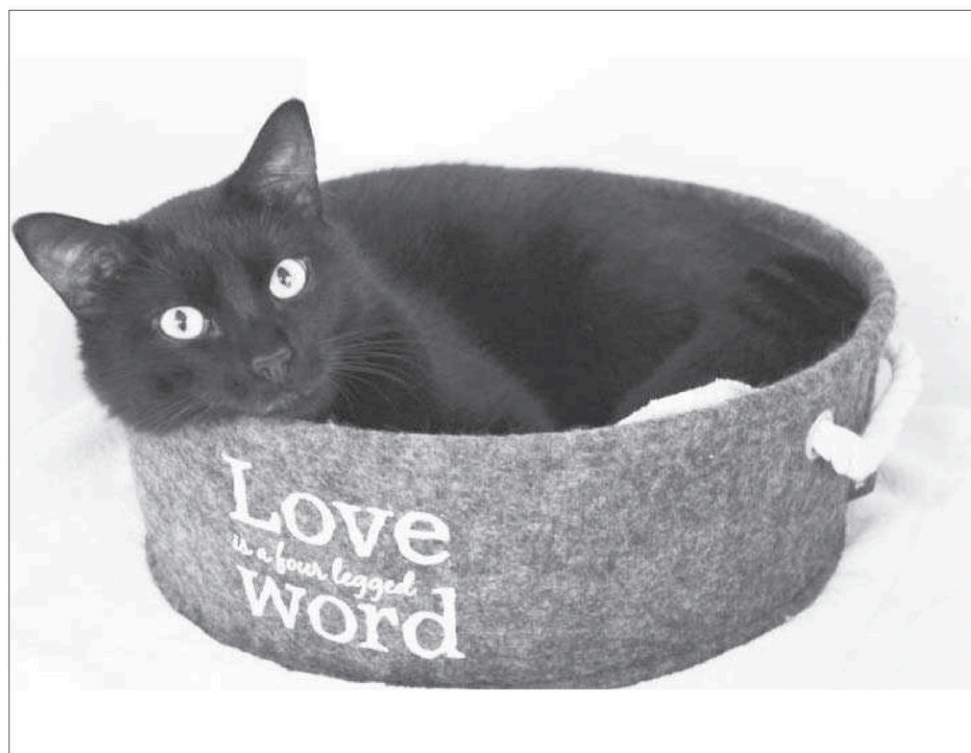
Booker T is a fabulous cat who, despite his good looks and incredibly outgoing and charming personality, has been overlooked by adopters for far too long. Before you read on, you should know that Booker T is not good with other cats so we are looking for a home where he can happily live as your one and only feline. He does, however, seem to be tolerant of dogs.

If you are looking for a friendly, gentle, affectionate, and cuddly lap cat, look no further. Booker T is your man. He loves people and the more attention we give him, the happier he is. Sadly, because he is intolerant of other cats, he spends far too much

time in isolation which we know is hard on him. He's a trooper though and he does his best to make the most of the time he spends with our volunteers.

Although he is definitely a social butterfly, Booker T is also a calm and contemplative cat who enjoys his quiet time. He can often be found on the windowsill peacefully watching the world go by. Being a cat, he also appreciates a good catnap and is very content to curl up in his favourite basket for a snooze.

Booker T is very ready to leave shelter living behind and enjoy life as a pampered pet. If you would like to find out more about this sweet and gentle cat or better yet, if you would like to set up an appointment to meet him, please give our cat adoption coordinator Linda a call at 819.868.2684 or send us an email at [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) and we will be happy to set things up.



# EDITORIAL

Whether you know it or not, any one over the age of five, dear reader, has already consumed considerable amounts of 'bug life.'

## Fried ants and a side of crickets



TIM BELFORD

Just the other day I found myself reading an article first published in the New Yorker magazine back in 2011. Why I was browsing through a ten-year-old essay in the first place is difficult to explain but there it is. The piece dealt with anthro-entomophagy - the human consumption of insects.

I've always prided myself on being willing to try most any food put before me. Over the years I have eaten alligator, rattlesnake, squirrel, and canned spam and enjoyed them all. I've even had a go at crickets.

The cricket incident came in the early 1990s when I was gainfully employed as a radio host for the CBC. One of our researchers thought it might be fun to interview a gentleman who was touting the economic and environmental benefits of increasing our intake of various creepy crawlies in an effort to cut back on things such as beef, pork, lamb, fish and other equally tasty sources of protein, iron and fat.

During our interview he pointed out, and correctly so, that his 'mini livestock' were an excellent source of essential carbohydrates, protein, fat, minerals and vitamins. On top of that, our traditional livestock took ten times more plant food to produce one kilogram of meat than grasshoppers, meal worms, ants or beetles. They also used a fraction of the water and produced reduced amounts of CO<sub>2</sub>; all of growing concern in our changing

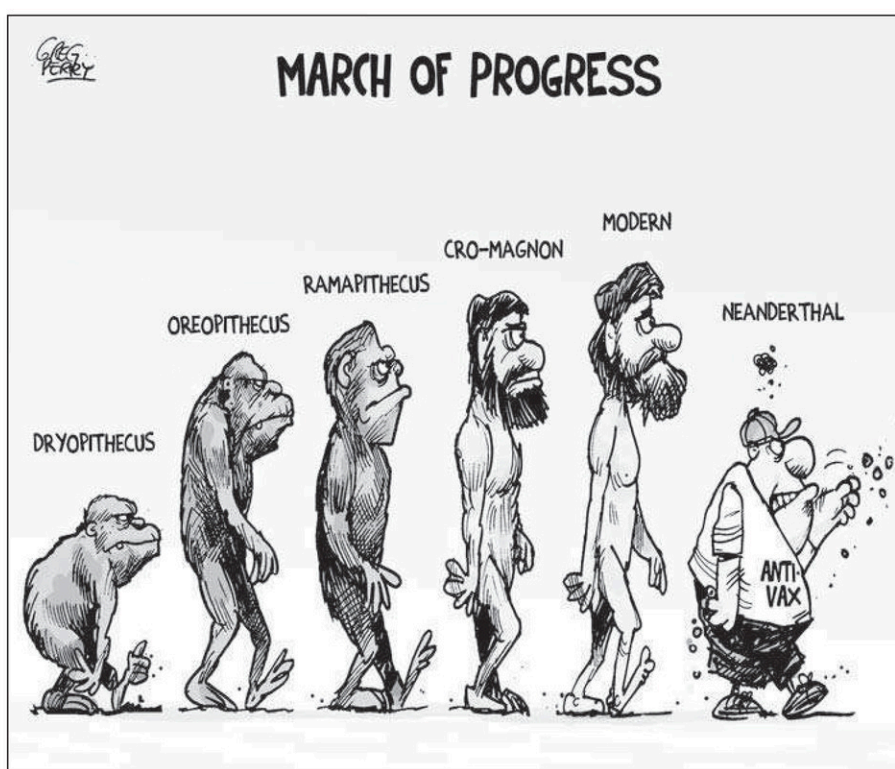
environment.

Besides, he pointed out, millions of people eat and have eaten insect for thousands of years with little or no adverse effects. There is the occasional poisoning he admitted but that's just a case of mistaken identity or bad storage.

To end the interview we headed off to the office kitchen where he produced a couple cloves of garlic, a slab of butter and a bag full of crickets. He then proceeded to sauté the lot much like you would fresh shrimp. A few minutes later he announced that they were done and offered them around. To my surprise they were quite flavourful with a nutty taste accented by the garlic and butter and a crunchy texture not unlike roasted nuts. The only difficulty came when I managed to get one of the legs wedged between my front teeth.

Today, although not yet mainstream in Europe or the Americas, insect eating is becoming more acceptable. In North America there are a growing number of insect suppliers and an increasing number of restaurants offering everything from ants to butterflies. And why not? Whether you know it or not, any one over the age of five, dear reader, has already consumed considerable amounts of 'bug life.' Government regulations apparently allow for as much as thirty thrips, aphids, or mites per hundred grams of peanut butter and fifty per hundred grams of canned vegetables and the like. Those with a sweet tooth and a sensitive nature might want to reconsider that bar of chocolate which is allowed fifty of our tiny friends per hundred grams.

When eighty per cent of the world's nations and three thousand ethnic groups are comfortable eating insects and with a looming environmental crisis at hand, perhaps it is time to conquer our squeamishness and adopt entomophagy as a lifestyle. Then again, cranking up the barbecue for a mouthwatering grasshopper burger and a cold beer may just not cut it.



## Letters

### Some advice from an experienced voter

DEAR EDITOR,

Another letter from me! I am a senior and have been through many elections and have become very skeptical, but I have learned from experience to speak up and empty my mind-so to speak.

First, every abled body should vote once they reach legal age—but think very seriously who to vote for, person or party.

Second, do not trust anyone just by listening to nice words and speeches.

Third, are you sure they are able to stand up in discussions and debates to defend their beliefs in all kinds of situations, and figure out what is best for the population?

Fourth, do they think of themselves before the citizens they represent?

Fifth, before you vote, think, are they able to make promises a reality?

In conclusion, there are many more questions than I have mentioned.

All I advise is, think before you vote!

Sincerely,

CASEY VRIESENDORP  
COATCOOK

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

## 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

### PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at 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

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



› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



# Cantonniers start 2021 campaign with two straight losses

Record Staff

The Magog Cantonniers are off to a rocky start in the Ligue de hockey M18 AAA du Québec 2021 regular season, posting consecutive losses against the Collège Esther-Blondin and the Chevaliers de Lévis.

The Cantonniers lost 4-2 in the season opener last week on the road in Lachenaie. However, it didn't get any easier when the squad, led by head coach, and former National Hockey League defenseman, Stéphane Robidas, returned to Magog for their home opener.

The Cantonniers suffered a 5-3 loss to the currently undefeated Chevaliers. According to a press release, there were 422 spectators in the arena hoping to witness a victory. But it all went downhill for Magog in the second period.

The teams entered the middle frame tied at two apiece, but Lévis scored two quick goals midway through the period to take a commanding 4-2 lead. Tristan Giroux, Alexis Tanguay, and Olivier Houde were responsible for putting the game away for the Chevaliers.

Alix Durocher, Jérémie Dumas-Larouche and Éli Baillargeon were the goal-scorers for Magog, and the Cantonniers peppered Lévis goaltender Samuel St-Hilaire with 31 shots. Magog will look to bounce back this week with a back-to-back against the Élite à Jonquière.

The Cantonniers will be in Jonquière on Friday evening and Saturday afternoon to face a squad that has also lost their first two games of the season. Magog then returns home on Sept. 24 with a showdown against the Blizzard du Séminaire Saint-François.



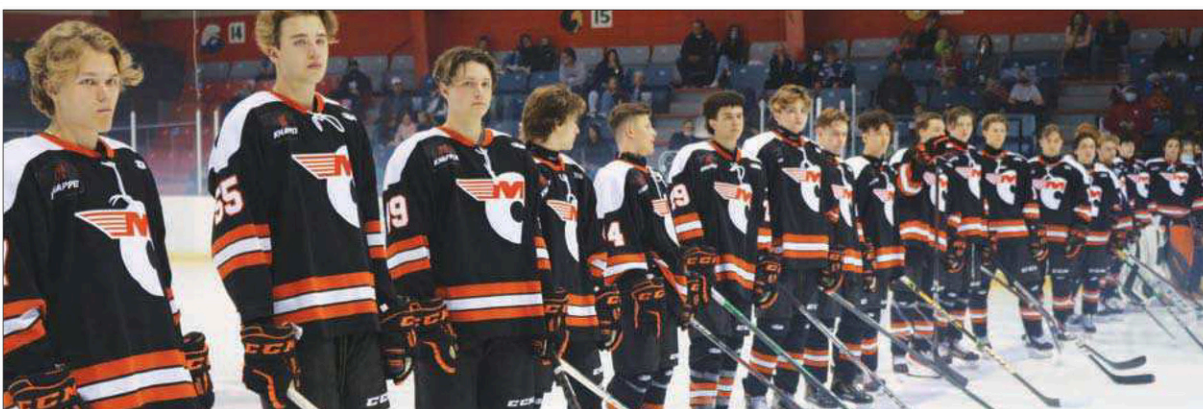
HELIX

Gets you the best Wi-Fi technology!  
Wi-Fi 6

UNLIMITED 400 INTERNET  
\$70/month\*  
For 24 months  
Equipment fees included  
Regular rate of \$82/month

VIDEOTRON

\* This limited-time offer applies to new Helix customers who subscribe to Helix internet and entails a promotional discount of \$24/month for 24 months. Maintaining this discount is conditional upon customer subscribing to an internet plan with a minimum monthly service rate of \$82. Displayed rates include the purchase of a Helix Fi gateway. The Helix Fi gateway may be purchased through a single instalment of \$299 or an instalment plan of \$12/month for 24 months. Taxes not included. An extended product warranty for an additional 24-month period is also available for \$36 per equipment for an additional 24 months. Customers who unsubscribe before the end of the 24-month payment period will have to pay the remaining balance of the equipment's cost. Rates subject to change without prior notice. Any changes made to a service, or combination of services, may result in a rate adjustment. Services, conditions, and rates may vary by region and are subject to change without prior notice. 1. Latest generation wireless standard (802.11ax), subject to connection to the Helix Fi gateway.



PHOTOS: SANDRA GIROUX-POULIN, LA GANG DES MULTIS

**Burial Service**

Burial for Robert Bishop will be held at Lakeside Cemetery, Bishopton on Saturday, September 18 at 2 p.m.



# Datebook

THURSDAY, SEPTEMBER 16, 2021

Today is the 259th day of 2021 and the 89th day of summer.

**TODAY'S HISTORY:** In 1920, the explosion of a bomb on Wall Street killed more than 30 people and injured hundreds of others.

In 1940, President Franklin D. Roosevelt signed the Selective Training and Service Act, authorizing the military draft.

In 1974, President Gerald Ford announced a conditional amnesty program for Vietnam War deserters and draft evaders.

**TODAY'S BIRTHDAYS:** Jean Arp (1886-1966), artist; H.A. Rey (1898-1977), children's author/illustrator; Lauren Bacall (1924-2014), actress; B.B. King (1925-2015), musician; Peter Falk (1927-2011), actor; Ed Begley Jr. (1949-), actor; Henry Louis Gates Jr. (1950-), author/academic; Mickey Rourke (1952-), actor; David Copperfield (1956-), magician; Marc Anthony (1968-), singer-songwriter; Amy Poehler (1971-), actress; Alexis Bledel (1981-), actress; Nick Jonas (1992-), singer/musician.

**TODAY'S FACT:** German-born Jewish authors Margret and H.A. Rey fled Paris by bicycle in June 1940, the manuscript for what would become "Curious George" in tow, just before the city fell to Nazi Germany.

**TODAY'S SPORTS:** In 1981, Sugar Ray Leonard unified boxing's welterweight title by knocking out Tommy Hearns in the 14th round of a bout in an outdoor arena at the Caesar's Palace casino in Las Vegas.

**TODAY'S QUOTE:** "After the day is gone we shall go out, breathe deeply, and look up – and there the stars will be, unchanged, unchangeable." - H.A. Rey, "The Stars: A New Way To See Them"

**TODAY'S NUMBER:** 342 – one-night stand gigs performed by blues legend B.B. King and his band in 1956.

**TODAY'S MOON:** Between first quarter moon (Sept. 13) and full moon (Sept. 20).

# Even without ablation, quality of life fine in heart patient



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

**Dear Doctor:** I'm 65 years old, and I've been diagnosed with a-fib, and also atrial flutter. It used to come and go, but now it's staying with me. I have a patch from an atrial septal defect repair as a child, so ablation may not be an option. If not, can I live with these and still have a good life?

**Dear Reader:** Your question has taken us into the ever-fascinating realm of electrophysiology. That's the study of electrical activity throughout the body. This can range from the movement of charged particles at the cellular level to complex and sophisticated systems, such as the one that powers the heart.

A-fib, or atrial fibrillation, and atrial flutter are both forms of atrial tachycardia. That's when something has gone awry in the electrical system

of the heart's upper chambers, which initiate the heartbeat. Atrial flutter results in a rhythm that's too fast but remains regular. In a-fib, the heart beats too fast, and is also irregular in a way that negatively affects the health of the heart tissue.

When your heart is functioning properly, each beat begins in a cluster of cells in the right atrium known as the sinus node. The electrical signal then progresses in an organized fashion to create an orderly and efficient heartbeat. In atrial tachycardia, the impulse begins outside the sinus node, which leads to a disorganized and abnormal heartbeat.

Atrial tachycardia can cause a sensation of fluttering in the chest, fatigue, shortness of breath, chest pain and fainting. Prolonged atrial tachycardia can weaken the heart muscle and, in severe cases, may lead to heart failure.

A procedure known as ablation can be an effective fix for atrial tachycardia. It involves the use of extreme heat – via radio waves – or extreme cold to zap the rogue cells. This creates scar tissue, which blocks the signals telling the heart to behave erratically.

You've mentioned a childhood ASD – or atrial septal defect – repair. That's a procedure in which a patch is used to close a hole in the wall between the left and right

atria. This type of repair can be needed when the small opening between the two upper chambers of the heart, which is present in all newborns, fails to close soon after birth.

You're correct that, due to the altered cardiac anatomy after an ASD repair, ablation is often not an option. In that case, the goal is to manage both heart rate and heart rhythm. This typically involves the use of blood pressure medications such as beta blockers or calcium channel blockers, which dilate the blood vessels and also slow the heart rate, and rhythm control medications such as amiodarone. Patients are also often asked to use an anticoagulant to reduce the overall risk of stroke.

With the proper use of these medications, the answer is yes, you can live with a-fib and atrial flutter and have a good quality of life. It's important to make regular visits to your cardiologist and be vigilant about your treatment plan. And, as all should, maintain a healthy weight, don't smoke, eat a healthful diet and manage stress.

*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.

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

9/16

© 2021 Dist. by Andrews McMeel Syndication for UPS

### PREVIOUS SOLUTION

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

### HOW TO PLAY:

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

**49% of Quebecers have serious difficulty reading**

**Help us help them!**

Online giving: [www.fqa.qc.ca/en/](http://www.fqa.qc.ca/en/) or 1-800-361-9142

Literacy Foundation  
Words of hope

# NEA Crossword Puzzle

# Your Birthday

THURSDAY, SEPTEMBER 16, 2021

**AQUARIUS** (Jan. 20-Feb. 19) – Channel your energy into something that makes you happy or brings you knowledge and assistance. Keep your wallet in a safe place, and avoid health risks. Go for the brass ring.

**PISCES** (Feb. 20-March 20) – Work in the background, where you'll go unnoticed. Aim to achieve the most in the least amount of time. What you accomplish will pave the way to positive change and a chance to make financial gains.

**ARIES** (March 21-April 19) – Seek out those who owe you a favor; you'll get the boost you need to make your way forward. An unexpected offer will give you a chance to revise your plans for the next step.

**TAURUS** (April 20-May 20) – A wait-and-see approach will be in your best interest. Handle tricky situations with kid gloves, and you will buy yourself time and earn favors from those vying for your support.

**GEMINI** (May 21-June 20) – You're in the driver's seat; navigate your way to the place you want to go. Be proactive and make decisions that will help you establish yourself in a position of authority.

**CANCER** (June 21-July 22) – You have more power than you realize. Refuse to let the requests others make stop you from doing what suits you. A change at home may not be welcome, but in the end, it will turn out OK.

**LEO** (July 23-Aug. 22) – Talk matters through passionately. Set a precedent and show leadership. Avoid taking risks that can affect your physical well-being. Aim to please, but don't give in to an unreasonable request.

Set goals and follow through. Opportunity and advancement are yours to have if you are true to yourself and strive to accomplish what you set out to do. It's up to you to initiate change, present and promote what you have to offer, and forge ahead with confidence, precision and fortitude. Don't be afraid to do things differently.

**VIRGO** (Aug. 23-Sept. 22) – You'll have to walk a fine line when dealing with competitive people. Be prepared to learn from experience and adjust quickly to offset any potential fallout. Flexibility will be crucial.

**LIBRA** (Sept. 23-Oct. 23) – An emotional matter will escalate if you get involved in a joint endeavor. Do your own thing and keep conversations positive. Finish what you start and avoid criticism.

**SCORPIO** (Oct. 24-Nov. 22) – Listen to and observe what others say and do before taking on a big project. Make adjustments that ensure you get to do the things that make you happy. A romantic gesture will lift your spirits.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Update your resume or make professional changes. An opportunity will come your way if you get in touch with someone familiar with your background and credentials. Get the facts before you act.

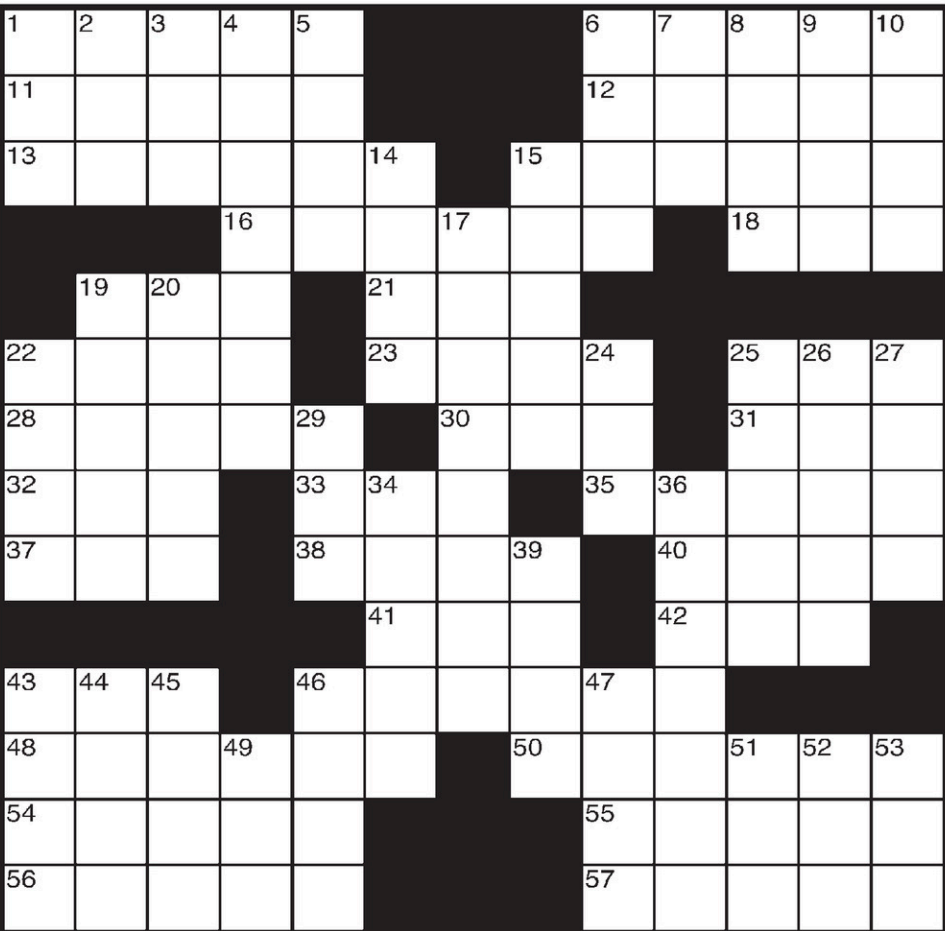
**CAPRICORN** (Dec. 22-Jan. 19) – Pay more attention to expenses and how you use your money. Look for alternative ways to update your banking, handle your debt or improve your lifestyle. Don't participate in events or activities that present a health risk.

## Answer to Previous Puzzle



- 7 Mi. above sea level
- 8 Lost one's footing
- 9 Luau staple
- 10 Inspects
- 14 Lectern
- 15 Assisted
- 17 Ability to get around
- 19 Hooded snake
- 20 Approvals
- 22 Mouths, slangily
- 24 Shaggy beast
- 25 Romantic isle
- 26 Accepted principle
- 27 Oriole abode
- 29 Always, to the bard
- 34 Luckless one
- 36 Display case
- 39 Explorer – Erikson
- 43 Gentle exercise
- 44 Russian range
- 45 Leafy vegetable
- 46 Oddball
- 47 Current events
- 49 RN forte
- 51 Double or twin
- 52 Trail behind
- 53 Barely manage

- ACROSS**
- 1 Doggy
- 6 Squander
- 11 Marie or Pierre
- 12 Ease
- 13 Rugged mountain range
- 15 Garments
- 16 Carry out
- 18 Fancy parties
- 19 Blimp title
- 21 Iron pumper's pride
- 22 Team of oxen
- 23 Be compliant
- 25 Knows how
- 28 Lower in dignity
- 30 Mountain overlooking Troy
- 31 Wood chopper (Var.)
- 32 Use a crowbar
- 33 Architect's wing
- 35 Military caps
- 37 Airline to Stockholm
- 38 Make cloudy
- 40 Horse's gait
- 41 Sault – Marie
- 42 Face the target
- 43 – it up (have some laughs)
- 46 Entering data
- 48 Public speaker
- 50 Weak
- 54 Vintner family name
- 55 Inflict, as damage
- 56 Noted wise guy
- 57 Papyrus is one
- DOWN**
- 1 HP or Dell wares
- 2 Garçon's yes
- 3 Raw metal
- 4 Rings
- 5 Leading man
- 6 Lightbulb unit



THURSDAY, SEPTEMBER 16, 2021

## It must have felt like New Year's Eve

By Phillip Alder

On July 18, more than 6,000 chess enthusiasts packed into London's Trafalgar Square. There were two highlights: Human pieces on a giant board played the 1851 game between Adolf Anderssen and Lionel Kieseritsky, and a game between 12-year-old Shreyas Royal from England and 10-year-old Tani Adewumi from America was displayed on a huge screen. It was won by the American, and a film is being made about him.

At the same time, make sure you catch John McAlister's movie "Double Dummy," which is primarily about the 2012 World Youth Teams Championships in Taicang, China.

Today's deal was the last board of the junior (under 26) final. At the time, Israel led the Netherlands by 1.33 international match points.

In the closed room, the Dutch reached two no-trump as shown. North's response was an inverted minor-suit raise, promising at least game-invitational values with no four-card major. Over South's rebid showing a balanced 12-14 points, North opted to pass.

West played three rounds of spades.

North 09-16-21			
♠ Q 8 3			
♥ 7 2			
♦ K Q 3 2			
♣ K Q 3 2			
West			East
♠ A K 9			♠ 5 4 2
♥ A Q 8			♥ J 10 9 6 3
♦ J 7 5 4			♦ 9 6
♣ J 10 6			♣ 8 7 4
South			
♠ J 10 7 6			
♥ K 5 4			
♦ A 10 8			
♣ A 9 5			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♣	Pass	2♣	Pass
2NT	Pass	Pass	Pass
Opening lead: ♠ A			

The declarer, Gerbrand Hop, cashed the club king, crossed to his club ace, took the spade jack and continued the clubs, throwing a heart from his hand. West, in order to keep four diamonds, was forced down to the bare heart ace. Reading the position, South cashed the diamond king, played a diamond to his ace and led the diamond 10, West bizarrely not covering with his jack. South ran the 10 and exited with a heart to the ace. West had to concede the final trick to the diamond queen. That was 10 tricks, plus 180. More tomorrow.

### 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.

"PLASKXDF FIYLA GYTGUY JT PKLA  
VTE UTBY XH L FTTJ PLV AT HALIA  
UYLIDXDF KTP AT JT XA VTEIHYUN."  
— LCV GTYKUYI

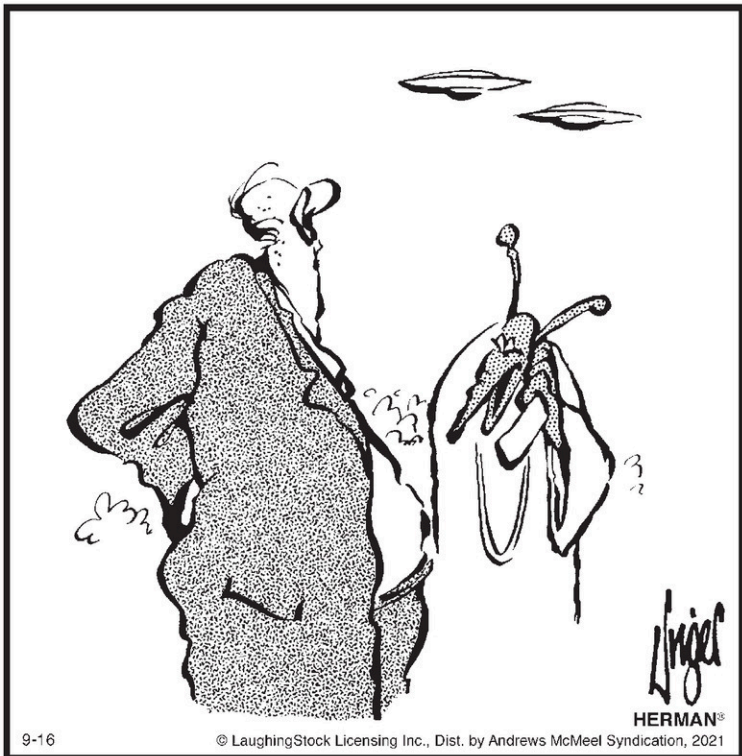
Previous Solution: "Maybe the best thing would be to forget being right or wrong about people and just go along for the ride." — Philip Roth

TODAY'S CLUE: U equals E

### REALITY CHECK



HERMAN



"Randolph, I'm talking to a real live brontosaurus."

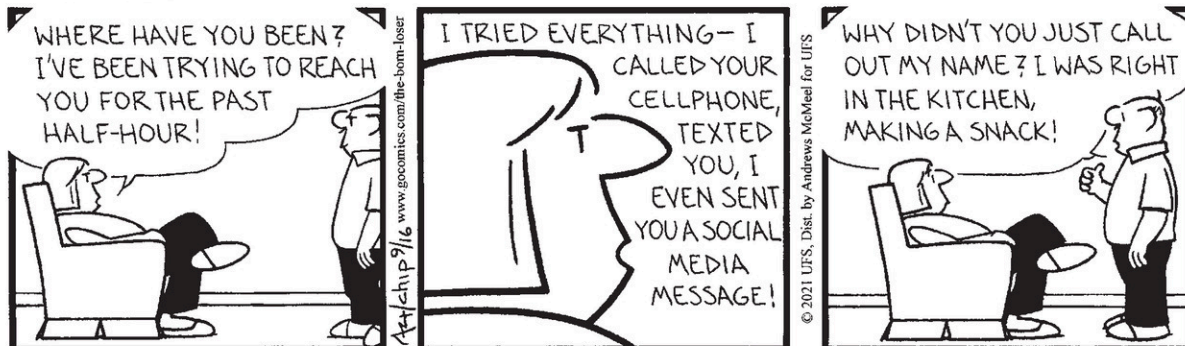
### ALLEY OOP



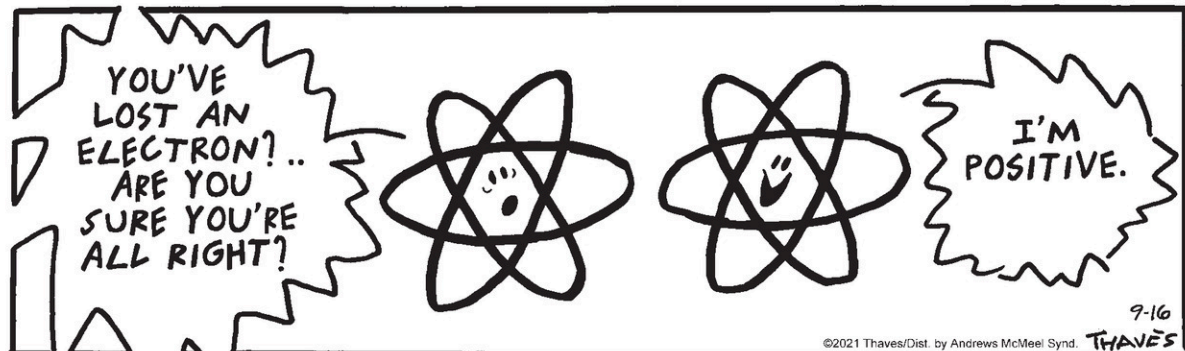
ARLO & JANIS



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 Check for Health Check™

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

**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.

**240** Fruits & Vegetables

**MacDonald's Farm**, open Saturdays, 9-5, all types of winter squash, carrots, beets, garden tomatoes, garlic, onions, potatoes, pumpkins, gourds, and phone ahead for pickling cucumbers. 696 MacDonald Rd. 819-820-8494.

**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**

**340** Garage Sales

**LENNOXVILLE** Mega Yard Sale September 17 and 18, at 3355 College, Lennoxville. Books, electronics, kitchenware, linens, furniture, toys, clothing and plus size women clothing, sports, baby items, jewelry and much more. 5\$ bag sale Saturday 2:30. Rain or shine.

**340** Garage Sales

Sept. 18 & 19, at 121 Hyatt's Mills, Compton. Lots of antiques and decoration stuff. Rain or shine.



Un héritage à partager  
 LEAVE A LEGACY™  
 Québec  
 www.legacy-quebec.org  
 1 888 304-8834

# THE RECORD

## Job Opportunity

### Reporter position available immediately

The Record has an immediate opening in its newsroom for a reporter.

Reporting on daily news in the Eastern Townships from its office in Sherbrooke, Qc, the successful intern will be a recent college or university graduate hoping to gain experience working in a newsroom.

The 24-week internship is funded through the Young Canada Works internship Program in English and French

Those interested should register with Young Canada Works at <https://young-canada-works.canada.ca/> and send a cover letter to Sharon McCully, Publisher, at [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

# TOWNSHIPS' CRIER

**TOWNSHIPS**

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, [www.aa.org](http://www.aa.org)

**VIRTUAL WORKSHOP**

Mental Health Estrie invites you to a free virtual workshop series in English: "Understanding Borderline Personality Disorder" presented by Valerie Porr (M.A., founder of TARA4BPD). This series will benefit anyone experiencing difficulties regulating emotions, as well as their support systems. You are welcome to attend any or all three workshops from 6:30pm-8:45pm on September 16th, 23rd, and 30th. For more information, or to register, please visit our Facebook or Instagram pages, email [outreach@mentalhealthestrie.com](mailto:outreach@mentalhealthestrie.com), or call (819)565-2388.

**RICHMOND/DANVILLE**

Tea & Talk: Outdoor social gathering for seniors from the Richmond/Danville area. September 21 at 2 pm at the Canot-Kayak park (220 Principale Sud, Richmond). Bring your own lawn chair. Information: Alice Weare (819-826-5488) or [richmondclc@etsb.qc.ca](mailto:richmondclc@etsb.qc.ca).

**ST. FELIX DE KINGSEY**

We invite you to our annual Harvest Service at St. Paul's Anglican Church, Sydenham located north of Richmond on Chemin des Domaines near St. Felix de Kingsey on Sunday September 19 at 2:00 p.m. For information call Elizabeth at (819)826-6134.

**RICHMOND**

Looking for something to do on Mondays starting at 1:30 p.m.? If you are fully vaccinated, the Richmond 50+ Club will be pleased to welcome you at the Richmond Melbourne United Church, rue Principale sud, to play lively games of "500". More vaccinated players mean more fun! Looking for younger players, too. For more info please contact Bev Jones at 819-826-3832.

**MELBOURNE**

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

**Email your classified ad to us!**  
**Fast and convenient!**  
**[classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)**

## Dear Annie

THURSDAY, SEPTEMBER 16, 2021

**Dear Annie:** My boyfriend and I have been dating for two years. He's a hard worker, which appealed to me, as I've always been the breadwinner in previous relationships. But lately, I feel like he's not putting any effort into the relationship.

For one, we always hang out at my house. I've only been to his house three times in the two years we've been dating. For another, he does not allow me on his social media. He refuses to accept my friend requests, and he never posts any photos of me.

We used to see each other once a week, but lately he's been working so much that we only see each other once a month. I get that he's busy, but it's starting to seem like he really doesn't care whether he sees me or not. I confronted him about this, and he got upset and accused me of trying to stir up drama. I'm not trying to stir up

drama; I just don't want to go through this anymore. When I told him as much, he hung up on me. Apparently, it's annoying to him when I share my feelings. As his girlfriend, I expect to see him more than once a month. We only live 20 minutes apart! I'm just not satisfied with the level of attention I'm getting in this relationship at this point. He does frequently tell me that he loves me, and he calls me every day. But I sometimes feel like I'm an afterthought. What is your opinion on this? - Back-Burnered

**Dear Back-Burnered:** It sounds like he's got another pot on the stove. And if he's not cheating on you, he might as well be. Only seeing you once a month, never having you over to his place, excluding you from his social media - of course you're not satisfied. He's feeding you scraps. You deserve to be with someone who makes you a proud part of his life. The sooner you end things with him, the sooner you open

yourself up to bigger and better things.

**Dear Annie:** I just read the letter from "Riley" who came out as gay and his family is not supportive. Your advice to seek out help from the Trevor Project was solid.

I just wanted to say to Riley: I was there. I have seen my friends kicked out of their houses at your age. But now we are all so comfortable, and there is a whole world of people like you who love you so much. This is the hardest part. I am SO proud of you and am sending you my love. - Elder Gay

**Dear Elder:** I heard from quite a few folks who had walked a lonely mile in Riley's shoes when they were younger. Here's another such letter.

**Dear Annie:** This is in response to "Riley." I am a 38-year-old member of the LGBTQ community. When I was outed at 18, I was kicked out. My mother has since warmed to the idea but still isn't 100% accepting.

Riley, please look for LGBTQ clubs

in your school and surrounding area. Being a teenager is hard; being a teenager who isn't accepted by their parents is excruciating. You will learn that the LGBTQ community is close and tightknit because it's our "chosen family" since many of our blood families are not accepting of us. Times are slowly changing, and ingrained prejudices are slowly being chipped away, but until there is a time when no child feels inferior for whom they love, know that "we" are here, and we love you, exactly as you are! - Happily Married Mother

*"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).

# Lemony marinade does double duty for roasted chicken

By Christopher Kimball  
THE ASSOCIATED PRESS

In the market squares of Sicily and Calabria, street vendors baste thick swordfish chops with a bright blend of lemon juice and olive oil, grilling them over smoldering coals and filling the air with an alluring mix of char and sweet. The simple, ancient combination is called salmoriglio, and it's the primary way fish is served in southern Italy.

At Milk Street, we knew that chicken would shine with a similar treatment — a quick soak in a lemony marinade followed by a turn on the grill or in a high-heat oven, plus a finishing splash of more sauce.

For this oven-cooked version from our book, "Milk Street Tuesday Nights, Mediterranean," which limits recipes to 45 minutes or less, we first make a fragrant base of grated lemon zest, garlic, oregano, salt and pepper. We then use some to season bone-in chicken thighs and the rest as the foundation for the salmoriglio that sauces the finished chicken.

Rather than use the juice of fresh lemons in the sauce, we squeeze lemon halves that have been roasted with the chicken. The oven heat mellows the acidity so the sauce has a subtle sweetness and a more restrained tartness.

A touch of honey helps brown the chicken under the broiler, and fresh oregano evokes the herbaceous aromas of those Sicilian squares.

## CHICKEN SALMORIGLIO

Start to finish: 45 minutes

Servings: 4

1 tablespoon grated lemon zest, plus 2 lemons halved crosswise  
2 medium garlic cloves, finely grated  
1 teaspoon dried oregano, crumbled  
Kosher salt and ground black pepper  
5 tablespoons extra-virgin olive oil, divided

3 pounds bone-in, skin-on chicken thighs, trimmed and patted dry  
1 tablespoon honey  
1 bunch watercress, trimmed, or 5-ounce container baby arugula  
1 tablespoon finely chopped fresh oregano

Heat the oven to 475°F with a rack in the lower-middle position. Grate 1 tablespoon zest from the lemons, then halve the lemons and trim off the pointed ends so the halves sit stably with cut sides facing up; set the lemon halves aside. In a small bowl, stir together the zest, garlic, dried oregano, 1 teaspoon salt and 1/2 teaspoon pepper. Measure 1 tablespoon of the lemon-garlic mixture into a large bowl. Stir 4 tablespoons of oil into the remaining mixture; set aside.

To the large bowl, add the remaining 1 tablespoon oil, the honey, 1 teaspoon salt and 1/2 teaspoon pepper, then stir to combine. Using a sharp knife, cut parallel slashes about 1 inch apart all the way to the bone on both sides of each chicken thigh. Add the thighs to the bowl and turn to coat on all sides, rubbing the seasoning mixture into the slashes.

Arrange the chicken skin up and the lemon halves cut sides up on a rimmed baking sheet. Roast until the chicken is beginning to brown and the thickest part reaches 165°F to 170°F, about 20 minutes. Leaving the chicken in the oven, turn on the broiler. Continue to cook until the chicken is deep golden brown and the thickest part reaches about 175°F, about 5 minutes. Remove from the oven.

Place the watercress on a serving platter, creating a bed for the chicken. Using tongs, place the chicken on top of the watercress. Squeeze 3 tablespoons juice from 1 or 2 of the lemon halves, then stir the juice along with the fresh oregano into the lemon-garlic oil to make the salmoriglio. Drizzle the sauce over the chicken and serve with the remaining lemon halves for squeezing.



## Don't wait until it hits you.

### Get vaccinated.

A vaccination passport is now required to enter certain public spaces.

[Quebec.ca/COVIDvaccine](https://Quebec.ca/COVIDvaccine)

Votre gouvernement

Québec

## Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.



THE RECORD