



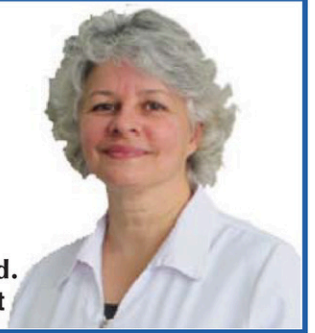
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September off to a busy start for fire services in Stanstead

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

To dream the impossible dream

Editorial - Page 6

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THURSDAY, SEPTEMBER 6, 2018

Local candidates to debate health policies

Record Staff
SHERBROOKE

The Health and Social Services Professional and Technical Personnel Alliance (APTS) in the Estrie region has planned an all-party debate on the orientations and priorities of each of the four parties present in the National Assembly at the time of its dissolution for this fall's election.

The 50,000-member APTS is a major player in the health and social services sector and is directly concerned when it comes to commitments or promises made during an election period. The debate will focus exclusively on health and social services.

To date, Coalition Avenir Québec Saint-François candidate Geneviève Hébert, Parti Québécois Sherbrooke candidate Guillaume Rousseau, and Québec solidaire Richmond contender Colombe Landry have each committed to attend. As of press time, the Quebec Liberal Party has not responded.

The debate will be held at 7 p.m. on Tuesday, September 11, at the Steve L. Elkas Funeral Complex, 4230 Bertrand-Fabi Street, Sherbrooke.

“East Clifton boy,” George E. Thompson, honoured



GORDON LAMBIE

Anne Houston, Raymond McConnell, Chester McConnell, Burton McConnell, and Bill Thompson, all relations of the late Sergeant George E. Thompson, gathered at the East Clifton United Church on Tuesday to mark the 100th anniversary of his death.

By Gordon Lambie

Just under a dozen gathered in front of East Clifton United Church on Tuesday afternoon to mark the 100th

anniversary of the death of Sergeant George E. Thompson. Thompson, one of four “East Clifton Boys” to be killed in the First World War, was remembered as a hero by a collection of his great

nieces and nephews through the sharing of stories as well as the presentation of several artifacts from his time of service

CONT'D ON PAGE 3

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Weather



TODAY: SHOWERS

HIGH OF 21
LOW OF 7



FRIDAY: SUNNY

HIGH OF 20
LOW OF 4



SATURDAY: SUNNY

HIGH OF 17
LOW OF 2



SUNDAY: SUNNY

HIGH OF 19
LOW OF 3



MONDAY: CLOUDY, SHOWERS

HIGH OF 17
LOW OF 14

Funeral for a friend (me)



ROSS MURRAY



Last week was a week of funerals – celebrity, political and personal. On Saturday, we attended the burial of a close friend of my wife’s family, gathering at the Reedsville Cemetery surrounded by the lush green hills of Hatley Township, a reminder that, among all the uncertainties of life, you can always count on graveyards to have the very best real estate.

Prior to the service, I looked around the cemetery at the markers spaced in orderly rows. Quite near me was a stone engraved “MURRAY.” Behind it and one over was a monument that read “ROSS.” If I stood just so and squatted down, I could align the two of them to read “ROSS MURRAY.”

“Well,” I thought, “that’s not good.”

I had to remind myself, though, that this wasn’t about me but about saying goodbye to a family friend. I turned back and focused on the service, which was lovely and sad and touching all at once.

But it’s days later, and now it is all about me.

Namely, this particular funeral and the high-profile ones for John McCain and Aretha Franklin last week got me wondering about how I would like to go when I no longer go anywhere.

First of all, the location. I feel the service should be held somewhere that was important to me, some place where I spent considerable time, a place truly dear to my heart. I’m thinking the ice cream aisle of the local grocery store. Bonus: it’s right by the beer fridge.

Seating might be difficult, but not to worry, I have ample stacks of unsold books that can be configured throughout the frozen foods to support mournful bums.

In terms of guests, I would like at least one celebrity. I don’t really know any, so I’ll leave it to your discretion. I once sat

behind Donald Sutherland at a municipal council meeting addressing the matter of raw sewer leaching onto his property, so maybe he’d do. He wouldn’t have to speak. Just him lurking around the toilet paper aisle I feel would be a superb tribute.

All I ask of my children is that they rise as one and acknowledge that I do not stand around with my tongue sticking out and vacantly rubbing my tummy as they claim I do in hurtful and completely inaccurate impersonations.

Loud weeping will be acceptable. Loud weeping subsequent to inhaling vast amounts of helium will be encouraged.

Instead of a formal service, I would like people to share their memories – and not just the nice things. Not as funny in person as in print? True. Not really that funny in print either? Fair enough. Narcissistic? Me? Just kind of shuffled that bake sale sign-up sheet but didn’t actually sign up to bake anything? Can’t deny it... because I’m in an urn.

Seriously, if I have made Sarah Palin-calibre misjudgements in my life that ultimately led to the political climate we suffer today, don’t pretend it never happened. It’s who I was. By all means don’t feel you have to protect my feelings. Because, again, I’m in an urn.

However, as a writer, I feel it would be

fitting to have people recite some of my most familiar material. For example: “Those dishes aren’t going to wash themselves!” and “Oh, right. I meant to, but I forgot,” and “I thought it was candy.”

Music was important to my life (sorry, getting ahead of myself: “is”), so at this point I would request “Feeling Yourself Disintegrate” by The Flaming Lips, not only because it’s message-appropriate but also because it’s over 5 minutes long, and I’m kind of tickled by the thought of people pretending to be solemn while resisting the urge to look at their watch.

After this, we will motorcade to the burial plot, which, if my wife follows through on her comments over the years, will be in our back yard with the hamsters and one dead cat.

Here, people will gather under the cool shade of the maples and the burgeoning growth of our beloved vegetable garden. So if everyone wouldn’t mind pulling a few weeds, that would be great.

Finally, I would like my urn lowered into the ground and then have the hole filled to the brim with gelatin. Everyone will stand in silence while the gelatin begins to set until, at a fitting moment that I will leave to the bereaved to determine, someone will whisper: “The plot thickens.”

A reception will follow with little sandwiches. And, of course, ice cream.

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Ben by Daniel Shelton



LOCAL NEWS

“Right now seniors that want to go back to work or stay longer at work are penalized,” he said

Liberals propose new support for the elderly

By Gordon Lambie

Liberal Party Leader Philippe Couillard was in Sherbrooke on Wednesday morning to visit the residents of the Le Monastère retirement home on Ontario Street and to announce new measures his party hopes to implement, if elected, to support the elderly in Quebec. Citing the goal of helping to keep Quebecers active and financially supported in their old age, Couillard presented a plan that offers seniors a

number of options focused on providing greater financial support.

“Where there is the choice to work longer, we will make it pay better. Where the choice of retirement is preferred, we will ensure a better financial security and better support to allow people to stay longer in the comfort of their own homes,” the party leader said.

Couillard’s five point plan proposes an option to suspend the provincial pension for an individual who wants to keep working as well as increases to existing

tax credits available to seniors in the workforce.

“Right now seniors that want to go back to work or stay longer at work are penalized,” he said. “Once they start having their pension they are doubly taxed, with a tax on their pension and a tax on their salary. Being able to suspend their pension while it accumulates is a very significant benefit.”

The plan also increases the old-age tax credit (applicable to those 70 years old and older) by as much as \$200, increases

housing allowance for seniors and families making less than \$17,000 per year who use at least 30 per cent of their income for housing costs, and provides additional tax credits for seniors seeking to remain in their homes.

“What we want to do is to give more disposable income,” Couillard said, noting that the new measures represent an investment of an additional \$153 million per year.



Premier Philippe Couillard and his wife, Suzanne Pilote, greeting some of the seniors gathered at the Residence Le Monastère on Ontario Street in Sherbrooke Wednesday morning.



Couillard and Sherbrooke MNA Luc Fortin sat down to tea with some of the residents and administrators of the residence prior to Wednesday's announcement.

PHOTOS BY GORDON LAMBIE

“East Clifton boy,”

CONT'D FROM PAGE 1

which will now be preserved in the museum at the Army, Navy & Air Force Veterans in Canada “Hut” in Lennoxville.

“The basic motivation behind this gathering today has to do with the fact that it is the 100th anniversary of the death of my uncle,” explained Burton McConnell, who served as master of ceremonies for the day’s events. McConnell explained that his uncle, the eldest of 10 children, was killed by machinegun fire in northern France just over two months before the end of the war and slightly more than two years after first arriving in the country.

The commemoration took place in two parts: first, outside the church around the community cenotaph, the family members paid their respects to Thompson as well as the other First and Second World War soldiers commemorated on the stone, and then inside where a sharing of history took place more specifically focused on the story of Thompson.

Bill Thompson of Hamilton Ontario shared the story of his great-uncle’s two military medals.

“They were with my great grandma Agnes for 40 years,” he said, “she carried them in her purse.”

The younger Thompson explained that his great-uncle was one of only 14 soldiers in a battalion of 4,213 to be decorated with the military medal twice.

The first, he said, was presented for, “conspicuous gallantry,” just three months after the young private arrived on the front lines when he and three others captured five of six German dugouts in a trench raid, taking more than 80 prisoners in the process.

The second medal came in April of 1918 when then Corporal Thompson was recognized for “bravery and able handling of men,” in an attempt to clear a trench not far from Vimy.

In sharing these stories with the small group assembled for the ceremony, the younger Thompson explained that the medals had been passed from hand to hand within the family until 1998 when they came into his possession.

“Although it was an amazing honour, I never felt worthy of them,” he said. “People in my generation can only imagine what it was like to go to war and fight for the freedom of everybody. That’s why it’s important to me that these medals be shared with as many people as possible.”

Chester McConnell, Burton’s youngest brother, presented the original grave marker from the cemetery in France where Thompson was buried, explaining that the simple wooden cross was returned to the family after the Canadian Government arranged for all fallen soldiers to have the same marble headstones.

The cross, McConnell said, had been

on display until recently at the Legion in Ajax Ontario, but has been transported back to the townships in the name of preserving as much of Thompson’s story in one permanent home as possible

Tim Belford, caretaker of the museum at the Hut, said that he finds the cross in particular to be a surprising and rare artifact because of the fact that they were all replaced with more lasting monuments so many years ago.

“People just threw them away,” he said.

Belford explained that it will be a few weeks before a proper display is set up for the items donated by Thompson’s

family because of the limited space that the museum has to work with. Once completed, however, visitors to the space can expect to see the medals, cross, documents, and the silver cross that was presented to the soldier’s mother in a special display with a plaque to explain their history and significance.

The museum caretaker explained that anyone is welcome to visit the museum whenever the hut is open. Drop-ins need only ask the bartender to open the door to the upstairs room. Guided tours, given by Belford, are also available upon request, depending on his availability.



Artifacts to be donated to the museum at the ANAF Hut in Lennoxville include the original wooden cross from Thompson's grave in France, the letter his family received following his death, his military medals, and the silver cross given to his mother.

Rowdy recidivist tased in Magog

Record Staff

Memphrémagog Police Board answered a call about an individual causing a disturbance on Sherbrooke Street in Magog at about 2:15 a.m. Sunday. They arrived to find a 31-year old man under the influence of alcohol and drugs. The man was free on

court conditions to keep the peace and to be on good behaviour, and was therefore arrested for breach of probation. During his search he was also arrested for possession of a small amount of methamphetamine. He was released by summons.

Later that same night at 9 p.m. police received another call concerning a dis-

turbance on Sherbrooke Street and arrived to find the same man, still intoxicated. During his arrest he told police that he had no intention of being arrested and refused to follow police instructions.

One of the officers took out an electric impulse weapon (taser) and informed the man that he was being left

no choice but to use it if he didn't obey. In the end, the man was tased and arrested without further incident.

According to police, one of their officers was injured when the same individual was encountered last spring and he resisted arrest.

Fortin files complaint over poster vandalism

Record Staff

A surge of political vandalism has struck more than 30 election posters for Liberal Party candidate and incumbent MNA Luc Fortin in recent days in Sherbrooke, prompting him to file a complaint to the police on Monday.

Several of the 32 posters were smeared or torn down after being broken and were located in the Lac des Nations area, but some were also found elsewhere in the riding, police said.

Police also said that posters promoting other candidates had also recently been vandalized, but that they had not yet lodged a complaint.

Fortin, who is the outgoing Minister of the Family and Minister responsible for the Estrie region, published a photograph on his Facebook page illustrating the damage inflicted on one of his posters. It contained foul language. In a message left at the bottom of the photo, the candidate said that such acts do not advance the democratic debate and

stated that vandalism shows that it is easier to attack an image than to debate ideas.

Three years ago, in September 2015, the building housing Fortin's constituency office on King Street West was sprayed with red paint in several places.

Fortin commits to enhancing downtown by enlarging and modernizing Sherbrooke Museum of fine Arts

Record Staff

Quebec Liberal Party candidate in the riding of Sherbrooke, Luc Fortin, will prioritize obtaining a financial commitment from the Government of Quebec for the expansion and modernization of the Sherbrooke Museum of Fine Arts., if he is re-elected on Oct. 1. He added that the expansion of the Museum would consolidate the al-

ready well-established development of cultural attractions that take shape in the large quadrilateral of downtown Sherbrooke.

"In my opinion, the expansion of the Museum will contribute to the emergence of a Cultural Center in downtown Sherbrooke, and that is why, in a future mandate, I will work hard to see that the government makes a financial commitment to facilitate this expansion."

The Liberal candidate recalled his recent contributions to the Museum to illustrate the importance he places on the building and its cultural vocation. In total, more than \$450,000 was provided in capital assistance to perform structural work on foundations, masonry and roofing.

According to the latest estimates, this expansion project could amount to about \$16 million, \$7 million of which

is expected from the Quebec and the federal governments. This investment would not only renovate the building but also provide for interventions to conserve its collection of works of art, in addition to providing the Museum with a large reception room to accommodate corporate tourism in the downtown Sherbrooke area.

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The Border Report

"The home was over 100 years old," he said, explaining that no one was home when the fire started.

September off to a busy start for fire services in Stanstead

By Matthew McCully

It was a challenging start to the month for the Stanstead station of the Memphremagog East Fire Service, which has dealt with six calls since Labour Day.

"It started pretty rough. We're hoping it calms down for us," said Battalion Chief Chris Goodsell.

A house fire on Leroy Robinson Street in Stanstead on Saturday was the most demanding of the calls so far this month, Goodsell said.

"The home was over 100 years old," he said, explaining that no one was home when the fire started. It was called in

around 7 p.m. on Saturday by a passerby.

While no one was injured, Goodsell said the fire was a challenge to tame.

"It started in the back of the house," he said, adding that the fire eventually made its way into the attic. "It was quite stubborn," he commented. "It got into the entire roofline."

According to Goodsell, 21 firefighters from the Stanstead station helped with the intervention, along with 12 members of the Derby Line department, who arrived with a ladder truck.

"The RCMP helped with the fire as well," he added. "They helped with circulation. In Stanstead, we're very lucky to have them around."

"We've got a probable cause. It appears accidental," the battalion chief said, explaining the details are still under investigation.

"We finished up at the station by around 3 a.m.," he said. "We went back the next morning to check hot spots," he added.

The action continued with three calls on Monday, a car fire on Tuesday night, and a call yesterday morning regarding smoke at the customs office at the border station on the 55.

While always ready to answer a call, Goodsell said he hopes the one call per day average slows down a bit for the rest of September.



COURTESY CHRIS GOODSSELL

A growing partnership: Read and skate with the Spartans!

**PHELPS AIDE
PHELPS HELPS**

By Katie Lowry

Stanstead College has been a long time supporter of our community organization, Phelps Helps. Collaboration has ranged from holding fundraisers for Phelps to offering their spaces for program use, free-of-charge. Since our founding in 2012, every Thursday, volunteer Stanstead College stu-

dents and teachers walk to our location at 272 Dufferin Street to sit with one of our local youth to help them with their homework.

New this year, the elite Stanstead College Hockey players will team up with the Phelps Family Literacy Program for SKATE & READ with the SPARTANS! On Saturday, September 22nd local families are invited to the Pat Burns arena where



they will have the opportunity to skate and engage in fun literacy activities hosted by Spartan Hockey players and coaches!

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine 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, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured Pet: Bob

When we first met Bob, he was living as a barn cat. Despite being a little shy, he was friendly and seemed fairly well socialized and after spending just a few minutes with him, we knew he had the potential to be a wonderful family pet. With the permission of the farmer, back to the shelter he came. Living as a barn cat isn't necessarily a bad gig especially for feral cats who aren't well suited to a home environment but for Bob, it wasn't a good fit.

As an aside, dropping off an unsterilized, social and friendly cat in the country in hopes he or she will find a barn to call home is NOT a good plan and is not a compassionate solution for unwanted cats. Barn cat programs are designed to provide an alternative living arrange-

ment for feral cats who are sterilized and vaccinated but who are otherwise unadoptable. Most importantly, the program ensures that these cats are carefully and responsibly integrated into their new environment.

Now back to Bob.

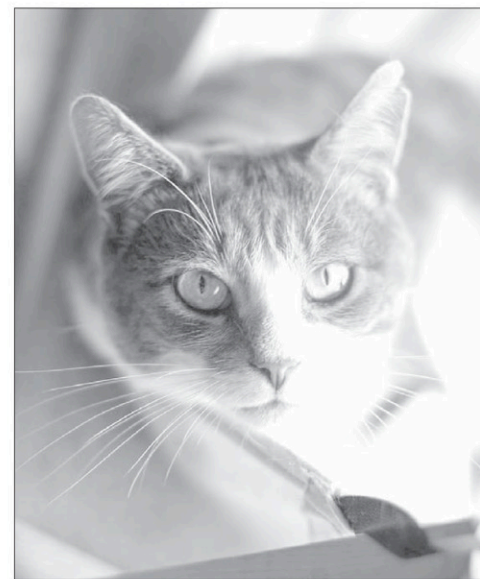
Upon arrival, Bob was a little out of sorts and it was quite clear that he wasn't convinced that shelter living was a step up from the barn until, that is, he discovered the cat hammock! With this simple discovery, his whole perspective changed and suddenly, shelter living wasn't so bad after all. He is now one of our most affectionate and friendly cats. Cute and round, he is an absolute love bug who is happiest when he has a lap to sit on but when no lap is available, he

can almost always be found lounging in his hammock.

Bob loves people and he purrs instantly when shown even the slightest bit of attention. He loves, loves, loves to cuddle. He is good with other calm and friendly cats and he gets along fine with dogs too (as long as the dog isn't too hyper).

Bob is approximately 2 years old and he will fill your life with so much love. If you are looking for an affectionate lap cat, Bob is a great choice.

To inquire about adoption, please send an email to frontieranimalsociety@gmail.com or call the shelter at 819.876.7785. We also hold a cat adoption open house every Saturday from 10 a.m to noon at 2405 Griffin in Ogden.



EDITORIAL

Another interesting claim is that, as part of the U.S., we would somehow have "... a real role to play in international decisions."

To Dream the Impossible Dream



TIM BELFORD

There's something about an election that brings out the best and worst in politics. It also brings out, to be polite, the occasional electoral fringe element. This has to be the case with Hans Mercier, a.k.a. The "Man from La Mancha," or in his case The Man from the Beauce.

Mercier is the leader of the newly formed Parti 51. This is not to be confused with the earlier version of the same party that ran eleven candidates in 1989. Mercier's version was registered in 2016 in anticipation of this year's voting fest and so far has only four candidates with the hope of getting another ten to jump into the fray before the actual vote.

The party's platform is simple. Mercier and his friends want Quebec to separate from Canada. They don't, however, want to create a new country but would, if elected, immediately seek to join the great U. S. of A. This is where the "fringe" thing kicks in. Like Don Quixote in the musical, Mercier is out to "dream the impossible dream" tilting at political wind mills while he tries to "reach the unreachable star." On second thought,

the reference to The Man from La Mancha is probably a bad analogy. Mercier's efforts could probably be better compared to "One Flew Over the Cuckoo's Nest."

According to Mercier, he's both a separatist and a federalist. It's just that being in Quebec he longs to be free of Canadian restraints, while as the 51st state he would be a happy part of the American federal system. Why he feels the American system would be any different than the Canadian one remains to be seen. He does offer some hints in the party platform.

According to Mercier, joining our neighbour to the south and waving the Stars and Gripes instead of the Maple Leaf Forever would immediately give us a stronger dollar and presumably make going to Old Orchard Beach that much cheaper. He doesn't point out, however, that everything from our salaries to the minimum wage would drop as well because of that same stronger dollar. There's also access to a bigger market for our products, an idea he touts without discussing the increased competition from producers in the other 50 states.

Another interesting claim is that, as part of the U.S., we would somehow have "... a real role to play in international decisions." Considering that President Trump doesn't even allow his Secretary of State or his Secretary of Defense any role in international decisions it's hard to understand how Quebec would grab a seat at the table. Then again, Quebec's population is just short of that of Virginia and we all know how crucial Vir-



ginia is in setting America's foreign policy.

Mercier also waxes poetic about the U.S. being a "perfect model for what is needed to reinforce states that are free and democratic and at the same time preserve the culture and specificity of member states." I suppose he's right. Just look at Louisiana's French population. Two hundred and fifty years or so after becoming part of the republic they've still managed to keep Cajun cuisine, zydeco music and the Mardi Gras. If that's not cultural preservation what is?

In an effort to ease potential voter's concerns Parti 51 has published an extensive information sheet that answers such questions as, How would you protect French? Would there be more guns?

What happens if Quebec changes its mind about being the 51st state? Now, I haven't read the brochure in detail but it strikes me, given American history, the reply to the above would be "You wouldn't. Yes. And tough luck."

Mercier also ducks the elephant in the room; would Quebecers actually be better off with Donald Trump running things? This is a man who thinks foreigners, particularly those who don't speak English, are for the most part rapists, drug dealers and welfare cheats. The man hates supply management, public health programs, a free press, women's rights, wilderness conservation and probably blue cheese. The only thing The Donald would likely welcome, given his diet, is access to good poutine.

Guy Madore promises a new beds, unit for CHSLD Magog

Record Staff

Orford Liberal candidate Guy Madore is promising that between 24 and 31 beds will be added to the CHSLD Magog along with a new unit, as part of the Quebec Liberal Party's campaign commitments.

The needs are growing given the very high proportion of seniors in the Memphrémagog MRC and the Liberal government will act over the very short term, Madore said. The addition of new beds will help reduce wait times. The project is estimated at almost \$5 million.

Additional Units for Accueil Notre-

Dame

Last May, Accueil Notre-Dame received permission from the provincial government to add 18 units (phase IV) from the Société d'habitation du Québec as part of the AccèsLogis program. Subject to meeting the program's standards and conditions, the new units will expand the offering available to residents in the Memphrémagog region.

"I will make sure that things move smoothly in exchanges between the two parties and that the opening of these units takes place as quickly as possible. We know how much this location, which reflects the spirit and generosity of Sister Hélène, is appreciated", noted Guy Madore.

Quality care in all units

Concerned about ensuring that the Magog hospital centre can continue to offer a range of care close to the population of the Memphrémagog MRC, the Liberal candidate did not hesitate to ask questions from professionals working to deliver services, or their managers.

"Like many people, I have heard a lot about the availability and state of services in our hospital," Madore said. "I also saw a division between well intentioned people who take local care for their families to heart, and an administration that is in full transformation. This is worrying to me, In terms of these discussions, I have noted that several local issues were highlighted and shared by the regional body. I will ensure that this recent collaboration continues."

Madore was happy to learn that the ultrasound and MRI units have been retained, and that the geriatrics unit, through a reorganisation of service schedules, has the medical resources and authorisations necessary to reopen.

"At a time where our companies are making efforts to attract young families, the quality and availability of care are important criteria in their choice to move. I will not allow our hospital centre to lose the expertise for which many people have worked so hard."

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 ASSOCIATE EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR ... (819) 569-6345
STEPHEN BLAKE CORRESP. 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
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KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
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Local Sports

"Again this year, the Hall of Fame Selection Committee has done an extremely rigorous job and we are very pleased to welcome our new inductees," said Jean Perrault

Sherbrooke Sports Hall of Fame inducts 2018 members

Record Staff
SHERBROOKE

The Sherbrooke Sports Hall of Fame and the City of Sherbrooke unveiled the names of the ten athletes, builders, teams, and events to be inducted on Wednesday, September 19, under the honorary presidency of Pierre-Olivier Boily, co-owner of the Siboire Pub.

"Again this year, the Hall of Fame Selection Committee has done an extremely rigorous job and we are very pleased to welcome our new inductees," said Jean Perrault, Chair of the Board of Directors of the Sherbrooke Sports Hall of Fame.

The 2018 athlete inductees include football player Leroy Blugh, short track speed skaters Annie Perreault and Maryse Perreault, volleyballer Mélissa Raymond, cyclist Marcel Roy, and track athlete Christine Slythe.

Under the builders category honourees Ivan Beaulieu for amateur sports and Sylvie Béliveau, soccer, join the 1975-1976 Junior Castors in the team category and the Traversée du Lac Memphremagog will be recorded in the

'events'" category.

The names and photographs of these new members of the Sports Hall of Fame

will be on a commemorative plaque recounting the achievements of each. Each inductee will also receive a limited-edition

pin identifying them as a Hall member.



(COURTESY VILLE DE SHERBROOKE) Above, from left to right, Hall of Fame Board Chair Jean Perrault, Honorary President Pierre-Olivier Boily, Sherbrooke Sports Committee chair Vincent Boutin, and Hall of Fame selection committee Chair Charles Thiffault, announcing the new inductees.

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Graveside Service

KIRBY, Dianne – A graveside service will be held at the Compton Cemetery (entrance off Route 147, watch for sign) for the late Dianne Hyatt Kirby on Saturday, September 8 at 10 a.m.

Datebook

THURSDAY, SEPTEMBER 6, 2018

Today is the 249th day of 2018 and the 78th day of summer.

TODAY'S HISTORY: In 1522, Ferdinand Magellan's ship, Victoria, docked in Sanlucar, Spain, completing the first global circumnavigation. Magellan himself had died en route.

In 1901, President William McKinley was shot by anarchist Leon Czolgosz. He died eight days later.

In 1972, nine members of the Israeli Olympic team, taken hostage in Munich by Palestinian terrorists the day before, were killed during a failed rescue attempt.

In 1997, funeral services were held in London for Diana, Princess of Wales.

TODAY'S BIRTHDAYS: Jane Addams (1860-1935), social worker; Joseph P. Kennedy Sr. (1888-1969), businessman/ambassador; Roger Waters (1943-), rock musician; Swoosie Kurtz (1944-), actress; Jane Curtin (1947-), actress/comedian; Jeff Foxworthy (1958-), comedian/TV personality; Chris Christie (1962-), politician; Rosie Perez (1964-), actress; Macy Gray (1967-), singer-songwriter; Idris Elba (1972-), actor; John Wall (1990-), basketball player.

TODAY'S FACT: More than 2.5 billion people worldwide were estimated to have watched at least part of Princess Diana's funeral services on television in 1997.

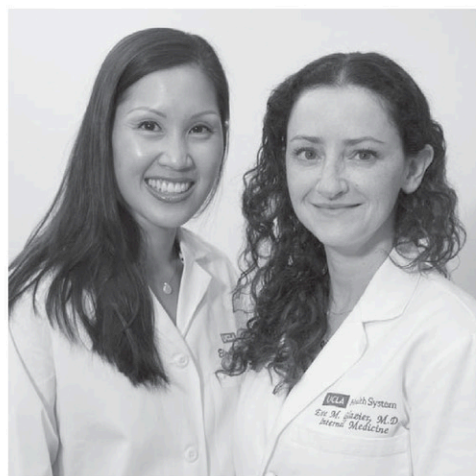
TODAY'S SPORTS: In 1995, Cal Ripken Jr. of the Baltimore Orioles played in his 2,131st Major League Baseball game, breaking Lou Gehrig's consecutive-games record.

TODAY'S QUOTE: "We fatuously hoped that we might pluck from the human tragedy itself a consciousness of a common destiny which should bring its own healing, that we might extract from life's very misfortunes a power of cooperation which should be effective against them." – Jane Addams, "Twenty Years at Hull-House"

TODAY'S NUMBER: 2,632 – consecutive games Cal Ripken Jr. ultimately played before taking a game day off on Sept. 20, 1998.

TODAY'S MOON: Between last quarter moon (Sept. 2) and new moon (Sept. 9).

Research furthers understanding of gut-mood connection



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

Dear Doctor: I switched jobs just over a year ago to an office big on birthday cakes, group lunches and sharing homemade treats. I've now managed to gain almost 20 pounds and have started feeling low. My mom says she heard on television that it's because of my gut bacteria. Is that true? Should I try probiotics?

Dear Reader: These days, with the rise in research into the billions of microorganisms that live in our intestines – bacteria, fungi, viruses and others – it can seem that all of the workings of the human body eventually lead to the gut. We already know that our gut bacteria play a significant role in countless bod-

ily processes. The ones we understand the best at this time have to do with metabolism and immune function. But as results of new research emerge, it becomes increasingly clear that the gut-body-mind connection is both complex and far-reaching. A number of these studies, which have explored whether the gut microbiome can affect how people think and feel, have made persuasive cases that there may indeed be a connection.

With that in mind, the idea that the composition of the colonies of microbiome could have an effect on mood doesn't seem like such a stretch. And that turns out to be the takeaway from one of the newer studies, conducted by researchers from the Joslin Diabetes Center of the Harvard Medical School. In a paper published in June in the journal *Molecular Psychiatry*, they came to some intriguing conclusions about what happens to the gut microbiome when its host – that's you and me – has a sudden weight gain brought on by a high-fat diet.

The researchers began with mice that became obese after eating a high-fat diet. This increase in body weight and body fat triggered a spike in depression and anxiety, which was ascertained through a series of behavioral tests. The next step was to dose the mice with antibiotics in their drinking water, which altered their gut microbiomes. The result was a return to normal behavior patterns. When gut bacteria from

the stressed-out mice were transferred to the bowels of a control group of mice, they too began to exhibit increased levels of depression and anxiety. The researchers concluded that eating a high-fat diet not only can result in obesity, but it also appears to cause changes to gut bacteria that influence brain chemistry and may lead to anxiety and depression.

While this experiment further opens a door into our understanding of the gut-mood connection, it's not meant as a prescriptive for humans. The mice improved not because they were fed probiotics, but because antibiotics wiped out a wide swath of their gut bacteria, including those associated with low mood and increased anxiety. When the researchers achieve their next stated goal, to identify the specific microbes involved, we'll be a step closer to understanding the specifics of the mood-microbiome connection.

In the meantime, this onset of low feelings is something you should take seriously. We also think losing the weight you gained is important, both for your physical and mental health. We hope you will consider consulting with your family doctor, who can assess the situation and advise you.

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.

Do Just One Thing

By Danny Seo



It's believed that up to 20 percent of the 45 million people who wear disposable contact lenses flush them down the toilet. While it may not seem like a big deal to have the tiny plastic lenses go down the drain, it ends up leading to significant ocean pollution. The lenses break down and become "microplastics," which marine life mistake for food and eat. This not only poisons marine life, but it can end up in our food supply as well. If you wear contacts, dispose of them properly in the trash and not down the drain. Or better yet: Wear eyeglasses when you can.

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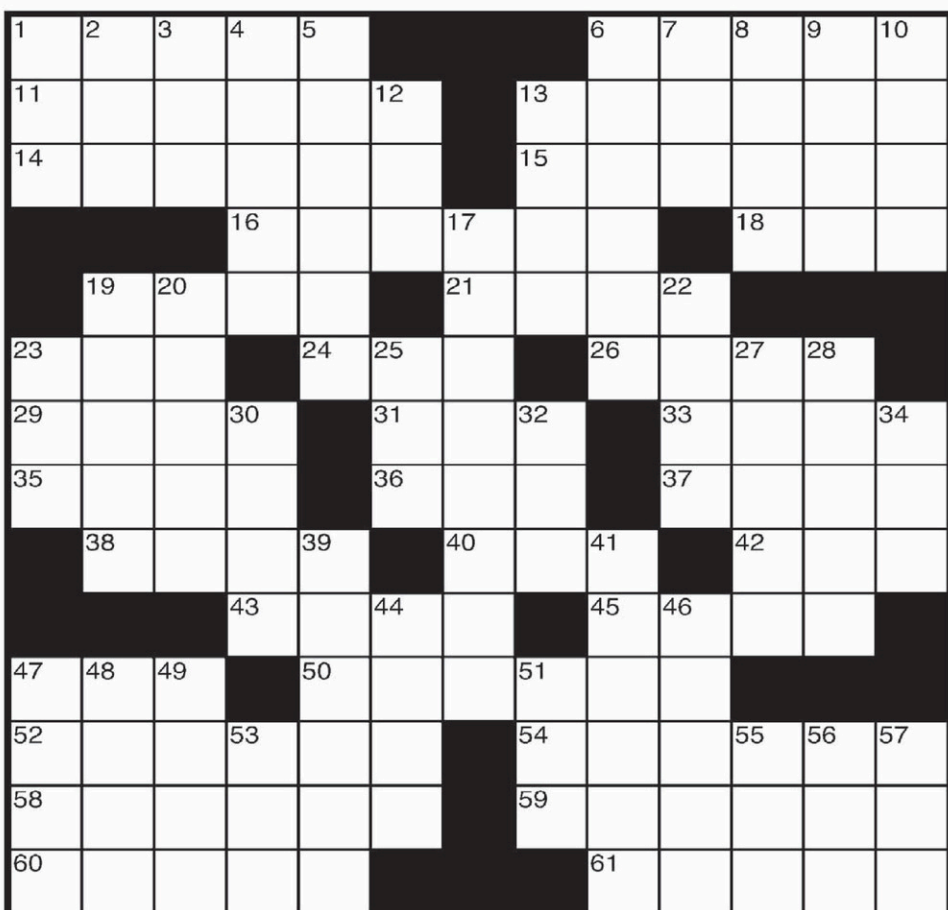
NEA Crossword Puzzle

- ACROSS**
- 1 Sousa specialty
 - 6 Keeps on going
 - 11 Spotted wildcat
 - 13 Shelter for a dog or cat
 - 14 Prior to
 - 15 Catch fire
 - 16 Lacking the necessary competence
 - 18 Church bench
 - 19 Kin of pre-
 - 21 Quaint lodgings
 - 23 Take to the slopes
 - 24 Egyptian boy-king
 - 26 Slim down
 - 29 Costa —
 - 31 Masseur employer
 - 33 Ancient instrument
 - 35 Pipe handle
 - 36 Maize unit
 - 37 Wedding cake part
- DOWN**
- 1 Large gathering
 - 2 Outstanding
 - 3 Lib. section
 - 4 Smack
 - 5 Comics' Green —
 - 6 Fable
 - 7 — Arbor, Mich.

Answer to Previous Puzzle



- 8 Save a coupon
- 9 Antoinette lost hers?
- 10 Whole bunch
- 12 Kind of towel or party
- 13 Potter's oven
- 17 Cameos (2 wds.)
- 19 Curly-tailed dog
- 20 Friendlier
- 22 River deposit
- 23 Almost-grads
- 25 Find practical
- 27 Ogling
- 28 Trunk possessors
- 30 Asian nanny
- 32 Comic strip prince
- 34 Previous to
- 39 Entreated
- 41 Made a run
- 44 Enemies
- 46 Possessor
- 47 Ticket info
- 48 Pulpit
- 49 Ham or lamb
- 51 First gear
- 53 AAA suggestion
- 55 Cato's hello
- 56 Senorita's aunt
- 57 Horror flick street



Your Birthday

THURSDAY, SEPTEMBER 6, 2018

Set high expectations and shoot for the stars. The sky is the limit, and the changes you can make will result in major improvements to your everyday routine. Personal gains are heading your way, and unexpected gifts, winnings and surprises will be a bonus.

VIRGO (Aug. 23-Sept. 22) — Get together with people you find inspiring. Learn from an expert and make changes at home that will improve your lifestyle. Take the initiative and get things done.

LIBRA (Sept. 23-Oct. 23) — Don't run yourself ragged trying to keep everyone else happy. Your efforts will backfire, and you'll be blamed for interfering. Do your own thing, and pamper yourself for a change.

SCORPIO (Oct. 24-Nov. 22) — Concentrate on the modifications you want to make at home or work. A change to the way you earn your living should also help stabilize your financial situation.

SAGITTARIUS (Nov. 23-Dec. 21) — Say little and do a lot. Look over your investments and any financial ties you have. It's important to fully understand what others expect of you.

CAPRICORN (Dec. 22-Jan. 19) — Carry out changes at home that will make your life easier and bring you peace of mind. Discuss your plans with anyone who could be affected by your choices.

AQUARIUS (Jan. 20-Feb. 19) — A physical improvement will boost your

confidence. Don't let anyone coax you into something that is out of your price range or not good for you.

PISCES (Feb. 20-March 20) — Impulsive behavior can lead to problems. Don't be too eager to commit to something or someone before you know the full scope of what will be expected of you. Ask questions.

ARIES (March 21-April 19) — You need a break. Make plans to do something with a loved one. Nurture important relationships and be open to suggestions that will bring you closer to someone special.

TAURUS (April 20-May 20) — A change may be what you think you need, but acting on impulse will be emotionally costly. Listen to good advice before you jump into unfamiliar territory.

GEMINI (May 21-June 20) — Spend more time taking care of your needs. Updating your look or doing physical activities that will help you feel and look good will be rewarding. Romance is on the rise.

CANCER (June 21-July 22) — Channel emotional energy into something that will make you happy. Don't waste time on anyone who is negative or unwilling to bend or compromise. Follow your heart and do something creative.

LEO (July 23-Aug. 22) — Making changes at home may be tempting, but don't go overboard. Overspending will add to your stress, but physical modifications you can make yourself will satisfy you.

THURSDAY, SEPTEMBER 6, 2018

He needs the lead, so give it to him

By Phillip Alder

Lisa Kudrow, in her 2010 commencement address at Vassar College, said, "I think it's always a good move to listen to that inner voice, if it doesn't lead to a crime."

Some bridge players use that inner voice a lot at the table. They place the missing key cards more by table presence than pure analysis. However, even these "natural" players will not fail to check the high-card points as each deal proceeds from start to finish.

In this deal, what should happen in three spades after West leads the heart ace?

South had a borderline one-spade bid, but it usually pays to open if you can. North's three-heart cue-bid showed spade support with at least game-invitational values. After South signed off in three spades, West was sorely tempted to bid four hearts, but that would have cost 500 because he couldn't have gotten to dummy for the club finesse.

West leads the heart ace: five, two, six. Did East start with a singleton or three?

If East began with three, South would have had a singleton and surely would have jumped to four spades. So, West should cash the heart king (or queen). But after East discards a discouraging

North		09-06-18	
♠ Q J 9 8			
♥ 10 9 5			
♦ A K 7 2			
♣ 4 3			
West		East	
♠ 3		♠ 7 6 2	
♥ A K Q J 7 4		♥ 2	
♦ J 10 6		♦ 8 5 3	
♣ A Q 8		♣ J 10 9 7 6 2	
South			
♠ A K 10 5 4			
♥ 8 6 3			
♦ Q 9 4			
♣ K 5			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	2♥	3♥	Pass
3♣	Pass	Pass	Pass
Opening lead: ♥ A			

club two, what next?

West counts the points. He has 17, and there are 10 on the board. That leaves 13 points for South, who opened the bidding, and East. West knows where they lie.

The defenders need five tricks. West should see how to get them. At trick three, he leads the heart four, forcing partner to ruff. Then a shift to the club jack will give the defenders two hearts, one heart ruff and two clubs.

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.

" H CHOD XHTX H RYZ HUYFZ H
ADIXYC. XY CHZFIHRT, UDVN CHODB
WYJHIB, V HRJHTX JHCZDB ZY EIHJR
VCZY H WYRD." — WYJHIB XZDIC

Previous Solution: "I'm not a big proponent of happiness. I think it's highly overrated. I think misery is underrated." — Brad Pitt

TODAY'S CLUE: *g srnbe n*

REALITY CHECK



HERMAN



"I changed the baby. Now what?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



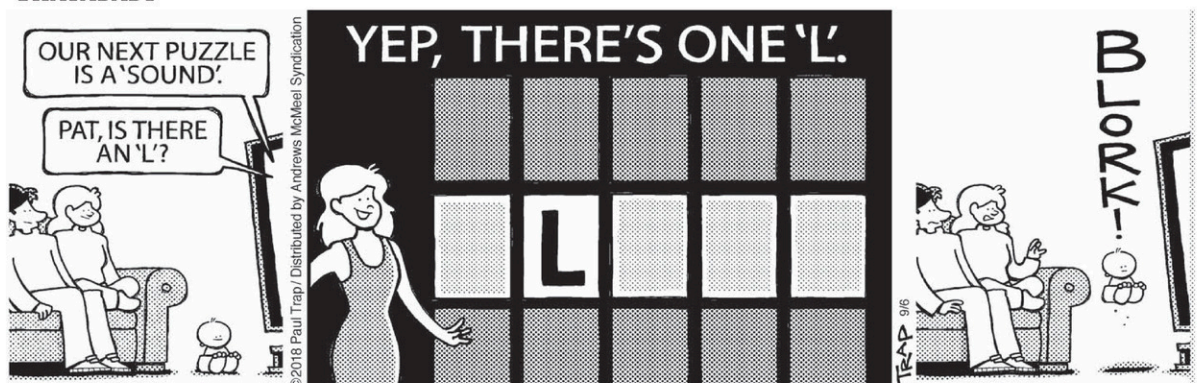
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340 Garage Sales

COOKSHIRE

Garage Sale, benefit for the Cookshire Fair Grounds, on Saturday, September 8 at the Cookshire Fair grounds. Tables for rent: \$10 each. For info or to reserve a table call Robert Addis at 819-820-2387. Tables available inside or out. Rain or shine.

NORTH HATLEY Piggery Theatre Barn Sale Fund-raiser, 215 ch. Simard, Ste. Catherine de Hatley, will be held on Saturday and Sunday, September 8 & 9, from 8 a.m. to 2 p.m. Something for everyone.

AUCTION for GERALD GARNEAU 262 ch. Du Pont, Dixville, JOB 1P0 (between Coaticook & Stanhope) Watch for Enchères AB signs on Route 147 South) Saturday, September 8 at 9:30 a.m. MACHINERY: Timberjack 230 D with Hercules winch; Case 200 hay baler; M.H. harrow 12 discs; Kverneland plough 2 mouldboards; manure spreader; mower on 3 pts; Int. tractor shovel with bucket; plough; Drummond generator 15 kw on PTO; auger on 3 pts; 4x8 trailer; axle on wheels; Int. #135B gas engine; 3 plastic water tanks; 1989 Yamaha 250cc 4-wheel ATV; 1983 Big Red ATV 3 wheels 250cc; 2012 Montgoose Sports 90 cc mountain bike; gas tiller; Cub Cadet #147 hydro tractor with scraper; Yardman lawn tractor 20 hp / 46; lot of old iron; tools of all kinds; etc. **ANTIQUES AND VINTAGE MACHINERY:** 30 collector tractors of all kinds; army truck with GMC engine and J.D. loader.; 1943 6-wheel drive army truck; 1952 Int. L190 truck 6 wheels; Int. S120 truck; 1905 stationary thresher; horse trailer; vintage horse-drawn machinery (hay rake, manure spreader, vegetable planter, hay mill, etc.), lot of tractors for parts; sprocket plough; iron wheels; Alpine ski doo; Elan and Olympic ski doos; 1970 Bombardier sled; milk separator; wooden barrels; tractor seats; 4 sewing machines with cabinets, etc. Many other items too numerous to list. **Note: This is a very nice auction not to be missed. Mr. Garneau is a very well-known collector of the vintage era.** **Terms:** Cash, debit, Visa, MasterCard or cheque with identification. For information, contact Mr. Garneau at 819-238-7458 or the auctioneer **LES ENCHÈRES A/B SHERBROOKE "The Boss" of auctions Alain, Gaston Brousseau 819-572-1279 or 819-846-3510 www.encheres-ab.com Available for all types of auctions.**



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LENNOXVILLE
 Annual Quilt Show, sponsored by the Lennoxville Quilters, on Friday, September 7, 10 a.m. to 5 p.m., and Saturday, September 8, 10 a.m. to 4 p.m., in St. George's Church Hall, 84 Queen St., Lennoxville. Admission charged. Refreshments by Parish ladies. Prizes, courses (beginners and advance quilters).

LENNOXVILLE
 The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, September 11 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE
 The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, September 11 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY
 The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, September 7 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE
 St. George's Parish Guild and Evening ACW invite one and all to visit the Lennoxville Quilters' annual Quilt Show taking place in St George's Church Hall. Friday, September 7, 10 a.m. to 5 p.m., and Saturday, September 8, 10 a.m. to 4 p.m. Enjoy muffins, cookies, tea, coffee and juice. Lots of door prizes. Admission charged. Hope to see you all there!

BISHOPTON
 Annual Spaghetti Supper followed by Bingo, fundraiser for St-Clément Church in Bishopton, on Saturday, September 8, 5 p.m. to 7 p.m., at St-Clément Parish Hall, 73 Main Street. Many door prizes to be given. Tickets and information: 819-884-2165. All welcome!

BURY
 Centre Communautaire de Brookbury will be having a Bingo Night on September 7 at 7 p.m. Come for a fun evening. Please bring your own Bingo marker. The address is 571 Route 255, Bury. For information, call Brenda at 819-884-5984.

STANSTEAD
 Fall Leaf Fair Coffee Party on Saturday September 8, 9 a.m. to 11:30 a.m., at Christ Church Hall, 548 Dufferin. Home made goodies, crafts and attic treasures. Please join us for coffee and yummy treats. Everyone welcome. Thrift Shoppe also open.

RICHMOND
 Rummage Sale at St. Anne's Church, 171 Main St. South, on Saturday, September 22, 8 a.m. to noon. Bag Sale (clothes and linens) at 8 a.m. and Box Sale (includes everything) at 10 a.m. Extra tables, food, handicrafts, collectibles, T-Fal cookware and Lagostina pans (both new). Set up on September 21 from 9 a.m. to noon.

RICHMOND
 Please join the 50+ Club for a fun time, starting up their fall programme on Monday, September 10 at 1:30 p.m. in the Richmond Melbourne United Church basement, rue Principale South. For more information, please call Bev at 819-826-3832.

RICHMOND
 Interested in playing Military Whist? Join us at St. Anne's Church Hall, 171 Principale St. South, on Thursday evening, September 13, starting at 7:30 p.m. for the first games of the season. Military Whist will continue every second Thursday evening of each month. To reserve a table or donate to the lunch or grocery basket, please call Elizabeth at 819-826-6134.

WATERVILLE
 The Waterville-North Hatley United Church will hold their annual Rummage Sale on Friday, September 7 from 1 p.m. to 7 p.m. and also a bag sale on Saturday, September 8 from 9 a.m. to noon. Rain or shine!

IVES HILL (MILBY)
 Please join us for the annual Ham Supper to support St. Barnabas Anglican Church, Milby on Saturday, September 15 at 5:00 o'clock at the Ives Hill Community Centre. The delicious menu includes ham, scalloped potatoes, beans, peas, coleslaw, rolls, with delightful apple crisp and ice cream for dessert, with tea, coffee and juice. Admission charged. Door prizes.

MILBY
 Celtic Evensong. Join us on Sunday, September 16 at 2 p.m. for a service of evensong at St Barnabas Anglican Church in Milby with Celtic music by the Ó Sioráins.

BURY
 There will be two '500 card parties' at the Bury United Cultural Center this fall. The dates are September 10 and September 24 starting at 2 p.m. Admission charged. Please come and join in the fun.

LENNOXVILLE
 Girl Guides enable girls to be confident, resourceful, gain leadership skills and to make a difference in the world. Lennoxville Girl Guides' registration night will be at St. George's Church on Wednesday, September 12 from 6 p.m. to 8 p.m. www.guidesquebec.ca / lennoxville@guidesquebec.ca.

LENNOXVILLE
 Uplands Cultural and Heritage Centre invites you to discover our new exhibit, featuring accomplished watercolour artist Denis Palmer. The public is invited to meet the artist during the opening vernissage which will take place on Sunday, September 9 from 2 p.m. to 4 p.m. at 9 Speid St., Sherbrooke (Borough of Lennoxville). The exhibition will run until October 28.

LENNOXVILLE
 Hope Community Church presents their annual Community Block Party on Sunday, September 9 from noon to 3 p.m. at 102 Queen St., Lennoxville. Live music featuring Mireille Pruneau, kids activities, food, bouncy castles. Free. Contact 819-822-2627 or email at info@hcclife.ca.

AYER'S CLIFF
 Fall Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. on Sunday, September 16. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are welcome.

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Stanstead County Women's Institute Scholarships

The Stanstead County Women's Institute is offering three Scholarships.


The Estella Holmes Scholarship is awarded to a student from the Stanstead County who is continuing his or her education beyond high school.

The Maud Kezar Scholarship is awarded to a graduating student who will be pursuing studies in a household science program (including food sciences and dietetics).

The Dr. C. L. Brown Memorial Scholarship is awarded to any graduating student from the Stanstead County who will be pursuing higher education in a health science profession (physician, nurse, veterinarian, etc.).

Please write a letter of application indicating your career goals and a description of your activities and community involvement. Also include a copy of your report card and statement of marks.

Please send these documents to Debbie Smith, 19 Pine St., Stanstead QC J0B 3E5. Send before September 28, 2018.



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On behalf of **MS** Multiple Sclerosis Quebec

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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

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

2018 VOLKSWAGEN JETTA



New platform, same big interior, same old limitations

PHOTO: D. BOSHOUEWERS



Officially turning 40 this year as a nameplate, the 2019 Volkswagen Jetta arrives in a troubled market segment riding on an all-new platform and aiming to win over buyers with a package that adds up to solid value without counting on any particular standout features.

There are certainly still a ton of Volkswagen-loving drivers out there, even with the well-publicized setbacks the manufacturer has suffered through due to the diesel-emissions scandal. That said, the new Jetta is definitely playing defence here, hoping to convince VW-friendly consumers to stick with the brand, and possibly poach some buyers away from the upward-trending Korean manufacturers Hyundai and Kia, among others.

One quite compelling argument the new Jetta has to make is in terms of the interior space it offers, one of the best in its class. Basically, the experience of sitting in it approaches that of sitting in a mid-size sedan. That's pretty interesting to buyers with a kid or two.

What's new

As mentioned, Volkswagen has deposited the new 2019 Jetta on to its all-new MQB platform, which is making its way through the German giant's

entire lineup. One benefit is that the wheelbase, overall length and width have all increased, thus making for a bigger cabin.

The front grille has been modified for 2019, as has the roofline which is somewhat more coupe-like (but let's not get carried away, this is no sportback-type car). The trunk gets a tiny little integrated spoiler as well for a slightly sportier look out back.

Inside, the Jetta now features a new Digital Cockpit instrument cluster, highly personalizable to show the data you want to see. Right in front of the driver is an exclusive new 10.2-inch screen that can be fully configured. Take note that this comes with the upper-range Execline trim, which is nearly \$7,000 more expensive than the Comfortline's \$20,995 base price, so you'll have to think hard about how badly you want that nifty set of systems. Mind you, with that you also get leather seating, heated and ventilated front seats, premium 400-watt Beats audio system (replacing the current Jetta's Fender system), an elec-

tronic limited-slip differential, 17-inch wheels and LED headlights.

Golf with a trunk?

The Jetta has long been considered by many a less exciting adjunct to the popular Golf, a car for VW lovers who want a "conservative" four-door sedan in lieu of the hatched Golf. Esthetically, they have a point. The Jetta's lines are pleasing enough, especially now that the front grille has been revised for a snazzier snout, but it doesn't exactly look radically different from any number of standard-issue 4-doors on the market in its segment.

But there's a more fundamental difference. The Jetta drives like a VW, which is to say it's responsive and nimble enough and holds the road fairly well. But it's more staid than the Golf is in any of that model's iterations. Suspension is firm but not tight, the steering is slightly looser than in its sibling, and the typically VW engine sound is here rather muted. Overall, this makes for a high-quality but notably less exciting drive.



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