

Five-month-old seriously injured after accident at Portland crosswalk

Record Staff

A five-month-old child is in critical condition following an accident at the pedestrian crossing at the intersection of Portland Boulevard and Wilson Street.

According to information from the Sherbrooke Police Service, the accident occurred at approximately 10:25 a.m. on Sunday morning. A motorist was traveling westbound on Portland while an adult was pushing a stroller across the street. The driver struck the stroller.

The child's injuries are considered life-threatening.

The driver of the vehicle, a 37-year-old man, was also taken to hospital and treated for shock.

Investigators and forensic technicians were dispatched to the sight, and with the assistance of patrol officers, were examining the scene and meeting with witnesses.

As of press time, the incident was still under investigated, and all hypotheses were being considered.

Plenty of action at Ayer's Cliff Fair



MATTHEW MCCULLY

Record Staff

There was plenty to see and do this weekend at Ayer's Cliff Fair, and based on the crowds at the fairgrounds on Saturday afternoon, there were plenty of people seeing and doing it.

The grandstand was near capacity for the always popular harness racing,

where eight different races took place throughout the afternoon.

The midway also drew quite a crowd, with dozens lined up for the Ferris wheel, situated inside the racetrack, and the many other rides on site.

And there the crowds weren't just outside. The barns and buildings had their fair share of visitors, there to see the best of the best in horticulture, arts

and crafts, and of course the animals.

There was an interesting mix of attractions at the fair, with the newest in farm equipment to check out, set up next to some of the province's oldest traditions being displayed and demonstrated in the "Habitant" village.

See more photos on page 4.



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## Weather



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TUESDAY:  
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HIGH OF 29  
LOW OF 18



WEDNESDAY:  
SHOWERS

HIGH OF 25  
LOW OF 12



THURSDAY:  
SUNNY

HIGH OF 22  
LOW OF 8



FRIDAY:  
CLOUDY  
PERIODS

HIGH OF 20  
LOW OF 9

# Sherbrooke pride colours on full display

By Gordon Lambie

Saturday was a day of celebrations for the participants and organizers of Sherbrooke's tenth annual *Fière la fête* diversity festival. In addition to the traditional "diversity march", which closed out the festivities between 4 p.m. and 5 p.m., the programming also kept Sherbrooke's *Marché de la Gare* busy throughout the afternoon

with a drag queen story time, open-air drag show, and community day with kiosks from local LGBTQ+ friendly organizations and groups. Between and during official presentations, visitors were able to interact directly with representatives of groups like GRIS Estrie, TransEstrie, and Champlain College's SexEd program to find out more, first-hand, about work being doing to support aissues relating to

gender and sexual diversity in the region.

At the start of the afternoon's march organizers made a point of highlighting both the importance of the event itself and the significance of the work done by volunteers to make it all possible. Earlier this month Montreal's Pride Parade was cancelled on the day that it was scheduled to happen, with organizers citing a "lack of volunteers."



PHOTOS BY GORDON LAMBIE

## Ben by Daniel Shelton



# Local News

Legault is campaigning on his party's economic track record. Salaries have never risen so fast, he said, the unemployment rate is low, and the wealth gap between Quebec and Ontario, which Legault admits he is "obsessed" with, has shrunk since 2018.

## Quebec election campaign begins as CAQ holds commanding lead in polls

By Jacob Serebrin  
The Canadian Press

Quebec's general election campaign began in earnest on Sunday, sending the four main opposition parties out on the hustings to disprove the polls that suggest the Coalition Avenir Quebec is cruising to another four years in power.

Against the backdrop of the iconic waterfalls of the Montmorency River in Quebec City, CAQ Leader and most recent premier Francois Legault told reporters he's not taking victory for granted.

"If there's one thing I learned during the pandemic, it's to be humble, because things change very fast," Legault said.

What has remained relatively unchanged for months, however, is his party's dominance in the polls, which have consistently put the CAQ at twice the support of its nearest rival, the Liberals, and heading to a majority bigger than the one it won in 2018.

Legault is campaigning on his

party's economic track record. Salaries have never risen so fast, he said, the unemployment rate is low, and the wealth gap between Quebec and Ontario, which Legault admits he is "obsessed" with, has shrunk since 2018.

"Ask yourself the question, which party do you want managing your wallet for the next four years? Which economic team do you have the most confidence in?"

Aside from his economic record, Legault is also running on what he says are his achievements on identity issues. His government adopted Bill 21 in 2019, which bans public sector workers such as teachers and police officers from wearing religious symbols on the job. And in the spring of 2022, the government passed a strict language-law reform, Bill 96, which expands regulations to more businesses, caps enrolment at English-language junior colleges and gives additional powers to language inspectors.

"We have defended our identity; I think that over the past four years,

Quebecers have become more proud to be Quebecers," Legault said, adding that opposition parties want to "butcher" the two laws.

Meanwhile, Quebec Liberal Party Leader Dominique Anglade was already dogged by questions Sunday morning about the fallen stature of her once-mighty party. Despite forming the official Opposition before the legislature was dissolved, the Liberals have less than 17 per cent support, according to the latest Leger poll — and they are polling at about seven per cent with the francophone majority.

Anglade shrugged off the polls and said the campaign was an opportunity to "restart at zero."

Like Legault, Anglade said the economy will be the ballot box question. Businesses are suffering from a labour shortage, she said, while inflation has eaten away economic gains.

"Ask any Quebecer whether they're better off today than they were four years ago and they'll answer the question with 'no.' The reality is people don't have as much money in their pockets, people are really suffering from inflation, people have to choose between feeding their kids or paying the rent," she said.

In Sherbrooke, the left-of-centre Quebec solidaire, which in 2018 won seats outside Montreal for the first time in its history, positioned itself against what it called the tired old parties of the past 30 years.

Gabriel Nadeau-Dubois, his party's leader in the legislature and choice for premier, said the CAQ is nothing but a coalition of the two legacy parties, the Liberals and the Parti Quebecois, whose time has run out. The old parties, he said, have allowed the environment and the health-care system to deteriorate while they have proposed "patchwork" solutions.

"We tried, in Quebec, the Liberal Party. We tried the Parti Quebecois. We tried combining the two, the coalition of the two — that's the Coalition Avenir Quebec." This election, he said, is the "last chance" the province has to address climate change.

In Montreal, Parti Quebecois Leader Paul St-Pierre Plamondon, whose sovereigntist party is far from the days when it was a serious contender for government, appealed to Quebecers' emotions. He said his "Cinderella team" will go further than anyone expects.

He called Legault "arrogant" and said the premier's version of federalism and the CAQ's language-law reform have failed. Even though the PQ is polling at less than 10 per cent, support for Quebec sovereignty is still above 30 per cent, he said, adding that millions of Quebecers believe in what the PQ stands for.

"Many of us see the decline in French," St-Pierre Plamondon said. "Many of us see that it's not normal to take our Quebec taxes and to be forced to send them to Ottawa, for them to be sent as subsidies and gifts to one of the most polluting industries in the world: the multinational oil companies from Alberta."

The fifth major party in this election is the Conservative Party of Quebec. Its leader, Eric Duhaime, took the party from near obscurity less than two years ago to one that is receiving about 14 per cent in the polls and has a good chance of picking up some seats. The party's only member of the legislature before it was dissolved was Claire Samson, who won in 2018 with the CAQ but switched parties in 2021.

Duhaime told reporters Sunday in the Quebec City area that his party is promising to cut income taxes, reduce the size of government and exploit the province's natural resources, including its fossil fuels.

"If you look at our promises? we have one thing that obsesses us more than anything else: improving the quality of life of Quebecers," he said. "We all have the sense that our quality of life has deteriorated under Francois Legault."

Before the dissolution of the legislature, Legault's party had 76 seats, while the Quebec Liberals had 27, Quebec solidaire had 10 and the Parti Quebecois had seven. The Conservative Party of Quebec held one seat and there were four Independents.

## Operation Backpack ready for the school year



GORDON LAMBIE

Volunteers from Operation Backpack were set up in the front entrance to Lennoxville Elementary School on Friday morning to provide school supplies to 26 participating families in the lead up to the start of the new school year this coming Tuesday.

According to volunteer Jane Loiselle, the organization will be providing school supplies to more than 150 students at the Elementary and Secondary level in the Lennoxville area this year, with distributions at Alexander Galt Regional High School coming up this week.

Operation Backpack has been working to help students at local schools start the year off on the right foot since 2015.



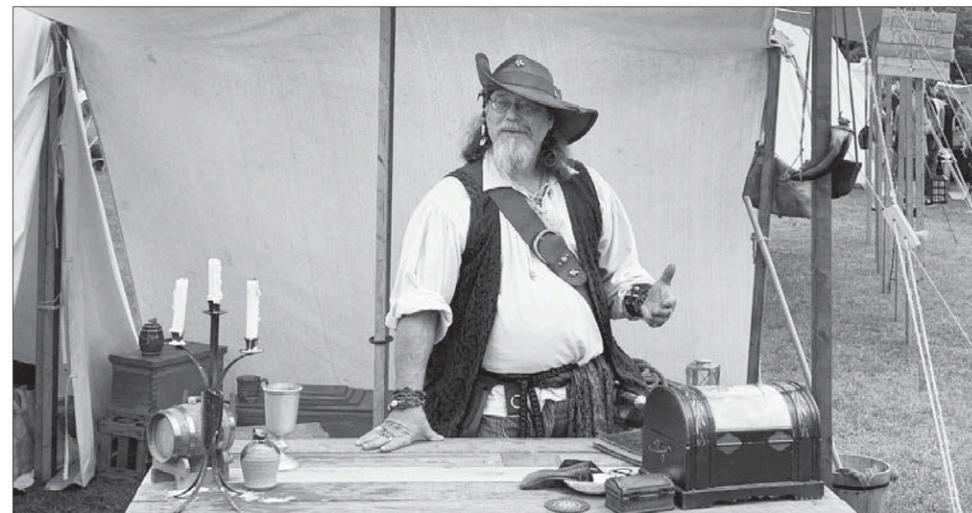
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# Scenes from Ayer's Cliff Fair



PHOTOS BY MATTHEW MCCULLY

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# Perry Beaton remembered as a true gentleman and a great friend

By Gordon Lambie

Following the news, over the weekend, of the death of long-time Record photographer Perry Beaton, people from all walks of life have been remembering him as a dedicated professional and a good friend.

"Above all, he was a gentleman, kind and generous with his time and knowledge," reflected Record Publisher Sharon McCully, looking back on roughly three decades of working together. "He chauffeured dozens of Record interns to assignments in his little red car with his bass in the backseat and snacks in the dash. Interns often came without a vehicle, so Perry was their ride and their mentor. He knew everyone and everyone knew him. If a reporter arrived with Perry, they were always welcomed."

McCully described Beaton as someone who was both cool under pressure and just plain good at the work that he did.

"In the early days film was developed in the darkroom, a time-consuming process that brought a lot of anxiety on deadline, especially on election night.

Perry would very casually walk in with a bag full of film, calmly go into the darkroom and emerge a few minutes later holding a filmstrip and a hair dryer and say 'All good,'" she shared. "On a good day he would come back with 30-40 shots to choose from, always with a few gems on the roll - an umbrella turned inside out, a dog with a chew toy or rosy cheeked baby in a stroller at a protest."

While news photography obviously took Beaton all over to cover a wide range of subjects, the publisher said that he was fascinated by nature and was awed by sunsets, storm clouds and morning dew on flowers.

"He always knew the right light, the right angle and the right moment to shoot," she said, adding that Beaton knew how to get a good photo without having to get the attention of the whole room. "He was stealthy as a cat with slippers."

Lennoxville photographer Grant Simeon credited Beaton with getting his start in professional photography.

"I had only been a hobbyist," Simeon said, explaining that Beaton's choice to take a prolonged vacation from his work



GORDON LAMBIE

Perry Beaton in 2020

at The Record in the 1980s left the door open for the young Bishop's grad to step in on a temporary grant and try his hand at something new. The experience worked out so well that, even though the funding only lasted until the end of the summer, the paper kept him on as a freelancer alongside Beaton when the senior reporter returned from his time away.

Although Beaton did not formally mentor Simeon, the younger photographer said that Beaton's work became his role model for news photography, and a serious baseline for his future work as a commercial photographer.

In their work at The Record, Simeon said that he and Beaton were opposites in many ways ranging from their sleep cycles to their work ethics. In most cases, however, the photographer reflected that this made them a good partnership.

"We complemented each other well," Simeon said, remembering bonding with Beaton by watching Mini-putt competitions on TV while waiting for their photos to develop in the darkroom.

Simeon made particular mention of Beaton's perspective as a photographer, reflecting that although the man could sometimes seem unhurried and aloof, he was often keenly observant of what was going on.

"Perry had this talent for always being able to capture the decisive moment that was so critical as a news photographer," his former colleague said.

Despite that keen eye, however, Beaton was not the stereotypical 'pushy' photographer that sometimes turns up in films or on TV.

"He never did anything at re expense of another person, and never used his elbows to get what he needed," Simeon said.

"He was an extremely calm person," said former Record editor Daniel Coulombe, describing the photographer as having an air of 'zen' about him in all situations.

Although Coulombe had the opportunity to call on Beaton as a freelance photographer during his time at The Record, the former editor said that their relationship actually went back to a time when he, at 22, had just been hired on as the new news director for the CKTS radio station.

Finding himself overwhelmed by the environment of press conferences, Coulombe said that none of the other media gave him the time of day except Beaton, who took him under his wing and told him what to expect without criticism or judgement.

"He was just a remarkable person," Coulombe said, describing his life as having been better for having known the photographer.

"Perry was an artist at heart and a perfectionist. He was also the most patient journalist I ever met," shared Phillip Authier, formerly of The Record, now working with the Montreal Gazette. "He knew the best shot was often the last one, the one when the others had moved off."

While praising Beaton's professional work, Authier also pointed out that the man made a strong impression in the Eastern Townships' music scene and described him as someone whose relationships were not divided along the lines of Quebec's two main linguistic communities.

"He was a man loved by folks in both solitudes in the Townships and he will be missed," he said.

Lynn Leimer, former director of the Haskell Opera House and retired Artistic Director/Founder of QNEK echoed Authier's feelings about Beaton the musician.

"For many years, Perry played the upright bass for QNEK Productions, the International Theatre Company in Residence at the Haskell Opera House, Stanstead QC/Derby Line, VT," she reflected. "Ever the professional, his musical talent was only surpassed by his generosity of spirit, his extraordinary sense of humor and great patience with singers needing 'repetition'. Perry was a joy to work with and added such elegance to all of our productions. He will be dearly missed."

"I met Perry during cultural events at Centennial Theatre and Bandeen Hall," added Sonia Patenaude. "He was so appreciative of music whether jazz or classical and everything in between. I later discovered his work as a photographer capturing musicians in surroundings that brought him so much joy. I am grateful to have been a witness to his kindness. A true gentleman."

## THE RECORD

### Job opportunity - Reporter

The Record is seeking a full-time reporter to work in its newsroom thanks to funding provided by the Local Journalism Initiative, a Canadian Heritage program, administered in Quebec through the Quebec Community Newspapers Association.

The Record is the only English-language daily newspaper serving the Eastern Townships and has been recognized as the 'Voice of the Eastern Townships' for 125 years. It covers some 27 communities with significant English-speaking populations situated throughout the vast territory of the Eastern Townships

To fulfil this mandate, The Record is seeking a bilingual reporter with excellent English-language writing skills who understands the mandate of community journalism and the important role the newspaper plays in keeping readers informed on the social, political, economic issues that concern them in their daily lives. This would include covering municipal council meetings, school board meetings, environmental and agricultural consultations, the courts and researching subjects that affect the community.

Given the vast territory, the successful candidate would need to be bilingual, flexible, have access to a vehicle and able to work well with the newsroom team to produce stories of the highest standard for both print and the web.

#### Qualifications

The ideal candidate is:

- a graduate of a college or university journalism program and/or significant professional experience working as a journalist
- an excellent communicator in English with a good working ability in French
- familiar with basic computer software including InDesign
- a capable photographer
- a licensed driver, preferably with a car

An ability to work some evenings and weekends is essential (with time off provided during the week as compensation).

Appreciation of community journalism and familiarity with the Eastern Townships are strong assets.

Applicants are invited to send a one-page covering letter along with a résumé to **Sharon McCully, Publisher, The Record, at outletjournal@sympatico.ca**

**Deadline for application: Immediate**

# EDITORIAL

*Legault, just like Justin, joins former premiers of British Columbia and P.E.I. in having vowed and failed to deliver electoral ... change.*

## Just like Justin: Legault nixed 'reform' of electoral system



PETER BLACK

to switch from the majority voting system to a mixed proportional voting system."

Legault, in an early indication of his feelings for the prime minister of Canada, announced his electoral quest saying: "We won't do like Justin Trudeau."

Sure enough, ushered into power with 60 per cent of the seats won with 34 per cent of the popular vote, the CAQ swiftly acted on its promise and whipped up Bill 39, "an act to establish a new electoral system." In creating the bill, the CAQ even made a pact with Québec Solidaire and the Parti Québécois to pursue electoral change.

In case you were not paying attention (I wasn't either), here is the gist of the proposed new system: Québec would be divided up into 80 electoral divisions and 17 electoral regions, maintaining 125 seats. There would be 45 regional seats with each region granted a minimum of one seat of each type, except the Gaspésie-Îles-de-la-Madeleine region, which is granted one additional division seat, and the Nord-du-Québec region, which is guaranteed only a division seat. The other seats are apportioned among the regions "on the basis of the number of electors domiciled in each region."

Got that? Not too many did and in late 2021 the government abandoned Bill 39, nominally on the pretext that electoral change was not a priority in the midst of a pandemic. Darn that pandemic!

Since its demise, Legault has said it won't be part of the CAQ platform in the Oct. 3 election.

Legault, just like Justin, joins former premiers of British Columbia and P.E.I. in having vowed and failed to deliver electoral ... change.

Over in Ontario, Premier Doug Ford won in June a whopping majority with 40 per cent of the vote, based on a 43 per cent voter turn-out. Inevitably, there's a hue and cry to change a system that so distorts the will of the

François Legault and Justin Trudeau may not have much in common, but they are both members of that exclusive club of Canadian political leaders who have either abandoned the notion of electoral reform, or failed in an attempt to make it happen.

Perhaps we should hit pause here to note that "reform" is not an objective description in that it generally implies that reform makes things better.

Bill 96, for example, is casually described as a "reform" of Bill 101. Debate amongst yourselves.

Folks may recall Trudeau vowed during the 2015 campaign, with a certain amount of sincerity, that the next election (in 2019) would be under a new (notice we didn't say "reformed") electoral system.

Then reality set in. A parliamentary committee studying the matter recommended a proportional representation (PR) system, and that this concept be put to a national referendum. Neither of these notions appealed to the Liberals, and they ended up abandoning electoral change on the grounds there was not adequate consensus among parliamentarians to move forward.

Quebec's attempt at electoral ... change, is another kettle of fish, so to speak. Just as Trudeau had done, Coalition Avenir Québec Leader and future premier François Legault promised, according to the CAQ's 2018 platform, "a new electoral law



voter - according to the losing parties.

The CAQ, according to current polls, will likely enjoy a similar result to what happened in Ontario, a lop-sided majority for the winning party while the opposition gets scraps for its share of the vote.

Political scientists blame in large part the proliferation of parties who grab a significant slice of the vote, allowing the leading party to win more seats in the first past the post (FPTP) system. With the sudden popularity of the Conservative Party of Quebec the effect is bound to be even more pronounced.

The alternative to the seemingly unjust FPTP method, say critics of PR, would be perpetual minority governments dependent on the shifting allegiances of and constant negotiation with coalition partners, which is the norm not the exception in most democracies of the world.

There may be some truth to the expression if it ain't (really, really badly) broke, don't fix - or "reform" - it. The results of the next election may again provide an argument that the system may need some fixing. And then, like Justin and François did, the notion will be abandoned.

## Head of Bell says Lisa LaFlamme's departure not related to age, gender or grey hair

The Canadian Press

The head of Bell Media's parent company says the decision to end Lisa LaFlamme's contract had nothing to do with her age, gender or grey hair.

Mirko Bibic, president and CEO of BCE Inc. & Bell Canada, says removing the longtime CTV National News anchor instead reflects massive changes to traditional broadcasting in Canada.

In a LinkedIn post, he says the days when viewers wait until 11 p.m. to get their news are gone and that change is necessary to ensure Bell Media can provide its journalists with

the resources they need across all platforms where news is consumed.

His post caps a week of growing fallout from LaFlamme's ouster that saw Bell Media vice-president of news Michael Melling take a leave from his job.

Bibic says Melling has been the subject of "various allegations" and is on leave pending the outcome of a workplace review.

A list of high-profile Canadians issued an open letter on Saturday condemning LaFlamme's abrupt dismissal, saying the decision highlights the sexism and ageism women continue to face in the workplace.

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.

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# Local Sports |

The Expos finished fifth in the division with a record of 12 wins and 18 losses.

## Expos' series against Montreal begins Monday

Record Staff

The Louisville Slugger Division (West) semi-final series between the Sherbrooke Expos and the Montreal Legend Jets will begin this Monday in the Pointe-aux-Trembles area.

This four-of-seven series will oppose the division champion and second place team in the Quebec Major

Baseball League, which finished its season with 20 wins in 30 games, to our Expos who just eliminated the St-Jerome Cardinals in two games.

The Expos finished fifth in the division with a record of 12 wins and 18 losses.

In the regular season, Bruno Laurin's team split the series honours. And the visiting teams had the better of it every time!

Here is the schedule for the first two games of the series. The other games will be confirmed at the beginning of the week depending on field availability.

- Monday, Aug. 29 at 8 p.m. in Montreal (Raymond-Daviault field at Clémentine-de-la-Rousselière park)

- Wednesday, Aug. 31 at 8 p.m.: Amédée-Roy Stadium in Sherbrooke

Keep an eye on the Expos Facebook

page and the QMBL website for the dates of the other games in the series. It is in the plans to have a game this Saturday Sept. 3 in the evening at Amédée-Roy stadium.

Remember that season tickets are no longer valid and that it will be general admission for all spectators, with the exception of children 12 and under.



VINCENT L. ROUSSEAU



VINCENT L. ROUSSEAU

## Cantonniers gear up with a pre-season loss

Record Staff

The Magog Cantonniers suffered a 6-4 loss to the Lac St-Louis Lions to end their pre-season schedule.

William Léonard and Julien Roy cut the deficit to one goal in the third period, but Hugo Beaulieu of the Lions scored the game-winner at 6:26 of the third period.

Magog had taken a 2-0 lead in the first period on goals by Alix Durocher and Colin Brodeur.

The Lions responded with five goals from Billy Kollias, Jayden Lazare, Noah Razon, Marc El-Hawat and Luca Aziz.

The visitors managed 37 shots on goal by Kyan Labbé and Louka Cloutier

while William Lacelle took 30 shots.

Samuel Collard and his hockey staff will confirm the 2022-2023 edition of the Cantonniers over the weekend.

The Cantonniers will open their local season on Friday, Sept. 2 at 7 p.m. while the St-Hyacinthe Gaulois will be the visitors at the Magog arena.

At the beginning of the week, the team will name the personality that will be honoured at the upcoming game, will also serve as the opening night of the Quebec U18 AAA Hockey League.

Season tickets are available at \$160 for 20 tickets or \$90 for 10 tickets. They can be purchased at the Cantine du Lac, on Principale Street, or at local games.



CANTONNIERS ARCHIVES/ROBERT LEGAULT

## Christophe Normand suspended until further notice

Record Staff

The Montreal Alouettes announced in a press release on Friday that fullback Christophe Normand is suspended until further notice pending accusations of luring. "To respect all parties

involved, we will wait for the end of the investigation," says Mario Cecchini, President of the Montreal Alouettes. "As of now, Christophe is suspended until further notice".

The Alouettes will make no further comment at this time.



THE CANADIAN PRESS/JASON FRANSON

The Montreal Alouettes say player Christophe Normand has been suspended pending the outcome of a luring investigation. Normand (38) and Jeshrun Antwi (20) tackle Edmonton Elks' Terry Williams (5) during CFL action in Edmonton, Alta., on Saturday August 14, 2021.

# Datebook

MONDAY, AUGUST 29, 2022

Today is the 241st day of 2022 and the 70th day of summer.

**TODAY'S HISTORY:** In 1949, the Soviet Union conducted its first atomic bomb test.

In 1957, Democratic Sen. Strom Thurmond of South Carolina concluded his 24-hour-long filibuster against the Civil Rights Act of 1957.

In 1991, the parliament of the Soviet Union suspended all Communist Party activities indefinitely.

In 2005, Category 3 storm Hurricane Katrina made landfall near New Orleans.

**TODAY'S BIRTHDAYS:** John Locke (1632-1704), philosopher; Oliver Wendell Holmes Sr. (1809-1894), author; Ingrid Bergman (1915-1982), actress; Charlie Parker (1920-1955), musician; Richard Attenborough (1923-2014), filmmaker; William Friedkin (1935- ), film director; John McCain (1936-2018), U.S. senator; Elliott Gould (1938- ), actor; Joel Schumacher (1939-2020), film

director; GG Allin (1956-1993), singer-songwriter; Michael Jackson (1958-2009), singer-songwriter; Lea Michele (1986- ), actress; Liam Payne (1993- ), singer-songwriter.

**TODAY'S FACT:** Strom Thurmond's 1957 civil rights filibuster remains the longest one-man filibuster in history. It lasted 24 hours, 18 minutes and opened with Thurmond reading the voting laws of all 48 states.

**TODAY'S SPORTS:** In 1977, St. Louis Cardinal Lou Brock stole two bases to

match, then break, Ty Cobb's record for career stolen bases, which had stood at 892 bases for 49 years.

**TODAY'S QUOTE:** "Music is your own experience, your thoughts, your wisdom." – Charlie Parker

**TODAY'S NUMBER:** 175 – top sustained wind speed (in mph) during Hurricane Katrina.

**TODAY'S MOON:** Between new moon (Aug. 27) and first quarter moon (Sept. 3).

## CGM a useful tool for tracking blood glucose in real time



### ASK THE DOCTORS

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

**Dear Doctors:** My best friend has diabetes. She used to do finger sticks, but now she has a wearable glucose monitor. How do they work? It's got me wondering if it might be a good idea for me to use one, too. I'm 66 years old, and as I'm getting older, I worry more about developing Type 2 diabetes.

**Dear Reader:** Your question gives us an opportunity to address an error that appeared in a recent column in which we discussed blood-sugar control. It occurred due to an edit that was made during the publishing process, and was brought to our attention by a reader in Nebraska. (Thank you.) The correct information is that the risk of

developing Type 2 diabetes, as well as prediabetes, increases with advancing age. The data show that people who are 45 or older, are overweight or obese, are sedentary, or who have a family history of diabetes are at increased risk of developing Type 2 diabetes. Other contributing factors include poor diet, poor sleep and metabolic issues tied to insulin resistance. With all of this in mind, your concern about keeping your blood sugar within a healthy range is well-founded. And that brings us to the subject of your question.

A continuous glucose monitor, also known as a CGM, is a wearable medical device that allows someone to track their blood-sugar levels in real time. A tiny filament implants into either the upper arm or the belly and sits in the tissues just below the skin. It's attached to a wireless transmitter that sends the collected data to the device. Depending on the brand of the device, that data can be read on a cellphone app, a smart watch or a dedicated receiver. Some CGM devices can be applied by the user at home. Others require a visit to a health care professional. The length of time that a sensor is meant to remain embedded ranges from a few days to a few months, again depending on the specific device.

The sensor in a continuous glucose monitor measures glucose levels in the cellular fluid where it is implanted.

Unlike a finger stick, which requires a separate test for each new data point, a CGM lets you track your blood-glucose levels in real time. That means you're easily able to see how your body responds to different foods, periods of fasting and various types and levels of activity. With multiple data points, a CGM offers a more complete picture of how your body manages blood sugar throughout the day and night. And while these devices can greatly reduce the need for finger sticks, they have not yet completely replaced them. Blood-based glucose readings are the gold standard for accuracy. They continue to be recommended for CGM users, tailored to each person's individual health and needs.

Although most CGM users have diabetes, we sometimes recommend the 14-day variety for certain non-diabetic patients as a one-time learning exercise. Seeing how specific foods and activities affect blood sugar teaches them to make more informed choices. Your own doctor can help you decide if this would be useful for 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.*

*(Send your questions to askthedoctors@mednet.ucla.edu. Owing to the volume of mail, personal replies cannot be provided.)*

## Do Just One Thing



By Danny Seo

A microwave oven is an energy-efficient way to reheat leftovers and make popcorn at home. But did you know that a microwave is used only about 70 hours a year to heat up food, on average? That's only about 1% of a year, while the other 99% of the time, it's still sucking power from the grid in order to illuminate the display and be ready at the touch of a button. In fact, this "vampire" power usage is roughly equal to having a lamp on 24 hours a day, seven days a week. When you're not using the microwave, simply unplug it. You'll recoup savings and help extend the life of the appliance, too.

## 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.

# Wisdom and grace emerge from troubled childhood

Dear Annie

MONDAY, AUGUST 29, 2022

Dear Annie: I was raised during an economic depression. I had a sister who was two years older than me and a sister who was six years younger. I was a 6-year-old when my baby sister was born, and my life changed. My parents made me responsible for taking care of my baby sister. I fed her and bathed her, and if she got hurt, it was my fault. All I ever heard from my mother was, "Give it to the baby," "Let the baby have it" and, "Take the baby with you." All my free time was spent taking care of the "baby" and keeping the house clean.

Where was my older sister? To this day, I don't know what was wrong with her. She refused to take any orders, never did what she didn't want to do and treated me badly. My parents couldn't do anything with her, so they just let her do her thing. I was responsible for not only taking care of "the baby" but cleaning the house and other chores - as much as a young girl could do. I wasn't mistreated, but I felt unloved by my parents.

At such a young age, I didn't realize how hard it was for my parents to keep food on the table and pay rent in order to keep the family together. When I got older and understood this, my dad sat me down one day and started his conversation with: "First, your mother and I want to apologize to you for placing so much responsibility on you. We couldn't depend on your sister, and we could depend on, and trust, you." He told me how much he and my mother loved me. I was never told that before.

My responsibilities didn't end until I married and left home. My older sister's behavior never changed, but my father's talking to me, and apologizing, made the remaining years at home bearable. After I became a parent and experienced hard times as a wife and mother, I realized how hard it was for my parents. The main thing is that they stayed together and kept their family together.

Raised during a depression, I had many interesting stories I have shared with friends over the years, and one friend suggested I write a story of my life. I sat down at my computer one day and started writing, and I found that I was still harboring resentment. Gradually, I discovered that the more I wrote, the more I was able to forgive and let go. This also helped my son and daughter to understand why I did certain things, and they appreciated that I never forced either one of them to be responsible for the other.

I am no longer in contact with my older sister, and I have a good relationship with my younger sister. Although it has been a hard life, I am thankful it has made me a better person who is a survivor. - Grateful for the Hardships

Dear Grateful: Thank you for sharing your letter, which touches on three important points. One is that even

though your father and mother were clearly not ideal parents and made mistakes, they recognized them and apologized. That takes a great deal of character and is an important lesson. Parents all make mistakes, but it is in the repair and acknowledgment of the mistakes that the real healing begins. What a great lesson.

The second is that you allowed your hardships to make you better instead of bitter. You signed your letter "Grateful for the Hardships," and that awareness is one of the greatest gifts you can give to yourself, and you are setting a marvelous example for your children and grandchildren.

The third is the compassion that you have for your parents, realizing that they, too, were struggling financially and probably emotionally and that they did the best they could with what they knew at the time. They, too, were surviving. Once they knew better, they did better.

Dear Annie: Frequently, we read letters from your readers who are mystified about the fact that when they send a card or a package carefully wrapped and mailed, the recipient does not even think about the fact that love played a major role in this. We often send cards with money and a note of love to young family members. No reply! Not that we want the receiver to feel obligated; we just want to know that in their busy days they thought of us for at least 15 minutes while they opened what was sent. Hopefully, after reading the note, they would make a quick phone call or send an email. This is not too much to ask of someone who has been shown love, care, time and the encouragement to tackle the world. No, that is not too much to ask. Life is short. Don't waste time thinking, "Gee, I wish I would have called sooner!" - Concerned Grandparents

Dear Concerned Grandparents: I'm printing your letter because I appreciate the sentiment: Material gifts from family members aren't about the monetary value but about the thought. And they should be received in kind: with thoughtfulness.

However, I do have to note that the phone line goes both ways: Don't hesitate to pick up the phone and call your grandkids.

Dear Annie: When our family was dealing through the illnesses and deaths of my parents, there was tension because everyone wanted to do things differently and hold to their own ideas. A counselor I saw a few times to help with my stress suggested that all my statements should focus on "we." For example, "Are we sure that moving mom at this time is the right course of action?"

It worked! I was including my siblings in the conversations and inadvertently opening up my mind to listen to their ideas. - Cheryl M.

Dear Cheryl: It's wonderful to hear

## NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 Lamp insert
  - 5 Fond du —, Wisconsin
  - 8 Without the ice
  - 12 Indiana neighbor
  - 13 Royal pronoun
  - 14 Strongly advise
  - 15 "The Clan of the Cave Bear" author
  - 16 Peace agreements
  - 18 Shuck peas
  - 20 Buy
  - 21 Kansas City hrs.
  - 22 Hide
  - 25 RCA products
  - 28 Objective
  - 29 Monorail
  - 33 Spear or club
  - 35 Havana's island
  - 36 Cuzco founder
  - 37 Looked at
  - 39 The very essence
- DOWN**
- 40 Two, in Toulouse
  - 42 Sandra or Ruby
  - 43 Thin
  - 46 Talk idly
  - 49 PC key
  - 50 Hansoms
  - 53 Certain erratum
  - 56 Kin's partner
  - 58 Tip over
  - 59 B'way ticket notice
  - 60 Singer — Brickell
  - 61 Begrudge
  - 62 Knight or Danson
  - 63 "Big Little Lies" co-star

- 9 Mr. Severeid
- 10 Geological divisions
- 11 Semester ender
- 17 Colony member
- 19 Toy building block
- 23 Scam
- 24 Write on metal
- 25 Branch
- 26 —, vidi, vici
- 27 Marsupial pockets
- 30 Wept over
- 31 Up to the task
- 32 Slapped together
- 34 Soft touches
- 37 Future flower
- 38 Co. honcho
- 40 Stop
- 41 Concert hall cry
- 44 "— Miserables"
- 45 Did a fall chore
- 46 Harness
- 47 Famous last word
- 48 Chicken style
- 51 Stick around
- 52 Recipe direction
- 54 Stallone nickname
- 55 High sign
- 57 Chick's parent

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
	18			19		20				21		
			22		23				24			
25	26	27		28					29	30	31	32
33			34						35			
36							37	38				
39					40	41				42		
			43	44					45			
46	47	48		49				50		51	52	
53			54				55		56			57
58					59				60			
61					62				63			

CONT'D ON PAGE 11

8-27

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### 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.

"K VZC'H OGJI GCP LFMUI, RINGFUI  
K SZFMV ZCMP RI RLIGTKCD HOIW, UZ  
KH'U G SGUHI ZX HKWI." — XGUOKZC  
KNZC KLUK GAXIM

Previous Solution: "I never want to retire. ... I want to work and work. ... Work, I don't do for money, I do for love." — Fashion designer Tom Ford

TODAY'S CLUE: *K enba l*

### REALITY CHECK

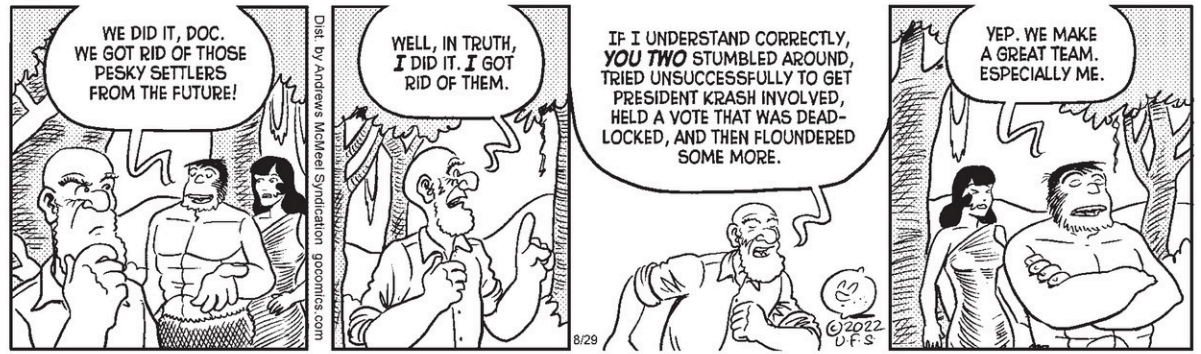


### HERMAN

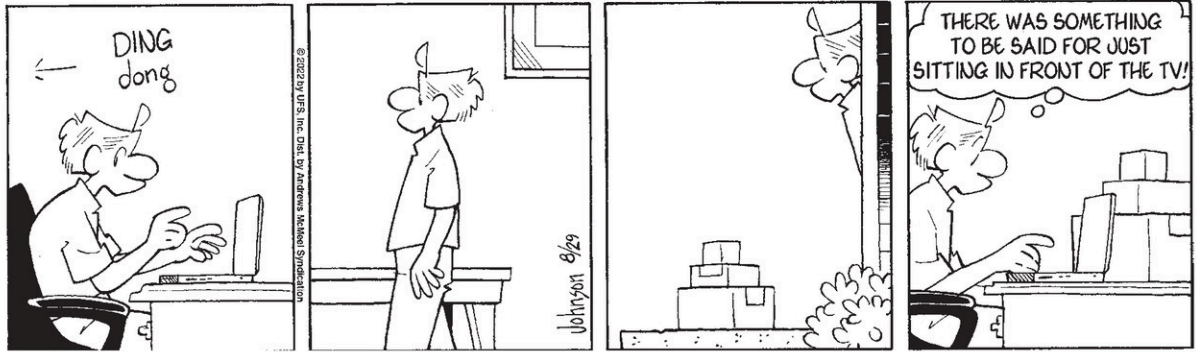


"You told them it's a pool table, so they're filling it with water... that makes sense!"

### ALLEY OOP



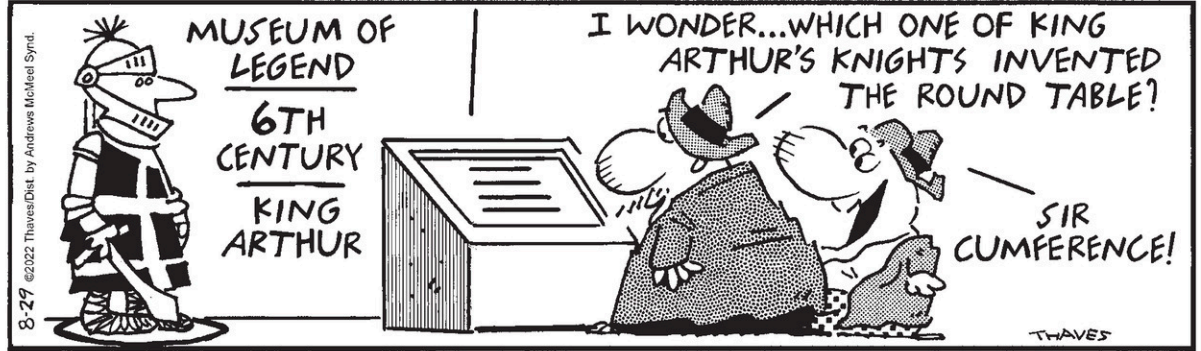
### ARLO & JANIS



### THE BORN LOSER



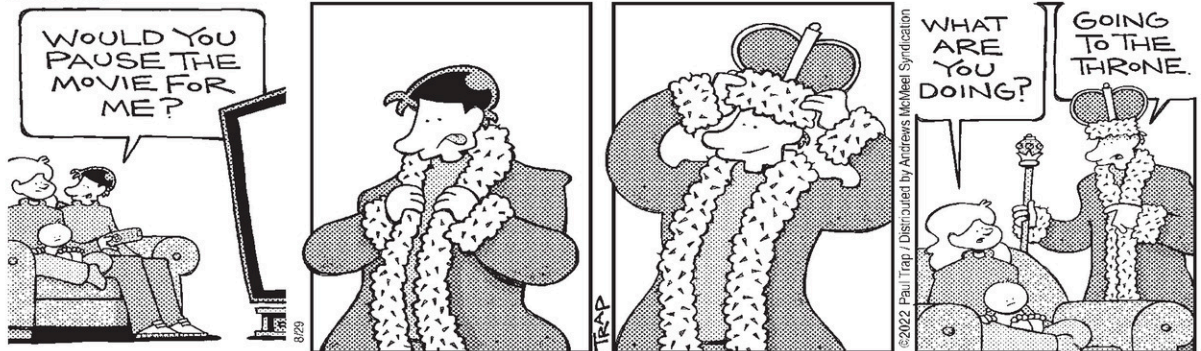
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



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Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: [classad@sherbrookerecord.com](mailto: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

**030** Wanted to Rent

**Energetic senior looking** for long-term rental. Presently living in Lennoxville, and would like to stay in the general area. References available. 514-442-1587.

**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.

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**BAR PERSON REQUIRED**, bilingual, experience a plus, for 3 days a week. Send your c.v. to northhatley legion242@gmail.com.

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**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

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**CASH**  
*in your attic?*

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**THE RECORD** 819-569-9525  
 450-242-1188

## Dear Annie

CONT'D FROM PAGE 1

how this tried-and-true “we” technique is not only a way of encouraging others to hear you but also a way of encouraging yourself to hear others. Thanks for sharing.

**Dear Annie:** I was saddened to read the letter from “Sick of Being Treated This Way,” the 76-year-old who was having trouble with aging.

While this individual feels that she is being treated with condescension by some, I think the real issue may be her attitude.

I am not quite 76, but I am not too far away, and I have embraced the aging process. I love my wrinkles. My mother always said her wrinkles were earned due to living a good life, and that is how I see them, too. If someone wants to help me by holding a door or offering

to take my groceries to my car, I am appreciative.

We all age, that is just a fact of life. Acceptance will make the transition much easier. – Still Living a Good Life

**Dear Still:** Enough people wrote in to voice a similar viewpoint to yours that I must admit I might have missed the mark in that response. Thanks for writing.

“How Can I Forgive My Cheating Partner?” is out now! Annie Lane’s second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – 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).

# THE RECORD

## Job Opportunity

The Record is seeking a dynamic, focused **Marketing And Sales Representative** to present its print and digital packages to advertisers and institutions.

The successful candidate will have an understanding of digital technology, social media platforms, video advertising and the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle.

**The Record is the Eastern Township’s only English-language daily newspaper, serving the region since 1897.**

Interested applicants should send a cover letter and resume prior to Sept. 3 to **Sharon McCully, Publisher, The Record, outletjournal@sympatico.ca**

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

8/29

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### PREVIOUS SOLUTION

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

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

**CLASSIFIEDS WORK!**  
**(819) 569-9525**  
 THE RECORD Classifieds

# NEA Crossword Puzzle

# Your Birthday

MONDAY, AUGUST 29, 2022

have.

**AQUARIUS** (Jan. 20-Feb. 19) - An energetic approach will make you stand out. Let your wisdom and quick wit carry you to the finish line. Celebrating with a friend will lead to exciting ideas.

**PISCES** (Feb. 20-March 20) - Help a cause or address a situation that concerns you without jeopardizing a meaningful relationship. Be open about what you intend to do, and you will get the help you need.

**ARIES** (March 21-April 19) - Put your heart and soul into whatever brings in the highest returns. An energetic approach will appeal to like-minded people and help you form healthy partnerships. Go with the flow.

**TAURUS** (April 20-May 20) - It's up to you to bring about change if that's what you want. Don't fold or let anyone take advantage of you. Get enough rest to ensure you are up for whatever you want to pursue.

**GEMINI** (May 21-June 20) - Participate in events that interest you, and you'll meet someone who encourages you to use your skills to bring in extra cash. A high-energy approach to life, love and happiness will lead to rewards.

**CANCER** (June 21-July 22) - Choose your words carefully. A problem at home or work will surface if you overreact or take on more than you can handle. Be honest about the way you feel and what you can do.

**LEO** (July 23-Aug. 22) - Use your intelligence to determine who can help you the most. Seek out those who see the value in your work and are trying to get similar results. Limit spending and don't risk your health.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Burrowed
  - 4 Italian article
  - 7 Toast spread
  - 10 Search engine find
  - 11 SeaWorld orca
  - 13 Yes, on the Riviera
  - 14 Shelley offering
  - 15 Goes back-packing
  - 16 April 15 org.
  - 17 Not for real
  - 19 Radius neighbors
  - 21 Shinto or Zen (abbr.)
  - 22 Manner
  - 23 Mole cousin
  - 26 North Carolina's capital
  - 30 Alvarez or Bunuel
  - 31 Went first
  - 32 Jungle crusher
  - 33 Omitting none
  - 34 Tire pressure meas.
- 35 Courteous chap**
- 36 Dashing**
- 39 Gift containers**
- 40 MS polishers**
- 41 Status —**
- 42 Suit material**
- 45 Surpassed**
- 48 Cow chow**
- 49 Marsh stalker**
- 51 Recite**
- 53 Wide st.**
- 54 Farm implement pioneer**
- 55 Gulf st.**
- 56 Marry**
- 57 Miniature**
- 58 Celebrity Kardashian**
- DOWN**
- 1 Like Batman and Robin
  - 2 Language of Pakistan
  - 3 Hidden valley
  - 4 DIY mover's rental (hyph.)
  - 5 Cite
  - 6 Rock band need

- 7 Become a member
- 8 Mystique
- 9 Overlook
- 11 Threaded fastener
- 12 "The — Suspects"
- 18 Tijuana trio
- 20 Caustic solution
- 22 Arroyo
- 23 Smelting waste
- 24 Island dance
- 25 Little creek
- 26 Sit down
- 27 Alpine goat
- 28 "— Girl"
- 29 Some derbies
- 31 Hosp. workers
- 35 Yummy
- 37 Jamie — Curtis
- 38 Explained further
- 39 Mesa's cousin
- 41 Ask about
- 42 Become liquid
- 43 Amicable signal
- 44 Gazed at
- 45 Black-and-white snack
- 46 Ms. Dinesen
- 47 Painter Salvador —
- 50 Acquire
- 52 Root vegetable

1	2	3		4	5	6		7	8	9	
10				11				12			
14				15				16			
	17		18					19	20		
			21				22				
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MONDAY, AUGUST 29, 2022

## In providence, a nail-biting final

By Phillip Alder

The summer North American Championships were held in Providence, Rhode Island, near the end of July. The premier event was the Spingold Knockout Teams. The final was nail-biting. Over the next two weeks, let's look at the key deals in the 60-board match between Paul Street-Nicolas L'Ecuyer, Massimiliano di Franco-Andrea Manno and Ron Pachtman-Piotr Pawel Zatorski; and Pierre Zimmermann-Fernando Piedra, Sjoert Brink-Sebastiaan Drijver and Piotr Gawrys-Michal Klukowski.

Zimmermann led by 26 international match points after the first quarter, aided by big swings on Boards 5 and 6. (All deals are rotated to make South the declarer.)

Look only at the West hand. What would you lead against six hearts? In answer to Stayman, South show 4-4 in the majors. North set hearts via a transfer. Then a series of control-bids (South's being second-round) were followed by Roman Key Card Blackwood and South's reply showing one.

At the other table, Di Franco and Manno were "satisfied" with four hearts.

What did Street (West) lead? The club ace and another club? No - the spade seven. So Zimmermann took these 12

North		08-29-22	
♠ A			
♥ A Q 7 4			
♦ A 10 9 7			
♣ Q 10 6 2			
West		East	
♠ 9 7 5 3		♠ 10 6 4 2	
♥ 5 3		♥ J 10 8	
♦ 4 2		♦ Q J 8 6 5	
♣ A J 8 5 3		♣ 4	
South			
♠ K Q J 8			
♥ K 9 6 2			
♦ K 3			
♣ K 9 7			
Dealer: East			
Vulnerable: East-West			
South	West	North	East
1NT	Pass	2♣	Pass
2NT	Pass	3♦	Pass
3♥	Pass	3♠	Pass
4♣	Dbl.	Pass	Pass
4♦	Pass	4NT	Pass
5♦	Pass	6♥	All Pass
Opening lead: ??			

tricks: four spades, four hearts, two diamonds, one club and a diamond ruff in his hand.

It is curious how often someone makes a lead-directing bid or double, but then, on lead himself, chooses a different suit when his suit was the winner all along.