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PM#0040007682

MONDAY, JANUARY 25, 2021

Hospital restrictions relaxed as local situation improves

Record Staff

On Saturday the CIUSSS de l'Estrie - CHUS loosened the restrictions on visitors and caregivers that had been put in place for the Hôtel-Dieu, Granby and Brome-Missisquoi-Perkins hospitals two weeks ago, but maintained them for the Fleurimont site due to ongoing concerns over outbreaks. While access to all the hospitals remains limited, all of the facilities except Fleurimont will now allow one caregiver per 24 hour period draw from a preapproved list of two identified individuals who can rotate responsibility. General visits remain off limits, and other forms of accompaniment remain subject to medical team authorization and medical necessity, but medical students were able to return to work in all four centres as of Sunday.

In the Estrie region the number of new daily cases settled into a groove between 50 and 60 in recent days, with 58 new cases reported on both Friday and Saturday, and 52 on Sunday. The total number of infections to date in the region is now 10,293 with 649 of those currently active.

As of the most recent figures available at the time of this writing, local hospitalization numbers showed a slight improvement over their average in recent weeks, with 66 people occupying beds outside of intensive care (eight of whom are recovered from the virus but still hospitalized) and 11

CONT'D ON PAGE 3

Local artists spin wheels for more support



GORDON LAMBIE

By Gordon Lambie

A collection of cyclists from different walks of life took up the task of covering a collective 230km on a stationary bicycle in the front window of the Madame Pickwick art supplies store in Sherbrooke over

the weekend. The motionless marathon took place between 9 a.m. and 5 p.m. on Saturday and Sunday in support of the A.R.T. movement and its petition asking the provincial government to better support artists. The chosen distance is meant to symbolize the journey from Sherbrooke to Quebec

City required to present the petition, which has been signed by over 1,500 people to date. The weekend riders included artists like Tomàs Jensen, Ariane DesLions, and Alex Kehler (seen here pedalling on Sunday afternoon) but also Sherbrooke MNA Christine Labrie.

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Weather



TODAY:
MAINLY
CLOUDY

HIGH OF -10
LOW OF -15



TUESDAY:
SUNNY

HIGH OF -8
LOW OF -13



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH OF -4
LOW OF -11



THURSDAY:
CLOUDY

HIGH OF -5
LOW OF -18



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF -10
LOW OF -19

More defibrillator units installed in Potton



THE SCOOP MABLE HASTINGS

Potton citizens can now access three more defibrillators at various locations throughout the township in an emergency situation. Thanks to a group of generous residents who make up the homeowners' association in their area, a unit was purchased recently and has been installed at 40 Chemin Des Ostryers (in the Sugar Loaf Pond area of Potton). This area is situated in a rural part of Potton and the association/residents concerned with the well-being of all citizens wanted to see this vital piece of equipment made available. In the photo, the association's President, Mrs. Ragnhild Laporte poses with Potton Preventionist, James Bouthillier beside the unit.

The Municipality of Potton Fire Department and Civil Security committee recently announced the installation of two more defibrillator units that have been installed in both of the local elementary schools; Le Baluchon at 330 ch. Principale and Mansonville Elementary located at 5 ch. Marion Atwell. With these two additions, there are now 10 units in Potton Township. In the second photo we see Potton Preventionist, James Bouthillier, Mayor Michael Laplume and Marc Archambault, Building Technicien at the Commission Scolaire des Sommets.

For anyone needing to access a location in Potton where defibrillators are available, besides the three locations mentioned above other locations include: Jewett's Store, 3 ch. George R. Jewett in Vale Perkins, Parc Andre-Gagnon, 354 Principale, Caisse Populaire building, 342 Principale,



PHOTOS COURTESY

Camping Nature Plein-Air, 3233 Ch. De la Vallee-Missisquoi (Highwater/Dunkin), JC Rocket Convenience store, 926 Rte de Bolton Pass (East Bolton), Knowlton's Landing wharf and at the Town Hall, 2 ch. Vale Perkins.

Potton's First Responders, Firefighters and Public Security committee are proud to put the health

and well-being of its citizens at the forefront of the efforts and measures taken, and assuring that the public know where these lifesaving units are located is important information to share.

For more info on this or other Municipality of Potton initiatives visit: www.potton.ca

Ben by Daniel Shelton



Sexual education coalition seeks more government funding

By Michael Boriero - Local Journalism Initiative Reporter

Teachers in Quebec are left to their own devices, often involuntarily, when it comes to sexual health education (sex ed), but the Coalition ÉduSex plans to change the current model.

The coalition, which is made up of over 100 local and provincial community and labour groups, launched a petition on Jan. 21 calling for the government to meet two simple demands: increase funding to sex ed and implement support systems for educators.

According to ÉduSex spokesperson Jess Legault, within the first few hours, the petition garnered over 1,000 signatures. They want the government to fix their attitude towards sex ed and make it more appropriate in today's context.

"The demand is higher than ever in the community groups because the teachers are having a really hard time right now, as everyone is, but they

can't be asked to do this work without any training, without any funding to support them," Legault said.

ÉduSex formed in 2018 after the provincial government once again made sexual health education compulsory content in elementary and high schools. Everyone benefits from making sex ed a priority in society, Legault added.

"There's less unplanned pregnancies, there are fewer STIs, there's more positive sexuality, and also just being able to live their sexuality fully," she said.

But for a long time, sex ed has largely been ignored by the Quebec government. Teachers are rarely trained properly to educate students on the subject matter. Legault said that most of them don't even feel comfortable teaching sex ed.

"We did a survey in November of almost 500 people and half of the respondents were teachers and of those teachers 75 per cent of them had not received any sex education training," said Legault.

They are usually sent out to do their own thing, she explained, which falls on their own professional integrity. But if they are mandated to do this, Legault continued, then the government needs to give them proper training sessions.

She added that alongside a more structured teacher training program, there must also be continuous education. The terminology in sex ed changes rapidly, so they need to stay up-to-date, she said, and they need to be aware of the impact of their lessons.

"When you talk to the sexologists who are in the coalition, so much of what needs to be learned isn't really the content, it's how to teach it and how to be positive and inclusive in the way that you teach it," said Legault.

While she believes teachers need more elaborate training in sex ed, Legault also wants the government to acknowledge the work of community groups — the backbone of many sex ed classes for more than 20 years.

These groups have extensive sex ed knowledge, she said, but they are constantly vying for the same

government grants. If the government acknowledged their existence with universal funding then everyone could focus on teaching sexual health.

"It's really confusing and we really want the government to come out with a clear position and to recognize the importance and necessity of quality sex education," said Legault.

The goal is also to eventually make sexual health education a mandatory part of Quebec's university education degree. But that is just a pipe dream at the moment, she said, current training sessions vary between three hours and two days.

ÉduSex is already receiving positive testimonials from parents, teachers and sexologists, according to the spokesperson. The coalition hopes that by uniting their voices, they will be able to send a stronger, more decisive message to the province's education officials.

"The petition is really what we're pushing right now to make sure we have a very clear message to send the government," Legault said.

Ski resorts stay open during lockdown

David Rossiter
Special to The Record

About a month into the ski season, Townships-based ski resorts have stayed open despite the provincial lockdown instituted in early January. It has been a relative success for all of them so far, with no resorts having to shut down yet and no reported outbreaks.

Four major resorts lie within the Estrie region. Ski Bromont, Mont Sutton, Owl's head, and Mont Orford. The city of Sherbrooke also operates a small alpine ski hill at Mont Bellevue in the middle of the city.

These resorts are as important as ever to the mental and physical health of Townshippers. With gyms and fitness centres closed, ski resorts remain one of the last options available in terms of open businesses

in the physical activity sector.

Ski resorts are actually gaining brand new customers this season. Stephanie Edwards is a Lennoxville resident and says the lockdown is a huge reason why she and her roommates are embarking on their first ever ski season here.

"Prior to this year we've always talked about getting into skiing but have never done it as we've been more consumed with partying and other activities."

With lots of their pastimes unavailable, Edwards and her friends have begun to frequent Mont Sutton for some outdoor entertainment.

A fitness aficionado and personal trainer, Edwards is drawn to skiing as an alternative for the gym being closed.

"For me personally, not being able to go to the gym, skiing has been a

huge motivation to get out of the house and be active," she says.

Annie Dubreuil works in customer service for Mont Orford. She has noticed a trend of new skiers as well.

"Families from the region are trying or coming back to skiing and they enjoy it. Even more retired people got back on skis since they couldn't travel and enjoy themselves," she explained.

Obviously, it's not business as usual for resorts. They all have their own rules for each stage of the pandemic, but they follow the same basic principles.

In the current lockdown, all of the mountains are requiring face coverings inside all buildings as well as on chairlifts and in lift lines. People not from the same household are separated on the chairlifts and physical distancing is respected throughout the resort.

Going inside whatsoever is a challenge, with limitations imposed. Bathrooms and repair shops are open but other than that, one can only go inside to warm up for a short period of time. Guests must get changed and eat outdoors, usually by their cars.

Dubreuil says that the Association of Quebec Ski Resorts (ASSQ) has been instrumental in helping Orford know exactly what rules and regulations must be in place to ensure the safety of everyone.

"We have increased employees, including ambassadors and greeters, ensuring that everyone knows and respects the rules in place," she says.

Ski hills are currently making do without big money makers like snow school programs and bars or concessions. However, as Dubreuil said, "We are so lucky to even be able to be open."

Hospital restrictions relaxed

CONT'D FROM PAGE 1

in intensive care.

The Villa du Roy, Place Primevère, St-Philippe and St-Jude private seniors' residences remain on the provinces list of facilities in a critical situation, although only the Jardins Pincroft residence in Magog reported a new death on Sunday.

The Province of Quebec reported another 1,457 new cases of COVID-19 on Sunday, bringing the total number of people infected since the start of

the pandemic to 253,633, of whom 227,215 are now considered to have recovered. Friday and Saturday each saw increased of over 1,600 new cases, for a weekend total of 4,773.

Sunday's data also recorded another 41 new deaths, which, coupled with 40 from Saturday and 42 on Friday, brought the overall total of deaths to 9,478 since last March. Among the 41 deaths reported yesterday, 12 had occurred in the previous 24 hours,

26 occurred between January 17 and January 22, two occurred before January 17 and one occurred at an unknown date.

The number of hospitalizations related to the virus across the province saw decreases over Friday, Saturday and Sunday, lowering the cumulative total to 1,327. Among those, the number of people in intensive care increased by three, for a total of 219. As of Sunday morning, the province

had conducted a total of 5,646,660 tests over the course of the pandemic, and the number of active cases was 16,935.

The most recent figures on vaccination in the province indicate that 218,775 doses of vaccine have been administered so far, accounting for roughly 2.56 per cent of the population as a whole. The Estrie Region accounts for 9,962 of those doses.

EDITORIAL

Together, Notman and Duncanson collaborated on many projects, and the photographer took pictures of the painter's work.

Black artist who painted Biden gift influenced Canadian landscape



PETER BLACK

Though not on the epic scale as the performances of Lady Gaga, Jennifer Lopez and that amazing young poet, shortly after that memorable outdoor swearing-in show on Jan. 20, President Biden and Vice-President Kamala Harris attended the presentation of a painting by an artist with a remarkable Canadian, specifically Quebec, past.

Presenting a symbolic painting to the new president has been an inaugural tradition since Ronald Reagan. The pick this time around, reportedly with the input of the new first lady, is a painting by Robert S. Duncanson.

Titled *Landscape with Rainbow*, the work depicts an idyllic country scene over which a rainbow arches, a pioneer couple gaze, and a small herd of cattle grazes. Duncanson, a Cincinnati-based Afro-American artist, painted the piece in 1859, two years before the outbreak of the Civil War, and four years before he fled to Canada.

The painting is one of several works by Duncanson in the collection of the Smithsonian American Art Museum, including Quebec scenes, Waterfall at Mont-Morency and On the St. Annes, Canada East.

It was a patron of the Musée National des Beaux Arts de Québec who recognized and Tweeted the local importance of Duncanson. A headline in *Le Soleil* proclaimed "Un artiste du MNBAQ à l'investiture de Joe Biden!" That bold declaration was based on the

presence in the museum's collection of two works by Duncanson depicting local scenes, Le Lac Saint Charles, and Le Lac Beauport.

Despite the Quebec gallery's boast, the National Art Gallery in Ottawa, however, has the largest collection of Duncanson paintings in Canada; among the seven works are Mount Royal, Owl's Head Mountain, and Mount Orford, Morning. The gallery mounted an exhibition of Duncanson's paintings in 1997.

When he fetched up in Montreal, as the Civil War raged and with Duncanson thinking, according to one biographer, that the Union army would lose, he befriended William Notman, the prolific photographer who was busy capturing images of places and people in a growing young nation in the later half of the 1800s.

Together, Notman and Duncanson collaborated on many projects, and the photographer took pictures of the painter's work. That was a good thing in the case of one of Duncanson's more distinctive works, *City and Harbour of Quebec*, which has been lost; the photo Notman took of it is one of the 450,000 prints of his in Montreal's McCord Museum collection.

Duncanson's rather extraordinary life and career as a landscape painter was also somewhat lost to time, but art critics began to rediscover him in the 1970s. This new interest in Duncanson uncovered some riddles about the man, including his ancestry.

Indeed, the biographical notes for the Duncanson collection in the Smithsonian say, "He was born in Seneca County, New York, in 1821 to an African-American mother and Scottish-Canadian father, who sent his son to Canadian schools during his youth."

One recent biographer has dismissed the notion of a Scottish-Canadian father, although there is no conclusive evidence of exactly who sired him, or even his specific birthdate. The Canadian Dictionary of Biography stirs the pot in



its entry on Duncanson, claiming he "was given at least a primary school education by his father (and) spent his childhood in Montreal."

What we do know for sure is Duncanson came north to escape the war but, practically speaking, as a "freeman" Black, he could not get a passport to leave the United States to tour Europe with his by then-famous collection of paintings. Canada offered a more racially tolerant base from which to depart for the galleries across the pond.

He felt so comfortable and welcomed in Montreal he extended his stay for

nearly two years. When he taught at Notman's Montreal studio, one of his students was Allan Edson, from the Eastern Townships, who went on to become one of Canada's most important landscape artists of that era.

Duncanson's Canadian genealogy may be in doubt but there's no question his relatively brief stay in Quebec left a lasting impression on him and Canadian art. As one art historian put it, "largely due to Duncanson's influence, Canadians witnessed the development of a national school of landscape painting."



Photograph of Robert S. Duncanson by William Notman; the two collaborated on art projects together. (Photo from McCord Museum collection)

THE RECORD

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The Townships green thumb, a symptom of the pandemic

By Marianne Lassonde
Special to The Record

With animal shelters sitting bare, people are turning to potted pets and kitchen gardens to keep them company during the second lockdown.

Since March, greenhouses in Sherbrooke have experienced a shortage of indoor plants with twice the demands. According to Mélanie Grégoire, owner of Serres St-Élie, the horticulture industry has seen an increase of 40 to 60 per cent for indoor plants sales since April of last year.

"For the past few years we could feel a trend building for indoor plants," said Grégoire. "But it's particularly crazy right now."

Before the March lockdown of last year, Serres St-Élie reported only requiring one truck load of plants per month to meet their customers' needs but it has since increased to two trucks. The issue, however, is the existing shortage from suppliers in Florida.

Grégoire added any incoming set of rare plants typically sells within half an hour, leading many to shop second-hand to feed their botanical needs. The

greenhouse owner said she has seen an increase in Facebook trade and sell groups for more rare plants, with some folks willing to pay almost double the original price of the plant.

"A lot of our clients are starting to grow their own plants," said Grégoire. "We have been seeing a growing online market for collectable plants."

Before the pandemic, most of Serres St-Élie's sales were predominantly in-person purchases but, since March, most people have turned to online shopping. Unfortunately for early online buyers, however, Serres St-Élie did not always update their online stock.

"We went from being in-person to being stuck at home so we tried to accelerate our online stock," said the greenhouse owner.

Still, Serres St-Élie handles most of their sales via their Facebook page. According to Grégoire restrictive measures, such as only allowing 30 customers inside, and the uncertainty of closing has forced them to update their online presence.

But selling plants online just isn't the same, according to her.

"It's very difficult because we sell

living things. People can't see how beautiful they are," admitted Grégoire. "And it's very difficult to mail plants. That's our biggest struggle."

But for Jardin Eden, a greenhouse and plant boutique, switching to online was a must. Due to public health regulations the boutique can only allow up to two to three customers at a time, disrupting the flow of customers and sales.

Frédéric Lavoie, manager of Sherbrooke's Jardin Eden, believes the pandemic was a wakeup call for the horticulture industry, forcing them to modernize.

"At the beginning, online orders were practically a department of its own," said Lavoie. "The phone would ring from morning to night."

For Jardin Eden the sudden surge of online purchases required a drastic change in their platform to render it more customer-friendly.

On top of affecting the flow of customers, the government-enforced regulations also affected personnel. Lavoie said the pandemic increased the workload of staff and handed them a bunch of new tasks, such as greeting customers with hand sanitizers and

reminding them to wear a mask. This, along with the doubling of sales and a phone ringing all day, stretched the employees thin.

"We were working with a reduce team but a lot more orders," said Lavoie, who is now starting up the new hiring period. "We were able to manage last year but we also don't want the employees to burn out."

At Serres St-Élie, the new government-imposed curfew also forced Grégoire to revisit schedules. Last year, employees had the choice between two schedules: the day shift, treating in person sales and incoming stock, and the night shift, responsible for packing and shipping online orders. Now, Serres St-Élie works on an afternoon shift and asks their employees to stay a little longer after their shift ends at 5 p.m.

Despite being considered an essential service, both stores chose to close from Dec. 26 to Jan. 11 which allowed them to revamp their services to better fit the increasing demand for indoor plants. And to prepare their vegetable garden inventory for March, which they anticipate will be a whole other challenge.

Sherbrooke offering 2021 municipal tax deferral

Record Staff

Sherbrooke's municipal council has adopted a resolution to extend the 2021 tax payment deadlines in an effort to help locals struggling to cope financially due to the pandemic.

Council will allow a three-month extension of the deadlines, on a voluntary basis. This measure affects electronic payments, post-dated cheques, payments by proxy, pre-authorized payments in four instalments and pre-authorized payments in 12 instalments.

Upon receipt of their annual tax bill, taxpayers who wish to do so will have to take steps to defer annual tax

payments as follows:

March 4, 2021 payment: deferred to June 4, 2021.

Payment of May 4, 2021: deferred to Aug. 4, 2021.

Payment on July 2, 2021: deferred to October 4, 2021.

Payment on Sept. 2, 2021: postponed to Dec. 2, 2021.

Depending on a taxpayer's preferred method of payment, there are different steps to follow:

- Electronic payment: when making the electronic payment transaction, use the new due dates. Anyone with pre-registered electronic payments is responsible for making the changes to payment dates with their financial

institution.

- Post-dated cheques: cheques should be filled out with the new due dates before sending them to the City of Sherbrooke. They will be cashed according to the date written on the cheque.

- Pre-authorized payment in four instalments: contact the City's Customer Service Department to take advantage of the extended payment dates. Otherwise, withdrawals will be made according to the original due dates.

- Preauthorized payment 12 instalments: there is no specific action to take. Withdrawals will be made monthly and interest charges will be

automatically adjusted downward on the last withdrawal to reflect the extended maturity dates.

- Payment by proxy: payment files will be generated and sent to mandatory according to the initial payment schedule. They can then decide whether or not to take advantage of the extension of the due dates.

The extension of due dates does not apply to transfer taxes after the purchase of a property or to the complementary billing sent to citizens during the year.

If you have any questions about these measures, do not hesitate to send an e-mail to revenu@sherbrooke.ca or call 819 821-5626.

News quiz for local students—Week 3

Record Staff

It's time for The Record's weekly news quiz to test the knowledge of local students about current events.

Students at the elementary and high school level are invited to read through the paper to find the answers and then send them by email to our editorial team.

At the end of the month, any students who participate and answer the quiz questions will be entered into a draw to win a 16-GB Fire tablet.

Each time a student answers a different quiz, their name will be re-entered, increasing their chances of winning a tablet. Four will be given away over the next four months.

Don't have access to The Record?

No problem.

All schools in the Eastern Townships School Board have access to the e-edition of the paper, so ask a teacher or principal for help to get connected.

Week 2 quiz answers:

Education Minister Jean-François Roberge recently announced these grades will also need to wear masks in class, what grades are they?

Answer: Grades 5 and 6

A day centre for homeless and vulnerable people opened in Sherbrooke last week, what is it called?

Answer: Ma Cabane

What milestone did Bishop's University drama department celebrate last week?

Answer: 50th anniversary

Pascale Desmarais, a Bishop's student, delivers packages for which company?

Answer: FedEx

What is the name of the founding director of Maison Aube-Lumière who recently passed away?

Answer: Marie-Paule Kirouac

Week 3 quiz questions

1) Where did CSQ members protest in Sherbrooke last week?

2) What is The Epoch Times?

3) Bishop's University collected what kind of samples from students living in residence?

4) A homeless man died tragically last week due to Quebec's curfew. What is his name?

5) Restaurant A Pizza runs a pay-it-forward program. Who owns the restaurant?

Send your answers to mboriero@sherbrookejournal.com.

Look for the answers to this week's quiz and next week's questions in Monday's Record.

For more information about the quiz and how to participate, call the newsroom at 819-569-6345.

Confinement in Québec

A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,* with the exception of the Cree Territory of James Bay and Nunavik.

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

THE CONFINEMENT AT A GLANCE



Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
 - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
 - One informal caregiver
 - Individuals offering services or support
 - Labourers for planned work



Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.



THE CURFEW AT A GLANCE

Stay home from 8 p.m. to 5 a.m.

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.
- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.
- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

To learn more about the curfew, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.

There are solutions. Visit [Québec.ca/gettingbetter](https://quebec.ca/gettingbetter) to learn more.



**This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).*

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1 877 644-4545

Québec 

Death

Linda BUZZELL

August 21, 1946–January 17, 2021

Passed away on January 17, 2021 in her seventy-fifth year, resident of Cowansville, daughter of the late William Buzzell and Marguerite Hopps. Linda is predeceased by her beloved husband and best friend Arthur 'Bill' Todd. She is survived by her sister, Janice Allen and her brothers Wayne (recently deceased) and Douglas Buzzell, her daughters, grandchildren, great-grandchildren, nephews and nieces. Fondly remembered by family and friends. In keeping with Linda's wishes, a private committal service will take place at a later date at Riverside Cemetery, Brigham, Quebec. A special thank you to the staff at the Brome-Missisquoi-Perkins Hospital. Donations in Linda's memory to La Fondation BMP or the SPCA Montérégie would be greatly appreciated.

MONDAY, JANUARY 25, 2021

Today is the 25th day of 2021 and the 36th day of winter.

TODAY'S HISTORY: In 1533, King Henry VIII of England secretly married Anne Boleyn.

In 1787, Shays' Rebellion forces failed in an attempt to overtake the U.S. arsenal in Springfield, Massachusetts.

In 1915, Alexander Graham Bell made the first transcontinental telephone call from New York to San Francisco.

In 1961, a few days after his inauguration, President John F. Kennedy held the first televised presidential news conference.

In 2004, NASA's Opportunity rover landed on the surface of Mars.

TODAY'S BIRTHDAYS: Robert Burns

(1759-1796), poet; W. Somerset Maugham (1874-1965), author/playwright; Virginia Woolf (1882-1941), author/essayist; Etta James (1938-2012), singer-songwriter; Tobe Hooper (1943-2017), filmmaker; Paul Nurse (1949-), biochemist/Nobel laureate; Steve Prefontaine (1951-1975), runner; Jenifer Lewis (1957-), actress; Geoff Johns (1973-), screenwriter/producer; Alicia Keys (1981-), singer-songwriter.

TODAY'S FACT: The Mars Opportunity rover continued to make scientific observations and report back to Earth until June 2018, more than 13 years beyond the duration of activity for which it was designed.

TODAY'S SPORTS: In 1924, the first Winter Olympic Games began in Chamonix, France.

TODAY'S QUOTE: "Failure isn't an option. I've erased the word 'fear' from my vocabulary, and I think when you erase fear, you can't fail." – Alicia Keys

TODAY'S NUMBER: 6 – wives of King Henry VIII. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

TODAY'S MOON: Between first quarter moon (Jan 20) and full moon (Jan. 28).



Positive resolutions much easier to keep

ASK THE DOCTORS

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

Dear Doctor: I saw on the news that there's a new study about how to make a successful New Year's resolution. My wife and I have the same list of resolutions every year, including to stop eating so much junk food and to quit sugar. And around this time every year, we give up on them. We would love to know why it's hard to follow through.

Dear Reader: It wouldn't feel like the start of a new year if we weren't hearing from readers about their love-hate relationship with resolutions. On one hand, the calendar hands you a clean slate. It arrives after weeks of festivities during which overindulgence has been a guiding principle. We've eaten and drunk our fill, and we now find ourselves not only ready, but even eager, for a reset. On the other hand, we're still the same people we were before Thanksgiving signaled the start of the annual bingeing season. All of the reasons we didn't lose those 10 pounds last August, or didn't quit our sugar habit in March, still hold true.

Research into the topic of New Year's resolutions finds that many of us fall off the wagon surprisingly soon. An analysis of the online activity of more than 31 million people suggests that by the end of January, many resolutions are already in the rearview mirror. More rigorous studies from the University of Scranton tracked the slow decline of resolve. By the end of one week, researchers found that 23% of the study participants had already abandoned their resolutions. After three months, half had called it quits. When the researchers followed up two years later, about 20% of participants said they had been successful at keeping their resolutions.

In the study you're asking about, published last December in the journal PLOS One, the researchers looked at what separated the people who managed to keep their resolutions from those who didn't. They found that how someone states their goal can make a difference. People whose goals were of the "I will" variety had a higher rate of success than those who approached their resolutions with "I won't." Specifically, 59% of the 1,066 study participants with proactive goals considered themselves successful, while only 47% of those with avoidance-oriented goals felt they had succeeded.

In terms of your resolution to eat less processed snack food and to cut down on sugar, you might try flipping the focus. Instead of thinking in terms of what you're going to eliminate from your diet, try making a specific decision about something that you will add. For instance, you might start with the resolution to eat one piece of fresh fruit at each meal. You can up the ante by agreeing that, before indulging in any kind of snack food, you first have to eat something good for you, like a fresh carrot. That way, even if you do waver in your resolve and slip into old habits with a bar of chocolate or a bag of chips, you've also kept your resolution. Change is hard, and even small victories can make it easier to stay on track.

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, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

1/25

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PREVIOUS SOLUTION

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

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

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Text only: \$16.00 (includes taxes)

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NEA Crossword Puzzle

Your Birthday

MONDAY, JANUARY 25, 2021

Answer to Previous Puzzle

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

- ACROSS**
- 1 Pounce
 - 5 Subzero comment
 - 8 Irritate
 - 12 Fringe —
 - 13 Issa of "Insecure"
 - 14 Name of a thing
 - 15 Toad feature
 - 16 Family tree
 - 18 Movie princess and general
 - 20 Catch some rays
 - 21 Rap sheet letters
 - 22 Sturdy shoes
 - 25 Fruit stone
 - 28 Hasty escapes
 - 29 Trouser turnup
 - 33 Block from view
 - 35 Stare at
 - 36 Distort
 - 37 Bayed
 - 39 Youngster
 - 40 Petri dish contents
- 42 Fabric meas.**
- 43 "Carmen" setting
 - 46 — Lanka
 - 49 Desire
 - 50 Mouths, slangily
 - 53 Come together
 - 56 Firms up
 - 58 Church part
 - 59 Where fishes play
- DOWN**
- 1 Prominent feature
 - 2 Russian range
 - 3 Paltry
 - 4 Place for a grill
 - 5 Lingerie buy
 - 6 Rescue price, maybe
 - 7 Happens again
 - 8 ER staffers

- 9 Small amount
- 10 Prowl
- 11 New Age singer
- 17 Conclude
- 19 Linchpin locale
- 23 Kind of mail
- 24 Flat boat
- 25 "Hey, you!"
- 26 Disgusting
- 27 Long walk
- 30 Like some crowds
- 31 Left in a hurry
- 32 T-men
- 34 Pasture moms
- 37 "2001" computer
- 38 Busy European airport
- 40 Unwilling
- 41 Spice rack item
- 44 Hurricane center
- 45 Having keen desire
- 46 Fleece
- 47 — off (reserve)
- 48 Prof.
- 51 Cuzco locale
- 52 Plinth
- 54 Plunging neckline
- 55 Bunny feature
- 57 Farm abode

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				57
58									59				60
61									62				63

Think before you act. Show passion, be strong and do your best to make your life and the world around you better. Sort through the negatives and positives in your life in order to find balance. Honesty, integrity and discipline will lead to the success and happiness you deserve. Step up, be kind and make a difference.

AQUARIUS (Jan. 20-Feb. 19) - Avoid impulsive actions. Think matters through and show compassion for others. How you handle situations will determine how well you do. Speak up, be fair and know when to compromise.

PISCES (Feb. 20-March 20) - Help a cause you believe in or someone you value. If you show uncertainty, you will confuse or mislead someone you need on your team. Stick to the truth and avoid gossip.

ARIES (March 21-April 19) - Let your intuition guide you. Your gut feeling won't let you down and will save you from making an unnecessary mistake. You have plenty to gain if you are proactive.

TAURUS (April 20-May 20) - Pay attention to what's going on at work or in your field. Gather information, take courses, enlist in trials and aim to solve problems. Step up and do what's right.

GEMINI (May 21-June 20) - Make decisions instead of letting someone dictate what you can pursue. Use intelligence and insight to take advantage of information that comes from a legitimate source.

CANCER (June 21-July 22) - You can

take action without spending money or getting involved in a joint venture. Romance is on the rise, and sharing the evening hours with someone special will be rewarding.

LEO (July 23-Aug. 22) - You'll take one step forward and three steps back if you let someone interfere with your plans. Do your own thing and structure your day to suit your needs. Be smart with your money.

VIRGO (Aug. 23-Sept. 22) - A learning experience will have an impact on how you approach work. Refuse to let anyone discourage or tempt you. Arm yourself with information and skills to give you an edge in a competitive market.

LIBRA (Sept. 23-Oct. 23) - Focus more on what you know and less on being physical. It's best to outsmart anyone who stands in your way with facts, figures and words. Put your money and possessions in a safe place.

SCORPIO (Oct. 24-Nov. 22) - Uncertainty regarding someone close to you will surface. Be frank, share your thoughts and listen carefully. Don't be fooled by compliments; cut to the chase and find out where you stand.

SAGITTARIUS (Nov. 23-Dec. 21) - Evaluate what's transpired and consider what's ahead before you get into a spirited discussion. A wait-and-see attitude might be best when it comes to professional situations.

CAPRICORN (Dec. 22-Jan. 19) - Balance and compromise will be necessary when dealing with opposition. A unique solution will appease everyone and give you the freedom to reach your goal. Be conscious of your budget.

MONDAY, JANUARY 25, 2021

Describe strength and fit correctly

By Phillip Alder

Double fits - at least eight cards combined in each of two suits - do not give bridge players fits. Quite the opposite - they love them because they provide more tricks than the base point-count suggests. Then the hard part can be deciding which of the two fits to make the trump suit.

Today's deal, of course, is an example. How would you and your partner bid the North-South hands? South opens one spade, and North raises to two spades. (Yes, North has a maximum, and the Losing Trick Count says that he is worth a game-invitational raise, but unless that club suit is useful, the hand will prove disappointing to partner. Starting with two spades seems right.) What should happen after that?

South might jump to four spades, but that is unnecessarily precipitate. It is better to rebid three clubs. Yes, North will think that that is a help-suit game-try, which might be made with a weaker suit, but South is interested in his partner's club holding.

Typically, North would either sign off in three spades or jump to four spades. Here, though, his hand could not be better. He should raise to four clubs, announcing the delicious double fit.

		North	01-25-21
		♠	K 10 3
		♥	5 4
		♦	8 7 2
		♣	K Q 9 4 3
West		East	
♠	7 4	♠	6 5 2
♥	Q 8 6 3	♥	K J 10 9
♦	A K 10 9	♦	Q J 5 4 3
♣	10 7 6	♣	8
		South	
		♠	A Q J 9 8
		♥	A 7 2
		♦	6
		♣	A J 5 2
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
1♠	Pass	2♠	Pass
??			
Opening lead: ♦ A			

South should then see the expediency in bidding six clubs, not six spades, because the diamond ruff(s) will be in the shorter trump hand.

In six clubs, South takes five spades, one heart, five clubs and one diamond ruff in his hand. Even if North has only four clubs, a second diamond ruff will provide a 12th trick.

Note, though, that there are only 11 tricks with spades as trumps after West leads a high diamond.

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.

"X'T P KVTXMX, PMC X KVR JH WHGVC
JH VPJXFZ. X TVPM, X SPDV THDVC
JXN RXTVJ XM RSV FPJR VXKSR
ZVPGJ." — EHIGRVMVZ EHN

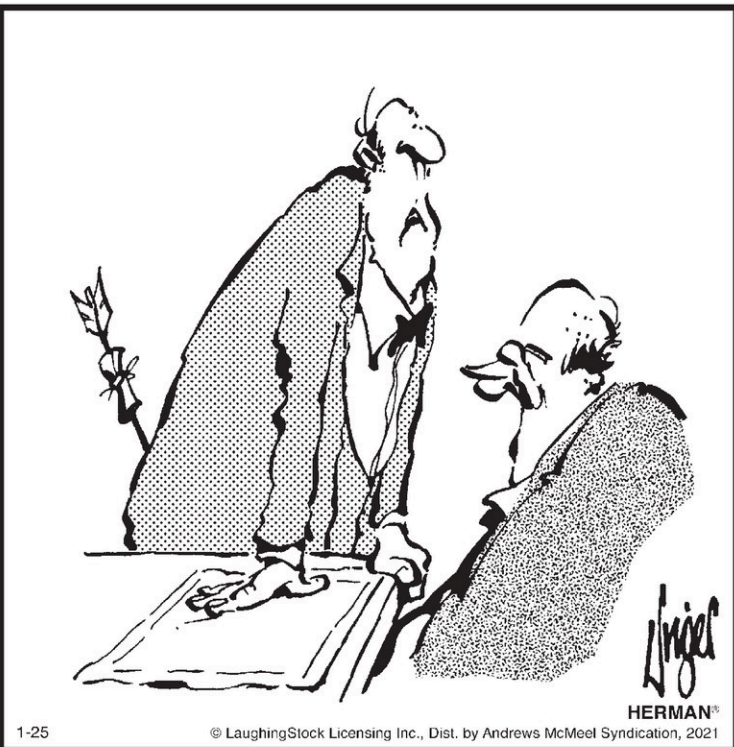
Previous Solution: "Join us in celebrating the extraordinary life and mourning the loss of Brig. Gen. Chuck Yeager." — U.S. Air Force

TODAY'S CLUE: *g equals M*

REALITY CHECK

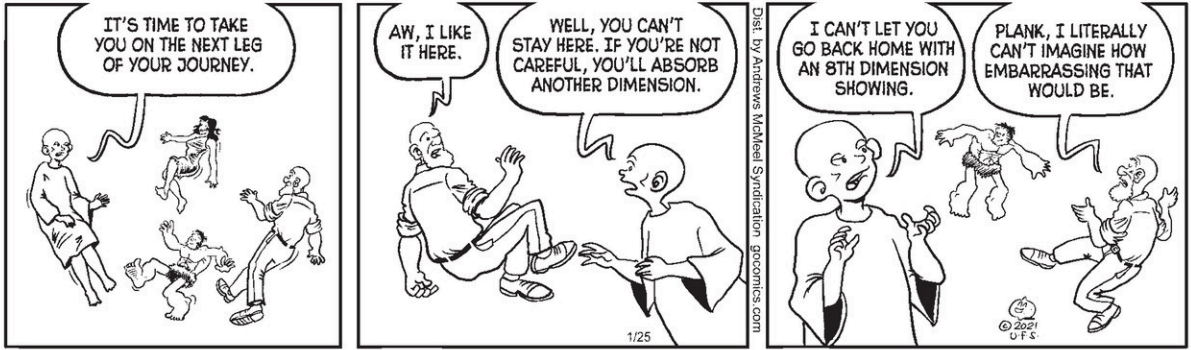


HERMAN

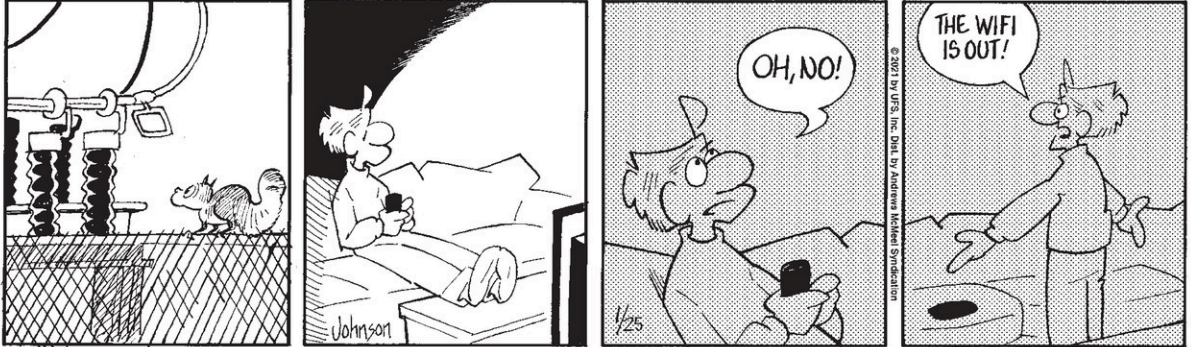


"A message from your grandson, sir."

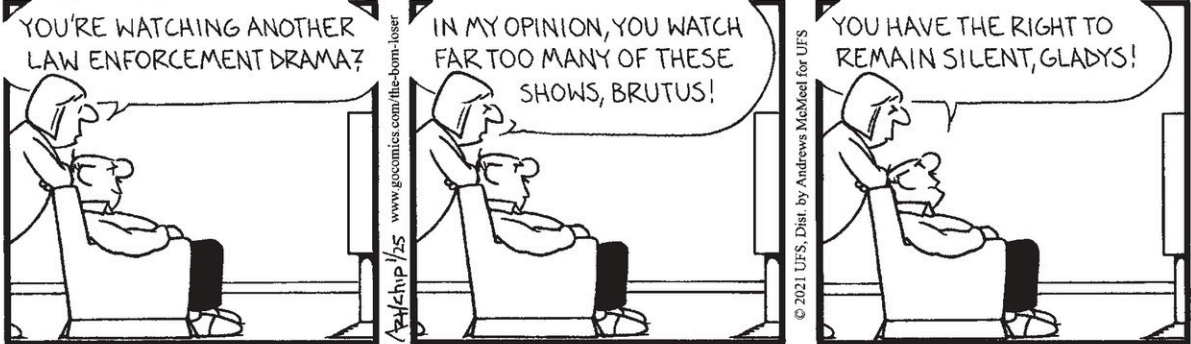
ALLEY OOP



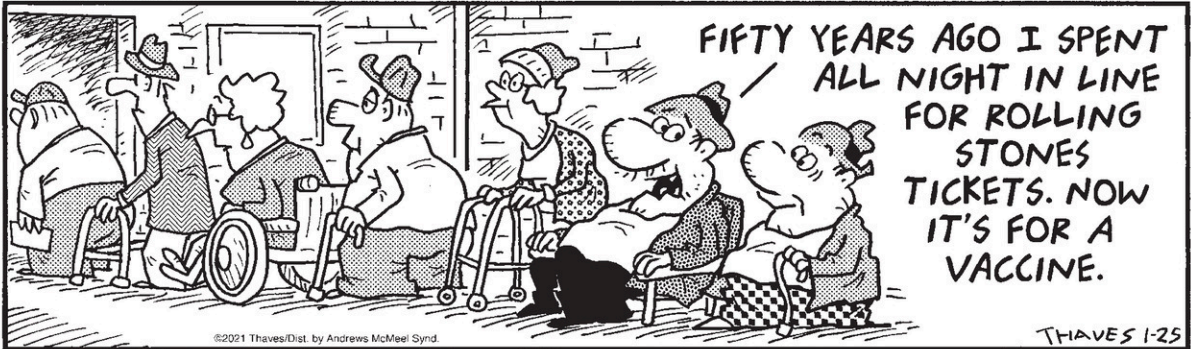
ARLO & JANIS



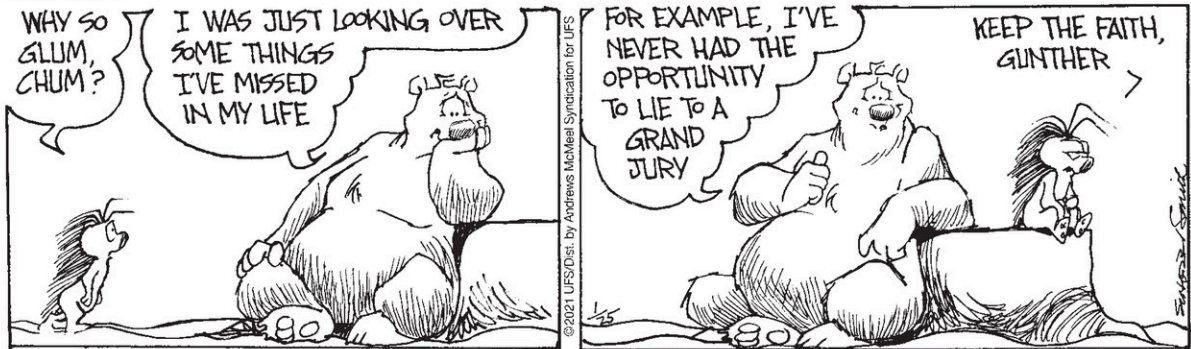
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FRANK AND ERNEST



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Communicate through challenges

Dear Annie

MONDAY, JANUARY 25, 2021

Dear Annie: My husband and I have been together since 2008 and married since 2011. We slept in the same bed, held hands and talked about everything in the beginning. Then, in 2013, he got a job in Iowa. I stayed home until my youngest went to college.

I joined him in September 2014. He wasn't the same man I fell in love with and married. Remember, I said we talked about everything. But he doesn't communicate with me anymore.

He's not cheating; he has never been a guy who would cheat on his significant other. His "friends" know more about him, his current issues and everything else long before I do. I want my best friend and husband back. It seems like he goes out of his way to be anywhere but with me. - Missing the Way It Was

Dear Missing: Your husband is still the same man, but it sounds as if he might be depressed. He could be

angry or resentful toward you for not moving with him right when he got the job. Although this is not logical and staying with your son until he went to college was the right thing to do, he might need to express his feelings. The first step to help him is to communicate with him, but if he won't communicate with you, you have to seek the help of a professional therapist. There, you can get to the bottom of your changed relationship and get your best friend back. Marriage takes work, and the best kind of work is communication. Best of luck.

Dear Annie: Here is the issue: A couple we are close to - and played cards with weekly before the quarantine - wants to start playing cards again. We do not want to do so because all of us are in our late 60s with chronic health issues. The two of us feel that playing cards together could cause additional problems if we were to acquire COVID-19.

We are trying to be safe and believe that all of us handling the cards is not a smart idea. The other couple does not feel that way and cannot understand

why we don't want to play. We have gotten to the point where it is placing some strain on our relationship. I know that they read your column, so could you please offer some advice? - Quarantined and Stressed

Dear Quarantined and Stressed: Keep up the good work. You are correct to be cautious during this time, especially since you both have chronic health issues. Explain to your friends that it is not them who you don't want to see - it's the virus you don't want to see.

Try and remember that this is temporary and you will hopefully be playing cards together very soon. Stay strong. I know it is a challenging time for all of us.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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NEA Crossword Puzzle

ACROSS

- 1 Schoolboy
- 4 Filch
- 7 Skilled person
- 10 Sporty truck
- 11 Moored
- 13 Physics workplace
- 14 — — few rounds
- 15 Greek alphabet ender
- 16 Put — — fight
- 17 Set
- 19 Not smooth
- 21 Sweater letter
- 22 Fan noise
- 23 Small alcoves
- 26 Add starch
- 30 Pandora's boxful
- 31 Seine moorage
- 32 Fruity drink
- 33 Lillie or Arthur
- 34 Seventh notes
- 35 Spunk
- 36 Convertible couch (2 wds.)

DOWN


- 1 Clumsy person
- 2 Surmounting
- 3 Contract
- 4 Bard's teen
- 5 Had debts
- 6 More than ask
- 7 Grad
- 8 Dogpatch cartoonist
- 9 Auction site
- 11 Highland lakes
- 39 Tags along
- 40 Zero in on
- 41 — de mer
- 42 Gather slowly
- 45 Under wraps
- 48 Response on deck
- 49 Overcharge
- 51 Scottish for John
- 53 Web address
- 54 Must
- 55 Diamond stat
- 56 Guitarist — Paul
- 57 Compost
- 58 6th sense

Answer to Previous Puzzle

J	U	M	P		B	R	R		R	I	L	E
A	R	E	A		R	A	E		N	O	U	N
W	A	R	T		A	N	C	E	S	T	R	Y
	L	E	I	A		S	U	N		A	K	A
				O	X	F	O	R	D	S		
P	I	T		L	A	M	S		C	U	F	F
S	C	R	E	E	N				O	G	L	E
S	K	E	W			H	O	W	L	E	D	
T	Y	K	E		A	G	A	R		Y	D	S
				S	E	V	I	L	L	E		
S	R	I		Y	E	N		Y	A	P	S	
C	O	N	V	E	R	G	E		G	E	L	S
A	P	S	E		S	E	A		E	R	A	T
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- 12 Tibet's — Lama
- 18 Ungainly boats
- 20 TV band
- 22 Road map nos.
- 23 Robins' beaks
- 24 Diet spread
- 25 "Frozen" snowman
- 26 Went down
- 27 Barn locale
- 28 Actress Falco
- 29 Takes home
- 31 Account entry
- 35 Sour-dough's quest
- 37 Road map org.
- 38 Gambling game
- 39 Student at Annapolis
- 41 Physical strength
- 42 Ancient France
- 43 Orpheus' harp
- 44 Congers
- 45 Sci-fi award
- 46 Ireland
- 47 Apprehends a suspect
- 50 Not just mine
- 52 Touch of frost

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Now more than ever, simple gestures are our best protection to fight the virus.

- * Maintain physical distancing
- * Wear a mask
- * Wash your hands regularly
- * Avoid travel to other regions and non-essential trips
- * Get tested promptly if you have symptoms
- * Follow self-isolation guidelines

Let's continue to protect ourselves properly.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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